

Haiti Cheri Volunteer Information

Next Trip Date: 10 May 2020– 19 May 2020

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General Information

About Port-Au-Prince

Port-au-Prince, Haiti is a beautiful city full of wonderful people who have survived impressive feats. Being in PAP, you are surrounded by colorful buildings and a full-spectrum of sights and smells.

Lodging

We stay at the Marriott, Port-au-Prince, which is gated and secured by armed individuals. The Marriott has a restaurant, gym, bar, and pool area which volunteers generally frequent.

Clinics

The clinic, where we work daily, is held at El-Shaddai church (also gated), just a two-minutes' walk from the hotel. We will always travel between these locations with at least one other volunteer and/or translator.

Other Destinations

Other locations that we may visit are our friend Fritz's "Family Care Haiti" orphanage, our friend Lelly's church in the rural mountain town of Kenscoff, and neighboring areas to provide home-visits and to enjoy some beautiful Haitian venues. If scheduling permits, when we travel to Kensoff, we may stop at the Baptist's mission.

Trip Costs

Breakdown

<u>Per Person</u> *	
Hotel Fee Per Night (Inc. Breakfast) \$184/night	\$1,840
Flight	\$1,000
Food	\$300
Incidentals	\$200
<u>Total</u>	\$3,340

*Estimated costs based on prior trips

A Word On Fundraising

We hope to offer in-house sponsorship in the future and are diligently working toward that goal every day! Until we are fully up-and-running, volunteers are encouraged to fundraise for themselves. On prior trips, volunteers are almost *always* able to raise all necessary funds from outside donations. For tips, feel free to reach out to our board of directors (contacts on last page).

Schedule

May 2020 Itinerary

DAY ONE- Sunday 5/10/2020

8:48a Arrive in Port-Au-Prince
11:00a Check-in at Marriott PAP Hotel
2:00p Head to church to set up clinic
3:00p BPs on the street
5:30p Dinner/ Pool time
7:30p Debrief

DAY TWO- Monday 5/11/2020

7:00a-8:00a Breakfast at the hotel
8:15a Leave to set up clinic
8:45a Team Meeting
9:00a-2:00p Clinic is Open!
5:30p Dinner/Free time
7:30p Debrief

DAY THREE- Tuesday 5/12/2020

7:00a-8:00a Breakfast at the hotel
8:15a Leave to set up clinic
8:45a Team Meeting
9:00a-2:00p Clinic is Open!
5:30p Dinner/Free time
7:30p Debrief

DAY FOUR- Wednesday 5/13/2020

7:00a-8:00a Breakfast at the hotel
8:00a Depart Hotel for Kenscoff
9:30a Arrive at Lilly's church in Kenscoff and Open Clinic
3:00p Close Clinic and depart for Hotel
5:30p Dinner/Free time
7:30p Debrief

DAY FIVE- Thursday 5/14/2020

7:00a-8:00a Breakfast at the hotel
8:00a Depart Hotel for Kenscoff
9:30a Arrive at Lilly's church in Kenscoff and Open Clinic
3:00p Close Clinic and depart for Hotel
5:30p Dinner/Free time
7:30p Debrief

DAY SIX- Friday 5/15/2020

7:00a-8:00a Breakfast at the hotel
8:15a Leave to set up clinic
8:45a Team Meeting
9:00a-2:00p Clinic is Open!
5:30p Dinner/Free time
7:30p Debrief

DAY SEVEN- Saturday 5/16/2020

7:00a-8:00a Breakfast at the hotel
8:15a Leave to set up clinic
8:45a Team Meeting
9:00a-2:00p Clinic is Open!
5:30p Dinner/Free time
7:30p Debrief

DAY EIGHT- Sunday 5/17/2020

7:00a-8:00a Breakfast at hotel
9:30a Church
2:00p Family Care Haiti, Possible House Call
5:30p Dinner/Free time
7:30p Debrief

DAY NINE- Monday 5/18/2020

7:00a-8:00a Breakfast at the hotel
8:15a Leave to set up clinic
8:45a Team Meeting
9:00a-2:00p Clinic is Open!
5:30p Dinner/Free time
7:30p Debrief

DAY TEN- Tuesday 5/19/2020

7:00a-8:00a Breakfast at the hotel
8:00a Leave for Airport
9:48a Depart Port au Prince

Typical Clinic Day

A typical day working at the clinic will begin with an early-morning breakfast at the Hotel. We aim to set up and open the clinic by 9AM every day so after breakfast, we walk the block and a half together to El-Shaddai church. After setting up the stations, we will have a brief all-team meeting and then officially open for the day. Your role in the clinic will depend on your interests,

abilities and the clinic needs that day. Everyone is rotated to different positions each day so you will be able to experience many different jobs within the facility.

By looking at the attached Triage Flowchart, you may get a good idea of the patient flow from the time they enter the clinic, until the time of discharge. Usually 2 or 3 of the clinic days are dedicated to a rural community called Kenscoff, located in the mountains above Port-au-Prince. On those days, we will aim to depart the hotel (via car) by 8AM as the commute is about an hour long.

Culture

Currency

The Haitian currency is called “gourde” (pronounced goo-d). Presently, 1 USD will get you about 96 HTG. 1 HTG will get you around one cent USD.

Helpful Phrases

Hello	Bounjou	How are you?	Koman ou ye?
Good Afternoon	Bon apre midi	What is your name?	Koman ou rele?
Well	Byen	How old are you?	Ki laj ou ye?
Good	Bon	What's up?	Sak ap fet?
Bad	Mal	Are you okay?	Ou byen?
Yes	Wi	I am learning Creole	Mwen aprann
No	Non	God bless you.	Creole.
Please	Souple/ Sivouple	How's it going?	Bondye beni ou.
Food	Manje	Little pinch!	Sak pase?
Water	Dlo	Do you speak	Piki!
Drink (verb)	Bwe	English?	Ou pale Angle?
Hungry	Grangou	Sit here, please.	Shita la,
Thirsty	Swaf	How much money?	sivouple.
Right here	Isit la	Are you	Kombien lagan?
There	La	hungry/thirsty?	Ou
Rice	Diri	Too expensive.	grangou/swaf?
Beans	Pwa	You	Two che.
Sauce	Sos	Me	Ou
Good stuff!	Bon Bagay!	Left	Mwen
Speak	Pale	Right	Agost
Love	Renmen	I hope you feel	Adwat
Want	Vle	better!	M'esperew few
Need	Bezwen		byen.

Note: Haitian Kreyol is a hybrid language which comes from a mixture of French and the language spoken by enslaved people in what is now Haiti. The language is quite phonetic so your best guess as sounding these phrases out is probably right!

Dos and Don'ts

Please be respectful of the people whom you may be photographing. It is advised to keep picture-taking to a *minimum* when outside the Hotel grounds.

There will be a photographer at the clinic to document our work and these photos will be shared with you after the trip. You can always ask one of our amazing translators for advice on whether a Kodak-moment is appropriate. It is encouraged to greet people in Creole even if you don't speak it fully; it helps people feel comfortable and welcomed near you. You might find that someone will not smile until you say hello at which point you will likely receive a huge smile in return!

Preparedness

Packing

General packing suggestions are that light-weight, long, loose layers are best for the high temperatures in Haiti. It is good to bring linen t-shirts, and shorts, medical scrubs for working in the clinic, as one formal outfit for Church should you choose to attend on Sunday. Good-quality clothing may be left in Haiti as a donation as well as old suitcases which many people use as mobile dressers. Please bring closed-toed comfortable shoes for walking from the hotel to the clinic as the streets are not always paved and the sidewalks, often non-existent.

A word to chronic overpackers (you know who you are): pack what you KNOW you'll need, not what you think you *might* need. We can always purchase incidentals in PAP; there are several Westernized supermarkets where many items of convenience may be purchased.

Prescriptions

Prescription suggestions change but we always recommend malaria medication. Dr. Tom suggests Chloroquine and is able to provide a prescription with ample notice if you prefer not to get it from your doctor. If you choose this option, please send your full name and DOB to Celine at (805) 331-2290 or celineparris@gmail.com.

You may also visit the Travel and Tropical Medical Center at Sansum (contact on last page). The medical personnel there are aware of our mission trips and are able to help answer questions and provide necessary prescriptions.

Suggested Readings

Reading is a great way to prepare yourself for the trip. Below are a few suggestions.

Mountains Beyond Mountains: This book comes recommended by Dr. Tom as an accurate historical and medical picture of Haiti with an enticing narrative interwoven throughout.

The Big Truck That Went By is a more detailed account of the political history of Haiti. The narrative aspect stems from the author's experience as an American journalist living in Port-au-Prince and surviving the earthquake of 2010.

Vodou Saints: Lessons of Life, Death and Resurrection from Haiti is a compelling book recommended to our group by Dr. Art Fournier who authored it after spending years working in Haiti.

Important Contacts

Board Members:

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Other:

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(805) 898-3530

US Embassy in Port-au-Prince
Emergency Phone Numbers
Tel: 011-509-2229-8900
After Hours Tel: 011-509-2229-8122
Email: acspap@state.gov
Hours: M-F 7AM-3:30PM

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