



**NOAH NY**  
**Medical Conference & Medical Mission**  
**Fort- Liberte & Caracol, Haiti**  
**June 22 – July 1, 2017**

**Volunteer Information Packet**

We are delighted to have you, please read the information in this packet carefully as it will help you to prepare for the trip.

## TRAVEL INFORMATION

**Please bring this packet with you on the mission.**

- **Flights:** World Health Medical Conference participants will fly into Cap-Haitien, Haiti on Wednesday June 21<sup>st</sup>, and the remaining volunteers will fly in Sunday, June 25<sup>th</sup> 2017. Participants will be arriving from several different cities in the United States and will all meet in Cap-Haitien. Please be mindful of your itinerary and pay close attention to departing/arriving cities and flight times.
- **Passports:** You will need an up-to-date passport to travel to Haiti. Your passport must be valid for a minimum of 6 months from the day we leave the United States, meaning your passport has to expire on or after December 22, 2017. A Visa is not necessary for travel to Haiti.
- **Health Precautions:** Malaria pills are recommended for all volunteers. It is important to check with your personal physician for advice on dose/quantity to take before, during and after the trip. Your routine immunizations, especially tetanus, should be up-to-date.
- **CDC. Information for Clinicians.**  
For more information and up to date alerts on other health recommendations for travelers to Haiti go to: <http://wwwnc.cdc.gov/travel/destinations/haiti.htm>
- **Travel Insurance:** You are welcome to purchase your own additional travel insurance but please be aware that costs related to any additional insurance will NOT be covered by NOAH NY
- **Accommodations:** Le Marien Hotel & Resort & Le Relais Hotel Fort-Liberté, Haiti,
- **Transportation:** We will have door to door transportation on chartered buses throughout the stay
- **Meals:** Three meals daily will be provided and are included in the mission fees. Please let us know of any dietary restrictions.
- **Currency:** You will be able use both American dollars (USD) and Haitian Gourde (HTG) in Haiti. For the most part you will not need cash however **it is always good practice to have some cash with you, especially smaller bills.** As of April 19, 2017, 1 USD converts to approximately 67.97 HTG.
- **Weather :** Typically, during the months of June and July, temperatures in Fort-Liberte can reach anywhere from the mid to high 90's. It is very important to stay hydrated so please always be sure to have water with you (Water will be provided), and Don't forget your sunscreen!!
- **Time Zone:** Haiti is on Eastern Standard Time.
- **Country Code:** 509
- **US Embassy :** Tabarre 41, Boulevard 15 Octobre; Port-au-Prince; (509) 22 29 8000
- **Emergency Numbers:** If you have an emergency please contact NOAH NY at the following numbers:
  - **Contact number while in Haiti will be provided prior to departure.**
  - NOAH-NY/ Haitian American Alliance (HAA) staff will also be reachable via email during the mission. You may leave Dr. Paul's Haiti phone # below for your family to call in emergencies.
  - Dr. Paul: 011-509-3-767-7444
  - Please provide us with your emergency contact numbers
- **Cell Phones:** To be able to use your cell phones in Haiti you may need to contact your cell phone

company to activate international calling. If you have an unlocked phone you may be able to purchase a SIM card at the airport upon arrival. Please use discretion when using your cell phone and be sure your cell phone use does not interfere with the work of the mission. There will be time in the evenings after dinner to contact friends and family.

- **Local Cell Phones:** Local cell phones will be available for your usage during the mission. You will have to purchase calling cards to use the cell phones.

## **WHAT TO BRING**

- **Mission T-shirts:** NOAH NY will provide volunteers with a t-shirt, and a NOAH NY ID for those that have never received one. For those that have travelled with us in the past, please bring your NOAH NY ID and T-shirts. If you've misplaced or lost your ID, a new one can be issued for the cost of **\$19**. If you need a replacement ID please send an email to [pascalej@noahny.org](mailto:pascalej@noahny.org). In addition to the NOAH NY t-shirt that will be provided, we also recommend that you bring white t-shirts, and scrubs to wear every day while we work.

## **ONLY ONE CHECKED BAG PERMITTED**

IF TRAVELING FROM NYC, PLEASE ONLY BRING ONE CARRY-ON WITH YOU. THE ORGANIZATION WILL TRANSPORT SUPPLIES AND WOULD LIKE TO TAKE ADVANTAGE OF YOUR PERMITTED BAG/WEIGHT. THANK YOU.

- **Suggested packing list** - Please see the packing list below for your reference.
  - ✓ Waist wallet (to hold passport and money)
  - ✓ Small back pack/fanny pack
  - ✓ Hand sanitizer and wipes
  - ✓ Flashlight or head lamp
  - ✓ Camera and camera charger
  - ✓ Phone and phone charger (battery operated, if you have one)
  - ✓ Gatorade powder packets
  - ✓ Toilet paper
  - ✓ Baby wipes - unscented
  - ✓ Towel (the quick drying kind if possible)
  - ✓ Wash cloth
  - ✓ Toiletries (i.e. soap, toothbrush, toothpaste etc.)
  - ✓ Shower flip flops
  - ✓ Travel size first aid kit
  - ✓ Sunblock: **STRONGLY** suggest SPF 15 or higher! Especially as one side effect of some antimalarials is increased sun sensitivity.
  - ✓ Mosquito repellent or CVS repellent bracelets (yellow)
  - ✓ Benadryl cream or clear capsules
  - ✓ Imodium, Lomotil, Probiotics by Jarrow (just in case)
  - ✓ Pain killer (i.e. Aleve, Tylenol, Motrin)
  - ✓ Anti malaria drugs
  - ✓ Broad spec antibiotics
  - ✓ Blood pressure cuff (medical volunteers)
  - ✓ Asthma pump if you use one
  - ✓ Pair of scrubs for each day (medical volunteers)
  - ✓ A pair of pants/ capris/scrubs for each day, anything light weight (a t-shirt will be given to you for every day) or definitely your white t-shirt, or a lightweight safari/camping vest.

- ✓ Comfortable sneakers and/or sandals (you will be on your feet for most of the day)
- ✓ Rain jacket
- ✓ Bathing suit (just in case)
- ✓ Daily dinner nicer outfits
- ✓ Small bills
- ✓ Notebook/pen(s)/marker
- ✓ Travel alarm clock & watch
- ✓ Snacks (i.e. granola bars, crackers, tuna, cereal, nuts, dried fruit, hard candy ...)
- ✓ Swiss army knife (optional; must go in your checked luggage only, not your carry-on)

## **2017 NOAH-NY Medical Mission MISSION ITINERARY FOR Fort-Liberté & Caracol, HAÏTI**

*PLEASE NOTE THAT WHILE WE TRY TO STICK TO THE ITINERARY AS MUCH AS POSSIBLE SOME OF THIS MAY CHANGE. WE WILL KEEP YOU UPDATED WITH ANY CHANGES.*

### **Sample Itinerary**

Sunday, June 25, 2017	For those not taking part in the Medical Conference, arrive to Cap-Haïtien Airport, meet up with other NOAHNY volunteers at baggage claims and then transported to hotel in Fort-Liberté.
Monday, June 26, 2017	Fort-Liberté
Tuesday, June 27, 2017	Fort-Liberté
Wednesday, June 28, 2017	Dondon
Thursday, June 29, 2017	Caracol area & Caracol Clinic
Friday, June 30, 2017	Acul Samedi & possibly Dérac
Saturday, July 1, 2017	Excursion
Sunday, July 2, 2017	Journey home, depart Cap-Haïtien Airport

## **Frequently Asked Questions**

### **What's the cost of the Medical Mission?**

The cost is \$185 per person per day, this cost does not include airfare. We recommend that you book your airfare as soon as possible to get the best available price and then provide us with your itinerary. **NOTE:** American Airlines has only one flight in and out of Cap-Haitien per day.

### **What does the Medical Mission Cost Include?**

The costs from the time you arrive at Cap-Haitien until you separate from the team, including transportation, lodging, food, tips for services provided to the NOAHNY volunteers, NOAH NY ID, costs associated with clinic, and all logistics, including translation services and security as needed.

### **Where do I make my payment for the medical mission?**

Payments for the medical mission excluding airfare can be made at <http://weblink.donorperfect.com/2017medicalmission>

### **How do I get a NOAH NY ID?**

Once you've made your payment for the mission, please send picture to [pascalej@noahny.org](mailto:pascalej@noahny.org) with the way you would like your name to appear on the ID and we will get your ID made and ready to hand to you when you arrive to Haiti.

### **Additional Costs that you will be responsible for:**

- Your international round-trip flight to Cap-Haitien and any costs associated with this portion of your travel.
- Passport fees, visa fees, and transit fees, including baggage or overnight accommodations/meals while in transit.
- \$10 airport fee (all foreign passport holders traveling to Haiti is responsible for paying this fee whether you arrive in Haiti by air, land or sea).
- for Vaccinations and medications common for travel.
- Spending money for souvenirs, excursions, alcoholic beverages and personal purchases.
- Trip supplies and personal equipment or small gifts for the special people you meet.
- Any lodging, meals, and transportation outside of the scheduled team trip, payable at the time of service to the local vendor.

### **Safety & Security**

We take security very seriously at NOAH NY. It is our job to ensure that security precautions are in place, but please keep in mind that we cannot guarantee your safety on the trip **shall you decide to go on separate outings individually** .

- We continuously review all current activities occurring on the ground, and we work with the U.S. Embassy to know the ground situation to the best of our ability.
- We take many security precautions such as radios, a buddy system, and security planning.
- We rely on our teams to also be cognizant of their own safety and to be aware of their surroundings.

### **What will the team be doing on the trip?**

NOAH NY teams provide medical care and community health education to communities that lack access to care. A typical NOAH NY team consists of doctors, nurses, dentist, medical/nursing students, pre-med students, and non-medical volunteers. The team usually stays in a central location and travels each day to a different community to set up a mobile medical clinic. No matter what your specialty or skill level is, there is a job for you on our Medical Mission!

### **Can I fundraise for the trip?**

Yes! Many volunteers fundraise for trips. NOAH NY is a 501(c)3 charity, and all donations are tax-deductible to the fullest extent of the law.

### **Can NOAH NY assist me with extended stay options?**

Yes! We encourage our volunteers to extend their stay and explore. And by extending your stay, you also put money into Haiti's economy!

**URGENT NOTE:** Protect your passport at all times. Make two copies prior to departure. Give one copy to a NOAH NY group leader, keep the second copy in a safe place separate from your passport and checked luggage.

**THANK YOU FOR JOINING US !**

**One Mission, One People, One Purpose One Dream**