

Haiti



Overview

Haiti is the poorest nation in the Western Hemisphere and takes up 1/3 of the island of Hispaniola, which it shares with the Dominican Republic in the Caribbean Sea. Haiti has a population of over 9 million people, the official languages are French and Creole. The following religions are practiced: 80% Roman Catholic, 16% Protestant, 1% none, and 3% other, but do note that roughly half of the population practices voodoo.

Haiti was a French colony until the late 18th century when the nearly half a million slaves revolted and eventually won their freedom in 1804, becoming the first black republic to declare independence. Political violence has plagued Haiti throughout most of its history, but Haiti did inaugurate a democratically elected president and parliament in May 2006.

A massive 7.0 earthquake shook Haiti on January 12, 2010 with an epicenter about 15 miles west of the capital, Port-au-Prince. Over 300,000 people lost their lives and over a million were left homeless. Haiti has been consistently rebuilding with the help of the government and several Non-Profit Organizations.

Source: CIA The World Factbook

Today, 2.1 million people live in food insecurity. 81,600 children under five are acutely malnourished; 20,000 of these suffer from severe acute malnutrition and are 9 times more likely to die than non-malnourished children.

Source: United Nations

Convoy of Hope in Haiti

Convoy of Hope has been working in Haiti since 2007, which is when we received our first USAID grant. At that time, we started an ongoing partnership with Mission of Hope, on whose compound our 36,000 square feet warehouse was built in 2011. We served in Haiti for three consecutive years with that grant. The program started with around 5,000 children, but it grew every year and by the beginning of 2010 we had 13,000 kids enrolled in the program. There were always plans for the program to grow, but because of the open doors and opportunities that arose after the catastrophic earthquake in 2010, we had 45,000 kids in the program by the end of that year. We were even staged to do an immediate response to the earthquake because we had food and supplies we had stocked for our feeding program. Today we have over 65,000 children in the program and we have set a goal of having 100,000 children soon.

We are also thankful for our partnership with the Assemblies of God, Feed My Starving Children and other groups with common goals.

Haiti

In another program in Haiti, we are working with farmers. We have been engaged with farmers since 2009, but took it to a new level in 2012. We are working with small-scale farmers in the mountain communities with seeds and training, and with 2,000 large-scale farmers on bulk purchasing and training. In 2012 we purchased over ½ million Haitian-grown meals. By 2014, we had purchased 4 million total Haitian-grown meals.

The feeding program helps the church, the community, and the schools grow. We are committed to feeding through schools, which has proven to get kids to come to school more frequently, which encourages education. We are committed to educating children by feeding through schools and to investing in Haiti by purchasing locally as much as possible.



CELL PHONE USAGE OVERSEAS

Some have asked about the potential of using cell phones overseas. It is possible, but please read the following thoughts.

First of all, it is important *to be fully present*. Your church's trip leader may ask that no one use cell phones so that there is a greater likelihood of intense focus on the mission. However, if your church trip leader allows cell phone usage and you are able to continue a strong focus on the mission, here are some things to note:

To use a US based carrier overseas, the costs are high. I encourage you to:

1. Contact your cell phone company (this can usually be done by calling 611) and speak with someone that deals specifically with international issues.
2. Tell the international customer service person that you are going overseas and confirm the potential and your interest in having service there.
3. If you do have service, ask about the cost for making calls, receiving calls, sending/receiving text messages, all with your plan. You may also ask about texting/calling/data with an additional international plan.
4. Before ending your conversation, confirm all expectations regarding the ability and costs associated with your desire to use your phone.

Some phones, iPod, iTouch, tablet, etc. have a Wi-Fi feature. If yours has this feature, it is likely you can use your phone for the Internet while in Wi-Fi areas. Check with your provider to confirm this.

As an idea, some members of our staff who have an iPhone or Android phone have downloaded the Skype feature and loaded funds to their Skype account so that when they are in a Wi-Fi zone, they can call any number in the US via Skype for \$.02/minute. Of course, if you call Skype to Skype, it is free.

If you would like to update Facebook or Twitter, it is possible to set it up so your phone can send a text message to update your status. For some, this does cost \$.50. Check with your provider about your plan.

Also, it is possible to use an unlocked cell phone. If you have an old phone, you should be able to call customer service with your provider and they will tell you how to unlock it.

The Convoy of Hope staff will have international phones as well as a satellite phone for emergencies.

Again, we believe it's important *to be fully present*, rather than be distracted by interests at home. However, here are some tips regarding cell usage on the field. If you have questions, feel free to ask, but you should always ask your cell phone provider.



PACKING LIST: CLOTHING

GENERAL GUIDELINES

- Clothing must be modest.
The team members should dress in a way that is appropriate and much more conservative than the typical American the people we serve would see on TV, but yet not in a legalistic way. We request that there are no spaghetti straps, tight or low cut shirts for the girls, and guys need to wear pants that fit and do not fall down. All shorts must reach the knee.
- In the event that we have access to a pool or go to the beach, swimsuits must be modest. Girls are encouraged to wear a one-piece, but may wear a two-piece with a “tankini” top that covers their midsection. *No bikinis are allowed.*
- We will provide at least one Convoy of Hope T-Shirt.
- Please check your project details to see if you need clothing from each of the categories listed below.

NOTE: Below, where items are listed with “/” (i.e. jeans/pants/skirts) it means jeans *or* pants *or* skirts *or* a combination of them, not necessarily all of those items.

WORK CLOTHING

- Shorts must be **to the knee** when shorts are allowed. Many former female team members have worn capris on work days.
- T-shirts are great for most work times. We ask that there be **no tank tops.**
- Shoes (or boots) should be closed-toed. This will help keep your feet safe.
- Bring gloves.
- Your work clothing (including shoes) will get dirty and may even get ruined. Please bring shoes or work boots you are willing to ruin.
- A hat or sunglasses are good to bring, as it will be very hot and sunny.

PROGRAM/MINISTRY ACTIVITY CLOTHING

- Long pants or capris are usually required. Your team leader will let you know if you are allowed to wear something different.
- Ladies, sometimes a skirt is required for program time. Teams have found it beneficial to bring 2-3 skirts for program time as well as church.
- T-shirts or other shirts are fine. Again, we ask that there be **no tank tops.**
- Flip-flops or sandals can be worn for programs or other times. Remember that you may play with the children after the program, so plan accordingly.

OTHER NOTES

It’s important that we connect well with the cultures in which we work. With that in mind, please comply with the following.

- Piercings are not acceptable for men, as they mean other things in these cultures. If females have 1-2 piercings in their ears, it is ok. Some cultures do not appreciate nose piercings, but



PACKING LIST: CLOTHING

your team leader will inform you about that. If you have a lip ring, a prominent nose ring, or a high number of earrings, it's best if they are taken out.

- All team members should avoid flashy jewelry and females should avoid heavy applications of makeup.
- Tattoos are okay, but there may be instances or places where you will need to cover them.

CHURCH CLOTHING

- Ladies should wear a skirt and blouse or dress.
- Guys should wear a pair of dress slacks or non-jeans and button up or nicer shirt (business casual).
- Team members should bring at least 2 church outfits (could be 1-2 pairs of pants for guys with at least 2 nice shirts that you will not work in, and 1-2 skirts with blouses or dresses for girls), as the team may be involved in multiple services each week.

DOWN TIME

- Modest shorts/flip flops/t-shirts/etc. are appropriate.
- We strongly suggest bringing shower shoes or shoes you can wear to/from the pool. Flip flops should suffice.



POWER OUTLETS

HAITI

Electrical sockets in Haiti are very similar to the outlets in the United States. The only type of adapter you would need is if your plug has 3 prongs (the third being a grounding prong) or if the left vertical blade is taller than the right blade so that the plug cannot be inserted upside down (polarization prong). There are some areas that have the capability to accept these plugs, but it is best to have an adapter just in case.

Voltage is the same as the United States (110-120 Volts).



SPENDING MONEY

Q: How much spending money should I bring? How should I bring the funds?

A: It's kind of like Christmas. How much money should you spend at Christmas? It depends on:

- How much money you have.
- How much you want to purchase and for whom you would like to purchase things.

You will be responsible for the following expenses:

- \$10 tourism fee to be paid in cash upon arrival at the airport
- Souvenirs: We will likely have opportunities to shop for both inexpensive and expensive souvenirs. We encourage you to purchase gifts for your supporters and family members.
- Some snacks: i.e. convenience store stops, etc.
- Personal Comfort items: If you must drink Coke for breakfast each morning, have coffee every day, or frequently use cherry chap stick, you can buy these items if there is opportunity to shop. Note, we don't guarantee these opportunities.
- Toiletries
- Medical expenses: as part of the trip, you will have insurance and should have a copy of the limits. With that in mind, you are responsible to cover any medical expenses that arise. We will always be sure you get the care you need, even if that means covering the expenses for you up front, but we will need to be reimbursed for this. We have had a few team members go to the doctor with stomach or other issues. Typically, the total bill is quite inexpensive (\$20-\$40). There have been a couple times where a team member has spent about \$100. In some of those 3-4 occasions, we have paid the expense up front to be sure the team member has enough money for the rest of the term and the team member has reimbursed us later. We will never keep anyone from getting good medical care due to funds.
- Potential tips to trip hosts, translators, drivers, etc. You are not obligated to tip.

BRINGING MONEY

- Do not bring traveler's checks. It will be very frustrating for you and the hosts. They are difficult to cash.
- Cash is good. We encourage you to bring cash, but to keep this money in a secure place. Do not put it in your check-on luggage. We encourage money belts, travel pouches, etc.
- We will likely have very little access to ATM machines.
- Please contact your bank/ATM/debit card providers to see the fees/etc. that they charge to use their cards internationally (in case we do have opportunity). Every bank is different.
- Notify your credit card/debit card company of your intention to travel and to what country. This way they will not reject your purchases outside your normal purchasing area/country.



IMMUNIZATIONS

These immunizations are **recommended** but **not required** for those traveling with Convoy of Hope overseas. If a vaccine is required for entry into the county, you will be notified. The decision to obtain these vaccinations is an individual choice. These recommendations are based on a planned itinerary and the assumption that adults have received standard US childhood vaccines of DPT (Diphtheria/Pertussis/Tetanus) and Polio. Vaccines do not need to be repeated unless expired or a booster is necessary.

These recommendations are generic and need to be tailored to your personal health history. Please take these recommendations to a travel clinic or your personal physician to receive the vaccines. All immunizations should be documented on a yellow “**International Certificate of Vaccination**” card. These cards can be obtained at your doctor’s office or county health department. A directory of travel clinics in your area may be accessed at web site: www.istm.org/clinidir.html. More information about vaccines may be obtained from the Centers for Disease Control web site: www.cdc.gov.

Immunization	No. of Doses	Good For	Comments
dT (Diphtheria/Tetanus)	1	5-10 yrs.	Boost every 10 years regardless of travel.
Hepatitis A	2	Life	2 doses over 6-month period.
Hepatitis B	3	Life	3 doses over 6-month period.
IG (Immune Globulin)	1	3-6 mo.	Alternative to Hepatitis A vaccine.
Japanese Encephalitis	3	3 yrs.	3 doses over 1 1/2-month period.
MMR (Mumps/Measles/Rubella)	1	Life	One-time only supplementary dose if born in or after 1957 and do not already have 2 documented doses of MMR.
Polio	1	Life	One-time only supplementary dose.
Rabies	3	2 yrs.	3 doses over 3 to 4-week period.
Typhoid, Oral	4	5 yrs.	4 doses over 8-day period.
Varicella	1 or 2	Life	If haven’t had chickenpox disease.
Yellow Fever	1	10 yrs.	Must be documented on “International Certificate of Vaccination”

STANDARD HEALTH RECOMMENDATIONS FOR TRAVEL TO LESS-DEVELOPED COUNTRIES

1. Eat only cooked foods hot to the touch. Avoid eating at street vendors.
2. Eat only cooked fruits/vegetables and or fruits/vegetables you can peel, pare or cut yourself.
3. Drink only purified bottled water with seal intact produced by a reputable company, or boiled and filtered water, or carbonated beverages, or tea and coffee made with boiled water.
4. Do not accept ice in beverages if the source of the water is unknown.
5. Do not swim in fresh water.
6. Protect yourself from mosquito, fly, tick and other insect bites.
7. Bring an extra supply from the US of your prescription, or over the counter medications.
8. When possible, use seat belts when riding in the car; use helmets when riding motorcycles or bicycles.

Note: Immunizations and other travel recommendations are a service but not meant to replace the role of the private physician or health practitioner who administers the vaccines. Said persons will at all times retain sole responsibility for advice, care and treatment given to their patients. Convoy of Hope disclaims and is not responsible for any illness or consequence resulting from the use, misuse or incorrect interpretation of the recommendations and information given in this document.



PACKING LIST: NON-CLOTHING ITEMS

Here is a list of items to bring for the trip. Of course, there may be other things you would like to bring in addition to what is below.

REQUIRED

- Passport: Please check to confirm that your passport has not expired, and will not expire until at least 6 months after the trip ends.
- Passport copies: for safety reasons, please make two copies of your Passport and email one electronic copy to yourself. Leave one copy at home with someone who could be reached in case of emergency and bring one with you somewhere safe in your luggage. The emailed copy is in case you need to retrieve it electronically.
- Bible
- Field Guide training materials: there is a portion to be used while you are in country
- Any unique item necessary for your good health, such as an EpiPen to use after an allergic reaction, insulin shots if you are a diabetic, etc. Be sure to keep such items in your carry-on, not your checked luggage.
- Prescription medicines must be in the actual bottle with a copy of the prescription. Pack more than your planned need. Pack medication only in your carry-on and only in the current prescription bottle. Never pack prescription medicine in an unmarked container.
- Towels: Please bring your own ***bath towel*** and ***beach towel***, as well as small towels or cloths you may desire to take with you to use to wipe any sweat you may experience in the heat.
- Water bottle: We will use a water dispenser to refill them multiple times daily. We ask that you only drink water provided by or approved by leadership. We'll note that bottles with a carabineer are useful and mobile.
- Insect repellent: there will be mosquitoes and other bugs.
- Alarm: You are responsible to have a means to wake yourself, whether it is a watch alarm, phone alarm, travel alarm clock, or other. It is good to have a battery-operated option in case there is no electricity.
- Daypack: You must have a backpack or shoulder bag to take with you each day. This can be the same as your carry-on bag.
- \$10 tourism fee for entry into country

PERSONAL EFFECTS AND TOILETRIES SUGGESTIONS

- Toothpaste and toothbrush
- Hair care items: Brush, bobby pins, barrettes, headbands, bandanas, hair ties, etc.
- Toilet paper: you may purchase small rolls of “camping” toilet paper or make your own travel roll. Please take toilet paper with you everywhere you go. The places the team will stay will have toilet paper; this is only for when we’re away from the hotel/guest house.
- Tissues
- Q-tips
- Good smelling body soaps, shampoos, and conditioners
- Lotion



PACKING LIST: NON-CLOTHING ITEMS

- Deodorant
- Sunscreen: If you burn, please bring sunburn relief products i.e. aloe.
- Other personal effects/items you may desire during your time on the field.

OTHER SUGGESTIONS

- Sunglasses
- A garbage bag or laundry bag for dirty clothes or shoes
- Flashlight
- Journal
- Poncho or rain jacket: Past team members have said they would rather get wet, it is up to you.
- Over-the-counter medications: Sunburn ointment, Band-Aids, Eyewash, Benadryl, motion sickness tablets, Pepto-Bismol, Imodium A-D, Tylenol or Tylenol PM, Allergy/Sinus medication, cough drops, Dramamine, etc. We will have a medical/first aid kit as backup, but its supplies are limited, so please bring your own OTC medications, especially for those illnesses to which you are prone.
- Emergen-C, Airborne or other healthy items: these are vitamin-enriched drink packets that can be added to water to boost your immune system.
- Water flavor packets. Past team members have said this helps the water taste better.
- Vitamins, fiber, probiotics, etc. to aid digestive system. New places with new food can upset your system even if you normally do not have any issues.
- Comfort items (none are necessary): Pillow, blanket, games, snacks.
- Pocketknife or Leatherman: Do NOT pack in carry-on, be sure to pack it in your checked baggage.
- Camera
- Photos of those closest to you: Photos are great for bonding with the nationals and for homesick moments. A photo of your family, your pets, etc. placed in your Bible can be very handy for time with local people when you do not speak the language. It makes a fun bonding experience.
- A few assorted sizes of Ziploc bags for things that may get messy in your packing.
- Febreze: This can help keep you smelling fresh.
- Contact lens care kit.
- Travel pack of handy wipes or baby wipes or hand sanitizer: we want to stay clean and sanitary. You do not need both the wipes and sanitizer, but we suggest you bring at least one of those.
- Small sewing kit (checked baggage).
- Nail clippers, tweezers, small scissors (checked baggage).
- Money belt, pouch, etc.: These are a safe way to carry money, ATM cards, and more.
- Ear plugs: your neighbor may snore and if you know you snore, be extra nice and bring some for your roommates.



PACKING LIST: NON-CLOTHING ITEMS

- iPod/MP3 player and headphones: please use such items sparingly.
- Music list with chords, and an instrument if you're interested in playing (contact your leader with questions).
- Laptop: We discourage the use of laptops, but your team leader may allow you to bring one for functions related to the team.

Note: Convoy of Hope cares about your personal belongings, but does not take responsibility for them. Please note that you are responsible for any and all items you bring. While travel insurance is part of the trip expense, property insurance is not.



HAITI TEAM MEMBER SAFETY TIPS

The following lists some basic safety guidelines to be aware of when traveling in Haiti. While we do not anticipate any issues, we like to minimize any safety risks while you travel with us.

1. Do not leave the airport without your group. If you have missed your flight, do not leave until a clearly identified Convoy of Hope representative comes to pick you up at the exit gate.
2. Wear comfortable clothing that does not stand out (don't wear your Sunday best).
3. Avoid wearing flashy jewelry such as watches, diamond rings, or other gem-studded items. You do not want to draw attention to yourself.
4. Make sure you stay close to your group, always within eyesight.
5. Carry the majority of your cash in as private/secure location as possible. Always divide out small amounts of spending money in advance and keep in another location.
6. If anyone wants to purchase souvenirs they should bring smaller bills such as \$20, \$10, \$5, or \$1. You also need to avoid pulling all your money out at once. With vendors it is always best to act like you don't have much money.
7. Keep valuables such as iPhones, iPads, laptops etc. out of sight when stopped at a location
8. Always be aware of who's around you, if you spot something unusual please report it to Convoy of Hope staff immediately.
9. Avoid giving money to beggars. If you feel overly compelled to give, please do so through one of our Haitian staff.
10. Try to avoid the typical loud American stereotype. Blend in as much as possible and try to not let everyone know you've arrived.
11. Try to be indoors before dark. If you travel after dark, refrain from taking pictures with a flash in order to avoid drawing any unwanted attention.
12. Please follow your leaders instructions completely and immediately, especially related to safety concerns. Often the instructions are made in order to maintain a safe and conducive tour experience. Your cooperation is greatly appreciated.

Common Kreyol (Haitian Creole) phrases

English	Kreyol	pronunciation
Good morning	Bonjou	bon-joo'
How are you?	Koman ou ye?	coma ooh yay
Good!	N'ap boule! (most common response)	nahp boo-lay'
I'm good.	Mwen byen	mweh bee-yen'
I'm very good.	Mwen tre byen	mweh tray bee-yen'
Good afternoon	Bonswa	bon-swah'
Good night	Bon nwi	bon nwee
What is your name?	Koman ou rele?	coma ooh reh-lay'
My name is _____.	Mwen rele _____.	mweh reh-lay'
How old are you?	Ki laj ou?	key lahj ooh
I am _____ years old.	Mwen gen _____ an.	mweh jen _____ an
Thank you.	Mesi.	mess-ee'
Thank you very much.	Mesi anpil.	ahn-peel'
You're welcome.	Pade kwa.	pah-day-kwah'
No problem!	Pa gen pwoblem.	pah gen pwah'-blem.
Jesus loves you.	Jezi renmen ou.	Jeh'-zee reh'-men ooh
You're beautiful.	Ou bel.	ooh bell
God bless you.	Bondye beni ou.	bon-dyay ben'-ee ooh
No, thank you.	Non mesi.	no, mess-ee'
Excuse me.	Eskize mwen.	es-cue'-zeh mweh
I'm sorry.	Mwen regret sa.	mweh re-gret' sah
Please	s'il vous plaît	see voo play
Sit there.	Chita la.	sheet'-a lah
Are you ok?	Ou byen?	ooh bee-yen'
I'm sick.	Mwen malad.	mweh mah-lahd'
I'm hungry	Mwen grangou.	mweh grahn-goo'
What?	Kisa?	key'-sah
Do you understand?	Ou konprann?	ooh con-prahn'
I don't understand.	Mwen pa konprann.	mweh pah con-prahn'

yes	wi	wee
no	non	no
OK	oke	oh kay'
people	moun	moon
little/small	ti (petit)	tea (peh-tea')
children	timoun	tea-moon
everyone	tout moun	toot moon
everything	tout bagay	toot bug-eye'
you	ou	ooh

girl	fi	fee
boy	gason	gas-on'
little girl	ti fi	tea fee
little boy	ti gason	tea gas-on'
beautiful	bel	bell
a little bit	Piti piti	pit'-ee pit'-ee
a lot	anpil	ahn-peel'
there	la	lah

What country are you from?	Nan ki peyi ou soti?	
I am from the United States.	Mwen soti oze tazi ni	
Are you married?	Eske ou marie?	ess-kay ooh marrie
Do you have any children?	Eske ou gen timoun?	ess-kay ooh gen tea-moon
I have _____ children.	Mwen genyen _____ timoun.	
How many?	Knobyen	con-bee-yen'

mango	mango	mahn'-go
avocado	zaboka	zah-boh'-kah
watermelon	melon	meh-lone'
papaya	papay	pah'-pie
grape	rezon	ray-zone'
pineapple	anana	ah-nah'-nah
apple	po'm	pom
corn	mayi	mah-yee'
tomatoe	tomat	toe-maht'
onion	zonyon	zon-yon'
rice	diri	dear'-ee
beans	pwa	pwah
car	machine	mah-sheen'