

DREAM

ministries

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YOU ARE GOING TO THE DR,

We are so excited that you have decided to join us for the 2018 trip to the Dominican Republic. This is our 21st year going, and we leave changed everytime. It is week that is long, hard and you will leave a bit more exhausted. It is also a week that is rich, rejuvenating, and life changing.

It can appear that we are going on this trip and giving our time, our energy and our resources. While this is true, you are sure to gain more than you can ever know!

The following pages are for your benefit to read! Even if this is your 100th trip, it is good to get a refresher. If it is your first time, we encourage you to read this carefully. All of this preparation is in order to make the trip the best experience it can be for both us and for the Dominican people.

We believe that in going to the Dominican and providing the medical care that they need

*Sincerely,
The Dream Team*

MONEY:

To pay for your trip is to be sent to Judy Gordon at:

Aldersgate UMC, Attn: Judy Gordon

1207 W. Dixon Blvd.,

Shelby, NC 28150

Make checks payable to AUMC-GSC and on the memo line put "DR Mission Trip 2016"

As stated above, The cost for the trip will be \$1,800. If you have to drop out after your \$200.00 deposit and airline ticket, but before Oct 15, you will be refunded the \$200.00 but the airline ticket is non-refundable and will be up to you to absorb or reschedule for your purposes. Final payment of the entire amount due (\$1,800 less the cost of your airfare up to \$750) is due no later than December 5th. If you have to drop out after that date you will forfeit your original \$200 deposit plus any additional costs already incurred on your behalf. Once the full payment of the trip has been made, whether you will be refunded your money will depend upon whether we can fill your seat.

What the \$1800 covers is air travel, in country transportation, hotel, breakfast and dinners at hotel, lunches Sunday thru Friday at work site and meds and supplies for the mission.

The payment does not cover airline luggage charges, the entrance fee due upon arrival at the Santo Domingo airport (US\$10 in the past), meals during flight layovers or while traveling between the airport and hotel, beverages other than water/tea/coffee with meals at the hotel or miscellaneous personal purchases.

There are ATM machines available in Barahona. Credit cards may be accepted at some places, but not universally as you're used to here (hotel does not accept checks or credit cards). Checks are not normally accepted. Most of us carry the cash we expect to need with us and have an ATM card in case we need more. Taking a credit card is also a good idea in case you have to fly home early or face some similar emergency. In addition, you will need the same credit card you used to purchase your ticket if you have to pay other airline charges. (Remember to notify your bank, especially for debit cards, that you are traveling out of the country and your date of departure/arrival back into the US) They will deny your debit card if they aren't aware due to fraud. Any additional stay over in county outside of our travel days is at the cost of the individual.

Airport in Santo Domingo accepts US dollars and has several food choices. Dominicans will accept US dollars, but only if the bills are virtually new and have no tears, stains, writing or such on the bills. Make sure the cash you carry fits this description.

You may want to change some cash into Dominican pesos (RD\$). The exchange rate varies, of course, but has usually been around US\$1 = RD\$35-40 in past years. The exchange rate at the kiosk in the airport is better than in most stores. Many of us exchange some cash there upon arrival. The airport exchange kiosk gives better rates for larger amounts (over \$200) so many people partner up as they get off plane. On Monday and Tuesday there will be opportunities to exchange through group leaders \$US at a local bank for the best exchange rate possible.

AIR TRAVEL:

Please send copies of your airline receipt and itinerary to Judy and Paula. The primary carriers we have used are Delta and American. They have flights leaving Greensboro, Charlotte and Raleigh on the morning of Friday, Jan. 20th, and arriving in Santo Domingo before 4:00 pm that afternoon, so your arrival must be no later than 4:00 pm in order for you to ride the team bus to Barahona. Upon return, they have flights leaving at 1:00 pm or later, so your return flight must be scheduled to depart no earlier than 1:00 pm on Saturday, Jan. 28th, if you plan to ride the bus with us.

Be aware that this is why it is important to send me a copy of your itinerary as I am keeping a spread sheet so we know when everyone is due in on flights and the bus won't leave without you.

TRAVEL DOCUMENTS:

Usually takes about 6-10 weeks to receive a new passport./ State department link/ tourist card requires a crisp \$10 bill for the kiosk/ Licensed providers are encouraged to bring a photocopy or printout of current license or certification. There is an entrance fee due upon arrival at the Santo Domingo airport (US\$10 in the past) - to reduce the wait time, plan on having a TEN dollar bill (as new as possible) for the entrance. You can give to a representative but there are also kiosk that you can simply feed the bill into and it will give you the tourist card. It usually is faster. FYI

You can get your travel card online at the following website
dgii.gov.do/tarjetaTuristica/EN/about/Paginas/default.aspx

You must have a US passport. If you don't have one that is valid through the end of our trip, you should apply for it ASAP. The passport will serve as your picture ID, but taking your drivers license as well is probably a good idea. Make copies of these documents and keep the copies separate from the documents during travel.

VACCINATIONS:

You should have up-to-date protection against Hepatitis A, Hepatitis B and Tetanus. Typhoid protection isn't required, but many of us get it just in case. You can get these through your county health department. If you have not had these vaccinations, get them soon as at least one requires a booster after a few months.

Hep A is a series of two shots 6 months apart

Hep B is a series of three shots (second shot at 1 month and third shot at 6 months)

Typhoid (optional) is pill or shot 50-80% effective

Tetanus requires a booster shot every 10 years

Link CDC traveler website

Take needed drugs with you, preferably in their original containers or at least have copies of the prescriptions. Before traveling, get prescriptions for Ciprofloxacin (in case you eat or drink something that sickens you) and Chloroquine (or other anti-malarial medication).

MEDICATIONS:

many/link CDC recommendations/ If unsure how to get anti-malaria drugs we do a bulk purchase in December. We can include you if you let Chris know about the need via email

CELL PHONES & INTERNET:

Before you leave the states turn off your cellular data so that unwanted charges are not generated from auto data retrieval from apps and text messages. There is no cell phone coverage at our hotel. Coverage is available in the cities, but not to all carriers. Check with your provider ahead of time to arrange for coverage or determine alternatives. There is wi-fi available at the hotel, but it can be very slow. Take your laptop, tablet or whatever if you wish, just accept that it won't work as you're used to at home. Some past team members have had success with using the hotel internet for messaging, facetime, and other communication programs such as Viber. While video calls take up too much bandwidth, voice calls and text messages have been known to go through with regularity. Make sure your contacts backhome have the appropriate programs loaded and test them before you leave.

HOTEL:

We will again be staying at the Hotel Playazul and have it booked entirely for our team. We will stay at the Playazul Hotel near Barahona. The staff there speaks very little English, but we all get by. If someone tries to call you there, it may be challenging. The phone numbers are: 809-424-5375 and 809-204-8010. The email address is: playazulbarahona@hotmail.com . If someone needs to email you at that address they should put Dream Minis- tries and your name at the start of the message.

The water at the hotel is supposedly okay. Water for drinking and ice at the hotel restaurant are purchased from reliable sources. Many team members play it safe and don't use the water other than for washing. When away from the hotel, it is definitely better to be safe than sorry. I would suggest having bottled water in your room to brush your teeth.

The hotel is clean and comfortable, including air conditioning in the rooms, with a great pool and excellent food. The water is often hot, or at least warm, but not necessarily up to our US expectations. My advice—if the water is reasonably warm, take your shower immediately upon return from your work day. Hot water is created from solar energy so it is cooler in the AM. You get linens and your room is cleaned just as in a US hotel. One exception is that they don't supply wash cloths. If you want one, take it with you. Safety at the Hotel. The Hotel has an over night guard. Stay off the main road as it is not well lit, has many curves and few hard and fast driving rules. Travel everywhere in pairs or more.

Room and bed assignments will be made as close to departure as possible as the team usually has a little flux right up to the last minute. If you use CPAP make sure it has battery backup as power has been known to go down for several hours some nights. When you leave for the day, if you are sharing rooms with someone that is not going the same place you are going you can leave your room key with the front desk.

FOOD:

While meals will be provided, you may wish to bring additional snacks. The exception to meals being provided is lunch on the first Saturday. This will be a workday at both the hospital and the clinic and will include a lot of cleaning. Until this is done it will be difficult to provide a group meal that is sanitary. Therefore, please bring your own snacks, sandwich makings or whatever to eat during work that day.

Throw in protein bars, favorite crackers, the sealed packets of tuna or chicken and tortilla shells or flatbread and you will be covered - especially for Saturday which a work day of cleaning and set up at the hospital, or counting pills usually back at the hotel for half the team. And if you ARE at the hotel, you can purchase something there for your lunch, just realize at your expense. Just remember SATURDAY Joyce and I will NOT be setting up lunch and what you put in your suitcase will be YOUR LUNCH that day.

MISSIONS INSURANCE:

We buy missioner's insurance to protect you and Aldersgate in case various problems arise. This is not flight insurance. It covers things such as your being sued due to a traffic accident, emergency medical evacuation and the like. To arrange this policy I need everyone's:

Name AS IT APPEARS ON YOUR PASSPORT

Passport number

Date of birth

If you haven't sent me this for past trips, or if it has changed, please send it now to avoid the last minute rush.

DRESS:

Long pants and closed toed shoes in the clinic, no shorts or sandals please.

It will be hot in the DR, though the breeze off of the ocean can occasionally be a little cool at night. We will attend church services on Sunday and will host a dinner for our Dominican co-workers on Friday. Dress for these two events should be appropriate—not fancy, but respectful and reflecting our position representing our churches. In other words, rather than shorts and a t-shirt bring long pants and a collared shirt, a skirt and blouse, a dress, etc.

At all other times you may be casual and comfortable as long as you take into account that you represent the church. Please be mindful wherever you are that you are not in the U.S. It is not appropriate to wear short shorts in the clinic or to church.

Scrubs will be provided or you may bring your own if you wish. If you are working at the clinic, you may wear your scrubs to travel if you wish. When working at the hospital, scrubs are worn only at the hospital—not while traveling to and from the hospital.

PACKING LIST

- Insect repellent with Deet (*very important Chikungunya, malaria, zika and dengue Virus*)
- Hand sanitizer (*one medium bottle to donate to the work site and one personal carry size*)
- Small stash of toilet paper
- Baby wipes
- Box of snack sized ziplock bags (meds)
- Box of quart sized freezer ziplocks (rice and beans)
- Snacks in closed containers, no communal finger foods in work area
- Water bottle (we buy water in 5 gallon jugs)
- Sun screen
- Soap and shampoo
- Extra batteries for your camera Chargers for your electronics
- Small or medium plastic jar of peanut butter/nutella
- Small or medium plastic squeeze bottle of jelly
- Washclothes
- Citranella candles for table at meals
- Plastic grocery bags (we use 700 in clinic as every patient gets rice/beans.

Possible items to bring home:

Fresh coffee –still on the tree when we arrive. There will be an opportunity to purchase coffee beans and/or ground coffee from the Barahona Coffee - Cafe Melo.

We will take your orders early week along with payment and have it ready for you put in your suitcase by the end of the week. Normally it's about \$6.00/lb - could be a little more.

Vanilla-the real stuff cheap(NOT imitation) is available CHEAP. I will have the cost of those bottles by the time you arrive and we will also take orders for you to take home.

Cigars-wait for duty free in Santo Domingo on the return flight

Larimar- semi-precious stone found here only

TIMELINE:

Time line Checklist of Actions:

Committ to team/accepted by team	Start July
Start need vaccinations	July if 6 month series
\$200 Deposit by	Aug 30
Plane ticket by	Oct 15
Passport application	Oct
Send itenerary receipt to Church and Paula	Oct 31
Send name as on passport/birth certificate DOB	
Tshirt size	
Final payment to church (min total \$1800)	Dec 5
Start anti malaria meds	1 week before trip
Confirm flight information	