



The IFRC Donor Advisory Group 2022 Field Visit Panama and Honduras Logistics Note

Below, you will find administrative and logistical information regarding the field visit to Panama and Honduras:

Before travel:

PANAMA

- Check with your travel agency if there is any special requirement to enter Panama and Honduras from the country you are coming from.
- Panamanian authorities have lifted travel requirements regarding COVID-19.
- Before traveling to Panama passengers are recommended to proceed with their web check to facilitate the luggage registration

HONDURAS

- Honduran authorities request from passengers a COVID-19 vaccination certificate or card proving they are fully vaccinated at least 14 days before their arrival.
- Unvaccinated passengers / Passengers with incomplete vaccination scheme: a COVID-19 test is required to board.
- Passengers must present a negative COVID-19 antigen test, RT-PCR, or ELISA performed no later than 72 hours before departure. Rapid antibody tests will not be permitted.
- Before traveling to Honduras passengers are recommended to proceed with their web check to facilitate the luggage registration.

LODGING

PANAMA

**Hotel: Miramar Intercontinental Hotel, Miramar Plaza,
Balboa Ave, Panama City,**

Phone: +5072068888

<https://intercontinentalmiramarpanama.com-hotel.com/es/>

Check-in at the hotel: Reservations have been confirmed by IFRC

Room Cost: USD130.00 per night, includes breakfast and WIFI connection



Hotel Payment: Bill must be paid when checking out of the hotel

HONDURAS

1. Honduras San Pedro Sula:

- a. Hotel: Intercontinental Hotel San Pedro Sula
Telephone: +504 2545-2500.
Check-in at the hotel: Reservations have been confirmed by IFRC.
Room Cost: 178USD includes breakfast and internet.
Hotel Payment: Bill must be paid when checking in at the hotel.



2. Honduras, Tegucigalpa:

- a. Hotel: Hotel Plaza Juan Carlos
Telephone: +504 2216-4343
Check-in at the hotel: Reservations have been confirmed by IFRC.
Room Cost: 106USD includes breakfast and internet.
Hotel Payment: Bill must be paid when checking out of the hotel.



AIRPORT

AIRPORT: PANAMA TOCUMEN INTERNATIONAL

Upon arrival at the Tocumen International Airport in Panama and after exiting Migration and Customs, please approach the IFRC staff who will be identified with a red vest and the IFRC logo to welcome you and escort you to the shuttle that will transfer you to the hotel.

AIRPORT: SAN PEDRO SULA

Upon your arrival at the Ramon Villeda Morales Airport in San Pedro Sula, Honduras, and after exiting Migration and Customs, please approach IFRC staff who will be identified with a red vest and the IFRC logo to welcome you and escort you to the shuttle for your transportation.

TRANSFERS AIRPORT-HOTEL-AIRPORT

Panama:

- A private transportation company (MA Transport Service) has been booked to transfer the participants to the hotel in Panama.



- On October 11th, transportation to Tocumen International Airport has been scheduled for 8:00 AM. The meeting point is in the lobby at 7:45 am.

Honduras:

- A private bus company (Cotathy Tours) will be in charge to transfer participants during their stay in Honduras.
- Participants will be informed about the departure time to the airport on the 14th of October.

MEETING INFORMATION

PANAMA AND HONDURAS

- Please refer to the agenda to see all activities and different places you will be visiting.
- You should be at the lobby 30 minutes before the meeting starts to take the bus that will transfer you.
- The IFRC will provide participants with vests to wear during the visit for the meeting in Panama and Honduras that shall be returned to Luis Stauffer at the end of the visit in Honduras on Thursday, October 13.

MEALS

PANAMA:

- Upon arrival, the hotel has both restaurant and room service available. Nearby the hotel you can find a variety of restaurants with different gastronomies.
- **Breakfast:** The hotel starts serving breakfast at 6:30 a.m. and its cost is included in the reservation.
- **Lunch:** On October 10th lunch will be held at the Westin Playa Bonita.
- **Dinner:** On October 10th at 7:00 pm reception offered by the Americas Regional Director will be held at the Intercontinental Miramar Hotel.
- The Intercontinental Miramar restaurant serves a buffet dinner starting at 7:00 p.m.

HONDURAS

Tuesday, October 11, Arrival

- **Lunch:** A lunch box will be provided upon arrival.
- **Dinner:** The Intercontinental San Pedro Sula restaurant serves a buffet dinner starting at 8:30 p.m.

Wednesday, October 12

- **Breakfast:** A breakfast box will be provided at the hotel lobby at 5:30am.
- **Lunch:** Buffet Lunch will be provided at CAM-R.

- **Dinner:** Hotel Plaza Juan Carlos restaurant serves a buffet dinner starting at 7:00 p.m. the hotel has both restaurant and room service available.

Thursday, October 13

- **Breakfast:** Hotel Plaza Juan Carlos rooms come with breakfast included served at 6:00 am
- **Lunch:** Buffet Lunch will be served at Honduran Red Cross Head Quarters.
- **Dinner:** Farwell dinner will be served at Hotel Plaza Juan Carlos.

DRESSCODE

PANAMA AND HONDURAS:

Business casual. Please consider bringing a sweater for the day during the sessions. The A/C in the salons in Panama tends to be cold.

OTHER ACTIVITIES:

PANAMA

- Visit the IFRC Humanitarian Hub: Please note there is no A/C in this area.
- Welcome reception at the Miramar Intercontinental Hotel: *casual dress*.

HONDURAS:

- Visit Honduras Communities: recommended waterproof shoes and waterproof clothing.

BIOSECURITY MEASURES

PANAMA

In Panama, the mandatory use of masks has been lifted, but it is recommended to use masks if you are in enclosed spaces. It is also recommended to keep sanitizing your hands.

HONDURAS

In Honduras, the use of masks and hand sanitizer is still mandatory in most places.

CONTACTS

During your mission, the following colleagues will be your focal points for all matters related to Administration and Security

PANAMA:

- Jorge Zequeira | cellphone: +5076949-5546 | jorge.zequeira@ifrc.org
- Erika Díaz | cellphone: +507 6674-158 | erika.diaz@ifrc.org
- Penny Pérez | cellphone: +507 6677-8677 | penny.perez@ifrc.org

HONDURAS:

- Nelson Aly Rodriguez | cellphone: +504 9986-0160; nelson.alyrodriguez@ifrc.org
- Luis Stauffer | cellphone: +504 9587-0604 | luis.stauffer@ifrc.org
- Ana Morales | cellphone: +504 9613-0537 | ana.morales@ifrc.org
- Nadine Chavarría | cellphone: +507 6672-1581 | nadine.chavarria@ifrc.org