



# GENERAL TRIP INFORMATION - 2018

## TRIP FINANCIALS

- Trip cost averages range from **\$1700-2000**
- Total trip costs are dependent on airfare
- **Trip Deposit - \$150** due within 1 week of the application.
  - Send in your **\$150** Non-Refundable/Non-Transferrable Deposit to secure your spot on the team.
  - You can write the check to **Restore Haiti** & mail to: **PO Box 680278 Franklin, TN 37068**
  - You can request a link to pay your trip cost online. Email: Juli Wendt [juli@restorehaiti.com](mailto:juli@restorehaiti.com)
- **Flight Costs**
  - After we receive your \$150 your next deadline will be flight cost financials.
  - We get the cost of flights and is due at least **3 month** before your **Departure Date**
- **Remaining Funds Due**
  - The remainder will be due **2 weeks** before departure.
  - This will be all remaining funds plus any remaining flight cost if that is applicable.

## Costs include

- Airfare
- \$10 Tourist Tax – will be paid by Team Leader or reimbursed by them.
- Lodging
- Meals in Country (airport/travel meals not included)
- Travel Insurance
- Restore Haiti T-shirt

## Does NOT include

- IMMUNIZATIONS/MALARIA PILLS – CONSULT physician/travel clinic/county health dept. for costs.
- Travel Day Meals
- Snacks/Water/Soda at hotels or shops
- Souvenirs
- We recommend you **bring \$75-100 of Spending money**- Please bring **\$1's** and **\$5's**

## AIR TRAVEL

- Tickets will be purchased by Restore Haiti and cost varies by time of year.
- You are responsible to pay all flight costs even if you decide you will not be traveling.
- Most airlines will give you a credit towards other flights but the funds are owed to RH.

## IMPORTANT NOTE:

- Once you sign up and pay your non-refundable/nontransferable deposit you are responsible to pay all trip costs that apply to your trip minus ground fees.
- If for some reason you cannot go on the trip you applied for, paid the deposit and flights have been purchased, money has to be paid by you to **Restore Haiti**.
- If you have paid other monies or received donations for your trip they can be applied to another trip less the Deposit and Flight cost only within THAT calendar year.

## PASSPORTS AND VISAS

- Passports are required for entrance into Haiti
- This is YOUR responsibility to acquire separately from your trip costs
- You should apply immediately for your passport it can take weeks to receive it.

- If you have a passport it has to be valid for **6 months** past your travel dates.
- We need your passport # to purchase international tickets
- You will need **to scan a copy to us** and send to: [becky@restorehaiti.com](mailto:becky@restorehaiti.com)
- Visas are **NOT** required for entrance into Haiti
- Please visit this site for more info: [www.travel.state.gov/passport](http://www.travel.state.gov/passport)

## VACCINATIONS and MALARIA PREVENTION

- Haiti does not require vaccinations/medications.
- Our RH Team Members/Leaders are **strongly advised** to contact your physicians/local travel clinic such as Passport Health **12-24 weeks before departure**.

See: [www.passporthealthusa.com/locations](http://www.passporthealthusa.com/locations)

- Have **ALL** medications prescribed by the same health professional to avoid problems & confusion.
- Your vaccinations/medications costs are **separate** from trip cost, not the responsibility of Restore Haiti or included in your Trip Cost.

### Recommended vaccinations for travel:

#### **Routine Vaccines that should be up to date**

- Influenza
- Measles, Mumps, and Rubella (MMR)
- Pneumococcal
- Polio
- Tetanus/Diphtheria/Pertussis
- Varicella (Chicken Pox)

#### **Recommended Vaccines Specifically for Haitian travel:**

- Hepatitis A
- Hepatitis B
- Typhoid

### Anti-Malaria Medication options:

- According to the CDC - ALL of Haiti is a moderate risk for Malaria prone mosquitoes.
- The following are their recommendations for anti-malarial options. You can also read more on the CDC website listed here: [http://www.cdc.gov/malaria/travelers/country\\_table/h.html](http://www.cdc.gov/malaria/travelers/country_table/h.html)
- All of the following increase sensitivity to sun – make sure to use sunscreen on a consistent basis

#### 1. Chloroquine

**Benefit:** convenience (once per week), relatively inexpensive

**Cons:** intolerance is fairly common, need to take for 6 weeks, typically not covered by insurance

**Note:** Most common drug prescribed for Haiti if you do not request an alternative

#### 2. Doxycycline

**Benefits:** often covered by insurance, treats acne, relatively inexpensive

**Con:** need to take daily for 36 days, significantly increases risk of sunburn

#### 3. Malarone

**Benefits:** probably best tolerated, only need to take for 16 days for a 1 week trip

**Cons:** need to take daily, typically the most expensive

**\*Please check with your Health Insurance to see which anti-malarials they will cover.**

## Along with the anti-malarial drugs we recommend:

- Bug Spray/Lotion – Any Variety – Higher Deet content is more effective.
- Permethrin Clothing Spray - <http://www.sawyer.com/tech-bugs1.html>

## Spraying clothes with Permethrin

Concentrated permethrin solution (approx 37% vs. working concentration of 0.5%, it is 74X with the concentrate):

- [http://www.amazon.com/gp/product/B005UUZ3OI?psc=1&redirect=true&ref=oh\\_aui\\_search\\_detailpage](http://www.amazon.com/gp/product/B005UUZ3OI?psc=1&redirect=true&ref=oh_aui_search_detailpage)
- This costs about \$25 for 32oz, which makes about 19 gallons of ready-to-use solution.
- Consider sharing the cost with your team members

## HOW TO USE CONCENTRATE:

- You will need a gallon sized lawn sprayer or empty/clean gallon sized jug/spray bottle.
- Add 1.7 oz (3.5 tablespoons) concentrate per gallon.
- We recommend you fill the sprayer about one-fourth full with water, add the permethrin, fill to one gallon with water, and then screw on the sprayer attachment, give it a good shake to mix.

## PERMETHRINE - READY MADE

- You can purchase the ready-made from **Sawyer**, but it costs 60X more than the concentrate.
- <https://sawyer.com/products/permethrin-premium-insect-repellent/>

## HOW TO SPRAY CLOTHES

- Spread out clothes on a tarp, cardboard, or newspaper in a well-ventillated area.
- Wear disposable or rubber dish gloves since you will be handling clothes that have just been sprayed with permethrin.
- It is recommended to spray 6 oz per outfit, which would include socks, but not **undergarments**.
- Spray the outside of your footwear, as well as your hats / head covering.
- Spray each article of clothing until it is noticeably damp, then flip everything over and repeat.
- It goes very quick with a lawn sprayer.
- You can dry the treated clothes on a clothesline, drying rack, or on hangers.
- When the clothes are dry, the smell of the permethrin will essentially be gone.

\*\*\*The permethrin treatment should last through at least 6 washings or 6 weeks.

## BAGGAGE REQUIREMENTS:

Always check before travel for changes in baggage policies and fees. There are exceptions at times.

- For all the latest Travel info please visit TSA (Transport Security Administration) at: <http://www.tsa.gov>
- Charges vary by airline. See below for more info.

## Carry-On Baggage:

- Most Airlines will permit one carry-on bag (45" linear inches)
- plus one personal item, such as:
  - shoulder bag/backpack – sturdy and reliable
  - laptop bag/an item of similar size. per customer to be carried on the aircraft.

## Check In Bags:

Size Requirements: Up to 62.0 linear inches L+W+H and 50lbs maximum weight

- Fees varies by airline.
- Your Team can choose to work in the cost of bringing 1-2 check in bags of donations.
- We can provide you with items you can collect or work with you on what you would like to bring.
- We work with our Haitian partners to make sure donations are relevant and needed.

## TEAM COMMUNICATION - MANAGED MISSIONS

- When you do your Restore Haiti Application you have created an account with Managed Missions
- We use this site to post Documents, Meetings, Financial Balances and other important Trip Info.
- Our Donation system is not connected to Managed Missions, at this time you cannot do payments here.
- Please check Managed Missions often for info concerning your trip.

## SECURITY

- Our hotel is secure with a guard, a big metal gate that locks at night.
- All hotel room doors lock.

## GROUND TRANSPORTATION

- All Teams are picked up at the airport by our trusted Haitian staff.
- Teams are transported by vans to Jacmel – One rest stop is available for this portion of the trip.
- In Jacmel transportation is by Tap Tap – Nissan Frontier pick up truck by an experienced taxi driver.

## TRAVEL INSURANCE/REGISTRATION

- All Restore Haiti teams include Travel Insurance.

### State Department Registration:

- We register all of our teams with the U.S. Embassy/State Dept.

## ACCOMODATIONS

- **JACMEL - Leviya Hotel** - 55 Route St. Helene, Jacmel – Double/Triple/Quad Rooms
- **PORT AU PRINCE** – Trinity Lodge - <http://www.trinitylodgehaiti.com> - Mostly Bunk Style Rooms

**Rooms/Roommates** - We will assign you rooms/roommates based on leader recommendations.

- **Note:** You will share a room and possibly a bed with a Teammate.

### Air Conditioning

- Most rooms have A/C but there is no guarantee of this.

### Wifi

- Available for some afternoon use, in the evening, and first thing in the morning
- It is not guaranteed and is often very slow so don't expect or rely on it.

### Electricity

- Electricity is available but is often times off in the morning. It is intermittent during the day.
- There is a back-up generator at the hotel when Jacmel City Power is off but very costly to operate so it is turned on only when needed.

### Water

- The water supply at the hotel is pumped into a tank by a water delivery truck.
- It is not heated and can run out.
- We do NOT recommend using it for drinking/brushing teeth etc.
- Drinking water is available in a cooler in the hotel lobby and also for purchase-\$1US
- **We recommend you keep a water bottle by your sink to brush your teeth**

### Showers

- Each bathroom has a shower, bucket and scoop.
- We recommend filling your bucket daily just in case the water supply is empty.

### Beverages

- The hotel sells soda, juice and water for \$1US. You can ask for a hotel employee to purchase.

## GENERAL

### Food

- All food we provide for you is safe and cooked by our trained Haitian Chefs.
- If you have dietary needs, please note this on the application and follow up with your Team Leader.
- BRING food that would supplement a meal just in case – \*See Packing List for ideas.

### Drinking Water

- All drinking water we provide for you is safe. We drink mostly from Water Bags or cooler at hotel.

### Toilets

- Toilets at the hotel are normal toilets but please **DO NOT FLUSH** toilet paper.
- Toilets at the ministry site and other places are not able to handle flushing of toilet paper either.
- You will need to place the used TP into the waste basket provided for you.

### Motion Sickness

- Our ride from Port au Prince to Jacmel and vice versa can give some people motion sickness.
- It is not a fast ride, but it is a winding road.
- We recommend you are prepared and take this medication for this in the US before arriving in Haiti so that the medicine or motion sickness patch has time to take effect.

## SOCIAL MEDIA

- Please be respectful of our Haitian community. Do not post anything that would be disrespectful or condescending to their culture.
- **DO NOT – “CHECK IN”** a location on FB or any other site for the overall safety of the team.
- We don't need social media to know exactly where we are. Contact Family and Friends Privately
- PLEASE give thought to the photos you post! Do they reflect the values and integrity of Restore Haiti and your group.

## MANDATORY CLOTHING POLICIES

Our Community Leaders in Haiti have requested our teams to be very cautious how we dress in their city.

They are a **MODEST COMMUNITY** and we are there to **partner** with them.

As missionaries to their community we need to comply with this request and dress appropriately!

### WOMEN

- NO SHORTS – THIS INCLUDES NO LONG BASKETBALL VARIETY! NONE! INCLUDING DAYS OF TRAVEL & TO-FROM THE BEACH! – Wear a long skirt & t-shirt over suit!
- NO SHORT SKIRTS! Nothing ABOVE THE KNEE!
- NO SHORT DRESSES – Above the knee
- NO YOGA PANTS or YOGA CAPRIS – Tight Fitting!
- NO SPANDEX TYPE PANTS/CAPRIS/LEGGING WORN AS PANTS!!!
- YOU CAN WEAR CAPRIS as long as they are NOT spandex, exercise type.
- NO LEGGINGS UNLESS COVERED by a DRESS or TUNIC that goes past your knees!!!
- NO Spaghetti Straps
- NO LOW CUT, REVEALING or See-Through SHIRTS, DRESSES etc.
- NO Shirts with Sides CUT OUT revealing your Bras
- NO Bikinis or revealing bathing suits for the beach. NO EXCEPTIONS
- NO 2 PIECES UNLESS it is a FULL Tankini!

### EVERYONE

- NO Offensive Language or Images such as skulls or guns on Clothing
- DO NOT walk around the hotel with your SLEEPWEAR or SHORTS on.

## TRAVEL DAYS

- WEAR RESTORE HAITI TEAM SHIRT
- PLEASE OBSERVE Clothing Policies on Travel Days!
- NO SHORTS, SHORT SKIRTS, TIGHT Legging, Yoga Pants, Capris etc.
- PLEASE FOLLOW the descriptions in the packing list next to each clothing item.
- Do not arrange to meet friends and families in the cities of connecting airports.

These policies are in place to protect you, the team and the community.

If you do not observe these policies, you will be asked to change.

## LANGUAGE

- Haitians speak - Haitian Creole - It is a French-Like Language
- If you would like to practice before you go check out these options:
  - <https://quizlet.com/147624/haitian-creole-phrases-flash-cards/>
  - <http://www.lunionsuite.com/hacking-haitian-creole-beginners-grammar-cheat-sheet-for-learning-kreyol/>
  - There are also "APPS" you can get for your devices. Example - BYKI-Haitian Creole
  - Pimsleur makes sets of CD's too and you can sometimes get them from your local library and they are sold on amazon.com.