



Mission Team Participant Packet

Hispaniola Mountain Ministries

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INTRODUCTION



- Our **VISION** is to partner with local, indigenous churches for Kingdom impact through church advancement.
- Our **MISSION** is to encourage, equip, and empower indigenous church partners and their leaders.
- Our **VALUES** are the Gospel, Local Church, Relationships, Training, and Generosity.

Mission Teams will lock arms with HMM's indigenous church partners to help them reach their communities and strengthen their churches.

Teams typically engage in ministry through projects like Rice & Beans Evangelism, Children's Ministry, Discipleship, Bible Studies, Construction Projects or Medical/Dental Clinics.

HMM hosts mission teams in the following locations:

- ◆ Barahona, Dominican Republic
- ◆ Polo, Dominican Republic
- ◆ Santa Elena, Dominican Republic
- ◆ Guayuyal, Dominican Republic
- ◆ Pedernales, Dominican Republic
- ◆ Anse-a-Pitre, Haiti (mission teams are paused until the conditions in Haiti stabilize)

PART 1: FLIGHT ARRANGEMENTS

FLIGHT ARRIVAL & DEPARTURE WINDOWS:

Arrival: Please make flight arrangements to arrive at SDQ before 3:00pm. This will allow your team to be transported by bus to the location where you will stay the night. The bus ride from the airport will be approximately 4 – 5 hours. If you are unable to arrive before 3pm, your team may need to make hotel arrangements in order to spend the night in Santo Domingo. If this is the case, we can help connect you with a good hotel. Hotel, taxi and food for the time in Santo Domingo will be the responsibility of the team.

Departure: Please make flight arrangements to depart from SDQ after 12:00pm. This is necessary to allow adequate time for ground transportation to bring your team to the airport. If you are unable to depart after noon, your team may need to make hotel arrangements to spend the night in Santo Domingo the night prior to departure. If hotel arrangements are necessary, we can help connect you with a good hotel. Hotel, taxi and food for the time in Santo Domingo will be the responsibility of the team.

Contact Chuck Newton if you have any questions about your flight itinerary.

PART 2: BEFORE YOU GO

PASSPORT

All Americans traveling to the Dominican Republic or Haiti are required to have a valid US passport for entry into the country.

IMMUNIZATIONS

There are no immunizations or other medical requirements to enter the Dominican Republic or Haiti. Each mission team member should consult with their personal physician or local health department concerning your international travel. You can also go to www.cdc.gov/travel to review the CDC's recommended immunizations and medical precautions. Your team leader or church staff might also provide guidance for your immunization choices. Ultimately, each individual is responsible for their immunization decisions.

GENERAL HEALTH & PHYSICAL CONDITION

Mission teams should be prepared for international travel to a 3rd world country. Individuals should be physically able to withstand hours of walking and standing in hot, humid conditions. The team leader and/or team members should be ready to care for individuals that may need extra care or assistance. Teams should bring basic first aid supplies and medicines for common illnesses. If a team member becomes ill while on the trip, HMM will provide as much assistance as possible to get treatment for the individual.

All mission teams should purchase Short-Term International Travel / Medical Coverage. Remember that you will be in a country that does not have the same high level or broad availability of medical care as the United States. Use proper precautions and advance preparations.

MEDICATIONS

If you are on a prescription medication(s) during your trip, please inform your team leader. Medication should be in its prescribed container with the prescription number, your name, name of your physician, and name of medication on it. Pills in unlabeled containers could be confiscated at customs though it is unlikely.

ALLERGY DISCLAIMER

HMM has hosted many participants with food allergies without incident. However, if you have food allergies (nut, gluten, dairy, etc.), you will need to bring supplemental food as we are not able to avoid cross contamination. Due to kitchen limitations and lack of storage space, supplemental food needs to remain with you and should be non-perishable. For severe allergies, plan to carry two EpiPens for emergency use.

AGE REQUIREMENT

HMM welcomes minors and families serving on a mission team as long as the minor is adequately mature and has proper oversight while on the trip. HMM has hosted many minors and it has virtually always been a positive experience for all. Minors (persons under the age of 18) should be accompanied by their parent(s), or have an adult, legal guardian assigned to watch over the minor while out of the country.

The sending church / organization is accepting the responsibility for the approval of any minors on the team. This includes the evaluation of the minor's suitability to join the team, and the assurance of the parents' or guardians' full understanding and consent for participation. Additionally, the minor's health, safety and supervision are ultimately the responsibility of the team while on the trip.

PART 3: PREPARATION FOR TRAVEL

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IMMIGRATION & CUSTOMS DOCUMENTS

The Dominican Republic requires all travelers to complete Immigration & Customs Documents online. This online system (E-ticket) will generate a QR Code to use as your documents. You must have the ARRIVAL QR CODE completed before checking in at the US airport for your departure. You will not be allowed to check-in at the airport without showing your QR Code. We recommend that you complete your Arrival QR Code and your Departure QR Code before leaving the US.

Follow HMM's Step-by-Step Guide for completing Immigration & Customs Document to generate your Arrival and Departure QR Codes: [Immigrations & Customs Guide](#)

COMMUNICATION / CELL PHONES

Most HMM locations do not have internet service. The best way for you to stay in contact with loved ones is by using your personal cell phone with an international plan.

Most facilities in the DR and Haiti will have good cell phone coverage in the area, except for Santa Elena. If your team is staying in Santa Elena, you will be able to go to a spot with cell coverage at least once a day. The Polo location has very spotty service at the facility but otherwise strong coverage in most of the area.

Check with your provider so that you are aware of rates and usage limits.

PACKING INFORMATION

DRESS CODE: You will be representing the local, Christian church while you are on the mission trip. The culture expects Christians to be modest and respectable in dress and behavior. Remember, the way you dress and act can help or harm the local Christian witness.

Women – Always be modest in dress. No tank tops or form fitting clothes. Shorts should be long. If wearing leggings or tight athletic pants, wear a shirt that fully covers your rear end.

Men – No tank tops, no offensive or inappropriate graphics on t-shirts or hats.

Church clothes:

Men should wear long pants and collared shirt.

Women typically wear a long skirt and shirt, or a dress.

TIPS & RECOMMENDATIONS:

1. Put at least one set of clothes and any important items you REQUIRE on a daily basis in your carry-on or backpack in case your luggage is delayed.
2. Put snacks in your backpack for the bus ride. It's a long day of travel. HMM will have water on the bus.
3. You will have dinner & orientation when you get to the mission base and get settled.
4. Sheets, pillows and towels are provided. HMM is always in need of more of these items. If you can, bring your own and leave them at the facility.
5. Summer clothing is appropriate with the high temperatures and humidity. Please choose modest clothing that is comfortable, loose fitting, lightweight and washable.
6. Bring swimwear if going to the beach or swimming area. Please be modest with swimwear choices. It is recommended to wear some sort of footwear as the beaches are rocky and there can be sea urchins.
7. Ladies will want to pack a small roll of tissues and hand sanitizer for the trip in and when you are in route to other places.
8. Use unscented items if at all possible to help reduce bug attraction.

Do not bring hairdryers, straighteners, or curling irons. The wiring and electrical systems cannot handle these high wattage items and they will likely damage the system.

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PACKING LIST:

- Passport & Arrival / Departure QR Codes (save QR codes to phone or have a printout)
- Bible and journal
- Backpack & refillable water bottle
- Comfortable walking shoes, closed toe recommended. The terrain can be uneven, dusty and rocky.
- Sunscreen, Hat, Sunglasses
- Hand wipes / antibacterial gel
- Toiletries
- Ear plugs – bring them, someone will be a snorer
- SNACKS – especially for the trip in and out (or if you are a picky eater or like a bedtime snack)
- Personal medication and First Aid supplies
- Flip flops for shower
- Light jacket for nights if in the mountains
- Insect repellant – wipes work great for and can be put in your pocket while out and about
- Zip-lock bags, Walmart bags – these come in handy and needed for toilet paper disposal if in Barahona
- Spending money for souvenirs and soft drinks
- Anything else that you can't live without – there is very limited access to stores and very limited items available on the island
- Phone, charger, external battery (electrical outlets are the same as in the states) and extension cord.
- Optional: Personal fan, Hammock, Etc.

Other IMPORTANT Tips:

1. Several locations do not have hot water, you will survive but be prepared.
2. Do not use faucet water for drinking or brushing teeth. Filtered water will be provided in 5-gallon water coolers.
3. Most locations have bunk beds in the rooms. Be a courteous bunkmate.
4. You're sharing space with others. Keep your personal items neat and picked up. There is limited area for each person's belongings.
5. Get plenty of rest and do not disturb your roommates.

TIPPING for HMM STAFF

People often ask if they can tip the HMM staff (cooks, translators, and housekeepers). Tipping is not necessary but is very much appreciated. Any tip amount is a blessing, but \$10 - \$20 per team member is a good range. IMPORTANT: Only give tip money to your HMM leader and let them divide it among the workers.

NAVIGATING THE SANTO DOMINGO AIRPORT

Team leaders need to be able to lead their team through the airport. If you have never been in the Santo Domingo airport, the guide at the link below will help you. It is not a difficult airport but you must follow the signs. You will probably not find English speakers inside the airport to help you.

Link: [Navigating Santo Domingo Airport](#)

PART 5: SAFETY & FACILITY RULES

We work hard to make your trip accident and incident free. Therefore, we have listed some rules that you **MUST** follow. The rules are simple and are implemented for your safety. Remember, you will be in a foreign country.

- NEVER give your address, phone number, or e-mail to ANYONE.
- NEVER promise help or support to anyone. If you see a need that you want to meet, discuss it with HMM staff before making any promises or donations. HMM staff will know best how to handle the situation.
- NEVER leave the mission base area alone. NO ONE should be outside the mission base after dark (unless going somewhere with a group).
- ALWAYS ask permission before taking a person's photo. Please understand that there will be some people who are offended even at the idea that you want to take their photo. Don't take it personally.
- STAY HEALTHY by not drinking water from the faucet or eating food that may be unsafe. Drink only bottled water. You will be supplied with safe drinking water and our cooks are taught how to properly prepare food for Americans.
- KEEP your passport in a safe place.
- CULTURE SHOCK – you will always be a novelty during your stay. You will attract attention and draw a crowd wherever you are and whatever you do. People will enjoy standing around watching you as much as you will be watching them. To the locals, you are a “rich American” and may be asked for money or other things. **The general policy is to NOT give handouts.** If you would like to give something to someone, please check with the HMM leader so that it can be channeled properly.
- EVERYONE is expected at all meals
- STAY SAFE by behaving appropriately in vehicles so as to secure your own safety and the safety of others.

POLICIES FOR HMM FACILITIES or HOTEL:

- Do not invite or allow any guests inside the walls of the mission base. Special exceptions can be made but must be approved by HMM Staff. Please do not invite anyone to join your group for a meal.
- No adult is to be alone with any child (except his/her own child) at any time.
- Please do not set thermostats below 65 (18 C). Units will freeze and cease to work. It can be warm even with fans and air-conditioning running.
- Please turn off lights and air-conditioning when leaving your room.
- Barahona Mission Base: DO NOT FLUSH TOILET PAPER. ALL toilet paper must go in the wastebaskets. Flushing paper or other products will plug and damage the plumbing / sewer system. Bring sandwich bags to dispose of used toilet paper and other items.
- HMM Mission Bases are an alcohol-free facility – no exceptions.
- Do not take any HMM mattresses, pillows, sheets, etc. outside the facility. In Barahona, you may sleep on the roof but only if you use your personal bedding – no exceptions.
- Do not throw items from the roof or balcony. (Barahona location)
- Please return all dishes, food and utensils to the kitchen after each meal.
- Please ask for permission before using the kitchen or items found in the kitchen. The exception is the coffee pot. It is there for your use.
- Keep personal snack items in Ziploc bags.
- Please reuse bath towels.
- If you set something down outside the mission house, it will disappear. Keep items in sight or on you at all times.

PART 6: CULTURAL INFORMATION

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Dominican Republic Cultural Information



The Dominican Republic was one of Columbus's first discoveries in 1492. The Dominican Republic occupies the eastern two-thirds of the island of Hispaniola in the Greater Antilles. It is the second largest nation in the Caribbean with a territory of 48,442 Km².

- ◆ The capital is Santo Domingo.
- ◆ Population = 10.95 million (27.7% are under 15 years old).

Religion

- ◆ Roman Catholicism is considered to be the official religion.
- ◆ Although the Dominican Republic is said to be 94.4% Christian, only 9.1% of the population claims to be Evangelical Christian.

Language

- ◆ The official language is Spanish.
- ◆ Large pockets of Dominicans of Haitian origin speak Haitian Creole as their primary language.

Economy

Historically, the Dominican economy has been driven by the production of sugar, coffee and tobacco. These cash crops are still very important, but tourism has recently become a larger component of the economy.



Haiti Cultural Information



Haiti is a Caribbean country occupying the western one third of the island of Hispaniola. It is about the size of the state of Maryland. Haitian culture has a long history of suffering under tyranny, cruelty and spiritual bondage.

- ◆ The capital is Port-au-Prince.
- ◆ Population = 11.5 million (32.9% are under 15 years old).

Religion

- ◆ Haiti claims to be 94.8% Christian, but only 17.5% of the population are identified as Evangelical Christians.
- ◆ Roman Catholicism accounts for 72.3% of those that claim to be Christian.
- ◆ Voodoo is a religion of spirits that creates fear for much of the culture. Many Catholics practice Voodoo.

Language

- ◆ The official language is French but only 10% speak it.
- ◆ The common language is Haitian Creole, a form of French.

Economy

- ◆ Haiti is the poorest country in the Western Hemisphere.
- ◆ Two fifths of all Haitians depend upon the agricultural sector.
- ◆ The literacy rate is only 60%.



Basic Haitian Word List

COURTESY

hello (a.m.)	bonjou	thank you	mesi
hello (p.m.)	bonswa	you're welcome	padikwa
goodbye	orevwa, babay	excuse me	eskize-m, padon
please	souple		

CONVERSATIONAL SENTENCES

How are you?	Kouman ou ye?	Where do you live	Kote ou rele
What is your name?	Konman ou rele?	Do you know Jesus?	Eske ou konne Jezu
My name is ____	Mwen rele ____.	Jesus loves you	Jezu renmen ou.
How old are you?	Ki laj ou Gen?	I will pray for you	Ma prie pou ou
I am fine	Mwen bien	God bless you	Bon-Die beni ou
How much is that?	Konbien sa?	Praise the Lord	Beni swa léternel
I don't understand	Mwen pa konprann	How do you say ____?	Douman ou di ____?

Basic Spanish Word List

COURTESY

hello (a.m.)	Hola	thank you	gracias
hello (p.m.)	Hola	you're welcome	de nada
goodbye	adiós	excuse me	perdón
please	por favor		

CONVERSATIONAL SENTENCES

How are you?	¿Cómo está?	Where do you live	¿Dónde vive?
What is your name?	¿Cuál es tu nombre?	Do you know Jesus	¿Conoces a Jesús ?
My name is ____	Mi nombre es ____	Jesus loves you	Jesús te ama
How old are you?	¿Cuántos años tienes?	I will pray for you	Rezaré por usted
I am fine	Yo estoy bien	God bless you	Que Dios los bendiga
How much is that?	¿Cuánto es eso?	Praise the Lord	Alabado sea el Señor
I don't understand	No lo entiendo	How do you say ____?	¿Cómo se dice ____?

SHARE YOUR STORY...

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Our prayer for every team member who travels with HMM is that he or she will see and experience God in new and life-changing ways. And when you do -- we anticipate you will be ready to tell the world!

We want to share your stories with the HMM community, and there are a few ways we need your help!

1. Include #goHMM when you post on Facebook, Instagram, Twitter & other social media. This helps us find and share your stories with the broader HMM community. Be sure to change the privacy settings on your FB posts to “public” so we can share your pictures and posts from the HMM Facebook page.

2. Email us stories and content for HMM social media.

We are always looking for stories of how God is working through our ministries - on the island and at home. If you have a story to share, please send it to us at media@goHMM.org. Don't worry about it being “perfect”, just send us what is on your heart.

3. Choose a team member to be the team photographer and/or guest blogger for the HMM website. If someone on your team is gifted at photography and/or writing, let them be your team journalist for the week. Connect them with our communication staff prior to leaving so we can share stories and photos from your experience.

4. Choose a team member to be included in a Facebook Messenger Group so they can share pictures through the week with our staff to be posted on HMM social media for updates on your team. Please send an email to media@gohmm.org with this person's contact info.

5. Share your post-trip videos and slideshows with us. We know many of you share about your week on the island with your local church family and we'd love to share the media presentations you create with the larger HMM family! Send us links and files at media@gohmm.org

Find us on Facebook, Twitter & Instagram @goHMM.

www.goHMM.org