

Adventist Health & Friends Project

Information Packet

Location: Dominica

Project Dates: June 15-24, 2018

Total Fee: \$1,300

Children 12 and under: \$1,150

(Age determined on the start date of the project)



Flight to Dominica is not included in the participation fee

Deadlines

Registration and Medical Documentation: May 1

Final Payment, Flights, and Passports: May 14

Adventist Health Community

Adventist Health is partnering with Maranatha Volunteers International. This is a unique opportunity to respond quickly to the needs surrounding devastation from hurricanes last year when we witnessed several natural disasters leave communities in a vacuum of great need. Last year, Adventist Health supported communities by matching donations for disaster relief efforts. This year, we have the opportunity to reach our community by serving and rebuilding. We are looking for medical and non-medical professionals to work in construction, medical/dental clinics, and health education outreach. Join us as we partner with Maranatha to bring health, wholeness, and hope to communities in need.

Maranatha in Dominica

Maranatha's first project in Dominica (officially the Commonwealth of Dominica) was in 1979, when volunteers assisted with the construction of a Seventh-day Adventist secondary school in the city of Portsmouth. But Maranatha's major effort didn't take place until the 1980s, after Hurricane David slammed into the island and destroyed many of its structures. In response, Maranatha began working on the island to help rebuild homes, churches, and schools. It was an effort that lasted into the 1990s.

Then, on the night of September 18, 2017, Hurricane Maria, a category 5 hurricane, plowed into Dominica. Rain and winds of more than 200 mph tore through the country. The storm lasted for hours, and in the morning, Dominicans woke to a scene of utter devastation. The once lush tropical island was stripped of leaves, trees, and vegetation. More than two dozen people lost their lives. Thousands of homes were impacted. Out of 34 Adventist churches on the island, 28 were damaged or destroyed.

Project Schedule

Friday, June 15
Arrival in Dominica

Saturday, June 16
Worship with the local congregation.
Afternoon community service.

Sunday - Tuesday, June 17 - 19
Work days

Wednesday, June 20
Local excursion

Thursday - Friday, June 21 - 22
Work days

Saturday, June 23
Worship with the local congregation.
Afternoon community service.

Sunday, June 24
Departure

In late 2017, the Adventist Church in Dominica contacted Maranatha to request assistance in rebuilding their churches. To start, Maranatha will focus on the reconstruction of two churches and potentially other projects, starting in 2018. Additional opportunities may be available in the future.

Project Overview

Construction

On this project, volunteers will assist with the reconstruction of the Beryl Adventist Church, home to 120 members. The Beryl congregation has been meeting for more than 40 years and their existing church was built in 1988. Unfortunately, the sanctuary was toppled by Hurricane Maria. The roof flew off during the storm, and the walls collapsed. The entire structure will need to be torn down and rebuilt. The new Maranatha church will use a design able to withstand stronger winds.



Outreach

There are many needs on the island that reach beyond the reconstruction of churches. While many of the Christians we met expressed hope and optimism because of their faith in God, people are still recovering emotionally from the terrifying experience. Many children were traumatized and suffer from anxiety. Volunteers working in Dominica may have the opportunity to spread hope and joy to these individuals through a variety of community outreach activities.



In addition, since most of the plants were wiped out during the hurricane, people have lost their source of food and income. Maranatha volunteers will help by distributing seeds to families to help with the replanting process.

Medical

The type of medical care the group will offer will depend on the skills and interests of the volunteers who sign up. It could range from basic health screenings and consults to wound care. Most often the dental care will include just extractions, but could include cleanings if dentist provide the proper equipment. Simple vision screenings and eyeglasses distribution is also a possibility. All medical providers will need to submit documentation to Maranatha six weeks in advance (May 1st) in order to secure local permission for the clinics.

The following documents are **REQUIRED** for Medical Professionals:

- A **notarized** color copy of your passport information/photo page
- A **notarized** copy of your current medical diploma and any certificates
- A copy of your current medical/professional license
- A CV/resume
- Two passport size photos
- Original copy of Police Record from your local PD
- Your signature on a blank paper – requested by government pharmacist for comparison
- If any of these documents are NOT in English, you must provide a notarized English translation

Accommodations

Volunteers will stay at the Atlantique View Hotel. This facility fared relatively well in the hurricane, and although many of the rooms are under repair, the hotel will adequately accommodate this group. Overall the accommodations are nice and range between a 2- and 3- star hotel.

The rooms have a mix of twin and queen beds with private bathrooms and air-conditioning. Linens are provided, but washcloths are not commonly available, so plan on bringing your own. The hotel has WiFi access in the lobby. Most group meals will be at the hotel. Each day, the group will travel by bus to the construction and clinic sites.

The hurricane wiped out much of the island's infrastructure. While the government is slowly repairing the power grid, much of the island is still without power. The hotel will have a generator for a few hours each morning and evening, but outages can be common.

Excursions

During the project, the group will take a day to tour some sites in Dominica. We'll head to the capital city of Roseau for some souvenir shopping. We'll also be able to go on hikes to visit the island's beautiful natural landscape, including waterfalls and mountains. There are also beautiful beaches that the group can enjoy during the trip. Volunteers will also have the option to SCUBA dive or snorkel for an additional cost.

Leadership

David Lopez | Project Coordinator

David joins the group from Rocklin, California, where he lives with his wife Alisa, and their three boys, Crosby, Carter, and Garrison. David became involved with Maranatha through the Ultimate Workout, Maranatha's teen project, when he was only fourteen years old. Now, he is the director of volunteer projects and helps to facilitate service opportunities for more than 2,000 volunteers annually. When not traveling the world, the Lopez family enjoys outdoor activities and spending time with family and friends. David will oversee all aspects of this trip as project coordinator.



Peter Thomas | Construction Superintendent

Peter joins the group from Fort Worth, Texas, where he works as a home builder and land developer. He was actually born in Kenya and lived as a missionary's kid in Zimbabwe and Tanzania during the 1960s. He has a deep love of mission service, and he is excited by serving on this project. Peter also serves as one of Maranatha's board members.



Expenses

The fee of \$1,300 covers housing, three vegetarian meals a day, ground transportation to and from the airport and project site, local excursions, short-term travel insurance, a Maranatha t-shirt, and luggage tags.

Maranatha must receive all funds and forms by May 14 due to application processing time. Wait for confirmation of acceptance on the project before purchasing your airfare.

All prices are listed in U.S. dollars. Payments can be made by cash or check sent to the Maranatha office in California (please include your name and "Dominica – Adventist Health") or by credit or debit card online or over the phone.

If you are fundraising or receiving donations, please either have them sent directly to you or work with your local church treasurer to collect funds and issue tax-deductible receipts, since it is difficult for Maranatha to track individual small checks. If your church will not work with you, please wait until you have collected the full amount of your participation fee before submitting your participation fee to Maranatha.

Estimate of Additional Costs

- **Flight to Dominica:** \$1100 - 1500
- **Passport:** \$130 or \$110 for renewal
- **Suggested Spending Cash:** \$150

About Dominica

Dominica is located in the Caribbean and is part of the Lesser Antilles, just north of Martinique and south of Guadeloupe. It was the last of the Caribbean islands to be colonized by Europeans, primarily due to the resistance of the original inhabitants, the Kalinago.

In the 1600s, even as nearby islands were settled by Europe, the island of Dominica was left as neutral territory. But the natural resources and timber of the mountainous island were attractive to many European countries, and eventually the French established the first permanent settlement in 1690. Formally colonizing the island in the 1700s, the French brought slaves over from West Africa to help with coffee plantations and officially colonized the island in the early 1700s. In the late 1700s, the British seized control of Dominica. Dominica gained its independence from the United Kingdom in 1978.



Dominica is a small island, just shy of 290 square miles, which is smaller than the city of New York. It is known as “The Nature Island of the Caribbean” due to its mountainous terrain, variety of flora and fauna, and access to some of the most pristine wilderness and dive spots in the Caribbean. More than 60 percent of the island is covered by rainforest, and visitors can hike through the jungle to access beautiful waterfalls and rivers. Dominica is also home to Boiling Lake, the second-largest hot lake in the world.

Much of the beautiful scenery of Dominica has been destroyed by Hurricane Maria, but one day, the island plants will recover and it will be back to its original beauty. Trail restoration projects are underway and trees are already growing back.

Its Caribbean location brings beautiful weather nearly year-round. But the island is also subject to tropical storms and hurricanes, which impacts not only their island’s beauty but also the local economy. In 2015, the island suffered extensive damage after being deluged with rain by Tropical Storm Erica. Then in 2017, Hurricane Maria swept through the island in September. Maria denuded the island’s vegetation, damaged structures, and wiped out the country’s power supply. Since then, the country has been diligently clearing debris, repairing roads, and restoring power, section by section.

The culture of Dominica was widely developed by the mixing of cultures from French and English settlers, the African slaves, and the Kalinago people, who still remain on the island. What has resulted is a vibrant Caribbean culture. Music and dance play a large part in the culture and is seen in the numerous festivals that take place throughout the year.

Travel Information

Volunteers will purchase their own plane tickets to Dominica and will be met upon arrival at the airport. If you arrive or depart outside the posted time frames, you may have to wait at the airport or you may be responsible for paying the additional transportation costs for your airport transfer.

Please complete the online registration with Maranatha, then wait for confirmation before purchasing your airfare. Once you are confirmed, you will receive more details about your travel.

Most itineraries will route you through either Puerto Rico or Barbados.



Facts and Figures

Population: 73,897 (July 2017)

Capital: Roseau

Language: English

Climate: Tropical; heavy rainfall

Religion: Catholic 61%,
Protestant 29%,

Currency: East Caribbean Dollar

You will probably need to take a red eye to those locations or have an overnight layover. Your total travel time is most likely going to be more than 15 hours. There are some flights from other Caribbean Islands as well, but can result in even longer travel time. The flights from Puerto Rico or Barbados to Dominica are on Seaborne or LIAT airlines respectively. These do not code share with many well known airlines, so you might need to completely recheck your bags in the connecting airport. If booking on your own, you'll want to have plenty of time to make these connections to avoid missing your next flight. Working with a travel agent can avoid some of those problems. Butler Travel is prepared to help volunteers on this project with their arrangements.

The planes coming from Puerto Rico and Barbados are often smaller planes and the airlines have reduced the number of flights going to Dominica since the hurricane. Because of the limited spaces, do not hesitate to purchase tickets as soon as you are confirmed by Maranatha. Once you book tickets, please forward your itinerary to volunteer@maranatha.org.

Flights

Arrival | Please plan to arrive at the Douglas-Charles Airport, formerly known as Melville Hall Airport, (airport code DOM) on Friday, June 15, 2018.

Departure | Please plan to depart from Douglas-Charles (DOM) on Sunday, June 24, 2018.

Arriving Early or Staying Late?

Some of you may choose to arrive earlier than June 15 or stay beyond June 24 to explore the country on your own. The project dates are firm and any extra travel must coincide with the arrival and departure windows above. Please make your own hotel and transportation plans for any days outside of the Maranatha project dates. If you have any questions, feel free to call Maranatha at (916) 774-7700.

Travel Resources

CI Azumano Travel: 800-454-4099 or by email with Erle Dpenha or Azumano Team at corporatetravel@ciazumano.com

Butler Travel: 503-879-5005 or by email with Nathanael at nathan@butlertravel.com or with Ellen at ellen@butlertravel.com.

Kayak: www.kayak.com

When contacting the Azumano or Butler travel agencies, make sure you mention Maranatha to receive a discounted service charge.

Entry Requirements

Passport | All passports must be valid for at least six months from the dates of intended travel (valid until December 24, 2018). 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>. It can take up to two months to complete the entire process, so plan accordingly to give yourself enough time to receive your passport.

There is no visa requirement for U.S. and Canadian citizens for trips with a duration of less than six months.

Traveling With Minors

Volunteers of all ages are welcome on Maranatha projects; however, those under 18 are required to have a legal guardian attend with them. Infants and young children will not be able to fully take part in all parts of the project, but are still welcome on the trip with parent supervision. Typically children ages 5 and up will be able to understand and be involved in most every aspect of the project in some way.

If you are traveling with a legal minor (under the age of 18 on the date you depart), both parents or legal guardians must travel with the minor. Otherwise, you must have two parental consent forms notarized. This provides government entities with evidence that both guardians have consented to their child leaving the country with the other guardian and Maranatha. One original must be mailed to Maranatha, and the other original must stay

with you while you travel. If a parent is divorced, the missing parent still needs to sign the form unless the parent traveling with the minor has sole legal custody. In that case, a copy of the divorce paperwork, indicating sole custody, must also be included. If a parent has died, a copy of the death certificate must be included. You can download a PDF of the Parental Consent Form at www.maranatha.org/resources. This form will ask for two people as appointees of the minor. The first appointee will be the guardian traveling with the child. The other will be Elden David Lopez, Maranatha's project coordinator for this project.

Staying Healthy

Maranatha requires that every volunteer have a current tetanus vaccine (within the last 10 years). The Centers for Disease Control and Prevention (CDC) also recommends vaccines for Typhoid and Hepatitis A.

You may already have some of these vaccinations, and they may still be good for this trip. Others you may deem unnecessary for this trip. Maranatha recommends that you schedule a consultation with your physician or a travel clinic to discuss the medical risks in Dominica and the ways to minimize them.

Mosquitoes

Mosquitoes and other flying insects can carry a variety of diseases. Personal precautions are strongly recommended to lower the risk of being bitten. Use a bug repellent. Wear long sleeves, long pants, and closed-toe shoes when possible. Avoid areas of standing water and spending a lot of time outside during dusk and dawn.

According to local medical doctors, Zika is not an issue on the island anymore. However, the CDC still has a Level 2 warning for the island. This warning does not suggest you postpone travel, but does urge volunteers to take heightened precautions to avoid being bitten by mosquitos. Zika can have additional effects on pregnant women and their babies. If you or your partner are pregnant or planning to conceive, Maranatha recommends speaking with your doctor for more information.

Miscellaneous Information

Final Information Packet

Approximately one month prior to the project you will receive another information packet from Maranatha with additional country information like currency exchange, weather forecasts, and safety in Dominica. The packet will also include details about the arrival process, insurance information, and a full packing list.

Maranatha Lifestyle

Maranatha projects are open to individuals from all faiths and lifestyle backgrounds. You do not need to be a Seventh-day Adventist to join the project. We ask that all volunteers come to the project with an attitude of respect towards one another.

Maranatha is a responsive ministry of the Adventist church, so we will be interacting with individuals from the Adventist faith. We strive to be culturally sensitive during all our ministry interactions. As we all become one big family for two weeks, we will need to refrain from some of our personal desires and freedoms and adopt the lifestyle of the group.

On Maranatha projects, worship services are held on Sabbath (Saturday), and we ask all volunteers to participate in the experience with the group. Volunteers will be asked to dress modestly for these worship services. In addition, on all of our projects we ask that volunteers refrain from using alcohol, tobacco, marijuana or other non-prescription drugs during the trip.

Please be aware of this and if you have any questions, feel free to ask us.

How to Register

To register, please complete the online registration and pay the full participation fee or an initial deposit of at least half the total participation fee. You can make this payment by credit card online or over the phone or with a check made out to Maranatha Volunteers International and sent to the address below. If for any reason you need to cancel your participation, Maranatha will do their best to refund your deposit up until one month before travel. After that point, \$150 is non-refundable and the remainder will depend on the reservations and the project arrangements already made.

Register online at Maranatha.org or over the phone.

Contact Information

Phone: (916) 774-7700

Fax: (916) 774-7701

Email: volunteer@maranatha.org

Website: www.maranatha.org

Mailing Address:

Maranatha Volunteers International
990 Reserve Drive
Suite 100
Roseville, CA 95678

Canadian Payments Only:

Maranatha Volunteers International
Association
c/o V06494C
PO Box 6494, Station Terminal
Vancouver, BC V6B 6R3

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MARANATHA.ORG

*All confirmed volunteers on an International Maranatha Open Team receive a Maranatha t-shirt as part of their participation fee.



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

All prices are excluding sales tax and shipping.

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