



HERE  
I AM  
SEND  
ME

HAITI



ANYONE CAN GO  
BUT **YOU** MAKE  
THE DIFFERENCE



**Three Strands**  
Care with Compassion

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A COMPLETE GUIDE FOR YOUR MISSION TRIP TO HAITI




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Three Strands' mission is to provide compassionate, competent, and Christ-centered medical care focused on both the physical and spiritual needs for the neediest people in the developing world.

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# WELCOME TO THREE STRANDS' HAITI MISSIONS

Haiti is one of the poorest countries in the world with more than half of the population under 20 years of age. 80% of Haitians live in poverty (on less than \$1 per day) and 54% in abject poverty. The country lacks modern medical resources, state of the art hospitals, and trained doctors and nurses. This situation existed before the earthquake of 2010 that devastated the country, but today it is even worse. In 2010 Mike and Myra Taylor began working as medical missionaries in Haiti, and today Three Strands sends 4–5 teams per year to work with the people in and around Cape Haitian. These trips last approximately one week where we offer primary care and nutritional support to the Haitian people.

“Though one may be overpowered, two can defend themselves. A cord of three strands is not easily broken.” Eccl 4:12. Your willingness to serve on one of our teams means so much to us and the people that you will meet.

We believe that this will be a life changing experience for you that will remain long after you return home. Those you meet will impact your life as much as you will impact theirs. Be prepared for God to change your heart. If you are open and willing to what He has to show you, it will be a wonderful experience. Your eyes will see many needs during your trip, so be willing to look, listen, and learn what He has in store for you. We will be sharing our experiences and how God is working in your life through our daily team devotional time.

## ARE YOU PREPARED?

Traveling to Haiti is different than traveling to many other countries. First, our days are very long and very hard. The Haitian heat is often hard to get used to, and sometimes air conditioning is not available. Schedules and responsibilities change fairly often, so flexibility is a necessary attribute. You will be spending all of your time with a group of people that you may not know at the beginning but will certainly know (and hopefully count as friends) by the end of your week. We will watch out for each other to insure both health and safety 24/7. Encourage each other through prayer often, and be sure to allow for quiet time and personal space for reflection.

You will meet many people that will touch and break your heart. The language can be a barrier, but everyone will appreciate a smile or a hug. A smile in any language means the same thing – “I care.” Make sure that you prepare spiritually for the trip by spending time with the Lord in prayer and listen for His voice before you leave and every day during your trip. It is very difficult to survive the difficulties if you aren’t being fed by the Lord through prayer every single day! Stay flexible, listen for God’s leading, and be open to change. This will help to make your trip momentous.

## GETTING THERE

You will be responsible for making your airline reservations and travel arrangements to Haiti yourself. Your Team Leader will advise you of his/her flight schedule so that all team members will be on the same flight – generally from Fort Lauderdale to Cape Haitian. Your plans should be coordinated with the Team Leader to insure that everyone on the team arrives in Haiti at the same time. Airfare fluctuates per ticket. (Travel at some times of the year is more expensive than at others.) Booking your ticket early may save some cost, but we recommend no later than 30 days before your trip to get the best rates. There is only one flight per day from Fort Lauderdale, and it may fill up quickly. Many teams meet in Fort Lauderdale for the night, and all leave together the next morning.

The Three Strands’ Team Leader will be traveling with you to Cape Haitian. Stay with your group as you go through customs so that the local team can assist as necessary. We will meet our partners outside the airport where they will pick us up and transport us by open back truck to the Three Strands’ guesthouse. Any travel during our trip will be as a group via the open back truck, so please keep that in mind when deciding on your trip. The trip to the Three Strands’ compound will take approximately 20 minutes from the airport.





## PLANNING SCHEDULE

Begin praying for this trip and your team immediately. Visiting a developing country can be a difficult experience for some people. You will see the effects of poverty firsthand, and it can be heart-wrenching to experience. Spend time with the Lord seeking His will for you on this trip and how you and your team can fulfill His vision for your team.

### 60 Days out:

Complete the Trip Interest Form, Trip Volunteer Agreement, and Trip Checklist forms found on our website <https://three-strands.org> Submit in-country funds to Three Strands under “donations”- make sure that you put your name under “other.”

Contact your physician to determine what immunizations are necessary for your trip. Check CDC website on recommendations.

You must have a passport which is still valid for six (6) months AFTER the trip is completed. If you do not have a current passport, you should start the process immediately. On-line application: <https://www.usa.gov/passport>

### 45 Days out:

Insure that the Team Leader has confirmed your acceptance to the team and that you have sent in all necessary documents (see below). Purchase your airline ticket and forward copy to Three Strands. Contact your physician to determine that all immunizations have been completed.

### 30 Days out:

Three Strands’ Team Leader will contact you about over-the-counter medicines needed for the trip. We suggest that you limit your personal luggage to carry-on and save your checked suitcase for transporting medicines for the clinic. Prescription medications may be provided to you to pack. Try to avoid last minute packing.

### 10 Days out:

Final preparations for your team will be underway. Your Team Leader will contact you to confirm all the details of the trip and answer any final questions that you may have. If possible geographically he/she may ask to get together in person to discuss the trip and possibly pack medical supplies to take.

### Day Zero:

Everything is taken care of – all you need to do is show up at the airport (2 hours in advance) with your passport and luggage in hand and enjoy the flight! Relax – you will be in Haiti shortly. This is where the real fun begins!

## REQUIRED DOCUMENTS

<https://three-strands.org>

- Trip Interest Form
  - Trip Volunteer Agreement
  - Trip Checklist
- (Above forms can be accessed via our website [three-strands.org](https://three-strands.org))
- Travel Insurance Card (see recommendation on checklist)
  - Passport (valid for 6 months AFTER completion of trip)
  - Airline ticket



# GENERAL INFORMATION

## THREE STRANDS' PARTNERS:

Three Strands will make arrangements for transportation in Haiti, food preparation, language translation, and housing. We have a long term relationship with Caribbean Vision Ministries (CVM), an evangelical non-denominational organization committed to reaching Caribbean people for Christ, developing churches and leaders, and assisting the Caribbean people with their spiritual, physical, and educational needs so they can further the growth of God's Kingdom.

## PARTNERS AND KEY CONTACTS

Babak Iranmanesh  
Director of Three Strands' Haiti Ministry  
Cell 717-719-2575  
Email: [biranmanesh@gmail.com](mailto:biranmanesh@gmail.com)

Bobby (Robert) Lucien  
Three Strands' Clinic and Guesthouse Manager  
Cell 011-509-4244-7225  
Email: [rlucien57@yahoo.com](mailto:rlucien57@yahoo.com)

## MEDICAL INFORMATION:

1. Bring a copy of your travel insurance card with you. This should cover both medical and emergency evacuation (please see checklist for our recommendation). You will need the card in case of emergency. If you have medical insurance in the US, it would be a good idea to bring a copy of your card also.
2. For minor injuries and ailments, you can be treated at the clinic.
3. Get all Center for Disease Control (CDC) recommended vaccines at least two weeks before departure.
4. Remember to bring all personal prescription and over-the-counter (OTC) medications. Bring extra in case of loss or damage. Most medications are not available in Haiti, and it is not possible to go to a local pharmacy to have a prescription filled.
5. Diarrhea and/or indigestion may occur in spite of taking all precautions. If the diarrhea

persists longer than a few hours, let your Team Leader know. If you are prone to upset stomach or car sickness, consider using anti-nausea medication. Try to stay hydrated, especially if you have diarrhea or nausea. Powders with electrolytes in your water will help with dehydration.

6. Constipation can also be a concern.
7. Report any illness or injury to your Team Leader and Three Strands' staff as soon as possible.

## IMMUNIZATIONS

Three Strands recommends that you contact your primary care physician to discuss necessary immunizations. The CDC (Center for Disease Control) strongly recommends the following immunizations when traveling to Haiti:

- MMR (measles-mumps-rubella) vaccine
- Diphtheria-tetanus-pertussis vaccine
- Varicella (chickenpox) vaccine
- Polio vaccine
- Hepatitis A vaccine
- Typhoid vaccine
- Malaria prevention medication (multiple options- consult your care provider)

For changes/updates, recommendations can be found

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

You may also want to get a prescription for Ciprofloxacin for cases of traveler's diarrhea. Please discuss all immunizations with your personal care provider or local health clinic.

### \*\*\*\*TRAVEL ADVISORY FOR HAITI\*\*\*\*

Be advised that there are several mosquito-borne viruses that have no immunizations against them. These include Chikungunya and Zika. The Zika virus has been linked to microcephaly in newborn infants after their mothers have contracted the disease.

Women who are pregnant or planning to get pregnant should not travel to Haiti. Additionally, Zika can be transmitted human to human through sexual intercourse. Couples planning for pregnancy need to be aware of this and plan to abstain for 6 months after returning home. We will keep you informed of potential advisories if they become known. The US Embassy website is the best source for additional information.

### TEMPORARY CRIME AND CIVIL UNREST

Violent crime, such as armed robbery, is common. Protests, tire burning, and road blockages are frequent and often spontaneous. Local police may lack the resources to respond effectively to serious criminal incidents, and emergency response, including ambulance service, is limited or non-existent.

In the event of travel to Haiti, the State Department recommends the following:

- Avoid demonstrations.
- Arrange airport transfers and hotels in advance, or have your host meet you upon arrival.
- Be careful about providing your destination address in Haiti. Do not provide personal information to unauthorized individuals located in the immigration, customs, or other areas inside or near any airports in Haiti.
- As you leave the airport, make sure you are not being followed. If you notice you are being followed, drive to the nearest police station immediately.
- Do not physically resist any robbery attempt.
- Review information on Travel to High-Risk Areas.
- Enroll in the [Smart Traveler Enrollment Program \(STEP\)](#) to receive Alerts.
- Follow the Department of State on Facebook and Twitter.

- Review the [Overseas Security Advisory Council](#) report on Haiti.
- U.S. Citizens who travel abroad should always have a contingency plan for emergency situations. Review the Traveler's Checklist.

### THREE STRANDS' HAITI FACILITIES

The Three Strands' facility is located several miles away from the Cape Haitian airport at the Caribbean Vision Ministries Bible Institute. Through lots of prayer, donations, and the hard work of many people, Three Strands built a clinic on this property in 2016. Dr. Thintiot (Dr. T) finished medical school and is a full time physician at this location. In 2018 we built our own permanent housing facility for teams to use during their mission trips. This will allow more teams to come and enhance the medical care that can be offered to the Haitian people. We have a women's dorm and a men's dorm with bathroom facilities for each. Each dorm has single beds for team members. The sleeping rooms do have air conditioners which hopefully will work each night for sleeping. However, we do suggest you bring a battery operated fan in case the air conditioner or generator is not working.

Make sure to bring bug spray and use it dusk and dawn.

Malaria is very common in Haiti. Meals will be served in the dining room each day. Bottled water will also be supplied for you. Please bring your own towel(s) and washcloth(s). Pillows and sheets will be provided. Electricity is limited so please keep this in mind when deciding on electronic devices. All electricity in Haiti is 110 volts with US type receptacles. However, power surges and outages are common. Please check with your phone carrier on International charges.

### ROOM AND BOARD

We will have local people to cook for us during each day of your trip, breakfast and dinner – we usually work through lunch, taking short breaks at intervals so that the work can continue. We recommend that you bring snacks, breakfast bars, trail mix, beef jerky, peanut butter, crackers, etc for treats during the day or if you don't feel like eating a full meal. Electrolyte powders for adding to water will help with dehydration from the heat. If you have food

allergies or dietary restrictions, it would be best to bring suitable food items with you to have during your stay. You will be able to buy large bottles of water once you exit TSA in Miami if you so desire. 16 ounce bottles of water will be supplied each day for the team. The locals work hard to provide meals for us each day, so please be appreciative and kind to them. Be considerate of their hard work.

Drink only bottled water – which is provided. We recommend using bottled water for brushing teeth as well. Coffee will be provided in the morning. It is possible that cokes or other soft drinks will be available occasionally.

## **TRAVEL WITHIN HAITI**

All Travel within Haiti will be done as a team. This will usually be via a van or SUV. We will have local personnel with us that know the area and can get the team around to their destination(s) safely.

## **TRAVEL TIPS AND AIRPORT INFORMATION**

### **PACKING**

Each team member should plan to bring a personal bag and a carry-on suitcase. We ask that you keep your checked luggage available to bring medicines and supplies for the clinic. Your Team Leader will discuss the specific needs with you. If geographically possible the team may get together to pack the supplies. Our local team in Haiti will be at the airport when you arrive to help navigate customs. But keep in mind that luggage can be lost or delayed. Keep all essential medications and a change of clothes in your personal baggage – your carry-on bag may have to be checked at the gate prior to the flight. When packing your carry-on be sure to follow all TSA ([www.tsa.gov](http://www.tsa.gov)) packing restrictions.

For your return trip, you may want to buy some souvenirs, so be sure to leave room in your bags to transport them home. Remember the liquid restrictions for carry-on baggage.

### **PASSPORT**

A current passport is required to enter Haiti and for re-entry into the United States (or your country of

origin). Make sure that your passport is valid for 6 months AFTER your planned date of return. Visas to visit Haiti are not required in advance; a visitor's visa will be purchased after arriving in CAP for \$10 CASH at the airport – each person must pay individually. You will need to keep this document in a safe place during your stay as you will need it at the airport when departing. Please carry a copy of your passport in your personal luggage in case of loss or theft. Green card holders (U.S. Resident Alien) must take their green card; you will not be allowed to leave Haiti without it.

## **HAITIAN IMMIGRATION AND CUSTOMS**

You will be required to provide an address for where you will be staying while in Haiti. Please use the following address:

Grace Theological Institute  
Makimara, La rue, Quartier Morin  
Cap Haitian, Haiti

## **AIRPORT INFORMATION**

Team members will depart together from the same USA airport (usually Fort Lauderdale) so that everyone arrives in Haiti at the same time. Everyone should arrive at the Fort Lauderdale airport at least two hours before the flight. Keep the baggage claim ticket for your checked baggage as you will need it at the airport in Haiti when you arrive. During your flight to Cape Haitian you will be given two documents for completion: White Haitian Customs Declaration Form and a green Haiti International E/D card (Visitor's Visa). Please use the Three Strands address above for this form. Your purpose on the form is vacation or pleasure.

We will not be wearing matching team shirts or using matching luggage tags to avoid attracting the attention of the Haitian customs if possible. We normally do not have a problem, but our local team and your Team Leader will be there to handle any issues that arise.



## HAITI AIRPORT CHECKLIST

1. Valid Passport
2. \$10 cash (for visitor's visa)
3. Green Visitor's Visa (top and bottom sections; keep the bottom portion—you MUST have this slip when leaving the country)
4. Customs Declaration Form (do not bring any of the following: raw meats, fruits, vegetables, weapons)
5. Baggage claim ticket

## ARRIVING AT CAPE HAITIAN INTERNATIONAL AIRPORT

Prior to departing the plane, have your passport and visitor's visa in a safe and easily accessible place. After leaving the plane you will travel down several hallways into the immigration area. Visitors will be directed to a separate line where they are to pay their \$10 Visitor Visa fee. You will then be directed to an immigration officer. Families may go through immigration together, but each member needs his or her own Visitor Visa. After passing the immigration officer, put your passport and Visitor Visa (bottom portion of the green card) in a safe place. You will need both to leave the country. Keep your white customs form out.

You will then proceed to the baggage claim area. There will be many Haitian porters trying to help with your bags; please just smile, say "no merci," and wait for your luggage. This is a small area and can get very crowded. Make sure that you keep your eyes on all your baggage at all times! Airport personnel may check that the luggage tag matches the claim tickets before allowing you to leave the baggage claim area. When traveling as a large group, if possible, try to break into smaller groups when passing through customs. You will then give the customs' agent your white customs' form as you exit the airport. Once you pass through customs, please exit as a group. There will be many Haitians waiting outside to help with your bags. Just smile, say "no merci," and keep walking. They will try to take your bag from you. Do not allow that to happen.

Three Strands' staff will be waiting outside to greet you. There is a large covered walkway to pass

through before getting into the crowd. No one from Three Strands is allowed inside the airport, so be wary of anyone who claims they were sent to help you.

## DEPARTING CAPE HAITIAN INTERNATIONAL AIRPORT

Remove all old airline luggage tags, and consolidate and relabel empty suitcases. Remember all the same rules apply to luggage as on your way down. You still must obey all of the TSA restrictions for carry-on baggage.

In Haiti, where traffic jams, flat tires, and other hazards can delay traffic significantly, we will build in sufficient travel time to arrive at the airport. You may have a long wait, but the airport is air-conditioned; it is better to wait than to miss your flight. Once you arrive at the airport, there will be many Haitians willing to help you. Again, do not allow anyone to take your luggage. In the new departure terminal, all airlines are located in a central location. Once inside, teams will enter the waiting line as a group and follow airport staff directions for check-in. After everyone has received boarding passes, you will proceed to immigration and security.

Each person should have his or her passport, boarding pass, and green Visitor's Visa out and ready for the first security point, which is soon after check-in. You will pass your personal items through the X-ray machine and walk through the metal detector. Expect to be patted down or checked with a handheld wand after passing through the metal detector. (Security is constantly being upgraded; do not be surprised if security is different from what is mentioned here.) Once you're through security, you will go through immigration control where you will turn in your green Visitor's Visa. Then you will wait in the boarding area until flight time.



## SUGGESTED PACKING LIST

1. Documents: Passport and a copy kept in a separate safe place, travel insurance card, medical insurance card, green card, driver's license (required if using a credit card), and itinerary. Contact card (including family member, health care provider in the US, lodging at destination).
2. Clothing: Sleepwear (light fabrics), robe for walking to bathroom, pants, shirts, socks, underwear, scrubs for working. T-shirts or long-sleeved shirts (no tank tops), women make sure that straps are wide. Knee-length shorts are acceptable on the compound after work hours or on days off. Women wear skirts or dresses and men long pants to church. Modest shorts/bathing suit if team will be going to beach.
3. Medications and prescriptions, sleep aid, antihistamines, cough drops, nasal spray
4. Hat, sunglasses, sun-screen (SPF15+), Insect repellent (min DEET30)
5. Shoes: tennis shoes/other closed toes for working, sandals or flip flops for showering or walking
6. Contacts, container, solution, eye glasses and case, sunglasses, eye drops
7. Toiletries: soap, toothbrush/paste, floss, shampoo, conditioner, deodorant, body/face wash, feminine hygiene products, make-up, razor and cream, hair spray, cologne, nail clippers, EAR PLUGS (note: remember TSA restrictions on liquids and gels in carry-on baggage.)
8. Towel(s), washcloth, wet wipes
9. Antibacterial hand wash or wipes, hand sanitizer
10. Flashlight, battery powered fan, batteries
11. Bible, devotional, journal, pen(s) and personal reading material
12. Gifts for children (check with Team Leader) (candy-no chocolate, Frisbees, small balls, jump rope)
13. Book bag, shoulder bag, back pack
14. Cash – we recommend \$100 for souvenirs



and incidentals

15. Personal snacks – granola/protein bars, peanuts, jerky, crackers, peanut butter, powdered drink mix
16. Personal medication (keep with you), personal water bottle, make-up, personal feminine products
17. iPad, phone, computer and chargers, headphones, camera plus chargers acceptable but Three Strands will not be responsible for lost or stolen items or damage to electronics due to electrical surges while charging.

## THINGS TO REMEMBER WHILE IN HAITI

1. Be FLEXIBLE; each trip is unique. Be considerate of Haitian people and others on your team.
2. Protect your passport at all times. Bring copy and keep in a separate, safe place.
3. Petty theft is common in Haiti. Leave expensive jewelry at home; do not carry expensive items in your hand or on your person. Carry your backpack in front of you in crowded areas. Leave copies of travel documents, credit cards, and cell phones at the compound.
4. Do not leave the group without permission from your Team Leader and/or Three Strands' staff. Always stay with your team; ladies always travel with a male. Your Team Leader will make all decisions regarding travel such as shopping, church services, visits to the orphanage/outer villages, or field trips.
5. Please listen to the Team Leader and Three Strands' staff when directions are given; we are concerned for your safety. Ask questions! If you do not understand instructions or information provided, others are likely confused as well.
6. As a Christian organization and out of respect for Haitian culture, please refrain from conduct viewed as offensive such as public displays of affection, consumption of alcohol, tobacco use, and vulgar language.
7. Dress modestly! No tight-fitting, short or revealing clothing (this includes tank tops or spaghetti straps). Be mindful of wearing t-shirts with provocative language or images. Scrubs are worn by team members while working in the clinic. Long, loose-fitting pants, skirts or dresses should be worn to church services. Shorts and t-shirts are acceptable while in the compound after hours.
8. There is NO safe public water in Haiti. Safe drinking water will be provided while you are in Haiti. Clean the contact surfaces of any purchased water or soda bottles before use.

Always check the source of ice prior to using it in a drink.

9. Remember to drink plenty of fluids. We will bring drinking water wherever we go. Heat exhaustion and, in some cases, heat stroke come on very quickly in this hot, humid climate. Be prepared, and do not over-exert yourself when working.
10. Be careful what you eat! Food served at the Three Strands' compound or hotel is safe, but never eat from a street vendor.
11. Please let your Team Leader or Three Strands' staff know if you become ill or injured while traveling or working in Haiti. First aid kits will contain appropriate supplies, and additional medical personnel are available if needed.
12. Do not share personal information such as email addresses or telephone numbers with Haitians, even those who work for Three Strands.
13. There are many children that you will meet during your stay in Haiti. They are not allowed to play at the compound during working hours but they often do so after hours. This is when some of the most rewarding aspects of your trip can happen. The children love attention and they will love interaction with you. It is okay to give them small gifts such as candy – but check with your Team Leader first so that it doesn't create any problems.
14. Be cautious and refrain from petting any Haitian dogs or cats even if they appear friendly.

## ADDITIONAL RESOURCES



### GEOGRAPHICAL CONTEXT

Haiti lies to the west of the Dominican Republic on the Island Of Hispaniola. Cape Haitian (marked in red) is at the northeast end of the island while Port-au-Prince (capital) is at the southern end. This should help you visualize where you will be heading on your trip.

### LANGUAGE & ETIQUETTE

Please take the time to read about the Haitian culture before you arrive in Haiti. This will help you to better understand the people that you will be meeting while in country. You can find a lot of information on a Mission Haiti app or by simply using google. The official languages are French and Haitian Creole. Their official religion is Catholic, but voodoo is practiced in some way by most people. Most Haitians believe that the two can coexist together.

Every person that goes through the Three Strands' clinic will be prayed for by our prayer teams. We will have translators both at the clinic stations and at the prayer station so that you can feel comfortable communicating with the people.

Haiti is on the Eastern Time zone, and they do follow the Daylight savings time changes.

Note: Please see common Creole words and phrases for you to learn at end of this guidelines booklet.

# TOTAL COST ESTIMATE FOR TRIP TO HAITI

## Passport

- Must have valid passport with 6 months remaining AFTER end of scheduled trip
- Cost - \$110 + 2 photos+ postage \$20

## Airline Ticket

- If you want to use a travel agent, we recommend Ron Yoder 866-668-1914 or [ron@mennotrav.com](mailto:ron@mennotrav.com)
- Be sure to meet the team on Saturday a.m. at the Fort Lauderdale International Airport for the Spirit Cape Haitian flight (subject to change based on airline schedules)
- Estimated cost depending on your city and time of year
- Cost - \$300-\$500 (average)

## Travel and Evacuation Insurance

- [www.faithventures.com/purchase/](http://www.faithventures.com/purchase/)
- Cost - \$47

## In country expenses

- Pay online through Three Strands' website [www.three-strands.org](http://www.three-strands.org)
- Cost - \$900 (discount available for larger groups)

## Malaria prophylaxis

- Usually doxycycline (others also available – check with your provider)

## Total Estimated Cost

- Cost - \$1,247-\$1,577

Plus \$100 spending money for souvenirs and incidentals. We recommend cash instead of credit cards.

It is a good idea to have some smaller USD bills, ie, \$5 and \$10 since larger bills create difficulties for merchants to make change. Gourdes and Haitian Dollars are the local currency.

# FINAL NOTES

## PHOTOGRAPHY

- It is best to get people's permission before taking a photo if they are a stranger.
- Use extreme caution when taking pictures of intimate body parts in the medical setting.
- Please do NOT post Three Strands' medical patient photos in any social media environment without permission from our social media director.
- Happy, healthy, smiling faces are always welcome on your sites and ours.
- Attending providers can take photos for teaching or study purposes, but please obscure faces.

## MEDIA

- Wi-Fi is available when power works.
- Most people enjoy a break from being "constantly connected."
- Building relationships is what it is all about – please don't let devices be a priority.

## REMINDERS

Do not forget to take your malaria medication while in-country and after you return home.

We recommend that you do not bring jewelry, including wedding/engagement rings to Haiti.

Airlines are strict about carry-on items; you are allowed one carry-on bag and one personal item. Any other items will have to be stored in your carry-on bag. Liquids and gel containers must be no larger than 3 oz. each and ALL must fit in a quart-sized Ziploc bag. Remove all unessential items from your wallet. While traveling, keep ALL documents and money on your person, NOT in your luggage.

Credit cards are commonly accepted at airports and major stores in Cape Haitian.

## ACKNOWLEDGEMENT:

We would like to thank Design Outreach (<https://doutreach.org>) which is another charity that does work in Haiti for allowing us to utilize some of their data on Haiti for our guideline. Their help is much appreciated.



## HERE ARE SOME COMMON CREOLE WORDS AND PHRASES FOR YOU TO LEARN.

| English               | Creole              | Pronunciation              |
|-----------------------|---------------------|----------------------------|
| Hello (A.M. greeting) | Bonjou              | BON-joo                    |
| Hello (P.M. greeting) | Bonswa              | BON-swa                    |
| Goodbye               | Orevwa              | OH-rev-wa                  |
| How are you?          | Koman ou ye?        | ko-MAH-n oo yeh            |
| What's up (slang)     | Sak pase?           | s-AHK pah-SAY?             |
| We're burning (slang) | N'ap boule!         | NAH boo-LEH                |
| I am fine.            | Mwen pa pli mal     | m-when PAH plee mah-l      |
| I am good.            | Mwen byen           | m-when bee-EH-n            |
| Thanks a lot!         | Mèsi anpill!        | MEH-si an-pee-l            |
| No, thanks.           | Non, mèsi.          | no, MEH-si                 |
| You're welcome.       | Padekwa.            | pah-day k-WA               |
| Please                | Tanpri              | tah-n FREE                 |
| Excuse me.            | Eskize mwen.        | es-KEY-zee m-way           |
| Who?                  | Ki moun?            | key-MOON                   |
| What?                 | Kisa?               | key-SAH                    |
| Where?                | Ki kote?            | key-KOT-te                 |
| Why?                  | Poukisa?            | pooH-KIS-ah                |
| How are you?          | Koman ou ye?        | ko-MAN OO yeh              |
| What is your name?    | Kijan ou rele?      | key-JAN oo reh-LEY         |
| How do you say...?    | Kijan ou di...?     | key-JAH oo DEE             |
| Do you speak English? | Eske ou pale angle? | es-KEY oo PAH-lay AHN-gle? |
| Do you have...?       | Eske ou gen...?     | es-KEY oo jen...?          |
| How old are you?      | Kilaj ou?           | key-LAHJ oo?               |
| Boy                   | Ti gason            | Tee-gah-son                |
| Girl                  | Tifi                | tee-fee                    |

| English                 | Creole                  | Pronunciation                 |
|-------------------------|-------------------------|-------------------------------|
| God Bless you.          | Bondye beni ou.         | bon-d-yay ben-ee ooh          |
| God                     | Bondye                  | bon-d-yay                     |
| Church                  | Legliz                  | leh-gee-z                     |
| Pray                    | Priye                   | pree-yay                      |
| Bible                   | Bib-la                  | bee-b lah                     |
| Jesus                   | Jezi                    | jeh-zee                       |
| Jesus, thank you for... | Jezi, di ou mèsi pou... | jeh-zee, dee ooh meh-see pooh |
| Do you love Jesus?      | Eske ou renmen Jezi?    | es-kuh ooh ren-men jeh-zee    |
| I love Jesus.           | Mwen renmen Jezi.       | m-when ren-men jeh-zee        |
| Water                   | Dlo                     | D-loh                         |
| A little bit            | Piti piti               | pee-tee pee-tee               |
| A lot                   | Anpil                   | an-pee-l                      |
| Help!                   | Anmwe!                  | AHN-way                       |
| Stop!                   | Retel                   | RE-tay                        |
| Danger!                 | Danje                   | dawn-JAY                      |
| Wait                    | Tann                    | tawn                          |
| Go                      | Ale                     | Al-ay                         |
| Lift                    | Leve                    | Lev-ay                        |
| Up                      | Anlè                    | On-lay                        |
| Down                    | Desnn                   | Dee-s-on                      |
| Open                    | Ouvè                    | Oo-v-ray                      |
| Close                   | Fèmen                   | Fem-ay                        |
| Turn                    | Vire                    | V-ear-ray                     |
| Left                    | Gòch                    | Go-shh                        |
| Right                   | Dwa                     | D-wah                         |

| English                     | Creole       | Pronunciation  |
|-----------------------------|--------------|----------------|
| Tighten                     | Sere         | Sear-ay        |
| Water Pump                  | Ponp dlo     | Pawn-p dee-low |
| Pipe                        | Tiyo         | TEE-oh         |
| Rod                         | Fè           | Fay            |
| O-ring (rubber tire)        | Kawotchou    | Ka-woe-ch-oh   |
| Thread Tape (tape for pipe) | Tep pou tiyo | Tep po tee-oh  |
| Clamp                       | Kranpon      | Cran-pawn      |
| Bolt                        | Boulon       | BOO-lawn       |
| Nut                         | Nwa          | n-WAH          |
| Wrench                      | Kle          | k-lee          |
| Chain                       | Chèn         | Shh-en         |
| Pliers                      | Pens         | Pin-se         |
| Handle                      | Manch        | Man-shh        |
| Gearbox (head)              | Tèt          | t-et-t         |
| Spout                       | Pwent        | p-went         |
| Concrete                    | Beton        | BAY-tawn       |
| Tape Measure                | Tep mezi     | Tep meh-zee    |
| Tomorrow                    | Demen        | deh-meh        |
| Yesterday                   | Ye           | yay            |
| Today                       | Jodia        | J-oh-dee-yah   |