



Honduras Outreach Inc. 4105 Briarcliff Road N.E. Atlanta, GA 30345 404-754-2540  
 Fax 404.327.5767 [www.hoi.org](http://www.hoi.org)

Dear Physician,

Your patient identified below plans to accompany a group visiting Rancho el Paraiso and/or other locations near San Esteban, Honduras, in Central America for a period of at least one week.

Rancho el Paraiso is a working farm located in rural, central Honduras. The visit to the ranch and other places in Honduras will involve travel on domestic and international air carriers, as well as buses and possibly other land transportation. Routine communications with the ranch are not possible, and emergency communications are unreliable. Food borne illnesses are common in Honduras, and municipal system water is not safe to drink. Medical services, particularly emergency services, consistent with North American standards are *not* available, and the nearest hospital is located several hour's drive from the ranch. Activities at the ranch and during the visit may include vigorous athletic and other strenuous physical activities in connection with home improvement and other projects at and near the ranch.

Honduras Outreach, Inc., a Georgia nonprofit corporation which owns and operates Rancho el Paraiso, requires that each prospective visitor to the ranch obtain the following statement from his / her physician.

Thank you, Honduras Outreach, Inc.

PHYSICIAN'S STATEMENT

To Honduras Outreach, Inc.:

Based on my examination and familiarity with the medical history of \_\_\_\_\_ and the information set forth above, I am aware of no reason he / she should not travel to Honduras and to Rancho el Paraiso or, except as noted below, participate in vigorous physical activities.

Limitation on activities: \_\_\_\_\_  
 \_\_\_\_\_

Medications: \_\_\_\_\_

Physician's signature: \_\_\_\_\_

Print name: \_\_\_\_\_ Date: \_\_\_\_\_

Team Name: \_\_\_\_\_ Travel date: \_\_\_\_\_

**Promoting Dignity, Cooperation and Self Sufficiency in Honduras**