

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; 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. If you plan to use your cell phone service while abroad, we recommend contacting your cellular carrier about the global service plans offered. 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.

<https://www.radiaid.com/social-media-guide>

Contact Information: Community Empowerment Leaders

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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 (for clinic)
- Earplugs (roosters outside the hotel are very loud in the morning)
- CE Reusable water bottle

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) & sandals
- Long sleeve shirt (protection from mosquitos in the evening)
- Raincoat (if desired)
- 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)

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
- Flashlight with batteries (if desired)
- Mosquito tent for bed (if desired)

Packing List (continued)

- 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. The cost is usually about \$60-\$100.

Malpractice Insurance:

The policy provides medical professional liability coverage for indemnity, defense costs and regulatory defense costs up to \$1M per claim, subject to a \$3M group aggregate limit. The policy provides coverage for such claims in particular countries included in the policy that arise out of the Global Health Initiative's (GHI) operations in that country. In order for the coverage to apply, each provider must be included by name in the policy (to be added before departing for a trip), and the provider must be engaged in the scope of their duties with GHI. All volunteers of the GHI are considered providers and will be covered by this policy. The policy has a per claim retention (or deductible) of \$50,000.

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 Haiti be vaccinated for Hepatitis A and Typhoid as well as 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.

Travel Advisory

We recognize that travel to Haiti poses certain risks and that the U.S. Department of State Travel Advisory recommendations change fairly often. We take maximum precautions and do everything we can to ensure your safety, however you do travel at your own risk. We are in constant communication with our partners in Haiti, and if we feel that the current climate poses grave danger to our team members, we will cancel a trip. You can stay up to date on the US Dept of State's warnings at the website below.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories/haiti-travel-advisory.html>

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>

Money Matters

Your Amenities Budget includes:

- Lodging (2-8 persons per room)
- Transportation to and from the airport
- Daily transportation to the work site
- Breakfast, lunch and dinner
- Purified water
- Tips/gratuities

Your Administrative Budget includes:

- Orientation materials
- Organization, planning, and visits to clinic sites, hospitals, lodging
- Planning & evaluation with full time coordinator for pre and post trip, telephone, fax, internet
- Interpretation

Your Budget DOES NOT include:

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



Deposit and/or Logistics Fee Payment

Please complete payment at least 2 weeks prior to departure date.
Include your **NAME** and **TRIP** on your payment.

Venmo, Quick Pay or Zelle transfer to Babs Waldman:

Quick Pay or Zelle: info@community-empowerment.org or (224-999-3235)

Venmo: [@C_empowerment](#)

OR

Send a Check or Money Order:

Community Empowerment
Attn: Babs Waldman
8 Milburn Park
Evanston, IL 60201

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