



Advent Health Global Missions

December 2-6, 2019

HAITI Medical Mission Trip Information Packet





Port-au-Prince, Haiti Medical Mission Trip

Trip Purpose

The Global Missions' Footprint in Haiti is comprised of Haiti Adventist Hospital in the Carrefour region of Western Port-au-Prince and **OPERATION SUNSHINE** – a program designed to provide medical care to children. The teams will provide wellness checks for all the children in the program. Operation Sunshine has grown to include 10 orphanages with over 500 children, and with our volunteer's help we are able to provide high-quality care to the children as well as the staff and their immediate families at the participating orphanages and children's homes.



Location & Culture

Haiti, a name that means "mountainous country," is a country that covers 10,714 square miles and is located in the subtropics on the western third of Hispaniola, the second largest island in the Caribbean, which it shares with the Dominican Republic. The population has grown steadily to the estimate of 6.9 million to 7.2 million in 2000. Haiti is one of the most densely populated countries in the world. The capital city is Port-au-Prince, which is five times larger than the next biggest city, Cape Haitian.¹

For most of the nation's history the official language has been French. However, the language spoken by the vast majority of the people is Creole, and in 1987 it was given official status as the primary official language.

Six years after the January 2010 earthquake that devastated much of the country, Haiti has transitioned from a post-disaster era to a period of building and long-term development. As of January 2015, more than 95 percent of the 1.5 million displaced persons in camps have found alternative housing. Nearly all earthquake debris that obstructed recovery has been removed.



Even before the earthquake Haiti was among the least developed nations and faced chronic challenges to meaningful poverty reduction. Against this background, the country's reconstruction and development will continue for many years.²

¹ <http://www.everyculture.com/Ge-It/Haiti.html>

² <https://www.state.gov/r/pa/ei/bgn/1982.htm>

Trip Cost and Due Dates

The total trip cost is \$1,500

Due Dates

Payment	Amount per Person	Date Due
Deposit	\$200	Upon Application
50% of Remaining Trip Cost	\$550	August 16, 2019
75% of Remaining Trip Cost	\$375	October 4, 2019
100% of Remaining Trip Cost	\$375	November 1, 2019
TOTAL	\$1,500	

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.

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
- Tour Leader/Translator
- Tips on behalf of the group
- Short-Term Travel Insurance

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 Haiti
- 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

Weather and Atmosphere

The climate in Haiti is tropical with some variation depending on altitude. Port-au-Prince ranges in January from an average minimum of 73.4 °F to an average maximum of 87°F; in July, from 77–95°F. There are two rainy seasons, April–June and October–November.

Food and Drink

Rice and beans are considered the national dish and are the most commonly eaten meal in urban areas. Traditional rural staples are sweet potatoes, yams, corn, rice, pigeon peas, bread, and coffee. Important treats include sugarcane, mangoes, sweetbread, peanut and sesame seed clusters. **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 throughout the day.

Lodging

We will be staying at different guesthouses or hotels in the Port-au-Prince area. Each room will be furnished to host two people; roommates will be designated by pairing those with the same gender.

Entry Requirements

All passports must be valid for at least six months after the dates of intended travel. We recommend that you keep your passport with you at all times while traveling through Haiti. For U.S. citizens, no visa is necessary 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/>

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 an authorization card **BEFORE** you visit the Medicine Specialists from the AdventHealth Global Missions department.

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, Global Missions will cover the cost of the visit and you will be responsible for any additional charges, including vaccines.

Miscellaneous

Foreign Currency

Haiti uses the Gourde as their form of currency. The current exchange rate as of December 2018 is **1 USD = 75 HTG.**

How much money should you bring?

The only money you'll need is for any extra food and souvenirs you may want to purchase. We will stop at the airport to exchange money; some vendors also take credit cards. Most everything you see in shops or from vendors will be less expensive than in the USA. At times you can bargain the price down, but please keep in mind you are bargaining with people that make in a month what you make in a day.

You may also bring cash to tip the hotel staff at the end of the week.

Electricity

Haiti supplies electricity at 110 volts AC. The voltage is not exact as the United States' at 120V, but the difference is usually tolerable by electrical devices. It's mostly safe to plug your electrical apparatus in Haiti without a voltage adapter. They use the same plugs as we do in the United States, you will not need an adapter.

Time

Haiti is on Eastern Daylight Time (EDT)

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 may not be available at all times.

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.
- You will receive special ID tags for your luggage to make them easy to spot. Help each other to tag luggage.
- Identify yourself as a tourist – "tour group" on immigration documents.
- Stay with group when we go through customs.
- Carefully watch for everyone's luggage as these are easily mistaken on the conveyor belts.
- You are advised against street moneychangers for security purposes.
- Respect others; always be on time for scheduled events (better early than late), although the Haitian people are more relaxed about schedules.
- Remember: You are a guest in Haiti... 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.

	TO TRAVEL:	FUNDS	TRAVEL AIDS
BASICS	Passport	Wallet	Pleasure reading
	Copy of travel docs	Cash	Chewing gum
	Copy of passport	Credit Cards	Snacks
	Emergency contact info	Foreign Currency	Earplugs
	Medical insurance card	Money belt	Sleeping mask
	Headphones		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	Bible	Toys
	Guidebook	Pen	School Supplies
	Backpack/day bag	Journal	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.
- It is warm in Haiti, nights and mornings may be cooler but very similar to Florida weather.
- 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 Global Missions office can supply you with some. 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

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|---|------------------------|--------------------------------------|
| 1. Suitcase | Weight limit = 50 lbs. | \$25, fee covered by Global Missions |
| 2. Suitcase | Weight limit = 50 lbs. | Fee of \$40 |
| <i>You may leave the bag in Haiti as a donation</i> | | |
| 3. Carry-on | 22 x 14 x 9 inches | No fee |
| 4. Personal bag | | No fee |

Medical Supply Bag

You will receive a 15 lbs. shopping bag with supplies to take to Haiti. 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

Global Mission's Office (407) 303-2632

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

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