

HONDURAS TRAVEL AND SAFETY GUIDELINES

PRIOR TO DEPARTURE

Passport. A passport is needed to travel between the United States and Honduras. Please be sure your passport is current. If it is set to expire within 6 months of your return date, *you must have it renewed before you leave.* Allow 6-8 weeks for your passport renewal or for obtaining a new passport.

Make several copies of your passport before your trip, leaving one copy at home with a trusted family member or friend. Once in Honduras, keep your passport with you at all times. Having an electronic copy on your phone (if bringing) is a good idea. Store one printed copy safely with your belongings in Honduras, as a backup in case of loss of the original. PWW will also have a copy in our US office and with our team in Honduras.

Health Preparation.

Please inform PWW of any physical limitations, dietary restrictions, or other health conditions. There is a section for this on the volunteer application.

All travelers should contact his/her own personal physician to determine individual health needs. A current Tetanus shot is strongly recommended. Your physician may have additional recommendations for malarial prophylaxis, Hepatitis and/or Typhoid vaccinations, and other country-appropriate immunizations. You will be staying and working in a very rural area for the majority of the trip.

All personal medication should be kept in their original containers and stowed in a carry-on bag while traveling. Each traveler is responsible for making these personal arrangements.

TRAVEL TO AND IN HONDURAS

Visitor Form. On the flight to Honduras, each person will receive a visitor form to complete upon entry. On the form, you will be asked for the following information:

- ◆ The purpose of the visit: ***Other-Humanitarian***
- ◆ Where you will be staying: ***Various hotels in Danli, Trojes, Tegucigalpa***
- ◆ Contacts: Maria Inestroza (504)33-954454;
Oscar Armando Andino (504) 96-294171; PWW Vermont 802-747-0778

Upon arrival in TGU, you will go through immigration and baggage claim. Your baggage claim will be checked. Please have your baggage receipt ready.

Once completed, you will exit into the airport where PWW Honduras team members (wearing PWW shirts) will meet you. The PWW team will gather all volunteers together prior to exiting the airport.

Transportation. We will travel by private bus from Tegucigalpa to Danli and ultimately to Trojes. Once in Trojes, we will travel by PWW pickup trucks. The truck beds, where many volunteers will ride each day, have been modified to provide passengers with a safe way to hold on. At the end of our time in Trojes, we will travel by bus back to Tegucigalpa.

Luggage. Please limit your luggage to one suitcase each. Baggage will be transported on the top of the bus. It will be covered but may get dusty.

Accommodations. We will stay at three different hotels. All rooms will be double occupancy. You may request a roommate on your application form. An additional fee of \$250 will be charged for anyone requesting a single room.

All hotels have Wi-Fi, however it does not always work. If you would like to be able to make calls, we recommend contacting your wireless carrier to set up an International plan. There is some cell coverage, depending on location. There are cell phones available to make a quick call home, if needed.

Food/Drink. PWW provides three meals each day as well as offers a variety of snacks. Purified water will be available at all of the hotels.

Alcoholic beverages can be purchased at restaurants as well as in the local grocery store. *This cost is not included in the trip fee.*



MONEY

Plan to bring about \$100-200 cash with you to cover the purchase of souvenirs, alcohol, and food at the airport. We may include a stop at a cigar factory where you would be able to purchase cigars for ≈\$50/box. The PWW team will exchange your US Dollars for Honduran Lempiras on the first day. The current exchange rate is approximately 23-24 Honduran Lempiras to one US Dollar. Please bring clean, crisp \$50 and/or \$100 bills to convert.

ITEMS TO CARRY AND WEAR

While traveling around Honduras, you will probably want to bring a small backpack or waist-pack to carry sunscreen, bug spray, water, phone, camera, money, snacks, work gloves, etc.

Travelers should also bring small Kleenex packs, as in some places there is no toilet paper. Also bring plenty of hand sanitizer!

Soiled toilet paper should be placed in supplied wastebaskets. Do not flush it down the toilet. The Honduran sanitation system, even in Tegucigalpa, cannot properly process it. The wastebaskets are emptied each day.

Please leave all expensive and/or flashy jewelry at home. For your own safety and the safety of our group, please do not bring or wear anything that may attract unwanted attention. This includes flashy jewelry and clothing as well as clothes that may be revealing (i.e. short shorts, tank tops, halter tops, cut offs, etc.). Thank you!

HEALTH

Water. *The water in the rooms is not safe for drinking or brushing your teeth!* Use purified water only, which will be available at the hotels. We suggest throwing a towel over the sink so you remember not to rinse your toothbrush. Shower with your mouth and eyes closed, whenever possible.

Animals. It is not recommended to touch dogs, cats, or other animals, as they usually do not have rabies vaccinations.

AIDS. AIDS is not transmitted by casual contact, and travelers should feel free to interact with the children and adults. Precautionary measures should be taken when coming into direct contact with blood, sores and wounds.

Tuberculosis. While traveling in Honduras, you might encounter children with tuberculosis. It is unlikely they will be contagious. For necessary protection, do not allow children to cough in your face, as tuberculosis is usually transmitted via airborne bacteria. The transmission happens when a person with advance stages of tuberculosis, not under treatment or in the beginning stages of treatment, coughs and sneezes. Although contracting this disease is rare, if a child coughs while you are interacting with them, quickly place your hands over your nose and mouth. Travelers should practice good, basic hygiene and not put their hands or other items in their mouths, without first washing your hands or items.

Mosquito-borne Illnesses. Mosquito-borne illnesses, like Malaria, Chikungunya, and Zika, exist in tropical regions, including Honduras. If proper precautions are taken, these illnesses can be prevented. Please come prepared with:

- Appropriate clothing. We recommend wearing lightweight long sleeves and full-length pants.
- Bug Repellant. EPA-registered insect repellents containing DEET, picaridin, oil of lemon, eucalyptus (OLE, also called para-menthane-diol [PMD]), or IR3535.
- Use air conditioning in the hotel rooms.
- Mosquito prevalence is typically not as bad in the rural communities (ie. where we will be traveling during the day), but is more commonly found in populated areas where stagnant water promotes breeding. That said, please take precautions to protect yourself.

Scorpions. Scorpions are native to Honduras. We recommend flip-flops in the shower and when getting up to go to the bathroom during the night. Always check your shoes/boots before putting them on.



SAFETY

Travel outside of hotels will always be in a large group or in smaller designated groups, and always with at least one PWW team member. Please do not plan on making personal excursions outside of these groups. If you need to go somewhere, a PWW team member will be able to assist you.

Traveling to developing countries always has elements of risk. Traveler safety, as well as the safety of the PWW team, is our highest priority. We pay close attention to the security and political situations. Travel decisions are taken very seriously and made with the utmost caution and concern for the wellbeing of all. If staff feels, at any point, that there is a cause for concern, appropriate schedule adjustments will be made. This would include canceling the trip, should there be just cause for doing so.