



Frequently Asked Questions (FAQs)

Honduras

- What people group will we be working with?
 - We will be working with an indigenous people group in western Honduras called the Lenca.
- What are the roads like in Honduras?
 - Fun! The entire trip from San Pedro Sula to Gracias is uphill through the mountains. The mission teams will be traveling on dirt roads from Gracias into the mountains. The roads are narrow with the occasional cow, horse, chicken, dog, and pedestrian. During the rainy season, the roads into the mountains can become muddy. During the dry season, the roads into the mountains are dusty. If
- What is the weather like in Honduras?
 - There are two seasons in Honduras: the dry season and the rainy season. The average temperature in Gracias is between 75-85 degrees during the day. At night, the temperatures are in the mid 60's. During the rainy season, it rains at night and sometimes during the day.
- What is the currency in Honduras?
 - The currency is called Lempiras. The exchange rate varies each month. Currently, it is 22.5 Lps for every \$1. But again, it changes each month, so be sure to ask us what it is when you come.
- What type of food will we eat in Honduras?
 - Honduras offers a variety of foods. One of the most popular meals is called comida típica. Típica is beans, eggs, fried plantains, avocado, mantequilla (a cross between sour cream and butter), and a white cheese. Another popular dish is baleadas. Baleadas are flour tortillas, beans, mantequilla, and cheese. The restaurant caters to mission teams so most meals will consist of chicken, pork, or beef, and rice, vegetables, and/or potatoes. The kitchen staff at Hotel Finca El Capitan works hard to prepare good food for the mission teams!
- What airport do mission teams fly into?
 - Ramón Villeda Morales International Airport in San Pedro Sula.
- How far is San Pedro Sula from Gracias, Lempira, Honduras?
 - About 190 Kilometers or about 4 hour.
- Where is the best place to spend the night in San Pedro Sula if we needed to?
 - Metrotel Express <http://metrotelexpress.com/>
- What is Gracias, Lempira, Honduras like?
 - Gracias is a small city of about 25,000 people. Gracias was once the capital of all Central America. It sits in a valley below the National Park called Celaque. Celaque means box of 7 rivers, which means all the rivers in Honduras begin at Celaque.
- What time zone is Gracias, Lempira in?
 - Central Standard Time Zone

- Is there running water, electricity, & wifi in Gracias, Lempira?
 - Yes!!! Occasionally there are electricity outages, but for the majority of the time there is electricity. There is running water in Gracias, but it is not recommended that visitors drink the water. Mission teams will be able to purchase bottled water. At the hotel, there is purified water, which can be used to fill up empty water bottles. There are several locations to get a Wi-Fi connection, including Hotel Finca El Capitan; however the connection is not always fast and when lots of people are using it, it may be unreliable.
- What type of medical care is available in Gracias, Lempira?
 - There is a public hospital and several private clinics in Gracias. The public hospital is not recommended except for emergencies. The main private clinic is called Clinica San Lucas. It is operated by the Luke Society and provides great care. There are also a number of Honduran doctors who are happy to assist people in their clinics. There are a number of medical facilities located in Santa Rosa de Copan, which is about 1 hour from Gracias.
- Can we get medicine if we get sick?
 - Yes! There are a number of pharmacies in Gracias. We also have several contacts in Gracias who can help obtain medication that requires a prescription. It is recommended that you bring any prescription medicine that you currently take in their original bottle
- What vaccines should we get before coming to Honduras?
 - Each mission team should visit the CDC website to get the most up to date information on vaccines.
<http://wwwnc.cdc.gov/travel/destinations/traveler/none/honduras>
- Can we call the United States from Honduras?
 - Yes! Some teams contact their cell phone providers and pay for an international calling plan for the duration of their stay. If team members do not have an international calling plan, it is highly recommended to turn off your cell phones or put them on airplane mode. Most team members use Facetime and/or Skype for communication with family.
- Do I need converters for my electronics?
 - No, all electronic plugins are standard.
- Should we let the embassy know we are going to Honduras?
 - Effective July 15, 2004, the State Department has established a Smart Traveler Enrollment Program (STEP). For more information visit the US Embassy website for Honduras. <https://step.state.gov/step/>
- Are there new COVID procedures?
 - Yes, please be sure to check out the COVID information flyer
 - You can find it on our resource page
- Can we give gifts?
 - To the 61 Isaiah Field Based Team, yes!
 - To people in the villages or around town:
 - As a general rule, we ask that groups always talk with the missionaries before handing out any type of gift to the Lenca people. Small gifts such

as candy, Bibles, and spiritual guides are almost always ok. Please know we are not against being generous to the Lenca people; however, with every gift, a precedent is set for mission teams that follow. Gifts such as money, clothes, and other material items should always be discussed with the missionaries before given.

- What should I bring?
 - Clothes
 - Jeans, cargo shorts, capris, maxi skirts
 - No shorts (females)
 - T-shirts, light jacket, rain jacket
 - Tennis shoes, flip flops
 - Swimsuit (for free day and/or pool at hotel)
 - Hat, sunglasses
 - Personal/Medicine
 - Soap, shampoo/conditioner
 - Toothbrush, toothpaste
 - Prescription medication
 - Anti-diarrheal & Dramamine
 - Toilet paper/ feminine products
 - Hand Sanitizer/ wet wipes
 - Additional Items
 - Flashlight
 - Camera
 - Insect repellent
 - Sunscreen
 - Water bottle