



# SHORT-TERM TRIP BOOKLET

SERVING GOD IN HAITI

# Welcome

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**Welcome to Many Hands for Haiti! We are so excited for your interest in coming on a mission trip with us. Our hope is for a life-changing trip, so please read this packet very carefully. It has much information to digest and use to help ensure a great trip.**

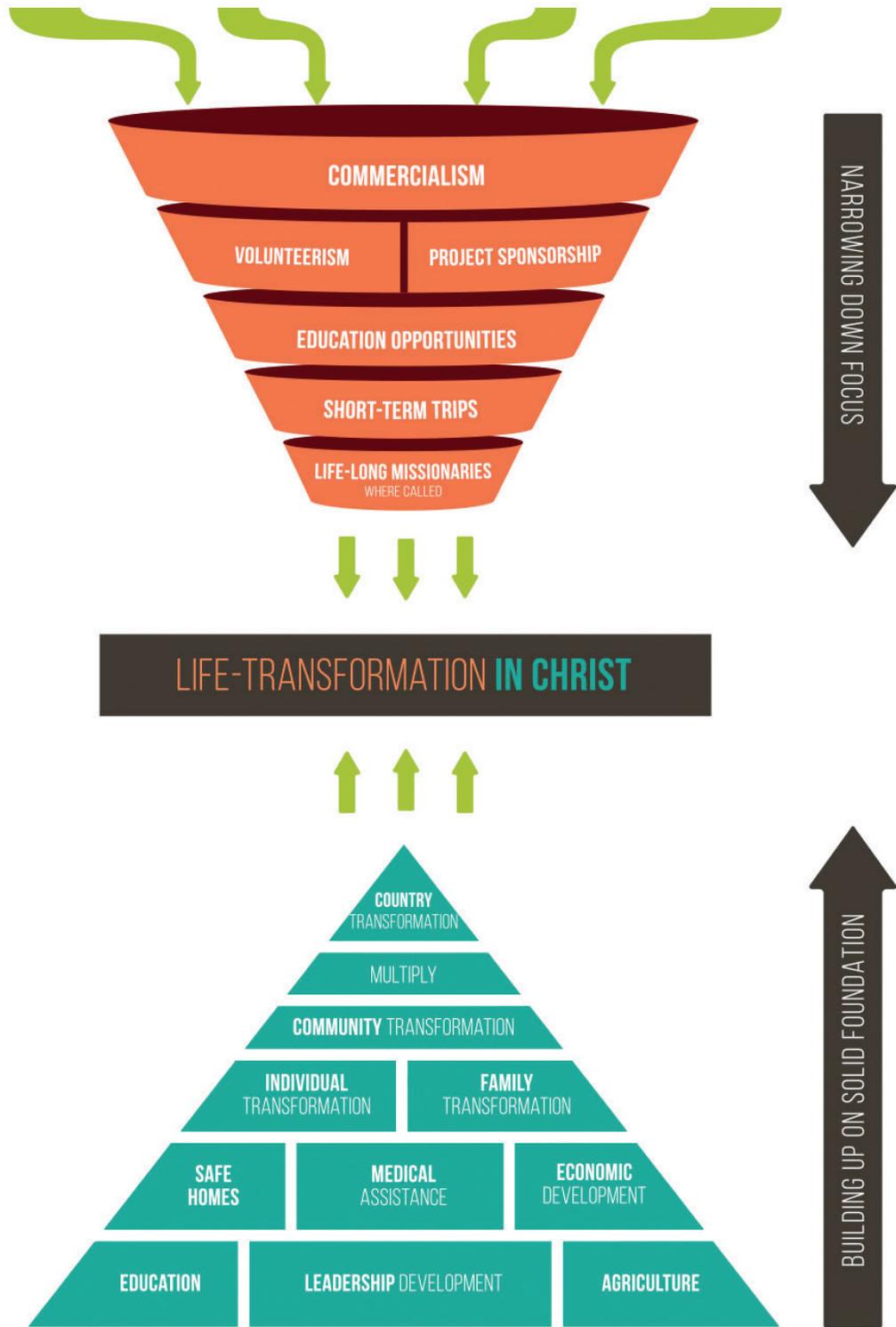
Many Hands for Haiti (MH4H) was founded in 2008 by a group of people who wanted to make God real for the people of Haiti. Through radical choices by many, MH4H has continued to steward the vision given for the country of Haiti.

MH4H serves in the North Central plateau of Haiti, in the Pignon area. Pignon is an agricultural community, with a size of about 10,000 people and greater community of around 150,000 people. We run a variety of programs in Haiti, with our main focuses on spiritual development, education, feeding initiatives, shelter, and economic development. Our stateside operations are based out of Pella, IA.

We are so excited that you have decided to partner with MH4H for your upcoming mission trip. We encourage you to read on and learn more. May God bless you and keep you on the journey to understand Him more and how He is working in Haiti to make Himself real.



# Our Mission



# Why Go to Haiti?

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We believe strongly in people traveling to Haiti on short-term mission trips. As Bob Pearce, founder of World Vision prayed, “May my heart break for the things that break God’s heart.” In today’s fast paced life, it is extremely difficult for those in their “comfortable” settings to truly see God’s global heart and to slow down enough for God to speak to them and show them where He wants them to be part of the solution. As a mission, we take very seriously the opportunity to introduce you to the work God is doing in the areas in which we work. We are excited to share with you the vision God has presented to us and pray you continue to be part of the solution even after you return home.

No two mission trips are the same. But, we have found that a few factors help ensure successful trips. They are:

- Strong leaders
- Seeking to understand before being understood
- No pre-judging or pre-conceived notions of what is best
- Respect for country and leaders
- Host leaders willing to facilitate groups

Our hope is that both you and the Haitians are blessed by your time in country. Together, brothers and sisters in Christ, we learn from each other and bring hope to one another. We are all the hands and feet of Christ. We trust God will work through all the planning, preparation, and prayer to make your trip a powerful experience to glorify God.



“May my heart  
break for the things  
that break God’s heart.”

Bob Pearce, founder of World Vision

# Ways to **Serve** in Haiti

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## **Construction, Painting and Concrete Floors**

Many of the trips involve some type of construction project. We will be doing at least one concrete floor in a home while you are here. This is essential for the health of the family and creating a safe living environment. We also often do light construction work, such as building school benches, small block work, roofing, shoveling, or painting. Carpenters, electricians, and plumbers are always needed.

## **Agriculture**

Depending on the time of year and our crops, groups are able to assist in harvesting our crops. This includes helping to dry out congo beans and nuts. You team will also have opportunities to assist in goat distributions to local families.

## **Evangelism**

We believe that all types of services have built-in opportunities for evangelism. For those that want a more focused approach, we have partner churches in Pignon. We can organize Women's, Men's, or Youth events or VBS for your team to facilitate.

## **Medical, Surgical & Dental**

We work with local healthcare providers to visit homes and perform health checks through our sponsorship programs. Teams can also help deliver mobility carts. These carts bring independence to those who cannot walk, allowing them to become active members of their communities.

## **Feeding Programs/Food Distribution**

We manage the feedings at our Mil Jou program, which focuses on 0-2 year old development. You can participate in these feedings if desired.



# Extra Experiences

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While in Haiti there are several experiences we offer to help broaden your view of Haiti. These experiences allow you to see other facets of Haiti. We encourage teams to participate in these activities as they help contribute to Haiti's important tourist industry and local economies.

## **The Citadelle and San-Souci Palace - Full Day**

The Citadelle Laferrière or, simply the Citadelle (English: Citadel), is a large mountaintop fortress in northern Haiti, located approximately 17 miles south of the city of Cap-Haïtien. Built between 1805 and 1820, it still houses its original cannons and structure, and has spectacular views. It was designated by the UNESCO as a World Heritage Site. The mountaintop fortress is an important part of Haitian history and has become an icon of Haiti.

Participants will see much of Haiti, travelling through very beautiful remote areas, experiencing local villages, with a stop in Don Don for breakfast. When you arrive at the Citadelle, you will have a guided tour of both sites. For those who cannot make the steep 40-min climb to the Citadelle from the Palace, donkeys are available to transport you up.



## **Climb Mount Pignon - 3 Hours total**

A free activity, climbing Mount Pignon gives you a birds-eye view of Pignon and is a great team bonding experience. Many teams enjoy a time of fellowship on top of the mountain, watching the sunrise together. An early morning start is recommended.



## **Bassin Zim Waterfall and Caves - Half Day**

This little known natural treasure is a beautiful spot to visit. 5 miles from Hinche, the waterfall and caves are accessible easily via paths, with participants able to wet their feet in the water below the falls.



## **Other experiences**

There are many other experiences available for groups to participate in. You can easily talk to our staff in Haiti to see what is available.

# What to Bring

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- Passport and carrier
- Copy of passport in suitcase
- Flashlight w/ extra batteries. (headlamp)
- Camera, charger, batteries
- Bible
- Alarm clock
- Ear plugs
- Anti-Malarial medication
- Cash: \$100-\$200 (no torn bills)
- Medications
- Toiletries
- Water bottle with covered spout
- Fanny pack or backpack
- Travel size bottle of hand sanitizer
- Flip flops for shower
- Notebook for journaling/pens-pencils
- Reading book
- Extra pair glasses/contacts
- Visor or cap
- Work gloves
- Painting clothes
- Socks/underwear
- T-shirts or v-necks (no tank tops or sleeveless)
- Sweatshirt/jacket (can be chilly on MFI)
- Shorts (longer, loose fitting, esp. for gals)
- Women: skirt for each day
- Men: long pants and collared shirt to church, otherwise shorts are fine
- Tennis shoes/sandals (Keens are great)
- One long-sleeved shirt if hiking the mountain
- Long pants if hiking the mountain
- PROPEL powdered drink mix (good for replacing electrolytes)
- Granola bars
- Slim Jims
- Bandana
- Laxative
- Immodium for diarrhea
- Credit card for meals while traveling in the USA
- Aspirin, ibuprofin, etc.
- Feminine products
- Anti-itch cream
- Neosporin
- Band-aids
- Safety pins

## **Optional gifts to be strategically shared by MH4H**

- Backpacks
- Batteries (aa, aaa, c)
- Balls (soccer, tennis, etc)
- Jump ropes/bubbles
- Frisbees
- Fingernail polish
- Hair beads/tiny hair rubber bands
- Caps/hats
- Matchbox cars/small toys
- Toothbrush/toothpaste
- Bar soap
- School supplies (calculator, notebooks, pencils, etc)

# Things To Remember

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## **Water**

On our campus, the water that comes from the faucet is safe for drinking. Remember to fill a water bottle to take with you when outside the campus, as water outside of MH4H property is NOT safe for drinking.

## **Food**

While in Haiti, it is best to eat only foods prepared by the mission staff. If you will be away from the prepared meals, bring a backpack and it would be best to eat such things as granola bars or dried fruit. Do not eat public foods unless OK'd with your team leader.

## **Dress Code**

Please dress modestly while in Haiti. Because of cultural differences, it is generally not acceptable for foreigners to wear short shorts, tank tops, sleeveless tops or have bare midriffs. We require women to wear dresses or skirts in public, with shoulders covered at all times. It is not an issue for women to wear shorts at the campus at night. Skirts need to be near knee-length. A good idea is to buy a skirt or two at a thrift store before leaving. Guys may wear shorts or pants, but must always have their shoulders covered as well. Guys please wear a nice collared shirt, pants, and dress shoes for church (and bring a tie if preaching). Bring one or two pairs of comfortable shoes, as you will walk a lot.

## **Begging and Gift Giving**

While in Haiti you will observe, as well as experience, Haitians asking for money or gifts. How you respond to those requests significantly impacts the ongoing mission of Many Hands for Haiti in the area. It is important you do NOT respond to those requests by giving to those asking. This includes handing out free items such as toys to kids, candy, clothing, etc. We strongly discourage all team members from handing out gifts of any kind to our Haitian neighbors. If you feel led to give gifts of any kind, please talk to one of the MH4H staff to find the best avenue for your gift.

## **Money & Valuables**

The amount of money you bring will be dependent upon your desire to purchase souvenirs. Do not bring travelers checks. We recommend bringing \$100-\$200 in cash for souvenirs and emergency situations, Sunday offering, tips for cooks, souvenirs, and cold drinks. We also have a safe at the guest house to secure money and passports. Bring 1's, 5's, and 10's with no rips in the bills. There may be opportunities to get pedicures or hair braided, which typically costs \$5-\$10.

# Things To Remember

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## **Laundry**

Laundry is included in your per diem. It is all done by hand, so understand it will be more worn than when you first arrived.

## **Conservation of all resources**

In order to conserve resources while on our campus in Haiti we ask you follow these guidelines:

- Electricity – turn off fans and lights as you leave rooms.
- Showers – water on to get wet, water on again to rinse.
- Flushing – if it's yellow, let it mellow.....if it's brown, flush it down.
- Please place toilet paper in wastebaskets in the stalls - do not flush toilet paper

## **Visitor Policy on Campus**

The guest house is limited to team members and authorized MH4H staff. All visitors must be approved by security/MH4H staff. Approved visitors are welcome in the Equipping Center and the Gazebo.

## **Miscellaneous**

Optional gratuity for the guest house Haitian staff (cooking/cleaning) is recommended at \$5 per team member, pooled together and divided among the ladies. For the optional mountain hike: Long sleeves and long pants are recommended. People may come in contact with poison ivy type plants.

# Creole Language

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<i>God Bless You</i>	Bondye Beni Ou	<i>Child</i>	Ti moun
<i>God is Good</i>	Bondye Bon	<i>Enough</i>	Ase
<i>Good morning</i>	Bonjou	<i>Church</i>	Legliz
<i>Good afternoon/evening</i>	Bonswa	<i>Where?</i>	Ki kote
<i>Good night</i>	Bon Nwit	<i>Food</i>	Manje
<i>Goodbye</i>	Orevwa	<i>Hungry</i>	Grangou
<i>Have a good day</i>	Pase yon bon joune	<i>The rice is good</i>	Diri a bon anpil
<i>See you later</i>	Na we pita	<i>Good job</i>	Bon travay
<i>Please</i>	Tanpri	<i>Goat</i>	Kabwit
<i>Thanks</i>	Mesi	<i>Dog</i>	Chen
<i>You are welcome</i>	Padekwa	<i>Chicken</i>	Poul
<i>What is your name?</i>	Kijan ou rele?	<i>Donkey</i>	Bouwik
<i>What is your name?</i>	Koman ou rele?	<i>Horse</i>	Cheval
<i>My name is</i>	Mwen rele	<i>Work</i>	Travay
<i>How about you? And you?</i>	E ou menm?	<i>Hammer</i>	Mato
<i>How are you?</i>	Kijan ou ye?	<i>Cement</i>	Siman
<i>How are you?</i>	Koman ou ye?	<i>Water</i>	Dlo
<i>I am fine</i>	Mwen byen	<i>Shovel</i>	Pel
<i>I am sorry</i>	Mwen regret sa	<i>Bucket</i>	Bokit
<i>I am glad to see you</i>	Mwen kontan we ou	<i>Sand</i>	Sab
<i>I don't speak Creole</i>	Mwen pa pale kreol	<i>How much?</i>	Konbyen
<i>Where is the toilet?</i>	Ki Kote twalet	<i>Yes/No</i>	Wi/Non
<i>Please speak slowly</i>	Pale Dousma tanpri	<i>I will miss you</i>	Mwen manke ou
<i>I will pray for you</i>	Mwen va priye pou ou	<i>What's happening?</i>	Sak pase?
<i>No problem</i>	M' pa gen pwoblem	<i>Not Much</i>	N'ap Boule
<i>Excuse me please</i>	Eskize-m-silvouple	<i>Don't touch</i>	Pa Touchè
<i>How is it Going</i>	Como sa va?	<i>Right</i>	Adwat
<i>It's going well</i>	Sa va byen	<i>Left</i>	Agoch
<i>Not so bad</i>	Pa pi mal	<i>Fast</i>	Rapid
<i>Happy</i>	Kontan	<i>Slow</i>	Dousma
<i>Let's Go</i>	N'ale		
<i>Everybody works</i>	Tout moun travay		

“A mind that is stretched by a new experience can never go back to its old dimensions”

Oliver Wendell Holmes Jr.

# Travel Information

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**You will need the following in order to fill out your customs and immigration paperwork the day you travel to Haiti**

**Address:**

National Route 3

Pignon, Haiti

**In-Haiti phone numbers:**

Cell: 011-509-4445-5385 (Primary)

Cell: 011-509-4722-8544 (Secondary)

Email: [cgabhart@mh4h.org](mailto:cgabhart@mh4h.org)

## Contact Information

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**Marcena Schwab - Team Lead, Partnership Development**

*Point of contact for trip information, details and organization*

Cell: 641-780-2200

Email: [mschwab@mh4h.org](mailto:mschwab@mh4h.org)

**Many Hands for Haiti**

Phone: 641-629-6633

Email: [info@mh4h.org](mailto:info@mh4h.org)

# Many Hands for Haiti Covenant

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## **Please carefully read the following pages.**

Mission trips to Haiti bring two very different cultures into contact for a short and intense period of time. Remember, cross-cultural relationships are complicated and prone to misunderstandings. How you conduct yourself while in country can have a profound impact – for good or bad – to the ongoing mission work being done. We ask everyone to read and understand these guidelines and work under them while serving with us.

### **Guidelines for Helping Well**

When in Haiti, many will beg from others that are more fortunate than themselves. You will find yourself in this situation a lot. You will be asked to give. Understand this from the beginning: It is ESSENTIAL that you adhere to the following rules about giving. If even one person breaks them, it spreads an unhealthy behavior through the entire community and undermines the work being done.

- If you choose to bring items to give away, mission leaders will collect these items and distribute them properly, most likely when you are not present.
- Please do not give out ANY money unless you coordinate it with the host leader.
- Travelers may not pay rent or finance home construction for anyone without the approval and supervision of mission staff.
- There are areas on all campuses where only travelers and staff are permitted. Please do not invite Haitians into these areas and be respectful of those who live there full time.
- We do not facilitate people being supported outside of our programs. We cannot guarantee that money given to individuals outside the programs is being used in the way you intended. People on the street may ask you to finance them for tests, schooling, or supplies. Many of these people already have benefactors or they may not need the money for school at all. There are several individuals within our programs that do need support, and we ask that you work through our organization to support them properly.

- We are trying to build the connection between “work equals payment,” not “who you know equals payment.” It is unfair to the Haitian working all day and making \$3 when another person has an “American Friend” who will give them \$20 just because he or she asked. Soon they develop lots of \$20 friends and do not work at all. Understand, we are trying to help and not undermine their ability to provide without begging.

## **Personal Conduct**

Carry yourself in a way that honors Christ and offers a positive witness to the Haitian people.

- Be enthusiastic, positive, and supportive of group members and team leaders.
- Avoid conflict or criticism of each other, group leaders, and staff.
- Loud, obnoxious, and foul language sends a bad message about our witness and is not accepted in the culture.
- Never go anywhere alone. Always use the buddy system and if you are going outside of the compound, make sure to clear it first with group and host leaders.

## **Relationships**

We are working in close quarters and often experience intense emotions together, so the chance for romance is elevated. But remember, you are coming to Haiti to serve God, not make a love connection. Dating is proactively forbidden during the duration of your trip. Do not pursue romantic relationships with team members, team leaders, mission staff or Haitians you meet. It complicates the work to be done and distracts from building relationships in the communities we serve. Violators will not be accepted back for future trips and may be subject to early dismissal at their cost.

## **Campus Living and Guidelines**

- Use of alcohol and tobacco is not allowed.
- Guys are not permitted in the girls’ area and girls are not permitted in the guys’ area on the mission compound.
- Electricity and water on campus is limited, so please be respectful of these resources.
- Keep your personal area clean at all times. You will be in close quarters with others, so be respectful.
- All passports and the card you receive from Haiti customs need to be collected by the group leader and placed in the mission safe. You will have access to those items every day if needed.

- We will most likely have devotions in the morning and at night. These are mandatory.
- DO NOT GIVE OUT YOUR EMAIL ADDRESSES, PHONE NUMBERS OR MAILING ADDRESSES to individuals, unless you are prepared for your information to be shared with all of their friends.
- If someone asks you for something of yours, do not say “Maybe” or “We will see.” This often means “Yes” in their eyes and they are only going to pursue it harder later in the week. We strongly discourage any personal give-aways, as previously discussed.
- Internet and telephone access at the mission campus is for host staff only, except in cases of emergency. Internet access in Haiti is limited and expensive, so please leave your laptop computer at home. We know this is hard, but we have found it to be a blessing for those that do. A communication will go out to loved ones at home letting them know you have arrived safely.

# Lines We Do Not Want to Cross

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When visiting Haiti, it is natural to feel affection for the people with whom you are building relationships. But remember, you are coming as a part of Many Hands for Haiti and now are a part of a delicate and complex community that existed before you came and will continue to exist after you leave. To protect the community and make sure every group is contributing to the mission's ministry, we require all group member and leaders to abide by this agreement concerning relationships. Failure to abide by the agreement may forfeit future trips with the mission.

## **Adoption and Hosting**

As a member of Many Hands for Haiti mission trip, you understand that:

- MH4H does not adopt children from any orphanages. We will not facilitate adoption that takes children out of Haiti. If this is the intent of the trip, this should not be done with MH4H.
- Visitors are in no way permitted to attempt to bring Haitians to the United States, even for "visits" or future "schooling". This is a complicated and risky endeavor. More importantly, it can encourage greedy attitudes toward Americans. The mission exists to reach Haitian communities for Christ, not to facilitate travel to the United States.