

## HONDURAS AT A GLANCE

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**POPULATION:** 9,038,741 (July 2017 est.)

**LANGUAGES:** Spanish, English

**PREDOMINANT RELIGIONS:** Christian (Roman Catholic and Protestant)

**TIME ZONE:** Two hours behind Eastern Daylight Time (New York City)

**TELEPHONE CODE:** 504, country code

Honduras offers travel diversity while sharing some of the region's less admirable travel qualities. Roads can be rough, travel slow and amenities basic. Even though Honduras has not had destabilizing insurgencies of the sort that El Salvador, Guatemala and Nicaragua have suffered, conditions are far from ideal. Crime and a lack of attractions make the big cities of Tegucigalpa and San Pedro Sula places you'll want to avoid or to pass through quickly.

That said, Honduras is doing much to make its best features more accessible. Travelers who don't mind a bit of adventure will likely relish the country's unpolished charm.

### COMPASSION IN HONDURAS

Compassion's ministry in Honduras began in 1974. Today, more than 48,200 children are served by more than 200 Compassion-assisted child development centers throughout the country. Compassion's church-based child development centers are places of hope for impoverished children in Honduras. Under the guidance of caring Christian adults, children's pressing needs for nutrition and medical attention are met. Children also receive tutoring to help with their academics. Health and



hygiene lessons teach them to care for their own physical well-being, and positive social skills are modeled and encouraged.

### WEATHER

During February through April, days are warm (80s F / 28-32 C) and dry, and nights are cool (60s F / 16-22 C). Mid-December to February is dry and pleasant in the interior, but can be a bit chilly. Mid-September to mid-December, it's cool with occasional rain, and the rainy season is mid-May to mid-September (heavy showers fall once or twice a day, but the rest of the day can be sunny).

### CURRENCY

Honduras' official currency is the *lempira* (HNL). U.S. dollars are widely accepted in major hotels and restaurants. Small-denomination bills are the easiest to exchange. Major banks will give cash advances on credit cards. ATMs give advances on some credit cards.

### FOOD

Most hot, freshly cooked food should be safe, but peel fresh fruit and raw vegetables before eating, choose meat that is

cooked thoroughly, avoid local dairy products, and assume the water is unsafe (stick with prepackaged or boiled drinks).

## SHOPPING

Honduras is gaining a reputation for its mahogany and cedar carvings, and for its primitive paintings of mountain villages. The beauty of the paintings is often enhanced by hand-carved mahogany frames. Expertly woven baskets and hats are also popular, as are quality leather goods.

Haggling over prices is not expected. Where prices are marked, a request for a *precio mejor* (better price) is likely to net, at best, a 10 percent *descuenta* (discount). If prices are not marked, expect to haggle for a somewhat but not greatly lower price.

## ELECTRICAL OUTLETS

The voltage used in Honduras is 110V, and electrical outlets accommodate plug types A or B. (For up-to-date plug and outlet information, check [whatplug.info](#) and click on your destination country.) You may also wish to take a universal plug adaptor, available in the luggage/travel sections of most big-box stores.

## DO'S AND DON'TS

- **Don't** be alarmed by unexpected loud noises — Hondurans often celebrate events with firecrackers, sometimes in the early morning hours.



- **Do** bring plenty of insect repellent for the pesky mosquitoes if you are stopping at the Bay Islands or along the north coast.
- **Don't** buy coral products or seashells — it contributes to the destruction of the coral reef.

## DRESS

Pack casual summer clothing for sightseeing in the cities and light outdoor-wear for exploring parks and archaeological sites. You might also want to bring one dressy outfit for dining out in the cities. Bring a suitable pair of walking shoes or hiking boots and a waterproof shell if you're planning to hike in the coastal or mountain forests. Sturdy shoes are also essential for the hills and cobblestones of the colonial towns. Hats and sunscreen are recommended.

**Women:** Modest, loose-fitting tops (nothing form-fitting) are recommended; sleeveless tops are acceptable, but please cover your shoulders in places of worship; pants, capris, longer skirts and loose-fitting, casual dresses are recommended for women.

**Men:** Button shirts and polo shirts are recommended. T-shirts are allowed in casual settings. Long, non-denim pants are recommended for center visits and church services.

**Both:** Shorts are highly discouraged outside of beachside locations. A light jacket is recommended for cool evenings or rainy days.

**Shoes:** Closed-toe shoes are recommended during the day due to potential unsanitary or uneven terrain.

As in most of Latin America, men do not wear shorts outside the coastal regions, and women (especially married ones) generally wear less-revealing clothing than is typical in the United States. On the Bay Islands, however, beachwear is fine for most any situation.

## GENERAL SECURITY PRECAUTIONS

Leave at home all unnecessary credit cards, Social Security card, library cards and similar items you may routinely carry in your wallet. Carry items in front pockets, not back pockets. Do not display large sums of money in public; make visible only the amount of money that approximates your purchase. Never leave items with cash in them (purse, wallet, backpack, etc.) on a bus, car or any other location. Stay alert and be cautious at all times. Don't take safety and security for granted.

## U.S. EMBASSY INFORMATION

**Website:** [hn.usembassy.gov](http://hn.usembassy.gov)

**Phone:** (504) 2236-9320

**Address:** Avenida La Paz, Tegucigalpa M.D.C., Honduras

**We strongly advise you to contact the CDC ([www.cdc.gov](http://www.cdc.gov)) or check with your personal physician for more information about your specific health needs while traveling, including any recommendations for immunizations.**

*All information taken from the World Factbook and  
Compassion International.*

## USEFUL WORDS AND PHRASES

The official language of Honduras is Spanish. The country's secondary language is English. Some common Honduran greetings include:

Hello	<b>¡Hola!</b>
How are you?	<b>¿Cómo está usted?</b>
Pleased to meet you	<b>Mucho gusto</b>
Very well, thank you	<b>Muy bien, gracias</b>
Goodbye	<b>Adiós (or chou in Bolivia)</b>
What is your name?	<b>¿Cómo te llamas?</b>
My name is ...	<b>Me llamo (name)</b>
How old are you?	<b>¿Cuántos años tienes?</b>
Yes	<b>Sí</b>
No	<b>No</b>
Please	<b>Por favor</b>
Thank you	<b>Gracias</b>
You're welcome	<b>De nada</b>
I do not speak Spanish	<b>No hablo español</b>
Do you speak English?	<b>¿Usted habla inglés?</b>
I don't understand	<b>No entiendo</b>
You can do it!	<b>¡Sí, se puede!</b>
I love you	<b>Te amo or te quiero</b>
I am praying for you	<b>Estoy orando por ti</b>

Jesus loves you

You are precious to God

God bless you

I believe in you

Tell me about your family

Good/OK

I need

How much?

Too expensive

Cheaper

Where is the bathroom?

Where is the church?

Where is the bank?

Where is the hotel?

**Jesús te ama**

**Eres precioso(a) para Dios**

**¡Qué Dios te bendiga!**

**Creo en ti**

**Cuénteme de tu familia**

**Bueno**

**Necesito**

**¿Cuánto?**

**Demasiado caro**

**Más barato**

**¿Dónde está el baño?**

**¿Dónde está la iglesia?**

**¿Dónde está el banco?**

**¿Dónde está el hotel?**

### SPANISH TIPS

The h is silent in Spanish; therefore, *hola* is pronounced “ola.” The ñ is pronounced ny; therefore, *pequeño* is pronounced “pe-kenyo.”