



Haiti Mission Trip Information

Building Relationships with: Teammates, Families, Hosts, Community, and God; we will accomplish more if we go with the mentality that we are making this trip to partner with the local community, build relationships, and learn about their ministry. We are not going as superheroes to save their world.

Suggestions and Recommendations

Packing:

- ✓ Passport (required)
- ✓ Flip-flops for showers/lounging
- ✓ Pepto-Bismol (diet may be different)
- ✓ Soap/Shampoo/Personal toiletries
- ✓ Small Mirror
- ✓ Wide brim hats
- ✓ Work gloves
- ✓ Sunglasses
- ✓ Chap Stick
- ✓ Multi-tool
- ✓ Batteries
- ✓ Head flashlight
- ✓ Toilet paper
- ✓ A few small bills
- ✓ Towels/Washcloths
- ✓ Snack Foods
- ✓ Aspirin/Tylenol
- ✓ Insect Repellent
- ✓ Sunscreen/something to put on sunburns
- ✓ **Hard Soled Shoes** and/or tennis shoes and sandals
- ✓ Bag or large Ziploc for dirty clothes
- ✓ Comfortable work clothes – scrubs are recommended when working with patients
- ✓ Notebook or journal
- ✓ Bible
- ✓ Casual dress for church (No shorts, Men - preferably Khakis and Women - dress or long skirt)



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Optional Items:

- ✓ IPod – Great for the plane and in the residence at night. Be careful not to isolate yourself from the team or other activities. Can't be used while working.
- ✓ Personal tools and meds
- ✓ Digital Camera – Please ask before taking pictures of strangers. Please synchronize your date before the trip and each time you change your batteries. Please remove all personal pictures prior to the trip so you don't risk losing these photos. Team leaders will download pictures daily for use on the Facebook page and to create a team folder of all pictures after the trip.
- ✓ Fanny Pack (Optional) (to carry your money/Passport)
- ✓ Packing your things in large Ziploc bags with all the air squeezed out helps save room in your bag and keeps you organized while traveling.
- ✓ Take everything out of its packaging (toiletries, medicines, etc.) to save space. If you need to, just cut the directions off the packaging and put them in a zip-lock with the item.
- ✓ No matter how hot it is where you are going, bring at least one long-sleeve shirt. You never know when you might get stuck on a freezing cold plane or when you'll need protection from bugs, etc.
- ✓ If you're putting your clothes in the checking bag, pack some extra clothes in your carry-on because your luggage might not arrive with you.
- ✓ Earplugs are great to have along if you're sleeping in a noisy place or in a room with people who snore!
- ✓ Bring pictures of your family, friends, etc. Family ties are generally stressed more in the Haitian culture than in the US. So people will love seeing pictures of your relatives! Try not to bring photos that would show off your comparative "wealth," or show you dressed inappropriately for the culture you will be visiting.
- ✓ A small supply of powdered Gatorade can be great to have along, to help guard against dehydration. Keep a Ziploc bag of it in your backpack and put some into your water bottle once in a while.

Things You Will Not Need on the Trip:

- ✓ Cell Phones – Depending on your provider cell phones won't work in Haiti. If they do work be careful of fees! Remember we are on a relationship building trip. Spending time talking with folks in the US, when it is not an emergency, will detract from your experience. The team will have a Haitian cell phone to call home in case of emergencies.
- ✓ Laptops – Please leave them at home. The team will have a laptop to update the blog and for occasional email usage to keep contact with family. The team laptop is not for endless Facebook time or casual email usage.



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- ✓ **No bedding-sheets, blankets or pillows (if you have a favorite pillow, it is fine to bring it)**
- ✓ No camouflage or Army-type clothing
- ✓ No voltage converters - Electricity is 110V and same cycle as US
- ✓ No Good/Expensive Jewelry (suggest leaving at home)
- ✓ No traveler's checks. Most stores will not accept them. Finding a bank that cashes them and getting you to the bank can be a hassle for your team.

Giving Things Away:

You are going to a place where people are living in poverty. You're probably going to be asked for things, and you are probably going to want to give to help meet the need. Giving is good, but has to be done carefully or it can cause more damage than good. Make sure your giving is done appropriately.

- ✓ Be careful about not giving things in a way that will create jealousy or cause fighting. If you give your watch to a child, all the others will want it.
- ✓ It is best not to give money to people. It may not be used for the purpose you intend. You may also cause more harm than you think. For example, if children who are begging make enough money doing it, they may think that it is not worthwhile going to school.
- ✓ If you want to give away your clothes or other items, ask your team leader or host for the best way to do so. We will leave any clothes with our host if you want to donate them. Please, don't donate clothes that have become rags. If you wouldn't wear it, why would you expect others to?
- ✓ Be aware that giving away donations can be a lot of work for others. Don't assume that your host wants that responsibility. It's not that they don't want to help meet needs, they may just not have time to spend dealing with your donations. For example, clothes that are left often need to be washed and sorted before they can be given away.

Working With Your Hosts:

- ✓ Appreciate the people who are hosting you on your mission trip! Remember that they are taking time away from their normal jobs or adding onto their normal work schedule to make your trip happen.
- ✓ Be careful not to bombard your host with questions about what's going on, the schedule, etc...They are in charge of a lot and probably getting more questions than they need. Run questions like that through your team leader. Very important!
- ✓ Think of special ways your team can serve them.



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Ministry

The primary members of the mission trips are healthcare professionals. However, there are opportunities for support staff (and we may have "downtime"). Almost anything can be turned into a creative ministry tool and open up a chance for you to talk to someone. If you have a special "talent" that you think may be of use during your trip, ask your team leader to find out if it would be appropriate. Here are a few ideas to get you thinking:

- Magic tricks/optical illusions, juggling, etc., always seem to draw a crowd.
- A bag of fingernail polish can come in handy, if you're working with youth, visiting a nursing home, a hospital, etc. Give some free manicures!
- Do you know how to cut hair? Bring along some scissors or a pair of clippers and set up a barbershop. Especially in poorer areas, haircuts may be rare for some people.
- Can you draw? Keep a drawing pad in your backpack and pull it out to entertain people. You can draw something and have someone tell you how to say it in the local language. If you're visiting a hospital, you can draw people's names or a verse and hang your work above their beds to brighten things up.
- Do you like to take pictures? Some people never get a family photo taken. Setting up a mobile photo studio can be a great ministry. If you have a Polaroid camera, you can give them the photos right away. Otherwise, you may be able to find a photo shop that can get you your pictures fast. Make sure to check on how/if the logistics of this will work.
- Women love to make things. If you're going to have a chance to lead a women's' or girls' Bible study, think of a simple craft to have them do as well. Canvas bags work well for this. You can either buy them at a craft store or make them yourself. Have women decorate them using ribbon, buttons, rubber stamps and fabric paint, etc.
- Making journals can also be a great thing to do with youth or adults. Bring along enough of the "composition" style notebooks (no coil binding) for the people you will be working with. You can make fabric covers and decorate them. Or, have them make a collage on the cover by cutting things out of old magazines and calendars and coating them with glue. After making the journals, you can talk about how to use them for their daily quiet time. Print out a list of tips for having



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a daily quiet time and glue it on the inside cover, or write Scripture references on each page for them to look up during their personal quiet time with the Lord.

- Come prepared to give your testimony or share a 10 minute devotional. Peter tells us to always be prepared to give an account of why we have put our hope in Jesus Christ! It helps our witness to share with the children that we are not perfect. We have troubles and hardships to overcome as well.

Costs:

- Total cost of the trip is \$1250.
 - Price includes:
 - Airfare
 - Food, lodging, and transportation in Haiti.
- Payment Schedule
 - To reserve your spot: \$500 down at least 3 months prior to date of travel
 - Balance paid 8 weeks prior to date of travel
 - Payments should be made payable to the MIVO Foundation. And mailed to:
 - MIVO Foundation
1441 South Duke Street
York, PA 17403
- Additional costs you may incur;
 - Passport
 - Vaccinations (Approx. \$80-100) you will need the Hepatitis A and a current Tetanus (CVS, Eckerd, Walgreens, Weis are cheapest places for shots)
 - Domestic transportation

Travel Schedule:

TBD

Daily Schedule (subject to change):

- Arrive on Friday evening
- Plan on working Saturday through Monday



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- Day off on Tuesday
- Work Wednesday through Friday
- Travel back to airport on Saturday

A Covenant for Success:

- We are privileged to have the opportunity to serve by being volunteers in mission. Our primary purpose as volunteers is to radiate Love.
- We are to invest ourselves in the mission and honor those we serve in all we do.
- We will need to be flexible, adaptable, sensitive, and patient. There will be times when we may want to hurry and get things done but delays happen.
- We will make the best of the quiet time to rest, get acquainted, communicate with the residents, and play with the children.
- From now on, we are a TEAM! A team functions best like the body. If one part of the body isn't functioning well the whole body suffers. We will need to be an encouragement to each other and support one another. When the team leader says "let's get back to work", it is time to get back to work. When the team leader says, "Let's take a break", the whole team takes a break.
- Our **Task** may be to clean up, build bunk beds, or pave over some dirt; but our **Purpose**, which is far more important, is to be a living expression of **Love** while building relationships with those who need our help.
- Cooperating is the key. We will need to cooperate with many, varied persons and conditions...
- Smile! A happy, positive attitude will go a long way.
- Let us remember that we are ambassadors

Signature: _____