

Orientation Booklet for Volunteer Missionaries



Helping Hands for Haiti
“Blessed By God – Motivated to Serve”
Artibonite Valley in Haiti

Welcome

We are pleased that you have prayerfully made the decision to join us on this mission trip to Haiti. It will truly be an experience that will not only challenge you physically, but emotionally, and most importantly... spiritually. This journey will be an incredible addition to your faith walk with God here on earth. You will be much more appreciative and aware of the many blessings within your own life.

This booklet is a guide to prepare you for the amazing experience you are about to embark upon. Please allow the Holy Spirit to guide you and lead you on this journey of a lifetime as you partake in the Haitian lifestyle.

Who is Helping Hands for Haiti?

We are a passionate group of individuals who are driven to better the impoverished lives of our brothers and sisters in this desolate country called Haiti. We're a non-profit organization with a focus on three main areas of mission - Sharing the gospel of Jesus, Loving His Children, and Tangibly building up strong communities. It is important to understand that God calls us to give of ourselves to the poor.

You are a Missionary

The call to missionary life style is stated in scriptures. Matthew 28: 19-20 and Acts 1: 8 are just two of the many passages recorded that reflect the Christian duty, privilege, and challenge to share the love of Christ.

The New Testament clearly teaches that God has given us all gifts and that these are to be used to build up the body of Christ. So you have something to give! And you have something to share!

Your skills and willingness to serve will mean so much to the success of the team efforts! The experience will also mean a lot to you too! You will never be quite the same again. You will not regret making this journey.

Group Expectations

1) Respect for everyone involved which are team members, team leaders, and the Haitians.

2) Develop and maintain a servant attitude which is vital towards the Haitians and teammates.

3) Refrain from gossip and passing judgment towards others.

4) Refrain from complaining but be creative and supportive to the leaders and team.

5) Make a conscience effort to interact with all team members. Please refrain from any romantic interests with any team members or Haitians.

6) Team members are encouraged to restrain from any alcohol, tobacco or drug use during the trip.

7) Travel/team expenses should be paid in full prior to the departure.

Please feel free to discuss any of these expectations with us!

Communication while in Haiti

Before leaving the country, the leaders will give you necessary contact information for you to give to family members. We also require contact information from each of you to give to a main contact person here in the States.

Food and Water

We will be providing you with ample food to eat and snacks are at hand between meals. We hire Haitian cooks to cook for us at least one meal a day (supper) and we generally eat peanut butter, tuna, or chicken sandwiches at noon. Breakfast is hot cereal, pancakes, French toast, & fruit. We have clean safe water to drink and juice, pop and coffee are provided.

We request you to let us know of any food allergies or special diet needs so that we can accommodate you.

Our Mission House

Beginning in January of 2012, we have moved into our new Mission House. It is located near the village of Verrettes.

We are forever grateful to the individual who donated the funds to make this complex possible.

There are separate male and female dorm rooms, showers, and bathroom facilities. You will sleep on beds with mattresses. All of your bedding and towels will be provided while in Haiti.

What Do I Wear?

You will want to wear light breathable clothing. Shorts and t-shirts work for both men and women. Bring a swimsuit as we may get an opportunity to swim at the Albert Schweitzer Hospital Pool. It is appropriate for the gals to wear a dress or skirt/top combo for church and the guys to wear pants and a shirt. Flip-flops and sandals work within the compound but you may want closed-toed tennis shoes for daily work.

Doctor Recommendations/Visit

We recommend that you visit your family doctor prior to going to Haiti and ask for recommended vaccinations/medications. Please inquire about malaria and Hepatitis A and B. Having an updated tetanus shot (within 5 years for Haiti) is important also.

We have a medical bag supplied with basic meds for cuts, headaches, and stomach issues. We work closely with a hospital that is 5 miles from our compound.

Trip Expenses

The cost of the mission trip is \$1,000.00 plus your transportation to and from Haiti. We cover everything else you will need in Haiti other than personal items you may wish to purchase. You will be responsible for meals while traveling to and from Haiti.

Checklist of Items to Pack

Valid passport	personal journal	work gloves
Copy of passport	light clothing	swimsuit
Flashlight	sunglasses	contacts/glasses
Cap or hat	deodorant	shaving stuff
Airport snacks	toothpaste/brush	medications
Camera/batteries	devotional material	Bible
Spending money	personal hand sanitizer	pen/pencil

***We provide soap, shampoo, conditioner, bug repellent, and sunscreen for team use. We also have hand sanitizer to refill your personal size container. We also provide all towels and linens for you in Haiti. You may bring a favorite pillow if you wish.**

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