



DOMINICAN REPUBLIC TRIP GUIDE

Hope



missionofhope.com



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PART 1: INTRODUCTION

ABOUT MISSION OF HOPE

As an organization following Jesus Christ, Mission of Hope exists to bring life transformation to every man, woman, and child. There is a large Haitian population in the Dominican Republic, and we are committed to serving them, as well as other underserved communities.

With over 20 years of experience coordinating international mission trips for churches, families, and individuals, Mission of Hope believes that sustainable transformation is possible by partnering with the local churches and indigenous leaders so that ongoing ministry continues long after you go home.

Thank you for serving with us as we partner with the local churches and indigenous leaders to reach their communities for Christ. Providing hope to the people of the Dominican Republic is a worthy goal, and we are thrilled to have you be a part of our Mission of Hope family.

ABOUT YOUR MISSION TRIP

Short-term mission trips are an incredible opportunity to grow spiritually, to cultivate an awareness of the world and needs around you, and to respond to God's call to share the gospel through personal, servant-minded ministry. As part of our mission of seeing lives transformed through Jesus Christ, we look forward to introducing visitors from around the world to all the work God is doing in the Dominican Republic.

Trips will be planned by Mission of Hope to involve team members in all the different facets of outreach ministry. Your team will have an opportunity to impact the Dominican Republic, just as much as the trip itself will have a long-term impact on you and your team members' lives. Team members will be a part of building intentional relationships in communities through work projects, ministry activities, and mobile medical clinics.

Empowering indigenous leaders leads to sustainable change. When your team works alongside these local churches and ministry partners who know the needs of their communities, you are helping these ministries serve more efficiently and effectively as we share the love of Christ together.

Each mission trip is unique and can be tailored to match the skills of your group with the needs of the community in which you are serving. Two core components of our mission trips are Strategic Ministry Time and Church Advancement projects.

STRATEGIC MINISTRY TIME

As we work with the local pastors and leaders in the Dominican Republic, we ask the question, “What does your community need to be transformed?” Strategic Ministry Time (SMT) allows us to build and maintain meaningful relationships with the people of the Dominican Republic and gather significant demographic information of the homes we visit that will be used to better serve each community. Through this time, we can model Christ together in all we say and do to ensure that every member of the community has a chance to hear and respond to the gospel.

CHURCH ADVANCEMENT PROJECTS

At Mission of Hope, we work to serve local communities through the local church in the Dominican Republic. Teams will have the option to participate in various Church Advancement projects. This might include Vacation Bible School, distributing water filters, or construction projects. Church Advancement projects are used as a ministry tool to share the gospel through meeting the everyday needs of the people.

Showing people the love of Christ through Church Advancement projects demonstrates that the local churches care about the individual needs of the people in their communities, and it creates an openness to the gospel. You can be a part of meeting both the physical and spiritual needs in the Dominican Republic.

A sample list of projects can be found at missionofhope.com/church-advancement-projects. Please plan for about \$100 per person to cover the cost in Church Advancement Projects. For further details on your projects and how you will spend your time serving during your week, please refer to the Church Advancement Projects tab on your Trip Leader Dashboard.

MOBILE MEDICAL CLINIC

We are able to facilitate Mobile Medical Clinics to serve communities within the Church Advancement program that have very little access to quality healthcare. With the help of visiting North American teams or individual participants, it is our goal to run a Mobile Medical Clinic most weeks year around.

Individuals and teams participating in Mobile Clinics are asked to help purchase and bring in the medication needed to operate a mobile clinic. Licensed medical professionals able to serve in our Mobile Clinics are as follows: MD, DO, PA or ARNP, RN, LPN, LVN, EMT Paramedic, CNA, Pharmacists, PT, OT, or equivalent. Our onsite clinic also utilizes Dentists, Hygienists, Dental Assistants, Ophthalmologists, Optometrists, Opticians, Radiology Technicians, and Prosthetists.

For all licensed professionals serving with Mission of Hope, we require current documentation no later than **60 days** prior to arrival in the Dominican Republic. A copy of diploma, current medical license with expiration date, passport, and a plain photo of the participant’s face are required. If you are not a licensed medical professional, but still wish to serve as support staff on a mobile clinic, we would love to have you.

The minimum age requirement to serve on mobile clinics is 16.

MAKE A RESERVATION

Available trip dates are posted on our website under <https://missionofhope.com/opportunities>. When deciding how many spots you would like to reserve, be as strategic as possible so that we are able to accurately project the number of volunteers each week. There is a required \$25 per reservation fee due upon placing your reservation. If you are traveling as an individual, you must be 18 years old.

You will receive a confirmation email that confirms your spots and provides you with a Dashboard, where you can make trip payments, provide us with your flight information, complete medical release forms, and more!

TRIP COST

Non-medical trip participant: \$895 + \$25 reservation fee

Medical trip participant: \$945 + \$25 reservation fee

Children (ages 6-12): \$445 + \$25 reservation fee

Price Includes

- Lodging
- Emergency medical traveler's insurance (coverage details upon request)
- Transportation in the Dominican Republic including airport pick up and drop off
- Meals (**Non-medical** trip participants are required to bring \$50 per person in cash for in-country food costs.)
- Translators
- Beach day
- Mission of Hope expenses/administrative fees

Required Additional Costs

- **Non-medical** trip participants are required to bring \$50 per person **in cash** for in-country food costs, as mentioned above.
- **Medical** trip participants are required to bring a medical supplies list (Located in the Trip Details and Resources tab of your Leader of Trip Participant Dashboard. Inquire for a sample list.)
- Church Advancement Project Cost, \$100 per non-medical trip participant

Optional Additional Costs

- Tips for STI airport crew who help with luggage, \$1-2 USD per bag
- Personal souvenir money, suggested \$50-\$100 (smaller bills suggested)
- Internet cost, \$25
- Chair at the beach for beach day, \$2
- Lunch money for beach day if you want something other than the lunch Mission of Hope will provide

TENTATIVE DAILY SCHEDULE

Saturday- Saturday

Saturday Arrive in the Dominican Republic, Settle in on campus, Orientation

Sunday Dominican/Haitian Church, Relax on campus, Visit hope.market for coffee and shopping

Monday-Thursday Strategic Ministry Time or Church Advancement Projects in the community

Friday Beach Day

Saturday Depart to airport

Wednesday- Wednesday

Wednesday Arrive in the Dominican Republic, Settle in on campus, Orientation

Thursday-Saturday Strategic Ministry Time or Church Advancement Projects in the community

Sunday Dominican/Haitian Church, Relax on campus, Visit hope.market for coffee and shopping

Monday Strategic Ministry Time or Church Advancement Projects in the community

Tuesday Beach Day

Wednesday Depart to airport



PART 2: COMMITMENT

We are so glad you are planning a trip to serve alongside Mission of Hope as we bring life transformation to every man, woman, and child through Jesus Christ. Giving hope to the people of the Dominican Republic is a worthy goal and we are thrilled to have you as part of our Mission of Hope family. To help be fully prepared, we encourage you to go through this packet in-depth with all your team members.

Once you arrive at our campus, your team will be given a printed itinerary for your week. We take care of all in-country traveling logistics and have a community that is ready for your team to meaningfully engage with in various work projects and outreach programs. Your team will be escorted at all times when off-campus by a translator. The last day of your trip will be spent at the beach, where your team will have the opportunity to debrief on what God has done in and through you on your trip.

BOOKING FLIGHTS

Teams and individuals are responsible for their own airfare, as it is not included in the cost of the trip. Mission of Hope asks that all flights arrive and depart from Santiago (STI) on **Saturdays or Wednesdays only**. This allows us to be good stewards of transportation expenses, as well as ensure your team is met by one of our staff members. If you are unable to find a flight that meets our request, we may allow you to book flights into an alternate airport for an additional fee of \$200 for the team. If you cannot find flights that arrive on Saturday or Wednesday, please talk with your HopeGo Trip Coordinator **before booking** for approval. There will be a fee associated with the off-day travel pickup.

When at all possible (and the cost is reasonable), we ask that you please purchase flights that arrive into STI **before 9:00 PM**. However, when the savings are significant, we do permit teams to purchase flights that arrive later. For approval on flight arrivals/departures beyond 9:00 PM, please contact your HopeGo Trip Coordinator.

Be sure to check with the airline for current restrictions, embargos, luggage weight limits, etc. prior to traveling.

HOW TO PAY FOR YOUR TRIP

In an effort to be good stewards of our resources, we have initiated a required reservation fee and payment system for all mission trips. Please see the below guidelines regarding trip payments.

- \$25 fee per spot reserved
- 50% of total team payment due 90 days out from trip departure date
- 100% of total team payment due 30 days out from trip departure date

Trip Payment

Payments should be made online on your Trip Leader Dashboard. If you are a trip participant, your trip leader will provide you with a team link where you can make payments toward your trip.

Payments can also be made via check by sending it to:

Mission of Hope
P.O. Box 171500
Austin, TX 78717

Please include your trip number on the memo line.

Church Advancement (CA) Project Payment

Your Church Advancement Project cost will be added onto your trip cost in your Dashboard.

PREPARING TO TRAVEL TO THE DOMINICAN REPUBLIC

For complete information on travel to the Dominican Republic, refer to the Dominican Republic page on the U.S. State Department Travel Site at <https://travel.state.gov/content/travel/en/international-travel.html>.

**Your trip leader will send you a summary of the current COVID testing procedures for the DR.

PASSPORT

All North Americans traveling to the Dominican Republic are required to have a passport for entry into the country. You can check with your local post office for a passport application. You can also go to the U.S. Department of State's website at <http://travel.state.gov/passport> or the Passport Canada web page at www.passportcanada.gc.ca.

If you are applying for a new passport, allow 4–8 weeks to receive it. All travelers should bring a photocopy of the first two pages of their passport in their carry-on luggage in the rare event that a passport is lost. All passports must be valid for at least six months after the first day of your trip, or you will be denied travel.

IMMUNIZATIONS AND GENERAL HEALTH INFORMATION

We recommend everyone discuss recommendations for anti-malaria medication and immunizations with their doctors and follow their doctor's direction. We also encourage each person to bring an antibiotic such as Cipro and an anti-diarrheal medication.

All groups are encouraged to have the following vaccinations prior to traveling to the Dominican Republic:

- Tetanus toxoid (DT or Td) (required)
- Typhoid immunization
- Hepatitis A
- Measles

For more information on immunization recommendations in the Dominican Republic, please refer to the CDC website: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/dominican-republic>.

Our Medical team will be available to assist you with team healthcare needs. Team leaders, we strongly suggest that either you or your team members carry some of these basic health supplies for use in the event of common conditions seen while working in the Dominican Republic:

- Gatorade and/or electrolyte replacement tablets
- Ciprofloxacin 500 mg tablets (prescription; for diarrhea)
- Azithromycin 250 mg tablets (prescription; for illness)
- Pepto Bismol
- Tylenol, Advil
- Benadryl 25 mg tabs (for an allergic reaction)
- Band-aids, Neosporin, Hydrocortisone cream/ "itch relief" cream
- ACE compression wraps, chemical cold pack(s)

In addition, team members should carry a larger-than-normal supply of any prescription medications and should bring medications that they might have to use at home on an as-needed basis, such as:

- Inhalers
- Sinus/allergy medications
- Cough/cold medicine
- TUMS or Pepcid
- Cold-sore medication
- Canker-sore medication

ALLERGY DISCLAIMER

If you have food allergies (nut, gluten, dairy, etc.), **you will need to bring supplemental food**, as we are not able to avoid cross contamination. Mission of Hope uses peanut butter on the food buffets several times each week. Due to kitchen limitations and lack of storage space, this food needs to remain with you and needs to be non-perishable (rice cakes, peanut butter packets, tuna packets, Chex cereal, protein bars, trail mix, etc). Thank you for your understanding.

For severe food or substance allergies, plan to carry two EpiPens.

PREGNANCY DISCLAIMER

As a precaution, we recommend that any women who are pregnant or think they might be pregnant NOT travel with Mission of Hope until further notice due to the potential risk of the Zika virus. While the infection is generally mild, it can be very dangerous to a developing fetus and has been linked to microcephaly in babies when the mother is infected with the virus during the first trimester.

PHYSICAL CONDITION AND MEDICATIONS

If you are over the age of 50 or have any health conditions (heart disease, diabetes, asthma, lung problems, severe allergies, mental illness, etc.), please have a thorough medical evaluation before traveling to the Dominican Republic, and communicate those conditions and needs to Mission of Hope before arriving. If you have a newly diagnosed condition or become ill before the trip, you should delay or reschedule your trip. Medical identification (tags, bracelets, cards, etc.) must be carried by anyone with chronic illness such as diabetes or heart conditions.

Trips to the Dominican Republic can be moderately stressful physically and mentally, and sometimes further strain comes with high temperatures, intense sun, mosquitos, hilly terrain, and lots of walking. People with mental illness or physical disabilities are required to disclose such information to us before being approved to travel. Be sure to carry all prescriptions and required medications in your carry-on luggage. If you have a history of asthma or sinus and allergy problems, bring your medication, even if you haven't used it in a long time or don't need it at home.

INTERNET AND COMMUNICATION

Mission of Hope staff carry working cell phones to be used in emergencies only. These are not to be used for any other communication by team members. Some American cell phone companies work in the Dominican Republic. WiFi is available where you will be staying for a \$25/week per person fee.

PLANNING FOR EVERYDAY IN THE DOMINICAN REPUBLIC

Once you arrive in the Dominican Republic, your team will be given a printed itinerary for your week. We take care of all the in-country traveling logistics. Your team will be escorted at all times when off-campus by our staff or interns.

BUNKING/ ELECTRICITY/ FANS

Team members will stay in the Mission of Hope Guesthouses. Your team members will be separated by gender into separate rooms, each with twin bunk beds. You may want to bring earplugs, if you are a light sleeper! There are fans in most rooms. Standard US three-pronged electrical outlets are available in all rooms. Bunk rooms on each of our campuses include running water and showers. Mission of Hope will provide a pair of clean sheets for you, as well as a pillow. Please bring your own bath towel.

WATER

Please do not drink or brush your teeth with tap water. Purified water will be provided for you. We encourage you to drink as much purified water as possible. Make sure you are drinking continuously, even when you do not feel thirsty. You will need to bring a reusable water bottle for the week.

SHOWERS

Please shower with as little water as possible, as water is very precious in the Dominican Republic. It is strongly encouraged to turn the shower on to rinse, off to lather, and on to rinse again. The same is suggested for the washing of hands: on, off, on.

FOOD

In an effort to support the local economy, we require that each participant brings \$50. We will prepare most of the meals for you and other visiting groups throughout the week with these items. If you are serving as a medical trip participant, you are only responsible for the medical needs list.

HANDOUTS TO LOCALS

Mission of Hope kindly asks you **not to hand out any items to locals**. This includes but is not limited to money, candy, toys, or water. We, as an organization working for lasting change in the Dominican Republic, are trying to discourage locals from seeing or expecting handouts from visiting North Americans. Mission of Hope is striving to encourage a culture of locals helping locals. There will be an opportunity to donate items at the end of your mission trip. These items will be distributed through the local church and Village Champions to the surrounding partner communities.

HOPE.MARKET AND SOUVENIR OPPORTUNITIES

You will have the opportunity to shop at [hope.market](#) on campus, which partners with many artisans throughout Haiti and the Dominican Republic who hand craft a wide variety of products. By offering these goods in our markets and through [our online store](#), we help provide consistent employment to countless people across the island. You will find apparel, jewelry, local art, coffee, home goods, and much more. The amount of money you bring will depend on your desire to buy souvenirs. Cash and credit cards are accepted. **We recommend bringing cash in small bills.**

LOSSES

Mission of Hope and/or its employees, agents, or volunteers are not responsible for any team member's lost money, stolen money, damaged luggage, lost luggage, or loss of any other personal property. We do everything possible to prevent these unfortunate incidents; however, they sometimes occur despite our efforts.

OTHER POLICIES

Mission of Hope is a smoke-free environment. However, if you must smoke, inform the stateside HopeGo Trip Coordinator prior to leaving for the Dominican Republic. All alcohol, drugs, and firearms are prohibited for all Mission of Hope guests.



PART 3: BEFORE YOU GO AND DEPARTURE

Your trip is right around the corner, and we have a bit more information to share with you before you're on the ground in the Dominican Republic.

REMEMBER THESE ADDITIONAL (CASH) COSTS

- \$50 per non-medical trip participant for food supply cost, in cash
- \$50-\$100 in souvenir/spending money (smaller bills suggested)
- Tips for STI airport crew who help with luggage, \$1-2 USD per bag
- Chair at the beach for beach day, \$2

SUGGESTED PACKING LIST

- Passport
- Personal size water bottle (one-quart that can be used all week is recommended)
- Hat
- Sunglasses
- Bible, journal, and pen
- Camera
- Toiletries (toothbrush, toothpaste, soap, shampoo)
- Towels (bath/beach) and washcloths
- Sunscreen
- Mosquito net
- Insect repellent
- Personal snacks (e.g. Clif bars)
- Anti-diarrhea medicine
- \$1 bills for soda
- Work gloves

INSECTS

Extra-strength insect repellents and insecticide sprays are useful for repelling mosquitoes and spraying sleeping quarters. Be sure to place this in your checked baggage.



DRESS CODE

The local Dominican pastors have requested that, in order to respect the culture and be most effective in ministry, we abide by the following dress code. Our staff on the ground reserves the right to ask you to change if you do not comply. Thank you for your understanding.

WOMEN'S DRESS CODE

Skirts

- Bring 2-4 skirts that are at least to the knee or longer
- Must be worn for church on Sunday
- Must be worn during SMT
- Leggings can be worn under skirts that are to the knee or longer

Shorts/Pants/Capris

- Bring 1-2 pairs of shorts to the knee, loose-fitting pants, or loose-fitting capris
- Can be worn in the community on CA project days
- No yoga or workout pants outside of Guest Housing

Shirts

- Bring 4-6 simple, solid, light weight, breathable shirts
- Shoulders, chest, and back must be covered
- No tank tops or spaghetti straps outside of Guest Housing

Swimsuits

- One-piece or tankini

Shoes

- Durable sandals (e.g. Chacos/Texas)
- Tennis shoes
- Shower flip-flops

MEN'S DRESS CODE

Shorts

- Bring 2-3 pairs of shorts
- Athletic shorts can be worn for CA projects
- Khaki, Cargo, or Hiking Shorts (non-athletic) can be worn in the community for SMT

Pants

- Bring 1-2 pairs of pants for church on Sunday and Tuesday
- Nice jeans recommended, and dress pants are preferred

Shirts

- Bring 4-6 simple, solid, light weight, and breathable shirts
- Collared shirts for church on Sunday and Tuesday
- No tank tops outside of Guest Housing

Swimsuits

- Trunks – No Speedos!

Shoes

- Durable sandals (e.g. Chacos/Texas)
- Tennis shoes
- Shower flip-flops

MEDICAL PARTICIPANT'S DRESS CODE

Licensed Medical Team Members should plan to wear full scrubs or scrub bottoms and a t-shirt. We ask men not to wear earrings and women to only wear them in their ears to respect culture.

ARRIVAL FLIGHT INFORMATION

When traveling into STI, you will be asked to fill out a customs declaration form and an immigration form. You will need to fill out these forms with a blue or black ink pen.

The forms will ask for the address where you will be staying. It is listed below:

Santiago Campus address:

Hogar de Alabanzas

35 Los Rieles

Santiago de los Caballeros 5100

CONTACTS AND EMERGENCY NUMBERS

For changes or delays on the day of your travel, please send a **text message with updated details**: team name, flight number, and new arrival time to the Mission of Hope travel day cell phone: (512) 599-2144. You will receive a confirmation reply from our team, and they will notify our Mission of Hope airport pickup team.

After arrival in the Dominican Republic, if you experience issues at the airport, please call Austin Oberlag at +1 (501) 412- 3840.

For all other inquiries, please call the US office at +1 (512) 256-0835 during normal business hours M-F 8:30am-4:30pm CST.

IMMIGRATION

At the immigration department, you will be asked for your passport and immigration form. If you did not get an immigration form on the plane, you can get one at the service counter. To ensure a smooth transition through the immigration line, please have your passport and completed immigration form readily available for the immigration officer.

IMPORTANT! Keep the returned portion of the Immigration Form (green stub) with your passport and place them in a safe location. **You will need both of these to leave the country.**

BAGGAGE CLAIM

Once you pass through immigration, you will move directly to baggage claim. You may be approached several times by airport employees seeking to help you. If you do not need assistance, kindly tell them “No, gracias” which means “No, thank you.”

Keep your group together in one area, and assign two or three people to get the luggage off the carousel for the whole team. In some cases, the luggage will have already been pulled off and will be lined up in the large open area to the right of the carousel. We recommend tagging your team’s luggage in a unique way for easy identification. For example, tie the same color ribbon on each luggage handle. Once your team has secured its luggage, you can head to the customs checkpoint.

CUSTOMS

Once you have your luggage, you will go through the customs checkpoint. Have your completed customs form readily available for the customs agent. The customs agent will take the form from you and then clear you to leave the airport.

When you pass through customs, you will exit the airport. Once you exit the building, start looking for our Mission of Hope staff member, who will be waiting just inside or outside of the exit doors, if you have not already met them inside the airport.

DEPARTURE FLIGHT

On the day of your departure, you will leave for the airport approximately 3-5 hours before your flight departs from the STI airport. Please have your luggage packed and ready to go before then.

IMPORTANT! Have your passport and immigration tag (green stub) with you before you leave Mission of Hope. **Please let us know if you have lost either before you leave our campus.**

AIRPORT DROP-OFF

A Mission of Hope driver will transport you to the airport. You will be dropped off at the front of the airport. It is possible that there will be locals who want to assist you with your bags into the airport. If they help you with your bags, you are expected to tip them. It is acceptable to tell them, “No, gracias” or “No, thank you.”

You will need to show your passport before you will be allowed to enter the airport. Once inside the airport, your bags will be screened by airport officials. When you get through the initial security checkpoint, you will then proceed to your airline’s counter to check your bags and get your boarding papers.

DEPARTURE CUSTOMS

After you check in with your airline, you will proceed to customs where you will show them your passport. When you pass through customs, you will proceed to another security checkpoint. At this checkpoint, you will be asked for your boarding pass. Everyone will be patted down at this checkpoint. You cannot have any liquids at this checkpoint.

CONCLUSION

We are committed to ensuring you and your team have an excellent mission trip experience in the Dominican Republic. If you have any questions, please reach out to our HopeGo Trip Coordinators. We believe God is going to do amazing things in and through you as you serve on your mission trip. We look forward to seeing you and serving with you in the Dominican Republic!

TEAM LEADER CHECKLIST

- ☐ Make reservation and pay \$25 non-refundable, non-transferable reservation fee per individual
- ☐ Direct trip participants to their HopeGo Trip Guide (located in the Trip Details and Resources tab in their Dashboard)
- ☐ Each participant must complete their Medical Release Form (due 60 days from departure). Their form is found on their Trip Participant Dashboard.
- ☐ Mark two trip payment deadlines on calendar:
 - ☐ Initial 50% due 90 days prior to trip start date
 - ☐ Final 50% due 30 days prior to trip start date
- ☐ Check in with team to ensure passports are current for travel
- ☐ Book team flights and submit itineraries on your Trip Leader Dashboard
- ☐ Church Advancement Projects (payment and project submission due 30 days out from departure)
- ☐ Pass out the Mission of Hope 21 Day Devotional Books (sent approximately one month prior to departure). It's also available digitally for you and your team.

DISCUSS WITH TEAM

- ☐ Strategic Ministry Time Training Packet (located in the Trip Details and Resources tab in the Dashboard)
- ☐ Dress Code
- ☐ Required Materials List
- ☐ Suggested Packing List
- ☐ Extra spending money for souvenirs

