

"Lord, You know how you have prepared and called each member of this team. Each one plays a specific role in what you will be doing on this trip. Go before us. Come behind us. Give us your presence on our right and on our left. Be our umbrella of protection and our firm foundation. May we do your will and set aside our personal agendas and ideas about what this trip is to be.

*May we love you and others as we go.
Amen."*



Feed My Sheep Ministries HAITI TEAM GUIDELINES

Feed My Sheep Ministry
Richard and Beverly Felmey
Missionaries to Montrouis, Haiti
352-221-0288

ASSISTANCE FOR HAITI THAT LASTS

Since the earthquake, Haiti has received more assistance than many years combined. The immediate response was overwhelmingly wonderful, but I'm concerned that when it slows down or stops, that there will be little to no long term affect. Right now, Americans are not only funding charity to Haiti, but they're also funding too much American labor to Haiti. Most American employees in Haiti make a minimum of \$25,000 per year and require more expensive food and lodging. It should be noted, more than 30 Haitians could be hired for less money than 1 American employee in Haiti. Doesn't it make more sense to employ a few skilled Americans in Haiti to teach and supervise Haitian employees? In our ministry, it's always been our motto NOT to cater to begging, but rather, provide education and training that makes begging unnecessary. If we're to see long term positive results in Haiti, we must empower the Haitians by making them self-sufficient not dependent on our hand-outs. Right now, I'm seeing far too many hard working, well meaning Americans while too many Haitians lay around awaiting hand outs, and by nature, these are the hardest working people I've ever seen.

With my limited knowledge, I'd like to share some recent Haitian history along with some possible solutions that would have long lasting success for Haiti and turn them into an asset for America rather than a liability.

In the mid 1980's the U.S. enforced an embargo on Haiti. I won't get into all the details, except during this time, Haiti lost what little economy it had. Later, when the embargo was lifted, the doors were open for Haiti to receive American products again. However, the U.S. would not allow products from Haiti to be exported to the U.S. The bottom line, this arrangement milked the Haitian economy while the American economy increased. Finally in 2008, our U.S. Congress approved trade with Haiti but would only accept Textile exports from Haiti. Initially, we were excited with this new opportunity. We had some ideas to create some Haitian marketing with Haiti. Unfortunately when we contacted some of the shipping companies we had used in the past to ship belongings from U.S. to Haiti, they all had the same answer. They proclaimed that U.S. customs treated all inspections from Haiti with extreme prejudice unlike shipments from any other country. They said it was more profitable to return ships from Haiti empty than to tie them up in U.S. Customs while undergoing unfair, extensive, time consuming inspections.

We Americans could accomplish some long term assistance to Haiti by simply offering them fair trade with the U.S. without all the prejudicial treatment. Not only discontinue unfair custom inspections, but also, accept produce from Haiti, and stop limiting them to textiles only. Open trade and assistance with agriculture could set up an economy in Haiti and be an asset to the U.S. at the same time.

Haiti has a climate that can produce crops year round. All Americans that visit Haiti testify Haiti bananas and mangos are by far superior to any available to the U.S. Some assistance with Agriculture Education, fertilizer, irrigation, modest farm equipment, and open trade with the U.S. could turn everything around in Haiti with much benefit to the U.S. I should add that practically every Haitian farmer's farm equipment inventory consists of a hoe and a pick (nothing else). We're not talking about a fortune in farm equipment to upgrade what they have at this time.

I'm hoping this letter will be circulated to as many as possible, and if anyone reading this knows how to share it with those in Government Offices, please do so. What are our future plans for Haiti? Do we continue welfare handouts that make them dependent on us indefinitely? Do we eventually just stop the handouts returning them to the condition they were in before, and turning all these efforts into a temporary fix? Or, do we enable and empower them into becoming self-sufficient with God given dignity? To me, the right answer here is the simplest of "COMMON SENSE" which is something I would like to see much more of in our Government.

Many people don't know this, but in the 1800's Haiti produced 1/3 of the coffee and sugar for the ENTIRE WORLD! Now it's the poorest nation in the world. Are we going to spend a fortune on a temporary fix, or make an investment that could long term help us all?

Thank you for allowing me time on my soap box.

God Bless,

Richard Felmey

Unity is primary. Individuality is secondary.

This is counter-culture to we Americans. As you join this team, and as we travel and live together during this trip, you have to give up your rights as an individual. You are traveling and working for the purposes of the group as a whole. We **as a group** will serve Feed My Sheep Ministries and Haiti.

Remember these things as you maintain unity:

- * Remain fluid in all situations. Remember that many, if not all, things on the trip will be outside of your control. Don't get an attitude about those things that you can't control.
- * Show grace. No one is perfect. We can all strive for excellence, but perfection is only found in Jesus Christ.
- * Prioritize cooperation.
- * Work with our national leaders (Richard & Beverly Felmey and Garry Maurice). They are the in country leaders. You are not. Be submissive to the ground trip leader.
- * Avoid judging ministry effectiveness based on work accomplished or short-term observations.
- * Look for opportunities to help and work. Don't wait for the other person to step up. Volunteer for what has to be done.

Please stop NOW and read Galatians 6:9-10 and Philippians 2:1-11

You will want to be comfortable on your trip... In the uncomfortable situations, make a conscious effort to accept the circumstance, refrain from complaining, and allow the Lord to teach you something new about yourself or the circumstance. Perhaps you will be able to endure something you believed you could never endure.

When taking food, riding in a vehicle, choosing sleeping arrangements, or lining up for the bathroom, **consider the needs of others before yourself**. Again, your needs are to be second to the needs of others. Practice common courtesy within your group... If you have worked hard and could eat a horse, remember there are team members that may be coming after you in line or at your table that need food too.

Always remember to be kind and sensitive to our hosts. They are working hard and doing their best to provide for you.

Other important points include:

- * **Pay special attention to sanitation and safety instructions.**
- * Be informed. Listen to instructions and daily announcements.
- * Be on time. Don't keep the team waiting. Participate in all group activities.
- * Respect the needs of others privacy, silence, and sleep.
- * Watch for annoying behavior in yourself. It is easy to see it in others. It takes intentionality and courage to see it in yourself.

If you have been on a mission trip before, look for new ways to expand your relationship with God and our team. Remember that this is a new trip with different purposes than previous trips. Reliving the past only keeps you from experiencing the freshness of the present. Be ready to give advice when asked. Be cautious about offering too much uninvited advice.

Remember, this trip is not about you. It is about the team's ability to work in unity and to best serve the people of Haiti.

CULTURAL CONFLICTS

Culture is the shared knowledge and schemes created by a set of people for perceiving, interpreting, expressing, and responding to the social realities around them.

Culture has been defined in a number of ways, but most simply, as the learned and shared behavior of a community of interacting human beings.

Cultural Examples:

What Time Is It?

An important dynamic that affects the interaction of Short Term Mission teams and low-income communities is that there are often core cultural differences with respect to time. Most Americans are from a *monochromic* culture which believes that time is a very important resource that should not be wasted. Of course, there is some good in that perspective, and it enables Americans to produce a lot. But many other cultures (including Haiti) have a *polychromic* view that says time is primarily an opportunity to invest in relationships. In such cultures, knowing and serving others is more important than pursuing many new projects or activities. Hence, people from polychromic cultures may not feel unduly impatient or burdened if life unfolds a little bit slower than the people from monochromic cultures would like.

Crossed Legs...

In Haiti, men do not cross their legs because they don't want the soles of their shoes to show.

A Gift for Me?

The giving of items to an individual can be interpreted differently. For instance, an item given to an individual from a team member is seen as an item given to the individual and not to the organization for which they work. If a team travels with packs of colored paper to be used in the schools and a team member gives some of the paper to a teacher with the intent that she use it in her classroom, the teacher will assume that this is a personal gift and not feel the obligation to use it in the classroom. However, if the same paper is given to the teacher by the school director, the teacher will see that it is for school use and know that it is for the organization and not her personally.

Wow, you are a great worker!

A comment such as this from a North American team member can be construed to mean that the complemented worker always does good work. This may not be the case.

When interacting with national workers, it is common for them to work harder and better with or in front of their North American visitors. Like any of us, they will want to put on their best face and go the extra mile for the visitors. If we then complement them in a way that assesses their work, and this can be done as a means of encouragement with no other motive intended, we can cause later problems if our national leadership needs to direct a work change or evaluate, in a negative way, work production.

When working along side nationals, it is best to just thank them for their time when the work is complete. Any evaluation of their work should be avoided. This is hard because we want to encourage good work. Avoid phrases such as, "You are a hard worker." Or "Your work is so good." Or "I really like the way that you work. You are good at what you do." Again, in our desire to encourage good work and compliment those that work along side us, our performance review can be misused. Leave all work review and evaluation to our national leaders.

What did you bring?

Please do not talk with the local staff about the items brought in-country. Items such as school supplies, medical supplies, tools, books, etc. are frequently brought in with the team. Talking about these supplies can cause problems. When talking about such supplies, the local staff can assume that the supplies were brought in to give away for free. Many times this is not the case. Supplies brought in-country are to be distributed as the national leaders see fit. In many cases, our leaders will ask that the person receiving the supplies contribute in some way before getting them.

If the team talks about the supplies in public, and then later the leadership charges a fee for the supplies, this can cause problems as the public may assume the leadership is charging a fee and keeping the money for the supposedly free supplies. Any money collected by the leadership for supplies is always used to cover the cost of the supplies or reused for ministry purposes. Conversation about team supplies should always come through the national leadership.

CHRISTIAN CULTURE REFLECTED IN A SERVANT ATTITUDE

A Servant Attitude: The General Principle for effective cross-cultural ministry.

In Martha VanCise's book *Successful Mission Teams: A Guide for Volunteers*, she writes two particularly good sections. One is on teamwork. The other is on building cross-cultural relationships. The following thoughts and information comes from this later section.

"One requirement of building solid cross-cultural relationships is a servant attitude. Cultures are very different and as you read the following section, North Americans can have the attitude that we are superior in intelligence, know-how, and work ethic. Our cultures promote this independent, pull yourself up by the bootstraps mentality. This works in our culture, but can be very offensive in other cultures.

What does this servant attitude look like? For starters, it is a realization that another's culture is more complex than it first appears. Never make assumptions about another's culture. Be an observer, not a problem solver. Take time to watch, learn, and support those native to the culture. In seven to ten days, you will not be able to solve all the 'problems' of a culture. You are unable to totally solve your own culture's problems.

Second, the servant attitude avoids condescending attitudes. 'Guard against a superior attitude in regard to your education, possessions, and spiritual life. Avoid acting toward others as if they are ignorant or inferior. Look for similarities in your culture and the culture you are visiting' (163).

Third, the servant respects the cultures' customs and taboos. Even when they seem unfair or unjust to you, they may be well accepted and non-threatening in the other culture. Seating arrangements are an example. You will probably be given priority seating as you visit churches and other locations on your trip. Accept these places of honor even if others around you have to stand or are moved because of your coming.

A servant is loving and receives well. As you meet new people, greet them warmly and properly. We will have specific discussion on what is appropriate and inappropriate greetings. 'Always be very careful about responses to food. Do not make casual jokes, faces, laughs, mumbled comments, or other derogatory gestures when presented with food or drink.' (166) Show interest in the lives and lifestyles of those you visit.

A servant works in cooperation with others and does not ‘take charge’ because he or she knows how to do it better, quicker, or with more skill. Yes, you may know a better way. Yes, you may be able to do it quicker and yes, you may have more skill. But, don’t take over as our culture and world encourage. Our objective is to be able to learn together with those we meet. A ‘know it all’ is hard to get along with. ‘It is better to work in harmony then to complete the job’ (166).

A servant looks to provide for his or her own needs. Don’t expect to be waited on hand and foot. Look for ways you can contribute. Yet, at the same time, be a gracious recipient. This is a delicate balance. Receive when it is given, yet, don’t expect it all to be given to you. “

Culture Shock

Every person traveling overseas experiences culture shock in one way or another. Whether you feel it in a mild or extreme way depends greatly on your length of stay, where you travel, and on your previous overseas experience. Culture shock isn’t a bad thing. God uses it to stretch our view of the world, our view of people, and challenge our personal day-to-day values. Some people feel it while overseas, some upon returning home, and others in both environments. The lessons you learn from traveling will not end the moment you set foot on familiar ground. Be ready to have your life shaken up a bit. Get excited!

Engage them...

Mission trips are all about people.... You will encounter many ‘nationals’ who will be more than happy to learn about their culture. Be an initiator. Ask questions free of criticism or judgement. You aren’t from this culture- don’t react to it as if you’ve got it all figured out. Be willing to be ‘in the dark’ and admit that you don’t understand things. You’ll learn so much more if you don’t fake it! Learn to laugh at yourself. Everyone will make cultural mistakes- learn to apologize and move on. Your hosts will appreciate your effort to learn. Be engaging in your conversations; investigate things as if studying for a final exam. Spend time with them, develop relationships with national team leaders, coordinators, host families, & staff. Give of yourself and you will receive back a hundred fold.

Enjoy their home!

Enjoy the culture. Celebrate the differences- God made them! The variety of peoples, ways of doing things, foods, dress, manners, etc., are all wonderful expressions of God’s creativity. In other cultures, people think differently and look at life differently.

Adapt yourself...

No matter what country you visit, you will need to examine your behavior- how you speak, act, dress, work, etc. Be thoughtful- consider yourself a work in progress needing continual editing. Be humble and quick to adapt to your team leader or national leadership. Try to learn appropriate manners- your team leader will help but take your own steps to find out customs and interpersonal relations. Always demonstrate respect for age and status. **Adapt to their view of time.** Dress modestly, in accordance with cultural rules and with appropriate attire for the job you are doing. Live and travel simply. Try not to look like the “rich North American.” Find out where and when you can take pictures - before taking them! The culture is likely to be much more group-oriented than yours.

Be aware of stereotyping

Stereotypes may make us feel superior, safe, in control, or knowledgeable, but they will never lead to genuine, loving, truthful interactions with other people. You may not think you have any stereotypes, that's great! However, being on foreign soil may quickly reveal attitudes and perceptions previously unknown. That's part of the overseas experience. Be honest with yourself and with fellow team members as you recognize stereotypes in your mind and heart. Talk with each other about it. You will surely find that you are not alone in your misperceptions, and discussion will help you move beyond 'typing' people to genuine friendships.

North Americans may have these ideas about people in other countries

<u>Negative</u>	<u>Positive</u>
Uneducated	Having good families
Superstitious	Friendly
Inefficient	Sincere
Greedy/corrupt	Content
Naive	Enthusiastic
Lazy/Backward	
Inflexible	
Needing of help	

People from other countries often hold these ideas about North Americans

<u>Negative</u>	<u>Positive</u>
Loud/arrogant	Confident
Having superior attitudes	Educated
Aggressive	Efficient
Wealthy/materialistic	Strong
Corrupt	Successful
Violent	Good in business
Demanding	
Competitive/ selfish	

Expectations- what to expect

- * Expect lots of differences and surprising similarities.
- * Remember that different is just different, not wrong.
- * Expect to be fluid, fluid, fluid. Be so fluid that you FLOW like a river!
- * Expect frustration but refuse to complain.
- * Expect to forgive others and yourself.
- * Expect to be stretched, challenged, and changed.
- * Expect that your expectations won't all be met.
- * Expect wondrous acts of God.

Important points to always keep in mind in other cultures

1. You will be a “guest” not a host. You are on their turf.
2. All cultures have differences in religious backgrounds, the use of important words, concepts of history, and practices and habits.
3. Each culture has different values. They value different things, ideas and traditions.
4. Concepts of time and personal space may vary.
5. Physical and emotional responses and boundaries may surprise you.
6. There are different attitudes and approaches to doing work.
7. Words are powerful. Communication, habits and words are different. Guard your words very carefully. As a guest, do not criticize, make fun of, belittle or reject anything you encounter. These things are a part of their lives. Criticizing them will undoubtedly offend.
8. There are different views regarding the sexes, marriage, and the family. It is not your responsibility or place to decide whether these are best or even right. Respect their views and their preferences without condoning behavior that is contrary to biblical standards.
9. There are different habits of etiquette and protocol. Observe, listen, and learn.
10. If you are speaking through an interpreter...
11. Speak in short, slow, distinct phrases, not long sentences. Avoid slang.
12. Be careful with your humor. Play on words and jokes often do not translate well.
13. Bible translations will vary. You may focus on a certain word in the English Bible, only to find it translated differently in their Bible.
14. Remember that many times the translation is done for the idea being expressed and not word for word.
15. **DO NOT GIVE ANYONE ANYTHING OR BUY ANYTHING WITHOUT PERMISSION**
Haiti is a very poor country and as a result opportunity for any gain is often aggressively pursued by both individuals and groups. A piece of gum given in kindness can start a mob scene quickly.
16. **NEVER CATER TO BEGGING!** If someone tells you their need or gives you a “sad” story, simply tell them you need to talk to Mr. Richard first.

Developing Healthy Relationships

We want you to develop healthy relationships with those from Haiti but they should be healthy. Remember these points as you meet adults and engage with students and young children.

- You will meet people who are desperate and it can turn into a security situation for you and the student.
- The child could be kidnapped if somebody thinks you will pay money.
- They might show up at your door someday.
- They might ask you for money and get upset if you don't give them money.
- You can get mobbed when people find out you're giving away things.
- They might try to give you their baby to take back to the US (it has happened).

What is an unhealthy relationship? It's a relationship that is based on what you can do for a person: What you can give them, and what you can do for them.

What is a healthy relationship? It's a relationship based on mutual respect, one of prayer and mutual encouragement that strengthens everyone's faith. Student sponsorship is a good vehicle for this kind of relationship, by the way.

You will be signing a contract where you will promise you will not give anyone anything. Our national leaders have given many years of their life building ministry and empowering people, and this ministry can be ruined by careless acts on our part. They are trying to teach people that even though they are poor, they have God-given abilities and gifts that He wants them to use, and they have a responsibility to use those to take care of each other. When they rely on handouts from us, we are devaluing them as people and set them back in what God has called them to do.

COMMON GROUND FOR CONNECTION IN ALL CULTURES

- God's love is unconditional, perfect, eternal, personal, beyond our understanding, measureless, limitless, and generous. It is not prejudiced and has no favorites. He loves others just as much as He loves you.
- The love of Christ is able to bridge any and all cultural differences.
- All human beings desire to be valued, loved and appreciated for who they are.
- Extending kindness and respect speaks loudly in any language.
- Every person on the face of the planet desperately needs to know Jesus Christ.¹

Release of Rights

"We live in a world that is full of rights. Our particular culture is one where we take pride in our rights. The rights of individuals are constitutional; however, as we see the demanding increase of rights increase, we see more of the moral fiber of our society decrease. Our Lord Jesus Christ laid down His rights to the heavens and all His glory to become a man and to serve, not to be served (Philippians 2:5-11; Mark 10:45).

Consider laying down your rights on this mission trip. Not to lay them down for better or worse, but to entrust them to the Lord, or to transfer the responsibility of them to a place of safekeeping. These rights may seem reasonable, but could still cause dissension on a Short Term mission trip. Take time to search your heart and willingly surrender your rights to the Lord.

I give up my right to:

a comfortable bed
three meals a day
familiar food
dressing fashionably
seeing results
control of myself
control of others
control of circumstances
pleasant circumstances
making decisions
taking up offense
being successful
being understood
being heard
being right
personal space

I entrust to God:

my strength and endurance
my health and strength
my likes and dislikes of food
my security in Him
His purposes and fruit in His timing
my need for His Spirit's control
His workmanship in others
my circumstances
the privilege of suffering for Him
His sovereign hand on my life
His purposes in making me Christ-like
my security in His love
my reputation
my need for recognition
my need for righteousness

- I promise to NEVER meet with the local people and to NEVER give them money, gifts or letters (nor receive anything from them), except in a way arranged by leadership.
- I promise to NEVER give my phone number, my address, my e-mail or any other means of personal contact to the local people without clearance by leadership.
- I promise to submit to the authority of my team leaders and Feed My Sheep staff and to act in accordance with this agreement. I understand these promises are very important to provide a good experience for all those involved, for the safety of others, to prevent misunderstandings and problems for the field leadership after I leave Haiti.
- If I fail to follow this agreement, or if my words or behavior cause damage or negatively affect the work in Haiti, I understand that Team Leadership are entitled to immediately act within their best judgment to handle the situation. This could include confining me to housing, sending me home by any transportation means available (prior to the planned end of the trip), and canceling the rest of the trip for the entire team. I also understand my words and behavior can affect future visits by me and my fellow team members.

Signature_____

Date _____

Medical & Health

Health Safety Precautions In Country:

When out in the community DO NOT eat any food or drink any water or soft drinks unless okayed by the mission team host. You will want to bring a portable bottle for water as you travel in the country. An adequate supply of drinking water will be provided. There are many different bacteria in Haiti. Since you will be in regular contact with adults and children who may transmit bacteria, we suggest washing your hands frequently. When water and soap are not immediately available, use hand sanitizer (take a 3oz bottle in your carry-on bag and a large bottle in your suitcase) or handi-wipes. Also the currency can be very dirty and may carry bacteria.

Malaria, which is carried by mosquitoes, is present in Hispaniola (the island that holds Haiti and the Dominican Republic.) and preventative measures are at the discretion of the individual. Contact your physician for current health advice regarding this and any other medical needs. Check with the U.S. Center for Disease Control and Prevention for standards and immunizations requirements. CDC Traveler's Health: <http://wwwnc.cdc.gov/travel/>

Personal Medicines & First Aid Supplies:

Here is a list of medicines and supplies for you to consider taking on your trip. We want you to feel most comfortable in having these supplies available as you travel. You can take this list personally or coordinate with your team and create a team kit.

Prescription medicines need to be taken on an individual basis. As with all medicines, check with your doctor to ensure that what is listed is appropriate for your use.

- * Ciprofloxacin (Cipro) 500 mg - has been effective for team members in combating stomach issues (traveler's diarrhea).
- * Chloroquine Phosphate 500 mg - (anti-malaria - prescription)
- * 2 week supply of any personal prescription medicines
- * Tylenol
- * Ibuprofen
- * Imodium AAdvanced
- * Pepto Bismol Tablets
- * Benadryl tabs - for itching, allergy reactions
- * Benadryl anti-itch cream
- * Hydrocortisone cream - anti itch
- * Triple Antibiotic ointment
- * Cold tabs, non-drowsy
- * Band aids - small box

Water:

Dehydration is a concern. Be sure to drink twice as much water as you would at home. Watch for signs of dehydration in yourself and others on the trip. Dehydration leads to weakness, headaches, dizziness dark and strong smelling urine. If you are traveling with children, be sure to monitor their liquid intake. Adequate, safe drinking water is supplied. It is your responsibility to carry and drink an adequate supply. DO NOT drink any water from an unprocessed container! Even when showering, do not take water into your mouth. Use provided water to brush your teeth; water from the faucet is NOT safe and brushing your teeth with it could cause stomach illness.

Recommendations or Requirements for Vaccine-Preventable Diseases for traveling to Haiti.

You should check with your physician as soon as you are considering traveling to Haiti. Contact your physician for current health advice regarding any medical needs. Check with the U.S. Center for Disease Control and Prevention for standards and immunizations requirements. CDC Traveler's Health: <http://wwwnc.cdc.gov/travel/>

Routine Immunizations:

Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.

Hepatitis A or immune globulin (IG)

Recommended for all unvaccinated people traveling to or working in countries with an intermediate 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 (e.g., for an accident).

Typhoid

Recommended for all unvaccinated people traveling to or working in the Caribbean, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.

TB test should be taken prior to traveling to Haiti. Then another test taken 6-8 weeks after your return to be sure you have not contracted TB during your visit.

Medications Recommended:

Chloroquine Phosphate 500 mg - anti- malarial prescription medicine should be taken prior to departure, during, and after your visit to Haiti. Follow prescription instructions. As with all medication, check with your doctor.

Ciprofloxacin - antibiotic prescription medicine should be taken along in case of traveler's diarrhea. As with all medication, check with your doctor to see if Cipro could be an option for you to have available. You can read more about Cipro at <http://www.drugs.com/ciprofloxacin.html>

Dress, Travel & Packing

Dress Code:

Dress according to the climate and culture of Hispaniola - it could be very hot & humid. You may be most comfortable in loose fitting cotton clothing. Lighter colored clothing is recommended, mosquitoes are attracted to dark colors as is the sun. If interested, REI stores have excellent tropical gear.

Clothing must be neat and modest. Haitian men and women are generally very modest and conservative in their dress and they take pride in their appearance.

All body piercing jewelry must be removed except for earrings for females.

Please DO NOT take flashy or expensive jewelry with you. This prevents theft as well as possibly offending others in a poorer country. If you have a flashy wedding ring please consider wearing a simple band. (Haitians have been known to ask you for your jewelry.)

Clothing:

- * Men - Knee shorts, t-shirts or tanks are fine. Khakis or dress slacks and button down or polo shirt for Church
- * Women - Sun dresses, skirts (at least knee length) capris, modest shorts. T-shirts, tanks. No spaghetti straps, midriffs or low cut tops.
- * Shoes - Comfortable walking shoes. Sneakers are fine. You should wear shoes at all times for your protection, even during swimming and evenings. Flip flops or sandals are suggested for evenings.
- * Church - Haitians dress their best for church. We encourage people to wear dress clothes to church, but do not look extravagant. Men, please wear khakis or dress slacks and a nice shirt with a collar or polo shirt. Jackets and ties are optional. Women, please wear a dress or skirt covering your knees even when sitting.
- * Construction work teams - Most people (men and women) prefer to wear jeans or work pants for their durability and comfort. Be aware that pants will best protect you from injuries as well as disease through mosquitos. Don't forget sturdy work shoes, safety goggles, and gloves.
- * At Host Home - Shorts are acceptable for men, capris or modest shorts are acceptable for women. At night, modesty is key. Wear at least shorts and a t-shirt for sleeping. You will also want some sandals or inexpensive flip flops at night.
- * Swimsuits - Ladies should wear a one-piece suit (or modest shirt & Shorts) along with a cover-up or wrap worn when out of the water. Men, please wear modest swim trunks or shorts. Everyone should bring water shoes for the ocean.

Modesty is most important at all times. If you have questions wearing a certain piece of clothing, ask if it is appropriate or choose a different piece.

Clothing Not to Bring:

- * Short tops that can't be tucked in.
- * Dresses or blouses with a low cut front or back.
- * Gals - Bikinis, tankinis, two-piece swimsuits, suits with French-cut legs, or revealing one-piece suits. Guys - Skimpy swim trunks
- * Clothing or other items which may be offensive to our Christian testimony. (shirts with beer or cigarette ads, rock groups, suggestive phrases, or anything which would be a poor testimony)
- * DO NOT take or wear flashy jewelry. Loss or theft is possible. Please leave it at home.
- * **DO NOT BRING** hair dryers or curling irons. Our electric set up will not support them. (added 12/10/13)

Suitcases:

If possible do not bring your best suitcases on a mission trip. You can find a good, sturdy, used suitcase at the thrift stores for \$5 or \$10. The airlines continue to change baggage rules. Have your travel agent or your team leader call the airline before packing for current baggage details or go online to see your airline's baggage regulations. International travel is different than domestic so be sure to check the correct region. Fifty pounds is the usual weight limit.

Carry On Bags:

You will need to carry with you several items in the event that your checked baggage does not arrive at your destination. Carry with you clothing and personal hygiene items you would need over a 24 hour period. Remember that liquid items being carried on need to be 3 oz or less in size and enclosed in a quart-sized, clear, ziplock bag. *Remember 3-1-1 rule: 3oz, 1 qt clear ziplock bag, 1 per person.* Also, be sure to take any personal medications that you will need. Keep three days worth of medicine in your carry on bag. Bringing batteries? All batteries must be in carry on bags, wrapped or sealed in original packages.

Carry-ons: <http://www.tsa.gov/311/index.shtml>

Cash:

U.S. currency is accepted or easily exchanged in Haiti. There are NO ATM machines. You will have opportunity to buy souvenirs. All other expenses are paid with your fees. You will need travel money. We suggest \$100 should be sufficient.

Cell Phones & Computers:

Cell phones enable us to communicate from places and at rates never before seen. Our policy for bringing a cell phone on mission is this: when on North American soil, cell phone use is at the discretion of the team member. Once in Haiti, it is the responsibility of the Team Leader to enable any communication with family members and home churches. Unless you have an international plan on your service it is not recommended you use your cell phones in country. Should you have an international plan please restrict your calling to free time hours. Computers also allow communication as never before. We realize, too, that computer time (email, web, facebook, etc.) can be disruptive to the team's cohesion and to the impact the mission trip can have on the individual's life. With this, our policy is to limit computer use to free time hours only for mission teams. If computer functionality is needed for the team to complete it's purpose, Team Leaders will provide or the Team Leader will coordinate the needed computer resources.

Papers needed:**Passport:**

Everyone, including children, must have a valid passport. See the following for information on passport application.

USA: http://travel.state.gov/passport/get/first/first_830.html

For Haiti you will be given a tourist card to fill in during your flight. Fill in that you will be staying at Feed My Sheep, Lemaire, Montrouis, Haiti. (see example on Immigration cheat sheet) and the purpose of your stay is pleasure, or recreation.

Document Copies:

To ensure safety, a copy of the following will need to be made before leaving on your trip. Electronic copies can be made and taken on the trip with a copy given to a family member or kept at your home

church office. It is advisable for you to take a paper copy with you as well, but keep in a different place than the originals.

- * Passport data page with your photo
- * Driver's license
- * Social Security card
- * Vaccination certification (optional)
- * Medical Emergency forms
- * Medical Insurance information

It is also a good idea to have two current photographs. These can be wallet size pictures.

The Feed My Sheep property and the rooms in which you stay are secure. When we leave, we will lock all rooms so that no one has easy access. Your passport and spending money should be safe. Make sure that you keep it stored away and not out in the open. If you feel better about keeping your valuables with you, feel free to do so. A fanny pack or backpack is an excellent way to carry your personal items, (ID, money, sunscreen, camera, etc.) when traveling.

What to Pack:

- Sturdy shoes for working & walking (tennis shoes)
- Comfy shoes/sandals/flip-flops for evenings
- Hat or sun hat
- Sunglasses
- Handkerchiefs (for wiping sweat) or personal tissues
- Pajamas or t-shirt & comfy shorts for sleeping in
- Undergarments
- Swimsuit, cover up & water shoes (optional) (whole piece please, no bikinis, tankinis)

Added 12/10/13: DO NOT BRING hair dryers or curling irons. Our electric set up will not support them.

Women:

For Church:

- One nice dress or skirt outfit for church
- Sleeveless shirts and tank tops (NO low cut fronts please!)

Long shorts or capris

When ministering:

- Loose fitting capris or long pants to work in if working manual labor
- Dresses or skirts (below the knees - half way between knee & ankle is best)
- Tops or shirts with cap or longer sleeves
- (NO spaghetti straps please)

Men:

For Church:

- Button down shirt & nice slacks for church, (tie is optional)
- Shorts, T-shirts

When preaching:

- Casual long pants, khakis, or jeans (light weight pants are cooler)
- T-shirts, light weight shirts, sport shirts, short or long sleeve

Personal Toiletries: Include hand sanitizer and sanitizing wipes

Skin protection:

- Sunscreen - the spray kind goes on easier and doesn't cause you to sweat as easily
- Lip balm

Insect repellent - non aerosol spray / the OFF Clip-on works great. Be sure to bring extra batteries and refills. Warning - mosquitoes are attracted to perfume smells. Try to use unscented products as much as possible

Personal Medications (2 week supply) & First Aid (see Medical & Health)

Ciprofloxacin (prescription for stomach issues)
Chloroquine (prescription anti-malaria medicine)

First Aid Items

- * Tylenol
- * Ibuprofen
- * Imodium Advanced
- * Pepto Bismol Tablets
- * Benadryl tabs - for itching, allergy reactions
- * Benadryl anti-itch cream
- * Hydrocortisone cream - anti itch
- * Triple Antibiotic ointment
- * Cold tabs, non-drowsy
- * Band aids - small box

Other items to bring:

- Ear plugs (if sounds or snoring keep you awake)
- One roll toilet paper (for when we're out ministering)
- Cornstarch (use it as body powder, it absorbs moisture & has no scent)
- Wash cloth & towel
- Water bottle (empty)
- Camera/Batteries etc.
- Bible for private devotions
- Journal & pen to record your experiences
- Spare prescription glasses
- Flashlight & batteries
- Plastic bags for wet/dirty clothes (especially for shoes etc when packing to come home)
- Spending money (\$50-100 is usually adequate unless you buy a lot of souvenirs)
- Daypack, fanny pack, or small backpack to use when ministering (to hold travel toilet paper, Hand sanitizer & wipes, snacks & water bottle etc.)
- Work gloves and goggles
- Personal snacks (You are served two meals a day, Breakfast & Lunch)

Documents:

- Plane tickets/E-tickets (if purchased yourself)
- Passport
- Driver's license/ID
- One credit card (optional)
- Take along a photo copy of passport, driver's license, and credit card (both sides), and keep in a different place in case originals are stolen. Also leave a set of copies at home.
- Copy of immunization record
- Copy of Traveler's insurance

Haiti Immigration Cheat Sheet

You will be given two forms to fill out on the airplane as you travel to Port-au-Prince. The format of the forms may change, but here is the pertinent information you will need to fill in these forms.

For the Immigration Form: (Green)

(see example on next page)

Your Last Name

Your First Name

Your Birthday - note the format difference of DD/MM/YY

Country of Birth (USA, Canada)

Nationality (USA, Canada, etc.) -most likely the same as Country of Birth

Passport Number

Flight number to Port au Prince

Travel Purpose: Recreation

Address in Haiti: Feed My Sheep, Lemaire, Montrouis

Haiti phone: 5093-639-2697

Bottom portion:

Your Last Name

Your First Name

Your Birthday - note the format difference of DD/MM/YY

Country of Birth (USA, Canada)

Nationality (USA, Canada, etc.) -most likely this is the same as Country of Birth

Passport Number

This bottom portion will be given back to you when you pass through immigration. You must have this bottom section with your passport when you leave Haiti. Be sure to keep track of this bottom section when it is returned to you. (We recommend you keep it in your passport)

For the Customs Declaration Form:

(One per household)

Much of the same information will be needed for the customs declaration form. You will be asked if you are bringing in medicines, meat, products etc. These are for if you are bringing in items for resale. This is not the case, so it is best to mark NO on all items listed.

When asked about the medicines, answer NO. They are not referring to personal medicines.

If you start claiming too much, you are at risk to be held back, all luggage searched, extra meds confiscated, and or duty charged for it.

Anything extra that you are bringing in is for giving away and to help, not for resale profit.

AIRPLANE AND AIRPORT INSTRUCTIONS

AIRPLANE: On the airplane everyone will receive a green paper. Something to remember on these is on dates; it is DD/MM/YYYY. The place you are going is **Montrouis**, and for the reason, "MISSIONARY". You will fill out entire form, top to bottom.

Dates are:
DD/MM/YYYY

flight number →
USA Do not use →
352 Le Maire
Montrouis, Haiti →

if you feel the need
you can squeeze in
Feed My Sheep above
352 Le Maire

**DO NOT
LOSE
THIS
PORTION**

FORMULAIRE POUR PASSEURÉ ETRANGERS		FORM FOR FOREIGN PASSENGER	
REPUBLIQUE D'HAITI		REPUBLIC OF HAITI	
MINISTERE DE L'INTERIEUR ET DES COLLECTIVITES TERRITORIALES		MINISTER OF INTERIOR AND COLLECTIVITIES-TERRITORIALS	
DIRECTION DE L'IMMIGRATION ET DE L'EMIGRATION		DEPARTMENT OF IMMIGRATION AND EMIGRATION	
Formulaire d'Arrivée / Départ		Form of Arrival / Departure	
Bienvenue en Haïti		Welcome to Haiti	
Renseignez ce formulaire en fonction d'espérance. Les informations sont identiques à celles mentionnées dans le passeport.		Fill this form in capital letters. Information must match those in your passport.	
Arrivée / Arrival B00504954			
1. Nom / Last name		2. Pénom(s) / First name(s)	
3. Date de naissance / Country of birth		4. Sexe / Sex	
5. Pays de nationalité / Country of birth		6. Nationalité / Nationality	
7. Numéro de passeport / Passport number		8. Port d'embarquement / Port of entry	
9. Numéro de passeport / Passport number		10. Rôle du voyageur / Travel purpose	
11. Type et Nombre de documents d'entrée (si nécessaire) Type and number of entry documents (if required)		12. Lieu d'emmarchement / Boarding point	
13. Adresse de résidence / Residence address		14. Adresse en Haïti / Address in Haiti	
15. Officier officiel / Official (to be signed)		16. Signature / Signature	
Départ / Departure B00504954			
1. Nom / Last name		2. Pénom(s) / First name(s)	
3. Date de naissance / Country of birth		4. Sexe / Sex	
5. Pays de nationalité / Country of birth		6. Nationalité / Nationality	
7. Numéro de passeport / Passport number		8. Port d'embarquement / Port of entry	
9. Numéro de passeport / Passport number		10. Rôle du voyageur / Travel purpose	
11. Conservez ce document. Il vous sera demandé lors de votre départ. Retain this document. You must present it when you leave Haiti.		Signature / Signature	

AIRPORT INSTRUCTIONS

PORT AU PRICE AIRPORT: These instructions comply as of April 1, 2011.

NEWS FLASH: (01/28/2015) Haiti is now charging an ENTRY Fee of \$10 per person

1. When you land in Haiti, you will disembark from the front door only. **MAKE SURE YOU HAVE YOUR GREEN AND WHITE CUSTOM PAPERS WITH YOUR PASSPORT.** You will exit on the Jet way, walk down a long indoor hall, down an escalator and then to a double door. Here is where you will board a shuttle bus that will take you up to a different hanger for customs and baggage claim.
2. When you get off the bus, just follow the crowd and pick out a customs line to get in. (I might add that if you are far enough back in the line, you might want to go to the bathroom now if needed. As you are standing in line, to your left, behind the big room you see are the two bathrooms, and they are clean.)
3. At customs, you will give them your passport and the green and white paper. They will stamp everything, and give you back the bottom portion of the green paper. **DO NOT LOSE THIS!** **When you exit customs you go to your right, then left and down stairs to baggage claim. If you have more bags then you can handle you will need a luggage cart at \$2.00 U.S. each.** (added 12/10/13)
4. As you exit this desk, to your immediate right is where you get your luggage carts. You will need \$2.00 U.S. per cart. You can usually fit at least 3 bags per cart. You go to the baggage carousels and start looking. Keep in mind that sometimes some of the luggage is taken off and set to the side so look there if you are having trouble finding any. When you have all your luggage, move with the crowd to where you will see one more small desk and pass to the outside. Just outside there will be some workers that will check your Baggage Claim Stickers. So make sure that you do not lose your baggage stickers. Here is where you might see the guy we try to use from here if you need help. His name is Pierre, he is a very tall light skinned young man. He will get you to the car. All the guys outside are in fact official airport employees, but they will ALL try to grab your cart and help for a tip. Just say "NO, NO, NO" and keep walking. Whoever you choose, say "I pay only you!". **DO NOT PAY ANYONE ANY THING UNTIL ALL LUGGAGE IS IN THE VEHICLE!** You should be prepared to pay about \$2.00 U.S. per bag to a porter. It is best if you can have this in ONES as to make it easier for the one man to pay others who helped.
5. As you exit, you will turn to your right and walk down a long covered sidewalk and at the end of this is where we will be waiting. We are not allowed to be right there with you as you exit.

For the Return Trip:

You will be given two forms to fill out on the airplane as you return to the U.S. as well. The information is similar.

Customs Declaration: (Blue)

(one per household)

Your Family Name

Your First Name

Birth Date DD/MM/YY

Number of Family Members traveling with you

US Address

Passport Issued by (country)

Passport Number

Country of Residence

Countries visited this trip: Haiti

Airline/Flight No.

Questions 10 - 14 should all be answered NO

Residents - value of goods - Amount you spent on souvenirs, list items on back.

Visitors - Not you, this is for Haitians

Security & Interpreters

We have two security guards for our compound. Smith stays overnight Mon. – Thur. He speaks some English, but understands a lot. He's very eager to help you.

Garry is our head of security. He is our weekend security, staying the entire weekend at our base. He will also be around during the week and available to the team. He also speaks good English and is always eager to help.

Interpreters

If the team uses an Interpreter for their project, Interpreters get paid: \$30 for whole day and \$15 for half day (U.S.) This is the team's responsibility.

Various fees

If you use any of our translators off and on during your stay, communicating with the locals, it would be nice to give them a tip at the end of your stay. Especially if they go above and beyond to help you out.

If during your stay here in Haiti, you will be doing some kind of teaching, seminar, vocational class, VBS, preaching etc, that will be considered employing that Haitian for extra work. The fees for this type of work are \$15 for half day (work done before lunch) and \$30 for full day.(before and after lunch)

If you plan any kind of Pastors Seminar/Church training that will go the majority of the day, most people plan to provide a meal for the pastors attending. Usually rice and beans, maybe a hotdog. The approximate costs will depend on how many days the seminar will be and how many people will be attending. These details can be worked out as your mission trip date gets closer.

CREOLE PHRASES

Keep in mind that in Creole, every syllable is accented, so it has a very steady sound.

Bonjou	Hello (Good Morning)
BON-JOO	
Bye-Bye (like our bye bye)	Good bye
Wi WEE	Yes
Non NO(nasal)	No
Mesi MESS-SEE	Thank you
Non Mesi NO(nasal) MESS-SEE	No Thank you
Padekwa PAW-DUH-KWAH	You're welcome
Mwen mem tou. MWEN(nasal N) MEM TOO	Me too. (me myself too)
Eskize Mwen MWEN(nasal N)	Excuse me.
Koman ou rele? KOO-MAW OO RAY-LAY?	What is your name?
Yo rele mwen _____. YO RAY-LAY MWEN(nasal N)	My name is _____.
Map viv na Etizini. MAP VEEV NA ETIZEENEE.	I live in the United States.
Koman ou ye? KOO-MAW OO YA?	How are you?
Mwen pa pi mal, mesi. MWEN(nasal N) PAW PEE MALL, MESS-SEE	I'm not so bad, thank you.
Mwen tre bien gras a Dieu. MWEN(nasal N) TRAY BEE "N" GRAWSS AH DOO	I'm very well thanks to God.
Ki laj ou? KEE LAWJ OO?	How old are you? (What age you?)
Mwen pa konprann. MWEN(nasal N) PAW CON-PRAWN(nasal N)	I don't understand.
Mwen kontan ou se zanmim. MWEN(nasal N) KONE-TAWN(nasal N) OO SAY ZAM-MEE	I am glad you are my friend.

Nou se zanmim.
NOO SAY ZAM-MEE.

We are friends.

Nou see sere.
NOO SAY SAIR(nasal)

We are sisters.

Mwen renmem ou (anpil)
MWEN(nasal N) REM-AY OO (ANN-PEEL)

I love you (very much)

Ou belle.
OO BELL

You are pretty/handsome.
(either gender)

Ou enpotan pou mwen.
OO EN-POH-TAWN(nasal N) POO MWEN(nasal N)

You are important to me.

Bondye avek ou.
BON-”G” AH-VEK OO

God is with you.

Ou espesyal pou Bondye.
OO ES-PES-YAL POO BON-”G”

You are special to God.

Bondye fe ou espesyal.
BON-”G” FAY OO ES-PES-YAL

God made you special.

Se pou Bondye beni ou.
SAY POO BON-”G” BENNY OO.

May God bless you.

Nou vle lapriye pou ou.
NOO VLAY LA-PREE-YA POO OO

We want to pray for you.

Mesi Jezi
MESS-SEE JAY-ZEE

Thank you Jesus!

Bondye beni ou.
BON-”G” BENNI OO

God bless you.

Jezi renmen ou!
JAY-ZEE REM-AY OO

Jesus loves you!

Beni sou’t l’Eternel!
BENNI SWAH LE TER-NAAL

Praise the Lord!