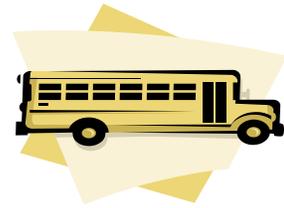




## BUS REQUEST



IHS February **2026** PROJECT

Last possible travel day to Honduras: Friday, February 20, 2026

First possible travel day to return home from Honduras: Friday, March 6, 2026

Name: \_\_\_\_\_

I will arrive in San Pedro Sula: My Flight Number and Airline is...  
\_\_\_\_\_

Date AND Time of Arrival: \_\_\_\_\_

\_\_\_\_\_ NO: I will NOT take the IHS bus. I will find my own way to and from La Ceiba. (If you check NO, above, please send this completed form by January 2, 2026.)

\_\_\_\_\_ YES: I request a reservation for an IHS bus from the San Pedro Sula (SAP) Airport to the IHS Headquarters Hotel in La Ceiba -

Tuesday February 17, 2026

Wednesday February 18, 2026

Thursday February 19, 2026

Friday February 20, 2026

I am enclosing my check for \$45.00 made to International Health Service.

A list of fellow travelers will follow after reservations are complete. (If you checked YES, above, please send this completed form and a check for \$45.00 by January 2, 2026. Use the U.S. mail address below.)

\_\_\_\_\_ YES: I request a reservation for an IHS bus from the Hotel Paris in La Ceiba to the San Pedro Sula (SAP) Airport

\_\_\_\_\_ Friday March 6, 2026

Saturday March 7, 2026

I am enclosing my check for \$45.00 made to *International Health Service* .

**Note: The bus is \$ 45 each way.**

When you arrive in San Pedro Sula (SAP) and claim your baggage and clear customs, go to the front of the airport and look for the bus. Don't be bashful. You may need to ask, "Is this the IHS bus for La Ceiba?" **NOTE:** The bus needs to leave the San Pedro Sula Airport no later than 2pm. If your flight gets in at 1:30pm or later then you will need to contact the Project Director for alternate transportation.

The driver will help you load your luggage in the back of the bus. Everyone generally is very sociable and helpful. Be sure you have all of your luggage and belongings on the bus! Bus schedule will depend on number of people arriving and their arrival schedules. It is about a four hour ride to La Ceiba. Keep a copy of these instructions.

**Send this form along with a copy of your passport to:**

**Project Director, IHS, 3500 Vicksburg Ln, PMB405, Plymouth, MN 55447**