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Teams often ask their schools, churches, and communities to collect items to donate. Below is a list of the most needed categories:

Medical

- Medical gloves (Small, Medium, & Large)
- Bandages
- Antibiotic ointment/cream (i.e. Neosporin)
- Ziploc bags
- Medicine - all prescription or over-the-counter medication must be declared in customs. You will need to submit a donation letter with inventory and expiration dates to Mission Emanuel 2 months prior to your arrival so it can be sent to customs and immigration for pre-approval.
- Standard [Sphygmomanometer](#) (Esfigmomanometro grande)
- [Stethoscopes](#) (Estetoscopios)
- [Otoscopies](#) (Otoscopios)
- [Thermometers](#) (Termómetros)
- [Albuterol](#) (all you can bring)
- [Nebulizer Replacement Parts](#) (Mascarillas desechables) (all kits you can bring)
- Pediatric [Sphygmomanometer](#) (Esfigmomanometro ped)
- [Pulse Oximeter](#) (Oxímetro)
- [Caliper](#)
- [Nebulizer Machines](#)

Dental

- [Dental explorers](#)
- Gauze
- Toothbrushes
- Toothpaste

Baby Items

- Diapers
- Formula
- Onesies
- Small hats
- Small lightweight blankets
- Small toys

School

- Paper
- Crayons
- Pencils
- Pens
- Preschool and elementary Spanish books

Cielo Cooperative

- [Brown Kraft bags](#)
- [Necklace display cards](#)

Miscellaneous

- Travel-size toiletries (ie. soap, shampoo, deodorant)
- Shoes (new or very good condition used shoes are needed, especially children's sizes)Part
- Clothing (new or very good condition clothing can be donated to the Mission. It will likely be sold at a community fair with proceeds going to the ministry).
- We cannot accept any cash or check donations in the DR. Please do not bring excess money donations with you to the DR. Mail any cash/checks to our US office.



Mission Emanuel is not in charge of fundraising for your team, but we have seen plenty of teams who have had unique or profitable ideas over the years! While we cannot endorse or facilitate any of these ideas, here is a list of fundraising possibilities your church could use!

SELL ITEMS: Many groups have been successful in 'retailing' specialty items that people are willing to purchase to help support the trip efforts. Some items that have been particularly successful have included:

- Food Items
- Home and Garden Items-
 - Pine Needle Bales for landscaping- there are benefits that customers order multiple bales, so profit margins are high. The drawbacks are delivering/transporting/organizing bales
 - Geraniums or other Spring Flowers
 - Pine Wreaths/Garlands, or Christmas Trees

EVENTS: Churchwide events are often a fun way to gather support and funds and draws the larger church into trip anticipation

- Spaghetti Supper/Pancake Breakfast- serving a relatively simple meal is a fun event, you can showcase photos of ME/DR, and the "tips" for such events are often great!
- Silent Auction- can be a great way to showcase local artists/artisans in your church and earn \$\$\$ through donations and auction bids (babysitting services, original art, and loaned vacation homes are usually big winners!)
- Talent Show, Dance Marathon, Car Wash, or other events- a great, lighthearted way to bring your community together to support the mission team

FUN-DRAISERS- If you have a community that likes to laugh, there are many ideas for lighthearted projects that can bring in cash for your team. These could include

- Card My Yard- a basic happy birthday yard sign kit is easily purchased for less than \$200, and you can take 'orders' to put happy birthday (or graduation, or other special event) decorations out in the yards of your community.
- You've Been Flocked- Purchase a flock of pink flamingos and allow your church members to pay to flock a friend's yard. For extra profit, flock insurance can be purchased
- Singing Telegrams, Easter Egg Stuffing and Hiding Services, World Record Breaking Attempts, Murder Mystery or Escape Room Events, etc,

[For even more fun, outside-of-the-ordinary fundraising ideas, check out our Pinterest Board!](#)



All team members must have valid passports to travel to the Dominican Republic.

Passports must be valid and not expire during your trip and must have at least one blank page available for stamping. It is very helpful to remind team members that they need a valid passport from the moment they sign up for the trip.

[In general, it takes 10 to 13 weeks from when the application is received for the government to process your passport application.](#) Applicants have the option of paying an extra \$60 for expedited processing. We encourage group leaders to require all travelers to secure their passports at least one month prior to travel dates (this is usually when the airlines require names attached to the ticketing information).

Passport applications can be done [online](#), [by mail](#), or at an [accepted facility](#). Expedited passports may require alternative locations. Applicants can check their [passport processing status](#) here.

Requirements for a Passport:

- Passport Application: [First Time Application, Minor under 16](#), or [Passport Renewal Application](#) or forms can be filled out online [here](#)
- [Proof of Citizenship](#)
 - Expired Passport -or-
 - Birth Certificate
- [Photo ID](#) (or parents if under the age of 18) *Bring the ID and a photocopy when you apply*
 - Valid or expired, undamaged U.S. passport book or passport card
 - Driver's license or permit (permit may require secondary ID)
 - Certificate of Naturalization/Citizenship
 - Government employee ID (city, county, state, or federal)
 - U.S. military or military-dependent ID
 - [Other](#)
- [Passport Photo](#)
 - 2x2, high-resolution photo
 - White or off-white background
 - Passport photos can be taken at AAA, drugstores, or at home if meets requirements
 - Camo prints or anything that looks military-esque are NOT allowed in passport photos
- [Passport Fees](#)



As always, your Primary Care Physician is the true expert on this topic, but currently, the CDC has no specific vaccinations required for travel to the Dominican Republic. <https://wwwnc.cdc.gov/travel/destinations/traveler/none/dominican-republic>

They do suggest the following:

- Routine Vaccinations
 - Chickenpox (Varicella)
 - Diphtheria-Tetanus-Pertussis
 - Flu (influenza)
 - Measles-Mumps-Rubella (MMR)
 - Polio
 - Shingles
 - Hepatitis
- Up-to-Date Tetanus Booster
- We are NOT traveling to an area of the country where antimalarial pills are recommended.
- There are a fair amount of insect-borne diseases in the DR. We recommend bringing insect repellent that is at least 20% DEET
- Water-borne illness is common in the DR. Do not drink tap water when out and about in the DR. All drinking water and ice served in the hotel, restaurants we take you to, or at the ME campus are drinkable. Please remember to avoid drinking tap water, shower water, or pool water.
- As much as we try to avoid it, sometimes the extreme heat and different foods can lead to stomach upset. We recommend bringing Pepto Bismol and Imodium, just in case!
- People prone to heat rash or other skin conditions may want to bring baby powder, chafing cream, or steroid cream with them on the trip.



[Here is a guide to the typical weather in Santo Domingo by time of year.](#)

Please ask your team to abide by our code of dress to honor the values of our Dominican Partners.

Must Haves:

- Daytime: work clothes that will get dirty
 - Shorts (MUST be at/below fingertips)
 - T-shirts (no holes, rips, or sleeveless for both girls and boys. No tank tops.)
 - **WORK GLOVES (very important)**
- Evening: casual attire for dinner
- Church Clothes
 - Females -- Long Skirts/Dresses (with sleeves & at/below the knee) for 2 (Sun/Wed) church services
 - Males -- Long Pants (not jeans) and Collared Shirts for 2 (Sun/Wed) church services
- Bathing Suit
 - Females-- One-piece or tankini (covering stomach)
- Socks and underwear (suggest 2 pair/day)
- Shoes: closed toe (sneakers, work boots, etc for construction sites); sandals/flip-flops
- Hat or visor
- Sunglasses
- Inexpensive Watch
- Washcloth/Loofah
- Toothbrush & Toothpaste
- Soap, shampoo, conditioner
- Deodorant
- Shaving Items
- **Sunscreen****
- **Bug Spray****
- Personal Medications (under age 18, give list to your group leader)
- Hand Sanitizer
- Bible
- Journal & Pen
- Spending Money (Shopping in Women's Cooperative and food on travel days)

Optional:

- Contact Lens Solution and Glasses
- Baseball Glove & Ball
- Camera
- SPF Chapstick
- Granola Bars or Dried Fruit
- Earplugs
- Multivitamins
- Pepto-Bismol
- Imodium AD
- Anti-Itch Cream
- Baby Powder

Please DO NOT Bring:

- Shirts that show your shoulders or your belly (Including Crop Tops, Sleeveless Shirts, Tank Tops and Spaghetti Straps or t-shirts with cut-off sleeves)
- Short Shorts (Shorter than fingertip length. This includes short running shorts)
- Alcohol or drugs
- Valuable Jewelry
- 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!

** Sunscreen and bug spray are necessities for every day on the worksite.

For girls: Dress code is very important to Mission Emanuel. Please do not pack what you know you cannot wear.



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:

- 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:

- Be with at least one other person at all times
- Make sure that your group leader knows where you are at all times
- Ask for permission before taking pictures of people or the interior of their homes
- Parents are responsible for being with their children (or designating another adult) at all times.

We expect that you *will not*:

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

Safety Information:

- Your direct Mission Emanuel staff contact during the trip will be Jim Sweeney and/or Brett Kreider.
- In case of emergency, let your group leader and Mission Emanuel staff know immediately. Your Mission Emanuel staff will direct you accordingly.
- We will have a Dominican staff member present for all meals.
- Our bus drivers are trusted individuals and each carry a cellphone with contact numbers for Mission Emanuel US and DR staff.

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, please be mindful that you are in a foreign country and busy city.. 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 lobby, hallways, or on balconies
- 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

We expect that you *will not*:

- Run in the hotel lobby or in the hallways
- Stand in the middle of lobby walkways
- Throw *anything* from the hotel room balconies
- Yell to other rooms from balconies
- Travel away from the hotel property alone

***We cannot emphasize enough that we are expected to remain quiet and respectful while in the lobby and hallways. We often wait here for the buses to arrive. We are not the only hotel guests so please be courteous to those around you.**



Mission Emanuel Mission teams will be staying (alongside ME Staff) at the [Dominican Fiesta Hotel](#). We have partnered with the Dominican Fiesta for over 25 years of travel and ministry, and have built trust and respect between our organization and the hotel staff. We ask that your team please come to ME Staff if you encounter a problem or difficulty during your stay.

The hotel is located about a 30-minute drive from the Mission Emanuel campus in Cielo. ME staff members will meet and accompany you to the worksite each morning of the trip. ME arranges for all transportation and scheduling while you are in Santo Domingo.

We make our best efforts to book mission teams together in a block of rooms on a single floor. [Hotel Rooms](#) typically sleep two or three people, but arrangements can be made for families with children. The maximum number of people over age 12 per room is three. Each room comes with a private bath. We encourage team members to be fully present while on their trip and try to unplug from their devices and in-room TV.

Each team will have a centralized meeting room or rooms depending on the group size and preferences. Team meetings will occur here as long as the team size does not exceed capacity.

Breakfast will be served buffet-style each morning for your team in the hotel restaurant, located off the lobby. During afternoon free time, trip participants can make use of the hotel pool, soccer field, basketball and tennis courts, team common space, and fitness center.

HOTEL CONTACT INFO: (809) 562-8222

Avenida Anacaona 101, Santo Domingo, Republica Dominicana



Mission Emanuel's campus is located on the outskirts of Santo Domingo, capital of the Dominican Republic. It is in a village called Cielo which neighbors Nazaret where the first school was opened in 1995.

The campus includes the following areas:

- Club Bamboo - open air gathering spot overlooking the mountains
- Multipurpose Center/Gymnasium - large group lunch and recreation
- Cielo School - ~230 students grades preschool through 4th grade
- Water Plant - purified water served to all US teams while on the work site and during lunch and supplying the local area with clean water at a reduced cost
- Cielo Cooperative - female artisans supporting their families through the products they make
- Medical Center - pediatric, dental, psychology, nutrition, and medical laboratory
- Administrative Office - administrative staff and sponsorship office
- Conference Rooms - smaller rooms used to host events

All construction projects and church services will be within walking or a short bus ride distance. Groups will always travel to/from the Mission together on rented buses or ME vehicles.

Restrooms

Restrooms are located throughout the campus in the water plant, medical center, gymnasium, and office building. **It is very important that you do not flush any paper or plastic products (including toilet paper). The plumbing is unable to handle any paper.** Please wash your hands regularly and especially before lunchtime.

Water

Purified water is available on all work sites and at the ME campus in "Club Bamboo." There will be several large orange water jugs at each location. We have small cups by each jug or you can fill your water bottle at each site.

First Aid

All work sites are close to the ME campus where our medical clinic is located. We can walk or drive anyone needing first aid back to the medical center to receive care from our pediatrician, Dr. Sara Hidalgo.

Animals

There are stray animals all around the community. We ask that you do not touch any animals as they can carry diseases. If you play with an animal in someone's home, please wash your hands!



- [International Travel for all US Citizens](#)
- [Global Entry](#)
- [Passports](#)
- [Mobile Passport Control \(MPC\) App](#)
- Money - Do not bring a large amount of cash or expensive jewelry

DO NOT

- Do not leave the program site or hotel alone for any reason. Always stay with the team and let your team leader know where you are.
- Do not take photographs of children or adults unless they have granted permission.
- Do not force physical contact with a child. Let the children approach you. Appropriate physical affection is encouraged, such as high fives, fist bumps, hugs and pats on the head / back.
- Do not bring any street drugs, alcohol, explosives, firearms or knives larger than a personal pocket knife. These items are not allowed.
- Do not come into contact with cats, dogs, or other animals. They could carry diseases.
- Do not show romantic public displays of affection.
- Do not give gifts or other items to children or local families without approval and coaching from Mission Emanuel staff.
- Do not exchange any form of contact information with any children, local staff, drivers or translators.
- Do not throw your toilet paper into the toilet to avoid clogging the pipes at the Mission Emanuel campus. There will be a trash can next to the toilets for paper waste disposal.

DO

- Do dress comfortably, modestly and avoid wearing anything with political, violent or inappropriate messages. Closed toed shoes are required at work sites for health and safety reasons.
- Do wear sunscreen and repellent.
- Do drink plenty of purified water. Only eat food that has been approved by Mission Emanuel staff.
- Do throw your toilet paper into the trash can next to the toilet to avoid clogging the pipes.

Do show the love of God through your actions. A smile goes a long way!



One of our most-inquired-after subjects is the FOOD in the DR. Let us start by saying you will be well-fed! Our ME staff, hotel, and chosen restaurants are acquainted with safe cooking procedures, allergy preparations, and are able to accommodate dietary restrictions (gluten-free, dairy-free, vegan, etc.).

Breakfast will be served at the Dominican Fiesta Hotel. Breakfast is served buffet-style, and all food and beverages are safe to consume. Help yourself to fresh tropical fruit, an assortment of pastries, hot breakfast items, or a made-to-order omelet! And don't forget the Dominican coffee- *es muy delicioso!* The hotel does not offer decaffeinated coffee.

Lunch is served daily at our Mission Emanuel campus, where Dominican meals are brought in from a local restaurant. Lunch is also buffet style and typically consists of rice, beans, protein, vegetables, salad, and fruit.

Dinner varies nightly. Typically your group is taken to a local restaurant or we have something delivered to the hotel. These establishments have been researched by Mission Emanuel and practice sanitary cooking practices. Your restaurant dinner selections may vary, but could include: Buffet-Style Dominican foods, Chinese, Fast Food, Pizza, and more!

Snacks- we do not provide morning or afternoon snacks for our travel teams, but many team leaders pack granola bars or other non-perishable items for their team to enjoy. Team members also have the option most afternoons to travel in groups to a neighborhood supermarket where they can purchase snacks, drinks, and frozen yogurt.

While suffering from a 'travel stomach' is not uncommon for foreign missions teams, the culprit is often *DEHYDRATION*. All water served to your team by ME staff and associates is safe to drink, and we encourage you to drink a lot, and often! Don't be surprised when you are asked to take a water break regularly while on the worksite. The tropical sun and heat can be deceptively powerful. (Please take note of this with sunscreen as well!)



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

First day: -Team arrives in Santo Domingo and checks in at Fiesta Hotel
 -Pizza dinner in the group meeting room (corner suite)
 -Welcome and Orientation meeting

Monday-Friday	
7:00 AM	Breakfast
8:15 AM	Load bus & leave for Cielo
9:00 AM	Begin work projects
12:30 PM	Lunch
1:30 PM	Finish up work projects / spend time in community
3:30 PM	Head back to hotel
6:30 PM	Leave for Dinner at various restaurants
8:30 PM	Group meeting

(Church service on Wednesday night - no meetings)

Last Day: -Breakfast (depending upon group flight time)
 -Check-out
 -Leave hotel and head to airport 3 hours prior to departure time

Items of note:

- You will go on a walking tour of the historic Colonial Zone of Santo Domingo one night.
- You will be transported in a 30-passenger bus.
- There will also be a Sunday morning church service.
- We eat breakfast at the hotel (buffet with lots of options), lunch at the Cielo campus (usually rice, beans, meat, and salad/vegetables), and dinner at various local restaurants. We will provide options for dietary restrictions like gluten-free and dairy-free.



The Dominican Republic is a Spanish-speaking country. However, we do not require mission team participants to be fluent (or even conversant) in Spanish to travel with us. We surround your team with translators, and the ME staff, hotel staff, and restaurant staff you encounter will be able to communicate with you in English.

One of the highlights of the Mission Emanuel experience is the relationships you will develop with the residents of the neighborhoods where you serve. It is magical and delightful to see language barriers disappear under the influence of love and laughter. We encourage you to push yourself out of your comfort zone in terms of attempting to communicate with others. We promise they will meet you more than halfway, and you will learn that our shared faith and love are a common language we all speak!

If you would like to prepare some rudimentary Spanish skills in advance of your trip, [DuoLingo](#), [Babbel](#), and other language-learning apps have excellent free resources. Here is a [link to commonly used Spanish phrases](#).

We do suggest that you NOT bring your smartphone or other expensive electronic devices to serve as a translator with you on the worksite. These flashy devices often get 'swarmed' by local kids and we cannot guarantee it will not be damaged, lost, or stolen. Plus, these electronics are a distraction in a place where we are hoping you will be fully present in your work!



- Closed toe shoes (athletic shoes, work boots, etc)
- Heavy duty work gloves
- Sunglasses and sunscreen
- Pay attention and always watch your step when walking on the work site
- HYDRATE
- Stay in the shade

In case of injury, immediately notify your site leader and an ME staff member. We will treat you at our medical center or transport you to a nearby clinic if further treatment is needed.



If you should need to contact Mission Emanuel or your team while we are in the DR, here are available resources:

YOUR TEAM LEADER- should let you know if they have international calling set up on their cell phone. They will also have access to wifi when on hotel property.

MISSION EMANUEL STAFF- is on-site both at Mission Emanuel and at the Dominican Fiesta Hotel.

Call Our US Office: (336) 794-6871 and we will contact our staff in the DR

Call/Text us in the DR:

Jim Sweeney, US: (920) 539-459, DR: 1 (809) 963-7857

Holly Lewis, US: (336) 602-7700

Brett Kreider, US: (407) 383-3422

Nicole Braun, US: (336) 413-2702

Cindy Sweeney, US: (920) 539-4840

Lindsay Roberts, US: (336) 817-3821

Send an Email: info@missionemanuel.org

DOMINICAN FIESTA HOTEL- (809) 562-8222 You can always call the hotel reception desk and leave a message for a team member. We recommend this **only if you are unable to reach your team leader or ME Staff, as language may be an issue, and we cannot guarantee when the message will be relayed.**

SAFETY in the Dominican Republic

We pray regularly for safe travel and team safety on the worksite. However, minor injuries are sometimes unavoidable. We have a fully equipped medical clinic on-site at Mission Emanuel, and we are able to do basic First Aid and OTC medicines. In the past we have even given stitches on-site. We will always let you know if your family member requires medical attention while on their trip.



We live in a culture where every latte, sunset or family gathering is fair game for a photo-op and social media post. But while serving on a Short-term Mission team we have to be aware of how our love for photography and social media can play out.

1. Give yourself boundaries: When we enter another community, we need to set boundaries to help us remember that we are guests. The stories we hear and the scenes we see are not ours to share with the rest of the world by default. We have to respect the dignity and privacy of the people we encounter. That means that we should operate deliberately and willingly by a different set of rules in our photography and social media that we use at home.
2. Avoid spectacle mode: When entering low-income communities, if not careful, our use of photography and social media can be exploitative. We can unintentionally act as tourists, capturing and consuming the materially poor's images and stories as if they were a show to be observed. This dynamic can contribute to feelings of powerlessness they might already feel.
3. Be present: Be fully present with those around you. You will learn more, engage more deeply, and bless the people you visit more fully if you set aside the urge to document your experience for an online audience.
4. Avoid the savior syndrome: Does what you are posting imply that you are saving people who are poor? Does it paint you as the hero and them as the helpless victim? Does it establish a provider-receiver dynamic where you have the answer to their poverty? Use Any social media updates to highlight the dignity of the community and what God is already at work doing over the long haul, rather than elevating your own role and impact.



5. Tell the whole story: Do the pictures and posts you are crafting tell the whole story about the community? Are they highlighting the beautiful and redemptive things God is doing in a community, or only the heavy and painful brokenness of poverty? Don't reduce low-income people or communities to a caricature of desperation, but also don't ignore the reality of poverty. Avoid statements like, "They have absolutely nothing", or, "They are so happy all of the time". You would not like your life and identity reduced to a single slice of your wide spectrum of experiences. Be careful not to do that to others.
6. Share what you learn: There is a place for sharing what you experience on a short-term mission trip. When crafted with the above guidelines in mind, social media and photography can be a powerful way to advocate for the work and community you visited – especially after you return home. You have the opportunity to share with your friends what you learned during the trip, encouraging and challenging your peers to engage in the work God is doing in the world.



Post-trip awareness is probably the hardest of these three assignments – mostly because you will come back from the trip tired, and you will be behind on the rest of your life and work.

Please do not ignore post-trip awareness. It is a great way to celebrate the successes of the trip and to build momentum for the next trip. It is also important to acknowledge the work done (by the team AND by God) and thank those that supported the mission from home.

Fortunately, the steps for building post-trip awareness are very similar to those for pre-trip awareness.

Here are some key pointers:

1. As soon as you return, meet with the senior pastor/missions pastor and share with them what happened on the trip. Take several members – including different ages and both genders. Talk about the work you did, what you learned, how you helped transform the lives of your Dominican Friends, and how your lives were transformed.
2. Ask your pastor if you may have a “moment for mission” to speak to the entire congregation during worship about the trip and what God did through your team.
3. Post a brief summary of the trip in your church bulletin and newsletter.
4. If your church uses electronic media, create (or have someone create) a few slides showing your mission team working at Mission Emanuel.
5. Have a member of your team (while in the Dominican Republic) create a short video of your mission team in action. Show the video in worship and interpret what is shown.
6. Create a bulletin board with photos and captions detailing the trip.
7. Have those involved in your trip make brief presentations in every Sunday School Class to report back on your mission efforts.
8. Convene a celebration for all those who went on the trip. Perhaps gather around a meal and provide opportunities for all who went to share God-Sightings and most important learnings. Have someone to be a timekeeper to avoid this taking four hours.