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# A New Path: Deportation to Honduras

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This document is a work in progress and part of the larger publication, [A New Path: A Guide to the Challenges and Opportunities After Deportation](#), from the Education Justice Project at the University of Illinois, Urbana-Champaign. We are working on updating this guide for 2026 but recognize how urgently its content is needed. We believe there is information here that can literally save lives, so please share this document widely. Please also share your feedback with us, including any omissions or errors. We can add updates before the next edition. Email us at [reentry@educationjustice.net](mailto:reentry@educationjustice.net).

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## Life After Deportation: Honduras

Maybe you haven't been to Honduras in a long time, or maybe you've lived there more recently. No matter what, deportation can be hard and scary. Know that you are not alone. Other people have gone through this before. This chapter is based on our research and their experiences. It will give you important information on deportation to Honduras.

- ★ This section focuses on information that is unique to Honduras. For general information on deportation to Mexico and Central America, see the [Mexico chapters](#)

and the [Deportation to Central America chapter](#) If you are currently incarcerated and face deportation upon release, you may also want to request a copy of our prison reentry guide, *Mapping Your Future: A Guide to Successful Reentry* or access it online, here: [tinyurl.com/MYFNA](http://tinyurl.com/MYFNA). Its content focuses on return to communities in the US but has some content that can be useful for deported people, especially those who have experienced long periods of incarceration before returning to their countries of origin.

For guidance on how to create a plan to prepare for possible deportation, see the [Plan for Possible Deportation](#) chapter.

## Arriving in Honduras

In this section, you can find information on:

- Location of Arrival
- Reception: What to Expect
- Support Services upon Arrival
- Emergency Housing
- Repatriation Organizations and Agencies
- Staying Safe as You Travel
- Reintegration Services in Your Community

### Location of Arrival

Your deportation flight from the US will land in the Ramon Villeda Morales La Lima, near San Pedro Sula. It may make other stops in the US on the way. After arriving, all deported Hondurans will go through the National Migration Institute (Instituto Nacional de Migración or INM) reception process. Adults are processed at the Centro de Apoyo al Migrante Retornado (CAM-R) at La Lima. Families and unaccompanied minors are transferred to the Belen Processing Center.

- ★ People who are at least 18 years old are processed as adults at La Lima.

### Reception: What to Expect

You will be interviewed by immigration officials to confirm your identity and record your entry into the country. The reception center will have psychologists who are trained to identify abuse and offer services. You will probably be offered a hygiene kit and cash assistance for transportation and food along with your national ID. **If you need help, this is the time to ask for it.** There will be nonprofit organizations there to help.

- ★ We've done our best to explain what you *should* be able to expect upon your arrival, but your experience could be different. Services can become strained by lack of funding or when multiple flights arrive at the same time. You might not get as much help as you need.

- ★ Returnees have been robbed, kidnapped or murdered on their way out of the airport. It is crucial that you consider your options for transportation and support and have a plan before arriving to ensure your safety. Source: [fosterglobal.com/blog/five-children-murdered-after-they-were-deported-back-to-Honduras](http://fosterglobal.com/blog/five-children-murdered-after-they-were-deported-back-to-Honduras)

## Support Services upon Arrival

**Protection Services:** If your life may be threatened and you are afraid to return to your home community, **ask for help**. After passing through customs, there is a clearly marked booth staffed by non-profit organizations.

The organizations that offer protection services are:

- International Organization for Migration (Organización Internacional para las Migraciones) (IOM or OIM)
- Norwegian Refugee Council (Consejo Noruego para Refugiados) (NRC)
- Honduras Red Cross (Cruz Roja Honduras)

They can help you relocate to a safer place in Honduras, support you with three months of rent and groceries, as well as seed capital to start a small business. An essential service they offer is training on how to stay safe.

- ★ If you are arriving in Honduras and you need help, this is the time to speak up. Don't assume you can figure it all out yourself. There are a number of non-profits at the airport to assist you. **ASK FOR HELP!**
- ★ For the contact information of the organizations listed in this guide, see the directory (on p. 33).

## Emergency Housing

When you arrive, ask about the Scalabrini Brothers (Hermanas Scalabrianas). They help to administer the reception center at the La Lima and may be able to help you plan your return. They may also be able to help you find a place to stay.

The Belen Reception Center has a shelter where families can stay for up to a month. There are other shelters run by non-profits (see p. 33 for a list of shelters in Honduras). Don't be afraid to ask local churches about a place to stay.

- ★ Recent USAID funding cuts have affected humanitarian aid and support for meeting basic needs.
- ★ In San Pedro Sula, third-country nationals such as Venezuelans and Colombians on their way back to their countries can stay at El Centro de Paso.

## Repatriation Organizations and Agencies

Other non-profit organizations active in the repatriation process include:

- The UN High Commission for Refugees (Alto Comisionado de las Naciones Unidas para los Refugiados) (UNHCR/ACNUR).
- Mennonite Social Action Commission (Comisión de Acción Social Menonita) (CASM)
- Doctors of the World (Médicos del Mundo)

If you need help, look for the Honduras Red Cross, IOM, NRC, or one of these organizations. If you see them, know that the services they offer are legitimate.

The government agencies that manage reception include:

- The National Migration Institute (Instituto Nacional de Migración)
- The Municipal Office of Returnee Support (Oficina Municipal de Apoyo al Retornado) (OMRAR)
- The Secretary of Exterior Relations and International Cooperation (Secretaría de Relaciones Exteriores y Cooperación Internacional) (Cancillería)
- National Secretary of Childhood, Adolescence and Families (Secretaría Nacional de Niñez, Adolescencia y Familia) (SENAF)

## **Staying Safe as You Travel**

Be very careful in the area outside La Lima and do everything you can to stay safe.

Try to get help from the organizations listed above, but be aware that not everyone gets the help they need. Honduran deportee Alex V. reported that he received no help with transportation. Outside the airport, there are taxis waiting. They will charge you a lot of money. Alex V. also says they aren't safe. "Sometimes [the taxis] are used for robbery or kidnapping." If you know anyone nearby, ask them to pick you up or help you with transportation.

Some neighborhoods of San Pedro Sula are very dangerous. Be extra cautious in the city. Do not make eye contact or speak with people you don't know. Cover any tattoos with long sleeves and pants. Do not use a cell phone other than your own to call your family. This will keep your family's information private and help avoid scams or possible extortion.

- ★ **There is safety in numbers.** If possible, talk to others who are being deported with you. Do this while you're still in detention, at the ICE staging site, on the plane, and at the reception center. You may be able to travel together to a safe place, offer each other clothes or toiletries, or offer support in other ways. Don't travel by yourself after you leave the reception center.

*When I finally got to my hotel, I was exhausted. I had been awake for close to 48 hours. I was traumatized and in shock. I just cried for an hour. -Alex V.*

## Reintegration Services in Your Community

There may be reintegration services available to you in your home community. These services may include job training, skills development, help accessing education, psychological services, or healthcare, or support to start a small business.

The government organization that coordinates these services is called the Unidades de Municipales de Atención al Migrante (UAMR), but many civic organizations may also be involved. For this reason, some communities will have more or better services than others. Cities like San Pedro Sula and Tegucigalpa, for instance, have a stronger network of services than most smaller towns and rural areas.

To learn more about resources available to you in your community, see the non-profits part of the directory on p. 36.

## Getting Your IDs and Documents

This section describes how to get the following documents:

- DNI (Documento Nacional de Identidad)
- Birth Certificate
- RTN (Registro Tributario Numérico)
- Passport
- Driver's Licence

★ Addresses in Honduras work differently than they do in the US. See the boxed information on addresses on p. 10 to learn more.

### DNI (Documento Nacional de Identidad)

Your “DNI” (pronounced “de-ene-i”) is the most important identity document in Honduras. You will need it for all aspects of life, including opening a bank account, buying a SIM card, getting your passport, going to school or getting a job, and accessing healthcare or social welfare programs. You will also need it to get your other government documents.

★ **Long lines?** Senior citizens are entitled to special privileges in Honduras, including going directly to the front of the line in government offices.

**If you never had a DNI**, it is free and you can get it at any Registro Nacional de las Personas (RNP) office in Honduras. You can find a list of all RNP offices at [np.hn/RNPweb/servicios/Tarjeta-de-Identidad.html](http://np.hn/RNPweb/servicios/Tarjeta-de-Identidad.html). When you go, bring:

- Your Honduran birth certificate

- A witness who is either an immediate family member, a grandparent, aunt or uncle, or a cousin with the same last name. If there is no one available, you can bring two witnesses who are not related to you but live close by. All witnesses need to bring their DNI.

You must be at least 17 years old to get your DNI, and you and your witnesses should bring originals and copies of all documents. If you don't know anyone in Honduras yet, the organization Colectivo Violeta can help by providing someone to go with you to these appointments. See their website ([colectivovioleta.org](http://colectivovioleta.org)) for more information or call them at (504) 2220-5045.

**If you have an old DNI** and need to get it renewed, go to any RNP office with:

- Your old DNI, if you have it
  - Your birth certificate
  - 200 HNL (If your DNI is expired by more than ten years, a replacement may be free.)
- ★ HNL (or sometimes just L) is short for Honduran Lempiras, the Honduran currency. For the exchange rate at the time of publication, see the [Deportation to Central America](#) chapter)

**In both cases**, bring originals and copies of all documents. RNP workers will take your picture, scan your fingerprints, and give you a receipt which you will need to keep safe until your DNI is ready. For your photo, big earrings and heavy makeup will not be allowed.

Almost all RNP offices can now take your fingerprints and photograph, but if you live in a rural area, you may want to double-check this before going in.

To check on the status of your DNI, go to [entregadni.rnp.hn/dni/#/](http://entregadni.rnp.hn/dni/#/) and enter the ID number from your DNI receipt. When you go in to get your ID, **bring that receipt with you**. An RNP worker will take an additional photo of you to confirm your identity before giving you your ID.

## **Birth Certificate**

To get a copy of your birth certificate from the RNP, download an app called SIN RNP. Using the app, scan your identity card (DNI) or enter your national identity number. You can then download a copy of your birth certificate.

**If your child was born in the US** and you registered their birth with the Honduran embassy or consulate, you can get their birth certificate through the “SIN RNP” app as well.

If you never registered your child with the RNP, you will need to do that now. They must be registered in order to enroll in school.

**Registering Your Child with the RNP:** To register your child with the RNP, you will need to go to the Civil Registry of the RNP in Tegucigalpa with the following documents:

- Your child's original US birth certificate, translated into Spanish and apostilled

- Both parents' birth certificates (yours and that of the child's other parent). If one parent is non-Honduran, you will need a copy of their passport to verify their name. If only one parent is involved, it needs to be the Honduran parent.
- A second identity document for the child, if possible (an official state ID from the US is acceptable)
- The formal request document to the Commissioners of the RNP, which you can get at the Secretaría General window in the office
- The application of the General Secretariat, which you will receive once you are there

**Note:**

- You should bring the **original and two copies** of all identity documents.
- This can only be done in person at the Civil Registry of the RNP, located on the **Boulevard Morazán in Tegucigalpa.**
- If you are returning with a child born in the US who is 21 or older, they can do this alone. Otherwise, a parent (or close relative with the same last name) must be there.

Learn more about this process at [rnp.hn/RNPweb/servicios/Nacimiento.html](http://rnp.hn/RNPweb/servicios/Nacimiento.html).

## **RTN (Registro Tributario Numérico)**

Your Registro Tributario Numérico or RTN is required for work, taxes, credit, and any large financial transactions. The first one is free. If you've lost it, you can replace it for 200 HNL. Knowing the number may help in some situations, but you will often need the card itself.

**To get your RTN online**, visit [oficinavirtual.sar.gob.hn](http://oficinavirtual.sar.gob.hn). They will ask for your identity number, address, and profession. After that you can upload a copy of your utility bill and your DNI or passport.

**To get your RTN in person**, go to the nearest Servicio de Administración de Rentas (SAR) office. You can find a list of locations here: [sar.gob.hn/ubicaciones](http://sar.gob.hn/ubicaciones). You will need to bring the original and a copy of your DNI and a state-issued household bill (like water, electricity, or cable). You do not need an appointment.

At the SAR office, you will be asked about your current job and living situation (renting, owning, living with family, etc.). If you do not have formal work yet, let them know. They will give you your tax number to use when you apply for formal work, but they will hold your RTN card for you until you are hired. (For the differences between formal and informal work, see p. 13).

## **Passport**

- ★ **Travel to Bordering Countries:** If you don't feel safe in Honduras, you may want to travel soon after your return. Some people relocate to Guatemala, for instance, because it's generally considered a safer country than Honduras. **You can travel to Guatemala with just your DNI**, as well as to El Salvador and Nicaragua. You must enter by land, and generally you will be allowed to stay for up to 90 days. For all other international travel, you will need a passport.

To get your passport, you will need to make an appointment (cita) at a bank. Most banks offer this service, but you can find a complete list at the INM website (see below). The fee for a five-year passport is 35 USD, and a ten-year passport costs 50 USD. The bank will charge this fee when you make your appointment, and there will be no additional fees. They will give you a receipt with your name, identity number, and appointment location and date. Check that all the information is correct. Appointments are usually scheduled for the next day.

Your appointment will be at the National Migration Institute office (Instituto Nacional de Migración, or INM) listed on your receipt from the bank. Bring that receipt, your old passport (if you have one), and your DNI (the original and a copy). They will check all your data and take your picture for the passport. Be prepared to wait.

For more detailed information, visit the INM website: [inm.gob.hn/pasaportes.html](http://inm.gob.hn/pasaportes.html).

## Driver's License

If you plan to drive in Honduras, you will need a driver's license. Generally, you can drive for up to 90 days using a US driver's license, but after that you will need a Honduran license.

You can apply for your license at a Dirección Nacional de Vialidad y Transporte (DNVT) office. If it will be your first Honduran driver's license, you will need to:

- Be at least 18 years old
- Be able to read and write in Spanish
- Pass medical exams (including general health and vision) given at a DNVT-approved center
- Pass a written test and a driving exam
- Participate in a DNVT training

When you apply, you will need to pay a fee and bring your DNI (the original and two copies) and a utility bill to prove your address.

Requirements are the same for all types of driver's licenses, but the fees vary:

Licence Type	Two years	Five years
Motorcycle (Type A)	150 HNL	300 HNL
Car (Type B)	250 HNL	600 HNL

For a current list of all fees, visit [tinyurl.com/DNVT-fees](http://tinyurl.com/DNVT-fees).

- ★ **Watermark scanned documents:** If someone needs you to send them a copy of your DNI, RTN, or another personal document, be aware of potential scams. When you scan or photograph your document, you can protect yourself by using a free website or app to add a watermark.

## Meeting Basic Needs

Life after deportation can be challenging. Many returnees struggle to meet their everyday needs. This transition can be hard, but if you take it one day at a time, believe in yourself, and look for help when you need it, things can work out. There are organizations and people out there to help you on your journey.

In this chapter, we share information on the following basic needs and resources:

- Cost of Living
- Food
- Shelters and Housing
- Transportation
- Government Financial Support

★ **Churches and church-run organizations** offer support in Honduras. Don't be afraid to knock on a church door and ask for the help that you need. Two organizations that provide support include Caritas in Danli and Tegucigalpa and the Pastoral de Movilidad Humana of the Conferencia Episcopal de Honduras in Tegucigalpa. For their addresses, see the directory on p. 33.

*The Lutheran World Federation was also very supportive. They were a great support in all areas: psychosocial, seed capital. That has been a huge support for me, and I am very grateful to them. -Deybid*

### Cost of Living

Most things cost less in Honduras than they do in the US. Not including rent, the average cost of living is only around 13,000 HNL or about \$500 USD per month. Rent is generally less as well, but it depends on different factors (Learn more in the housing section on p. 10).

**Health:** For emergency medical care, you can visit any public hospital for free. You will just need to show your DNI. For non-emergency visits, you can only receive free service at your local hospital. Because the system is underfunded, though, services at all public hospitals are limited. (Learn more about the healthcare system in the health section on p. 21).

**Gas:** Gas prices vary, but it is generally more expensive than in the US. (Current prices are around 100 HNL, or close to \$4 USD per gallon.) For other ways to get around, see the transportation section on p. 11.

**Electricity:** Electricity in Honduras is managed by the government. The average household spends between 400 and 1,000 HNL per month on electricity. Blackouts are normal and often planned, so it is always good to have a flashlight at home and food that doesn't need to be cooked. Scheduled blackouts are usually announced in advance. The government may pay a portion of your electricity bill if you keep your consumption low.

*Sometimes we have the idea that only people from the US, or Spain...can get ahead... With effort, dedication, and discipline, I've realized that you can get ahead here...We also have to be disciplined. -Deybid*

## **Food**

Food in Honduras can be much cheaper than it is in the US, especially if you buy local food and eat a typical Honduran diet (beans, rice, and some vegetables). To save money, you can try to negotiate prices at your local market or find weekly deals and discounts at the grocery store. Imported foods will cost more.

When you arrive, you may receive a voucher for food that you can use at Banasupro. If you do not receive one, ask at the Centro de Atención al Migrante Retornado (CAM-R). At the CAMR, the Red Cross may also provide food vouchers. To contact them, see the directory on p. 33.

If you need food, you could also seek help at your local church. Churches often have food pantries for those in need, but there are no formal programs.

## **Shelters and Housing**

Contact relatives or friends, even distant ones you haven't spoken to in a while. Ask if they might be able to help you find a place to stay. If possible, do this before you arrive. You will be surprised how many people are willing to help you. If you need other options, here are some things to consider:

**Shelters:** There may be beds available at shelters in San Pedro Sula, Omoa, and Danlí, but many shelters have shut down. A few non-government organizations run shelters as well, including IOM (the International Organization for Migration, or in Spanish, OIM, La Organización Internacional para las Migraciones), and Plan International. Calidad de Vida is a shelter for women, and Casa Alianza welcomes children and teenagers. See p. 33 for a list of shelters in Honduras.

**Choosing a Location:** Honduras is diverse. If you like living close to the beach, you might like the north. You'll find mangrove forests in the south and mountains in the central and eastern regions. Most Hondurans live in the two biggest cities: San Pedro Sula and Tegucigalpa. When choosing a city neighborhood:

- Ask around to find out if the area you're looking at is safe.
- Make sure to find out about local water, electricity, and sanitation services. Some areas experience water shortages or unreliable electricity.
- If you'll be living in San Pedro Sula or Tegucigalpa and won't have a car, make sure to check that you'll be close to bus routes, official taxi stops, and a supermarket.
- "Colonias" are gated communities that have their own security, but gates don't always mean safety. People often use the name of a colonia ("Colonia Palmira," for example) to identify the surrounding neighborhood.

**Addresses:** Many locations do not have official street numbers or specific addresses, and not all streets have names. Instead, people may use the name of the colonia, the street name (if there is one), and a nearby landmark, such as a church or a popular shop. If someone asks you for your address at a government office, this is the kind of information they will expect—so after you’ve moved into a new place, look around for nearby landmarks.

Because street addresses are not often helpful, when Hondurans meet in person, they often share their locations over WhatsApp or a similar app. Once they’re close, it’s usual to call and ask for more detailed directions.

**Renting:** Housing prices depend on the city and neighborhood. Tegucigalpa is the most expensive city, where prices for a one bedroom can range from 6,000 to 12,000 HNL per month. In San Pedro Sula, monthly rents range from 5,000 to 10,000 HNL. Furnished apartments are more expensive than unfurnished ones, and places with amenities like gyms, communal spaces, and parking will be more expensive. Most people find their apartments by word of mouth, but online searches at sites like [encuentra24.com](https://encuentra24.com) or even Facebook Marketplace can be helpful (On Facebook, beware of scams). Some of the information on [renting in Mexico](#) may help you as well.

**Buying:** The housing market is growing in Honduras, so if you can afford to buy, now is a good time. Real estate agents are recommended but not required; they know which neighborhoods are growing and how to avoid scams. Agents are usually hired and paid by the seller, so you’ll need to remember they may be biased. If everything looks good, when you sign the contract to buy, make sure the seller agrees in writing to pay the agent’s commission. Also, if the house is currently rented, be aware that in Honduras tenants have the right to stay for as long as their lease is valid.

## Transportation

With poorly defined street addresses and difficult traffic, getting around in Honduras can be hard at first. With time and the tips below, you should be able to get your bearings.

**Buses:** In the cities, buses are a good, cheap way to get around. Routes are not posted, but usually each bus follows one route, and the biggest landmark on that route will be written on the front of the bus. You can always ask the driver or their assistant if your destination is on their route. The buses do not have official stops, so you will need to flag them down to get on and ask them to stop for you when you’re near your destination.

There are two kinds of city buses: “buses urbanos” and “buses ejecutivos.” Buses urbanos are yellow and look like school buses. They cost between 8 and 10 HNL per ride. Buses ejecutivos are faster and cost between 15 and 20 HNL. Because city buses stop anywhere and the doors are always open, they can be dangerous. To be safer, avoid overfilled buses and don’t ride at night, wear flashy jewelry or take out your smartphone.

There are also regional buses that go between cities. They do not stop often and drive with their doors closed. Prices vary, but to get from San Pedro Sula to Tegucigalpa, for instance, you will likely pay between 650 and 800 HNL. Longer rides, like from Tegucigalpa to La

Ceiba or San Pedro Sula to Choluteca, can cost between 1,000 and 1,300 HNL. Prices depend on the company you chose and the bus's departure time and destination. Tickets can be purchased online, but make sure to compare prices before you book.

**Taxis and Ride-Hailing Apps:** In most cities, official taxis are white, and, like other commercial vehicles, their licence plates begin with the letter A. Only get taxis at authorized taxi stands, never by flagging them down in the street. You can usually find official taxi stands in front of hotels or supermarkets and wherever you see many official taxis waiting together. Most taxis don't have meters, so be sure to negotiate the price before you ride.

“Taxis colectivos” are shared taxis that transport multiple people at the same time. Like city buses, they have pre-established routes, and their cost is non-negotiable (usually around 25 HNL). The driver will not depart until the car is full, which can take a while. For safety, make sure the registration number is visible on the taxi colectivo. Be aware that they should not depart if you are the only passenger. They are not safe in unfamiliar neighborhoods at night.

Common ride-hailing apps in Honduras include InDriver, Uber, and Didi, although not all apps work in all areas. Always consider sharing your ride for added safety.

**Bicycles:** Big cities don't have the infrastructure to make bicycling a safe option, and bike theft is common—whether your bike is locked up outside or you're riding it at the time. In the country, however, biking is a popular, cheap, and relatively safe way to get around.

**Cars:** People who can afford a car (and gasoline) often travel by car. To buy a car, just like in the US, you can visit an official dealership, used car lot, or go online. Unless you go to a dealership, hire a mechanic to check the car before you buy, and check the car's certification (certificado de propiedad) to be sure there is no debt on the car and the previous owner's name is listed.

Be very careful when driving in the city. City roads often need repair, and traffic rules are often taken as suggestions, especially by buses, taxis, and motorcycles. Additionally, if you need to be somewhere on time, try to account for traffic. The navigation app Waze works well in Honduras and can help you to find less congested routes.

**Auto Insurance:** Insurance isn't required, but because driving in the city can be hazardous and theft is common, it's recommended. The major car insurance companies in Honduras are Mapfre Honduras, Ficohsa Seguros, and Seguros Atlántida. Buy your insurance policy from an official agent (but see the note on insurance agents in the health section on p. 21). Your agent will help you fill out the forms and be your contact for any future questions or claims.

See also “[A Note About Buying from Individuals](#)” in the guide's Mexico section.

## **Government Financial Support**

The Honduran government offers programs to help people and families in need. Sadly, some of these programs do not work well, and in Honduras, politics often influence who gets help. To learn more about these social programs visit [tinyurl.com/Proasol-Programs](https://tinyurl.com/Proasol-Programs) or see their

catalog here: [tinyurl.com/SEDESOL-Catalog](https://tinyurl.com/SEDESOL-Catalog). The catalog was published in 2023, but it contains important information on eligibility, CAM-R services (see “Arriving in Honduras” on p. 2), and access to health and legal services.

**Hermano, Hermana, Vuelve a Casa.** In response to the recent increase in return migration, Honduras started a program called “Hermano, Hermana, Vuelve a Casa” which means, “Brother, Sister, Come Back Home.” The program promises returnees 100 USD of financial assistance upon their arrival. It also provides up to 2,000 HNL in food vouchers and for entrepreneurship. The food vouchers can be used at any BANASUPRO (National Supplier of Basic Products) branch.

The program also aims to provide job training and job placement for people who return to Honduras with little or no work experience.

These are the government's stated goals for the program. It is unclear if the program is fully operational or if everyone who is eligible receives benefits. Do not assume you will get this support, but ask about it when you arrive.

For more information on this new program, see the description provided by Alianza Americas at [tinyurl.com/hermano-hermana](https://tinyurl.com/hermano-hermana).

You can find more information about other government support programs at [tinyurl.com/Sepecursos](https://tinyurl.com/Sepecursos). It is possible that some are no longer active, however. It's good to ask around about the availability of these programs.

## Employment

After getting your IDs and a place to live, getting a job may be your next goal. It will be difficult to earn as much as you did in the US, but the cost of living in Honduras is also significantly lower. In this section, we discuss:

- Formal vs. Informal Employment
- Common Job Opportunities
- Applying for a Job
- Job Training Opportunities

For more general information on finding work after deportation, you may want to read through the “[Employment](#)” chapter in the Mexico section of this guide.

If you are currently incarcerated in the US and face deportation upon your release, we recommend requesting our reentry guide, *Mapping Your Future* or access it online, here: [tinyurl.com/MYFNA](https://tinyurl.com/MYFNA). It contains information that you can use before your release as well as after.

### Formal vs. Informal Employment

**Formal employment** is work that is officially registered with the government. It comes with federally mandated benefits, like vacation time, job security, and health insurance. Many

people find work in call centers and factories, online, or in the transportation sector. To find formal work (as with so many things in Honduras), it's good to start with your network of family and friends. There are also websites that can help:

- [tecoloco.com.hn](http://tecoloco.com.hn)
- [empleos.hn](http://empleos.hn)
- [empleamas.fedecamarahn.org](http://empleamas.fedecamarahn.org)
- [buscojobs.hn](http://buscojobs.hn)

Some employers also post jobs on social media (LinkedIn, Facebook Jobs, WhatsApp), but beware of scammers posting fake jobs.

**Informal employment** refers to self-employment and other jobs without legal contracts or official protections. Around 73% of all Hondurans are informally employed. These jobs usually pay in cash, but they offer little job security and no benefits.

If you're interested in launching your own business, you can get help, including financial help, from the Servicio Nacional de Emprendimiento y de Pequeños Negocios (SENPRENDE), a government agency. Visit [senprende.com](http://senprende.com) to learn more. Be aware, however, that receiving government aid can sometimes depend on what political party you belong to. To learn more about navigating Honduran politics, see pages 29 and 33.

*There are organizations that support immigrants. With their support and our effort, we can get ahead. We can get ahead for our families. So that's something I'd like to let young people know. It takes a lot of effort because here in our country you also need to work very hard...It is a great blessing for me because I could build my house, [and] I can support my children. -Deybid*

### Common Job Opportunities

The job opportunities described below are often available. We have included them in the guide to help you have as many options as possible. However, we do not endorse these companies. Watch out for unfair labor practices, even at formal jobs, and be aware that some employers will take advantage of their workers.

**Call Centers:** Most call centers jobs are located in Tegucigalpa and San Pedro Sula. They require you to be bilingual, pay around 12,000 to 20,000 HNL per month, and often require shift work (which may mean working nights). The chart below lists the largest employers.

Alorica	Customer service, technical support, sales, account management	Tegucigalpa and San Pedro Sula Apply online: <a href="http://alorica.com/careers/honduras">alorica.com/careers/honduras</a>
Startek	Customer service, sales, social media support, chat	Tegucigalpa: (504) 8858-2594 / (504) 9441-8616

		San Pedro Sula: (504) 8858-6466 / (504) 9455-4364  <a href="mailto:hncareers@startek.com">hncareers@startek.com</a>  Job search: <a href="http://tinyurl.com/startek-jobs">tinyurl.com/startek-jobs</a>
KM2 Solutions	Sales, medical care and financial support	San Pedro Sula  Apply on-line: <a href="http://tinyurl.com/KM2-Jobs">tinyurl.com/KM2-Jobs</a>
Concentrix	Customer service, sales, financial services, technical support	Tegucigalpa (expanding to San Pedro Sula)  Apply online (English): <a href="http://jobs.concentrix.com/honduras">jobs.concentrix.com/honduras</a>  Apply online (Spanish): <a href="http://tinyurl.com/Concentrix-es">tinyurl.com/Concentrix-es</a>
Sitel Group	Customer service, technical support	Tegucigalpa  <a href="mailto:nic.recruiting@sitel.com">nic.recruiting@sitel.com</a>

**Factory work (Maquilas):** In cities like San Pedro Sula, Choloma, Villanueva, and La Lima, textile and manufacturing jobs require little special training and can provide steady but low wages. The work is also physically demanding. Factory jobs usually pay between 9,000 and 15,000 HNL per month. In the South, especially around Danlí, large tobacco factories may be hiring. This work can include rolling cigars, classifying levels of tobacco leaves, and packaging.

- ★ Interested in online work? Look under “[Online Employment](#)” in the Mexico section of the guide.

**Transportation:** By law, you can only use your US license for 90 days after you arrive. But if you have a driver’s license, especially a Honduran one, you can work in the transportation sector. This work often requires that you have your own vehicle. If you do, you may be able to work as an authorized taxi driver, moto-taxi driver, or delivery driver. In bigger cities, you may be able to drive for a ride-hailing app like InDriver, Uber, or Didi, but be sure to consider the risks, such as robberies and carjackings, that come with this type of work. If you choose this line of work you may consider avoiding driving at night, when these types of crimes more commonly occur.

You can often find work through your personal connections—or just by asking around. For that, it may help to know the ten largest employers in Honduras, although we are not endorsing them. It’s important to ask around about them and beware of potential unfair labor practices.

- **Larach y Cia.** *Hardware store*
- **Grupo Ficohsa.** *Banking and financial services*
- **Agroindustrias del Corral.** *Drink and food manufacturer*

- **Lacthosa.** *Drink and food manufacturer*
- **KM2 Solutions.** *Business process outsourcing*
- **Startek.** *Call center*
- **Grupo Karims.** *Textile group with focus on real estate*
- **Grupo INTUR.** *Tourism and Hospitality*
- **Grupo Jaremar.** *Farming industry*
- **Grupo Flores.** *Main car seller in Honduras*

## Applying for a Job

**Manual Labor:** There is often no formal application process for manual labor. It's more common to get these jobs through someone you know.

**Formal Employment:** The application process for formal work in Honduras is similar to the process in the US. You can apply online and submit a resume or CV and sometimes a cover letter. A job interview is often conducted at the final stage.

**IDs and Documents:** Your DNI and RTN are often required to apply for jobs. (See the note on identity theft and watermarks on p. 8). Diplomas and certificates may be required as well, and having them ready can help boost your application (see "Validating Degrees and Diplomas" on p. 20).

- ★ **Background Checks.** Some positions may require a criminal background check. These checks look for convictions in Honduras. They do not extend to any criminal background in the US.

## Job Training Opportunities

Since jobs in Honduras can be quite different from those in the US, you might benefit from further job training or training in a new area. Local organizations and churches may have job training programs that teach skills like baking, barbering, and more. These programs are often informal and shared by word of mouth, so be sure to ask around and check at your local church. The chart below lists some free job training programs.

Organization	Program Description	Contact
INFOP (Instituto Nacional de Formación Profesional)	Free online and in-person courses for developing many skills	<a href="http://infop.hn/cursos">infop.hn/cursos</a>
SwissContact	Free in-person workshops for developing various skills; courses last a minimum of six months	Tegucigalpa, San Pedro Sula, La Ceiba, Choluteca, and Danlí  (504) 2235-8843  (504) 2239-8846

OIM (Organización Internacional para las Migraciones; International Organization for Migration)	Free classes for returnees, including internships and entrepreneurial skills; learn more at <a href="http://ecampus.iom.int">ecampus.iom.int</a>	Search for OIMHonduras on Facebook and Instagram
Iglesia Católica Espiritu Santo	Free courses for developing various skills	Col Germania, Tegucigalpa; visit the church for more information
Academia las Amigas	Certifications available; prices vary	WhatsApp: (504) 9595-7762 <a href="http://academialasamigas.com">academialasamigas.com</a>

## Education

This section provides information on beginning or continuing your education after your return to Honduras. It covers the following topics:

- Enrolling Children in School and Transferring Their Progress
- Adult Basic Education and Language Classes
- Higher Education
- Scholarships

For more general information on education after deportation or return, you may want to see the “[Education](#)” chapter in the Mexico section of the guide. To learn about job and skills training, see “Job Training Opportunities” in the employment section (on p. 16).

- ★ If you are currently incarcerated in the US and want general information on education before and after release, we recommend requesting our reentry guide, *Mapping Your Future* or access it online, here: [tinyurl.com/MYFNA](http://tinyurl.com/MYFNA).

### Enrolling Children in School and Transferring Their Progress

**Primary and Secondary Education:** The school year in Honduras begins in February and ends in November. The table below shows each stage of schooling along with typical ages and years:

Level	Grades / Years	Typical Ages	Description
<b>Educación Prebásica</b>	2–3 years	4–6	Like preschool and kindergarten in the US
<b>Educación Básica</b>	1st–9th grade	6–15	Includes primary (primaria) and secondary (secundaria) education
<b>Educación Media</b>	2–3 years	15–18	Like high school in the US, but students choose to take either an academic track

			(for 2 years) or a technical/vocational track (for 2 or 3 years).
<b>Educación Superior</b> (higher education)			Find more information on higher education on p. 19.

To get your child or children back into school as quickly as possible, follow these steps:

- 1) Make sure they are registered with the RNP. If they are not, see “**Registering Your Child with the RNP**” on p. 6.
- 2) Go to the office of the Secretaría de Educación de Honduras with a **translated and apostilled** version of their school transcripts or report cards. You can find more information about this process in the “[Plan for Possible Deportation](#)” chapter.
- 3) The Secretary’s office may require that your children take a placement exam to identify their correct grade level.

Next, you will need to choose a school. Like in the US, Honduras offers private and public schools. If you choose the public option, your child will be enrolled in the closest school. You can request a different school, but you may not get it. Public schools are free, but you will have to pay for uniforms, supplies, and transportation.

Like in the US, private schools charge tuition and enrollment fees, but you can choose whatever school you like and can afford. Prices and programs vary, and some private schools have classes taught in both English and Spanish.

### Adult Basic Education and Language Classes

**Language Courses:** English is not as common in Honduras than in other Central American countries. Learning Spanish will be essential. To open more employment options, you may also want to consider English classes. The chart below contains a few private language programs located in Honduras. (For additional online learning resources, see the “[Education](#)” chapter in the Mexico section of this guide.)

Program	Description	Contact
Honduras Spanish School (HOSS)	Offers Spanish online classes and immersive programs in La Ceiba and Tegucigalpa	WhatsApp: (504) 3333-4302 <a href="mailto:info@hondurasspanishschool.com">info@hondurasspanishschool.com</a> <a href="http://hondurasspanishschool.com">hondurasspanishschool.com</a>
Guacamaya Spanish School	Offers Spanish online classes and an immersive program at Copan Ruinas, Copan	(504) 8808-5802 <a href="mailto:info@guacamaya.com">info@guacamaya.com</a> <a href="http://guacamaya.com/learning-options">guacamaya.com/learning-options</a>

Centro Hondureño de Español (CEHDE)	Offers Spanish online classes and in-person classes in Santa Lucía	(504) 9961-0497 <a href="mailto:cehde@hotmail.com">cehde@hotmail.com</a> <a href="http://tinyurl.com/CEHDE-Spanish">tinyurl.com/CEHDE-Spanish</a> Facebook: Search for CEHDE
Do It Learning Center	Offers English classes in El Progreso, Yoro	(504) 9607-1083 <a href="mailto:email-cservice@doitlearningcenter.com">email-cservice@doitlearningcenter.com</a> <a href="http://tinyurl.com/Do-It-Learning">tinyurl.com/Do-It-Learning</a>
IHCI English Center	Offers English classes and exams in Comayagua, Comayagüela, and Tegucigalpa	(504) 9368-3016 <a href="http://wa.me/50493683016">wa.me/50493683016</a>
INFOP	Offers professional and English courses, funded by the government both in person and online.	<a href="http://inscripciones.infop.hn">inscripciones.infop.hn</a>
Academia Europea	Offers in person and online English courses in Tegucigalpa, La Ceiba, San Pedro Sula, and online	(504) 9544-4444

Preply, Italki, and Duolingo also offer online language learning.

If an employer requires certification in Spanish, the Centro Internacional de Español para Extranjeros (CIDES) at the Universidad Tecnológica de Honduras offers Spanish-language certification. Contact them through their website to learn more: [cides-uth.org/en/home-en](http://cides-uth.org/en/home-en).

**Earning a High School Diploma:** If you didn't finish high school in the US and don't have a GED, you can get your high school diploma as an adult in Honduras. These programs offer a Bachillerato en Ciencias y Humanidades (Diploma in Sciences and Humanities) for people over age 18. Classes are usually held on the weekends. These institutions offer the program:

- Universidad Tecnológica Centroamericana (Unitec) in San Pedro Sula
- Universidad Tecnológica de Honduras (UTH) in San Pedro Sula
- Instituto Hondureño de Educación por Radio (Iher) in San Pedro Sula and Tegucigalpa
- Centro Politécnico del Norte (CPN) in La Ceiba. Centro Politécnico del Norte offers these classes online as well: [cpn.hn/bachillerato-virtual](http://cpn.hn/bachillerato-virtual).

★ For information on validating a US high school diploma or GED, see below.

## Higher Education

If you have a Bachillerato en Ciencias y Humanidades from Honduras or a US high school diploma or GED, you can begin or continue your higher education (educación superior) in Honduras. Like US colleges and universities, Honduran universities offer different kinds of degrees:

**Técnico Universitario:** Practical, career-oriented training; takes 2 or 3 years and is similar to an associate degree.

**Licenciatura / Ingeniería:** The core university degree; more professional than a US undergraduate degree, and it often takes a little longer (4 to 6 years).

**Maestría:** Advanced professional or academic training; usually takes 2 years, like a master's degree.

**Doctorado:** Relatively rare, but like a non-medical US doctorate.

Universities are generally much cheaper than in the US. Tuition at public universities ranges from 150 to 300 HNL per semester, and private universities charge between 17,000 and 45,000 HNL per semester.

**Validating Degrees, Diplomas, and GEDs from the US:** To enroll in a university or to qualify for certain jobs, you may need to validate diplomas or degrees earned in the US. To do this, you will need an apostilled and translated copy of your diploma/GED or degree.

To validate your high school education, bring these copies to the Secretary of Public Education (Centro Cívico Gubernamental, Cuerpo Bajo B, Tegucigalpa). Take your university degrees to the Dirección de Educación Superior (DES) at the Universidad Nacional Autónoma de Honduras (UNAH) in Tegucigalpa (on the third floor of the CISE Building).

**Transferring Credits from the US:** If you started but didn't finish a degree program in the US, you may be able to transfer your credits and continue your education in Honduras. To transfer college credits, bring an apostilled and translated copy of your transcripts to UNAH or the university where you want to continue studying. The institution will decide if and how the credits will be accepted.

## Scholarships

**Government scholarships** called "Becas Solidarias" are awarded by the Ministry of Social Development (SEDESOL) to help very-low-income students access higher education. These scholarships may cover tuition, transportation, and materials. To qualify you must:

- Have completed your secondary education or be in your final year
- Live in "extreme poverty" (currently, according to SEDOSOL, this means living on less than 3,383 HNL per month)
- Be unemployed
- Receive no other financial aid or scholarships
- Pass a written exam and an economic assessment

- Be accepted to a program approved by the Council of Higher Education (CES). To find out if the university you plan to attend has been approved, you can ask at the university or check at [tinyurl.com/CES-list](http://tinyurl.com/CES-list).

To learn more, visit [tinyurl.com/becas-gov](http://tinyurl.com/becas-gov). To apply, fill out the two online forms at [becas.sedesol.gob.hn](http://becas.sedesol.gob.hn) and submit them to [becasespana@sedesol.gob.hn](mailto:becasespana@sedesol.gob.hn).

**University scholarships.** Universities may offer **merit-based** scholarships to new and current students. This means you need to have high grades or other impressive qualities. For more information, ask at the institution where you study or plan to study.

A few **other organizations**, like the IOM, have scholarships for people who want to go back to school. Reach out to them through their social media channels to see if you are eligible.

## Health

Once you have returned, finding health care may be a top priority. This chapter covers:

- Healthcare Options
- Health Insurance
- Mental Health
- Substance Use
- Dental and Vision Care

### Healthcare Options

Honduras has a free public healthcare system, and paid private health care is also available.

**Public Health Care:** The public healthcare system is limited. There is not enough money, medicine, personnel, or equipment, especially in the countryside. Emergencies and urgent cases are treated first, but if you go to the hospital with a non-urgent need, you may have to wait a long time. However, emergency treatment and initial consultations at public hospitals are usually free. You just need to show your DNI at your appointment.

Non-emergency visits are only free at your local public hospital, some medications and follow-up appointments are not free, and not all public hospitals offer the same services. Hospitals in big cities are more likely to offer more. If you need an exam, procedure, or medication that your local public hospital can't provide, you may be directed to a private hospital or pharmacy.

Find a list of all public hospitals here: [tinyurl.com/pub-hosp-hn](http://tinyurl.com/pub-hosp-hn).

**Private Healthcare:** Private health care is usually faster and better, but you will be responsible for all costs. Health insurance can help (see below).

Depending on the location and doctor, general private medical appointments will probably cost between 1,000 and 1,500 HNL. Visits to specialists start at around 1,500 HNL. These private hospitals have a good reputation:

- Hospital Viera, Tegucigalpa. (504) 2216-6400
- Hospital Honduras Medical Center, Tegucigalpa. (504) 2280-1500
- Clínica San Ángel, Tegucigalpa. (504) 9845-4790
- Hospital Bendaña, San Pedro Sula. (504) 2516-2900
- Centro Médico de Especialidades Quirúrgicas, Juticalpa. (504) 9456-6949

**Medicine:** Medication is less expensive than in the US, and if public hospitals have the medication you need, it may be free. In private clinics and hospitals, however, you will need to pay for your medicine. Some pharmacies, such as Farmacias del Ahorro and Farmacia Simán, offer lower prices, sales, or discount cards.

## Health Insurance

Depending on the policy you choose, health insurance will cover up to 75 percent of the costs of private healthcare. But most plans will not offer this right away. Usually, you need to be with the same health insurance company for a specified period of time before these benefits begin.

The major health insurance providers in Honduras are Mapfre, Pan-American Life, and Ficohsa Seguros. To buy one of their policies, you will go through an agent. They will send your medical history and personal information to an insurance company and then let you know if you are approved for the policy you want. **Make sure the agent is reliable** and will help you once the sale is done. You will need to go through them every time you need to use your insurance.

## Mental Health

Coping with the trauma of deportation while starting a new life can be difficult, to say the least. Make sure you talk to someone about the challenges you are facing. If you do not feel comfortable talking with your family or friends, a mental health specialist can be helpful.

- ★ See the [“Beginning to Heal”](#) chapter for resilience-building resources, techniques, and insights from people who have experienced deportation.

Honduras’ public mental health services are poor. There is only one psychologist for every 100,000 Hondurans, and outside of the bigger cities, it may be impossible to find any public options. The two main public hospitals that offer mental health services are **Hospital Escuela Universitario** in Tegucigalpa and **Hospital Marino Catarino Rivas** in San Pedro Sula.

Several non-profits provide free mental health services as well:

- **Médicos Sin Fronteras** offers psychological help in areas with a lot of violence
- **World Vision, Save the Children, and Plan International** often offer psychological help to minors

- **The Red Cross** has psychologists at most of their clinics

Visit [psico.org/hn](http://psico.org/hn) to find a list of psychologists practicing in Honduras. Depending on the provider, their services may be available online or in person, and in some cases they will be free. Private psychologists usually charge from 300 HNL (with health insurance) up to 1,200 HNL per session. The costs for psychiatrists, who can prescribe medication, range from from 1,200 to 2,000 HNL per session.

- ★ If mental health care is important to you, discuss it with your insurance agent before selecting a health plan. Not all plans cover mental health services.

**If you need to talk to someone**, here are some numbers you can call for help:

Number to Call	Who Will Answer	What They Offer
150	<b>Crisis Hotline</b> (Teléfono de la Esperanza de Honduras)	Call this free hotline from 8am to 8pm for emotional support during times of crisis. Responders are trained to listen, but might not be trained as therapists.
114	<b>Violence Against Women Hotline</b>	Call to talk to trained specialists if you are experiencing domestic violence. They will listen to you and help you take your next steps.
110	<b>Violence Against Children Hotline</b> (SENAF, Secretaria de Niñez, Adolescencia y Familia).	Call to report child abuse and to receive services from trained specialists.
(504) 8941-2610 (504) 8941-2552	<b>Mental Health Hotline</b> (Calidad de Vida)	Call this hotline to talk to trained mental health specialists.
<a href="http://tinyurl.com/unah-chat">tinyurl.com/unah-chat</a>	National Autonomous University of Honduras <b>Mental Health Chatline</b>	Staffed Monday to Friday from 1 to 9pm by trained psychology students who provide psychological help.
911	<b>National Emergency Hotline</b>	Just like in the US, 911 is the number to call for all kinds of emergencies.

### Substance Use

If you are struggling with alcohol and/or drugs, you are not alone. These organizations can help:

Organization	Contact	Description
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Alcoholics Anonymous (AA)	<a href="http://aainformacionhonduras.net">aainformacionhonduras.net</a> Click through to find listings for all virtual and in-person meetings.	Free help with addiction recovery, including online sessions and WhatsApp groups
Narcotics Anonymous (NA)	(504) 9951-3570 <a href="https://facebook.com/NAHonduras">facebook.com/NAHonduras</a>	Free help with narcotics addiction recovery
Proyecto Victoria	(504) 2230-3601  (504) 9921-1854 <a href="http://contralaapostasia.com/proyecto-victoria">contralaapostasia.com/proyecto-victoria</a>	Free Christian therapeutic community for males 13 years and older with drug, alcohol, or gang-related problems; rehabilitation centers in San Pedro Sula and Tegucigalpa
IHADFA (Instituto Hondureño para la Prevención del Alcoholismo, Drogadicción y Farmacodependencia)	(504) 2239-7410 <a href="mailto:ihadfahonduras@gmail.com">ihadfahonduras@gmail.com</a> <a href="mailto:ihadfahonduras@yahoo.com">ihadfahonduras@yahoo.com</a>	Free outpatient service for the prevention and treatment of addiction; locations in San Pedro Sula and Tegucigalpa

## Dental and Vision Care

Small dental and vision problems can lead to serious conditions. If you are having problems, it is important to seek out care. Because Honduras has very few public options for dental and vision care, you may want to pay for private care.

**Dental Care:** Some public clinics offer basic dental care, including cleanings and extractions. You may have to wait to get an appointment and for service once you're there.

Most Hondurans go to private dentists. Private dentists are available throughout the country and often don't require appointments. Costs vary but often range from 500 to 1,000 HNL for cleanings, 700 to 1,500 HNL for extractions, and 800 to 1,500 HNL for fillings.

You can also contact your local dental school for a lower-cost option. Like in the US, they often offer student-run clinics.

Program	Location	Contact
Facultad de Odontología, UNAH	Edif G1, Ciudad Universitaria, Tegucigalpa	(504) 2216-3000 <a href="http://odontologia.unah.edu.hn">odontologia.unah.edu.hn</a>
Hospital Odontológico Monseñor Agustín Hombach, UNICAH	Campus Sagrado Corazón de Jesús, Tegucigalpa	(504) 2234-8236  (504) 2234-8250

		<a href="http://unicah.edu/hospital-odontologico">unicah.edu/hospital-odontologico</a>
Clínica Odontológica, UNITEC	Blvd Kennedy, V-782, Tegucigalpa	(504) 2202-4410 WhatsApp (504) 3252-3995 <a href="http://unitec.mx/clinica-de-odontologia">unitec.mx/clinica-de-odontologia</a>
Padre Pío De Pietrelcina del campus San Pedro Y San Pablo	Col Zerón, Bulevar hacia el Hospital Mario Catarino Rivas, San Pedro Sula	(504) 2561-3901 WhatsApp (504) 9800-0353

**Vision Care:** The San Felipe public hospital in Tegucigalpa offers free ophthalmological services with a medical referral from a doctor. You can usually get an eye exam and glasses at a shopping mall.

An eye exam with a private doctor may range from 150 to 400 HNL. If you buy glasses, the exam is often free, but a pair of glasses starts at around 700 HNL. Sometimes NGOs like Médicos Sin Fronteras or the Red Cross provide free glasses at their medical centers (see the directory for contact information).

## Communication

Communication in Honduras relies on smartphones and social media. This section covers both:

- Smartphones
- Social Media

★ 504 is the country code to call Honduras from the US or another country. You don't need it for calls within Honduras.

### Smartphones

Having a smartphone will make staying in touch with family and friends—in the US or in Honduras—much easier. This will also help you connect with Honduran organizations and businesses, which often communicate through social media.

**Preparing Your Phone:** To get a Honduran phone number, make domestic calls, and access the internet on your smartphone, you will need to buy a **SIM card**. If you have a smartphone from the US, make sure your phone is unlocked (to learn more about this, see the “[Communication](#)” chapter of the Mexico section of this guide).

Prepaid SIM cards cost around 20 to 50 HNL and can be bought at any supermarket, *pulperia* (corner shop), or gas station. You will need to show your DNI or passport. To activate and use your prepaid SIM card, you will need to purchase data and minutes for it. You can buy minutes and data online or at the store where you bought your pre-paid SIM card.

**Service:** You may prefer to have a service contract instead of a pre-paid SIM card. The main phone service providers are TIGO and Claro. TIGO tends to have better coverage in the countryside, and Claro is a bit cheaper. To purchase a service contract, visit an official TIGO or Claro store with your DNI and proof of your home address (an electricity or water bill). They may also ask to see your RTN.

Plans start at around 300 HNL per month and usually last 6 to 12 months. Like in the US, if you need a phone, you can ask about getting one with your service contract.

**Minutes:** Domestic calls are cheap. You can buy 200 to 500 minutes for around 100 to 300 HNL, and calls to phones who have the same provider may be free.

★ **Wifi:** The major providers for at-home internet are Tigo, Claro, and Hondutel. Look for special promotions. Plans start at around 500 HNL per month.

## Social Media

**Daily Communication:** Many people, businesses, and organizations use WhatsApp, Telegram, or Messenger instead of their phone plans for location sharing and daily communication (texts, voice or video calls, etc.). These apps let you use the internet instead of spending minutes.

These apps also let you make inexpensive calls to family or friends in other countries.

**Other Social Media:** Hondurans use social media for everything from shopping, news, and real estate to hiring and community building. Facebook is currently the most popular social media app, but other social media platforms popular in the US (like TikTok or Snapchat) are getting more popular.

## Finances and Taxes

The currency in Honduras is the **Honduran Lempira**, abbreviated as **HNL** or **L**. In some parts of the country, like Roatán, the US dollar is also used. You can find the exchange rate for Lempiras in the "[Deportation to Central America](#)" chapter, but the rate may have changed since this book was published.

This section covers:

- Banks
- Taxes
- Loans and Microcredits
- Avoiding Scams

For more general information on finances in Mexico and Central America, you may want to read through the "[Finances, Credit, and Taxes](#)" chapter of the Mexico section of this guide. If you are currently incarcerated in the US and want general information on finances, we

recommend requesting our reentry guide, *Mapping Your Future*. Access a pdf here: [tinyurl.com/MYFNA](http://tinyurl.com/MYFNA).

## Banks

Most Honduran banks offer branches and ATMs only in certain areas, so make sure to choose a bank that works for your location. The main banks in Honduras are Banco Atlántida, Banco Ficohsa, BAC, Banpaís, and Banrural. Like in the US, bank accounts often charge “hidden fees.” ATMs from other banks will charge you for withdrawals, and the charges are higher if you use a card from a US bank.

To open an account, you will need to have your DNI, RTN, and proof of your address (such as a receipt for a public service like water or electricity).

- ★ **Banking Technology and Informal Saving.** Banking technology is less advanced than in the US, so transfers can take longer and online banking can be more limited. Most people simply use cash to buy things. Some people choose to avoid banks completely and save through communal groups or churches instead of in a savings account. You will earn less interest this way, though, and it’s risky. You would have no legal protection if something were to happen to your money.

## Taxes

If you have an RTN and earn money, Honduran law requires you to pay taxes. If you are an employee with formal work, the income tax is usually deducted from your paycheck before you get it. If you do not have a formal job, you will need to file your taxes yourself.

You can pay your taxes through a bank connected to the SAR (Servicio de Administración de Rentas) or online at [oficinavirtual.sar.gob.hn](http://oficinavirtual.sar.gob.hn).

At the SAR Honduras YouTube channel ([youtube.com/@SARHonduras](https://youtube.com/@SARHonduras)), you can find some videos showing how to use their new online system.

## Loans and Microcredits

Microcredits are smaller loans made to people who want to start or grow a small business but don’t have much money. You can apply for microcredits from financial institutions including:

- Banks (Banco Atlántida, Ficohsa, BAC Credomatic, Banpaís, Banrural, Davivienda)
- Credit Cooperatives (COACEHL, COMIXMUL, Cooperativa Chorotega, CACEENP, Cooperativa Elga)
- Microfinanciers and NGOs (Financiera Solidaridad, SENPRENDE, ODEF ONG, Diaconía Nacional, Fundación Covelo)

To apply for a microcredit, you will need to provide:

- Either collateral or a good credit history in Honduras
- A record of your income
- Your RTN and DNI

**Credit History:** Honduran banks will not see your US credit score. So, if you had a low credit score in the US, you get to start over. But if you need a loan and you had a high credit score in the US, you may want to apply for a loan at an international bank with locations in both Honduras and the US (like BAC, Ficohsa, or Davivienda).

## Avoiding Scams

Scams are common in Honduras, especially in the bigger cities such as San Pedro Sula and Tegucigalpa. There are many types of scams, some similar to those in the US.

Beware of employment scams where people pretend to be from a company and ask you to pay for courses, uniforms, etc. Honduran employers do not ask job applicants for money. There are also scams around housing, so be careful when you're looking for a place to live. Go to the property before paying, and if you found it on Facebook and cannot visit, ask for references and documents.

Finally, be careful who you share your DNI and RTN with. Like a Social Security number in the US, these documents can be used for identity theft. If you have to supply a copy or photo of your DNI or RTN, send them a picture with a watermark so it cannot be used for other purposes. (See the note on watermarking scanned documents on p. 8).

## Culture and Connection

This chapter provides information to help you engage with civic life in your community. The topics covered include:

- Voting
- Local Organizations and Community Groups
- Cultural Conventions
- LGBTQ+ Community

### Voting

To vote, you only need to have a valid DNI and be at least 18. You are automatically registered when you get your DNI. To find your polling place, visit the Consejo Nacional Electoral's website at [cne.hn](http://cne.hn). If there's a problem with your registration, you can visit your local CNE or RNP office. When it's time to vote, don't forget to bring your DNI.

Political parties are important in Honduras. People often refer to the major political parties by their colors, and they sometimes wear those colors with pride. To find a detailed description of the major political parties, visit [tinyurl.com/hn-politicos](http://tinyurl.com/hn-politicos).

- ★ Be safe on election days. Listen to the news and avoid large crowds. (Learn more on p. 33.)

## Local Organizations and Community Groups

**Religious Groups:** Catholic and evangelical churches often organize activities and host prayer and youth groups. Find out more at your local church.

It may be difficult to connect with other religious communities, especially in rural areas. But cities like San Pedro Sula and Tegucigalpa have a few options:

Faith	Community	Contact
Jewish	Sinagoga Maguen David	Blvd Morazán, 2 Calle SO, 15 Avenida SO, Barrio Supaya, San Pedro Sula
	Sinagoga Shevet Ajim	3RQF+6VC, Boulevard la Hacienda, 11101 Tegucigalpa
Islamic	Fundación Islámica de Honduras FXR9+33H, San Pedro Sula	<a href="http://islamic-invitation.com/country/76/Honduras">islamic-invitation.com/country/76/Honduras</a>
	Comunidad Islámica de Honduras	(504) 9791-5602  <a href="mailto:Mezquitadehonduras@gmail.com">Mezquitadehonduras@gmail.com</a>  Search on Facebook for “Islamen Honduras mezquita”

**Neighborhood Groups:** Known as “juntas de vecinos” or “asociaciones de vecinos,” neighborhood groups are often responsible for improving security, water, electricity, and tackling other local issues. If you’re trying to meet people, this is a good place to start. To participate or learn more, ask your neighbors or search to see if they have Facebook or WhatsApp groups.

*The community where I live is made up of real humanitarians. So that has helped me a lot. -Damaris*

**Other Organizations:** Search online for local organizations that may advocate for issues that align with your own beliefs (women’s rights, animal safety, LGBTQ+ issues, etc.). For more information on connecting in your community, see the “[Beginning to Heal](#)” chapter.

## Cultural Conventions

Many of the cultural differences you will experience in Honduras are similar to those throughout Mexico and Latin America. This section includes differences that are specific to

Honduras. For more general information, you may want to read the “[Cultural Encounters](#)” section in the Mexico section of this guide.

**Formality:** *Usted* is used as it is elsewhere in Latin America, but the more familiar *vos* is often used for friends and people you know. *Tú* may be used between two people who are very familiar, but it is less common.

**Body language:** Like in the US, too much eye contact isn’t usually a good thing, but Hondurans are curious, and if you appear different (as many new arrivals do), people might stare.

**Religion:** Most people are either Catholic and evangelical christians. Often they go to church and show deep respect for their religious leaders. As you might expect, this shapes daily life and public policy. (Abortion, for instance, is punishable by up to 6 years in prison.) However, the Honduran constitution guarantees religious freedom, and small non-Christian religious communities exist (see above, on p. 29).

### LGBTQ+ Community

Living openly as an LGBTQ+ person in Honduras is not easy due to widespread discrimination and even hostility. The “Safety” section (on p. 31) discusses some precautions you may want to take. However, there are LGBTQ+ communities in the bigger cities, and Tegucigalpa and San Pedro Sula even host pride parades. These are some of the active organizations providing LGBTQ+ people with resources and safe spaces for community building:

Organization	Description	Contact
Colectivo Violeta	Provides healthcare, legal aid, psychological support, and a safe place to shower and wash your clothes.	(504) 2220 5045 <a href="http://colectivovioleta.org">colectivovioleta.org</a> Barrio La Ronda, Avenida Máximo Jerez, casa #1332, Frente Finlay Park Tegucigalpa
Comunidad Gay Sampedrana	A safe space offering health services, an HIV clinic, and help with employment	(504) 553-4362 <a href="http://comunidadgaysampedrana.blogspot.com">comunidadgaysampedrana.blogspot.com</a> B Concepcion 2 calle entre 8 y 9 av Sureste, casa #47, San Pedro Sula
Colectivo Unidad Color Rosa	Focuses on advocacy work, self-care, and safety workshops for trans individuals	(504) 3254-2970 Search on Facebook for “Colectivo

		<p>Unidad Color Rosa”</p> <p>Barrio Guamilito 6 av entre 3 y 4 calle edif local #2 cerca de la tienda de pinturas América</p>
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- ★ Although individuals are not allowed to change their legal name or sex on their DNI, Colectivo Violeta (listed above) can send someone to accompany you to your DNI photo appointment to make sure you appear as you want to.

## Safety

This chapter provides information on how to keep yourself safe in your new community. The topics covered include:

- Know Your Neighborhoods
- Kidnapping and Robbery
- Women’s Safety
- LGBTQ+ Safety

### Know Your Neighborhoods

Be cautious about what neighborhoods you enter, especially at night, and especially in Tegucigalpa and San Pedro Sula.

These websites offer updated information and advice around crime and safety in Honduras:

- Travel advisories from the US State Department: [tinyurl.com/travel-advisories-hn](https://tinyurl.com/travel-advisories-hn)
- [travelsafe-abroad.com/honduras](https://travelsafe-abroad.com/honduras)

If you don’t know if your destination is safe, look for news online or ask friends or neighbors. Try not to walk alone, especially at night.

- ★ **For important information on how to be safe when you first arrive in Honduras, see p. 2.**

### Kidnapping and Robbery

Committed mostly by gangs, kidnappings occur most often in Tegucigalpa, San Pedro Sula, and Choloma. Gangs sometimes target US returnees because they believe their families have money. To decrease your chances of getting kidnapped:

- Do not share your personal information with anyone.
- Use only official registered taxis and buses.
- At the airport, don’t use a stranger’s phone to call your family. They could use your family’s phone number to extort them.

Robberies are also prevalent in bigger cities and areas in the north. They usually happen in public spaces, like buses, markets, malls, and city streets. In addition to the advice above, these tips may increase your safety:

- Do not walk with your phone in your hand.
- Walk confidently, even if you're lost.
- Avoid packed buses and do not use your phone while you're riding.
- Try not to go alone to use an ATM, and choose ATMs in places that have security.
- Avoid flashy jewelry.
- If someone approaches your car while driving, do not speak to them.
- Use double locks on your doors at home, and install cameras if you can.

## Women's Safety

Honduras has the highest per capita number of femicides in Latin America. There are laws in Honduras that protect women from violence, but reporting these cases can be difficult and around 90% of femicides remain unresolved.

If you are a woman and have been the victim of violence or feel threatened, these organizations may be able to help:

Organization	Contact
Ciudad Mujer	WhatsApp: (504) 9445-2030  <a href="https://tinyurl.com/ciudad-mujer-hn">tinyurl.com/ciudad-mujer-hn</a>
Centro de Derechos a Mujeres (CDM)	(504) 2221-0459  (504) 2221-0657  <a href="https://derechosdelamujer.org">derechosdelamujer.org</a>
Calidad de Vida	(504) 2221-6606  Help line: (504) 8841-2552 / (504) 8942-2610  Legal help: (504) 8941-2667  <a href="https://asociacioncalidaddevida.org">asociacioncalidaddevida.org</a>

## LGBTQ+ Safety

Discrimination against LGBTQ+ people is common in the workplace, the healthcare system, and the education system. Same-sex marriage is not recognized, and violence against LGBTQ+ people is rarely investigated. The highest rates of violence are in San Pedro Sula, Tegucigalpa, and Choloma. Many churches will not accept LGBTQ+ people, or if they do,

they might offer “conversion therapy.” For help staying safe or resolving legal issues (e.g., discrimination at work or refusal of healthcare services), you may want to reach out to the organizations listed above (on p. 33).

## Political Violence and Corruption

Election-day violence, politically motivated violence, and corruption are all issues in Honduras.

Avoid election-day violence by carefully following the news on election day and in the weeks leading up to the election. On election day, avoid large groups of people and political demonstrations. If you need to travel, plan ahead and consider what routes will be safest.

Political violence can range from threats to murder, and it occurs mostly in rural areas because of land disputes or environmental conflicts. Activists are often targeted. Most cases are investigated very slowly, if at all, especially when powerful people are involved.

Corruption is a growing concern in Honduras. Reports of corruption are often ignored, and in some cases, those who speak up get punished. Additionally, contract, government jobs (like teaching positions or municipal work), and government benefits are often awarded based on party loyalty. During election season, you may be offered cash in exchange for your vote.

**Getting Access and Staying Safe:** Seek access to the services and programs you need with persistence, patience, and respect. If possible, get help from officials who you know and trust. Try to learn about the political system and to be aware of corruption. Learn about who is in power, locally and nationally. You may be able to connect with elected officials that can help you, but remember that when people in power do favors for you, they may expect something in return.

## Resource Directory

### Shelters

**Disclaimer:** We've done our best to list all shelters that we believe are open to migrants. Some may be full or have closed down. To get current information, we recommend calling these shelters, asking other returnees, and contacting the churches and non-profits listed here.

Name	Address	Contact	Website
Calidad de Vida	Barrio San Felipe una cuadra adelante del Hospital San Felipe frente a la repostería “El Hogar”,	(504) 2221-6606	<a href="http://asociacioncalidaddevida.org">asociacioncalidaddevida.org</a>

	Tegucigalpa		
Casa de Migrante, San Jose de Ocotepeque	Col las Americas, Nuevo Ocotepeque	(504) 2654-3258	
Casa Alianza	Av Miguel de Cervantes, Calle Morelos frente a Óptica Matamoros, Tegucigalpa	(504) 2237-1494	<a href="http://casa-alianza.org.hn/new.casa-alianza.org.hn">casa-alianza.org.hn/new.casa-alianza.org.hn</a>
Central de Descanso Temporal	32H4+4FR, Trojes, El Paraíso		
Fundación Alivio del Sufrimiento: Proyecto Casa del Migrante	El Paraíso. Call for more information.	(504) 9621-0182 <a href="mailto:stivensonamador75@gmail.com">stivensonamador75@gmail.com</a>	<a href="http://fundacionaliviohn.org/casa-del-migrante">fundacionaliviohn.org/casa-del-migrante</a>
International Organization for Migration (IOM)	Col Palmira, 3ra Av, Cll del Brasil, Bloque 3, Casa 12	(504) 2237-7460 iomtegucigalpa@iom.int	<a href="http://nortedecentroamerica.iom.int/es/honduras">nortedecentroamerica.iom.int/es/honduras</a>
Parroquia Sagrado Corazón	Multiple locations in El Arenal, Danlí, and El Paraíso. Call for more information.	(504) 2239-1312	
Plan International Honduras	Edif Metrópolis, Torre 2, Piso 22, Tegucigalpa	(504) 2270-7322	<a href="http://plan-international.org/honduras">plan-international.org/honduras</a>

### Government Institutes

Name	Address	Contact	Website	Description
CONMIGHO	Juan Ramón Molina, Antiguo Edif del Banco Central, Tegucigalpa	(504) 2236-0200 <a href="mailto:conmigho@gmail.com">conmigho@gmail.com</a>	<a href="http://conmigho.sreci.gob.hn">conmigho.sreci.gob.hn</a>	Resources on consulates and migration, protections for migrants

Honduras Tax Administration (SAR)	Edif Cuerpo Bajo "A" Blvd Juan Pablo II, Centro Cívico Gubernamental José Cecilio del Valle, Tegucigalpa	(504) 2216-5800 <a href="mailto:asistencia@sar.gob.hn">asistencia@sar.gob.hn</a>	<a href="http://sar.gob.hn">sar.gob.hn</a>	Support filling out and access to tax documents
National Commission of Banks and Insurance (CNBS)	Edif de la Comisión Nacional de Bancos y Seguros, Residencial la Hacienda, Esq Blvd la Hacienda y Blvd Suyapa, Tegucigalpa MDC	(504) 2290-4500 <a href="mailto:webmaster@cnbs.gob.hn">webmaster@cnbs.gob.hn</a>	<a href="http://cnbs.gob.hn">cnbs.gob.hn</a>	Social security assistance, financial education for migrants
National Registry of Persons (RNP)	Col Palmira, frente a Distrito Hotelero Plaza San Martín, Tegucigalpa	<a href="mailto:respuesta@rnp.hn">respuesta@rnp.hn</a>	<a href="http://rnp.hn/RNPweb/">rnp.hn/RNPweb/</a>	Registration for the civil registry and obtaining a national ID card
Secretary of Education	Centro Cívico Gubernamental, Cuerpo Bajo B, Tegucigalpa, MDC	(504) 2226-6200 <a href="mailto:angelica.gallardo@se.gob.hn">angelica.gallardo@se.gob.hn</a>	<a href="http://se.gob.hn">se.gob.hn</a>	School enrollment support, educational orientation, and access to health and mental health services for children
Secretary of Labor and Social Security (STSS)	Cuerpo Bajo B, Centro Cívico Gubernamental José Cecilio del Valle, Boulevard Juan Pablo II, Tegucigalpa	(504) 2242-7830 <a href="mailto:comitedeetica@trabajo.gob.hn">comitedeetica@trabajo.gob.hn</a>	<a href="http://trabajo.gob.hn">trabajo.gob.hn</a>	Food, employment assistance, vouchers, and financial help for starting a business for migrants
Secretary of Public Health (SESAL)	Bo El Centro, Av Cervantes, CII El Telégrafo, Contiguo Av Miguel Cervantes, Tegucigalpa	(504) 2222-5771	<a href="http://salud.gob.hn">salud.gob.hn</a>	Access to healthcare and vaccines, access to Returning Migrant Care Centers (CAMR)
Secretary of Social Development (SEDESOL)	Centro Cívico Gubernamental, Torre 2, Blvd Juan Pablo II, Esq República de Corea Tegucigalpa	(504) 2242-7981 <a href="mailto:transparencia@sedesol.gob.hn">transparencia@sedesol.gob.hn</a>	<a href="http://sedesol.gob.hn">sedesol.gob.hn</a>	Promotes socioeconomic development and reintegration of migrants through the Returned Migrant Assistance

				System
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## Non-Profits

Name	Address	Contact	Website	Description
Association for a Better Life (APUVIMEH)		(504) 8786-9845 <a href="mailto:apuvimeh@yahoo.com">apuvimeh@yahoo.com</a>	<a href="https://facebook.com/APUVIMEH">facebook.com/APUVIMEH</a>	Medical care, mental healthcare, housing, advocacy, and support for returning LGBTQ+ migrants and people living with HIV or AIDS
Caritas	Casa #352, Apartado Postal #1787, Tegucigalpa	(504) 2220-6698 <a href="mailto:caritas_de_honduras@caritas.hn">caritas_de_honduras@caritas.hn</a>	<a href="https://caritas.org/whe-re-caritas-work/latin-america/honduras/">caritas.org/whe-re-caritas-work/latin-america/honduras/</a>	Emergency relief, food support, and violence prevention advocacy
Casa Alianza	CII Morelos, Av Cervantes, Frente Optica Matamoros, Tegucigalpa	(504) 2237-3623 <a href="mailto:contacto@casaalianza.org.hn">contacto@casaalianza.org.hn</a>	<a href="https://casa-alianza.org.hn/new.casa-alianza.org.hn">casa-alianza.org.hn/new.casa-alianza.org.hn</a>	Shelter, medical care, food, help obtaining birth certificates, protection and reintegration for returning migrant youth
Ciudad Mujer		(504) 9445-2030 <a href="mailto:direccionnacional@ciudadmujer.go.b.hn">direccionnacional@ciudadmujer.go.b.hn</a>	<a href="https://ciudadmujer.go.b.hn">ciudadmujer.go.b.hn</a>	Medical care, housing, legal advice, economic assistance, and reintegration assistance for female migrant returnees
Colectivo Violeta	Bo La Ronda, Av Máximo Jerez, Casa #1332, contiguo a sala de belleza Gladis, Frente al parque Finlay, Tegucigalpa MDC Francisco Morazán	(504) 2220-5045 <a href="mailto:oficialddhcv@gmail.com">oficialddhcv@gmail.com</a>	<a href="https://colectivovioleta.org">colectivovioleta.org</a>	Access to legal defense for members of the LGBTQ+ community, support for returned migrants who face discrimination
Cristosal		<a href="mailto:comunicacion@ristosal.org">comunicacion@ristosal.org</a>	<a href="https://cristosal.org">cristosal.org</a>	Human rights protections, legal support, food, housing assistance, mental

				health care
Honduran Institute for the Prevention of Alcoholism and Drug Addiction (IHADFA)	Centro Cívico Gubernamental, Torre 1, Piso N° 17, Tegucigalpa, MDC	(504) 2242-8611 <a href="mailto:cvaleriano@ihadfa.gob.hn">cvaleriano@ihadfa.gob.hn</a>		Substance use support services
International Organization for Migration (IOM)	Col Palmira, 3ra Av, Cll del Brasil, Bloque 3, Casa 12	(504) 2237-7460 <a href="mailto:iomtegucigalpa@iom.int">iomtegucigalpa@iom.int</a>	<a href="http://nortedecentroamerica.iom.int/es/honduras">nortedecentroamerica.iom.int/es/honduras</a>	Shelter, employment workshops, information about migration and discriminatory practices, humanitarian assistance for migrants
JA Honduras	Edif COHEP, Col Tepeyac, Cll Yoro, Tegucigalpa	(504) 3275-5557 <a href="mailto:jahonduras@ja.hn">jahonduras@ja.hn</a>	<a href="https://facebook.com/JuniorAchievementHN">facebook.com/JuniorAchievementHN</a>	Educational programs for children focusing on financial literacy and job-readiness
Lesbian Network CATRACHAS	Col San Carlos, Tegucigalpa, FM	(504) 2221-0001 <a href="mailto:cattrachas@hotmail.com">cattrachas@hotmail.com</a>	<a href="http://cattrachas.org">cattrachas.org</a>	Defense of LGBTQ+ rights
Lutheran World Federation (LWF)	PO Box 2861 Barrio villa Adela, 19 Calle entre 5ta y 6ta, Av Casa, 518 Comayagüela	(504) 2225-4893 <a href="mailto:presidencia.iclh@gmail.com">presidencia.iclh@gmail.com</a>	<a href="http://lutheranworld.org">lutheranworld.org</a>	Emergency relief, employment assistance, financial support, family resources, mental health support, and youth migrant network
Mennonite Social Action Commission (CASM)	Bo Guadalupe, 21 y 22 Cll, 3 Av NE Casa 2114, San Pedro Sula, Cortés	(504) 2553-5437 <a href="mailto:casm@casm.hn">casm@casm.hn</a>	<a href="http://casm.hn">casm.hn</a>	Social and economic assistance for reintegration for returned migrants
National Forum for Migration in Honduras (FONAMIH)	Col Palmira, Calz Los Olivos, Casa #352, a un costado del Edif Italia, Tegucigalpa	(504) 2205-8396 <a href="mailto:fonamih@yahoo.com">fonamih@yahoo.com</a>		Legal representation and support at the border for migrants
Norwegian Refugee Council (NRC)		(504) 3373-5003 <a href="mailto:nrc@nrc.no">nrc@nrc.no</a>	<a href="http://nrc.no/countries/south-america/honduras">nrc.no/countries/south-america/honduras</a>	Food, shelter, education, legal advice, and mental health care for migrants
ODEF Financiera SA	Col Alameda, 4 Cll, entre 13 y 14 Av	(504) 2512-1910	<a href="http://odeffinancieras.a.hn">odeffinancieras.a.hn</a>	Financial inclusion and education for migrants

	SE Edif 1314 San Pedro Sula, Cortés			
Pastoral de Movilidad Humana del Conferencia Episcopal de Honduras	Apartado Postal 30014, Comayagüela, Honduras	(504) 9671-7341 <a href="mailto:info@pmhhonduras.com">info@pmhhonduras.com</a>	<a href="http://pastoraldemovilidadhumanahonduras.wordpress.com">pastoraldemovilidadhumanahonduras.wordpress.com</a>	Support groups, mental health care, family reunification, shelter, food, and healthcare
Proyecto Victoria	Col Las Palmas, detrás de los silos del IHMA, frente a la Col Kennedy en Tegucigalpa	(504) 2230-3601	<a href="http://contralaapostasia.com/proyecto-victoria">contralaapostasia.com/proyecto-victoria</a>	Therapeutic community for men that focuses on substance use difficulties, gang involvement, and violence
Rainbow LGBT Association of Honduras	Comayaguela, FM 3ra Ave, 10 y 11 Cll, frente a Autorepuestos Reyes	<a href="mailto:arcoirisghn@yahoo.com">arcoirisghn@yahoo.com</a>	<a href="https://facebook.com/lgtgtp.arcoiris">facebook.com/lgtgtp.arcoiris</a>	Healthcare, legal advice, and rights protections for members of the LGBTQ community
Red Cross	Av 2, Bo Concepción, Tegucigalpa	(504) 2237-1800	<a href="http://icrc.org/en/whe-re-we-work/honduras">icrc.org/en/whe-re-we-work/honduras</a>	Public shelters, transportation from the border, medical care and legal advice for migrants
Somos CDC (Center for LGBTQ+ Development and Cooperation)	Casa #2238, Calzada Victoria, Col Humuya, Tegucigalpa	(504) 2239-9076 <a href="mailto:comunicaciones@somoscdc.hn">comunicaciones@somoscdc.hn</a>	<a href="http://somoscdc.hn">somoscdc.hn</a>	Educational, financial, and legal programs for members of the LGBTQ+ community and migrants that promote human rights of vulnerable populations
SWISSCONT ACT	Centros de Negocios La Reforma Col La Reforma, a 30 metros de la Av La Paz Tegucigalpa	(504) 2235-8843 <a href="mailto:info.honduras@swisscontact.org">info.honduras@swisscontact.org</a>	<a href="http://swisscontact.org/es/paises/honduras">swisscontact.org/es/paises/honduras</a>	Programs for social and professional reintegration for migrants, call center
The American Friends Service Committee			<a href="http://afsc.org">afsc.org</a>	Detailed online guide on re-entering Honduras
UNAH	Blvd Suyapa,	(504) 2216-6100	<a href="http://unah.edu.hn">unah.edu.hn</a>	Low-cost dental

	Tegucigalpa, MDC	<a href="mailto:info@unah.edu.hn">info@unah.edu.hn</a>		services, education resources
UNICAH	Cll de los Alcaldes, Tegucigalpa	(504) 9500-0132	<a href="http://unicah.edu">unicah.edu</a>	Low-cost dental services, food, and more resources for migrants
UNITEC	Blvd Kennedy, V-782, frente a Residencial Honduras, Tegucigalpa, Francisco Morazán, 11101	(504) 2268-1000 <a href="mailto:admisionesteg@unitec.edu">admisionesteg@unitec.edu</a>	<a href="http://unitec.edu">unitec.edu</a>	Free mental health services, low-cost dental care, and employment workshops and trainings for migrants
Women's Rights Center (CDM)		(504) 2221-0459 <a href="mailto:cdm@derechosdelamujer.org">cdm@derechosdelamujer.org</a>	<a href="http://derechosdelamujer.org">derechosdelamujer.org</a>	Advocacy and assistance for female migrant returnees, especially those who face violence or social exclusion

## Honduran Consulates in the US

You can visit or contact a Honduran consulate to help you obtain an ID, ensure your rights are protected in prison or detention, help you find contact information for your family members, and help connect you with healthcare and education resources, and more. If you are incarcerated or detained you have a right to speak with your consulate if you so choose. Immigration and police must let your consulate visit or speak with you.

**Disclaimer:** If you have an asylum claim in the US or you have left the country because the government was unable to protect you, targeted or persecuted you, **do not** contact them for help.

State	City	Address	Contact
Arizona	Phoenix	3724 N 3rd St, #300 Phoenix, AZ 85012	(480) 390-2699 <a href="mailto:consuladohondurasphoenixaz@yahoo.es">consuladohondurasphoenixaz@yahoo.es</a>
California	Los Angeles	425 E Colorado St, #500 Glendale, CA 91205	(470) 751-9077 <a href="mailto:infoconsuladola@gmail.com">infoconsuladola@gmail.com</a>
California	San Francisco	1700 California St, #460 San Francisco, CA	(470) 751-9077 <a href="mailto:consuladohnensanfrancisco@gmail.com">consuladohnensanfrancisco@gmail.com</a>

		94109	
Florida	Miami	777 NW 72nd Ave, #3015 Miami, FL 33126	(470) 751-9077 <a href="mailto:proteccionhn.miami@gmail.com">proteccionhn.miami@gmail.com</a>
Georgia	Atlanta	6755 Peachtree Industrial Blvd, #120 Atlanta, GA 30360	(706) 940-1042
Illinois	Chicago	6200 N Hiawatha Ave Penthouse, Chicago, IL 60646	(470) 751-9077 <a href="mailto:chicago@sre.gob.hn">chicago@sre.gob.hn</a>
Louisiana	New Orleans	1250 Poydrast St Suite, #100 New Orleans, LA 70113	(470) 751-9077 <a href="mailto:infonolahn@gmail.com">infonolahn@gmail.com</a>
Massachusetts	Boston	90 Everett Ave Chelsea, MA 02150	(470) 751-9077 <a href="mailto:info@consuladobostonhn.com">info@consuladobostonhn.com</a>
New York	New York City	120 W 23rd St New York, NY 10011	(470) 751-9077 <a href="mailto:emergenciaconsuladony@gmail.com">emergenciaconsuladony@gmail.com</a>
North Carolina	Charlotte	5820 E WT Harris Blvd, #3118-G Charlotte, NC 28215	(980) 339-7850 <a href="mailto:consuladohncharlotteproteccion@gmail.com">consuladohncharlotteproteccion@gmail.com</a>
Texas	Dallas	2520 W Irving Blvd, #400 Irving, TX 75061	(972) 986-5110 <a href="mailto:hondurasdallas@hotmail.com">hondurasdallas@hotmail.com</a>
Texas	Houston	9800 Centre Pkwy Houston, TX 77036	(470) 751-9077 <a href="mailto:consuladohondurashouston@gmail.com">consuladohondurashouston@gmail.com</a>
Texas	McAllen	1209 Galveston Ave McAllen, TX 78501	(470) 751-9077 <a href="mailto:mcallen@sre.gob.hn">mcallen@sre.gob.hn</a>
Washington	Seattle	1107 Grady Way SW, #100 Renton, WA 98057	(470) 751-9077 <a href="mailto:consuladoseattle@gmail.com">consuladoseattle@gmail.com</a>
Washington DC	Washington DC	1990 M St NW, #104 Washington, DC 20036	(470) 751-9077 <a href="mailto:info@wadchn.com">info@wadchn.com</a>

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