



Transforming Travel Guide

Packing Checklist List

Clothing

- Shorts or skirts for the day
- One pair of long pants to sleep in (its a bit cold at night)
- 5-7 T-shirts
- 2 pairs of shoes that are good for hiking and ok to get muddy
- A pair of flip flops that can stay clean for the trip back
- Socks if needed with shoes
- Undergarments for seven days
- Poncho or rain jacket
- Baseball hat/sunglass for daytime

Other

- One-Person dome tent (let Kenny or Grant know in advance if you need one)
- Cipro (in case of "Haitian Happiness")
- Light blanket or thin sleeping bag
- Air mattress if needed
- Flashlight
- Wet wipes for quick self-cleaning
- Bible, note pad/journal, and pen
- Necessary toiletries: toothbrush, toothpaste, deodorant, soap, small towel, etc.
- Sunscreen, bug spray
- One roll of toilet paper

Food

- 5 breakfasts- oatmeal, granola bars, dry cereal, dried fruits, instant coffee, etc.
- 6 lunches- provided by the women in the village (or you can eat the same as dinner)
- 5 dinners- peanut butter/jelly sandwiches (we provide bread), tuna, cup noodles, cup mac-n-cheese, canned soups, beef jerky, dried fruits, nuts and canned soups, etc.
- A reusable water bottle
- A coffee tumbler (if you are drinking coffee)

In Your Carry-On

- Passport!
- Dry food for trip from Port-au-Prince to the Chauffard
- Your water bottle (empty to get through TSA, then fill in Florida airport for the day)
- \$70 cash (\$20 each for fuel and tolls and \$50 cash for emergencies)
- Bring additional money for a meal to Fort Lauderdale and a meal on trip back to Lakeland
- In case of lost luggage bring extra change of basic clothing and/or toiletries that fit TSA requirements (all liquids in carry-on must fit in one quart sized plastic bag)

REMEMBER each person is allowed:

- * One carry-on (to fit in the overhead compartment)
- * One purse/bag (that can go under your seat)
- * One checked luggage weighing **NO MORE THAN 50 LBS**

Tentative Itinerary

Travel Day:

Afternoon	Leave FPC for Fort Lauderdale
Evening	Arrive in Fort Lauderdale, eat, go to bed early (trust me, you will want to sleep!)

Travel Day/ Arrive in Village:

Early Morning	Meet in Lobby Leave for Airport
Morning	Depart Ft. Lauderdale for Port-au-Prince, Haiti Arrive in Port-au-Prince, Haiti Begin three hour drive up the mountains
Mid-Day	Arrive in Chauffard early afternoon
Afternoon	Get comfortable, walk around, set up tents, put away new supplies etc.
Evening	Team meeting, Church service (optional)

Project Days Village work and projects. More details on next page.

Leave Village/Travel Day:

Morning	Leave Chauffard Arrive at Hotel in Petionville
Afternoon	Some sight seeing and souvenir buying (optional)
Evening	Recap dinner and devotion

Travel Home Day:

Early Morning	Meet in Lobby Leave for airport
Morning	Depart Port-au-Prince
Afternoon	Arrive Ft. Lauderdale Four hour drive to Lakeland

Where you will be...



A Typical Day...

Wake up with the sun
Breakfast and coffee
Morning Devotions
Projects/Relationship building
Lunch
Projects/Relationship building
Dinner and Team Meeting
Church

Possible Projects

Vacation Bible School
Teaching English
Water filtration training
Construction projects
Survey and research area
Elder meeting
Women's craft (bags, jewelry, etc.)
Sports (soccer, jump rope, etc.)

A Brief History of Haiti

Haiti has a long and storied history and therefore retains a very rich culture. Haitian culture is a mix of primarily French and African elements, with some lesser influence from the colonial Spanish as well as minor influences from the native Taíno. The country's customs essentially are a blend of cultural beliefs that derived from the various ethnic groups that inhabited the island of Hispaniola. In nearly all aspects of modern Haitian society however, the European and African elements dominate. Haiti is world-famous for its distinctive art, notably painting and sculpture.

The United States occupied the island from 1915 to 1934. From 1957 to 1986, the Duvalier family reigned as dictators. The former priest Jean-Bertrand Aristide won the elections of December 1990. His mandate began on February 7, 1991. A coup d'état carried out by Raoul Cédras and supported by the business middle-class deposed him in September. In 1994, Haitian General Raoul Cédras asked former U.S. President Jimmy Carter to help avoid a U.S. military invasion of Haiti. President Carter relayed this information to President Clinton, who asked Carter to undertake a mission to Haiti with Sen. Sam Nunn, D-Ga., and former Joint Chiefs of Staff Chairman Colin Powell. The team successfully negotiated the departure of Haiti's military leaders, paving the way for the restoration of Jean-Bertrand Aristide as president.

Aristide left the presidency in 1995 and was re-elected in 2000. After several months of popular demonstrations and pressures exerted by the international community, especially by France, the USA and Canada, Aristide went into exile. He was escorted from the country by US soldiers on February 29, 2004. Armed forces consisting of opponents and former soldiers who controlled the north of the country had threatened to attack the capital Port-au-Prince.

Virtually the whole population, about 95%, adheres to Christianity; Roman Catholicism is the official state religion and is by far the dominant faith, in which the majority, approximately 80%, of the population professes. An estimated 15% of the population follows the teachings of various Protestant churches. A Russian Orthodox Church has a presence in Port au Prince. The New World Afro-diasporic religion of Vodou is also practiced by a considerable number of the population, mostly in rural areas. The religion is very similar to other regional variations such as Brazilian Candomblé, Cuban Santería, and Espiritismo of Puerto Rico. Some practitioners of vodou syncretize their faith with Catholic elements; however, strict Catholics often dismiss vodou practice as pagan and false.

MORE... <http://en.wikipedia.org/wiki/Haiti>