

Good Samaritan Rebuilding Project Haiti Team Volunteers

Old St. Andrew's & École le Bon Samaritain

Basic information for volunteers traveling to Haiti on one of our teams.

General

- Complete our volunteer registration form.

Medical

- Go to <http://wwwnc.cdc.gov/travel/> to learn about traveling to Haiti, precautions you need to take and shots you will need.
- Visit your physician. You can probably get some shots there (tetanus for example). Your primary care physician can give you most of the required immunizations.
- Visit an infectious disease, public health office, or travel clinic for other necessary shots. See attached a list of locations in Connecticut.
- Travel Clinics: Call for Appointment and Information:
UConn 860-679-3238 or 860-679-4309
Stamford Health Dept. 203 977-4372
Norwalk Travel Medicine 203 854-7937
Westport/Weston Health Dept. 203 227-9571
Waterbury Hospital Travel 203 573-7228

Travel

- To date, JetBlue has covered all travel to/from Santa Domingo (SD) and Good Samaritain Rebuilding Fund (GSRF) has rented a bus from SD to Port-au-Prince (PaP). Absent renting the bus, volunteers are expected to pay their own bus fare \$175 R/T) from SD to PaP. The fare is \$40 plus a \$35 tax on foreigners travel. You may also encounter a \$40 cab fare from the bus station to the SD airport.
- As PaP airport opens up and we no longer have JetBlue supporting us, volunteers will also be expected to pay their own airfare to and from Haiti.
- **You are completely responsible for your own travel expenses.** In the event that travel plans go awry or you change you plans, **you must pay for your own travel.** Bus fare to and from Santa Domingo is also you responsibility (\$175 R/T).
- However, for the time being, you will have a confirmed flight down and back as long as JetBlue continues to help us. **Your travel dates are fixed.** When you leave, you agree to them.
- As long as GSRF rents the bus to bring supplies from SD to PaP, you will travel on the bus to PaP without the need to pay. Your return fare, however, is your responsibility.

Things to pack

- Passport holder (the around-the-neck kind are good)—always have your passport
- Sandals or flip-flops for showering (**A MUST**)
- One (1) pair of shorts
- One (1) pair of long pants (cargo type for passport, etc.)
- Four (4-6) T- shirts

- Four (4-6) pairs of socks
- Four (4) sets of underwear
- One (1) long sleeve shirt
- One (1) pair of sneakers
- One (1) rain coat or poncho (for rainy season)
- Baseball cap or hat

Medical personnel

- Blood pressure cuff
- Stethoscope
- Scrubs (if you have them)
- Personal water container
- Watch
- Pens, sharpies, paper
- LED flashlight (LED headlamps are good, too)
- Camp towel (large – dries fast – use as pillow)
- Queen sheet sewn at bottom & 2/3 up the side
- Camp pillow & pillow case
- Inflatable air mattress
- 2-person tent
- Personal items: soap, shampoo, deodorant, toothpaste, toothbrush, toilet paper, etc.
- **Ear plugs** (can get noisy sleeping in a crowd)
- \$200-\$250 in cash, mostly for bus fare (\$30-\$40 in singles; useful to pay Haitians for small services)
- Personal snacks—crackers, granola bars, trail mix, nuts, non refrigeration items
- Bug repellent

There is a (cold) shower. **Keep your mouth closed at all times.**

There is an in-door flush (*Amen*).

There are people available to do laundry.

École le Bon Samaritain
26 rue Jonathas
Waney 93
Carrefour, Haiti

We invite volunteers to leave all but the clothes on your back when you leave. Everything can be used by the Clinic (sheets, for example) and/or by our Haitian friends in the community.

iPhones work in Haiti (or other AT&T service phones). Be sure you go to your service provider's website and buy a month's worth of international service. Data transmissions (internet) is very expensive time. Voice & text are more efficient. We have a Satellite Phone on-site. We also have an internet connection. Bring your own laptop at your own risk. Things are secure, but ...