

Matthew 28 Short Mission Trips

Our Mission:

We believe that we are called to spread the Good News about Jesus Christ to everyone who needs to hear it. All our activities should be checked against that. Matthew 28 has chosen to do this by taking care of orphans and hungry children in Haiti.

Leaving a Small Footprint, Minimizing the Damage We Leave Behind:

We are guests in Haiti. That means that at all times we have to respect our hosts. We are not in Haiti to take control but to teach and advise and to sustain the ones we help. Too often we assume that we can do it much better while we forget that we grew up in a country that had a chance to learn for over two hundred years. We have been blessed with abundance of resources while Haiti has nothing.

Our goal is to give responsibility to the ones who stay behind. We must allow them to learn and experience things including hopeless failures. We have to observe their culture and listen to the people to come with solutions.

Giving stuff for free is creating dependency and makes people lazy and uncooperative. There has to be an element of ownership in all we do with them.

We have to share our experiences with those who support us no matter the size of their support. Mission works two ways. We would never have had the New Testament if the apostles had not done the same thing.

Raising Orphans as Haitians, Not as Americans:

- Unlike many orphanages in Haiti, Matthew28's mission for our orphanage is to raise healthy Haitians that are acclimated with standards of living that are normal for Haiti.
- Tiled floors and flushing toilets are standards of living that only exist for a very small percentage of the population.
- Our goals are to ensure that our orphans have a good education, good health, and a strong Christian foundation.
- To endow them with standards of living that exceed other Haitians, would only cripple them when they are finally old enough to become viable assets to their community.
- Our very presence, with cell phones, cameras, laptop computers, and gadgets can easily be obstacles in meeting our goals of blending the orphans back into the community. Instead of highlighting our differences and materialism, it is important that we blend as much as possible with their way of life.

Packing For the Trip:

- Double Check your passport right now. Be sure your passport is valid for the period of our travels!! Which could mean valid for 6 months after your trip?
- To save costs we don't pay the additional fee for a 'carry-on' bag with Spirit
- We try to limit ourselves to 1 'personal' bag that will fit under the seat in front of us
- The backpack size limit for a 'personal' item is 12"x14"x16"
- It is best to attach your spare shoes to the outside of your bag
- If you have additional items that will not fit in your personal backpack, please place the additional items in a small trash bag so we can add them to one of our supply duffel bags that will be checked-on. Having these items in a trash bag will help speed up our repacking of the duffels at the airport, and sorting items when we get to Haiti.
- Mid-size carabineers can be helpful to hang shoes and other items from your backpack

Traveling Details:

- Don't bring valuables other than your ID, passport, some cash for meals in the airports, cash for some purchases in the orphanage's market sale, and maybe an emergency credit card.
- Be sure to keep your passport protected on your person at all times
- When filling out the declaration forms on the plane you will need:
 - your passport #
 - ticket (for your airline flight number)
 - Haitian address:

Street: Mathieu Vingt Huit (this is Matthew28 in French) , Route Nationale #3 City: Bohoc

- We like to maintain a low profile as much as possible when we travel. It is best to be patient, considerate, and try to not stand out when we get to the Haiti airport. There will be plenty of groups to draw attention to themselves. We are typically carrying a range of items in our duffels that can draw attention to the customs officers, and the more low key we can remain, the less our problems will be in avoiding taxes and such.
- As you exit the airport, it is important that we stick together as a group as much as possible and do NOT give your bags to any of the bellmen outside the airport doors. Keep your bags with you and say 'no thank you' (Pa Bezwen) frequently. The same is true for returning to the airport... do not accept help from the airport 'personnel' outside the airport.
- It is helpful to have a few items at ready access in your bag as we load into the truck for Bohoc: sunglasses, sun screen (even if you are riding inside your arm will burn), hat, and possibly a hanky or face mask for the dust)

Taking Photos:

- You MUST be very careful when taking photos as we travel through Haiti.
- There are still Haitians who feel like you are 'taking their soul' as taught by voodoo religion, many more see it as a chance to demand money from you.
- Some Haitians can become very aggressive toward you if you take their photo without permission.
- DO NOT take photos unless the vehicle is moving. If you are stopped in the city and take photos, the entire group is VERY vulnerable to possible aggressive responses from Haitians on the street that gets upset about the photos. NEVER hold your camera outside the vehicle.
- The Haitians that we work with and those in our orphanage do not feel this way about photos (the kids LOVE you to take their photos), but our Haitian leaders will become very concerned over your taking photos of Haitians we don't know, which can become aggressive.

Illnesses/Disease:

- Small upset stomachs are common in a foreign country. You will be exposed to many things your system is not used to.
- To minimize your risk to disease, only drink from water that you get from the blue commercially bottle water sources. Wash your hands with the water from the 5 gallon bucket with spout, but do not drink this water (it comes from our well, which is clean but not worth the chance).
- Keep a small bottle of hand sanitizer with you at all times and use it frequently. Be SURE to use it whenever you are going to eat or drink something.
- Never touch your mouth, nose or face without sanitizing your hands first
- Keep your fingernails short and clean on the trip
- Keep a small pack of travel wipes with you as you move around Haiti in case you need to use an outhouse along the way.
- Most importantly, let Hein know if you have loose bowels so we can monitor it. We won't rush to treat it but it is best to let it run its course
- Do not take things like Imodium right away, this can cause more problems. Hein has medication if the problem increases.
- Be sure to wipe the toilet seat with a wet wipe each time you use it.
- To brush your teeth, use the bottle water and you can spit in around the trees or shrubs around the buildings.
- Rip your wet wipes in half as you use them.. you will find they last longer this way

Medications and Immunizations that may be required:

- Typhoid can be a shot or tablets
- Hepatitis A&B two immunizations 30 days apart prior to trip and one 6 months after.
- Tetanus – Diphtheria recommended
- Chloroquine tabs 500mg once a week starting 2 weeks ahead of the trip and 6 weeks after.
- Tuberculosis test 8-10 weeks after the trip. Low probability of an issue but a good idea.
- You will need to go to a travel clinic to get all the vaccinations. Ask for a complete review to be sure that you are up to date on your vaccinations as requirements change from time to time.

Protecting Yourself from Pests:

- Mosquitoes:
 - There are mosquito borne diseases that we need to protect ourselves from
 - It is important that you sleep under the mosquito nets we have on your beds. Mosquitoes are more active at night and you are more prone to be bites while you sleep.
 - It is important that we keep ourselves treated with bug spray during the mosquito seasons
- Bed bugs:
 - We DO have bed bugs in the orphanage but so far we have not found any in the guest quarters. We are treating the compound for bed bugs a few times per year and the problem is very low at the moment
 - We DO recommend that when you get home you leave your luggage in the garage or in your bathtub (bed bugs can't climb out very well). Then take all the clothes directly to the washing machine (they can't survive the washing cycle). All other items can be placed in a thick trash bag and fumigated by adding a No-Pest Strip to the bag and leaving it sealed up for at least 3 days.

Giving Things to Haitians and the Orphans:

- Do not give gifts (other than candy) to the orphans without discussing with Hein. When you do give candy in the orphanage have to older orphans pass it out for you or you may get mobbed. Individual gifts (solicited or not) are generally forbidden in the orphanage. Requests may occur during the trip or by email from the older orphans after you return home. Never mail gifts to individuals. If you wish to make gifts, they should be for the entire orphanage and only after discussing with Hein
- Do not give candy or money when outside the orphanage. This may be possible in very isolated areas but once you start to give things away, the entire mission team can be mobbed with excited people.
- Please check with Hein before letting others know that you plan to give out candy when we are away from the orphanage.
- Whenever possible, we request that you avoid giving your email address or phone number to the orphans. This typically evolves into a constant list of requests for things to send them and causes problems for the orphanage. We want you to keep in touch with the orphanage but prefer that you do so with the founders and leaders, and not through the kids.

Electricity at the Orphanage:

- Do not plan on having continuous electricity. We do have connection to the electric utility but it does not remain on all the time. There is also a master generator to supply lighting to the buildings at night if the utility is not supplying power. When power is up and running you can charge you cell phones and cameras. The power and the backup generator have at times both been down so plan on no power and bring extra fully charged batteries and flashlights.
- It is important that you be able to take photos of your trip and we do wish to help charge batteries, but if you can bring extra batteries for your camera that is a much better plan
- Tip: avoid using your menu and looking at your photos (or showing them to the kids). The kids love to see themselves, but this will waste your battery. Do it sparingly.

Water at the Orphanage:

- Be SURE to ONLY drink water from the purchased bottle water that is available in the guest dining room. We will maintain plenty of this for your canteens.
- The primary well at the orphanage is not that deep and can easily run dry. The secondary well uses power from the electric utility or the backup generator to draw up the water and that can have problems as was mentioned earlier. The third source is the local river and that water should generally be boiled.
- Therefore access to bathing can be very limited.
 - o Daily hygiene if there is not shower can be done with wipes.
 - o We may also be able to run showers from the deeper well by running the generator. This will be from the nozzles in the showers.
 - o Or you can use a bucket to get water from the pump well, take it to the shower stall and do a sponge bath (Haitian style). You will need a cup to pour water over yourself. It is best to start with your hair. This is the warmest and most efficient option
 - o NEVER LET WATER ENTER YOUR MOUTH DURING BATHING.

Going To Church on Sunday:

- Dress for church (women in dresses, men in decent pants and collar shirt preferable)
- Take with you to church: Bible, hanky or such for sweat, water, sun lotion, tite
- It will get hot on your neck and you will sweat... lotion your neck, etc...
- The plate is not passed around... you can take it up at the last song or have one of the kids do it (they like to do that)

Voodoo:

- Voodoo is still a very real factor in the Haitian culture. Areas like Bohoc (where we will stay) have become primarily Christian and less and less voodoo, but other areas are still heavily influenced by the voodoo religion.
- Please respect this as a very strong force still at work in Haiti and a large reason for groups like us to help replace it with Christianity.
- But it is a dark factor of the Haitian culture and not something to be mocked or taken lightly

Trash:

- You will find Haiti is not a place designed to have trash dumps and road-side pick-up. At first the Haitian's attitude toward littering may distract you and make you want to create mission teams just to clean up and beautify the community. This is not a priority and currently a factor of their culture that will change in the short term.
- While we are concerned about safety in the orphanage (broken glass and razor blades), we want the Haitians to take the lead on how to handle this issue. They do burn quite a bit of the trash with the leaves and keep most things very neat and orderly by Haitian standards.
- If you see safety concerns like broken glass, it can be dropped into the latrine and out of harm's way

List of things to bring to Haiti:

Sturdy boots in case we have to hike.

Shorts are not recommended to be worn outside of the orphanage. For your safety.

Sneakers (not fancy) Crocs or flip-flops are great for the shower or if you have to ford a river.

Ladies bring skirts for church. Pants are frowned upon for women but scrubs are perfectly fine everywhere outside of church.

Clothes to last you three or four days. We can have clothes washed daily but drying is dependent on weather.

Sweat shirt for cold nights. (during warmer seasons you may just want a thinner long-sleeve shirt)

Clothes for Church. Haitians dress up real nice for Sunday but slacks are fine.

Toiletry items we may or may not have showers plan for it.

Wet wipes (about 3" stack should be suffice)

Work Gloves 2 pair

Hand sanitizer. Have several little bottles too for on the road.

Hard candy for the kids. Always a success! Have the older children pass it out for you.

Prescription medication. Plan enough for 2 weeks just in case. Be sure to bring you Chloroquine tablets.

Sun shades (preferably safety-type with light tint, for when you are working and to keep dust out of your eyes when we travel)

Sun protection. The sun is much stronger in Haiti than what you are used to.

Towel(s) (thin microfiber towels pack best and are highly absorbent)

Flashlight and batteries for it. Bring a sturdy one and plan to leave it there.

(headlamps that strap to your head or attach to a hat can be helpful when using the latrine at night, when brushing your teeth, etc..)

Bible & Journal

Spare contacts and lens fluid

Sun Screen, insect repellent with Deet

Large brimmed hat or cap.

You might want earplugs for the dogs at night. They are bad!

Water bottle/canteen

Document pouch to wear under your clothes. For passport etc

Extra Batteries for your camera and flashlights (you may not be able to re-charge)

Things not to bring: Jewelry, fancy or designer clothes, electronic equipment other than a camera (it creates want among the people around us.)

Some links to give you ideas of things that can be helpful:

Examples of backpacks that can carry a lot of stuff and still fit under the seat:

Note: it is best to AVOID military patterns on your luggage and clothes so we are not assumed to be with the UN or other military force

http://www.amazon.com/gp/customer-media/product-gallery/B003U2QRAC/ref=cm_ciu_pdp_images_0?ie=UTF8&index=0

Great source of safety sunglasses that can give you sun shade, safety protection when working, and reduce the dust/grit when riding in the truck.

<http://safetyglassesusa.commerce-search.net/search?keywords=SSG1820S>

Example of a very small towel to pack that dries quickly and packs small

http://www.amazon.com/dp/B001GXRY40/ref=asc_df_B001GXRY401908042/?tag=hyprod-20&creative=395021&creativeASIN=B001GXRY40&linkCode=asn

Example of flashlights to clip on your head while you use the bathroom .

http://www.amazon.com/Energizer-Trail-Finder-Batteries-Included/dp/B002MFK7H2/ref=sr_1_2?s=sporting-goods&ie=UTF8&qid=1329773070&sr=1-2

Cheap and small flashlight you can get at Walmart and leave behind

http://www.amazon.com/Titan-TIT36049-LED-Mini-Flashlight/dp/B000XEWU24/ref=sr_1_2?s=sporting-goods&ie=UTF8&qid=1329773117&sr=1-2

COMMON CREOLE WORDS AND PHRASES

CREOLE - ENGLISH

Bonjou! - Good morning!

Bonswa! - Good afternoon!/Evening! (used after 11 AM)

Komon ou ye? - How are you?

N'ap boule! (most common greeting and response) - Good!

Wi - Yes

yo - they, them

Non - No

Mesi - Thanks

Anmwe! - Help!

Non, mesi - No, thanks

Souple - Please

Merite - You're welcome

Pa gen pwoblem - No problem

Oke - OK

Eskize mwen - Excuse me

Mwen regret sa - I'm sorry

Gen... - There is/are...

Pa genyen! - There is/are not any!

Mwen pa genyen! - I don't have any!

Sekonsa! - That's right!

Piti piti - A little bit

Anpil - A lot

Gen anpil... - There are a lot of...

Isit - Here

La - There

Tout bagay anfom? - Is everything OK?

Pa kounye-a - Not now

Toupatou - Everywhere

Anyen - Nothing

Preske - Almost

Atansyon! - Attention!/Watch out!

Prese prese! - Hurry!

Dife! - Fire!

Rete! - Stop!

Kounye-a - Now

Nou ap chache... - We are looking for...

Souple, ban mwen... - Please give me...

Separe sa ant nou - Divide this among you

Ye - Yesterday

Jodia - Today

Demèn - Tomorrow

Maten an - This morning

Apremidi a - This afternoon

Aswe a - This evening

lendi - Monday

madi - Tuesday

mekredi - Wednesday

jedi - Thursday

vandredi - Friday
samdi - Saturday
dimanch - Sunday
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?
Li ansent - She's pregnant
Mwen pa ka manje/domi - I cannot eat/sleep
Mwengendjare - I have diarrhea
Mwen anvi vonmi - I feel nauseated
Tout ko mwen cho - My whole body is hot
Mwen toudi - I'm dizzy
Nou bezwen pansman/koton - We need bandages/cotton
Mwen bezwen yon bagay pi blese sa a - I need something for this cut
Ou gen SIDA - You have AIDS
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?
Poukisa? - Why?
Kote? - Where?
Kisa? - What?
Kile? - When?
Ki moun? - Who?
Kijan? - How?
Kiles? - Which?
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...?
montre - show
ban - give
Ki moun ki Ia? - Who is there?
Kisa ou vle? - What do you want?
Kisa ou ta vle? - What would you like?
Kisa ou ap fe Ia? - What are you doing there?
Kisa sa a ye? - What is that?
Sa k'genyen? - What's the matter?
Kisa pi nou fe? - What must we do?
Eske ou te we...? - Have you seen...?
Eske ou pale angle/franse? - Do you speak English/French?
Ki moun isit ki pale angle? - Who speaks English here?
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?
Kisa ou bezouen? - What do you need?
Kisa ki rive ou? - What happened to you?
Ki kote li ale? - Where did he go?

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?
genyen - to have
chita - to sit
manje - to eat
rete - to stop
kouri - to run
kouche - to lie down
vini - to come
ale/prale - to go
ban - to give
rete trankil - to be quiet
pran - to get, receive
leve - to get up
sede - to give up
touye - to kill
frape - to hit
cache - to hide
konnen - to know
manti - to lie (not truth)
gade - to look
koupe - to cut
kwit-manje, fe-manje - to cook
finen - to smoke
atake - to attack
ban pemi - to authorize
kri - to shout, yell, scream
achte - to buy
fe-apel - to call, name
netwaye - to clean
femen - to close
fose - to coerce, force
fini - to finish
obeyi - to obey
fe - konfyans - to trust
console - to comfort
pati - to leave, depart
mouri - to die
fe-desen - to draw, sketch
bwe - to drink
tonbe - to drop, fall
mete abo - embark, load, board
atoure - to surround
ranfose - to enforce
ou - you, your
mwenn - I, me, my, mine
nou - us, our, you (plural)
Ii - him, her, his, hers

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PRONUNCIATION GUIDE

Creole is written phonetically. Each letter is pronounced, and each word is spelled as it is pronounced. Creole has only been recognized as the official language of Haiti in the last few years. Therefore, there are many different ways in which the Haitians write and spell Creole words. There is an official standard that has been set, and this standard will be maintained in this publication. The following is a pronunciation guide using this standard; most of the sounds are French.

ch-share chache-to look for
o-claw fo-strong
e-aim ede-to aid, help
ou-you ou-you
e-leg mesi-thank you
r-(not rolled) respire-to breathe
g-go gen-to have
I-see isit-here
s-(always s) prese-in a hurry
j-(avoid the d sound) jou-day
y=yes pye-foot
o-toe zo-bone

There are nasal sounds in Creole just as there are nasal sounds in French, which are pronounced partially through the nose, but without the "n" itself pronounced (a rare exception to the general pronunciation rule of pronouncing every letter). Some English equivalents which come close to the nasal sounds are as follows:

an-alms dan-tooth
en-chopin pen-bread
on-don't bon-good

- A. When a nasal sound is followed by another "n", or "m," the nasal sound is pronounced, then the "n" or "m" is pronounced separately.
 - B. If an accent is placed over the vowel, there is no nasal sound.
 - C. In never indicates a nasal sound.
- The letter c is only used in the ch combination.
The letter k is used for the hard sound.
The letter s is used for the soft sound.