



The Republic of Honduras (GMT - 6 hours)

Geographic Overview: In the middle of Central America, Honduras borders Nicaragua, El Salvador and Guatemala. Honduras is a vibrant country, with breathtaking mountains, beaches, jungles and fascinating ancient ruins. It is home of a rather large Garifuna society, which first originated in XVII in San Vicente a century after the conquering of the country.

Area: 112,492 sq km

Capital City: Tegucigalpa

Languages: The Official language is Spanish, although there are indigenous dialects. Many business executives speak English.

People: Approximately 90% of Hondurans are mestizo; the remainder of the population is primarily Amerindian, with very small black and white minorities.

Religion: Roman Catholicism is the principal religion (97%); and a Protestant minority.

Currency: Lempira (HNL)

International Direct Dialling Codes

Honduras 00 504

Fixed Date National Holidays

1 January, 14 April, 1 May, 15 September, 3 October, 12 October, 21 October, 25 December

Variable Date National Holidays

Easter Week

Embassy of Honduras (London)

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British Embassy (Honduras)

Edificio Financiero Banexpo, 3er Piso, Boulevard San Juan Bosco, Colonia Payaqui,

Tegucigalpa

Tel: 00 504 232 0612

Fax: 00 504 232 5480

UK Trade & Investment - Country Manager (Central America)

Tel: 020 7215 4013

Fax: 020 7828 9856

Anglo-Central American Society

Tel: 0207 242 0082

Fax: 0207 731 6249

Honduras Newspapers

<http://www.laprensahn.com> - La Prensa

<http://www.elheraldo.hn/> - El Herald

<http://www.tiempo.hn/> - El Tiempo

<http://www.marrder.com/htw/> Honduras This Week (In English)

Honduras – Other Useful Contacts

<http://www.ine-hn.org/> - National institute of Statistics

<http://www.bch.hn/> - Central Bank

<http://www.sre.hn/> - Ministry of External Relations