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team member handbook: haiti
Lifeline Christian Mission | Lifeline.org

Welcome Mission Team Member!

The staff at Lifeline Christian Mission are excited that you are considering a short-term mission trip with us!

This handbook provides detailed information about many aspects of your trip. If you have any questions that are not answered in this handbook, first contact your team leader.

We invite you to visit our website, www.Lifeline.org, to learn more about Lifeline Christian Mission. While in the mission field you will be actively involved in many of these ministries. We look forward to serving with you on the mission field!

Serving Christ,
Keith Dimbath, VP of Missionary Development
Christi Dimbath, Director of Missionary Development

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Frequently Asked Questions

Where will we sleep?

- Men's and women's air-conditioned dormitories equipped with bunk beds, showers, sinks and modern restrooms.
- Bedding and towels are provided unless otherwise instructed.

What will we eat and drink?

- All water provided by Lifeline is safe to drink.
- American-type meals are prepared in Lifeline's kitchens.
- **Allergies:** Please inform Lifeline in advance as to the nature and severity of the allergies and past history. Those with more severe allergies, such as gluten or dairy allergies should bring their own food products to supplement the meals we provide.

What will we do?

- Team members will participate in Lifeline's main ministries in Haiti. Your team leader has received information about all aspects of your trip, including in-field activities and pre-field preparations.
- An orientation, review of the schedules and a tour of the community and campus will be among your first activities after arriving on the mission field.
- Be flexible! Schedules often change on the mission field.
- **Devotions** - All team members will share a devotion of their choice for one of the daily team devotion times. Contact your team leader if you need assistance.
 - On large teams you may be paired with another team member for devotion time.
 - The devotion schedule will be included in your Final Packet.

What should we wear?

Bring seasonally appropriate, modest clothing. Think *CONSERVATIVE* and comfortable rather than *FASHIONABLE*. We want to be sensitive to the culture of the Haitian people, the local customs and expectations.

- Dress is casual. Do not wear your best clothing for work; it will get heavily soiled.
- Laundry facilities are available, but limited. Laundry will be done 2 or 3 times during your trip but plan on enough clothing for 5 days in case of laundry limitations.

Men:

- Men may wear shorts or jeans for work. No holes in jeans/shorts or exposed underwear. Tank tops are also permitted for work (No low armhole tanks). Shirts must be worn at all times except in the dorm or when swimming.
- **Men at church services, VBS programs, Home visits, Bible Studies, etc.:** Men should wear slacks and a collared shirt. No shorts or sleeveless shirts. Jeans are OK except for church services. Tennis shoes or nice leather type sandals are acceptable.

Ladies:

- Ladies may wear dresses, skirts (knee length or longer) or capri length (below the knee) or longer pants/jeans for travel, house building and during evening free time. Shorts, culottes, leggings, yoga pants or tight pants are not permitted at any time during the trip except for sleeping or under skirt for work projects. Sleeveless shirts are permitted at the worksites. No halter tops, spaghetti straps, low necklines, low cut tops, low arm holes, exposed underwear or bare midriffs.
- **Ladies at church services, VBS programs, home visits, Bible studies, Children's Home visit, prayer meeting, etc.:** Dresses or skirts (at least knee length) must be worn for these ministries. Top/dress must have sleeves (no sleeveless) for church services and home prayer visits.
- We suggest jewelry be kept to a minimum.

• Shoes (both men & women)

- Comfortable walking/work shoes, such as sneakers or work boots for working and walking and shoes for church services.
- Flip flops/shower shoes for in dorms and shower. Flip flops and sandals are not permitted at the worksites; Never go barefoot.
- Aqua socks or beach shoes are strongly recommended for swimming or snorkeling on the coral reefs.

What should we bring?

- Airline ticketing information (will be sent to the team leader)
- Bible
- Camera, extra batteries if needed
- Clothing & shoes (modest apparel; see above for guidelines)
- Devotion (1 per person; schedule will be in Final Trip packet)
- Earplugs – there might be a snorer in your dorm 😊
- Flashlight and extra batteries
- Gifts and money for your Sponsored child
- Insect repellent. (Aerosol containers must be packed in checked luggage, per federal aviation regulations.)
- Journal/pen for keeping a daily log of your trip (optional)
- Money: **NOTE:** Bring newer bills; Haitian banks will not accept wrinkled, torn or marked U.S. currency. Bring smaller bills (\$5, \$10 and \$20) to aid the vendors in making change.
 - tips and food at airports on travel days
 - \$10 cash for Tourism Fee (paid at airport in Haiti upon arrival)
 - Offering at 3 church services
 - souvenirs on shopping day in the mission field (Average spent - \$50-\$100+),
- Medication to prevent malaria
- Passport

- Copy of the first two pages of passport
- Personal medications (pack in carry-on bag)
- Phone numbers and email addresses of emergency contacts (parents, guardians at home)
- Photo ID, such as driver's license (optional)
- Sleepwear
- Snacks for your personal use (optional). There is no opportunity to purchase them in the field.
- Sunglasses, sunscreen and lip balm
- Swimsuits (ladies: no bare midriffs or high cut swimsuits), beach towel, water shoes/aqua socks
- Toiletries (toothbrush, shampoo, etc.)
- Travel alarm clock (battery operated)
- Water bottle
- Work gloves

*Sheets, pillows and towels are provided.

Can I bring electronics?

Team members will not have access to wifi.

Personal cell phones may be used for cameras, alarm clock, etc. Phone calls, texts, etc. should be made during free time only, not during the scheduled work day, devotions, meal times, team meetings, ministry times, etc.

What should we NOT bring/wear?

- Alcohol, cigarettes, e-cigarettes, tobacco, illegal drugs
- Secular books, magazines or music
- Computers, iPods, computer games, etc.
- Exposed underwear, holes in jeans or shorts, etc.

- Clothing with alcoholic beverage logos, secular band logos, or anything that would negatively impact Christian witness
- Tops with large arm holes
- **Females:** Halter tops, spaghetti straps, low necklines, bare midribs (including swimsuits); shorts; leggings/yoga pants, tight pants or dresses shorter than knee length.
- **Males:** No gauges; facial hair must be neat & cropped; no beginning beards while on trip.

What is the average temperature?

The climate is tropical with highs around 95°F during summer months and 80-85°F during the winter months.

What documents/forms are needed?

Lifeline Christian Mission Forms:

- Your team leader has a link to the [Online application form](#) that all team members MUST complete ASAP (including returning mission team participants).
- In addition to the online form, the following must be received by the Payment #1 deadline:
 - **Notarized release** – available from your team leader (hard copy)
 - **Copy of passport** (picture pages)
- Your airline ticket will not be secured until these forms and Payment #1 are received by Lifeline. These forms are required for EVERY work trip with Lifeline.
- Bring an additional copy of the first two pages of your passport (photo page) to Haiti with you. Pack passport copy separate from passport.

Passport:

- A passport is required. Apply early. Passport must be valid for at least 6 months after entry into Haiti.

- Bring a second form of photo ID (i.e. drivers' license) if possible but not required.

Parental Consent

- Youth under 18 years of age, traveling without either parent must have a signed/notarized authorization from their parents. This document must include parental permission to leave the country without their parent and designate an adult on the team to act on behalf of the parents in case of emergency or sickness/accident.

When will our trip payment be due?

Financial Contribution

- Your Team Leader has information on trip costs, who to make checks payable to and payment deadlines.
- Lifeline has established a two-part payment plan. This covers trip expenses, which include airfare, airport taxes, team member insurance, meals, accommodations and ground transportation in the field, translators, etc. In addition, a portion of the contribution is designated for Lifeline's on-going ministry operation. This includes a \$200 per person, non-refundable deposit.
- Lifeline accepts checks and all major credit cards including VISA, American Express, MasterCard and Discover. Applicable fees will apply to all credit card payments.

Additional expenses *not* included

- Passport and immunization expense.
- Flight interruption costs, such as hotels, meals, tips, etc., that are unexpected and not part of the original plan or cost.
- Money for snacks, meals, baggage fees and tips during travel; money for shopping and souvenirs, Haiti Tourism Fee: \$10 (U.S.D. or Canadian) This will be paid at the airport upon arrival in Haiti

- Cancellation penalty imposed by airline if trip is canceled after ticketing deadline.

Will we have an opportunity to visit our sponsor child?

- If you sponsor a child through Lifeline, you may bring a gift and extra money for your child and his family. You will have an opportunity to visit with your child and present the gifts and money you brought for them. (Recommend amount - \$25-\$50 per sponsored child).
- If you are interested in sponsoring a child, we recommend you contact Sponsor@Lifeline.org; call 614-794-0108; or visit www.Lifeline.org/Sponsor several weeks prior to your trip departure date to select a child. This will allow enough time for you to receive the information packet about your new sponsor child and time to purchase appropriate gifts for that child. If you plan to wait until you are in the mission field to select a child, please come prepared with a gift and extra cash for the child.

Are immunizations/medications required to travel?

Lifeline Christian Mission's Medical Director, Dr. David Pound, shares his current recommendations for mission trips (adapted from the Centers for Disease Control and tailored for the Lifeline traveler). No immunizations are *required* by the U.S. government, Lifeline or the countries of Haiti, Honduras or El Salvador. You should consult your personal physician to determine what is recommended for your personal health needs.

First-aid supplies are available for the treatment of minor cuts, abrasions, diarrhea, etc. and Lifeline has a staffed medical clinic. However, if you have medication you must take regularly or over the counter medications that you prefer, be certain to pack it in your carry-on bag.

Recommendations:

It is recommended that these immunizations be up to date:

- **Tetanus/Diphtheria:**
- **Measles/Mumps/Rubella**
- **Poliovirus Vaccine**

Chloroquine for Malaria prevention: *Recommended*

Malaria: Mosquitoes carrying the protozoan parasite plasmodium transmit malaria. Wearing protective clothing and applying insect repellent to both skin and clothing can reduce the risk of acquiring malaria. (Repellents with 20-30% DEET is recommended)

Dengue Fever and Dengue Hemorrhagic Fever (DHF)

Dengue is transmitted by mosquitoes carrying the viruses. There is NO vaccine or prophylactic medication available. Therefore, prevention by wearing protective clothing and applying insect repellent containing DEET is a MUST for Haiti.

Oral vaccine for Typhoid: *Optional*

Lifeline travelers are at very low risk for exposure to typhoid.

Traveler's Diarrhea (TD) In general, the CDC does not recommend taking antibiotics to prevent TD, but Pepto-Bismol can be taken as a preventive measure.

Hepatitis A Vaccine (permanent): *Recommended*

The vaccine is suggested for frequent international travelers and health care workers.

Hepatitis B Vaccine: *Recommended for healthcare workers*

Travel clinics may recommend that every traveler receive vaccines such as typhoid, due to travel to Haiti. Due to the accommodations, circumstances and environment provided by Lifeline in this country, the risk of the healthy traveler acquiring typhoid, for example, is very unlikely. Therefore, the healthy traveler may not need every

vaccine, unless an update is needed. Individuals with certain health conditions, however, may be at greater risk and thus recommendations should be tailored to the individual's specific health status.

Travel Information

Travel to the mission field will be via commercial airlines. All airline reservations are scheduled by the Lifeline office.

- Flight schedules, payment deadlines and terms/conditions of the airline will be sent to your team leader.
- Check with your team leader before you pack regarding the luggage requirements for your team.
 - If you do not have a team leader check with Lifeline's Travel Manager, Cathi Lester at Cathi@Lifeline.org or 614-794-0108.
- Most team leaders require their team members to pack the majority of their personal belongings in their carry-on bag, freeing the checked luggage space for ministry needs. In some cases, several team members may share one checked bag. Consult your team leader.
- For easier identification in baggage claim areas, consider using large, colored tags or ribbons for each bag.
- A **Final Information Packet** will be sent to you via email approximately 10-14 days prior to your departure. It will include: activity schedule, devotion schedule, last minute information, etc. If you do not have email access, check with your team leader.
- Your Team Leader will receive airline flight schedule and t-shirts approximately 2 weeks before travel.

Important Phone Numbers

Make note of these phone numbers in case they are needed during your trip.

- **U.S. phone numbers**
 - Lifeline Christian Mission (U.S.): 614-794-0108
(Monday – Friday 9am – 5 pm EDT)
 - Cathi Lester, Lifeline's Travel Manager:
614-794-0108 (Monday – Friday 9am – 5 pm EDT)
614-949-8879 (after 5 p.m. & weekends)
- **Haiti phone numbers**
 - Emmanuel Adam: 3718-7803
 - Team Coordinators: 3150-8909; 3811-4670

Mission Policies & Guidelines

Personal Witness and Conduct - Impact on the Haitian Culture

Conduct should be such that Christ is honored, glorified, and presented to the Haitian people through a positive witness. You will be serving as missionaries, representing Jesus Christ, Lifeline Christian Mission and your local church or organization.

- **Be flexible!**
- No new romantic relationships between team members or with Haitians.
- **Be on time!**
- **Mealtime** – receive what is served with gratitude. Never ask for “something else.” Remember the missionary's prayer: “Where You lead me I will follow, what they feed me I will

swallow." ☺ **EAT WHAT YOU TAKE.** Wasting food is a poor witness to hungry Haitians.

In the dorms/sleeping/dining areas

- If you snore, please be considerate of others and ask about a possible alternative sleeping area.
- The water temperature to the shower heads is controlled by water flow – slower the flow = warmer water. They are set at the appropriate setting. Please do not touch or try to adjust them. The controls are very easily broken and even a slight adjustment can cause them to break and therefore no hot water.
- Ladies: Place feminine hygiene products in trash can, not in toilets, even if the package says it's OK to do so (Due to our septic system).
- Keep the dorm doors to the closed at all times to keep cool air in and critters out.
- There are hooks provided for you to hang your towel.
- No food or drink of any type (except water) in sleeping/dorm rooms.
- There is a designated storage area for personal snacks. You may enjoy your personal snacks in the dining hall or on the patio during your free time.
- **Lights out** at 10 p.m. in dorms/sleeping areas. If you are not ready for bed, you may go out to picnic tables, the roof or dining hall area. *Everyone* should be in the dorms by 11 p.m.
- In the evenings or early morning, the roof is great for personal devotions or to visit. The stars are beautiful.
 - Please don't sit on the walls or sleep on the roof. ☺

Health, Hygiene, Safety

- Always wear insect repellent day & night except while sleeping in dorms. There are day and night biters that carry Malaria & Dengue Fever. Malaria is treatable. Dengue is viral

and is more serious. There is no prevention except NOT getting bit.

- All water provided by Lifeline is safe to drink.
- Drink LOTS of water throughout the work day to remain safely hydrated & avoid sunstroke or heat exhaustion.
- If you begin to feel ill with symptoms such as diarrhea, stomach cramps, nausea, lightheadedness, headache, etc. notify team leader or Lifeline Staff so treatment can begin immediately.
- Clean all cuts/wounds immediately and apply antibiotic cream & notify your team leader. Infection can grow rapidly in this climate.
- There are parasites and biting insects in the grass and soil that get tracked into the dorm rooms. Do not go barefoot. Inside wear something on feet as much as possible.
- Wash hands often, especially after being at church services, playing with children and working. ALWAYS wash hands before getting water/ice from coolers.
- Most transportation will be in Lifeline vehicles. ****No riding motorcycles.**
- Please do not place books, cameras, water bottles, etc. on dining hall tables, kitchen counters, coffee counter or salad/dessert table. There will be a designated place for you to place items you have with you at mealtime.
- Due to limited space in our refrigerators and freezers we ask that no personal items be placed there.
- No one should ever go off alone, even with a translator.
- During *daylight* hours when you have free time, you may walk around the village. Please stay on main roads. Remember cars have the right of way. Make sure you know how to get back.
 - **Note:** Never hand things (candy, toys, etc.) out to Haitians in the streets, at worksite, etc. This can cause a riot and may endanger you or those with you.
- No one is permitted to leave the campus after dark.

Facilities & Mission Policies

- No guys in girl's dorm. No girls in guy's dorm.
- Ladies may wear shorts/PJ's **inside** sleeping room ONLY. Men must wear a shirt whenever leaving the dorm/sleeping room.
- For your protection, please do not give address, phone number or email to any Haitian.
- There is one scheduled shopping time. Lifeline invites vendors at a specified time. Please do not buy things on the street.
- Large disposable cups are your main drinking glasses. We wash and reuse them.
- Personal cell phones may be used for cameras, alarm clock, etc. Phone calls, texts, etc. should be made during free time only, not during the scheduled work day, devotions, meal times, team meetings, ministry times, etc.
- When you arrive, an email will be sent to the contacts you listed on your forms.
- Wifi access is not available for team members.

****DO NOT GIVE GIFTS of any type to the Haitian people** except through our structured, organized programs. Please ask if not certain about what is appropriate and what is not. Please respect this mission policy.

- Non-Christians and members of Christian faith backgrounds other than Christian church/Church of Christ are welcome but must abide by Lifeline's policies, respect the doctrinal position of Lifeline and do nothing to teach contrary to or against the mission beliefs. Our primary objective is to evangelize or enhance the evangelistic work of the church/mission.

Insurance

Most U.S. health care insurance plans through an employer do NOT cover medical care or emergencies outside the United States. Therefore, Lifeline Christian Mission provides short-term mission trip insurance while on your trip.

If you become ill or have an accident during your trip (while traveling outside of the U.S.) and you are forced to seek medical attention that requires you to pay at the time of service, you must do the following:

1. Pay the bill.
2. Receive a receipt for the payment.
3. Contact the insurance company upon return home and obtain a claim form.
4. Complete a claim form and submit bills to the insurance company.
5. Wait up to several months to receive reimbursement.

If you have difficulty obtaining payment or the needed information on the insurance carrier, contact Lifeline's office for more information. Coverage period terminates upon your return from your mission trip.

Lifeline is not responsible for loss suffered due to illness, accident, theft or injury occurred at any time in relationship to your mission trip.

Notes