

De La Montaña Al Mar

(From the Mountain to the Sea)

Who are we?

AHMEN's "De La Montaña Al Mar" or "From the Mountain to the Sea" team is a joint medical brigade and educational team. We are doctors, nurses, physician assistants, teachers, and good ol' everyday volunteers. We are committed to bringing medical care to the mountain communities of La Esperanza and work with the children and teachers at Utila's public elementary school.



Where do we work?

La Esperanza and Utila

What do we do?

De La Montaña - We fly into airport in San Pedro Sula and drive all the way up into the mountains of Intibucá to a town perched between biological reserves, national parks, and the largest Honduran lake (Lake Yojoa) to La Esperanza. We spend our first evening meeting our colleagues and on site coordinators from the local hydroelectric company, CISA, and going over the plan for the upcoming five medical clinics throughout the surrounding communities. We spend the better part of the rest of the week holding medical clinics and meeting with local leadership to discuss community needs and ideas for future projects. We also promote the idea of founding a new ASI workshop in the area. We end with a tour of CISA facilities and a feast including the native "chorro" mushrooms.

Al Mar - From the temperate mountaintops of La Esperanza we travel down to the edge of the continent to La Ceiba where we will hop on the ferry to Utila to spend the rest of our time working with the Utila public elementary school, high school, local environmental clubs, churches and enjoying some R & R.

Why do we do it?

We think it important to work alongside the business/infrastructure leaders at CISA. They have facilities in both the department of Intibucá and the Bay Islands. Intibucá is also an area of the country not serviced by any of the other AHMEN teams. We look forward to building the bridges necessary to bring more teams into this area. AHMEN's "It's A GodThing" team works in Utila, and we enjoy providing any support we can for them during our stay.

To learn how to lead this team, contact:

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