

# **Volunteer Manual Education Clinic**

**2018**



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## **WELCOME!**

We are so glad you are interesting in volunteering with Friends of the Children of Haiti! Volunteers join FOTCOH to help improve others' lives!

### **Our Mission Statement**

Friends of the Children of Haiti brings healthcare and hope to the Haitian people.

### **Our Vision**

FOTCOH believes that everyone, especially Haitians, deserve basic medical care and that the Haitian people deserve a brighter, self-sufficient future. We envision a Haitian in which everyone has access to healthcare.

### **About Us**

Friends of the Children of Haiti (FOTCOH) is a non-profit organization that provides medical, surgical, and dental services for impoverished Haitian patients at its clinic in Cyvadier, Haiti.

### **About Our Clinic**

FOTCOH provides life-saving care for nearly 15,000 impoverished Haitian children and their families each year. Without the FOTCOH clinic, Haitian patients would not receive services to cure preventable diseases.

### **Facts about Haiti**

- Haiti is the poorest country in the Western Hemisphere
- Most Haitian parents cannot afford to feed or clothe their children or afford to send them to school, let alone seek medical care for injuries or illnesses
- a vast majority of Haitians are living below the poverty line, existing on less than \$2 a day.
- 1 in 5 children are born with a low-birth-weight
- 60% of Haitian lack access to basic healthcare services
- The lack of access to clean water and sanitation, as well as lack of adequate food and access to basic healthcare, claims most lives in Haiti
- Malnutrition is the underlying cause of death for many children in Haiti

### **History of FOTCOH**

After accounting Haiti's devastating poverty during a stop on a vacation cruise, Richard and Barbara Hammond personally took action to help the Haitian people by return to the country and establishing Friends of the Children of Haiti (FOTCOH) in

1991. In 2000, the FOTCOH clinic was completed in Cyvadier, Haiti and now the organization is a well-known, established NGO (non-governmental organization) healthcare provider in the Sud Est Department recognized by Haiti's Ministry of Health. The clinic serves as many as 15,000 Haitian patients every year.

### **Our Education Clinics**

The Education Clinics, unlike the Medical Clinics, are intended to add an educational component to the FOTCOH programs outside of what the medical teams provide for patients. An important aspect of working towards keeping the Haitian population healthy is teaching practices and skills that they can apply to their daily lives.

FOTCOH has adapted the WASH Program as the current focus of our Education Clinics. WASH (water, sanitation, and hygiene) geared towards promoting hand washing and hygiene behavior change among Haitian children and adults.

### **Why WASH?**

More than 840,000 people die each year from water, sanitation, and hygiene-related causes. On top of this, they have many waterborne disease problems. In 2011 alone, 6,000 people died in Haiti due to waterborne diseases.

One tenth of the disease in the world could be prevented by improving the hygiene, sanitation, and management of water. One of the biggest problems is that children don't properly wash their hands or don't wash them at all. Many children also don't know what water is safe to drink in Haiti and what water isn't. Because of this, of the 3.5 million deaths worldwide that occur each year from waterborne diseases, like Cholera, 80% are children. Five thousand of the six thousand people who died of waterborne diseases in Haiti in 2011 was from an outbreak of the infectious disease Cholera.

### **What is the FOTCOH WASH Program?**

At it's most basic, the FOTCOH WASH Program will focus on the hygiene aspects of WASH in an effort to nurture good hygiene practices, especially hand washing with soap. Although it sounds simple, this act is essential to prevent disease and the health of children. Something as simple as hand washing can save lives. Washing hands with soap at critical times, like after going to the toilet or before eating, can have a significant impact on children's health. Good hygiene practices reduce the incidence of diseases such as pneumonia, scabies, skin and eye infections and diarrhea-related diseases like cholera and dysentery. The key to improving hygiene practices amongst children is to promote behavioral change within schools and communities.

As a second and very important part of the FOTCOH Education Clinics, beyond teaching hand washing, is educating children and their families about the

importance of using clean water sources and storing water safely. Although there are many outside factors as to why Haitians don't have access to safe water that we cannot control, it is still crucial to education Haitians about safe water practices and offer solutions for families based on their particular environment and resources.

### **What you will learn/accomplish through WASH training:**

At it's most basic, the FOTCOH WASH Program will focus on the hygiene aspects of WASH in an effort to nurture good hygiene practices, especially hand washing with soap. Although it sounds simple, this act is essential to prevent disease and the health of children. Something as simple as hand washing can save lives. Washing hands with soap at critical times, like after going to the toilet or before eating, can have a significant impact on children's health. Good hygiene practices reduce the incidence of diseases such as pneumonia, scabies, skin and eye infections and diarrhea-related diseases like cholera and dysentery. The key to improving hygiene practices amongst children is to promote behavioral change within schools and communities.

As a second stage in the development of the FOTCOH Education Clinics, beyond teaching hand washing, it is essential to educate children and their families about the importance of using clean water sources and storing water safely. Although there are many outside factors as to why Haitians don't have access to safe water that we cannot control, it is still crucial to education Haitians about safe water practices and offer solutions for families based on their particular environment and resources. If at all possible, we should consider offering inexpensive clean water solutions, such as the use of water filters, heat, or the use of water purification tablets. The FOTCOH WASH Program also teaches the importance of tooth brushing and food hygiene.

### **Education Clinic Outline**

Volunteers who participate in the FOTCOH Education Clinic will learn the WASH Program at the clinic, and then will take the knowledge they have learned and instruct local Haitian children on how to properly wash their hands, clean their hands after using the bathroom, safely prepare food, and how to brush their teeth. The WASH Program will also teach Haitian families safe water storage and filtering practices.

The volunteer program will also include cultural activities so the volunteers get a better understanding of Cyvadier, including tours of the city, visits to the beach, and site visits local homes, churches, and restaurants.

## **About the Volunteer Experience**

Volunteering at our clinic is a life-changing experience. Whether for your first time or as a returning volunteer, each and every clinic offers a new and exciting opportunity for you to help one of the most vulnerable populations of people in the world.

### **Team Fees**

Education Clinic: \$800

Includes: room and board, in-country travel airport to clinic and back, food, emergency evacuation insurance.

### **What to expect in Haiti**

Haiti is a beautiful country full of amazing culture and rich history. Although many Haitians are impoverished, the country itself is safe as long as you follow the clinic rules, which are listed below.

When you arrive in Haiti for the first time, you will be taken to the clinic by our professional Haitian staff, where you will stay for the duration of the time you are in Haiti. Excursions are planned for during free time, of which there is plenty, and everyone is expected to work and participate in all clinic duties.

### **Purchasing Plane Tickets**

It is your responsibility to purchase your own plane ticket. You will be instructed by the Team Leader as to this process – DO NOT purchase a plane ticket to Haiti until you have received confirmation and information from your Team Leader.

### **Forms to complete**

Volunteer Application

Volunteer Fees Agreement and Refund Policy procedure

Code of Conduct

Rules of the Clinic

If you have not completed these documents, please visit the FOTCOH website to access them. They can be emailed in, completed on our online volunteer application, or printed and mailed into the office.

[www.fotcoh.org](http://www.fotcoh.org)

FOTCOH  
PO BOX 678  
Peoria, IL 61652

### **Rules for the Clinic**

1. Do not leave the compound without permission from the team leader. When you do leave, you must be with a group of 3 or more and have an interpreter with you.
2. Please respect the use of Wi-Fi. Don't download large files.
3. Conserve water. Check toilets.
4. When you return from the beach, please hang towels outside o the line by the generator. Wash sand off feet before coming into the clinic. Clap shoes outside.
5. Keep upstairs gates closed at night to keep the bugs out.
6. Be considerate of others at meals. Eat what is on your plate and try not to waste food.
7. The roof is off limited at all times.
8. Do not invite any of the workers to Saturday or Sunday activities.
9. Do not give Haitians your phone numbers.
10. Last person to leave a room please turn off the lights.
11. Avoid excessive alcohol consumption.

Blatantly disregarding clinic rules will not be tolerated and may result in a volunteer being asked not to return on future trips.

### **Immunizations**

Immunizations and/or prophylactic treatment are the responsibility of the volunteers.

Due to liability, FOTCOH does not provide or recommend immunizations for travel to Haiti.

It is recommend that the volunteers discuss options with their primary care physician or their local health department.

FOTCOH is not responsible for the personal medical choices made by volunteers.

## **Packing**

Driver's License  
Passport

Shorts  
Sundress/Skirt  
Tank tops/t-shirts  
Sleepwear  
Underwear/bra  
Tennis shoes/sandals  
Swim shoes  
Swimsuit

Toiletries  
Sunhat  
Sunscreen  
Bug spray  
Small fan to clip on bed  
Flashlight/batteries  
Water bottle

Cash for Beer and soda  
Cash for dinner out X 2  
Souvenirs  
Potential tips  
(Usually 200-250 is plenty)

Bed linens, pillows, bath towels, wash clothes, and beach towels are provided. We do laundry every day at the clinic.

## **Travel Arrangements**

The team leader will provide the team with necessary flight information into and out of Port-au prince.

Team members are responsible for making their own flight arrangements to and from PAP.

Team members must arrive between the window of time given by the team leader, and they must depart between the departure windows of time. If any member is not arriving during these designated times, they are responsible for paying the additional fee for transportation to and from the clinic, which is typical around \$150 USD.

## **Volunteer responsibilities**

Volunteers will share all responsibilities at the clinic and are of equal importance. During the days of WASH training, Haitian staff might designate certain roles and responsibilities for particular activities.

## **Typical duties of the volunteers**

Laundry

Housekeeping

Dishes (sign up sheet in kitchen)

Making breakfast (sign up sheet in kitchen)

Participating in all WASH programs

Participating in all Education Clinic activities

Sending pictures and blog stories to the Communications Director

## **Food Menu**

We serve typical Haitian food and American dishes at the clinic. If you have any dietary restrictions, please let your team leader know ahead of time.

## **Schedule of Events (varies depending on WASH Program)**

Day 1: (Saturday) Meet in Port-au-Prince, drive to the clinic, unpack, clinic orientation

Day 2: (Sunday) Orientation of Education Clinic

Tour of Cyvadier and meet with Haitian staff

Day 3: (Monday) WASH program orientation and training

Day 4: (Tuesday) Teaching WASH program, Hotel Cyvadier

Day 5: (Wednesday) Teaching WASH program, Hotel Cyvadier

Day 6: (Thursday) Teaching WASH program

Day 7: (Friday) De-brief and day off

Day 8: (Saturday) Drive back to Port-au-Prince and fly home

## **Additional key information for Volunteers**

When packing, keep cash, passport, and ID's in carryon.

Photocopy your passport and bring it with you in a separate location from your passport.

For travel days, bring a water bottle, light snacks, small hand sanitizer, reading material.

Pack light –the clinic has a washer.

The water is hard so do not bring quality clothes.

Sheets/towels/ pillows are provided.

Drinking water, fruit punch, and lemonade are always available.

Soda, rum, beer, and wine are available for a fee.

There is a computer at the clinic and Wi-Fi.

The emergency contact number to give your team is Nathan Ruby.

### **Volunteer checklist**

Current passport

Volunteer application

Fee and Agreement and Refund policy

Risks and Conditions of Liability Waiver

Deposit of \$250

Your flight information (flight number, departure city, arrival city, time and date of arrive and time and date of departure) – email copy of itinerary

Any special dietary needs or food allergies

Second payment is due (\$550) no later than two weeks before departure.

### **Additional expenses**

Eating out a few nights (\$40-\$60)

Drink kitty money

Drinks out at the hotel

Souvenirs

Potential tips

(Usually 200-250 is plenty)

### **For additional information, please contact**

Shelley Callahan, Communications Director, 804-840-6510  
scallahan@fotcoh.org

Nathan Ruby, Executive Director, 309-360-4983  
nruby@fotcoh.org