

## 2024 Honduras Trips General Information

### Contacts info

<p>Kay Weeden  HHPF Pres and Service-Learning Coord.  <a href="mailto:kayweeden@hhpfoundation.org">kayweeden@hhpfoundation.org</a>  608-658-8523 (same for What's App)</p>	<p>Annette Zaharoff, MD  IART/HHPF Prolotherapy Director  <a href="mailto:amzsportsmd@msn.com">amzsportsmd@msn.com</a>  210-219-5920</p>
<p>Julie Olson, RNMS  HHPF Lead Nurse  <a href="mailto:julieolson@hhpfoundation.org">julieolson@hhpfoundation.org</a>  608-345-3875</p>	<p>Meg Spartz, MD  HHPF Vein Director  <a href="mailto:megspartz@gmail.com">megspartz@gmail.com</a>  612-845-8053</p>
<p>Chet Hermanson  HHPF Honduras Logistics  <a href="mailto:chethermanson@hhpfoundation.org">chethermanson@hhpfoundation.org</a>  608-335-3758; in honduras +504 3258-2040</p>	<p>Mike Mcdonald  HHPF ENT Director  <a href="mailto:michaelhmcdonald@gmail.com">michaelhmcdonald@gmail.com</a>  608-225-9356</p>
<p>Hotel Gran Paris, La Ceiba  8 Calle Frente al Parque Central, Calle 8,  La Ceiba, Atlántida, Honduras  +504 2440-1414</p>	<p>Hotel Beverly, Olanchito  Carr. Saba  Olanchito, Yoro, Honduras  +504 2446-2699</p>
<p>Hotel Sherwood, Tela  Avenida Guatemala, Peatonal Playera,  Tela, Atlantida, Honduras  +504 9472-3387</p>	
<p><a href="https://travel.state.gov">https://travel.state.gov</a>  Enroll in STEP program to receive alerts or if  you have an emergency while in-country</p>	<p>US Embassy in Tegucigalpa  <a href="https://hn.usembassy.gov/es/">https://hn.usembassy.gov/es/</a>  Telephone: +504 2236-9320</p>

### FEES

Your fees cover the cost of participating in the brigada, in-country transportation and meals. They must be paid by the deadline dates to secure your place. If you have not paid fees, please do so

NOW: [Trip Payment Page](#)

## CME

HHPF assists ONLY the Veins group for CME's (pay \$200 BEFORE the trip begins)

[CME Veins Payment](#).

**Prolotherapy physicians will apply through IART:** [IART contact](#)

## FLIGHTS

Plan to arrive by 2:30 in San Pedro Sula. Your return flights from SAP should be booked for Saturday, March 9, 2024, no earlier than 11 am to allow time for bus travel from La Ceiba to the airport early in the morning. We will get you to the airport by 9 am which gives you the necessary 2 hours before flight departure. **NO EARLIER DEPARTURES!**

**Roatan** - If you are making travel arrangements to go to Roatan after the service-learning trip has concluded (instead of going back to San Pedro Sula), **please do not plan to leave Friday. WAIT until Saturday, March 9 from La Ceiba.** We cannot get you to the La Ceiba airport in time for their last flights and still have our clinic that day. Plan to book your trip via ferry/air from the La Ceiba harbor/airport early Saturday morning. If there are concerns about this, please contact Kay Weeden or Mike McDonald.

Once you have booked your flights, please forward your itinerary to our administrative assistant, Misty Pilger, so we know when and where you'll be arriving:

[mistypilger@hhpfoundation.org](mailto:mistypilger@hhpfoundation.org)

## HOTELS

All participants start their stay at the Gran Hotel Paris in La Ceiba, Honduras. Address: 8 Calle Frente al Parque Central, Calle 8, La Ceiba, Atlántida, Honduras [+504 2440-1414](tel:+50424401414).

Unless you paid for a single room, you will be paired with another person. You may have indicated someone on your registration.

**ENT participants** will spend the week at Gran Hotel Paris.

**Prolo participants** will either stay at the Gran Hotel Paris or at the Hotel Sherwood in Tela.

Address: Avenida Guatemala, Peatonal Playera, Tela, Atlantida, Honduras Phone: [+504 9472-3387](tel:+50494723387)

**Veins participants** will stay in La Ceiba, Tela or Olanchito

**Room Safety** - While we have not had theft issues in the past, it is important to consider keeping your valuables locked while you are out of the room. Of the three hotels that we will be staying in, only one of them has room safes (but fewer than half of their rooms have the safes). The hotels may allow you to put an envelope (money, passport) in their front office safe, but not tablets or computers. Many of you will opt to take your computers with you to the clinic daily where they will be stored in a safe location. You may want to consider a locking bag (ie. PacSafe) that has wire mesh in it to put extra money in, computer, passport... anything that you would usually put in a hotel room safe. It has a cable to lock it to the plumbing or the bed frame. REI store and Amazon carry these and other similar safety items.

## **SITE PLACEMENTS**

Clinic Directors will assign you to a clinic site. This is a very fluid process, as the group continues to grow with additional participants. Directors will move people around to make sure that each of the three clinic sites is staffed appropriately (La Ceiba, Tela or Olanchito). This is most important for the Prolo group based on our instructors and levels of experience of the learners. Veins requests are handled by Meg Spartz, and she will try her best to honor your requests.

## **Vaccinations & Malaria prophylaxis**

There are no requirements for vaccinations to enter Honduras, but we recommend that you are up-to-date on all routine vaccinations before you travel. We also recommend visiting the CDC and reviewing their recommendations, and then the decision to take malaria preventative medicine or other preventatives is yours: [CDC Honduras Travel Info](#). Please note that if you are going to take Chloroquine as a malaria prophylaxis, you need to start taking it 2 weeks before being in an area that has malaria. About 50% of our group typically takes Chloroquine. Our clinics are in cities (La Ceiba, Tela and Olanchito, not rural areas, which may affect your decision.

**Covid vaccination cards** - You also no longer need proof or testing to enter Honduras. We recommend but are NOT requiring COVID vaccinations, nor proof of vaccination, but we strongly encourage you to have your verification or cards available in case of airline policy changes. **Covid tests** - We will have limited numbers of Covid tests available for each clinic in case you are not feeling well. Please plan to bring a test kit with you.

## Mask Use

We require the use of masks while working in the clinics, even if you will not be directly in contact with patients. Please bring your preferred masks. We will have some available. Patients will also wear masks.

## Money

The Honduran currency is Lempira. The exchange rate is typically \$1 US = 24 Lempira or \$1CAN = 18 Lempira. You will not need much cash during this mission. The fees that you have paid cover all of your food, transportation in Honduras and your hotel - when you are traveling/eating/staying with the group! (Non-alcoholic beverages are included in your fees; beer, wine, and others are at your cost). The Hotel Paris in La Ceiba where everyone will be staying the first two nights will exchange up to \$50 dollars for Lempira. ONLY exchange money at a bank, the hotel, or withdraw Lempira at an ATM. You will also find that many places will accept US dollars and give you change in Lempira. There will be a few opportunities to buy souvenirs. Be street smart with money - keep it put away and out of sight!

## Food

Most of the meals are served buffet style. There will always be choices for meat and vegetarian options. In your application we asked about food allergies and while we will try our best to accommodate your food preferences, please know that food restrictions like gluten-free and vegan are not as common in Honduras as they may be in other countries. We have requested that all foods and meals are prepared nut-free. Again, we will do our best to ensure your food preferences.

## Water

**Do not drink the water from the taps.** We will always have access to bottled water to drink safely or to refill your own water bottles, or to use for brushing your teeth.

## **Electricity**

It is the same as in the US and Canada - 110 V and uses the same plug. Just FYI, there are times when the power just goes off. It is good to have a surge protector for your computer and phone chargers. Also, please have a flashlight or headlamp with you, especially for the clinics! When the electricity goes out during the day, we work by headlamp to continue treating patients!

## **Computers and Wifi**

People take their laptops to Honduras. There is WiFi in the hotel, but not in the clinics. If you decide to take yours, make sure it is backed up... and realize that whatever you take to Honduras is your responsibility. Consider a surge protector as electricity goes on and off frequently. HHPF is NOT responsible for your belongings!!

## **Phones**

If you have a cell phone plan where you can purchase an international plan, it's worthwhile. They vary in cost depending on your carrier, but then calls are made as you do normally. If there is Wifi, you can use WhatsApp for free. (Only the hotels have Wifi, not the clinics). Another option is to purchase a SIM card in Honduras to put into your phone for data. There is one place in the airport offering inexpensive 7 and 14 day plans, as well as many Tigo stores in the area that offer the same.

## **MISCELLANEOUS**

Doctors, please bring a pad of paper and several pens, or your computer for note taking. For Prolotherapy Learners, all materials will be sent to you via email before you arrive in Honduras.