



Module 8: Site-Specific Education ~ Honduras

Clinica Evangelica Morava - Ahuas, Honduras

General Information

The international code to call Honduras is 011 and the area code is 504, followed by 8-digits. Some phones are able to text in Honduras. You can buy a SIM card for your phone, or a cheap Honduras phone at the airport if you feel that is needed.

The internet is available in most hotels and in internet cafes. In Ahuas they use a modem to access internet.

Rainy season is June - August. September is tricky because it's still hurricane season and can be a mixed bag. October is nice, because there is a south wind and usually not much rain.

November is north wind season, so there can be "cold fronts" that last for several days (with lots of rain).

December and January are the best months - moderate amount of rain.

Dry season starts cranking up in February and gets brutal (hot and dry) March - May.

Local Church information

Ahuas is the headquarters for the traditional church, now called the Honduras Mission Province, which broke from the Honduras Province some 15 years ago now. Their provincial chair is Rev. Cristobal Smith. They have a large sanctuary about a 10 minute walk from the clinic. They also have the Mission Province Bible Institute there, which might be interesting to visit.

The renewed church of the Honduras Province is located near to the clinic. It would be great if you had a chance to worship in each church while you are there.

Clothing

It can be hot and humid in Honduras. Wear light clothing that is not too revealing. The women often are in skirts or dresses, but this is not essential wear. A skirt or dress for church, however, would be appreciated. In Ahuas folks often dress more formally and conservatively for church. Normal practice is also for the women to wear the haube (head covering), although this is not essential for visitors.

Food/ dietary matters

Meals at the clinic are great. Often there is rice and beans, plantain, as well as some meat. Veggies and fruits are less available. You might want to avoid tomatoes because their peels need to be cleansed in iodine to make sure parasites are not on them. Cabbage is safer than lettuce. Staff will be a great guide on how food is prepared and what to eat or not.

Taboos/ cultural information

People in Ahuas are very used to North Americans being at the clinic. Their mother language is Miskitu, although many will speak Spanish and some will speak English.

There has been some drug trafficking activity in Ahuas, although there has not been any further incidence of problems at the clinic itself, which sits on the edge of the town.

Health concerns and requirements

Take Malaria prevention – Malarone 250 mg daily, is one option; your physician can advise you.

Only drink bottled water while in Honduras. Use bottled water to brush your teeth. The restaurants in the big cities are usually ok, but you can always ask if the water is purified. Once in Ahuas they should take this into consideration for you.

Bring bug repellent. Use sun screen or a hat if you need it, and an umbrella is also useful. I generally wear sandals, but tennis shoes are fine too.

Pepto bismol tablets are the first line of defense for stomach problems or diarrhea. If that fails then go to Imodium—cautiously. Ginger can also be good. Your physician might give you a prescription for an antibiotic like ciprofloxacin, but again—this is used only as a last resort. Tylenol (acetaminophen) is also good to have in your “medical kit”.

Contact Information

Placement supervisor – Rick Nelson – phone: +011-504-8778-0214.

Antioch supervisor - Jill Kolodziej

US Embassy

San Pedro Sula - Monday, Wednesday, Friday 12:00 to 4:00 p.m.

Address: Banco Atlantida Building, 11th Floor, Across from the Central Park, San Pedro Sula

E-mail: usahonduras@state.gov

For after hours emergencies of U.S. Citizens:

(504) 2238-5114

(504) 2236-9320, Ext. 4100

During regular business hours, please contact:

(504) 2238-5114, Ext. 4400

Register prior to leaving

The U.S. Embassy encourages all U.S. citizens residing or traveling in Honduras to [enroll in the Smart Traveler Enrollment Program](https://step.state.gov/step/). <https://step.state.gov/step/>

[STEP](https://step.state.gov/step/) is a free service that helps the State Department assist U.S. citizens abroad in the case of a crisis or emergency, or if they get in trouble overseas. All it requires is some basic information about your trip or residence abroad (like your travel dates, and emergency contact information). The State Department will not release any private information about you to third parties without your express authorization. We invite you to read more about how the [State Department protects your privacy](#).