

HAITI TRAVEL AND SAFETY GUIDELINES

PRIOR TO DEPARTURE

Passport. A passport is needed to travel between the United States and Honduras. Please be sure your passport is current. If it is set to expire within 6 months of your return date, *you must have it renewed before you leave.* Allow 6-8 weeks for your passport renewal or for obtaining a new passport.

Make several copies of your passport before your trip, leaving one copy at home with a trusted family member or friend. Once in Haiti, keep your passport with you at all times. Having an electronic copy on your phone (if bringing) is a good idea. Store one printed copy safely with your belongings in Haiti, as a backup in case of loss of the original. PWW will also have a copy in our US office and with our team in Haiti.

Health Preparation.

Important: Please inform PWW of any physical limitations, dietary restrictions, or other health conditions. There is a section for this on the volunteer application.

All travelers should contact his/her own personal physician to determine individual health needs. A current Tetanus shot is strongly recommended. Your physician may have additional recommendations for malarial prophylaxis, Hepatitis vaccination, and other country-appropriate immunizations. You will be traveling in both rural and urban areas of Haiti.

All personal medication should be kept in their original containers and stowed in a carry-on bag while traveling. Each traveler is responsible for making these personal arrangements.

TRAVEL

Visitor Form. On the flight to Haiti, each person will receive a visitor form to complete upon entry into Port-au-Prince. On the form, you will be asked for the following information:

- The purpose of the visit: ***Other-Humanitarian***
- Where you will be staying:
Trinity Lodge | #11 Rue Richard Jules, Delmas 75 | Port-au-Prince, Haiti
Tel: (509) 4773- 0742
- PWW Contacts: Marion Nonglaton, Haiti Country Director: +509 4743 8288;
PWW Haiti Office: + 509 3770 0815; PWW Vermont: 802-747-0778



Airport Arrival. Upon arrival at the airport in Port-au-Prince, you will be charged an entrance tax of ***\$10 that must be paid in US dollars.***

After arriving, travelers will go through Immigration. After passing through immigration, place your passport and visitor form in a secure and safe place. These will be needed for your return trip.

You will need your baggage claim tickets as you exit. Once you are out of baggage claim, do not let anyone carry your purse or carry-on bags. If a porter is needed for large luggage, specify one or two porters for the task. After the luggage has been placed in the vehicle, the porter(s) need to be tipped. No more than \$1 USD per bag.

MONEY

Do not bring traveler's checks with you. They are difficult to exchange. Plan to bring cash with you, stored in a money belt. We suggest bringing between \$50 and \$100 (maximum). US dollars are widely accepted, so you do not need to change much money. The exchange rate is \$1USD = about 64 Haitian Gourdes.

We also suggest you bring about \$20 in ones, as you may need small amounts of currency for tips. Tipping, in general, is more common at places where there are more foreigners, like hotels and nicer restaurants.

GUESTHOUSE:

Breakfast and dinner are included in the cost of the Guesthouse. Breakfast will be at the Guesthouse each morning and other meals will be at the Guesthouse or on the road. Most rooms are a good size, with two beds and a private bathroom with shower. Private rooms are available upon request. There is electricity and air conditioning, though bring a small flashlight in the event that the power goes out.

The Guesthouse has Wi-Fi, however it does not always work. If you require more consistent phone service, we recommend contacting your wireless carrier to set up an International plan.

The water in the rooms is not safe to drink or brush teeth with. Use only bottled water! Please bring a water bottle to carry with you while traveling around Haiti. Clean drinking water is available at the PWW office each day; bottled water is available at the Guesthouse for \$1. Beer and soda can also be purchased at the Guesthouse, for an additional fee.

Do not purchase bagged water off on the streets. And with any bottles, make sure that *you* have broken the seal. Ask for water with pull-off plastic seals.

ITEMS TO CARRY AND WEAR

While traveling around Haiti, you will probably want to bring a small backpack or waist-pack to carry water, camera, money, snacks, hand sanitizer, and so forth.

Travelers should also bring small Kleenex packs, as many public places will not have toilet paper. In both public restrooms and the Guesthouse, soiled toilet paper should be placed in supplied wastebaskets. Do not flush it down the toilet. The Haitian sanitation system cannot properly process it. The wastebaskets at the Guesthouse are emptied each day.

Please leave all expensive and/or flashy jewelry at home. For your own safety and the safety of our group, please do not bring or wear anything that may attract unwanted attention, including flashy and/or revealing jewelry and clothing. Women should wear long pants or skirts below knees when outside of the Guesthouse. Men should wear long pants or longer shorts. Regular shorts are generally not worn outside of the Guesthouse.

HEALTH

Water. Water will be available during the trip. *Water in the rooms is not safe for drinking or brushing your teeth!* Use bottled water only, and make sure that you have broken the seal. We suggest throwing a towel over the sink to remember not to rinse your toothbrush. Shower with mouth and eyes closed.

Animals. It is not recommended to touch dogs, cats, or other animals, as they usually do not have rabies vaccinations.

Insects. Mosquitoes and other insects are a part of being in the tropics. For protection against Zika, and other vector diseases (diseases caused by small organisms such as mosquitoes or ticks that can carry pathogens), we strongly recommend coming prepared with the right type of clothing and insect repellent. If proper precautions are taken, mosquito-borne illnesses can be prevented. To this end, we strongly advise that you come prepared with:

- Appropriate clothing. We recommend wearing lightweight long sleeves and full-length pants at all times.
- Bug Repellent. EPA-registered insect repellents containing DEET, picaridin, oil of lemon, eucalyptus (OLE, also called para-menthane-diol [PMD]), or IR3535. Use as directed. Apply mosquito repellent before going out into the field, after showers, and before bedtime.
- Use air conditioning in the guestrooms.

AIDS. AIDS is not transmitted by casual contact, and travelers should feel free to interact with the children and adults. Precautionary measures should be taken when coming into direct contact with blood, sores and wounds.

Tuberculosis. While traveling in Haiti, you might encounter children with tuberculosis. It is unlikely they will be contagious. For necessary protection, do not allow children to cough in your face, as tuberculosis is usually transmitted via airborne bacteria. The transmission happens when a person with advance stages of tuberculosis, not under treatment or in the beginning stages of treatment, coughs and sneezes. Although contracting this disease is rare, if a child coughs while you are interacting with them, quickly place your hands over your nose and mouth. Travelers should practice good, basic hygiene and not put their hands or other items in their mouths, without first washing your hands or items.

SAFETY

Travel outside of guestroom will always be in a group and always with at least one PWW team member. Please do not plan on making personal excursions outside of these groups. If you need to go somewhere, a PWW team member will be able to assist you.

Traveling to developing countries always has elements of risk. Traveler safety, as well as the safety of the PWW team, is our highest priority. We pay close attention to the security and political situations. Travel decisions are taken very seriously and made with the utmost caution and concern for the wellbeing of all. If staff feels, at any point, that there is a cause for concern, appropriate schedule adjustments will be made. This would include canceling the trip, should there be just cause.

For your safety, and the safety of the group, please adhere to the following:

- No unescorted walks outside of the guesthouse.
- When in communities, always stay with the group and do not stray off to explore on your own.
- Avoid political demonstrations.
- Do not give money or items to people. This invites a crowd and becomes a security issue.