



Team Member Trip Preparation Manual



Welcome Haiti ARISE Team Member!

Thank you for your interest to participate in missions to Haiti with Haiti ARISE Ministries. The following information in this packet is designed to help you better plan your trip and prepare you for your experience in Haiti. You will find important information concerning travel preparations, health information, personal preparation, Haiti ARISE security measures, what to expect on the field, and mission policies in Haiti.

We encourage you to visit our website, www.haitiarise.org, to learn more about the diverse and successful ministries of Haiti ARISE. You will be actively involved in many of these ministries while in the mission field and we believe your involvement will help make this ministry stronger.

Please read this booklet carefully and if you have any further questions, contact your team leader.

A LITTLE INFORMATION ABOUT HAITI

Haiti ARISE was born out of the vision of Marc & Lisa Honorat in 2003. Marc was a child slave for seven years and out of that life experience comes the passion to help Haitians have a better life by having the opportunity to receive an education and to find new life in Jesus. The name of Haiti ARISE was inspired from the verse in Isaiah 60:1 "Arise, shine for your light has come...". The ARISE in our name means – **Actively Raising Individuals to Serve and Evangelize.**

Located a mere 400 miles off the coast of Florida, Haiti is the poorest country in the western hemisphere. Ten million people eke out existence on just one-third of the island called Hispaniola. Once considered a jewel of the Caribbean, Haiti has suffered centuries of debilitating political upheaval and social chaos. Since the reinstatement of democracy in 1995, the Haitian government has been struggling to provide basic services to the Haitian people and, generally speaking, have failed due to the instability and mounting foreign debt. The lack of education and training in trades and business skills has resulted in the chronic cycle of despair. The country is desperate for skilled leaders to rise up and rectify the ramifications of extreme poverty:

- 78% of the population lives off less than \$2 a day
- 75% of the population is unemployed
- 6 million are malnourished
- 80 out of 1,000 children never see their 1st birthday
- only 37% of the adult population is literate

One out of every ten children is a *restevek*. This is a Creole term that means "to stay with", but this is, in reality, a child slave.

BEFORE YOU GO...

One of the most important things you can do to ensure you have the best possible experience is to plan ahead. Third world travel can be unpredictable and always requires flexibility, but you can eliminate many "surprises" by being well prepared.

PERSONAL PREPARATIONS

Prepare as an individual and as a team in every capacity for ministry, because you will be subject to the culture and spiritual atmosphere of the country. Work on getting ready in the following areas, beginning at least 2 months in advance:

Spiritually:

1. Be consistent in prayer and sensitive to the Lord's direction.
2. Practice daily discipline of Bible Study, reading and journaling.
3. Study missions and suggested readings.

Mentally:

It is highly recommended that team members read the following books, prior to the trip and if possible, discuss the books at team building meetings:

- Foreign to Familiar by Sarah A. Lanier
- When Helping Hurts by Steven Corbett & Brian Fikkert
- The Hole in our Gospel by Richards Stearns
- Serving with Eyes Wide Open by David A. Livermore

Feed the hungry and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as day.
Isaiah 58:10

Ministry:

1. Prepare yourself for areas of ministry such as worship, Bible Study, teaching, children's ministry.
2. Be ready to be flexible and serve in whatever way you can.
3. Be ready to share your testimony and evangelize in an easy to understand way.

Language and Culture:

1. Learn Creole phrases to help you get around.
2. Study about Haiti and the culture you will be visiting.
3. Prepare ministry activities together

PASSPORT

The Haitian authorities require that all tourists entering Haiti have a valid passport, which does not expire 6 months after the conclusion of your trip. Once you have decided to go on the trip you need to make sure your passport is up-to-date. It can take 3-5 weeks to get your passport. So plan early.

TRIP EXPENSES

Trip costs are estimated at \$2,260 to 2,660 depending on cost of flights. Airfares fluctuate throughout the year, with the most expensive time being January to April, so you will need to factor that in when calculating trip expenses. A cost of approximately \$925 covers room & board, transportation in Haiti, translators, and team T-shirt.

BOOKING FLIGHTS

The Haiti ARISE Team Coordinator will book the flights on behalf of the team. The cost for airfare will be based on actual cost of flight. The funds must be submitted no later than 8 weeks prior to trip dates. There are no additional charges for the Coordinator booking the flights for a team.

All dates and costs will be outlined in the confirmation document which is sent to the team leader when the trip is scheduled. There will be a total project budget for the entire team that takes into consideration the number of members, flights & insurance.

It is preferred that all donations, made on behalf of the team or individual, be made payable to the church or organization associated with that group and then the team leader will forward payments to the Haiti ARISE Team Coordinator. Any donation given directly to Haiti ARISE for your team must mention your team project's name. Donations will not be tracked for individual team members, but for the team project as a whole. Please tell donors to not direct funds to a specific individual. Any funds remaining once all expenses have been paid will be used at the discretion of Haiti ARISE Ministries.

Other Expenses to Consider:

(These are your own costs in addition to the team project budget.)

Personal needs, snacks, meals in travel and souvenirs.

Suggest \$100 - \$150 in small USD currency, 1's, 5's, 10's.

Please note that we are not able to exchange large bills.

FOOD ALLERGIES

If you have food allergies which would prevent you from eating the food that is provided at the campus, please come prepared with your own food. Many times we are not able to accommodate special meals. Please indicate your allergy on your application for us.

HEALTH INFORMATION

Immunizations / Prescriptions

The following immunizations and/or prescriptions are recommended by travel clinics as the minimum coverage:

- Tetanus,
- Typhoid
- Hepatitis A & B
- Chloroquine (anti- malarial)
- Dukoral (cholera/ traveler's diarrhea) (optional)

Malaria

Mosquitoes that carry the protozoan parasite plasmodium bite mostly at dusk and dawn and during the night. Wear protective clothing, apply mosquito repellent with Deet, to both clothes and skin to reduce the risk and use mosquito nets while sleeping.

Dengue Fever and Dengue Hemorrhagic Fever (DHF)

Dengue is transmitted by Aedes mosquitoes carrying the virus. It is commonly a "daytime" biter but can also bite at night. There is NO vaccine available. Therefore each individual must be diligent in wearing protective clothing and using bug spray with Deet, and using mosquito nets. The illness usually presents itself 3-10 days after being bitten with high fever, severe frontal headaches, severe joint and muscle pain and a rash. The illness can last anywhere from one week to 1-2 months depending on the immunity of the person who has been bitten.

Personal Medications

If you take prescription medications, bring enough to last the entire trip plus a little extra. These should be put in your carry-on luggage when travelling and must be marked with your prescription and name. Also, it is good to know your blood type and carry a medical ID bracelet or card if you have a chronic illness, or severe allergy. It is recommended to bring an anti-nausea medication such as Gravol and Pepto Bismal. Also important to bring sunscreen with SPF of 30 or higher and a mosquito spray containing Deet. Please ask your team leader to check if it is necessary for you to bring these items, as we often have an excess left behind by other teams.

Other - Optional

- Water purifier such as Aerobic Oxygen – kills bacteria and parasites
- Black Walnut and/or Wormwood – these are natural parasite preventatives and used as a parasite cleanser
- Multi vitamins and immune boosters
- B Vitamins and garlic supplements may help keep mosquitoes at bay
- Oil of Oregano has been known to be effective against viruses, bacteria, and parasites
- Swedish Bitters is a very effective remedy for any stomach upset or parasites

PACKING

Most airlines allow two checked bags and one carry-on and small back pack per person. Some charge for both checked bags, while others allow the first bag free and the second will be charged a fee. Be sure to include these costs when planning for your trip.

We ask that you use the carry on and backpack allowance for your own personal items so that the checked bags can be used mostly for group items and supplies that your team has collected to be used in Haiti.

Just prior to your trip, it is advised to check with the airline on baggage fees and restrictions before you arrive at the airport.

Note: Liquid items larger than 3oz (100ml) must be packed in checked luggage. These items will be seized by airport security if packed in your carry on. Please check with airline regulations for restricted items that can't be packed.

Your "Group" Suitcase(s) remember to keep the weight under 50 lbs and have a linear measurement (l+ w + h) of 60"

Approximately one month prior to your trip, the team leader will be given a supply list with items that are needed for ongoing operations or other needs of the ministry. It is not uncommon that last minutes items (one week prior to trip) are requested, so please plan for this possibility.

Some suggested items to collect:

- Hygiene items – NO tampons or shave gel/foam
- School supplies
- Baby items—onesies, receiving blankets, socks, bottles, Sippy cups
- Children’s clothing – both casual and dress clothes/shoes in good condition
- Small toys – marbles, hacky sacks, jump ropes, small cars, small dolls (baby type dolls), stickers, wrapped hard candies

In Your Carry On(s):

(Check with the airline you are traveling with for their specifications.)

Passport	Electrolyte powder	Alarm Clock
Flashlight with batteries	Sunglasses	2-3 rolls toilet paper
Underwear, socks	Passport (must not expire 6 months after travel)	Money (in USD current 1's, 5's, 10's)
Prescription Medications	Baby powder and/or rash cream	Light Jacket
Sunscreen (SPF 30)	Camera	Hat or Cap
Mosquito Repellant (Deet)	Team Manual	Kleenex
Snack foods Nuts, Protein bars, dried fruit	Modest cotton sleepwear	Water bottle
Photocopy of passport photo page (to be kept separate from passport)	Bible, journal & pen	
Toiletries-travel size ~toothpaste, toothbrush, deodorant, body wash, shampoo	2 towels and washcloths ~one of these towels is for the beach (Haiti ARISE has a supply of towels it this cannot fit.)	Shoes ~water shoes- very important ~sandals and/or good walking shoes ~closed toed shoes for construction ~1 pair indoor shower shoes
Guys clothing ~2 sets dress clothes ~4-5 sets casual summer clothes ~ T-shirts, pants, shorts—No tank tops or muscle shirts ~collared shirt and pants for church	Gals Clothing ~(2 sets dress clothes) ~(4-5 sets summer casual) ~ skirts or dresses(knee length) ~ capris for labor / non-ministry activities ~T-shirts (No tank tops) (blouses must have sleeves for church)	Bathing Suit For the guys - modest short style For the gals - modest 1 piece, with shorts and cover up

****Please do not bring blow dryers, curling irons, or flat irons.**

WHAT TO EXPECT

Before Arriving in Haiti

Please bring a 1-litre reusable water bottle. Put the empty bottle in your carry on and after you go through security for your flight to Port au Prince, fill the bottle with water. The trip to Grand Goave is approximately 3 hours and it will be hot. There will not be water along the way. We also suggest that you bring a snack and or light lunch to eat on the trip.

On the Airplane

Your tourist entry papers will be issued to you on the airplane. When filling out the form, please note the following:

Reason for travel to Haiti – *personal*

Address where you are staying in Haiti – *Rue de Taino, #50 Bas Thozin, Grand Goave, Haiti*

Phone Number in Haiti – 011-509-4165-0844

This info is extremely important. The entry papers need to be fully completed.

At the Port au Prince Airport

Immigration

Upon entering Haiti you will be required to pay \$10 US per person (please have money ready to give to the officer) and will be given a “green” card that you will need to have when you depart from Haiti. Don't lose it! Tuck it inside your passport.

Baggage Area and Customs

Once your team has gone through immigration, pick up baggage carts and assign 2-3 people from your team to gather the bags from the conveyor belt and the rest of the team should wait to the side with their carry-ons. A baggage cart will cost \$2 US.

YOU SHOULD NOT PAY ANY PORTERS INSIDE THE AIRPORT – DO NOT ALLOW ANYONE TO TAKE OR TOUCH YOUR BAGS. OUR HAITI ARISE STAFF WILL HELP WITH THE LUGGAGE OUTSIDE THE AIRPORT.

We encourage all team members to wear their Haiti ARISE Team T-shirts on your flight to help aid you through customs. **PLEASE MAKE SURE TO KEEP YOUR BAGGAGE TAGS. THEY WILL CHECK THESE ON YOUR WAY OUT OF THE AIRPORT.**

Outside the Airport

If you have not been to Haiti before, the noise and busyness outside the airport terminal can seem a little overwhelming. Outside you will find many men who are wanting to carry your bags. Help will be arranged outside the airport. Do not pay anyone inside the terminal. Your team should stay together.

Proceed through customs, out the doors. Ronald and Wade will meet you there.

AT THE MISSION...

Orientation

Your first day in the mission field will include an orientation period, review of the team schedules and projects, and a tour of all facilities. Your team leader will be responsible to provide you more extensive information on all other areas of your trip, including in-field activities and preparations needed for these areas, which will be discussed in advance with the Haiti ARISE staff.

Devotions and Testimonies

All team members should be prepared to give one devotion, which are held each day, usually prior to breakfast. As well, each member will be expected to have a five to ten minute testimonial prepared to share in church service or

while doing evangelism. See your team leader if you need assistance. You will have time in the field to plan/prepare your devotion and testimony.

Debriefing Times

Teams find it very beneficial to plan for evening debriefing times. These do not have to be long sessions. (approx. 1 hour) This time gives team members opportunity to discuss the events of the day and to share their experiences. These debriefings will be led by the team leader. The Team Hosts will join your team debriefing as least twice during the trip.

Water

You should not drink any water or other beverage that is not provided by Haiti ARISE or if purchased, ensure that the bottle is sealed. Water in the bathrooms is safe for brushing teeth but should not be drank.

Because it is hot and humid in Haiti, you will need to be careful to take in enough fluids each day to avoid dehydration. Drink at least 10 glasses of water and if you are doing manual labor and in the sun, you should be drinking more. We suggest that you take additional salt or electrolyte solutions to rehydrate and replace lost salt and potassium. Ideally you should increase your water intake before you get to Haiti.

Food & Meals

It's best to eat only meals prepared by the Haiti ARISE staff or at restaurants that have been recommended. Don't eat food from vendors on the streets, and avoid unbleached fruits and vegetables. All foods have been properly washed in the Haiti ARISE kitchen. In order to remain well during your trip, you must remain vigilant in this regard.

Some of the foods that will be served may include:

Rice, beans, potatoes, chicken, goat, spaghetti, pancakes, eggs, porridge.

- If you have food allergies please be prepared to supplement with food items that you bring yourself. Please make us aware of your food allergies ahead of time.
- If you don't like a certain food or meal please be discreet and considerate about it.
- If you bring snacks, please do not eat these in front of the Haitian workers.

Laundry

Clothes will be washed once over your stay, so do not feel the need to over pack. A load of laundry costs \$5 and the Haitian staff will be happy to take care of this for you. If you bring laundry soap you can hand launder any items needed between scheduled washings. There are clothes lines available for this purpose.

Money

You can bring money for souvenirs and for church offerings. **Please bring small bills. (\$1,\$5,\$10) It is difficult to break large bills.** Money can be exchanged in Haiti to gourdes. DON'T give money to anybody. Chaos can happen quickly and you will be surrounded by hundreds if the word gets out. If you would like to bless someone, please discuss this with the Team Hosts, or Marc and Lisa. Giving money or making promises can jeopardize the programs put in place by Haiti ARISE. It is always advised to allow money to fund through the organization instead of giving to an individual! Remember, you are not going to Haiti for the benefit of one individual, but to help strengthen the local ministries in place.

Accommodations

Teams will stay in dorm style rooms. Usually there are 6-10 people per room, depending on size of team and the size of the rooms. On occasion there may be rooms for couples, however, this is not guaranteed, so couples should be prepared to split into rooms by gender. The rooms have bunk beds and air conditioning. We ask that you be conservative with the air conditioning as power is quite expensive. When you are not in the room please turn the air conditioners off. There are indoor bathrooms with showers. Sheets are provided. Please bring your own towels.

Communications

Haiti ARISE has limited internet access, so be prepared to unplug from electronics. We ask that each team bring only **one** laptop to be shared. Haiti ARISE has a team blog that we encourage all teams to use. If there are members of your team who aren't too keen to blog, we suggest you appoint 1-2 people on your team who communicate well and like to blog. This person(s) can be responsible to add daily to the blog and team members can dictate to this person their day's adventures. Family and friends back home are always waiting for some word from the mission, so be sure to include this important component. The Team Hosts will give you the information needed to access the blog.

The blog address for family/friends haitiarise.org/teamblog

We encourage you to disconnect from technology as much as possible and use your time with us to visit with your team, make new friends, and connect with God.

In Case of Emergency

If there should be an emergency in Haiti our contact in Canada is James Roberts. He can be reached on his cell (403)708-9225 or (403)272-6493. We will contact James in Canada and he will make the necessary calls and/or arrangements needed.

Security

Take normal precautions against theft; lock car doors, room doors, keep track of purses, wallets, & other valuables like cameras. Do not carry money openly. Haiti ARISE will not be responsible for lost or stolen articles. Passports and wallets can be kept in the locked office. Do not leave personal valuables out on the tables or in the public areas.

Always stay with the team or groups of two or three. Don't go out alone. Advise the leader about an extracurricular activity that you would like to do or participate in.

Relationships

Do not attempt to find a mate on your trip. You are coming for ministry, not to pursue romance. Girls and guys should not be alone together at any time. Please keep all conduct respectable and Christ-like and keep your focus on ministry.

RAISING SUPPORT

How can you raise support for your trip and for the team project?

- **Approach your church.** Tell them what you are doing. Often they will allow you to share with the congregation about your trip and your need.
- **Write support letters.** Send a letter to family and friends explaining about your trip and ask them to support you in prayer (most important) and financially. If this is a group from your church, make arrangements with your treasurer to have all cheques of support be received through their treasurer. Ideally donation cheques should make payable to your church and then the church would write one cheque for all team members payable to Haiti ARISE. If you cannot receipt donations through your church, donations for your team project can be sent to Haiti ARISE. **We cannot receipt donations designated to a specific individual, so be sure the team project is mentioned.**
- **Get your community involved.** Hold a garage sale, car wash, auction, or other fundraiser.
- **Use Holidays and special occasions.** Instead of asking for birthday or Christmas gifts, ask family and friends to help support you on a mission trip.
- **Be sure to send thank-you notes.** You can send a personal note to each one, before your trip and then once you return send your supporters a letter sharing about your trip. Be sure to share with them your team blog address and encourage them to read about your trip.

GENERAL GUIDELINES (to recap) Health, Hygiene and Safety

- Always keep insect repellent on your skin, at all times. Malaria mosquitoes bite day and night.
- There are parasites and biting insects in the grass and soil so please keep your shoes on.

- Keep Haitian money off the tables. Wash hands after handling Haitian money. It is dirty. Do not handle or show money in public or in the open.
- Do not eat anything outside of the guesthouse or mission campus.
- Drink lots of water all the time to keep hydrated. You can drink bottled soda pops or juice during free time but it is not recommended during work times, as they are dehydrating in the hot sun.
- If you begin to feel ill with such symptoms as diarrhea, stomach cramps, nausea, etc. please **notify** team hosts and team leader to begin treatment **immediately** to avoid 'downtime'.
- Wash your hands often, especially after being out at church services, playing with children and working. Keep hands away from your face and do not pick at open sores. Use hand sanitizer.
- When walking around town or out of the compound, always go in groups of 3 or more persons and ladies must ALWAYS have a man with them. Remember, the cars and motorbikes have the 'right of way'. Please do not go off alone with Haitians or away from your team.
- NEVER hand out things to people on the streets or outside of organized programs; this can cause a riot or other problems.
- No one is permitted outside the mission compound or guesthouse after dark without a leader or Haitian guide.

MISSIONS POLICIES AND COVENANT

This outlines Haiti ARISE Ministries' mission guidelines, principles and policies that we require all visitors to respect at all times. This is a part of each individual's commitment to his or her mission trip. Please read through thoroughly and sign the covenant page to be given to your team leader prior to travel indicating that you have read, are aware of and agree to abide by these policies. If questions concerning any of these may arise, don't hesitate to ask your team leader or Haiti ARISE leaders.

If at any time any of these principles and policies are not respected, the Haiti ARISE leaders will follow these Biblical guidelines:

-Talk to your team leader who will be responsible to talk to you.

-If there is no change we will talk to you directly.

-If the offence is repeated you will be sent home **at your own expense** and at the risk of **not being welcome** to return to work with Haiti ARISE Ministries in the future. We thank you for your cooperation and understanding.

Personal Witness & Conduct

- We strive for all conduct to honour and represent Christ through a positive witness. Be enthusiastic, positive and supportive of one another, your leaders and the mission at all times.
- Observe the conduct of the Haitian Christians in church services and follow their example.
- Keep all conversation away from major political issues, doctrinal positions or controversial issues. Stay away from asking extremely personal questions of the Haitian people.
- No romantic relationships between work team members and the Haitians will be tolerated at any time.
- Respect teachers and classroom space while school is in session.
- ALL team members should conduct themselves in a conservative manner and are not to engage in conversations alone with Haitians of the opposite gender.
- **Females:** Dress is modest and women must wear dresses with sleeves or skirts for ministry and church. Capri's are permitted for labor, swimming, in your living quarters and for other non-ministry outings. Sleeveless tank tops can be worn to the beach and in the evening in the guest house. Tunic style tops must be worn over leggings to cover the thigh.
- **Men:** Work must be done with shirts on at all times. No tank tops or muscle shirts. For ministry and church times please wear pants and collared shirts. Ties are not required.

The following are **NOT** permitted **AT ANY TIME** throughout the trip to and from Haiti:

- Alcohol and tobacco and/or the purchase or consumption of them
- Obscenities and derogatory conversations/remarks about leaders, nationals, staff, other team members, the mission work, etc.

- Extreme hairstyles or unusual colouring of hair
- Bikini swimsuits and immodest, skin exposing clothing
- Females in males' sleeping rooms; males in females' sleeping rooms
- Excessive jewelry and males wearing earrings of any type
- Body piercing removed or covered
- Large tattoos and sleeves must be covered
- Obscene or secular printing on clothing or ball caps

Mission Policies

- Do not give, receive or exchange your address, phone number, email or accept and 'friend' requests through face book of any of the Haitians during or after your trip. If you wish to correspond with a Haitian friend, send your letter to Haiti ARISE Ministries email. Letters will be translated from English to Creole for you.
- Do not invite Haitian friends, strangers, casual acquaintances, sponsored children/ students and/or their families inside the residence and campus without permission.
- Do not invite or imply invitation for Haitians to leave Haiti.
- Do not discuss, plan or promise with any Haitian financial assistance, support or material help.
- Do not discuss salary or money with the Haitian staff, leaders, and students.
- Planned home visitation times will be included in the schedule. If you would like to visit someone's home please ask the mission directors.
- Respect the team schedule, work, prayer and ministry times. You are expected to be involved in all activities and on time, with the exception of being sick.
- All giving throughout the trip is done through structured programs set up by the mission that point people to Christ. Do not give gifts or money to the Haitians. If a situation of question arises, or if you feel God leading you to bless an individual please see the mission directors.
- Remember that you are working with & for Haiti ARISE Ministries to help teach and meet the spiritual, educational & physical needs of the community. We are not working for one individual. Please support the ministry and put your efforts into making this mission and school strong.

LANGUAGE

The language of the common people is Creole. French is the national language and is spoken by those who are educated. It is good to know some phrases and expressions to help you communicate more effectively.

PRONUNCIATION:

After knowing these few rules, Creole is phonetic.

1. A, E, I, O, U, Y- (Aw, aye, ee, eye, oh, oo, ya or ee)
2. An, en, in, on- nasaled, n not fully pronounced
3. È- short e sound, ou- (oo)
4. What you read is what you say.

GREETINGS:	
Bonjou, mesye o madam	(Good morning, sir or ma'am.)
Bonswa, mezanmi	(Good evening, friends.)
Koman ou ye?	(How are you?)
M-pa pi mal.	(I'm not to bad.)

M-tre byen	(I'm very well.)
Baybay, mezanmi	(Bye bye friends)
COMMON QUESTIONS & ANSWERS:	
Koman ou rele?	(What is your name ?)
Mwen rele _____ .	(My name is_____)
Eske ou genyen kob?	(Do you have money ?)
No, M-pa gen kob.	(I don't have any money.)
Kibo twalet la ye?	(Where is the bathroom?)
COMMONLY USED EXPRESSIONS:	
Bondye beni ou.	(God bless you.)
Beni swa l'eternal	(Praise the Lord)
N-a we pita.	(See you later.)
Ou pale two vit!	(You talk too fast.)
Souple, pale pi dousman.	(Please, speak slowly.)
M-grangou.	(I'm hungry.)
Mesi pou manje-a.	(Thank you for the food.)
M-bezwen bwe dlo.	(I need to drink some water.)
Mwen fatiqe.	(I am tired.)
Vin-la vit.	(Come here quick)
Mwen renmen ou anpil.	(I love you very much. Or I like you.)
M-ap pase yon bon tan.	(I am having a good time.)
Silans, souple	(Silence, please)
Timoun, chita!	(Children, sit down!)
Pa fè sa.	(Don't do that.)
Kanpe, chita, leve men ou.	(Stand, sit, raise your hand.)
CONSTRUCTION TERMS:	
Kibo mwen ka jwenn klou?	(Where can I find some nails?)
Mwen bezwen yon mato.	(I need a hammer.)
Kijan or Koman pou'm fè sa?	(How should I do this?)
Gade, fè li konsa.	(Look, do it like this.)

WHAT A TYPICAL DAY MIGHT LOOK LIKE...

6:00AM	RISE AND SHINE
6:30AM	DEVOTIONS (team members take turns)
7:00AM	BREAKFAST
7:30AM	BRIEF TEAM MEETING TO DISCUSS THE DAY
Morning	WORK PROJECTS
12:00N	LUNCH
Afternoon	WORK PROJECTS OR MINISTRY I.E. VBS
4:00PM	COMMUNITY EVANGELISM (Monday's & Wednesdays) (other days free time or trip to the beach)
5:00PM	CHURCH (Tuesdays & Thursdays) All team members are expected to attend
6:00PM	SUPPER (on Church days, supper is at 5PM)
8:00PM	DAILY DEBRIEFING
10:00PM	ALL IS QUIET
SUNDAYS	
8:00AM	BREAKFAST (team is responsible to prepare own)
9:00AM	CHURCH
Afternoon	MINISTRY OR FREE TIME AT THE BEACH, SUPPER AT THE LOCAL RESTAURANT