

The Mission Haiti Inc. Travel Guide



Minneapolis, MN
2018

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Guidestar.org.
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Before travelling to Haiti, please confer with a doctor and refer to:

- U.S. Customs and Border Protection, Dept. of Homeland Security, For International Visitors, Know Before You Visit web page
- U.S. Dept. of State, Bureau of Consular Affairs, U.S. Passports & International Travel web page
- CDC / Centers for Disease Control and Prevention, Health Information for Travelers to Haiti

Embassy of the United States, Port au Prince, Haiti

In case of emergency, please contact the American Citizen Services office as soon as possible so that we may provide you with assistance.

U.S. Embassy Port-au-Prince
Open Monday - Friday, 7:00 A.M. - 3:30 P.M.
Tel: 011-509-2229-8000
Afterhours Emergencies: 011-509-2229-8122
Email: acspap@state.gov

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*Earthquake Memorial
In the Grand Cemetery of Port au Prince
Photo: USAID*

Introduction to Traveling to Haiti

This will be an extraordinary journey — knowing yourself well and understanding your motivation for making the trip is good preparation. This trip is designed to show you Haiti in all her glory — the beautiful, the hopeful, the heartbreaking, and everything in between.

Haiti is a third-world country. But what does that mean? The idea of "third world" refers to countries with some or all of these factors: poverty, high infant mortality rates, few opportunities for economic advancement, lack of middle class, lack of infrastructure, unstable government, illiteracy, risk of disease, less advanced technologically, dependent on other countries. This does not mean that Haiti is not advancing and working toward change.

What should you expect in Haiti?

The rule is: expect the unexpected.

Best things to bring on the trip: patience and flexibility.

Most things will be different than what you know at home. The tropical climate is different; the food can be different; customs and values are different; the language is different, and most people do not speak English. Where and how people live, work, and shop is different. Many of the amenities that we take for granted in the United States are not available in Haiti.

Most buildings and complexes, and many homes are surrounded by walls topped with razor wire or broken glass, and many have armed guards that monitor the

gates. Most schools, hospitals, clinics, non-profit projects are secure with locked gates. Even grocery stores have armed guards.

Haiti can be unsafe; crime is high. Though foreigners are less likely to be targets, traveling in Haiti requires you to be aware of your surroundings at all times. Staying with your group and understanding some of Haitian culture and etiquette will help keep you safe.

That said, Mission Haiti Inc. has been working in and taking travelers to Haiti for over ten years. We have friends and colleagues in Haiti and have been using the same transportation company for so many years that the owner is now family. Our priority is to make sure you are safe and that your trip is rewarding.

Happy Travels!



About Mission Haiti Inc.



Mission Statement

Empowering our Haitian brothers and sisters through education, elder care, and sustainable farming.

What We Do: Education, Elder Care, Farming

Education

Knowing that education is key to the future of Haiti, MHI supports two schools, sponsors students in primary and secondary school, and provides university scholarships.

Elder Care

Believing in the right to dignity at all stages of life, Mission Haiti Inc. helps provide peace of mind and quality of life for the elderly, ill, or abandoned women at The Village of Jesus.

Farming

Bethleem Farm is a growing and thriving example of sustainable, local agriculture. The farm produces cash crops such as sugar cane, as well as a variety of fruits, vegetables, and livestock.

History

Phyllis Sheehan and her husband Don worked to build schools in Haiti for several years. Following Don's passing, Phyllis launched a partnership with a Haitian order, Sisters of the Companions of Jesus, with the goal of building a school in an area outside of Port au Prince with limited educational opportunities. Together they built our first school, **Annunciation Leogane/Ecole Notre Dame Annunciation de Guerin**, a private religious school managed by the

Sisters. Phyllis' parish, Annunciation Church in Minneapolis, adopted MHI as their church ministry.



Lunch at Annunciation Leogane.

Making a long-term commitment to support the school, Phyllis gathered friends and supporters and incorporated MHI as an all-volunteer 501(c)3 nonprofit in 2006.

Since that time, MHI has expanded our partnership with the Sisters in Leogane to include support of an elder care home, **The Village of Jesus**, and a farm.



Painting fingernails—part of “spa day” at the Village.

Bethleem Farm now provides food for our students and The Village of Jesus, as well as food and jobs for the larger community.

Following the earthquake of 2010, the Sisters and MHI responded to the crisis by providing an educational home for a group of secondary students who lost their school. This led to the creation of a permanent secondary school, **College Coeur de Marie**.

Mission Haiti Inc. has been blessed with the support of many individual donors and organizations. We are grateful for the continuing support of Annunciation Church and School in Minneapolis, who have been at our side from the beginning. Another partner and

major supporter is the Federation of the Sisters of St. Joseph.

Our goal is to follow in the footsteps of our founder and create meaningful relationships and work side by side with our partners in Haiti, fundraise for projects that make a real and lasting difference, and help Haitians help Haitians end poverty through education, elder care, and sustainable farming.



One of the Sisters working on Bethlehem Farm.

Our Partners: The Sisters of the Companions of Jesus

The Companions of Jesus live in the heart of the Haiti serving people in need. At present, 32 Sisters work in 20 separate stations throughout Haiti, educate and feed over 4,000 students, operate two shelters for elderly women and an asylum for men, women, and children with disabilities, and manage projects in health care, social services, job training, and agriculture. Bethanie, the mother house and administrative headquarters, is in Port au Prince, near the University Notre Dame of Haiti. The Sisters manage all MHI-supported projects in Leogane.

Founding board member Connie Perner described our relationship with the Sisters best when she said, “We don’t really ‘find’ friends or ‘make’ friends. Friendship grows and unfolds into a beautiful relationship when trust, respect and admiration reside.”

Some of the Companions of Jesus projects:

- Delmas Professional School. Trade school in PAP.
- Love of Jesus / Ecole Coeur-Aimant de Jesus. Primary school in PAP.
- Nazareth / Ecole Foyer Nazareth. Primary school in PAP.
- Our Lady of the Angels / Notre Dame des Anges. Primary and secondary school on the Bethlehem Farm compound, in Leogane.
- Rose di Lima / École National Saint Rose de Lima de Léogâne. A public-private partnership school with over 1000 students.
- St. Vincent/Asile St. Vincent de Paul school, nursing home, and home for disabled children.

The Republic of Haiti A-Z

Area and Location

Haiti is located on the western one-third of the island of Hispaniola, between the Caribbean Sea and the North Atlantic Ocean, west of the Dominican Republic. Haiti is slightly smaller than Maryland with a total area of 10,714 square miles.

Cité Soleil (City of the Sun)

An extremely impoverished and densely populated commune located at the western end of the runway of Toussaint Louverture International Airport adjoining the grounds of the former Hasco Haitian American sugar complex in the Port-au-Prince metropolitan area.

Cité Soleil began in 1958 of homes for 52 families and was originally designed to house sugar workers. Neoliberal reforms beginning in the early 1970s made this place a magnet for squatters from around the countryside looking for work in the newly constructed factories. Though the area comprises only about 22 km/8.4 mi, it eventually grew to an estimated 200,000 to 400,000 residents, the majority of whom are under the age of 25 and live in extreme poverty.

Currency and Money

Haitian gourde (HT) is the currency of Haiti and most items are priced in gourdes, however US currency is accepted nearly everywhere — you do not need to exchange money. The rate of exchange as of April 1, 2018: 1 USD = 64 HTG. You may find some items priced in Haitian dollars but there is no actual currency for Haitian dollars. It is used as a reference; one Haitian dollar is equivalent to 5 goudes.

Economy

- 80% live under the poverty line
- 54% in abject poverty
- Unemployment rate: 40%.

Haiti is a free market economy with low labor costs and tariff-free access to the US for many of its exports. Two-fifths of all Haitians depend on the agricultural sector, mainly small-scale subsistence farming, which remains vulnerable to damage from frequent natural disasters. Poverty, corruption, vulnerability to natural disasters, and low levels of education for much of the population represent some of the most serious impediments to Haiti's economic growth.

Remittances are the primary source of foreign exchange, equivalent to more than a quarter of GDP, and nearly double the combined value of Haitian exports and foreign direct investment.

Education

- 85% of schools are private in Haiti, and charge tuition which is a barrier to many. (*US Aid*)
- 60.7% of the population over age 15 can read and write. (*CIA World Factbook*)
- The age of students within a grade can vary. For example, many sixth-grade students may be age 16, or age 11 or 12. Schools with sponsorship program are more likely to have students in appropriate grades. (*World Bank*)

Government

Haiti is a semi-presidential republic with an elected bicameral legislature and an appointed Supreme Court. The President is the chief of state and the head of government is the Prime Minister. The country is divided into ten departments or administrative divisions by geographic location.

There are over 45 political parties including Inite, a center-left party founded by former President René Préval, and the Haitian Tèt Kale Party (PHTK) founded by former President Michel Martelly who designated Jovenel Moïse as the party candidate in the 2015-2016 elections.

Transparency International published an annual ranking of countries by the levels of misuse of public power for private benefit. On the 2017 Corruption Perception Index, Haiti ranks as one of the most corrupt countries, ranking 157 out 180, an improvement since pre-earthquake rankings. *(Wikipedia)*

Independence Day is January 1, to commemorate the independence from France in 1804.

Language

French and Creole are the official languages of Haiti though Haitian Creole is most often spoken. French is commonly used for teaching and learning in schools.

Population and People

- Estimated 10,646,714

note: estimates for this country explicitly take into account the effects of excess mortality due to AIDS; this can result in lower life expectancy, higher infant mortality, higher death rates, lower population growth rates, and changes in the distribution of population by age and sex than would otherwise be expected (July 2017 est.)

- 95% black, 5% white and mulatto.
- 60.9% live in urban areas; 2.4 million people live in Port au Prince.
- Life expectancy at birth: 64.2 years; ranked 188 in the world. The life expectancy in the U.S. is 80 years; ranked 43.

Time

Haiti is in the Eastern Standard Time/Eastern Daylight Time zone.

Transportation

Car travel in Haiti is not like the United States: traffic rules appear non-existent at times making the car horn everyone's best friend; there are few stoplights; roads are crowded and many are not paved; people line the roads selling everything from mangoes to car parts; and you are likely to see a goat or cow in the street. The most common form of public transportation are tap-taps, brightly painted pick-up trucks fitted with benches that cost around 10 - 15 goudes per trip. Other forms are bus, taxi, and motorcycle taxi.

From Wikipedia, "Transportation in Haiti." Online. Accessed 11.30.17. Text is available under the Creative Commons Attribution-ShareAlike License.

Religion

Roman Catholicism is the most practiced religion in Haiti; estimates vary between 55% - 80%. Many people practice some form of voodoo along with another religion; voodoo is recognized as an official religion (as of 2003).

Restaveks and Human Trafficking

- “Restavek” is a Creole word meaning “to stay with” but the restavek system is considered a form of domestic slavery because restaveks are exploited, unpaid, and often abused and denied education.
- An estimated 300,000 or 1 in 15 children live as restaveks; 60% are girls.

As of 2017, Haiti was upgraded to Tier 2 in the U.S. State Department Watch List for trafficking in persons, meaning that it is a country whose government does not fully comply with the Trafficking Victims Protection act standards for eliminating trafficking but are making

efforts to comply, and a country in which the number of victims is very significant or increasing.

In 2014, Haiti developed a national anti-trafficking action plan and enacted a law prohibiting all forms of human trafficking, although judicial corruption hampered its implementation; progress was made in investigating and prosecuting suspected traffickers, but no convictions were made. Human trafficking is against the law, and while investigating and prosecuting traffickers has increased, no conviction were made. Most of Haiti's trafficking cases involve children in domestic servitude vulnerable to physical and sexual abuse. Human trafficking is criminal with a sentence of up to 15 years in Haiti.

Unless otherwise noted, information in "About Haiti" is gathered from The CIA World Factbook. Online. Accessed 11.30.2017.



A Haitian restavek

About Léogâne

Located in the Ouest (west) department of Haiti, which also includes Port-au-Prince, Léogâne is both an arrondissement and a coastal commune (administrative divisions somewhat like counties or cities, within departments). The commune or town is 29 km/18 mi west of Port-au-Prince.

Léogâne is the birthplace of the Taino queen Anacaona, as well as the wife of Haitian revolutionary Jean-Jacques Dessalines. At the time of the arrival of the Europeans in 1492, Yaguana—modern-day Léogâne—was the capital of one of the five chiefdoms on the island of Hispaniola. This province was the last independent holdout during the Spanish conquest of Hispaniola until their leader Queen Anacaona was captured and killed by the Spaniards in 1503. From 1697 until the revolution of 1803, this area was colonized and under the control of France.

Léogâne was at the epicenter of the 7.0 magnitude 12 January 2010 earthquake, and a United Nations assessment team that investigated three main towns near Port-au-Prince found that Léogâne was "the worst affected area" with 80 to 90% of buildings damaged and no remaining government infrastructure. The damage was also reported to be worse than the capital. Among the facilities destroyed in the quake was the Sainte Rose de Lima School, considered the emotional heart of the city. The military estimated that 20,000 to 30,000 people died from the earthquake there.

The economy in Léogâne remains predominantly an agriculturally based economy, despite the challenges that are facing the agricultural sector in the commune of Léogâne. Agriculture constitutes a key sector to

economic growth for the commune of Léogâne. The sugarcane industry holds the largest share in the economy.

Léogâne is the bastion of Rara, a rural festival that quickly emerge as the most popular cultural of Haitian heritage. The phenomenon of Rara is at once a season, a festival, a genre of music, a religious ritual, a form of dance, and sometimes a technique of political protest.

Rara season starts along with Carnival, and keeps going through Lent, culminating on Easter week. Local Rara societies form musical parading bands that walk for miles through local territory, attracting fans and singing old and new songs. Rara is a paradoxical mix of both carnival and religion. Rara bands often stop at crossroads, the homes of community leaders and important religious spots—cemeteries for example, where they salute their ancestors. Musicians play drums, sing, and sound bamboo horns and tin trumpets.

From Wikipedia, "Leogane." Online. Accessed 4.6.18. Text is available under the Creative Commons Attribution-ShareAlike License.

What You Should Know Before You Go

Before traveling to Haiti, please confer with a doctor and refer to:

- U.S. Customs and Border Protection, Dept. of Homeland Security, For International Visitors, Know Before You Visit web page
- U.S. Dept. of State —Bureau of Consular Affairs, Haiti Travel Advisories, U.S. Passports and International Travel web pages
- CDC / Centers for Disease Control and Prevention, Health Information for Travelers to Haiti

Health Information and Vaccines

Please contact your doctor or a travel clinic 6-8 weeks in advance of your first trip to Haiti. to receive vaccinations prior to your trip as well as medication that are advisable to carry with you. Note that pharmacies in Haiti are not available -- bring medications with you.



The Center for Disease Control website offers health information specifically for travelers to Haiti that includes information on vaccinations, staying healthy and safe, packing for

the trip, and travel health notices--please read carefully and follow the advice to reduce the risk of illness while in Haiti. Go to: cdc.gov — Traveler's Health — Destinations-For Travelers — Haiti

U.S. Department of Homeland Security Travel Programs



Mobile Passport Control

(MPC) is a free service that does not require pre-approval and is free to use. It does require pre-registration and the MPC app to speed you U.S. Customs and Border Protection. Before you leave the U.S., download the free Mobile Passport app from the Google Play Store or Apple App Store, and set up your profile. Travelers will be prompted to create a profile via the app with their passport information. The profile includes the traveler's name, gender, date of birth, country of citizenship, and a self-photo.

Instead of filling out a paper Customs declaration form often handed out during flights back to the U.S., upon landing in the United States, open the app. Then complete the "New Trip" section by selecting the arrival airport and airline and answering a series of CBP inspection-related questions. Once you submit your new trip, you will receive an electronic receipt with a QR code.

Next, go straight to the "Mobile Passport Control" express lane. Show your passport and mobile device with the electronic receipt to a CBP Officer to finalize your inspection for entry into the United States.

Automated Passport Control (APC) is a free service, does not require pre-registration or membership. Instead of filling out a paper Customs declaration form, you can proceed directly to the APC kiosks in the passport control area. You will be prompted to scan your passport, take a photograph using the kiosk, and answer a series of CBP

inspection related questions verifying biographic and flight information. Once you have completed the series of questions, a receipt will be issued.

Next, bring your passport and receipt to a CBP Officer to finalize inspection for entry into the United States. The kiosks allow people residing at the same address to be processed together.



**U.S. Customs and
Border Protection**

Global Entry is a fee-based Trusted Traveler service that allows expedited processing through Customs and Border Control for pre-approved, low-risk travelers upon arrival in the United States. Global Entry includes TSA PreCheck privileges. Pre-enroll online, visit an enrollment center for an interview; provide fingerprints, verify ID, and pay fee of \$100 for a 5-year membership.

More information on the U.S. Customs and Border Protection, and Transportation Security Administration websites. Accessed: April 1, 2018.

Packing for Haiti

Refer to the TSA/Transportation Security Administration travel tips and rules about carry-on luggage and checked bags (tsa.gov).

Must Pack:

- Passport
- Driver's License or 2nd form of identification
- Airline ticket or E-ticket



Important to Pack:

- Copy of passport
- List of immunizations, prescription medications & recommended OTC meds
- OTC meds and first aid supplies you may need: anti-diarrheal medication, ibuprofen, antibiotic lotion, bandages, antacids, etc.
- Cash in small bills
- Mosquito repellent
- Personal toiletries including sunscreen, sanitizing wipes or hand sanitizer
- **Whatever you think you might need.**

Recommended:

- Water bottle (if you do not bring one, you will need to buy a refillable bottle in Miami or in Haiti)
- Snacks: energy bars, hard candy, gum (avoid chocolate--it melts)
- Something to read
- Something to write on and/or with (notebook, pens)
- Sun glasses
- Washcloth and soap
- Flashlight

Clothing to Pack and How to Dress in Haiti

- Pack for heat and for cool temps. The climate in Port au Prince and Leogane is tropical--hot and humid with temps typically in the 90s but it can be in the 50s to 70s in the mountains.
- Sleeves and skirts are recommended for church. Haitians dress up for church; a dress or skirt is a sign of respect.
- There is a custom of modesty for women and girls. Please do not wear:
 - short shorts or short skirts (dresses, skirts, capris at or below the knee are recommended)
 - crop tops, camis, or skimpy tops (sleeveless tops are OK if they are not revealing)
- Jeans are generally too warm to be comfortable. Lighter cotton or breathable fabrics are recommended.
- Pack sandals and closed-toe shoes.

What NOT to Pack

- Valuables
- Jewelry or expensive watches
- Expensive shoes or clothing (you'll be walking on dry, dusty, and unpaved roads and paths, or wet and muddy areas)

If you decide to bring valuables, bring as few as possible and carry valuables with you; do not leave money, your passport, or anything expensive in your room while you are gone for the day.

Bringing Gifts

Please coordinate bringing gifts for our projects with your trip leaders in order to bring only what is currently needed. Note that MHI does not encourage bringing gifts for individual children.

Consider: Bring a journal or use the “Notes” pages at this book to keep a log and/or note your thoughts. If you bring a tablet or netbook, you will need to carry it with you during the day. We think we will never forget but there are so many unforgettable things in Haiti that it is hard to remember them all.

Accommodations, Meals, Transportation

Guest Houses in Haiti

Accommodations typically include shared rooms, some with bunk beds. Towels and linens are provided. Guest houses are typically secure with locked gates and some have guards or armed guards, as well.

Bathrooms and Showers

Most guest houses have shared bathrooms. Showers may or may not have hot water. Clean water is scarce in Haiti — be mindful to use as little as possible. Bathrooms, as well as water and food, are not always available at places we will visit; plan accordingly.

Meals

Breakfast and dinner are often (not always) provided at guest houses. We will eat lunch in restaurants most days; you are responsible to pay for meals at restaurants. Bring water and snacks on outings — meals may not always take place on schedule.

Electricity and Internet Access

There will be electricity wherever we stay but it is common for it to go out for a few minutes or a few hours unexpectedly. You will not need an electrical adapter in Haiti.

Wi-Fi is typically available at guest houses and in some restaurants, but it may be only in certain areas or limited to a certain number of people using it at a time. If you are planning on communicating with family in the US through Wi-Fi, please be aware that it will not be available 24/7.

Transportation in Haiti

An experienced driver and guide will transport us almost everywhere we go in Haiti. Beyond transportation, drivers typically translate for us as needed, offer advice on getting around in Haiti, and help keep travelers safe!

Money and Tips

Money

Expect to pay for purchases and meals with cash; U.S. dollars are accepted almost everywhere so you do not need to change currency. Credit cards are not accepted most places but if you do plan to use one, notify your credit card company of international travel.

Bring small bills — ones, fives, tens — as you will most likely receive change in gourdes. Beware when buying something — know what the cost is in U.S. dollars before paying, or you may be overcharged or short-changed.

Tips and Giving Money to Haitians

Do not tip Haitians (other than in a restaurant) nor

give money to Haitians on the street. This can be dangerous and cause fights to break out. Your trip leaders will tip guest house staff and for other services as needed. Some travelers bring candy to hand out to children we may meet.

Safety, Staying Healthy and Avoiding Illness

- **DO NOT DRINK TAP WATER!** Don't brush your teeth in tap water — drink and brush your teeth in bottled water or using water from water coolers that have been deemed safe. Guest houses will have clean water; if you run out of water during the day, our driver will find a place to buy it.
- Food: Do not eat unpeeled raw food, undercooked food, or food that has been washed in tap water.
- Use hand sanitizer or sanitizing wipes often.
- GI distress is common; antibiotics are often needed.
- Do not pet dogs or animals while in Haiti — some carry and can pass on disease. Many dogs are kept for security reasons rather than as pets and are not friendly.
- Come prepared to spend quite a bit of time traveling in the van. If you get car sick, ask to sit in the front. Leogane is only 19 miles or so from Port au Prince, but it can take two hours to get there.

Safety

Safety should never be taken for granted. Wherever you travel, remain aware of the surroundings and stay with the group.

Language, Culture and Etiquette

Language

Don't expect many Haitians to speak English or speak English fluently. Our driver will also be our interpreter. Haitians typically appreciate your effort to learn a few basic Haitian Creole greetings and phrases.

Culture

When in Haiti, do as the Haitians do:

- Haitians take proper behavior seriously and this includes good manners, clean appearances at all times, a moderate tone in one's speech and avoidance of any profanity or public "scenes", as these are all important indicators of one's social class.
- Women dress conservatively. Men and women dress up for church.
- Men shake hands on meeting and departing. Women kiss each other on the cheek. Friends, family and close acquaintances usually share a light kiss on the cheek
- It is considered rude to point at someone.
- Bartering is expected.
- Punctuality in an informal setting is not highly valued and being late is usually not considered rude.

From "Etiquette in Latin America," Wikipedia. Accessed 11.30.2017. Text is available under the Creative Commons Attribution-ShareAlike License.

Photos

Do not take pictures of Haitians — children or adults — without first asking permission. If you cannot ask, don't take the photo even from a bus or van; it might greatly anger someone, or they may ask you to pay for the picture. Please do not ask to take photos of an individual child or children that you sponsor as

children may not be aware that they are being sponsored, being singled out can be confusing or embarrassing for a child and pulling a child from a classroom can be disruptive.

Respect

One thing a missionary or other visitor to Haiti learns very quickly is that Haitians are a very dignified people; they have their pride, despite all they have had to endure. There are some beggars and peddlers in the cities, but they are the exception, not the rule. Expect no kowtowing. Impoverished Haitians will always accept gifts, but they will almost always stand straight, look you in the eye, and repay you with a sincere "Mesi" (thanks).

Haiti is a nation of fairly conservative norms. Modest dress when exploring Haiti's cities is advised, especially for women. The smart visitor should look people in the eye, wave hello, and treat them with friendship and respect, as equals, no matter how poor or desperate their living conditions may seem.

Try to learn some basic words of Haitian Creole.

Ask permission before taking pictures of locals (they often ask you for money). Never walk about sticking your camera in people's faces or taking pictures randomly. Do not solely take pictures of the piles of trash you may see in some of the bigger cities (such as Cap-Haïtien or Port-au-Prince) or anything else that Haitians are not proud of as it is offensive. However, people have no problem with foreigners taking pictures of beautiful scenery, cultural events or historical sites.

Sometimes visitors to Haiti walk about handing out candy or dollar bills. While many people, especially children, will accept your offering, this is offensive to most people as it compromises the dignity of Haitians. Carry an extra water bottle and food to share with your driver, guide, or interpreter.

Be patient as nothing moves fast in Haiti. Most people will find your whining amusing at best and severely insulting at worst.

Consider carrying a few photos of the area where you live, your workplace, or your family to share with friends you make. These are the things that transform you from just another tourist into a real person. More often than not, the people will return the favor, and you might just find a friend.

Your emotions are real. It is okay to feel overwhelmed if you have not experienced this type of culture difference before. If you are easily affected by signs of poverty, Haiti is not for you. Be polite but not intrusive. It is normal to ask questions of the locals. Remember that you are a guest in their country. Do not expect to be treated as a king or a queen (though you might get some extra privileges) because you are foreign. Haitians are warm and helpful people.

"Respect" is excerpted from Wikitravel: Haiti. Online. Accessed 11.30.2017. Text is available under the Creative Commons Attribution-ShareAlike License.

Keep in Mind: It is a privilege to visit Haiti. We are the guests. Like most everyone, Haitians appreciate respect and kindness, and are proud of their country.

Reflections from Travelers — Excerpts

I believe Haiti must be one of the world's greatest paradoxes — a simple segment of an island reflecting heaven and hell, beauty and ugliness, truth and injustice, sorrow and joy, suffering and healing, destruction and constant creation, life and death, all in the extreme including the untimely and unfair dying of so many.

Yet, where there is despair, there is hope; where there are broken hearts and broken lives, there is faith, charity, and great love, also in extremes. And there are old and new dreams envisioned and built in incredible strength and humility of mind, body and whole, Holy Spirit.

I came home the first time wanting to go back but as the year rolled on, some of my basic desire began to fade in my everyday reality of home and all its responsibilities. But I did return! At the mission house, I flopped down on a bed and having no clear idea why, I said, "I'm home!"

Why? Most important was the renewal and growing of relationships: seeing some of the same faces and smiles, exchanging a hug and a handshake, building trust, finding ways to communicate and share the journey. To build a bridge and breach the gap between worlds, to know we are real to each other and not just an experience — these are all parts of the "whys" to return and remain faithful. ...

You may ask, "Is there any end of feeding starving children?" Well, not as long as there is hunger. Will I feed the stranger in my city, my next-door

neighbor, a member of my family? The children at Annunciation School in Leogane, the women in the

Village of Jesus, the Sisters of the Companions of Jesus, the children of Port au Prince — they are our strangers, our next-door neighbors, our own children, our brothers and sisters.

We are all one; in every cell of our being we carry the burdens and triumphs of being human and divine beings. We always have, we are now, and will be forever. Let it be in love.

Carry Haiti in your heart. Be and help others become aware of our big and small world. As our friend in Haiti, Father Tom, would say, "See with your heart and speak with your eyes, and not be afraid."

Rejoice in Mission Haiti and please, keep it happening. Peace be with us. January 2013



Kids at Annunciation Leogane

The trip to Haiti fell gracefully into place for me and for all 12 of us. The days spent there were one presence to another, hours of driving on rocky, rutted roads in our van, witnessing miles roadside sellers and scavenging goats and chickens.

Then soon we were welcomed and given gracious hospitality behind each humbly walled compound. Even though we did not travel there for the purpose of a taking on project, to build or paint or to bring material resources, our purpose and intentions were to recognize, to demonstrate and to give respect, validate and to genuinely acknowledge the Haitian people and the works of kindness, compassion and service to education already in progress among the Haitian people.

Many moving, inspirational images come back to me:

1. Children in crowded classrooms, beautifully groomed hair and in their blue checked blouses and boys too in school uniforms singing their 'Bienvenue' greetings. They were full of smiles at each of the four schools where we immersed ourselves for a short time as part of each visit.
2. My fellow travelers handing out lollipops or little candies and stickers, one by one to each child in the primary schools. Their eagerness to receive was palpable.
3. The waving greetings from the Haitians, our bus of 'blancs' passing their homes, by most standards very bare dwellings. Often only tarps attached to long sticks was a way to mark their property boundaries and offer

them some small pieces of privacy, I surmise and wonder how they continue to hope and cope!

4. The joyous and full singing of Haitian children and youth in a mix of Creole and French, from memory without songbooks.

In conclusion, to make a preferential option for the poor in some small way was what led me to make this Journey to Haiti. I have much to study, and to continue to learn about the peoples of the world who are indeed my brothers and sisters.

March 2018

Saying “yes” is a moment in time, a decision to go, to open our hearts, to step out of our lives and enter into something bigger. I am learning to say yes. I know I am afraid, often, but that is okay. For I have found that when I say yes, I enter a holy place and Haiti has become a holy ground for me. 2014

What I Learned in Haiti

Gratitude for all that I have, especially for my husband, family and friends. Gratitude for living in a safe place that does not require a ten-foot wall for safety, where there is clean drinking water and uninterrupted electricity, good roads, abundant food to select from, safe vehicles and other forms of public transportation, and gratitude for all of the things we take for granted.

Respect and admiration for the amazing Sisters, the Companions of Jesus, who run so many

schools in Haiti and also hold down full time other jobs to raise money for their order.

Appreciation for Mission Haiti for providing the leadership for this immersion trip. We were not tourists; we had opportunities to visit places and hear stories from real people.

Desire to find the best way to use what skills I have in educating others about ways to really be of service to the Haitian people. Assistance doesn't always mean travel.

My Unanswered Questions

I have spent the last few days since coming home asking these questions:

- Is there truly a way to help empower the Haitian people while they still have a non-functioning government?
- Does foreign aid really work?
- Are we creating Haitian dependence on outside help and a mentality of expectations?
- With so many aid organizations working in Haiti, can there be a better way of inter-organization communication about shared goals and purposes?
- How can I best share the information I learned about Haiti to do the most good?
- What further things can I do to support some of the excellent programs and services I witnessed?
- What further questions will arise as I continue to reflect on this enriching experience?

March 2016

Resources: Haiti

Online

- Conan in Haiti: 19 short videos from his trip to Haiti in January 2018. Search “Conan in Haiti” on YouTube.
- "Haiti" from Wikipedia
- "Traveling in Haiti" on Wikitravel
- "Haiti" in *The World Factbook (CIA)* has the most current information and statistics about Haiti as well as a brief overview of history, politics, geography, etc.
- Mark Schuller, Huffington Post Blog. Mark Schuller is one of the leading American experts on Haiti, an Associate Professor of Anthropology and NGO Leadership and Development at Northern Illinois University and affiliate at the Faculté d’Ethnologie, l’Université d’État d’Haïti.
- Find a timeline of history from the landing of Christopher Columbus to the present on CNN—World—Americas—Haiti Fast Facts

Books

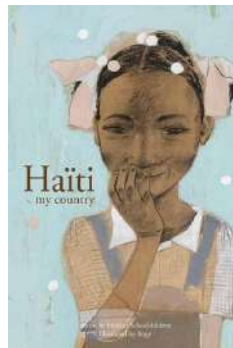
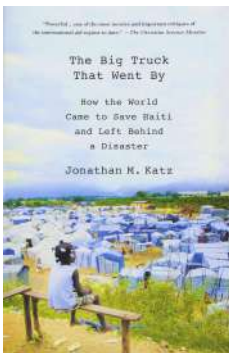
- *The Big Truck That Went By: How the World Came to Save Haiti and Left Behind a Disaster* by Jonathon M. Katz, St. Martin's Griffin, 2014. “A top-notch account of Haiti's recent history, including the January 2010 earthquake, from the only American reporter stationed in the country at the time ...An eye-opening, trailblazing exposé.” —*Kirkus Reviews (starred)*
- *Haiti After the Earthquake* by Paul Farmer, Public Affairs, 2011. Farmer describes the

incredible suffering — and resilience — that he encountered in Haiti. Having worked in the country for nearly thirty years, he explores the social issues that made Haiti so vulnerable to the earthquake. Includes stories from other doctors, volunteers, and earthquake survivors.

- *Haiti, My Country* by Roge, Fifth House, 2014. (Children's Book) For several months, illustrator Roge prepared a series of portraits of Haitian children. Teenaged poets of Camp Perrin wrote the accompanying poems, seeing surrounding nature as assurance for a joyful, confident future.
- *Killing with Kindness: Haiti, International Aid, and NGOs* by Mark Schuller. Foreword by Paul Farmer, Rutgers University Press, 2012. Winner of the 2015 Margaret Mead Award from the American Anthropological Association and the Society for Applied Anthropology. Schuller analyzes the impact of aid on recipient NGOs and their relationships with local communities.
- *Miracle on Voodoo Mountain: A Young Woman's Remarkable Story of Pushing Back the Darkness for the Children of Haiti* by Megan Boudreaux. Thomas Nelson, 2015. The inspirational memoir of an accomplished and driven 24-year old who quit her job, sold everything, and moved to Haiti, by herself—all without a clear plan of action. Three years later, Megan and her staff of nearly 200 are educating over 500 children, and addressing the needs of the community.
- *Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World* by Tracy Kidder, Random House, 2009

(reprint). This compelling and inspiring book shows how one person can work wonders. In medical school, Paul Farmer found his life's calling: to cure infectious diseases and to bring the lifesaving tools of modern medicine to those who need them most. At the heart of this book is the example of a life based on hope and on an understanding of the truth of the Haitian proverb "Beyond mountains there are mountains"—as you solve one problem, another problem presents itself, and so you go on and try to solve that one too.

- *On That Day, Everybody Ate: One Woman's Story of Hope and Possibility in Haiti* by Margaret Trost, Koa Books, 2016 (reprint). Margaret Trost, struggling to make sense of the extreme poverty and touched by the warmth and resilience of those she met, partnered with a local community and together they developed a program that now serves thousands of meals a week to those in need."
(From book description)



While in Haiti

Some Other Organizations

- Baptist Haiti Mission, Fermate. Over 350 churches and over 350 schools, training programs, and a hospital — started in 1943. www.bhm.org
- Family Health Ministries. Health care, education, children's programs, women's programs, and a guest house in Leogane. familyhealthministries.org
- Haiti National Program for the Elimination of Lymphatic Filariasis, Holy Cross Hospital, Leogane, Haiti. <https://haiti.nd.edu>
- Hands Together. Fr. Tom Hagan. School, clinics, elder care, rural agriculture programs, in Cite Soleil, Port au Prince, Gonaives, and Cap Haitien. Founded 1986. www.handstogether.org
- The Have Faith Haiti Mission, Port au Prince. mitchalbomcharities.org/have-faith-haiti
- Healing Haiti, Titanyen. Orphanage, school, elder care, health care, guest house. Healinghaiti.org
- Love a Child. Schools, orphanage, feeding program, health care, churches, training, agriculture. <https://loveachild.com/>
- Missionaries of Charity, PAP.
- NPH Haiti, Fr. Rick Frechette. Pediatric Hospital, rehabilitation centers, home for children, and higher education program. Founded 1987. www.nphusa.org

- Respire Haiti. Restavek awareness, safe house for young girls, school, clinic, food distribution, micro loan program, and restaurant. www.respirehaiti.org
- Sakala, Cite Soleil. Youth community center. Founded 2006. www.sakala-haiti.org
- The Sanneh Foundation Haitian Initiative. Soccer program in Cite Soleil that feeds children and requires proof of school attendance. Affiliated with the U.S. State Department Sports United program. thesannehfoundation.org
- The University of Notre Dame of Haiti. Campuses in seven locations throughout Haiti. Founded 1995. www.undh.edu.ht

Shopping

- The Apparent Project Papillon Boutique. #14 Rue Cassagnoll Prolongee off of Delmas 75 in PAP. apparentproject.org
- Baptist Haiti Mission, Fermate. Restaurant and store.
- Comité Artisanal Haitien (CAH). Rue 3 2 9, PAP. Artist Co-op. www.cahaiti.com
- Gwo Maché Mirak, Fond Parisien. 30 miles east of Port-au-Prince, along the main road between Port-au-Prince and Santo Domingo. Large open-air market with over 500 vendors. loveachild.com/2016/04/gwo-mache-mirak-grand-miracle-market/
- Kay Atizan, Petionville. Café and store. #14 Rue Cassagnoll Prolongee off of Delmas 75. Haitian arts and crafts—good quality.
- Marché en Fer / Iron Market, PAP. Historic indoor and outdoor market.

- Matthew 25. #6, Rue A. Martial et Jean-Baptiste Delmas 33, PAP. Guest house and store.
- Peace Cycle. Delmas 33 - Rue Flobert #4, PAP. A project to recycle plastic water bags into good quality bags of various sizes. Contact Rosie for a tour before going to shop: peacecyclellc@gmail.com. www.peacecycle.com
- Village Artistique de Noailles, Croix des Bouquet. Metal artist village of shops and workshops. Read more about a visit to the village and the artists there on this blog: goo.gl/bKKzNc



One of the many talented metalwork artists in Croix des Bouquet

Sightseeing In or Near Port au Prince

- Bon Sel Dayiti+ / Salt Factory Congregation De Sainte Croix, Ref Hopital Saint Francois de Sales. 53 Rue Chareron, Port au Prince. bonseldayiti.com
- Côte des Arcadins. Coastal area along Rt. 1, north of PAP, known for beautiful beaches and resorts.
- Fort Jacques, Fermate.
- The Haitian National Memorial and Peace Park (HNMP), Titanyen.
- Haut Saut d'Eau, Mirebalais.
- Musee du Pantheon National Haitien(MUPANAH) / The Haitian National Pantheon Museum, PAP.
- The Overlook / Observatoire, Boutilliers, Petionville
- The Wynne Farm Nature Reserve, Kenscoff. Environmental protection through education. Founded 1956. www.wynnefarm.org



Fishing beach in Leogane

Restaurants

- Epi d'Or. Delmas 56, PAP. \$ Fast food, American.
- Fior di Latte. Angle Rue Lamarre et Chavannes, Choucouné Plaza, Port-au-Prince. \$\$ - \$\$\$.
Pizza, Italian.
- Gingerbread Restaurant. #22 Rue 3, Pacot, PAP (on the same street as CAH). \$\$ - \$\$\$ On the patio of a restored mansion, varied cuisine.
- Hotel Montana. Rue Franck Cardozo, Petionville \$\$ - \$\$\$.
Great view. International, Caribbean.
- Hotel Oloffson. 60 ave Christophe, PAP. A 19th-century gingerbread mansion that was once the private home of two former Haitian presidents. Immortalised by Graham Greene in *The Comedians*. hoteloloffson.com
- Kay Atizan Café. Rue Magny, Festival Arts Building, Petionville. \$\$ - \$\$\$ Caribbean.
- Ko Ko Ye. Delmas 31 # 1, PAP. \$\$ - \$\$\$ Caribbean food, bar, pizza. Not far from Missionaries of Charity.
- La Fouchet, at the Executive Villas hotel. Angle Rue Tapage et Blvd. 15 Octobre, Tabarre 43. \$\$ - \$\$\$.
Varied menu, good food, good service.
- Le Michel, Best Western. 50 Angle Louverture & Geffrard, Petionville. \$\$ - \$\$\$ Indoor and outdoor seating overlooking PAP. Varied menu and tapas.
- Les Jardins du Mupanah Rue Oswald Durand, Rue de la République, PAP. \$\$ - \$\$\$ On the ground of the national museum. Variety of food, Caribbean.

- Mountain Maid. Fermate. \$ American. When bringing a large group of people to the restaurant, you can call ahead: +509 2812 5819.
- Observatoire Bar & Restaurant. Boutilliers, Petionville. \$\$-\$\$\$ At the overlook. Caribbean, bar, grill.
- Quartier Latin, 10 Rue Goulard, Place Boyer, Petionville. \$\$ - \$\$\$ Music some evenings, indoor and outdoor seating.
- Respire Haiti Cafe. Route Nationale #2 in Santo de Gressier. On the way to Leogane. \$
- Visa Lodge. Route des Nimes, PAP. \$\$ - \$\$\$ Buffet, pizza, salads, sandwiches, burgers, fish.
- Vol Café Bistro. Avenue Gerard Teodart, PAP. \$ Next to the Stop & Go. Caribbean, pizza, fast food.

Appendix A More About Haitian History

A Brief History

The native Taino — who inhabited the island of Hispaniola when it was discovered by Christopher Columbus in 1492 — were virtually annihilated by Spanish settlers within 25 years. In the early 17th century, the French established a presence on Hispaniola. In 1697, Spain ceded to the French the western third of the island, which later became Haiti.

The French colony, based on forestry and sugar-related industries, became one of the wealthiest in the Caribbean but only through the heavy importation of African slaves and considerable environmental degradation.

In the late 18th century, Haiti's nearly half million slaves revolted under Toussaint L'Ouverture. After a prolonged struggle, Haiti became the first post-colonial black-led nation in the world, declaring its independence in 1804.

Currently the poorest country in the Western Hemisphere, Haiti has experienced political instability for most of its history.

A massive magnitude 7.0 earthquake struck Haiti in January 2010 with an epicenter about 25 km (15 mi) west of the capital, Port-au-Prince. Estimates are that over 300,000 people were killed and some 1.5 million left homeless. The earthquake was assessed as the worst in this region over the last 200 years.



Haiti Earthquake
Logan Abassi / The UN Development Program

Hurricane Matthew, the fiercest Caribbean storm in nearly a decade, made landfall in Haiti on 4 October 2016, with 140 mile-per-hour winds, creating a new humanitarian emergency. An estimated 2.1 million people were affected by the category 4 storm, which caused extensive damage to crops, houses, livestock, and infrastructure across Haiti's southern peninsula.

President Michel MARTELLY resigned in February 2016 and was replaced by Interim President Jocelerme PRIVERT. President-elect Jovenel MOISE won the November 2016 elections and assumed office in February 2017.

Haiti – U.S. History

Haiti is the second-oldest republic in the Western Hemisphere, after the United States. Though it won independence from France in 1804, Haiti did not receive U.S. recognition until 1862. Haiti experienced numerous periods of intense political and economic disorder, prompting U.S. military intervention in 1915. Following a 19-year occupation, U.S. military forces

were withdrawn in 1934, and Haiti regained sovereign rule.

The United States recognized Hayti (Haiti) on July 12, 1862, when President Abraham Lincoln commissioned Benjamin F. Whidden was to act as a U.S. diplomatic representative to Hayti under the title "commissioner and consul-general."

From "A Guide to the United States' History of Recognition, Diplomatic, and Consular Relations, by Country, since 1776: Haiti," Office of the Historian, Secretary of State. Online. Accessed 11.30.2017.

Haiti–United States relations (1804–1914)

After Haiti gained its independence from France in 1804, through slave rebellion, the pro-slavery south worried this event could influence slaves in the US, and America refused to recognize Haiti's independence until 1862. President Andrew Johnson suggested annexing the island to secure influence over Europe in the Caribbean. The US government never followed through, but did post active military on the island during this period. Through the nineteenth century, mulattoes and blacks often entered into conflicts and called on foreign intervention. During this period according to historian Hans Schmidt, the U.S. Navy sent ships to Haiti 19 times between 1857 and 1913 to "protect American lives and property" until the United States finally occupied Haiti in 1915.

Occupations of Haiti by the United States (1915–1934)

From 1915 to 1934 the U.S. Marines occupied Haiti. Prior to the occupation, the U.S. military took control of the banks and collected \$500,000 to hold in New York. It also repealed an 1804 provision that forbade foreigners from owning land in Haiti. This occupation impacted the nation's economy as well as the people's self-image and independence. Ultimately,

Haitians united in resistance of the U.S. occupation and U.S. forces left in 1934. Left behind was a newly trained Haitian Army (the Garde) consisting of mostly black soldiers and mulatto officers, who dominated political office until 1947.

U.S. interventions in Haiti (1957–2005)

From 1957 to 1971, Francois Duvalier governed Haiti under a repressive dictatorship, but some argue the United States tolerated the regime because it was staunchly anti-Communist and a counterbalance to Communist Cuba during the Cold War. When Duvalier died, his son, Jean-Claude ("Baby Doc") took over and maintained many of his father's policies. The Reagan administration forced Baby Doc to leave in 1986, and when a repressive military dictatorship arose, President Reagan suspended aid. The George H.W. Bush Administration also embargoed and then blockaded Haiti, suspending all but humanitarian aid.

After the fall of the Duvalier family and other military regimes, Jean-Bertrand Aristide was elected in 1990, but he was toppled in a coup seven months later. From 1991–1994 the Clinton Administration imposed an economic blockade, which further impoverished the country, and eventually the Clinton Administration intervened militarily in 1994 to restore Aristide to power. U.S. support for Aristide waned following corruption concerns, and a February 2004 armed rebellion led to his exile. After Rene Preval succeeded Aristide, aid flowed again to Haiti, totaling \$1.5 billion from 1990 to 2005.

From "Haiti – United States relations," Wikipedia Online. Accessed 11.30.2017. Text is available under the Creative Commons Attribution-ShareAlike License.



*Le Marron Inconnu (Nèg Mawon) /
The Unknown Slave (Maroon Man), Port au Prince.
Completed in 1969, it is dedicated to the abolishment of
slavery and freedom of all black people. (Wikipedia)*

Appendix B A Little Bit of Haitian Creole

English — Creole

Yes	Wi	No	Non
Thanks	Mesi	No, thanks	Non, mesi
Please	Souple	You're welcome	Merite
Friend	Zanmi		
Haiti	Ayite	Creole	Kreyòl
Good morning!!		Bonjou!	
Good afternoon/ Evening!		Bonswa!	
Excuse me		Eskize mwen	
I'm sorry		Mwen regret sa	
What is your name?		Kouman ou rele?	
My name is...		M rele...	
How are you?		Kouman ou ye?	
(response) Doing Good!		N'ap boule!	
This is my friend.		Sa se zanmi mwen	
A little bit	Piti piti	A lot	Anpil
Where?	Kote?	Here	Isit
There	La	Everywhere	Toupatou
How much?	Konben?	When?	Kile?
What?	Kisa?	How?	Kij an?
Who?	Ki moun?	Which?	Kiles?
Why?	Poukisa?		

What is your name?	Kij an ou rele?		
My name is...	M rele...		
How old are you?	Kilaj ou?		
Do you speak English?	Eske ou pale angle?		
You understand?	Ou konprann?		
What time is it?	Ki le li ye?		
It is five o'clock.	Li senkè (add è to end of number)		
What is that?	Kisa sa ye?		
Where are we?	Kote nou ye?		
How do they say...in Creole?	Kij an yo di...an kreyol?		
What do they call that in Creole?	Kij an yo rele sa an kreyol?		
Can you tell me...?	Eske ou ka di mwen...?		
Do you have?	Eske ou gen...?		
I, me, mine	mwen	you, your	Ou
My family	fanmi m	your father	Papa ou
Him her, his, hers	li	us, our, you	nou
I am	Mwen se	We are	Nou se
Show	montre	Give	ban
To sit	chita	To eat	manje

To stop	rete	to be	Se
To come	vini	To go	Ale/prale
To finish	fini	To depart	pati
0	zewo	3	twa
1	youn	4	kat
2	de	5	senk
6	sis	9	nèf
7	sèt	10	dis
8	uit	20	ven
Monday	lendi	Friday	vandredi
Tuesday	madi	Saturday	samdi
Wednesday	mekridi	Sunday	dimanch
Thursday	jedi		
English approximations of vowel sounds			
Creole – English			
a	bra	an	sans
e	hey	è	bedl
en	Sain (Fr)	on	son
i	need	o	law
ou	you	ò	sort
on	son	ui	Suis (fr) or wi
English approximations of consonant sounds			
Creole – English			
ch	sh	j	measure
b, d, f, g, k, m, n, p, r, s, t, v, y, z		Same as in English	

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Stay connected to Mission Haiti Inc. and become part of the community! Like or follow MHI, and then, post, pin, comment, and tweet to keep in touch.

