

## FACTS ABOUT HONDURAS

**Capitol:** Tegucigalpa

**Language:** Spanish

**Currency:** Lempira

**Population:** 9.113 Million

**Under 5 Mortality:** 19/1,000

**Life Expectancy (M/F):** 72/77

**Living Below Poverty Level:** >66%



### Additional Facts:

- Mayan people arrived and settled in Honduras as early as 1000 BC. The civilization flourished until the arrival of Christopher Columbus.
- On July 30, 1502, Columbus first saw Honduran soil and named the area "Honduras" (meaning "depths") for the deep water off the coast.
- Honduras gained independence from Spain in 1821 and from Mexico in 1822. In 1839, the country declared its independence.
- Honduras is 43,278 square miles, slightly larger in size than Virginia.
- The capital city, Tegucigalpa, was chosen because it is near the geographic center of the country. It completely fills a small, deep valley in the headwaters of the Choluteca River, in the central highlands.
- Honduras is the second poorest country in Central America. Of Honduras' total population, approximately >66% live below the poverty line, with 1 of every 5 Hondurans living in extreme poverty, on less than US\$1.90 per day.
- Honduran culture is laid back. The majority of Hondurans are passionate about soccer and politics. Hondurans are close to extended family and many families live either in the same house or close to each other.
- Rice, beans, tamales and corn are included in the basic diet, along with a soup of beef or chicken stock. Black coffee and soft drinks are popular.
- Hondurans almost never say "I don't know" because they don't want to sound unfriendly/unhelpful. Often people will say what they think you would most like to hear.

- Campesinos (peasants) may earn only a few hundred dollars a year, but their lifestyle may be more comfortable than their earnings suggest. They often own land, have horses to ride, and may have a comfortable, if rudimentary home of wood or adobe, often with a large, shady porch. If a household has a few acres of land and if the adults are healthy, these people usually have enough to feed their families.
- One of the most famous necessary adjustments for any traveler, student, or expat is getting used to a new concept of punctuality. If something happens the day that it's planned, then things are going pretty well. If you ask when a bus is going to arrive, 9 times out of 10 people will say "ya viene" which means "It's coming already" and could mean anything from 5 minutes to 3 hours. Another example of this is word "ahora" - which literally in Spanish means "now", but it often replaces "hoy" to mean "today".
- In most business or social situations, people tend to like to take the time necessary to do whatever they're doing rather than think about finishing within a certain time frame; and people are almost always happy to sacrifice some of their time to talk to you.

## ADDITIONAL RESOURCES

### HONDURAS CULTURE WEBSITE

[www.mongabay.com/reference/country\\_studies/honduras/SOCIETY.html](http://www.mongabay.com/reference/country_studies/honduras/SOCIETY.html)

**TROJES PANARAMA:** [https://www.youtube.com/watch?v=A-C\\_4kpA5dE](https://www.youtube.com/watch?v=A-C_4kpA5dE)