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**Honduras Facts and Culture**

* [Family:](http://www.countryreports.org/country/Honduras/family.htm) Men in Honduras are encouraged to be strong, unemotional and assertive. Traditionally, they earn money to support the family. Today... [More](http://www.countryreports.org/country/Honduras/family.htm)
* [Fashion:](http://www.countryreports.org/country/Honduras/fashion.htm) Men in the larger cities may wear a decorative shirt that hangs just below the waist called a "guayabera" rather... [More](http://www.countryreports.org/country/Honduras/fashion.htm)
* [Visiting:](http://www.countryreports.org/country/Honduras/visiting.htm) Visiting others is commonly done and and appointment is not usually needed. Guests are usually offer light refreshment and refusing... [More](http://www.countryreports.org/country/Honduras/visiting.htm)

**Honduras Facts**

Honduras stats

|  |  |
| --- | --- |
| Capital | Tegucigalpa |
| Government Type | democratic constitutional republic |
| Currency | HNL |
| Population | 8,448,465 |
| Total Area | 43,278 Square Miles 112,090 Square Kilometers |
| Location | Central America, bordering the Caribbean Sea, between Guatemala and Nicaragua and bordering the Gulf of Fonseca (North Pacific Ocean), between El Salvador and Nicaragua |
| Language | Spanish, Amerindian dialects |

Map of Honduras



**Honduras Geography**

**Terrain and geography**

The Republic of Honduras is situated in the middle of six republics comprising, along with Belize, the Central American Isthmus between Mexico and Panama. Roughly triangular in shape, Honduras is the bend in Central America and has a 459-mile Caribbean coastline to the north and narrows in the south to 89 miles at the Gulf of Fonseca on the Pacific Ocean. It is bounded on the west by Guatemala, the southwest by El Salvador, and the east and southeast by Nicaragua.

Honduras also has insular possessions, including the picturesque Bay Islands, formed by the summit of a submerged mountain range in the Caribbean. Farther northeast lie Swan Islands, previously used by the U.S. as a weather research station and now recognized as Honduran territory.

Honduras has an estimated land area of 43,277 square miles, second largest of the six Central American republics, it ranks 14th in size among all Latin American nations. However, population distribution is unequal. The northeastern part is thinly inhabited. It comprises 45% of the entire national territory and only contains 9% of the population.

Honduran topography is exceptionally rugged. The Central American Cordillera (mountain range) crosses Honduras from east to west, making it the most mountainous of the six republics. Three-quarters of the country is composed of rugged hills and mountains, ranging from about 900 feet to nearly 9,350 and averaging about 4,000 feet in height. Tegucigalpa is at 3,200 feet above sea level. Government estimates list 64% of the land surface as mountainous and 36% as plains and valleys. The highest mountain peaks are in the southwest. Lowlands make up the northern and eastern coastal plains, a narrow southern coastal plain, and the river valleys. The principal rivers are in the north and flow into the Caribbean. Geographically and commercially, the country consists of two general regions: the highlands of the interior and southern Honduras and the tropical, banana-producing North Coast. Southern coastal lowlands are grouped with the highland region because of their economic linkage with Tegucigalpa and their southwest central location.

**Geography - note**

has only a short Pacific coast but a long Caribbean shoreline, including the virtually uninhabited eastern Mosquito Coast

**Honduras Geography**

|  |  |
| --- | --- |
| Geographic Location | Central America |
| Total Area | 43,278 Square Miles 112,090 Square Kilometers |
| Land Area | 43,201 Square Miles 111,890 Square Kilometers |
| Water Area | 77 Square Miles 200 Square Kilometers |
| Land Boundaries | 944 Miles 1,520 Kilometers |
| Irrigated Land | 339 Square Miles 879 Square Kilometers |
| Border Countries | Guatemala 256 km, El Salvador 342 km, Nicaragua 922 km |
| Coastline | 517 Miles 832 Kilometers |
| Geographic Coordinates | 15 00 N, 86 30 W |
| Terrain | mostly mountains in interior, narrow coastal plains |
| Highest Point | 2,870 Meters |
| Highest Point Location | Cerro Las Minas 2,870 m |
| Lowest Point Location | Caribbean Sea 0 m |
| Natural Resources | timber, gold, silver, copper, lead, zinc, iron ore, antimony, coal, fish, hydropower |

**Honduras Weather and Climate**

**Climate and Weather**

The climate in Honduras varies between the mountainous interior and the coastal lowlands and between the Pacific and Caribbean coasts. The interior is much cooler than the humid coast, and temperate Tegucigalpa has maximum temperatures averaging between 77°F and 86°F. The rainy season technically begins in May and lasts until October. This means that the interior and Pacific coast are relatively dry between November and April, but on the Caribbean coast it rains all year. The wettest months on the Caribbean coast are from September/October to January/February.

**Honduras Environmental Issues**

|  |  |
| --- | --- |
| Climate | The climate in Honduras varies between the mountainous interior and the coastal lowlands and between the Pacific and Caribbean coasts. The interior is much cooler than the humid coast, and temperate Tegucigalpa has maximum temperatures averaging between 77°F and 86°F. The rainy season technically begins in May and lasts until October. This means that the interior and Pacific coast are relatively dry between November and April, but on the Caribbean coast it rains all year. The wettest months on the Caribbean coast are from September/October to January/February. |
| Terrain | mostly mountains in interior, narrow coastal plains |
| Natural Resources | timber, gold, silver, copper, lead, zinc, iron ore, antimony, coal, fish, hydropower |
| Natural Hazards | frequent, but generally mild, earthquakes; extremely susceptible to damaging hurricanes and floods along the Caribbean coast |
| Irrigated Land | 339 Square Miles 879 Square Kilometers |
| Environmental Issues | urban population expanding; deforestation results from logging and the clearing of land for agricultural purposes; further land degradation and soil erosion hastened by uncontrolled development and improper land use practices such as farming of marginal lands; mining activities polluting Lago de Yojoa (the country's largest source of fresh water), as well as several rivers and streams, with heavy metals |
| Environment - International Agreements | party to: Biodiversity, Climate Change, Climate Change-Kyoto Protocol, Desertification, Endangered Species, Hazardous Wastes, Law of the Sea, Marine Dumping, Ozone Layer Protection, Ship Pollution, Tropical Timber 83, Tropical Timber 94, Wetlands   signed, but not ratified: none of the selected agreements |

**Honduras Population Details**

|  |  |
| --- | --- |
| Population | 8,448,465 |
| Population Growth Rate | 1.79% |
| Urban Population | 52.2% |
| Population in Major Urban Areas | TEGUCIGALPA (capital) 1.088 million |
| Nationality Noun | Honduran(s) |
| Nationality Adjective | Honduran |
| Ethnic Groups | mestizo (mixed Amerindian and European) 90%, Amerindian 7%, black 2%, white 1% |
| Languages | Spanish, Amerindian dialects |
| Population - note | note: estimates for this country explicitly take into account the effects of excess mortality due to AIDS; this can result in lower life expectancy, higher infant mortality, higher death rates, lower population growth rates, and changes in the distribution of population by age and sex than would otherwise be expected |
| Rate of Urbanization- annual rate of change | 3.06% |

**Honduras Medical Information**

Medical care in Honduras varies greatly in quality and availability. Outside of Tegucigalpa and San Pedro Sula, medical care is inadequate to address complex situations. Support staff facilities and necessary equipment and supplies are not up to U.S. standards anywhere in Honduras. Facilities for advanced surgical procedures are not available. Wide areas of the country, including the popular tourist areas of the Bay Islands, do not have a general surgery hospital. Ambulance services are limited in major cities and almost non-existent elsewhere. Emergency services may be contacted directly through their local numbers, including 199 for the national emergency line and 195 for the local Red Cross.  
  
The U.S. Embassy encourages visitors who are considering medical care in Honduras to obtain as much information about the facility and the medical personnel as possible. Medical tourists should confirm that the facilities they are considering are accredited, purchase medical evacuation insurance before traveling, and confirm that the cost and payment for their treatment is clearly understood by both parties. In addition to other publicly available information, U.S. citizens may consult the U.S. Embassy’s website for a list of hospitals and air ambulance services..  
  
Scuba diving is popular in the Bay Islands, but limited medical facilities there pose a special risk in the event of an emergency. There is a decompression chamber on Roatan and Utila for divers, but no advanced medical care on either island for diving related accidents.  
  
Mosquito-borne illnesses are a problem in Honduras. Malaria is present throughout the country at altitudes

**Honduras Health Information**

|  |  |
| --- | --- |
| Health Expenditures (% of GDP) | 9.1% |
| Death Rate/1,000 population | 5.09 |
| Obesity- adult prevalence rate | 18.4% |
| Hospital Bed Density/1,000 population | .7 |
| Physicians Density/1,000 population | .37 |
| Infant Mortality Rate/1,000 population | 19.28 |
| Infant Mortality Rate- Female/1,000 population | 16.6 |
| Infant Mortality Rate- Male/1,000 population | 21.83 |
| Underweight - percent of children under five years | 8.6% |
| Total Fertility Rate | 2.94 |
| Age of Mother's First Birth | 21.1 |
| Contraceptive prevalance rate (female 15-49) | 65.2% |
| Maternal mortality rate per 100,000 live births | 100 |
| HIV Adult Prevalence Rate | 0.8% |
| HIV Aids Deaths | 1,700 |
| HIV Aids People Living With | 39,000 |
| Drinking Water Source: unimproved | 10.4% |
| Drinking Water Source - percent of rural population improved | 81.5% |
| Drinking Water Source - percent of urban population improved | 96.8% |
| Sanitation Facility Access: unimproved | 20% |
| Sanitation Facility Access - percent of urban population improved | 85.3% |
| Sanitation Facitlity Access - percent of rural population improved | 74% |
| Major Infectious Diseases - degree of risk | high |
| Food or Waterborne Disease (s) | bacterial diarrhea, hepatitis A, and typhoid fever |
| Vectorborne Disease (s) | dengue fever and malaria |

**Honduras Crime**

**Crime Information**

Crime is widespread in Honduras and requires a high degree of caution by U.S. visitors and residents alike. U.S. citizens have been the victims of a wide range of crimes, including murder, kidnapping, rape, assault, and property crimes. Widespread poverty and unemployment, along with significant street gang and drug trafficking activity, have contributed to the extremely high crime rate. In January 2012, the Peace Corps suspended its program in Honduras in order to review the safety and security of its volunteers.  
  
According to the United Nations Office on Drugs and Crime 2011 Global Study on Homicide, Honduras has the highest per capita homicide rate in the world, with 86 homicides for every 100,000 inhabitants. Although crime and violent crime occur in all parts of Honduras, the north coast and central portions of the country have historically had the country’s highest crime rates. Copan, Roatan/Bay Islands, and other tourist destinations have lower crime rates than other parts of the country.  
  
Since 1995, 115 U.S. citizens were reported murdered in Honduras; of these, just 32 cases have been resolved. Three U.S. citizens were reported murdered in Honduras between January and September 2013.  
  
Since 2010, nine U.S. citizens have been reported as victims of rape or sexual assault in Honduras, signaling an increasing trend in these types of crimes. Two U.S. citizens reported incidents of rape or sexual assault between January and September 2013. Perpetrators of sexual assaults are often armed.  
  
Kidnappings have occurred in recent years, with large ransoms paid and infrequent capture of the kidnappers. One U.S. citizen was reported kidnapped between January and September 2013..  
  
U.S. citizens are primarily the victims of opportunistic crime. There is no evidence suggesting criminals specifically target U.S. citizens, but foreigners have been targeted for crime due to their perceived wealth. Weapons abound in Honduras, and armed street robberies are especially common, with criminals taking advantage of relatively isolated victims to steal their valuables. Young males working in pairs, often riding motorcycles, are perpetrating many of the armed robberies in Honduras’ urban areas. Criminals and pickpockets target visitors as they enter and depart airports and hotels, so visitors should consider carrying their passports and valuables in a concealed pouch. We have also confirmed reports of armed robbers traveling in private cars targeting pedestrians on isolated streets.   
  
Incidents of crime along roads, including carjacking and kidnapping, are common in Honduras. There have been frequent incidents of carjacking and highway robbery on a number of roads including the main highway (CA-5) between San Pedro Sula and Siguatepeque, with the greatest risk between Potrerillos and Pito Solo in the lake area. Travelers should always drive with their doors locked and windows rolled up to avoid potential robberies at traffic lights and other places, such as congested downtown streets. Avoid driving at night. All bus travel should be during daylight hours and on first-class conveyances, not economy buses. Choose taxis carefully, and note the driver’s name and license number. Instruct the driver not to pick up other passengers, agree on the fare before you depart, and have small bills available for payment, as taxi drivers often do not make change. When possible, travel in groups.  
  
Incidents of piracy off the coast of Honduras can occur. In 2012, a U.S. citizen reported that his boat was boarded and his passengers were the victims of an armed robbery while sailing in Honduran waters near Puerto Cortes, three miles north of Punta Sal. In 2011, a Canadian citizen was killed in a similar incident. U.S. citizens should exercise caution while sailing or mooring in Honduran waters.  
  
U.S. citizens are encouraged to be vigilant of their surroundings at all times, especially when entering or exiting their homes, cars, garages, schools, and workplaces. It is also recommended that drivers vary their routes and schedules so as to not create a predictable routine. Individuals should also limit the sharing of personal information and closely screen personal employees. Should a U.S. citizen be kidnapped, local authorities and the U.S. Embassy should be contacted immediately.  
  
The Honduran government conducts occasional joint police/military patrols in major cities in an effort to reduce crime. However, Honduran law enforcement authorities’ ability to prevent, respond to, and investigate criminal incidents and prosecute criminals is limited. Honduran police generally do not speak English. The government has established a special tourist police in the resort town of Tela and other tourist destinations including Tegucigalpa, San Pedro Sula, La Ceiba, and Roatan, but the number of tourist police deployed is small and coverage is limited.  
  
The Basilica of Suyapa in Tegucigalpa, also known as Suyapa Church or Cathedral, is an important religious site and popular tourist destination. However, it is situated in a high crime area and has been the site of numerous armed robberies and thefts. U.S. citizens in Honduras on U.S. government orders are only allowed to visit the Basilica of Suyapa with an organized tour group that provides armed security for the group.  
  
The San Pedro Sula area has seen armed robberies against tourist vans, minibuses, and cars traveling from the airport to area hotels, and there have also been armed robberies along the road to Copan. Armed men have forced vehicles transporting tourists off the road and robbed the victims, occasionally assaulting the driver or passengers. In past years, several U.S. citizens have been murdered in San Pedro Sula and La Ceiba shortly after arriving in the country. Assaults in these areas may be based on tips from sources at airport arrival areas, so visitors are strongly urged to exercise caution in discussing travel plans in public.  
  
Although Copan, Roatan/Bay Islands, and other tourist destinations have a lower crime rate than other parts of the country, thefts, break-ins, assaults, and murders do occur. Exercise particular caution walking on isolated beaches, especially at night. Coxen Hole on the island of Roatan should be avoided after dark.  
  
The Government of Honduras has a very limited law enforcement presence in some northern coastal areas, including parts of the departments of Olancho, Colon, and Gracias a Dios. These areas are well known for narcotics smuggling and violence. Travelers in those areas should use extra caution. See the description of highways/areas to be avoided in the “Traffic Safety and Road Conditions” section below for details.  
  
Do not buy counterfeit and pirated goods, even if they are widely available. Not only are the bootlegs illegal in the United States, if you purchase them you may also be breaking local law and be subject to local penalties.

**Honduras Penalties for Crime**

**Criminal Penalties**

While you are traveling in Honduras, you are subject to its laws even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different from our own. In some places, you may be taken in for questioning if you do not have your passport with you. Penalties for possession, use, or trafficking in illegal drugs in Honduras are severe, and convicted offenders can expect long jail sentences and heavy fines. There are also some activities that might be legal in the country you visit but illegal in the United States; for example, you can be prosecuted under U.S. law if you buy pirated goods. Engaging in sexual conduct with children or using or disseminating child pornography in a foreign country is a crime prosecutable in the United States. If you break local laws in Honduras, your U.S. passport will not help you avoid arrest or prosecution. It is very important to know what is legal and what is not in Honduras.  
  
If you are arrested in Honduras, you have the right to request the authorities to alert the U.S. Embassy. Doing so ensures that consular officers are aware of your condition and can provide you with appropriate consular assistance.

**Honduras Life Expectancy**

|  |  |
| --- | --- |
| Life Expectancy At Birth | 70 Years |
| Life Expectancy At Birth- Female | 72 Years |
| Life Expectancy At Birth- Male | 69 Years |
| Median Age (female) | 22 Years |
| Median Age (male) | 21 Years |
| Median Age | 21 Years |

**Honduras Literacy**

|  |  |
| --- | --- |
| Predominant Language | Spanish, Amerindian dialects |
| Literacy Definition | age 15 and over can read and write |
| Literacy Female | 76.3% |
| Literacy Male | 76.1% |
| Literacy Total | 80% |

**Honduras Education**

|  |  |
| --- | --- |
| Literacy - female | 76.3% |
| Literacy - male | 76.1% |
| Literacy - total population | 80% |
| Literacy Definition | age 15 and over can read and write |
| School Life Expectancy - female | 12 Years |
| School Life Expectancy - male | 11 Years |
| Total School Life Expectancy - (primary to tertiary) | 11 Years |

**Honduras Age of Population**

Age 0-14: 35.5 %Age 15-24: 21.2 %Age 25-54: 34.8 %Age 55-64: 4.6 %Over 64: 3.9 %Highcharts.com

**Classroom**

Classes start at 7:00 AM and end at 2:00 PM. Each class lasts 40 minutes and the students have a 20 minute recess break. The lunch time break is a 40 minute break. Students usually bring their own food. There is an average of 35 students per class but in some schools that number can increase to 40 students per class. The average school is about 50 years old and there are about 600 students per building.  Students typically have desks, and books for studing however space, updated technology, professional development for teachers, computers and food services are lacking.

Students speak Spanish in their classes.  English is usually provided as a secondary language class.  The Main subjects include Spanish, Social Studies, Math, Science, Spelling, Reading, Art. and Music. There are few opportunities to develop art and drama among students. The majority  of students move to the secondary school. Some children dropout of school when they graduate from high school. College is for the more affluent. Generally, when students reach college age they need to begin working to help support their family.

Dispciline is important in the schools and the majority of the schools are very strict. Principals have a lot of authority in disciplinary issues.  All schools have uniforms and children have to wear them every day.

**To School**

To get to school transportation is not provided by the school. Parents need to make their own arrangements for the students to get to school. The majority of students take public transportation. A small group is brought to school by their parents.

**Honduras Government**

|  |  |
| --- | --- |
| Capital Name | Tegucigalpa |
| Country Name | Honduras |
| Local - Long | Republica de Honduras |
| Full Country Name | Republic of Honduras |
| Local - Short | Honduras |
| Government Type | democratic constitutional republic |
| Capital - geographic coordinate | 14 06 N, 87 13 W |
| National Holiday | Independence Day, 15 September (1821) |
| Constitution | 11 January 1982, effective 20 January 1982; amended many times |
| Legal System | civil law system |
| Suffrage | 18 years of age; universal and compulsory |

**Honduras Government and Politics**

|  |  |
| --- | --- |
| Government Executive Branch | chief of state: President Juan Orlando HERNANDEZ Alvarado (since 27 January 2014); Vice Presidents Ricardo ALVAREZ, Rossana GUEVARA, and Lorena HERRERA (since 27 January 2014); note - the president is both chief of state and head of government   head of government: President Juan Orlando HERNANDEZ Alvarado (since 27 January 2014); Vice Presidents Ricardo ALVAREZ, Rossana GUEVARA, and Lorena HERRERA (since 27 January 2014)   cabinet: Cabinet appointed by president   elections: president elected by popular vote for a four-year term; election last held on 24 November 2013 (next to be held in November 2017)   election results: Juan Orlando HERNANDEZ Alvarado elected president; percent of vote - Juan Orlando HERNANDEZ Alvarado 36.9%, Xiomara CASTRO 28.8%, Mauricio VILLEDA 20.3%, Salvador NASRALLA 13.4% |
| Legislative Branch | unicameral National Congress or Congreso Nacional (128 seats; members elected proportionally by department to serve four-year terms)  elections: last held on 29 November 2009 (next to be held in November 2013)  election results: percent of vote by party - NA; seats by party - PNH 71, PL 45, PDC 5, PUD 4, PINU 3 |
| Judicial Branch | Supreme Court of Justice or Corte Suprema de Justicia (15 judges are elected for seven-year terms by the National Congress) |
| Regions or States | 18 departments (departamentos, singular - departamento); Atlantida, Choluteca, Colon, Comayagua, Copan, Cortes, El Paraiso, Francisco Morazan, Gracias a Dios, Intibuca, Islas de la Bahia, La Paz, Lempira, Ocotepeque, Olancho, Santa Barbara, Valle, Yoro |
| Political Parties and Leaders | Christian Democratic Party or PDC [Felicito AVILA Ordonez]; Democratic Unification Party or PUD [Cesar HAM]; Liberal Party or PL [Roberto MICHELETTI Bain]; National Party or PN [Antonio ALVAREZ Arias]; Social Democratic Innovation and Unity Party or PINU [Jorge Rafael AGUILAR Paredes] |
| International Law Organization Participation | accepts compulsory ICJ jurisdiction with reservations; accepts ICCt jurisdiction |
| International Organization Participation | BCIE, CACM, CELAC, FAO, G-11, G-77, IADB, IAEA, IBRD, ICAO, ICRM, IDA, IFAD, IFC, IFRCS, ILO, IMF, IMO, Interpol, IOC (suspended), IOM, ISO (subscriber), ITSO, ITU, ITUC, LAES, LAIA (observer), MIGA, MINURSO, NAM, OAS (suspended), OPANAL, OPCW, PCA, Petrocaribe, SICA, UN, UNCTAD, UNESCO, UNIDO, Union Latina, UNWTO, UPU, WCO (suspended), WFTU, WHO, WIPO, WMO, WTO |
| Politicial Pressure Groups and Leaders | Beverage and Related Industries Syndicate or STIBYS; Committee for the Defense of Human Rights in Honduras or CODEH; Confederation of Honduran Workers or CTH; Coordinating Committee of Popular Organizations or CCOP; General Workers Confederation or CGT; Honduran Council of Private Enterprise or COHEP; National Association of Honduran Campesinos or ANACH; National Union of Campesinos or UNC; Popular Bloc or BP; United Confederation of Honduran Workers or CUTH; United Farm Workers' Movement of the Aguan (MUCA) |

**Honduras Economy Data**

|  |  |
| --- | --- |
| GDP - Gross Domestic Product | $39,230,000,000 (USD) |
| GDP - official exchange rate | $18,880,000,000 (USD) |
| GDP - real growth rate | 2.8% |
| GDP Per Capita | $4,800.00 (USD) |
| GDP by Sector- agriculture | 14% |
| GDP by Sector- Industry | 28.2% |
| GDP by Sector- services | 57.8% |
| Population Below Poverty Line | 65% |
| Inflation Rate | 4.6% |
| Labor Force | 3,394,000 |
| Labor Force By Occupation- agriculture | 39.2% |
| Labor Force By Occupation- industry | 20.9% |
| Labor Force By Occupation- services | 39.8% |
| Unemployment Rate | 5.1% |
| Unemployment - note | about one-third of the people are underemployed |
| Fiscal Year | calendar year |
| Annual Budget | $2,923,000,000 (USD) |
| Budget Surplus or Deficit - percent of GDP | -6.2% |
| Public Debt (% of GDP) | 70.5% |
| Taxes and other revenues - percent of GDP | 16.5% |
| Major Industries | sugar, coffee, textiles, clothing, wood products |
| Industrial Growth Rate | 2.4% |
| Agriculture Products | bananas, coffee, citrus; beef; timber; shrimp |
| Currency Code | lempira (HNL) |
| Child Labor - % of children ages 5-14 | 16% |
| Child Labor - # of children ages 5-14 | 280,809 |
| Commercial Bank Prime Lending Rate | 17.8% |

**Honduras Economy**

**Economic Overview**

Honduras, one of the poorest countries in the Western Hemisphere with an extraordinarily unequal distribution of income and massive unemployment, is banking on expanded trade privileges under the Enhanced Caribbean Basin Initiative and on debt relief under the Heavily Indebted Poor Countries (HIPC) initiative. While the country has met most of its macroeconomic targets, it has failed to meet the IMF's goals to liberalize its energy and telecommunications sectors. Growth remains dependent on the status of the US economy, its major trading partner, on commodity prices, particularly coffee, and on reduction of the high crime rate.

**Honduras Exports**

|  |  |
| --- | --- |
| Exports | $5,879,000,000 (USD) |
| Major Exports | coffee, bananas, shrimp, lobster, meat; zinc, lumber |
| Top Export Partners | US 69%, El Salvador 3%, Guatemala 2% |

**Honduras Imports**

|  |  |
| --- | --- |
| Imports | $8,878,000,000 (USD) |
| Major Imports | machinery and transport equipment, industrial raw materials, chemical products, fuels, foodstuffs |
| Top Import Partners | US 53.3%, Mexico 4.3%, El Salvador 4.2% |

**Honduras Flag Description**

three equal horizontal bands of blue (top), white, and blue with five blue, five-pointed stars arranged in an X pattern centered in the white band; the stars represent the members of the former Federal Republic of Central America - Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua; similar to the flag of El Salvador, which features a round emblem encircled by the words REPUBLICA DE EL SALVADOR EN LA AMERICA CENTRAL centered in the white band; also similar to the flag of Nicaragua, which features a triangle encircled by the word REPUBLICA DE NICARAGUA on top and AMERICA CENTRAL on the bottom, centered in the white band. Blue stands for the skies and brotherhood; the white for the desire for peace and purity of thoughts.

Honduras flag



|  |  |
| --- | --- |
| Anthem History | "A Honduras" ("To Honduras") is a song that expresses the great respect and love that Hondurans feel for their fatherland.  In the years following its independence, Honduras lacked a national anthem. In its place, "La Granadera," a beautiful march commemorating the battles, victories, and sacrifices of General Morazán, was played at civic events and official ceremonies. At school festivals people sang hymns by Honduran poets, although none in particular became popular.   In 1904, the President of the Republic, General Manuel Bonilla, gave several writers the task of writing hymns from which an anthem would be chosen. The poem of Augusto C. Coello, entitled A Honduras (To Honduras) was selected, and given to the director of the martial band, don Carlos Hartling, to be set to music.   In 1915, "A Honduras" (sometimes called "Tu Bandera" -- "Your Flag") was formally declared by the Honduran government as the country's official anthem. |
| Anthem Lyrics English | As your standard, as your standard   serves a strip of cloudless azure,  Which in twain is cut,   Which in twain is cut by a band that snows besprinkle;   In whose sacred abysses there twinkle   Five pale stars lit with softest rays of blue.  And in your shield, that a strident sea is guarding   With the bulwark of its savage billows' might,   A volcano stands, a volcano stands,   From whose lonely summit's height   Comes the beacon clear,   Comes the beacon clear,   Of a star that flashes there.  In defense of our glorious emblem  We are ready, my Country, to perish,  For future ages their fame will ever cherish  Who in their dying hour are thinking of your love.  In the defense of your holy banner fallen,  Their lifeless forms in its hallowed folds enshrouded.  Not few, blessed Honduras, shall be your proud dead,   But they all in honour's cause will die. |

**Honduras National Anthem History**

The History of the Honduras National Anthem

|  |  |
| --- | --- |
|  | "A Honduras" ("To Honduras") is a song that expresses the great respect and love that Hondurans feel for their fatherland.  In the years following its independence, Honduras lacked a national anthem. In its place, "La Granadera," a beautiful march commemorating the battles, victories, and sacrifices of General Morazán, was played at civic events and official ceremonies. At school festivals people sang hymns by Honduran poets, although none in particular became popular.   In 1904, the President of the Republic, General Manuel Bonilla, gave several writers the task of writing hymns from which an anthem would be chosen. The poem of Augusto C. Coello, entitled A Honduras (To Honduras) was selected, and given to the director of the martial band, don Carlos Hartling, to be set to music.   In 1915, "A Honduras" (sometimes called "Tu Bandera" -- "Your Flag") was formally declared by the Honduran government as the country's official anthem. |

**Honduras Interesting Facts**

* Although Honduras is a predominantly Roman Catholic country, many couples do not get married in a church. Some live common-law, and others prefer to have a civil ceremony.
* Among their athletes, Hondurans honour Caneja Cardona, who plays soccer for Honduras, and Leticia Castro, who played women's basketball for Honduras and was recognized as the best Central American player of her time.
* Chickens and roosters are prominent in Honduran culture and folklore. One common expression is “este es mi gallo.” Literally translated, it means “This is my rooster,” but it has come to mean “This is mine and it is the best.”
* Hondurans celebrate Language Day (marked by competitions in schools), Teachers' Day (when students bring teachers flowers, candy or fruit), Tree Day (when a pine tree is planted by each student), and Environment Day (celebrating trees, plants, animals and water). Hondurans celebrate Mother's Day, Father's Day and Children's Day as well.
* Honduras was originally known as Higüeras, the name of a native plant. Christopher Columbus named the land Honduras, which means “deep waters,” because he landed in a bay off the north coast of Honduras that was very deep.
* In 1830, Francisco Morazán, a Honduran military leader, was elected president of the United Provinces of Central America. He worked to improve education, the justice system and regional economic development. Many streets, parks and towns in Honduras are named after Morazán, who is considered the father of Central America.
* In the past, students living in the countryside had to get up as early as 3:00 a.m. to do chores before walking several miles to school. When school ended at noon, they walked home during the hottest part of the day and did more chores. Today, with improved transportation, students in the countryside get up at about 5:00 a.m.
* Lucila Gamero de Medina (1873-1964) wrote the first Honduran novel to be published. In 1893, when she was only 20 years old, she published her first two novels, Amalia Montiel and Adriana y Margarita, which are still read today.
* Many Hondurans grow pineapples in their gardens. Every part of the pineapple is used for something. The skin is used to make tea, chicha or vinegar for preserving vegetables. The fruit is used to make juice, jam or pies. The tops are put in buckets of water until they sprout roots and can be replanted in the garden.
* Some Hondurans believe that foods and herbs are either “hot” or “cold.” When someone is ill, “hot” or “cold” foods or herbs may be prescribed, depending on the illness. Some of the “hot” foods are coffee, oranges and beef. “Cold” foods include coconuts, bananas, salt and seafood.
* The “rain of fish” is a popular theme in Honduran painting. It is based on a phenomenon that occurred in the department of Yoro in north-central Honduras. People there awoke one morning after a thunderstorm and found the ground covered with fish. This phenomenon still occurs from time to time.
* The country's main commercial forest product is pine, although Honduras was once well-known for its mahogany.
* The Garífuna or Black Caribs are mixed-race descendants of Africans and Carib Indians from the Caribbean island of St. Vincent, who were deported by the British and sent to Central America in the late 18th century.
* The name of the Honduran capital city, Tegucigalpa, comes from two indigenous words: teguz, which means hill, and galpa, which means silver. Tegucigalpa was once a silver mining town.
* Traditional Catholic funerals include a ritual called novena. For nine nights, close friends and family pray at the saint's altar in the home of the person who has died. A novena may be held on the six-month as well as the one-year anniversary of the death.
* Very few people have cars, because cars and gasoline are expensive. Most people in cities travel by taxi or bus. People in rural areas walk or get a ride in a pick-up truck.

**History of Honduras**

*Altar with representation of Mayan death god, in Copán*

THROUGHOUT ITS HISTORY, Honduras has been an underdeveloped area. Its rugged topography and lack of good ports on the Pacific coast have combined to keep it relatively isolated from the mainstream of social and economic development. The capital, Tegucigalpa, is located high in the central mountains, removed from the isthmus’s main north-south transportation routes.

The rugged topography and semi-isolation have provided Honduras some advantages as well as disadvantages. Unlike the neighboring republics of El Salvador and Guatemala, Honduras did not produce a totally dominant landholding oligarchy. It also escaped the turmoil over transisthmian transit routes that plagued Nicaragua and Panama. Finally, Honduras, alone among Central America’s republics, is not dominated by a single city. The isolation of the capital led to the rise of San Pedro Sula in the twentieth century as the nation’s commercial and industrial center.

However, lack of development produced, for much of Honduras’s history, relatively weak social and political institutions. Much of the nation’s history has been marked by long periods of political instability, frequent military coups, and considerable government corruption and inefficiency. External powers have consistently exploited and aggravated these problems. Neighboring Central American nations have repeatedly intervened in Honduran internal affairs, giving Hondurans a strong fear of foreign attack. Countries outside the region also have manipulated Honduran politics from time to time to suit their own national interests. During the first half of the twentieth century, the Honduran economy was so dominated by the United Fruit Company and the Standard Fruit Company that company managers were frequently perceived as exercising as much power as the Honduran president. Increased nationalism and economic diversification have changed this situation in recent decades, but in the early 1990s, Honduras remained a nation highly sensitive to and dependent on external forces. Despite both national and international efforts, Honduras remained poor and vulnerable. In the 1980s, security concerns centered on the Nicaraguan border; in the early 1990s, concern centered on El Salvador because of its insurgency problems and its boundary dispute with Honduras.

Both a product and a victim of its past, in the mid-1990s, Honduras was striving to find some means of gaining the benefits of modernization while avoiding the violent conflicts that wracked its neighbors in the 1980s.

**Honduras History Timeline**

|  |  |
| --- | --- |
| Honduras Year in History | Honduras Timeline |
| 1502 | **Christopher Columbus** Christopher Columbus lands in Honduras. |
| 1525 | **Spain begins conquest of Honduras.** Spain begins conquest of Honduras. |
| 1539 | **Spain succeeds** Spain succeeds in the conquest of Honduras after bitter struggles with the native population. |
| 1810 | **Overthrow of the king** Overthrow of the king of Spain by Napoleon. |
| 1821 | **Honduras and the Mexican empire** Honduras became a part of the Mexican empire. |
| 1821 | **Independence from Spain.** Honduras gains independence from Spain. |
| 1823 | **Honduras breaks away** Honduras breaks away from Mexico. |
| 1823 | **United Provinces of Central America** Honduras becomes part of the United Provinces of Central America, which also includes Costa Rica, El Salvador, Honduras and Nicaragua. |
| 1840 | **Fully independent** Honduras becomes fully independent following the dissolution of the United Provinces of Central America. |
| 1969 | **Costly war** Brief but costly war with El Salvador over heavy immigration and disputed border. |
| 1975 | **Colonel Juan Alberto Melgar** Colonel Juan Alberto Melgar Castro take power. |
| 1978 | **Melgar ousted** Melgar ousted in coup led by General Policarpo Paz Garcia. |
| 1980 | **General Paz signs peace treaty with El Salvador.** General Paz signs peace treaty with El Salvador. |
| 1998 | **Hurricane Mitch** Hurricane Mitch devastates Honduras. |
| 2000 | **Supreme Court rules** Supreme Court rules that atrocities committed during 1980s are not covered by amnesty of 1987. |
| 2002 | **Ricardo Maduro** Ricardo Maduro inaugurated as president. |
| 2004 | **Prison fire** Prison fire at San Pedro Sula kills more than 100 inmates, many of them gang members. |
| 2007 | **Government propaganda** President Zelaya orders all the country's radio and TV stations to carry government propaganda. |
| 2009 | **President Manuel Zelaya** President Manuel Zelaya is removed by the military and forced into exile. |
| 2010 | **Truth commission** "Truth commission" begins investigating Mr Zelaya's removal from office in 2009, and concludes it was a coup. |
| 2011 | **Mr. Zelaya** Mr. Zelaya returns from exile. |
| 2012 | **Violence against journalists.** Thousands march to protest wave of violence against journalists. |

**Honduras Holidays and Events**

|  |  |
| --- | --- |
| Display Date | Title |
| September 15th | **Independence Day** |
| December 25th | **Christmas** During Advent, bands of Garifuna women perform dances at various homes for which they receive monetary donations, and sweet liquors, such as *guaro*. Spanish Children perform *pastorelas* (nativity plays) employers grant *aguinaldos* (bonuses) to employees. On Christmas Eve, a masked dancer, the *Warini* ushers in Christmas by dancing from house to house with an entourage of singers and drummers and a din of firecrachers.  The Christmas dinner usually features turkey with stuffing, *lechonitos* (suckling pig) and *rompope* (eggnog with liquor) At Midnight on New Year’s Eve, families burn an effigy of an undesirable person or object, a custom termed *La Quema de los Años Viejos* (burning the Old Year). The *Warini* close the season with dances on Epiphany. |

**Honduras Meals and Food**

Recipes from Honduras

* [Baked Bananas - Dessert](http://www.countryreports.org/country/Honduras/recipe/baked-bananas.htm)
* [Coconut Bread - Bread](http://www.countryreports.org/country/Honduras/recipe/coconut-bread.htm)
* [Conch Soup - Main Dish](http://www.countryreports.org/country/Honduras/recipe/conch-soup.htm)
* [Nacatamales (Pork Tamales) - Main Dish](http://www.countryreports.org/country/Honduras/recipe/nacatamales-%28pork-tamales%29.htm)
* [Plantain Pancakes - Main Dish](http://www.countryreports.org/country/Honduras/recipe/plantain-pancakes.htm)

**Honduras Recipes and Diet**

Honduras food and meal customs

**Diet**

Common foods include plantains (similar to bananas), cassava and peppers. People enjoy tamales (made of ground corn and filled with meat and sauce) and tortillas con quesillo (tortillas filled with melted cheese). Other common dishes include tapado (a stew made from cassava and meat) and baleadas (tortillas folded over and filled with re-fried beans, crumbled cheese and cream). Street vendors sell crispy tajaditas (fried plantain chips) or sliced green mangoes sprinkled with salt and cumin.

Honduran breakfast foods include fried beans, eggs, cheese and fried bananas. At lunch or dinner, they may eat rice, tortillas, meat, cheese, salad or soup. Portions are smaller at supper, which is a lighter meal.

Children and adults also drink orchata, which is made from rice and seeds. Milk is usually mixed with fruit in a drink called licuados. Soft drinks are common, and frescos (drinks made from fruit, sugar and water) are popular.

Food in Honduras

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**Honduras Languages**

**Languages**

Spanish, Amerindian dialects

**Language Translations:**

**Greetings in Spanish**

|  |  |
| --- | --- |
| Do you speak English? | Habla usted ingles? |
| Do you speak Spanish? | Habla usted espanol? |
| Excuse me | Dispenseme |
| Fine / Good | Bien |
| Good afternoon | Buenas tardes |
| Good evening | Buenas tardes |
| Good morning | Buenos diás |
| Good night | Buenas noches |
| Goodbye | Adios |
| Happy New Year! | ¡Felíz año nuevo! |
| Hello | ¡Hóla! |
| How are you? | Como esta usted? |
| I'm pleased to meet you | Encantado de conocerle |
| Merry Christmas | Feliz Navidad |
| Please | Por favor |
| See you later | Hasta luego |
| Thank you | Gracias |
| Welcome | Bienvenido |
| What is your name? | Como se llama? / Deme su nombre |
| Yes / No | Si / No |

**Days in Spanish**

|  |  |
| --- | --- |
| Sunday | Domingo |
| Monday | Lunes |
| Tuesday | Martes |
| Wednesday | Miercoles |
| Thursday | Jueves |
| Friday | Viernes |
| Saturday | Sabado |

**Months in Spanish**

|  |  |
| --- | --- |
| January | Enero |
| February | Febrero |
| March | marzo |
| April | Abril |
| May | Mayo |
| June | Junio |
| July | Julio |
| August | Agosto |
| September | Septiembre |
| October | Octubre |
| November | Noviembre |
| December | Diciembre |

**Colors in Spanish**

|  |  |
| --- | --- |
| Black | Negro |
| Blue | Azul |
| Green | Verde |
| Orange | Anaranjado |
| Pink | Rosado |
| Red | Rojo |
| White | Blanco |
| Yellow | Amarillo |

**Numbers in Spanish**

|  |  |
| --- | --- |
| One | Uno |
| Two | Dos |
| Three | Tres |
| Four | Cuatro |
| Five | Cinco |
| Six | Seis |
| Seven | Siete |
| Eight | Ocho |
| Nine | Nueve |
| Ten | Diez |
| Fifty | Cincuenta |
| one Hundred | Cien |
| One Thousand | mil |

**Honduras Clothing and Fashion**

Men in the larger cities may wear a decorative shirt that hangs just below the waist called a "guayabera" rather then wearing more formal attire.

Western-style clothing is common throughout Honduras. In rural areas, shirts with English slogans are frequently worn even though the wearer probably does not speak English.

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**Dating, Family and Children Honduras**

**Family and Children**

Men in Honduras are encouraged to be strong, unemotional and assertive. Traditionally, they earn money to support the family. Today however, many women work outside the home. Many children in Honduras grow up in single-parent families headed by women.

[](http://d2z7bzwflv7old.cloudfront.net/cdn_image/maxW_1200/images/photos/ho/restaurant.jpg)

**Honduras Gestures and Greetings**

**Greetings**

Hondurans routinely begin conversations with a friendly “Buenos días” (good day). When sitting down to a meal with others, a Honduran will say “Buen provecho” (May it do you good!). Politeness is important, and these gestures are   
appreciated.

Hondurans show their respect for education by giving professionals special titles. For example, they would say “Doctor Pérez,” “Teacher Cardona,” “Professor Nuñez,” or “Attorney Amador.” A non-professional man is addressed as Señor, a single adult woman as Señorita, and a married adult woman as Señora. Don and Doña are titles given to particularly well-respected men or women, respectively.

Hondurans usually have four names: two first names and two family names, one to represent the father's side of the family, and the other the mother's side. For example, if a woman's name was Elena María García Lopes, García would be the last name of her father's family, and Lopes her mother's family. When women marry, they may drop the final name and replace it with the name of their husband's family, preceded by “de.” For instance, if Elena María married a man whose father's name was Torrez, she would be known as Elena María García de Torrez.

**Gestures**

Hondurans consider it rude to pass someone without a greeting. They also shake hands when they meet. Women may kiss when greeting each other. Waving the index finger is often used to say “no.” Clasping both hands indicates strong approval

**Visiting**

Visiting others is commonly done and and appointment is not usually needed. Guests are usually offer light refreshment and refusing such is considered rude.

**Cultural Attributes**

Hondurans are people who are warm, friendly, courteous, and caring despite many hardships. Hondurans feel a sense of responsibility for family members who need help, and will often support them. If Hondurans are in a position to give someone a job, they will frequently hire a relative.

In Honduras, individual needs are considered more important than schedules, so being late for appointments or social events is common. Hand and body language are important forms of communication.

**Honduras Church and Religion**

Religious freedom is guaranteed by the Honduran constitution, but the government subsidizes Catholic schools, and religious education is part of the public school curriculum.  
  
Many people in the Bay Islands are Protestant because of the influence of the English in the area. Since the 1980s, the number of Protestants has been growing in Honduras. The Methodists, Southern Baptists, Central American Mission and Assemblies of God are the most well-established non-Catholic denominations. Judaism and some traditional African religions are also practiced in some areas.  
  
The patron saint of Honduras is the Virgin of Suyapa. The Basilica of the Virgin of Suyapa, near Tegucigalpa, is one of Central America's most impressive shrines. It has beautiful stained glass windows and a marble altar with designs in bronze and gold. The basilica houses a small statue of the Virgin, which is believed to have miraculous healing powers.  
  
Traditional Catholic funerals include a ritual called novena. For nine nights, close friends and family pray at the saint's altar in the home of the person who has died. A novena may be held on the six-month as well as the one-year anniversary of the death.  
  
The constitution provides for freedom of religion, and the Government generally respected this right in practice. The Government at all levels sought to protect this right in full and did not tolerate its abuse, either by governmental or private actors.   
  
There is no state religion. However, the armed forces have an official Catholic patron saint. The Government consults with the Catholic Church and occasionally appoints Catholic leaders to quasi-official commissions on key subjects of mutual concern, such as anti corruption initiatives. Two of the prominent evangelical Protestant churches were represented on the board of the National Council of Anti corruption.   
  
The Christian holy days of Holy Thursday, Good Friday, and Christmas are national holidays.   
  
The Government does not require religious groups to register. The constitution grants the president the power to grant "juridical personality" to associations, including religious organizations. This status is a prerequisite to being accorded certain rights and privileges, such as tax exemptions. Associations are required to submit an application to the Ministry of Government and Justice describing their internal organization, bylaws, and goals. In the case of evangelical churches, the application then is referred to a group of leaders from the Evangelical Fraternity of Churches for review. This group has the power to suggest, but not require, changes. All religious applications also are referred to the Solicitor General's Office for a legal opinion that all elements meet constitutional requirements. The president signs the approved resolutions granting juridical personality.Â  The Catholic Church and other recognized religious organizations are accorded tax exemptions and waivers of customs duty on imports.   
  
The Government requires foreign missionaries to obtain entry and residence permits. A local institution or individual must sponsor a missionary's application for residency, which is submitted to the Ministry of Government and Justice. The ministry generally grants such permits.   
  
There are religious schools that provide professional training, such as seminaries, and church-operated schools that provide general education, such as parochial schools. They receive no special treatment from the Government, nor do they face any restrictions.   
  
The law allows deportation of foreigners who practice witchcraft or religious fraud. In the fall of 2005, the Government issued a regulatory announcement to the application of Article 148 of the Law of Social Harmony that the press characterized as a crackdown on witchcraft in the countryside. (There is a longstanding tradition in the countryside of folk healers and fortune-tellers.)

**Religions in Honduras**

The following chart illustrates the breakdown of major religions in Honduras:

Roman Catholic: 97.0 %Other: 3.0 %Highcharts.com

**Religion Photos**

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**Students Life in Honduras**

**Mornings**

On a school day the majority of students taking a bath, and have breakfast before going to school .  Since schools do not provide lunch, students need to bring their own food. Schools have cafeterias for the children to “buy” what is provided by the Schools for them.

**School**

To get to school transportation is not provided by the school. Parents need to make their own arrangements for the students to get to school. The majority of students take public transportation. A small group is brought to school by their parents.

**Classroom**

Classes start at 7:00 AM and end at 2:00 PM. Each class lasts 40 minutes and the students have a 20 minute recess break. The lunch time break is a 40 minute break. Students usually bring their own food. There is an average of 35 students per class but in some schools that number can increase to 40 students per class. The average school is about 50 years old and there are about 600 students per building.  Students typically have desks, and books for studing however space, updated technology, professional development for teachers, computers and food services are lacking.

Students speak Spanish in their classes.  English is usually provided as a secondary language class.  The Main subjects include Spanish, Social Studies, Math, Science, Spelling, Reading, Art. and Music. There are few opportunities to develop art and drama among students. The majority  of students move to the secondary school. Some children dropout of school when they graduate from high school. College is for the more affluent. Generally, when students reach college age they need to begin working to help support their family.

Dispciline is important in the schools and the majority of the schools are very strict. Principals have a lot of authority in disciplinary issues.  All schools have uniforms and children have to wear them every day.

**After School Activities**

Some schools provide after school sports programs. Many children participate in these activities, soccer being the number one activity. Others students are involved in basketball.  Not many schools provide extra curricular activities. There are many opportunities in the community but these have to be paid for by parents. The most fortunate children attend private lessons. Some afternoon activities include soccer, swimming lessons, ballet, or music. The majority spend the afternoon doing homework at home.

**Evenings**

When children return home on a school day, students usually do homework since in most of the cases the work load is huge. They have something to eat first and then begin working on special assignments. They may have some time to play, eat supper, take a bath and go to bed usually around 7:00 PM to 8:00 PM. For the weekend, the communities do not have parks where parents can take their children to play. Some neighborhoods have areas where children can play and ride their bicycles, but these are the wealthier areas. Most children spend time at home.

**Honduras Sport and Recreation**

The Honduran national sport is soccer. Baseball is another very popular sport. Many girls prefer dancing to sports. Girls learn to dance at a very young age and often go on to take dance classes.

Other pastimes include checkers, chess and cards. Many men like to play billiards. Young girls play hopscotch, boys fly kites, and both boys and girls play marbles and hide-and-seek. Honduran children also play a type of "kick the can" called "cantarito".

In the game of "ldquo;enchute", children hold a stick that has a cup attached to it by a string. They try to catch the cup upside down on the stick by flipping the stick.