

The logo of St. Francis de Sales is a circular emblem. It features a central figure of a man in a long, flowing robe, standing with his hands clasped in prayer. The figure is rendered in a stylized, blocky manner. The entire emblem is set within a circular frame that has a slightly irregular, hand-drawn appearance.

**St. Francis de Sales Volunteer
Haiti Manual**

Guidebook for Hands Together
Volunteers & Visitors
2012

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Hands Together helps people living in Haiti's poorest areas. Our work is based on Catholic social teaching and our mission to identify ourselves with the poor and join them in their struggle for dignity and a better life. We express, with clear action, our belief in the dignity and value of the human person by implementing programs in four primary areas of assistance:

Education

- Operate 13 school campuses providing education to more than 10,000 students;
- Operate a high school in the Cite Soleil slum for 1,400 young men and women;
- Direct support to 97 Gonaives diocesan schools -- providing desks, school supplies, & teacher's salaries;
- Scholarship & educational assistance for the poor;

Charity & Emergency Intervention

- Funds to families needing housing support;
- Cash grants to families for funerals, medicines, or basic needs;
- Earthquake & disaster recovery grants to staff, students and members of Hands Together;
- Shelter, food, supplies, and clothing assistance to the elderly and marginal;
- Direct support to dioceses and poor parishes in Haiti;

Nutrition/Health

- Daily school meals to 11,500 students and 2,000 elderly;
- Special nutrition programs for 800 children ages 2-7;
- Regular dry-food distributions to crisis areas and to the elderly;
- Mobile medical clinic services to areas that lack clinics or access to health care;

Agriculture & Development

- Water & irrigation well drilling;
- Environmental protection/reforestation programs;
- Small enterprise promotion, credit and cooperative formation and micro-finance loans;
- Agricultural vocational and practical training, food production & assistance to small farmers;

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Table of Contents

General Information	4
Mission, Note from Fr. Tom and Doug Campbell, Vision	5
HT Service Programs	6
Categories	6
Needs, Acceptance, Benefits, Term Service	7
Traditions & Philosophy	8
Volunteer & Community Description	9
Traditions	10
Spitituality	11
Volunteer life	12
Schedule	12
Guidelines	13
Security	15
Behavior	16
What to Bring	17
Culture Shock	18
Final Thoughts	20
Agreement Form	21

General Info on Hands Together

Hands Together Mission

Hands Together is a nonprofit organization devoted to educating, inspiring and encouraging people to understand the importance of responding to the needs of the poor and disadvantaged. Our Mission, as we strive to build a more compassionate and human world, proceeds from the spiritual belief that we are all members of one, equal, interconnected family under a loving God.

Note From Fr. Tom

Many years have passed since my first trip to Haiti in 1985. It's with warm fondness and lasting satisfaction that I remember the handful of enthusiastic young students who organized efforts to help two dozen people suffering from leprosy in Gonaives, Haiti. I thank God for the wonderful, caring people that joined me in doing something for this great world of ours - joining "hands together" and discovering the joy that comes from helping others.

Much has been accomplished since our incorporation in 1989 and I am extremely proud of all the dedicated people who have participated in Hands Together's efforts to build a more compassionate and human world. There seems to be an urgency now more than ever to offer challenges and give meaning to our young people's lives. We must be willing to teach that we are all linked together; our only lasting bond is the bond of love. We must be willing to join hands with the poorest of the poor and work together to overcome all kinds of bigotry and hatred. Our spirit should be one of continual joy and optimism - knowing that we are indeed loved by God and through grace and prayer we are drawing closer to him as time passes. In the words of the prophet Micah we are required "to do justice, and to love kindness, and to talk humbly with your God."

Our mission, first and foremost is that each of us be a loving teacher and humble student. We provide learning experiences that urge people to discover beauty in every culture and truth in every human encounter so that bridges are built and linkages among people strengthened. We spiritualize our involvement with Hands Together. We dedicate ourselves to God and to serving the least of our brothers and sisters. We continually respect this great earth and all of its people.

May God bless you,

Father Tom Hagan, O.S.F.S.

Note from Doug Campbell

In 1986 a handful of students from Lafayette College returned home from a Haiti trip led by Fr. Tom Hagan, OSFS, our Catholic Chaplain. I was one of those students and I never could have guessed that the experience would impact my life so profoundly. Fr. Tom Hagan helped me, and many other young people at Lafayette, see more clearly our responsibility to serve others. He taught us that true joy and real satisfaction come when one gives of himself. Fr. Tom encouraged me and many of my fellow students to "strive to see Jesus in every human face."

Hands Together is first a fellowship of people working to build a better world, and second, a program of interconnected outreach activities designed to help the poorest of the poor. The ministry of Hands Together is best described by Bishop Ken Untener who wrote:

"We plant the seeds that one day will grow. We water seeds already planted, knowing that they hold future promise. We lay foundations that will need further development. We provide yeast that produces effects far beyond our capabilities. We cannot do everything, and there is liberation in realizing that. This enables us to do something and to do it very well. It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest. We may never see the end results, but that is the difference between the master builder and the worker. We are workers, not master builders; ministers not messiahs. We are prophets of a future not our own. "

Our Vision

We hope that members of Hands Together work passionately to build a more compassionate and human world; that Hands Together's workers will be known for their tenderness and mercy, especially toward the poor; that people will visit our projects and experience the beauty and goodness of the people they encounter; that our volunteers will assess the needs of their own communities with a renewed sense of compassion, and search for ways to respond respectfully to help others; that the families who live in Haiti's desert villages will be healthy, that the people in the slums of Port-au-Prince will drink clean water; that everyone in Haiti will have access to education; that in the poorest communities, Hands Together helps people use their resources so that they become free and live dignified lives; and we hope that the people of Haiti will be able to build a strong community with their friends from Hands Together and exchange ideas in order to improve their quality of life.

HT Service Programs



Doug Campbell speaks with Marys Meals CEO, Magnus MacFarlane-Barrow about new school feeding.

Service categories with Hands Together:

•**St. Francis DeSales Volunteers (SFSV's)**- This is our formal, long-term volunteer community that lives at our HQ in Port-au-Prince or Gonaives. Members live together in community and assist our Haitian staff as mentors and resource people. The focus of this community is a blend of service and spirituality. The SVS community combines daily devotion and prayer with practical work to help improve our projects and our staff. We draw from the rich well of Catholic/Christian spirituality and embrace a simple lifestyle in solidarity with the suffering of the very poor.

•**Hands Together Helpers** - This is our informal program that welcomes short term visitors who come to help with a fixed, specific project or need. Hands Together arranges for lodging and food and in-country transportation. Participants are encouraged and welcome to follow the daily schedule of our volunteer center. HT Helpers possess certain skills needed at specific time. Example: Engineers coming to help us install an irrigation system at our agriculture project in Gonaives, or a computer networking expert spending 10 days setting up our computer lab at our high school in Cite Soleil.

•**Visitors** - Special guests, invited by Hands Together, for visits to our various projects.

•**Delegations** - Formal group visits of 3-12 persons, from parishes or schools –usually, these projects last 7-10 days.

Areas of Mentorship and assistance

•**Educators** - people with experience and expertise in training teachers, catechists and school administrators are needed. We need help implementing simple curriculum and classroom management. Our schools lack well trained teachers and we need people to help them and our administrators.

•**Administrators** - people who can oversee the daily logistics and operations of 7 campuses, 300 staff people, large feeding program, a mobile clinic, and all the management and bookkeeping that such programs demand. We have local Haitian staff to do the actual work, but need mentors and people to teach and design simple systems for management.

•**Builders and Mechanics** - Everything breaks all the time in Haiti. We need individuals who "can fix and build" anything.

•**Doctors, nurses, Physician's Assistants** - with the addition of our new mobile medical clinic we seek medical personnel to assist our Haitian doctor.

Needs and Limitations

The focus of Hands Together is outreach to the poorest of the poor in Haiti. Most of our projects, by design and in keeping with our effort to foster greater independence, are staffed and run by Haitians themselves, and therefore, our need of volunteers is limited to people who can help with special problem situations and/or provide a special skill not readily available in Haiti. Our long-term St. Francis DeSales volunteers (SFSV's) work alongside our Haitian staff, acting as guides, mentors and partners. We are not designed to easily host people, and there are many groups/guest houses operating in Haiti whose mission is that very thing. Rather, our primary mission is first and foremost to our various outreach programs and we must limit volunteer activity to those individuals who can directly participate in this mission. Furthermore, the environment in Haiti is extremely volatile and often unsafe which makes it very hard to create reliable volunteer positions.

Who Is Eligible for the SFSV Program

Hands Together seeks highly motivated practicing Catholics full of joy and optimism. The candidate must be between the ages of 22 and 70 years old. We desire candidates who can communicate in French or Haitian Creole, but will consider those who demonstrate a willingness to learn Creole.

Acceptance Requirements

Candidates must submit a written application and resume. If there seems to be a possible fit between Hands Together and the candidate, we will invite her/him to participate in a short mutual assessment "come look and see, 5-10 day" trip to Haiti. Candidates must pay this transportation cost - but room, board, and in-country expenses are covered by Hands Together. Upon completion "look and see", candidates and HT will decide if long term service is possible. If accepted Hands Together will pay air fare, room & board and a modest stipend.

Benefits & Compensation

Upon completion of each 90 day session, volunteers receive a \$750 stipend. (From this, candidates may offset their airfare and insurance costs). Hands Together provides room, board and in-country travel expenses. An in-country stipend for minor needs is provided.

Term of Service

Candidates accepted for volunteer service are invited to spend 90 days (renewable upon evaluation) in Haiti as a Hands Together volunteer. Candidates wishing to renew his/her service after their initial 90 session, may be invited back after an evaluation by the volunteer committee. Hands Together will pay the airfare for renewable sessions.



Sr. Marhcella with students at a school built by HT after the earthquake.

Program Philosophy, HT Traditions



HT Volunteers plant trees in Bassen.

Traditions and Program Philosophy

Our volunteer programs are designed to help Americans better appreciate and understand the plight of the poor and disadvantaged in Haiti. Hands Together volunteers interact, work and live with the poor of Haiti. This philosophy stems from our belief in the innate sacredness of each human being that comes directly from a loving God. We recognize that we are linked to all people and that we are responsible for our own space and time - to be of some service and usefulness to those who enter our space and time. Emphasizing a great respect toward the people we serve, we practice a philosophy of service affirms the dignity of the Haitian people. We design projects and programs in Haiti to be "Haitian-run", and our volunteers primarily provide advisory and training roles.

HT volunteers tap into the deep and lasting joy that comes from giving of oneself, and gain a stronger sense of their own tremendous worth as someone whose blessings and God-given talents are shared with this world.

There are certain basic tenants that provide the foundation for all Hands Together volunteer programs.

- We believe in a philosophy of service that primarily emphasizes respect and dignity toward the people we serve in Haiti.
- We believe that serving as a volunteer in Haiti is a privilege.
- We recognize that volunteering with Hands Together will be physically and emotionally demanding.
- We embrace a spirituality that emphasizes a belief and trust in a God who loves us all equally (i.e. Americans and Haitians together).
- We do not engage in political causes, controversy, debate or other advocacy issues that can divert us from our primary purpose of working alongside our Haitian brothers and sisters and helping the poor.

The Saint Francis de Sales Volunteer -

HT SFSV's are individuals with a deep Catholic spiritual orientation and a dedication and willingness to serve the very poor, to sacrifice for the poor and to share in the daily struggles of the Haitian people. HT SFSV's serve as advisors and mentors to our existing Haitian staff.

The SFSV is a comfortable practicing Catholic who seeks to find her/his place in the mission of the church and help others. SFSV's embrace a Catholic spirituality that recognizes that the poor are central to the ministry of Jesus and we must put them front and center in our own lives. SVSF's do this by practicing the simple spiritual principles of love, compassion and service.

Volunteer Community Description

Community life at our center involves sharing our resources and learning from each other. We pray, eat, work and play together and this fellowship helps give us the strength we need to cope with the challenges of living and working in Haiti. Daily life includes specific time for prayer, devotion and Mass. It is an active lifestyle-- assisting our Haitian staff members and working long days. But it flows from a deep spiritual strength that comes from prayer and our relationship with God. Evening sessions are designed for members to share their experiences.

Hands Together Traditions

Our traditions draw upon our Catholic-Christian teachings and we realize that the beliefs expressed here are shared across cultural and religious boundaries and are common among people who wish to build a better world. We embrace a Catholic spirituality that emphasized a loving God and the intrinsic worth of every human person. These traditions guide our decisions relating to organizational structure, management, programs, and projects as we strive to respond to the needs of the poor in Haiti, regardless of race or creed.

We believe in a loving God and dedicate ourselves and our work to God's greater glory.

At the heart of all that Hands Together does is an unshakable belief in a loving God—a God who took care of us in our yesterdays, cares for us today, and will take care of us in our tomorrows. We believe that true human worth comes from God who loves us infinitely and unconditionally. We seek to better know God through prayer, reflection and sharing with one another. In our service to the poor of Haiti, pray to God for direction and strength to do our best to help others. We place the outcome of our work and service into God's hands and ultimately trust in He who is our loving Creator.

Although we have a strong Catholic-Christian foundation, we welcome all people who know our God by a different name and who express their faith differently .

We recognize and strive to affirm the fundamental worth of every human being in our response to the needs of the poor.

In our efforts to meet the needs of the poorest of the poor, we look for ways to empower people and contribute to their self-sufficiency. Our efforts spring from a genuine compassion for the poor and an understanding that we share this life with others and are called to respond to their needs. Many of our projects are community-based and we strive to recognize and affirm leadership within the community. We consciously try to affirm the dignity of the women of Haiti and we support projects that contribute to the betterment of their lives. We believe that true human



A HT delegation from Holy Family Parish in S. Pasadena, arrives at our center in Bassen, Haiti.

Traditions cont.

development ultimately leaves a person more free, joyous, and able to use one's God given talents for the good of others. Through education, spiritual formation and shared service, we can achieve this development. In our view, development is not simply meeting basic survival needs, it encompasses the whole person. Therefore, we strive to provide comprehensive development through our EDUCATION, SELF-HELP/SUSTAINABLE DEVELOPMENT, MEDICAL, and NUTRITION programs.

We are committed to establishing relationships and discovering commonalities between each other. We feel this is crucial in our efforts to build a more compassionate and human world.

We believe that everyone is connected by the bond of Love, and that God has created each of us to be of unique service to one another. We seek to work alongside the people of Haiti, as friends, mentors and resource people. By providing experiences through which people share in the work and life of the poor of Haiti, we believe that people will recognize that human beings are basically the same - loved equally in the eyes of God.

We embrace a simple life-style.

Our conduct in Haiti should reflect moderation and simplicity. In the words of St. Francis DeSales "Desire nothing, refuse nothing, in that lies all perfection." Our expectations, our needs, our appetites, and our tastes should be truly modest. In the spirit of true humility, we try to look beyond our own needs and possess a genuine concern for the needs of other people, especially those who suffer.

We believe that serving the poor is a privilege and an obligation.

In the spirit of justice, we believe that every one of us has an obligation to work for justice for the poorest of the poor. By acknowledging our abundant blessings, we generously wish to share our resources and talents with those less fortunate. We recognize that the opportunity to serve others is its own reward. Indeed, it is our belief that we are not doing the people of Haiti any great favor by offering our services.

We are not allied with any political sect or denomination. We neither endorse nor oppose any civic causes. We do not engage in public controversy or debate.

We stick to our mission: responding to the needs of the poor and striving to build a better world. We do not become embroiled in outside political and public issues.

Hands Together Volunteer Spirituality -

“desire nothing, refuse nothing, in that lies all perfection” ST. Francis DeSales

- We believe that every human life is precious in the eyes of God. We therefore strive to treat everyone we encounter in Haiti with love, tolerance, gentleness, respect and compassion – especially the very poor.
- The Hands Together community in Port-au-Prince is a faith community. We live and work together in Haiti, practicing a spirituality based on God’s love for us.
- We following a simple daily schedule which includes personal prayer/ meditation, Mass, evening reflection service activities. We practice “spiritual recollection”, a practical approach for recalling God’s presence throughout the day.
- We emphasize material simplicity, living in the present moment and making the very best of each and every day. There are many inconveniences, discomforts, and physical challenges that bombard us every day in Haiti. We ask that you bear these things with patience and understanding, reminding yourself of the millions close by whose lives are atrociously unbearable.
- Haiti is a very difficult and harsh country where people suffer terribly. It is easy to focus on the dark and gloomy side of Haitian life. Hands Together encourages volunteers to make every effort to discover and recognize the beauty of the people and the beauty of their culture.
- Volunteers will treat Haitians as our hosts and neighbors, conducting themselves as if we are a guest in someone else’s home - striving to “tread lightly and leave a light footprint” and being gentle, humble and respectful.
- Our goal is to be present to the Haitian people and engage in meaningful encounters. We strive to communicate in Creole, and participate in whatever dialogue is possible. There will be time for discussions and socializing among one another during reflection sessions and sometimes during the longer road trips.
- We embrace a “humility of action” approach to working alongside the Haitian people. We understand our abilities, our goals and we strive to use what is at our disposal to accomplish the work in front of us and then we leave the results in God’s hands.

Volunteer & Visitor Schedule and Guidelines

Daily Schedule for the SFSV Community

5:30 AM	Rising - silence
6:00 AM Silence	Morning Meditation in Chapel. Chapel is personal devotion, it can be silent prayer, rosary, adoration, meditative or reflective spiritual reading, or other individual approaches that help us improve our relationship to God.
6:30 AM	Mass (most days)
7:30 AM	Breakfast - informal and quick
8:15 AM	Service activities - lunch is on site
3:30-6 pm	Personal Time - for rest, reading, etc..
6:00 PM	Chapel - afternoon devotion
6:30 PM	Dinner
7:45 PM	Evening reflection - daily reading and sharing. A short gathering for a reading and reflective sharing.
8:15 PM	Free



HT central office base in Port-au-Prince.

Weekends -

Saturday is a day for chores and wash and personal errands etc. Sunday is a quiet day, with Mass and time for reading, writing and personal needs.

Simplicity - conserve water, electricity, do not complain

SFSV's practice a simple lifestyle, free from the clutter, materialism, and restlessness so overwhelming in the U.S. Therefore, SFSV's accept the simple meals, and conserve water, electricity and other resources. Life in Haiti at times includes: hot & uncomfortable sleeping conditions, shared space and rooms, bugs and insects, dogs barking, roosters crowing, little or no water at times for personal washing and hygiene, and little or no electricity at times. Life in Haiti is difficult. Put simply, we need "low maintenance, non complaining people." Without accepting the crude and often unpleasant living conditions, we find that a volunteer will quickly tire, become increasingly agitated and have a very difficult time.

Dress Code

Whenever entering or leaving our Center, men should wear clean slacks and a collared shirt or very clean tee-shirt. Women should wear light skirts an, clean tee shirts or blouses or sundresses. No ripped clothing or small and revealing clothing. No tank tops or shorts. While in the Center you may wear shorts. No body piercings of any kind. Minimize jewelry.

Be mindful of jewelry, gadgets, cameras, watches, cell phones etc. These things should be seen rarely and used sensitively.

Meals & Food

Meals will be simple and healthy. There is a Haitian kitchen staff that prepares meals during the week - primarily dinner and light breakfast. Weekend meals are made by the volunteers via a rotating schedule. Volunteers share in the clean up. **Do not keep food in your room at any time**, it attracts pests and rats. You may keep any food you brought with you in our pantry.

Computer -Internet & Phone

There are shared volunteer computers at the office with Internet connections. Internet use should be moderate, limited to 30 minutes or so a day. Volunteers may bring their own laptops as there is limited wireless connectivity. Volunteers will be issued local cell phone that can receive calls from the U.S.

Exercise

There is no real facility for working out and exercise. Participants may exercise within the compound. Running is not common in Haiti so SFSV's find ways for aerobic and strength training on site.

Doing Laundry

The HT center has special sinks where laundry can be done by hand. There are no washing machines or dryers so please bring clothes that are easy to wash and dry. Linens and towels are washed weekly by our Haitian housekeeping staff.

Personal Belongings -

Hands Together is not responsible for any personal belongings.

Health Guidelines

CDC Vaccine Recommendations

Please see the Center for Disease Control Website (www.cdc.gov) and follow ALL recommendations for vaccinations for travel to Haiti. You can contact your local travel clinic, consult the CDC's website, student health center, and / or family doctor for further information. Hands Together does everything possible to help you avoid illness. NOTE: Be sure to bring along prescriptions and vaccination records, etc. If you are allergic to certain medication, this is also important information to have with you.

Traveler's Diarrhea

Most physicians recommend carrying eight to ten Cipro 500 mg. or Bactrim DS tablets in case of traveler's diarrhea. The dose is one tablet twice daily in case of

Health Guidelines



Building new lecture halls at our Becky DeWine High School.

Health Guidelines

diarrhea. Cipro is probably better than Bactrim but is much more expensive. Cipro can also make one more sensitive to the sun. The best way to avoid diarrhea is to watch what you eat.

HIV / STDs

Volunteers should avoid contact with blood or other fluids of persons infected with HIV or with persons whose HIV status is unknown.

To Stay Healthy, Do:

- Wash hands often with soap and water.
- Drink only bottled water or carbonated drinks in cans/bottles. Avoid tap water, fountain drinks, ice cubes. If water is specially filtered at our HQ, then it is ok to drink.
- Eat only thoroughly cooked food or fruits and vegetables. Remember: boil it, cook it, peel it, or forget it. (If prepared at our center then this procedure is followed by our kitchen staff).
- All meat should be well cooked. Milk and milk products should be avoided unless you know they have been pasteurized and are fresh.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot. Hands Together provides bottled or filtered water and takes necessary precautions in cooking of all meals.



Construction of the Volunteer base kitchen, January, 2011.

To Avoid Getting Sick:

- Don't eat food purchased from street vendors.
- Don't drink beverages with ice unless at approved restaurant.
- Don't eat dairy products unless you know they have been pasteurized.
- Don't share needles with anyone.
- Don't handle animals (especially dogs, and cats), to avoid bites and serious diseases.

Other Health Concerns

- Cholera: Cholera is present in the country; Strict adherence to food and water precautions lowers risks.
- Malaria Risk: Risk of malaria is present in Haiti -- especially in rural areas below 600 meters Risk is increased during the rainy season.
- Dengue Fever: Dengue has been present in Haiti. There is no vaccine for

Security & Safety Guidelines

SECURITY & SAFETY

Haiti is a volatile and unpredictable country. There is not a strong police force and there are many factors that make security a very serious issue. There are very real risks involved in living and working in Haiti.

Exercise the same good judgment abroad regarding personal property and safety that you would at home. Be sure to keep a photocopy of your passport, credit card numbers, in a place separate from your passport. Make sure that your actual passport is guarded vigilantly.

Hands Together staff take the safety concerns of the participants very seriously. During orientation and throughout the experience, we will review steps to address health and safety issues within the context of Haiti. Always keep in mind that you are a guest in someone else's home. Any breach of public order, such as intoxication or drug use, can lead to expulsion from the program, or the country. Participation in any political activities is prohibited by any HT participant. Hands Together monitors the local environment to the best of its ability and will take every step to avoid unnecessary exposure to risks.

- Do not leave the HT base or travel in the city alone. Always travel in pairs or in a group. Do not go out after the sun goes down.
- No participant is permitted to drive any Hands Together vehicle without explicit permission. We have trained Haitian staff to drive all vehicles.
- Do not give any gifts nor make promises of gifts to any Haitian. Please do not give your address or email to any HT staff. Also please do not leave behind any personal items.

What Hands Together Cannot Provide:

1. Guarantee of safety of participants.
2. Assure that risk will not be greater than at home.
3. Assume responsibility for the actions of persons not employed by or otherwise engaged by the Hands Together staff and faculty.
4. Assume responsibility for events that are beyond the control of the HT staff .
5. Assume responsibility for situations that arise due to failure of the participant to make full disclosure of pertinent information prior to departure.
6. Assume the adherence of US norms of what is appropriate and acceptable behavior in matters of due process, individual rights, political correctness, and sensitivity to others, relationships between the sexes and among diverse racial, cultural, and ethnic groups.



Behavioral expectations



Becky DeWine St Francis de Sales HS students.

BEHAVIORAL EXPECTATIONS

Hands Together expects its participants to be gentle, respectful and tread lightly in Haiti. We see ourselves as guests. We reach for HUMILITY as a guideline to how we behave and act.

Alcohol Policy

The HT community seeks healthy relationships and solidarity among participants. We recognize that substance abuse and addiction cause physical, mental, and emotional impairment to the user, pain to family and close friends, and social costs to society. For the good of ourselves, Haiti and the HT community, we opt not to abuse ourselves or others by abusing alcohol. We need to acknowledge that our attitudes and use of alcohol have been culturally conditioned. The HT community is spiritual community and we choose to **minimize the use of alcohol**, limiting it to special occasions, and then, in the interest of setting healthy community norms and sending appropriate messages, HT SFSV's may consume no more than two alcoholic beverages at any one occasion. Alcohol abuse will not be tolerated in this experience as it endangers the safety of participants and on-going credibility of Hands Together.

Drug Policy

No drugs are permitted unless prescribed by a doctor for medical reasons.

Smoking Policy

There is no smoking inside of the Center.

Guest Policy

Participants may not invite visitors or guests to the HT headquarters. Special arrangements may be made for family or friends should they wish to visit, and in most circumstances we will recommend a nearby guest house.

Term of Service

HT SVSF's and Helpers agrees to serve for a specified time period. They may not stay on longer in the HQ without special arrangements.

WHAT TO BRING

Pack lightly! If possible, it is better to carry everything on the airplane with you.

Passport

Make sure that you travel with your passport, and also keep several copies of the first page (of information, with your picture) tucked in different places throughout your luggage in case of loss of passport. Leave a copy of the information with your parents or a trusted friend back home as well (a scanned copy saved on the “cloud” or a place like Dropbox is a good idea”.

Weather & Clothing

The weather will be warm to hot (80-90). November, December, January and February are usually cooler in the evenings, so you may pack a sweatshirt, sweater, or light jacket. In general, it is best to bring lightweight casual clothing with one nicer outfit for more formal situations. Informal dress is fine, however shorts are usually restricted to recreation at the Volunteer HQ. Slacks and skirts are fine, but shorts and mini-skirts would not be appropriate. Haitians make a significant effort to present themselves well and appreciate it when visitors do the same. Since we wash clothes by hand, we recommend bringing cotton / light clothing. Apart from whatever clothing and toilet articles you may need (you can buy such items in Haiti. We suggest bringing along:

Checklist - Do Bring

- Insect repellent
- USB flash - laptop if you wish
- Travel alarm clock
- Small flashlight & extra batteries
- Pepto-Bismol tablets, cold medicine, and allergy medicine if you have allergies
- Prescription medications
- Tissue packets (useful when toilet paper is unavailable)
- Swimming suit and quick-dry towel (sold in outfitter stores)
- Sun screen, sunglasses, hat
- Photos of your family
- Any music on Ipod or CD for reflection
- Small backpack for daily use (books, etc.)



Giving out food kits to the elderly.

Culture Shock

- Creole/English Dictionary French/English Dictionary
- Light jacket for cool evenings
- Bathing items - toiletries - we provide towels and linens.
- Personal Journal
- Spiritual reading and reflection books
- Digital Camera

Please do NOT bring:

- Too many clothes – students wash all clothes by hand!
- Anything with too great of value as the less you have, the safer you will be
- Expensive jewelry, a lot of money, nice radios, etc.



Installing a irrigation well at the Clarke Farm .

CULTURE SHOCK: NOT ME

When you leave home to head to a foreign country, you are essentially starting an entirely new life for yourself. You should be aware that this process is filled with ups and downs. Adapting to a new cultural environment can take several weeks or months. For a moment, consider all of the things that you have come to take for granted where you live. You know how to get from one place to another. You know where and how to do your laundry. You know where to get food. You can speak the language fluently and can understand the meanings that lie behind "slang" and other sayings. When you place yourself in a new environment, you throw all of these privileges out the window. You're going to have to relearn all of these seemingly mindless tasks to which you have grown so accustomed. This process can be difficult. These sudden changes in environment can and most likely will bring about the dreaded phenomena of culture shock. Culture shock (and jet lag) can affect your life in a variety of ways: headaches, upset stomach, irritability, homesickness, insecurities, and so on. If you experience any or all of these, don't worry - they are normal reactions! Culture shock manifests itself in a series of stages. Not everyone will go through all of these stages in the same order, or feel these stages at the same intensity. We provide them here simply as possible answers for puzzling feelings and emotions.

STAGES OF CROSSING A CULTURAL BOUNDARY

1. "National Geographic" Phase
 - This is the tourist phase, in which the individual experiences the difference between the home culture and the new culture as exciting and exhilarating.

Interest in experiencing new and different things, supported by high levels of energy. Often there is a premature identification with the new culture; premature in the sense that it is done on the terms of the individual, not the culture. The individual remains an outsider to the culture in this phase. A constant change to new possibilities is important for maintaining the excitement of this phase.

2. The Fragmentation Phase

- After the novelty of the new culture wears off (after a-4 weeks), there is a fragmentation of the ego identity and level of self-esteem. The environmental cues, rules and routines of the new culture come to weigh heavily on the individual. The identity based upon interaction with the home culture is inadequate to the new situation. This is often exacerbated by the sabbatical syndrome, i.e., loss of usual interaction patterns in the work or school context. The individual's usual way of interacting with the environment becomes fragmented. Symptoms are testiness, overreaction to insignificant events, and heightened susceptibility to illness. Old, unresolved conflicts from the past re-emerge now that the ego shield breaks down. What is happening is that the individual has the opportunity now to cross the cultural boundary and become an insider to the new culture. This is hard to do in Haiti. There culture is hard to understand and engage -- most relationships and encounters stay on the surface and there is a lot of manipulation, "saying what you want to hear", and efforts to get on your good side. We have found that it is hard to form a solid, honest relationship in Haiti.

3. The Reintegration Phase

- This is the rebuilding of ego identity. The individual selects elements from the fragmented identity and elements from the new culture, and begins shaping them into a new ego identity. The arrival of this phase (usually ten to twelve weeks into the new situation) is marked by events or experiences which become paradigmatic or symbolic of the new identity. There is a sense of growth and satisfaction at this stage. This is the point where one really begins to grasp the nuances and at least begin to see the culture for what it is, and participate at some levels with the culture.

4. The Consolidation Phase

- This builds upon the previous stage, making new learning part of the permanent identity. It usually takes a year or more to accomplish.



Students from EARTH university work at the HT Clarke Farm.

Final Thoughts

FINAL THOUGHTS & SUMMARY

- **MONEY:** Bring travelers checks, cash, or credit cards,. ATM cards will not help you. :
- **MEDICAL FORM & VACCINATIONS:** If you haven't begun this process yet, do so immediately.
- **FLEXIBILITY:** Be ready to adjust to new aspects of foreign culture. You may feel extremely tired, lonely, HOT, or scared at first, or you may be perfectly fine.
- **Embrace it with Joy and Optimism! :** This is an incredible service opportunity. It is a chance to get closer to God, know yourself better, and be of service.

