



Advent Health

Global Missions

Dominican Republic Medical Mission Trip Information Packet February 4 – 12, 2020





Santo Domingo, Dominican Republic

Medical Mission Trip

Trip Purpose

Volunteers from AdventHealth will provide primary care to several Dominican villages during five days of clinics.

Location & Culture

The Dominican Republic is located on the eastern two-thirds of the island of Hispaniola, about twice the size of New Hampshire. The western portion of the island is occupied by the republic of Haiti. The mountains of the Dominican Republic divide the country into northern, central, and southwestern regions. The diverse geography of the country includes 800 miles of coastline with beautiful white-sand beaches and rocky cliffs and warm water, all of which are attractive to tourists.

The population of the Dominican Republic is about 8.4 million (2000 estimate) and is increasing at a rate of 1.6 percent per year. Dominicans have migrated from rural areas to the cities, the capital city Santo Domingo has over 2.14 million people. A large factor that influences Dominican national identity is its Spanish heritage and early independence. The native population was decimated or assimilated within decades of the arrival of Columbus, and the island was repopulated with Spanish colonists and their African slaves. Spanish is the national language, universally spoken today. The Roman Catholic cathedrals still stand, and most of the population is Roman Catholic.

Public clinics and hospitals provide free care, but people who can afford to prefer to go to private doctors. Public institutions tend to be poorly equipped and understaffed, and the focus is on curative rather than



preventive care. There are about one thousand people to each doctor, with over eight hundred people per each hospital bed. There is a separate system for members of the armed forces. Private health care is also available, primarily in urban centers. Many people still consult native healers, including witch doctors, voodoo practitioners, and herbalists. Parasites and infectious diseases are common. Contaminated water must be boiled in rural areas. Malaria and rabies are still a problem.



We will be partnering with Centro Médico Vista del Jardín, located in Santo Domingo. Centro Médico Vista del Jardín is a fully functional private hospital complete with In-Patient Care, Emergency Department, Out-Patient Clinics for various services, Operating Suites, and Imaging.

Trip Cost and Due Dates

The total trip cost is \$1,300

Due Dates

Payment	Amount per Person	Date Due
Non-Refundable Deposit	\$200	Upon Application
50% of Trip Cost	\$550	November 15, 2019
100% of Trip Cost	\$550	January 10, 2020
TOTAL	\$1,300	

Note: Airline tickets will be purchased once the 50% of the trip cost has been paid. You may be subject to higher ticket rates if payment deadline is not met.

Trip cost may vary depending on departure city. Cost listed is based on departure out of Orlando, FL.

Please call our office at 407-303-2632 to make payments over the phone, or you can mail us a check made out to the "AdventHealth Foundation Central Florida" to our address:

870 Sunshine Lane
Altamonte Springs, FL 32714

The trip cost covers the following expenses:

- Flight(s) to location
- Hotel/Accommodation
- Ground Transportation
- Meals and Drinking Water
- Tips on behalf of the group
- Short-Term Travel Insurance

All donors will receive a tax-deductible receipt at the end of the year for the donation was made for the trip cost. If someone makes a donation to the AdventHealth Foundation Central Florida on your behalf, they will receive a tax receipt for the amount they contributed.

Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals en route While flying to and from the Dominican Republic
- Medications May be covered by your health plan
- Personal Tips For laundry or other personal items not covered by group tips
- Emergencies Any personal emergency expense above what the insurance covers
- Beverages You may want to bring \$15 – 20 USD for extra drinks
- Souvenirs/Gifts

Travel Schedule

Tentative schedule shown below, *subject to change*.

Departure: Orlando, FL → Santo Domingo, Dominican Republic

Day	Date	Activity
1	Tuesday February 4	Depart from Orlando to Santo Domingo, Dominican Republic
2	Wednesday February 5	Clinic/Community Service
3	Thursday February 6	Clinic/Community Service
4	Friday February 7	Clinic/Community Service
5	Saturday February 8	Rest Day/Excursion
6	Sunday February 9	Rest Day/Excursion
7	Monday February 10	Clinic/Community Service
8	Tuesday February 11	Clinic/Community Service
9	Wednesday February 12	Return to Orlando, FL

****Flight itinerary will be emailed to you once flight has been finalized.**

Weather and Atmosphere

With its tropical climate, February is a dry and beautifully warm month in the Dominican Republic with very few showers and clear blue skies. In February, daytime temperatures average around 77°F, with highs of 85°F in the hottest part of the day and lows of 70°F. February is in the dry season, so there's little rain across the month with just four wet days on average.

Lodging

We will be staying at a hotel within the city of Santo Domingo. The hotel room assignment will be 2 people per room based upon gender or married couples. The rooms in the hotel are air-conditioned.

Food and Drink

All or nearly all food groups are accommodated in typical Dominican cuisine, as it incorporates meats or seafood; grains, especially rice, corn (native to the island), and wheat; vegetables, such as beans and other legumes, potatoes, yuca, or plantains, and salad; dairy products, especially milk and cheese; and fruits, such as oranges, bananas, and mangos. Food is generally not spicy.

The hospital has a vegetarian cafeteria, which will prepare our lunch and at times dinner.

DO NOT eat food from a street vendor. Eat carefully. Not everything is perfectly safe --- even if cooked.

Water

DO NOT drink the water, ONLY bottled water. This includes brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip. It's important to keep yourself hydrated due to the heat and exhaustion.

Entry Requirements

All passports must be valid for at least six months after the dates of intended travel. We recommend that you keep a copy of your passport with you at all times while traveling through the Dominican Republic. For U.S. citizens, no visa is necessary for Dominican Republic if your stay is less than three months.

Immunizations

We recommend our participants are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. More information on recommended vaccinations are available at <https://wwwnc.cdc.gov/travel/destinations/list/>

Travel Clinic

AdventHealth provides a comprehensive international immunization program. If you are planning to travel internationally contact the Travel Medicine Center for your immunization needs.

Medicine Specialists
2501 N Orange Ave # 235
Orlando, FL 32804

Call: 407-303-7270 for an appointment.

You will need a GMI authorization card **BEFORE** you visit the Medicine Specialists.

If you are an AdventHealth Employee and are covered by our insurance, you need to present your AdventHealth employee insurance card at the time of service and your visit and immunizations will be covered by your insurance.

If you are **not** an AdventHealth Employee, GMI will cover the cost of the visit and you will be responsible for any additional charges, including vaccines.

Miscellaneous

Foreign Currency

The Dominican Republic uses the Dominican Peso as their form of currency. As of Sept. 2019, the exchange rate is **1 USD = 51 Dominican Peso**.

How much money should you bring?

The money you will need is for any extra item listed above that you may want to purchase. We will stop at the airport to exchange money; many vendors also take credit cards. Most everything you see in shops or from vendors will be less expensive than in the USA.

Electricity

The Dominican Republic uses the same outlets and voltage as the United States.

Time

The Dominican Republic is on Atlantic Standard Time.

Cell phone and Internet Access

If you need cell phone access, please make arrangements with your cell phone carrier prior to departure. Wi-Fi access will be available at the hotel.

Important Travel Tips

- Please do not go out on the streets by yourself; always in a group.
- DO NOT let anyone take your passport "to expedite" your check-in. Wait in line yourself.
- Carefully watch for everyone's luggage as these are easily mistaken on the conveyor belts.
- Identify yourself as a tourist – "tour group" on immigration documents.
- Stay with group when we go through customs.
- You are advised against street moneychangers for security purposes.
- Respect others; always be on time for scheduled events (better early than late).
- Remember: You are a guest in the Dominican Republic... the rules and cultural norms may be different and more conservative.

Packing List

Note: This is not an all-inclusive, nor do all items listed need to be packed. It is provided as a guide for what to consider packing for a Global Missions trip.

BASICS	TO TRAVEL:	Watch/Travel Alarm	TRAVEL AIDS
	Passport	FUNDS	Pleasure reading
	Copy of travel docs	Wallet	Chewing gum
	Copy of passport	Cash	Snacks
	Emergency contact info	Credit Cards	Earplugs
	Medical insurance card	Foreign Currency	Sleeping mask
	Headphones	Money belt	Travel pillow
	Cell Phone & Charger		Motion-sickness remedy
Tablet & Charger			
CLOTHES	BASICS	Scrub Top	ACCESSORIES
	Underwear	Scrub Bottom	Belt
	Socks	OUTERWEAR	Wristwatch
	Undershirts	Jacket	Glasses
	Bras	Rain jacket	Sunglasses
	Sleepwear (warm)	Scarves	Glasses case
	CASUAL	FOOTWEAR	Hat
	T-shirts	Hiking Shoes	
	Sweatshirts	Athletic/Comfy shoes	
	Pants/Jeans	Sandals/flip-flops	
HYGIENE	Toothbrush	Face cleanser	Feminine hygiene
	Toothpaste	Moisturizer	Nail clippers
	Dental floss/mouthwash	Sunscreen	Hand Sanitizer/wipes
	Soap	Lip balm	Tissues
	Deodorant	Contact lenses & case	Insect repellent
	Shampoo	Saline solution	Prescription Medications
	Conditioner	Shaving cream	Pain reliever
	Brush or Comb	Razor	First-aid kit
	Ponytail holders	Perfume/cologne	Vitamins
	Hair dryer/curling/flat iron	Makeup	Toilet paper / baby wipes
EXTRAS	Camera	Reusable water bottle	DONATIONS
	Umbrella	Travel sewing kit	Clothing
	Towel	Journal/Pen	Toys
	Guidebook	Plug adapter	School Supplies
	Backpack/day bag	Voltage converter	Toiletries
	Stain remover	Laundry bag	
	Important Phone numbers	Ziploc bags	
	Powdered drink packets	Stethoscope	
	Personal snacks	Personal medical tools	
	Flashlight & extra batteries	MED BAG supplied by GMI	

Packing Tips:

- Be a minimalist, don't over pack.
- Dress in layers to accommodate changing weather throughout the day.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- Bring your own scrubs, if you do not own any the GMI office can supply you with some free of charge. Scrubs are optional, on clinic days you can wear pants and a polo shirt.
- PLEASE leave jewelry back in the USA and dress conservatively – no loud shirts, pants, shorts, etc.

Luggage Allowance

- | | | |
|-----------------|------------------------|--|
| 1. Suitcase | Weight limit = 50 lbs. | Global Missions will cover costs |
| 2. Suitcase | Weight limit = 50 lbs. | <i>(second bag will incur additional fees)</i> |
| 3. Carry-on | 22 x 14 x 9 inches | |
| 4. Personal bag | | |

GMI Supply Bag

You will receive a 15 lbs. shopping bag with supplies to take the Dominican Republic. Please spread these items throughout your luggage along with the shopping bag. We will collect these items once we are at our hotel.

Before departure you may be asked to pack some supplies to bring back to the U.S. We will collect them once arrived at Orlando. Pack them so that upon arrival you can quickly find them to be returned.

Emergency Contact Info

GMI Office: (407) 303-2632

Monty Jacobs' cell phone: (240) 481-6887

Andrea Ward's cell phone: (407) 304-7716

The cell phones will be operational while in the Dominican Republic. You can give these numbers to your family so if an **emergency** should arise they will be able to contact you.