



Operation Hope for Children of Haiti | OHFCOH

www.operationhopeforchildren.org

Email: info@operationhopeforchildren.org

53 East Merrick Road, #134
Freeport, New York 11520 (USA)

Telephone: 347.240.5252
Facsimile: 516.977.0380

11 Route Diquini, #63 (en face Hospital Adventist)
Diquini/Carrefour, Haiti (WI)

Telephone: 011.509.3.417.7934

Missionary Trip Guidelines

The following are some guidelines to keep in mind if you have registered for a mission.

VOLUNTARY BASIS

Involvement is on a voluntary basis. Currently, volunteers must be able to pay for their own round-trip travel expenses, on-ground travel expenses and food expenses. Accommodations and lodging at Operation Hope's headquarters in Haiti is free of charge.

PACKING LIST

The following is a list of recommended essentials for the trip:

- Sleeping bag
- Heavy duty backpack
- Identification papers
- Home contact information
- Flashlight with extra batteries
- Insect repellent
- Water container & purifier / purification tabs
- Light clothing
- First aid kit (travel sickness meds, blister meds, anti-diarrheal, antibiotic ointment, blister meds, personal daily and PRN meds, etc.)
- Hand sanitizer
- 2 forms of photo ID (For example, passport, driver's license, work ID, etc.)
- Cell phone charger (& mobile international plan, if you so choose)
- High energy bars & snacks

TRAVEL TIPS

1. Pack light. Chances are you will have to carry all your own supplies. A good backpack is a necessity.
2. Break-in new shoes before the trip. Blisters are not a pleasant experience. Aside from hiking shoes, bring hiking boots and sandals as well.
3. Consider taking items you would not mind giving away if you see a need.

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4. Consider leaving your jewelry and other valuables behind; at home.
5. Stay with other team members while traveling to avoid being left behind or separated from the group.
6. Upon arrival, hold all your bags tightly while in crowded and confusing areas like the terminal/airport. Listen well to the team leader and follow instructions quickly.
7. If you suffer from any kind of travel sickness, be sure you have proper medication. Remember that it may be difficult for the team to slow down or stop for you. Taking precautions is both helpful and thoughtful.
8. Transportation difficulties often cause a great deal of stress. Anticipate the difficulties and remember flexibility. When taking public utility vehicles you may have to wait a long time for a ride. Waiting is part of the experience.

CONDUCT, ATTITUDE & MANNERS

Volunteers must be culturally flexible.

Living together in strange places, combined with the different aspects of group travel, requires everyone to be gracious and patient.

Anything can change from day to day. A flexible team member will learn to accept the unexpected as the norm. Refrain from complaining --- It is contagious and can dampen the spirit of your team members.

Respect the leader's authority and encourage others to do the same.

Always remain in a group.

Giving to the underprivileged must be done in wisdom. Give your gifts instead to the team leader and let him or her facilitate the distribution.

Respect the work that is going on in a particular area you are in. Realize that your team will be there for just a short while but your various leaders will be there for a long term. Respect their knowledge, insight and instruction.

Every team member has work to do. Be helpful and cooperative. Be prepared to work.

DISCOMFORTS

Teams will be exposed to difficult and primitive conditions. Volunteers must be physically fit. Most locations are only accessible through long walks.

Immunization against tropical diseases such as hepatitis, typhoid and cholera is very important. Always consult your doctor before considering this kind of travel.

Volunteers with heart conditions or other major medical problems must have a doctor's authorization allowing them to join the trip.

FOOD

If someone is on a special diet we advise that s/he bring his/her own food. Please follow the CDC guidelines handed out to you in your mission package.

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