



**SHORT TERM MISSION TRIP MANUAL**

**INTRODUCTION**



**Caleb Lucien**  
President and Founder

Hosean International Ministries is a ministry by Haitians, for Haitians. Our mission is to empower Haitians with the gospel of Jesus Christ through education, life skills training, and economic growth.

Welcome! All of us here at Hosean International Ministries are excited to host your team in our home village of Pignon, Haiti. We hope that by ministering together with the people of Pignon, we



will grow together as ministry partners. This manual is to help serve teams preparing to come on a short-term mission trip (1 - 2 weeks). Teams typically consist of members established by a church, ministry partner, or families coming together. There are

several different ways teams serve, and your team will need to decide what is best for you. You will want to work with our stateside and Haitian staff to coordinate your project and get approval before your trip. Teams will fly in to Port au Prince and the Hosean staff will

provide transportation to Pignon where you will stay at Camp de la Grace, a 30 acre Christian retreat center. It is important for your team to read through this manual and attend team meetings to help prepare you for your upcoming trip.

**Mission Guide at a Glance**

Be sure to visit our website at [www.hosean.org](http://www.hosean.org) for more information. Also feel free to contact us at [admin@hosean.org](mailto:admin@hosean.org).

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# History of Hosean International Ministries

Hosean International Ministries (HIM Haiti) began in 1984 by a Haitian national, Caleb Lucien with one purpose in mind: transform lives by showing the love of Christ through ministries that include [education](#), [life skills training](#), and [economic growth](#). Today HIM Haiti operates with a staff of 150 people out of Pignon, Haiti with a stateside office in Little Rock, Arkansas. But it all started with one person, his passion and his desire to help his people.

Caleb grew up in Pignon, Haiti watching leaders of his community, including his own father, face one obstacle after another as they tried to meet the needs of their people. Experiencing the challenges inherent in the developing world caused Caleb to “dream BIG!” He was privileged to be able to study in the U.S. earning three degrees from Washington Bible College and Dallas Theological Seminary. Caleb knew God had blessed him and he was convinced that God was calling him to return home to minister and help his community. Caleb encountered many obstacles in the early 1980s that threatened his plan to return to Haiti and live out his vision to help his people. But Caleb never gave up, and in 1984, he returned to Pignon, Haiti and founded Hosean International Ministries (HIM Haiti). The first project completed by HIM Haiti was the construction of Jerusalem Baptist Church which was founded by Caleb’s father in 1977.

Since then, God has provided for HIM Haiti to continue to reach out and empower people in Pignon, Haiti and neighboring communities. HIM Haiti has blazed the trail in education, life skills training, and economic growth through several projects. HIM Haiti brought many “firsts” to Pignon including the first retreat center in 1992, first secondary school in 1993, and the first electrical co-op providing power for the first time ever in 2005. And that was just the beginning. Today, teams from all over the world join in Caleb’s vision to see lives transformed through the love of Christ.



## Estimated Costs for Short Term Mission Trip

Note: These costs do not include the ticket to get to Port au Prince, travel day food, immunizations, medications, personal spending money, etc.

**Room & Board (Camp de la Grace)** - \$25 per person / per day

**Hotel Stay** (Port au Prince) - \$154 (double occupancy)

**Application Fee** - \$20

**Travel in Haiti** - \$175 per person

**Project Fund** - \$200 per person

# Preparing to Leave

Going on a mission trip takes much planning and preparation. Be sure to assign a team leader (or leaders) to guide this process. Here are some important items to do before coming to Haiti.

## TRAVEL DOCUMENTS

1. Passport: U.S. and Canadian citizens are required to have passports for entry into Haiti and returning to the U.S. or Canada. For Passport Information, go to <http://travel.state.gov/content/passports/english.html>.

Non-U.S. and Non-Canadian citizens are required to obtain a Visa. Visas take time to apply, so check into this right away with the Consulate General.

2. Back-up Identification: Along with your passport, you will need to have an ID with your photo, name, and address. A driver's license or state / county issued ID card would work. Keep this in a secure place separate from your passport.

3. Immigration Card - Required by Haiti Immigration Services and is 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 "Pleasure". Enter the following address as your location while in Haiti: **Route de la Aeroport, Pignon, Haiti**. Be sure the immigration Card is kept in your passport and not lost. If lost, you may have to pay a fee on departure at customs.

4. Photocopies of Passport - You will want to make three copies of your passport. One for the team leader (need as soon as possible), one for your family to have while you are traveling, one to have in your suitcase as a back-up for lost documents. Once you arrive in Pignon, your team leader will collect all passports and lock them in a secure place during your stay.

## 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" through companies like Missionary Health (<http://www.missionaryhealth.net>).

## TRAVEL SAFETY INFORMATION

### General Safety Tips:

- Never leave your luggage unattended while traveling
- Make sure each piece of luggage has your name and address on it.
- Always have a buddy with you, even in airports.
- Keep your passport, ID, and money with you at all times on travel days.

# Preparing to Leave (continued)

## **Embassy Registration**

We recommend all team leaders register their team with the local Embassy. Registration helps the Embassy to provide important services for American citizens residing or traveling abroad.

You can register your team here: <http://travel.state.gov/content/passports/english/go/step.html>

You can also obtain travel alerts and safety information at this site.

Currently, there have been travel warnings issued for Haiti for over 25 years. The community you are traveling to is considered safe. You will be escorted by a representative from our ministry (HIM Haiti) from Port au Prince to Pignon. There are always risks when traveling, but by partnering with an established ministry and taking the necessary precautions will help to lead a successful mission trip.

## **Emergency Contact Information**

Many cell phone services in the US will not cover service in Haiti. It is important for your team members to call their providers and inquire about how to receive service in Haiti for the time they will be traveling. While you are at Camp de la Grace, you will not have access to Wifi, and phone access will be very limited outside of your own cell phone service (if you have an international plan).

Team leaders will be able to have access to a phone number that can be used in case of emergencies. Please contact our office at [admin@hosean.org](mailto:admin@hosean.org) for more information. Pastor Caleb's email address is [lucienscd@aol.com](mailto:lucienscd@aol.com), which can be used as well if someone needs to get a hold of a team member. Overall, access to technology that we are accustomed to here in the US will not be available during this trip, and family members need to understand that there will be little communication from their loved ones traveling. It is helpful if your team designates someone staying stateside for team members' families to call if an emergency arises. That person can have all the needed phone numbers and emails to contact the team in Haiti.

# Preparing to Leave (continued)

## 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 (including prescribed and over the counter meds like Tylenol, multivitamins, etc.).

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

HIM Haiti recommends for all team members to visit with their physician to determine if any vaccinations are needed before travel to Haiti. Being up to date with all childhood vaccinations as well as a tetanus shot is a great start. If you are a medical professional and going to be working in a clinic setting while in Haiti, you will also need your Hepatitis A & B.

You should also ask about a prescription for malaria preventative. Haiti is a country with risk of Malaria, and you will want to ask your doctor the best way to protect yourself.

For up-to-date information, visit Centers for Disease Control and Prevention Travelers' Health homepage at <http://wwwnc.cdc.gov/travel/>.

### **Hosean International Ministries - A Transforming Hope**

Hosean International Ministries has been serving the people of Haiti for 30 years. Caleb Lucien named the ministries "Hosean" based on a very special verse which speaks to the heart of this ministry.

"I will say to those called, 'Not my people,' 'You are my people,' and they will say, 'You are my God'."

**Hosea 2:23**

## PURCHASING PLANE TICKETS

All teams traveling to Haiti through Hosean International Ministries must secure their own travel arrangements from their home to Port au Prince, Haiti. These costs are not included in the costs listed in this manual and your team must account for plane tickets to Port au Prince when fund raising. With large groups, you may want to consider going through a travel agent or agency to help with the booking process. The earlier you can secure space, the better lower your costs. Once you have secured your tickets, contact our staff at [admin@hosean.org](mailto:admin@hosean.org) and provide flight itinerary so we can arrange ground transportation.

# Preparing to Leave (continued)

## WHAT TO BRING

Number one - Pack Lightly! Many times teams will use their carry-on luggage to pack their personal items to leave more room for team supplies in the checked luggage. Be sure to know all travel restrictions and requirements from the TSA before packing and departing for your trip. Also be advised there are embargo's on heavy luggage / boxes certain times of year. Check with your airline's limitations so you can be prepared and plan accordingly. Below is a good starting list for most teams staying at Camp de la Grace. Feel free to add to this list to be more specific for your team and mission project.

## PACKING LIST

- SERVANT'S HEART
- Continuous Prayer
- Exceptional Attitude
- Bible, journal, pens, and project plan
- Hand Sanitizer – several travel size bottles (VERY IMPORTANT)
- Toothbrush & paste & floss
- All prescription medication (and keep on your CARRY-ON luggage)
- Sunburn remedies & sunscreen (very important), sunglasses & hat
- Towel, washcloth
- Deodorant
- Wet wipes (or baby wipes)
- Soap & shampoo
- Toilet paper (2 rolls wrapped in duck tape – top open)
- Feminine hygiene items
- Comb & brush
- Medicines: antibiotics, vitamins, aspirin, allergy tabs, diarrhea, malaria, anti-itch cream,
- First aid kit, antibacterial ointments, Band-Aids, etc.
- Flashlight & extra batteries
- Bottle/canteen for water (relatively large & sealable) – Water is a MUST!! (most water is in bags and is easier to transfer to a bottle or canteen)
- Personal snacks (10 day stash)
- Spending money (will be an opportunity to shop local market)
- Camera & batteries if needed (or you can use your phone)
- Passport (team leaders will keep these)
- Mosquito repellent – with DEET
- Mosquito Nets (for bed at camp)
- Athletic clothes – light cotton best in hot weather (long shorts, modest tops)
- Work clothes (for construction projects)
- One or two sets of dress up clothes (we will be going to church)
- Long sleeve shirts (not required, but helps with mosquitos)
- Loose fitting shirts/blouses
- Underclothes including socks!
- Bedclothes - it will be hot sleeping, so shorts and T-shirts / tank tops (modest)
- Comfortable athletic shoes (you will be doing a lot of walking and playing)
- Shower slippers (flip flops)
- Pillow Case (pillows & bedding provided, but may want to bring your own)
- Battery-operated fan (small one)
- Ear plugs (to help sleep)
- Tightly secure any items that may come open while traveling – freezer bags recommended!
- Take luggage you don't mind damaging. Old duffel bags are probably the best.
- Take items you won't mind leaving if you see a need.
- Mark all bags with a piece of fabric or ribbon to easily collect bags once in Haiti

### **Additional Items to consider bringing AS A TEAM (not individual)**

- Citronella candles
- Air Freshener
- Glade solid air freshener
- Hostess gifts (not required but a respectful gesture for camp staff)

# While in Haiti

There are many things to think through and prepare for when going on a mission trip. Adjusting to a new country and culture is a process, and everyone is different. Please carefully read through these guidelines of expectations once your team lands in Haiti.

## ARRIVING IN HAITI

You will continue through immigration shortly after arriving in Port au Prince. You will need to present your passport and Immigration Card (given to you on airplane). 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 as you will need it again when leaving Haiti. Proceed to collect your “checked” luggage.

It is recommended that teams mark all their bags with some sort of identifying marker (colored ribbon, fabric, etc.). When collecting luggage, look for all bags with your team’s identifier and set aside until all bags are collected.

After collecting your luggage, continue through Customs Inspections (NOTE: By this time, the team leader should have contacted the HIM Haiti representative that is meeting team at airport. The representative should be with the team at this point in process). If asked, you are responsible for placing your luggage on the inspection table and opening it for inspection. You are also responsible for closing luggage when the inspection is done.

Once all team members have completed customs, be sure to stay with the HIM Haiti representative and exit the airport. It is really important to stay together as a group and to not allow anyone to help you with your luggage. You will be approached by people who want to help, but politely decline and keep hold of all your items. The HIM Haiti representative will bring you to the car and/or shuttle bus to head out of the airport to your next leg of the journey.

## TRAVEL FROM PORT AU PRINCE TO PIGNON

Pignon is about 90 miles north of Port au Prince. It is a short 30 minute flight and about a 3 - 6 hour drive (depending on driving conditions, weather, etc.). The HIM Haiti staff will decide what is best for your team depending on size, time of travel, costs, etc. Be flexible and know that plans may change at last minute. But be prepared for either travel option.



# While in Haiti (continued)

## 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. (NOTE: A first aid kit should be gathered for team emergencies. It should be carried by leaders to project site each day.)

### **Water / Ice**

Purified drinking water will be supplied by the HIM Haiti staff. 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, canned or bottled carbonated beverages and juices. Avoid tap water and ice cubes. 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 (bottled or bagged) ONLY. DO NOT DRINK the shower water. Keep in mind water supplies are limited, so limit your personal use when hand washing and bathing.

### **Food**

It is a good idea to eat when meals are served. Skipping meals can make you sick and low on energy. It is 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 is 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 unpasteurized milk and dairy 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.

If you have food allergies or are sensitive in this area, you are welcome to bring prepackaged food with you to camp. Remember that you are responsible for keeping up with the food and it will take up space in your luggage. It is always a good idea to have snacks with you.

### **Hands**

Hand sanitizer bottles or wipes should be kept on your person 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 using the restroom.



# While in Haiti (continued)

## **Toilet Paper**

Toilet paper will be provided at Camp de la Grace. Individual packages of Kleenex tissue to carry in backpacks are use as toilet paper in case of emergency is suggested. Baby wipes in small packages are also handy for toilet paper and to clean hands after using the restroom. Used toilet paper MUST be discarded in wastebaskets often found beside the toilets. 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. Athletic shoes or work boots are recommended for construction projects. Dress shoes (flats) or sandals (closed-toe) are acceptable for church. Make sure they are comfortable for walking distances.

Bring flip flops with grippy bottom for use in the showers.

## **Sun / Heat**

The temperature is about 80 - 90 degrees (F) year round, and the sun is HOT. Do the following to stay healthy:

- Be in the shade when possible
- Wear a wide-brimmed hat
- Wear Sunblock (SPF 30 or above)
- Prevent dehydration: drink plenty of fluids, pace yourself when doing physical labor, keep an eye on teammates to prevent heat exhaustion/stroke, encouraging rest breaks and refreshments as needed.

## **Contact Lenses**

Contacts can be difficult to safely manage in Haiti. If you must wear contacts, bring a backup pair 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.

# While in Haiti (continued)

## **Tips to Stay Healthy**

- Wash hands often with antibacterial soap and water AND use hand sanitizer frequently
- Wear clean cotton socks and underwear daily
- Keep dirty clothes separate from clean clothes
- Keep suitcase closed when not in use to prevent insects or animals from entering. Check clothing for bugs before wearing
- Keep snacks in sealed Ziplock bags at all times
- Protect yourself from insects by remaining in well-screened areas, using repellents applied sparingly at 4-hour intervals (repellent with DEET).

## **Tips to help 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 any animals (especially dogs and cats) to avoid bites and serious diseases.

## **Things to be aware of when you return home**

If you have visited a malaria-risk area, be sure to take your medication after your return home according to your prescription. Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to one year after returning home should seek medical attention and should tell the physician their travel history.

Travelers' Diarrhea: The typical symptoms of traveler's diarrhea (TD) are diarrhea, nausea, bloating, urgency, and malaise. TD usually lasts from 3 to 7 days. It is rarely life threatening. TD is slightly more common in young adults than in older people. Fruit juices, soft drinks (without caffeine), and salted crackers are advised to help with symptoms. Prevention of dehydration through administration of soups, thin porridges, and other safe beverages is advised. Consult with your physician for proper medication to take, as taking anti-diarrhea medicines are not recommended.



## While in Haiti (continued)

### LIVING ACCOMMODATIONS - CAMP DE LA GRACE

Camp de la Grace is a retreat center built in 1992 on 30 acres in Pignon, Haiti. This is the hub of our life skills training ministry and can house up to 75 mission team members and 400 Haitians attending camps.

Your team will be divided up by gender and assigned 4-6 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. Be sure to bring your own towels and wash clothes for bathing. Only team members, Caleb Lucien and family, and Camp Staff are allowed in the missionary dorms at camp. Once you arrive at Camp de la Grace, the leader of your team will put all valuables in a locked cabinet (this includes all passports). There are no alarms or clocks in the rooms. Electricity is also limited, sometimes only available a few hours at night.

#### **Bathrooms**

- Flush toilets may not be available at various sites in Pignon or all may not flush
- Discard all used toilet paper in waste bucket/trash can 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 per day (military shower - only running water when rinsing)
- 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 own pillow if desired). Having your own pillowcase may be desired as well.
- Mosquito netting for bed cover is optional - not all beds will be quipped with nets, so be sure to bring your own if needed.

# While in Haiti (continued)

## 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 clothing that are shabby, soiled, torn, or too casual in design might be construed as a sign of disrespect.

### Men

- Lightweight work pants, slacks, or jeans (remember jeans may increase sensation of feeling hot)
- Shorts may be worn for sleepwear or around hotel, as well as when playing with the children at camp. 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 (athletic 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, around hotel, or while playing with kids at camp. They must be medium to long in length for modesty.
- Skirts, jumpers, or dresses (short sleeve) are recommended for church. Skirts are to cover the knee. If you are teaching during your mission project, you must wear a dress or skirt as well.
- 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 (athletic shoes are not acceptable for church)

# While in Haiti (continued)

## **Makeup and Jewelry**

- Modesty 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 at home.
- Men are encouraged NOT to wear necklaces or earrings.
- Remember jewelry and makeup can reflect American affluence and invite thievery. It can also send the wrong message to the people you are serving.

## **Laundry**

Most likely, there will be no laundry service available during your short-term trip. But if requested by the team leader, staff at Camp de la Grace can assist in laundry needs. You may bring some detergent and wash some items by hand if preferred. Bring enough undergarments to last you for the full time you will be with us in Haiti. You may want to bring some clothespins and rope to use as a clothesline.

## **Food**

Meals will be cooked by the camp kitchen staff (three meals daily - breakfast, lunch, dinner). Team members are responsible for bringing their own snacks and being cautious / aware of any food allergies. Remember to start with smaller portions, in case you are not fond of the food provided. Avoid wasting food, and overeating. Your stomach may need adjusting the first few days you are at camp. The camp staff are used to accommodating American mission teams, so you may be pleasantly surprised to see a lot of food dishes you recognize.

# While in Haiti (continued)

## TENTATIVE DAILY SCHEDULE

The following is a loose outline of how your days will be structured while staying at Camp de la Grace. Please be flexible as the day-to-day schedule might change depending on what opportunities arise to serve the people of Pignon.

6:30a.m. - 7:00a.m. Rise and get Dressed

7:00a.m. - 7:30a.m. Breakfast at Camp de la Grace

7:30a.m. - 8:00a.m. Personal Devotion Time (possible team devotion time)

8:00a.m. Leave for project (or start camp if staying at Camp de la Grace to minister)

8:30 a.m. - 12:30p.m. Project Work

12:30p.m. - 1:00p.m. Lunch

1:00p.m. - 5:00p.m. Project Continuation, misc. projects at camp or school, closure to day's projects, shower, free time

5:00p.m. - 6:00 p.m. Supper at Camp de la Grace

6:00p.m. - bedtime - Team Devotions and sharing time, Review schedule for next day

## PROJECTS

Be sure to talk with Caleb Lucien or a stateside staff member about what project is needed most. It is important to take into account what your team's strengths are and what they hope to accomplish while they are in Haiti. Remember that the goal is to point people to Christ through love and service. Caleb and the Haitian staff on the ground

know what is needed most and will help direct what project will work best for your team.

## 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 you advise your team members of any physical limitations you may have. You will be working alongside Haitian workers. 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 as many breaks as necessary. Bring snacks to share with your Haitian construction partners if feasible.

## Conducting Camps / Evangelism

Keep in mind that your team is "demonstrating" the Gospel to all people you meet. Your work style, interactions with each other and our Haitian coworkers communicate our faith in a powerful way. The team will have opportunities to share the Gospel during the camp and other impromptu settings as the Holy Spirit leads. If your team is conducting a camp or retreat / training session, you will be able to plan and organize the lessons, activities, and overall theme. Always be flexible and ready to work alongside Haitian leadership, but come prepared to conduct the camp fully. Translators will be provided as needed.

# While in Haiti (continued)

## MISCELLANEOUS ITEMS / 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. It is always a good idea to have your team do small research projects about Haiti before coming on the mission trip to be more educated on the country they are about to visit.
- 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 and try not to worry about those things you cannot control.
- Don't invest major energy on 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! It is always good to record your thoughts / frustrations in a journal during a mission trip. This is a healthy outlet for expressing your feelings and documenting your experiences.

### **Picture Taking**

Cameras are welcome and encouraged. Do not, however, shove cameras in people's faces and begin taking pictures without asking for permission. Some people may not want their pictures taken and some expect to get paid. Be respectful and sensitive.

# While in Haiti (continued)

## **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 U.S. may hinder their desire and vision to minister in their own country and community.

## **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 Americans and missionaries as a financial resource. DO NOT agree to sponsor a child directly. If you feel called to sponsor a child, discuss with Hosean International Ministries directly. 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.

Many times, teams want to leave behind clothing, supplies, etc. for needy children and families in the community. It is always best to never give anything away until the last day. It is also good to check with Caleb Lucien or another camp staff member as to the most appropriate way to give gifts. Giving things away can easily result in an out-of-control mob scene. The HIM Haiti staff can also collect all items and distribute as needed. They know the biggest needs and how to best meet them.

## **Currency**

- The Haitian monetary system is based on the "Gourd". American dollars are readily received.
- Do not bring travelers check; they are difficult to cash in the village of Pignon.
- 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 on price if you take the time to bargain.

## **Smoking and Drinking**

Smoking and drinking can be stumbling blocks to the Christians in Haiti. As a team coming with Hosean International Ministries, team members are to refrain from smoking and drinking any alcoholic beverages, including the popular beer called, "Prestige."





## Returning Home

Returning home can be just as much of a culture shock as coming to Haiti for the first time. While serving in Haiti, God will show you many things and everyone's experience is different. You may find it difficult going back to your normal routine, spending time in normal hobbies, and/or adjusting to the comforts of home that you have been without for many days (not to mention experiencing a whole new way of life while at Camp de la Grace). Your stomach may need a few days to adjust to American food again as well. Give yourself some time to adjust and beware of spiritual warfare during this time as well.

### **Malaria Preventative Medication**

If you have visited a malaria-risk area, continue taking your malaria preventative for the time directed by your physician (see instructions on your medicine bottle). Travelers who become ill with a fever or flu-like symptoms 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**

Two to three weeks after you 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. It is good to invite family members too so they can share in this special time.

### **Sponsor a Student**

There are many ways to continue contributing to the people of Haiti through Hosean International Ministries. One of the easiest ways to do so is to sponsor one of our many students in need of assistance with their education. You can learn more about this program by visiting <https://www.hosean.org/sponsor-a-student>. You can also talk to one of our stateside staff members by contacting us at [hosean.childsponsorship@gmail.com](mailto:hosean.childsponsorship@gmail.com) for more information.

### **Share your Story - Stay Connected**

Don't keep your experience to yourself! Find time to share with friends, family, your church, and with us! Send your photos, testimonials, and stories to our stateside staff at [admin@hosean.org](mailto:admin@hosean.org). We are in need of pictures and personal testimonies to help promote what God is doing in Haiti.

# About Haiti

## BACKGROUND

Christopher Columbus discovered the island of Hispaniola 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 reelected again in 2000 and has recently been exiled again by political unrest. Rene' Preval was reelected in 2006.

## FACTS

**Area:** Republic of Haiti covers 10,700 square miles (about the size of Maryland) and occupies the western third of the Caribbean Island of Hispaniola, 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

**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.

# 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?
I don't speak Creole	Mwen pa pale kreol
Where is the toilet?	
Show me where the toilet is please	Montrem kote twalet la ve 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

