

Honduras Travel Tips

Contact: Drew McIlreavy

Drew@row.org

703-349-5094

Projects:

- Medical clinic construction
- medical and dental teams
- Vacation Bible School
- delivery of school supplies
- house construction
- water systems in remote mountain villages.

Cost:

Airfare to San Pedro Sula

\$680 food, lodging, and in-country transportation

\$2000 construction materials for a group for a week

\$4000 build a house

Itinerary:

Arrive in San Pedro Sula on Saturday. Israel Gonzalez will meet you at the airport and lead you to Lake Yojoa, Taulabe, or Siguatepeque (dependant upon where you plan on staying). It is a 90-120 minute trip to the work area around Lake Yojoa. You can buy water, a quick snack, and exchange money (\$1.00US = \$18HNL) at the airport.

Plan to work Monday through Friday in heat and sunshine. It is important that you bring adequate work clothing, including gloves and sunscreen. Bottled water is readily available at gas stations, hotels, stores, and restaurants. Do not pass up the opportunity to drink water or take a break. There is the option of driving northwest towards Guatemala to visit the Mayan ruins of Copan. This is an excellent diversion and cultural opportunity, but it requires 4 hours of driving to get there.

You will stay at the Honduyate Marina- www.honduyatemarina.net. Groups of up to 36 can stay at the Honduyate if some members share a bed, or 26 if each participant has his own bed. The accommodations are excellent with breakfast included in the room rate, and dinner is unbeatable. You can also camp out next to the hotel, if you like that option. It is secure (but take your valuables with you during the day), and has showers available.

Meals:

Honduran food is not Mexican! Plan to eat plenty of fresh fruits, fish, beans, plantains, and chicken. Meals are inexpensive, filling, and delicious. There are numerous

restaurants within a short driving distance from the medical clinic site. Don't forget to buy a bottle of water before you leave the restaurant!

Available Dates:

Year long. The "rainy season" runs from June to October.

Medical and Dental:

Israel's wife, Dr. Floripa Gonzalez is the primary physician in the town of Taulabe. Her need is great. Both Floripe and Israel can help with the appropriate documentation.

What to take:

Honduras is situated between two oceans and as such you can expect heat, humidity, and breezes in the north with intermittent rain in the mountains. With that in mind packing a light rain coat or poncho is a good idea. Light weight, breathable clothes are ideal to work and travel in. Comfortable, broken in, closed-toe shoes are required for work, but sandals are great once you are back at the hotel. Bring sun protection (hat, sunglasses, sunscreen), a bandana, and bug spray.

You should speak with your physician about the appropriate vaccinations and medications you will need, but expect to be on an anti-malarial medication.