

2025 HONDURAS PROLOTHERAPY SERVICE-LEARNING TRIP SCHEDULE

HHPF determines which clinic you are placed in by carefully balancing factors such as participant experience, skills, and the needs of the mission to ensure efficiency while providing meaningful opportunities for all participants to contribute and learn.

The following is a **SAMPLE SCHEDULE** (actual schedule determined by the clinic directors on a daily basis).

TIME	FRIDAY	SATURDAY	SUNDAY	MON	TUES	WED	THURS	FRIDAY	
6:30 - 7:30 AM	Fly into San Pedro Sula (SAP), Ramón Villeda Morales International Airport.	Hotel Breakfast (6:30-7:30am)		Hotel Breakfast (6:30-7:30am)					
7:30 - 8:00 AM				Travel to clinic					
8:00 - 8:30 AM		Orientation Lectures, demonstrations, palpitation and marking all day for designated body parts	8-12pm Excursion to Pico Bonito Butterfly Nature Reserve (included in trip costs)	Lecture & Patient Demonstration (8-9am)					
8:30 - 9:00 AM				CLINIC 9-12pm					
9:00 - 12:00 PM				CLINIC 9-12pm					
12:00 - 1:00 PM	Everyone's flight must arrive by 2:30 pm.	HOTEL LUNCH		LUNCH (12-1pm)					
1:00 - 1:30 PM	Buses will drive the entire group to La Ceiba (3hrs)		LA CEIBA team tours the RED CROSS then has free time (no clinic set up needed)	CLINIC (1-5pm, or later)					
1:30 - 2:00 PM									
2:00 - 2:30 PM									
2:30 - 3:00 PM									
3:00 - 3:30 PM				Travel back to hotel					
3:30 - 4:00 PM									
4:00 - 4:30 PM			TELA TEAM takes Telato Tela (2-4pm)	HOTEL DINNER					
4:30 - 5:00 PM			Hotel Check In & Tela Clinic Set up (4-6pm)						
5:00 - 5:30 PM				HOTEL DINNER					
5:30 - 6:00 PM									
6:00 - 7:00 PM		HOTEL DINNER (6-7pm)		HOTEL DINNER					Dinner Awards Ceremony
7:00 - 8:00 PM				Evening lectures at Clinic Director's discretion					

Return trip: After the brigada, Saturday at 6am, buses leave for SAP airport