



*Live Honduras, a lo Catracho*

# WELCOME TO HONDURAS

2026-2027





# A WARM WELCOME JUST FOR YOU

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**¡Hola y bienvenide@!**

If you're reading this, you're getting ready for an exciting journey abroad — and we're thrilled Honduras might be your next experience!

Take a moment to explore this document — it will help you prepare for your experience here.

We can't wait to welcome you to Honduras — your next great adventure!

Warm regards,

**The ICYE Honduras Team**



# HONDURAS

## IN A NUTSHELL

The heart of Central America, Honduras is a land of vast contrasts: rainforests, mountains, beaches, and vibrant towns full of tradition. Through the country's history, Hondurans have built a culture rich in warmth, community, and spirit.

When you arrive, you'll feel the kindness of people, the aroma of fresh coffee, the sounds of Garífuna drums, and a deep pride in heritage and nature.

No matter where you are, Honduras invites you to learn, share, and connect with more than just its landscapes — with its people, its hopes, and its rhythm.

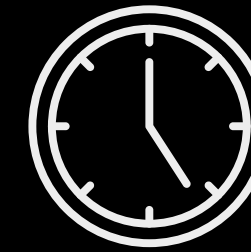


# HONDURAS

## KEY FACTS



**18 departments**  
298 municipalities



### Time Zone

UTC -6  
(no daylight saving time)

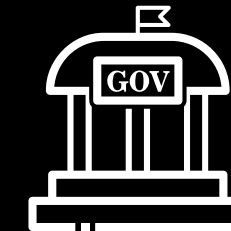
### Area

≈ 112,490 km<sup>2</sup>



### Religions

96% Christian  
(≈ 50% Evangelical,  
45% Catholic), 1%  
other, 3% non-  
religious.



### Government Type

Democratic Presidential  
Republic



### Official Language(s)

Spanish (97%),  
Garífuna (1.3%),  
Miskito (0.5%),  
other indigenous  
groups (0.2%),  
English (0.5%, Bay  
Islands).



### Capital City

Tegucigalpa

### Key Regions

Bay Islands (Roatán,  
Guanaja, Utila), Copán  
Ruins, Lake Yojoa,  
Caribbean coast, cloud  
forests, mountain and  
rural communities

**HNL** Currency  
Honduran Lempira



# CLIMATE

Honduras has a tropical climate, with cooler temperatures in the highlands and warmer, more humid weather along the coasts.

The central highlands average 21°C, while coastal areas reach around 29°C.

There are two main seasons: the dry season (Nov–Apr) and the rainy season (May–Oct).



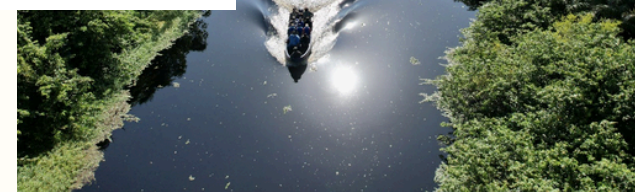
# ENVIRONMENT

Part of Mesoamerica, Honduras is a true biodiversity hotspot — home to tropical rainforests, cloud forests, mangroves, and islands, many protected as natural reserves.

It also hosts the world's second-largest coral reef system (after the Great Barrier Reef in Australia), a paradise for nature and marine life lovers.

Notable protected areas:

- Pico Bonito National Park
- Jeannette Kawas National Park
- Celaque National Park
- Cayos Cochinos Marine Reserve
- Guaimoreto Lagoon
- Cuero y Salado Wildlife Refuge



# RELIGION

- Christianity is the predominant religion in Honduras, mainly divided between Catholic and Evangelical faiths. Smaller communities practice Islam, Judaism, Buddhism, Hinduism, and the Bahá'í Faith.
- A well-known tradition is the creation of sawdust carpets during Easter Week processions — colorful artworks made from dyed sawdust.
- Religion plays a significant role in Honduran society and politics, influencing social values and some conservative policies, especially around reproductive rights.



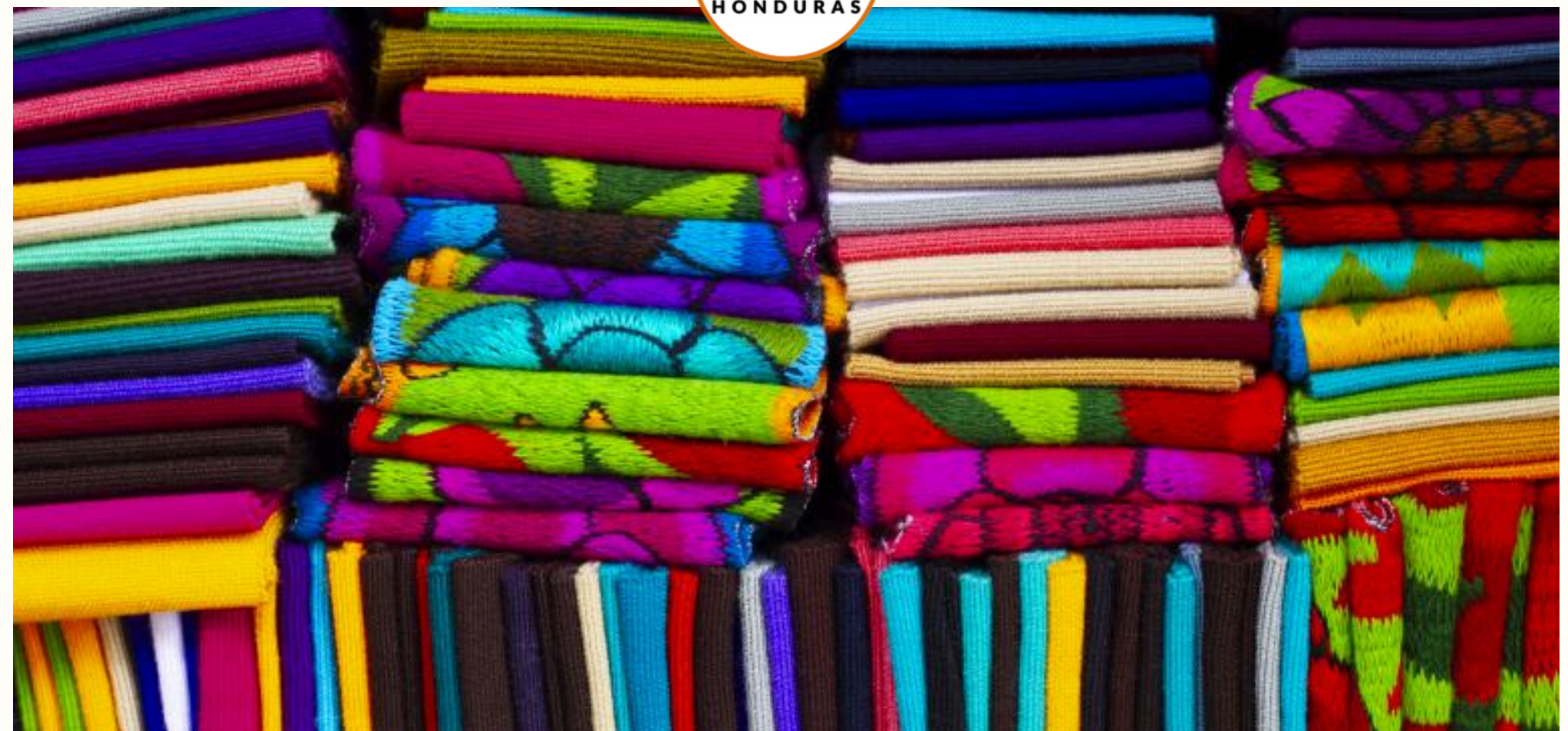
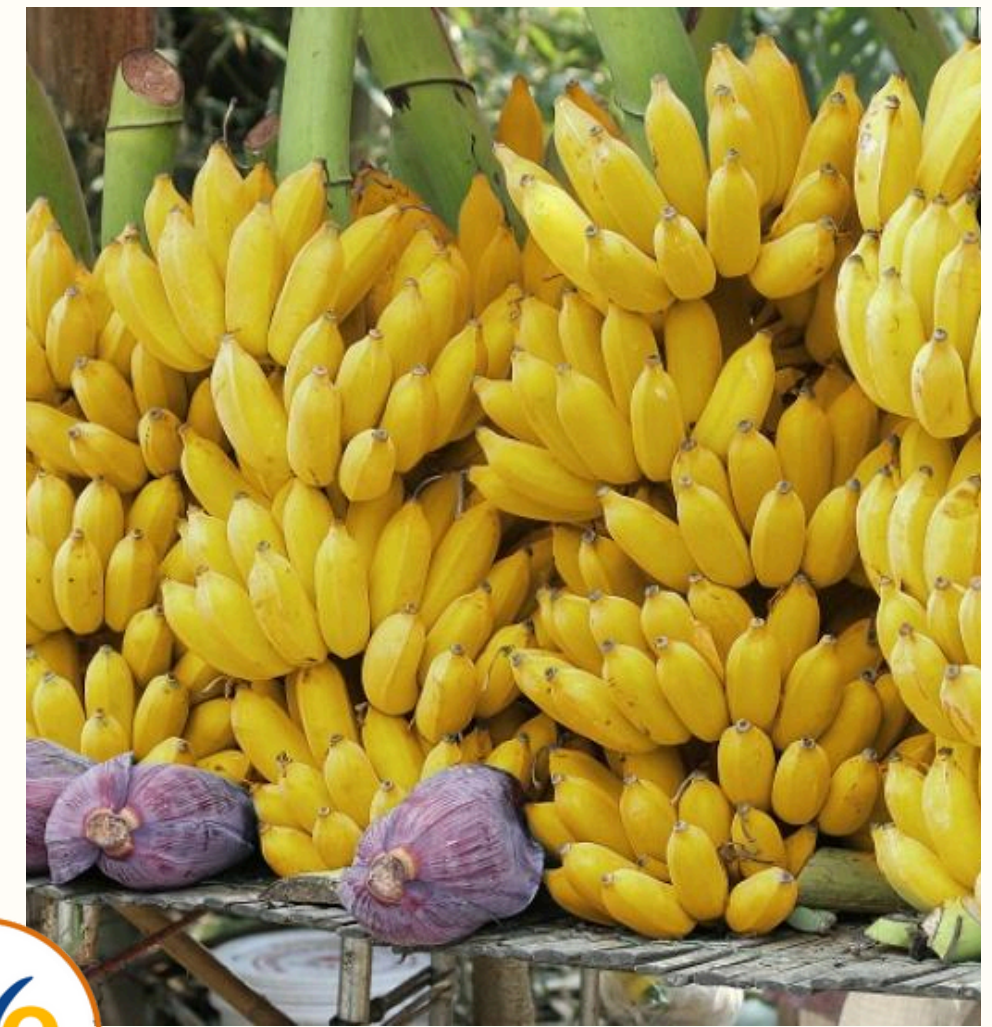
## **DID YOU KNOW...?**

In August 14th of 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.



# ECONOMY

- **Main Exports:** bananas, coffee, shrimp/prawns, lobster, palm oil, zinc and lead, melons, pineapple, timber, tobacco, and clothing
- **Top export earners:** coffee, bananas, shrimp/prawns, and lobster
- **Main trade partners:** USA, Europe, El Salvador and Guatemala
- **Highlights:**
  - Honduran coffee is internationally recognized for its flavor and quality.
  - Hand-rolled cigars rank second worldwide after Cuban Habanos.
  - Honduras leads tilapia production and exports in the Americas.



# ETHNIC DIVERSITY

- Around **90%** of Hondurans are mestizo (mixed Indigenous and European heritage).
- About **7%** belong to Indigenous and Afro-descendant groups that preserve traditional cultures: **Miskito, Pech, Lenca, Garífuna, Chortí, and Tolupán.**



# NATURE & ADVENTURE

Nearly a **quarter of Honduras** is protected land, with **107 natural areas** (40 officially declared as parks and reserves).

- **La Mosquitia:** a vast, remote rainforest on the east coast, reachable only by plane or boat.
- **Río Plátano Biosphere Reserve:** UNESCO World Heritage Site (since 1982) home to mountains, tropical rainforests, and over 2,000 Indigenous residents who preserve traditional lifestyles.



# CARIBBEAN & NORTH COAST

Key destinations include:

- **Bay Islands and Cayos Cochinos:** perfect for snorkeling and scuba diving; Utila is one of the cheapest places in the world to get your PADI diving certification.
- **Yojoa Lake:** educational and nature activities, birdwatching, coffee plantations, microbrewery, hot springs, caves, Pulhapanca waterfalls
- **San Pedro Sula:** financial and industrial center
- **La Ceiba:** ecotourism capital with rainforests, beaches, kayaking and rafting in Cangrejal River, vibrant carnival in third week of May.
- **Trujillo:** coastal and colonial beauty.





# MAYA HERITAGE

The ancient **Maya civilisation** -one of Mesoamerica's greatest- likely originated in the Yucatán around 2600 BC.

In Honduras, **Copán Ruinas** was one of its most important ceremonial and cultural centers, featuring detailed hieroglyphics, temples, and sculptures that reveal the sophistication of Mayan life.



# GASTRONOMY

Honduran cuisine blends indigenous and Spanish influences, with regional variations.

- Carneada: Grilled beef served with plantain, avocado, rice, and salad – a meal for gatherings.
- Baleadas: The dish of dishes – a thick flour tortilla with refried beans, cheese, and mantequilla (Honduran cream). Optional: eggs or avocado.
- Coastal dishes: Seafood prepared with cassava, coconut, and plantain chips.
- Plato típico: Beans, eggs, avocado, and fried plantain – a Honduran staple.
- Sopa de olla: Hearty beef soup with corn and vegetables
- Nacatamales: Corn dough filled with pork or chicken, wrapped in banana leaves and steamed.



# ABOUT ICYE HONDURAS



ICYE Honduras is one of the 41 national committees of the ICYE Federation, an autonomous, independent, and cooperative full member.

Full name: Asociación de Intercambio Internacional Cultural de Jóvenes (International Cultural Youth Exchange - ICYE Honduras). The ICYE logo was designed by a former international volunteer.

# WHAT WE DO

**ICYE Honduras** offers:

opportunities to develop intercultural competence through:

- non-formal education
- intercultural learning
- ethical international voluntary service

With 45 years of experience, ICYE Honduras works alongside a network of local organizations, institutions, and families, providing orientation, training, and support to both: international volunteers and host communities.





# ICYE HONDURAS HOSTING PROGRAM (INCOMING)

- Long-Term (6-12 months): ICYE Long-Term Volunteering
- Short-Term (2-16 weeks): STePs (Short-Term Projects)
- Erasmus+ Volunteering Activities, Erasmus+ Program
- Reception: Open year-round; however, formal education projects do not accept volunteers in November, December, and January.



# MAIN REQUIREMENTS TO BE AN INTERNATIONAL VOLUNTEER ICYE HONDURAS

- Age: anyone from the age of 18 and up
- Open-mindedness, adaptability, and flexibility
- Commitment to represent ICYE's values with integrity and respect
- Readiness to fulfill all volunteer responsibilities



# REQUIRED DOCUMENTS



The following documents must be submitted to your home country ICYE National Committee, which will then forward them to ICYE Honduras in order of priority:

## 1

ICYE Candidate's Application: Must include a recent front-faced, full-color photograph and be typed in English. You will find this information [here](#).

## 2

ICYE Certificate of Health Form (Parts 1-3):

- Part 1 filled out by applicant (signed and stamped by physician) You will find this information [here](#).
- Part 2 filled out, signed, and stamped by physician You will find this information [here](#).
- Part 3 signed by applicant (data privacy disclaimer). You will find this information [here](#).

## 3

ICYE Report on Candidate: Filled by home country ICYE National Committee and sent directly to ICYE Honduras. You will find this information [here](#).

# REQUIRED DOCUMENTS



The following documents must be submitted to your home country ICYE National Committee, which will then forward them to ICYE Honduras in order of priority:

## 4

ICYE Honduras Project Interest Form: Describe preferred projects, interests, and experience. Found at the end of ICYE Honduras Work Profile. You will find this information [here](#).

## 5

Visa Documents: As specified in ICYE Honduras Visa Requirements. You will find this information [here](#).

## 6

Agreement Between Participants and ICYE Honduras: Sign after acceptance. Scanned copy sent by home country ICYE National Committee. Found at the end of National Profile. You will find this information [here](#).

# ARRIVAL IN HONDURAS

As of December 15, 2021, all international carriers operating at Toncontin Airport have moved operations to Comayagua International Airport located 70 km (43 mi) from Tegucigalpa, meaning you have to get from **Comayagua International Airport (XPL)** or San Pedro Sula, Ramón Villeda Morales International Airport (IATA: SAP, ICAO: MHLM) to Tegucigalpa.



# LANDING AND ARRIVAL

- Immigration: present ICYE Honduras invitation letter (ICYE Honduras address and phone number)
- Duration of stay: 90-day permit (entry as tourist; application for residence permit once you are in Honduras)
- Arrival area exit: buy bus ticket (from XPL; approx. 75 min) or flight (from SAP; approx. 1h) to Toncontin Airport (bus tickets can be bought at airport; approx. 10 USD; further information [here](#))
- Contact ICYE Honduras: +504 9955-1215 (WhatsApp)
- We will be waiting for you at Toncontin Airport in Tegucigalpa





# TIPS AND IMPORTANT INFORMATION



- Health and Insurance: consult physician for vaccines, bring medications. Access to doctors and hospitals, and health insurance provided.
- Electricity: 110 V AC, 60 Hz; US-style three-pin plugs (Type A/B)
- Currency and Money: bring US dollars (exchanging Euros is more difficult), ATMs available (ask your bank about possible fees), traveller's checks not recommended

# TIPS AND IMPORTANT INFORMATION



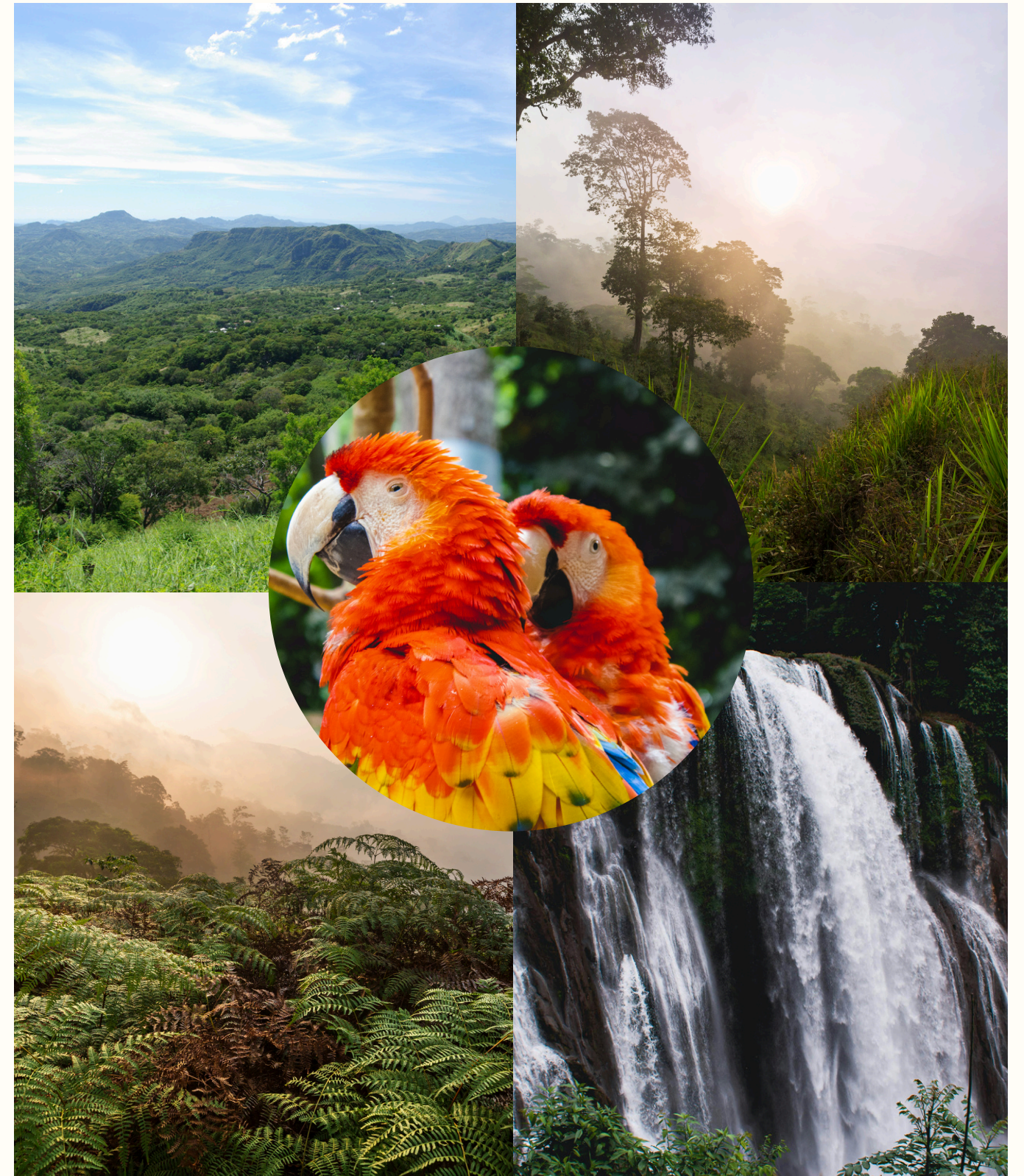
- Spanish: basic knowledge helps integration; take basic course if possible
- Packing and Cultural Materials: bring materials about your country, small gifts for your host family, food/drinks/etc., electrical adapter, credit card; Avoid overpacking!



# TIPS AND IMPORTANT INFORMATION



- Important documents: passport and visa fee (if you apply for one)
- Suggested clothing: modest cotton clothing, sweater, jacket, shorts, long pants, jeans, rainwear/umbrella, bathing suit, towel, sandals, walking shoes (temperatures range from 20°C (68°F) to 32°C (90°F))



# TIPS AND IMPORTANT INFORMATION

- Toiletries and Health: insect repellent, sunscreen, personal first aid kit (disinfectant, band-aids, gauze, adhesive tape, calamine lotion, aspirin, anti-acid, ongoing meds)
- Miscellaneous: camera, pocket Spanish dictionary, small money pouch, sewing kit, sunglasses, small flashlight with batteries



# POCKET MONEY AND LOCAL TRANSPORT



- Monthly allowance (pocket money) set by ICYE Federation (minimum: €45.10 per month)
- Transport allowance included
- Deposited monthly in lempiras into Honduran bank account opened with ICYE Honduras help
- **ONLY FOR LONG TERM PROGRAMS!**



# REMEMBER:

**APPROXIMATELY L.26.00 = US\$1.00**



<b>Mobile phone chip</b>	<b>L. 100.00</b>	<b>Loaf of bread</b>	<b>L. 35.00</b>
<b>T-shirt</b>	<b>L. 200.00</b>	<b>Meat (1 lb.)</b>	<b>L. 100.00</b>
<b>Trousers</b>	<b>L. 400.00</b>	<b>Litre of milk</b>	<b>L. 30.00</b>
<b>Shoes</b>	<b>L. 600.00</b>	<b>Beer</b>	<b>L. 40.00</b>
<b>Cinema</b>	<b>L. 100.00</b>	<b>Coke (1 can)</b>	<b>L. 25.00</b>

# REMEMBER:

# APPROXIMATELY L.26.00 = US\$1.00



<b>Theatre</b>	<b>L. 100.00</b>	<b>Combo hamburger</b>	<b>L. 150.00</b>
<b>Newspaper</b>	<b>L. 8.00</b>	<b>Pizza</b>	<b>L. 150.00</b>
<b>Discotheque covers</b>	<b>L. 150.00</b>	<b>Cup of coffee</b>	<b>L. 40.00</b>
<b>1 pack of cigarettes</b>	<b>L. 50.00</b>	<b>Mobile/Cell phone</b>	<b>L. 700.00</b>
<b>Bottle of water</b>	<b>L. 20.00</b>	<b>One hour internet</b>	<b>L. 40.00</b>



# REMEMBER: APPROXIMATELY L.26.00 = US\$1.00

<b>Tegucigalpa - San Pedro Sula</b>	<b>L. 250.00</b>	<b>Transportes Cristina</b>
<b>Tegucigalpa - Comayagua</b>	<b>L. 200.00</b>	<b>Transporte V Estrella</b>
<b>Tegucigalpa - La Ceiba</b>	<b>L. 360.00</b>	<b>Transportes Cristina</b>

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 inform your Host Family, Project and the ICYE Honduras office of where you go and when you are coming back. Trips never have to interfere with your responsibilities in your Project. **Never hitch-hike (lift)!**

# HOST FAMILY

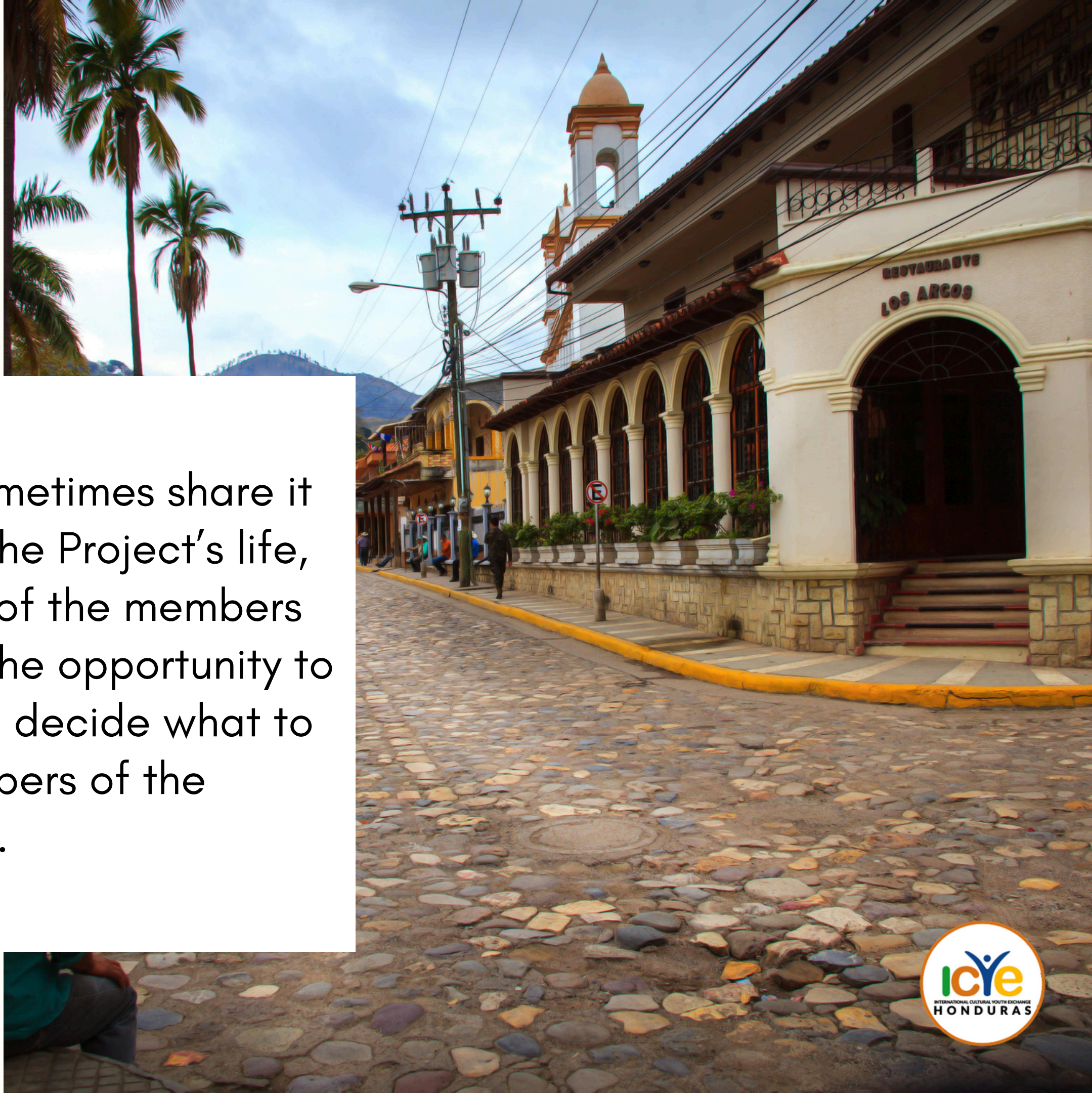


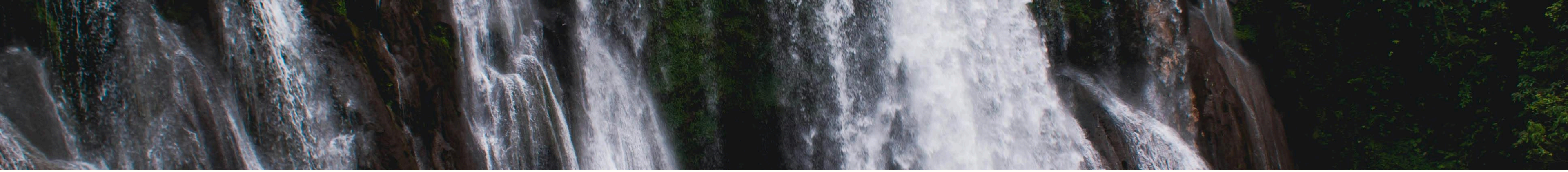
A Host Family welcomes an international volunteer very warmly. They expect that he/she will become part of the family, sharing the rights and duties of the other members. This means, you will have to follow the family's rules. Thus, meaning that it's you that has to adapt to the family's way of life 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".





**IMPORTANT**

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 (f.e. any sort of danger, etc.), and if the circumstances dictate it, we will consider looking for a new Living Situation.



**IMPORTANT**

It is prohibited to perform self-placements. Remember you are coming to a different culture, and sometimes it won't be that easy, but you have to make some efforts to adapt. Your behavior within the Host Family or Residential Project directly affects the possibility that they'll continue hosting ICYE international volunteers.

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

