

## **La Romana 2012 Mission Information**

Welcome to the La Romana experience! Many people before you have found this experience to be rich, rewarding and a wonderful opportunity for personal growth as well as growth in their spiritual life. A lot depends on how well prepared you are to travel in a third world country. Make no mistake, traveling in the third world is DIFFERENT!

Please read carefully the following information, refer to it often, and bring it with you.

### **Essential:**

You **MUST** have a valid passport.  
You **MUST** sign the Mission Agreement and Waiver.  
Valid tetanus shot with the last 10 years (5 is better)  
Hepatitis A vaccine (Havrix)

### **Recommended:**

Anti-malarial

### **What to bring:**

Toilet articles, including soap, soap dish, plastic cup for your toothbrush, bath towel, beach towel, face cloth, wet wipes, tissues  
Sunscreen, heavy duty  
Water bottle or canteen  
HAT!!! Especially to wear while working, it's hot!  
Work gloves several pair  
Bathing suit  
Plastic bag for laundry  
Balls/toys for playing with the kids (bubble stuff is fun!)  
Medications you normally take  
Calamine lotion or Benedryl spray for mosquito bites  
Adequate underclothing, pajamas  
Sunglasses to protect your eyes (from sun as well as flying cement and dirt)

### **Work clothes:**

#### **Women:**

walking shorts, culottes, skirts, blouses, jerseys, tee shirts.  
(No short-shorts or spandex, please!)

**Men:** work pants/shorts, shirts, tee shirts

**Church clothes:** lightweight clothing that you would normally wear to church.

**Women:** no pants or shorts in church; **Men:** shirts must have a collar.

Snacks

Flashlight (VERY IMPORTANT)

Backpack or fanny pack

Ear plugs (if you are a light sleeper)

**DO NOT:**

- Drink water from ANY faucet or even brush your teeth with it. (Bottled water will be provided in the dorm area, the dining hall and at the work sites.)

**DO NOT:**

- Throw any toilet paper into the toilets. Throw it into the wastebasket beside the toilet.

**DO:**

- Carry your passport with you. We will collect them all at the airport and keep them in one place.
- Tag all your luggage, inside and out, with your name, address, etc.
- Put YELLOW tape on the outside (or handle) of your luggage.

**MORE DO'S**

- Carry most of your money as traveler's checks and small bills.
- Bring \$10 (American/cash) for your entrance AND exit fees. (That's a total of \$20.)
- Be inside the compound by 10:00 p.m.
- Bring things to give away - summer clothing in good condition, shoes, candy, balls, gloves, soaps, sneakers, school supplies, NEW children's underwear - cotton - in all sizes, vitamins (children's chewable and adult multi), liquid vitamins for infants, pain relievers (Tylenol, Advil, aspirin, etc.), Cort-aid, Antacids (tablets), anti-biotic creams. Please contact David Reardon, [drear67462@aol.com](mailto:drear67462@aol.com) for additional information on medicines and collections.

**PLEASE NOTE:**

It is a good idea to put AT LEAST one or two changes of clothing in your carry-on bag, as well as your toiletries. Do not carry tools in your carry-on. (Some people put MOST of their clothing in their carry-on and leave room in their checked luggage for more items to be donated.)

The ladies of the church have always been willing to do laundry for the groups. It is done by hand and hung up to dry in the compound area. Any clothing you wish to have washed should be EASILY identifiable, or marked with your name. We will take a collection to give to the people who support us while we are there.

We are responsible for cleaning off our tables after each meal. Everyone will be asked to participate in this effort.

We will have reflective times EVERY day around our meal. All trip participants are expected to attend and will be given an opportunity to lead one should you desire. We will attend worship at a Haitian in a Batey Sunday morning and at the Maranatha Church Sunday evening. All trip participants are expected to attend at least these two...other worship opportunities will be available should you wish.

You will see many needs in La Romana and other places where we visit. You will be asked for many things, including money, shoes, shirts, etc. We have found it best to just say that all the things we have brought down have been given to Hospital.

**TEENAGERS:**

- If you are not accompanied by a parent, you will be under the watch-care of an adult throughout the entire trip. That person **MUST** know of your whereabouts at all times. If you become ill or have ANY problem, you must tell your adult friend immediately. **DO NOT TRY TO BE TOUGH!!**
- Teens must **ALWAYS** be accompanied by an adult whenever they are away from the living quarters.
- Please remember that you are a representative of Seeds of Independence, and that you are a guest in another culture. You are expected to conduct yourself accordingly. Also, bear in mind that this is a **WORK** tour. There will be times for recreation and fellowship, but most of the time will be spent doing physical labor.

**EXTREMELY IMPORTANT:**

MONEY is needed for building materials, supplies, translators, etc. We need everyone to try to raise as much money as possible for those purposes. Please make appeals to your church, your friends, your business acquaintances, etc. for any amount that you can raise.

**If you have any questions or concerns, please give us a call.**

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