



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 health 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, consequently 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.

Haiti is not a hopeless nation. The Haitian's strength of spirit provides a rock-solid foundation. We're just building upon it.

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History & Geography of Haiti



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 Préal, very popular among the poor, was seen as the favorite. But when the election count indicated that Préal's lead over the other candidate was dropping and that he would not win an outright majority, Préal 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, Préal was declared the winner.

Other Interesting Information:

National name: République d'Haïti

Land area: 10,641 sq mi (27,560 sq km); **total area:** 10,714 sq mi (27,750 sq km)

Population (2006 est.): 8,308,504 (growth rate: 2.3%); birth rate: 36.4/1000; infant mortality rate: 71.7/1000; life expectancy: 53.2; density per sq mi: 781

Capital and largest city (2003 est.): Port-au-Prince, 1,764,000 (metro. area), 1,119,000 (city proper)

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: 53% (2003 est.)

Economic summary: GDP/PPP (2005 est.): \$12.85 billion; per capita \$1,600. **Real growth rate:** 1.5%.

Inflation: 15.2%. **Unemployment:** widespread unemployment and underemployment; more than two-thirds of the labor force do not have formal jobs (2002 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:** \$390.7 million f.o.b. (2005 est.): manufactures, coffee, oils, cocoa, mangoes. **Imports:** \$1.471 billion f.o.b. (2005 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: 130,000 (2002); mobile cellular: over 140,000 (2002).

Radio broadcast stations: AM 41, FM 26, shortwave 0 (1999). **Television broadcast stations:** 2 (plus a cable TV service) (1997). **Internet hosts:** n.a. **Internet users:** 80,000 (2002).

Transportation: Railways: n.a. **Highways:** n.a.

Waterways: n.a. **Ports and harbors:** Cap-Haitien.

Airports: 13 (2004 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.

Health Concerns

The Center for Disease Control and Prevention (CDC) recommends the following vaccines (as appropriate for age):

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.

- Hepatitis A or immune globulin (IG) should be considered if travel to areas of questionable sanitation is anticipated.
- Hepatitis B, if you might be exposed to blood (for example, health-care workers) or travelers who have sexual contact with the local population, stay longer than 6 months in Haiti or the Dominican Republic, or might be exposed through medical treatment.
- Rabies, if you might be exposed to wild or domestic animals through your work or recreation.
- Typhoid, particularly if you are visiting developing countries in this region.
- Yellow fever, for travelers going outside urban areas in Trinidad and Tobago.
- As needed, booster doses for tetanus-diphtheria and measles. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.

Prescription Drugs for Malaria

Malaria is a serious illness transmitted by the bite of an infected mosquito. Travelers to Central and South America, Hispaniola (Haiti, Dominican Republic), Africa, Asia (including the Indian Subcontinent, Southeast Asia, and the Middle East), Eastern Europe, and the South Pacific may be at risk for this **potentially deadly disease**.

All travelers to areas with malaria transmission, **including infants, children, and former residents of these areas**, 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

To find out if your foreign travel will take you into an area with malaria:

- Visit CDC's Traveler's Health website at <http://www.cdc.gov/travel>
- Call CDC's Voice Information Line at 1-877-FYI-TRIP (1-877-394-8747) and listen to pre-recorded messages
- Request a fax from CDC's Fax Information Service at 1-888-232-3299.

Identical malaria prevention information is provided at the CDC website and the toll-free Fax Information Service.

Typical medication prescribed for avoiding malaria is Chlorquine. 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.

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.
- Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- Do not eat or drink dairy products unless you know they have been pasteurized.
- Do not share needles with anyone.
- 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 unpasteurized 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 (diethylmethyloamide).
 - 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.
 - For details on how to protect yourself from insects and how to use repellents, see Protection against Mosquitoes and Other Arthropods.
- 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 Zorangè 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, etc.
- Walk every day. Each week, try to add a challenge (more distance, hills, etc.).
- 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 their 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

Your trip to Haiti will be unlike any place you've been before. 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 (ladies may consider cotton dresses/skirts, men may consider cotton khakis). Some team members pack each day's clothing in sealed/compact plastic bags.
- Light jacket/sweater or long sleeve shirt
- Extra socks, light but warm clothes to sleep in
- Comfortable closed-toe shoes that are broken in (lots of walking/hiking)
- Water shoes or sandals for showering or river bathing
- Small flashlight with a few extra batteries
- Towel, washcloth
- Swimsuit
- Bug repellent (Deep Woods Off), ant killer, sunscreen, lotion, sun glasses, hat with brim or sun visor
- Indiglo watch useful for nighttime viewing
- Blanket, sheets, and a compact pillow (the pillow will be very handy on the bus ride)
- Antibacterial gel, baby wipes, or pre-moistened wipes
- Personal medications (keep in original prescription bottles)
- Toiletries including toilet tissue
- Antidiarrheal, 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, etc)
- Crystal Lite or Tang to add variety to your water
- Sweet and Low or Splenda if you wish to add it to the coffee
- A camera, lots of film, batteries (you won't be able to recharge), and memory cards
- Compact notebook and two pens
- Slim Bible
- Words to favorite worship songs
- A few photos from home
- Only enough cash for souvenirs and meals in the airport (no more than \$50)
- Copy your passport and driver's license and keep it separate from the original. Be sure to keep the Visa you were issued at the airport in PAP as you will be required to show it when you leave the country.

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 be no larger than 3oz. This includes things like deodorants, lip-gloss, shampoos, lotions including sunscreen, etc. 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).

Do NOT Bring

Electronics, 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.

What to Expect on a Typical Day

The bus ride:

The road trip from the capital city of Port Au Prince to the village of Zorangè 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 6:00 am.

What's for breakfast:

The most memorable part of breakfast is coffee, which is served in espresso cups for a reason. It is just shy of 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. Eat well, because lunch is limited to whatever snacks you bring with you to the clinic. Water will be provided throughout the day. You may want to bring a packet of Tang or Crystal Light to spice things up a little.

Devotional time and prayer time:

Once we are finished with breakfast, we will meet in a central location for the daily devotional time. Sometimes we sing or share experiences. We will pray together and then there will be a few minutes for personal prayer and preparation for the day. Take a few minutes to step back from your activities and enjoy the beauty and let God know how very blessed you are.

Activities of the day:

Activities will vary depending on your gifts and present needs. Those involved with the clinic will head in that direction. Others will be working with teachers and pastors in another direction. Things will wrap up around 5:00 (in Haiti that could be anywhere from 4:00 to 7:00). Dinner will be ready for us when we return. Any and all plans are subject to change. Thank you for being flexible.

Church services:

Depending on the direction of this particular trip, a revival may be held two or three nights during our stay in Zorangè. These meetings are optional. You can expect to worship for more than two hours. If you would like to share, your input is welcome, but please confer with one of the pastors before the meeting so that it can be incorporated properly. Sunday morning will be a church service very much like the revival meetings, just shorter. We try to dress up when attending church (this may mean the least dirty clothes and a shower). Services are in Creole with some interpretation. Bring your Bible to meditate on if necessary during service.

Temperatures:

Zorangè in January is a terrific time to travel. Days are in the 80s, and evenings are chilly. A light sweater or sweats are suggested. Bring a warm, but compact blanket for the evenings.

How often water is available:

Because the weather is comfortable, it may be easy to become dehydrated. Always have a water bottle with you. One of the team members will be "waterboy" to help keep everyone refreshed. Plastic 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 offer cocoye (coconut milk) as 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:

There are no marble vanities here. Most of us brush behind the tents using bottled water sparingly.

Bathing:

Let baby wipes become your friend. There are no porcelain bathtubs here either. Use antiseptic wipes and or gel frequently during the day. It may be possible to “shower” in a portable shower, but everyone must take turns and limit their time since water is so precious. Another option is to walk down to the river to bathe. While this feels good, it is not the safest water, so shaving must be done very carefully. 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. In addition, there are parts of our anatomy that haven’t seen sunlight, so caution is again advised.

Bathrooms:

There are a few options. Behind the house is an outhouse or a portable facility may be set up on the other side of camp. Neither is comfortable, but both are adequate and somewhat private. Do not avoid drinking because of the facilities. You’ll find that your body will adjust, and you may not need more than one break during the days of the clinic. However, if you are sick, please stay at the house to recover.

Other thoughts to remember each day:

We are no doubt very blessed in this 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. Remember that we serve an awesome God who will take your efforts and multiply them in infinite ways. We cannot solve all the problems with one visit (or a hundred for that matter). We take one step at a time and let God do the rest. Hope for Haiti 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. Know that by being a part of this trip, no matter what you accomplish, is honoring God.

Important Financial Policies & Deadlines

Policies

1. A \$500 deposit is due six months in advance to secure your place on the mission team. The deposit for the trip is non-refundable. You must allow enough time in your preparation to build a support team and raise funds needed for a deposit. The deposit alone is evidence of your sincerity and commitment to the mission trip. 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 you raise more than the required trip cost, any excess funds will go into a mission trip scholarship fund which can be applied to expenses on behalf of the team's efforts (i.e., the school building, materials, training, scholarships, etc.).

2. All funds given for mission 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 mission trip, you will be responsible for all prepaid expenses incurred on your behalf (i.e., airfare, lodging, transportation, etc.). Due to our tax deductible status and issues related to IRS law and charitable contributions, all funds you raise will go into a general mission trip scholarship fund for the intended mission trip. It is your responsibility to communicate to your support team regarding your inability to participate in the mission and to assure them that the funds will be used for the intended purpose.
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. You must show adequate effort in raising funds before assistance is given. 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.

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.

Fundraising Guidelines

Perspective

Many people who are raising support feel like *panhandlers*. How does a panhandler feel about what he is doing? Ashamed, a little desperate, hard to ask, crushed when someone says no. He feels like he has failed, that he ought to be independent and take care of his own needs. When someone is discovering a support team and feels like a panhandler, the feelings come from the American culture, not the Bible and not from the responses of most people to requests.

So how do you illustrate Biblical attitudes? The situation is much more like a *prospector* who has discovered the “Mother Lode” but needs partners to open a mine. He is looking for true partners, who will share in the work and share in the rewards (Phil. 1:3-7). Partners are guaranteed a return on their investments (Phil 4:17-19). What is a prospector’s attitude about asking for money? He is confident that he is offering a privilege and so is unashamed to ask. He is willing to do the hard work of talking to anyone and everyone, because he knows they would want to know about this opportunity.

Which attitude do you have – that of a *panhandler* or a *prospector*? Why do you have that attitude? Are you basing your feelings on God’s truth or your culture and whispered fears? If God has called you to this and you do your part, He will provide for your needs.

Points to Remember

Your Purpose: Why are you going? People go on short term trips for many reasons – the bottom line reason is to glorify God in our actions and see people accept and grow in Him. No matter the objectives, each trip is a ministry trip.

His Power: What are you counting on to bring support? God supplies all your needs and has a specific team of people ready to support through prayer and finances.

Their Participation: Those who support you are not giving you money so just you can serve God – they are serving *with* you and ministering to the people *with* you.

Fundraising Approach

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, Christians, non-Christians, school contacts, old and young. 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 cards.

Benefits for the Body of Christ

There are three groups of people who benefit from the cross-culture mission trip experience: *goers, senders, and hosts*. Here are the benefits for each:

Benefits for the Goers

- Being exposed first-hand to God's love for the world
- Experiencing spiritual growth from a global perspective
- Being given an opportunity to exercise their spiritual gifts
- Trusting God in new areas such as finances, travel, and ministry opportunities
- Encouraging others to go on future mission trips
- Becoming dissatisfied with a complacent life

Benefits for Senders

- Making an impact in places they will never go and on people they will never see
- Being exposed to God's love and His work in the world
- Becoming involved in the spiritual development of the goer
- Developing spiritually themselves through giving and praying
- Learning of new parts of the world and what God is doing
- Experiencing God working in their prayers because of the feedback of the goer

Benefits for the Hosts

- Encouraged and affirmed in their work
- Linked into long-term caring relationships
- Given resources to accomplish a specific project
- Given training for a current ministry or new venture
- Experience God's love that comes from unexpected places
- Gain educated prayer partners

Hope for Haiti Fundraising

The Hope for Haiti Foundation relies primarily on private donations to run its day-to-day operations. It never occurs to most people that the teachers at the school need to be paid, and new supplies need to be purchased for the students, among other things. We highly encourage you, as team members, to consider being actively involved in the many fundraising activities in which HFHF is involved. These activities help to fill in the gaps left void by lack of enough private donations. We cannot afford to lose teachers and school staff, who are an integral part of the overall mission, because of lack of money. If we all pitch in just a little, on a consistent basis, we can ensure the continuation of the good works in progress.

Between the golf tournament, football and basketball games at Duke, and other such events, it is easy to find a place to fit in. It is always a good time of fun and fellowship. Some people who help with the fundraisers are people who, for whatever reason, cannot go on trips with us but are partners just the same because of the part they play here at home.

Also, look for ways to personally contribute. Some of the team members host garage sales, with all the proceeds going to Hope for Haiti. Others collect over-the-counter medications and school supplies. There are a lot of creative ways to do your part. Know that just a little effort blesses so many people.

Duke Football Hope for Haiti Fundraising

Each team member is committed to help raise funds throughout the year for day-to-day operations of the Foundation. One fun opportunity is helping sell Duke merchandise at local football games. Contact Maria Lusk at mlusk@hopeforhaitifoundation.com to receive the season schedule and see the possible dates you could participate.

Duke Basketball Fundraising

Each season we have the opportunity to host a booth selling terrific Duke memorabilia during Duke's home basketball games. These opportunities are quite lucrative and fun. Perhaps you'd like to join four others in a small area during an exciting game? Exhibition games start early November. Maria Lusk can also be contacted for more info about these games.

Hope for Haiti Annual Golf Tournament

The Hope for Haiti Golf Classic is our biggest fundraising event that provides funds for the school in Zorangè, Haiti and more recently, for the retrofitting of our two buildings in Baintet that will be a hospital and dormitory. It's an event no one should miss. The tournament is usually in April at Crooked Creek Golf Course in Fuquay-Varina, NC.

The HFHF team works nearly all year preparing for this exciting event. Volunteers are needed to advertise, collect prizes, find sponsors, work with catering staff, invite teams and get players to commit and participate. We'll find just the right place for you to help make this year's event the very best.

For more information about the tournament, contact Elizabeth Brown at ebrown@hopeforhaitifoundation.com.

Final Notes & Advice

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 at risk. See the important note on PTSD/ASD below.

Before the trip, share your hopes and enthusiasm with everyone. You'll find nearly everyone is curious about mission 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.

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 in this photo for YOU!

IMPORTANT: Due to the nature of this kind of trip, some experience symptoms that may signal Post Traumatic Stress Disorder or Acute Stress Disorder when they return. If you notice any of the following symptoms, it's "normal" but will require professional attention. These symptoms usually surface within the first week and possibly over the next few months. It is important to keep in touch with those that experienced the trip with you. As you do, in most cases, they will fade within six months.

- hyper-alertness
- fear and anxiety
- nightmares and flashbacks
- sight, sound, and smell recollection
- avoidance of recall situations
- anger and irritability
- guilt
- depression
- increased substance abuse
- negative world view
- decreased sexual activity

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.wellspend.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

Mwengendjare - I have diarrhea

Mwen anvri 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
cache - 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
mwen - I, me, my, mine
nou - us, our, you (plural)
li - him, her, his, hers

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

Appendix: Sample Personal Fundraising Letters

Fundraising is a personal adventure. Following are several styles of letters sent in the past. Find one that suits your style and get started.

Don't forget to keep track of all your donations for following up after the trip.

Sample Letter #1

***Do not print letters with blanks and then fill them in. It is worth the investment of time to type in individual salutations, etc.**

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 am beginning to 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. (This paragraph switches to what is happening in your life. It has a warm, newsy feel.)

We will be leaving for Haiti on _____ and returning _____. Our team will be returning to the remote village of Zorangè to continue our relationship with the church leaders in ministering to the needs of the community both spiritually and medically, 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. (Here are the details about what the trip is to be.)

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 20 prayer partners, who will pray for the ministry each day. (These 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

(Tell them what you will do or specifics for their next step. That will be different depending on what their relationship is with you and how you plan to follow up with them. For those close to you try the following:)

PS. I'll be calling you in about a week to find out how God is leading you regarding becoming a partner with me in His ministry. I'm really looking forward to talking with you then.

(For Acquaintances:)

P.S. Could you fill out the note enclosed to let me know how God has led you and how I can be praying for you? I'm looking forward to hearing from you! When you send a check to Hope for Haiti, please include the enclosed form to make sure your gift is credited properly.

Sample Letter #2

Team Member's Name
Member's address
Cary, NC
919-Your-number

Dear Friends and Family,

I want to share a wonderful opportunity with you. Many of you know that I have been part of a team of folks who have visited Zorangé, Haiti. Well, the team is heading back _____ and I have been asked to join them. I cannot adequately express how thrilled I am to share the love of Christ with a nation of severe poverty and hopelessness. Our team will provide medical care ... (and whatever else your specific trip is doing).

I cannot effectively go without your help. Please keep myself, the team and my family in your prayers. This country's national religion is "voodoo". Satan has a tight grip and will use this opportunity to attempt to destroy our efforts. Fortunately, we honor a God who has already won the battle for us but we need your prayers.

Another opportunity to help this mission is with a financial contribution. Every dollar given is a dollar for God's use. I can't think of another investment that would have such a dramatic yield. After all, He fed thousands of mouths and souls with just five loaves and a few fish. Imagine what He can do with our treasure! Know that we can't out-give God.

Thank you for your generous prayer support, as well as financial. I am honored to be apart of this trip and what God is doing in Haiti and I am blessed by you!

For Him,

Your Name

Your tax deductible gift can be made out to the Hope for Haiti Foundation. Thank you!

Hope for Haiti Foundation
c/o Team Member's Name
Team Member's Address
Cary, NC 27513

Sample Letter #3

Dear Friends and Family,

Please take the following multiple-choice test to learn what is happening with me this winter.

1. This winter I will:
- a) Quit my job and sell suntan lotion in Hawaii.
 - b) Go to Haiti on a mission trip in January.
 - c) Go to jail as a result of over-extending my credit cards.
 - d) Do nothing.

Answer: b

2. While in Haiti, I will:
- a) Study the composition of wheat bulgur for baking.
 - b) Help remove communist statues from big buildings in a single bound.
 - c) Work with Hope for Haiti holding babies, filling prescriptions, sharing my testimony and anything else that needs to be done.
 - d) Eating fresh oranges in Zorangè
 - e) Both c and d

Answer: e (Zorangè is a very remote village in Haiti)

4. Would you consider:
- a) Helping me iron my clothes before I go.
 - b) Joining me as a prayer partner.
 - c) Joining me as a financial partner.
 - d) Calling my Mom and telling her it is OK for me to travel on an airplane.
 - e) All of the above.

Answer: e (But especially b and c. I desire to have partners in this ministry. Please prayerfully consider if God would have you be a part.)

To make a financial contribution:

Make a check payable to Hope for Haiti
Designate my name on the Memo Line
Mail to: Hope for Haiti c/o MY NAME
PO Box 4794
Cary, NC 27519-4794

God bless you,

Sign your name in colored ink

Sample Support Return Enclosure 1

Yes! I want to help spread God's word in Haiti!

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Email: _____

____ I want to partner with (Your Name). Here is \$100 \$50 \$25 \$10 \$_____ to make the ministry possible.

Due to IRS regulations, Hope for Haiti can not refund your gift if I cannot go unless the whole project is cancelled. All gifts will be used for ongoing short-term ministry.

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

Hope for Haiti Foundation
c/o Your Name
PO Box 4794
Cary, NC 27519-4794

For more information about Hope for Haiti, visit www.hopeforhaitifoundation.com

Sample Support Return Enclosure 2

____ I want to partner with YOUR NAME in prayer.
____ I will pray for YOUR NAME and the ministry during your trip
____ Please send me prayer requests.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Email: _____

Dear Partner,

Welcome to the team! I want to be praying for you as well over the next several months. Could you include some prayer requests I can remember?

Your partner in the Commission,

Your prayer requests:

Please send this to
Hope for Haiti Foundation
c/o YOUR NAME
YOUR ADDRESS

Sample List of Donations Needed

Your neighbors and co-workers are a terrific resource all year long. Be sure to include them in the process. Most everyone is willing to help once they know what the needs are. Hand out the following flyer and find a convenient location for them to drop off donated items.

Hope For Haiti Foundation Needs You!

Hope for Haiti is a non-profit organization that provides hope to a desperately impoverished country by providing education, medical services and training and sharing the love of Christ in a real, meaningful and relevant way. We don't do this alone. Dozens of dedicated volunteers travel to the remote villages as a team each year. Generous partners give funds so that a school, medical clinic, and hospital can be built. We need your help. The following items are needed:

Medical Needs:

- Vitamins for all ages, especially children and seniors
- Wound care, sterile bandages, scalpels, syringes, saline, etc.
- Antacids, Pepto-Bismol, Tums with calcium, etc.
- Aspirin, Tylenol, Motrin
- Washcloths, shampoo, bar soap, toothpaste, brushes
- Stethoscopes, blood pressure monitors, thermometers
- Rash care, hydrocortisone, Neosporin, duoderm, Quell cream, antibiotic pills
- Empty prescription bottles

Educational Games and Materials:

- Children's toys
- Checkers, dominoes, etc.
- Educational games
- Puzzles, blocks, Legos, etc.

Library:

- Language study books
- Reference books and materials
- Dictionaries (French, English, Spanish, Creole)
- Maps and atlases
- Books in French, Spanish, and English
- Bibles in French, Spanish

Music:

- Learning music books
- Sheet music
- Musical instruments of all kinds

Sporting Goods:

- Balls-soccer, basket, volley
- Sneakers
- Uniforms for children's sports teams

Computer Equipment:

- Computers, monitors, printers, modems
- Software (French and English)

Video Equipment:

- Video projector
- Large screen
- Slide film
- Film projector
- Digital camera
- Batteries

School supplies:

- Calculators
- Rulers
- Crayons/markers
- Chalkboards, chalk, erasers
- Lined paper
- Pencils, pens
- Notebooks
- Teaching aids

Office Equipment

- Pens and office supplies
- Copier paper
- Manual typewriters
- Stamps

Other:

- Cash/Check

**Know that anything donated is a gift to someone who is blessed by your generosity.
www.hopeforhaitifoundation.com**