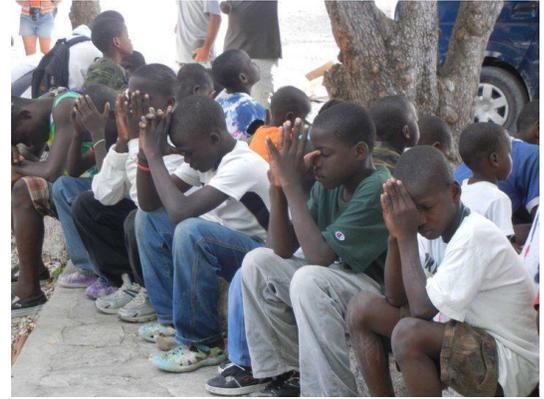


Grangou

FEEDING THE HEARTS OF HAITI

We are excited that you will be joining us for a mission trip to Port au Prince, Haiti. Grangou is dedicated to serving at risk and abandoned children and our trip will focus on showing God's love to these children as well as others in the community. Going on a mission trip to Port au Prince is exciting, but preparing for your trip is important!



TRAVEL DOCUMENTS/INFO:

A US Passport is required to travel to Haiti. If you have not secured a passport already, you can find more information here: <http://travel.state.gov/passport>. You will also want to make a copy of your passport and bring it with you. Please register with the US Embassy at: <https://travelregistration.state.gov/ibrs/ui/>

IMMUNIZATIONS/MEDICAL INFO

It is recommended that you have an updated tetanus immunization as well as Hep A, Hep B and typhoid vaccines. It is also recommended that you take malaria pills. Chloroquine is the suggested malaria pill for Haiti but you will need to see your doctor for a prescription. There are other mosquito borne illnesses that are prevalent in Haiti. Be sure to bring mosquito repellent to protect yourself.

Secure mission trip insurance if not covered by US insurance - <http://www.eglobalhealth.com>

It is possible to get a food borne illness in Haiti. It is recommended that each traveler bring a prescription for Cipro in the event of infection. Please pack any prescriptions that you require for pre-existing conditions and also notify your team leader of any medical conditions (i.e. diabetes).

THE CHILDREN OF TRAVAY & ATTACHMENT

All of our children are with us due to some sort of trauma in their lives. Understanding a bit about trauma and attachment is crucial to success. Please read below on attachment and short-term missions.

Child attachment refers to the bond that forms over time between a child and their parent or primary caregiver. The bond is strengthened when the caregiver consistently meets the child's needs, leading to a secure attachment. Conversely, when the bond is broken, the child can develop impaired attachment capabilities, which can affect their social and emotional health, including the ability to trust and to form lifelong, healthy relationships. Children living outside of family-based care settings are especially vulnerable to impaired attachment. The bond with their original caregiver has been broken; and at a minimum, they have experienced some form of trauma because of the initial separation. They may have also experienced neglect, abuse, or exploitation either in their family of origin or while outside of family care. Short-term

volunteers who interact with children in these settings may unknowingly contribute to a child's attachment challenges. Many residential care centers utilize volunteers to augment caregiving functions or to fill a human resource gap. However, introducing multiple short-term caregivers who may temporarily meet a child's needs for feeding, cleaning, interaction, and affection can further disrupt a child's ability to form healthy attachments and undermine the relationship between child and caregiver. Children may enjoy the attention of Short Term Mission Teams during their visits to the residential care center. However, this well-intentioned interaction is temporary and can be confusing to children because they may perceive a close connection. A volunteer's experience of receiving affection from children often feels rewarding and may lead to the assumption that the volunteer is providing an important benefit for children as well. This can result in children forming premature bonds with volunteers, only to have those bonds broken when the volunteers leave. This cycle of insecure attachment repeats with each new Short term team, aggravating an already fragile sense of connection, eventually contributing to a child's distrust of others or an inability to invest in relationships. While children in residential care centers deserve love and attention, they must have these needs met by stable, permanent caregivers

THINK ABOUT IT: Short term mission participants often describe the experience of being embraced by children when they enter an orphanage. Take a moment to consider how your child or a child you know would normally respond to a stranger, especially one who looks different and talks differently. How different would their responses be and what might explain these differences?

THE FAITH TO ACTION INITIATIVE, 2018 SHORT-TERM MISSIONS: GUIDANCE TO SUPPORT ORPHANS AND VULNERABLE CHILDREN

All that to say, short term missions can be fruitful for all if boundaries are respected!

GUIDELINES FOR INTERACTION:

- Do not give gifts, money, food or anything else directly to children. Caregivers in the home should continue to meet all needs of children and be sole providers
- Limit physical and emotional affection. (A 6-year-old does not need to be carried or sit on your lap!)
- Organize group activities rather than one on one activities. Structured time with a purpose is imperative.
- Direct children to primary caregivers if they need comfort
- Be especially cautious of interaction with young children who may not understand the relationship context.
- Respect their privacy. Do not ask their history or story.

OTHER:

Water – Do not drink water from the faucet in Haiti. You will want to drink and brush your teeth with clean water provided from the hotel or your team. Clean drinking water will be available at most locations but you will want to bring an empty water bottle with you and fill up prior to departing the hotel daily.

Food- Meals will be provided by the hotel for breakfast and dinner. Lunch will be arranged either at Travay Bondye or wherever the team is working for the day. Many of the meals will be traditional Haitian style food with beans, rice, sauce, etc. If you have food allergies or are a picky eater, you will need to pack food as required. It is a great idea to pack snacks as well. Sometimes the team meal can be delayed. We always serve our Haitian friends first. There may be stretches of time where prepared food is unavailable.

Alcohol Policy – We ask that you do not consume alcohol during the trip.

Respect - Our goal in missions is to serve. We are not on mission to exploit, give handouts or make anyone feel uncomfortable. Please be mindful of the following:

- Do not handout money or gifts to anyone. If you have a donation for Travay Bondye or other, please identify it to the team leader and allow them to organize distribution as appropriate. We do not want children or adults to see our teams as a way to get stuff or create dependency. It is also important to not overdo it with candy, treats, toys, etc. If anyone asks for a personal belonging, it is best to say no. You are also advised not to give out your personal contact information.
- If you do not have a personal relationship, do not take photos or post photos of anyone to social media. Do not take photos of strangers on the street or hanging out the tap tap. *A guideline: If this was my child would I be okay if a stranger posted their picture without my permission? If you would not want someone to do it to you or your child, don't post it!* We want to share our experience and excitement but we do not want to disrespect anyone. Cameras can be a big distraction to the work we are trying to accomplish so please keep that in mind. Avoid photos that place your image as the focus.
- Carry yourself in a way that honors Christ – Loud and obnoxious behavior draws unwanted attention and gives a bad impression. Do not use improper language. Treat each other with kindness and respect. BE PATIENT!
- Be mindful of goodbyes. Do not make a big production or become overly emotional.

Security – Grangou takes measures to ensure safety as we travel. At times we will have off duty policemen accompany us. However, it is important that you take precautions. Do not draw attention to yourself or wear flashy clothes/jewelry. Do not travel outside of the hotel by yourself or separate from the group.

SUGGESTED PACKING:

- Shorts/Jeans other modest clothing to coordinate with theme– please no short shorts
- Collared Shirt for Church (Men)
- Skirt/Dress for Training Day and Church (Women)
- Cool Clothing (t-shirts, tank tops, shorts for work days)
- Modest Swimsuit for beach day
- Closed Toe Shoes
- Flip Flops/Sandals
- Pillow/Blanket
- Hat/Visor
- Sunscreen
- Mosquito Repellent/Bug Spray

- Prescriptions/Medications (i.e. Malaria Pills, Cipro, Z-Pack, Tylenol/Motrin, Anti-Diarrheal)
- Empty Water Bottle (to refill and bring daily)
- Snacks
- Toiletries (small soap provided)
- Towel
- Hand Sanitizer
- Sunglasses
- Bible

ITEMS FOR COLLECTION:

- ***Raising funds over collecting items is preferred due to the fragile economy.***
- Peanut Butter
- Fruit Snacks
- Granola Bars
- Ziploc Bags
- Soccer balls, Basketballs, Beach balls, Tennis Balls, Jump Ropes, Bubbles
- Tennis Shoes – all sizes and School shoes
- Dress Shoes
- Backpacks
- Children's underwear, undershirts, belts, socks
- Deodorant
- Twin size sheets
- Children's clothing
- Backpacks