



# Love Feeds OUR World

Serving one another with unconditional love and respect

## **Proverbs 31:8-9**

Speak up for those who cannot speak for themselves,  
for the rights of all who are destitute.  
Speak up and judge fairly;  
defend the rights of the poor and needy.



Welcome to Love Feeds OUR World! We are excited to take you on a mission trip to Haiti with us. Please read this handbook carefully as it is filled with important information to ensure you have a terrific experience in Haiti. Bring it with you to both team meetings and Haiti.

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## Love Feeds OUR World in Haiti

### **Our Mission:**

Love Feeds OUR World is faith-based ministry working to feed those in need and to teach people to serve one another with unconditional love and respect.

### **Our Vision:**

**LOVE:** To show the unconditional love of Christ Jesus to one another through our words and actions.

**FEEDS:** To provide food, education and most importantly Christ to children and the orphaned elderly so that Haitian children no longer have orange hair from malnutrition and parents are no longer forced to give away their children because there is not enough food; the orphaned elderly suffer daily because there is no one to help them meet their basic needs of food, cleanliness, etc. They are the “forgotten ones.”

**OUR:** To give love and respect to everyone, no matter their race, history, beliefs, or socio-economic status; we all matter.

**WORLD:** To unite our world through service to God and one another.

## About Haiti

Only 700 miles off the coast of Florida, Haiti is the poorest country in the Western Hemisphere and the third hungriest country in the world. 80% of the population

lives below the level of absolute poverty. One out of eight children will not live to see their fifth birthday. Malnutrition strikes three out of four children. Malnutrition, respiratory infection and diarrhea are the leading causes of childhood death. Less than half the population has access to health care. There are approximately 4,000 babies born infected with the HIV virus each year, over 11 each day. The average life expectancy is age 50. Recent statistics put the unemployment rate at 70%, and over half of the population is illiterate.

According to UNICEF and the US Agency for International Development, there are 143 Million orphans globally. Every day 5,760 more children become orphans. There are over 300,000 child slaves in Haiti and an estimated 500,000 orphans.

The Léogâne Plain is located near the coast, just 45 minutes west of the capital city of Port-au-Prince. This lush, densely populated region contains the city of Léogâne as well as many small villages. It is in these villages that our teams spend the majority of our time, ministering to the needs of the local communities.

## Preparing for Your Trip

**Trip cost:** \$1,400-1,600 depending on the price of airfare and includes everything other than personal spending and meals at the airport. (Your price could increase if plane tickets come in unusually high. This is unlikely.)

**Payment Schedule:** Trip application and \$100 non-refundable deposit is due at the time of reservation.

Payments toward your trip should be made on a consistent basis. Half your expenses (700-800 dollars) is due prior to ordering plane tickets.

Final payment is due 60 days prior to travel.

### **Additional expenses not included:**

- Souvenirs
- Elective entertainment
- Church offering
- Meals during travel to and from Haiti
- Each person must also contribute food for lunches and snacks. Breakfast and supper are included.

**Passport:** Everyone entering the country of Haiti must have a valid passport. You can download the paperwork from the US Dept. of State website:

[http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)

You will need to make two colored copies of your passport. Leave one copy at home with your family and

the other copy is to keep with you. Your passport will be locked away for safety while in Haiti. Keep the copy in your wallet or backpack for daily travel.

### **Immunizations & Medications:**

For your health and safety, the following immunizations and medications are recommended. It is also advisable that you have a complete physical exam prior to leaving for your trip.

- Hepatitis A
- Hepatitis B
- Tetanus
- Typhoid is not needed in this region, but your doctor may insist that you need it anyway; that is your decision.
- Antimalarial medication (Begin taking two weeks prior to leaving and make sure to take all pills as directed to protect yourself from Malaria)
- Traveler's diarrhea medication

**Packing & Luggage:** Each person will be able to bring two standard size backpack and one piece of carry-on luggage (max. size 45 inches: length + width + height) for your personal items Your checked luggage will be for supplies, not personal items. All personal items must fit in your carry-on or backpack. Any liquids, gels or creams in

your carry-on luggage must be three ounces or less in size, and be placed in a clear one quart zip-lock bag. Rolling your clothes may save space.

### **Personal Packing List:**

Wear comfortable clothing. Bring whatever type of footwear you would normally use for hiking or walking long distances. Your dress has an impact on the Haitian people, and they have cultural standards associated with Christians.

- Bible
- Notebook & pen
- Medications (in correct prescription bottle; your name should be visible; no expired meds.)
- Tylenol or Ibuprofen
- Reusable water bottle
- Insect repellent (no aerosol cans)
- Sunscreen
- Chapstick
- Hand sanitizer
- Lotion
- Passport
- Travel insurance papers (this is provided)
- Copy of passport
- Money (small bills for shopping. Many vendors cannot make change)
- Flashlight with extra batteries
- Two rolls toilet paper
- Battery operated fan (see note below)
- Camera with charger or batteries

- Personal hygiene items
- Gum/ snacks
- Modest swimsuit (no bikinis unless they are covered)
- Swim shoes (sea urchin and jelly fish encounters are painful)
- Men: 3-4 pairs shorts/pants
- Men: collared polo or dress shirt and slacks for church (no shorts or jeans)
- Women: dress or skirt (knee length) and top with sleeves that cover shoulders for church
- Women 3-4 skirts/dresses (sometimes you may be expected to dress more formally)
- Women 2-3 pairs modest shorts or skirts or capris
- Everyone 5-6 shirts or tank tops (no spaghetti straps)
- Socks
- Underwear
- Comfortable walking/work shoes
- Sandals/flip-flops (optional)

### Additional notes:

- Haiti will be HOT! Wal-Mart has battery operated fans for 15 dollars (optional but recommended).
- No straighteners, curling irons or hair dryers as power is limited. You can use phone and camera chargers.
- No aerosol cans on the plane. All sprays must be in spritz bottles or cream form.
- Wi-Fi is sometimes available on the compound. You may want to bring your devices if you can fit them in your carry-on.

- 1-2 checked bags will be used to pack our food for lunches and snacks during the week. EVERYONE should plan to bring food to share. You will also be able to include any liquids over three ounces as long as you place them inside a zip-lock bag to prevent leakage.

### **Packing Supplies:**

Several months prior to leaving for your trip, you will be given a supply list. You do not need to purchase these supplies yourself. This list is for you to put up at work, church, etc. Try to collect as many supplies as possible from others within your community. Many times people are unable to participate in mission trips, but through giving they are able to help support missions.

Approximately two to three weeks prior to leaving for Haiti we will have packing day. All supply collections need to stop prior to this date. You will need to bring the supplies you've collected as well as your two large suitcases to the packing day. The location and time will be determined by your team leader.

We will need everyone available to help as each suitcase must be packed, weighed, taped, numbered and labeled. Following packing, we will have a brief meeting to discuss final travel details. You will bring your packed supply suitcases home with you.

The evening prior to travel we will meet at Praise Fellowship church in Sheboygan. At this time we will pack the vehicles. This takes approximately 30 minutes or less

if everyone arrives on time. (This is assuming we will take the PF vehicles to the airport.)

## **Travel Details**

All travel arrangements will be made by your team leader. It is important that you listen to and follow directions. In addition, you should leave a copy of your travel itinerary with a family member as well as bring a copy with you in case you get separated from the group.

Once tickets have been purchased, your team leader will give you a copy. It is your responsibility to make an additional copy.

If taking Praise Fellowship vehicles to the airport, we will need volunteers to drive both for departure and return. Drivers need to fill out the required paperwork and submit a copy of their driver's license and proof of insurance. If these vehicles are unavailable, we will take Airport Connections; this will be an additional expense to each team member.

On the morning of departure, we will meet at Praise Fellowship church in Sheboygan. You will need to wear your team t-shirt. Please be on time and park vehicles behind the building. We will drive to O'Hare Airport in Chicago. From there we will fly to either Miami or Ft. Lauderdale. Do not wander off from the group at the airport without telling your team leader. If you are missing at the time of departure, the plane will not wait for you, and you will be left behind.

Prior to departure to Haiti fill your water bottle and get something to eat. This will be the only clean water or food you will have access to for several hours after we arrive in Haiti. It is highly recommended that you use the bathroom on the plane before we land.

Once we are in route to Haiti, the flight attendant will distribute two forms to fill out for immigration. The white customs form is one per family; EVERYONE must fill out the green form for immigration. Use the following address to complete the forms: **Rue National 2/ Marechal Gressier, Haiti**. This is the address for the guesthouse. For purpose of travel, check pleasure/ vacation. Do not declare anything on these forms, and we are not bringing prescription medications for distribution, if you are asked.

The Port-au-Prince airport is a fifth-world airport and will probably seem highly unorganized and can be a little frightening for first time visitors. The language is Creole and all the signs are in French. The government representatives usually speak English, but most of the service workers do not.

When we deplane, we will stay as one group. If you are off the plane before the rest of the group, move to the side and wait for the others. Never wander off alone. Our first stop will be immigration. At this time you will need to present your completed immigration form (green) as well as your passport. You will be given a small green card, which is the bottom portion of the immigration card. You will need this card to leave the country, along with your passport. Don't lose it! (Once you arrive at the guesthouse your team leader will take your passport,

green immigration card and excess cash and store it in a locker for the duration of your stay.)

Next, you will enter the baggage claim area. Here you will need your baggage claim tickets for each checked bag. Attendants will try to assist you, saying they need to see your baggage claim slips. Say, "no, mesi!" This means "no, thank you." You should be polite but assertive. The attendants are persistent, and if they help you, they expect a tip.

A baggage handler will meet us at customs. Your team leader and the baggage handler will tell you what to do. Everyone needs to pay close attention and be ready to help. The better we are able to work as a team the sooner we will get out of the airport.

The baggage handler's fee is included in your trip expenses. He will have his own staff to assist us. If you choose to allow anyone else to assist you, you must pay that person at your own expense (two dollars per bag).

Once we have collected all luggage, we will need to pass through customs. Stay with the group! This is where you will need to present your white customs form. Families must travel through the customs line together. If asked, we are not bringing any medications into the country. When they ask, they are referring to medications that are for sale. We do not sell medication. If you tell them you have personal medications, they will most likely search all your belongings. Do not bring expired medication, and all prescriptions must be in the correct bottle with your name printed on the label. If you have expired medications, all medications may be confiscated.

Once through customs, the baggage handler will lead us to the bus. Sometimes we have to wait. Traffic is unpredictable in Haiti, so we could wait an hour or longer. We will be waiting outside in the heat. Drink your water and be patient.

The bus ride takes approximately two hours. Feel free to eat snacks and take pictures; however, be discrete. In Haiti it is customary to ask permission before taking someone's picture. Taking an individual's picture without permission is highly offensive. All hands and cameras must stay inside the bus.

## **While in Haiti**

**Housing:** Your accommodations in Haiti will differ slightly depending on if you are staying at the FISH guesthouse or at the Christianville guesthouse. Either way you will be staying on the Christianville campus.

Sheets and towels are furnished. All bathrooms have modern toilets and showers, but please remember to conserve water. There may be occasional water outages. Electricity is available most of the time by an on-site generator or a battery-powered system. The outlets in the guest house do not work on battery back-up. Please do not bring anything with a heating element (irons, hair dryers, curling irons) as they use too much power.

**Water:** All water from showers and faucets on the Christianville campus is safe for drinking. Do not drink water from any other source or you may become very sick.

**Food:** Two meals are provided daily, breakfast and supper. You will need to bring and prepare your own lunch. Most of the meals feature Haitian foods like rice and beans, sauces, pumpkin and bean soups, fried bananas, fresh mangos, and other fruits and vegetables. Meat is not served with every meal. You may want to bring along some snack foods to share in the evenings.

**Laundry Service:** Laundry service is provided at no additional charge. Normally laundry service will be provided once during your stay.

**Money:** The amount of money you bring is your decision. Credit cards are not normally accepted. \$50-\$100 in cash for souvenirs, offerings, tips is the recommended. Small bills are best as many vendors are unable to make change. When shopping it is okay to haggle a little over prices, but remember to be generous and fair. Shopping helps the Haitian economy.

**Communication:** FOR EMERGENCIES ONLY you will have access to a Digicel cell phone. Some US cell phones work in Haiti; please check with your provider for details.

There is sometimes wireless service available; however, it is slow and at times may not be operating. Do not plan to be in contact with your friends and family daily.

Emergency contact information:

Laurie Haag or LFOW team leader: 011-509-3-680-3471,  
[lovefeedsourworld@gmail.com](mailto:lovefeedsourworld@gmail.com)

**Group Prayer/Devotions:** Each evening at 8:00 p.m. our team will meet for devotions, to discuss the day and to review the schedule for the following day. Everyone is to be at devotions, so plan ahead for showers, etc. Team members will take turns leading devotions.

10:00 p.m. is lights out. Please be quiet and show respect for others.

### **Typical Schedule:**

We will fly into Haiti on Saturday afternoon and travel several hours to the Christianville campus. Once you arrive at the guesthouse, you will have time to cleanup and unpack. Dinner is at 6:00 p.m. At 8:00 p.m. we will have devotions and a team meeting. Somewhere during this time we will meet with the guesthouse coordinators, Ruth and Vince, who will go over basic Christianville procedures. 10:00 p.m. is quiet time/lights out. If you're not tired, this is a great time to journal.

Sunday morning is church. After church we will come back to Christianville for brunch and then head to the beach for some rest and relaxation. This is also a great time to get to know the people who live on the Christianville campus. The work week begins on Monday.

### **Monday – Friday Schedule:**

- 7:00 a.m. breakfast
- 8:00-12:30 service projects
- 12:30-2:00 lunch break
- 2:00-5:30 service projects
- 5:30-6:00 free time

- 6:00 p.m. supper
- 6:30-8:00 free time
- 8:00 p.m. devotions
- 10:00 p.m. quiet time/ lights out

This schedule is likely to change daily. It is important to remain flexible as things in Haiti are constantly changing. Make sure you are on time for both breakfast and supper. The cooks and missionaries will be highly offended if you are late. Never leave the campus after dark! It is not safe.

**Shopping:** One afternoon before supper the vendors will come to Christianville. This is your time to shop. Please remember to be generous and courteous as this is how these vendors support their families. (FYI, watch out for red beaded jewelry as red beads can be poisonous. If in doubt ask your team leader.)

**Prayer & Journaling:** Plan ahead so you have quiet time for prayer and journaling either in the early morning or evening. Once you return home, your journal will help you to recall your emotions and the way you saw God working in your life and the lives of others throughout the week. It is also very helpful when sharing about your trip.



## **Code of Conduct:**

As a Love Feeds OUR World team member, you are expected to conduct yourself according to the highest standards of integrity and morality. Agreeing to serve on a LFW Missions Team means that you are agreeing to adhere to and abide by the guidelines, policies, and procedures of LFW. Failure to follow these regulations will result in disciplinary action and possibly your dismissal from the mission field, in which case you will travel home at your own expense or that of your parent or guardian. The following guidelines are meant to further the usefulness and safety of your mission trip. As a LFW Missions Team member you are expected to:

1. Treat everyone with respect, loyalty, patience, integrity, courtesy, dignity, sensitivity and consideration.
2. Accept and submit to the leadership role and authority of the team leader(s) and promise to abide by his or her decisions as they concern this mission trip.
3. Refrain from using tobacco, alcohol, or illegal drugs at any time during this mission trip.
4. Refrain from using profanity.
5. Adhere to the dress code and agree to wear modest clothing at all times, this includes at the beach.
6. Refrain from meddling, complaining and using obscene or insensitive humor.
7. Refrain from romantic relationships, flirting or any provocative or inappropriate conversation with team members, leaders, overseas workers or nationals.
8. Complete all tasks willingly and ask for help when needed.
9. Respect the property of others: where we are working (this includes the physical structure we are working on and the tools we work with), where we are staying and of our fellow mission trip participants.
10. Refrain from making promises, giving money or personal gifts to personnel or nationals without permission from the team leader.
11. Make sure the group leader(s) knows where I am at all times. I will not under any circumstances wander off alone while on the mission field or during travel. Women should travel with a man when leaving the campus.
12. Refrain from anything that may distract from my Christian testimony, cause division, or demonstrate disrespect, to missionary personnel, nationals or my fellow team members and leaders.
13. Refrain from giving out my phone number, address, or email or any other personal information. (Please know that you will be asked for your personal information.)
14. Understand that mission trips can be difficult, and promise to adopt a flexible attitude, as plans may need to be changed.
15. Promise to forgo my personal beliefs on these subjects in order to maintain unity and to avoid controversy in the body of Christ.

You must sign a copy of the Code of Conduct and submit it with your application.

## After You're Home

### What Now??

Many times people leave the mission field filled with emotions and the overwhelming desire to continue the work they began on a short-term trip. Questions pervade their thoughts: *What now? Is that it? Am I just supposed to return to my old way of life, my friends and family as if nothing has changed in me? How can I use this experience to impact the world around me?*



These questions are completely normal. They were the catalyst that began Love Feeds OUR World. After our first trip to the Dominican Republic in 2004, we knew our lives would never be the same.

As far as what you personally should do with those feelings, you need to go to God. Some people feel the need to get more involved in serving in their local communities, some are called to be full-time missionaries, others want to sponsor or adopt a child. God has a unique calling for each one of us. Our lives were not meant to be lived in isolation; as followers of

Christ, we are to love and serve one another: "Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress and refusing to let the world corrupt you" James 1:27 (NLT).

This life is not about us; it's not our story. It's God's story about His love for humanity.

### Ways to Continue to Serve Haiti:

- Sponsor a child so he or she can go to school, receive a hot meal daily and get needed medical care.
- Sign up to be a child sponsorship advocate; sponsors make the best advocates.
- Present to your church and community groups about your experiences.
- Tell your friends, family members, co-workers, and peers about your experiences. It is your testimony about the work that you did in Haiti that will motivate people to want to help.
- Go back on another short-term trip and take new people with you.
- Pray for Haiti daily.

## Basic Haitian Creole (Kreyol)

Bonjou! - Good morning!  
Bonswa! - Good afternoon!/ Evening! (used after 11 AM)  
Kouman ou rele? - What is your name?  
M rele... - My name is...  
Kouman ou ye? - How are you?  
Mwen byen. Mèsi - I'm fine thank you  
Wi - Yes  
Non - No  
Mesi - Thanks  
Anmwe! - Help!  
Non, mesi - No, thanks  
Souple - Please  
Pa dekwa - You're welcome  
Pa gen pwoblem - No problem  
Oke - OK  
Eskize mwen - Excuse me  
Mwen regret sa - I'm sorry  
Piti piti - A little bit  
Anpil - A lot  
Tout bagay anfon? - Is everything OK?  
Eske ou grangou? - Are you hungry?  
Atansyon! - Attention!/Watch out!  
Prese prese! - Hurry!  
vit - fast  
Rete! - Stop!  
Ou byen? - You OK?  
Mwen pa two byen - I'm not too well  
Mwen malad - I'm sick  
Te gen yon aksidan - There was an accident  
Nou bezwen yon dokte/yon mis touswit - We need a doctor/a nurse right now

Kote Iopital Ia? - Where is the hospital?  
Kote Ii ou fe mal? - Where does it hurt you?  
Mwen grangou - I'm hungry  
Mwen swaf anpil - I'm very thirsty  
Nou ta vle manje - We would like to eat  
Konben - How much?/How many?  
Eske gen...? - Is/Are there...?  
Eske ou gen...? - Do you have...?  
Eske ou ka ede nou, souple? - Can you help us please?  
Kote nou ka achte...? - Where can we buy...?  
Eske ou ka di mwen...? - Can you tell me...?  
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?  
Kij an yo di...an kreyol? - How do they say... in Creole?  
Kilaj ou? - How old are you?  
Kote ou rete? - Where do you live?  
Eske ou gen petit? - Do you have any children?  
Kote nou ye? - Where are we?  
chita - to sit  
manje - to eat  
vini - to come  
ale/prale - to go  
ban - to give  
rete trankil - to be quiet  
pran - to get, receive  
ou - you, your  
mwen - I, me, my, mine  
nou - us, our, you (plural) yo - they, them  
Ii - him, her, his, hers  
we-nou, nou  
they - yo, y  
man - moun, nonm

woman - fanm  
child - pitit  
boy - gason  
girl - tifi  
student - elèv  
city - vil  
family - fanmi  
mother - manman  
father - papa  
sister - sè  
brother - frè  
water - dlo  
day - jou  
night - nuit  
evening - swa  
morning - maten  
afternoon - aprèmidi  
breakfast - dejne  
lunch - manje midi  
dinner - dine  
food - manje  
friend - zanmi  
husband - mari  
wife - madanm, fanm  
to eat - manje  
to drink - bwè  
to understand - konprann  
to study - etidye  
to learn - aprann  
to sit - chita  
to need - bezwen  
to go - ale  
to come - vini

to like - remnen  
to love - damou  
beautiful - bèl  
pretty - bèl  
smile - souri  
nice - bon  
big - gwo  
large - gran  
small - piti  
good - bon  
sick - malad  
cold - frèt  
hot - cho  
American - ameriken  
English - angle  
French - franse

#### PRONUNCIATION KEY

ch-sh as in ship / ch-share cache - to look for  
o-claw fo - strong  
e-aim ede - to aid, help  
ou-you ou - you  
k-k as in key kisa - what?  
e-leg mesi - thank you  
v-v as in vampire vini - come  
r-(not rolled) respire - to breathe  
g-go gen - to have  
I-see isit - here  
s-s as in sip / s-(always s) prese - in a hurry  
j-s as in vision / j-(avoid the d sound) jou - day  
y=yes pye - foot  
o-toe zo - bone