

# GHE Ministries

## Basic Mission Trip Information

The medical mission to Thomonde, Haiti is scheduled for December 1st – 10th, 2014. This mission has some physical strain to it; and if you have any chronic health conditions, we recommend that to see your physician before travel. Also, the CDC recommends Hepatitis B & A immunizations, an up to date tetanus and typhoid vaccine. They also recommend medication for malaria (chloroquine is still effective in Haiti.)

Travel to and from Port au Prince is arranged as a group, but the expense is the individual's responsibility, unless GHE Ministries raises enough funds to cover expenses associated with it. The usual cost of airfare to Port au Prince is \$500-750. The Ministries will look for funds to cover in-country expenses such as: cost of travel from Port au Prince to Thomonde, food, and lodging.

### **PRE - PLANNING THE TRIP**

#### PASSPORT

U.S. valid passport (may take up to 6 weeks to get one)      Cost \$110 to \$135 (Adult).

Cost \$ 80 to \$105 (Minor)

#### IMMUNIZATIONS

Hepatitis B, Hepatitis A, Typhoid, Polio, Malaria (pills).

Cost varies depending on your medical insurance. You should call them to find out if you are covered. You can call your doctor, a travel clinic, or go to your local Health Department to get them.

#### TRAVEL EXPENSES

***Airline Tickets \$500 to \$750 for round trip. (RIC-PAP-RIC)***

We will be flying American Airlines from Richmond to Miami on flight # 3554 leaving at 6:10 am and arriving at 8:51 am and then from Miami to Port-au-Prince flight #949 leaving at 9:55 am and arriving at 11:53 pm. It is important for safety reasons that everyone is on the same flight from Miami to Port-au-Prince. We will then all get a shuttle bus to Thomonde. Our return will be similar, and Port-au-Prince to Miami flight # is 1665, leaving 2:10 pm, arriving 4:19 pm. The flight from Miami to Richmond is flight #3504 departing 9:10 pm and arriving 11:34 pm.

***Traveling Medical and Evacuation Insurance Coverage: \$40 - \$60*** through FrontierMEDEX at:

[www.medexassist.com](http://www.medexassist.com) phone: 1-800-732-5309. Email: [info@frontiermedex.com](mailto:info@frontiermedex.com)

***Spending money \$50-\$100***

## OTHER INFORMATION

Medical form completed and returned to us.

The medical personnel have to provide us with a copy of their professional license.

You should make 3 copies of your passport: one to leave with your emergency contact person, one to keep on file with the health ministry here, and one to carry with you separate from your original. We also suggest that the emergency contact person has their passport ready in case of an emergency.

## WHAT TO PACK

All items should fit in a carry-on size bag (45 inches and 40 pounds) so we can use the other bags to bring medications and other donated items.

1 or 2 towels

Toiletries (remember electricity unreliable)

Sunscreen, Bug repellent

Sunglasses, Hat

Enclosed shoes, shower shoes, socks

Light clothing (t-shirts, light slacks, scrubs, shorts (not too short) Light pajamas

Munchies (remember no refrigerator)

Water bottles (to refill)

Camera, film

Reading materials

Flashlight

Earplugs may come handy

Anti-diarrhea medication

\* Laundry services are available for a fee.

For those leaving from Richmond, we will be packing 2 checked bags per person to carry medical supplies and donated items (ex. clothes). All of your personal belongings should fit in the carry-on. If this is not possible, make early arrangements with Jean. We will need to know how many extra checked bags we will have available.

## REPUBLIQUE d'HAITI DEMOGRAPHIC PROFILE

**GEOGRAPHICAL SIZE:** Haiti is an island nation in the Caribbean Sea, one of the Greater Antilles. Thomonde is a small village located in the Central Department or Central Plateau of Haiti

**TEMPERATURE:** Averages in December: High, 86°F and Low 75°F.

**POPULATION:** 10 million.

**LANGUAGE:** Haitian Creole and French

**MONETARY UNIT:** Gourde. \$1.00 (U.S.) = 44.5 gourde

**POLITICS:** Multiparty republic with a bicameral National Assembly: consists of Senate and Chamber of Deputies

**SOCIO-ECONOMICS:** GNP/GNI per capita income US \$1,220

### HEALTH STATISTICS:

Life expectancy: male 61 years, female 64 years

Infant Mortality Rate: 100 deaths per 1,000 live births

1 in every 5 will not live to age one

Physicians: 1 per 10,000 people

Nurses: 0.9 per 10,000 people

Hospital Beds: 1 per 1,000 people

Daily calorie intake: 1,706 calories (2,650 recommended)

Most common ailments in rural Haiti: malnutrition, parasitic diseases.