

## WELCOME TO THE **SAN PEDRO SULA** INSIDER COLLECTION

Truly memorable meetings and events with authentic local flavour – that is the inspiration behind the InterContinental Insider Collection.

Our network of hotels and resorts is global; our knowledge and expertise local, giving planners guaranteed choice, range and depth to add to any meeting or conference. With each hotel offering its own bespoke selection of services, and every experience designed around you, the InterContinental Insider Collection delivers unique events firmly rooted in their location with a rare, but tangible sense of place.

The options are limitless, the local knowledge rich, the service professional and faultless, the delegate experience enriching and rewarding every time.

Sample for yourself some of our wonderful San Pedro Sula experiences.

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### INSIDER LOCATIONS

Choose an InterContinental venue for your event and a world of possibilities opens up. As locals, your hotel team hold the key to a side of your locality tourists never see. What and who they know gives you an exclusive mix of authentic venues and experiences to play with.

### INSIDER SPEAKERS

Bring your event to life with an inspirational speaker – someone who can really strike a chord with your delegates and enrich their experience beyond measure. Fascinating and engaging, motivating Insider Speakers range from celebrities and cultural experts to sporting heroes. Whatever their passion, they all have a local connection and you will discover that their unique insights and local know-how make your event one to remember.

### INSIDER COMMUNITY

There's nothing quite like immersing yourself in the community to gain an added depth and understanding to your experience in a new destination. Insider Community has been designed to benefit local people and create truly memorable and meaningful experiences for your delegates too.

### INSIDER INTERACTIONS

This team-building experience will help your delegates connect with each other as never before. Using the unique character, heritage or geography of your destination to inspire interaction, each experience, whether based on or off-site offers an original way to engage delegates and motivate them to build effective working relationships.

### INSIDER BREAKS

With Insider Collection even your breaks are fulfilling experiences. From serving up a delicious lunch of provincial dishes for a taste of regional cuisine to spending some quality time with your Concierge team to get their best insider tips, a few minutes out of your busy schedule becomes a whole experience in itself.

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## ENRICHING EXPERIENCES FOR OUR GUESTS AND OUR ENVIRONMENT

We believe that a responsible meeting is not only what you experience in the meeting room but also knowing that your hotel respects the destination around it.

We're proud to partner the leaders in geotourism, the National Geographic Center for Sustainable Destinations. Our ambition is that guests enjoy enriching experiences that reveal what makes a place truly special – its heritage, culture and tradition – and the importance of protecting it.

At InterContinental we use a holistic approach to being a responsible business: to work from the grass roots up, recognising each individual hotel team as the experts best placed to use their local knowledge for developing community and environmental initiatives that meet the specific needs of the destination. This Insider Collection gives delegates access to some of these unique experiences, and for those meetings that stay in the meeting room, you can be assured our hotel is working behind the scenes to protect what is special about the place for fellow travellers.

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## SPEND PART OF YOUR MEETING AT THE MUSEUM OF ANTHROPOLOGY & HISTORY

Close to Central Park, the Museum of Anthropology and History in San Pedro Sula is part of the culture and history of our city.

Stunning visual displays take delegates back on a journey through time as they walk in the footsteps of the first nomads who traveled this valley before 1500 BC. Their creations of artistic and war instruments make for a fascinating talking point, as do the exhibits on the discovery of agriculture, the development of indigenous cultures, the foundation of the city of San Pedro, and its growth as the most important industrial zone in the country.

A stimulating and interesting way to spend a couple of hours away from the meeting table Delegates will return refreshed and reinvigorated.

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## BECOME A CHILD AGAIN AT THE MUSEUM FOR CHILDREN

For a fun diversion from your busy schedule, why not take your delegates to the Museum for Children. Here they can delight in observing a star-encrusted sky at the museum's famous planetarium.

More than an observatory of the cosmos for children, the planetarium offers a whole trajectory of the planets and stars that are found beyond our solar system, a sight rarely viewed. The phases of the moon, eclipses and other events in the sky are also on display.

During your visit be sure to take in the different exhibitions, where you can learn about the importance of values, our environment, as well as learning lots of scientific facts along the way. An informal and informative way to inject some youthful energy and creativity into your meeting.

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## UNWRAP THE SECRET OF OUR COUNTRY'S MOST PRECIOUS TREASURE

Coffee, loved by people the world over, is a precious commodity in Honduras with more than 100,000 families, and one million jobs dependent on it.

With his fascinating and insightful lecture, Mr Rony Ariel Gamez will introduce your delegates to the Honduran love affair with coffee.

Rony is currently Head of Quality Control laboratory and School of Tasters Coordinator at the Honduran Coffee Institute. He is a member of the regional program, PROMECAFE tasters, has served as an international judge in the Cup of Excellence competition and has a degree in agronomy.

Coffee growth has been one of the main pillars in Honduras' economical, social, and environmental sustainability. Since the earliest times it has transformed our landscapes, economy, and the culture of thousands of rural families.

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### DISCOVER OUR AFRICAN ANCESTORS AND THEIR MUSIC

In a fascinating talk on the history of Honduras, expert speaker, Dennys Reyes Rochez, will delight and enthrall your delegates with his impressive knowledge of the Garifuna – an ethnic group of mixed ancestry, descendants of Carib, Arawak and West African people, who live along the beaches of Honduras.

Dennys, who holds a Henry George University degree in political science, is currently serving as Ambassador for National Culture in Honduras. His anthropological knowledge is considerable and he will share with you his love for this fascinating era of Honduran history.

In particular he will talk to you about the vibrant Garifuna music tradition, including the emotionally charged Paanda, or protest chant. A defining element of this genre is the use of the Flemish guitar, a direct influence from Spain.

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## GIVE HOPE TO THOSE IN NEED

For a genuine interaction with the local community, delegates can take time out of their meeting for a visit from officials and children of the Ruth Paz Foundation. Their clinic, opened in January 1997, and is run by a team of 12 who provide free medicines to 70 people a day as well as to children from 10 orphanages.

As well as learning more about the Foundation's work and spending time with the children, delegates can also make a contribution to continue what Ruth Paz herself started.

American, Ruth Paz, dedicated her life to helping those in need. For 30 years, Mrs. Ruth, as she was known, personally took children to the United States to be medically treated giving them an opportunity they would otherwise not have received.

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## HELP NOURISH YOUNG LIVES

Honduras is very badly affected by famine. In fact, it is one of the worst hit countries in all of Central America. Children are especially vulnerable.

In this very special interaction, your delegates can meet officials from the Foundation for Infant Nutrition, learn more about their life-saving work and make a contribution if they wish. They will also get the opportunity to spend time with some of the children the Foundation has helped.

More than 2.2 million Hondurans are affected by the food crisis. Your donation will help to set up Nutritional Recovery Centers for pre-school age children, provide guidance on nutrition to parents and distribute cookies and cream to local pre-school groups.

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## LEARN TO DANCE WITH ENERGY AND PASSION

For lovers of Caribbean or high rhythm music this event is a must. Usually performed by an ensemble called a 'Bateria', the 'Batucada' is a samba characterised by its repetitive style and fast pace, perfect for inspiring audiences to get up and dance. Your delegates will be invited to join in, learning direct from the band members who will show them the secrets of this romantic and captivating dance.

Every event involving the Batucada is a wonderfully high-spirited celebration involving the whole community. Your delegates will come away with many happy memories of this very special and authentically Honduran spectacle!

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## LEARN HOW TO ROLL YOUR OWN CIGARS

So intricate and complex is the process for creating the world's finest cigars in Honduras, that it can take 20 years to reach the prestigious rank of master cigar roller. But in just a short interval from your meeting, your delegates can easily pick up the basics of cigar rolling from our experts.

This hands-on approach will give delegates a unique insight into the history and processes of twisted cigar rolling in Honduras. They will come to a sincere appreciation of the many skills needed to create different brands of Habanos cigar bands and will learn a little of that skill for themselves. A wonderful memory to take back home.

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## A GENUINE TASTE OF HONDURAN PRIDE

Honduran cuisine has a long and proud tradition dating back to the pre-Hispanic Mesoamerican peoples who once inhabited the region. Their staple ingredient was corn.

One of the best ways to capture the true flavor of our beautiful Honduras is to try this tempting cuisine during your break. Choose from succulent dishes, richly seasoned from all regions of the country.

Our menu choice includes:

Mini baleadas (stuffed wheat flour tortillas), Pupusas de chicharrón (flat breads filled with fried pork), Montucas (corn tamale), Fritas con miel rapadura (potato chips with a drizzling of sugar cane honey), Atole de maíz (hot corn drink), Aguas frescas (limonada y horchata) – fresh beverages (lemonade drink with ground Jicaro seeds, rice and spices), Coffee, water and soft drink.

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## ENJOY A REFRESHING PINEAPPLE AND COCONUT BREAK

Refreshing, delicious, sweet with a touch of acid, our fresh pineapples from the tropical regions of Honduras are perfect for your break. Also available to tempt your taste buds are coconuts from the Honduran Caribbean. The staple of many Garifuna food recipes, this is a much-loved fruit here.

Our menu choice includes:

Piña colada mousse served in goblets

Coconut bread

Pineapple muffins

Piña colada cake

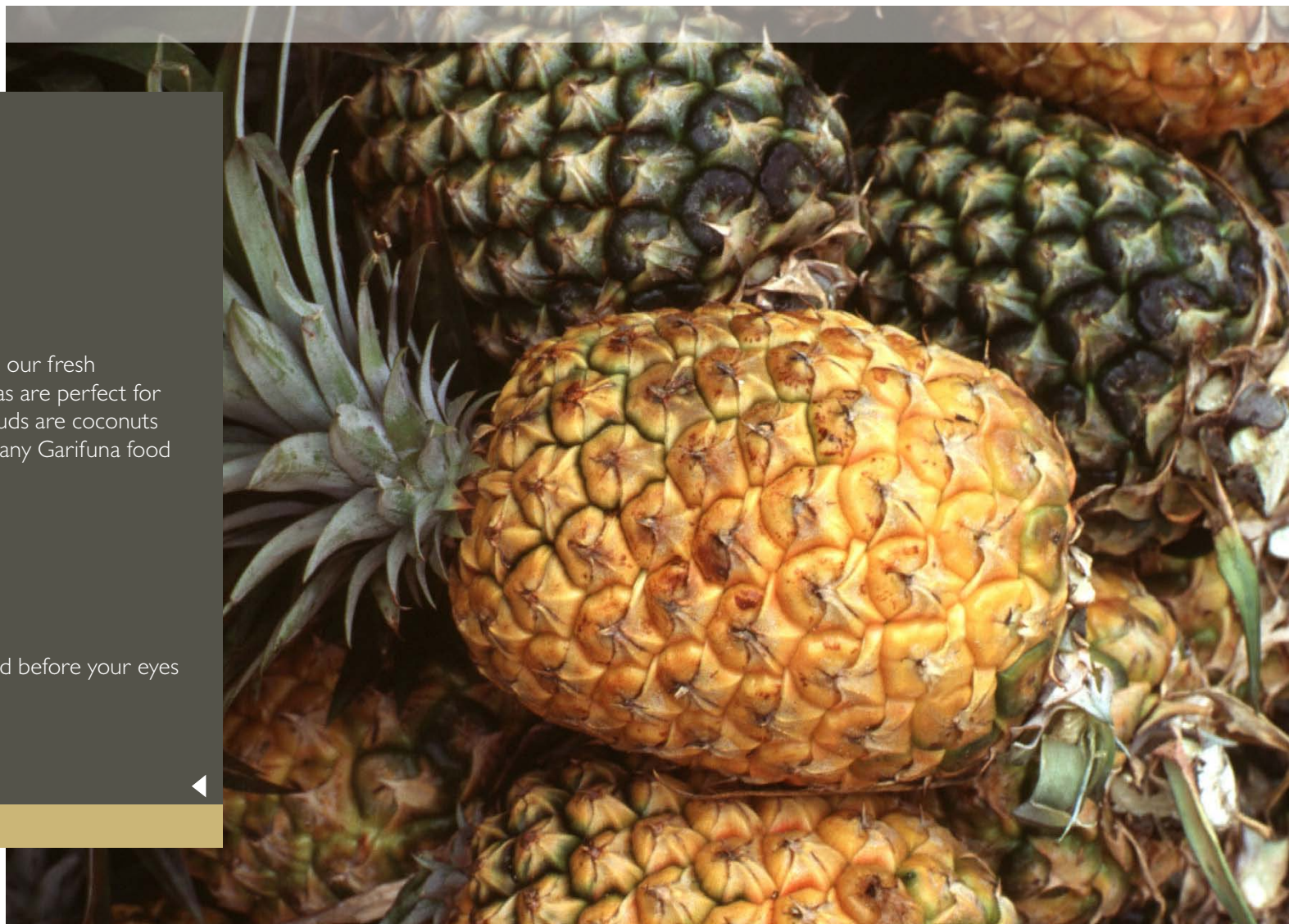
Pineapple pops with parmesan frosting, flambéed before your eyes

Pineapple compôte

Coconut cup with lemon and chilli pepper

Coffee, water, and soft drinks

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## THANK YOU

Contact us to learn more about the San Pedro Sula Insider Collection and how we can help you create a truly memorable experience with authentic local flavour.

Whichever Insider Collection experience is right for you, you can be assured that it reflects the best principles of Responsible Business, a commitment demonstrated by our partnership with the National Geographic Center for Sustainable Destinations.

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