



ST. JOSEPH FAMILY SOLIDARITY WORK TRIPS & GUEST ACCOMMODATIONS

Contact for work teams & guest house for St. Joseph's Home for Boys:
Michael Geilenfeld ~ sjfamilyhaiti@hotmail.com

Contact for work teams & guest house for Wings of Hope:
Renee Dietrich ~ sjgrants@hotmail.com

Contact for work teams & guest house at Trinity House.
please contact both Michael and Renee

SOLIDARITY WORK TRIPS & GUEST ACCOMMODATIONS

For St. Joseph's Home for Boys,
contact Michael at sjfamilyhaiti@hotmail.com

For Wings of Hope,
contact Renee at sjgrants@hotmail.com

For Trinity House, or for reservations at a combination of the homes,
include both Michael and Renee on your emails

Because of space and work limitations, our procedure for scheduling a solidarity work trip or guest accommodations are:

- 1) Contact Michael and/or Renee to see what openings there are for individuals and groups to work or stay at each house. Please be flexible and have a few sets of dates in mind, in case we are full at one of the times.
- 2) Decide if you and/or your group primarily wants to be a work group, or if you also want to plan activities for the children at Wings of Hope and/or Trinity House. Or let us know if you are simply looking for guest house accommodations while you work elsewhere in Haiti.
- 3) Follow the pre-trip advice when planning your trip and the "what to bring" list when packing your bags.

ACCOMMODATIONS & FOOD: Clean drinking water will be provided to all visitors. St. Joseph's Home for Boys and Wings of Hope each have several guest rooms and bathrooms for guests. However, depending on the number of visitors and accommodations available at any given time, shared accommodations are common and we cannot guarantee private rooms. There are no guest rooms at Trinity House, so guests there sleep on mattresses on the floor or roof and share two guest bathrooms. Wifi is available at St. Joseph's and Wings of Hope. Electricity is sporadic. St. Joseph's Home has running water. Wings of Hope and Trinity House do not have running water, but there is water to use for bathing and flushing the toilets. Linens and towels are provided at all the homes. All guest house accommodations include breakfast and an evening meal. Vegetarian and dietary allergy accommodations are provided with advance notice.

Guest rates (as of Jan. 1, 2013): **\$50 US per person, per night, at St. Joseph's Home for Boys**
 \$45 US per person, per night, at Wings of Hope*
 \$40 US per person, per night, at Trinity House

**For groups of four people or less, at Wings of Hope ONLY, there is a lower rate and guests provide their own meals. There is a guest kitchen at Wings of Hope with a refrigerator and stove available for guest use for the smaller groups. There are grocery stores in Port-au-Prince where visitors can purchase food and drinks.*

WORK: Construction work on the new Wings of Hope facility will begin in 2013. The construction of new facilities is extremely physically demanding work. In addition to the physical demands of the work, the conditions are extremely hot and under the burning Haitian sun. We ask that you realistically assess your physical strength, health/medical situation, abilities and endurance before planning

a trip to help with the construction work. If your group wants to work on the construction at the new Wings of Hope, we ask that you raise money to help pay the Haitian workers you will be working along side and to purchase materials. The availability of construction work opportunities depend on the overall construction plan. Please contact Renee at sjgrants@hotmail.com to coordinate your trip with the need for construction labor. There will also be opportunities to work with the children at Wings of Hope. Volunteers can work within established programs, or better yet, come to Haiti with activities pre-planned for the children.

PRECAUTIONS: Because of the working and living conditions, we require that every guest have an updated tetanus vaccine. We also strongly suggest all guests to purchase travelers medical insurance, including emergency medical evacuation coverage (this is mandatory if you are working on construction). We recommend that all guests take prophylactic malaria medication. Every guest or group should also travel with their own first aid kit. Up-to-date diphtheria, hepatitis and typhoid vaccines are recommended. Pack all prescription medications in your carry-on. Please bring copies of the front page of your passport with your photo and bio information and carry it in a different bag from your actual passport.

TRAVEL: We recommend traveling on American Airlines. American Airlines has the most planes coming to Haiti. American Airlines now charges \$30 for the second checked bag to Haiti. There are times when there are baggage embargoes through American when they do not allow plastic bins or overweight bags. Contact American Airlines before you fly to see if a baggage embargo is in effect. Delta, United, Spirit, AirFrance and Air Canada are all also flying into Haiti, but their schedules and baggage allowances are more limited. If you need help making travel plans, we recommend Holly Kelly at Cedar Valley World Travel: holly@cedarvalleyworldtravel.com Please tell her you are traveling to Haiti to work with the St. Joseph Family and we will receive credit from American Airlines on the SJF frequent flyer account (you will also receive credit on your personal frequent flyer account). For your immigration forms, the address of St. Joseph's Home for Boys is Delmas 91, #26, Petionville. Use this address, no matter which house is your destination.

GROUND TRANSPORTATION:

We can help you arrange for ground transportation while you are in the areas we serve (Port-au-Prince, Ferme, Jacmel). We contract with local drivers and they determined the fees. There are flat fees from/to the airport and between the homes for direct trips; and an hourly rate for all other trips. Contact us for the current price list. The vehicles that we use are passenger vans that seat 13 people (without luggage). All vans are driven by Haitian drivers.

MONEY:

Most people have a lot of questions about how much money they need to bring. Largely that depends on what you are doing while you are here. In terms of the guest house charges, those can be paid by US cash or a US check (please contact us before writing the check so we can give you the appropriate information to make the check easier for us to cash in Haiti). We do not accept credit cards or travelers checks. All transportation charges need to be paid in US cash. Many grocery stores and restaurants accept credit cards (call your credit card company before you travel and tell them you are going to Haiti to your charges aren't blocked). The merchants selling souvenirs on the street will take either US or Haitian cash (smaller bills are better for this — \$1s, \$5s, \$10s). Money can be exchanged at the supermarkets in Petionville. ATMs are available in Port-au-Prince for debit and credit card advances. Most people underestimate the amount of cash they need, both in terms of what it costs for transportation and purchasing items in Haiti, and in terms of the amount of souvenirs they want to take home. Having emergency cash and a couple of blank checks can be helpful.

The exchange rate is usually approximately 40 Haitian Gourdes per \$1 US. The Haitian currency is the Haitian Gourde and all Haitian bills and coins are in monetary values of the Gourde. Sometimes prices are also quoted in "Haitian dollars". Haitian dollars don't actually exist, but it is simply a way of thinking about the money. There are 5 Haitian Gourdes in a Haitian dollar. So, to determine how many Haitian dollars make up each of the forms of Haitian Gourdes currency, you divide by five — i.e. a 1,000 Gourde bill also can be seen as \$200 Haitian; a 500 Gourde bill also can be seen as \$100 Haitian; a 250 Gourde bill can also be seen as \$50 Haitian; a 100 Gourde bill can also be seen as \$20 Haitian; a 50 Gourde bill can also be seen as \$10 Haitian.

DONATIONS:

The St. Joseph Family is appreciative of donations that visitors bring in their suitcases. Because of the problems with mailing items to Haiti, the only reliable and the least expensive way to get donations to Haiti is by visitors bringing them with them in their suitcases. Included in this packet is a list of items requested as donations by the St. Joseph Family. Please use this list when gathering and packing donations. If you want to bring something that is not on the list, please contact Renee before gathering and packing the items to determine if they would be helpful to the St. Joseph Family. Please note, we cannot accept out-of-date medicine (either over-the-counter or prescription) and please do not bring donated prescription drugs without the prior approval of the St. Joseph Family. Also, we ask that any clothing or shoes be either new or gently used (clean and no holes or tears) and no larger than adult large.

ON THE DAY OF YOUR ARRIVAL:

You will fill out an immigration form on the plane. It is green. The address to put on form is: Delmas 91, #26, Petionville. That is the address of St. Joseph's Home for Boys and is the one to use no matter what home you are going to. At immigration the officer will stamp your passport and give you a green card (the bottom of the form you filled out). Keep that card with your passport. You will need it when you leave Haiti.

At baggage claim you can rent carts for \$2 US each. It will be crazy trying to find your bags. There are baggage carousels, but they will also just randomly pull bags off and put them off to the side, so make sure you look all around if you can't find all the bags. It helps to identify the bags if every bag that your group checks has something distinctive tied to it (colored string, yarn, bandana, duct tape, etc.). There will be someone there wanting all of your baggage claim tickets and they will check those against the bags you have. When you have all the bags, go through customs. At customs you have to give them the white customs form you filled out on the plane. Hopefully they won't stop you. If they do, they'll pull you off to the side and make you open some of the bags. Tell them you have donations for an orphanage. They will ask you if you have medicine. Tell them "No".

(Stop reading if you are arranging your own airport transportation; the following only pertains to groups we are arranging the airport transportation for)

After you clear customs you will go outside where there will be porters who want to push your carts and help you. Look for a porter with one arm named Jackson. If you don't see him ask the other porters to find him. He might also have a sign with your name on it. He will organize the other porters to go with your group to our vehicles parking lot. Clearly identify ONE PERSON as the leader of the group. If anyone else in the group is approached by someone wanting to help them or wanting money, they need to point to that person and tell them they are the "Boss". The porters will take over pushing the carts, but you should stay with each cart and walk with them. Keep your personal bags with computers, cameras, money, passports, etc. ON YOU.

When you find the vehicles, put all the luggage and the people (with their backpacks) in the vehicles. If you have a large group there may be a large truck for just the checked luggage and vans for the people. Some of the group need to watch the loading of the luggage into the vehicles to make sure everything gets in there and doesn't walk away. Lots of people will be asking for money. After all the luggage and the people are in the vehicles THE DESIGNATED LEADER pays Jackson (or whoever the main porter is if it is not Jackson), and ONLY that porter, and he pays everyone else. No one else in your group should pay anyone, again they need to point to you and say the person designated and say they are the "Boss". The tip is \$2 US per bag, so calculate that (checked bags and rolling carry-ons). If you calculate that before hand and have it in \$1 bills in an envelope you can just hand him, that makes it easier. If anyone else asks you for money, tell them to talk to Jackson (or the main porter). If Jackson (or the main porter) tells you that it isn't enough (you could give him a million dollars and he would tell you it isn't enough) tell him it is what Renee told you to pay and leave.

Be very careful with their personal bags in the van as you drive through PAP. Don't put them near the windows and keep a hand on them. We've had people lose their backpacks and cameras when people reached in and grabbed things.

LONG-TERM VOLUNTEERING: We have a special program for people who want to come for a month or more to work with the children. Volunteers are placed at Wings of Hope. Free room and board is offered to such volunteers in exchange for full-time work with the children and in the homes. Applications are required for this program. For more information about the long-term volunteer program and an application, please contact Renee at sjgrants@hotmail.com

WHAT TO BRING, PERSONAL:

Light clothing — i.e. long shorts; cargo pants, t-shirts, casual shirts
(short shorts, miniskirts, spaghetti strap shirts, etc., are discouraged)

Sweatshirt (for people staying at Wings)

Tennis shoes

Sandals

Swimsuit (if planning a trip to Jacmel or to the beach)

Hat

Rain jacket

Sunglasses

Work clothes (if working on construction)

Work boots (if working on construction)

Work gloves (if working on construction)

Sunscreen

Bug spray

Latex gloves

Masks

Ear plugs

First aid kit

Pain relievers

Anti-diarrheal medication

Flashlight (headlamps are good)

Extra batteries

Reusable water bottle

Baby wipes

Energy bars

Camera (with charger)

Cash, checks, credit card

Please consider leaving some of these items in Haiti at the end of your trip so we may use them for our children and workers.

WHAT TO BRING, DONATIONS:

Health & Hygiene Supplies:

- Latex gloves
- Toothpaste
- Deodorant
- Hand sanitizer
- Soap (bar)
- Shampoo (please pack in ziplock bags to avoid messes)
- Lotion (please pack in ziplock bags to avoid messes)
- Baby powder
- Children's cough/cold syrup (please pack in ziplock bags to avoid messes)
- Pain relievers (child and adult)

School & Program Supplies:

- Ballpoint pens (more blue than black)
- Pencils
- Notebook paper
- Permanent markers (i.e. Sharpies, all colors)
- Dry erase markers
- Staplers and staples
- White-out
- Children's computer games for Macs (educational and fun)
- White cardstock (letter and 11x17)
- Photo paper — 4x6
- Science experiment supplies — slides, slide covers, eye droppers, skeletons, magnets, elementary science kits
- Basic ten cubes
- Sticky tack
- Musical instruments (kids play instruments)
- Sewing kits
- Pla-Doh
- Various grades of sandpaper
- Wood glue
- Laminating sheets/carrier sheet
- Hot glue gun and glue sticks
- Fishing wire
- Play costumes
- Wood blocks of various sizes
- Acrylic paints
- Glitter
- Tissue paper
- Stamps and stamp pads

Therapy Supplies:

- Various grades of therapy putty
- Party blowers
- Sensory brushes
- Upholstery vinyl
- Various nuts, bolts, straps, belting, etc. for wheelchair repairs
- Duct tape (various colors)

Toys:

- Toy telephones
- Small flashlights
- Cars (large and Matchbox-size)
- Small radios (with batteries and headphones)
- Sunglasses
- Necklaces
- Ball caps
- Small Happy Meal-like toys (no weapons)
- Candy (no gum)
- Backpacks

Printer Ink:

- Epson 127 (Black, Cyan, Magenta, Yellow)
- Canon CLI226 (Black, Cyan, Magenta, Yellow) and PGI225
- HP Laser cartridge CE285A

Office Supplies:

- US Forever stamps
- Peel-and-seal business-size envelopes
- 8.5 x 11 white printer paper
- Packing tape
- Cable ties

Housewares:

- Silverware (extra teaspoons and tablespoons)
- Bath towels
- Wash cloths

Art supplies:

- Watercolor paints
- Watercolor paper
- Acrylic paints
- Artist brushes
- Sketch books
- Drawing pencils
- Gum erasers

Batteries — AA, AAA, C, D, 9 volt

Personal CD players and transistor radios, and extra headphones

Clothes — child small, medium, large and adult small and medium (NEW OR GENTLY USED)

Tennis shoes/Croc-like sandals — youth 1 to men's 10 (NEW OR GENTLY USED)

We also have several single item special needs. Please contact Renee for the list of special items you can collect to bring down.

PLEASE DO NOT BRING OUTDATED MEDICINE (OVER-THE-COUNTER OR PRESCRIPTION)
PLEASE DO NOT BRING PRESCRIPTION MEDICINE AS DONATIONS WITHOUT THE PRIOR APPROVAL OF RENEE (*personal prescription medicine is fine*)

SIMPLE KREYÒL LESSONS

While there are two official language of Haiti — Kreyòl and French — Kreyòl is the language most commonly spoken. It is the language that all Haitians speak at home, on the street and with friends. French is only spoken by the elite and within formal businesses. Kreyòl is the language of the people. Kreyòl is based in French, but is a mixture of French, African languages and even a little English. It is basically how the slaves heard and understood the French that was spoken by their owners hundreds of years ago. Kreyòl is a very phonetic language. For most of its existence, Kreyòl was a completely oral language. Written Kreyòl is a fairly recent development. Because written Kreyòl is still evolving, different dictionaries often give different spellings to some words. To hear a Haitian speak Kreyòl is like hearing a beautiful, melodic song. Here are some simple Kreyòl words and phrases to practice before you come to Haiti.

PHRASES/QUESTIONS/RESPONSES

Good morning — Bon jou
Good afternoon — Bon swa
Good night — Bon nwit
For how long? — Pou konben tan?
Just a moment please — Yon ti moman, souple

How are you? — Kòman nou ye? or Kijan ou ye?
What's happening? — Sak pase?
I am well — Mwen byen
I'm not too bad — Pa pi mal
I'm on fire (I'm great) — M-ap boule
And yourself? — E ou menm?

What is your name? — Kijan ou rele?
My name is... — Mwen rele...
Where do you live? — Ki kote ou rete?
How old are you? — Ki laj ou?
I am happy to know you — Mwen kontan konnen ou
Do you have children? — Èske ou gen pitit?
May I take your photo? — Èske mwen mèt pran foto ou?

Please — Souple
Thank you — Mèsi
You're welcome — Ou merite sa
No problem — Pa gen pwoblèm
Excuse me — Eskize
I am sorry — Mwen regrèt sa

Me too — Mwen menm tou
Help me, please — Ede mwen, souple
I need... — Mwen bezwen...
We would like... — Nou ta vle...
Please give me... — Souple, ban mwen...
I (do not) know — Mwen (pa) konnen
I (do not) think so — Mwen (pa) kwè sa
I (do not) like that — Mwen (pa) renmen sa
That is (not) good — Sa (pa) bon
We are (not) happy — Nou (pa) konton
I am hot / cold / tired — Mwen cho / frèt / fatigue
Let's go! — Ann ale!
I (do not) understand — Mwen (pa) konprann
I don't have any small change — Mwen pa gen ti monnen
I (do not) like that — Mwen (pa) renmen sa
I am surprised — Mwen sezi
I hope so — Mwen swete sa

How much? / How many? — Konben?
Are you ready? — Ou pwe?
Is / Are there...? — Eske gen...?
Do you have...? — Eske ou gen...?
What do you want? — Kisa ou vle?
What is that? — Kisa sa a ye?
Do you understand? — Ou konprann?
What do you want? — Kisa ou vle?

DAYS / JOU

Monday — Lendi
Tuesday — Madi
Wednesday — Mèkredi
Thursday — Jedi
Friday — Vandredi
Saturday — Samdi
Sunday — Dimanche

MONTHS / MWA

January — Janvyè
February — Fevriye
March — Mas
April — Avril
May — Me
June — Jen
July — Jiyè

August — Dawou
September — Septanm
October — Oktòb
November — Novanm
December — Desanm

Note: When saying a specific date, the date comes before the month (i.e. May 4 is Kat Me)

WORDS

Yes — Wi
No — Non

I / Me — Mwen
He / She / It — Li
Us / We / Our — Nou
Here — Isit
There — La
Other — Lòt

Soon — Talè
Yesterday — Yè
Today — Jodi a
Tomorrow — Demen
Morning — Maten
Afternoon — Apremidi
Evening — Aswè
Night — Nwit

Why? — Poukisa?
Where? — Ki kote?
What? — Kisa?
When? — Kilè?
Who? — Ki moun?
How? — Kijan?
Which? — Kilès?
Because — Paske

Repeat — Repete
Slowly — Dousman
Again — Ankò
Front — Devan
Back — Dèyè
Over — Anlè
Under — Anba

Happy — Kontan
Sad — Tris

Smile — Sourì
Cry — Kriye
Sit — Chita
Stand — Kanpe
Walk — Mache
Run — Kouri
Stop — Arete
Start — Kòmanse
Wait — Tann
Right — Dwat
Left — Gòch

Brother — Frè
Sister — Sè
Mother — Manman
Father — Papa
Grandmother — Granmè
Grandfather — Granpè
Aunt — Matant
Uncle — Tonton
Friend — Zanmi
Student — Etidyan
Teacher — Profesè
Boy — Ti gason
Girl — Tifi
Man — Gason
Woman — Fanm
Baby — Bebe
Child — Timoun
Adult — Granmoun

Pencil — Kreyon
Pen — Plim
Paper — Papye
Book — Liv
Table — Tab
Chair — Chèz
Cat — Chat
Dog — Chen
Fish — Pwason

Remember — Sonje
Forget — Bliye
Listen — Koute
Hear — Tande
Talk — Pale
Look — Gade
Taste — Gou
Smell — Sant
Touch — Touche

Tired — Fatige
Hungry — Grangou
Thirsty — Swaf
Hot — Cho
Cold — Frèt
Wet — Mouye
Dry — Seche

Love — Lamou
Like — Renmen
Share — Pataje
Hope — Espwa
Beautiful — Bèl
Need — Bezwen
Want — Vle

Play — Jwe
Toy — Jwèt
Window — Vit
Door — Pòt
Wall — Mi
House — Kay
Car — Machin

Sun — Solèy
Rain — Lapli
Cloud — Nwaj
Wind — Van

Colors — Koulè
Black — Nwa
Blue — Ble
Brown — Mawon
Gray — Gri
Green — Vèt
Orange — Oranj
Pink — Wòz
Purple — Vyolèt
Red — Wouj
White — Blan
Yellow — Jòn

Eyes — Je
Nose — Nen
Mouth — Bouch
Ears — Zòrèy
Head — Tèt
Arm — Bra
Leg — Janm
Hand — Men
Finger — Dwèt
Foot — Pye
Toe — Zòtèy
Hair — Cheve
Heart — Kè

Food / Eat — Manje
Drink — Bwason (n); Bwè (v)
Water — Dlo
Milk — Lèt
Juice — Ji
Bread — Pen
Peanut butter — Manba
Rice — Diri
Candy — Surèt
Cookie — Bonbon
Cake — Gato

NUMBERS / CHIF

0 — Zewo
1 — Youn
2 — De
3 — Twa
4 — Kat
5 — Senk
6 — Sis
7 — Sèt
8 — Wit
9 — Nèf
10 — Dis

11 — Onz
12 — Douz
13 — Trèz
14 — Katòz
15 — Kenz
16 — Sèz
17 — Disèt
18 — Dizwit
19 — Diznèf
20 — Ven

30 — Trant
40 — Karant
50 — Sinkan

100 — San
1,000 — Mil