



GLOBAL LEADERSHIP PROGRAM
LEARNING THROUGH VOLUNTEERISM

Haiti Travel Guide

The Build Haiti Foundation

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Welcome

The true meaning of the Haitian creed “L’union fait La force”(unity is power) has not been lived out and frankly our challenge is providing a much needed boost and support to Haiti entrepreneurship, academic, and social management system. As our Haiti programs remain on life support we can’t afford to have anyone, yes not even you, on the sidelines.

Our Mission

Lifting Haitian people to a more sustainable and prosperous future. The Build Haiti Foundation seeks to partner with the Haitian community in Haiti, friends of Haiti and the Haitian Diaspora in providing project management services, leadership development and fund raising support for infrastructural projects and community building efforts in Haiti and abroad.

At the Build Haiti Foundation (BHF), we believe that education should not be confined in the Classroom. GLP offers its participants a fresh, novel approach to service-learning abroad for intellectually-curious and socially-oriented students and professionals.

BHF GLP participants:

- **Explore** historic and natural sites in Haiti
- **Learn** the local culture, language, and history
- **Serve** the community through meaningful volunteer efforts

BHF GLP’s goal is to provide life-changing experiences that will cultivate a global perspective and open-mindedness in individuals that will ultimately inspire them to become great leaders and global thinkers and seek positive change in their own communities. It offers individual participant an opportunity to forge their own paths as they prepare for the road ahead.

Our Expectations

Our mission at BHF GLP is to inspire individual participants to be the best they can be by helping him/her to realize her full. We encourage our participants to engage and take charge not just in the projects in which they participate, but in the world in which they live. To that end, we expect GLP students to maintain high standards of personal behavior and to be open-minded. The culture will be different, sometimes shockingly so. GLP will challenge students as they are expected to work hard and really be present physically and mentally for all activities. They will get hot, dirty and bug bitten along the way, but their contribution will transform the community. The goal is for each student to return home with a life-changing experience.

GLP makes every effort to offer well-thought-out programs crafted for our participants and we do thorough planning. However, the descriptions in the itinerary are based on previous programs and plans for the coming year. Actual order of activities may vary by program session depending upon the needs of our local community partners, various celebrations and customs, and the weather. Occasionally, activities may be replaced by other activities.

Planning for your trip

Adequate planning involves the following:

Step 1: Complete required paperwork

At least two weeks before you travel (unless BHF is responsible for coordination):

- Purchase airline tickets – Make sure that the Executive Director and the In-Country Director have signed off on the trip before you purchase your tickets.
- Submit a hard copy application/registration form that BHF uses to collect basic information about each group member.
- BHF will purchase evacuation insurance and send proof of purchase to each group member.
- Submit Volunteer Agreement and Release of Liability to staff.
- Submit copy of current passport to staff.

- You are responsible to register your travel **directly** with the U.S. State Department at http://travel.state.gov/travel/tips/tips_1232.html#how.

Personal Preparation

We **STRONGLY** recommend you learn basic Creole phrases before departure so that you can greet people, and be polite in your exchanges. Search online for common Haitian Creole phrases for a list of basic Creole phrases or purchase a Creole-English phrase book.

What are the expected standards of behavior?

Our work depends on maintaining strong positive professional and personal relationships with our colleagues and partners in Haiti. Although common sense and common courtesy are your regular guide, be aware that cultural differences and not sharing a common first language may add complexity to a situation. Please ask if you are unsure how to proceed.

Some reminders:

- Carry your Build Haiti Foundation point of contacts in country at all times while working your assigned facility.
- Be respectful to the society and culture. Seek to understand, learn and listen. If you find yourself in a situation where you feel somewhat uncomfortable or inadequate, please speak with a Build Haiti Foundation staff person immediately.
- Taking pictures of patients should be approached with great care. Please ask the staff when it is and is not appropriate to take pictures. Always ask permission when taking pictures of individuals.
- Don't possess or use illegal drugs or other illegal substances while working/volunteering for Build Haiti Foundation.

- Don't discriminate on the basis of race, color, religion, sex, age, disability, national origin, disability, sexual orientation, or any other characteristic protected by law. Don't engage in harassment of any sort, verbal, physical, visual. Harassment may be, but is not limited to, words, signs, jokes, pranks, intimidation, unwelcome sexual advances, physical contact or violence.
- Don't publicly use your Build Haiti Foundation affiliation in connection with the promotion of partisan politics, religious matters, or positions on any issue not in conformity with the official position of Build Haiti Foundation.

Communications

Build Haiti Foundation staff sometimes can provide access to a cell phone in Haiti for your use to arrange transportation and for other communication needs. Frequent travelers often purchase their own phone. Upon arrival in Haiti, you can purchase a local phone relatively inexpensively, or use many U.S. phones that have a SIM card, as long as it is "unlocked". The two local cell phone service providers are Digicel and Natcom. If you do purchase a phone, please share that number with the Build Haiti Foundation staff in Maryland and Haiti.

[GSM, including many smart phones like the iPhone or the HTC Desire, work in Haiti. Please contact your local provider for rates.](#)

You can purchase phone cards on many street corners from local vendors throughout Cap-Haïtien. There are special long distance cards available that allow you to call the US for 5 Haitian Gourde (HTG) per minute or less than \$8/hr.

Health and medical advice


You can find detailed information on travelers' health, specific diseases of concern, and the most current preventive recommendations at Centers for Disease Control (CDC) Website at www.cdc.gov/travel.

Recommended Immunizations

In order to provide full protection, you should get vaccinations, particularly typhoid, 4 to 6 weeks before travel. Be sure to schedule an appointment with your doctor. It is important to follow your doctor's recommendations. Vaccinations can protect you from:

All travelers




You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

<p><u>Routine vaccines</u></p>	<p>Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine,</p>	
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varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.



Most travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

<p>Hepatitis A</p>	<p>CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Haiti, regardless of where you are eating or staying.</p>	
<p>Malaria</p>	<p>You will need to take prescription medicine before, during, and after your trip to prevent malaria. Your doctor can help you decide which medicine is right for you, and also talk to you about other steps you can take to prevent malaria. See more detailed information about malaria in Haiti.</p>	
<p>Typhoid</p>	<p>You can get typhoid through contaminated food or water in Haiti. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.</p>	

Some travelers

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

<p>Hepatitis B</p>	<p>You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.</p>	
<p>Rabies</p>	<p>Rabies can be found in dogs, bats, and other mammals in Haiti, so CDC recommends this vaccine for the following groups:</p> <ul style="list-style-type: none"> • Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. • People who will be working with or around animals (such as veterinarians, wildlife 	

	<p>professionals, and researchers).</p> <ul style="list-style-type: none"> • People who are taking long trips or moving to Haiti • Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck. 	
Yellow Fever	<p>There is no risk of yellow fever in Haiti. The government of Haiti <i>requires</i> proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: Countries with risk of yellow fever virus (YFV) transmission. For more information on recommendations and requirements, see yellow fever recommendations and requirements for Haiti. Your doctor can help you decide if this vaccine is right for you based on your travel plans.</p>	

Other: You should ensure that you are up-to-date with your other immunizations such as tetanus (booster within the past 10 years), MMR, and poliovirus.

Medications and Preventive Behavior

Choloroquine: Malaria is a parasite that is transmitted to humans by mosquitoes. It is endemic throughout Haiti, including Cap-Haïtien. We encourage you to take prophylactic medication. Fortunately, most malaria in Haiti is still sensitive to chloroquine, an inexpensive oral medication with infrequent side effects. The chloroquine dosage is one tablet per week, beginning one week before travel and continuing during your stay in Haiti and for four weeks after your return. By convention (to make it easy to remember), most people take their chloroquine dose on Sundays. For a stay of one week or less, you will need a prescription for six doses of chloroquine. Some people have difficulties taking chloroquine and there are other alternatives that your doctor can discuss with you.

While in Haiti, you should take precautions to avoid mosquito bites – day and night. See dengue fever below.

Anti-diarrheal Medications: Even if you take routine precautions regarding food and water consumption while in Haiti, you may still contract traveler’s diarrhea. There are

many possible causes, including viruses, bacteria, and parasites. If you have diarrhea that is not accompanied by fever or bloody stools, you probably won't need antibiotics. Instead, use an over-the-counter anti-diarrheal agent like Imodium. Note: If you have a fever or bloody stool, do not take anti-diarrheal medication.

Cipro: Bloody diarrhea and fever are likely symptoms of a bacterial infection, and you may need early treatment with an antibiotic such as Cipro (500 mg twice daily for 3 to 5 days). After discussion with their primary care physician, most volunteers take a three-day supply with them for possible use.

Prescription and Over-the-Counter (OTC) Medications: Take a full supply of any regularly prescribed medications. Be sure they are in the original labeled containers in which they were dispensed from the pharmacy or that you keep a photocopy of the prescription. You should also consider taking other OTC medicines including Tylenol and/or ibuprofen, Pepto-Bismol (for nausea or diarrhea), and decongestants or antihistamines. Consider taking any other OTC or prescribed medicines that you might occasionally need (prescription pain medication, Dramamine, etc.), as it will probably be very difficult to procure them in Cap-Haïtien.

Dengue fever is a potentially serious and very uncomfortable viral infection transmitted by mosquitoes. There is currently no vaccine or prophylactic medication. Your best protection is to avoid being bitten by mosquitoes by using an insect repellent containing DEET at all times, wearing long sleeves and pants (preferably sprayed with permethrin) and, if you sleep in a room with the windows open, using mosquito netting.

Cholera is a bacterial illness that may be transmitted by food or water contaminated by human waste. While many people experience subclinical cases without symptoms, infection can cause copious watery diarrhea that can result in severe dehydration, shock, and death within hours if not treated. The vaccine is not widely available at this time, so the best prevention is to be vigilant about drinking clean water and well-cooked foods. In the unlikely event of contracting the disease, immediate and aggressive rehydration, including with IVs in the most severe cases, will be needed.

Security and safety

During our time working in Haiti, there have been occasional periods of political instability with associated security risks that have impacted our trip planning. The U. S. government maintains an advisory regarding travel to Haiti. Build Haiti Foundation takes this and other information into account when assessing safety and security issues before a trip. Build Haiti Foundation cannot be responsible for any travel costs incurred as a result of a cancelled or postponed trip. For information about safety and travel warnings, please see the U.S. Department of State website: http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html.

Prior to your trip, Build Haiti Foundation staff will brief you on any current security issues.

Once you arrive in Haiti, Build Haiti Foundation staff will:

- Instruct you on how to get communication equipment, if desired

- Give you a list of any additional emergency telephone numbers

At all times, you should carry:

- Your passport or a copy of your passport
- Haiti contacts list & emergency telephone numbers

For many reasons, including security, it is recommended that you invest in activating a local cell phone plan upon arrival. Many phones in the US can be activated there, or a phone with minutes can be purchased for as little as \$20.00. We encourage you to talk to your mobile carrier for access while traveling to Haiti.

While in Haiti, please understand that you:

- Do not enjoy diplomatic protection and are not exempt from civil/penal law
- Must defer to the trip leader regarding limitations of movement related to security issues or filing of reports concerning security issues with authorities
- Must report the loss or theft of your U.S. passport to the local police and to the U.S. embassy or consulate in Port- au- Prince

Additional safety tips

Just like in the US, crime is an on-going concern. Violent crimes, such as car hijacking, assault, kidnapping and armed robbery have at times been frequent in some areas. Women travelers may be more at risk.

- Try not to travel alone; travel around the city with someone who knows his or her way around and can communicate effectively
- Carry a flashlight to see in power outages
- Be aware of your surroundings
- Avoid areas of known violence
- Be discreet; do not act in ways that encourage greater notice or curiosity
- Do not take flashy or expensive jewelry on the trip
- Don't carry large amounts of cash
- Keep valuables hidden at all times
- Be cautious and respectful of talking about Haitian politics, religion, and other potentially charged issues in public. Build Haiti Foundation is politically neutral and must maintain neutrality for the well-being of our staff and for the longevity of our programs.

Unsolicited photographs of individuals in public can and has resulted in very negative interactions for everyone involved. Always respect the general goodwill of the Haitian people by not visibly

taking pictures of people without their permission, particularly if they are in a context or situation that they would not find flattering.

Expenses and logistics

Housing/hotel is usually part of all packages offered by the Build Haiti Foundation.

Credit cards and cash

We recommend that you carry credit cards and enough cash with you for your entire trip, and also to cover any potential emergencies or changes in travel. There is a safe for secure storage both at the Christophe Hotel and the Build Haiti Foundation apartment. Although there are ATMs in Cap-Haïtien, we do not recommend using them. In an emergency, MD staff can coordinate with your relatives from the U.S. to provide necessary support, if needed.

Currency

The currency in Haiti is the gourde (HTG), although most places will happily accept US dollars. The exchange rate varies, but is roughly 68HTG/US \$1. For current exchange rates, you can check www.iccfx.com (International currency converter). You will also hear people refer to a “Haitian dollar”, which is equal to 5HTG. The Haitian dollar is not an actual currency, just a way that people talk about money, because the gourde used to be linked to the U.S. dollar. Sometimes prices in restaurants are listed in Haitian dollars. 10 Haitian dollars are approximately equal to one U.S. dollar. Many formal places of business can accept credit cards, but some still cannot, so it is important to have a reasonable amount of cash with you.

General information

Haiti Contacts

Build Haiti Foundation local contact names and phone numbers are as followed. You are encouraged to carry a copy with you while in Haiti.

Bob Anantua: (443)285-3956 or (local # TBD). You may call the US phone #. It will ring. Banantua@thebuildhaitifoundation.org or BAnantua@hotmail.com

BHF Address in Port-au-Prince (*will need to complete immigration form on plane*):

Jean Gue

Delmas 75

Rue Beauvais, Impasse Hall #5

Port-au-Prince, Haiti

Phone: 718-618-9813 or 011-509-3443-7387

BHF Address in Camp-Coq

Jacques St. Fleur

Habitation Jacques St. Fleur

Rue Nicholas #80

Camp-Coq, Haiti

Phone: (509)3844-3677

Tippling

You should have U.S. \$1 bills in your pocket at all times. (It is helpful to have about \$30 in one-dollar bills.) Tipping is expected for most personal assistance (e.g. helping with bags at the airport or hotel). Any monetary transactions in public should be handled discreetly (i.e. It is a good idea not to pull more money out of your pocket than you are intending to give).

Common tips paid for by individual volunteers:

- Housekeepers: BHF will cover virtually most of your in-country expenses, except for personal items like souvenirs and such. You are more than welcome to tip the servants if you should feel called to do so. Suggested amounts \$5 to \$10.
- Luggage handling: Please tip individually (\$1/bag) when luggage is carried.
- Restaurants: Add 20% gratuity.

Shopping:

There are relatively few stores in Cap-Haïtien like we might find in the U.S., but there are many vendors and markets.

- **Food Markets:** The Kokiya Market, on the boulevard, is fairly expensive, but is convenient and where you can find some groceries. You can also request assistance from Odeline Pierre, who provides custodial services at the apartment and Build Haiti Foundation office, to assist in purchasing items in the local market, such as fresh fruits and bread. Although this would be a way to purchase groceries at a much cheaper price, you should add a tip. Staff in Haiti know of many places for lunch that are 100-200 HTG.
- **Tourist Art Market:** A long row of artisans stalls is located on the boulevard not far from the Hotel Christophe. Artisans sell woodcarvings, paintings, baskets, needlework, and painted and unpainted metal cutouts. Prices are negotiable.
- **Spirit Market:** Located one block from Hotel Roi Christophe, Spirit Market carries bottled water, cold drinks, beer, wine, coffee and snacks.
- **Le Marche Cluny/The Iron Market:** This is a market area within a rusted ornate iron structure where you can find a vast array of home goods, food, clothes, and much more. The area is crowded and it is a good idea to look for open manholes. Prices are negotiable.
- **Other Opportunity to Shop:** You will have several opportunity to shop when we travel to Port-au-Prince, first at the beach, then the Marriott Hotel & touring P-au-P.

Water and Food

All meals and drinks are provided. Commercially sealed bottled water is the only safe drinking water and water for brushing your teeth. It is often referred to by a proprietary name "Culligan." Unless someone in the know tells you it is safe, be wary of drinking water or iced drinks at any establishment. Bring a water bottle that you can fill and carry during your excursions. Be sure to take it whenever you go out.

There is always clean drinking water in BHF housing/apartment.

How do I pack for my trip? : Check-off list

For your convenience, we've set it up as a check off list to use as you pack. In most cases, casual clothes are fine for GLP students. For professionals who plan to work in a hospital or business setting, it is important present yourselves as such. You may bring professional as well as casual clothes (men often in nice shirt and tie). Nice slacks or skirts are fine for women. Shorts and spaghetti straps are not appropriate in a work setting.

	<i><u>Required items to take:</u></i>
	Passport (Keep a separate photocopy of your passport with you)
	Airline tickets
	Casual and business casual attire
	<i><u>Recommended items to take:</u></i>
	Laundry soap for personal laundry (if staying for extended period)
	Liquid hand sanitizer, Anti-bacterial hand wipes
	First aid kit
	Insect repellent to wear day and night (DEET is best)
	2 water bottles
	Flashlight (headlamp is best for reading at night)
	Notebook and writing implements
	Reading materials (Tablets/E-readers)
	Power bars or other snacks

	Small U. S. bills for tips and souvenirs (recommend \$30 one-dollar bills; then some \$5's and \$10's)
	Facial tissues
	Powdered Gatorade and/or oral rehydration salts
	Probiotics/Acidophilus
	Plastic and Ziploc bags
	Business cards
	Small umbrella and plastic poncho
	Camera with plenty of memory
	Chargers for electronic gear, plug adapter (convert 3 pronged to 2) and small power surge protector, power packs
	Towel (2)
	Batteries (rechargeable batteries recommended)
	Small gifts such as pens and notebooks, sample size soap and shampoo, scarves that women can tie around their heads, t-shirts, small toys or stickers, candy, small sewing kits with needles.
	Cleats, sneakers, tube socks, basketball, volley-ball and soccer gears
	School supplies (no paper or notebook or heavy items)

Once I arrive in Cap-Haïtien, what do I need to know?

At the Airport

You must fill out the immigration card provided to you on the plane. It requires you to report your local address in Cap-Haïtien. For most of our volunteers the local address will either be the Hotel Roi Christophe at Rue 24B. Upon landing, give the form to authorities at the airport. At immigration, they will review the card and tear off the bottom piece. Save this in a safe place because you will need it when you depart.

Just after clearing customs and before exiting the airport, you will be asked to show your luggage tags, so be sure to keep them handy and have them ready.

At the airport, many porters offer to help with your luggage. When someone carries your bag, they will expect and deserve a tip. One or two dollars per bag is a reasonable tip. However, you need to exercise caution.

Interacting with Haitians

It can take a while to get used to being noticeably different. Don't be surprised or offended if people refer to you as *blan* meaning "foreigner" in Creole. In Haiti, it is considered polite to establish eye contact and acknowledge people with a pleasant *bonjou* meaning "good morning", *bonswa* meaning "good afternoon" or *sa va?* meaning "how are you?"

People may ask you for money in any number of circumstances. It is a personal decision as to how to respond to such requests, however we strongly advise against giving money within sight of others in public. It is important to remember that handing out money to people on the street can attract a crowd and make them, or you, a target.

Please also be aware of promises that you make for any services, requests for employment, supplies or provision or care, whether they be explicit or implicit. There can easily be misunderstandings if you are vague in your response, such as saying, 'you will see what you can do' upon being asked for something. People may see this as an agreement, and may expect Build Haiti Foundation to deliver on what is seen as a promise after your departure. Please be considerate of the impact this can have on staff.

Accommodations:

The Build Haiti Foundation Housing: We have different means to accommodate our guests when we are in Haiti. When staying in Port-au-Prince, we generally use hotels. When in provinces, we use private houses as accommodations may not be readily available. Each house has 3 to 4 bedrooms. Each house can accommodate from seven to eight adults sharing rooms. It is basic, with no services, but secure and clean. There is a refrigerator or a cooler. A staff member can help you purchase Wi-Fi service so that you have access to the internet. There is solar panel, inverter with back-up batteries for power.

Hotel du Christophe: When in Cap-Haitien, our headquarter will be at Hotel Roi Christophe. It is located at (Rue 24B) that has rooms that are spacious and comfortable, with private baths and antique armoires. Rooms have window screens, AC, and 24 hour/day 110v power. The hotel also provides wireless Internet, although it is only somewhat reliable due to the power outages. Other food and beverage charges at the Christophe average between \$10-\$20/day per person. We also recommend that volunteers closely review their bill because with large groups it is easy for food and drink orders to get placed on the wrong bill.

Camp-Coq: When in Camp-Coq, our headquarter will be at Habitation Jacques Saint Fleur. There is no official address. You may ask anyone on the main road near the Catholic Church and they will provide you direction.

General Information

Once I return from Haiti, what do I need to do?

Within two weeks of returning from Haiti, you will be asked to:

- Participate in de-briefing sessions either in person, via conference call or survey
- Submit a trip report noting important meetings or discussions that need follow-up and a narrative for publication and includes comments on what could be improved to make for a better and more productive trip experience
- We appreciate when volunteers submit photos to us - particularly action shots, which show volunteers and Haitian colleagues at work together. (Please remember to request permission to take all photos.) You may e-mail your best shots to us with captions describing the activity and the people pictured or upload to sites like Dropbox. These pictures are incredibly helpful for reports, brochures, the website and other communications.

You are an important ambassador for Build Haiti Foundation and we appreciate your role in informing the community and different audiences about Build Haiti Foundation. At the same time, we do ask that you get advance permission of the Executive Director to represent Build Haiti Foundation in public events or meetings. Please do not publicly use your Build Haiti Foundation affiliation in connection with the promotion of partisan politics, religious matters, or positions on any issue not in conformity with the official position of Build Haiti Foundation.

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Build Haiti Foundation local contact names and phone numbers are as followed. You are encouraged to carry a copy with you while in Haiti.

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BHF Address in Port-au-Prince (*will need to complete immigration form on plane*):

Jean Gue
Delmas 75
Rue Beauvais, Impasse Hall #5
Port-au-Prince, Haiti
Phone: 718-618-9813 or 011-509-3443-7387

BHF Address in Camp-Coq
Jacques St. Fleur
Habitation Jacques St. Fleur

Rue Nicholas #80
Camp-Coq, Haiti
Phone: (509)3844-3677

Ecole Vision Moderne
Maitre Merlin Lormeus
011509-3703-4877
Email address : hernslor@yahoo.fr

Getting Around in Cap-Haïtien

Streets in the City Centre, where the HUJ and the apartment are located, are laid out in a grid pattern. East-west streets are labeled Rue A to Q. North-south streets are numbered Rue 1 to 30. Maps of Cap-Haïtien are available online at Google Maps, Google Earth and on many GPS devices.

Always negotiate taxi rates before leaving the curb. Most taxi fares are standard, e.g. 50 HTG in town, 100 HTG to go out by the airport. Taxi rides from the airport into town, on the other hand, are often U.S. \$20.

Weather

Haiti is tropical, with a mean daily high of 90 degrees Fahrenheit and a mean nightly low of 71 degrees. The hottest months are July and August, when daytime temperatures average 93 degrees, and the coolest are December to March, with average daily highs hovering around 87. In the north, where Cap-Haïtien is located, most of the rain falls between November and March. August through October is hurricane season, with storms and flooding likeliest during September, October and November.

Guest Policy

Build Haiti Foundation encourages strengthening relationships with our Haitian partners. We frequently invite guests to share dinner and drinks with us. Before extending an invitation to others to join us as guests of Build Haiti Foundation, speak with the trip leader first. If you want to treat a guest on your own tab, you are welcome to extend the invitation without consulting staff.

Tipping

You should have U.S. \$1 bills in your pocket at all times. (It is helpful to have about \$30 in one-dollar bills.) Tipping is expected for most personal assistance (e.g. helping with bags at the airport or hotel). Any monetary transactions in public should be handled discreetly (i.e. It is a good idea not to pull more money out of your pocket than you are intending to give).

Common tips paid for by individual volunteers:

- Housekeepers: Please leave approximately U.S. \$10 (per person/per week) in the room at either the apartment or hotel at the end of your visit. If housekeepers do personal laundry, the cost is approximately \$5 for a small bag and \$10 for a large bag.
- Luggage handling: Please tip individually (\$1/bag) when luggage is carried.

- Restaurants: Add 20% gratuity.

Water and Food

Commercially sealed bottled water is the only safe drinking water and water for brushing your teeth. It is often referred to by a proprietary name “Culligan.” Unless someone in the know tells you it is safe, be wary of drinking water or iced drinks at any establishment. Bring a water bottle that you can fill and carry during your excursions. Be sure to take it whenever you go out.

There is always clean drinking water in BHF housing/apartment.

We encourage you to consider the needs of others when you are ordering and purchasing food. Sharing food and meals with staff and partners is very important. Be aware that some people may not have the resources to pay for a meal. Be careful what you eat. You can generally consider packaged foods safe. Street foods are suspect. Eat only well-cooked meat and fish, preferably still hot. Dairy products are not pasteurized and may pose a health risk.

Departure

There is a departure tax of U.S. \$28 cash (**credit cards are not accepted**) per person. You must pay the tax at the airport in U.S. dollars, not Haitian gourdes. It is sometimes included in the price of the airline ticket. Check with your airline for specific instructions. You will also have to go through Haitian Immigration again at the airport upon departure.

When reentering the U.S., you must fill out a customs declaration form. You will hand the form to a person as you are exiting the airport with your baggage, but it is rare they will ask to search your luggage unless they have a reason to do so. You are allowed to bring in \$600 worth of products duty-free.

Wrap-up

Thank you for your interest in serving as a Traveling Volunteer/GLP participants for Build Haiti Foundation! We hope that you find your participation to be rewarding. We welcome feedback from you on this document and on any of your experiences with us.