



LOVE IS THE ANSWER MISSION MINISTRIES

2016 Mission Trip Welcome Packet
Mission Trip July 29- August 8, 2016

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LOVE IS THE ANSWER MISSION MINISTRIES

P.O. Box 245495

Sacramento, CA 95824

Dear Mission Participants,

I would like to thank you for making the decision to follow our Lord and Savior Jesus Christ to "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen." Matthew 28:19-20. Your life will be enriched here on earth as you prepare for eternity for the scripture also said, "How beautiful are the feet of them that preach this gospel of peace, and bring glad tidings of good things!"

Love is the Answer Mission Ministries staff and all the lives we are going to touch and make a difference in are so excited to welcome you as we show God's love through our labor. As you make preparation to serve on this mission trip, I would like to encourage each of you to seriously consider your skills, ability, and interest, and pray that God will use you in a mighty way to change the lives of the people in Santo Domingo, Dominican Republic. Please feel free to share with me what specific area the Lord has impressed you to serve in.

Yours in Christ,

Carol Herbert

Group Leader

Important Information & Instructions

You are responsible to book your own flight to and from Santo Domingo, Dominican Republic. The airport code is SDQ. Schedule your flight to arrive in Santa Domingo on Friday, July 29, 2016 in the afternoon, and departure on Monday, August 8, 2016.

Please include \$150 deposit with your completed registration form.

Participation cost is \$850 per person.

Cancellation Policy: There will be a non-refundable fee of \$150 for cancellations. If you cancel within 30 days of departure your refund will be prorated depending on deposits that were made.

Start your fundraising now.

Payment Schedule for Participation

Month	Amount
ASAP	\$250
May 31, 2016	\$300
June 30, 2016	\$300

Please make checks or money order payable to Love is the Answer Mission Ministries and mail payments to:

Love is the Answer Mission Ministries
P.O. Box 245495
Sacramento, CA 95824

Housing Information:

The Tropicana Hotel in Santo Domingo, Dominican Republic

Recommended Vaccination Information

www.cdc.gov

Reference to Dominican Republic Country Packet.

Check with your local County Clinic, primary health care provider or travel doctor.

Maranatha requires a current Tetanus vaccination.

Accident insurance included (See attach explanation of coverage page).

Check with your health care provider to see if you have coverage in a foreign country and if you have medical emergency flight coverage.

If not, you may purchase this coverage at Med Ex at 1-800-732-5309 or USI Infinity Travel at 1-800-937-1387.

A passport is required for this trip and must be valid for at least 3 months beyond the last day of travel. Green Card if Residency. A copy will not be accepted. It is best to carry American dollars in small sizes and a credit card in case of emergency.

Notify the credit card company that you will be traveling to Santo Domingo, Dominican Republic and may possibly be using it there.

Note: You must have a \$10.00 US in cash to pay at the airport upon arrival in Santo Domingo. Do not change your spending money at the airport. Arrangements will be made to exchange US dollars for pesos.

Please fill out all required forms completely and accurately and return them promptly with your deposit of \$150.

Please make sure you give your full name as it appears on your passport.

If you use any type of medication, it is your responsibility to make sure that you bring it. Prescribed medications should be carried in your carry on bag.

Project Scope

We will be helping to block up the walls of a new church for the Portadores de Luz congregation in the greater Santo Domingo area. There will also be distribution of food, clothing, shoes, school supplies, care packages, and medical supplies. Please help collect these items. We ask that you pack one suitcase and a carry on for yourself. The second checked suitcase can be used to pack the items collected. You can purchase a collapsible duffel bag with wheels at discount stores like Walmart for around \$14 that can easily be folded to fit in your suitcase for the return trip home.

We will offer a free medical and dental clinic (pending confirmation of dental clinic leadership). We will also provide Vacation Bible School, health fair and Evangelism (Baptism on the last Sabbath before we leave).

There will be a banquet of celebration and praises to the Lord for the accomplishments and blessings during the trip. (Dress up or church attire).

Excursion to Catalina Island Private Beach which include bus transportation to the dock, Boat ride to the Island, buffet lunch at the Island, snorkeling equipment, and swimming.

Please let us know if you are celebrating a special event. (Birthdays, Anniversaries, etc.).

If you have any question, please, don't hesitate to call Carol Herbert at: (916) 585-6511 or Email Peachable265@aol.com

We are here to serve you in all the stages of the mission trip planning!

An updated packet will be emailed June 30 and a conference call meeting date, time, and access code will be noted as well. We recommend printing a copy of the packet and have it handy during the conference call meeting and to take with you on the mission trip.

Daily Mission Trip Schedule

July 29, 2016

Friday Afternoon arrive in Santo Domingo, Dominican Republic

Bus from the airport to Hotel

Check-in, Lunch

6:00 p.m. Dinner

7:00 p.m. Orientation and Group Leaders meeting, Rest

Sabbath July 30, 2016

7:00 a.m. Wake-Up, Personal Devotion

7:30 a.m. Breakfast

8:00 a.m. Vans to worship site

9:15 a.m.-12:00 p.m. Sabbath Worship with Brethren

12:00 p.m. Vans to Hotel

1:00 p.m. Lunch

2:00 p.m. 4:00 p.m. Afternoon Program, Rest

6:00 p.m. Dinner

6:30 p.m. vans to worship site

7:30 p.m. Evangelism

8:30 p.m. vans to Hotel

9:30 p.m. Debriefing, Rest

Sunday July 31- Friday August 5, 2016

6:30 a.m. Wake-Up

7:00 a.m. Devotion

7:30 a.m. Breakfast

8:00 a.m. Off to Worksite-

Building Project (Every day except Sabbath and Free Day)

Medical/Dental Clinic (Sunday- Thursday only)

Vacation Bible School (Sunday-Thursday only)



1:00 p.m. Lunch
1:30-3:30 p.m. Work Sites Continues
3:30 p.m. vans to Hotel
6:00 p.m. Dinner
6:30 p.m. vans to worship site
7:30 p.m. Evangelism (Every night except Thursday)
8:30 p.m. vans to Hotel
9:30 p.m. Debriefing, Rest

Sabbath August 6, 2016

7:30 a.m. Wake-Up, Personal Devotion
8:00 a.m. Breakfast
8:30 a.m. off to Church, Dedication of the church
Baptism
After Church (Lunch with Brethren)
After sunset, Banquet to celebrate God's goodness
Individual devotion in your room, rest

Sunday August 7, 2016

Free Day - Excursion

Monday August 8, 2016

7:30 a.m. Wake-Up, Devotion, Check out, Get Ready to Return Home

Note: Schedule is Subject to Adjustments

Mission Trip Packing List

Block Construction Work Gear

- Work pants (lightweight cotton preferred)
- Good working shoes (work boots or hard-soled shoes are safest)
- T-shirts; old long-sleeved cotton shirts (if desired, for sun-protection)
- Sun block (SPF 30 or higher recommended)
- Water bottle (Wide mouth, refillable) (Powdered Electrolytes)
- Construction items for those who work on the construction site
- Hard Hat (REQUIRED of all construction participants!)
- Handkerchief or other covering for your neck (recommended)
- Safety glasses (or sun glasses)
- The remaining construction items should be brought if you're working construction every day. If you are rotating to other activities as well, the following items can be shared between two people.
- Work gloves (leather or masonry gloves)

Other Clothes

- Casual shirts, pants, and blouses
- Dress shirts, slacks, ties, and shoes (men) for church
- Dresses, skirts/blouses, and shoes (women) for church
- Light jacket for airplane
- Sleep wear (suggested)
- Swimming suit (modest, one piece)
- Shower/Water shoes
- Socks, Underclothes
- Hat (to protect from sun when off the construction site)

Miscellaneous Items

- Light weight day pack (backpack)
- Large bottle of vitamins usually if holding medical clinics. (Females bring prenatal; Males bring children's)
- Outreach materials to give away clothing, coloring books, toothbrushes, toothpaste, and pictures of Jesus.
- Passport (and any other necessary documents) keep a copy in each checked luggage.
- Permission form if you are under 18 and not traveling with both parents
- Airline ticket (print out of your electronic ticket)
- Bible; other devotional/reading material
- Small instrument you play (flute, trumpet, etc.)
- Camera and memory card
- Alarm clock
- Ear Plugs (in case the person next to you snores)
- Flip-flops (for showers)
- Flashlight
- Hand wipes such as wet ones
- Laundry bag for your dirty clothes
- Lotion, Sunscreen, Chap stick with SPF
- Money for personal spending
- Dish towels (if you want to give a gift to the kitchen crew)
- Mosquito repellent (20 -30%DEET)
- Personal medication (Pepto-Bismol, etc., daily prescriptions) [pack in carry-on luggage]
- Personal toiletries (soap, toothpaste, tooth brush, deodorant, mirror, razor, etc.)
- One roll toilet paper or tissues (just in case)
- Cash for souvenirs or donations or necessary purchases
- Journal

Dominican Republic

Country Information

Hispaniola Island



Maranatha in the Dominican Republic

In 1979, when a hurricane devastated the Dominican Republic, destroying many structures. The next year, volunteers with Maranatha helped to rebuild homes in the country, kicking off the start of a long history between Maranatha and the Dominican Republic. In 1992, Maranatha returned to the Dominican Republic for a major effort called Santo Domingo '92, a project to build 25 Seventh-day Adventist churches in just 90 days. More than 1,200 volunteers participated, and the effort revolutionized Maranatha's approach to project construction. Santo Domingo '92 also changed the Dominican Republic; the new church buildings ignited remarkable growth in the country's Adventist membership.

By 2002, the Adventist leadership in the Dominican Republic asked Maranatha to return for yet another church construction effort. This time, Maranatha built 50 churches. Many of them were to serve daughter congregations of churches built ten years earlier.

Volunteer Opportunities

In the Dominican Republic, Maranatha has already completed many churches throughout the country as well as a large Education and Evangelism Center in Barahona, Dominican Republic. Future Maranatha projects will focus on building churches, most of them completed with concrete block walls. Volunteer projects typically combine construction with community outreach in the form of medical clinics, evangelism, children's programs, painting, and other community outreach endeavors. However, the details of each project vary, depending on the volunteers, availability of opportunities, and needs of the local church.

Project Funding

The local church is responsible for providing the land and labor to excavate the site. Maranatha has agreed to raise funds for each church they provide in the Dominican Republic. These funds are provided by donations from individuals, churches and school groups, and businesses. If you or your team is interested in helping to sponsor a church in the Dominican Republic, please speak with Maranatha for more information.

Dominican Republic Overview

The Dominican Republic (also known as the D.R.) is a beautiful tropical country located on eastern part of Hispaniola Island in the Caribbean Ocean. The western side of the island is Haiti. The landscape has sandy, white beaches and luscious green mountains that make it the second most popular destination in the Caribbean after Puerto Rico. Visitors flock to the island to indulge in fancy resorts and year-round golf courses.

Yet a look beyond the tourist attractions reveals a nation with a history that is not so picturesque. Originally, the Taíno tribe inhabited the entire land mass, but the indigenous people quickly disappeared after the arrival of European explorers. Christopher Columbus discovered the island for Spain in 1492, and in 1496 planted the first expatriate settlement in what is now Santo Domingo. That original settlement is preserved and considered to be the oldest city in the New World. Immigrants from Africa and France also settled the island. After Spain ceded the western third of the island to the French, which later became Haiti, the remaining land became the Dominican Republic, which gained independence in 1844.

The new Dominican population is diverse and displays a very warm Hispanic culture. Tourists can still see traces of the many different influences in local customs and architecture. Spanish remains the official language of the country. The Dominican Republic has the second largest economy in Central America and the Caribbean. Agriculture exports have long been an important part of the country's economy. Local sugarcane fields have provided the world with sugar for centuries. Other important crops are coffee, cotton, cocoa, tobacco, and rice. However, in recent years' service jobs have taken the top spot in the Dominican Republic economy.

With many gorgeous beaches and adventure options, it is no wonder that tourism contributes a very important source of income. However, in the rural areas of the country, poverty continues to be a problem, particularly near the Dominican-Haitian border, and unemployment numbers remain high.

Culture

The blend of African, European, and Taino ancestry gives the Dominican Republic a unique culture. Spanish architecture is evident in areas of Santo Domingo, particularly in its cathedrals and cobblestone streets. Colorful art and music make their mark in Dominican fashion. Much of the local artistry is dedicated to the religious history of the island.

The most common traditional dish is called "La Bandera" or in English, "The Flag." It is made with stewed meat, rice, and red beans, and it is often served with fried plantains. Another common food is boiled green plantain, called mantu. A special dish, often prepared for holidays, is pasteles de hojas, which are packets of a starchy dough filled with meat, vegetables and spices then wrapped in banana leaves.

Another important part of Dominican culture is baseball. The sport is a source of national pride. Almost 40% of professional baseball players in the U.S. are from Latin America, and most of those are from the Dominican Republic. Don't be surprised if you find kids and adults playing baseball in every corner of the neighborhood.

Geography and Climate

The Dominican Republic is the most physically diverse country in the Caribbean. Santo Domingo, the capital, is the largest city in the Dominican Republic and the economic and cultural heartbeat.

But outside of the urban city, the Dominican Republic is much more rural. The island has dry deserts, lush beaches, mangrove lagoons and sprawling farms. The Dominican Republic even boasts the five highest peaks in the Caribbean.

The Dominican Republic enjoys tropical weather year round. The island weather is warm and humid, with scattered clouds and rain. Most places in the country are in the upper 80's year-round, although it may feel hotter than that because of the humidity. The rainy season is May through October, and hurricanes are most likely to occur in August and September.

Cultural Sensitivity

The volunteer experience includes meeting new people and learning how to serve them. Every culture has a unique view of the world. It is important to enter another culture with humility, respect, and understanding of their traditions. Sometimes you may observe something in the Dominican Republic that will be very different from what you're accustomed to. It does not make it wrong—just different. Be respectful and consider their perspective.

Being sensitive to a culture also means being respectful to micro cultures, such as Adventism, within a larger culture. Adventists in the Dominican Republic tend to be more conservative than Adventists in the United States or Canada. We try to be sensitive to this by dressing as modestly as possible. Pants and cap sleeves are preferred to shorts and tank tops. For church activities, women need to have skirts or dresses reaching past the knees, and men need to wear ties and closed-toe shoes, especially if they are involved in platform activities

Facts & Figures

Capital: Santo Domingo

Nationality: Dominican

Population: 10.3 million

Poverty: 34.4%

Unemployment: 15%

Languages: Spanish

Education: 87% literacy

Life Expectancy: 77.8 years old

Work Force: 4.9 million

Religion: 95% Roman Catholic

Economy: Industry: telecommunications, tourism;

Exports: Sugar, coffee, tobacco

Currency: Dominican Peso

Time Zone: Atlantic Time Zone: UTC/ GMT-4 hours

Travel

In Santo Domingo the main airport is the Las Americas International Airport (airport code SDQ) This is the airport you will use for this mission trip project. A variety of direct flights connect to the Santo Domingo airport through hubs in the United States and Central America. Popular airline carriers connecting to Santo Domingo include American, United, Delta, Copa, Jet Blue, and Spirit.

Entry and Exit

All U.S. and Canadian citizens must present a passport valid for at least six months from your scheduled return date. If you do not have a passport, U.S. citizens can apply at any U.S. post office or online at <http://travel.state.gov>. Canadian citizens can apply online at www.passport.gc.ca. It can take up to two months to complete the entire process; plan accordingly to give yourself enough time to receive your passport. You can expedite the process for an additional fee. Passport photos can be taken at the post office, FedEx office, Costco, or Walgreens.

Tourists are permitted to travel in the Dominican Republic for up to 60 days after paying a U.S. \$10 entrance tax upon arrival at the Santo Domingo airport. In order to extend a visit to the Dominican Republic, the tourist has to go to the offices of the Dirección General de Migración at the airport and pay for an extension.

Citizens of other countries should consult the Dominican embassy or consulate in your home country for entrance requirements.

For additional information regarding U.S. entrance procedures in the Dominican Republic visit: <http://travel.state.gov/>

Immigration and Customs Process

On the airplane to Santo Domingo, you will receive two forms that need to be filled out for processing at the airport. The immigration card will ask for information such as your name (use the name on your passport), passport number, flight number, and address where you will be staying in the Dominican Republic. Be sure to consult your project packet or your group leader for this address, prior to departure. You will also receive a customs form requiring much of the same information.

After you exit the plane in Santo Domingo, you will be directed toward the immigration stands. As you approach, you will see manned booths to the right of the room, where you pay the entrance tax before passing through immigration. The fee is \$10 and must be paid in U.S. currency. Please bring new, unmarked bills.

Entry Requirements

Valid Passport

Entrance Tax Upon Arrival: \$10

You can also pay this tax using the automated machines just to the right of the tax booth lines, but you must have individual \$10 bills as the machine only processes \$10 bills, one at a time. You will receive a receipt either from the agent at the booth or the machine; you will need to show this receipt at immigration. If you stand in the immigration line before paying the tax you will be sent back, so don't get in line until you have paid the entrance fee and received the receipt.

After you pay the entrance tax, go through immigration where they will take your entrance tax receipt, stamp your passport, and check your immigration form (keep that with your passport while in the Dominican Republic). Make sure you say that you are a tourist. If you say you are coming to "work" on a Maranatha trip, it can cause confusion; they may believe you need a work or business visa for your travel in the country. After passing through immigration, proceed to baggage claim, gather your bags (you can use the free luggage carts), and go through customs, where they will take your customs form. After that, you will proceed to the welcome area and down the ramp. You can meet up with the rest of your group.

There is also a reliable bus system, as well as crowded Carros Públicos that stops anywhere to pick up more passengers en route; however, Maranatha only recommends using these forms of travel if you are an experienced international traveler. The trains in the country are used primarily to transport sugar from the cane fields.

Travel Safety

Maranatha will not knowingly send volunteers to an area that is of elevated risk. We consistently monitor security alerts from the areas where we are working and we consciously avoid high-risk regions. However, it is important for you to take responsibility for your own personal safety while traveling. Here are some ways you can start. For a more detailed list of tips and Maranatha insurance information, be sure to read our International Traveler's Guide. While we do take precautions, there is nothing we can do to guarantee safety. We can only place our trust in God's hands.

- Avoid traveling at night or alone.
- Dress conservatively and keep a low profile.
- Avoid marginal areas of cities, alleyways, and crowds of people.
- Use caution if you are approached on the street by strangers, including vendors.
- Leave valuables, both expensive and sentimental, at home.
- Don't leave your personal belongings unattended, especially in open sight. Consider using a money belt or concealed pouch for passports, credit cards, and cash. Keep your purse or bag in front of you, held with a tight grip.

- US Department of State: Register your travel with the U.S. Department of State by enrolling with the Smart Traveler Enrollment Program. The U.S. government will then contact you in case of an emergency, natural disaster, or civil unrest. They can also be a point of contact for family emergencies. You can also check for security updates prior to your departure.
- Travel Guard: The AIG accident insurance provided to Maranatha volunteers provides access to security updates and other resources. You can access this resource by using the policy number provided to you in your information packet or by a Maranatha representative once your volunteer group is confirmed.

Traveling with Minors

Maranatha requires that an adult travel with every minor, age 17 and under. Minors traveling without both parents or legal guardians must carry a notarized consent form. You can find this form and complete instructions on the Maranatha website, under Volunteer Opportunities and Resources. The Dominican Republic does not have any additional entrance requirements for minors.

Excursion Options

The Dominican Republic is full of great options for relaxation and fun. The beautiful beaches are world-renown, and the island offers a variety of activities, from windsurfing to historical museums. Maranatha's projects are mostly in the Santo Domingo area. Within Santo Domingo there are 27 national landmarks for people interested in history, and there are many local attractions within three hours of the city.

Attractions

Cabarete | The beach at Cabarete is considered one of the top destinations in the world for windsurfing and kite boarding. You'll find plenty of shops and kiosks that rent equipment and offer lessons. Cabarete is 2 ½ hours north of Santo Domingo.

Colonial Zone (Santo Domingo) | This small town, located within the larger city of Santo Domingo, is a UNESCO World Heritage site. This well-preserved, walled-in relic claims to be the oldest permanent settlement in the "New World."

Los Haitises National Park | This beautiful park is known for its mangroves and is accessible only by boat from Samana island. Many recommend a guided kayak tour of the area where many bird species dwell. Inside the caverns you can see ancient paintings. Inland, there are great places for hiking and horseback riding.

Los Tres Ojos | This local landmark in Santo Domingo is nicknamed "The Three Eyes" because of the three open-air limestone caves that have created a series of three lakes, fed by underground rivers. It is currently one of the most visited attractions in the country.

Malecon (Santo Domingo) | This strip of hotels and restaurants along the beach is a popular place to walk or meet with friends.

Punta Cana | This is considered one of the most beautiful and popular beaches in the Dominican Republic. Punta Cana is located about 2 ½ hours east of Santo Domingo.

Saona Island | This small island off the southeastern coast of the Dominican Republic is 14 miles long and features some of the most beautiful white sand beaches in all of the Caribbean. Besides the ocean and skyline, you may enjoy seeing many species of wild birds, dolphins, turtles, sharks, and manatees.

Samana Whale Watching | The Samana Peninsula, on the northern coast, is one of its largest tourist attractions. You can arrange boat tours off the coast to view humpback whales swimming and playing near the water's surface. Whale season is January through March.

Miscellaneous

Foreign Cash and Money Exchange

The Dominican Republic uses the Dominican Republic Peso, and it has an exchange rate of approximately 45 pesos to \$1 USD (April 2016), depending on where you make the exchange. Any cash you bring should be in new, unmarked U.S. dollar bills.

You can exchange money in or outside the airport at a bank or an exchange booth. There is an exchange booth before immigration and another one before customs at the airport; both have lower exchange rates than what you might find in the city. There are banks near the information booth at the welcoming area; but there may long lines.

ATMs will allow you to withdraw pesos directly and will probably give you the best exchange rate. There are ATMs in the airport, but they can be hard to find and unreliable outside the airport.

Credit/Debit Cards

While some establishments accept credit and debit cards, it might be easier to use cash while traveling through the country. If you do use a credit or debit card, expect a 5% - 12% surcharge for international use. Be careful when using your credit card in public; never let it out of your sight. It is wise to let your credit card company know in advance the dates you will be in the Dominican Republic so they don't block your card when you use it in a foreign country.

Traveler's Checks

Traveler checks are not widely accepted, and commissions can be high.

Electricity

The standard current in the Dominican Republic is 110-120 volt AC (same as the United States and Canada). The standard outlets have two vertical prongs of the same height (Type A). Three prong plugs, with the ground prong, are uncommon. Plug adapters from three-prong to two-prong can be found at many stores like Walmart or Home Depot for about one dollar. Electrical surges and outages can be common. You should use a surge protector for expensive appliances and computers.

Laundry

Most cities and large towns have full service laundromats. Many hotels also provide laundry service but often charge per item of clothing, which adds up pretty fast. You can also choose to do your laundry by hand at no additional cost.

Communication

Cell phone service is available in Santo Domingo and in most cities throughout the island, but rural areas often experience limited service. Local cell phones can be purchased for about \$40-60 USD, and you can reload minutes to call locally and internationally for reasonable rates. You can also buy a SIM card for your unlocked device. If you choose to use your own phone service, check international rates and service areas since international roaming and data charges can be very expensive.

To call the Dominican Republic from the U.S., enter the number as you would to any other U.S. number. Dial 1+ area code (809, 829, or 849) + the local number.

To call the U.S. from the Dominican Republic, dial as you would to any other U.S. number. For example, to call the Maranatha office you would dial 1 (916) 774-7700.

You can also communicate with loved ones at home through free smart phone and computer apps such as WhatsApp, Viber, FaceTime, and Skype. Wi-Fi is available at hotels and restaurants throughout the country and Internet cafes are also popular.

Restrooms

Public restrooms are few and far between in the Dominican Republic, so you should take breaks at your hotel or restaurants. Western-style flush toilets are the norm in most places. But toilet paper usually goes in the wastebasket, not down the toilet.

Weights & Measures

The Dominican Republic officially uses the metric system, but in some areas you will find pounds and gallons used as well.

Health in the Dominican Republic

For more detailed health guidelines for international travel, see our first time traveler's guide.

Vaccines and Medications

The only vaccine required by Maranatha is a current tetanus vaccine. In addition, the Centers for Disease Control and Prevention (CDC) recommends many other vaccines such as hepatitis A and B, typhoid, and an oral antimalarial drug other than Chloroquine. More information is available at <http://wwwnc.cdc.gov/>. Maranatha recommends that you schedule a consultation with a travel clinic doctor, prior to travel, to talk about medical precautions for your trip to the Dominican Republic.

Malaria

Malaria is a life-threatening parasitic disease transmitted primarily by mosquitoes. Although Santo Domingo isn't at high risk for malaria, the disease is present on the island, Maranatha suggests you speak with a medical professional regarding malaria prevention options. There are different oral medications that can lower your risk of contracting malaria. Each has different side effects and dosages, so speak with a travel clinic doctor before making a decision on whether to take a certain medication.

When considering preventative medications for malaria, keep in mind that Chloroquine is NOT effective in the Dominican Republic. The malaria strain present in the country is considered to be Chloroquine-resistant. Malaria can be treated effectively early in the course of the disease, but we recommend that you avoid it altogether.

Mosquitos and Other Insects

Mosquitos and other flying insects are common in (Panama, DR etc), and they can carry a variety of diseases such as Zika and Dengue. There are no vaccines or medications for these diseases, so it is important that you take personal precautions to lower the risk of being bitten. Wear long pants and closed-toed footwear, especially at dusk. Bring and use a bug repellent with 30-50% DEET. Avoid spending a lot of time outdoors during dusk and dawn, especially around areas of standing water.

Recently the Zika Virus has been spreading around Central America and the Caribbean. This mosquito-borne disease acts very similar to a hard-hitting flu with symptoms lasting about two weeks. There is currently no vaccine or treatment for the disease and the CDC has issued a Level 2 warning, which while not suggesting you postpone all travel, does urge travelers to take heightened precautions. There are currently no long known effects; however, there does seem to be a link between the virus and birth defects in babies born from women who were infected during their pregnancy.

If you are pregnant, or think you might be pregnant, Maranatha recommends speaking with your doctor to determine if you should travel.

Preventative Health

In general preventative measures are the best way to avoid becoming ill during your time in the Dominican Republic. Food should be properly washed and cooked. Use only purified water for drinking and brushing your teeth, and avoid ice cubes at restaurants. Wash your hands regularly. Wear sunscreen and mosquito repellent while outdoors.

Contact Information

United States Embassy:

Cesar Nicolas Penson
Esq. Leopoldo Navarro
Santo Domingo, República Dominicana

Canadian Consulate: Av. Winston Churchill 1099

Torre Citigroup en Arcópolis Centerpiso 18
Ensanche Piantini
Santo Domingo, República Dominicana

Maranatha Volunteers International: 990 Reserve Drive, Suite 100

Roseville, CA 95678
Telephone: (916) 774-7700
Fax: (916) 774-7701 After hours emergency number 916-774-7798

THE MARANATHA

STORE

BUY MARANATHA MERCHANDISE!

Share the spirit of service with Maranatha-themed apparel and accessories.

NIKE CLASSIC POLO \$45



This classic golf polo has stitch-trimmed shoulder panels, flat knit collar, three-button placket and open hem sleeves—with Dri-FIT fabric technology to keep you dry on those hot days.

HARD HAT \$11



This MSA V-Gard hard hat, with Staz-On suspension, ensures excellent shock absorption on the job site.



TO ORDER, VISIT MARANATHA.ORG/STORE OR CALL (916) 774-7700

All prices are excluding sales tax and shipping.

CAP \$12



All cotton and easy to pack, this cap is sure to keep the sun off your face on a mission project and at home.

WATER BOTTLE \$15



The autosport water bottle by Contigo features a one-touch-button spout for convenient one-handed drinking. It also has a spout shield to protect the spout from debris and dirt when not in use—perfect for the project site.

MARANATHA.ORG