

Welcome to Haiti!

Where will we be traveling?

Haiti is a Caribbean nation that shares the island of Hispaniola with the Dominican Republic to the east. Haiti is about the size of Maryland and home to about 10.85-11 million people- 2.5 million of those people live in or around the nation's capital, Port au Prince. Haiti has an incredible history- during the 18th century, the half million slaves living in Haiti revolted against the French, and gained independence in 1804. The most widely spoken language in Haiti is Haitian Creole, the cuisine and popular music reflects the nation's historic French, Spanish and African cultural influences, and the country is predominantly Christian. The 2010 earthquake killed an estimated 300,000 and left another 1.5 million homeless; Haiti is now the poorest country in the Western Hemisphere.





Port au Prince: We will be flying into Toussaint Louverture International Airport, which is located in Tabarre, a village near Port au Prince. Port au Prince is situated on the coast of the Gulf of Gonave, and is the metropolitan area is home to nearly a quarter of the country's total population.

Food: Food is an important part of Haitian culture, and much of what we will eat during our time is traditional Haitian fare. Rice and beans, fruit, scrambled eggs and chicken are staples. While in Haiti, we eat breakfast before we leave our hotel for the day, lunch on site, and dinner back at the hotel. Team members have found it helpful to bring granola bars or meal bars as well as fiber supplements from home.

Communication: Cell phone service is dependent on where we are working for the day; the internet is sometimes available at our hotel but not always very reliable. The group leader will have access to a working cell phone in the case of an emergency, and some team members have found it useful to download WhatsApp, a cell phone app that allows users to text via the internet when they have wifi.

Money: The official currency of Haiti is the Gourde or goud; to get the conversion, you can visit [XE Currency Converter](#). However, US dollars are accepted in most of the restaurants or shops in Port au Prince. It is best to use cash and not credit cards, as there is a high risk of credit card fraud. \$100 cash should be enough for snacks, any alcoholic beverages, and souvenirs you buy during the week (see: Budget Breakdown).



Photo Ethics: Travel in other countries provides for many opportunities to take photos, but when taking photos of individuals in communities, we need to be mindful of our intentions and usage of photos. Any images that have faces of individuals that you intend to use require spoken/written approval. View a video tutorial on items to consider when taking photos abroad.

<http://www.rustyradiator.com/social-media-guide/>

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Packing List

Personal Items:

- Passport
- (2) copies of passport & airline tickets
- Toiletries: soap, shampoo, deodorant, toothbrush & paste, feminine products
- Sunscreen
- Insect repellent with 30% DEET per CDC recommendations
- Towels: washcloth (bath towels are provided)
- Personal meds: NSAIDS, Benadryl, allergy meds, antacids/antidiarrheals
 - Zofran (for nausea)
- Toilet paper: 1 roll
- Flashlight with batteries
- Earplugs (roosters outside the house are very loud in the morning...)

Clothing:

- Scrubs for clinic (one set per day)
- Seasonal clothing for days off; sweat wicking material is great, as it is very hot/humid
- One outfit for a night out
- Bathing suit
- Socks & underwear
- Comfortable, close-toed shoes for walking (tennis shoes or work boots)
- Flip flops for outdoor shower
- Sweatshirt or jacket for nights
- Raincoat
- A bag or backpack to bring your phone, passport, and medical supplies to clinic

Medical Supplies:

- Stethoscope
- Penlight/Pens
- Copy of medical license or hospital ID
- Medical Creole or French dictionary if needed
- Trauma shears and Oto/ophthalmoscope (if you have them)

Packing List (continued)

Miscellaneous:

- Spending money
- Snacks/granola or meal bars and fiber supplements
- Plastic bags for dirty clothes
- Travel games, books, headphones for downtime after clinic
- Suitcase with medications
- Mosquito tent for bed, if desired
- Clothing for donation (if desired)
- Toys for donation (if desired)

What NOT to Bring:

- ⊗ Bottled water
- ⊗ Expensive jewelry or other personal valuables
- ⊗ Bed linens or pillow

Packing tips:

- ✓ Use duffel bags or sturdy luggage that can sustain a beating
- ✓ Pack as lightly as possible to accommodate medical supplies

Travel Smart, Travel Safe

Evacuation Insurance:

Per policy, evacuation insurance is required for all Rush trainees in all programs, and strongly encouraged for everyone else. Depending on your trip, the cost is usually about \$60-\$80.

Malpractice Insurance:

The Rush captive policy will cover students and residents who are acting within the scope of his or her duty on behalf of RUMC. This policy has a worldwide territory, however will only respond to suits that are brought within the US, its territories or possessions, or Canada. In non-legal terms, this means that if a patient sues and the suit is brought in a US court, that provider is covered. If the suit is adjudicated in the country of origin and is not one of the above exclusions, the provider is not covered. Having said that, there is not a culture/system of medical malpractice litigation in the countries we serve, and while possible, a lawsuit would be extremely unlikely.

Malaria, Cholera, Dengue, Zika: What You Need To Know

First, understand and minimize your risk: ensure that all of your routine vaccines are up to date- these include the measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot- and wear insect repellent with at least 30% DEET per CDC recommendations. The CDC does recommend that medical personnel travelling to the Haiti take malaria prophylaxis; that said, many experienced trip leaders opt not to take prophylaxis because risk in the areas we work in is very low. In July 2016, the New England Journal of Medicine published a thorough review called Medical Considerations Before



Travel- check it out at the link below. Also included is the link to the CDC pages on Zika and recommendations specific to travelling to Haiti.

Information & Resources

<http://www.nejm.org/doi/full/10.1056/NEJMra1508815#t=article>

<https://www.cdc.gov/zika/>

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/haiti>

A large, faded version of the Community Empowerment logo is centered on the page, serving as a watermark. It consists of the same stylized 'C' and three horizontal bars as seen in the top right, with the text 'community empowerment' below it in a light gray, lowercase, sans-serif font.

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Money Matters

Your Budget includes:

- Lodging (2-4 persons per room)
- Transportation to and from the airport.
- Daily transportation to the work site.
- Orientation materials.
- Breakfast, lunch and dinner.
- Purified water.
- Administration cost: 3 month planning with a full time coordinator, telephone, fax, Internet, visit to the church hosts both pre and post trip for planning & evaluation reasons, etc.
- Tips/gratuities

Your Budget DOES NOT include:

- Telephone calls or phone cards.
- Any R&R activity outside of the Endeavor planned itinerary.
- Any alcoholic drinks.
- Departure taxes.
- Food outside meal times.
- Any other transportation service.
- \$10 fee to enter country-at airport



Please make a Venmo or Quick Pay transfer WITH YOUR NAME ON IT to:

info@community-empowerment.org

(224-999-3235)

OR

Send a Check or Money Order 2 weeks prior to trip departure date to:

8 Milburn Park
Evanston, IL 60201

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Budget Breakdown

<u>Item</u>	<u>Cost</u>	<u># Days</u>	<u>Total Per Person</u>
Housing	\$35	6	\$210
Lunch	\$15	7	\$105
Dinner	\$15	7	\$105
Water	\$10	–	\$10
Transportation: van	\$110	–	\$110
On-site Logistics Coordinator	\$50	–	\$50
CE Admin Support	\$360	–	\$360
		TOTAL:	\$950.00