

Join us on a Trip to Honduras

L4L offers two distinctly different types of trips
and we hope you will consider joining us in 2026 or 2027:

Day-in-the-Life Trips

September 23-26, 2026

April 21-24, 2027

June 23-26, 2027

September 22-25, 2027

Graduation Trips

November 15-18, 2026 (*limited space available*)

November 18-21, 2026 (*limited space available*)

All L4L trips are confirmed on a first-come/first-served basis. If you have an interest in participating in any of these trips, please contact us at empower@lunchesforlearning.org to reserve your preferred dates and begin the planning process.

Day-in-the-Life Trip - Ideal for folks who are new to L4L, considering involvement, or just want to see the impact first-hand. Guests will visit approximately 7-8 different schools in the L4L program over two days. Schools to be visited are selected by L4L staff. The ideal group size is up to 3 individuals per grouping due to the capacity of 4WD trucks rented for each trip group.

Graduation Trip - These take place in November each year. This is a way for School Sponsors to celebrate graduation with the children who have directly benefitted from their sponsors' generosity. School celebrations to be attended are determined by the sponsorship relationships of the individuals on each trip. Group sizes are flexible.

Know before you go. Here is a look at some of the initial logistics:

- All trips total four days in length. Two travel days will “bookend” two full days on the ground in L4L’s operational area.
- Travelers are responsible for booking their own flights. All hotel reservations in Honduras are made by L4L staff. No deposits are required for hotel reservations in Honduras. Guests simply pay for their rooms at checkout with a credit card.
- More details, including suggestions on what to wear, what to pack, how much money to carry, etc., will be addressed after guests have confirmed their travel plans for a particular trip.
- Each trip includes a \$250-per-person fee, payable to L4L. This covers all ground transportation in Honduras (primarily rental vehicles and fuel) and helps to protect L4L operational funds so that they can remain focused on the school lunch program.
- International flights arrive at the international airport known as Palmerola (XPL) in the city of Comayagua/Tegucigalpa. The two airlines which offer international flights to Palmerola Airport are American and United.
- The only US cities which offer non-stop flights to Palmerola Airport are Dallas, Houston, and Miami. Flights to Palmerola from these cities are the most convenient.
- L4L supporters who typically fly out of Atlanta, or who fly through Atlanta from other cities, will find that their itineraries will require at least one layover - usually in either Miami (American Airlines) or Houston (United Airlines).
- Because of the impact of layovers on arrival dates/times, all travelers participating in any L4L trip will need to be sure that they are landing at Palmerola Airport on the same date as all other participants on that trip. The **time** of your arrival into Honduras or your departure out of Honduras is flexible. But it is crucial that the **date** of your flight arrival or departure should match the dates of all others in your travel group.
- These logistics may make for rather long travel days - on both the front end and the back end of your trip. We want to effectively manage your expectations in this regard.
- All logistics on the ground in Honduras - scheduling visits to L4L schools, attending L4L graduation celebrations, and all ground transportation, will be handled by L4L staff.

Please **contact us** if you have any questions about participating in an L4L trip to Honduras.
It is a life-changing opportunity, and we look forward to experiencing it with you.