

Remember that God is in command-- come with an open heart and mind, willing to accept new customs.

Airport:

- On the customs form, you may use the address of the Diocesan office: Calle Santiago #114, Santo Domingo.
- The first thing to do upon arrival is to go to the tourist card desk for a tourist visa of \$10. You will pay in American cash.
- Either Karen Carroll or someone else from the Diocesan office will meet you at the airport to show you to your site transportation.
- Try not to exchange money at the airport as the rate is not always good. But if you do need to exchange money at the airport DO NOT use the exchange counter next to the tourist visa counter. When you meet up with Karen, she can take you to one of the banks in the airport which is the best option.

Dress:

- Please dress conservatively. Girls should not wear shorts, but athletic leggings that come down to the knees or further are acceptable though long skirts or pants are preferred (depending on what kind of work you're doing). Thick strapped tank tops are acceptable for work days but not for church services. Open-toed shoes are fine, unless you are doing construction work.
- Since it will be warm, bring clothes made of natural materials that "breathe" better. Ex: cotton, linen, rayon. Polyester is not advisable. Scrubs make nice paint clothes.

Health:

- DO NOT drink the water. Use bottled water even for brushing your teeth.
 - Ice is acceptable in nice restaurants along with watery foods such as salads and vegetables.
 - Wash your hands frequently or bring hand sanitizer.
 - Toilet paper does not go in the toilet but a trashcan located next to it.
 - For short-term stays, the Tetanus vaccine is the only vaccine you'll need.
 - Do not eat food purchased from street-vendors.
 - You will be able to purchase snacks at local grocery stores therefore there's no need to bring your own unless you're particular about the brand.
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Money:

- Never give money directly to Dominicans except for the priest. If you see a need and wish to make a donation, speak with the priest first or Karen Carroll in the office about the best way to help.
- You can either extract Dominican pesos from a local ATM or go to a “casa de cambio” where they exchange money. You will receive a foreign transaction fee when using ATMs, however, it is not always wise to bring large amounts of american cash. However, leaders should bring cash for emergencies. Call your bank or credit card company ahead of time to tell them you are going out of the States.

Safety:

- Do not go anywhere by yourself, always go in groups or with a friendly Dominican that you know. Try to have at least one guy in a group if possible.
- Do not accept advertisements in the streets (touching or smelling things).
- Do not buy bottled water on the street.
- Do not bring expensive jewelry. It will only bring you unwanted attention.
- Only use authorized taxis and buses.
- Leave passport and money in a safe location-- never bring your passport to your work site and bring as little money as possible.
- Always keep cameras/phones/any other expensive technology hidden when you're not using them. Do not walk in the street with your phone in your hand.

What to Bring:

- Bug spray and sunscreen-- Can be harder to find here.
- Paint/work clothes-- clothes you don't mind getting dirty.
- Sneakers
- A nice outfit for church
- Beach attire-- One pieces for girls are not necessary, but suggested.
- Rain gear
- Hand sanitizer
- Normal toiletry items

Other:

- The Dominican priest at your work site will give daily work instructions.
- If you're worried about accidentally drinking water while in the shower, put a little mouthwash in your mouth before entering. The mouthwash will kill any bacteria in the water that accidentally enters your mouth. (Tip credit: Winchester, VA team)

**Mission Team Support Office - Diocese of the Dominican Republic
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