

Outreach360 Volunteer Information Guide

Dominican Republic

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Dear Outreach360 Program Volunteers,

Thank you for choosing to make a difference by signing up to volunteer with Outreach360 trip to volunteer trip to the Dominican Republic. Thank you for your generosity in giving of your time and funds.

You will have an excellent experience learning about the culture where you are working while making a meaningful difference. Outreach360 focuses on meeting real needs with the talents and resources our volunteers and donors are willing and able to give.

Our mission is to "Release the Hero". As you are involved with the children in the Dominican Republic, you begin to release the talents and abilities within them; you "Release the Hero". As you Release the Hero within them, you also release the hero within yourself. And as you involve other people with Outreach360, inviting them to volunteer with you, or to donate toward your program donation, you release the hero within them as well.

Outreach360 has experienced consistent growth in our volunteer program since our beginning in 1994, to the point where over 10,000 volunteers have now joined us. As we have grown, we have expanded our focus beyond the orphanages where our work started to the communities surrounding the orphanage. So you may be working with orphanage children during your time with Outreach360, you may be working with community children, or both.

Our model for the future is to focus on "Community Centers", places where pre-school children can receive a nutritious breakfast and lunch while being involved with early childhood activities, where 1st through 8th grade children can learn to read at or above their grade level and become fluent in English, and where high school youth can learn a vocational trade or get prepared to attend college. So, by the time a child involved with Outreach360 has finished high school, he or she is prepared for a job or able to attend college.

Thank you for being an important part of our ongoing efforts!

We request your next steps to be:

- Thoroughly read the sections of this Volunteer Guide listed on the left side of the page.
- Invite people you know to join you on this volunteer experience. It's a great experience to share. People will likely not remember that last gift you gave them, but they will remember that you invited them to join Outreach360.
- Begin your fund-raising by sending out e-mails to family and friends using the automated "Spread the Word" tool on [Outreach360 Connect](http://www.outreach360.org/connect): www.outreach360.org/connect.
- Purchase your airline ticket when you are confident that you will have your trip program donation into our office by the funds due date.

Please share this Volunteer Guide with people who are concerned about you and interested in your trip; parents, spouses, etc. Sometimes they have more concerns than you do, especially when they don't have all the information you have.

This guide will contain most of the answers to your questions, but please let us know should you have any additional questions regarding the program. On behalf of Outreach360, thank you again for volunteering for this great adventure. We look forward to working with you.

Sincerely,

Tom Eklund
Executive Director

Getting Started/How Outreach360 Works

When can I volunteer?

Outreach360 offers a program year-round for volunteers to join us each week of the year for any length of time. The primary focus is on providing educational opportunities to children in the communities where we are working, giving children the ability to live a life of choice. You can read more about our mission and vision [here](#). We encourage you to also read more about [our programs](#) before registering to volunteer.

Is there a program donation?

We are both a volunteer and fund-raising organization; our volunteers commit to help raise funds for the programs we sponsor based on the length of their stay. **We encourage volunteers not to pay any of their program donations**, but instead raise funds through the sponsorship of family and friends. When you sign up, you will receive an on-line fund-raising page that will allow you to easily send out informative emails to family and friends, inviting them to sponsor you through donations on-line, or checks sent through the mail.

How can I prepare for the experience or learn more about the program?

This Volunteer Information Guide is the best way to learn about the details of our program. You will not be prepared without reading through each section. A representative from Outreach360 will be available to you from the time you register to the time you depart for your volunteer experience. Please feel free to use this person to answer any questions you might have. You may also contact us with any questions at info@outreach360.org.

What are my registration options?

- **Start a Team/Family:** We encourage groups to join us as the more volunteers we have, the more children we can work with. When you "start a team" you will be designated as the team leader and all communication with Outreach360 will go through you. You should choose to "start a team" if you have a group of people who will travel on the same dates and on the same flights. For teams of 10 or more, we offer a group scholarship. Also, children under the age of 18 traveling with a parent will be credited with a special child scholarship.
- **Join a Team:** If you are affiliated with a team that has registered on our website to volunteer, you will want to choose the option to "join a team." Doing so will credit you with any scholarship that the team qualifies for. All communication will go through your team leader.
- **Register as an Individual:** We have many opportunities for individuals of all ages and backgrounds to join us. You will select this option if you are not affiliated with a specific team. We will be in direct communication with you and **know that you will be joining other individuals and teams when you arrive on site - you will feel a part of a team!**

Primary Steps to Volunteer/Register

1. Register on our website.: <http://www.outreach360.org/registration>
2. Submit a \$100/person deposit donation within seven days of registering. This donation will confirm your spot, and will also be applied to your [minimum program donation](#). To qualify for an Early sign-up scholarship, you must be registered with your deposit donation submitted by the early sign-up deadline below:

Program	Program Dates	Sign-Up/Deposit Deadline for Groups
Winter 2011/2012	Dec 3 - Jan 28	October 15, 2011
Spring 2012	Jan 28 - Apr 28	December 1, 2011
May 2012	Apr 28 - May 26	February 2, 2012
Summer 2012	May 26 - Sept 1	April 1, 2012
Fall 2012	Aug 25- Dec 1	July 1, 2012

Note: if you are a part of a team, your team leader may be submitting your deposit donation.

3. Review each section of this Volunteer Guide. **You will not be prepared for your trip without doing so.**

4. No later than **30 days prior to your trip:**
 - Submit flight information
 - Submit remaining program donation

Choosing a Focus

We work hard to make sure that our volunteer's skills and talents are put to good use. On the registration form, you can choose the focus of your trip with us. English Education, Literacy Education, Public Health Education, Environmental Education/Sustainability, Vocational Training and College Prep are all options. Please note that not all programs will be available to participate in each week of the year, and we will provide you with more details about your specific program 30 days prior to your trip based on what the current needs of the community are. We ask that you select a desired focus on the registration form so that we have an idea of how to place you should there be multiple opportunities available.

Please know that whatever area we place you in, you will make a significant impact in the lives of many children and we appreciate your flexibility.

For Team Leaders

Dear Team Leaders,

Thank you for your efforts in leading your team of volunteers. Your position is critical to your team having a successful experience with Outreach360; we sincerely appreciate your efforts!

Below are some suggestions/requests we have:

Volunteer Guide/Volunteer Questions:

- Please fully review each of the **Volunteer Guide** sections on the right side of this page. Please ask each member of your team to read them as well, and to also review them with their family. Sometimes families have more questions and concerns than the volunteers. When families are well informed, it will reduce the questions/inquiries coming from them directly to you.
- Thank you for fielding those questions from volunteers and their families. Please contact us if you need any help answering those questions.

Pre-Trip:

- **Ground Transportation** - Thank you for taking care of arrangements for your local ground transportation to and from your local airport.
- **Flights** - Please read the Volunteer Guide Travel Details section. Confirm with the person making your flight arrangements the correct airport, arrival and departure times, etc. We've had more than one team mistakenly make their reservations into Santo Domingo instead of Santiago. Please make sure to update your team's OO Connect page with your final flight information 30 days prior to your trip, or e-mail us a copy of your team's itinerary. Note that the ground transportation is included in your program donation for your team provided you all arrive and depart together during the specified times; there may be additional ground transportation charges if your team arrives or departs on separate flights.
- **Funds** - Your team's program donation is due in our office 30 days prior to your trip. Please plan into the schedule whatever additional time is required for your school or church to internally process the payment.
- **Fund-Raising** - We invite you to encourage your team to enthusiastically embrace the fund-raising portion of this trip. Your team's volunteer hours will make a big difference on this trip, so will the funds that they raise. Fund-raising can also be a great team builder. We encourage you to set a high fund-raising goal; funds raised beyond your minimum program donation will be used to provide basic necessities at the orphanage, or fund another important project. Each volunteer will receive a personal fund-raising page on our web site; the team will also have a page. Donations made on the individual's page will roll up to the team total; donations made on the team page will not roll back to the individual. OO will only be concerned that you meet or exceed the team minimum program donation; we will not be focused on individual pages.
- **Donations** - The communities where you will be working are very poor. There is a list of many needed donations in our Volunteer Guide. We ask that volunteers put their personal items in their carry-on, and reserve their checked luggage for donated items. A great team builder is to focus on doing a "drive" for one or two specific items. Some suggested items are good quality new or used shoes, peanut butter and jelly, school backpacks, movie DVD's, baseball gloves, school logo tee-shirts, Spanish children's books, soap and other health items, and jeans. Note that shipping items to the Dominican Republic is expensive; donated items may need to be prioritized with excess items going to a local charity at home.
- **Volunteer Registrations** - Please have your team members sign up on your team page as soon as possible; the cut-off date for volunteer registration is 30 days prior to the trip.
- **Medical Precautions** - Please make sure to review the [medical precautions](#) noted in this Volunteer Guide.
- **Communications Contact** - We ask that you be the primary contact between Outreach360 and your team.
- **Specific Communication Issues** - Please make sure that your volunteers and their families are aware of the following items:
 - **Telephone Access** - We will provide a phone for each volunteer to call home with a "got here safe" message within 24 hours of arriving, not necessarily the instant you arrive. After the "got here safe" message, we ask that all phones (both OO and personal) be put away for the remainder of the week (phones will be available in the event of an emergency). Please make sure that family members don't expect a daily phone call, and that they know the plan for the team's return. Limited internet access will only be available for volunteers staying more than one week.
 - **Dress Code** - Please make sure your team is aware of the Outreach360 (See Dress Code).

- **Education** - Outreach360 has a series of "[Serve and Learn](#)" educational videos made for the Dominican Republic and our work there. Although designed for a middle school audience, there is a lot of educational material available. You might want to make this part of your pre-trip prep.

In-Country:

- **Attitude** - Your role in your team having a successful experience is critical. We ask that you fully embrace the nature of these trips - that they are unpredictable trips to a developing country, that some things will go great, some things won't go so great, and a trip will never go completely according to plan. Your team will feed off your energy - if you show disappointment, frustration, etc, your team will adopt that energy. We ask that you quickly share any concerns you have with the OO Team Leader on-site, and we will work to address those concerns as best we can.
- **Leader vs Chaperone** - We ask that you be an active leader on the trip, and not just a chaperone. Please help to make sure your team is at meals on time, ready for programs on-time, respects quiet-time rules, and follows the different guidelines we have in place to ensure a successful trip for all volunteers. We like to consider you an extension of the OO in-country staff.
- **Other Teams** - There will likely be other teams volunteering with us at the same time your team is. A significant side-benefit of the trip is the opportunity to network with other groups and their leaders. We encourage your team to welcome other teams, and to promote some interchange. We'll help with some ice breakers, etc. Your team will be able to maintain it's own identity by working together, eating together, and having your own reflection time.

Post-Trip:

- **Post Trip Re-entry** - Re-entry to home life can sometimes be difficult for volunteers, even after just a one week trip. We will provide a closing the night prior to your team leaving to help your team members process the trip, but you might want to have a get-together scheduled sometime after you get home to fully complete the trip.
- **Sharing with Others** - People in your school or church are interested in how your experience was. It's great to schedule a post-trip presentation with them.
- **The Chain** - The Outreach360 volunteer program is built on volunteers joining us week after week, year after year. We encourage you to set up plans for your team to join us in the future.
- **On-going Involvement** - Once your team has been with us and seen the need, a natural follow-on is to stay involved financially. We encourage your team to become an on-going supporter of Outreach360 by becoming a Hero Fund donor. Individual families could be involved, or the team could take on a post-trip fund-raiser.

Thank you again for being an integral part of Outreach360. The difference you are making with Outreach360 and for your team is huge.

Ten Principles

People usually sign up for an Outreach360 trip to make a difference, to offer a helping hand. And you will make a huge difference during your trip and through your contribution of time and money to Outreach360. But there is also a lot available for you yourself to learn and gain from the trip. It's why volunteers often say they gained more from the trip than they gave. To maximize the experience, we have assembled 10 principles. Please take some time to review these now. Your team leader will discuss these with you during orientation, and refer to them throughout the week. Hopefully, you will view the world and yourself a little differently after your trip; reflecting on and embracing these principles will help you do that.

1. **Acknowledge Yourself** -Acknowledge yourself for the difference you are making. Very few people are willing to do what you have done—raise or donate funds, take a week or more of your time, give up other options you had for this time (skiing, the beach, work, etc)- to volunteer for the benefit of kids you don't know. And many of you had to overcome fears and obstacles—a different language, not knowing anyone, only knowing Outreach360 from the internet, parent's concerns, etc. It's a big deal that you are here. The orphanages would not be existing, at least as they are, without you. Celebrate the difference you are making!
2. **You Are Outreach360** - There is no big staff of Outreach360 doing work. Nothing happens without you—the majority of funds and labor come from the volunteers. You aren't here to "help" Outreach360, you "are" Outreach360.
3. **It's Not About You** - As generous as you are, sometimes your time here can become about you. "What difference am I going to make?", "How can I optimize the use of my time", "I can't speak the language", "there's too much free time", "When will my donated items be used?" Focus on the big picture, the difference you are making as a group. Take the focus off of you, and enjoy the impact the kids are receiving. Example—reading a story to one of the little boys may not be the best utilization of your skill, but it means the world to the boy.
4. **This Is It** - Most of the time, Americans are living in the future. Kids are waiting for high school, high-schoolers are waiting for college, college students are waiting to graduate and get a job, single people are waiting to get married, etc. etc. People don't live that way in the Dominican Republic; they live much more for each day. This is a unique opportunity to really live in the present —forget about worries at home, forget about tomorrow, quit thinking about what lasting impact you are having—just enjoy the present moment.
5. **Communicate Love** - It is not necessary to know Spanish to be involved with the kids and to make a difference. We've had many volunteers who spoke no Spanish make a huge difference with the kids and had a great time; we've had other volunteers fluent in Spanish get frustrated because of the unique Dominican words and expressions. The experience is totally what you make of it. No matter how much spanish we know, we always wish we knew more. What you know is what you know, so make the best of it. Don't let your lack of Spanish be an excuse to not get involved.
6. **Poco a Poco (Little by Little)** - You can't change the world in a week. But, you can make a world of a difference in one or more of these kids lives. Don't be frustrated by the slow progress; great things happen little by little. Your contributions this week, along with those volunteers who came before you, and those volunteers who will come after you, are making a huge difference.
7. **Jump Right In** - You've got a short period of time here. Don't spend a day or two getting to know what is going on. Jump right in, be assertive, do what you came here to do. If you wait till you get it all figured out, your time will be over.
8. **Serve, Don't Help** - There's a subtle difference between serving and helping. We're here to serve, not to help. These are not poor, sick, helpless people who need our help. We're here to serve. We share our strengths and blessings with them, and they share their blessings with us. It's a two-way street.
9. **Be Flexible/Creative** - Living and working here requires flexibility and creativity. Practice it, enjoy it! You have all the skills you need to be effective and productive at the orphanage.
10. **You Are Responsible** - The experience you have here is up to you. You need to take responsibility for your experience. Do not look to the team leader to give you the experience. Use the team leader as a resource. Communicate with the team leader. They will support and facilitate your work. But you are ultimately responsible.

Mental and Emotional Preparation

Please read the following carefully:

With volunteers coming from all parts of the United States and from around the world, without having a chance to meet each person individually, with different objectives, and with different perspectives of what this trip is all about, here are a few suggestions on mental and emotional preparation for the trip that may help.

- This is NOT an American Express Vacation! Perhaps because we've been operating for a number of years, we've got a professional web site, we've got newsletters, and because we have had so many positive comments, people sometimes believe this is a sort of a third world "Disneyland trip to the orphanage". A high level of quality control, consistency, significant support staffing, a "program", etc is sometimes expected. It is not always that way.
You are participating on a very unpredictable, self generating, self directed program at a poor orphanage at the end of a road in a developing country. It is NOT YMCA camp. It's a group of individuals working together to provide opportunities for orphaned and abandoned children.
Your experience will be like no experience before it, or after it. If you are volunteering with Outreach360 for the second time, expect a completely different experience. It will not be a repeat of your first trip. Be prepared for frustration; break down, discomfort, etc. Also be prepared for an unforgettable experience with miracles, little and big.
- Be Gumby. Things will not happen as you hope and plan. Be "Gumby" and adjust. If the bus breaks down, open the window and enjoy the breeze while you take a nap. If the power goes out, enjoy the romantic candles. If the cement isn't there to pour the floor, play some catch with one of the kids. If the toilets aren't working, enjoy the walk into the restaurant in town.
- You'll be camping in a building. The quality of the facilities are relative to what you're expecting. Expect that you're camping, with the benefit of a roof. Anything beyond that is gravy.
- This is a happy trip. The trip will be a fun, happy time. If you are prepared for a serious, hard working, miserable trip to a poor, impoverished orphanage - please adjust your expectations. You may see things that might shock you, living conditions that are unacceptable, items that aren't fair. However, everything that we do on this trip is a positive that they would not have had without your involvement. What we don't get done, is an opportunity for future involvement. In the mean time, have a great time. The kids will!
- The intangibles are as important as the tangibles. It's easy to focus on "what are we going to accomplish", meaning what are we going to do with the wood, cement, blocks, etc. I encourage you to focus also on the intangibles. The kids probably don't remember who built the basketball court, but they remember who played basketball with them. I encourage you to focus on the kids, as much as the projects.
- Do not become too attached to one particular child. Please be friendly and affectionate, without being too affectionate. It's very important to develop relationships with the kids during the trip, and natural for us and them to be sad when we have to leave. It isn't natural for one particular child to be upset because one particular volunteer is leaving. It's only happened a couple of times, so it's not something to be fearful of, but something to be aware of and to avoid.
- We aren't there to run the orphanage. There may be items you disagree on relative to the operation of the orphanage. Please do not spend excessive energy thinking and worrying about items we can't change. We are there to provide resources, provide support, provide ideas, provide opportunities, etc. But at some point there is a line between our providing support and the operation of the orphanage. Don't let it be an upset for you.
- Know your objectives. Know that you're responsible for the attainment of your objectives. Please write down, and be ready to share with the team, your objective(s) for being on the trip. If you don't know why you're going, please spend some time figuring it out. It's not so we know, so that we can fulfill your objectives. It's so you know. And so we, and other members of the team, can assist you in whatever way we can. Bottom line, you are responsible for the fulfillment of your objectives of your trip. It also means you are responsible for communicating with us if it's not happening. This is a very important point. You are investing heavily in this experience. If your objective is to take a break - know it. If it's to make a difference to one child - know it. If it's to leave a lasting impact - know it. And be happy when it happens.
- Some of the above items may be a surprise, or may be generating some questions, or may not be clear. If so, please contact us.

Dominican Republic Program Donations/Scholarships



We are both a volunteer and fund-raising organization; our volunteers commit to help raise funds for the programs we sponsor. **We encourage volunteers not pay any of their program donations**, but instead raise funds through the sponsorship of family and friends. When you sign up, you will receive an on-line fund-raising page that will allow you to easily send out informative emails to family and friends, inviting them to sponsor you through donations on-line, or checks sent through the mail.

Volunteers are invited to join us any week of the year, for any number of weeks, starting on a Saturday and ending on a Saturday. We do not have any closed periods. Please note that your registration, minimum program donation, and flight ticketing must be completed at least 30 days prior to the start of your trip.

Program Donation - Fundraising Goal

The minimum program donation is dependent on the length of your stay. Most volunteers are able to raise 100% of their program donation by using our online fund-raising system! This table shows the minimum program donation per person:

One Week:	\$800
Two Weeks:	\$1,200
Three Weeks:	\$1,500
Four Weeks:	\$1,800
Five Weeks:	\$2,100
Six Weeks:	\$2,400
Seven Weeks:	\$2,600
Eight Weeks:	\$2,800

***An additional \$125/week (\$500/month) for longer than 8 weeks.**

Donations to Outreach360 are non-refundable. If a volunteer is not able to participate on the trip for any reasons, funds credited to the trip may be used by that volunteer for a future trip taken within 12 months. If a future trip is not taken, the funds will be used to provide basic necessities to the orphanage.

The program donation covers your housing, all meals, ground transportation, and traveler's medical insurance while you are with us in-country. Airfare is additional. Your program donation also helps support the costs of our community initiatives. Your \$100/person deposit is part of your program donation. Your deposit and total program donation are tax deductible donations for U.S. tax payers.

A \$100/person deposit is due when registering. This deposit is credited toward your program donation.

Program Start and End Dates

Outreach360 programs run Saturday to Saturday for our Dominican Republic program. We request that you arrive and depart on the Saturdays of your trip, with your flight scheduled to arrive and depart the Santiago (STI) airport between 8:00 a.m. and 10:00 p.m. **This schedule provides our volunteers the best possible volunteer experience, and is optimum for the transportation and other logistical efficiencies of Outreach360 which helps us keep the program donation low.** Ground transportation from the Santiago airport to the volunteer location and back is included in the minimum program donation for those volunteers able to meet this schedule.

However, we also know that this schedule is not always possible for our individual volunteers and volunteer teams. If you need to arrive on Friday or earlier, or depart Sunday or later, you should plan on the following impact to your program donation and transportation costs:

Arriving a day or more early (Friday or earlier)

The minimum program donation will be increased by \$50/person/day, up to three additional days. For more than 3 additional days, the program donation for an additional week applies. There will be added ground transportation costs (see below). This additional cost is applied even if the total stay is the normal 7 nights. Please contact us if you have a unique situation.

Departing a day or more late (Sunday or later)

The minimum program donation will be increased by \$50/person/day, up to three additional days. For more than 3 additional days, the program donation for an additional week applies. There will be added ground transportation costs (see below). This additional cost is applied even if the total stay is the normal 7 nights. Please contact us if you have a unique situation.

Transportation Fees

Ground transportation is included in the program donation for those volunteers arriving and departing the Dominican Republic on the Saturdays of their trip between the hours of 8am and 10pm to the Santiago (STI) airport. For those who are unable to meet those requirements, we will still arrange reliable transportation for you, but there may be additional transportation fees. A taxi will be between \$100-\$150; and for teams, a bus that holds 15-20 volunteers will be \$300/bus (one way), and \$600/bus (one way) from Santo Domingo.

Scholarships/Credits

Outreach360 offers several scholarships or program donation credits for those who meet the following criteria. Please note that scholarships do not apply to our program in Nicaragua.

Early Sign-up Scholarships

We encourage you to sign up for the trip as soon as you can. It enables us to do better plan for your experience, helps to ensure you are well prepared for the trip, and improves your fund-raising effectiveness. If you sign-up and have your \$100 deposit donation into our office by the early sign-up deadline, you will be credited an additional \$100 toward your program donation. The following is a chart of the early sign-up deadlines:

Program	Program Dates	Sign-Up/Deposit Deadline for Groups
Winter 2011/2012	Dec 3 - Jan 28	October 15, 2011
Spring 2012	Jan 28 - Apr 28	December 1, 2011
May 2012	Apr 28 - May 26	February 2, 2012
Summer 2012	May 26 - Sept 1	April 1, 2012

Group Scholarships

We encourage groups to join us as the more volunteers we have, the more children we can work with. There are also economies of scale in serving a group, and we pass those savings on. A group of 10 or more will be credited \$100/person. For example, a one week program donation for a group of 10 or more who sign up by the early sign-up deadline is \$600/person (\$800 Program Fee - \$100 Group Scholarship - \$100 Early Sign-up Scholarship = \$600). Children receiving a child scholarship do not count toward the minimum group size of 10.

Ground transportation between the Santiago airport and the orphanage is included when the team arrives and departs on the same Saturday flights, between 8:00 A.M. and 10:00 P.M. If an individual or individuals on your team travels at a different time than the group, he/she may be responsible for the taxi to and/or from the orphanage - up to \$150 each way.

Team Leader Scholarship

For every 10 non-child program donations paid, the 11th program donation is waived as a team leader scholarship. In return, the team leader is expected to manage his/her team's finances, input the team's flight information into 360 Connect, and keep the team roster up to date.

Child Scholarships

Note: we are currently not offering a child scholarship for our Nicaragua programs. Outreach360 is a great experience to share as a family. This scholarship is meant to reduce the fund-raising requirements for any individual family. Each child under the age of 18 traveling with his or her parent will be responsible for a minimum program donation of \$300/week. Note: this scholarship cannot be combined with other scholarships.

Fund-Raising

The goal of Outreach360 is to involve people to provide educational opportunities to disadvantaged children. You are already volunteering your time, we encourage you to allow other people to make a difference through you by becoming a financial sponsor of your trip.

We encourage you to raise funds using your personal fund-raising page. Using 360 Connect, you can edit a pre-created e-mail template, and send it to your family and friends. They are then able to make a difference by making an on-line donation toward your trip. You can easily check the funds raised versus your goal on a personalized "thermometer chart" on your web page.

Airfare is the responsibility of each volunteer, and although it is usually tax deductible it will not be reimbursed by Outreach360 from funds raised.

Fundraising Overview

Some of the things that might stop you and/or your family from doing a fund-raising campaign is a fear that you'll be bothering people, a fear that other people will feel obligated, a desire for you to pay for it on your own, etc. Don't play small. Don't be selfish. Don't keep this experience to yourself. Be generous. Let other people contribute. Others want to make a difference in the world, too. **Give them the opportunity and let them make the decision.** By fundraising for your experience, you are not only making the trip a possibility for you, but you are also spreading awareness about the issues that you are passionate about. Getting others involved is the best way to make a difference in the world! One of the blessings you have been given is to live in a wealthy country, surrounded by people with resources, who although may not have the same desire or time to volunteer abroad, are still interested in making an impact. Working hard pre-trip to meet and exceed the minimum program donation will make your experience that much more rewarding...

Effective Fund-Raising

When you register for an Outreach360 trip, you will automatically be given a personal fund-raising page that you can use to raise 100% of your funding and more! We find that the most effective way to raise funds is using our "spread the word" function in OO Connect to send emails to friends and family asking for their support. Review our [tips for](#)

[success](#) to get started. If you would rather send out hard-copy letters, you can view our sample letters in the [resource](#) section.

We also encourage you to be creative when raising funds and also to set high fund-raising goals.

Tax Information

Outreach360 is a US 501(c)(3) Non-Profit Organization. All US donors are eligible for tax-deductibility. All donors who donate online will receive a tax-receipt via email and all donors will receive a tax-receipt in the mail at the end of the year.

- **Our Tax ID: 58-2197227**

What to do with Checks?

- Checks should be made out to "Outreach360." Checks should be sent to you for consolidations and forwarded to us.
- Send in your checks every two to three weeks, so the donor is not wondering what happened to their check.
- **We recommend over-nighting all checks**

Send all checks to Outreach360

6611 W Robert E Street

Glendale, AZ 85308

*Place your name on the outside of the envelope. Also place your name or initials on the reference line of each check

Other Notes:

- Keep track of the checks you send in, the name on the check, the check number, and the amount. If you want a confirmation that your letter arrived in our office, please purchase delivery confirmation from the post office. You should see your donation reflected on your personal fund-raising page once we receive it.
- Checks need to be made out to "Outreach360" in order to receive a tax receipt from Outreach360. If people write a check directly to you, or give you cash, they will not receive a tax receipt from Outreach360. You can issue a Gifts-in-Kind receipt located at www.outreach360.org/files/giftsinkind.pdf
- Please do not combine checks for more than one volunteer in one envelope, unless you are a group leader. It is O. K. to send checks from multiple donors on behalf of one volunteer in one envelope. Checks should be clearly marked on the reference line with the volunteer's name who it is to be credited to.
- We will send a thank you letter, tax receipt, and newsletter to all donors at the end of the year. We suggest that you also send a personal thank you letter after your trip.
- I understand that funds I raise above the minimum program donation are not refundable, and will be used to fund basic necessities at the orphanage or other program needs.

Fundraising Ideas

We find that the most effective way to raise funds is by taking advantage of our "Spread the Word" feature in your O360 Connect account. There you can send emails to a list of potential donors that you brainstorm and they will be directed to your personal fund-raising page to contribute. This process will probably not take you more than an hour.

Be creative with your fund-raising ideas. There are many great options to raising funds, and we encourage you to think outside of the box. Below are some ideas to get you thinking outside of the box:

- Involve your church, dorm, service organization, etc in a fund-raiser: a yard sale, spaghetti dinner, casual day, pancake breakfast, etc.
- Offer four hours of personal service (running errands, babysitting, shopping, yard work, etc) to everyone who donates \$100 or more.
- Ask a principal or boss for support
- Make collection jars for your work or other local businesses

Matching Donations

Matching gifts are a great way to double your fund-raising impact. You may be able to take advantage of your company's matching gift program, or possibly the company of your spouse, parent, relative or friend. We encourage you to use the search feature below to see if one of these companies offer a matching gift program.

We encourage you to begin researching these companies early as the timing and company specifications may affect whether or not the funds are in on time to count towards your volunteer trip. Please click [here](#) for more information about the minimum program donation.

Please contact us if you have any questions about our matching gift program. **Please contact the companies Human Resources or Personnel office to verify the availability of their matching program and the guidelines.**

You may need to fill out forms for your company to process their matching donation and you may need the following information from Outreach360:

- Tax Identification Number: **58-2197227**
- Address: Outreach360 | 6611 W Robert E Lee Street | Glendale, AZ 85308
- You will receive a tax deductible receipt via email that you should attach with your documentation.

If you have any further questions about the matching gift program, please email: **donor@outreach360.org**

Medical Precautions

Although there are no required vaccinations to visit the Dominican Republic, people often ask us what they need to do to prepare medically to volunteer with Outreach360. There are two general approaches that people, including travel physicians, often use:

1. **"Protect me against anything that might affect me."** This is the most conservative approach, and involves the most vaccinations and medicines. This is usually the approach taken by the Centers for Disease Control and Prevention (CDC).
2. **"I don't want to take any powerful medicines unless I absolutely have to."** This approach involves more of a focus on actively preventing the disease during your time in the Dominican Republic.

The issues encountered in the Dominican Republic are similar and include:

Tetanus

We strongly recommend that your tetanus booster is up to date in volunteering in both countries.

Malaria

Malaria exists in both the Dominican Republic where we work. Per the CDC, ways to prevent malaria include the following:

- Taking a prescription antimalarial drug.
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites.
- Sleeping in air-conditioned or well-screened rooms or using bed nets.

We estimate that 50% of the volunteers who join Outreach360 take malaria medication. As far as we know, no Outreach360 volunteers have contracted malaria during their time with us. We encourage people to use mosquito repellent, especially in the early morning and evening hours. We do provide window screens, mosquito nets, or both.

If you decide to take an antimalarial drug for your trip to the Dominican Republic, **Atovaquone/ proguanil, chloroquine, doxycycline, or mefloquine** are equal options for preventing malaria.

Hepatitis A

Hepatitis A can be contracted from contaminated food and water. Because we use all bottled water in food preparation, dishes are washed in chlorinated water, and our own cooks are preparing the meals, we feel the risk for Hepatitis A is relatively small. That said, Hepatitis A can be contracted anywhere, and getting the vaccination is probably a wise idea not just for this trip but for the long term benefits of having the vaccination.

Typhoid

Typhoid is most often acquired through the consumption of contaminated food or water. Because the meals you are eating have been prepared in Outreach360 kitchens using bottled water, we believe the risk is minimal. We do not know of any case of a volunteer contracting typhoid during their time with us. Per the CDC website:

- CDC recommends typhoid vaccine for travelers to areas where there is a recognized increased risk of exposure to S. Typhi.
- The typhoid vaccines currently available do not offer protection against S. Paratyphi infection.
- Travelers should be reminded that typhoid immunization is not 100% effective, and typhoid fever could still occur.
- Two typhoid vaccines are currently available in the United States.
 - Oral live, attenuated vaccine (Vivotif vaccine, manufactured from the Ty21a strain of S.Typhi by Crucell/Berna) (Updated July 27, 2009)
 - Vi capsular polysaccharide vaccine (ViCPS) (Typhim Vi, manufactured by sanofi pasteur) for intramuscular use
- Both vaccines protect 50%–80% of recipients.

CDC Information

Please review the CDC country specific sites for full and complete information regarding prevention:

<http://wwwnc.cdc.gov/travel/destinations/dominican-republic.aspx>

Insurance Coverage

Travel medical insurance is provided for each volunteer by Outreach360. Enrollment is automatic; we will use the information you provided on your registration form to purchase your insurance.

The insurance is purchased from IMG (www.imglobal.com). In summary, the plan provides up to \$1,000,000 in medical benefits. The deductible is \$100, and is the responsibility of each volunteer.

In addition to medical benefits, the coverage also includes Emergency Evacuation, Emergency Reunion, Return of Mortal Remains, Political Evacuation, Common Carrier Accidental Death, Accidental Death and Dismemberment, Identity Theft Assistance, Trip Interruption, and Lost Luggage.

A key feature of this insurance is a six month benefit period. If something happens to you in the Dominican Republic or Nicaragua and you receive treatment there, you are eligible for up to six months of follow-up treatment when you get back home.

Schedule of Benefits and Description of Benefits: <http://www.files.outreach360.org/img01.pdf>

Please e-mail us if you have questions, or would like to see the official Certificate of Insurance.

Guidelines

Below is a sample waiver from the registration form that all volunteers agree to before submitting their registration. If you have any questions about the information below, please feel free to contact us.

Section 1: Considerations When Volunteering with Outreach360

Living Rules and Guidelines

Reputation is very important in the areas where we are working. A good reputation takes a long time to acquire, and can be quickly lost. **We are committed** that our volunteers have the reputation similar to that of a local professional teacher, an American Peace Corps volunteer, or a missionary would have. People's actions and people's dress are very important in the areas we are working, more so than in the United States or Canada. In addition, every international non-profit working in-country needs to have an in-country "sponsor" - it's the culture and custom.

So, to make sure that you/we maintain the respect of the community and the orphanage, Outreach360 has rules against drinking alcoholic beverages, smoking, dancing, etc. No hand holding, no public displays of affection, etc. Volunteer relations with each other should not be an issue; our focus is on the children. If possible, we request that piercings and tattoos be minimized, covered, etc. And the dress code is very modest--no shorts or tank tops for the women, for example. Men should wear long pants in the schools and health clinics. As a guest, we will be responsible for fitting into the community culture, rather than expecting them to be tolerant of ours.

Safety and Health

Your safety and health when volunteering with Outreach360 is our number one priority. We therefore have put in place a number of guidelines meant to keep you safe and healthy when working with us.

Program Structure

Outreach360 is a very structured volunteer program. A schedule is set each day, volunteers work together, travel together, etc. You will see and do a lot during your time with Outreach360. But for both program and safety reasons, you won't have the ability to wander around town or wander around the country on your own. All travel and activities will be done as part of a group.

Physical and Emotional Health

You need to be mentally and physically healthy and ready for this trip. The heat, new surroundings, new food, new sleeping arrangements, and active schedule can be physically draining. Being away from home, in a poverty area, working with poor children can be mentally draining. There is no heavy physical work or lifting required. If you have any questions about your physical or emotional readiness for this trip, please contact us.

Flexibility

You need to be "Gumby" on this trip. Not Gumby when you want to be or are willing to be, but Gumby all the time. This is not a staged, choreographed event you are signing up for. It is not a tour. This is a real life, multi-cultural trip to a developing country. We can best describe it as sort of a combination Peace Corps and Outward Bound experience. You need to be prepared for surprises, both negative and positive. The power might go out for two days, meaning the pumps can't pump water, meaning you don't have shower water. (We'll always have bottled drinking water.) The bus might break down, and we might have to sit on the side of the road for four hours while it gets fixed. You might be planning on teaching English, and we have a big rainstorm and we end up working to clean up the water and mud for two days. If any of these things would cause a big upset for you, you should not sign-up for this trip.

Homesickness

On this trip, you will be meeting a lot of new people, you'll be in a very different environment, you'll be in a new culture, etc. Although we do a lot to make the transition easy and the facilities comfortable, you will still be in a strange place a long way from home. If you have a history of homesickness, or if it's your first time away from home, you need to think twice about doing this trip. At a minimum, you need to be make sure that you are mentally and emotionally prepared and ready for this trip.

Religious/Lifestyle Issues

Our Outreach360 sponsors in-country are often conservative Christian orphanages. However, unless you are specifically signing up for a Christian volunteer program (usually available during the summer) there will not be a religious focus to the trip. We are committed that volunteers of all faiths will be comfortable volunteering at the orphanage. Religion should not be an issue. Volunteers will be invited to attend church with the kids, and experience that part of the children's lives. Christians will be able to hold a bible study during non-work

hours. Non-religious volunteers will not be evangelized to, and not be pressured on religion. We will be respectful and accommodating of all volunteers' religious beliefs and convictions.

Section 2: Volunteer Rules and Guidelines - Safety, Health, and Community Respect

Outreach360 has two significant priorities regarding volunteer actions: 1) That each volunteer stays safe and healthy, and 2) That volunteers maintain and enhance the positive reputation Outreach360 has in the communities where we work. We therefore have a very structured program, with a number of guidelines designed to maintain the safety, health, and respect of our volunteers and program.

During my time with Outreach360:

- I will not smoke.
- I will not drink alcoholic beverages.
- I will not spend time at a discoteque (bar), nor dance.
- I will not swear.
- I will not use recreational drugs.
- I will not be involved in romantic public displays of affection.
- I will respect the quiet time of 10:00 P.M.
- I will not drive a motorized vehicle.
- I will not ride on a motorcycle.
- I will not give gifts or pesos directly to the children or people in the community without the involvement of my Outreach360 Team Leader.
- I will abide by the Outreach360 dress code.
- I will follow the instructions of the Outreach360 Team Leader.
- **I understand that Outreach360 has a zero tolerance policy toward volunteers drinking, dancing, being at a discoteque (bar), and being outside the Outreach360 living facilities. If I violate one of these rules I will be asked to leave the program, pay for my own transportation to the airport and back home, and any additional expenses involved.**
- I understand that violation of any of the other rules listed above could also result in my being asked to leave the program, at the discretion of the Outreach360 Team Leader

Section 3: Fund-Raising Understanding

The funds that volunteers raise to participate on an Outreach360 trip are primarily used to provide orphanage basic necessities, and to provide educational opportunities to children at the orphanage and in the community. These yearly funds are critical to the success and operation of the orphanage and our educational programs. If these funds were interrupted for any reason, the future of our programs would be in doubt. Therefore, if you or your group are unable to participate on your trip for any reason (sickness, airline strike, hurricane, etc.), we request that you donate your funds outright, or credit them toward a future trip with Outreach360 taken within the next 12 months.

I understand that the primary use of these funds is to benefit the orphanage and community by providing basic necessities and educational opportunities. If I am unable to participate on this trip for reasons within my control or outside my control, the *funds will not be refunded*. They will, at my choice, either be donated outright, or be credited toward a future trip I decide to take with Outreach360 within the next 12 months.

I understand the funds I donate and raise are for this trip only, and extra funds raised will not be credited toward a future trip with Outreach360 unless I cancel from this trip and sign up for a future trip. The future trip needs to be completed within the next 12 months for my funds to transfer.

I understand that funds I raise or donate can not be transferred to another volunteer or team.

I understand that the total program donation is due 30 days prior to the trip.

Donations to Outreach360 are tax deductible and thus are non-refundable. They are not creditable toward airline expenses. If you raise more than the minimum program donation, the additional funds will be used to fund important Outreach360 programs. Thank you for your support!

Section 4: Logistics Understanding

- Air travel is the responsibility of each volunteer.
- I understand that all Outreach360 trips, unless agreed to otherwise, begin on a Saturday and end on a Saturday. I will plan to arrive and depart on Saturday.
- I understand that ground transportation between the airport and the Outreach360 location is included in the trip program donation, if I arrive and depart between 8:00 a.m. and 10:00 p.m.
- I agree to allow Outreach360 to arrange my transportation for me. For safety and liability reasons I will not be permitted to arrange my own transportation between the Outreach360 site and the airport
- I understand that if I arrive or depart the airport between 10:00 p.m. and 8:00 a.m., there will be an additional ground transportation charge.
- **Travel to Dominican Republic:** I understand that if I arrive or depart from an airport other than the Santiago airport, there will be an additional ground transportation charge.
- **Travel to Nicaragua:** I understand that if I arrive or depart from an airport other than the Managua airport, there will be an additional ground transportation charge.

Section 5: Photo Release

Outreach360 has my permission to use my photograph, video and audio recordings, likeness, artwork, profile and/or story in future publications, web pages and other promotional materials produced, used by and representing Outreach360. I understand the circulation of the materials could be worldwide and that there will be no compensation to me for this.

Dress Code

Women - Professional Dominican women dress very modestly. Wear skirts or pants or capris below the knee. NO SHORTS, spandex type pants, skinny jeans, tank tops, or sleeveless dresses. Long shorts to the knee or below can only be worn while running before breakfast, or to wear over your swimsuit if you go to the beach with the kids. A one piece swimsuit always. Or you can wear a two piece with a tank top or tee-shirt. If you plan to go to church, bring a long dress or long skirt and blouse. Bring a pair of closed toe shoes.

Guys - bring long pants for working in the schools or health clinics. If you plan to go to church, bring long pants and a nice polo or dress shirt. Bring a pair of closed toe shoes. You may wear shorts during times you are not working in schools or health clinics, church or formal/professional gatherings.

Tattoos and Jewelry - The areas in the Dominican Republic where we work are old country, conservative areas. And we also work with conservative religious orphanages. Reputation in the areas where we work is very important. We want our volunteers to be respected as an American Peace Corps worker or local school teacher would be. Therefore, we ask that you cover any tattoos if possible, and minimize the visibility of any piercings, and minimize jewelry. We request especially that guys minimize the visibility of earrings. We thank you for going out of your way to respect the local culture in which we are working.

Dominican Republic Culture Lesson/Outreach360 Dress Code

Outreach360 has a seemingly strict and inflexible dress code. It seems contradictory to the “be flexible, fun, Caribbean, alternative break” environment we are in. Why? There are several cultural reasons that merge together that have created the Outreach360 dress code.

#1—We are Committed that our Volunteers are Respected Similar to how Local Teachers or American Peace Corps Workers are Respected

Dress is very important to Dominicans, much like it was in the U.S. and Canada way back in the 50’s and 60’s—when men regularly wore a suit and tie, and women dressed up to go to the market. Professionals dress very modest and proper—long pants, long sleeve shirts, collars, long skirts, etc. If they go to the bank, they dress up. If they go to a party, they dress up. Children will often attend our summer camps dressed in their Sunday best.

In contrast, Americans and Canadians tend to dress “sloppy” —shorts, tee-shirts, tank tops, etc. Partly because that’s our culture, partly because most Americans and Canadians in the Dominican Republic are on a vacation. Regardless, compared to the higher standard of dress shown by the Dominicans, we appear sloppily dressed.

We haven’t attempted to address the casualness of our dress—we aren’t going to ask our volunteers to wear collared shirts, shined shoes, etc. That’s too much to ask! But we are expecting our volunteers to dress more modestly—no shorts, no tank tops, etc. That simple step goes a long way in having Dominicans view our volunteers not as beach vacationers, but as professionals here to teach and make a difference. Much like a local teacher or American Peace Corps worker.

#2—We are Committed that our American Female Volunteers are Respected

Women have a few additional challenges in the countries where we work that our male volunteers do not:

Nicaragua is a more male dominated societies. Professional women are more of a rarity here than they are in the states and provinces. They have to work hard to earn and keep the respect of others; the same is true of American and Canadian women working in the country. A modest dress is one way of keeping that respect.

Shorts—a woman’s thigh is considered a very sensually intimate area; much more so than the states or provinces.

Hollywood reputation—for much of the world, their view of American women is based on what they see on TV and in

the movies—which often portray American women as promiscuous or in a sexual context. Dressing more modestly helps to fight this stereotype.

#3 - Our Sponsors Believe in Conservative Dress

Culturally, international people can not work in the Dominican Republic without a local “sponsor”. For example, it’s almost impossible for an American to get a local bank account without a local sponsor for it. As a highly visible organization, it’s necessary that Outreach360 also have a sponsor.

Common Questions/Answers:

Why is Outreach360 so concerned about being respected in the community? Because of the strong reputation Outreach360 has developed in the areas where we work, doors are opened to us that are quite unique—being able to teach in local schools, being able to be involved in the health system, etc. This wouldn’t be possible without maintaining a high level of respect in the community. And without the respect of the community, an individual volunteer would not be effective in the classroom.

Why can’t I wear long shorts that cover my knees? We have tried to be flexible in the past to meet various volunteer’s requests and exceptions. Unfortunately, with over 3000 volunteers working with us each year, we were spending an extreme and inordinate amount of time being “fashion police” and fashion counselors. “Are these shorts long enough?” “Are these shorts professional enough?” “These board shorts are as long as capris; can I wear them?” “How come she can wear those shorts, but I can’t wear these shorts?”, etc. etc. etc. We aren’t willing to spend our time doing that; there is too much work to be done. So, no shorts.

Why do you allow volunteers to run in basketball shorts before breakfast or dinner?

We often have volunteers join us who are regular runners, perhaps training for 10K’s or marathons, or members of a cross country team. It seems that in this case, there is a real need and justification to have the flexibility and comfort needed when running that only shorts can provide.

What about when we are playing basketball, or going for a hike?

Just like making exceptions for different types of shorts, there are numerous situations where it might seem justifiable to wear shorts. We have made the decision that shorts are only worn when running before breakfast or dinner, and with the kids at the beach.

Why the Restriction on Two-Piece Bathing Suits?

American and Canadian women draw a lot of attention at the beach, especially when wearing a bikini. To the point that it has caused some very uncomfortable situations for our volunteers in the past. Taking the small step to requiring a one piece suit has significantly improved the situation.

Do I have to wear shorts at the beach over my swimsuit?

Only when we take the kids to the beach, for modesty reasons. When it’s volunteers only at the beach, you do not need to wear shorts over your swimsuit.

I didn’t know about the Outreach360 dress code!

We work hard to communicate the dress code to each volunteer. Typically, each volunteer receives several reminders to review the Volunteer Guide prior to the trip. And we send a copy of the Volunteer Guide Summary, including dress code, to each volunteer along with their Outreach360 shirt. There should be no surprises.

Thank you for your patience with our dress code. Remember that we have volunteers working with us for months and even years at a time; they live with this dress code continuously. We hope that adapting to it for a shorter period of time will not be that challenging. We believe it will improve your volunteer experience significantly.

Locations/Facilities

Note: Locations are not determined until 30 days prior to your trip. You should sign up for your trip prepared to volunteer at any of our locations.

Dominican Republic

Located between Cuba and Puerto Rico, the Dominican Republic shares the island of Hispaniola with Haiti. The Dominican Republic is a very safe and friendly country, with many Dominicans having family living in the States. A representative democracy has been in place since the 1960's. Baseball is the national sport, with many Dominicans playing in the major leagues. The country is very poor, especially along the "frontera", the area along the Haiti border. The major industries include tourism, agriculture especially the sugar crop, mining and manufacturing.

Monte Cristi

Monte Cristi is a sleepy town of about 20,000 residents located on the northwest coast of the Dominican Republic. It was founded in the 16th century, and enjoyed a period of prosperity at the turn of the 19th century when Europeans exported mahogany and agricultural products. Today, its' salt flats produce a large amount of salt for Morton Salt, some fishermen make a living fishing, and there is a nearby melon and banana industry. Monte Cristi is home to a beautiful national park beach, El Moro.

Monte Cristi Community Center

In the spring of 2007, Outreach360 purchased a building in Monte Cristi, and converted it into housing for Outreach360 volunteers. In addition to housing about 50 volunteers, the building has a full-function kitchen and dining room. The community center is located across the street from a wonderful Monte Cristi city park. Outreach360 has also purchased a house across the street from the community center, capable of housing 30 additional volunteers. There is additional volunteer sleeping space available for volunteers in Monte Cristi if needed.

On the other side of the park from the Community Center, Outreach360 has leased classroom space for teaching English to 7th and 8th graders. Outreach360 volunteers also teach English, literacy, and public health in local schools and in learning camps. Volunteers teach in Monte Cristi, nearby communities, and the banana bateyes.

Mailing Address:

Outreach360
Calle Sanchez #68
Esquina Colon
Monte Cristi, Dominican Republic

Jaibon

Jaibon is located half way between the Santiago airport and Monte Cristi. It is about an hour drive from the Santiago airport. The town is rural with many needs in the community.

Centro para la Ninez

The Jaibon orphanage is located between the towns of Jaibon and Laguna Salada. 20+ boys live at the orphanage in Jaibon. The orphanage feels much like a farm with 28 acres of land in total; there are many opportunities for agricultural projects. There is a school on-site that conducts class for nearly 500 children in the community. The Jaibon orphanage has a basketball court.

Mailing Address:

Centro para la Ninez
Autopista entre Jaibon y Laguna Salada
Jaibon, Dominican Republic

Jaibon Orphanage

You'll be sleeping and eating at the orphanage. Outreach360 has constructed good, comfortable, rustic summer camp type accommodations for volunteers. You'll be sleeping on a bunk bed in a large bunk house dormitory, cement and block construction with screened windows. During busy times, you might be staying in large stand-up Coleman tents, complete with the same twin mattresses used in the dormitories. You'll be using modern bathrooms, complete with running water, toilets, and showers. But no hot water. We have an excellent, well-trained Dominican cooks preparing our meals. You'll probably gain some weight during your stay! We use bottled water for drinking and cooking.

Community Center - Monte Cristi

The Community Center in Monte Cristi is a former hotel. Volunteers staying here may be staying in former hotel rooms, or on the fourth floor in "ramada style" sleeping. Volunteers may also be staying across the street in an Outreach360 house. All volunteers will eat together at the community center.

Special Dietary Needs

Please note that we will try our best to accommodate any special dietary needs. Please find a list of common menu items served below so that you may make plans accordingly followed by ways we handle specific special dietary needs.

Common menu items with Outreach360

Breakfast:

- Oatmeal (with milk and white sugar)
- Hot cornmeal cereal (with milk and white sugar)
- French toast (with wheat bread, eggs and milk)
- Cereal (primarily cornflakes and we may have other kinds that come down through volunteer donations)
- Milk
- Pancakes (with flour, eggs and milk)
- Scrambled eggs (with milk)
- Scrambled eggs (with milk, tomatoes, onions and peppers)
- Hard boiled eggs
- Toast (often the wheat bread we buy does not have an ingredient list – may contain eggs and milk)
- Bread (often the wheat bread we buy does not have an ingredient list – may contain eggs and milk)
- Hatuey Crackers (made with wheat flour but no milk or eggs)
- Peanut butter
- Jelly
- Coffee
- Fruit
- Juice Mix (Iced Tea, Lemonade, Tang or Kool-Aid Fruit Punch (contains red dye))

Lunch:

- Rice
- Stewed Beans
- Green pigeon peas
- Rice with beans, green pigeon peas
- Chicken
- Beef
- Tuna
- Fried eggplant (with wheat flour, eggs and milk)
- Fried yucca (with wheat flour, eggs and milk)
- Cornmeal fritters (with cornmeal, eggs and milk)
- Oatmeal fritters (with eggs and milk)
- Fried green banana
- Fried green plantain
- Fried sweet plantain
- Cut up fresh vegetables
- Boiled vegetables
- Bread (often the wheat bread we buy does not have an ingredient list – may contain eggs and milk)
- Hatuey Crackers (made with wheat flour but no milk or eggs)
- Peanut butter
- Jelly
- Juice Mix (Tang & Koolaid Fruit Punch (contains red dye))

Dinner:

- Mashed potatoes (with margarine and milk – however, we would be happy to prepare you a plain portion – speak with your Outreach360 Team Leader at the beginning of the week)
- Pork chops
- Ham

- Tuna
- Spaghetti, macaroni
- Tuna pasta salad (with mayonnaise – milk/eggs – we would be happy to prepare you a plain portion)
- Vegetable pasta salad (with mayonnaise – milk/eggs - we would be happy to prepare you a plain portion)
- Tortillas (with wheat flour and may contain milk and eggs)
- Chicken
- Stewed cabbage
- Black beans
- Baked macaroni and cheese
- Stewed spaghetti with vegetables (may contain dairy)
- Rice with vegetables
- Fried green plantains
- Chicken stew
- Vegetable stew
- Cheese
- Fruit
- Corn
- Stewed vegetables
- Bread (often the wheat bread we buy does not have an ingredient list – may contain eggs and milk)
- Hatuey Crackers (made with wheat flour but no milk or eggs)
- Peanut butter
- Jelly
- Juice Mix (Tang & Koolaid Fruit Punch (contains red dye)

Peanut/Nut Allergy:

We do not use any nuts or peanut oil in our prepared dishes however, peanut butter is available at every meal and volunteers often bring down peanuts/nuts as a personal snack. Snacks containing peanuts are available for sale in our Volunteer Snack Store. Should you have a severe allergy and are concerned about peanut residue on our plates/cups/silverware feel free to bring down your own set that you may hand wash in our sink.

Lactose Intolerant/No dairy:

You may bring your own soy or rice milk. You may label this and store it in our fridge. We suggest you bring some instant dairy free cereals since a lot of our breakfast foods contain dairy. We can have hot water made available for you. – Coordinate on-site upon arrival with your Outreach360 Team Leader. We can save a lunch portion with rice for you on nights that there will be dairy in the main supper dish (baked macaroni and cheese etc.). – Coordinate on-site upon arrival with your Outreach360 Team Leader. We can prepare a mashed potato portion for you without dairy. – Coordinate on-site upon arrival with your Outreach360 Team Leader. We can prepare tuna pasta salad or vegetable pasta salad for you without mayonnaise. – Coordinate on-site upon arrival with your Outreach360 Team Leader.

Wheat/Gluten allergy:

We suggest you bring your own instant wheat/gluten free cereals – we can have hot water made available for you. – Coordinate on-site upon arrival with your Outreach360 Team Leader.

There is a natural baked bread/cracked made only with yucca, called cassava. We can have this made available for you as a bread alternative. – Coordinate on-site upon arrival with your Outreach360 Team Leader.

We can save a lunch portion with rice for you on nights that there will be wheat in the main supper dish (baked macaroni and cheese etc.). – Coordinate on-site upon arrival with your Outreach360 Team Leader.

Hypoglycemia/Low iron:

We serve three meals a day and crackers are provided through the day/night. We recommend you bring some suitable snacks to have throughout the day.

Egg Allergy:

Since many of our foods may contain eggs, it is important to bring supplementary food such as instant breakfast cereal. We can have hot water made available for you.

We can save a lunch portion with rice for you on nights that there will be eggs in the main supper dish (spaghetti, macaroni, pasta salad). – Coordinate on-site upon arrival with your Outreach360 Team Leader.

There is a natural baked bread/cracked made only with yucca, called cassava. We can have this made available for you as a bread alternative. – Coordinate on-site upon arrival with your Outreach360 Team Leader.

Day/Week Schedule

The best way to prepare for the trip is to thoroughly read this Volunteer Guide and do what it says, to arrive at the airport with an open heart and mind, be flexible to adapt to what comes at you, be creative to use all your skills and talents, and be cheerful to be there. As volunteers, we often want to do extensive planning and preparation to get ready for the trip, so we can maximize our usefulness and effectiveness during the week. So we can make sure to make a difference.

It is really not necessary to do a lot of preparation for your trip. You have such a huge reservoir of talent, skills, and experience within you to draw on when you arrive in country. You'll be ready.

When you become so focused on what you can do to make a difference, you are likely to miss out on a lot of the trip. Dominicans and Nicaraguans live more day to day, in the present. They are more into "being" , not "doing." In our ten principles, we call it "This is it." It's a great gift the locals can give you, if you are willing to accept it.

When we are so committed to our planning and preparing and doing, it's almost impossible to be receptive to this gift.

Dale Johnson, one of our former Team Leaders, says it this way:

I believe what we offer is a lesson in how to adapt to a third world environment in which time, space, expectations are radically different from they world our volunteers know. This does not mean that they should not be prepared. What they must be prepared to do, though, is give up their reliance on preparation once they get here. The whole point of coming to a place like this is to become vulnerable to a new experience and alive to new possibilities and strengths they discover within them. There would be nothing worse than a person coming here with a lesson plan in hand and an exact methodology. If carried out, the person would have only taught the lesson plan and not the child. He would have only practiced what he already knew and never discovered something new.

Every volunteer who has come here and gotten the most out of the experience has been well prepared, but most of the time the joy of the experience has not occurred in their prepared activity. It has happened in the least likely moment, in the most obscure place. The only thing to prepare on a trip like this is your heart. So, I invite you to relax a little in regards to preparation for the trip. At the same time, be prepared to share your skills and talents and interests with the kids. If you're a musician, bring an instrument or a song you'd like to teach the kids (English or Spanish). If you juggle, be ready to teach the kids. If you hackeysack, bring some extras so you can teach. If you're an artist, think of some projects you might do with the kids. If you love science, bring a science photo book to share with the kids, or bring some ideas for small science experiments. If you know judo, be prepared to lead some judo classes with the kids. Let me know if you have any questions about this. If you don't do any of those types of things, relax.

Weekly/Daily Schedule

There is no typical weekly or daily schedule. Some volunteer teams are large, some are small. Sometimes the kids are in school, sometimes they aren't. Sometimes the weather is dry and hot, sometimes it's cool and rainy.

That said, you might expect a normal volunteer week to consist of travel on Saturday to the orphanage, Sunday is orientation and prep day, Monday-Thursday are work days, Friday is usually a day for a volunteer field trip to see some culture, some history, and perhaps the beach. And most volunteers travel home on Saturday.

And you might expect a daily work schedule to consist of:

- 7:00-8:00: Breakfast
- 8:00-9:00: Announcements/Prep Time
- 9:00-12:00: Tutoring/Teaching
- 12:00-1:00: Lunch
- 1:00-2:00: Prep Time/Flex Time/Recreation
- 2:00-5:00: Tutoring/Teaching
- 5:00-6:00: Free Time
- 6:00-7:00: Dinner
- 7:00-9:00: Kid's Movie/Art/Games/Church
- 9:00-10:00: Free Time
- 10:00: Quiet Time

Travel Details

Air travel to the Dominican Republic is the responsibility of each volunteer. Several major airlines fly into Santiago from the U.S. and Canada, usually with convenient schedules and competitive prices.

We ask you to fly in and out of the Santiago (**NOT Santo Domingo**) Airport on the arriving and departing Saturdays of your trip. Ground transportation is included in your program donation for flights scheduled to arrive and depart Saturday between 8:00 a.m. and 10:00 p.m. We request that you arrive and depart between these hours to avoid night time ground transportation in the Dominican Republic.

Arrivals:

If your flight is scheduled to arrive to Santiago before 8:00 a.m. or after 10:00 p.m., we encourage you to make a hotel reservation as soon as possible at the Hodelpa Garden Court close to the Santiago airport:

http://www.hodelpa.com/garden_court.php

The hotel is very clean and comfortable. You'll appreciate getting a good rest that night, versus driving the 2-3 hours to your volunteer location. The hotel offers a free shuttle from and to the airport. We will pick you up at the airport in the morning, and will coordinate with you prior to your trip with an exact time.

Another option is to wait at the airport from the time your flight arrives until we are able to pick you up in the morning.

If you do need to arrive between 10:00 P.M. and 8:00 A.M., we encourage you to arrive on Saturday night/Sunday morning, rather than Friday night/Saturday morning.

Departures:

If your flight is scheduled to depart Santiago before 8:00 A.M. or after 10:00 P.M., we encourage you to make a hotel reservation as soon as possible at the Hodelpa Garden Court, close to the Santiago airport:

http://www.hodelpa.com/garden_court.php

The hotel is very clean and comfortable. You'll appreciate getting a good rest that night. The hotel offers a free shuttle to the airport.

Another option is to wait at the airport from the time we drop you off until your flight departs.

If you do need to depart between 10:00 P.M. and 8:00 A.M., we encourage you to depart on Friday Night/Saturday morning, rather than Saturday night/Sunday morning.

Program Start and End Dates

Outreach360 programs run Saturday to Saturday for our Dominican Republic program. We request that you arrive and depart on the Saturdays of your trip, with your flight scheduled to arrive and depart the Santiago (STI) airport between 8:00 a.m. and 10:00 p.m. **This schedule provides our volunteers the best possible volunteer experience, and is optimum for the transportation and other logistical efficiencies of Outreach360 which helps us keep the program donation low.** Ground transportation from the Santiago airport to the volunteer location and back is included in the minimum program donation for those volunteers able to meet this schedule.

However, we also know that this schedule is not always possible for our individual volunteers and volunteer teams. If you need to arrive on Friday or earlier, or depart Sunday or later, you should plan on the following impact to your program donation and transportation costs:

Arriving a day or more early (Friday or earlier)

The minimum program donation will be increased by \$50/person/day, up to three additional days. For more than 3 additional days, the program donation for an additional week applies. There will be added ground transportation costs (see below). This additional cost is applied even if the total stay is the normal 7 nights. Please contact us if you have a unique situation.

Departing a day or more late (Sunday or later)

The minimum program donation will be increased by \$50/person/day, up to three additional days. For more than 3 additional days, the program donation for an additional week applies. There will be added ground transportation costs (see below). This additional cost is applied even if the total stay is the normal 7 nights. Please contact us if you have a unique situation.

Transportation Fees

Ground transportation is included in the program donation for those volunteers arriving and departing the Dominican Republic on the Saturdays of their trip between the hours of 8am and 10pm to the Santiago (STI) airport. For those who are unable to meet those requirements, we will still arrange reliable transportation for you, but there may be additional transportation fees. A taxi will be between \$150; and for teams, a bus that holds 15-20 volunteers will be \$300/bus (one way), and \$600/bus (one way) from Santo Domingo.

Teams and Team Leaders (receivers of the group scholarship)

Ground Transportation is provided for your team when it arrives and departs on the same flight, in and out of Santiago, between 8:00 a.m. and 10:00 p.m on the Saturdays of your trip. If any members of your team choose not to arrive or travel with the group, they may be responsible for their own ground transportation costs.

Note that we **do not** provide a continuous shuttle on Saturdays between 8:00 a.m. and 10:00 p.m. Transportation to and from the airport for any flights scheduled to arrive and depart between those hours is provided as part of your program donation; flights arriving and departing before and after those hours will have the additional ground transportation fees outlined above.

Arranging Flights/Sending Outreach360 Your Flight Information

All ticketing arrangements and funding are made directly between you and the airlines. Funds can not come to Outreach360, and then be sent back to you for ticket purchases.

You will need to submit your flight information to Outreach360 **30 days prior to the trip** to ensure a timely pick-up and drop off at the Santiago airport.

Your airline ticket is tax deductible (for U.S. tax payers) if the primary purpose of your trip is charitable work. Your ticket is your receipt; you will not receive a tax receipt from Outreach360 for your ticket.

Please do not purchase your ticket until you are confident you will have the minimum program donation in our office on the funds due date (30 days prior to your trip).

Flight Suggestions

American Airlines is the major airline into Santiago. Continental Airlines and Delta Airlines and Jet Blue also fly to Santiago, as do a number of charter airlines.

Puerto Plata/Santo Domingo Airports:

Individuals

If you choose to fly into the Puerto Plata or Santo Domingo airport, you will be responsible for taxi transportation to our facilities. The taxi cost from and to Puerto Plata is about \$200 each way; it is about \$300 each way to and from Santo Domingo.

Groups of 10 or more

If you choose to fly into Puerto Plata or Santo Domingo, we can arrange for a bus to pick you up and take you back. It will take 5-6 hours from the airport to the orphanage from Santo Domingo and 3-4 hours from Puerto Plata, compared to 2-3 hours from Santiago to the our facilities. **The additional cost of the bus from Santo Domingo is \$600 each way, and \$300 from Puerto Plata.** A bus can serve about 15-18 people with full luggage from the airport to our facilities, and perhaps 20-22 people from our facilities back to the airport with less luggage.

Passports/Visas

You will need a valid passport to enter the Dominican Republic. An additional visa is not required for volunteers with a U.S. or Canadian passport. We suggest making two copies of your passport; put one copy in your suitcase separate from your original, and leave one copy at home with a friend or family member. If somehow you were to lose your identification in-country, having access to a copy would help the process greatly. If you are under 18 and not traveling with your parents, please complete the [Temporary Guardianship Form](#) and give it to the temporary legal guardian traveling with you.

Arriving at the Airport

Please wear your Outreach360 tee-shirt to the airport. It will help you identify other volunteers, and help them to identify you. Most of you will be traveling with other volunteers, at least from Miami or JFK. If not, just follow the directions below. You won't have any problems.

When you land in the Dominican Republic, exit the plane. Follow the crowd to the immigration desk. You'll need to purchase a tourist card for \$10 in U.S. funds. Do not stand in one of the long lines until you have purchased your tourist card, or you'll just have to go buy your card and then stand in line again.

You will then pick up your luggage, go through customs (they might inspect your luggage), and then go outside. Do not wait for a big group to congregate before going through customs; just grab your luggage and head out. We will be waiting outside with the bus ready to go to your volunteer location. Note: Please bring only suitcases, not boxes. Customs will often let you through without inspecting your suitcases, boxes are always inspected. If your luggage does not arrive, please make sure to report it to the airline inside the terminal, and get a claim slip from them.

When you exit the airport terminal, we'll be waiting for you with Outreach360 tee-shirts on. Baggage handlers will be asking to help you with your luggage. They can be quite assertive. We suggest, unless you really need help, to refuse their assistance unless you are willing to pay a tip of \$1-2 per bag. We'll collect in a group until all the volunteers are there. Please bring a water bottle with you, both for the trip and for your use at the volunteer site. Also, bring enough snacks to sustain you during your airline trip and bus trip to the orphanage. **Please tell your family not to expect a call home until 24 hours after your arrival.** You will be able to exchange money after you arrive to your volunteer site.

If flights are full and the airlines offer you a travel voucher to take a later flight (even the next day) and you are willing to donate your voucher to Outreach360, you are encouraged to accept the voucher. Call us, and let us know the new flight you will be arriving into the D.R. We will meet you at the airport on your new flight. Do not accept a flight into any airport other than the Santiago airport. Your travel vouchers are valuable, especially if a group of you gets bumped. Those funds can mean a great deal to the program. If you are not willing to donate your voucher, please do not accept the voucher.

Missed Flights

If you miss a flight and are not on the flight you are supposed to be on in getting to the Dominican Republic, please communicate by calling our number in Arizona: (602) 375-2900. Please leave a message, let us know your status, and when you will be arriving into the Dominican Republic (date/airport/flight #/arrival time). We will plan

to be at the airport when you arrive. Remember, please call our number in Arizona and leave a message if your travel does not happen as planned.

Lost Luggage

If the airline loses your luggage, you will need to report it by the luggage area. The airline attendants will speak English. The address (for all locations) is:

Outreach360
Calle Sanchez #68
Esquina Colon
Monte Cristi
Phone 829-342-6379

Remember to get a claim slip from the airline.

Personal Items to Bring

Casual clothing is well accepted, although you should avoid bringing clothing which may be viewed as "too revealing" from the Dominican and Pentecostal cultures.

Important—Special Cultural Issues regarding clothing for Women:

Respectable women in the Dominican Republic do not wear shorts in public. As a result, we require that female volunteers wear pants, crop pants or skirts that fall BELOW the knee. No shorts. Also, shoulders are to be covered. Therefore, tank tops/strappy tops are prohibited. We will provide tee-shirts to be worn for camp. Bras must be worn at all times. No see-through clothing is allowed. No spandex pants, no bare midriffs. Bring a one-piece bathing suit AND one pair of shorts (shorts are to be worn over your suit while in and out of the water) for any possible trips to the beach with the kids. If you plan to attend church—please bring a long skirt and blouse or dress. No bare shoulders.

Guys—You may be teaching in the classroom or attending church. We request that you bring at least one pair of pants (dockers/nice casual) to use during this time. If you plan to attend church, also bring a nice polo shirt or dress shirt.

Outreach360 will be sending you a tee-shirt to be worn during the day program. You will receive additional Outreach360 tee-shirts on-site to wear throughout the week. Even so, we encourage you to bring a couple of shirts, in case the power is out or the washing machine is broken and we can't wash all the Outreach360 tee-shirts.

You will not have an opportunity to wash items during the week, so make sure you bring sufficient underwear, socks, etc. for a full week. Volunteers staying more than one week will be able to wash clothes on the weekends.

We recommend bringing a firm pair of sandals and tennis shoes for daily footwear.

Please bring a pair of closed toed shoes.

Weather during the winter and spring can be chilly at night and even during the day, you should bring pants and a jacket. Even in the summer, a light sweater or windbreaker is good to have.

In addition, you may want to review the following list for more items to pack for you:

- Your passport.
- Mosquito repellent. Extra mosquito repellent.
- Sun screen.
- A flashlight with extra batteries.
- A personal water bottle.
- Twin sheets, a towel, an airline style blanket/throw, and washcloths. (Sheet and towels and blankets are optional, they are available on-site)
- Foam Ear plugs (The chickens and donkeys can be loud at night!)
- A camera, extra camera batteries and memory. Double the memory you think you will need.
- Work gloves
- Personal toiletry items, including soap, you may need. Instant hand sanitizer is helpful.
- Just in case—items for stomach issues—Pepto Bismol, immodium, etc.
- An extra pair of glasses or contacts, if you use them.
- A plastic garbage bag to store your dirty clothes.
- Guys—bring at least one pair of non-jean pants for working in the schools. If you plan to go to church, also bring a nice polo or dress shirt.
- Women - Professional Dominican and Nicaraguan women dress very modestly. Wear skirts or pants or capris at or below the knee. No shorts, tank tops, or sleeveless dresses. A one piece swimsuit. If you plan to go to church, bring a long dress or skirt and blouse.
- You will receive O360 tee-shirts to wear each day when you arrive in the D.R.

There is no need to bring electrical voltage converters/adapters; Dominican power is the same A/C power used in the United States and Canada.

Valuables - you will be able to store your passport, extra emergency cash, phone, and electronics in an Outreach360 safe or secure area for you to retrieve at the conclusion of your time with Outreach360. All other valuables that you bring should be kept with you at all times.

Phone - we ask that you put your phone away when you arrive to your Outreach360 location. You can store it in secure O360 facilities. You will have access to an O360 phone to call home when you arrive; multi-week volunteers will have limited access to O360 phones on the weekend.

Some airlines allow you to bring two large (up to 50 pounds) pieces of luggage to check in. You should confirm this with your airline. We request that you bring all personal essentials and one week of clothing in your carry-on, as it may take a week to return to the airport to pick up lost luggage. We request that you save as much space as possible in your two large suitcases for donated items.

Donations to Bring

Thank you for inquiring as to what donations you can bring with you. Below are a list of needed donations for the Dominican Republic.

If you are planning on involving people in your network to make a difference with you, we encourage you to invite them to be financial donors, as well as to donate supplies. Funds provide the most flexibility in meeting current needs.

Please remember that all donations need to be brought with you in your checked suitcase(s). Sending supplies to the Dominican Republic is expensive; the funds used to ship things could probably be better used in-country.

If you receive donations of supplies beyond what you can bring with you, we encourage you to prioritize your donations, and to donate the extra to a good local charity. Or conduct a yard sale, and convert the extra donations into needed cash. Of course you should let the people who donated supplies know if you are doing something other than bringing them with you on your trip.

Thank you!

Dominican Republic:

Jaibon Fall/Winter 2011 Priority Requests:

- D-Batteries
- Map of North America
- Guitar Strings

In General:

Food (highest priority)

- Pancake Mix
- Syrup
- Peanut Butter
- Jelly and Jam
- Tuna Fish
- Rice
- Parmesan Cheese
- Canned Vegetables: corn, black beans, green pigeon peas, green sweet peas, tomatoes & mushrooms
- Salsa

Household Items

- Dish soap
- scrubbing pads and brushes
- Deodorant
- batteries
- liquid hand soap
- hand sanitizer (large bottles with pump)
- HP PRINTER CARTRIDGES: HP 60XL Black, HP 60XL Tricolor, HP 21, HP 22, HP 54, HP 57 & HP 58
- Tape: DUCT & MASKING TAPE
- Lexmark Ink Cartridges: 105XL Black, 100 Cyan, 100 Magenta & 100 Yellow
- Padlocks: Combo or with keys
- Disposable Hairnets (for our kitchen staff)

Clothing and Shoes

- Tee-shirts
- One-piece swimsuits

- Girls dresses (for everyday and for church -- age 3-8)
- bras: 32B, 34A, 34B, 36A & 36B
- Dress Sandals (for female adult sizes 7-10)
- jeans (for boys age 8-17)
- Tennis shoes (for male adult sizes: 5,6,7,8,8.5,9,10.5)
- Sturdy sandals with velcro for boys and girls
- shorts (for boys only, age 3-17)
- Underwear for boys and girls all sizes
- Socks for boys and girls all sizes

Educational Needs

- Spanish Children's Books - Highest Priority
- Guitar Strings
- G or PG rated DVD's with Spanish language track
- Colored paper
- Copy paper
- Arts and Crafts Supplies
- Multi-lingual games
- Working notebook computers
- Whiteboard Markers & Whiteboard cleaner (spray)
- Notebooks: sturdy and bound (NO spiral)
- Nametags
- Friendship bracelet making (non-elastic) supplies
- LAMINATING FILM
- Bilingual Books for Children (Spanish-English)
- Lexmark Ink Cartridges: 105XL Black, 100 Cyan, 100 Magenta & 100 Yellow
- HP PRINTER CARTRIDGES: HP 60XL Black, HP 60XL Tricolor, HP 21, HP 22, HP 54, HP 57 & HP 58
- Super large children's books in Spanish to read aloud to a large group of kids

Sports and Recreation

- Volleyballs
- Kickballs
- Basketballs
- Basketball nets

Health Program

- Pepto Bismol & Immodium
- Adult Vitamins
- Children's Vitamins
- Hypertension medications like Atenolol, Nifedipina, Enalapril, Amlodipina, Furosemida
- Dermatology Creams
- Antiparasite Medications
- Cold Medications
- Eye Drops
- Antibiotics
- Anti Allergy Medications
- Asthma Medications
- Crutches
- Wheel Chairs
- Physical Therapy Equipment
- Dental Instruments
- General Medical and Dental Supplies
- Cough & Cold medicine
- Menthol rub (VICs)

Please do not bring the following:

- Coloring Crayons
- Jig-saw puzzles
- Stuffed animals
- Heavy sweaters
- Candy
- Gum
- Balloons
- Girls shorts and tank tops
- Jewelry
- Nail polish
- Paperclips
- 3 ring binders
- Non-bound spiral notebooks

Frequently Asked Questions

What recommendations do you have for clothing?

Respectable women in the Dominican Republic do not wear shorts in public. As a result, we require that volunteers wear pants, crop pants or skirts that fall BELOW the knee. Also, shoulders are to be covered. Therefore, tank tops/strappy tops are prohibited. We will provide tee-shirts to be worn for camp. Bras must be worn at all times. No see-through clothing is allowed. No spandex pants, no bare midriffs. Bring a one-piece bathing suit AND one pair of shorts (shorts are to be worn over your suit while in and out of the water) for any possible trips to the beach with the kids. If you plan to attend church—please bring a long skirt and blouse or dress. No bare shoulders.

Bring sandals, tennis shoes, plenty of underwear (there may be a time you'll sweat a little :-)). The environment will be dusty; we suggest not bringing new expensive tennis shoes or other expensive clothes. They will get dirty. If you are at the orphanage for more than a week, your laundry will be done. However, it will be mixed with other volunteers clothes, so colors may run, etc. Don't bring your best clothes.

Guys—bring a couple of pairs of Dockers or similar pants. If you plan to attend church, also bring a polo shirt or dress shirt. You'll receive Outreach360 tee-shirts in the D.R. or Nicaragua to wear.

Tattoos and Jewelry - The areas in the Dominican Republic where we work are old country, conservative areas.

Reputation in the areas where we work is very important. We want our volunteers to be respected as an American Peace Corps worker or local school teacher would be. Therefore, we ask that you cover any tattoos if possible, and minimize the visibility of any piercings, and minimize jewelry. We request especially that guys minimize the visibility of earrings. We thank you for going out of your way to respect the local culture in which we are working.

How much money should we bring?

We recommend bringing \$100 cash and an ATM card or credit card. You will need \$10 to enter the country and \$10 to exit the country. You may decide to buy snacks, sodas, ice cream, etc. You may need to buy personal toiletry items, film, insect repellent, etc. if you forget to bring them or don't bring enough. You will need cash to call home (about 40 cents a minute). We recommend an ATM card or credit card primarily in case the airlines have difficulty getting you to or from the Dominican Republic, and you need to rent a hotel room, etc.

Should I bring travelers checks?

No. They are difficult to exchange.

Will I have access to an ATM?

Do not plan on it.

Should I change money before leaving?

No, wait until you get to the Dominican Republic.

Many people are willing to donate lots of clothes and other items; how can we get those things to the Dominican Republic?

On some airlines, you can each bring two 50 pound suitcases on an international flight (check with yours). Shipping items to the Dominican Republic is very expensive. Suggestion - be straight with people who want to help and tell them the number one need at the orphanage is financial - for food, water, and other basic necessities. And tell them how much money you are committed to raise. And the 100 pounds you can bring down will be well used.

Should I bring sheets/towels?

If you have twin sheets and a towel that you are willing to donate, please bring them. If you don't, there will be sheets/towels available for you there.

Are we provided with a mosquito net when sleeping?

Yes.

Will I have access to e-mail?

Probably not. Do not plan on having access to E-mail. Volunteers who are staying for more than one week may have access during the week-end.

Will I have access to do Laundry?

There will only be access to a laundry on the weekends. One week volunteers should bring clothes sufficient for the entire week; longer term volunteers will have access to wash their clothes once/week. Your clothes will be mixed with other volunteers; don't bring your best clothes.

Helpful Spanish

Knowing Spanish is absolutely not required to fully enjoy your trip to the Dominican Republic and be effective. We have had people participate who had a great time, and did not know what the word gracias meant!

That being said, we do encourage you to learn a little bit of Spanish to communicate to some degree with the kids. If you have taken some Spanish classes, it's a good idea to brush up some before your trip. If you've never taken Spanish classes, we encourage you to look at a beginning Spanish book or listen to a beginning Spanish CD set. If you don't have the time or interest to do this, don't worry. You can communicate from the heart at least as effectively as from the mouth. Just be realistic with your expectations.

Below are some helpful Spanish words and phrases to learn:

Hello.	Hola.	Who?	Quién?
Yes.	Si.	Why?	Por qué?
No.	No.	What?	Qué?
Please.	Por favor.	How are you?	Cómo estás?
Thank you.	Gracias.	What's your name?	Cómo se llama?
You're welcome.	De nada.	My name is ...	Me llamo...
Good morning.	Buenos días.	How old are you?	Cuántos años tienes?
Good afternoon.	Buenas tardes.	Let's go!	Vamos!
Good night.	Buenas noches.	Quiet!	Silencio!
Good bye.	Adiós.	That's enough!	Suficiente!
See you later.	Hasta luego.	Look!	Mire!
Do you speak English?	Habla usted inglés?	Listen!	Escuche!
I don't speak Spanish.	No hablo español.	Wait!	Espera!
I understand.	Yo entiendo.	Blow your nose.	Limpie su nariz.
I don't understand.	Yo no entiendo.	Pick up the trash.	Recoja la basura.

What? What did you say?	Cómo? Qué dijo?	Don't pull my hair.	No jalen mi pelo.
Where is the bathroom?	Dónde está el baño?	Don't hit him!	No lo golpee!
Men/Women	Caballeros/Damas	I like that.	Me gusta esto.
Where?	Dónde?	Write it down.	Escribalo.
How much?	Cuánto?	Share.	Comparta.

Guide Summary Sheet

1. Be 2 Hours Early to the Airport
2. Find your passport now. Make sure it has not expired. If you do not have an American or Canadian passport, look here to see if there are any special [visa requirements](#) for your country:
http://www.godominicanrepublic.com/rd/index.php?option=com_content&view=article&id=57&Itemid=78&lang=en
3. This is NOT an American Express vacation. This is NOT a tour. This is a work trip to a developing country. Part of the fun is all the things that go wrong. Expect it. Enjoy it. Be flexible. Practice being “Gumby”.
4. Things to bring:
 - Your passport.
 - Mosquito repellent. Extra mosquito repellent.
 - Sun screen.
 - A flashlight with extra batteries.
 - A personal water bottle.
 - Suggestion - twin sheets, a towel, an airline style blanket/throw, and washcloths. (Sheet and towels and blankets are optional, they are available at the orphanage)
 - Foam Ear plugs (The chickens and donkeys and snorers can be loud at night!)
 - A camera and memory cards. Double the memory you think you will need.
 - Work gloves
 - Personal toiletry items, including soap, you may need. Instant hand sanitizer is helpful.
 - Just in case—items for stomach issues—Pepto Bismol, immodium, etc.
 - An extra pair of glasses or contacts, if you use them.
 - A pair of closed toed shoes.
 - A plastic garbage bag to store your dirty clothes for your trip home. OO does not provide them.
 - Guys—bring at least one pair of pants for working in the schools. If you plan to go to church, also bring a nice polo or dress shirt.
 - Women - Professional Dominican and Nicaraguan women dress very modestly. Wear skirts or pants or capris at or below the knee. **No shorts**, tank tops, or sleeveless dresses. Long shorts (at knee or below) can only be worn while running before breakfast, or over your swimsuit if you go to the beach with the kids. A one piece swimsuit always. If you plan to go to church, bring a long dress or skirt and blouse.
 - You will receive one OO tee-shirt prior to your trip to wear on your flight, and you'll receive additional OO shirts when you arrive in the D.R. You are asked to wear Outreach360 shirts each day; bringing one additional casual shirt and one nice shirt (for optional church) will be sufficient.
 - If you are under age 18 and not traveling with a parent, you will need be accompanied by a temporary legal guardian 21 years of age or older. Please complete the [Temporary Guardianship Form](#) (<http://www.files.outreach360.org/temporaryguardianship.pdf>) and give it to the temporary guardian traveling with you. A copy should be sent to us, and a copy kept with the legal guardian to show the airlines/immigration.

- There is no need to bring electrical voltage converters/adapters; Dominican and Nicaraguan power is the same A/C power used in the United States and Canada.
5. For those who may need to reach you in case of an emergency, have them leave a message on the Outreach360 machine (602) 375-2900. We will check messages daily. It is an Outreach360 requirement that you call someone at home with an "arrived safe" message. Please coordinate this in advance of your trip so your family knows who you are going to call. Please tell people NOT to expect a "Got there O. K." call from you until at least 24 hours after you arrive. Phone calls during the week will be limited to emergency calls only. We find that phone calls during the week can be a significant distraction from your work. If you are staying more than one week, you will be able to call home on the weekend. Phone cards will not work; plan on spending \$1 for a 3 minute call home. If you bring your own cell phone, you will be asked to put it away after your "Got there O. K. call home. You will have access to a phone if you have an emergency.
 6. Your housing, food, ground transportation, and insurance are covered through your donation. The amount of spending money you need will be minimal. You will need \$10 to enter the country and \$10 to exit the country. You will need money to make a phone call home, to buy an occasional soda, buy any miscellaneous personal items you may need, etc. Some volunteers have spent less than \$10 during a week. You will probably not have access to an ATM machine, unless you are with us for more than a week. Our suggestion is to bring \$100 in cash (not traveler's checks), and to not change money until you arrive.
 7. Your Outreach360 IMG medical insurance has a \$100 deductible; each volunteer is responsible for paying for any medical bills at the clinic, and for submitting their bills to IMG for reimbursement. Outreach360 can lend the funds to the volunteer if necessary.
 8. Most airlines allow you to bring two large (up to 50 pounds each) pieces of luggage to check in; confirm with your airline. Also check to see if there are any special luggage embargoes on your airline, i.e. no checked boxes. We request that you bring all personal essentials and one week of clothing in your carry-on, as it may take a week to return to the airport to pick up lost luggage.
 9. You will have access to a charging station for your camera; no special European-type electric adapters are needed.