



General Trip Manual

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Welcome to Hope for Haiti Foundation

Letter from Founder

Dear Friends and Supporters,

It is with great pleasure that I welcome each and every one of you to our team. I believe if you are reading this package you are either going to Haiti or you are going to continue to help us make a difference in the lives of people that are far way from us, yet dear to our hearts.

Thank you for your willingness to embark on a trip to Haiti with us. I must warn you that a trip to Haiti, a beautiful island, will be difficult physically and mentally. During the trip, you will not always have basic necessities like running water, inside plumbing and electricity; however, if you are able to mentally overcome these obstacles, you will go to Haiti again and again.

There are hundreds of people who await your arrival, and they will be willing to do anything to make you feel welcome – their hospitality is second to none. They understand the sacrifices you make and want your trip to be a memorable one. I pray that God will continue to use you for His glory and I thank you for being obedient.

What a blessing to share your enthusiasm for this country. I look forward to our trip.

Jean Elade Eloi
Founder, Hope for Haiti Foundation

Mission Statement

Hope for Haiti Foundation's mission and objectives are threefold:

- To provide education to the underprivileged children throughout the remote villages and towns of Haiti.
- To provide medical care to communities without clinics, hospitals, medical doctors, or nurses.
- To provide places and activities that foster community growth and vitality -- by physical, mental, and spiritual means.

Our goal: Helping Haiti help Haiti. The Foundation's work impacts individual Haitians, empowering them to change their own nation.

We are equipping a new generation with a vision and the skills to make the dream a reality. Already, there are native Haitians making a difference as nurses, ministers, and teachers. The future undoubtedly holds influencers in law, politics, community organization, media and more.

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Geography and History



Geography

Haiti, in the West Indies, occupies the western third of the island of Hispaniola, which it shares with the Dominican Republic. About the size of Maryland, Haiti is two-thirds mountainous, with the rest of the country marked by great valleys, extensive plateaus, and small plains.

Government

Republic with an elected government.

History

Explored by Columbus on Dec. 6, 1492, Haiti's native Arawaks fell victim to Spanish rule. In 1697, Haiti became the French colony of Saint-Dominique, which became a leading sugarcane producer dependent on slaves. In 1791, an insurrection erupted among the slave population of 480,000, resulting in a declaration of independence by Pierre-Dominique Toussaint l'Ouverture in 1801. Napoléon Bonaparte suppressed the independence movement, but it eventually triumphed in 1804 under Jean-Jacques Dessalines, who gave the new nation the Arawak name Haiti. It was the world's first independent black republic.

The revolution wrecked Haiti's economy. Years of strife between the light-skinned mulattos, who dominated the economy and the majority black population, plus disputes with neighboring Santo Domingo, continued to hurt the nation's development. After a succession of dictatorships, a bankrupt Haiti accepted a U.S. customs receivership from 1905 to 1941. Occupation by U.S. Marines from 1915 to 1934 brought stability. Haiti's high population growth made it the most densely populated nation in the Western Hemisphere.

In 1949, after four years of democratic rule by President Dumarsais Estimé, dictatorship returned under Gen. Paul Magloire, who was succeeded by François Duvalier, nicknamed "Papa Doc," in 1957. Duvalier's secret police, the "Tontons Macoutes," ensured political stability with brutal efficiency. Upon Duvalier's death in 1971, his son, Jean-Claude, or "Baby Doc," succeeded as ruler of the poorest nation in the hemisphere. In the early 1980s, Haiti became one of the first countries to face an AIDS epidemic. Fear of the disease caused tourists to stay away, and the tourist industry collapsed, causing rising unemployment. Unrest generated by the economic crisis forced Baby Doc to flee the country in 1986.

Throughout the 1990s the international community tried to establish democracy in Haiti. The country's first elected chief executive, Jean-Bertrand Aristide, a leftist Roman Catholic priest who seemed to promise a new era in Haiti, took office in Feb. 1991. The military, however, took control in a coup nine months later. A UN peacekeeping force, led by the U.S.—

Operation Uphold Democracy—arrived in 1994. Aristide was restored to office and René Preval became his successor in 1996 elections. U.S. soldiers and UN peacekeepers left in 2000. Haiti's government, however, remained ineffectual and its economy was in ruins.

In 2000, former president Aristide was reelected president in elections boycotted by the opposition and questioned by many foreign observers. The U.S. and other countries threatened Haiti with sanctions unless democratic procedures were strengthened. Aristide, once a charismatic champion of democracy, grew more authoritarian and seemed incapable of improving the lot of his people. Violent protests rocked the country in Jan. 2004, the month of Haiti's bicentennial, with protesters demanding that Aristide resign. By February, a full-blown armed revolt was under way, and Aristide's hold on power continued to slip. The protests, groups of armed rebels, and French and American pressure led to the ousting of Aristide on Feb. 29. Thereafter a U.S.-led international force of 2,300 entered the chaos-engulfed country to attempt to restore order, and an interim government took over. In September, Hurricane Jeanne ravaged Haiti, killing more than 2,400 people. Lawlessness and gang violence were widespread, and the interim government had no control over parts of the country, which were run by armed former soldiers.

After numerous delays, Haiti held elections on Feb. 7, 2006. The elections, backed by 9,000 United Nations troops, were seen as a crucial step in returning Haiti to some semblance of stability. Former prime minister and Aristide protégé René Préval, very popular among the poor, was seen as the favorite. But when the election count indicated that Préval's lead over the other candidate was dropping and that he would not win an outright majority, Préval contested the election and charged that “massive fraud and gross errors had stained the process.” On Feb. 14, the interim government halted the election count, and the following day, after the votes were re-tabulated, Préval was declared the winner.

A massive magnitude 7.0 earthquake struck Haiti in January 2010 with an epicenter about 15 Km southwest of the capital, Port-au-Prince. An estimated 2 million people live within the zone of the heavy to moderate structural damage. The earthquake is assessed as the worst in this region over the last 200 years and massive international assistance will be required to help the country recover.

In 2011, former pop star and Haitian Michel “Sweet Mickey” Martelly was sworn in as the new president of Haiti. There will always be detractors, but Martelly's overall popularity with the people and his words and actions thus far have given hope to the country and international community.

Other Interesting Information

National name: République d'Haïti

Population (2011 est): 9,719,932;
Population growth rate 0.787%; 24.4
births/1,000 population (2011 est.); total
life expectancy total population: 62.17
years. Note: the preliminary 2011
numbers differ significantly from
those of 2010, which were strongly
influenced by the demographic effect
of the January 2010 earthquake

Capital and largest city (2003 est.): Port-
au-Prince, 2.143 million

Monetary unit: Gourde

Languages: Creole and French (both
official)

Ethnicity/race: black 95%, mulatto and
white 5%

Religions: Roman Catholic 80%, Protestant
16% (Baptist 10%, Pentecostal 4%, Adventist
1%, other 1%), other 3%, none 1%. Note:
roughly half the population practices
Vaudou

Literacy rate: 52.9% (2011 est.)

Economic summary: GDP/PPP (2010 est.):
\$11.53 billion; per capita \$1,200. Real
growth rate: - 5.1%. Inflation: 15.2%.
Unemployment: widespread unemployment
and underemployment; more than two-
thirds of the labor force do not have formal
jobs (2011 est.). Arable land: 28%.
Agriculture: coffee, mangoes, sugarcane,
rice, corn, sorghum; wood. Labor force: 3.6

million; note: shortage of skilled labor,
unskilled labor abundant (1995);
agriculture 66%, services 25%, industry 9%.
Industries: sugar refining, flour milling,
textiles, cement, light assembly industries
based on imported parts.

Natural resources: bauxite, copper, calcium
carbonate, gold, marble, hydropower.
Exports: \$530.2 million f.o.b. (2010 est.):
manufactures, coffee, oils, cocoa,
mangoes. Imports: \$2.727 billion f.o.b.
(2010 est.): food, manufactured goods,
machinery and transport equipment, fuels,
raw materials. Major trading partners: U.S.,
Dominican Republic, Canada, Trinidad and
Tobago, Cuba, UK (2004).

Communications: Telephones: main lines in
use: 108,300 (2009); mobile cellular: over
3.648 million (2009). Radio broadcast
stations: AM 41, FM 26, shortwave 0
(1999). Television broadcast stations: 2
(plus a cable TV service) (1997). Internet
hosts: 273 Internet users: 1 million (2009)

Transportation: Railways: n.a. Highways:
n.a. Waterways: n.a. Ports and harbors:
Cap-Haitien. Airports: 14 (2010 est.).

International disputes: since 2004, about
8,000 peacekeepers from the UN
Stabilization Mission in Haiti (MINUSTAH)
maintain civil order in Haiti; despite efforts
to control illegal migration, Haitians fleeing
economic privation and civil unrest
continue to cross into Dominican Republic
and to sail to neighboring countries; Haiti
claims US-administered Navassa Island.

A Note about Safety

Unfortunately, our beloved Haiti has been in the news more and more lately. Between earthquake recovery, poor health infrastructure, and political uncertainty, there is a lot to consider when traveling. HFHF has a set of safety procedures, outlined below. In addition, HFHF requires that each individual make an informed decision about traveling to Haiti.

1. Prior to travel, we are in constant contact with staff on the ground in Haiti to assess the current country situation and safety of travel.
2. We are in contact with several other Haitian organizations regarding safety of travel to Haiti at any particular time.
3. We always travel with HFHF Haitian staff who are familiar with the area, speak the language, and understand the culture. We always use the buddy system.
4. We have emergency funds available in the event that while in Haiti, it is determined that travel is not wise. In such an event, the team would be taken to a hotel and remain there until it is deemed okay to travel again.
5. We carry an emergency medical kit with basic supplies, and a cell phone for emergency calls.
6. We make every effort to travel only during daylight hours.

While HFHF takes the above safety measures, there is an inherent risk that comes with traveling to a remote area, whether that is Haiti or anywhere in the world. While we can do our part to make sure proper safety measures are in place, we cannot guarantee anyone's safety. Please understand that Zorangé is a 6-hour drive from Port-au-Prince and that there are no emergency facilities available. Getting back to the States in a non-life-threatening situation could take up to 24 hours. For this reason, we strongly recommend that you do the following, in case of emergency:

1. Get traveler's insurance that includes emergency evacuation from Haiti via helicopter. Many companies offer this, and it is only \$5 - 10 dollars a day. HFHF purchases trip insurance with every airline ticket. If you would like to see an example of what that covers, please email Elizabeth at ebrown@hopeforhaitifoundation.com.
2. Register your travel with the U.S. Embassy. You can do this online at www.travel.gov.
3. Consider your current state of health - if you have a medical issue that requires access to immediate medical assistance, please be aware of the increased risk you are assuming.
4. READ the trip manual in detail, and make sure you follow appropriate guidelines for safety.
5. Recognize that you are still responsible for your own safety, even when traveling in a group.

Finally, as an organization, we are committed to helping the people of Haiti. To accomplish our mission, we have assumed a certain level of risk. However, each individual must decide for themselves what level of risk they are comfortable accepting.

Health Concerns

The Center for Disease Control and Prevention (CDC) is an excellent, up-to-date source for health concerns related to travel to Haiti. Most of the information we've included in this section comes directly from the CDC's website.

You can review the Haiti section of the CDC website, for complete information:

<http://wwwnc.cdc.gov/travel/destinations/haiti.htm>

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time. See your doctor at least 4–6 weeks before your trip to allow time for shots to take effect. If you are going to get your immunizations from the CDC or state, you'll want to schedule that now. It will be at least 4-6 weeks to get an appointment.

Vaccination or Disease	Recommendations or Requirements for Vaccine- Preventable Diseases
Routine	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
Hepatitis A or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
Hepatitis B	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
Typhoid	Recommended for all unvaccinated people traveling to or working in the Caribbean, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.
Rabies	Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites.

Prescription Drugs for Malaria

Malaria is a serious illness transmitted by the bite of an infected mosquito. Travelers (including infants, children, and former residents) to Haiti may be at risk for this potentially deadly disease and should protect themselves from malaria by taking an anti-malarial drug and by preventing mosquito bites. Despite the risk, most travelers can avoid becoming ill with malaria by taking these precautions.

Typical medication prescribed for avoiding malaria is Chloroquine. Local pharmacies do not normally stock this drug, so you need to place your prescription well in advance of the trip. In the past, the team has called one pharmacy one month in advance to order enough for everyone. If you have any questions about Chloroquine or acquiring it, contact Elizabeth at ebrown@hopeforhaitifoundation.com.

All travelers should take the following precautions, no matter the destination:

- Wash hands often with soap and water, or use antibacterial hand sanitizer.
- Because motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively. Avoid travel at night, if possible, and always use seat belts.
- Do not eat or drink dairy products, unless you know they have been pasteurized.
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. Remember: boil it, cook it, peel it, or forget it.
- Never eat undercooked ground beef or poultry, raw eggs, or non-pasteurized dairy products. Raw shellfish is particularly dangerous to persons who have liver disease or compromised immune systems.

Travelers visiting undeveloped areas should take the following precautions:

- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, make water safer by BOTH filtering through an “absolute 1- micron or less” filter AND adding iodine tablets to the filtered water. “Absolute 1- micron filters” are found in camping/outdoor supply stores.
- If you visit an area where there is risk for malaria, take your malaria prevention medication before, during, and after travel, as directed. (See your doctor for a prescription.)
- Protect yourself from mosquito bites:
 - Pay special attention to mosquito protection between dusk and dawn. This is when the type of mosquito whose bite transmits malaria is active.
 - Wear long-sleeved shirts, long pants, and hats.
 - Use insect repellents that contain DEET.

- Read and follow the directions and precautions on the product label.
- Apply insect repellent to exposed skin; do not put repellent on wounds or broken skin.
- Do not breathe in, swallow, or get into the eyes (DEET is toxic if swallowed). If using a spray product, apply DEET to your face by spraying your hands and rubbing the product carefully over the face, avoiding eyes and mouth.
- Unless you are staying in air- conditioned or well- screened housing, purchase a bed net impregnated with the insecticide permethrin or deltamethrin. Or, spray the bed net with one of these insecticides if you are unable to find a pretreated bed net.
- DEET may be used on adults, children, and infants older than 2 months of age. Protect infants by using a carrier draped with mosquito netting with an elastic edge for a tight fit.
- Children under 10 years old should not apply insect repellent themselves. Do not apply to young children's hands or around eyes and mouth.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.

To avoid getting sick...

- Do not eat food purchased from street vendors.
- Do not drink beverages with ice.
- Do not handle animals (especially monkeys, dogs, and cats), to avoid bites and serious diseases (including [rabies](#) and [plague](#)). (For more information, please see [Animal-Associated Hazards](#).)
- Don't swim in fresh water. Salt water is usually safer. (For more information, please see [Swimming and Recreational Water Precautions](#).)

Physical Requirements

The people of Zorangé have strong hearts because of the amount of walking they do. You will also be walking and hiking a great deal. You can take steps now to get fit or in even better shape for the trip. Here are some suggestions for getting started.

- See your doctor and have a physical done – follow the recommendations.
- Walk to do your errands instead of driving.
- Mow the lawn with a push mower.
- Use a shovel instead of a snow blower.
- Take the stairs instead of the elevator.
- Walk the long way to someone's office.
- When sitting at your desk all day, stop every hour to stretch or march in place.
- Join company- sponsored teams such as softball, bowling, golf, volleyball, basketball.
- Walk every day. Each week, try to add a challenge (more distance, hills).
- Use inexpensive resistance bands for toning and strength training.
- Take advantage of your gym membership, if you have one.

Exercise is key, but making wise food choices will keep you healthy, strong and motivated. Getting into a habit of healthy eating now will help prepare you for the Haitian menu. During the trip, you will not see Big Macs, Hershey bars, French fries, colas or cheesecake. You will be eating what is found in the community: rice, beans, chicken, plantains, oranges, etc. Start now by choosing fresh foods. Add fruit and vegetables to every meal and include milk and water throughout the day. Make eating a time for fueling the body and not just consuming calories.

Any steps taken now, no matter how small, will benefit you in Haiti. Essentially, you want to make sure your body is used to expending a larger amount of energy daily.

Passports

Every team member must make arrangements for a passport. Because it often takes several weeks, do it now to avoid panic, additional fees, or the possibility of not being able to join the team in Haiti.

Go to http://travel.state.gov/passport/forms_overview.html for more information.

Please consider the following:

- A certified birth certificate is required. This is issued by the state in which you were born. This is not the piece of paper issued by the hospital. You can obtain this certificate by contacting the state directly or via <http://www.cdc.gov/nchs/howto/w2w/w2welcom.htm>
- Do not sign your application until the Passport Acceptance Agent instructs you to do so.
- You will need a current state- issued driver's license for identification.
- You will need two color photos/headshots. Double check the website for all the particulars; these photos can usually be obtained at places like Kinko's, UPS stores, Post Offices, etc.
- http://travel.state.gov/passport/get_first_apply.html
- For security reasons, you must apply in person.
- Acceptance office hours vary dramatically. Call for specific hours.

Local NC Passport Offices

Cary Post Office
150 Wrenn Dr.
468- 9602

Apex Post Office
501 W. Williams St.
387- 6708

USPS Capital Station
311 New Bern Ave.
833- 0155

For team members outside the Raleigh/Durham area

Please check the website for the nearest location to you: <http://iafdb.travel.state.gov/>



Packing

Packing can be stressful, but with this list, most everything will be covered. If you are having second thoughts about an item, call one of your teammates and see if they are bringing it or leaving it at home. Some items like bug spray can be shared. Women may want to talk with other women prior to the trip for their personal insights. You won't have any room for extras or luxuries, so pack wisely.

- Camping backpack to contain everything you will need for the trip, but small enough to fit in the overhead compartments on the plane. (No checked bags! We use the checked bags allotted to your ticket for our supply containers.)
- Clothes - loose fitting/cotton items - medical teams may want to bring scrubs - shorts, T-shirts and sundresses are appropriate. Some team members pack each day's clothing in sealed/compact plastic bags. Travelers will appreciate a clean change of clothes for the flight home.
- Light jacket/sweater or long-sleeved shirt
- Extra socks
- Light but warm clothes to sleep in (In January and other winter months)
- Comfortable closed-toe shoes that are broken in (a lot of walking/hiking)
- Water shoes or sandals for showering or river bathing
- Small flashlight with a few extra batteries, or personal LED headlight
- Towel, washcloth
- Swimsuit
- Bug repellent (Deep Woods Off), ant killer, sunscreen, lotion, sunglasses, hat with brim or sun visor
- Indiglo watch, useful for nighttime viewing
- Sleeping bag and a compact pillow (the pillow will be very handy to sit on during the ride)
- Antibacterial gel, baby wipes, or pre-moistened wipes
- Personal medications (keep in original prescription bottles)
- Toiletries
- Antidiarrheal medication, Tylenol, Band-Aids, Tylenol PM
- Earplugs (roosters and other animals don't sleep when we do)
- Snacks that won't melt (trail mix, jerky, gum, power bars)
- Crystal Lite or Tang to add variety to your water; sugar packets, if you wish to add it to the coffee
- A camera, batteries (you won't be able to recharge), and memory cards
- Compact notebook and pens
- Only enough cash for souvenirs and meals in the airport (no more than \$50)

- Copy of your passport and driver's license - keep it separate from the original. Be sure to keep the paperwork you were issued on the airplane on the way to PAP, as you will be required to show it when you leave the country.

Medical staff may want to pack their own stethoscope, Otto scope or any other equipment necessary for a patient exam.

Airport Liquid Restriction

Remember that the airports limit the amount of liquids we can pack in our carry-ons. All liquids must be separated in a clear plastic bag and no larger than 3 oz. This includes things like deodorants, shampoos, lotions including sunscreen. Larger quantities must be packed in the containers being checked (be sure to put them in a clear plastic bag with your name on it, as well).

You should only need larger quantities of liquids if you are going on a trip longer than a week. If you will be bringing larger quantity bags, tell someone in advance and give the bags in advance to ensure they are packed.

Do NOT Bring

Gifts, valuables, money, jewelry, or anything you do not want left behind. Limit "extras" or "just in case" items; arrange with others in the group who will take special items to prevent duplication. If you forget something, someone in the group will help you out.

A note about TRASH...

Whatever you bring into Haiti, make sure you take out or dispose of properly in the country. Haiti struggles with trash removal and proper disposal. It may be easy to discard trash anywhere, because you will see trash around, but we need to lead by example by using proper trash receptacles to help Haiti's trash problem, rather than contribute to it.

What to Expect on a Typical Day

The ride:

The road trip from the capital city of Port- au- Prince to the village of Zorangé is not what one would expect. A small portion of the trip is on paved roads (with pot holes that could swallow a small car or goat). The rest of the drive is nearly a four- wheelin' event. You will experience bumps that will shake everything loose, swallow dirt clods, and teeter on the edge of mountains. Women are recommended to wear sports bras and everyone should consider taking Dramamine.

When we wake up:

The roosters know no time. They crow all night and into the morning. If you sleep through that, our hosts will begin preparing breakfast around 7:00 a.m.

Breakfast:

The most memorable part of breakfast is coffee, and sometimes hot chocolate. The coffee is just shy of jet fuel. One cup will get you off to a good start. Breakfast often consists of some form of eggs, local fruit, and a piece of firm bread baked fresh each day. Peanut butter and jelly will be provided. Most team members eat together while watching the sun come up over the mountains - mornings in Haiti are truly spectacular.

Activities of the day:

Activities will vary depending on the trip focus and present needs. Those involved with the clinic will head in that direction. Others may be working with teachers or in helping with a construction project. Lunch will be prepared for us each day around 12:00 p.m. The day will wrap up around 5:00 p.m., and dinner will be served shortly after. Any and all plans are subject to change. Thank you for being flexible. Travelers will have an opportunity to explore the area with one of our Haitian team members.

Temperatures:

Summer and into fall months - Days are in the 80s and 90s, and nights can still be pretty warm.

Winter months – Days are in the 80s and evenings can be chilly. A light sweater or sweats are suggested. Bring a warm, but compact blanket for the evenings.

How often water is available:

Bottled and filtered water will be available to you at all times. Because the weather is comfortable, it may be easy to become dehydrated. Always have a water bottle with you. Water bottles are in demand, so if you don't keep track of your bottle, it will disappear. We suggest writing your name clearly on your bottle. During the day, our hosts will sometimes

offer cocoye (coconut milk) as a delightful refreshment – coconut milk is a healthy alternative to water, so enjoy.

Typical dinner and evening activities:

At the end of the day, you'll be ready for dinner. Our hosts will have worked several hours to prepare dinner for us. Count on rice and beans with some type of meat. Often it will be chicken, sometimes goat. Fresh juices often accompany dinner. Enjoy knowing that we are their guests and this is one way they can show appreciation to us. Once dinner is finished, it will be dark. Some will stay up and hang out with the local villagers. Dominos and laughter abound. Others of us will retreat to recover from the day and share with our teammates our experiences.

Brushing your teeth:

Travelers should brush their teeth with bottled or filtered water ONLY.

Bathing:

Let baby wipes become your friend! Use antiseptic wipes or gel frequently during the day. It may be possible to wash up or take a bucket bath in the bathrooms in the dormitory where you will stay. Another option is to walk down to the river to bathe. While this feels good, it is not the safest water, so please refrain from shaving. You will find several modes of dress at the river; therefore, we suggest that men bathe with men and ladies with ladies. Some of us will be in swimwear; others may have more or less coverage. A few things to remember: we are the whitest things the villagers have ever seen. They will flock to the river to watch the "blancs" bathe.

Bathrooms:

There are two bathrooms in the new dormitory. You may have to use a bucket to flush the toilets, but compared to what travelers used to endure, these facilities are AMAZING! There are still two outhouses, one close to our dorm and the other up at the school. If we are traveling and nature calls, the only option may be to go outside, so please be prepared with wipes or toilet paper.

Other thoughts to remember each day:

We are no doubt very blessed in our home country. It will be easy to feel overwhelmed by what you experience. Take a break when you need to. Find a teammate with whom you can talk. We cannot solve all the problems with one visit (or a hundred for that matter). HFHF strives to be the vessel for change, and not a handout. For that reason, we discourage team members from giving gifts or money to individuals.

Picture Taking Guidelines

Our mission is to help Haiti help itself, by providing the resources to empower the next generation of Haitians to influence and impact their native land. To accomplish this mission, we must treat every person that we meet with equal dignity and respect. Although you may not be able to communicate verbally with many of the Haitians you encounter, you can certainly communicate – either positively or negatively – non-verbally through your body language, actions, and behavior.

One area we need to be particularly sensitive is with our picture taking. On this trip you will see many things that surprise you, excite you, disturb you, or touch you in some way. You will want to capture these experiences to share with friends and for your own memories of the trip. However, we need to be careful that in our documenting, we do not turn people into objects, thereby destroying their dignity. In areas such as Port- au- Prince, there has been a lot of attention and media coverage since the earthquake. Many Haitians have started to feel objectified, and so are particularly sensitive to this issue.

A good test of appropriateness is to put yourself in their shoes. Ask yourself “If this was my home, my brother or sister, my mother or father, or if this was me, would I want a stranger taking a picture of me, in this state, and sharing it with everyone they know?” Remember that what may look like a shack to you is someone else’s home. Haitians are no different than us – they take pride in their appearance and accomplishments. They do not want their picture taken when they are “having a bad hair day.”

If you can answer the first question positively, the second step before taking a picture is to ask permission. In Creole, you can say “Mwen ka pran foto ou a?” (“May I take a photo of you?”), or have one of the translators ask for you. Some people will decline, and we ask that you respect their wishes. However, you will find that many will agree.

If it is someone that is part of HFHF’s Haitian staff, or that you know, they will be much more likely to agree to a photograph. Consider leaving your camera in its case until you’ve gotten to know people a little bit.

Thank you for following these guidelines.

Internet Usage Guidelines

We recommend not taking your laptop. It's something else to keep up with and can interfere with the relationship- building aspect of the trip. However, if you feel you need to, please keep the following in mind.

Internet Usage Policy

While there is wireless Internet access at the school and in the dorm, this is NOT an unlimited Internet plan like we are used to back home. The Internet provider has a total daily limit of 350MB that can be used. We need to remember that the Internet access is for the school and clinic first, and us last. So please keep the following in mind when using your computers and smartphones:

- Turn off all streaming audio/video services that you might have running on your computer
- Limit checking your email to once per day. Do not download attachments from email
- Turn off any VPN access
- Do not use any VOIP or video chat services
- Do not simply "surf" the Internet
- Please do not blog/Twitter/Facebook

Blogging

While we ask that you refrain from personal blogging, we do encourage blogging on behalf of HFHF. We ask that this be done from your smartphone. For suggested apps, blog credentials, and general blogging guidelines, please contact Tara Zechini at tzechini@hopeforhaitifoundation.com.

Power Usage

There is power available; however, it is usually only on for a few hours a day. While we will have light available, please limit your personal power usage while on the trip. If you do take your smartphones and/or computers, leave them off when not using them, and do not leave any devices plugged in, as that will continue to draw power. Charge everything up before you go, and then if you use it sparingly and leave it turned off, a single charge should last the full trip.

Important Financial Policies & Deadlines

Policies

1. Trip Payments

- A \$500 deposit is due 6 months in advance to secure your place on the team.
 - The deposit is non-refundable.
 - The deposit is evidence of your sincerity and commitment to the trip.
- What is remaining of half of required trip funds is due 4 months before the trip.
- All funds are due 2 months before the trip.
 - At the latest, you must have 100% of the total cost submitted six weeks prior to the trip, so that airfare and other accommodations can be secured.
 - If more than the required amount is raised, excess funds will go into a trip scholarship fund which can be applied to expenses on behalf of the team's efforts (i.e. the school building, materials, training, scholarships)
 - For those that are able to make larger payments, we would be especially grateful, as this will permit us to purchase medications and supplies without overextending our credit.

Funds Timeline Example

- Trip is May 1 – Cost is \$1300
- \$500 deposit due in November
- \$150 more due in January
- Remaining \$650 due in March 1

Note: If you have committed to a trip later in the timeline, the amount and time that funds are due still apply

Note: More than the required amount can be paid at any time

- 2. All funds given for trips must be given to Hope for Haiti Foundation with no strings attached, to be considered tax-deductible. For proper credit, please include a note that identifies which team member's account is to be credited.

3. If for any reason you are unable to fulfill your commitment to go on the trip, you will be responsible for all prepaid expenses incurred on your behalf (i.e., airfare, lodging, transportation, etc.). It is your responsibility to communicate to your support team regarding your inability to participate and to assure them that the funds will be used for the intended purpose.

What happens to the funds raised for your trip?

- Due to our tax- deductible status and issues related to IRS law with charitable contributions, all funds you raise will go into a general trip scholarship fund for the intended trip.
- OR, if you'd still like to participate in a HFHF trip, your raised funds will be saved for a future trip to which you commit
- OR, if HFHF has to cancel the trip you're committed to, then your raised funds will be saved for the next trip to which you are able to commit

4. If you have difficulty raising adequate funds for the balance of the trip costs before the due date, you must make an appointment with the Administrative Director, Elizabeth Brown, to discuss your specific situation. If no reasonable effort has been made in raising funds and if you are unable to pay the trip cost balance by the due date, then you will forfeit your place on the team. Any funds raised up to that point for your trip will either be placed in a trip scholarship fund, OR saved specifically for you for a future trip – please let Elizabeth Brown (ebrown@hopeforhaitifoundation.com) know of your choice.

Trip Payments can be securely made by check, credit card, or PayPal.

Check

Payable to:

Hope for Haiti Foundation

Mail to:

9241 Globe Center Drive – Suite 110

Morrisville, NC 27560

Credit Card or PayPal

Website: <http://www.hopeforhaitifoundation.com/donation-center.html>

Make trip payments with credit card or PayPal in our Donation Center.

Fundraising Guidelines

Fundraising

You're excited about the trip you're going on, but the amount of money you need to raise can be daunting. Raising money doesn't have to be as difficult as it seems, as many people want to be part of something that affects others around the world. Sharing your excitement and your vision for the trip can help you raise all you need.

Here are a few things to consider:

Strengths: What are your strengths in relationship building? However you plan to raise support, go with your strengths. Don't try to be someone else.

Lists: Develop a list of everyone you can think of who is interested in what is happening to you. Include everyone – friends, family, co-workers, business contacts, school contacts, young and old. Think relationship, and not their ability to contribute. You may be surprised.

Steps: Consider any deadlines and other factors affecting your support needs. Put them on the calendar, and keep yourself accountable to do what it takes to get the work of raising support done.

Fundraising Methods & “Etiquette”

Use personal visits, phone calls, letters, or even emails to request support. Social networking or fundraising sites like Facebook, Twitter, or Firstgiving.org can also help spread the word about your trip and request for financial support. Make sure any written communication is professional, grammatically correct, and includes all correct details and information.

Contact your supporters before and after your trip. Always send “thank you” letters to your supporters – including trip details, events, and accomplishments make these even better. Remember, your supporters are partners with you, so they will be very interested in how the trip went and what you learned and “received” from the experience.

Refer to the Appendix for sample letters and response card.

Final Notes & Advice

Before the trip, share your hopes and enthusiasm with everyone. You'll find nearly everyone is curious about these trips and the country of Haiti. Even strangers will encourage you. The more people that can share your experience, the better chance of support you'll receive (financially, through prayer, and general donations).

It's the same thing for returning. Have a few quick stories ready to share. Encourage folks to donate medical supplies, school supplies, money, etc., all year long. The needs don't stop because the trip is over. Keep a few photos or postcards handy to reinforce your stories. Getting people engaged will help keep the hope alive.

Plan enough time off from work to decompress after the trip. Some people need a day or two to spend with family and friends sharing their experience. Others may need a day by themselves to regroup. Reconsider going back to work immediately. Your mental and physical health may be strained. If you feel like you need support to decompress, don't hesitate to contact Lydia Dant – ldant@hopeforhaitifoundation.com, or Elizabeth Brown – ebrown@hopeforhaitifoundation.com. We are here to help in any way.

Your commitment to go to Haiti is not without recognition or appreciation. Just being willing to step outside your comfort zone is tremendous. Know that you are changing a nation, bringing hope to a desperate country. Your team members, the people of Haiti, your community, and above all, God value your contribution.

There is room for YOU in this picture!



Appendix: Basic Creole Phrases

The native language is Haitian Creole, which is somewhat similar to French.

Visit <http://www.kreyol.com/dictionary.html> for audio lessons on basic phrases. Or, John and Elizabeth Brown have a language program on CD that is available.

For those that learn better by reading, "Creole Made Easy" (Search Amazon.com <http://www.amazon.com/exec/obidos/search-handle-form/102-9621109-8008922>)

Or visit the following website to purchase all things Haitian, and a portion of the sale is returned to Hope for Haiti Foundation <https://www.wellspent.org/Causes/CauseInfo?c=684>.

Jean Eloi recommends the book "Mountains Beyond Mountains" by Tracy Kidder and Paul Farmer.

CREOLE - ENGLISH

Bonjou! - Good morning!

Bonswa! - Good afternoon!/Evening! (used after 11 AM)

Kouman ou rele? - What is your name?

M rele... - My name is...

Kouman ou ye? (common greeting) - How are you?

N'ap boule! (response) - Doing Good!

Wi - Yes

yo - they, them

Non - No

Mesi - Thanks

Anmwe! - Help!

Non, mesi - No, thanks

Souple - Please

Merite - You're welcome

Pa gen pwoblem - No problem

Oke - OK

Eskize mwen - Excuse me

Mwen regret sa - I'm sorry

Gen... - There is/are...

Pa genyen! - There is/are not any!

Mwen pa genyen! - I don't have any!

Sekonsa! - That's right!

Piti piti - A little bit

Anpil - A lot

Gen anpil... - There are a lot of...

Isit - Here

La - There

Tout bagay anfon? - Is everything OK?

Pa kounye- a - Not now

Toupatou - Everywhere

Anyen - Nothing

Preske - Almost

Atansyon! - Attention!/Watch out!

Prese prese! - Hurry!

Dife! - Fire!

Rete! - Stop!

Kounye- a - Now

Nou ap cache- We are looking for...

Souple, ban mwen... - Please give me...

Separe sa ant nou - Divide this among you

Ye - Yesterday

Jodia - Today

Demen - Tomorrow
 Maten an - This morning
 Apremidi a - This afternoon
 Aswe a - This evening
 Ou byen? - You OK?
 Mwen pa two byen - I'm not too well
 Mwen malad - I'm sick
 Te gen yon aksidan - There was an accident
 Nou bezwen yon dokte/yon mis touswit - We need a doctor/a nurse right now
 Kote lopital la? - Where is the hospital?
 Kote li ou fe mal? - Where does it hurt you?
 Li ansent - She's pregnant
 Mwen pa ka manje/domi - I cannot eat/sleep
 Mwendjare - I have diarrhea
 Mwen anvi vonmi - I feel nauseated
 Tout ko mwen cho - My whole body is hot
 Mwen toudi - I'm dizzy
 Nou bezwen pansman/koton - We need bandages/cotton
 Mwen bezwen yon bagay pi blese sa a - I need something for this cut
 Mwen grangou - I'm hungry
 Mwen swaf anpil - I'm very thirsty
 Nou ta vle manje - We would like to eat
 Konben - How much?/How many?
 Poukisa? - Why?
 Kote? - Where?
 Kisa? - What?
 Kile? - When?
 Ki moun? - Who?
 Kijan? - How?
 Kiles? - Which?
 Eske gen...? - Is/Are there...?
 Eske ou gen...? - Do you have...?
 Eske ou ka ede nou, souple? - Can you help us please?
 Kote nou ka achte...? - Where can we buy...?

Eske ou ka di mwen...? - Can you tell me...?
 montre - show
 ban - give
 Ki moun ki la? - Who is there?
 Kisa ou vle? - What do you want?
 Kisa ou ta vla? - What would you like?
 Kisa ou ap fe la? - What are you doing there?
 Kisa sa a ye? - What is that?
 Sa k'genyen? - What's the matter?
 Kisa pi nou fe? - What must we do?
 Eske ou te we...? - Have you seen...?
 Eske ou pale angle/franse? - Do you speak English/French?
 Ki moun isit ki pale angle? - Who speaks English here?
 Ou konprann? - You understand?
 Kij an yo rele sa an kreyol? - What do they call that in Creole?
 Kij an yo di...an kreyol? - How do they say... in Creole?
 Kisa ou bezouen? - What do you need?
 Kisa ki rive ou? - What happened to you?
 Ki kote li ale? - Where did he go?
 Kilaj ou? - How old are you?
 Kote ou rete? - Where do you live?
 Eske ou gen petit? - Do you have any children?
 Kote nou ye? - Where are we?
 genyen - to have
 chita - to sit
 manje - to eat
 rete - to stop
 kouri - to run
 kouche - to lie down
 vini - to come
 ale/prale - to go
 ban - to give
 rete trankil - to be quiet
 pran - to get, receive
 leve - to get up

sede - to give up
touye - to kill
frape - to hit
kache - to hide
konnen - to know
manti - to lie (manti! this can't be true)
gade - to look
koupe - to cut
kwit- manje, fe- manje - to cook
fimen - to smoke
atake - to attack
ban pemi - to authorize
kri - to shout, yell, scream
achte - to buy
fe- apel - to call, name
netwaye - to clean
femen - to close
fose - to coerce, force
fini - to finish

obeyi - to obey
fe - konfyans - to trust
console - to comfort
pati - to leave, depart
mouri - to die
fe- desen - to draw, sketch
bwe - to drink
tonbe - to drop, fall
mete abo - embark, load, board
atoure - to surround
ranfose - to enforce
ou - you, your
mwèn - I, me, my, mine
nou - us, our, you (plural)
li - him, her, his, hers

<http://www.kreyol.com/dictionary/creole-phrases.html>

Appendix: Sample Fundraising Letters

Fundraising can be a challenge; here are two sample letters to get you started. Don't forget to keep track of all your donations for following up after the trip.

Please take the time to craft a personal letter to whomever you are asking for support -- it is worth the investment of your time. We can provide the HFHF letterhead for you to apply to your letter.

Sample # 1 General Letter

Dear _____,

I would like to share with you that I am planning to take a trip that will be life-changing to those I serve and to myself. I hope to travel to Haiti on _____ with the Hope for Haiti Foundation. This is an amazing opportunity and I couldn't be more excited to be a part of this team and this mission.

Can you envision a country where poverty, hunger, lack of resources, and natural disaster have ravaged the land and its people? Haiti has been the victim of corruption, misguidance, and greed for many years; however its people are strong, steadfast, and hopeful. I am eager to help and work alongside the people of Haiti.

The Hope for Haiti Foundation works to impact Haiti by empowering its people and supporting efforts in medical care, education, and spiritual and community development. Our team will travel to the remote village of Zorangé to continue our relationship with the school and medical clinic staff and the community at large. We will assist our Haitian friends and share with them our experiences and skills.

In order to make this opportunity a reality, I cannot do it alone. The total cost of the trip will be _____. I will be covering a portion of that myself, but I am hoping that my friends and family will be able to assist me in raising the necessary funds for the trip. I am truly grateful for anything that you may be able to contribute.

Thank you for all your support,

Your Name

Letter # 2 Faith- Focused

Dear _____,

How are you doing? How is _____? What has been happening in _____? (This first paragraph should be written differently to those who are closer to you, asking about what is happening in their lives. For more distant relatives or acquaintances, develop one paragraph of general greeting.)

God has been at work in my life recently in some special ways. It has been exciting! God has begun to impress on me the reality of a world that does not know Him. I see God's great love for the millions who have not heard about Jesus and how much He wants them to hear. Now I have an opportunity to be part of a team that will be taking the gospel to Haiti.

We will be leaving for Haiti on _____ and returning _____. Our team will be returning to the remote village of Zorangé to continue our relationship with the church leaders in ministering to the needs of the community both spiritually, medically, and educationally, and to reach those who have not heard the Good News. We are praying that God will establish long-term medical care and continue a school through us. (This paragraph details the trip objectives.)

But we can't do it alone. Our team will just be a small part of the larger team God will use to make this ministry happen. Each of us needs people who will partner with us, who will help reach the Haitians through prayer and financial participation.

The total cost for this trip will be _____. I will be covering a portion of that myself, but I am looking for the team God has called to partner with me. I am also seeking prayer partners who will pray for the ministry each day. (These previous two paragraphs communicate partnership and specifics of how the recipient can partner with you.)

Will you pray about whether God would want you to partner with me in prayer or finances? Your gifts and your prayers will bring the Gospel to many in Haiti. We will bring hope to Haiti! (This paragraph asks them to do something. They need to decide.)

In His Service,

Your Name

Appendix: Sample Support Return Enclosure

Yes! I want to contribute

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Here is \$100 \$50 \$25 \$10
\$_____ to make the trip possible.

DONATIONS ARE NON- REFUNDABLE

Please make checks payable to Hope for Haiti and send your generous gifts to:

Hope for Haiti Foundation

c/o Your Name

9241 Globe Center Drive – Suite 110

Morrisville, NC 27560

For more information about Hope for Haiti Foudnation, visit

www.hopeforhaitifoundation.com

Appendix: Donations & Volunteer Opportunities

If you are interested in U.S. volunteer opportunities with HFHF, or finding out ways to donate in-kind items such as medical and school supplies, please visit our website, or contact Cean Grinnell at cgrinnell@hopeforhaitifoundation.com.

*NOTE: Due to the recent devastation of the earthquake, shipping items has become more difficult. A cash donation is much appreciated, so that we can purchase items in Haiti.