



 **AdventHealth** | **Global Missions**
Honduras Mission Trip
Primary Care Project
October 13 – 20, 2026



Valle de Ángeles, Honduras Medical Mission Trip

Trip Purpose

Volunteers will provide primary care outpatient services and health education to several Honduran villages during five days of clinics.

Location & Culture

Honduras is bordered to the west by Guatemala, to the southwest by El Salvador, to the southeast by Nicaragua, to the south by the Pacific Ocean, and to the north by the Gulf of Honduras, a large inlet of the Caribbean Sea. The Honduran culture is very warm and friendly. When greeting, people often kiss each other's cheeks and hugs are common as well. The culture is relaxed, where interpersonal relationships are valued more than punctuality keeping a timely schedule.



Valle de Angeles is approximately 23 kilometers, a 45-minute bus ride, outside of the capital city of Tegucigalpa. It is one of the most pristine locations in the country and has a nearby national park, La Tigra, which is excellent for hiking and bird watching.



HOSPITAL ADVENTISTA
VALLE DE ANGELES

We will be partnering with Hospital Adventista Valle de Angeles (HAVA) while in Honduras. HAVA is a fully functional private hospital complete with In-Patient Care, Emergency Department, Out-Patient Clinic, Operating Suite, and Physical Therapy. HAVA provides a tranquil and serene healing environment, far different from chaotic and crowded

government-run hospitals located in Tegucigalpa. HAVA serves as the main medical facility for the 10,000-person community.

Trip Cost and Due Dates

The total trip cost is \$1,300

Due Dates

Payment	Amount per Person	Date Due
Non-Refundable Deposit	\$200	Upon Acceptance to Trip
50% of Remaining Trip Cost	\$550	July 17, 2026
100% of Remaining Trip Cost	\$550	September 11, 2026
TOTAL	\$1,300	

Note: Airline tickets will be purchased once the 50% of the trip cost has been paid. You may be subject to higher ticket rates if payment deadline is not met.

Trip cost may vary depending on departure city. Cost listed is based on departure out of Orlando, FL.

Payment Options:

1. Website: <https://give.adventhealth.com/campaign/global-missions-honduras-trip/c467010>
2. Call our office at 407-303-2632 to make payments over the phone
3. Mail a check made out to the “AdventHealth Foundation Central Florida” to our address:

AdventHealth Global Missions
870 Sunshine Lane
Altamonte Springs, FL 32714

The trip cost covers the following expenses:

- Flight(s) to location
- Hotel/Accommodation
- Ground Transportation
- Meals and Drinking Water
- Tips on behalf of the group
- Short-Term Travel Insurance

All donors will receive a tax-deductible receipt at the end of the year for the donation was made for the trip cost. If someone makes a donation to the AdventHealth Foundation Central Florida on your behalf, they will receive a tax receipt for the amount they contributed.

Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals while traveling to and from Honduras
- Medications, some which may be covered by your health plan
- Personal Tips, ex: for laundry or other personal items not covered by group tips
- Any personal emergency expense above what the insurance covers
- Beverages, you may want to bring \$15 – 20 USD for extra drinks
- Souvenirs/Gifts

Travel Schedule

Departure: Orlando, FL → Tegucigalpa, Honduras

Day	Date	Activity
1	Tuesday October 13	Depart from Orlando, FL to Tegucigalpa, Honduras
2	Wednesday October 14	Clinic/Community Service
3	Thursday October 15	Clinic/Community Service
4	Friday October 16	Clinic/Community Service
5	Saturday October 17	Rest Day
6	Sunday October 18	Clinic/Community Service
7	Monday October 19	Clinic/Community Service
8	Tuesday October 20	Return to Orlando, FL

Tentative schedule shown, subject to change. Flight itinerary will be emailed to you once flight has been finalized.

Health and Safety Protocol as established by AdventHealth Global Missions

The safety and health of our volunteer team and security within our destination/host country is of utmost priority. Any volunteer wanting to travel on an AdventHealth Global Missions' trip must

- Adhere to the vaccine requirements of our host country and our host institution, including covid testing if required.
- Agree to wear a mask at all appropriate times as instructed by the team leader. This includes but is not limited to properly masked in airports, team meetings, morning, and afternoon commute on the bus and during clinic hours.
- Comply with airline and transit country masking requirements, if applicable, during to and from travel to destination.

Entry and Exit Requirements for Honduras

1. All passports must be valid for at least six months after the dates of intended travel. We recommend that you keep a copy of your passport with you at all times while traveling through Honduras. For U.S. citizens, no visa is necessary for Honduras if your stay is less than three months.
2. All travelers entering or exiting Honduras must complete the immigration precheck form. Travelers will receive a confirmation email, which they should print and carry with them.

Weather and Atmosphere

The rainy season is roughly from May/June to November, and the rest of the year is fairly dry with no rain. The average temperature is between 58° and 74°F. Valle de Angeles sits at about 4,000 ft. elevation and in general, is noticeably cooler than Tegucigalpa.

Lodging

Name: Hotel San Jose

The hotel is a bed and breakfast type and is walking distance to hospital. Hotel will serve breakfast and have water and sodas available. Each room has its own bathroom, and the hotel has laundry services available as well. The hotel room assignment will be 2 people per room based upon gender or couples.



Food and Drink

The local typical meal consists of corn tortillas, beans, generally eggs and/or avocados, cream, cheese, and usually some type of meat. Other common foods are pupusas, baleadas, rice, corn, and sweet breads. The hospital cafeteria serves very good food ranging from traditional Honduran food to typical American dishes. The hospital has a vegetarian cafeteria, which will prepare our lunch and at times dinner. We recommend that you do not eat food from a street vendor. Not everything is perfectly safe --- even if cooked.

Water

DO NOT drink the water, ONLY bottled water. This includes brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip. It's important to keep yourself hydrated due to the heat and elevation of Valle de Angeles.

Other Immunizations

In addition to the Covid-19 vaccine, we recommend our participants are up to date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. More information on recommended vaccinations is available at <https://wwwnc.cdc.gov/travel/destinations/list/>

Miscellaneous

Foreign Currency

Honduras uses the Lempira as their form of currency. As of May 2026, the exchange rate is **1 USD = 27 HNL.**

How much money should you bring?

The money you will need is for any extra item listed above that you may want to purchase. We will stop at the airport to exchange money; many vendors also take credit cards. Most everything you see in shops or from vendors will be less expensive than in the USA. Valle de Angeles is the capital of the country's craft trade, so you're bound to find great souvenirs.

Electricity

Honduras uses the same outlets and voltage as the United States.

Time

Honduras is on the same time as the Central Standard Time (CST) time zone.

Cell phone and Internet Access

If you need cell phone access, please make arrangements with your cell phone carrier prior to departure. Wi-Fi access will be available at the hotel.

Important Travel Tips

- Please do not go out on the streets by yourself, always in a group.
- DO NOT let anyone take your passport “to expedite” your check-in. Wait in line yourself.
- Carefully watch for everyone’s luggage as these are easily mistaken on the conveyor belts.
- Identify yourself as a tourist – “tour group” on immigration documents.
- Stay with group when we go through customs.
- You are advised against street moneychangers for security purposes.
- Respect others – always be on time for scheduled events (better early than late), although the Honduran people are more relaxed about schedules.
- Remember: You are a guest in Honduras, the rules and cultural norms may be different and more conservative.

Packing List

BASICS	TO TRAVEL:	Watch/Travel Alarm	TRAVEL AIDS
	Passport	FUNDS	Pleasure reading
	Copy of travel docs	Wallet	Chewing gum
	Copy of passport	Cash	Snacks
	Emergency contact info	Credit Cards	Earplugs
	Medical insurance card	Foreign Currency	Sleeping mask
	Headphones	Money belt	Travel pillow
	Cell Phone & Charger		Motion-sickness remedy
Tablet & Charger			
CLOTHES	BASICS	Scrub Top	ACCESSORIES
	Underwear	Scrub Bottom	Belt
	Socks	OUTERWEAR	Wristwatch
	Undershirts	Jacket	Glasses
	Bras	Rain jacket	Sunglasses
	Sleepwear (warm)	Scarves	Glasses case
	CASUAL	FOOTWEAR	Hat
	T-shirts	Hiking Shoes	
	Sweatshirts	Athletic/Comfy shoes	
	Pants/Jeans	Sandals/flip-flops	
HYGIENE	Toothbrush	Face cleanser	Feminine hygiene
	Toothpaste	Moisturizer	Nail clippers
	Dental floss/mouthwash	Sunscreen	Hand Sanitizer/wipes
	Soap	Lip balm	Tissues
	Deodorant	Contact lenses & case	Insect repellent
	Shampoo	Saline solution	Prescription Medications
	Conditioner	Shaving cream	Pain reliever
	Brush or Comb	Razor	First-aid kit
	Ponytail holders	Perfume/cologne	Vitamins
	Hair dryer/curling/flat iron	Makeup	Toilet paper / baby wipes
EXTRAS	Camera	Reusable water bottle	DONATIONS
	Umbrella	Travel sewing kit	Clothing
	Towel	Journal/Pen	Toys
	Guidebook	Plug adapter	School Supplies
	Backpack/day bag	Voltage converter	Toiletries
	Stain remover	Laundry bag	
	Important Phone numbers	Ziploc bags	
	Powdered drink packets	Stethoscope	
	Personal snacks	Personal medical tools	
	Flashlight & extra batteries	MED BAG supplied by GMI	

Packing Tips:

- Be a minimalist, don't over pack.
- Nights and mornings are colder, pack warm sleepwear and sweaters.
- Dress in layers to accommodate changing weather throughout the day.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- You may wear scrubs, but they are not required during clinic days. If you do not own any scrubs, you can wear pants and a polo shirt.
- Please leave jewelry back in the USA and dress conservatively – no loud shirts, pants, shorts, etc.

Luggage Allowance

Depending on the group size of the team you may be asked to bring **only a carry-on** piece of luggage. In that instance, you would *not* be asked to take the Global Missions' Supply Bag. Your team leader will let you know at the first team meeting.

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|-----------------|------------------------|--------------------------------|
| 1. Suitcase | Weight limit = 50 lbs. | Global Missions to cover costs |
| 2. Carry-on | 22 x 14 x 9 inches | |
| 3. Personal bag | | |

Global Missions' Supply Bag

You may receive a 15 lbs. bag with supplies the size of a shopping bag to take to Honduras. Please pack ALL items and spread them throughout your luggage along with the shopping bag. We will collect these items once we are at our hotel.