



VAN REQUEST IHS



OCT 2026 PROJECT

Last possible travel day to Honduras: Sunday, October 26, 2026

First possible travel day to return home from Honduras: Tuesday, Nov 3, 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 van. I will find my own way to and from La Ceiba. (If you check NO, above, please send this completed form by September 1, 2026.

_____ YES: I request a reservation for an IHS van from the San Pedro Sula (SAP) Airport to the IHS Headquarters Hotel in La Ceiba Sunday, October 25, 2026. I am enclosing my check for \$45.00 made to International Health Service.

(a list of fellow travelers to follow after reservations are complete. (If you checked YES, above, please send this completed form and a check for \$45.00 by September 1, 2026. Use the U.S. mail address below.) You can also use PayPal to pay for this fee.

_____ YES: I request a reservation for an IHS van from the Hotel Paris in La Ceiba to the San Pedro Sula (SAP) Airport on Tuesday, November 3, 2026. I am enclosing my check for \$45.00 made to *International Health Service* .

You can also use PayPal to pay for these fees. Note: The van 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 IHS driver. The driver will have a sign for IHS. Don't be bashful. You may need to ask, "Is this the IHS bus for La Ceiba?"

The driver will help you load your luggage in the back of the van. Everyone generally is very sociable and helpful. Be sure you have all of your luggage and belongings on the bus! van schedule will depend on number of people arriving and their arrival schedules. It is about a three and a half 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, PMB 405 Plymouth, MN 55447