



Haiti Mission Trip ▪ April 7-14, 2018

Haiti is the poorest country in the Western Hemisphere, with 80% of the population living below the poverty line and 54% living in abject poverty. The nation imports more than four times the goods it exports and about two-thirds of the labor force lacks formal jobs. UNICEF estimates that 70% of Haitians do not have access to safe drinking water and adequate sanitation.

We will travel to Port-au-Prince to work with Mission of Hope Haiti, an organization that runs an orphanage, school, clinic and feeding program. Serve in the clinic or orphanage, work with the moms during the day or reach out to families in the community through Vacation Bible School and prayer walking. There are also construction projects – help build a house. (www.mohhaiti.org)

ITINERARY *(tentative)*

Saturday, April 7: Depart IAH for Port-au-Prince. Arrive at Mission of Hope Haiti. Settle in and unpack. Debrief.

Sunday, April 8: Tour Mission of Hope ministries and campuses. End our day with an evening of worship and devotion.

Monday-Thursday, April 9-12: Community outreach in the Source Matelas village including but not limited to: construction projects, painting, planting trees, playing with the children, praying with the community and wherever there is a need. Evening of worship and devotion.

Friday, April 13: Beach day and end our day with an evening of worship and devotion.

Saturday, April 14: Depart Port-au-Prince for IAH.

HOUSING AND MEALS

We will be staying at Mission of Hope Haiti – dormitory style housing. Meals will be taken at Mission of Hope Haiti.

COST

The cost of \$1,600 includes transportation, lodging, most meals, emergency insurance and ministry supplies.

Payment Schedule Due Dates:

January 15, 2018

February 1, 2018

February 15, 2018

March 1, 2018

\$700 Deposit

\$300 1st Payment

\$300 2nd Payment

\$300 Final Balance

FLIGHT INFORMATION

We will fly American Airlines. We will give details once flights are secured.



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PREPARATION CHECKLIST

Required Documents

- ☐ Mission Trip Registration Forms (pages 1-3)
- ☐ Medical Release (Mission of Hope and FMH pages 4,5)
- ☐ Parent permission to travel (if under 18)
- ☐ Passport check expiration date – **MUST EXPIRE AFTER December 7, 2018; RENEW IF EARLIER**
- ☐ Color copy of your passport
- ☐ Copy of your health insurance (*You will be covered for international medical and emergency insurance.*)

Immunizations

Talk to your physician and tell them where you'll be traveling. Vaccine recommendations are based on diseases previously observed in Haiti and the possibility for outbreaks in the aftermath of the earthquake.

Required Vaccines:

- ☐ **Tetanus**
- ☐ **Malaria** – Malaria occurs in all parts of Haiti. Talk with your doctor about taking a prescription antimalarial drug (Atovaquone/proguanil, chloroquine, doxycycline, or mefloquine). We require that everyone acquire 8 weeks worth of chloroquine or other anti-malarial medication.
- ☐ **Antibiotic, anti-diarrhea** – We ask that each person bring with them an antibiotic such as Cipro and an anti-diarrheal medication.
- ☐ Be sure your **routine vaccinations are up-to-date**, including vaccines such as measles/mumps/rubella (MMR), diphtheria/pertussis/tetanus (DPT), polio, seasonal and 2009 H1N1 flu, and varicella as appropriate for your age.

Recommended Vaccines:

- ☐ **Hepatitis A or immune globulin (IG):** Recommended for all unvaccinated people traveling to or working in countries with an immediate or high level of hepatitis A virus infection 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, especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment.
- ☐ **Measles:** Make sure that you have evidence of measles immunity through one of the following ways – evidence of measles vaccination (2 doses), laboratory evidence of immunity or confirmation of disease, or having been born before Jan. 1, 1957 as evidence of acquired infection. If you are not protected against measles through one of these ways, CDC recommends that you get the MMR vaccine before traveling to Haiti.
- ☐ **Typhoid:** Recommended for all unvaccinated people traveling to or working in the Caribbean, especially if visiting smaller cities, villages or rural areas and staying with friends or relatives where exposure might occur through food or water.

Medical identification (tags, bracelet, card, etc.) must be carried by anyone with chronic illness such as diabetes or heart conditions. If you take prescription medications, bring enough to last the entire trip. If you have special needs while in Haiti (medical condition, food allergies, etc.), please let us know before your trip and be sure to bring whatever you need with you in your carry-on luggage.



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PREPARATION CHECKLIST

Money

- ☐ You will need money for meals in the airport and snacks. Cash is best. You will want to take a few dollars (maybe \$20-30 in small bills) to purchase souvenirs. There are vendors at Mission of Hope Haiti.
- ☐ \$10 tourist tax for all who enter the country of Haiti that are not Haitian citizens.

Suggestions for a Successful Trip

- ☐ Begin praying for the trip and the people we will serve.
- ☐ Be flexible and bring a positive attitude.
- ☐ Active participation in small group Bible study and worship.

Luggage Requirements

Remember to pack light. Luggage on rollers is recommended. Each traveler is allowed one checked bag at maximum weight of 50 lbs. plus one personal item (backpack, purse, briefcase, laptop or similar item) per passenger. The personal item must not weigh more than 40 pounds and fit in an overhead bin or under the seat.

The luggage allowance for our team: 35 lbs. – 1 bag. The extra space in your bag may be used for supplies. We will divide supplies between team members – 15 lbs. each for a total luggage weight of 50 lbs.

If you have an extra bag that we can use to carry supplies, please let the team leader know.

Emergency Contacts

You will have limited access to internet but it is very spotty. If your family has an emergency and needs to contact you, have them contact one of the following and they can reach us.

- Mission of Hope (Haiti Office – emergencies only): 011.509.2513.4909
- Mission of Hope email (Haiti Office): info@mohhaiti.org
- Kristen Jones – kristenwjones@hotmail.com
- Paula Niz: pniz@fmhouston.com

**The only cell phone service provider that's reported to have service (not always reliable) is AT&T. There is wireless internet access (\$10/hr) at the Mission.*



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PACKING LIST

Clothing

The weather will be hot and tropical. Durable, lightweight clothes are best to bring. Please remember when packing that modesty is the best policy.

Women should wear dresses, skirts or loose fitting capris when they are in the villages. Please do not wear skirts shorter than your knees. Long shorts are ok to wear while you are on the mission or at the hotel. No spaghetti strap shirts or dresses unless a t-shirt is worn underneath. Please bring a dress or skirt for the Sunday worship service.

Men should bring t-shirts, jeans or shorts and long pants. Nice shorts (not athletic type) or long pants can be worn while doing village ministry. Bring a dress shirt and long pants for the Sunday worship service. No tank tops or shirts with questionable graphics.

Hats or baseball caps are good to wear to protect you from the sun. Be sure to bring *comfortable walking closed toe shoes* because there are a lot of thorns and rocks. You can wear open toe shoes on the mission but will want closed toe shoes in the villages.

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|---|--|--|
| <input type="checkbox"/> Bible, pen and notebook | <input type="checkbox"/> Rain gear | <input type="checkbox"/> 1 roll of toilet paper (per person) |
| <input type="checkbox"/> Long, lightweight pants for Outreach | <input type="checkbox"/> Sunglasses/sunscreen/hat | <input type="checkbox"/> Bug repellant with DEET |
| <input type="checkbox"/> Modest shorts for work projects | <input type="checkbox"/> Toiletries | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> T-shirts or lightweight long-sleeved shirts (no tank tops or belly shirts) | <input type="checkbox"/> Tissues | <input type="checkbox"/> Camera and batteries (expensive in Haiti) |
| <input type="checkbox"/> dress/skirt (women) or shirt and tie (men) for Sunday worship | <input type="checkbox"/> medicine in prescription bottle/box (anti-diarrhea, antimalarial) | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> swimsuit (no two pieces) | <input type="checkbox"/> Chewable Pepto-Bismol | <input type="checkbox"/> Snack food – individually packaged |
| <input type="checkbox"/> Closed toe shoes | <input type="checkbox"/> Antibacterial wipes (wipes are more effective than the gel) | <input type="checkbox"/> Work gloves |
| <input type="checkbox"/> Underwear/socks | <input type="checkbox"/> Small first aid kit | <input type="checkbox"/> Hair ties |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> Pillow | <input type="checkbox"/> paint brush and rollers |
| <input type="checkbox"/> Towels and washcloths | <input type="checkbox"/> small personal fan (optional) | |
| <input type="checkbox"/> Shower shoes | | |

****Please make sure you have a current passport and two color copies – one copy to keep, one copy for your team leader. This will help us get you out of the country in case your passport is lost.***

Supplies Needed for Outreach: These are optional and a great way to involve others. (*recommended)

<u>School</u>	<u>Office</u>	<u>Hope House</u>
Copy paper	Ink pens	New children's shoes, socks and underwear
Notebooks	Any size batteries	Dove soap
Pencils	Post-it notes	Twin sheets
School bags	<u>Construction</u>	
Sponsors for children	Paint brushes and rollers *	
	Work gloves *	



Haiti Mission Trip ▪ February 17-24, 2018

WHILE YOU ARE IN HAITI PLEASE ADHERE TO THE FOLLOWING:

- ❖ Love on many children.
- ❖ Be careful not to make commitments to help people that you do not plan on following through with.
- ❖ Journal each night because by the end of the week you may forget details of your experiences that you would like to remember.
- ❖ Smile when you do not know what to say.
- ❖ Get to know your team.
- ❖ When you give, please give quietly and privately.
- ❖ Drink a lot of the purified bottled water provided here at the Mission. There will be sodas available for purchase for \$1.00 per soda. Snacks are also available for you to purchase at the Mission.
- ❖ Do not drink or brush your teeth with the tap water. Do not use any ice in your drinks.
- ❖ Do not give your address, phone number, or email address to anyone.
- ❖ If you want to help someone that is not in one of our programs, you will have to give directly to the individual (i.e. Western Union). This keeps us in line with IRS rules.
- ❖ Do not throw candy, food, toys, etc. out of the vehicles.
- ❖ Do not give your lunch away or invite your Haitian friends to eat with the team.
- ❖ Keep the purified water for your team and the Haitian staff that will be working with you. There is water on the mission for others to drink.
- ❖ Shower with as little water as possible. The Mission has no well and has to purchase water. Water is very expensive to buy here.
- ❖ Be on time. When you are late it makes the rest of the team wait on you.
- ❖ Be kind when you are taking pictures. It is best to ask permission before taking a picture of a person.
- ❖ Do not invite people, other than team members, into your rooms or into the dining area without getting permission from the Director.
- ❖ There will be street vendors at the mission to sell you souvenirs. They do expect you to bargain with them and they are friends of the Mission, so have fun and start your bidding low.
- ❖ There are to be no activities off of the mission that are not scheduled with your team or cleared with the director.
- ❖ If someone asks you for anything, please check with a staff member for advice.
- ❖ Remember not to be exclusive in your relationship while in Haiti. If your boyfriend/girlfriend or spouse is on the team, please make every effort to interact with all the members of your team. If you are interested in a teammate, do not attempt to pursue a relationship until after you return home. Remember your focus is the ministry God has called you to do in Haiti.
- ❖ Refrain from any activity that could be constructed as romantic interest in a Haitian national or teammate. The Haitians you will be working with also have guidelines they must adhere to regarding romantic interests in team members that come.
- ❖ The food is very good and is ok to eat at the Mission of Hope. If you don't like it, please just set it aside. There will be a few nights of Haitian food, the rest will be American style food. Eat enough so you will stay healthy.
- ❖ Do not throw away the pop bottles because they are recycled.
- ❖ Let your families know you WILL NOT have cell phone service (*See Emergency Contacts in case of an emergency*).



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SAMPLE SUPPORT LETTER

Consider sending a support letter to friends and family to raise funds for your trip.

Date

Dear XXXXXXXX,

Hello (greeting, according to who you're writing to and how well you know them). I am writing to tell you a little about what has been happening in my life and the opportunity I have this spring.

I will be traveling with a group from my church, First Methodist Houston, to Haiti on a short-term mission trip from April 7-14, 2018. Our team will travel to Port-au-Prince to work with Mission of Hope Haiti, an organization that runs an orphanage, school, clinic and feeding program. Our team will assist with house construction in the community and minister in the school, clinic and feeding program.

The cost of the trip is \$1,600. Would you consider becoming a partner with me and being a part of this outreach to the hurting in Haiti? I must receive all support by March 1, 2018. If you are interested in being a part of this ministry, you may make your check payable to First Methodist Houston, noting Haiti Mission Trip in the memo section. All donations are tax deductible. You may send the check to me directly at (insert your address).

I would also like to ask for your prayers for the people we will meet and serve, as well as for my team as we prepare to go. Please pray that God will use me in a great way and that many people will come to know God's love for them. Please pray that our hearts would be open to however God wants to use us.

Thank you in advance for your support through donation or prayer. I know God will do great things in the lives of the Haitian people and in my team.

God bless you and your family,

(your signature)