

Welcome Pack: ★ ★ ★ ★ **HONDURAS**



1. INTRODUCTION TO HONDURAS



Honduras is a country located in the center of America, with coasts on the Caribbean and the Pacific. It offers a rich cultural and natural heritage, standing out for its biodiversity, its impressive landscapes and its history. The country celebrates 203 years of independence on September 15.

2. SOCIAL CONTEXT

Demographics and Culture

Honduras has a population of approximately 9,876,514 inhabitants, composed mostly of mestizos and nine Indigenous and Afro-Honduran Peoples, identified as Lenca, Maya-Chorti, Garífunas, Tawahkas, Tolupanes, Pech, Misquitos, Nahuatl, Garífunas and the English-speaking Blacks or Creoles, all located in different regions of the territory, with their own customs, languages and culture. Honduran culture is a mixture of indigenous, African and European traditions.



Religion

Different religions converge in the country, with a strong presence of the Catholic Church. On the other hand, evangelical and Pentecostal denominations have grown significantly in recent years. There are also small communities of other religions, such as Judaism and Islam, although their number is relatively low compared to the two main religions.

Religion plays an important role in daily life in Honduras, influencing festivities, rituals and community events where prayer is customary as an agenda item in public activities.

Economy

The Honduran economy is based on agriculture, manufacturing and tourism. Coffee, bananas, shrimp and palm oil are key export products. Exports play a crucial role in the country's balance of payments and foreign exchange generation.

Education

The education system faces challenges, including a lack of infrastructure and resources. According to data from the National Institute of Statistics (INE) and other sources, the literacy rate in Honduras is relatively high compared to many other developing countries. In recent years, it has been around 89-91% for the adult population (15 years and older).

Health and vaccination

In the area of health, Honduras has made progress in reducing disease, but still faces challenges in terms of coverage and quality.

Government and Politics

Honduras is a presidential republic with a democratic system. In 2021, Xiomara Castro assumed the presidency, the first woman to hold the office. Her administration has focused on social reforms, fighting corruption and improving security. However, the political situation remains complex, with challenges related to corruption and poverty.

Security

Safety can be a concern in some areas, with relatively high crime rates compared to other countries. It is recommended to be informed about safe areas and to follow the recommendations of local authorities and travelers.

International Relations

Honduras maintains diplomatic relations with several countries and is a member of international organizations such as the UN and the OAS. Economic and commercial relations are developing, especially with the United States and the European Union.

3. TIPS FOR THE TRAVELER

Currency: The official currency is the Lempira (Exchange rate 1 USD = L 24.83).

Language: The official language is Spanish, although in some communities indigenous languages are spoken.

Weather: Honduras has a tropical climate, with rainy and dry seasons. Temperatures are warm throughout the year, the places to be visited its temperature hovers between 23°C and 30°C.

Health and vaccinations: Make sure you are up to date with recommended vaccinations: yellow fever. Consider taking precautions against mosquito-borne diseases such as dengue fever, a disease transmitted by the mosquito *Aedes aegypti*. It is recommended to use covered clothing and repellent if you will be doing outdoor activities.

Health Care Centers:

Honduras Medical Center

Col. Las Minitas, Juan Lindo Avenue, Tegucigalpa

Tel: (+504) 2280-1500

Website: <https://hmc.com.hn/>

Viera Hospital and Clinics

Barrio La Ronda, Ave. Cristobal Colon. Tegucigalpa, Honduras.

Tel: +504 2216-6400

Website: <https://hospitalyclinicaviera.hn/>

Transportation:

Transportation infrastructure varies. Major cities have bus and cab services, but for long trips, consider internal flights.

Means of communication:

[El Heraldo](#), [La Prensa](#), [La Tribuna](#), [Proceso Digital](#), [Confidencial HN](#), [Central News](#), [Hondudiario](#), [TSI](#), [Canal 5](#), [HRN](#), [Tu Nota: \(grupo Televiscentro\)](#), [HCH](#).

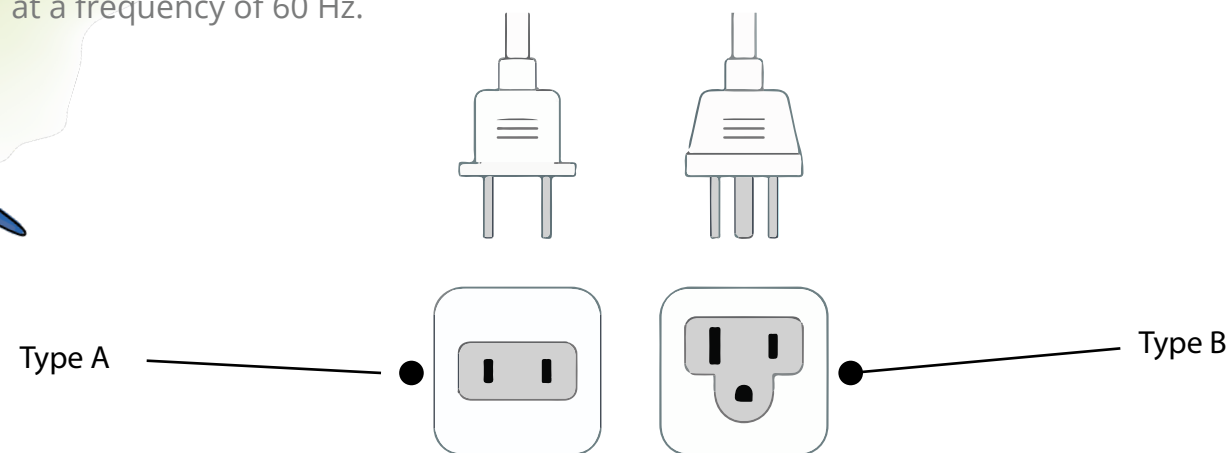


Internet and electricity

In Honduras, internet connectivity and electricity present significant challenges. Internet coverage is uneven; major cities have access to high-speed networks, but in more remote areas, access can be limited or very slow.

In terms of electricity, supply is irregular in some areas, especially in rural regions, where power outages can be frequent. In contrast, urban areas tend to have a more stable service, although they also sometimes experience interruptions.

In Honduras, type A and type B plugs and sockets are used. The mains voltage is 110 V at a frequency of 60 Hz.



National Emergency System Number (Police, Fire Department, Red Cross, Copeco, Transit Police): 911 attention in Spanish and English.

UN Security Operations Center: +504 9982-2690, +504 3175 8600, +504 2236-1394
Plant +504 2236 1300 Ext. 1434 Satellite Phone 00 8816-4142-6033

UNDSS Focal Points

Juan Cuadrado OCR +504 9441 5929
Rosa Medrano FAO +504 9510 7421

4. TOURISM IN HONDURAS

Places of Interest

Bay Islands: the islands of Roatan, Utila and Guanaja are famous for their paradisiacal beaches and diving in the second largest coral reef in the world. They are ideal for nature lovers and ecotourism.

La Ceiba: known for its festivals and its proximity to Pico Bonito National Park, which offers opportunities for ecotourism, hiking and bird watching.

Playas de Tela: another beautiful beach with a relaxed atmosphere and close access to natural parks such as Jeannette Kawas National Park.

Copán Ruinas: a Mayan archaeological site declared a UNESCO World Heritage Site. It offers impressive stelae and temples in a beautiful natural setting.

Tegucigalpa: with a mix of history, culture and urban life. In Tegucigalpa you can visit the Museo de la Identidad Nacional also the [Parque Nacional La Tigra de Honduras](#) with beautiful trails full of flora and fauna that manage to impress all visitors.



5. FAO DELEGATION **FIELD VISITS**

Santa María, La Paz : Founded in 1844, it became a municipality in 1870, when José María Medina was president of the republic. Santa Maria has a territorial extension of 99.2 km². It is located in a narrow valley surrounded by ocotales near the Saragua river, 64 km from the city of La Paz.

Its main economic activity is the cultivation of basic grains, coffee, sugar cane, citrus, cardamom, grapes and vegetables; raising cattle, horses and goats; and poultry farming.

Santa María has 12,208 inhabitants, of which 6,013 are men (49.25%) and 6,195 are women (50.75%). Of the population, 81.03% is rural and 18.97% is urban.

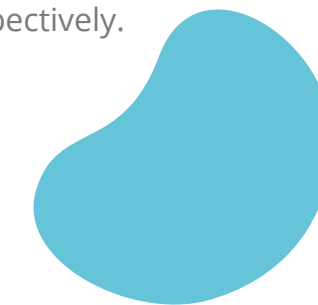
[More information](#)
[More information](#)

Comayagua: The best preserved and restored historic center of Honduras, is located in an extensive valley of the same name, is located in the heart of the American continent and in the center of the country. It was founded as a Villa on December 8, 1537 by Captain Alonzo de Cáceres, on behalf of King Carlos I of Spain. In 1543 King Philip II ordered the Audiencia de los Confines to reside in the Villa de la Concepción de Comayagua, which gave it the name of Nueva Valladolid de Comayagua. As such, it was the capital of the Province of Honduras during the colony.

Its main economic activity is the cultivation of malanga, basic grains, coffee, tobacco, tomato, mango, papaya, sweet potato, vegetables, cauliflower and oriental export crops (many products are processed industrially); raising cattle, horses, pigs, goats and sheep; rabbits and poultry.

The total population of Comayagua is 17,6219 inhabitants. Of these 83,023 are men and 93,196 are women, representing 47.11% and 52.89% respectively.

[More information](#)



Marcala: It is located in the Department of La Paz, about 100 km west of Tegucigalpa. Located in a plain surrounded by mountains, bordering to the south with the Republic of El Salvador. Its main economic activity is the cultivation of basic grains, coffee, sugar cane, citrus, cardamom and vegetables; raising cattle, horses, goats, sheep and pigs; poultry.

The total population of Marcala is 33,696 inhabitants. Of these, 16,178 are men and 17,518 are women, representing 48.01% and 51.99%, respectively.

[More information](#)

[More information](#)

We hope this welcome pack will be useful for you to get to know Honduras better. Enjoy your stay in this beautiful country!



**Food and Agriculture Organization
of the United Nations**

HONDURAS



Welcome Pack:
HONDURAS