



Participant Guidebook

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BIENVENIDOS!

Dear Short-term Missionary,

Welcome to the preparation guide for your upcoming trip. We are excited to have you join us as we serve Christ in the Dominican Republic. For many years, we have been hosting teams of short-term missionaries in Nazaret and Cielo and we have learned some amazing things along the way.

Please take the time to read through each section as we have worked diligently to provide you with important information. If this is your first international mission trip, you will find answers to many questions. But also, if you have been on many trips, we ask that you consider checking out this guide, as there are many things you may not have considered before.

Don't think of this as a bunch of logistical details, though there are many of those inside. Our hope is that this guidebook is exactly that...a guide for you as you plan, prepare, pack and serve during your time with us. Thanks and we'll see you in Santo Domingo!

~Mission Emanuel Staff



What is Mission Emanuel?

Mission Emanuel is an ongoing Dominican Republic outreach ministry of The Gathering USA, Inc., a non-profit organization based in Orlando, Florida. Mission Emanuel partners with short-term mission teams from all over the US to improve the lives of Dominican people. This is done by providing health care, education, better living conditions and spreading the Good News of Jesus Christ.

The Emanuel School was the product of the dreams of Javier and Rosario de la Cruz. During the early years of their marriage, Javier and Rosario attended school at night to earn their Masters degrees in Education and School Administration respectively. Believing they could help children escape poverty through education, in 1992, they opened their home in Nazaret to twenty-three students who were unable to attend school elsewhere. The children not only received an excellent education but also learned of God's love for them.

In 1995, Jack Larson, a long-time friend and ministry partner of Javier and Rosario, led a short-term mission team to the Dominican Republic. The team brought pictures of the Emanuel School students back to the United States and soon all twenty-three children were sponsored. Soon after, Jack, Javier and Rosario founded Mission Emanuel, which incorporated the Emanuel School and sponsorship program, and established a strong relationship with US churches and individuals through short-term mission teams.

Over the last several years, Mission Emanuel has expanded its ministry and facilities. After the construction of the Nazaret campus, a need for an additional school and a church in the small, hilltop village of Cielo was found. With the help of mission teams, we constructed a three-story building that now houses classrooms and a chapel where a local evangelical church meets throughout the week. In Summer 2007, a water purification plant was completed providing pure water for a fraction of the cost that families pay at local markets. A workroom for a Women's Cooperative was also opened on the backside of the water center. In Fall 2009, the first part of a new medical center opened. The center houses a physical therapy room, two dental rooms, children's care, and a conference room. Additionally, more than twenty families in Cielo and Nazaret have received block homes and dozens of other homes have been rehabbed with improved roofs, concrete floors, and bathrooms constructed by Mission Emanuel teams. A community baseball field, basketball court and several playgrounds have been built as well. Other resources include a special emergency fund established so that no family is left without food or critical medical care.

Mission Emanuel strives to provide spiritual nourishment to the people of Cielo and Nazaret through evangelical and discipleship ministries. These include a women's cooperative, discipleship small groups, a boys group of fatherless 10-13 year olds, faith-based addiction counseling, and vacation Bible school. The Mission has coordinated and hosted numerous training events, including pastors' training, youth leadership, children's ministry seminars, and trade and craft training for women. Additionally, numerous outreach events draw thousands of Dominican men, women and children to worship God and experience the gospel of Jesus Christ.

Mission Emanuel remains dedicated to the spiritual, physical, and emotional needs of people living in Cielo, Nazaret, and their neighboring communities. Mission Emanuel exists to equip and encourage the body of Christ throughout the Dominican Republic; however, remains focused on and established in this small suburb of Santo Domingo. Mission Emanuel prays and trusts that God will use this bright light to send local Dominican people to minister to other areas of the island, the Caribbean, and the world.



Expectations

Perhaps the most important thing to remember during your time in the Dominican Republic is that God has invited you to be a part of *His* work. This is His ministry. It began long before any of us arrived and will continue long after we leave, and it is ALL for His glory.

The following list of expectations will help unite our team in focus and purpose. Remember, the goal of this mission is to serve the Lord. This will probably involve sacrifice and will certainly provide joy.

General Conduct: These expectations apply during our entire time in the DR.

We expect that you *will*:

- Respect your group leaders and the Mission Emanuel staff
- Respect the Dominican people and Dominican culture
- Be flexible
- Maintain a positive attitude

Village Conduct: Our primary ministry focus will be in the villages of Cielo and Nazaret. Fortunately, this is where we will spend the majority of our time.

We expect that you *will*:

- Be with at least one other person at all times, especially when walking around and visiting homes
- Make sure that your group leader knows where you are at all times
- Act discreetly with the opposite sex
- Ask for permission before taking pictures of people or the interior of their homes

We expect that you *will not*:

- Hand out any items or gifts to children or adults in the community
- Ride in any car or motorcycle other than those provided by Mission Emanuel

Hotel Conduct: We will be sleeping, eating, and resting at the Dominican Fiesta Hotel each day. While we are there, we will be witnesses for Jesus Christ, Mission Emanuel, our churches, our families, and our country. This is an important privilege and responsibility. The area surrounding the hotel is relatively safe, however, potential dangers exist. Our expectations regarding your departure from hotel property are *very* important.

We expect that you *will*:

- Be respectful of all hotel property and employees
- Be respectful of other hotel guests by maintaining considerable noise levels, especially in public
- Report any accidental damage that occurs to hotel property and cover any repair or replacement costs
- Remain in your assigned rooms at the time specified by your leaders (traditionally 10:30pm)
- Wear proper attire, such as shoes and shirts in public areas

We expect that you *will not*:

- Visit rooms of group members of the opposite sex
- Enter the casino
- Run in the hotel lobby
- Throw *anything* from the hotel room balconies
- Travel away from the hotel property alone and without at least one male



Preparation and Packing

Travel Documents

Passport

Make sure you have a valid US Passport book that will not expire before your trip return date. The cost for a new passport is \$100 for applicants 16 years and older and \$85 for applicants under age 16. Processing a Passport application takes approximately 6-8 weeks using routine service, or 3 weeks using expedited service (additional \$60).

All information concerning passports, including required information and documents, can be found at <http://travel.state.gov/passport>

Shots

Tetanus Vaccine

Make sure you have received a tetanus vaccination booster dose within the past ten years, or per your doctor's recommendations

Malaria

The Centers for Disease Control and Prevention (CDC) does not recommend that travelers to Santo Domingo or surrounding provinces take anti-malarial drugs

Hepatitis A

Some travelers to the DR have received the Hepatitis A vaccination per their doctors' recommendation

Please refer to the CDC website or Travelers' Health Information Line for complete and up-to-date information regarding vaccinations and other health information

<http://wwwn.cdc.gov/travel/destinationDominicanRepublic.aspx>

877-FYI-TRIP

Baggage

As airlines have changed their baggage allowances in recent months, please refer to the airline website for information.

Other

- Upon entering the DR, you will need \$10 USD to purchase a tourist card. You will *not* need money to exit the country.
- Your first meal provided by Mission Emanuel will be the night of your arrival. You will be responsible for all other food expenses on travel days.



Suggested Packing List for a 1-week trip

Must Haves:

- Work/Day Clothes
 - Shorts (MUST be below fingertips. Note: Nike track shorts are NOT ok) or Pants
 - T-shirts (no holes, rips, or sleeveless)
 - Tennis Shoes / Sneakers (closed toe)
 - 2 Pairs Leather Work Gloves
- Church Clothes
 - *Females* -- Long Skirts/Dresses (sleeved & below the knee) for 2 (Sun/Wed) church services
 - *Males* -- Long Pants (not jeans) and Collared Shirts for 2 (Sun/Wed) church services
- Evening Clothes
 - Casual and Clean
- Bathing Suit
 - *Females*-- One-piece *only*
- Socks
- Underwear
- Sandals / Flip-flops / Shoes
- Bandanas / Hat / Visor
- Sunglasses
- Inexpensive Watch

- Washcloth
- Toothbrush & Toothpaste
- Deodorant
- Sunscreen
- Shaving stuff
- Bug Spray (at least 20% DEET)
- Personal Medications (under age 18, give list to your group leader)
- Multivitamins
- Pepto-Bismol
- Imodium AD
- Hand Sanitizer (travel size)

- Bible
- Small Notebook
- Alarm Clock
- Journal & Pen
- Spending Money (souvenirs and food on travel days)

Optional:

- Soap & Shampoo
- Contact Lens Solution and Glasses
- Pillow
- Baseball Glove & Ball
- Inexpensive Camera & Film
- Chapstick
- Granola Bars
- Dried Fruit
- Earplugs

Please **DO NOT** Bring:

- Shirts that show your shoulders or your belly (Including Sleeveless Shirts, Tank Tops and Spaghetti Straps or t-shirts with cut-off sleeves)
- Short Shorts (Shorter than fingertip length. This includes the Nike running shorts and Softe cheerleading shorts) or Short Skirts (Above the knee)
- Two-piece Bathing Suits
- Alcohol
- Drugs
- Computers/iPods
- Valuable Jewelry
- Expensive Cameras
- Knives

Note regarding clothing:

Many Americans tend to dress very casually when visiting the DR. While we understand the desire to be cool and comfortable, we encourage you to bring items that are slightly nicer (dress shorts, skirts, nice jeans, collared shirts, clean shoes, etc) for dinners out and non-working times. We believe that this small action communicates respect and appreciation for Dominicans and their culture. Thanks!



Medical Supply Needs

If you and your group would like to bring supplies to donate to our medical center, here is a list of needed items.

Everyday needs:

- Albendazol suspensions
- Amoxicillin suspensions
- Antibiotic cream (Bacitracin, Neosporin, etc.)
- Antifungal creams (Tolnaftate, Clotrimazole, etc.)
- Asthma medicines - nebulizers, inhalers, etc.
- Baby formula (with and without iron)
- Children's acetaminophen chewables
- Children's acetaminophen drops
- Children's cold and cough medicines (Nyquil, Dayquil, etc.)
- Children's flu medicines
- Children's vitamins
- Diaper rash (A&D) cream
- Diapers (all sizes)
- Hydrocortisone cream
- Ibuprofen suspensions and tablets
- Ziploc bags (quart, sandwich, snack)

Emergency supplies (needed in smaller quantities):

- Nylon Sutures (2.0, 3.0, and 5.0)
- Chrome Sutures (2.0, 3.0)
- Suture kits
- Suture removal kits
- Hydrocortisone injections
- Dramamine injections
- Dramamine suppositories
- Epinephrine injections

Updated 10/28/10



Map of Cielo Village

LEGEND	
	Mission Emanuel
	Casa (Home)
	Colmado (Store)
	Calle (Street)
	Ruta (Path)
	Inacabado (Unfinished)
	Vacio (Empty-no resident)
	Solida / Solid Line = Dos Pisos (Two-Story)
	No Solida / Dashed = Dividido (Split One-Level)



Cielo
 Un mapa de una comunidad en el distrito de Bayona
 18°27'55.25"N
 70° 0'33.26"W



Typical Weekly Schedule

This is always subject to change! We ask for patience and flexibility during your time with us.

Saturday		Team arrives in Santo Domingo and checks in at Fiesta Hotel Pizza dinner in group meeting room (corner suite) Welcome and Orientation meeting
Sunday	7	Breakfast/Devotional
	8:15	Haitian Church service
	9	Dominican Church service
	12:00	Dominican style lunch in Cielo
	3-6	Free time
	6:30	Dinner/shopping at Jumbo (it's like a mall and superWalMart all in one!)
	8:30	Group meeting
Monday	7am	Breakfast/Devotional
Tuesday	8:15	Load the bus and head to Cielo
Wednesday	9	Begin work projects
	12:30	Lunch
	3:30	Finish work projects and head back to hotel
	6:30	Head to dinner at various restaurants (Mon/Tues), Cielo BBQ (Wed)
	8	Church service (Wed only)
	8:30	Group meeting (Mon/Tues)
Thursday	8	Breakfast/Devotional
	9	Leprosarium visit
	12	Lunch in Cielo
	1:30	Continue work projects
	4	return to hotel
	6	Tour and dinner in Old Town
	8:30	Group Meeting
Friday	7	Breakfast/Devotional
	8:15	Cielo to finish projects/say goodbye
	12:30	Lunch
	1:30	Dedications and prayer
	3	return to hotel
	7	Pizza dinner/meeting
Saturday		hotel check-out group departs



Sponsorship

Program Details

The sponsorship program began several years ago when some short-term missionaries wanted to contribute toward the cost of education for some specific students. Since then, a tidal wave of supporters have signed on to support the education of one (or two or three!) children.

In effect this has freed up funds for teachers' salaries, supplies, training and facility improvements. All of this is made possible when the "cost per student" is covered by generous benefactors.



Answers to your questions

"How much does it cost?"

Our current cost per student is \$35 (US) per month and this covers a child's school and health care needs.

"Where do I start?"

When you come on one of our week-long trips, you have the opportunity to choose a child to sponsor from our list of unsponsored children. But you can simply choose a child from our website and sponsor a child's education today!

"Can I contact my sponsor child?"

Several times a year, sponsored children will write letters to their sponsor. If you would like to send anything to your sponsor child, please mail it to: Mission Emanuel, 1220 E. Concord St., Orlando, FL 32803. Please be sure to include the child's full name as well as your name. Please make packages no larger than 11"x14" manila envelope.



Staff

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 - US: (815) 621.9699
 - DR: 1 (809) 224.3157
 - jack@missionemanuel.org

- Javier de la Cruz, *Executive Director (DR)*
 - DR: 1 (809) 258.3651

- Holly Lewis, *Executive Assistant*
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 - holly@missionemanuel.org

- Anna Bianco, *Medical Ministries Leader*
 - DR: 1 (809) 905.0950
 - anna@missionemanuel.org

- Elliott Drake, *Ministries Director*
 - Elliott @missionemanuel.org

- Bob Heimall, *Communications Director*
 - bobheimall@gmail.com

- Ron Selin, *Assistant Project Leader*
 - US: (815) 494.4912
 - cabron46@frontier.com

Hotel

- Dominican Fiesta Hotel
 - Avenida Anacaona, Santo Domingo, Dominican Republic
 - Phone: (809) 562.8222
 - Fax: (809) 482.8939



Dominican Republic: History and Culture

The Dominican Republic makes up two-thirds of the island of Hispaniola, one of the largest Caribbean islands. The history of Hispaniola and of the Dominican Republic is filled with conflict and struggle, from the first Spanish occupation to the present day. But the country is slowly rebuilding itself through elections and a growing tourism industry that promise a brighter tomorrow for this beautiful destination.

Taíno Islanders

Columbus discovered the island he named Hispaniola in 1492 during his first Atlantic voyage. However, the Taíno Indians had occupied the island for some 5,000 years before he arrived. These amerindians are said to have originated from two different tribes, some from Central America around the current Belize or Yucatán peninsula and others from South America, who likely departed from Venezuela.

These tribes combined on the island, which they called Quisqueya, Haití, or Bohío, and lived in political units known as "*cazicazgos*." Columbus noted that he never saw the Taínos fight among themselves during his stay on the island. Columbus returned to Europe with stories of the island's beauty and the gold found in the rivers of the island and worn by the natives.

Recent estimates suggest that by the time Columbus reached Hispaniola, more than one million Taínos were living on the island. He stayed long enough to explore the island, but when he left, he lost the flagship, whose crew had fallen asleep, when the ship ran aground. The crew of 39 on the flagship were forced to stay behind on the island in a settlement known as Navidad.

Conflicts Begin

Although the Taíno were a peaceful people, the Spanish crew left behind on the island was less so. Conflicts broke out among the Spaniards, sometimes ending in their deaths. However, those weren't the only conflicts that sprung up with the accidental settlers.

The Spanish offended the Taíno when they took Indian women and forced them into labor as servants. The Taíno eventually retaliated, and after months of these strained and unhappy relations, a chief named Caonabó attacked the settlement and killed the settlers. When Columbus returned the following spring, he was shocked to find his former crew members dead and the settlement burned to the ground.

In 1493, the city of Isabella on the island's north coast became the first true colony. Its location, near present day Puerto Plata, was the perfect spot for the Spanish to also exploit the gold found in the Cibao Valley nearby.

With armor, animals, and foreign diseases on their side, the Spaniards quickly decimated the Taíno population. They captured the rebellious Caonabó and put the remaining natives to work in Santo Cerro panning for gold under terrible conditions.

Colonial Forces at Work

While Christopher Columbus left Hispaniola to explore the rest of the region, his successor, Francisco de Bobadilla, was left as governor of the island. The 1496 discovery of gold in the south of the island, which spawned the city of Santo Domingo, helped bring down their leadership.

The Spanish settlers wrote back to Spain complaining of the mismanagement of the island government by Bobadilla, and both Bobadilla and Columbus were sent to Spain to face the Queen in chains. However, Queen Isabella quickly realized that the complaints were exaggerated, and Columbus and Bobadilla were released.

The next governor of the island was Nicolas Ovando. He decided to deal with the Taíno resistance in a brutal manner and eliminate resistance completely. Ovando made arrangements with Caonabó's queen, Anacoana, to have her throw a dinner to welcome his new governorship of the island.

Anacoana was one of the most respected leaders, and she filled her caney, "palace," near what is now Port au Prince with more than 80 of the island's chiefs. It was then that Ovando struck, ordering soldiers to set the building on fire. Few escaped, but those who did were tortured, and Anacoana herself was hanged after a mock trial. Ovando also ordered the chiefs on the other side of the island eliminated in much the same manner, and effectively destroyed Taíno resistance.

Though the Taíno no longer had leadership to help them resist their Spanish conquerors, the Spanish had still more help annihilating the natives. Diseases brought from Europe took their toll on the Taíno, as they did throughout the New World when Europeans landed. The forced labor of the Taíno people also contributed to a famine, and some took to burning crops and abandoning villages to disappear into the less hospitable areas of the island.

These "*cimarrón*," or runaways, also left the island, heading to the mainland or other islands. However, smallpox also overran the Indians in 1518. Within 25 years, the native population dropped below 50,000. In another generation, the Taíno inhabitants would almost all have mixed ancestry, with Spanish or African roots.

In 1509, Diego Columbus, Christopher Columbus' son, was given governorship of the colony of Santo Domingo. However, he, too, drew negative attention to himself through his ambition and his rich surroundings. It was because of this that Spain created the system of the *audencia* tribunal in 1511. The *audencia* was created to check the governor's power, but quickly grew to be the highest court in the region.

More Resistance

Although other resistance took place, the most powerful resistance came from Enriquillo, who led escaped Indians into the Bahoruco mountains near the present border between the Dominican Republic and Haiti and began a guerrilla assault. After 14 years raiding the Spanish and defeating their patrols, Enriquillo signed the first treaty between an Amerindian chief and a European monarch. His followers were given their own charter and city on the island in 1534.

During this time, the inhabitants of the island also found a decline in the riches available and turned their trade toward livestock. The island of Hispaniola lost importance in the mind of the Spanish treasure hunters, who had found riches in Mexico as well. However, others turned their attentions toward the island.

Pirates, including the infamous Henry Morgan, smugglers, and runaways are among the people who began settling on the nearby island of Tortuga. Following a mandate in 1603, the governor of the island moved all of the Spanish settlers to an area southeast of today's San Juan de Maguana. The area around Hispaniola became a hunting ground for Spanish treasure ships. The French, too, began hunting, looking for a piece of the island of Hispaniola, as well as Tortuga.

French Occupation

Once the French took control of the Spanish-vacated northwestern part of Hispaniola, they began a campaign to limit piracy. In fact, the French offered the pirates women, who had been imprisoned for prostitution or thievery. It was in this way that the French began to occupy what they called Sainte Domingue in 1697.

Cane sugar farmed by African slaves quickly made this the most prosperous island in the Caribbean. Toussaint L'ouverture was a French black who led a slave revolt in 1791, inspired by the civil unrest in France at the time. Spain ceded the colony of Santo Domingo in 1795, and the Treaty of Basilea left Toussaint L'ouverture in control of the entire island.

Though L'ouverture and his successor, Jean-Jacques Dessalines re-established order in the colony, monarch Napoleon Bonaparte took issue with a black governing a colony. He sent his brother in law, General Leclerc, to re-enslave the blacks on the island. However, the black army defeated the French and claimed control of the

western third of the island, establishing the Republic of Haiti.

Returns to Spain

In 1809, the French relinquished control of the remaining two-thirds of the island to the Spanish, who re-established slavery in Santo Domingo and even rode into Haiti to capture slaves. However, the blacks in Haiti feared that the French would ride through Santo Domingo to once again establish slavery in Haiti, so they went on the offensive, taking over the entire island and once again abolishing slavery in 1822.

For 22 years, the island was controlled by the Haitians, a period Dominicans refer to as the "Haitian Occupation." In the 1830s, Juan Pablo Duarte established a group known as La Trinitaria, and, in 1844, the eastern two-thirds of Hispaniola once again returned to Spanish rule of the República Dominicana - Dominican Republic.

Tumultuous Times

For more than half a century, power changed hands often within the Dominican government. From a corrupt government to a brutal dictatorship, many different rulers and governmental styles controlled the Dominican Republic. However, in 1916 the U.S. brought marines into the island, trying to establish their own control of the island.

U.S. occupation only lasted eight years, but during this time the Americans set up a puppet government and took full control of the island. Some changes were made in laws to allow American investors better access to the economy of the island. Many businessmen had troubles because of this, but political violence was all but eliminated during this period. The Americans also attempted to establish an army, one to match that of Haiti. Put at the head of the army was former telegraph clerk Rafael Trujillo, whose name would soon become infamous in Dominican history. The army was established to help maintain government without violence from the people of the Dominican Republic.

Trujillo's Takeover

Shortly after the U.S. relinquished control of the government, elections were held, and Trujillo slowly began to gain power. His power was solidified by 1930, and he became dictator of the Dominican Republic.

His dictatorship was known for its cruelty, and many people died during his reign in the small country. However, he was given support by American businessmen because of his permissive attitude toward investors, and by the American government because of his negative attitude toward communism.

He stayed in power for 30 years but killed as many as 17,000 former Haitians who had been living in the Dominican Republic for generations. His stay came to an

end in 1961 when his car was ambushed and he was killed. The date of his death, May 30, is now a national holiday on the island.

Working Toward Peace

After this trouble, the people of the island sought peace as best they could. Through a series of elections, some corrupt, order has been established. The U.S. has occasionally influenced the government of the island, and many political leaders were tried and tested by their position.

Corruption has long been one of the most problematic pieces of the Dominican struggle for independence. However, recent elections have shown much promise, and the island's people are working toward both peace and prosperity. Tourism itself has had no small hand in the growing prosperity of the island.

Through a troubled past, the island has worked toward greatness during the past 50 years, and it's easy to see how tourism has become one of the island's most important factors. Its natural resources still offer everything Columbus found beautiful about the island.

Spirited people who have overcome a troubled past are the heart and soul of the Dominican Republic's culture. Elements of the native Taíno people, Spanish colonists, and African slaves have wound their way into a truly distinctive way of life. Today, most Dominicans are a mestizo mix.

From dominicanrepublic-guide.info

Cultural Combinations

The island's natives, the Taíno tribe, have passed down some of their own words and foods. Origins of the words for hammock and tobacco, for example, can be traced to the native Arawak language of the island. Similarly, local foods and agriculture form the basis of the current mix of culinary styles.

The Spanish, however, made the language what it is today. But language is by no means the only influence the Spanish had over Dominican culture. Roman Catholic religion is the dominant practice on the island, with a few Episcopalian Christians and Jews filling out the mix. The cultural machismo is also a Spanish influence.

Africans who were brought to the Dominican Republic as slaves also brought their own cultural influences. Over the years, African religious beliefs have combined with Roman Catholic faith to become part of a folk religion, and the music and dance combined with local styles has merged into forms that are distinctively Dominican.

Still, this island's complex cultural mixture doesn't end here. The Dominican Republic has welcomed cultures from around the world to their island. Baseball, for example, is one of the most famous and important cultural activities that takes place on the island. The Dominican Republic is known for producing some of the best players in Major League Baseball.