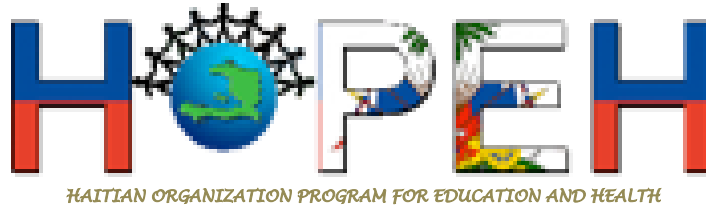


HAITIAN ORGANIZATION PROGRAM FOR EDUCATION AND HEALTH

International Traveler Volunteer Packet



International Volunteer Traveler Release

I, _____, (“**Volunteer’s Name**”) do hereby acknowledge that I elect to voluntarily participate in (“**Program**”) to be held in and around _____ (**Country of Destination**) on ____/____/____ (Month/Date/Year). I, (“**Volunteer’s Name**”) hereby, acknowledge that my participation is elective and voluntary and is not required by Haitian Organization Program for Education and Health, (**HOPEH**).

RELEASE AND WAIVER OF LIABILITY:

International Volunteer Traveler Release certifies that I will not hold Haitian Organization Program for Education and Health, (**HOPEH**), or any person or organization connected to the **HOPEH** liable for injury, disease, or delay of return, or any other claims, while under the support of the **HOPEH**.

ASSUMPTION OF RISK:

Traveling abroad has certain inherent risks not typically found or associated with travel inside the Continental United States. These risks can include hazards to both your person and property through accident, disease, criminal and terrorist acts, weather conditions, or inadequate medical services and supplies. There can be added emotional and physical stress due to loneliness, culture shock, and long hours.

STATEMENT OF RISK:

The Risk Statement, given to each volunteer international traveler, is to inform volunteers of the potential risks involved in traveling abroad and explain possible consequences as one assumes those risks. This document is intended to serve as a guide in formulating the Risk Statement specific to your travel itinerary. Please consult with the **HOPEH travel coordinators**, the field volunteers, and other sources to fill in the blanks and formulate your Risk Statement. Keep this form for your records.

Additional Risks specific to traveling abroad (Including but not limited to):

INFECTIOUS DISEASE

Malaria.
 Dengue Fever.
 Yellow Fever.
 Other _____
 Other _____
 Other _____

POLITICAL OR CIVIL UNREST

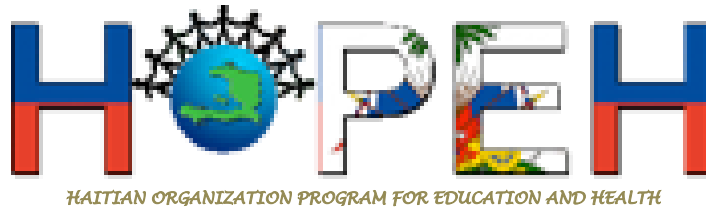
Local Government becomes more hostile to foreigners. The Roads and Airports have been shut down by civil unrest.
 Other _____
 Other _____
 Other _____

OTHER RISK

If travel brings you into contact with bodies of water i.e. drowning.
 Petty theft.
 Due to possibly being on or near remote areas with possible animal attacks.
 Snake bites.
 Other _____

PERSONAL MEDICAL INSURANCE:

I agree to purchase and maintain during the duration of my travel personal medical insurance. I further acknowledge that I am responsible for the cost of any and all medical services I may require as a result of participating in the travel program.



EMERGENCY MEDICAL PERMISSION:

This is only for emergency situations should the individual, being incapable of making rational decisions, or is a minor whose parents cannot be immediately reached. In any situation, every effort will be made immediately to reach the contact person listed on the application. In the event that an emergency arises, I give the **HOPEH** permission to authorize anesthesia, surgery, and /or procedures deemed absolutely necessary at the time.

USE OF IMAGE OR LIKENESS:

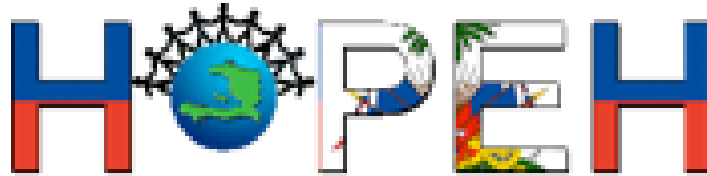
I grant or deny permission to **HOPEH** to use my image, ("**Volunteer's Name**"), as marked by my selection(s) below. Such use includes the display, distribution, publication, transmission, or otherwise use of photographs, images, and/or video taken of me for use in materials that include, but may not be limited to, printed materials such as brochures and newsletters, videos, and digital images such as those on the **HOPEH** website at www.hopeh.org.

- Deny permission to use my image at all.
- Grant permission to use my image in the following ways (mark all that apply):
 - Limited usage:** I want my child/my image used within the ("**HOPEH**") setting only (not in the larger community).
 - Limited usage:** I want my child/my image used for educational materials only (not marketing). This could be either within ("**HOPEH**") or in the larger community. One example of this could be videos in parent education classes.
 - Limited usage:** I want my child/ my image used on printed materials only (no digital or video use).
 - Unrestricted usage:** I give unrestricted permission for my image to be used in print, video, and digital media. I agree that these images may be used by ("**HOPEH**") for a variety of purposes and that these images may be used without further notifying me. I do understand that my last name will not be used in conjunction with any video or digital images.

The undersigned hereby acknowledges receiving this letter and that all are risks assumed by volunteers of Haitian Organization Program for Education and Health (HOPEH), it's officers, directors, members, and all other persons and organizations working on its behalf from any and all loss, liability, actions, claims and demands of any nature, past, present or further, may result from or be in any way related to the undersigned's activities conducted under the auspices of HOPEH and while serving in _____ (Country of Destination) on the dates of ___/___/___ (Month/Date/Year) to ___/___/___ (Month/Date/Year). Volunteer Signature _____, Date ___/___/___ (Month/Date/Year).

Please make a copy of this form for your records and mail or fax the original **PRIOR TO VOLUNTEER TRIP** to:

HOPEH, Incorporated
743 Washington Avenue NE, Suite D
Marietta, GA 30060
P: 770.355.3111
F: 770.514.6900
info@HOPE.org



HAITIAN ORGANIZATION PROGRAM FOR EDUCATION AND HEALTH

EMERGENCY CONTACT INFORMATION FORM

Volunteer's Emergency Contact Information

In the event of an emergency, HOPEH, Inc. travel coordinators will notify contact person(s) designated by the volunteer traveler as emergency contact person(s).

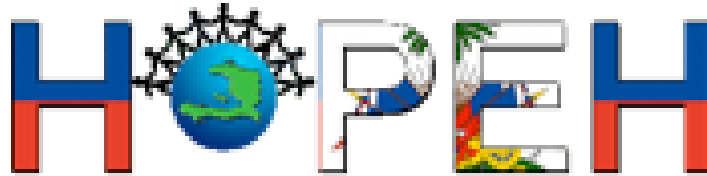
Please provide contact information for two (2) people who may be contacted should an emergency occur during your travel time with HOPEH.

NAME OF VOLUNTEER TRAVELER: _____

<p>EMERGENCY CONTACT PERSON ONE (1): _____</p> <p>RELATIONSHIP TO THE TRAVELER: _____</p> <p>DAYTIME PHONE: () ____ -- _____ MOBILE PHONE: () ____ -- _____</p> <p>EMAIL: _____</p> <p>HOME ADDRESS: _____</p>
<p>EMERGENCY CONTACT PERSON TWO (2): _____</p> <p>RELATIONSHIP TO THE TRAVELER: _____</p> <p>DAYTIME PHONE: () ____ -- _____ MOBIL PHONE: () ____ -- _____</p> <p>EMAIL: _____</p> <p>HOME ADDRESS: _____</p>

ADDITIONAL INFORMATION:

--



HAITIAN ORGANIZATION PROGRAM FOR EDUCATION AND HEALTH

MEDICAL INFORMATION

Volunteer's Medical Information Data

Please provide us with the following information that will help us help get you assistance in the event of a medical emergency. However, HOPEH, Inc. assumes no responsibility for medical expenses resulting from injury and/or illness on behalf of volunteer travelers.

NAME OF VOLUNTEER TRAVELER: _____

MEDICAL INSURANCE COMPANY: _____

MEDICAL DOCTOR: _____

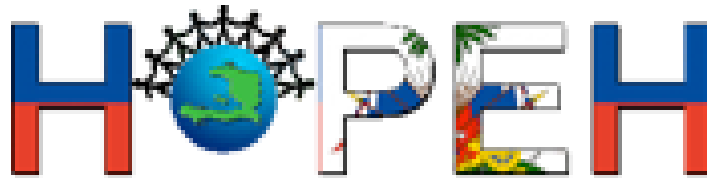
DOCTOR'S PHONE NUMBER: () _____ -- _____

LIST KNOW ALLERGIES: _____

LIST MEDICATION YOU ARE CURRENTLY TAKING: _____

EXISTING MEDICAL CONDITIONS: _____

DETAIL ANY ADDITIONAL INFORMATION THAT MAY BE HELPFUL IN AN EMERGENCY SITUATION:



HAITIAN ORGANIZATION PROGRAM FOR EDUCATION AND HEALTH

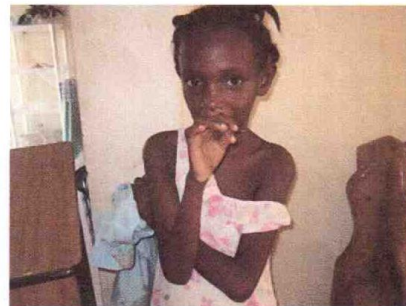
ABOUT THE REPUBLIC OF HAITI



Haiti is a Caribbean country occupying the western one-third of the island of Hispaniola, sharing the island with the Dominican Republic. It is about the size of the state of Maryland, 50 miles from Cuba, and 600 miles from Miami, Florida. Haiti, the first independent black republic, has historically been poverty stricken due to a variety of factors such as war and war debt, occupations and dictatorships, isolation and racism. These factors are still impacting Haiti today along with current economic and

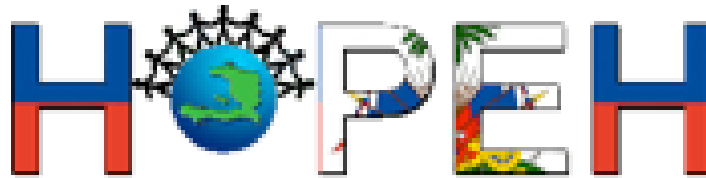
environmental factors such as international aid sanctions, political conflict, deforestation that leads to soil erosion and flooding, hurricanes, etc.

The average Haitian earns less than \$3 a day, and survives on a mere \$1 per day. There have been estimates that 1 percent of the country's estimated 8.1 million people control nearly half its wealth. More than half of the population lacks access to clean water or sanitation. Fifty percent of the population is undernourished, with one in five children underweight or under-height for their age. Twelve percent of Haitian children die before their first



birthday, and one third do not make it to their fifth. According to a 2004 U.N. report, Haiti ranks with Afghanistan and Somalia as one of three countries of the world with the worst daily caloric deficit per person with 2.4 million Haitians unable to afford the minimum 2,240 daily calories recommended by the World Health Organization. In addition, only one in every 10,000 Haitians has access to a physician.

Haiti was pummeled by tropical storms in late August and early September 2008. The storms; Tropical Storm Fay, Hurricane Gustav, Hurricane Hanna, and Hurricane Ike, all produced heavy winds and rain in Haiti. Casualties proved difficult to count because the storm diminished human capacity and physical resources for such record keeping. Bodies continued to surface as the flood waters receded.



HAITIAN ORGANIZATION PROGRAM FOR EDUCATION AND HEALTH

TRAVEL INFORMATION



Airport

When traveling to other countries you will find the airports are not the same as in the States. Upon arrival, there will be lots of people waiting outside to “help you” with your bags. However, do not be deceived, you will be paying for this. It can be very overwhelming if you are unaware. Best to communicate with your team leader and let them handle the process. At any rate, be prepared, it’s pretty hectic.

Customs

You will be required to fill out a customs form on the plane before you arrive in Haiti. The address you should put on this form will be provided to you by your team leader in Miami the night before departure. Be prepared for delays as a result of customs.

Immunizations

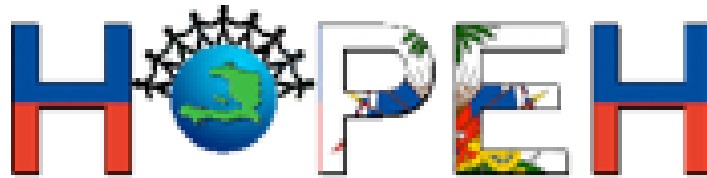
Immunizations are not required to be admitted into Haiti. However we suggest you go to www.cdc.gov/travel to see the recommended immunizations, medical precautions, as well as handling the prescription medication you may be bringing with you. These immunizations are typically available at your County Health Department at cost or at any Travel Clinic. If possible, consult with your doctor a solid two months before departure. We advise you to have a current Tetanus Shot as well.

Passport

It is required to have a passport valid for at least 6 months after your departure date to travel to and from Haiti. Forms are available online as well as finding the location nearest you accepting applications. To find the information needed you can go to travel.state.gov/passport on the web. It would also be a good idea to make color copies of your passport in the event that you lose the original.

Luggage

We ask that your checked luggage be donated items for the relief efforts currently underway. You should be able to fit your clothing and personal items in a rolling carryon. However, due to the tightened restrictions, please check with the airline on toiletries allowed in carry-on. It might be necessary for you to pack some things in your checked luggage.



HAITIAN ORGANIZATION PROGRAM FOR EDUCATION AND HEALTH

Weather

The climate of Haiti is tropical, with some variation depending on altitude. Haiti in January has an average minimum of 73°F to an average maximum of 88°F; in July, from 77–95°F. The rainfall pattern is varied, with rain heavier in some of the lowlands and on the northern and eastern slopes of the mountains. Juampas receives an average annual rainfall of 40 in. The hurricane season runs from June to November.

Clothing

Light and modest clothing is appropriate with the high temperatures and humidity. Please bring shoes that are comfortable for walking long distances. The roads in Juampas and elsewhere are very rough and do a number on your feet so some padding is advised. DO NOT wear any jewelry that has sentimental value.

Food

We will do our best to provide you with meals but due to the current situations in Haiti as a result of the earthquake taking place in January of 2010 food supplies can be scarce. Most likely meals will be oatmeal for breakfast, pasta for lunch, and rice with stew for dinner. For this reason we recommend that you bring light weight snacks such as energy bars. We will supply you with clean drinking water during your stay.

Telephones/Internet/Communications

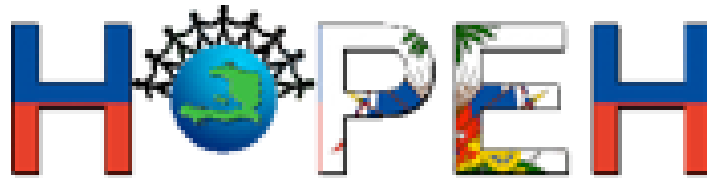
Be absolutely sure to ask your cell phone carrier about roaming charges while in Haiti. You may wish to look into the use of a satellite phone. The internet connection is sporadic in Juampas and you may not be able to connect to the web. Keep in mind, any cell or satellite traffic that is available is very heavy and it is still difficult to get a call in and out of the region. The most reliable and cost effective form of wireless communication while on your trip is texting.

Money

It is best to bring cash. Traveler's checks are difficult to exchange and credit cards are accepted almost nowhere. Take mostly ones and fives and separate your money in different locations i.e. some in your wallet, some in your suitcase, etc.... This is to ensure your money not to be lost or stolen all together, leaving you empty handed. If you don't have one, a money belt is a good way to keep your money safe.

General Note

People who have worked in Haiti for a long time will tell you that each time they go, it is an adventure. Things happen at a different speed there and can often be confusing and/or frustrating to someone used to the fast paced, "get it done" western world. One of the only certainties is that inevitably, something will not go according to plan. It is important to have a fluid disposition while in Haiti. Go with the flow and you will find that your adventure will as well.



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FINANCIAL INFORMATION

The Republic of Haiti is on an island which means that assets have to be imported from abroad. When paired with the cost of customs, the price of food, gasoline, and supplies begin to really add up. This is one of the biggest challenges facing Haiti right now. Considering the volatile nature of the Haitian economy after the earthquake, these figures are subject to change. That being said, we will try to give you an approximate amount that you can plan on.

Volunteer Fee

Amounts are based on a group of 12 for one week. The volunteer fee is \$300USD. The in-country cost covers airport pickup and return, transportation while in Juampas, accommodation, meals during your placement, Haitian employee wages, supervision, and an administrative charge. If you are a group of four that will be in Haiti for less than a week then we would ask for a \$850USD donation per person. When we have more information about your trip, we will work out the appropriate price.

Airfare

Round trip airfare to Haiti varies a bit as well. One thing that is absolutely true is the earlier you purchase your ticket, the cheaper it will be. These regional estimates are based on a three month advance purchase:

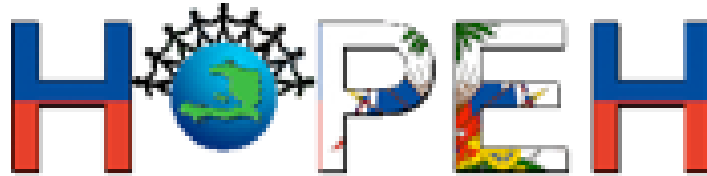
From Atlanta: \$500USD From Boston: \$600USD From Seattle: \$800USD

Miscellaneous Fees

You will incur some costs that require a small amount of money to be kept on your person. A "cold" soda. A small memento. Tips for motorcycle drivers and house employees. There is also a small departure fee when you leave Haiti. It would be a good idea to have about \$125USD in small bills for these types of things.

Something To Think About

Consider before you leave how you will deal with different people asking you for money. It will inevitably happen. People might ask straight up or they will ask you to sponsor them or their children. Everyone deals with this in their own way, but it is important to be prepared for it.



HAITIAN ORGANIZATION PROGRAM FOR EDUCATION AND HEALTH

HAITIAN CREOLE BASICS

Bonjou! - Good morning!
Bonswa! - Good afternoon!/Evening!
 (used after 11 AM)
Komon ou ye? - How are you?
N'ap boule! (most common greeting
 and response) - Good!
Wi - Yes
Yo - they, them
Non - No
Mesi - Thanks
Souple - Please
Merite - You're welcome
Pa gen pwoblem - No problem
Oke - OK
Eskize mwen - Excuse me
Mwen regret sa - I'm sorry
Gen... - There is/are...
Pa genyen! - There is/are not any!
Mwen pa genyen! - I don't have any!
Sekonsa! - That's right!
Piti piti - A little bit
Anpil - A lot
Isit - Here
La - There
Tout bagay anfon? - Is everything
 OK?
Toupatou - Everywhere
Anyen - Nothing
Atansyon! - Attention!/Watch out!
Rete! - Stop!
Nou ap chache... - We are looking
 for...
Souple, ban mwen... - Please give
 me...
Separe sa ant nou - Divide this
 among you
Eske ou pale angle/franse? - Do you
 speak English/French?

Ou konprann? - You understand?
Kij an yo rele sa an kreyol? - What
 do they call that in Creole?
Ou byen? - You OK?
Mwen pa two byen - I'm not too well
Mwen malad - I'm sick
Mwen grangou - I'm hungry
Mwen swaf anpil - I'm very thirsty
Ye - Yesterday
Jodia - Today
Demèn - Tomorrow
lendi - Monday
madi - Tuesday
mekredi - Wednesday
jedi - Thursday
vandredi - Friday
samdi - Saturday
dimanch - Sunday
Konben - How much?/How many?
Poukisa? - Why?
Kote? - Where?
Kisa? - What?
Kile? - When?
Ki moun? - Who?
Kijan? - How?
Kiles? - Which?
Eske gen...? - Is/Are there...?
Zero - 0
Youn - 1
De - 2
Twa - 3
Kat - 4
Senk - 5
Sis - 6
Sèt - 7
Uit - 8
Nèf - 9
Dis - 10