



Caribbean Creation



Mayan Renaissance

# Honduras *National Profile*



INTERNATIONAL CULTURAL YOUTH EXCHANGE  
**HONDURAS**



*ICYE Long-term  
(6-12 months)  
Programme*

Tropical Nature

Colonial Richness



# INDEX

<b><a href="#">Where is Honduras?</a></b>	Page 4
<b><a href="#">General Information</a></b>	
• <a href="#">Climate</a>	Page 5
• <a href="#">Environment</a>	
<b><a href="#">History</a></b>	Page 7
• <a href="#">Religion</a>	
<b><a href="#">Economy</a></b>	Page 9
<b><a href="#">Ethnic Diversity</a></b>	Page 10
<b><a href="#">Tourism</a></b>	
• <a href="#">Caribbean Creation</a>	
• <a href="#">Tropical Nature</a>	Page 11
• <a href="#">Colonial Richness</a>	
• <a href="#">Mayan Renaissance</a>	
<b><a href="#">Gastronomy</a></b>	Page 17
<b><a href="#">Discover Honduras!</a></b>	Page 18
<b><a href="#">Practical Guide</a></b>	
• <a href="#">About ICYE Honduras</a>	
• <a href="#">ICYE Honduras Incoming/Hosting Programme</a>	Page 19
• <a href="#">Main Requirements</a>	
<b><a href="#">Before coming to Honduras...</a></b>	
• <a href="#">Required Documents</a>	
• <a href="#">Health &amp; Insurance</a>	
• <a href="#">Electricity</a>	
• <a href="#">Currency &amp; Money</a>	Page 22
• <a href="#">Spanish</a>	
• <a href="#">Packing</a>	
• <a href="#">Checklist</a>	
• <a href="#">Security Measures &amp; Precautions</a>	
<b><a href="#">Once in Honduras...</a></b>	
• <a href="#">Arrival in Honduras</a>	
• <a href="#">First weeks in Honduras</a>	Page 27
• <a href="#">ICYE Honduras Intercultural Activities</a>	
• <a href="#">Cost of Living</a>	
<b><a href="#">Living Situation</a></b>	Page 31
<b><a href="#">Voluntary Service</a></b>	Page 32
<b><a href="#">Agreement between Participants &amp; ICYE Honduras</a></b>	Page 33
<b><a href="#">ICYE Honduras Contact Details</a></b>	Page 34

# ¡Bienvenidos a Honduras!



***¡Hola!***

If you are reading this National Profile, it means that you either have decided or are making up your mind about going a period abroad. You will leave your familiar surroundings, your family and friends and take a step towards the unknown.

Curious to experience new things and discover exciting new places, the question arises: where to go? In the following pages, we want to give you interesting information about Honduras to help you make your decision.

Honduras is a five-star country! We could say that Honduras, located in the heart of Central America, has five great worlds, or stars: Ethnic Diversity, Caribbean Creation, Tropical Nature, Colonial Richness and Mayan Renaissance. This variety of natural and cultural resources make of Honduras a unique destination. Unfortunately, Honduras is one of the poorest countries in Latin America; the country suffers from an extraordinarily unequal distribution of income, as well as high unemployment and underemployment rates, among other factors. Considering this, if you volunteer in Honduras, your help and support make a real difference, especially because many organisations depend a lot on volunteers' support.

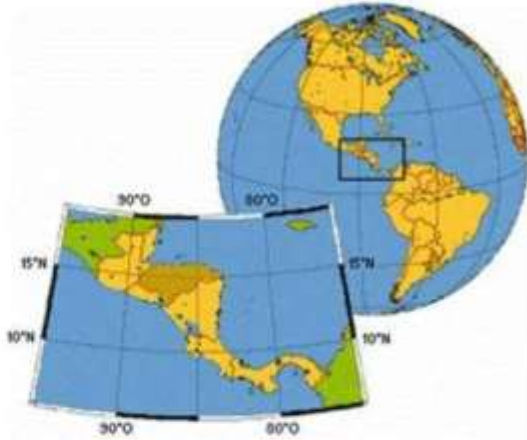
Please read the following pages carefully, so that you have clearer information about our beautiful country and about the application and preparation process to become an international volunteer in Honduras!

We are looking forward to welcome you in HONDURAS!

***ICYE Honduras Team***

# Where is Honduras?

Honduras is located in the **heart** of Central America



**Latitude:** 14° 05' North  
**Longitude:** 87° 14' West

**Area:** 112,492 km<sup>2</sup>

Its boundaries are:

**North:** Caribbean Sea  
**West:** Guatemala  
**Southwest:** El Salvador  
**South:** Pacific Ocean  
**Southeast:** Nicaragua



## Honduras fits approximately...



**3** times in Germany

**5** times in Kenya

**4** times in Sweden

**6** times in France

**4** times in Morocco

**2** times in New Zealand

Taiwan and Switzerland each fit approximately **3** times in Honduras

# General Information

Official Name:	República de Honduras
Population:	9,784,221 (2019 est., <a href="#">World Population Review</a> )
Official Language:	Spanish
Currency:	Lempira (L.)
Standard Time Zone:	CST (UTC -6)
Capital:	Tegucigalpa, M.D.C. Founded the 29 <sup>th</sup> September 1578
Government:	Democratic Constitutional Republic
Current President:	Xiomara Castro Sarmiento



Honduras has 18 *departamentos* (districts) and 298 municipalities.



# Climate

The climate in Honduras is typically tropical, but it is temperate in the higher regions.

The average annual temperature in the central portion is about 21°C. However, the coastal regions are warmer, the humidity is oppressive and the average temperature is about 29°C.

The northern region is hot and humid, the central region is moderate and the southern region is hot and dry.

Honduras has two seasons: dry and rainy.



# Environment

Honduras is part of Mesoamerica. The region is considered a biodiversity hotspot due to the numerous animal and plant species that can be found here.

Honduras has humid tropical rainforests, cloud forests (which can rise up to above 9,800 feet), mangrove swamps, islets, entire islands which are natural reserves, and the second largest coral reef system in the world.

Many of the protected areas can be visited by the public. Some of the most important parks in Honduras are the Pico Bonito National Park, the Jeanette Kawas National Park, the Capiro & Calentura National Park, the Celaque National Park, the Cayos Cochinos Reserve, the wild reserve of the rivers Cuero and Salado and the Guaimoreto Lagoon.

The Rio Plátano Biosphere is one of the precious “lungs” of the American continent, second largest after the Amazon rainforest.

# A little bit of History...

The 17<sup>th</sup> July 1502, Christopher Columbus, in his fourth and last trip to the Americas, arrived to the northern coasts of Honduras. After the Spanish discovery, Honduras became part of Spain's vast empire in the New World; a ruling full of slavery and mistreatment that lasted three centuries.

Honduras declared its independence from Spain in the 15<sup>th</sup> September 1821. In 1822, the Central American nations annexed to the Mexican Empire of Iturbide, but it was disintegrated in 1823, and the Federal Republic of Central America was formed.

In 1838, this federal republic ended and each nation became an independent state. The Honduran flag represents: 5 stars for 5 independent states and at the same time the unity of the five Central American nations that share a common history (Guatemala, El Salvador, Honduras, Nicaragua and Costa Rica).





# Religion

Before the Spanish arrived in Honduras, each indigenous group had its own religion, which were primarily polytheistic. Christianity was introduced in the 16<sup>th</sup> Century. Nowadays, the predominant religion of Honduras is Catholicism, and there is an ascending number of Evangelic followers. There are also smaller groups that practise other religions and faiths, such as Islam, Judaism, Buddhism, Hinduism, Bahá'í Faith, among others.

A religious tradition is the sawdust carpets, which are layers of coloured sawdust laid on the ground forming intricate designs and patterns, made during processions related to Easter Week.

Religion, and both the Catholic and Evangelic churches, have an important influence in Honduran society and politics. This is especially evident in some conservative mind-sets, for example in regards to human reproduction rights, and some political policies and laws.

**DID YOU KNOW...?** The 14<sup>th</sup> August 1502, the first Catholic mass in mainland of the American continent was held by the Spanish conquerors at Punta Caxinas, nowadays called Punta Castilla, in the north coast of Honduras.

## Export Products:

- Bananas
- Coffee
- Shrimps/prawns and lobster
- Palm oil
- Gold
- Zinc and lead concentrates
- Melons
- Pineapple
- Timber
- Tobacco
- Clothing apparel
- Among others...



Of the above, coffee, bananas, shrimps/prawns, and lobster provide the greatest income from international trade. Honduras exports mainly to the USA, Belgium, El Salvador, Guatemala and Germany.

Honduran coffee is regarded –and awarded– in the global market for its taste and high quality, and our hand-rolled cigars are considered the second best worldwide, after the Cuban *Habanos*. Also, in the American continent, Honduras is currently number one in exporting and producing the fish tilapia.

Perhaps the greatest untapped potential source of income for the country is tourism, which is prospering thanks to recent public and private investment, but there is still room for growth.

Honduras is one of the poorest countries in the American continent, with over 60% of the population living in what the United Nations officially classify as poverty. Most Hondurans work very hard to earn, on average, US\$ 380,00 a month.



# Ethnic Diversity

## Living Cultures

90% of the population is *me stizo* ("mixed" in English), a mixture of Indigenous and Europeans.

There are several ethnic groups that represent 7% of the population that still maintain Honduran traditions and customs.



Lenca



Garifuna



Pech



Misquito



Chortí



Tolupán

Honduras is a lovely and unique Central American country, with friendly people, charming colonial cities and vast expanses of tropical jungle. It brims with clear turquoise waters, pristine beaches, breath-taking mountains, challenging rivers and fascinating ancient archaeological sites.

The largest tropical biosphere in North & Central America, the ***Biósfera del Río Plátano***, is located in the east of Honduras.

The **Copán Archaeological Site**, a World Heritage Site declared by the UNESCO, is a very much studied Mayan archaeological site in the world and offers a complete picture of how the Mayans lived.

Honduras has become attractive to adventurers and investors alike, which has led to a boom in the quality of services available to those interested in exploring -either with a backpack on a bus, or first class flights and accommodations.

## Caribbean Creation

Honduras is home to the south end of the **Mesoamerican Barrier Reef System**, the world's second largest reef system.

The Bay Islands are one of the few places in the world where you can swim with one of the largest fish in the ocean, the Whale Shark.

The **Bay Islands and Cayos Cochinos** are perfect destinations for snorkelling and scuba diving!

In fact, the island Utila is one of the cheapest places in the world to get your PADI diving certification.



*Bay Islands  
& Cayos Cochinos*

## North Coast destinations:

- Bay Islands  
(Roatán, Utila, Guanaja)
- Cayos Cochinos
- San Pedro Sula
- Yojoa Lake
- Omoa
- Puerto Cortés
- Tela
- La Ceiba
- Trujillo
- Río Plátano Biosphere Reserve

# Tela



### Tourism & Travel Websites:

<https://honduras.travel/en/>  
[www.lonelyplanet.com/honduras](http://www.lonelyplanet.com/honduras)

[Honduras.travel](https://honduras.travel) 

[Honduras is Great](#) 



# Trujillo

There is plenty to do in the peaceful region of the **Yojoa Lake**. This is a special vantage point for viewing many of the several hundred bird species. There are a few coffee plantations that can be toured, as well as a micro brewery. There are hot springs to dip in, caves to explore, and the **Pulhapanzak Waterfalls** to hike to.

**San Pedro Sula** is the second largest city in Honduras; it is a financial and industrial centre.

**La Ceiba**, or “Ceiba the beautiful” as it is nicknamed, is the ecotourism capital of Honduras, with many nature oriented activities. It is famous for its outstanding white water rafting and kayaking in the **Cangrejal River**, its rainforests, beaches and lively nightlife! Its renowned carnival – with its vibrant parades and live music – takes place during the third week of May.

# Tropical Nature

Almost a quarter of Honduran territory is protected in an extensive network of national parks and reserves. Honduras possesses 107 protected natural areas, 40 of them having been officially declared as national parks, wildlife reserves, natural/cultural monuments, etc.

**La Mosquitia** is a vast and vibrant area of wild land that extends along Honduras' east coast. It is famous for being the most extensive wild land and jungle of Central America. It is reachable only by plane or by boat, as there are no roads that connect it with the rest of Honduras.

The **Río Plátano Biosphere Reserve**, a World Heritage Site declared by the UNESCO in 1982, is located here, containing both mountainous and tropical rainforests full of diverse wildlife and plant life, in which over 2,000 indigenous people continue their traditional ways of life.





## Central-South destinations:

- Comayagua
- Siguatepeque
- Tegucigalpa, Valle de Ángeles, Santa Lucía
- Ojojona
- San Lorenzo
- Choluteca
- Amapala
- Yuscarán
- Danlí

## Colonial Richness

More than three hundred years of Hispanic colonial history in Honduras left a trail of various religious, civil and military buildings. Various villages and cities have preserved their colonial style and have become a weekend escape destination for city residents.

**Did you know that...?** The **Comayagua Cathedral** has the oldest working clock in the whole American continent! The clock was manufactured in Spain in the year 1100 and donated to Comayagua by King Felipe III in 1636. The clock has been working for about 900 years!

**Choluteca**, with its beautiful old-style architecture, offers one of the best preserved colonial towns in the country.





# Mayan Renaissance

The ancient Maya civilization is one of the highest cultural legacies of Mesoamerica. It is believed to have originated in the Yucatán peninsula around 2600 B.C.

The Mayas' understanding and observation of nature were the key stones of their impressive cultural achievements and scientific accomplishments in various complex socio-economic and religious activities that played an important role in: urban planning and majestic architectural achievements, sacred holistic ceremonies, religion, astronomy, mathematics (they developed the mathematical position of zero), literature (they invented a complex hieroglyphic writing combining phonetic suffixes, prefixes and detailed artistic symbols within its format), herbal healing practices, farming methods, calendar systems and in the Mayan worldview.






In AD 749 the most famous monument the city ever saw was erected, the spectacular Hieroglyphic Stairway, by King Smoky Shell (on the picture to your right).

The inscription found on the hieroglyphic staircase is the longest inscription found in the Mayan World. It has been discovered that the script refers to the life and times of the Mayan rulers. There are more than 1,250 glyph blocks in its inscription. The stairway is important because many monuments of previous rulers had been destroyed by their successors, and the stairway provides the names and dates of the rulers and furthermore it narrates battles and conquests of these leaders.

For more information visit:

[Honduras: The Ruins of Copan](#) 

## Western destinations:

- Marcala
- Gracias
- La Esperanza
- Santa Rosa de Copán
- Copán Ruinas
- Ocotepeque

In Honduras, near **Copán Ruinas**, the Mayas had their most important religious city: **COPÁN**, declared by the UNESCO as a World Heritage Site since 1980. It is known as the "Athens of the New World", where you can see the hieroglyphics and temples of one of the most documented Mayan sites.

Copán is not the biggest Mayan city in the Mayan World, however it was the predominant cultural & religious centre during the Mayan period. It mounted to be highly advanced in its evolvement of sculptures, astronomy and hieroglyphic writing.



# Gastronomy

Geographically there is quite a change in cuisine from the west to the east. In the highlands of the central and western *departamentos* (districts), corn is the base for tortillas and most other dishes. A Copán-style pork roast is a must-try succulent whole pig stuffed with spiced corn dough and roasted in special ovens. Rice and beans are also a base for Honduran diet.

Coast food includes cassava, plantain, a vast variety of fresh seafood, and coconut. In the central and eastern territories, beef steak and pork sausage is a very popular meal. Hondurans love to eat soups, and they are made from different ingredients: from chicken, seafood, beans, etc.

Meals are usually accompanied by a “*fresco*” (short form of “*refresco*” - cold drink), usually home-made natural fruit juices and, of course, a delicious cup of black coffee to wrap things up!

Read more about our succulent food: [Lonely Planet's article on eating in Honduras](#).



Pupusas

Fried Fish



Cornflour porridge

Typical lunch

I Love Honduras

# Discover Honduras!



[Click the image to see videos of Honduras in Prezi.](#)

# Practical Guide ICYE Honduras

## About ICYE Honduras...

ICYE Honduras is one of the National Committees of the ICYE Federation. It is an autonomous, independent and cooperative full member of the federation.

Its full name is:

**Asociación de Intercambio  
Internacional Cultural de Jóvenes  
(International Cultural Youth Exchange)  
I.C.Y.E. Honduras**



Our logo was created by a former ICYE international volunteer!

## ICYE Honduras...

- ◆ ...offers the opportunity to develop **intercultural competence** through a **non-formal education process** in an **ethical intercultural learning & international voluntary service experience**.
- ◆ ...has been working **35+ years** in Honduras with a **network of local organisations/institutions and families** providing **international volunteers** and host parties with the necessary orientation, training and support.

## Skills you can develop with an ICYE experience in Honduras:

### SOFT SKILLS

Cross-cultural communication skills  
Adaptability  
Interpersonal skills  
Teamwork and collaboration  
Problem solving and conflict resolution

### HARD SKILLS

Proficiency in Spanish  
IT skills  
Tutoring or teaching  
Promoting environmental sustainability  
Intergenerational cooperation

# ICYE Honduras Incoming/Hosting Programme

ICYE Honduras has several programmes with which we host various international volunteers in long-term and short-term periods in different placements. Currently, the ICYE Honduras Incoming/Hosting Programme is composed of:



## LONG-TERM PROGRAMMES

- ICYE Long-term Programme: 6-12 months
- Erasmus+ Volunteering Activities Projects - Erasmus+ Programme: different periods

## SHORT-TERM PROGRAMMES

- STePs (Short-term Projects) Programme: 2-16 weeks
- Erasmus+ Volunteering Activities - Erasmus+ Programme: different periods



## ICYE LONG-TERM (6-12 MONTHS) PROGRAMME

With this programme, you can come to Honduras for 6 or 12 months. The dates of the ICYE Programme 2020-2021 are:



### August Intake:

- Window/Arrival Dates: 18<sup>th</sup> - 19<sup>th</sup> August
- Starting Date: 21<sup>st</sup> August

### February Intake:

- Window/Arrival Dates: 2<sup>nd</sup> - 3<sup>rd</sup> February
- Starting Date: 5<sup>th</sup> February



## Discover Honduras!

You'll have the opportunity to:

- Live in a Honduran Host Family or Residential Project.
- Do a voluntary service in a Honduran Project.
- Get to know Honduran culture and the Spanish language.

***Live the best experience of your life!***

# Main Requirements to be an ICYE International Volunteer with ICYE Honduras

- ◇ Age Limits: 18+ (we are flexible, upon consultation).
- ◇ Motivation to be engaged in an international voluntary service. There is no school programme available.
- ◇ Follow the rules and decisions taken by ICYE Honduras.
- ◇ Be willing to present and share your home country's culture, this way developing a real intercultural exchange and learning.
- ◇ To be mature, responsible, open-minded, adaptable and flexible.
- ◇ Be aware at all times that as an ICYE international volunteer, one represents the name and image of the whole organisation worldwide. Thus, always try to maintain a responsible attitude and behaviour.
- ◇ Willingness to fulfil the responsibilities of being an ICYE international volunteer.
- ◇ Good moral principles and respect. In many cases, Honduras and Honduran Host Families are conservative. Host Family and/or Project rules apply to ICYE international volunteers.



# Required Documents

The following documents have to be submitted to your home country ICYE National Committee, which will be sent to us (in this order of priority):

1. **ICYE Candidate's Application**, with a recent front-faced full-coloured photograph; we cannot accept applications without a photograph. Please fill in this form typed in a computer, in English.
2. **ICYE Certificate of Health Form - Part I, Part II & Part III**, you as the applicant fill in the first part, a physician duly licensed to practice medicine fills in the second part, who also has to review and sign the first part, and you as the applicant has to sign the third part which is a data privacy disclaimer.
3. **ICYE Report on Candidate**, this is a form that your home country ICYE National Committee has to fill in and send it directly to ICYE Honduras.
4. **ICYE Honduras Project Interests Form** of preferred Projects, detailing your interests and experience. This form is also found at the end of the **ICYE Honduras Work Profile**.
5. **Visa Documents**, as specified in the **ICYE Honduras Visa Requirements**.

After sending all these application documents, and being accepted as an ICYE Exchangee/International Volunteer in ICYE Honduras, you will have to sign the **Agreement Between Participants and ICYE Honduras**, which you can find at the end of this National Profile. Your home country ICYE National Committee will have to send us a scanned copy of this signed agreement.

**ICYE Participation Card:** Please remember to bring it! Your home country ICYE National Committee has to give it to you. This card has to have a recent front-faced photograph, and your home country ICYE National Committee has to fill in all the information of the card. If your home country ICYE National Committee does not give it to you, ask them for it!



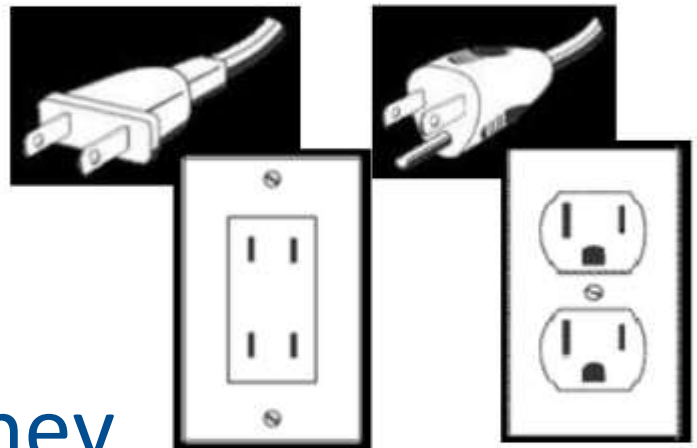
# Tips & Important Information

## Health and Insurance

- Visit your physician to consult any indication of vaccines and/or shots when staying for a long period in Central America (e.g. Cholera vaccine, Hepatitis shot, etc.), always referring to your ICYE Certificate of Health.
- Bring medicine for any kind of stomach complications.
- During orientation, you will receive information regarding your health in Honduras. You will have easy access to doctors, clinics and hospitals.
- Health insurance is provided by ICYE. Volunteers pay for doctor's visits, keep their receipts and will get reimbursed by the insurance company. For more information, please read the Health Insurance Brochure.

## Electricity

- **Voltage:** 110 volts AC, 60 Hz.
- **Electric Plug:** U.S.A. Style  
3-pin plugs are the norm.
- **Socket:** Typical sockets.



## Currency & Money

- **What currency to bring?** We highly advise that you bring US Dollars and not Euros or other currency, since it's easier to change it. We also advise that you do not bring Traveller's Cheques since they are also sometimes difficult to change.
- **Exchange rate:** Approximately L.25.00 = US\$1.00 (You can check [www.oanda.com](http://www.oanda.com), a website that generates handy currency conversion cheat-sheets, which you can print out and keep in your wallet for easy conversions).
- **Changing money:** ICYE Honduras will take you to the bank and help you change money during your first weeks in the country.
- **ATMs:** Cash machines are prevalent throughout the country. ATMs operated by BAC/Credomatic, Banco Atlántida, and Unibanc are the most reliable, and most likely to accept out-of-country debit and credit cards.
- **Credit Cards:** Visa and MasterCard are widely accepted, including at major supermarkets, retail stores, discothèques, pubs and hotels. Expect a 6% to 12% surcharge. **IMPORTANT: Do ask your bank in your home country which is the most suitable card to bring to Honduras.**



## Spanish

The more Spanish knowledge you have, the more you'll get involved at the Project, Host Family and Honduran culture! So, we advise you to take a basic Spanish course before coming.

## Packing

- Bring some information about your country to share: for example pictures, brochures, maps, food, music, books, coins, recipes, etc.
- A good idea is to bring small gifts from your country to give to people in your Project, Host Family and friends.
- Don't forget to pack an electrical adaptor. Ask for them at hardware stores.
- Bring a credit card in case of an emergency.
- Do not over pack. Many toiletries such as soap, tampons, shaving cream, shampoo and toothpaste, as well as writing materials, clothes and sports articles can be purchased in shopping centres and (super)markets.

# Checklist

## Important documents your home country ICYE National Committee has to send to ICYE Honduras

- ICYE Candidate's Application
- ICYE Certificate of Health - Parts I, II & III
- ICYE Report on Candidate
- ICYE Honduras Project Interests Form
- Visa Documents as specified in ICYE Honduras Visa Requirements
- Scanned copy of signed [Agreement Between Participants and ICYE Honduras](#)



## Important documents to bring to Honduras

- Passport
- Photographs
- Original Police Certificate / Criminal Records
- ICYE Certificate of Health
- Visa Fee
- If applicable, Letter of Authorisation signed by parents/guardians
- Articles, food and drinks that represent your home country

## Suggested items to bring to Honduras

### Clothing:

- Modest, cotton clothing is best
- Light sweater, sweatshirt and/or jacket
- Bathing suit and towel
- Shorts and long pants / jeans
- Rain wear / umbrella
- Sandals and walking shoes

### Toiletries:

- Insect repellent
- Sunscreen (SPF20 or stronger)

### Personal First-Aid Kit:

- Small supply of disinfectant, band-aids, gauze and adhesive tape, calamine lotion, aspirin, anti-acid and any ongoing medication

### Miscellaneous:

- Camera
- Pocket Spanish dictionary
- Small pouch to carry money
- Sewing kit with needle and thread
- Sunglasses
- Small torch/flashlight and batteries



# Security Measures and Precautions

When you search *Honduras* in Google you will probably find that it is a “dangerous” country and the alerts that different countries have posted about not coming to Honduras.

But that’s not all Honduras is about.

Like most countries in Latin America, Honduras has issues with criminality, where some areas aren’t as safe as others. Furthermore, the media often point out only the negative side of the country leaving its unique beauty behind. In the larger cities such as Tegucigalpa and San Pedro Sula, it is recommended to be careful and especially aware of your surroundings.



ICYE Honduras is committed to watch over the safety and well-being of every ICYE international volunteer during their stay in Honduras, providing support when they have questions and permanent follow-up by the staff of ICYE Honduras and the Projects where they volunteer. Most of the Projects and Host Families have many years of experience hosting international volunteers.

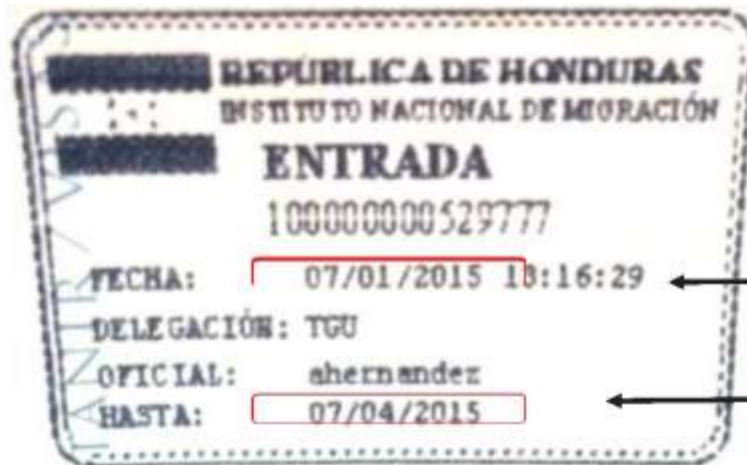
Also, during your first weeks in Honduras, we will give you more detailed information concerning Honduran reality and safety precautions, among which are:

- Be aware of your surroundings.
- Avoid walking by yourself, especially at night.
- Keep taxi company telephone numbers handy.
- When you travel, try to do so with a minimum amount of valuables and an emergency credit card. It’s best if you carry your cash in a pouch underneath your t-shirt.
- Call the emergency number 911 for any type of emergencies; fire, ambulance, violence, etc.
- Take care of your valuables, such as your phone or camera and don’t leave them unattended.
- TAKE CARE OF YOUR PASSPORT! If partying at night/travelling within the country, bring a copy of your passport or your country’s ID or driver’s license.
- Don’t carry large amounts of cash; 500 Lempiras (apx. US\$25) are sufficient for going out, eating and transport for a day.

## Arrival at Tegucigalpa or San Pedro Sula

### What will happen when arriving at the airport in Honduras?

- In the landing/arrival card which most likely the flight attendant will give to you during your flight to get to Tegucigalpa or San Pedro Sula, please write down the [address of the ICYE Honduras office](#) (provided at the end of this National Profile).
- When you get to a migration officer, please hand in your 'ICYE Honduras Invitation Letter for Honduran Migration Officer' which ICYE Honduras will send to you before your trip.
- The migration officer has to stamp on your passport the quantity of 90 días (90 days: 3 months). Here's an example:



Arrival date: 07/Jan/2015

90 days visa finishes: 07/Apr/2015

#### Arriving at Tegucigalpa

- A member of ICYE Honduras will be waiting for you at the international arrivals area with an ICYE Honduras sign.
- He/she will introduce you to your temporary or definite Host Family, with whom you will go to your new home.
- Or take you to the ICYE Honduras office so you wait that they pick you up to take you home.

#### Arriving at San Pedro Sula

- A member of ICYE Honduras will be waiting for you at the international arrivals area with an ICYE Honduras sign.
- He/she will take you to the bus station for the travel to Tegucigalpa (apx. 4 hours) or to the hotel/hostel for the overnight in case of late arrivals.
- Please be aware that you will have to cover the hotel/hostel and transport to Tegucigalpa.

- Carry your own bag or tip the baggage handler :)

DO NOT EXIT THE AIRPORT BY YOURSELF! If you can't find the ICYE Honduras member, call either one of these ICYE Honduras numbers: +504 9783-7125 / +504 9970-6736 / +504 9955-1215

# Once in Honduras...

## First Weeks

**What will happen during your first weeks in Honduras?**

**1**

**Meeting temporary or de finite Host Family:**

- If you're going to live outside Tegucigalpa: meet your temporary Host Family who will host you during your first weeks in Honduras.
- If you're going to live at Tegucigalpa: meet your definite Host Family who will host you during your whole period in Honduras.

**2**

**Three-day ICYE Honduras Orientation Training Camp:**

You will meet all the ICYE international volunteers from different countries, receiving important information (e.g. Honduran Host Families, Honduras Projects, etc.).

**3**

**Seven half days of ICYE Honduras Practical Orientation Training Activities:**

Educational and cultural visits around the capital (visit to museums, colonial architecture, cultural centres, transport system, etc.), interesting speeches & workshops on different themes (e.g. security, ethnicities, socio-economical situation, etc.), interactive activities and more.

**4**

**Meeting the ICYE Honduras family (Get-together):**

The main objective of this activity is to create a space where the Honduran volunteers can meet the group of arriving international volunteers or the ones who are already living in the country.

**5**

**Spanish Language Course:**

It's a total of 30 hours distributed in 7 days. The course is always taught by a qualified teacher with experience teaching Spanish to foreigners.

**6**

**Getting to know your Project — Beginning of Voluntary Service:**

We plan a personal discussion (presentation) or personal visit of your Project before you start volunteering, so you are able to get to know more about the Project (e.g. the people that work and attend there, including your Project's Contact Person, the daily activities they do, etc.). Your voluntary service will start!

# ~~Tips & Important Information~~

## Intercultural Activities

Every year, ICYE Honduras organises intercultural activities in which you can share about your home country through photographs, souvenirs, national dish, typical objects, etc. You can also do so through artistic expressions (e.g. theatre plays, dances, songs).

During your ICYE Honduras Orientation Training Camp you will have the opportunity to talk about your country and family, so we ask you to prepare a nice PowerPoint presentation with pictures, videos and information you would like to share.

For this reason, we ask that you bring everything you need and think of original ideas in how to present your country, in the best way possible!



# Cost of Living

## Pocket Money & Local Transport Money

ICYE international volunteers coming to Honduras will receive a monthly allowance called Pocket Money, stipulated by the International Board of Managers (BoM) of ICYE. You will receive your Pocket Money from the ICYE Honduras office, as well as a fee to cover your transport from your home to your Project and vice versa. The amount will be deposited monthly in Lempiras into a Honduran bank account that ICYE Honduras will help you open. The Pocket Money is fixed to approximately cover personal basic needs.

The minimum amount of pocket money for **Honduras** is usually **EUR € 20.36 per month**, which will be deposited in Lempiras, according to the official exchange rate in [www.oanda.com](http://www.oanda.com), at the beginning of each month, into your Honduran bank account.

<b>REMEMBER: Approximately L.25.00 = US\$1.00</b>			
Letter to Europe	L. 70.00	Loaf of bread	L. 35.00
T-shirt	L. 200.00	Meat (1 lb.)	L. 55.00
Trousers	L. 400.00	Litre of milk	L. 20.00
Shoes	L. 600.00	Beer	L. 40.00
Cinema	L. 100.00	Coke (1 can)	L. 20.00
Theatre	L. 100.00	Combo hamburger	L. 120.00
Newspaper	L. 8.00	Pizza	L. 150.00
Discothèque covers	L. 150.00	Cup of coffee	L. 40.00
1 pack of cigarettes	L. 50.00	Mobile/Cell-phone	L. 700.00
Bottle of water	L. 20.00	One hour internet	L. 40.00

## Travelling a round Honduras

Honduras is a small country and it is relatively cheap to travel around. You may travel inside the country only during weekends, holidays or your free time. When you travel outside the country please make sure of informing your Host Family, Project and the ICYE Honduras office of where you go and when are you coming back. Trips never have to interfere with your responsibilities in your Project. Never hitch-hike (lift)!

<b>Buses (One-Way)</b>	
Tegucigalpa – San Pedro Sula	L. 140.00
Tegucigalpa – La Ceiba	L. 220.00
Tegucigalpa – Santa Rosa de Copán	L. 250.00
Tegucigalpa – Comayagua	L. 50.00

# Living Situation

Most of the ICYE international volunteers will live with Host Families, but others within a Residential Project. Both experiences are quite different and unique to each volunteer.

## Host Family

A Host Family welcomes an international volunteer very warmly. They expect that he/she will become part of the family, sharing the rights and duties of the other members. This means, you will have to follow the family's rules. Thus, meaning that it's you that has to adapt to the family's way of life and not the other way around.



## Residential Project

You may get your own bedroom or sometimes share it with others. You will become part of the Project's life, sharing the rights, duties and the life of the members that live and attend there. You'll get the opportunity to manage your time, having the right to decide what to do during your free time. All the members of the Project become a kind of "big family".



It is not possible to change the Living Situation during the whole period. However, if during the monitoring process done by ICYE Honduras, there are enough justified reasons of existing problems, and if the circumstances dictate it, we will consider looking for a new Living Situation.

It is prohibited to perform a self placement.

Remember you are coming to a different culture, sometimes it won't be that easy, but you have to make some efforts to adapt. Your behaviour within the Host Family or Residential Project will result in the possibility that they'll continue hosting ICYE international volunteers.

You will enjoy this experience and cherish all the moments for life!

# Voluntary Service



In Honduras, there is a great need for social work as it is among the 10 poorest countries in the Western Hemisphere. Volunteers need to come prepared with an open mind, flexibility and ready to take initiative. We expect the volunteers to be energetic, reliable, responsible, have a good attitude, quick adaptability to the Project, willing to learn Spanish and follow the rules of the programme.



In our **Work Profile**, you'll find a list of all the **Projects** available for the **ICYE Programme**, categorised in **12 humanitarian themes**:

- **Human Rights**
- **Environmental & Wildlife Conservation**
- **At-risk Children & Youth Work**
- **Art & Culture**
- **Community Development**
- **Women & Girls Empowerment**
- **Minorities & Indigenous/Ethnic Groups**
- **Health Care**
- **Disability Support**
- **Formal & Non-formal Education/Training**
- **Elderly & Homeless Assistance**
- **Intercultural Learning & International Voluntary Service Promotion**



# Agreement between Participants & ICYE Honduras



We kindly ask you to read and sign the following regulations:

1. I have read the ICYE Honduras National Profile thoroughly, understood and accepted what it states.
2. I will reveal all of my medical conditions to ICYE Honduras, including any prescribed medications.
3. I will make an effort to learn Spanish, and if possible begin to learn/practice it once I receive a confirmation of my acceptance to Honduras, knowing that the better my Spanish knowledge the better experience overall I'll have.
4. I will not be a tourist or student during my voluntary service unless I have an authorisation.
5. I will not use illegal drugs.
6. I agree that I will participate in all programme activities organised by ICYE Honduras, with no excuses. (Compulsory activities for ICYE long-term participants: Orientation Training, Spanish Language Course, Mid-term Evaluation Training and Final Evaluation Training)
7. I am fully informed that I am not allowed and I am not going to have a paid work during my period in Honduras because of the nature of ICYE and my programme, type of my visa / special residence permit and strict laws of the country.
8. I agree that during my period in Honduras it will not be possible to change my Project and/or living situation (Host Family or Residential Project), and I am prepared to accept the assignments that ICYE Honduras offers me under ICYE Honduras rules and availability, either if they are located in the country-side or the city. Refusal of a Project and/or living situation on my behalf may result in repatriation.
9. I will receive a monthly allowance as Pocket Money (amount established by my programme), plus, if applicable, a transport fee to commute from my home to my Project and vice versa during all working days.
10. I will not contest, but bind to the house rules in my living situation (Host Family or Residential Project), trying to integrate into my Host Family's or Residential Project's daily life and life-style, and will try to be a part of them.
11. I will be responsible in my Project, accomplishing the established schedule and tasks.
12. I agree that, although previously agreed, my vacations will be at the end of the programme (the length depending on the period of my programme), agreeing that I can only receive visits from abroad before my vacations with a previous consultation to ICYE Honduras and my Project for an authorisation; knowing that this may interfere with my voluntary service.
13. For my own safety, if I travel outside the country I will notify the ICYE Honduras office with time, informing the destination and itinerary of my trip.
14. I accept that ICYE Honduras is not responsible for providing me with food and accommodation during my vacation period.
15. I agree that I will not post any compromising information about ICYE's members (i.e. Host Families, Projects, sending and/or hosting organisations) on the Internet or other medium, keeping in mind the confidentiality of all parties involved before, during and/or after my period in Honduras.
16. I agree to return to my home country at the end of my period in Honduras.
17. I agree that ICYE Honduras has the right to send me back to my home country, if I violate any regulation of this agreement and/or strict laws of the country.
18. I have fully read the "Agreement between Participants and ICYE Honduras" and fully understood all the regulations to which I herewith confirm.

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

HOME COUNTRY: \_\_\_\_\_ DATE: \_\_\_\_\_

# ICYE Honduras Contact Details



## ADDRESS:

Col. Miramontes, Ave. Principal,  
7a Calle, # 1536,  
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Honduras, Centroamérica

Click the link to view a Google map location:

[ICYE Honduras](#)



“Any place is the centre of the world,  
Any love is essence, is truth,  
Any human is the most important one,  
Any moment the long-awaited eternity.”

- Guillermo Anderson, Honduran singer-song writer

“Cualquier lugar es el centro del mundo,  
Cualquier amor es esencia, es verdad,  
Cualquier humano es el más importante,  
Cualquier momento la ansiada eternidad.”

- Guillermo Anderson, cantautor hondureño

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## **Imprint**

### **Publisher**

Asociación de Intercambio Internacional Cultural de Jóvenes (International Cultural Youth Exchange) I.C.Y.E. Honduras  
Col. Miramontes, Ave. Principal,  
7a Calle, #1536,  
11101, Tegucigalpa, M.D.C., Honduras

### **Photographs**

I.C.Y.E. Honduras archive

