



FAMILY HEALTH MINISTRIES

MISSION GUIDEBOOK

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Welcome and Thank You.

On behalf of the people we serve, Family Health Ministries welcomes you to Haiti. Whether this is your first trip or whether you've traveled with us many times, we appreciate the time and resources you are donating to our work.

We know that your contributions of time, talent, energy, days away from family and friends at home, along with the funds you spend for your trip, will all create benefits that you may not have imagined before you came. The gifts of love and caring will continue to give after you are back home.

As FHM staff member Pastor Leon Dorleans likes to say, "Haiti needs you and you need Haiti."

May your trip be a blessing to you, to your family and friends, and to all the new family and friends you find in Haiti.

With warm regards,

Kathy Walmer, Executive Director
Family Health Ministries



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Most Important Things to Pack

1. Large water bottle (or two)

(32 oz. or 1L recommended)



2. Insect Repellent with DEET

(100 % DEET not recommended)



3. Sunscreen

(High SPF, “breathable” sunscreen recommended)



4. Enough Hand Sanitizer

(Cleaning wipes, like Wet Ones® are nice too)



Travel Considerations

It is recommended that you visit the US State Department web site in preparation for your trip (<http://travel.state.gov/>). Any current warnings or advisories for international travel will be posted. These advisories are meant to be a resource to you as you determine your participation in a trip with Family Health Ministries. Haiti has had a travel warning issued since the January 2010 earthquake. FHM will register the team's travel information with the State Department, which may prove useful in case of an emergency.

Family Health Ministries has been taking teams from the US to Haiti since 1993. With the exception of the January 2010 earthquake, we have never experienced an incident that has compromised the safety, health, or well-being of a trip participant. FHM takes every precaution possible to ensure safe travel in Haiti and relies on our Haitian staff and partners to advise us of the political and social climate in Haiti as we prepare for a trip. If our partners in Haiti advise against taking a team to Haiti at a particular time, the trip will either be postponed or cancelled.



It is important to understand that Haiti is a developing country that lacks many resources that we tend to take for granted. As such, there may be limited access to medical care, electricity, flush toilets, and phone and internet services. Your team leader will have a cell phone available for emergencies only. This number will be provided to you prior to your departure.

FHM purchases travel insurance for all team participants. Travel insurance generally covers emergency medical situations, travel issues (such as lost baggage), and emergency medical evacuation should the need arise. If you have questions regarding your own insurer's coverage while in Haiti, please consult your insurance provider before departure.

Medical Considerations

Synopsis of CDC recommendations for Haiti

(Check <http://cdc.gov/> for updates.)

1. Vaccines:

- Hepatitis B (particularly if working in patient care areas)
- Hepatitis A
- Typhoid vaccine
- Tetanus vaccine booster within 10 years

2. Malaria prophylaxis:

Chloroquine phosphate (Aralen) 500 mg, one tablet each week starting 1 week before you leave, weekly while in-country and then weekly for 4 weeks after your return.

Other Considerations:

- Consider checking your TB status with a PPD skin test now and 6 months after you return
- Make sure that your other vaccinations are up-to-date

Preventative advice while in Haiti:

- Frequently apply **sunscreen (minimum of 30 SPF)** throughout the day.
- Frequently apply **insect repellent with DEET.**
- **Drink lots of fluids.**
- Wear closed toe shoes when outside.
- Please tell your group leader if you have any special medical needs; this will be kept confidential.
- Please let your group leader know if you develop any type of illness while traveling in Haiti. We have antibiotics and other medicines available if such a need arises.
- Be careful about what you put in your mouth. Food served at the guest house is safe, but never eat from street vendors.
- Carbonated beverages (Coke, Sprite) and beer (Prestige) are fine, but always clean the top of the bottle before drinking.
- Always check the source of ice prior to using it in a drink.
- **Wash your hands and use hand sanitizer prior to meals.**

Sample Itinerary

Leogane Medical Trip

October 2-10, 2010

Flight Information for those leaving RDU: American Airlines

Flight	Date		Leave	Arrive
AA 1293	Oct 4	RDU-Miami	07:15AM	09:15AM
AA 1291	Oct 4	Miami-PAP	10:25AM	11:30AM
AA 816	Oct 11	PAP-Miami	09:25AM	12:30PM
AA 2198	Oct 11	Miami-RDU	04:45PM	06:45PM

Highlighted flights of the trip are essential to book. The entire team must fly into and out of Haiti together. If flying out of RDU Airport, please arrive no later than 5:00AM

Day	Date	Day Location	Night Location
Sat	10/4	Arrive in Port-au-Prince	Matthew 25
Sun	10/5	Worship in Blanchard Travel to Leogane	St Croix Guesthouse
Mon	10/6	Leogane Medical Clinic	St Croix Guesthouse
Tue	10/7	Leogane Clinic	St Croix Guesthouse
Wed	10/8	Leogane Clinic	St Croix Guesthouse
Thu	10/9	Leogane Clinic / Trip to Jacmel	Hotel Cyvadier
Fri	10/10	Return to PAP	Matthew 25
Sat	10/11	Return to the US	Home

FHM Cell Phone in Haiti: 011-509-3620-9552

FHM office in U.S.: 919-382-5500

****Emergency contact number will be provided for specific trip**

US Airport Security

Security standards are frequently updated by the Transportation Security Administration (TSA). Please visit the TSA website prior to your departure to familiarize yourself with any policies that may have changed since you last traveled. <http://www.tsa.gov/travelers/index.shtm>

- All your personal belongings need to fit in your carry-on bag. Keep in mind that for trips to Fondwa, you may need to hike on a mountain trail for about 30 minutes carrying this bag (down and up).
- Airlines have become very strict about personal carry-on items. Please note that airline carry on luggage dimensions are: 24" x 13" x 9".
- You are also allowed 1 personal item to carry on with you (such as a backpack or purse).
- Frequently, other small items you attach to your person, such as a money belt or camera, can be considered a third item and will have to be stored in your carry-on bag when going through security.
- Remember to remove all unessential items from your wallet, leaving most of your credit cards at home, but be sure to bring your driver's license and other important cards.

Tips for getting through security:

- Have your passport and tickets out and available for TSA agents.
- All liquids, gels, and aerosols must be in 3 oz. containers or smaller. This includes lotion, toothpaste, hair gels, etc.
- All of these containers need to fit in a quart size (8 in x 8 in) plastic bag that can be zipped up.
- Everyone will be required to remove their shoes when going through security.
- There will be two team bags reserved for things like toiletries and team snacks, towels, etc.



Personal Packing for Haiti

- Bible
- Camera (& extra batteries)
- Clothing (bring something nice for church)
 - Shirts (nothing sleeveless)
 - Pants for men or skirts for women (below the knee)
 - Shorts for guest house/mountains
 - Tie for men
 - Underwear
 - Swim suit (modest)
 - Light jacket or sweater (just in case)
 - Shower sandals
 - Sleepwear
 - Hat
 - Shoes (suitable for hiking, tennis shoes are okay)
 - Towels are provided at all the guest houses, but you may want to bring an extra if you have room.
- Earplugs (if dogs & roosters at 3AM will keep you awake)
- Fanny pack/backpack to protect your belongings at all times.
- First aid items (the team carries a large first aid kit)
 - Dramamine or scopolamine if you get motion sickness
 - Imodium AD/Pepto Bismol tablets
 - Antibacterial soap
- Flashlight (extra batteries & bulb)
- Glasses (spare pair)
- Hand sanitizer**
- Journal & pens
- Prescriptions or medicines that you may be taking
- Money (we recommend no more than \$200)
- Insect repellent with DEET** (Malaria is not the only mosquito borne illness)

- Passport (make sure that the team leader has a copy and that you have mailed one to the FHM offices in Durham, NC)
- Roll up bag for laundry (plastic grocery bags work well)
- Roll up bag for souvenirs
- Sewing kit (or duct tape!)
- Snacks for lunches
 - Crystal Light, Gatorade powder, granola with dried fruit, tuna packets, crackers, (be creative).
 - Many days, only breakfast and dinner are provided by guest houses in some locations
- Sunglasses
- Sunscreen**
- Toiletries (please don't bring curling irons, hair dryers)
- Watch with alarm
- Water bottle (1-2 liter minimum)**
- Plastic zip bags of various sizes to store wet/dirty items (or to keep important things dry - like your passport)
- Supplies for medical personnel if going with a medical team
 - Otoscope
 - Stethoscope

A Note about Personal Valuables

While the locations where we stay and work are secure, you still need to exercise caution and good judgment when it comes to personal property and valuable items such as jewelry, cameras, computers, or personal electronics. While packing, please consider the necessity of any particular item and your comfort with possible loss, damage or theft of that item. Many of the locations where we work have safes or secure areas where possessions may be locked up. The best course of action, however, is to keep any valuables that you bring with you at all times. The State Department offers helpful guidelines here:

http://travel.state.gov/travel/tips/tips_1232.html#take_with

Money

Haitians routinely refer to their own money as Haitian dollars, based upon the time of the US occupation when the exchange rate was 5 gourdes (the “r” is silent) to 1 US dollar. From the time of the September 1991 coup to the present, the value of the gourde has significantly dropped against the US dollar. The rate is somewhere near 40 gourdes to \$1 US dollar, fluctuating greatly depending on the US economy or political unrest in Haiti. This means one gourde is worth about 2 cents. Exchange methods and rates also vary among merchants. One constant: there are always 5 gourdes to the Haitian dollar.



Visitors must constantly clarify whether the price being quoted is in Haitian or American dollars, or gourdes. The best exchange rate is obtained from banks. Money changers are often found along the streets or work out of offices, and this is perfectly legal.

Typically we don't change dollars to gourdes for our team members. Your team leader will have a few gourdes for the times when it is best to pay in gourdes. Team members can use US dollars when making purchases so you may want to make sure that the money you bring is in small bills (\$1s and \$5s). Few people will be able to make change for you. Some shops accept credit cards but Discover cards are not used in Haiti. Traveler's checks are also not commonly used.

We suggest you bring a small amount of cash. You should carry it in a money belt and on your person at all times. You will have limited out-of-pocket costs for the trip, so most of the money you bring will be used for shopping. If we go to a restaurant one afternoon for lunch, you may want to have cash to purchase a meal. Most people find \$100.00–200.00 very sufficient for their personal use. The Matthew 25 Guesthouse will also accept personal checks if you would prefer to pay for souvenirs that way.

Traveler's Guidelines for Haiti

1. Protect your passport at all times. Make two copies prior to departure. Give one copy to the group leader and keep the second copy in a safe place separate from your passport.
2. Please listen to the group leader(s) when he/she is giving directions. They will be the ones to make final decisions regarding group needs and activities. They are the ones who are ultimately responsible for your safety.
3. Be flexible and patient.
4. Please go out of your way to show respect for the Haitians you meet and for your fellow team members. Getting to know new styles, cultures and personalities is one of the best parts of the trips. In particular, be careful not to make negative remarks about what you see or hear – you may be overheard and inadvertently create ill will.
5. Always ask questions. Most likely if you have a question, there will be a number of your other team members that have the same question.
6. Shorts are discouraged outside of the guest houses as well as pants and sleeveless shirts/dresses for women. Although in PAP you will see women in shorts and pants, this is not the typical dress for the Haitian peasant. While in Haiti, we try to respect the customs of our Haitian friends. Leave all expensive jewelry at home. Men will need a tie for church and women will need to have a nice dress/shirt. Swimwear should appropriately cover the body.
7. Always wear closed-toe shoes when walking outside.
8. Feel free to take lots of photos, but be respectful of the people around you. Remember the dignity and right to privacy of the Haitian people. Always ask someone if you may take their picture. **Be particularly subtle with your photo-taking in the market areas.** Sometimes the person photographed may expect money for this privilege. If you're not sure, ask the group leader.

9. Never promise anything to a Haitian friend unless you are absolutely sure you can follow through with the commitment. Good intentions have the potential to cause future problems for the coordinating hosts, pastors, church and community leaders. We discourage individual gifts. If you would like to give an individual gift or donation, talk with the group leader as how to go about giving a gift.
10. Your ultimate purpose for being in Haiti is the ministry of presence. Get to know our Haitian hosts. Meet people with a smile and a “bon jour.”
11. Don't ever trust a Haitian dog or cat, even if they appear friendly!



US Airport Information

From Raleigh-Durham International Airport

You will be leaving early in the morning if traveling from the RDU airport. We need the entire team at the airport at least 2 hours prior to departure. Each of you should pack your personal belongings in a carry-on suitcase.

For people traveling from RDU there will be several 50 pound bags or boxes packed with supplies to be checked with the airline as you check in. The bags will not have your name on them – they will be labeled with the FHM address in Durham. Typically, we will have you join the line as a group with the bags placed at the front check-in counter. Each bag is inventoried and on a master list. You will be told the contents of “your” bag, and if asked you can reply that the container has been in your possession since it was packed. Until the bags are sealed with zip ties, you are welcome to open and examine them so you are comfortable with questions about their contents.

For those traveling from RDU, a small number of “team bags” will be available for larger containers of liquids and gels that you will not be able to carry in your carry-on luggage. You may also put extra snacks (see what to pack below) and tennis shoes in the team bags. Be as conservative as possible with group space, please!

After checking in and receiving your ticket, you will proceed to the gate. Someone from FHM will handle the team bags and any tips.

From Miami International Airport

While in flight from Miami to PAP, you will be given two cards to complete. One is a Haiti Customs Form and the other form is the Haiti International E/D Card (Visitor’s Visa). When asked for the address where you will be staying **use the address of the guesthouse**. This is located on on your itinerary, and on the back page of your team roster. Under “Reason for your trip” mark “Pleasure.” You will need to keep these cards with you after clearing customs and immigration. We recommend keeping them secure with your passport.

Haiti Airport Information

Arriving at Port-au-Prince International Airport

Be prepared for a new cultural experience. Prior to getting off the plane, have your passport and visitor's visa in a safe and easily accessible place. You will leave the airplane via a jetway (installed just prior to the earthquake) and proceed down an escalator. Then you will take a bus to the former cargo terminal to retrieve your luggage.

There you will likely wait in one of half a dozen long lines. Make sure you stay behind the green line prior to your turn to have your passport and visa stamped. Family members may go through together. Each person does need their own visitor card, although there is only one customs card per family. Put your passport and visitor's visa in a secure place. You may want to keep your visitor's visa in your passport. You will need both when you depart the country. We have yet to leave anyone behind!

Next you will walk into the baggage claim area. The FHM group leader will rent a number of luggage carts. We will need a group of people to stand with the carry-on luggage as others start to pull bags off the line as they come out. **Please help us keep the bags intact by making sure that the bags do not drag on the floor or ground!** It is important that we are not missing any bags or boxes. Generally 3-4 pieces of luggage will fit on one cart. Sometimes a local Haitian helps us secure our bags. Your team leader will collect any luggage receipts for FHM bags.



Have your customs form in your hand. We will exit the airport as a group. You will give the customs agent your customs form as you exit. **The following few minutes can be the hardest part of the entire trip.** There will be many Haitian airport workers trying to help you with your bags. Note that all tips will be paid by your group leader. **Do not let anyone take your cart.** Just say "No, mesi."

When you exit the airport, you may have to walk quite a distance. Push on through the crowd following the leader to the airport parking area. We will be met by FHM staff or by guest house representatives who will help load our waiting vehicles. Then the group leader will pay one person, “the boss man,” to cover tipping the entire group.

Departing Port-au-Prince International Airport

Preparing in advance is helpful:

1. Remove all old airline luggage tags.
2. Empty your water bottles and make sure your liquids and creams are stored in your carry on.
3. Check with your team leader to see if you may check your carry-on. See Duty-free notes on the following page.
4. Empty bags and boxes will be consolidated and re-labeled for check-in. Not everyone will be assigned luggage for the return trip. We will have room for you to check carry-on luggage if you desire. There will be lots of room for souvenirs to be packed in returning luggage. It is important to know if you have been assigned a bag or box in your name for custom purposes in Miami.
5. We will again check in at the airport 2-3 hours prior to the scheduled departure time. In Haiti, where traffic jams, flat tires, and other hazards can delay our travel significantly, we will build in sufficient travel time to arrive at the airport. This may mean you will have a fair amount of time to do some last minute duty-free shopping and grab a bite to eat, but the airport is air conditioned.
6. Once we get to the airport there will be many airline personnel willing to help you. Again, do not allow anyone to help with your luggage.

You will need to show your passport at the security check at the door to enter the terminal.

Once you are inside, we typically assemble as a group at the check-in counters. There are typically four check points prior to the gate, counting the one at the door, although this may vary as the airport is being reconstructed after the earthquake. Be ready to present your passport and boarding pass, multiple times!

Once we have checked luggage and received our boarding passes, we need to proceed to the gates. Each person should have his/her passport, boarding pass and visa card ready for check-in.

Here is a typical scenario:

At the first desk through the boarding area, you will present your passport and boarding pass. Next, we will proceed to the immigration area to have your passport stamped and render your visitor's visa. Keep moving forward to the security/x-ray checkpoint.

A Note about Duty-free Items

If you purchase any items at a Duty-free shop, the item will be brought to the plane. You must check any large liquids or creams in your stowed luggage after you arrive in the US and before you recheck your bags after customs. Please do not put rum in FHM bags. The bottles will likely break, leak all over the bag, and possibly damage the bag and its contents. Only buy rum if you are checking a personal bag on your return home.



Immigration and Customs at Miami International Airport

When we return to Miami, we will need to go through immigration and customs. When entering the immigration area, go to the lines to the very far right. These lines are usually not seen from the entry way and are frequently a shorter wait. This part of the terminal has been under construction for quite a while. Watch for signs and security personnel for help on where to go.

After clearing immigration, we need to proceed to the baggage claim area. This is where we will collect again as a group. We will need to claim all checked bags and proceed towards customs.

If you have been assigned a box or bag for the return trip, please try to be with these items. The main thing to avoid while going through customs is getting sent to the agriculture line where all our bags will need to be scanned. The customs agents like to make small talk. They are trying to decide if we need to go through the agriculture line.

After clearing customs we take our bags through a set of doors and to the left where they will be again scanned before the flight to RDU or other destination.



General Information About Haiti



Geography/Time Zone

Haiti is the western third of an island in the West Indies, located about 600 miles off the coast of Florida. It has a series of offshore islands of which La Gonâve is the largest. The eastern two thirds of the island is the Dominican Republic. Haiti is considered the economically poorest country in the Western Hemisphere. The

country is in the Eastern Standard Time Zone and does not change time in the spring and fall for daylight savings time.

The main island is subdivided and protected by the mountains. It is surrounded by the Caribbean Sea to its south and the Atlantic Ocean to its north. Caribbean neighbors are Cuba, Jamaica, Puerto Rico, the Bahamas and the coast of South America.

Family Health Ministries works in the urban capital of Port-au-Prince in the community of Blanchard/Terre Noire, down the southern peninsula in the city of Leogane, and in the rural mountain community of Fondwa.

Population and People

Haiti is home to approximately 9 million people, with 79% living in the rural areas, although this percentage has fluctuated since the earthquake. Haitian society is predominantly made up of peasants who live a subsistence lifestyle tied to a market economy. The men traditionally farm by hand on small plots of land that they either own or rent. Women are primarily responsible for household management, childcare, and

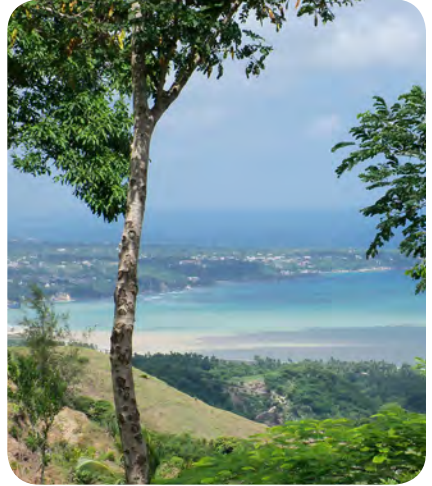


selling the surplus crops in the market place. Mean life span is less than 53 years, with an estimated 30% childhood (less than 5 years of age) mortality rate.

It is estimated that 95% of Haiti's population is of African origin. They are descendants of the African slaves brought to the country by the French.

Climate

The climate is tropical. Haiti has two rainy seasons: April - May and August - October. The hurricane season runs July to October. December and January are cooler with moderate temperatures around 75° - 80°F with cooler temperatures in the mountain regions. February - April temperatures begin to climb into the 90s and May - August stay in the upper 90s.



Culture

Haitian culture is the result of the fusing of African, French, West Indian and American cultures. The Haitian people use art and music to tell the stories of their struggles, their joys and their great sorrows. Haitian artists use all the resources available to them to paint, carve or otherwise create “pictures” of local scenes. They use oil paints, wood, clay, stone, bamboo, leather, shells and metal from barrels and tin cans. Vivid colors and simple forms characterize Haitian art.



The music is rhythmic, harmonious and emotional. The literature tells the stories of the people. Haitians are famous for their proverbs that reflect their wisdom and philosophy. Part of your trip to Haiti with FHM will typically include the opportunity to purchase Haitian arts and crafts and maybe a chance to listen to music or observe dance.

Language

The official language of Haiti is “Ayisyen,” although the majority of people refer to it as “Kreyol.” It was recognized as the official language of the Republic of Haiti in the 1987 Constitution. Although French is the co-official language, Ayisyen has increasingly become the language of politics, administration, business, education, society and religion. It is spoken by more than 85% of the population.

The Haitian language has evolved over the past 500 years, since 1492, from the original Taino, Arawak and Carib languages spoken on the isle of Hispaniola. It has been influenced by Spanish and French conquerors and settlers, as well as the Portuguese, who brought West African slaves to Haiti, speaking one of many African languages, such as Fon, Ewe, Wolof, and Mandingo. The language has been primarily an oral language historically, and has only been written down in the past 100 years. Consequently, many spelling differences have emerged. A phonetic spelling was agreed upon in 1979 by the Haitian Government, making it easy for all to learn. The latest Haitian dictionary lists some 38,000 words and expressions.



Family Health Ministries provides a quick and easy introduction to the language for some of our mission teams. For those interested in a more comprehensive exposure to Haitian Creole, either before or after a trip, there are many resources available. *Creole Made Easy* by Wally Turnbull is an accessible introduction to basic Creole grammar. Duke University has also offered lessons in medical Creole through the Haiti Lab, part of the Franklin Humanities Institute. More information may be found at <http://sites.duke.edu/kreyol/>

Food

Like Haiti’s culture and language, Haitian cuisine draws from many cultural and regional influences while remaining uniquely its own.

Kreyol cooking, which includes spices, peppers, garlic and onion, give Haitian food an enjoyable spiciness that can be found in many dishes. Main dishes include various takes on rice and beans, plantains, greens, vegetables, or spaghetti and may be served with fish, chicken, beef, goat, or conch.

Fresh fruit juice is often served with meals and is usually pineapple, cherry, passion fruit, mango, papaya or citron (lemon/limeade). Coca Cola and Sprite are the most common soft drinks in Haiti and are made with cane sugar which can be a treat for those who are used to the US versions. Prestige, a popular Haitian beer, is also widely available.

Religion

Throughout the enslavement, African tradition and practices were remembered, developed and practiced, including Voodoo. In the past, Haiti was considered a Catholic country. Catholicism was the official religion from 1860 until 1960. Protestant missionaries first came to Haiti in the 1700s and established churches in the early 1800s. The first Protestant church in Haiti was the Methodist church. Protestantism has been growing rapidly in the past few decades. Many Haitians practice a combination of Christianity and Voodoo, with many Voodoo symbols being based on Christian symbols and icons. Recent writers have theorized that Voodoo has lost status since the earthquake in some parts of Haiti.



Family Health Ministries has a close relationship with the Christian Community Church in the Port-au-Prince area, a set of five non-denominational Protestant congregations, including one church next door to FHM's clinic in the Blanchard community. Leon Dorleans is the pastor. You may have the opportunity to worship with them on Sunday morning.

Over the years, FHM has had US missionaries working in the Fondwa community. Haitian partners and community leaders in Fondwa are Catholic. You may meet Father Joseph who is head of the Peasant's Association in Fondwa, Sister Carmelle who runs the guest house, Sister Simone who is in charge of the orphanage and is principal of the school.

In Leogane, FHM's first contacts were through the US Presbyterian Church which funds Hopital Ste Croix (HSC). That hospital closed in early 2008 but post-earthquake reopened on a limited basis. FHM maintains its relationships with PCUSA. FHM's lead partner in Leogane is Dr. Delson Merisier, Ob/Gyn.



Government

According to the 1981 Constitution, Haiti operates as a republic. Haiti's capital is Port-au-Prince. The Haitian government consists of an executive branch, a legislative branch and a judicial branch. The executive branch consists of the Chief of State (the President), the Head of Government (the Prime Minister), and a Cabinet. The Prime Minister in consultation with the President chooses the cabinet. The president is elected by popular vote for a five-year term. The judicial branch's highest court is the Court of Appeals. It administers its laws under a legal system that is based on Roman civil law.

Education

By law, education is free and compulsory in Haiti for children between the ages of 7 and 13. However, the government cannot meet the needs of the children throughout the country, and it is estimated that only 40% of Haitian children receive an education. Subsequently adult literacy rates are less than 30%. Many schools were destroyed by the earthquake, and the status of free education since the disaster has been a topic of frequent discussion.

Churches, non-profits, and communities have worked to provide schooling for 85% of the children enrolled in elementary education as well as providing secondary (high school) education.

The children are required to wear uniforms; colors may indicate school or church affiliation. Families must also provide their own school supplies, tuition and transportation. Small fees are required for school enrollment, even though the international community heavily subsidizes schools. Due to financial constraints, large families must prioritize their children's school attendance, and students may not be able to attend school except on a sporadic basis. This leads to the situation where there are frequently teenagers still trying to complete the elementary grades.

You will likely meet children in Blanchard wearing their pink and white uniforms. In Fondwa, you will become familiar with the bright blue school color.



All children are expected to meet one standard and pass the state exams starting in sixth grade. Students who cannot pass this exam can no longer continue their education. They also take exams after eighth grade, after 12th grade (called "Reto") and after the 13th year (called "Philo.") About a dozen private universities and higher education institutions provide advanced education. The University of Haiti in Port-au-Prince has colleges of medicine, law, business, agronomy, social sciences, architecture and engineering. There are also technical trade schools operated by a variety of organizations and private colleges and universities, many run by the Catholic Church.



Family Health Ministries offers nursing scholarships to students of the Leogane Nursing School through the contributions of several US donors.

FHM also administers a sponsorship

program that provides support for the Fondwa primary and secondary school, including money for construction and physical operations. You will have the opportunity to tour the Sainte Antoine School and meet some of the 700 children.

Before 1993, there was no school in Fondwa. Now there are three years of pre-school and grades 1 through 13. For \$300/year (\$25/month) per child, FHM is able to provide teacher salaries, a school lunch program, school supplies, books, vitamins, and yearly health assessments.

In 2004, the Fondwa community opened Haiti's first rural university, the University of Fondwa. It is a vision of Father Joseph, the head of the Association of Peasants of Fondwa (APF), to be able to provide education and subsequent job opportunities to the local community.

It is his hope to keep the young people of the Fondwa area in the local, rural community and not lose these bright men and women to the urban setting of Port-au-Prince (PAP).

Below, are two temporary classroom structures that house students after the earthquake. The school was completely destroyed and children had to go to school during summer 2010 to make up for the time lost after the earthquake.



Reconstruction of the permanent school building should begin in the Fall of 2011.

Haitian History Timeline

Dec. 1492	Columbus lands on Haiti (the island of Hispaniola).
ca. 1600	Native Carib population (Taino-Arawak Indians) virtually wiped out. African slaves begin to arrive in increasing numbers.
1600s	Rise of British, French, and Dutch activity in Caribbean.
1697	Spaniards cede the western third of Hispaniola to the French crown at the Treaty of Ryswick. Haiti is now called "Saint Domingue."
1697-1791	Saint Domingue becomes the richest colony in the world. Its capital, Cap-Français, is known as "The Paris of the New World." As many as 700,000 African slaves arrive by the end of the 18th century compared with about 30,000 whites and 30,000 "affranchis"/"gens de couleur."
August 1791	The first major black rebellion takes place, initiated by Boukman, a voodoo houngan (or priest). This marks the beginning of the civil war between the black-dominated north and the mulatto-dominated south.
1796	Toussaint L'Ouverture ("the opening"), an educated herb doctor and military man, emerges as the leader of the former slaves in the north. He restores order, ends the massacres, and restores some of Saint Domingue's former prosperity.
1798	Toussaint makes diplomatic contact with the recently established United States.
1801	Napoleon Bonaparte dispatches an army of 34,000 to try to subdue the slave armies and retake the colony for France; this mission is unsuccessful. The leader of the army, Leclerc, ultimately has Toussaint L'Ouverture seized and deported to France. He dies there in 1803.
May 1802	Convention in Paris reintroduces slavery, which brings on more rebellions and massacres of whites in Haiti.
January 1804	Jean-Jacques Dessalines proclaims the independent black Republic of Haiti in the northern half of the island (the first independent country of former slaves in the world). Dessalines is unpopular with the mulattos and is assassinated in 1806. His death leads to the division of the country between a republic in the south under General Alexandre Pétion and a kingdom in the north under Henri

	Christophe. The name of the new country, “Haiti,” is the name that had been given to the land by the former Taino-Arawak peoples, meaning “mountainous country.”
1807-1810	More civil war, this time between Pétion and Christophe.
1820	Christophe commits suicide by shooting himself with a silver bullet; he had been a tyrannical ruler, crowning himself “king,” and building a palace and citadel at Cap Haïtien in the north at great cost to Haitian lives. At his death, Haiti is taken over by General Jean Pierre Boyer, and civil war ceases.
1821	Boyer invades Santo Domingo following its declaration of independence from Spain. All of Hispaniola is under Haitian control until 1844.
1834	France recognizes Haitian independence in exchange for 150 million francs (reduced to 90 million in 1838).
1843-1915	Haiti sees 22 heads of state, most of whom leave office by violent means.
1915	Rivalry continues among the whites, the mulatto elite, and the blacks.
1915	President Guillaume Sam is dismembered; the United States invades the country and remains for 19 years. Despite improvements made to the infrastructure by the US, the Haitians oppose their presence.
1934	The US leaves Haiti, which is prospering once again.
1937	Thousands of Haitians living near the border of the Dominican Republic are massacred by the Dominican dictator, General Rafael Trujillo, and his army.
1935-1971	François Duvalier, a doctor and union leader, is elected president. Duvalier, also known as “Papa Doc,” terrorizes the country, rooting out any and all opponents to his administration. A physician, he revives voodoo and models his image on Baron Samedi, the guardian of cemeteries and a harbinger of death. He ensures his power through his private militia, the tontons macoutes (Kreyol for “uncle bogeyman”). In 1964 Duvalier changes the constitution so that he can be elected president for life.

1971	François Duvalier dies and is succeeded by his son Jean-Claude, age 19 (also known as 'Baby Doc'). By this time Haiti is the poorest country in the western hemisphere and remains so to this day.
1972	Haitian "boat people" begin to flee to US.
1980	Hundreds of human rights workers, journalists, and lawyers are arrested and exiled.
1986	The Duvalier regime collapses; Baby Doc flees to France.
1987	New Constitution approved, but general elections aborted; dozens shot by soldiers and the Tontons Macoutes in Port-au-Prince, many more in the countryside.
1990	Jean-Bertrand Aristide (a parish priest) is elected in a landslide victory.
1991	Military coup deposes Aristide's government; Organization of American States imposes an embargo lasting three years.
1993	Exiled President Aristide continues to work for restoration of the legitimate government and for sanctions against the coup regime. Within Haiti, human rights violations continue, and several key Aristide supporters are executed.
1994	A multinational force lands in Haiti as coup leaders agree to step down and leave the country. In October, Aristide returns to Haiti to serve out his term of office, facilitated by the UN troops.
1995	Former Prime Minister René Préval elected President in a landslide victory.
1996	The new government announces plans for agricultural production, administrative reform, and economic modernization.
1997-1998	UN troops begin withdrawal. Violence continues. Rivalries within Aristide's ruling coalition, the Lavalas political organization, increase. Prime Minister Rosny Smarth resigns, leaving the post vacant for nearly two years. Elections marked by fraud. Economic and political recovery and international aid programs affected.
2000	Aristide wins boycotted election. Haitian elections are not accepted by the world, and another embargo is imposed.

2004	January 1, 2004, Haiti celebrates its 200th anniversary of freedom from French rule amid increasing internal political turmoil.
2004	Aristide leaves the country under disputed circumstances. UN troops, led by Brazil, arrive and continue until the present.
2006	René Garcia Préval again elected president.
2008	Prime Minister Jacques-Edouard Alexis sacked in April after rioting over rising food prices. Michele Pierre-Louis appointed in September.
2009	Jean-Max Bellerive, Planning Minister and long-time government official, replaces Pierre-Louis in November.
2010	On January 12, a 7.0 magnitude earthquake devastates the capital city of Port-au-Prince and areas to the south and east. Most of the significant government and cultural buildings in the capital are destroyed.
2011	Michel 'Sweet Micky' Martelly is elected as President.

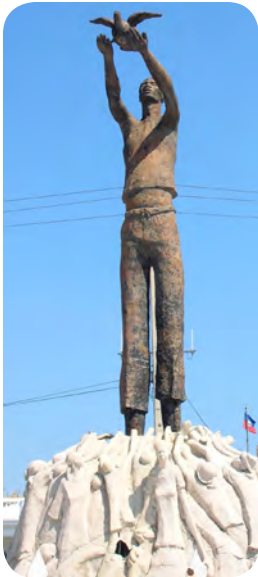
Sources: *The Caribbean and the Bahamas*, James Henderson, Cadogan Books, London, 1997. *Written in Blood: The Story of the Haitian People 1492-1971*, Robert Debs Heinl, Jr., and Nancy Gordon Heinl, Bobston: Houghton Mifflin, 1978. Haitian Embassy Web site. http://haiti.org/images/stories/pdf/key_dates.pdf. Anne E. Shroeder compiled part of this timeline and it was updated by Janet Portzer and Justin Davis using several web resources.



Tour of Port-au-Prince

Port-au-Prince is the capital of Haiti. This waterfront city is surrounded by mountains and has a population of more than two million people. The city is diverse, home to the very poor of Cite Soleil and the very affluent of Petionville. You may experience worship with the poor at either Cite Soleil or the Blanchard church, and eat lunch in the mountains near homes of the wealthy. It is likely an experience that will make you look at your own life and reassess your priorities.

Places of Interest



The **Statue of Aristide** is in downtown Port-au-Prince across from the National Palace. On September 19, 1994, US troops entered Haiti to return Aristide and his elected government to power. The statue is representative of October 14, 1994, when Aristide addressed the Haitian people outside the National Palace and released a white dove as a symbol of reconciliation.

The **Statue of Alexandre Pétion** stands directly in front of the Presidential Palace. He was ruler of the southern part of Haiti from 1807-1820. This part of Haiti was made up of mostly light-skinned Haitians who were born free. Pétion distributed much of the land to the military.

The **Statue of Henri Christophe** sits proudly on his horse at the corner of the park and the palace road. Christophe was the ruler of the northern part of Haiti from 1807-820. He brought the English in to provide technical assistance. He organized skilled labor and provided an education and court system. He also utilized forced labor to support the economy. In 1820, when faced with a rebellion by his own army, he committed suicide. This paved the way for Jean-Pierre Boyer to unify Haiti in 1820.

The **Neg Mawon Statue** is across the street from the National Palace. In Creole, “neg” means guy or man and “mawon” means brown, wild or in hiding. This statue is in tribute to the enslaved men who ran away to hide in the mountains. They became the slave armies led by Boukman for 13 years against St. Dominique’s colonists and later, Napoleon’s army. These slave armies were commanded by General Toussaint L’Ouverture and later by General Jean-Jacques Dessalines to ultimate victory over the French at the Battle of Vertières on November 18, 1803. The Mawon statue originally had a machete in his right hand and a shackle and chain on his left ankle. These have been damaged. He holds a Queen Conch shell in his left hand signifying its use for communication.



All of these monuments are currently obscured by the massive tent cities in the downtown area.

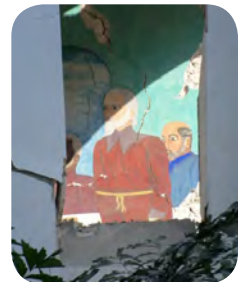


The **National Palace** used to stand picturesquely with the mountains behind it, housing governmental offices.

The original presidential palace was destroyed in 1912 in a bomb blast and

reconstructed during the US Marine occupation from 1915 to 1934 but then destroyed again in the January 2010 earthquake. Many government employees lost their lives when the palace collapsed.

Sainte Trinite Episcopal Cathedral is located on the corner of Avenue Mgr. Guilloux and Rue Pavee. It was also terribly damaged by the earthquake. Inside you used to see fascinating Biblical murals painted by the country’s greatest artists. John the Baptist stood with Christ in the river with the Haitian women going about their daily tasks of washing clothes. You could see the integration of voodoo symbols into these Christian scenes.



Cite Soleil (City of the Sun) is located in the flood plains of Port-au-Prince. This community was originally established by Papa Doc's wife to house the influx of rural Haitian peasants looking for job opportunities in the city. Today, Cite Soleil is an approximately four square mile area, which accommodates 400,000 people who live in crude shacks made of mud and concrete bricks reinforced by scraps of metal, metal containers, and cardboard boxes. There are rows of one-room shacks, no running water, and open sewage ditches. When it rains, the sewage of Port-au-Prince runs down hill, collecting largely in this sea-level community.



Even in this demoralizing place, there is hope for the Haitian poor. Pastor Leon Dorleans and his wife, Jacky, with the help of American partners, have grown a ministry called the Cite Christian Community Church in Cite Soleil. Sunday worship attendance is sometimes greater than 1000 people, depending on the political situation. Children have an opportunity to attend school during the week. There is also a small clinic.

The Christian Community Church continues to expand, with five sanctuaries in the surrounding communities. Family Health Ministries built and operates a medical clinic at one of their satellite facilities in Blanchard, Haiti. This community is only a short drive from Cite Soleil. FHM supplies the funds to support the Centre de Santé Familial de 'Eglise Chrétienne de Terre Noire. A staff of 17 people including two public health workers provides care to 300 patients a month. Programs include childhood immunizations, nutrition, cervical cancer prevention, and prenatal care.

The **Baptist Mission** is a 30-minute drive beyond Petionville and is a haven from the bustling city of Port-au-Prince. In the mountain town of Fermathe, this is a perfect place for shopping.

With a combination of gifts from the Baptist Mission (fixed prices) and the local vendors (bartering expected) along the streets, you have an excellent source of local Haitian art. The café located inside the Baptist mission offers American food including burgers, fries, and pizza.

Fort Jacques is located just north of the Baptist Mission. Built by Petion in 1804 and restored in 1992, it is now considered a national historic park. You can tour the fort for a small fee.

Matthew 25 House

While in Port-au-Prince, we typically spend the first and last nights in Haiti at the Matthew 25 Guest House. Matthew 25 is directed by Sister Mary Finnick and is a wonderful place to relax, meet fellow travelers, and purchase some of the best art, crafts, and goods from throughout all Haiti. (Matthew 25 accepts checks if you are a heavy souvenir shopper.)



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Family Health Ministries Partner Communities



Blanchard

The Blanchard community, also called “Terre Noire,” is adjacent to the airport and Cite Soleil. It has been home to an FHM public health program since 2005. The FHM clinic opened its doors

in 2006 and currently employs 21 people, including doctors, nurses, public health workers, a clinic manager, cleaning and administrative staff.

In addition to providing public health, including prenatal care and immunizations, the facility began a cervical cancer prevention program in 2009 and children’s nutrition program in 2011.

FHM works in collaboration with Pastor Leon Dorleans and the Christian Community Church in Blanchard. The church and clinic share a compound with a school also run by the church.

Leogane

Leogane, Haiti is approximately 30 kilometers west of Port-au-Prince (1 to 1.5 hour drive) and is a seaside community surrounded by sugarcane fields against a backdrop of mountains. Because of its location close to the epicenter of the January 2010 earthquake, 80-90% of the buildings in town were badly damaged or destroyed.

Leogane has been home to the Family Health Clinic since January 2009 and FHM’s Cervical Cancer Prevention Program overseen by Dr. Delson Merisier since 2002.

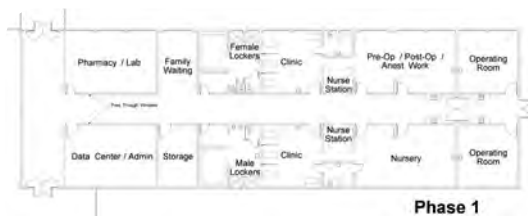


The Leogane Clinic lost its second floor during the earthquake. The partially finished floor collapsed onto the first, where Dr. Merisier had just finished delivering a baby. Everyone escaped safely, but it was several months before the clinic resumed regular service.



FHM is currently raising funds to build the Leogane Family Health Center (LFHC) on 10 acres of land that FHM owns on the Leogane bypass, adjacent to the community's bus station. This center would provide affordable maternal and child health care to the community.

Construction on the LFHC's first phase should begin by the end of 2011 and includes a surgical center and guest house. Completion of the LFHC is a multi-year project slated for completion in 2017.



Fondwa

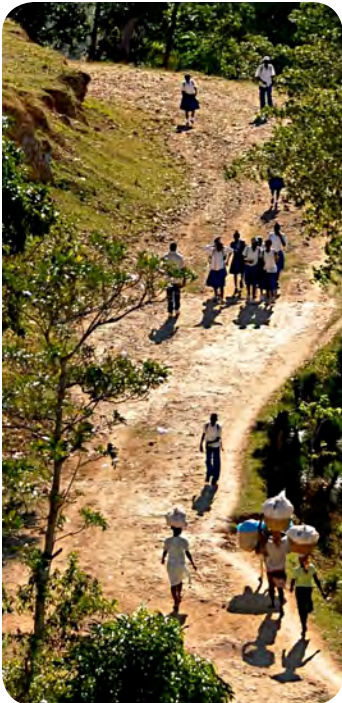
Fondwa is the rural mountain community where FHM supports an orphanage, a school. This small community village is in the 10th rural section of Leogane, in the Ouest department of Haiti. It is approximately a three hour drive from Port-au-Prince. The steep mountain area provides a cool and refreshing escape from the hot city. Most of the structures in Fondwa were destroyed by the January 2010 earthquake.

School resumed in Fondwa in April 2010 under tents, with the smaller children studying on tarps on the ground. Since then, temporary buildings have been constructed for the school and the orphanage and plans are underway for more permanent structures.



Fondwa includes about 7000 people of the 42,000 people who live in the immediate area. The community leaders are Father Joseph and Sisters Carmelle and Simone. Together these people bring hope to the community through the local Haitian-run organization, Peasant Association of Fondwa (APF). This grassroots organization helps people assume responsibility for their own lives.

Together in partnership with the community, FHM has developed a sponsorship program that brings financial support to both the school and orphanage through financial gifts provided by many donors across the United States and France.



In August 2003, FHM began a missionary program in the community to help support the school and orphanage. So far, six individuals have served there. FHM is always interested in talking to prospective missionaries who may want to travel to Haiti.

Since the earthquake, visitors to Fondwa stay in tents or temporary buildings. There is limited electricity, cold running water, and flush toilets. There can be a significant walk involved to enter and depart the community, depending on road conditions. Those who participate in FHM mission trips should be in good health and able to walk up and down steep hills and stairways for up to 1½ hours at a time.

Family Health Ministries Team Participant Guidelines

Dates are guidelines and may represent pre-earthquake ideal; however, they give team leaders a sense of the timing and order of leader responsibilities.

L = Team Leadership, ED = Executive Director, MTC= Mission Team Coordinator, OSC = On-Site Coordinator

1. Forms, passport copy and non-refundable \$200 deposit must be received in the FHM office at least 30 days before departure to be considered registered for a trip; failure might mean loss of spot on the team. Failure also increases overhead and therefore expense to FHM, redirecting assets away from Haiti.
2. Payment for room, board, on-site transportation, insurance, team leadership, etc. is due in full at least 5 business days prior to the trip departure date.
3. Due to security considerations, teams must travel together on the same dates/times/flights in and out of Port-au-Prince, with rare exceptions subject to the approval of the ED, L, MTC and OSC. If such exceptions are granted, the individual or individuals are responsible for any additional costs in transportation, food, lodging, translating, etc.
4. By participating on an FHM team, each team member agrees to participate in all team activities and responsibilities as directed by the team leader and/or Haitian community partners and will not operate on individual itineraries/agendas unless specific arrangements have been made and approved by the ED, L and OSC.
5. Without exception, at no time shall a team member go away from the team by him/herself.
6. Participants will make and pay for their own airline reservations.

7. For exceptions made per the ED, tickets purchased by FHM on behalf of team participants (through American Airlines Group Travel) are the responsibility of the individual team member at the time of purchase/name assignment. Because FHM risks financial loss with group reservations, team participant numbers must be finalized within 95 days of departure. Names must be assigned to tickets 45 days prior to departure, at which time the cost of airfare is due to FHM. If the team member changes or cancels his/her flight after the ticket has been assigned to his/her name, he/she is responsible for the ticket as if it were purchased individually.
8. The Medical Provider Guide and formulary is for FHM volunteer use for medical clinics only and is not to be shared outside the mission team.

Adherence to these guidelines is agreed upon signing the Release & Waiver of Liability form and submission of application, deposit, passport copy, and release & waiver of liability.

Getting Ready to Go Checklist

- Read Mission Guidebook.
- Submit application, deposit, and liability waiver to the Family Health Ministries office in Durham, NC.
- Mail or scan and e-mail a copy of your passport to the Mission Team Coordinator.
- Purchase airfare and e-mail itinerary to the Mission Team Coordinator.
- Attend conference call or informational meeting in preparation for your trip.
- Make sure you are current on necessary vaccinations/medications.
- Pay remaining balance of trip at least 5 business days prior to departure.
- Pack.
- Leave for Haiti!

For any questions regarding an upcoming trip or travel with FHM, contact Justin Davis at: justin.davis@familyhm.org





FAMILY HEALTH

MINISTRIES