Haitian Timoun Foundation Immersion Travel Orientation



January 2018



January 2018

Dear HTF Immersion Trip Participants,

On behalf of the Haitian Timoun Foundation and our brothers and sisters in Haiti, thank you for joining us on this transformational travel experience. Your decision to go with us means that you are about to undertake a journey that will change your life. After you return home from Haiti you will not be the same person you were before you left. Count on it.

There is no place in the world like Haiti. Haiti truly is a paradox in multiple ways. On the one hand, it is a Caribbean island, or



Vierjena, Walden, TiCasi and Junior at Tetkole in Jacmel.

more precisely, a third of a Caribbean island, the western third of Hispaniola. On the other hand, it is the most African of all Caribbean cultures. You probably already know that Haiti is very poor economically. It is the poorest country in the Western Hemisphere in terms of average per capita income. In terms of food per person and water availability per person, it is the most hungry and most thirsty country in the world. At the same time, and even as abject and extreme poverty weighs heavily on the people of Haiti, they also can be some of the most hopeful people you will ever meet. There is something about the Haitian spirit that will touch your heart and get into your soul.



We all know about the January 12, 2010 devastating earthquake leaving 300,000 dead, 500,000 children orphaned, and 1,000,000 homeless and waterless. As the President of Compassion International said, "Haiti was the scene of one of the worst disasters ever; then, an earthquake happened." Nothing has tested the resiliency of the Haitian people more than this disaster. Despite unmet promises by the international community, the Haitian people press on.

Be prepared to see and experience things that will have a lasting impact on you. You will be deeply troubled by the deforestation. How in the world can a tropical island be so

devastated? You will also ask, "How in the world can so much of the rubble from the earthquake still not be removed and destroyed buildings still left untouched?" You will see and smell the poverty. There is poor, and then there is Haiti poor. Piles of garbage that fill streets and river beds in Port-au-Prince, people on the streets hustling to try to eke out some kind of living through marketing their wares, tap taps crammed and overloaded with humanity, children with no place to go, and men and women who sit and stare will be part of what you see every day. You will see those lucky enough to get a day job on a construction site working without shoes, gloves, or safety equipment. You will see women and children hiking down thousand foot deep ravines to fetch water in buckets and carry it back to their simple, thatched roof, one room houses. You will see what it is like to have most of the population of a country literally living each day on the edge of survival. At the same time, you will see raw courage like you have never witnessed before and hope that defies present circumstances. You will soak in lots of laughter, color, and music. You will experience what authentic community is really like. Haiti will challenge your American values about individualism and independence.

Most of all, and central to the mission of this trip, you will walk side by side with real heroes, people who have placed service above self, people who have risked all and given all to make a profound difference in the lives of others and in their own. You will meet young men and women who have overcome great odds and

monstrous obstacles foreign to anything we have experienced. They will have risen from extreme poverty to get a college education or risen from orphaned street status or the life of a *restavèk* (child slave) to be leaders in transforming Haiti. Their faith in a God who raises the dead and for whom nothing is impossible will cause you to wonder how you could have ever given any attention to the shallow, consumer-driven, North American makeover of God. In Haiti, the New Testament comes alive. God, especially our God who does his absolute best work when the odds are the longest, will get to you. You may just rediscover the childhood faith you had in Jesus that you subsequently lost when our sophisticated world caused you to put away "childish" ways.

Get ready to be changed. If you are like most, you may begin this trip thinking how much Haiti really needs us and our resources. When the trip is over and you are in the quiet of your own space, you will probably burst into tears. Don't be ashamed. You will have a good cry because for the time you were in Haiti, you got beyond the superficial. You tasted life and relationships measured in wholly different ways. You won't be able to shake some of the things you saw and the people you met. Go ahead and cry. We all have. In the tears we realize that we need Haiti much more than Haiti needs us. When that moment comes, give thanks to God. You have been transformed.

Expecting to be changed, we hope that what follows will help you prepare for your trip. We want you to make the most of your time with us and in Haiti.

Mesi Anpil!

Rick Barger

Founder, Haitian Timoun Foundation

Rick BARGER

Erin H Murphy

Erin Murphy

Executive Director, Haitian Timoun Foundation



Rick Barger with Maya and Steve, at the former Wings of Hope building in Fermathe.



Erin Murphy with some of her summer camp friends in Mirebalais.

Before You Decide to Go, Haiti is not for Everyone

We do wish that the vision of going to Haiti with us so inspires you that your heart says an enthusiastic "YES." At the same time, we want you to be aware that Haiti is not for everybody. We wish that our experience had not made the writing of this section necessary, but you should pause before jumping to register for this trip if:

- 1. You are not ready to embrace the Haitian culture and be immersed.
- 2. You are uncomfortable with having virtually no privacy and constantly being surrounded by people. The privacy that Americans enjoy is foreign to life in Haiti.
- 3. You have a low tolerance for discomfort.
- 4. You have an alcohol or drug addiction.
- 5. You like to be in control.
- 6. You have some questions as to whether you are mature enough for such a trip. (In this case, please speak with the trip leader. Such conversation has sometimes resulted in a traveler wisely delaying his or her trip for a year or two. We believe that the age of 16 is a minimum age for one to consider going on this trip.)
- 7. You are obsessive about cleanliness.
- 8. You have a different agenda than the purpose of the trip, which is to be introduced to the work of HTF and our partners and to be immersed in the Haitian culture.
- 9. You are going with a companion or a child, whom you think the Haiti experience will "fix."
- 10. You are a poverty tourist.
- 11. You can't be a team player, take long days and the unexpected with grace, and are used to getting your way.
- 12. You have deemed the guidelines in here as suggestions and you plan on doing your "own thing" in Haiti.

As a participant on this trip, you are an ambassador for the work of HTF and our partners. You have great power to add to the goodwill of our partnerships or to detract and embarrass. Because HTF is about our mission in Haiti and the future of the adults and children there, the trip is not about you.







Considerations and Preparation for Travel

Child Protection Policy. The Haitian Timoun Foundation is dedicated to serving children and fulfilling our mission of fostering hope and sustainability with dignity for the children of Haiti. In order to honor this, it is necessary to ensure that participants of HTF trips abide by and understand HTF's child protection policy, which is intended to protect the future of Haitian children and the ability of HTF to continue to raise them up. This policy exists not because we are suspicious, but because we take our work very seriously and we are committed to our partners.

Many of the children that we work with have experienced or live in difficult or sensitive situations. One of our primary concerns is that these children feel safe and empowered. We also want adults to feel safe and empowered to work without fear of accusations. This policy enables HTF to respond to accusations in an unbiased way, with children's safety as the highest priority. Each child is unique and valuable. Ultimately, child protection addresses not only basic survival for children, but recognizes their rights to develop to their full potential.

Criminal background checks (CBC) will be performed on each trip participant after the individual has signed the consent form, and prior to traveling. HTF's Executive Director, Erin Murphy, and Administrative Director, Julie Sutton, will have access to the criminal background check report. The cost of the background check will be assumed as part of the trip cost for each individual. Any individual who has prior incidents of sexual misconduct or child abuse will not be allowed to participate in an HTF immersion trip.

Participants of immersion or other HTF sponsored trips must review the child protection policy before traveling and sign it, acknowledging their understanding of the policy and agreement to abide by its terms. Your trip leader will provide these forms.

Passport. Make sure that your passport is up-to-date and that the name on your airline ticket matches the name in your passport. If your passport is due to expire within six months of your travel dates, you should renew your passport prior to travel. While in the air en route to Port-au-Prince, please keep your passport handy as you will need to fill out a landing card. All those with non-Haitian passports will be charged a \$10 tourist fee when you enter Haiti. There will be a special bank booth set up for the payments just before you pass through immigration. It is payable in \$10 US, or \$10 Canadian, or 10 Euros, depending on where you are coming from and what currency you have. (This will be covered by your in-country costs.)

While in Haiti, have your passport on you at all times. Upon return to the States, you will use electronic kiosks to complete a customs and immigration form.

Travel Insurance. All travelers are required to purchase travel insurance. Please note that this refers to medical evacuation insurance, not trip cancellation. Many of our travelers have used Travel Guard (www.travelguard.com), though this is not an HTF endorsement of this company. Of course, trip cancellation insurance can be obtained at your own discretion.

Immunizations. Please check with your family doctor, or the international travel nurse at your local health department. We recommend you follow the CDC guidelines for immunizations. If you choose to take malaria medicine, please talk with your doctor about potential side effects, particularly if you already take cholesterol lowering drugs. If you take acid reflux disorder medication, please be aware that reducing the acid in your stomach also reduces your immunity to certain diseases, especially typhoid. You may want to kick the acid reflux pills and eat a simple and GI friendly diet for a week before the trip. For all questions, please consult with your physician.

Vaccine information from the Centers for Disease Control (http://wwwnc.cdc.gov/travel/destinations/ traveler/none/haiti#vaccines-and-medicines)

All travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

Routine vaccines	Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-
	mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine,
	polio vaccine, and your yearly flu shot.

Most travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

Hepatitis A	CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Haiti, regardless of where you are eating or staying.
Malaria	You will need to take prescription medicine before, during, and after your trip to prevent malaria. Your doctor can help you decide which medicine is right for you, and also talk to you about other steps you can take to prevent malaria. See more detailed information about <u>malaria in Haiti</u> .
Typhoid	You can get typhoid through contaminated food or water in Haiti. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

Some travelers

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

<u>Hepatitis B</u>	You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.
Rabies	Rabies can be found in dogs, bats, and other mammals in Haiti, so CDC recommends this vaccine for the following groups: Travelers involved in outdoor and other activities (such as camping, biking, adventure travel, and caving) that put them at risk for animal bites.
	People who will be working with or around animals (such as veterinarians).
	 People who are taking long trips or moving to Haiti
	• Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.

There is no risk of yellow fever in Haiti. The government of Haiti *requires* proof of yellow fever vaccination **only** if you are arriving from a country with risk of yellow fever. This does **not** include the US. For more information on recommendations and requirements, see <u>yellow fever recommendations and requirements for Haiti</u>. Your doctor can help you decide if this vaccine is right for you based on your travel plans.

Health Risks. Poor water, inhumane crowding, lack of widespread immunization among the people, and poor sanitation make Haiti a breeding ground for many diseases, including mosquitoes that carry chikungunya, malaria and dengue fever. Here are some dos and don'ts:

- Do not drink the water. There is no potable water in the whole country. All water, even mountain well water, is contaminated. Drink only bottled water. When in restaurants, inquire as to whether the drinking water and ice are from purified sources (i.e. Culligan water).

Washing clothes in the river.

- Do not brush your teeth with tap water. Use purified water.
- Do not eat raw vegetables unless you have been assured that they have been properly washed with purified water.
- Take a small bottle of hand sanitizer with you and discreetly use it.
- HIV is a huge problem in Haiti. We will not knowingly enter into any situation where HIV could be a risk, but travelers need to beware.



- Parasitic infections can also be a problem when traveling to a place like Haiti. If you have a persistent stomach or lower abdominal ache when you return, coupled with diarrhea, you may want to have your doctor test you for parasites. Sometimes a strong case of diarrhea followed by noticeably feeling better afterwards can fool you into believing whatever problem you had is over. Do not be deceived. The strong voiding flushes the parasites out, but ones left will multiply and come back with greater vengeance!
- Traveler's diarrhea can always be a problem when traveling anywhere. Rather than immediately
 medicating, we generally recommend that persons suffering from diarrhea take it easy and allow their
 bodies to deal with it. Because the trip is so short, you may want to take some Imodium or other antidiarrhea medicine with you and immediately use it at the first sign of a problem. Some travelers get a
 prescription for Cipro or Azithromycin from their doctor to take upon the first sign of a stomach illness.
- Don't eat any food from a street vendor or from the market.

Please be assured that the guest houses and/or hotels in which we stay are accustomed to having Americans staying with them, and they prepare their food accordingly. When everyone follows these guidelines, it is rare that we have a problem on our trips. The traveler needs to be aware that health risks are part of the travel experience to Haiti, and the traveler takes such risks by going to Haiti. HTF assumes no responsibility for health risks.

January 2018 Update on Zika. Zika virus disease (Zika) is a disease caused by the Zika virus, which is spread to people primarily through the bite of an infected Aedes species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). Local mosquito transmission of Zika virus infection has been reported in Haiti. Local mosquito transmission means that mosquitoes in the area are infected with Zika virus and are spreading it to people. Because Zika virus is primarily spread by mosquitoes, CDC rec-

ommends that travelers to Haiti protect themselves from mosquito bites. Many people infected with Zika virus do not get sick. Among those who do develop symptoms, sickness is usually mild, with symptoms that last for several days to a week. A pregnant woman can pass Zika virus to her fetus. Infection during pregnancy can cause serious birth defects. CDC recommendations of special precautions for the following groups can be found here: http://wwwnc.cdc.gov/travel/notices/alert/zika-virus-haiti.

There is currently no vaccine or medicine to prevent Zika. The only way to prevent Zika is to prevent mosquito bites. Preventing bites can be difficult, but it is important as you can get sick after just one bite. Follow these steps to reduce the chances that you will be bitten by mosquitoes during your trip:

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use an appropriate insect repellent as directed. Higher percentages of active ingredient provide longer protection. Use products with the following active ingredients: DEET, Picaridin, Oil of lemon eucalyptus, or IR3535.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents). You can buy pretreated clothing and gear or treat them yourself. Treated clothing remains protective after multiple washings. See the product information to find out how long the protection will last.
- Many choose to bring a portable mosquito net (found at REI, Amazon, or similar retailers) to sleep under. Some of the guest houses actually have mosquito netting as a part of the bedding.

Clothing and Personal Effects. Travel light. Wear light clothing. Haiti is a hot tropical country, several degrees hotter than its neighbor, the Dominican Republic, because of deforestation. The summer months in Jacmel can be oppressively hot and humid. Despite the heat, Haiti has its own social graces and cultural dress codes. You will see children emerging from thatched roof houses washed clean and wearing their school uniforms. Haitians may be poor, but they dress with pride, dignity, and modesty. Men should wear long pants or long shorts. Women should wear long shorts, long pants, capri pants, skirts or dresses. Men should wear a shirt with a buttoned collar. Women and girls, DO NOT wear short shorts, tank tops, bra tops, camisoles, or blouses with plunging neck lines. This is very disrespectful to the people and it may cause them to draw conclusions about your character. Please do not put any of us in the awkward

position of asking you to cover up or change clothes.

If we happen to make the beach excursion to Cayes Jacmel, beach attire, while at the ocean, is appropriate. You will want to pack sunscreen, sunglasses, and a hat. Nights can be quite chilly in Fermathe; so a light jacket might be useful. Because we will be doing quite a bit of walking in an underdeveloped country, open toed shoes are a liability. Many choose to wear a light pair of hiking shoes while in Haiti.

Bathrooms and showers are communal. You may want to pack a pair of flip flops or sandals. Bring your own toiletries. Our hosts will provide your bed sheets, a towel, and a wash cloth.

Some travelers to Haiti choose to take clothes they are willing to leave when they depart. However, unless you are leaving clothes behind with one of our partners who can wash them, do not give away dirty clothes. This is



Cayes Jacmel, on the southern coast.



Dinner at Trinity House

disrespectful to the people receiving them.

Most people in Haiti are fortunate to get one meal a day. While we are in Haiti, our guest houses will provide two meals daily. They are fabulous. You will gobble up the tropical fruits, and Haitian coffee is simply the best in the world! Do not plan on lunch every day. If we eat lunch, it's a bonus. Please bring some power bars and plan on leaving the uneaten ones with our hosts when we depart.

Bring a flashlight for nighttime. By all means bring a journal for recording your trip and remembering feelings and insights.

Luggage. Only check those bags you don't mind being lost in transit. Some immersion trips have resulted in there being one or more lost pieces of checked luggage upon arrival in Port-au-Prince.

It is best to travel with carry-on luggage for what you are taking for yourself. If you do carry-on, be aware of the security guidelines for packing toiletries and bottles. Also, don't take a suitcase that you are not willing to get banged up or dirtied a bit.

Travelers on this trip will be asked to take extra suitcases carrying clothing, school supplies, and other sundries to leave with our partners in Haiti. It is okay to check these bags. They are generally too big for carryon anyhow. In the event they get lost, the claim checks enable our Haitian friends to recover them a few days after scheduled arrival.

Upon Arrival at the Airport in Haiti. The airplanes are mostly large jumbo jets dumping people off at the small Toussaint Louverture International Airport. Particularly during the busy summer months, expect long, slow lines while going through immigration. Expect a long wait for checked luggage. Each piece is handled by hand. We will all exit the customs hall together as a group. Do not wander off. Do not leave the airport building until the group leader has spotted our host. There are hustlers and others trying to make a buck around the airport, and desperate people can do des-

perate things. Many people say that the scariest part of their trip to Haiti was walking out of the airport. Haiti has done a lot to curtail what was once total chaos, but there can be instances that can make you uncomfortable. DO NOT allow someone posing as a porter to take your bag. DO NOT pull money out of your pocket to tip anyone unless you don't want to see it anymore. Leave the logistics of traveling from the door to the transport bus and tipping helpers to your leader.

Our Living Quarters While in Haiti. While in the Port-au-Prince area, we may be staying at the guest house at St. Joseph's Home for Boys in Petionville. The sleeping quarters are generally bunk rooms. The baths are communal. You will be given instructions on how to use the facilities upon arrival. There is also no hot water. When you bathe, you may use a bucket bath, just like the poor. Conserving water is critically important, not only in a water needful place like Haiti but also when living in community with others.

While in Jacmel, we will be staying at the Wings of Hope guest house or Hotel Florita in shared rooms. If you are lucky, you might actually have a flush toilet or a shower in your room. Hot water would be an unexpected bonus!

Room in Hotel Florita, Jacmel





Valuables. There is absolutely no reason to wear expensive jewelry in Haiti. Keep your valuables either on you or locked in one of your pieces of luggage. Many people choose to take a traveler's money belt that they wear under their clothing. It can contain both your passport and cash.

Do not carry a purse or any other tote bag that someone can quickly take from you. Do not place a purse or any bag containing valuables beside you while in a public place or on public transportation unless you are willing to have it stolen.

Money. Carry enough money for travel to and from Haiti, and an amount for use in case of an emergency, as well as some incidentals while in Haiti. There is little time for shopping, but the Jacmel area does have some fine Haitian artists. Some artists also set up their wares on the street right outside of St. Joseph's Guest House. If you want to buy some artwork, bring the money with you. Don't expect any ATM machines. Don't bring travelers' checks. Credit cards are generally useless, except in airport gift shops. Since the cost of the trip is all inclusive, you probably will not need to exchange any money for local currency either. Your leader will be handling the daily fiscal pieces of the trip.



Photography. You will want to bring a camera with you to record your experiences. At the same time, please be sensitive to the fact that we are guests in someone else's country. The children in our mission partners' facilities will love having you take their picture. You will need to ask their permission and promise to send them a copy. If you have a digital camera, let them immediately see the picture that you took. Under no set of circumstances are you to take pictures of people who are unaware or who have not given you permission. Haiti already has an issue with Americans coming there with a "poverty tourism" mindset. People in deep poverty feel a great amount of shame. You pile onto that shame when you capture their suffering through pictures. These people allow us into their country without visas and without intensive interrogation by immigration officials, a practice not reciprocated by our own government, and deserve our best respect.

En Route to Haiti. The trip to Haiti sometimes includes an overnight stopover. Because of excitement, perhaps changing time zones and the need to be at the airport early on the next day, do not expect to get a whole lot of sleep. Also, getting something substantial to eat while en route may be problematic. On the day that you arrive in Haiti, do not expect to have any meal served to you until dinner. Plan accordingly and get some rest, if possible, before the trip.

Often the first couple of days in Haiti can be very emotionally taxing because of being disoriented and fatigued. You arrive somewhat sleep deprived. You are unprepared for the heat and humidity. You are in a totally different culture. You don't understand the language. Murphy's Law is playing out. You see things that trouble you. The sights and sounds of life in Haiti will keep you awake at night. (The rooster at St. Joe's is famous!) You realize your total dependency upon our hosts and how vulnerable you are. If this happens to you, relax. Trust God. All will be well. If you are disoriented please share that with the group when we center or with your leader. Do not be afraid to voice your feelings. It is all part of the journey.

Understanding Haitian Culture and How to Behave in Haiti

Haiti is a totally different culture with its own social graces and challenges. Here is another list of dos and don'ts while in Haiti:

- Americans love to multi-task. Multi-tasking in Haiti while in the presence of another is simply rude. When you are in conversation with Haitians, give your full attention. Maintain eye contact. Do not fiddle with a smart phone, write notes, or be distracted. If you want to write down some things, say something like, "This is really good. I want to listen; so, can we pause a moment while I write a few things down?"
- Relax. Do not rush conversation. Do not make others feel like you are in a hurry. Time has a different meaning in Haiti.
- Haitians can also seem to be very forward and direct in their conversation with you. If you feel like a Haitian is taking you on in an aggressive way, don't take it personally, but be thoughtful in your responses.
- Because Haitians endure litanies of broken promises, do not be surprised if you seem to be unappreciated. This trip is not about you anyway. You need to know that well-meaning groups go to Haiti all the time, make promises about ongoing partnership and support, and then go back to the United States and do nothing.
- While we are visiting our mission partners, do not give children money, no matter how much their situation might break your heart. Do not make the mistake of asking students what they might need. Our partners' leaders have enough challenges without being circumvented by us.
- Do not flash money in public. Do not give to beggars on the streets. Every time you reach into your wallet
 and give money to someone you work to foster the image that Americans are only useful for handouts.
 We are in Haiti to forge deep relationships and not use money as power.
- If you already serve as a sponsor to one of the children in our centers or to a student, it is perfectly okay to bring them a gift. Do not give them money.
- In the U.S. we may like to whistle a happy tune, but whistling in Haiti is considering very ill-mannered.
- Haitians will sometimes be eager to practice their English on you. Be open and patient. You will benefit
 from the interaction. Try to speak a little Kreyòl. Haitians will love trying to help you learn a little Kreyòl.

- Smile, shake hands and look people in the eye when you meet them. In some of our centers, the boys have developed the habit of hugging. This is a huge paradigm shift from the time they were on the streets. By all means, hug them back!
- Because of the French influence in Haiti, many women will greet you expecting a mutually extended kiss on either cheek. If you don't know how to greet in this way, learn it!
- Finally, be yourself and expect to make some new friends.

Simple Kreyòl Lessons

While there are two official languages of Haiti—Kreyòl and French—Kreyòl is the language most commonly spoken. It is the language 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 a very phonetic language. 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

NUMBERS / CHIF

0 — Zewo 11 - Onz 1 - Youn 12 — Douz 2 - De 13 — Trèz 3 — Twa 14 — Katòz 4 — Kat 15 — Kenz 5 — Senk 16 — Sèz 6 — Sis 17 — Disèt 7 — Sèt 18 - Dizwit 8 — Wit 19 — Diznèf 9 — Nèf 20 - Ven 10 - Dis

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 / fatige 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?

30 - Trant

40 — Karant

50 - Sinkan

100 - San

1,000 - Mil

DAYS/JOU

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

MONTHS / MWA

January — Janvye 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 — Souri
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

Adult — Granmoun

Pencil — Kreyon

Pen — Plim

Paper — Papye

Book — Liv

Table — Tab

Chair — Chèz

Baby - Bebe

Child - Timoun

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 — VIe

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

Play - Jwe

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

The Haitian Timoun Foundation

The Haitian Timoun Foundation is not just an organization, or a nice cause. HTF is people. It's young Haitians, former street kids and freed *restavèks* discovering their self-worth and strength. Building on their talents and opportunities. Dreaming dreams. Overcoming obstacles. Choosing to stay in Haiti and transform their lives, their families, their communities, their country, and their world.

HTF is also North Americans, partnering with Haitians, learning from Haitians, believing in the worth and potential of Haitian children, helping to transform those lives – even as their own lives are being transformed.

The Haitian Timoun Foundation is a non-profit organization with a simple vision: That ALL may have life! We are a very high impact, clearly focused, grassroots movement that has been bringing hope, sustainability, and dignity to the children and people of Haiti for more than 15 years. We believe in education, economic development, community engagement, and local leadership.

In the aftermath of the 2010 earthquake, while other organizations were searching for how to best respond and make a difference, we had volunteers on the ground in Haiti within 48 hours after the quake. Authorities pointed to us as great stewards of resources and as one of the most highly effective organizations creating transformation in Haiti.

But we're not creating the real transformation---it's our Haitian partners. We find and empower the Haitian people who are doing the right things in the right ways and ask, "How can we multiply and make you better at what you do?" Through these partnerships, we have helped affect countless life-changing outcomes for the children and youth of Haiti.

Connections with Haiti began as early as 1997, when Dr. Rick Barger, who, at the time, was Lead Pastor at Abiding Hope Lutheran Church in Littleton, Colorado, first visited the country. Since its official launch in 2000, the Foundation's constituency and reach have rapidly expanded. Individuals, faith communities, and groups from different parts of North America are discovering our work and are being compelled to join us as partners in our mission to foster hope and sustainability with dignity to the people of Haiti and their future.

HTF encourages mission-driven groups, congregations and people, to join the partnership – teaming with those who share similar values and guiding principles; those who seek life-giving connections with the best hopes and dreams of Haiti ... "That ALL May Have LIFE!"



Members of the HTF National Leadership Team

Guiding Principles and Values

- 1. We are committed to being, thinking, and acting as the most highly effective grassroots movement we can be.
- We understand ourselves as being entrepreneurial venture capitalists, willing to take risks and invest in capable Haitians who have initiatives to align with our mission, who have staying power, and who hold great promise to be able to multiply and replicate their efforts with our support.
- 3. We recognize that we are often the "first to believe" in people and a project and expect that our belief and the results will generate a multiplication of our funding from others who are less venturous.
- 4. We are committed to maintaining a track record that consistently picks "winners" who concretely achieve our mission with integrity and character and generate movement from dependency towards selfsustainability.
- 5. We will always come through on our promises. We will never make a promise we cannot keep. We commit to having staying power in supporting our partners.
- 6. We fully honor and respect the Haitian people, their culture, and their religious beliefs. We also believe in the creativity, faith, character, and gifts of the Haitian people to take full ownership of their future.
- 7. We only invest in initiatives led by Haitians or that have a clear plan for ultimate Haitian leadership.
- 8. We so respect and believe in the capacity of those in whom we invest that we never become owners, shareholders, or co-business partners. Thus; the role of HTF includes keeping clear boundaries with regard to where our investment ends and where our partners' responsibility begins.
- 9. The record of receipt and use of funds must be fully transparent. We are always fully accountable to all donors for the appropriate stewardship of the funding we receive.
- 10. With a mission to create a future of hope, sustainability, and dignity for the children of Haiti, we will be advocates for any organization that aligns with our values and mission.
- 11. We will always speak positively for and on behalf of Haiti.
- 12. As an organization that seeks an alternative future for the children of Haiti, we are advocates for all abused, neglected, and enslaved children, and are committed to ending such atrocities by any means. We pledge to work with any and all authorities who work for the justice of children.
- 13. We commit to funding just enough administrative expenses and to be prudent, creative and wise in providing the basic infrastructure we need to be excellent in our mission.
- 14. As partners, we not only promise to provide funding resources for Haiti, but we also pledge our prayers and full encouragement and support for those on the front line of service, on our behalf, in Haiti.



Getting to Know Our Partners in Haiti

St. Joseph Family

Started in 1985 by Michael Geilenfeld, a former Brother in Mother Teresa's Missionary of Charity Order, the St. Joseph Family is composed of three facilities: *St. Joseph's Guest House* in Delmas, Port-au-Prince; *Wings of Hope* in Jacmel; and Lekòl *sen Trinite* in Jacmel.

St. Joseph's Guest House

The young people in the care of the St. Joseph Family come from some of the most desperate conditions in Haiti, with no support network and often dim prospects for survival. Under



Bill Nathan, Director of St. Joseph's with founder Michael Geilenfeld

the direction of Bill Nathan and Walnes Cangas (both SJF alums), St. Joseph's Guest House is the center of this mission, and the young men cared for by SJF demonstrated the most significant leadership, success in their studies, and propensity for artistic achievement.

In January of 2010, the main home for these young men and the unique mission center that thousands of guests and volunteers had come to love came crashing down in a matter of seconds. Memories and material possessions were lost – Ben Splichal Larsen, a young seminarian from the United States was tragically lost amid the rubble – and a whole way of life changed in an instant for everyone at the St. Joseph Family and millions of individuals across the world. But, by the grace of God, no residents of the St. Joseph Family lost their lives as the building collapsed and the home's director, Bill Nathan, was flung seven stories off the top of the building, but lived to tell his story of survival to the world.

In the coming months, the rubble was cleared, the boys moved to Trinity House in Jacmel and into the art center at St. Joseph's, and a comfortable home next door was purchased and retrofitted to accommodate a steady stream of guests, who never stopped coming to visit the St. Joseph Family, despite travel advisories and outbreaks of Cholera across Haiti.

Today, thanks to the support of friends across the world, a brand new vibrant St. Joseph's home stands in the footprint of the original facility. Guests are always welcome, and the spectacular collection of Haitian visual art, mostly spared from destruction during the earthquake, adorns the guest house, and the rooftop lounge is a wonderful place for groups to center and relax.







"Graduates" from the Home include Luckner "Maya" Fond-Rose, who went on to be Director of Wings of Hope, and today is the Lead Servant for Mission Advancement for the entire St. Joseph Family. Maya is also on the Board of Directors for HTF and serves as HTF's Country Partnership Director in Haiti. He co-leads many of our trips to Haiti.

Wings of Hope

Since 1994, Wings of Hope has been a critical part of the SJF, providing a safe, happy, loving, caring, and hopeful family environment for children and young adults with physical and mental challenges, including autism, cerebral palsy, seizure disorders, and developmental delays. Conceived by Michael Geilenfeld and the older boys from St. Joseph's Home, who could not sit by and watch these children be "thrown away," Wings of Hope will touch your heart and prove to you the power of God's love and gospel hope. The Haitian Timoun Foundation has made substantial investments in the equipment and the environment of this place. You will be delighted in the mountain setting and the fresh air; and you will be moved and inspired by the kids and those who care for them.



At Wings of Hope, each child receives a combination of a rotation of occupational therapy, physical therapy, recreational therapy, and classroom time. While standards have been established and are implemented for the consistent care of all children, each individual receives significant individual care and attention thanks to a low 1:1 staff to student ratio (including educational, therapy, guards, housekeeping, cooking, administrative, and other staff). Developed in close collaboration with the well-regarded schools and programs in the United States in Canada, programming is aimed at giving each student experiences that are educationally, physically, emotionally, and spiritually enriching and designed to maximize potential and enable each individual to live life to the fullest. Many members of the staff at Wings of Hope are graduates of the St. Joseph Family, including Jacky Asse, Wings of Hope's director. Today, Wings of Hope provides a home and second chance for 32 residents who would otherwise be shunned by Haitian society.



Former Wings facility in Fermathe

After the earthquake of 2010 destroyed Wings of Hope, all residents at Wings of Hope were relocated to two rental homes; however, those homes were not handicap-accessible and the children and staff faced numerous challenges in their daily tasks and educational and therapy programs. Working closely with prominent Haitian architect Lionel Allen, the St. Joseph Family and Hearts with Haiti rebuilt a new, handicap-accessible, earthquake-resistant Wings of Hope, located in Jacmel, Haiti that includes facilities for education, therapy, living, recreation, and worship. The Wings family moved into their new home in November 2015, and the facility was dedicated in February 2016.

Interacting with the residents of Wings of Hope is one of the most life affirming experiences you can find.



New Wings of Hope facility



Wings dedication—February 2016









Lekòl Sen Trinite

Located in Jacmel, atop a rise that overlooks the Caribbean Sea, Lekol Sen Trinite, or LST, is the fastest growing of the St. Joseph Family ministries. Funded almost exclusively by HTF beginning in 2006, the school serves over 160 of the poorest of the poor in the Jacmel area with a Montessori model.



The school is free. There is elementary education, along with vocational training programs just getting started in auto repair and in bread baking (there is a bakery on the premises, also an income generator for the school). Trinity House and LST is also the home



base for the summer camp HTF has hosted for the past seven years for 300 of the poorest kids in Jacmel.

Daniel, who is a product of the St. Joseph's Home for Boys, is the Haitian Director of LST.

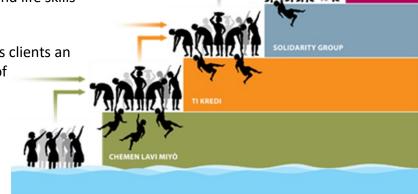
Fonkoze

"Fonkoze" is a Haitian Creole acronym for Fondasyon Kole Zepòl, which means, "The Shoulder-to-Shoulder Foundation." The word itself conveys the meaning, "in the midst of sharing." Fonkoze is "Haiti's Alternative for the Organized Poor" – the largest micro-finance organization offering a full range of financial services to the rural-based poor in Haiti. Its mission is to build the economic foundations for democracy in Haiti. Established in 1994, Fonkoze employs more than 280 people, serving close to 60,000 clients, and impacting the lives the tens of thousands more. The family of Fonkoze institutions has indeed become a lasting institution on which the poor of Haiti can rely.

Fonkoze offers services to help its clients climb out of poverty. Fonkoze's staircase out of poverty consists of four steps:

1. Chemen Lavi Miyò (Pathway to a Better Life): This first step on the staircase identifies the poorest of the poor and gives them the tools and confidence to provide for their families. In this 18-month program, clients receive materials to construct a new home, a latrine, a water filter, free healthcare, a cash stipend to allow them to stop begging, assets necessary to establish income-generating activities and life skills training.

2. Ti Kredi (Little Credit): The next step offers clients an initial loan of \$25 to help bring them out of near-extreme poverty. A Fonkoze credit agent also offers skills training in this program on topics including microenterprise management and literacy, sexual and reproductive health, children's rights and environmental protection.



3. **Solidarity Group**: Solidarity group is Fonkoze's main credit program in which groups of five friends organize and take out loans together. This group begins with three-month loans of \$75. They can grow and increase their loan amounts to as much as \$1,300 for six months. In addition to holding each other accountable, the groups meet regularly for training in literacy, business and other topics.

4. **Business Development**: In this level of the staircase, clients start with a year-long loan of \$1,300. These loans can increase without limit. The program currently has clients borrowing more than \$25,000. Clients in this program can finally enter into the formal economy and begin to create jobs for others.



L: Hiking in the Central Plateau

R; HTF Executive Director, Erin Murphy, visiting a CLM family with a CLM case manager



Our groups often have the unique opportunity of hiking into the Central Plateau with a Fonkoze case manager to visit with current CLM clients and graduates of the program. It is a unique opportunity to witness the power of recognizing potential and empowering people who formerly felt they had no value.

HELP (Haitian Education and Leadership Program)

The Haitian Education and Leadership Program (HELP) provides merit-based university scholarships in Haiti

for top high school graduates who could never afford the tuition. HELP serves bright, motivated young men and women with a proven record of academic achievement for whom the only obstacle to a university education and a better future is the lack of financial resources. HELP scholarships contribute to the growth of Haiti's professional class and change long-standing inequities and rigid class structure. HELP was founded through the partnership of one American teacher, Conor Bohan, and one student, Isemonde Joseph, in 1997, who later went on to medical school and is now an MD in Port-au-Prince.

It is now the hope of many bright young people who are working to transform their nation and their world. We usually visit the study center of HELP, and get a chance to talk with some of these outstanding students about their stories, their hopes and their dreams. If you get to visit with them, prepare to be inspired. HELP lost two incredible students and human beings in the January 2010 earthquake, Marc-Eline Dezulma and Evenson Jean. The HELP building and one student dormitory were also destroyed, so the HELP



HELP founder and executive director, Conor Bohan (I), and country director, Garry Délice (r)

center was relocated. It is no surprise that

HELP students mobilized to help their community after the earthquake, employing their varied skills in recovery and relief efforts. These efforts included providing medical assistance at a field clinic organized in Jacmel by HTF.

The partnership between HELP and HTF goes beyond funding alone. HTF board members stayed in HELP student housing on a recent visit, and HELP students have served as interns at HTF's Jacmel— and Mirebalais-based summer camps for the past four summers.



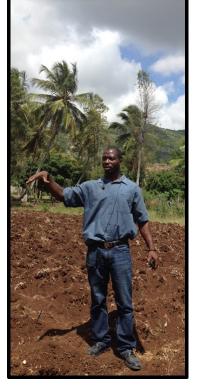
HTF's Erin Murphy with five of the 2016 HELP summer camp interns

Tetkole

Tetkole Pou Yon Demen Miyò ("Heads together for a better tomorrow") was founded through a relationship with one child on the street in Jacmel in 2001 and has grown to a community of more than 100 youth. At its community center in the heart of Jacmel, Tetkole provides meals, educational assistance, and mentors who work to integrate the community and families in cultivating a culture of positivity and creative problemsolving. Among some of the creative outlets Tetkole offers are field trips, jewelry and paper crafts, and a band that performs for groups in the Jacmel community. In 2010 Tetkole opened a temporary shelter where displaced children can stay while Tetkole staff work to find their families, and recently transitioned all of its center-based activities to this location. Tetkole receives 99% of its financial support from HTF.

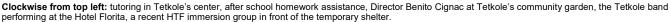












PAZAPA

PAZAPA Center for Handicapped Children in Jacmel was established by Jane MacRae in 1987. The mission of PAZAPA (in Creole, "Step by Step") is to support the treatment, education, and development of over 500 mentally and physically handicapped children in Jacmel and throughout southern Haiti, and to integrate them into the community at large.



January 2013



February 2014

Children live at home with their families and come to PAZAPA one

or more days a week. Jane died in April 2008 after a long struggle with cancer, but her leadership role and her vision continue through her daughter, Marika, who serves as Executive Director. The January 2010 earthquake destroyed Pazapa's building in downtown Jacmel. Pazapa now operates on a plot of land they purchased near the airport in Jacmel and they completed their two-year construction project for their new facility in February 2015.

Centre D'Education Integree

Centre D'Education Integree (CEI) was founded by Verbo Jean-Julien in 2008. Verbo, a former member of the HTF National Leadership Team and native of La Montagne, Jacmel, Haiti, used funds he had saved over the years to start this school in his home community. La Montagne (literally, "the mountain") is up the mountain from Jacmel. When Verbo was a child, he had to walk two hours each way to attend school. He opened CEI so that children in La Montagne could access education within their community. CEI currently serves students in grades K-5, and is a place where they prioritize education, action, community participation and collaboration. Parents are expected to be fully engaged. CEI has received financial support through Emmaus projects led by HTF covenant congregations. Verbo's parents live on the property where CEI is located, and welcome HTF immersion travelers with their radical hospitality and delicious homegrown Haitian Bleu coffee.



Students in their new classroom



HTF immersion group visiting CEI in September 2014



La Montagne children playing soccer with HTF immersion travelers



Mama Verbo

The Problem

By Thomas C. Harris

What problem are you going to fix in Haiti?

Are you going to fix a bare cinderblock house,

stacked one on another,

among thousands and thousands,

stretching for miles like concrete ivy,

up mountain ridges, into valleys,

down city streets and through alleyways?

Are you going to paint this house?

Are you going to mend the roof or patch the wall or sweep the floor?

What are you going to fix in Haiti?

Are you going to scrape filth from the streets?

Are you going to spend a week shoveling the garbage?

Where will you put it?

Will you come back next month to do it again?

What are you going to fix?

Are you going to plant trees on deforested land?

Will you plant a forest? Will you recreate the rainforest?

Are you going to fix infant mortality, infectious disease,

mortally dangerous jobs and environmental toxins?

Then what? Will you fix over population?

What are you going to fix?

Are you going to fix economic injustice?

Are you going to fix government corruption?

Are you going to fix unemployment?

What are you going to fix by coming here

with hammer and nail and muscle

and books and teachers?

What problem are you going to fix?

Nothing.

You will fix nothing.

So then...

Do not come here to fix.

The problem is not an inadequate house.

The problem is not a lack of health care.

The problem is not street children or filth or pollution or corruption.

The problem is not Haiti.

The problem is you.

The problem is that you have already been given two simple instructions to fix the world:

Love God. Love Neighbor.

And you just can't do it.

You just won't do it.

The problem is you.

So do not come here to fix with your wealth and energy and good intentions.

Do not come here to solve a problem or do a project or complete a mission.

You are the problem.

You are the project.

You are the mission.

And it is God who is the problem solver.

God is the builder.

God is the missionary.

So, come here and let God fix the problem that is you.

Come here so that God can build a concrete space for understanding in the rubble of your heart.

Come here so that God can hammer away the injustice rampant in the economic structures of your mind.

Come here so that God can scrape away the filth from the streets and alleyways of your soul.

Come here so that God can plant trees of inspiration in the deforested soil of your spirit.

Come here so that God can melt your hardened heart.

Come here so that God can do mission work in you.

And yes, you do need to come here.

Because, when you are here,

God will work faster than when you are at home.

At home, you will always be in the way of God's work:

your plans, your possessions, your prejudice, your life.

God will make more progress when you are here.

So come here to be the mission project of God.

Come to Haiti to let God fix the problem that is you.

God will do that here.

In Haiti God will fix the problem that is you.

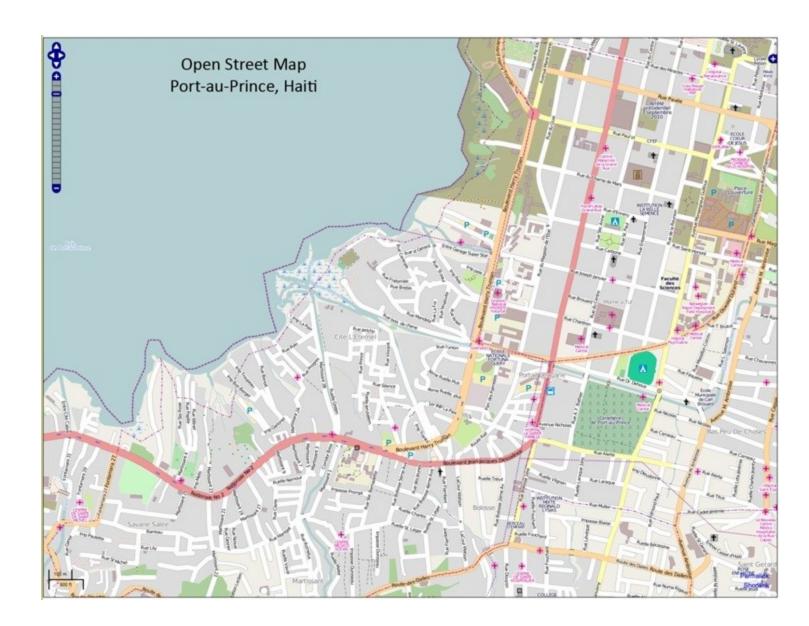
And as God does,

So will God fix Haiti.

Maps of Haiti







Recommended Reading

<u>Uses of Haiti</u> by Paul Farmer, Jonathan Kozol, and Noam Chomsky. *The definitive overview of the history and exploitation of Haiti for the last three hundred years. Dr. Farmer is the world-famous physician and advocate for Haitian health care and justice.*

<u>Haiti After the Earthquake</u> by Paul Farmer. A very informative book for both its telling of the post-earthquake relief efforts in Haiti and for a sober overview of the Haiti dilemma.

Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World by Tracy Kidder. Journalist Kidder gives a personal account of his interactions with Farmer over two decades. Lots of great insights into everyday life and struggles in Haiti. A very readable book.

The White Man's Burden: Why The West's Efforts to Aid the Rest Have Done So Much III and So Little Good by William Easterly. This former World Bank executive is a controversial voice crying out against the challenges and troubles of big global aid. He argues for a new approach – smaller, more targeted, more partnership-based efforts, similar to what the Haitian Timoun Foundation is doing. Fascinating anecdotes, clear insights, strong alternatives. A must-read.

The Tyranny of Experts: Economists, Dictators, and the Forgotten Rights of the Poor by William Easterly. Economist William Easterly, bestselling author of The White Man's Burden, traces the history of the fight against global poverty, showing not only how these tactics have trampled the individual freedom of the world's poor, but how in doing so have suppressed a vital debate about an alternative approach to solving poverty: freedom.

A Crime So Monstrous: Face-to-Face with Modern-Day Slavery by E. Benjamin Skinner. There are more slaves in the world today than at any time in history. After spending four years visiting a dozen countries where slavery flourishes, Skinner tells the story, in gripping narrative style, of individuals who live in slavery, those who have escaped from bondage, those who own or traffic in slaves, and the mixed political motives of those who seek to combat the crime. The first chapter of the book — "The Riches of the Poor" — features Bill Nathan, the director of the St. Joseph Family in Haiti.

Haiti in Focus: A Guide to the People, Politics, and Culture by Charles Arthur.

Haitian Creole Books on Amazon:

<u>Haitian Creole Phrasebook: Essential Expressions for Communicating in Haiti</u>. By Jowel C. Laguerre and Cecile Accilien.

<u>Haitian Creole Dictionary and Phrasebook</u> by Charmont Theodore.

Creole Made Easy by Wally R. Turnbull.

HTF Immersion Trip Debriefing

Traveling to Haiti is a life-changing experience. It will overwhelm you, disturb you, give you unexplainable joy, and present many questions. In order to get the most out of your trip and process what you saw, heard, felt, even smelled, it is essential that you express your thoughts and wrestle with them. Ideally, you will do this in personal conversation with someone who has traveled there before. You may experience frustration at not being able to adequately express what you learned and felt to your family and friends. It will be especially beneficial for you as an individual and supporter of HTF to try and understand what your role with HTF will look like in the future.

•••			
Some questions to consider			
1.	Think back to your expectations of traveling to Haiti prior to this trip. How were these expectations challenged or confirmed upon arriving?		
2.	What were the most impactful moments or experiences for you while in Haiti?		
3.	What were your biggest challenges? How did you face those?		
4.	How did you experience discouragement?		
5.	How did you experience hope?		
6.	What is the most important thing you learned from this immersion trip?		
7.	What do you want to tell everyone now that you have returned?		

8. How did you see/experience the mission and vision of HTF?

9. What is YOUR role going forward?