



Introduction

No earthly experience is quite like a mission trip to a third-world country. FARM Haiti has designed this trip to help bring the Kingdom of God to our neighbors in Haiti. Besides spreading the gospel, we are focused on a development stage of mission work. “Development” is a process of ongoing change that moves all the people involved-both helper and helped- closer to being in right relationship with God, self, others and the rest of creation.

Development is not done *to* people or *for* people but *with* people.

As helpers, we will walk beside the Haitians, empowering and building them up so they are better able to fulfill their calling of glorifying God by working and supporting themselves and their families with the fruits of their hands.

As helpers, you will find yourself in the midst of life-changing opportunities including amazing miracles, encountering demonic settings, and sharing unbelievable love with people open to the living God and ready to believe Him for anything.

Travel Requirements

A. Registration and Release Forms Each person is required to sign a travel Registration and Release Form (last page of this booklet) which indicates that they will follow FARM Haiti’s established policies and accept established financial arrangements. This form must be completely filled out and turned in BEFORE purchase of your airline tickets.

B. Travel Documents You MUST HAVE these documents in order to travel. There are NO EXCEPTIONS to these rules. NONE! You are required to have the following identification:

1. Passport A passport shows proof of U.S. Citizenship and is required by law to enter Haiti and the return to the United States.

2. Photo Identification and Birth Certificate The photo ID and Certified copy of your Birth Certificate are needed in case you lose your passport. Examples of a photo ID are a driver's license, a student ID card, or a state or country ID card. Carry your driver's license and birth certificate in a separate place from your passport.

3. A Landing Card (you will get this on the airplane) Your landing card will be given to you during your flight to Haiti. This card is required by Haitian immigration. Also, you must have this card to leave the country. We are not kidding! Do not lose this card, especially if you plan to return to the United States!

It is STRONGLY RECOMMENDED that you make a copy of your passport and all of your other pieces of identification. Give the copies to someone who is not going on the trip.

You will need the following in order to fill out your customs and immigration paperwork the day you travel to Haiti

Address: National Route 3 Savane Pignon, Haiti

In-Haiti phone numbers: Cell: 011-509-3834-8785

Email: mary@farmhaiti.org

No immunizations are required to enter the country of Haiti, but FARM Haiti requires each person to have a tetanus shot within the last ten years.

Vaccines – Many vaccines are available to prevent infectious diseases. Here is a list of the most common vaccines suggested for people traveling to Haiti:

1. Immune Serum Globulin (ISG) to prevent Hepatitis A
2. Tetanus-Diphtheria: last done within 10 years
3. Oral Polio
4. Influenza
5. Typhoid
6. Measles Hepatitis B
7. A single dose of Meningitis vaccine in adulthood

Your need for these vaccinations depends on your control of the food and water you consume as well as your childhood illnesses and immunizations. If you choose to get a vaccine, it is recommended that you do so at the earliest possible date. That way, you will have time to recover from any possible side-effects before you leave for Haiti.

Malaria – A highly recommended preventative medicine would be an anti-malarial drug. Chloroquine phosphate (brand name Aralen™) is the current recommended drug for those traveling to Haiti. Please note that other countries recommend different anti-malarial drugs. Each country recommends the drug that is currently effective for their particular area. If you or your doctor have questions regarding malaria preventative medicine, contact a Travel Clinic. The telephone number for the Travel Clinic in Shakopee is 952-403-2993, and in Prior Lake is 952-226-2600.

Diarrhea – It is also recommended that you carry a prescription for controlling diarrhea. Check with your own doctor for this. Some physicians prescribe the drug, Septra, for the treatment of Traveler's Diarrhea. Examples of over-the-counter drugs for Traveler's Diarrhea are Imodium AD, Loperamide, Kaopectate, and Pepto Bismol.

It is always wise to consult with your physician before making a mission trip. Since your physician is responsible for your primary health care, let them know where the Lord is sending you. Consult with your physician immediately upon your return from the mission field if you have been ill, or have experienced any health-related problems.

Other helpful items would be lots of insect repellent containing DEET, and personal first aid items such as Tylenol, Roloids, a few band aids, first aid cream such as Bacitracin, etc

General Team Information

A. Living Accommodations

Housing – While on your mission trip to Haiti, be prepared to rough it. Sleeping arrangements will vary depending on the size of the team. Men will sleep in one room and ladies in another. Whenever possible, private sleeping quarters will be made available to married couples.

Bedding – Your bed will probably be a 6' x 2-1/2' x 4" foam mat on a plywood bed. If packing space permits, you may bring a small pillow. If you do not have space, bring a pillowcase and put clothes inside of it for a substitute pillow.

Bathing – Showers will have cold water only. Bring a bar of soap and maybe some extra wet wipes. No-rinse products like Septi-Soft Concentrate may come in handy. No-rinse products allow you to bathe your body and wash your hair using one gallon of water or less.

Toilets – Flush toilets may be available, but ask host if the toilet paper can be flushed. Sometimes you will be using outhouses or makeshift latrines.

Laundry – For a small fee, Haitian women may do some of the laundry. Bring an extra bar of Ivory soap for personal laundry. Laundry is washed by hand and dried in the sun.

B. Transportation The team leaders are responsible for providing adequate transportation during your mission trip. Normally this means riding on our team vehicle.

C. Clothing Haiti's culture is vastly different from ours. It is important that, out of respect for the Haitian people and their perception of Christianity, we comply with their dress standards. We are ambassadors for Christ and we do not want to offend or cause anyone to stumble. You are expected to follow all clothing guidelines during your stay in Haiti, including any recreational time, as well as entering and exiting the country. Daytime temperatures are between 80° and 90°. Bring lightweight, comfortable, clothing and a sweatshirt or light jacket for the occasional cool evening. No questionable emblems or signs or pictures on any clothing (ie: beer, cigarettes, tobacco, rock groups, etc.).

Men and Boys

- ◆ Jeans or long pants for all ministry time
- ◆ Shorts are permissible during down time and for sleeping
- ◆ Dress pants, button shirt and tie and dress shoes for church
- ◆ Underwear – always
- ◆ Short sleeve shirts, t-shirts, no rips or tears or holes
- ◆ Always wear a shirt

Women and Girls

- ◆ Skirts or light weight dresses. All hems are to be AT OR BELOW THE KNEE while sitting as well as standing
- ◆ Dress and shirt sleeves must cover the shoulder and all clothing must be cut close to the neck, nothing sleeveless or low cut.
- ◆ Modest blouses and/or t-shirts, no plunging necklines or anything that could be remotely misconstrued as sexually suggestive.
- ◆ No exposed cleavage
- ◆ Nothing see-through or tight-fitting
- ◆ No tube tops, midriff tops, or braless clothing
- ◆ Burmuda shorts or capris are permitted during down time and in the housing compound-no shorts above mid thigh
- ◆ Long pants for garden work
- ◆ Undergarments – always
- ◆ Leggings under dresses of any length not permitted

Shoes – Bring two pair, one good pair of walking/working shoes, and one dress pair for church and evangelizing. Always wear closed shoes, no flip-flops or sandals. Never go barefoot! Socks are highly recommended. These all help to prevent parasites from the soil.

Sleepwear

- ◆ Cool and comfortable, nothing see-through or skimpy
- ◆ Pajamas, shorts, sweats, or full-length nightgowns are acceptable
- ◆ Men and women MAY possibly sleep in the same room
- ◆ No sleepwear at devotions

Construction

- ◆ Bring clothes that wash easily and don't show soil readily
- ◆ Recommend you bring two to three sets of work clothes

Evangelism and Church Services

- ◆ Wear nicer clothing. Ordinary, casual Sunday clothes are the norm
- ◆ Men will want to bring a tie
- ◆ Dress shoes

Haitians dress with their best clothes for church, much like going to a wedding for us.

Remember: Keep modesty in mind when selecting clothes for the mission field. Anything less will not further the cause of Christ. If you have any questions, please ask a team leader.

D. Makeup and Jewelry Makeup and jewelry are a sign of American affluence. In order to have more influence during your stay in Haiti, please leave these items at home!

Women

Makeup Preferably NO makeup, nail polish, etc. If you must wear makeup, keep it to a bare minimum. No nail polish! What you consider to be a modest amount of makeup may be construed as gaudy and overdone. Brightly colored makeup, lipstick, nail polish, etc, should never be used.

Jewelry Small pierced earrings are acceptable, not large hanging, gaudy, etc. None is better.

Men No makeup, no earrings, no way, no how, not ever!

E. Health and Hygiene Contact with the water and the earth in Haiti is extremely unhealthy for the average American whose system is not immune to the viruses, worms, and germs contained therein. To remain healthy, it is important to avoid all contact with, and/or consumption of, the water and the soil. Wear gloves at all times when helping in the gardens.

Be sure to keep your eyes and mouth closed when showering; and wear shoes, not sandals, to avoid contact with the soil. Soil/dirt/sand Hookworm and other parasites can enter the body from

the soil by penetrating bare skin (such as bare feet). To protect yourself, you should not walk barefoot, nor should you lie down and expose your skin to the soil. Carefully wash your hands before you put them to your face and before eating.

Water Do not drink any of the water in Haiti unless it has been filtered and/or approved by your team leader. Hotel water is not necessarily approved for consumption.

Ice Same as water

Fluids To prevent dehydration drink plenty of safe fluids. You will need more fluids than you are used to at home. If you are sweating even a little bit, you will need to drink an average of one quart of water per hour. Maybe more. If you become tired or overheated, stop and rest. Your body may not be accustomed to the climate change or you may be experiencing symptoms of dehydration.

Water bottle You will need to carry drinking water on your person everywhere you go. A water bottle with a covered lid is best.

Soft drinks Always clean the top of the container with a wet wipe or use a straw. Some soft drinks sold in bottles are home-made, avoid these! Keep in mind that many soft drinks contain caffeine, which can increase your chances of dehydration.

Food Do not purchase or consume any food items sold in the street. You can get food poisoning from street-vendor food. Be cautious when eating fruit. Make sure it has been washed with clean water. Never eat fruit that has broken skin. Always obtain a team leader's approval before eating local fruit.

Wet wipes These are a necessity. They are handy when there is not purified water for washing. Always keep things that are not clean out of your mouth, including your fingers! Always wash hands before eating. Recommendation is 10 to 20 individually wrapped wet wipes per day.

Toilet paper Bring your own! The recommended amount is one roll per three days (nine day trip = three rolls of toilet paper). If you get Traveler's Diarrhea, you will be glad you brought that extra roll or package of wet wipes. It is also recommended that you place each roll of toilet paper in a separate zip lock bag. When you are in the outhouse looking for a clean place to set down your roll of toilet paper, you will be glad you have the bag.

Sun screen The temperature is about 90° and the tropical sun is extreme and hot. SPF 15 or higher is recommended. If you sunburn easily and rarely tan, a higher SPF is recommended. A hat with a three-inch brim and sunglasses are also recommended. Clothes that are lightweight, loose fitting, made of a tightly woven material, and have long sleeves, help protect you from the sun. Remember, if you can see through the fabric, UV rays can get through it.

Eyewear You should have an extra pair of glasses or at least the necessary accessories to repair your glasses. Try to avoid using/bringing contact lenses as their care may prove to be difficult, especially when you risk possible contamination each time you put in or take out your lenses.

Day bag You will need a small backpack or day bag with which to carry your daily stuff. Each day you will usually travel away from the compound, away from your personal belongings. There will be no way for you to run back to your room and fetch something you forgot. If you think you might need it that day, bring it with you. Items you might carry in your day bag would be toilet paper, sunscreen, hair tie, clean pair of socks, Tylenol, diarrhea treatment, bug spray, granola bar, small garbage bag, and a light jacket for the evening.

Miscellaneous Information

Money & Valuables The amount of money you bring will be dependent upon your desire to purchase souvenirs. Do not bring travelers checks. US Currency is acceptable in Haiti. We recommend bringing \$100-\$200 in cash for souvenirs and emergency situations, Sunday offering, souvenirs, and cold drinks. We also have a safe to secure money and passports. Bring 1's, 5's, and 10's with no rips in the bills.

Theft occurs on rare occasions. Keep your money secure. Never flash large amounts of money in a crowd. That's a good way to get hurt.

Conservation of Resources In order to conserve resources while in Haiti we ask you follow these guidelines: - Electricity – turn off fans and lights as you leave rooms. - Showers – keep your showers short and turn off water as you wash your hair and clean your body, turn back on to rinse - Flushing – if it's yellow, let it mellow.....if it's brown, flush it down. - Ask host if you can/should flush toilet paper.

Visitor Policy The guest house is limited to team members and authorized staff. All visitors must be approved by FARM Haiti staff.

Picture taking Never ever take pictures in a Customs area. NEVER! When photographing people or their homes, ALWAYS ask their permission. Please be sensitive to people's feelings and the extreme poverty. You do not want to offend anyone, even slightly. Always use good and proper judgment. Remember, you represent Christ.

Smoking and drinking No smoking or drinking of alcoholic beverages will be permitted while on the trip.

Conduct Conduct is to be that which is expected of a Christian person; be willing to give and take in order to maintain a spirit of unity within the group. Group members should be polite and courteous to everyone we come in contact with, nationals, group leaders, and group members.

All actions should be those of a Christian. If a person created a serious problem within the team he/she may be required to return home to the states immediately. The team leaders have the authority to make this decision if they feel it is necessary. This will be done at your expense. Do not leave the team Team leaders are responsible for the whereabouts of all team members. If someone leaves the group, there may be unexpected dangers. Being alone in a foreign country is NEVER advisable. Always let your team leader know where you are, and always travel in groups of three or more.

Special relationships

Singles – We realize that God sometimes brings people together in special and unusual ways. You are on your honor to put any relationships on hold that you might feel are developing while on your mission trip. If God is in the relationship, He has the power to bring the relationship together after you return to the U.S. As a team, we must focus on the job the Lord has given us to do while in the field.

Married couples Use your good judgment. Modest forms of affection are allowed. A Christ-centered marriage that demonstrates true love is an excellent witness to Haitian Christians and non-Christians.

As a general rule, men and women do not touch often in public. It is quite common for men to walk arm in arm or women but rarely do men and women walk arm in arm.

Good communication Good communication is essential for preventing and solving problems. If you have any concerns or problems during your trip, do not hesitate to talk to the team leaders. It is important to us that you have the best possible experience in the mission field.

Culture Haitian culture is different from American culture. While you are in Haiti, you will be in the spotlight. It is our responsibility as visitors to adjust to Haiti's culture rather than expecting them to adjust to ours. Remember, you are representing Christ! People will base their feelings toward Christianity on what they see you do and how you act.

Cultural Differences No matter where you travel, there are cultural differences that can help open our eyes to the unique ways God's people live. Haiti is no exception. Here are some of these differences from an American perspective: Americans focus on productivity, Haitian focus on mutual respect and relationship. • American's get right down to business, Haitians take time to develop the relationship and hold business conversations for the very end. • It's rude to ask for directions, or anything else, without first taking the time to greet someone, even if you don't know them. Americans focus on the future, Haitians typically focus on today. Americans focus on the clock, Haitians focus on the event. Americans prioritize authenticity over appearance, Haitian prioritize appearance over authenticity. • Americans will come to church in very casual attire, Haitians wear their best. • Americans don't care what is on their feet, Haitians will shine their shoes the day before church, and wipe them again before entering the church building.

American will lie to shame someone, Haitians will lie to not shame someone. Americans think about the future and how to make things better, Haitians think about today and how to meet basic needs. • Americans have the luxury (time, wealth, opportunity) to think about the future, Haitians do not and therefore focus on fighting to survive today. • Americans are always trying to make things better, Haitians will make due with what they have. • Americans are crippled when they don't have the resources they desire, Haitians find a way to continue. Americans trust their fellow man, Haitians typically distrust those they don't know, especially government authorities and institutions who have burned them in the past. Americans are emotionally reserved, often misinterpreted as cold disinterest, Haitians are passionate, emotionally demonstrative and expressive, often misinterpreted as anger. Americans think EVERYTHING is natural (science, flesh, earthly), Haitians think everything is supernatural (divine, spiritual). • American will assume someone with mental illness has a chemical imbalance, Haitians will assume they are demon possessed. • Americans pray little and Haitians pray a lot. Americans de-emphasize immediate and extended family. Haitians emphasize immediate and extended family. American's emphasize the individual, Haitians focus on community. • Americans take care of themselves, Haitians take care of everyone in their sphere of influence American children are expressive and involved, Haitian children are to be seen but not heard. Americans value order, control, structure, Haitians do not. Americans value form (aesthetics), Haitians value function. It's not weird, it's just different.

Etiquette

- ◆ Always be polite and friendly to everyone!
 - ◆ Use "madam" and "messieurs" when speaking with adults.
 - ◆ Greet people on the street with "Good morning!" or "Good afternoon!"
 - ◆ Young Haitian men can misconstrue the friendliness of a young woman as love. Be careful, be friendly, but absolutely NO flirting of any kind, not even the "harmless" kind!
- Invitations
- ◆ Do not invite any Haitian people to the U.S.
 - ◆ Do not give out your phone number or street address.
 - ◆ It is almost impossible for the Haitian people to obtain passports or visas.
 - ◆ If you truly wish to email with a new found Haitian friend after your return to the states, please discuss this with your team leader BEFORE you give out your email address.
 - ◆ Friendly comments like, "You should come visit my church," or "I wish you could see..." can, and most likely will, be misconstrued as an actual invitation to join you when you return to the states.

Government Never discuss politics or speak of government problems while in Haiti. You could find yourself in jail or be asked to leave your host country simply by making a few political statements. We are working to change individual lives, which in turn will have the power and potential to change the entire nation.

Political Situation Should we feel the political situation warrants, we retain the right to cancel the mission trip and reschedule it for a later date. FARM Haiti will register the team with the American Embassy so they know where and when we will be in Haiti.

Begging Beggars may approach you. Please REFRAIN FROM GIVING money or anything else to them! Some consider begging a game, while other beggars are professionals. Do not arbitrarily give anything away! You MUST be able to SAY “NO” and mean it!

If you discern a real need, and the Lord prompts you to give in order to alleviate that need, check with leadership as to how to do this in an appropriate way. We do not want to create a mob scene nor do we want to offend others.

FARM Haiti staff will accept items you wish to leave behind. They will distribute as they see needs.

Indiscriminate giving creates a dependency mindset and can undermine the ministry work. We are working towards an independent mindset and believe the nationals have what it takes in themselves.

Shopping During your stay in Haiti, you may have an opportunity to do some souvenir shopping. Be prepared to bargain. Most nationals ask three to five times the actual selling price because haggling for the final purchase price is normal

Packing

A. Rules on baggage size and weight All luggage needs to be soft-sided or duffel bag. You are limited to one check-in bag, one carryon bag, plus one small carry-on item such as a purse or fanny pack or camera bag.

Check-in baggage

- ◆ Each check-in bag cannot exceed 50 pounds
- ◆ Each check-in bag cannot exceed 62 linear inches (length + width + height)
- ◆ If the baggage exceeds 50 pounds the airline can refuse it, charge you extra, or make you unpack it and leave something behind (meaning throw it in the trash).

Carry-on baggage

- ◆ Maximum carry-on dimension is 45 linear inches in the form of a 22” x 14” x 9” bag or smaller
- ◆ Your carry-on bag cannot exceed 40 pounds
- ◆ Passengers exceeding the carry-on limit will not be allowed through the security checkpoint The above rules are set by the airlines and are subject to change without notice.

With the cost of checked bags, the carry-on bins fill up fast and are quite small. Make sure your carry-on suitcase is not expanded.

B. General packing instructions

- ◆ Distribute weight evenly in your luggage
- ◆ Put an identification tag (your name, address, and country) on the outside and on the inside of each piece of luggage including all carry-on and checked baggage.
- ◆ Avoid using good luggage. Mission trips are hard on luggage.
- ◆ When packing humanitarian supplies, mix them evenly in your luggage, not one bag full of shoes or one bag of just medical supplies, etc.
- ◆ Sometimes baggage gets held up, so when packing your carry-on bag, put one set of clothes and some food in it, just in case.

C. What NOT to Bring

- Military style clothing
- Tight clothing with “poured-in” look
- Short dresses
- Switchblades or hunting knives
- Electric items (ie: curling irons, hair dryers, razors, i-pods, hand-held games, etc
- Bikini or skimpy swim suit
- Sandals or open shoes
- Ragged or torn clothing
- Air mattress – it won’t last

Packing Check List

General

Plan to wear each article of outer clothing for two days
Bible – keep it in your carry on for traveling
Notebook (for devotions, daily journal, etc.)
Passport, Certified copy of your birth certificate
Second form of ID such as a driver’s license – something with your photo on it
2-4 sets of work clothes
1-2 sets of dress clothes
2 pair of comfortable shoes
5-11 changes of underwear
5- pair of socks
1 small pillow if needed and if space allows (or pillow case)
1-2 light towels and washcloths

Personal

Deodorant
Toothpaste and toothbrush
Comb, brush
3 rolls of toilet paper, each in a zip lock bag
Mirror
Ladies be sure to bring everything you might need, plus extra

Bar soap (Ivory) and shampoo
Wet wipes, 10 to 20/day
Shaving gear
Sunscreen
Swim suit

Other Necessities

Flashlight with extra batteries (and bulb) – LED is best

Duct tape for your luggage and general repairs

Bug spray – something with DEET is recommended and ant traps (lots of ants there)

Water bottle with covered lid

Work gloves

Garbage bags 3-4 for garbage disposal and dirty laundry

Medications - bring whatever you take at home, the team leader should be aware of any medications you are taking. If you might need it bring it, there are not any drug stores

Band aids (just in case)

Ear plugs, Haiti can be noisy at night

Camera, extra film (or memory) and extra batteries. Feel free to bring your battery recharger, but be aware that electricity is not always available, which is why extra batteries can be so important

Day bag or small backpack

Ideas & Suggestions others have found helpful when packing

Under wear (undershirt/bra, underpants, and socks)

Pack 2 set of underwear for each day of your trip and place each set in a separate zip lock bag. If your trip is a 9-day trip, pack 9 sets of underwear. Having extra sure beats having to do laundry. The zip lock bags can be used later for a number of things during your trip, such as holding wet socks and/or garbage.

When packing, break down your trip this way...

- a. Two travel days
- b. One Sunday
- c. The rest are workdays/ministry days

Outer wear (shirt, pants / dress)

- Pack 2 sets of everyday clothes for every two work days. Yes, you should plan to wear each outfit for two days.
- Pack 1 set of dress clothes for church.

Traveling Clothes You will need two outfits. One to wear for the trip down there and one for the trip home. Ladies, these two outfits may be long pants instead of dresses if you wish.

Suggestion for packing your clothes for the trip home Treat yourself to clean clothes to travel home in! Pack one set of outer wear clothes in airtight, zip lock bags to keep them as clean as possible. After you leave the country of Haiti, have entered the U.S. and after you have gone through customs, then you will have time to use the restroom in the airport to change into

the clothes which have been in the airtight bags. Don't trash the bags. Place your dirty clothes in them.

Typical Daily Schedule This is intended as a possible schedule to give you an idea of how a typical day may go.

7:00am Rise and shine

8:00am Breakfast

8:30am Group devotions

9:30am Work begins and evangelistic preparations

10:00am Evangelistic teams hit the field

Noon Lunch and rest time

1:00pm Work and evangelism continues

5:00pm Dinner

6:30pm Travel to revival event

10:00pm Return to compound

11:00pm Lights out

Concerning the Daily Schedule Taking care of yourself is a must... physically and spiritually!

Dehydration – During the day, if you become hot or tired, just stop and rest, and drink plenty of water. If you feel ill in any way, shape, or form, let your team leader know immediately. A little extra water and Gatorade now, instead of later, can mean the difference between a few moments of feeling sick or an emergency trip to a hospital.

Devotions – Morning and evening devotions are done as a group. Each team member must attend devotions. During these times you will be asked to share a little bit with the group concerning things you are experiencing on your trip. Devotion time is a good time to get to know each other and deal with any problems you may be having. You will find that this devotion time is key in binding the group together in the unity of Christ.