

# Santa Rosa de Copan, Honduras: Pre-Trip Guidance

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# Before You Leave

- Health Information for Travelers to Honduras. Most travelers should obtain Hepatitis A and Typhoid Vaccinations. Other suggestions include: Hepatitis B, Malaria and Rabies. Check the CDC website here: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/Honduras>
- However, Copan is in the mountains in the temperate region of the country, so Malaria prophylaxis is not necessary. Dengue is the most prevalent vector borne disease in this area.
- Make sure your passport is valid for at least six months beyond the time you plan to return and that you have at least two blank pages
- Ensure you have travel health insurance . Vanderbilt has a group plan with HTH Worldwide Insurance and you can purchase short-term coverage. Find more information here: [https://webapp.mis.vanderbilt.edu/studioabroad/index.cfm?FuseAction=Abroad.ViewLink&Parent\\_ID=E83863BD-9A32-7CA0-B92DCF0450860B55&Link\\_ID=C8CB82A5-C1FE-003A-1004174A4A63A5FD&pID=11&IID=70](https://webapp.mis.vanderbilt.edu/studioabroad/index.cfm?FuseAction=Abroad.ViewLink&Parent_ID=E83863BD-9A32-7CA0-B92DCF0450860B55&Link_ID=C8CB82A5-C1FE-003A-1004174A4A63A5FD&pID=11&IID=70)
- Make copies of passport, health insurance and other documents. Take your originals and one set of copies with you, and leave one set of copies with someone in the US.
- Ensure you have at least \$50 in US cash for Visa fees. The Honduran embassy does not indicate that there will be fees for US citizens upon entry, but this is a precaution. There is an \$50 exit fee which can be paid in US dollars or lempiras. More information found here: <http://travel.state.gov/content/passports/english/country/honduras.html>
- Note the maximum length of stay in Honduras is 90 days.





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- ATM cards: Visa is widely accepted. Most international credit and debit cards are also accepted. You can purchase International Visa cards that can be preloaded and used at ATMs around the world (these are available at most grocery stores). ATMs operated by BAC/Credomatic, Banco Atlántida, and Unibanc are the most reliable, and most likely to accept out-of-country debit cards. Read more: <http://www.lonelyplanet.com/honduras/practical-information/money-costs#ixzz3SaNAEmIY>
- The Honduran Lempira is approximately 21.00 units to \$1.00 US. Wait to exchange any currency. You can likely get better exchange rates when you arrive in-country.
- You can purchase a phone or SIM card to load with minutes upon arrival- grocery stores often carry these. Check to see what your phone plan has for international minutes and text messaging and data usage. Some have free international texting and data plans, others have competitive rates.
- If you have a smart phone, your best bet may be to download apps like WhatsApp to allow you to send messages to any other WhatsApp user in the world, including your Honduran Colleagues, using your data plan and not your minutes.





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- Other forms of communication are free apps like Tango that allow voice calling from a phone, Google Hangouts which allows voice calling from any wifi enabled device, or WiFi calling. See what you may have available on your phone and download the apps before you leave.
- Skype and GoogleTalk are great ways to video chat with your loved ones back home.
- Please do not bring gifts and donations to Copan unless you have checked in with your site supervisor.
- Note tipping etiquette: Tip is sometimes added to your restaurant bill automatically, but only at better restaurants. Look for the word "servicio" at the bottom of the bill. If there is no notification on the check 10-15% constitutes as a good tip.





# Packing Suggestions

- Please consider the culture of Honduras and the people you will be working with when choosing your dress. Most women in Honduras do not wear shorts. Bring pants or skirts that cover the knees and shirts or blouses that cover the shoulders. Bring both professional and casual clothing.
- Pack for both sun and rain. Santa Rosa de Copan has a temperate climate which means it stays cooler and less humid than the rest of Honduras, but it does have a rainy season.
- Plain, nice cotton clothes.
- Clinic Attire
  - Scrubs- Most people wear scrubs in the hospital regardless of specialty.
  - Jeans and a nice shirt or polo are the usual attire for those not wearing scrubs
- Sunblock, hat, umbrella and other weather clothing.
- Sturdy closed-toed shoes and sandals
- 1 sweatshirt or fleece. It can get cool at night
- A raincoat or poncho is key and is much easier to transport than an umbrella.
- Exercise clothes (if you plan on going on a jog, etc)





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- Please bring an extra supply of any prescriptions including glasses and contact lenses. While most over the counter medications can be found at local pharmacies, you will often not be able to find specific prescription medications.
- Bring a small day pack. You will be grateful not to take your large luggage on a weekend excursion or day trip
- Bring a water bottle.
- Note: Honduras has 110-120 Volt outlets. North American plugs will work just fine. No need for an adaptor.
- A bath and face towel.
- Flip flops for the shower.
- Laundry detergent if you plan to do your own laundry. You could pay for laundromat services. Small packets of laundry detergent are available in the travel section of most US grocery stores. Not all dwellings have washers or dryers. Many of the students wash their clothes by hand and hang them to dry. There are lavanderias (laundromats) if your unit doesn't have a washer/dryer
- Toilet paper- travel rolls are available in the travel sections of US grocery stores. (Your frequently have to carry your own toilet paper to the servicios at the hospital and other public places)
- Miscellaneous: Camera, journal, Money belt, Games or cards, DVDs to watch on laptops, books





# What NOT to Bring

- White clothes as they will get dirty very quickly
- Clothes made from nice fabrics or anything that you wouldn't want ruined.
- Unnecessary electronics - Kindles/e-Readers/DVD players/iPods are great to bring for your downtime, but we ask that you primarily use them around the guesthouse/clinic area.
- Expensive or flashy anything





# Medications to Have on Hand

- Cipro (ciproflaxin) - a broad spectrum antibiotic that would be especially good for intestinal bacteria, GI symptoms. Usually you would take one pill, twice a day, for three days. (prescription necessary)
- Laxatives or some fiber supplement.
- Pepto Bismol for mild symptoms and some prevention.
- Sleeping Pill. This is the easiest way to get over jetlag, but it is not essential.
- Imodium AD, for diarrhea. Lomotil is a prescription med for “bowel urgency”
- cold medicine
- Topical ointment for insect bites, rashes, etc.
- Gatorade or another electrolyte drink powder. Can be helpful in keeping you hydrated, especially if you develop diarrhea.
- A small bag of bandaids and antibiotic ointment.
- Feminine health and hygiene products/medications

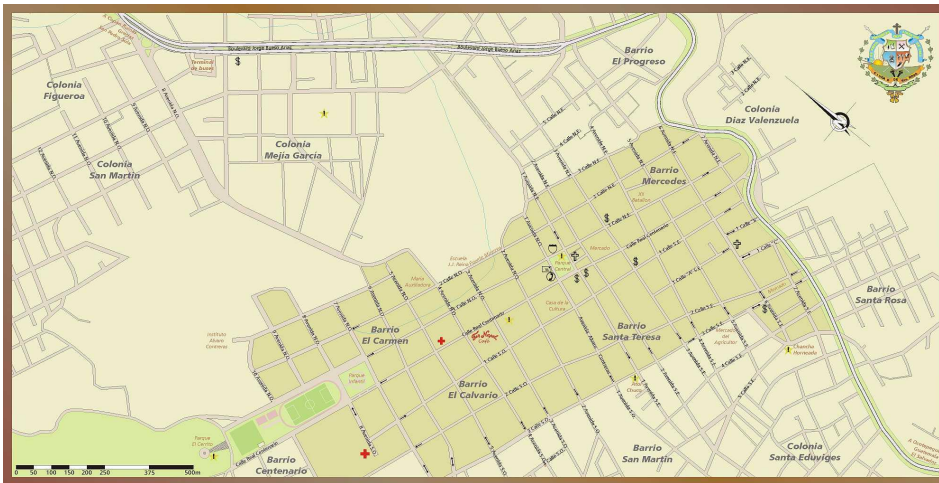






# About Santa Rosa de Copan

- “Santa Rosa is the commercial and administrative hub of western Honduras and, though it isn't overflowing with tourist sights, it makes a good base for exploring elsewhere in the department of Lempira. The town has long been known for growing high-quality tobacco -- said to be the best in the country -- and this crop has played an important part in the town's history.” Frommer’s Travel Guide
- Because of the nice weather, low crime, and proximity to the coffee region, Copan is a tourist destination for many Hondurans
- Estimated population of 42,803
- Attractions to check out: Beneficio Maya (Coffee Factory), Flor de Copán Cigar Factory, Parque Central, Iglesia de Santa Rosa de Copan,



Google Maps URL: <https://www.google.com/maps/place/Santa+Rosa+de+Copan,+Honduras/@14.7660513,-88.7800883,14z/data=!4m2!3m1!1s0x8f6409dd7fbd8951:0x4b662821adfd68ee>





# Previous Student Travel Advice

## Places to go

- Timoschenko
- Aguas Termales (Gracias Lempiras)
- Hospital Cafeterias
- Money Exchange at Hotel Elvir
- Weekends Pizza (owner's wife may have been in the peace corps)

