

World Outreach Foundation DR Trip Orientation Packet

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1. Introduction

World Outreach Foundation (<https://www.worldoutreachfoundation.org/>) is proud to welcome you to this trip. World Outreach Foundation is dedicated to making a sustainable, long term and life changing difference in the lives of those without regular access to medical care through innovative provision of healthcare services.

One of the fundamental principles of our program is that every member of the team can make important contributions. It doesn't matter if you're a doctor with 30 years of experience, a Ph.D. with a plethora of publications, or a student who just finished introductory chemistry - your opinion is important. We want fresh eyes and new perspectives. Please don't be afraid to make suggestions or ask questions!

So...let's get started.

2. Before you Go

Medical Preparation

Medications: Bring extra dosages of your own medications. There are local stores, but you shouldn't assume they will have your medications.

Additional Information:

- We do not make medical recommendations regarding malaria. You should discuss your options with your doctor. Here's a link to the CDC information about Dominican travel:
<https://wwwnc.cdc.gov/travel/destinations/traveler/none/dominican-republic>.
 - If you are in the Boston area and have any questions, please contact Dennis Hynes (South Shore Hospital Travel Clinic: 781-340-8000).
 - If you have access to UHS, here is their travel page website:

Money

- Dominican pesos are the only acceptable currency in Constanza, but you can use dollars in Santo Domingo. The exchange rate is roughly 1 dollar/40 Dominican pesos. Here's a website with up to date information:
http://coinmill.com/DOP_USD.html#USD=1

You can change money at the airport. There are a number of ATMS in Constanza and Santo Domingo, but you should check with your bank to see if your card works in the DR. Since room and board are included, you will only need enough money for:

- Airport necessities (gum, etc.)
- Spending in Santo Domingo (including dinner in the big city)
- Adult beverages
- Presents for yourself/people back home

Clothing

- In January, the average temperature is 59 degrees. It rains infrequently, but vigorously, with cooler mornings and evenings. In May, the average temperature is 64 degrees. It rains frequently, and vigorously, with cool mornings and evenings. There is a checklist located on page 6 with clothing recommendations.

3. Logistics

Safety

- Constanza: We stay at a safe hotel (info listed below). You should always go out in groups and be very wary of the roads – there are aggressive drivers in the DR.
- Santo Domingo: Again, you should always go out in groups. According to Fodor's, "even though it's considerably safer in the tourist zones now, it's still a large metropolitan city, with higher crime rates than smaller towns." They basically said the same thing about Boston.

Accommodations

- Constanza: The Hotel Constanza (<http://www.hotelconstanza.net/>) is a hotel located near the center of the city. It is clean, secure, and convenient.
- Santo Domingo: The Hotel Palacio (<http://www.hotel-palacio.com/>) is a beautiful hotel located near the center of the capital.

Food & Water

- Dinner is provided by cooks in the local convent and breakfast is provided by Hotel Constanza. The food is delicious, well-prepared, and safe. It is highly recommended that you only consume food provided by Hotel Constanza or Sor Juana. We will provide bottled water. You can purchase other beverages at local shops. Lunch is not provided at the medical clinics, but we are bringing snacks.

Spanish

- The vast majority of the patients only speak Spanish. Peace Corps volunteers work as translators for us. Please do not be embarrassed if you are not fluent; many patients have reported that they appreciate our efforts to speak their language. If you'd like to practice your Spanish, these websites might help.
 - <http://actionalliancecr.com/MedicalSpanish.html>
 - <https://www.duolingo.com/>

Technology

- Hotel Constanza and Hotel Palacio have wifi. We recommend that you check with your phone company before you get to Constanza, as calls can be quite expensive. We will have computers there. You are welcome to bring one, but it's not necessary. If you'd like to borrow a computer to call home, we'd be happy to share.

4. While you're there...

The week in review (sample itinerary)

Wednesday

We will fly to Santo Domingo and Punta Cana (Kansas City posse). Once we arrive in the DR, vans will transport us to a nearby hotel, where we will spend the night.

Thursday

We will drive to Constanza, which is an incredibly scenic trip through the mountains. Then we will check into Hotel Constanza, take a tour of the local community, meet our translators and set up the clinic.

Friday - Sunday

We will run a primary/urgent care clinic at a high school in Constanza. We will see patients, make referrals and meet with the populace.

Monday

We will make home visits to patients who were unable to attend our clinic. We will also plan community service projects for the May 2019 trip.

Tuesday

In the early afternoon, we will drive to Santo Domingo. We will check into Hotel Palacio and then you are free to enjoy the city. We will go out to dinner together and then many people choose to go out for a nightcap. Santo Domingo is a gorgeous city and a UNESCO World Heritage Site (<http://whc.unesco.org/en/list/526>).

Wednesday

We'll spend a delightful day in Santo Domingo (a little breakfast, a little shopping, etc). and then return (triumphantly/exhaustedly) to the States.

A typical workday

7 - 8 am: optional morning stroll

8 - 9 am: breakfast/packing

9 am - 5 pm: work

5 - 6 pm: dinner at the convent

6 - 7 pm: return to hotel

7 - 9:00 pm: debrief/hangout around the fire (with optional S'more consumption)

5. Dominican Republic History and Medical Facts

You will receive access to a google drive folder with a library of articles. Please read them. If you have any questions, or find any other good resources, please email us!

6. Summary

As it is difficult to describe a trip in only a few pages, we provide the following “suggestions”:

The 10 Commandments (Constanza version)

1. Thou shalt provide the best possible care under the circumstances.
2. Thou shalt improvise and adapt in difficult situations.
3. Thou shalt not drink the tap water.
4. Thou shalt laugh in the face of frustration.
5. Thou shalt wear sunscreen.
6. Thou shalt enjoy the tremendous hospitality of the Dominican people.
7. Thou shalt feel free to give feedback and ask questions.
8. Thou shalt learn from your fellow travelers.
9. Thou shalt feel comfortable expressing any concerns to the trip leaders.
10. Thou shalt wear bug spray.

Checklists

Tasks

1. Sign up for trip
2. Pay WOF
3. Pay for your ticket
4. Make sure you have a valid passport (and bring it)
5. Ask us all the questions you want
6. Ask your doctor about immunizations
7. Update phone/computer for international use
8. Pack
9. Get to the airport on time! (please)

Packing list

passport <input type="checkbox"/>	warm clothes for am/pm <input type="checkbox"/>	flashlights and batteries <input type="checkbox"/>
scrubs* <input type="checkbox"/>	sunscreen <input type="checkbox"/>	sunglasses <input type="checkbox"/>
personal medications <input type="checkbox"/>	hat <input type="checkbox"/>	exercise clothes/shoes <input type="checkbox"/>
lightweight long pants <input type="checkbox"/>	backpack <input type="checkbox"/>	1 reasonably nice outfit for big city dinner/church <input type="checkbox"/>
walking shoes <input type="checkbox"/>		

*If you don't have scrubs, you don't have to buy any (though you certainly can if you want to do so). Please email us with your sizes and we will borrow some from local hospitals.

note #1: There are no laundry facilities available in Constanza, so please pack accordingly.

note #2: There are some aggressive biting flies in Constanza. Long pants are **STRONGLY** recommended.