



"Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." Matthew 28:19

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## **1 INTRODUCTION**

So, you will be traveling to the village of Pignon, Haiti! We hope that by ministering together with the people of Pignon, you will grow together as ministry partners. It is exciting to travel to this village, work with an established ministry project, and build a relationship with the people of Haiti.

Your team will consist of members established by your church or group leader. There are various ways of getting to Haiti either by commercial or charter aircraft. Whichever way you decide to get here will be coordinated by Hosean International Ministries (HIM) staff in Haiti. Once here you will be staying in the village of Pignon with us at Camp de la Grace, a 30 acre Christian retreat center.

The project that your team will be working on has been decided and planned for in advance in conjunction with HIM's staff in Haiti. The different activities can vary widely depending on your gifting and willingness to serve.

The purpose of this training manual is to assist you in preparing for your short-term mission. It is very important that you read this manual and attend the training session(s) planned by your leader. This will assure that all team members are well informed before and during the trip. If you have any questions please talk to your Team Leader.

Also, please remember to visit our website at: [www.Hosean.org](http://www.Hosean.org) and/or write us for any questions regarding the travel process at: [mail@hosean.org](mailto:mail@hosean.org)

## How it all began...

HIM was created to expand the outreach of Pastor Sidoine Lucien of the Jerusalem Baptist Church in Pignon, Haiti. During the summers of 1980 to 1990 Pastor Sidoine's son, Caleb began to help with the increasing responsibilities of the ministry. After graduating from Washington Bible College and Dallas Theological Seminary, Caleb returned to Haiti to join HIM in the quest of reaching lost souls for Christ.



After growing up in Haiti and seeing first hand the struggles of the Haitian people, Caleb Lucien knew that help could only come through multi-faceted (physical, socio-economic, spiritual) outreach. This is being accomplished through a number of ongoing training/discipleship outreaches.

- *Annual Crusades*. Preach the gospel by personal and public evangelism.
- *Children's Home*. Provide shelter and food to needy young people.
- *Camp Ministries*. Host men's and women's educational conferences and seminars for teachers, pastors.
- *Men's Fraternity and Women's Dorcas Fellowship*. Encourage area churches to partner together for accountability and encouragement.
- *College de la Grace and Lapila Elementary*. Provide infrastructure for ongoing educational outreaches.
- *College de la Grace*. Promote appropriate technologies via computer lab training and cyber-café.
- *Short Term Teams*. Improve local infrastructure by expanding camp and school facilities, providing housing to destitute families, and working to provide community with electricity.



### **3 ESTIMATED TRIP COSTS**

The estimated cost per person for this 10-day mission trip is \$1420. All members paid a \$120 nonrefundable deposit (\$100 to hold airline seat and \$20 for HIM deposit). This deposit will be credited to the final bill.

Cost breakdown:

	Cost/person
Airline ticket to Port au Prince	\$
Airline ticket to Pignon round trip	\$133.40
Lodging (hotel during travel)	\$88.40
Room and Board in Pignon	\$140
Ground Transportation in Haiti	\$75
Application Fee to HIM	\$20
Team T-shirt x1	\$10
	\$1,420

#### **TIPS**

Tips for shuttle drivers, cab costs, hotel porters (if used) will be paid by the team leader. Each team member is asked to contribute \$10 for these costs. Tips will **not be given** in Haiti. Tips and expenses for shuttle drivers in Haiti are included in their bill to Caleb.

Funds raised will be applied toward all Team members unless otherwise specified.

Additional, funds were raised to:

- o (team leader fill in your project costs)

#### **Other Out-of-Pocket Expenses to Consider (100% your responsibility)**

Immunization/medication, passport and pictures, travelers insurance, soft drinks, snacks, travel-day food, **church service offerings** and charitable giving, personal supplies related to the mission trip, keepsakes, and gifts.

### **4 BEFORE THE MISSION**

#### **4.1 Travel Documents**

You are required to have the following pieces of personal identification:

##### **Passport**

- o *U.S. and Canadian Citizens* are required to have passports for entry into Haiti and return to the US. This is the law! For passport information, go to [http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html). U.S. passports must be valid 3-6 months beyond intended stay
- o *Non-U.S. and Non-Canadian Citizens* are required to obtain a Visa. Visas take time to apply for, so check into this right away with the Consulate general.
- o **Keep passport readily retrievable on your person on travel days**

##### **Backup Identification**

- o Second backup form of official ID is required. Keep this ID in a secure place *separate* from your passport
- o Backup ID must contain
  - Your photo
  - Your name
  - Your address

- Examples:
  - Driver's license
  - State - county issued ID card

**PASSPORTS AND BACKUP IDENTIFICATION WILL BE CHECKED AT THE MINNEAPOLIS AIRPORT BY YOUR TEAM LEADER!!!!!!**

**Immigration Card**

- Required by Haiti Immigration Services
- Will be given to you by the airline during your flight to Haiti before entering the country. **It must be completed before landing.**
- In the area for designating the purpose of your trip, specify **"TOURISM"**
- You will need to enter your passport number on this card.
- Enter the following address as your location while in Haiti:

**Pastor Caleb Lucien**  
**Rue de la Victoire**  
**Pignon, Haiti**  
**011 (509) 432-2986** *(if phone number is required)*

**Four photocopies of passport;**

- One photocopy should be kept at team leader's office.
- Keep one photocopy at home with family or your primary contact person.
- Keep one photocopy in your suitcase as backup for lost documents.
- One photocopy will be given to Debbie Lucien while the team is in Pignon. This will ease her ability to have the American embassy in Haiti provide emergency travel documents if the passport is lost.

**Credit cards and photo ID:**

- Copies of credit cards and photo ID are optional for team members

**4.2 Insurance**

Your personal medical, life, and other insurance coverage are your responsibility. Your U.S. health insurance more than likely will not be accepted in a foreign country. You can purchase additional "travelers insurance" with one of the following companies:

Access America	1-866-807-3982
Health Care Global	1-800-237-6615
Mutual of Omaha	1-800-228-9792

Other organizations that will help fly people out of a foreign country if they become ill:

Medjet [www.medjetassistance.com](http://www.medjetassistance.com)

Angel Flight  
 816-421-2300 or 1-800-474-9464

For more information on insurance for overseas travelers go to:  
[http://travel.state.gov/travel/tips/health/health\\_1185.html](http://travel.state.gov/travel/tips/health/health_1185.html)

### 4.3 Travel Safety Information

#### General Safety Tips:

- **Never** leave your luggage unattended while traveling. Don't allow strangers to carry it. Make sure each piece of luggage has your name and address on it.
- **Always** have a buddy with you- even in airports. Your team leader needs to know where you are at all times. This is crucial when you are off the grounds of Camp de la Grace.
- Keep your passport, ID and money with you **at all times on travel days**. Once you arrive at Camp de la Grace, your passports, credit cards, ID and money will be placed in a locked safe.
- Be aware of your surroundings. This will help prevent injury and keep you in safe locations.

#### Registration with the U.S. Department of State and Haitian Embassy:

The team will be registered with the U.S. Department of State prior to arrival in Haiti. The Department of State will provide the U.S. embassy in Haiti with names, passport numbers, and emergency contacts in the USA for each team member. The embassy will have our dates of travel and address while in Haiti for contact information if necessary.

Registration helps the Embassy to provide important services for American citizens residing or traveling abroad. Some of these services include:

- Locating individuals in cases of family or personal emergencies,
- Relaying important travel and safety information about the region,
- Arranging evacuation transportation in cases of natural disaster or civil unrest,
- Issuing replacement passports when originals are lost, and
- A number of other administrative services relating to personal documentation.

You may obtain travel safety information related to Haiti from:

U.S. State Department

2101 C Street NW

Washington, D.C. 20520

Travel Advisory Phone: (202) 647-5225

<https://travelregistration.state.gov/ibrs/>

Center for Disease Control

(404) 639-3670

<http://www.cdc.gov/travel/reference.htm>

Currently, there have been travel warnings issued for Haiti for 25 years. The community we are traveling to is considered safe. We will be escorted by a representative from HIM to the Domestic Airport in Port au Prince. We will not be staying overnight in the capital city.

Information obtained from these resources does not always represent the spiritual nature of the work within a given country. Political and medical facts must always be weighed with the commission and voice of God.

### 4.4 Emergency Telephone Numbers

The telephone number for your family to use in case of an **emergency** is **011-(509) 432-2986**. Our host Pastor Caleb Lucien e-mail address is [Lucienscd@aol.com](mailto:Lucienscd@aol.com) While in Pignon, a telephone or computer might not be readily accessible. You can call USA in an emergency. The Team leader will try to get to a phone at least once during the stay. You may wish to establish a telephone chain with team members' families

## 4.5 Prescriptions and Immunizations

If you are on routine prescriptions to treat a medical condition, bring an adequate supply to cover your needs while in Haiti. Make sure that prescriptions are in original labeled containers for authentication of contents.

- Medications in unlabeled containers may be mistaken for illegal drugs.
- This includes prescribed and OTC (over the counter) meds like Tylenol, Immodium AD, multivitamins, etc.

Consult your personal physician before departure for health evaluation and clearance for travel. Communicate to your Team leader and medical team members of any medical conditions you might have that they need to be aware before departure.

### **Immunizations - CDC recommends travel vaccines (as appropriate for age):**

See your doctor at least 4–6 weeks before your trip to allow time for immunizations to take effect.

## 4.6 Packing

- PACK LIGHTLY!!!!
- Luggage - The airlines allow two bags to check and one carry-on.
- Each checked bag can weigh up to 50 lb and dimensions cannot exceed 62" (height+width+length). Duffle bags with wheels work very well.
- Carry-on bag can weigh up to 22 lb. Limits: height 14", width 22", depth 9", for a total of 45", 22 lb maximum weight. Consider using a backpack as your carry-on since it is handy to use during the day in Haiti. A fanny pack, purse, or camera bag is allowed in addition to your carry-on.
- Do not lock your luggage.
- Put nametags on all luggage. Matching colored tape or cloth will be put on every bag to help identify them in the airport. This will be available to the team members on packing day as well as the day we depart for checked bags and carry-on.
- Bags will be weighed at the church during the packing party.
- Remember the Federal Government has implemented scan on all luggage. Randomized open inspections are also performed so if you get selected it may take some time.
- Prohibited articles by airlines include: *complete list available at <http://www.aa.com/content/travelInformation/baggage/restrictedArticles>*
  - **Corrosives:** including lye, bleaches, drain cleaners, and solvents
  - **Explosives:** including fireworks and gunpowder
  - **Flammable articles:** including gasoline, paints, solvents, aerosols, adhesives, and flammable gases
  - Materials based on or containing magnets
  - **TSA requirements for packing liquids and gels** in your carry on are found on the next page.

**Information updated 2007:**



### Travel From The United States\* And Canada

Customers traveling from the U.S. and Canada may take with them in their cabin bag limited quantities of liquids, gels, and aerosols, including travel-size toiletries such as shampoo, suntan lotion, creams, toothpaste, hair gel and hair spray.

Liquids must be carried in individual containers no larger than 3.4 ounces/100 ml.

All liquid containers must be carried in a separate clear plastic, zip-top bag (see example at right) that does not exceed 8 inches x 8 inches (20 cm x 20 cm) or is quart size. Items must fit in the bag comfortably and the bag must be completely closed.

At the security checkpoint, the plastic bag must be removed from the cabin bag and x-ray screened separately.

Customers carrying liquids in their cabin bags may be subject to secondary searches before boarding.

- Liquid Duty Free items purchased in the United States** or onboard non-European Union (EU)\*\* airlines that exceed 3.4 oz./100 ml and are not in a quart-size plastic bag may be confiscated at the security checkpoint when connecting in Norway, Iceland, Switzerland or any EU country. **All non-liquid/gel duty free items will be allowed when connecting.**

### Liquid/Gel Carry-On Summary Chart

**NOTE: Liquid Duty Free items purchased in the United States or onboard non-European Union (EU)\*\* airlines that exceed 3.4 oz./100 ml and are not in a quart-size plastic bag may be confiscated at the security checkpoint when connecting in Norway, Iceland, Switzerland or any EU country. All non-liquid/gel duty free items will be allowed when connecting.**

Travel Routing	Liquids/Gels/Aerosols Allowed In Carry-On Baggage Through The Security Checkpoint	Liquids/Gels/Aerosols Purchased From The Secure Concourse And Duty Free Purchases Allowed As Carry-On?	Other Information
<b>United States*</b> Travel from, within or connecting through	Travel-size toiletries (3.4 oz./ 100 ml container or smaller) that fit in one, quart-size, clear plastic, zip-top bag.  The bag must be completely closed/sealed and must be submitted for inspection separately from other carry-on baggage.  Passengers may also carry on the following items, but must declare them to TSA at the screening checkpoint if not contained in a clear re-sealable 1 quart /1 liter plastic bag and/or are over 3.4 oz. /100ml:  -Baby formula, milk, breast milk, baby food if a baby or small child is traveling -Medications (liquid, gel, and aerosol) -Liquids (include juice) or gels for diabetic or other medical needs  <b>All other liquids, gels and aerosols in containers larger than 3.4 oz./100 ml must be packed in your checked baggage.</b>	Yes  <b>For international passengers connecting in the United States</b> , duty free purchased liquids/gels/aerosols measuring 3.4 oz. or less may be brought on board after clearing customs only if the item is placed in a quart-size, clear plastic carry-on zip-top bag. Otherwise, these items will be confiscated.	Carry-on baggage is limited to one small bag not exceeding 45 dimensional inches (length + width + height) or 114 cm, and one <a href="#">personal item</a> .  All coats/ jackets and electronic devices such as laptop computers must be removed and screened separately.

### Examples Of Liquids/Gels/Aerosols

Where noted in the chart [above](#), the following items may be transported in carry-on baggage only if in a 3.4-ounce container or smaller and transported in a one-quart clear, plastic, zip-top bag.

Otherwise, these items must be packed in checked baggage only.

- Toiletries - shampoo, toothpaste, mouthwash, perfume, shaving foam, aerosols, deodorant, eye care products
- Cosmetic products - perfume, hair spray/gel, lip gloss, mascara, nail polish, makeup removers/cleansers, foundation
- Non-solid food items - soups, syrups, pressurized food containers (cheese or whipped cream), gelatin, pudding, yogurt
- Liquid soaps, sanitizers, bath oils, bubble bath
- Any creams, ointments or lotions
- All other liquids/gels not listed here

## What to Bring

- Personal health and hygiene items - soap, shampoo, toothpaste, toothbrush, sanitary products (can dose OCPs to prevent menses), deodorant, comb and brush, moisture eye drops, medicines RX & OTC (well- labeled, see section on *medications*). Don't forget your malaria pills, antibiotics, Imodium AD (for traveler's diarrhea), antacid, and Tylenol or Ibuprofen for HA's, fever, or pain.
- Pack hygiene items, towel, sleepwear and a change of clothes in your carry-on.
- Documents (*see section 4.1*)
- Light bedding and pillow (**optional**)- are provided by Camp de la Grace
- Towel (hand and bath) and wash cloth
- Work clothes - pants & shirts (there will be 5 construction work days)- cotton clothing culturally appropriate (*see Clothing*) .
- Church clothes- (*see Clothing*).
- Sleepwear- (*see Clothing*).
- Underwear for 10 days
- Shorts for evening lounging if desired; (*see Clothing*)
- Bandana for wiping sweat, etc., during work day
- Shoes for work and casual (*see Health/Hygiene*) flip-flops for use in shower
- Ear plugs (helpful for animal noise- dogs-roosters)
- Insect repellent containing DEET (diethylmethyltoluamide) in 30%–35% strength
- Flashlight
- Alarm clock
- Canteen or water bottle with a shoulder strap or waist strap that will hold one to two quarts.
- Snack food- crackers, granola bars, beef jerky, hard candy, nuts, dried fruit
- Work gloves- durable & comfortable
- Backpack - very handy to carry camera, snacks, work gloves, toilet paper, hand sanitizer or wipes, personal items, journal, and Bible for work days.
- Sunglasses and wide-brimmed hat
- Sunscreen - SPF 15 or higher
- Hand sanitizer and/or wipes (*see Health/Hygiene*)
- Duct tape and rope can be handy for repairs, laundry and many emergencies.
- **Plastic bags** (Ziploc bags, large garbage bags, and grocery-sized bags) Garbage bags are handy for garbage disposal, dirty clothes, and more. Ziploc bags are handy for packing snacks and other supplies. Pack liquid items like shampoo or lotion in plastic **Ziploc bags** to prevent leakage onto clothing in checked luggage.
- Team Journal, Bible, pen and reading material or games for travel days as desired.
- Creole language guides.
- **Hostess gifts**. This can be Tupperware or a unique item you wish to share as the opportunity may arise.
- Pictures of your family members to share with those you meet are especially enjoyed during mercy ministry opportunities.

- Evaluate carefully whether to bring electronic entertainment devices: CD players, MP3 players, IPOD's, Gameboys, etc. as they could be a distraction from interacting with people and serving others.

### **Do Not Bring**

- Perfume and/or jewelry
- Tobacco or alcoholic beverages
- **Lack of flexibility and a poor attitude**

## **5 WHILE IN HAITI**

### **5.1 Arriving in Haiti**

#### **Immigration**

You will proceed through immigration shortly after arriving in Port au Prince. You will need to present your **passport** and **Immigration Card**. Upon approving these documents, the Immigration Official will stamp your Immigration Card and give both items to you. Be sure to keep up with the Immigration card, you will need to hand it over to Immigration again upon leaving Haiti. Proceed to collect your check-in luggage.

#### **“Bag Drag”**

Each piece of luggage will be marked with the same **identifying marker** (colored tape or ribbon). When collecting luggage at the baggage claim area watch for marked team bags and grab them off. **DO NOT** look for your bag only. Once all bags are collected **identify your specific bags** to make sure they have arrived. Follow the same team approach when loading bags onto a shuttle bus.

#### **Customs**

After collecting your luggage, proceed through Customs Inspections. If asked, you are responsible for placing your luggage on the inspection table and opening them for inspection. You are also responsible for closing the luggage when the inspection is done.

It is best to find a central point to place the Team's luggage in the Terminal until the entire Team has gone through inspection. **Do not go outside** until our **HIM escort** arrives and the Team Leader gives the okay. We will load our luggage into the assigned vehicle and travel from the International Airport to the Domestic Airport for our flight to Pignon.

### **5.2 Health and Hygiene**

Sanitary conditions throughout Haiti are less than adequate by most North American standards. Parasites and micro organisms cause many health problems including diarrhea, for the Haitians and travelers. To remain healthy, it is important to follow the following guidelines diligently.

***\*A first aid kit** should be gathered for Team emergencies. It will be carried by leaders to work site each day.*

#### **Water/Ice**

- Purified drinking water will be supplied by the HIM
- Drink LOTS of Fluids!! Carry a water bottle with you and keep it full of purified water.

- The following beverages may be safe to drink: bottled or boiled water, hot beverages (such as coffee or tea) made with boiled water. **Avoid** tap water and ice cubes. **Ice may be made from unsafe water and should be avoided.** The area of a bottle that will touch the mouth should be wiped clean (*sanitizing wipe*) and dry- it is a good idea to periodically clean your personal water bottle throughout the day.
- Brush teeth with purified water ONLY.
- DO NOT DRINK the shower water.
- Keep in mind water supplies are limited- **limit your personal use** when hand washing and bathing.

### Soft Drinks

- Canned or bottled carbonated beverages, juices, and wine are safe.
- Remember to ALWAYS CLEAN off the top of a drink where your mouth will touch BEFORE drinking (*sanitizing wipe*). Use a straw if available or concerned about safety.

### Food

- When a meal is served, it is a good idea **to eat** then. Skipping meals can make you sick and low on energy. Very risky to skip meals out of fear of unknown new foods. It is also risky to dine on meals that have been left out several hours—eat it when it's hot!
- Eat only clean, thoroughly cooked food, fruits and vegetables you have peeled yourself. Remember: **boil it, cook it, peel it, or forget it.**
- Food should be selected with care. Any raw food could be contaminated, particularly in areas of poor sanitation. Foods of particular concern include salads, uncooked vegetables and fruit, unpasteurized milk and milk products, raw meat, and shellfish. If you peel fruit yourself, it is generally safe. Food that has been cooked and is still hot is generally safe.

### Wash and Drys

- Hand sanitizer small bottles or wipes should be kept in your fanny pack or backpack for ready use at all times. Wipes can be used to clean hands, clean off drink tops, refresh face and mouth.
- Always clean hands with sanitizer before eating.
- Always clean hands with sanitizer after toileting.

### Toilet Paper

- Toilet paper will be provided at Camp de la Grace & likely the school as well.
- Individual packages of Kleenex in plastic are handy to carry in fanny packs or backpacks to use as toilet paper
- Sanitary wipes in small packages (diaper bag or travel size) are handy for toileting and hand washing after toileting.
- Used toilet paper **MUST** be discarded in wastebaskets often found by the toilet. The sewer system cannot handle toilet paper or sanitary products like tampons.

### Shoes

- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.
- Wear ONLY closed-toe shoes for safety and health
- Tennis shoes or work boots are recommended for construction projects.
- Dress shoes (flats) or sandals (closed toe) are acceptable for all other occasions. Make sure they are comfortable for walking distances.

- Bring flip-flops with a grippy bottom (*to prevent slipping on wet tiled floors*) for showers.

### Sun/Heat

- The temperature is about 80-90 degrees F year round, and the sun is *HOT*.
- Be in the shade when possible.
- Wear a wide-brimmed hat.
- Wear sunscreen SPF 15 or above.
- Prevent dehydration: drink plenty of fluids - keep water bottle on you or nearby. Take drink breaks frequently to replace fluids lost by sweating and sun exposure. Pace yourself when doing physical labor. Keep an eye on Teammates to prevent heat exhaustion/stroke, encouraging rest breaks and refreshments as needed.
- DO NOT TAKE DECONGESTANTS like Sudafed found in “cold/sinus” OTC medications. The decongestant can increase the risk of heat stroke by preventing the body from cooling itself naturally.

### Contact Lenses

- Contacts can be difficult to safely manage in Haiti. Bring backup lenses and GLASSES. Remember sanitary conditions are limited. Dirty hands can contaminate eyes, creating an access point for infections.
- Contacts are NOT recommended for construction work because of the dusty dirty environment.
- Protect eyes from blowing dirt and dust with sunglasses
- Moist eyeglass cleaner wipes are available at Vision Center in Wal-Mart. These are excellent tools to clean and disinfect glasses, especially during the workday.

### To stay healthy, do...

- Wash hands often with antibacterial soap and water &/or hand sanitizer frequently.
- Wear clean **cotton socks** and underwear daily.
- Keep fingernails clean.
- Clean cuts and scrapes with purified water. Apply antibacterial medication to wound. Cover with Band Aid and change daily.
- Keep dirty clothes separate from clean clothes.
- Check clothing for bugs before wearing. Keep suitcase closed when not in use to prevent insects or animals from entering.
- Keep snacks sealed in Ziploc bags at all times.
- Protect yourself from insects by remaining in well-screened areas, using **repellents applied sparingly at 4-hour intervals** (*Deep Woods OFF or other spray, Muscal has been suggested, yellow with red top*), **permethrin**-impregnated mosquito nets and wearing long-sleeved shirts and pants from dusk through dawn. One option is to pretreat clothing and bedding with Permethrin (can get at Scheels).

### To avoid getting sick...

- Don't eat food purchased from street vendors.
- Don't drink beverages with ice.
- Don't eat dairy products unless you know they have been pasteurized.
- Don't share needles with anyone.
- Don't handle animals (especially monkeys, dogs, and cats), to avoid bites and serious diseases (including [rabies](http://www.cdc.gov/travel/diseases/rabies.htm) and [plague](http://www.cdc.gov/travel/diseases/plague.htm)).

### After you return home:

If you have visited a malaria-risk area, continue taking your antimalarial drug for 4 weeks (chloroquine, doxycycline) or seven days (Malarone™) after leaving the risk area. Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to 1 year after returning home should seek prompt medical attention and should tell the physician their travel history.

### **Travelers' Diarrhea**

The typical symptoms of travelers' diarrhea (TD) are diarrhea, nausea, bloating, urgency, and malaise. TD usually lasts from 3 to 7 days. It is rarely life-threatening. The risk of infection varies by type of eating establishment the traveler visits—from low risk in private homes to high risk for food from street vendors.

TD is slightly more common in young adults than in older people, with no difference between males and females. TD is usually acquired through ingestion of fecal-contaminated food and water.

The best way to prevent TD is by paying meticulous attention to choice of food and beverage. **CDC does not recommend the use of antibiotics to prevent TD because they can cause additional problems.**

For treatment, oral fluids should be administered to sufferers of diarrhea. Fruit juices, soft drinks (preferably without caffeine), and salted crackers are advised. Prevention of dehydration through administration of soups, thin porridges, and other safe beverages is advised. For severe dehydration, the use of an oral rehydration solution (ORS) is advised. This is a packet of salt and carbohydrates that should be prepared following the package instructions and using boiled or treated water. Avoid dairy products and all beverages that contain water of questionable quality.

Antimicrobial drugs such as doxycycline, and trimethoprim/sulfamethoxazole (Bactrim®, Septra®), and fluoroquinolones (Cipro®, Noroxin®) may shorten the length of illness and may especially benefit persons with severe abdominal cramping, fever, and/or bloody diarrhea. Notably, high levels of resistance in many parts of the developing world now limit the utility of these drugs for persons traveling to such areas. Consult your physician for prescription and dose schedules. **Anti-diarrheals are not recommended**, such as Immodium®\*. While they decrease the number of diarrheal stools, they can cause complications for persons with serious infections. Consult with your medical contact before taking.

Most episodes of TD resolve in a few days. As with all diseases, it is best to consult a physician rather than attempt self-medication. Travelers should seek medical help if 1) diarrhea is severe, bloody, or does not resolve within a few days; 2) if it is accompanied by fever and chills; 3) if the traveler is unable to keep fluids intake up and becomes dehydrated.

For more extensive information on food and water precautions and on travelers' diarrhea, please read [Risks from Food and Drink](#) and [Travelers' Diarrhea](#).  
<http://www.cdc.gov/travel/food-drink-risks.htm> <http://www.cdc.gov/travel/diarrhea.htm>

## **5.3 Living Accommodations**

### **Housing- Camp de la Grace**

- The Team will be divided by gender and assigned 2 - 4 per room. Consider whom you may wish to room with.

- Bedding and pillows will be provided by Camp de la Grace
- There is a bed frame and mattress for each person.
- Use your own towels and wash cloth.
- Follow toilet paper guidelines noted in the Health/Hygiene section.
- Only team members, Caleb Lucien and family, and kitchen staff are allowed in the dorms at camp.
- Once at Camp de la Grace, the camp director will put valuables in a locked safe. This includes passport, ID, and money.
- Presume that there are no alarms or clocks in the rooms.
- Teams do well to assign “Servants of the day” to remove trash from bathrooms and kitchen each day
- Help sweep and clean environment as needed

### **Bathrooms**

- Flush toilets may not be available at various sites or may not flush.
- **Discard all used toilet paper in waste bucket/trash in ALL locations in Haiti**
- Sinks for washing hands may be rare, even with flush toilets.
  - Have hand sanitizer readily available.
- Water supply is limited and likely COLD ONLY.
  - Take ONE shower/day
  - Take *military showers*.
- Use only bottled water for brushing teeth.
- Soap on a rope may be helpful.

### **Sleeping Gear**

- Bed sheets & pillow provided by Camp de la Grace- *bring your pillow if needed*
- Mosquito netting for bed cover **optional**
- Cool comfortable sleepwear (not shear, skimpy, or see-through)
  - Pajamas, medical scrubs, shorts & T-shirt, or sweats
  - NO nightgowns or nightshirts
  - Men and women are combined, so modesty prevails.
    - *Do not wear sleepwear for lounging or to team devotions.*
- Consider pre-treating bedding with *Permethrin*, a mosquito repellent for clothing.

## **5.4 Food**

- Meals will be cooked by the Camp kitchen staff
- The Team will be divided into “Servants of the Day” (refer to Section 5.6) to rotate duties for assisting with meal set-up and clean-up.
- Team members are responsible for their own snacks.

## **5.5 Clothing**

It is important, out of respect for Haitian Christians and citizens that you dress respectfully. You are ambassadors for Christ and will be viewed as such. Daytime temps are often in the 80s or higher. Bring cool *cotton* clothing for comfort.

Wearing clothes that are shabby, soiled, torn or too casual in design might be construed as a sign of disrespect, so be prepared. Even during construction you should wear clothing in good repair.

### **Men**

- Lightweight work pants, slacks, or jeans (remember jeans may increase sensation of feeling HOT). Cotton fabrics are cooler.

- Shorts may be worn for sleepwear or around hotel. They must be medium to long in length for modesty.
- Undershorts must be worn at all times
- Long or short sleeve shirts or T-shirts ONLY.
  - Avoid T-shirt designs that suggest alcohol, cigarettes, rock groups, or negative cultural symbols
- Shoes as noted in Health/Hygiene section
  - Tennis shoes are not acceptable for church.
- Button-up or semi casual dress shirt and pants for church.
  - Jeans are NOT acceptable for church.

### **Women**

- Lightweight jeans, slacks, pants or Capri's may be worn for construction work (remember jeans may increase sensation of feeling hot). Cotton fabrics are cooler.
- Shorts may be worn for sleepwear or around the hotel. They must be medium to long in length for modesty. Shorts may be worn under skirts for modesty or to prevent chafing from heat and sweat.
- Skirts, jumpers, or dresses (short sleeve) are recommended for church. Skirts are to cover the knee.
- Short sleeve blouses or t-shirts ONLY (NO tube tops, sleeveless tops, spaghetti strap tops). It is preferred that shoulders are covered. Cap-sleeved tops are permissible.
- Underwear including bras or sports bras are to be worn at all times. Remember that cotton underwear is often cooler.
- Shoes as noted in Health/Hygiene section.
- Tennis shoes are not acceptable for church

### **Makeup and Jewelry**

- Modesty again is the rule. Remember it is very hot, and you will be sweating. Modest makeup standards for the U.S. may be construed as overdone or gaudy in Haiti.
- Small conservative pierced earrings are acceptable. Dangling earrings may be dangerous for construction work.
- Leave expensive or priceless, meaningful jewelry or watches at home.
- Men are encouraged NOT to wear necklaces or earrings.
- Remember jewelry and make-up can reflect American affluence and invite thievery. It can also send the wrong message to the people you are working with.

### **Laundry**

- Laundry services will be done if requested by the team leader at Camp de la Grace. You may bring some detergent and wash some items out by hand if preferred.
  - Bring enough undergarments to last you for the 10 days.
  - Clothespins may be helpful and a rope to use as a clothesline.

## **5.6 Servant of the Day (Ideas for Team Leaders)**

While in Haiti, there will be two servants each day. Servants of the day duties include:

- Lead prayer: The Team will gather for prayer every morning, at meal times, and in the evening.
- Help prepare meals or table set-up as needed for assigned day.

- During lunch time, a mini devotion or favorite verse can be shared if the servants feel called to do so.
- Assist in cleaning up after meals (provide garbage bags).
- Lead the evening devotion based on the Team Journal and devotional book.
- Take out trash from kitchen, bedrooms and bathroom for assigned day.

Think about how you might want to share your unique gifts and personality with the Team when performing your servant duties (funny, serious, surprise treats, etc.)

## 5.7 Tentative Daily Schedule

The following is a tentative daily schedule. Please be flexible as the day-to-day schedule might change depending on what opportunities arise to serve the people of Pignon.

6:30 – 7:00 a.m.	Rise and get dressed
7:00 – 7:30 a.m.	<b>Breakfast at Camp de la Grace</b>
7:30 – 8:00 a.m.	Quiet time and personal morning devotions
8:00 a.m.	Leave for project
8:30 a.m.– 12:30 p.m.	Project work
12:30 – 1:00 p.m.	<b>Lunch</b>
1:00 – 4:00 p.m.	Project continuation Misc. projects at the school- teaching English etc.
4:00 – 6:00 p.m.	Closure to day's projects, shower, journal, free time
6:00 – 6:30 p.m.	<b>Supper at Camp de la Grace</b>
6:30 – 8:00 p.m.	Free time
8:30 – 9:30 p.m.	Group team devotions and sharing at Camp de la Grace Review schedule for the next day

## 5.8 Construction

If your chosen project includes construction, here are some helpful hints: On-the-job training will be provided by Haitian experts. It is important to advise your Team members of any physical limitations you may have. You will be working alongside Haitian workers and High School students. They will teach you the “Haitian style” of doing things. Be open to learning new construction methods. When working, **drink plenty of fluids**, and **take breaks** as necessary. Bring snacks to share with your Haitian construction partners where feasible.

## 5.9 Evangelism

Keep in mind that the Team is “demonstrating” the Gospel to all people we come in contact with. Our work style, interactions with each other and our Haitian co-workers communicate our faith in a powerful way. Remember your personal call from God to go on this mission trip to Haiti. The Team will verbally share Jesus Christ in local church, informal sharing during service ministry and in other impromptu settings as the Holy Spirit leads. You will have the opportunity to pray for healing or concerns the Haitians might have. Haitians are generally friendly and congenial people who are open to conversing with foreigners. These conversations can be enriching and enlightening providing a window to Haitian culture and faith life. Be open to new insights and viewpoints on faith and life.

## 5.10 Devotions/Discussion

As directed by the team leader, the team will participate in group devotions each evening. This will be a time to share “highs and lows” from your day and reflect on the day's events. Each team member will be given a Journal and Team Devotional Book to be used

throughout the trip. The devotional book offers a daily devotion to work through each day during quiet time in the mornings or free time in the afternoon. The day's readings and responses will be discussed during evening devotion sessions led by the "Servants of the Day". There are extra pages and space to use as a journal as well.

## **5.11 Miscellaneous**

### **Culture**

While in Haiti, always remember that you are a guest in their country. Act with appropriate humility, respect, and sensitivity.

- Do not judge or criticize the Haitian culture, government or people. Seek to learn about and understand their culture.
- Adapt! Since you are a guest in Haiti, it is up to you to conform as much as possible to the Haitian culture while there.
- DO NOT complain about the climate, food or concerns about pure water.
- Avoid displaying fear of touching local people.
- Eagerly show interest in learning Creole phrases.
- You are an ambassador of Jesus Christ. Display acceptable Christian values to the many watching eyes around you. Be polite and courteous (even while shopping with aggressive merchants).
- Don't refer to Haitians as "natives"; use the term "Haitians."
- Go out of your way to initiate greetings and shake hands.

### **Culture Shock Survival**

- Focus on what you can control- try not to worry about things you cannot control.
- Don't invest major energy in minor problems- it is easy under stress to make "mountains out of molehills"
- Tackle major stressors head on- don't avoid things
- Ask for help
- Write it down- record your thoughts and frustrations in a journal- this is a healthy outlet for expressing your feelings.

### **Invitations to the U.S.**

Do not invite a Haitian (i.e., interpreter, teacher, pastors) to the U.S. Be aware that normal, friendly comments are easily misconstrued as actual invitations such as, "You should see our church" or "it would be nice to have you visit the U.S." In addition to the fact that passports and visas are nearly impossible for average Haitian people to obtain, coming to the USA may hinder their desire and vision to minister in their own country and community.

### **Picture Taking**

Bring cameras and plenty of film. Do not shove cameras in people's faces and begin snapping away without asking their permission. Some people may not want their pictures taken and some expect to be paid. Be respectful and sensitive.

### **Giving to the Poor**

Beggars might approach you. Please refrain from giving to beggars unless you discern a real need, and the Lord prompts you to do so. Many beggars are "professionals," and children may consider begging a game. Children need sponsorship for schooling and frequently see American's and missionaries as a financial resource. The "Boy's" are a common occurrence in Pignon. They wait to escort Americans walking through town-offering to be your friend or protector. Once they know you they often solicit sponsorship. **DO NOT agree to sponsor a child directly.** If you feel called to sponsor a child, discuss the matter with Caleb Lucien. Proper protocol for the community is for a committee of leaders to

review applications and grant sponsorship as appropriate. This allows fair distribution of resources to all families in Pignon.

### **Giving Gifts to Haitians**

Never arbitrarily give things away to the Haitians. Missionaries should not be viewed as the sole providers of their needs. One of our goals for this trip is to demonstrate the Gospel to the people of Haiti by working along side them to meet their determined goal. Many items that the Team brings will be given to the HIM staff for distribution. They know where the biggest needs are. If you want to give some of your personal belongings or other gifts, you must check with Caleb Lucien, as he will advise you of the appropriate way to do this. Giving things away can easily result in an out-of-control mob scene.

### **Smoking and Drinking**

Smoking and drinking can be stumbling blocks to the Christians in Haiti. It is the standard of HIM for team members to refrain from smoking and drinking any alcoholic beverages during their mission trip in Haiti. This includes the popular beer called "Prestige".

### **Illegal Drugs**

The use, sale, purchase, or possession of any illegal drugs will result in immediate dismissal from your Team.

### **Currency**

- The Haitian monetary system is based on the "Gourd". American dollars are readily received.
- Do not bring travelers checks; they are difficult to cash in the village.
- Always keep your money hidden and reasonably secure. When carrying cash in crowded public areas, keep a firm grip on your wallet or purse.

### **Shopping**

There might be an opportunity to shop for souvenirs. The merchants can be aggressive, but most will come down in price if you take the time to bargain. There is an opportunity to shop for souvenirs at the airport in Port au Prince. Credit cards and U.S. dollars are accepted there.

## **6 RETURNING HOME**

### **Antimalarial Drug**

If you have visited a malaria-risk area, continue taking your antimalarial drug for 4 weeks (chloroquine, doxycycline) or seven days (Malarone™) after leaving the risk area. Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to 1 year after returning home should seek prompt medical attention and should tell the physician their travel history.

### **Team Reunion**

One or 2 weeks after your return home, a Team reunion should be held. The purpose of this reunion is to come together one more time as a Team for worship, fellowship, sharing photos and reminiscing.

### **Tell your Story**

Share your pictures and experience with family, friends, and anyone who wants to hear your story. Not everyone will understand your experience, and some will be more interested in

telling you their story. But others will want to know everything and will be inspired by your story to serve and ignite people for Christ.

Reference the team book Welcome Forward for additional tools for coming home.

## **7 ABOUT HAITI**

**Full country name:** Haiti

**Background:** Christopher Columbus discovered the island of Hispanolia for Spain in 1492. The French invaded in the 17th century and took possession of what became the biggest sugar producer and richest colony in the New World. A slave revolt led to independence in 1804, making Haiti the world's first black-led republic. African customs persist strongly in the language, art, music, dance and religion where voodoo is widely practiced. Nevertheless, the influence of former French colonists and merchants is still evident, particularly in architecture, with many old buildings enhanced by the elaborate framework, balconies and decorated gables.

U.S. troops occupied the country from 1915 to 1934 after a long period of instability. Political turmoil ended in 1957 with the election of Francois "Papa Doc" Duvalier, who ruled until his death in 1971. He was succeeded by his 19-year-old son, Jean-Claude "Baby Doc", who fled to France in February 1986 in the face of a popular uprising. After a succession of short-lived governments, a Roman Catholic priest, Jean-Bertrand Aristide, was elected president by a landslide and inaugurated in 1991 but was soon forced into exile by the military. Following a U.S - led agreement, his power was restored, then his leadership transferred through election to President Rene' Preval in 1996. Aristide was re-elected again in 2000 and has recently been exiled again by political unrest. Rene' Preval was re-elected in 2006.

**Area:** Republic of Haiti covers 10,700 square miles (about the size of Maryland) and occupies the western third of the Caribbean Island of Hispanolia, which it shares with the Dominican Republic. The land is mountainous and mostly uninhabitable because of the rough terrain; it's generally semi-arid inland, more humid on the coast. Haiti has few paved highways and is mostly accessible by air and off-road vehicles. Temperature ranges from 75 to 95 degrees F.

**Population:** 6.5 million

**Capital city:** Port au Prince (pop. 1 million+) on the western coast

**People:** 95% descendants of African slaves brought to cut sugar cane, 5% mulatto descendants of French settlers.

**Language:** Creole, French

**Religion:** Predominantly Roman Catholic, plus Protestant and voodoo (spirit religion)

**Government:** Republic with legal system based on Roman civil law

**President:** In February 2004, the **Aristide government was overthrown** by armed rebels, consisting mostly of paramilitary groups led by ex-U.S. Special Forces agent Guy Philippe. These armed opponents were alleged to be allied with the political opposition. As Aristide departed the country, many members of his government fled or went into hiding, and the United States again sent Marines into Port-au-Prince. After Aristide's departure, Supreme Court Chief Justice **Boniface Alexandre** succeeded to the presidency appointed by a council of elders and supported by the United States, Canada, and France. In the months following the February Coup, the country was engulfed into violence between the interim government's forces and Lavalas supporters, and many members of the Lavalas party were sent to jail, exiled, or killed. Much of the violence began after police of the interim force began shooting at peaceful Lavalas demonstrations in mid 2004. Over 10,000 workers in Haitian civil enterprises lost their jobs following the coup. A study published in the British medical journal "The Lancet" found through single spatial sampling that 8,000 murders and

35,000 sexual assaults occurred in the great Port-au-Prince area during the period of the interim regime. Elections were held in February 2006, and Ren e Preval was again elected president. Preval has promised to bring peace and stability to the country.

**Major industries:** Sugar refining, textiles, cement manufacturing, light assembly industries based on imported parts.

**Agriculture:** Small scale subsistence farming. Commercial crops- coffee, mangoes, sugarcane, wood. Staple crops- rice, corn, sorghum

**Economy Review:** Haiti is the poorest country in the Western Hemisphere. According to Unicef, the literacy rate is 45%, while only 20% of children reach secondary school. Life expectancy is 54, one of every five Haitian children dies of malnutrition, dehydration and diarrhea. Per capita annual income is \$350, and 75 percent of the people live below the poverty level set by the World Bank. More than half the population is unemployed; most scratch out a subsistence living in agriculture. Coffee is the main export crop. Factory workers earn less than \$3 a day on average. One percent of the population controls approx. 40 percent of the country's wealth. Currency is the Haitian Gourde with an exchange rate of approximately U.S. \$1 to G27.

## **8 CREOLE LANGUAGE**

### **Useful words and Phrases**

Good morning	Bonjou
Good afternoon	Bonswa
Good evening/Good night	Bonswa
Please	Tanpri
Thanks	Mesi
What is your name?	Kijan ou rele
My name is	Mwen rele
I am fine	Mwen byen
How about you?	E ou menm
Happy	Kontan
Is Caleb here?	Eske Caleb la, silvouple?
<b>I don't speak Creole</b>	<b>Mwen pa pale kreol</b>
Where is the toilet?	Kote twalet la ye
Show me where the toilet is please	Montrem kote twalet la ye tanpri
Please speak slowly	Pale Dousman tanpri
Slow	Dousman
There is a problem	Gen yon problem
Excuse me please	Eskize-m-silvouple
Enough	Ase
Church	Legliz
Where?	Ki kote
Food	Manje
Hungry	Grangou
The rice is good	Diri a bon anpil
Good job	Bon travay
Goat	Kabrit
Dogs	Chen
Chicken	Poul

Donkey	Bourik
Horse	Cheval
Work	Travay
Hammer	Mato
Cement	Siman
Water	Dlo
Shovel	Pel
Bucket	Bokit
Sand	Sab
Pass me the hammer please	Pasem mato a tanpri
I am tired	Mwen fatige/ mwen bouke
Let's take a rest	An nou pose
How much?	Knobyin
Yes/No	Wi/Non