

# Travel Resources

## Honduras

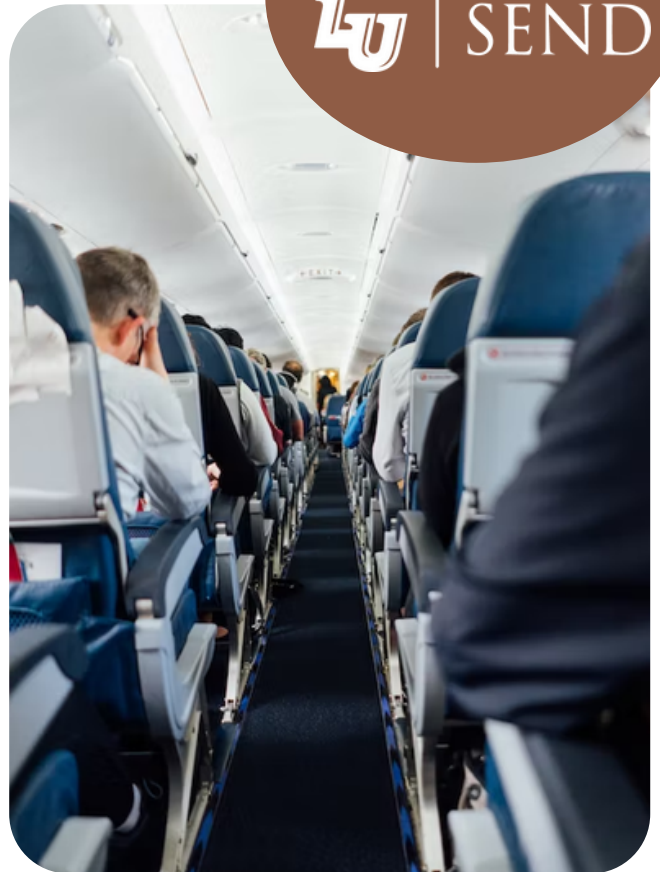
School of Divinity

International Travel Insurance | Currency & Credit Cards  
VAT (Value Added Tax) | Cell Phone Usage | Meals | Internet Access |  
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## INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering you from March 9, 2023 through March 16th, 2023. The policy is comprehensive in nature and is used throughout the University for all international travel. If you would like coverage for additional aspects of travel beyond what is highlighted in the policy, please feel free to purchase separate third party insurance as a supplement to what is already provided. For more information on your current coverage email [LUSend@liberty.edu](mailto:LUSend@liberty.edu)



**“WHEREVER YOU GO  
BECOMES A PART OF YOU  
SOMEHOW.”**

– Anita Desai

## CURRENCY & CREDIT CARDS

In Honduras, the Honduran Lempira is the country's legal tender. Major international credit cards are likely accepted in large cities. Local currency can be withdrawn at an ATM with a debit card, but fees will apply. Make sure to contact your bank a few weeks before departure to alert them to your international travel dates and locations. This will keep your cards active while abroad. Keep in mind that fees will be charged for international purchases. Contact your bank for these fees.



## VAT

"VAT" stands for value-added tax. The tax is included in the price of the item, so the price you see is the price you pay. In Honduras, the standard VAT rate is 25%. The local name for VAT in Honduras is sales tax (ST).

## INTERNET ACCESS

Your hotels and bus may have access to the internet, however, keep in mind that unless you have purchased an international data plan for your phone, access to email, texting, and other Internet-based applications will be subject to Wi-fi availability.

## CELL PHONE USAGE

Most cell phone carriers have additional international packages that you can add on at a monthly or daily rate. Depending on the carrier, this can cost anywhere from \$10-\$40 and will provide limited text messages, data usage, and calling minutes.

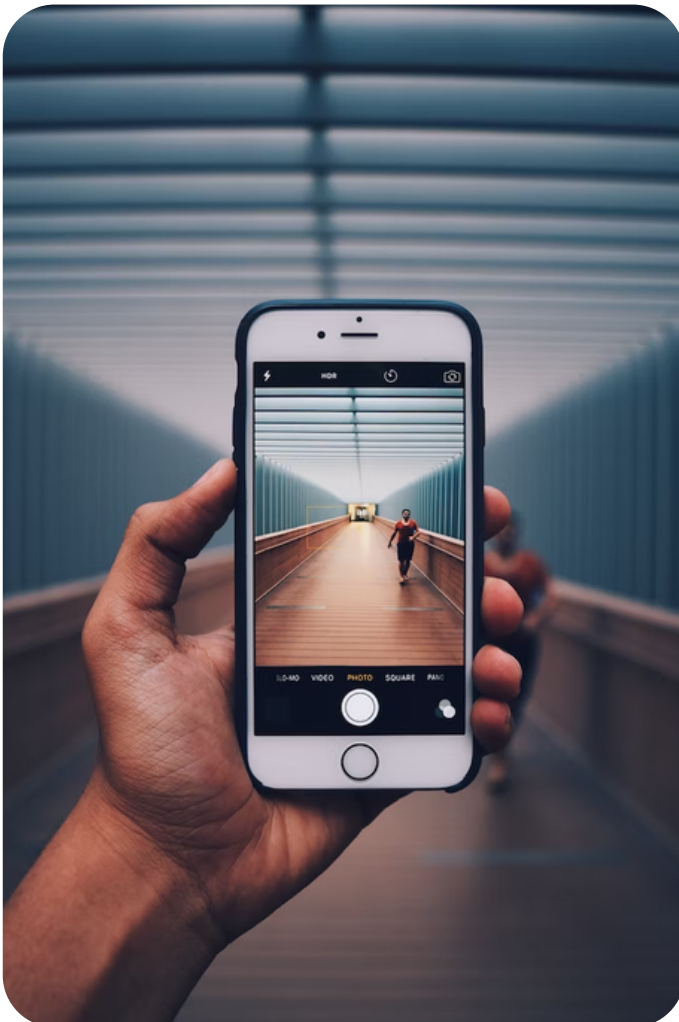
## VACCINATIONS

We recommend using resources such as the Center for Disease Control as you consult with your home doctor or other trusted medical sources, in order to make the best possible decision regarding your health. If you reside in the Central Virginia Region, below are local medical offices that you may consider consulting. Keep in mind some vaccinations require a minimum amount of time to take effect before entering another country. Communicate when and where you will be traveling.

Lynchburg Health Department  
(434) 947-6785  
1900 Thomson Dr. Lynchburg,  
24501

Rustburg Family Pharmacy  
(434) 332-1730  
925 Village Hwy Suite B. Box 1005  
Rustburg, VA 24588

Liberty University Health Center  
(434) 338-7774  
Commons 3 1606 Regents Pkwy



## MEALS

Traditional Honduran cuisine is a fusion of Mesoamerican (Lenca), Spanish, Caribbean, and African cuisines. There are also dishes from the Garifuna people. Coconut and coconut milk are featured in both sweet and savory dishes. Regional specialties include sopa de caracol, friend fish, tamales, carne asada and baleadas. In the coastal areas and the Bay Islands, seafood and some meats are prepared in many ways, including with coconut milk.

## FOOD & DRINK SUGGESTIONS

Popular Honduran dishes include meat roasted with chismol and carne asada, chicken with rice and corn, and friend fish with ickled onions and jalepenos.

Among the soups that Hondurans enjoy are bean soup, mondongo soup (tripe soup), seafood soups and beef soups. Generally all of these soups are mixed with plantains, yuca, and cabbage, served with corn tortillas.



\*We will try our best to provide a variety of food options for meals but cannot accommodate every dietary preference. For daily touring, it is highly encouraged to bring your own snacks if you believe you will get hungry during the day. Touring will be on a tight schedule, and it's always a good idea to have a snack if we find ourselves running overtime at lunch.



## FUN FACTS!

1. Christopher Columbus named Honduras for the deep waters just off the country's coast. Columbus claimed the land for King Ferdinand of Aragon and Queen Isabella of Castile. The term "Honduras" means "the great depths."
2. Honduras was once home to the Mayans, who were the most powerful of the indigenous people.
3. Honduras has the Bay Islands, which are a group of small islands found in northern Honduras.
4. Spain conquered Honduras in the 16th century. The conquest lasted from 1524 to 1821, which is why the Spanish influence is so prevalent throughout the country.
5. Honduras was once called the Banana Republic. The term was coined by O. Henry, an American author, in 1904. The moniker refers to a country with an unstable economy that depends on the exportation of a single product. In the case of Honduras, it was bananas- and the nation is working hard to eliminate the association to the term.

## ADDITIONAL RESOURCES

- Lonely Planet** – A helpful guide to understanding culture, travel tips, and additional insights.
- Currency Converter** – Plan how much money you need to bring in US Currency.
- Passport Application** – Don't have a passport yet? Follow the U.S. Department of State's instructions for applying for a passport