

Dominica Country Packet

DOMINICA

Maranatha in Dominica

Maranatha's first project in Dominica was in 1979, when volunteers assisted with the construction of a Seventh-day Adventist secondary school in the city of Portsmouth. Despite this, 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.

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.

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

Volunteer Opportunities

In Dominica, Maranatha will focus on the reconstruction of two churches. One will be a completed church including a concrete floor, metal frame, and block walls. The other will be the construction of a frame and roof that will support the existing church walls. Volunteer projects typically combine construction with community outreach in the form of medical clinics and children's programs. However, the details of each project vary depending on the volunteers, availability of opportunities, and needs of the local community.

Project Funding

The local church is responsible for providing the land and labor to excavate the site. Maranatha has agreed to raise funds to help subsidize the building costs in Dominica. These funds are provided by donations from individuals, churches and school groups, and businesses, as well as the donors of the \$10 Church program. If you or your team is interested in helping to sponsor a church or school in Dominica, please speak with Maranatha for more information.

Dominica Overview

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. In the the late 1700s, the British seized control of Dominica. Dominica gained its independence from the United Kingdom in 1978.

Its Caribbean location brings beautiful weather nearly year-round. 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. In September 2017, Hurricane Maria swept through the island. 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.

Culture

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. This 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.

Geography and Climate

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 is 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.

Cultural Sensitivity

Maranatha's 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 Dominica that will be very different from what

Facts & Figures

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Capital:	Roseau
Nationality:	Dominican
Population:	73,897 (July 2017)
Poverty:	29%
Unemployment:	23%
Languages:	English
Life Expectancy:	77.2 years
Climate:	Tropical; heavy rainfall
Religion:	Catholic 61%, Protestant 29%
Industries:	agriculture, coconut oil, tourism, soap
Exports:	bananas, soap, vegetables, grapefruit, soap
Currency:	East Caribbean Dollar
Time Zone:	UTC – 04:00 (same as Eastern Daylight Savings Time)

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 Dominica tend to be more conservative than Adventists in the United States or Canada. We try to be sensitive to this by asking volunteers to dress 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.

Planning a Project

Partnering with Maranatha

There are many reasons to plan a project with Maranatha. After nearly 50 years of focus on constructionoriented mission projects, the organization has this process mastered.

- Maranatha has a great track record. From local church members to church officials to volunteer team leaders—everyone recognizes that Maranatha is reliable and gets things done. We know that the details are important. Maranatha will always have your worksite prepared and support you in creating a successful project for your team.
- **Maranatha provides local support.** It is a huge help to have someone at your location, before your arrival, to scout out details and make arrangements for your group. Once your group arrives our volunteer support person will be around to help as a translator and navigate the inevitable bumps in the road.
- Maranatha provides quality construction support. You don't have to be a construction expert to build a project with Maranatha. Our qualified crew will prep the project site before you arrive, and they will stay to teach and assist the volunteers throughout the project. You won't just build a church or school—you will do it right!
- **Maranatha office support is available as you plan.** Hilary Macias is the group volunteer specialist at Maranatha. She is available for questions and resources as you plan your project and work with group members.
- Maranatha is an independent organization, but we work hand-in-hand with church leadership around the world. Every Maranatha project in Dominica has been selected and approved by Adventist leadership in Dominica as a priority for growth. This means your project will have the full, long-term support of the larger church.

Accommodations

Since Hurricane Maria many of the hotels on the island have closed or are in the process of making repairs. Maranatha has identified a few basic hotels that can provide housing to groups up to about 30 people.

Check with the project packet or your group leader for specific information regarding bed linens, towels and washcloths, hot water, air-conditioning, Wi-Fi availability, and eating facilities.

Excursion Options

Many projects will include an opportunity to see a little of the country you're visiting. To find the best excursion for your trip, try searching online. Look for peer ratings on various activities through sites like Trip Advisor. Guidebooks published by Lonely Planet or Frommer's are also good places to start. Maranatha has a few recommended excursions or activities that other groups have done in the past. Be sure to ask what is the best option for your group.

Another beautiful destination is called the Emerald Pool and is known for its distinctive green color and rainforest vegetation surrounding the natural pool.

Attractions

Waterfalls | Much of the interior of the island is covered in rainforest, and there are several beautiful waterfalls and nature hikes that range in difficulty from easy to quite strenuous. Trafalgar Falls is one of the most famous sights on the island and is located in the Morne Trois Pitons National Park. The falls are accessible to amateur hikers and the two sets of falls are impressing and flow into a natural swimming pool that visitors can enjoy.

Diving and Snorkeling | Dominica is home to some of the most beautiful dive locations of the Caribbean. One of the most famous is called Scotts Head Pinnacle and is located on the southwest corner of the island. The main part of the dive spot is about 35 feet deep and covered in coral home to soldierfish, grunts, and lobsters and features the "pinnacle" a little ways out, a 120-foot drop off.

Roseau | Located on the southwest coast of Dominica, Roseau is the vibrant capital of the island nation. The town is bustling during the day and reggae music is commonly heard throughout the narrow streets lined with historic wood and stone buildings that echo back to Dominica's colonial past. There are several cathedrals and museums to visit as well as souvenir shops.

Boiling Lake | This natural hot spring is located in the Morne Trois Pitons National Park. The hike to reach it is a grueling, muddy hike that will be an all-day event and should be completed with a knowledgeable guide. The lake itself is about 200 feet across and is a cauldron of bubbling greyish water that is covered in a cloud of steam. The lake is only for viewing and you should not plan to swim in the lake.

Foreign Cash and Money Exchange

Dominica uses the Eastern Caribbean Dollar, and it has an exchange rate of approximately 2.7 Dollars to \$1 USD (February 2018) 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. Often your project coordinator will exchange money at a simple, rounded rate.

ATMs will allow you to withdraw East Caribbean Dollars directly and will probably give you the best exchange rate. There are ATMs in the airport; outside the larger cities, they can be hard to find and unreliable.

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 Dominica 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

Following Hurricane Maria, much of the island was left without power. While the government is slowly repairing the power grid we cannot guarantee that this will be done in time for the Maranatha groups who will be working in Dominica in 2018 and 2019. The hotels often use a generator in the evenings, but outages can be common.



The standard current in Dominica is 220-240 volt AC. Many appliances now are dual-voltage (you can check for this on the tag on the charger). For any small, non-dual-voltage appliances (hair dryers, electric shavers, camera chargers), you will need a plug adapter and voltage converter. Voltage converters can be found at most stores like Walmart or Target for about \$20.

Most appliances will also need a plug adapter. The standard outlets have two horizontal and one vertical prong (Type G). International plug adapters can be found in sets or individually at many stores. You can also buy adapters for grounded to ungrounded plugs at most stores and hardware stores. 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 fast. You can also choose to do your laundry by hand at no additional cost.

Communication

Technology has increased so much that we can stay connected around the world.

Cell phone service is available in most moderate-sized cities throughout the country, but rural areas still experience limited service. You can use your own phone and service plan, but check international rates and service areas since international roaming and data charges can be very expensive. You can avoid unexpected charges by putting your phone on airplane mode and limiting all data usage to WiFi areas. Or you can consider adding an international plan through your phone provider. Many now offer very affordable plans you can activate for short periods of time.

Local cell phones can be also be purchased for relatively cheap price, and you can reload minutes to call locally and internationally for reasonable rates. You can also buy a SIM card for your unlocked device. To call Dominica from the U.S., call as you would any US number: (1) + the local area code and number. To call the U.S. from Dominica, enter the U.S. country code (1) + the local area code and phone 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. One or two hotels may have WIFi available if they have generators on.

Time Zone

When the United States is on Standard Time, Dominica is four hours ahead of Pacific Standard Time and one hour ahead of Eastern Standard Time. When the United States is on Daylight Savings Time Time, Dominica is three hours ahead of Pacific Daylight Savings Time and the same time zone as Eastern Daylight Savings Time.

Restrooms

Western-style flush toilets are the norm in most places. But toilet paper usually goes in the wastebasket not down the toilet.

Weights & Measures

Dominica officially uses the metric system. In some areas, you will find pounds and gallons used as well.

Travel

International Travel

While there are several airports on the island of Dominica, Maranatha projects will be flying in and out of the Douglas-Charles Airport, formerly known as Melville Hall Airport (airport code DOM).

Most travelers will need to connect through Puerto Rico or another Caribbean country. Some other transportation options may be available such as flying to a nearby island and taking a ferry to Dominica.

When booking your flights, we recommend that you try to book on one itinerary all the way to the final destination if possible, to take advantage of the international baggage allowances. Individual domestic flights tend to have stricter limits for baggage weight and size.

Entry and Exit Requirements

The information provided below is for U.S. and Canadian citizens. Citizens of other countries should consult the Dominican embassy or consulate in your home country for entrance requirements.

Passport | 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 <u>http://travel.state.gov</u>. 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, Costco, or Walgreens.

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

For additional information regarding U.S. entrance procedures in Dominica visit: <u>http://travel.state.gov/</u>

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Immigration and Customs Process

On the airplane to Dominica, you will a form 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 Dominica. 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, you will follow the signs to Immigration. You will need to present your entrance form and passport. They may ask you a couple questions regarding your trip to Dominica. 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 require a work or business visa for your travel in the country. At immigration, they may stamp your passport or give you a slip of paper. Make sure you keep whatever they give you with your passport for the duration of your time in Dominica.

After passing through immigration, head to the baggage claim, gather your bags, and go through customs. They may put your bags through an x-ray, do a randomly selected bag check, or manually search your bag. Don't worry about this process as they are primarily looking for fruits, vegetables, animals, weapons, and drugs. After passing through customs, proceed to the arrivals area of the airport where you can meet up with the rest of the group or continue to your domestic flight.

In-Country Transportation in Dominica

The roads around major cities are usually good but many bridges are out. Take care with merging traffic and watch for potholes. Before driving, familiarize yourself with local laws and traffic norms, as drivers sit on the right side of the car. Roads between smaller towns are not usually paved. It is not recommended to drive at night.

Transportation in Dominica is expensive because there are limited options, so be prepared for that expense. Maranatha works with available vehicles to coordinate transportation for open team projects, which may include vans or motorcycle taxis. If you are leading a group project with Maranatha, we can help your group with your transportation needs.

Traveling with Minors

Minors under the age of 18 are welcome to join projects to Dominica. Maranatha requires that at least one adult travel with every four minors, ages 14-17, and that an adult travel with every minor, age 13 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 Resources. In order to acquire the tourist visa, Dominica also requires a notarized consent letter stating permission to issue a visa and who will be responsible for the child during travel.

Health, Safety, and Security

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

Vaccines

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 other diseases such as dengue and zika. Personal precautions are strongly recommended to lower the risk of being bitten. Bring a bug repellent with a 30%-50% concentration of DEET. Wear long sleeves, long pants, and closed-toe footwear when possible. Avoid areas of standing water, and do not spend a lot of time outside during dusk and dawn.

Zika

Recently the Zika virus has been spreading around Central America and the Caribbean, with some cases reported from Guyana. 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. This warning does not suggest that you postpone all travel, but it does urge travelers to take heightened precautions to avoid being bitten (see recommendations above).

This virus is still being studied, and information is continuing to be released. There are currently no known long-term effects; however, there does seem to be a link between the virus and possible birth defects in babies born from women who were infected during their pregnancy. The virus can remain in a woman's body for approximately eight weeks and in a man's body for approximately six months, and it can be spread through physical contact. If you or your partner is pregnant, think you might be pregnant, or are trying to get pregnant in the next six months, Maranatha recommends speaking with your doctor to determine if you should travel.

Preventative Health

In general, preventative measures are the best ways to avoid becoming ill during your time in Dominica. 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.

Medical Care in Country

Most cities in Dominica have clinics or hospitals. Maranatha will have identified several medical care locations, near the project sites, that we believe are safe for our volunteers. If you are leading a group to Dominica, be sure to ask our project support coordinator to show you the clinic location closest to your housing and work sites.

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

Maranatha Insurance

Maranatha mission projects are construction projects where people can get hurt. It is not possible for Maranatha to analyze everyone's insurance policy to see whether it is current and the coverage is in effect at the location of the mission project. For that reason, all volunteers will be covered by short-term medical, accident, and travel insurance, coordinated by Maranatha, from the time they arrive at the project until their departure. For more information about project insurance available at www.maranatha.org/insurance

Communication

Promoting Your Maranatha Trip

You may contact Maranatha's marketing department for materials to help you promote your trip to Dominica. There are DVDs and printed materials available for your convenience. Contact Maranatha for more details. Also, when discussing this mission trip with your team and while promoting it to your church or school, please be sure to mention that you are partnering with Maranatha! We hope that you will help to spread the word about our mission to spread the Gospel through construction.

Contact Information

United States Embassy for the

Eastern Caribbean

Wildey Business Park Wildey St Michael BB 14006 Barbados, WI (246) 227-4000

Canadian High Commission for the Eastern Caribbean

Bishop's Court Hill St. Michael, Bridgetown BB11113 Barbados, WI (246) 629-3550 Maranatha Volunteers International: 990 Reserve Drive, Suite 100 Roseville, CA 95678 Telephone: (916) 774-7700 Fax: (916) 774-7701