



HAITI DEPARTURE BOOKLET

Flight Departure Date: _____ / Flight Departure Time: _____

Meet at Lavonia, Ga McDonalds at: _____ / Meet at Atlanta Airport (Int'l Terminal) at: _____

Flight Return Date: _____ / Pick-Up Time at Atlanta Airport (Int'l Terminal): _____

WELCOME to Love Him Love Them and we are so excited you are joining us on an upcoming mission trip! This will be a trip you will not forget. The things you see on the ground in Haiti will amaze you, inspire you, break your heart, warm you.... The list is endless! Our goal is that at the end of this trip, you LOVE HIM MORE and LOVE THEM MORE.

ABOUT LOVE HIM LOVE THEM

Mission: To inspire and provide opportunities to Love Him and Love Them.

Love Him Love Them began as a non-profit social services organization in 1998 by David and Linda Gunter in the fifth worst crime ridden neighborhood in America, Vine City, Atlanta, Georgia. As real estate investors at that time they had homelessness, drugs and prostitution thrown in their face on a daily basis. They wanted to make a difference so they took one of their rental properties and "turned it into" a homeless shelter. Because funding came from friends and family and not government grants they were free to operate and share Jesus on a daily basis. The shelter and the non-profit was named George's Place in honor of Linda's daddy.

As years passed, they moved out of the Atlanta area and closed the shelter in 2003. Love Him Love Them became our new name and our Ministry in Northeast Georgia included an after-school program, jail ministry, providing for foster children and Special Needs Adults and our Annual Thanksgiving Meal for Homeless and Homebound. In 2004, a tragic event occurred that left 5 children who just happened to be Haitians without a mom and dad. On the 17th day of the 7th month of the year 2007, the family living in the Gunter home grew from 2 to 7 with these children who were then the ages of 7 to 17. Because of their new Haitian children, the Gunter family and Love Him Love Them increased their focus to include Haiti.

The first trip to Haiti was in 2011, which was the year after the devastating earthquake. They took gifts that first year for 17 girls in an orphanage named HUG. What they saw, smelled and experienced completely wrecked them. They knew something had to be done. They have been back every Christmas since, this past Christmas providing gifts and food for over 1700 children and families in the local community. AND much, much more!

OUR CURRENT MISSION IN HAITI

Love Him Love Them currently has many exciting projects happening on the ground in Haiti, including:

- **A church** in a town called Doco. This community did not exist pre-earthquake, and as a result, no churches had been established in the community. What started as a small group is now turning into a building for the community to gather in worship every Sunday with the build sponsored by Love Him Love Them.
- **Vocational School** in Galette Chambon, the Valley of Hope. One of the biggest challenges in Haiti is a lack of jobs. Very few are able to afford schooling, and those that can often have no outlet for their schooling post-graduation. Love Him Love Them has created and recently launched a vocational school to train up the people of Haiti with practical skills to fulfill a market need.

- **Transitional Home:** At the age of 18, the Haitian government requires all orphans be moved out of the orphanage in which they're staying, which often means being put on the street with no money, no roof, and no skill. We have recently seen a few of our orphans coming of age, and have laid out plans for building of a transitional home to keep them off the streets. While at the transitional home, they will have the opportunity to walk through our vocational school for gaining practical skills. We will also be offering reverse internships, by connecting them with well established businesses in Haiti, and paying their salary for a short period of time for creating a potential job opportunity, job training, and job placement long-term.
- **Store Fronts:** Next to our Vocational School in the Valley of Hope, Love Him Love Them has commissioned store fronts built where the students at the Vocational School can put their training into practice as a baker, seamstress, barber / hair dresser, and builder.
- **LifeSaver Orphanage:** Better known as the Love Him Love Them choir, Love Him Love Them provides food, transportation, continuing renovations (including running water and electric), water truck delivery, school supplies, clothing, education, medicine and other necessities to the LifeSaver orphanage in Pétienville. Love Him Love Them also provides Christmas gifts to Lifesaver and many other orphanages in the surrounding community through our "Christmas in a Gallon Bag" program.
- **HUG A Child Orphanage:** Love Him Love Them has come full circle, recently taking over the first orphanage they encountered during their first trip to Haiti in 2011. What is currently being provided to LifeSaver Orphanage will now extend to the HUG A Child Orphanage as well.
- **Medical Facility:** A very big challenge in Haiti is a lack of Medical Care. On the top of Cha Cha Mountain and in the community of Galette Chambon at the base of the mountain, there is no easy medical access. Reaching a hospital would take in excess of a day of walking (while in good health), not to mention the medical fees which are often not affordable for most Haitians. Love Him Love Them has commissioned the building of a hospital within the community of Galette Chambon. Here, we will be able to provide year-round medical care, and train up our transitioning orphans in medical care – very exciting!

These are just a few of the projects that your continuing support has made possible! Through our mission trip program, we provide opportunities for Americans to get involved with God's overall mission to love people and help meet the needs of those who are truly destitute and suffering. The needs in Haiti are vast, and when we open our eyes and ears, we might see an equally pressing need here in the US. The Lord has commanded us to use the gifts we've been given to serve his people, and often the place of experiencing God most clearly is where needs are the greatest. We hope to inspire you not just during your week on the ground in Haiti, but to ignite a fire within you to serve the Lord's people every day, as is your calling, by loving those around you and serving those around you. It all comes back to our core vision: Loving Him by Loving Them!

ABOUT HAITI

Overview:

Haiti is located in the Caribbean. It's the western one-third of the island of Hispaniola, between the Caribbean Sea and the North Atlantic Ocean, west of the Dominican Republic. It was discovered by Spanish settlers in the year 1492, who then ceded the western third of the island to French colonists in the year 1697, which later became Haiti. The French colony, based on forestry and sugar-related industries, became one of the wealthiest in the Caribbean but only through the heavy importation of African slaves and considerable environmental degradation. After a prolonged struggle and revolt, Haiti became the first post-colonial black-led nation in the world, declaring its independence in 1804. Currently the poorest country in the Western Hemisphere, Haiti has experienced political instability for most of its history. A massive magnitude 7.0 earthquake struck Haiti in January 2010 with an epicenter about 25 km (15 mi) west of the capital, Port-au-Prince. Estimates are that over 300,000 people were killed and some 1.5 million left homeless. The earthquake was assessed as the worst in this region over the last 200 years. In October 2016, Hurricane Matthew struck southwestern Haiti causing widespread and devastating destruction, with an estimated 2.1 million people affected.

Climate:

Although weather can vary considerably due to the geographical features of the region, Haiti is primarily tropical and semiarid in the east. Tropical storms are frequent. Average daily temperatures in Port-au-Prince, Haiti's capital, almost always fall between 70 and 80 degrees Fahrenheit. However, record high temperatures have topped 100 degrees, especially during summer months. Geographical features in Haiti include mountains, valleys, plateaus and plains. This can cause variation in the weather from place to place, but average temperatures generally hold true everywhere except in the hilly regions, where averages are about 10 degrees cooler. As in all Caribbean nations, humidity in Haiti is generally moderate to high. The rainy season is April through October, with May usually being the wettest month. Haiti lies along the Caribbean's hurricane belt. The height of the stormy season is June through October, when tropical storms and hurricanes are frequent. Haiti is particularly plagued by the disastrous effects of tropical storms not because of its location but because of extensive deforestation. The lack of trees and unstable topsoil means any heavy rainfall will cause flash floods and mudslides. The loss of native forests also creates drought conditions in periods of low rainfall.

People and Society:

The population of Haiti is estimated at 10.5 million inhabitants. The two official languages of Haiti include French and Crèole, a derivation of the French language. 55% of the population in Haiti identifies with Roman Catholic, 28.5% Protestant, and 2% Voodoo, with the balance identifying with something else or no religion at all. The practice of Voodoo blurs the lines of religion in Haiti. The word "voodoo" means "spirit" in the Fon language of West Africa. It is often described as a religion based on family spirits [loas] who generally help and protect. Although lacking a fixed theology and an organized hierarchy, voodoo is a religion with its own rituals, ceremonies, and altars that practitioners do not find to be at odds with Roman Catholicism. In fact, many Roman Catholic symbols and prayers have blended with voodoo rituals and traditions to make for a unique and typically Haitian religion. For example, pictures of Catholic saints are painted on the walls of temples to represent the voodoo spirits; at funerals, it is not uncommon that voodoo ceremonies and rituals be performed for family members first, followed by a more public traditional Roman Catholic ceremony presided over by a priest. As such, even though a small percentage of the population identifies with Voodoo as their religion, it is a practice that is common and difficult to combat given its strong tie to other religious practices.

Government:

Haiti would be defined as a semi-presidential republic. Politically and socially, Haiti seems to be always in a state of transition. Although democracy is desired by many, for a long time the political climate has been shaped by a key result of Haiti's bloody independence war: the largely mulatto (a person of mixed white and black ancestry, especially a person with one white and one black parent) elite who retreated to congested urban areas, took over the reins of government, and eventually left the rural areas to be divided among a scattered black farming population in the interior. The peasantry came to regard the government as having little relevance to their lives, an attitude that has persisted to the present day. As a result, most people believe that the formal political organization of Haiti exists primarily on paper. Rural Haitians today feel the irrelevance of a government that has been unable to bring them security, health care, clean water, and a workable transportation system. Much of the population boycotts official elections, which are considered to be corrupt.

Economy:

Haiti's economy suffered a severe setback in January 2010 when a 7.0 magnitude earthquake destroyed much of its capital city, Port-au-Prince, and neighboring areas. Currently the poorest country in the Western Hemisphere, with 80% of the population living under the poverty line and 54% in abject poverty, the earthquake further inflicted \$7.8 billion in damage and caused the country's GDP to contract. Two-fifths of all Haitians depend on the agricultural sector, mainly small-scale subsistence farming, which remains vulnerable to damage from frequent natural disasters, exacerbated by the country's widespread deforestation. Poverty, corruption, vulnerability to natural disasters, and low levels of education for much of the population are among Haiti's most serious impediments to economic growth. Investment in Haiti is hampered by the difficulty of doing business and weak infrastructure, including access to electricity.

Money:

There are 3 currencies that you will encounter in Haiti:

1) U.S. Dollars: The vast majority of businesses and individuals selling something in Haiti will accept U.S. Dollars. Gourdes may be preferred in places like outdoor markets but U.S. Dollars will most likely not be turned down. Creole speakers will call U.S. Dollars, "Dola Ameriken" or "Dola US"

2) Haitian Gourdes: The Haitian Gourde (HTG) is the official currency of Haiti. Every single coin and paper bill in the country is denominated in Haitian Gourdes. Creole speakers call Gourdes, "Goud".

EXCHANGE RATE: 1 US DOLLAR = _____ HAITIAN GOURDE

3) Haitian Dollars: The Haitian Dollar is a concept ONLY. It doesn't exist as paper or coin. It is confusing, however, because Haitians will very often talk of prices in Haitian Dollars. **5 Gourdes = 1 Haitian Dollar**. This exchange rate is fixed forever. If you exit a tap-tap, for example, and the driver demands "2 Dole," he means 2 Haitian Dollars, which is 10 Gourdes. Creole speakers will say simply "Dola" when they mean Haitian Dollars. They will specify "Ameriken" or "US" if they mean U.S. Dollars.

When we enter Haiti, we will not exchange money. Everywhere we go will accept American dollars, there is no need to exchange to Haitian Gourdes. Your spending money should be clean and have no markings on them. Bills with any tears or rough edges will not be accepted. Please note that your change will often be return to you in Haitian Gourdes (you may request American dollars, though – they may or may not comply).

What spending money will you need?

Meals At The Airport

Souvenir Money

Optional Restaurant Meal (During Souvenir Shopping, If Applicable)

Sodas At The Guesthouse

Tithing At Church on Sunday

Food and Drink:

Haitian food is often lumped together with other Caribbean islands as "Caribbean cuisine." However, Haiti maintains an independently unique flavor. Unlike its Spanish-influenced counterpart, the Dominican Republic, Haitian cuisine is based on Creole and French cooking styles. Strong pepper flavoring in many dishes also sets Haitian food apart from the other islands. In general, the average Haitian diet is largely based on starch staples such as rice (which is locally grown), corn, millet, yams, and beans. However, wealthier residents can afford meats (usually pork and goat), lobster, spiced shrimp, duck, and sweet desserts such as French-influenced mousse and pastries. Haitians also tend to frequently fry their meals in pig fat to give them greater flavor. Bannann peze (fried plantains, similar to bananas), poule (fried chicken), tasso (deep-fried beef), and grio (fried pork) are common examples. Haiti's tropical Caribbean climate allows for tropical fruits such as avocados, mangoes, pineapples, coconuts, and guava to grow in abundance. Such fruits are often used to make refreshing fruit juices. Other popular beverages include shaved ice topped with a fruity syrup.

Transportation:




Most people in Haiti travel on foot or by tap-tap (which can take the form of a pick-up truck, bus, or motorcycle). While on the ground in Haiti, we will be travelling in vans, pick-up, and "cattle trucks", which hold a large volume of people. Many of the roads in the country are poorly maintained and are quite rough with potholes. Less traveled roads are usually made of packed dirt and can be washed out with heavy rains. If you are prone to motion sickness, we recommend taking Dramamine or another motion sickness medicine before riding on long distance trips. As Haiti traffic is unpredictable, you may spend between 1 – 2 hours on a single trip one way, so please come prepared with any supplies, food, or drinks desired for the ride.

Electricity:

Haiti is facing two energy challenges: a broken electricity sector and dependency on charcoal. The electricity sector in Haiti is among the most challenged in the region. Only about one-quarter of the population had access to electricity prior to the 2010 earthquake, and that remains the case today. City electricity is very unstable, and we will have generators at each of the facilities in which we stay for afternoon and early evening hours. The generator will be shut down at lights out to conserve resources. We recommend you bring a flashlight for these evening hours.

Electrical sockets (outlets) in are very similar to the electrical outlets found in the United States and Canada, and if your appliance has a North American plug, it's possible that you won't need any adapter at all in order to plug in there. However, there are two potentially very important physical differences that may need to be addressed with an adapter: a third grounding pin and voltage. If your appliance has a third grounding pin, then the plug may not physically be able to fit into the socket without an adapter. Haiti operates on 110-120 Volts, the same as the US and Canada. Their systems CANNOT handle the following devises: Hair Dryers, Flat Irons, Electric Shavers, and similar items, so we ask that you do not bring them.

ARRIVAL / DEPARTURE CARD:

<p>FORMULAIRE POUR PASSEPORT ETRANGER</p>		<p>FORM FOR FOREIGN PASSPORT</p>
<p>REPUBLIQUE D'HAITI</p> <p>MINISTÈRE DE L'INTERIEUR ET DES COLLECTIVITES TERRITORIALES</p> <p>DIRECTION DE L'IMMIGRATION ET DE L'EMIGRATION</p> <p>Formulaire d'Arrivée / Départ</p> <p><i>Bienvenue en Haïti</i></p> <p><small>Remplir ce formulaire en caractères d'imprimerie. Les informations doivent être identiques à celles contenues dans le passeport.</small></p>	<p>REPUBLIC OF HAITI</p> <p>MINISTÈRE DE L'INTERIEUR ET DES COLLECTIVITES TERRITORIALES</p> <p>DIRECTION OF IMMIGRATION AND EMIGRATION</p> <p>Form of Arrival / Departure</p> <p><i>Welcome to Haiti</i></p> <p><small>Fill this form in capital letters. Information must meet data in your passport.</small></p>	
<p>Arrivée / Arrival M03839173 </p>		
<p>1. Nom / Last name</p> <p>2. Prénom(s) / First name(s)</p>		
<p>3. Date de naissance (JJ/MM/AAAA) / Date of birth (DD/MM/YYYY)</p>	<p>4. Sexe / Sex</p> <p><input type="checkbox"/> Male / Masculin <input type="checkbox"/> Female / Féminin</p>	
<p>5. Pays de naissance / Country of birth</p>	<p>6. Nationalité / Nationality</p>	
<p>7. Numéro de passeport / Passport number</p>	<p>8. Port d'entrée / Port of entry</p> <p><input type="checkbox"/> Air / Air <input type="checkbox"/> Mer / Sea <input type="checkbox"/> Terre / Land</p>	
<p>9. Numéro du Transporteur / Carrier number</p>	<p>10. But du voyage / Travel purpose</p> <p><input type="checkbox"/> Affaires / Business <input type="checkbox"/> Vacances / Recreation <input type="checkbox"/> Autre / Other</p>	
<p>11. Type et Numéro de l'autorisation d'entrée (si nécessaire) / Type and number of entry authorization. (If required)</p> <p><input type="checkbox"/> Visas <input type="checkbox"/> Permis Séjour</p>		<p>12. Lieu d'émission / Issued from</p>
<p>13. Adresse de résidence / Residence address</p> <p>Rue / Street</p> <p>Ville / City</p> <p>Pays / Country</p>		
<p>14. Adresse en Haïti / Address in Haiti</p> <p>Rue / Street</p> <p>Ville / City</p> <p>Téléphone / Phone</p>		
<p>Utilisation officielle / Official Use</p>		<p>Signature / Signature</p>
<p>Départ / Departure M03839173 </p>		
<p>1. Nom / Last name</p> <p>2. Prénom(s) / First name(s)</p>		
<p>3. Date de naissance (JJ/MM/AAAA) / Date of birth (DD/MM/YYYY)</p>	<p>4. Sexe / Sex</p> <p><input type="checkbox"/> Male / Masculin <input type="checkbox"/> Female / Féminin</p>	
<p>5. Pays de naissance / Country of birth</p>	<p>6. Nationalité / Nationality</p>	
<p>7. Numéro de passeport / Passport number</p>	<p>8. Port d'entrée / Port of entry</p> <p><input type="checkbox"/> Air / Air <input type="checkbox"/> Mer / Sea <input type="checkbox"/> Terre / Land</p>	
<p>Conservez ce document. Il vous sera demandé lors de votre départ.</p> <p>Retain this document. You must present it when you leave Haiti.</p>		
		<p>Signature / Signature</p>

At The Airport:

After completing customs, you will go around the corner and will see an escalator. Wait at the top of the escalator until your team finishes going through customs. If an agent requires you to move down the escalator, please wait just to the left of the escalator when you walk off.

We will attempt to get carts and recover all baggage checked. EVERYONE is going to try and help you, because they want you to tip them. We will hire a few people who will get our bags for us. If you can handle pushing a cart with a lot of luggage, we would appreciate your help at this stage. We will then file in line and go through the final phase of customs. As we exit the airport, it will be pure pandemonium. BE SURE YOU ARE FOLLOWING YOUR TRIP LEADER before you head out, with all children in hand! If you do not see your leader, STOP and wait; they will find you. Upon exiting the airport, EVERYONE is again going to try and help you. Hold tightly to your bags, cart, and children, and keep in line with your leader. When people try and grab your bags, remain firm but nice and just say, "No thank you." We will have some people we have already hired to help load bags into our truck.

Returning to the US:

When you deplane, you will be routed to US customs. The customs process is now electronic; you will not receive any papers to fill out on the plane. When you arrive in the customs atrium, proceed to the area for returning US citizens and find a kiosk. Here you will scan your passport, and answer and submit the question prompts. The kiosk will then print out a form for you to present to the border protection agent. With the form in hand, proceed to the entry line. The border protection agent will take your form and will likely ask a series of questions. Once they give you a go, you're back on US ground! When you exit, head to BAGGAGE CLAIM (do not return to the terminals). Wait for your team within the baggage claim terminal.

ON THE GROUND:

Lodging:

While in Haiti, you will stay in one of the following two places (or a combination of the two depending on your trip itinerary):

- 1) Pastor Maxeau's Guest House in Petionville, Haiti
- 2) At the Church in Gallette Chambon (Valley of Hope), Haiti

While we will make every effort to create an environment that is as comfortable as possible for you and your team, please remember that we are traveling to a 3rd world country with costly supplies and poor infrastructure. That means very dusty environments, limited electricity, cold-water / short showers, and no air conditioning in a country whose climate can top 100° F. At both the Guesthouse in Petionville and the Church in Gallette Chambon, multiple people will be bunking together. While we will try and make every accommodation, depending on the total number traveling, full families may not be able to bunk together (the room assignments are most often gender based).

If you are participating in our Teacher's Teaching Teachers or Medical Mission Trip, your trip will require a 2 – 3 night stay at our compound in Gallet Chambon, where **air mattresses / sheets / towels are to be supplied by the trip participants** and where bathrooms, while still outfitted with all of the essentials, are slightly more primitive.

Snacks:

Any snacks that you choose to bring will need to travel well. Things that will easily melt or spoil are not recommended. Packing these items in secure zip lock bags or plastic containers is best to avoid attracting insects. Some suggestions for snacks include protein bars or granola bars, beef jerky, gum, hard candy, peanut butter crackers, trail mix, etc. Please remember limitations for airline liquid allowances when packing your bags.

Wardrobe:

Packing for a mission trip out of the country is different than packing for a vacation. Our goal is to help you pack all that you need without over packing, as luggage space is a precious commodity for us! Haiti is a mostly conservative society. You want to be aware of how you are dressing and presenting yourself in Haiti. Most women outside of the capitol city do not wear revealing or tight clothing. Please avoid flashy jewelry or apparel or any articles of clothing that are overly American, political, or religious. It is always HOT in Haiti, so dress accordingly. It is okay to re-wear some items! Please bring your bathing suit we might go to the beach on our FREE day!

PLANE AND AIRPORT TRAVEL: When choosing items to wear, be sure to consider airport security. You will be required to remove your shoes, jewelry, and accessories. Because of this, you may want to minimize the accessories and wear shoes that are easy to slip on and slip off during our travel days.

MEN: Shorts are fine for around the guest house or during manual labor projects. However, during ministry activities, casual slacks or jeans with collared pull-over shirts or t-shirts are requested. Lightweight is key! Church services are formal, so we request nice slacks and a collared button up shirts, and a tie for men.

WOMEN: Again, modesty is key. Long length shorts are acceptable around the guest house or during manual labor projects. While on the road during ministry activities, dresses, slacks, and capri pants are requested. Church services are formal, so we request long, loose-fitting skirts, dresses, or dress pants. No halter tops, low-cut, or tight-fitting clothing. No shorts with writing across the back.

SHOES: Make sure to bring comfortable shoes. There will be a lot of walking so you do not want to be breaking in new shoes! The roads in Haiti are VERY ROCKY and difficult to walk on, so closed-toed shoes or walking shoes are best. Flip-flops or sandals can be worn, but please remember some conditions may be unsanitary.

Some team members will feel led by the Lord to give their clothes away before returning home. You are not expected to give your clothes away, but if it's something you'd like to do, many people will shop at thrift stores prior to the trip and only take clothes they plan to leave behind.

Packing:

Do not over pack! We ask that you fit all of your personal items into **ONE CARRY-ON PIECE OF LUGGAGE** and **ONE PERSONAL ITEM** (such as a purse, backpack, or laptop case). When packing, please remember the 3-1-1 rule:

All liquids must be stored within a 3.4 ounce (100ml) bottle or less (by volume) in a 1 quart-sized, clear, plastic, zip-top bag. Only one quart-sized bag per passenger is permitted. This will need to fit all toiletries, including deodorant, toothpaste, shampoo, body wash, perfume, after shave, etc. *In the case of bottles that are larger than 3.4 ounces that MUST accompany you on your trip, we will allot a small portion of our luggage space to accommodate your needs.*

Once again, luggage space is a precious commodity for us! It is very costly to get supplies into Haiti, and while we've tried several methods, bring all supplies on the airplane with us has repeatedly been the most successful method. As such, we ask that you be very sensitive to the fact that the checked luggage space is very much needed for these supplies. We ask that you limit all personal items to your carry-on luggage and personal item only.

If your trip includes a stay at Church in Galette Chambon (Valley of Hope), Haiti, you will need to bring an air mattress, sheets for your mattress, a VERY small pillow (if needed), and a towel. For parent's travelling with small children, you are invited to bring a single air mattress for you to share. We will provide checked luggage space to accommodate these items.

Travel Disclaimer: Love Him Love Them is not responsible for any items or property that are lost, stolen, or damaged.

Air Travel Tips:

- If you experience any motion sickness, plan to take your medication before getting on the airplane or transport vehicles so that it will have time to take effect.
- Be sure to stretch and walk around during your flight. This helps to prevent cramping, blood clots, etc.
- Drink plenty of water while on the plane and throughout your time in Haiti. Be sure to have snacks available especially if you are taking any type of medication.
- Have each piece of luggage marked with your name and contact information. Remember you are responsible for your luggage while you are on the trip.

Meals and Water:

Love Him Love Them will provide breakfast each morning at the guest house or church. You can bring snacks to munch on throughout the day and to supplement lunch. Because we are on the road and access to a full meal will be limited, lunch will most often consist of Haitian patties, a buttery and flaky pastry filled with a meat inside (most commonly beef). In the evenings, we will eat a hot meal at the guest house or at the church.

Haiti has the lowest rates of access to improved water and sanitation infrastructure in the western hemisphere. **DO NOT DRINK THE WATER IN HAITI.** Bottled water and water jugs for replenishing your own bottles of water will be provided. **DO NOT INGEST ANY TAP WATER.** Do not open your mouth in the shower, and use bottled water only for brushing your teeth and cleaning your toothbrush.

Internet Access:

Internet access is very limited and unreliable in Haiti. Many airports have wireless internet that may have free limited time usage and / or pay for usage. However, on the ground, the only location we will have access is at the guest house in Petionville, and reliability is often questionable. The week you're in Haiti will be amazing. It's a great time to disconnect with the world and reconnect with the Lord! If data or phone service is needed, we highly recommend you contact your service provider prior to departure to check data and calling rates and to check about an international phone plan. Your trip leader will have a phone for emergencies only.

Restrooms:

While we are on the road, bathroom facilities will not be readily available. Most public restrooms are poorly maintained. Taking toilet paper or wet wipes each day is helpful to ensure that you have what you need. Please note that the waste pipes in Haiti cannot accommodate any paper refuse. If you throw toilet paper into the toilets, the systems will back up. All waste paper will need to be put into a garbage can! As Americans, this is weird and foreign; however, we ask that you be sensitive to the limitations of Haitian infrastructure and do not put anything into the toilets outside of bodily waste, otherwise we will damage the plumbing systems both at the guest house, the church, and at public restrooms.

Personal Safety:

Throughout your stay in Haiti, do not take any photos of military personnel, airports, or government buildings. They may confiscate your camera. Do not share any personal information. Stay with the group and do not go anywhere alone. Do not make any promises to locals. Do not give gifts to the locals. Please bring any issues to your team leader to be addressed.

Cultural Sensitivity:

As you prepare for your trip, it is important to remember that you are going to be a guest and strive to respect and honor their culture. Haitians are very friendly and the kids especially will be very excited to greet you. When developing relationships, start by asking general questions and use your discernment on when to ask more personal questions. Be mindful that many people you meet may understand or speak English but may or may not let you know that information. Don't think that having a conversation in English is confidential.

We ask that you be sensitive to the fact that Haiti is a place of very limited resource. In order to prepare the juices you drink for breakfast, the house staff will walk a mile up the road to pick the fruit and hand juice the fruit when they return to the house. The food itself is very costly, and they are preparing us what they'd consider a veritable feast every single day. As Americans, we are accustomed to leaving have empty plates and cups, which turns into waste. But both food and drink in Haiti is a precious resource. WE ASK THAT YOU ONLY TAKE WHAT YOU WILL USE!

Finally, it is important to learn the difference between American time and Haitian time. As Americans, time is limited and has real value. For Haitians, time is seen as unlimited and schedules and itineraries only serve as guidelines. **Our BEST advice for your upcoming trip is BE PREPARED TO BE FLEXIBLE. Times will change, places will change, projects will change, and YOU WILL CHANGE!!!** (Traffic will not change ☺) Haitians place much more importance on personal relationships. So remember to be flexible as we adapt to their culture. We encourage you to embrace the new culture you are going to experience and take opportunities to get out of your comfort zone.

We've presented you with a lot of information here! If you have questions, please ask! We want to do everything we can to make sure you have an outstanding trip to Haiti! If you have a problem, please let your travel leader know. Remember, we can't fix something if we don't know about it.

Throughout your journey, we hope you fall as in love with the people and places of Haiti as we did! Take the time to journal at night so you remember the details of your incredible journey. Get to know your Mission mates. God knew before he placed the stars in the sky that each of us would be on this specific trip together. Don't miss the opportunity the MASTER DESIGNER created by placing you with this group of people. Above all else, have fun and enjoy this once in a lifetime opportunity placed before you. We hope that at the end of this week you LOVE HIM MORE and LOVE THEM MORE.

References:

CIA World Fact Book: <https://www.cia.gov/library/publications/the-world-factbook/geos/ha.html>

USA Today: <http://traveltips.usatoday.com/weather-climate-haiti-12394.html>

Christianity Today: <http://www.christianitytoday.com/history/2010/january/haiti-brief-religious-history.html>

Encyclopedia Britannica: <https://www.britannica.com/place/Haiti/Government-and-society>

Haiti Hub: <https://www.haitihub.com/download/Money-Matters-in-Haiti.pdf>

US Aid: <https://www.usaid.gov/haiti/energy>

Adaptelic: https://www.adaptelec.com/index.php?main_page=document_general_info&products_id=267

Food in Every Country: <http://www.foodbycountry.com/Germany-to-Japan/Haiti.html>

NCBI: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3795096/>

SUPPLY CHECKLIST:

Travel Documents:

- DON'T FORGET YOUR PASSPORT!***
- Photocopy of passport
- Photocopy of driver's license

Clothing:

- Sunglasses
- Hat for Sun Protection
- Socks / Undergarments
- Culturally Approved Clothes
See page 9

- Shoes
- Sleep Attire

Toiletries:

- Toothbrush / Toothpaste
- Deodorant
- Razor
- Shampoo / Conditioner
- Glasses / Contact with Solution
- Soap
- Sunscreen
- Brush / Comb
- Feminine Products
- Pocket Tissue / Kleenex
- Wet Wipes / Hand Sanitizer

Snacks:

- Protein Bars / Granola Bars / Pretzels
- Beef Jerky / Trail Mix / Nuts / Crackers

Medications:

- Insect Repellant with DEET
- Prescription medications
- Ibuprofen / Aspirin / Pain Relievers
- Pepto-Bismol / Imodium
- Personal First Aid (Band-Aids, Neosporin, etc.)
- Cold / allergy Medication
- Sleep Aid
- Eye Drops

Other:

- Bible
- Journal / Pens
- Flashlight
- Camera with Extra batteries / Memory Cards
- Chargers
- Reusable Water Bottle (ex: Nalgene)
- Plastic Bags for Dirty Clothes, Wet Items
- Chargers
- Reusable Water Bottle (ex: Nalgene)
- Ear Plugs
- Mini Battery Operated Fan
- Spending Money for Souvenirs, Drinks

For Galette Chambon Only:

- Air Mattress
- Sheets
- Small Pillow
- Towel / Washcloth