HAITI 2017

TRAVEL INFORMATION PACKET
Haiti FACTS

**CAPITAL:** Port-au-Prince  
**CURRENCY:** Gourde  
**PRESIDENT:** Michel Martelly  
**OFFICIAL LANGUAGE(s):** French, Haitian Creole  
**GOVERNMENT:** Semi-Presidential Republic  
**POPULATION:** 9.9 million (2014)

Haiti, officially the Republic of Haiti, is a semi-presidential republic and the third largest country in the Caribbean. Located in the Greater Antillean archipelago in the Caribbean Sea, Haiti occupies the western portion of the island of Hispaniola, which it shares with the Dominican Republic. Haiti also occupies a few small satellite islands and is known as the Pearl of the Antilles owing to its natural beauty.

Money: Haitian Gourde

There are two monetary systems in Haiti: the Haitian gourde and the Haitian dollar. The monetary notes are Gourdes, but most transactions use the imaginary Haitian dollar. When Haitians say ‘dollar’ they mean the Haitian dollar—do not assume they mean the US dollar.

One Haitian dollar is the equivalent of 5 gourde. In the interest of simplifying, always ask for the price in gourde.

1 USD is roughly 50 Gourde  
10 USD is roughly 500 Gourde  
20 USD is roughly 1,000 Gourde

Carry many small bills in perfect condition for purchases (1’s and 5’s)
HISTORY

Haiti was first inhabited by the Taino Indians who migrated over centuries from South America to the Caribbean Islands. The first European contact with the island and its inhabitants was made in 1492 when Cristopher Columbus arrived, and the settlement of La Navidad was established. During the voyages that followed, Columbus established settlements on the east side of the island (modern-day Dominican Republic).

Believing the island to be rich in gold, Columbus instituted a system that forced the Taino into servitude for the Spanish. Sugar plantations were established, and settlers began to move to the new colonies. As more Europeans began to arrive, they brought with them many infectious diseases against which the natives had no immunity. By the mid-16th century, the native population had declined from 1 million to 5,000. Due to the shortage in labor, slaves from Africa were imported, and by 1520, nearly all laborers on Hispaniola were African slaves.

With the discovery of gold in Mexico and Peru, the Spanish began to continue west and lost most interest in the island of Hispaniola. The English and French established a base on Tortuga Island, off the northern coast of Hispaniola, from which to attack the Spanish galleons transporting gold back to Europe. By 1650, the French had moved onto the mainland of Hispaniola and driven the English out, renaming the land Saint Domingue.

In 1697, under the Treaty of Ryswick, Spain ceded the western third of Hispaniola to France, while Spain retained control of the eastern two-thirds. The French colonists grew sugarcane, coffee, cocoa, cotton and indigo on plantations with African slave labor. Saint Domingue soon became the world’s most profitable slave colony, and the capital was regarded as the Paris of the New World.
The French Revolution, in 1789, sparked a push for equality on Saint Domingue. By this time, several thousand mulatto freemen were owners of profitable plantations and desired full equality with the white planters of the island. In 1791, a slave rebellion broke out from mulatto riots, and in 1793, slavery was abolished in Saint Domingue. Led by François Dominique Toussaint (nicknamed “L’Ouverture”), the rebellion destroyed many plantations and succeeded in warding off the Spanish and British who attempted to take control of the plantations.

Spain ceded the rest of the island (Santo Domingo) to France under the Treaty of Basle in 1795, and Toussaint appointed himself governor-for-life of Saint Domingue and Santo Domingo. He immediately freed all the slaves in Santo Domingo but did not yet declare the independence of Hispaniola. After this declaration, Napoleon Bonaparte was intent on expanding his empire and sent French forces to regain control of the island and reestablish slavery on Hispaniola. Toussaint was captured, but in 1803 the French surrendered to the Haitian national forces. On January 1, 1804, Jean-Jacques Dessalines proclaimed the independence of Saint Domingue.

Haiti was chosen as the name for the world’s first black republic and Dessalines quickly established an empire after independence was declared. The assassination of Emperor Jean-Jacques the First in 1806 led to civil war between the mulattoes and blacks, resulting in a separation between the north and the south. The country was reunited in 1820 and experienced a relatively stable existence until 1843. For the next 72 years, Haiti would be troubled with unrest and 22 heads of state would rule the country during this time.

In 1915, the United States invaded Haiti in order to safeguard the interests of many US businesses. Until 1934, Haiti would be occupied by the US military, and though much-needed infrastructure and medical facilities were established, the US controlled the main sources of influence and power,
forcing many Haitians to work without pay. Haiti’s finances were controlled by the US until 1947.

After the US withdrew its military, the country again found itself in political turmoil until the election of François Duvalier in 1957. Known as “Papa Doc”, he was initially viewed as a liberator, but his rule is characterized by repression and brutality. Papa Doc declared himself president for life in 1964, and named his son, Jean-Claude, his successor in 1971. The Duvaliers were eventually forced out of power and out of the country in 1986, and a new constitution was approved in 1987. The first elections in nearly thirty years were tarnished with allegations of fraud, and it was not until 1990 that the Haitian people democratically elected a leader to establish a functioning democracy. Jean-Bertrand Aristide quickly implemented land reform, control of the military and worked to improve the education system. However, after his abduction to Venezuela in 1991, a military government was established under Lieutenant General Raoul Cédras.

A deal in 1994 allowed Aristide to return to power while continuing all international aid, however, the military was granted full immunity and Aristide was forced to adopt harsh economic reforms. The country’s elite continued to oppose a government for the people, and during his second term in office, Aristide was forced into exile in 2004. A government, backed by the US military, was installed with Boniface Alexandre as head of state. During the 21st century, Haiti has endured many natural disasters such as flooding caused by tropical storms and high-magnitude earthquakes.

GOVERNMENT

Since its independence, the government of Haiti has fluctuated between empires, dictatorships and democracies. The most recent constitution was ratified in 1987 and has limited the powers of the president in an effort to stabilize the democracy and better represent that Haitian people.
The Haitian government is a republic with three branches of government: executive, legislative and judicial. Executive power is shared by the directly-elected president of the republic and the prime minister, who is selected by the president with the approval of the National Assembly. The president is elected to a five-year term, and is not permitted to serve consecutive terms. Haiti is divided into ten departments. Each department administers local government in its region and has its own capital with municipal authority.

The legislative branch consists of the 30-seat Senate and the 99-seat Chamber of Deputies. Members of both houses are elected by a national vote, with members of the Senate serving six-year terms and members of the Chamber serving four-year terms. The highest court of Haiti, the Court of Cassation, is presided over by judges appointed by the president for a period of ten years.

Michel Martelly, the current president and head of state, was elected in 2011 and will serve a five-year term. He exercises power from the Palais National in Port-au-Prince. The current Prime Minister of Haiti is Evans Paul who assumed office on January 16, 2015.

**ECONOMY**

The main sectors of the Haitian economy are agriculture, mining and manufacturing. Agriculture continues to hold an important role in the Haitian economy, and every square inch of arable land is cultivated. The main cash crops are coffee, mangoes, and cocoa. Haiti’s mining industry is very small, but bauxite, copper, calcium, gold and marble are extracted to support the country’s economy.

The leading manufacturers in Haiti produce beverages, butter, cement, detergent, flour, refined sugar, soap and textiles. Due to extremely low wages, the textile and garment
industries saw a boom in the 1990s. Haiti is highly dependent on foreign economic aid, and this aid has helped to increase wages for Haitian workers.

Haiti is currently the poorest country in the Americas. Heavy corruption, poverty, limited access to education, international embargoes and frequent natural disasters have been crippling to the Haitian economy. Tourism was once an important part of the Haitian economy, however due to political upheavals and natural disasters, the tourism industry in Haiti has suffered greatly.

**Culture**

The population of Haiti, estimated at 9.9 million, is a combination of African and European elements, demonstrating Haiti’s long history and the mixing of many different cultures and people. Some Taino and Spanish elements remain present in Haiti’s modern culture, however, the majority of Haitians are descendants of African slaves and European settlers.

There are next to no direct descendants of the indigenous people of the island, due to the near extinction once contact with the Europeans was established. The majority of the population is black, however the white and mulatto minorities continue to hold most of the power and wealth of the country. There is also a large population of Syrians who immigrated to Haiti at the end of the 19th century.

The customs of Haiti blend the cultural beliefs of the various ethnic groups that have inhabited the island of Hispaniola. While many Haitians live in impoverished circumstances, the art, music and literature are rich and vivid depictions of the imagination and inspiration that Haitians have. Symbolism plays a key role in much of Haitian art. Music and dance incorporate French, African and Spanish elements to create rhythms that are
uniquely Haitian. Dancing and music are forms of communication and celebrations of life. Haitian festivals are colorful events and are marked by much dancing, singing and playing of musical instruments.

Haitian mythology, folklore and Vodou are prominent and important parts of contemporary Haitian culture. Vodou is a blending of Roman Catholicism (from the French and Spanish) and African religions and rests on the folklore and mythology. It has played a key role in politics and culture of the country.

**Cuisine:** Haitian cuisine is derived from French, African, Spanish, Taino, and Middle Eastern cuisines. While the dishes can be simple, they are embellished with bold and spicy flavors, characteristic of the African and Creole cuisines. Herbs and peppers are used liberally in most dishes. Staple foods are rice, corn, millet, yam, and beans.

While rice is typically eaten with beans, meat often accompanies the dish. Chicken, goat and beef are the most commonly eaten meats. Vegetables are occasionally pureed into a thick stew (legim) and served with rice or another starch. *Tchaka*, a hearty stew of hominy, beans, pumpkin and meat is eaten by Haitians and used as an offering in Vodou. *Riz djon-djon* (rice djon-djon) is a creole dish unique to Haiti as the principal ingredient is Haitian black mushrooms.

**Religion:** Roman Catholicism is practiced by 80% of the Haitian population due to the colonization of the island by the Spanish and French. However, a Haitian folk expression says “Haiti is 90 percent Catholic and 100 percent Vodou.” Vodou, encompassing several different traditions, is widespread in rural parts of the country and is often practiced in conjunction with Roman Catholicism. There are also small percentages of Protestants, Muslims, Jews and followers of the Bahá’í Faith.
**ETIQUETTE:** Haitians take proper behavior seriously, including good manners, clean appearances, moderate tones in one’s speech and the avoidance of profanity and public scenes. Greetings are important, particularly in rural areas, and often people say hello several times before engaging in further conversation. Men shake hands on meeting and departing. Men and women, as well as women and women, kiss on the cheek when greeting. Avoid discussing politics, government corruption and life in the Dominican Republic. Bartering when purchasing items is commonplace, but beware of pointing at people as it is considered extremely rude.

**Suggested Reading on Haiti**

"Bradt Haiti" – Travel Guide
"Krik Krak", Edwidge Danticat, short stories by this famed Haitian author.
"Mountains Beyond Mountains", Tracy Kidder, about Paul Farmer/Partners in Development
"The Comedians", Graham Greene, about the Duvalier era.
"The Magic Orange Tree", Diane Wolkstein, Haitian folk tales
"Haiti After the Earthquake", Dr. Paul Farmer, commentary on post earthquake assistance.
"The Aftershocks of History", Laurent Dubois, historical account of Haiti.
"Taino: A Novel", Jose Barreiro, historical account of the times after Columbus' arrival.

**UNIQUE GIFTS AND SOUVENIRS**

Coffee (Rebo, Selecto), Rice (7 varieties), Plantain chips, Peanuts, Cashews, Almonds, spicy peanut butter, sugar, chadek jam, honey

Metal work (from oil drums), paintings, woodwork (but depletes forest), soapstone carving, tobacco vases, Voudou bead work, paper bead jewelry, embroidery, paper mache masks
WORLD HEALTH ORGANIZATION STATISTICS

Statistics
Total population.............................................................................................................. 10,174,000
Gross national income per capita (PPP international $)................................. 1,220
Life expectancy at birth m/f (years)................................................................. 61/64
Probability of dying under five (per 1 000 live births)........................................ 76
Probability of dying between 15 and 60 years m/f (per 1000 population)......... 258/223
Total expenditure on health per capita (Intl $, 2011)........................................ 94
Total expenditure on health as % of GDP (2011).................................................. 7.9
Figures are for 2009 unless indicated. Source: Global Health Observatory

GENERAL TRAVEL CONSIDERATIONS

GENERAL EXPECTATIONS
- Remember that you are a guest in a foreign country, and your American rights do not necessarily apply. Be aware of different laws and customs.
- Be flexible; recognize that despite careful planning the situation on the ground can change quickly, adapt to changes as they occur.
- Be professional; you are representing Project C.U.R.E. as well as the U.S.; do not speak or act in a way which reflects poorly on this organization.

SURVIVAL TIPS
- Always carry your passport with you. Have a photocopy of both your passport and plane ticket in a place apart from the original documents. Leave a passport copy with someone at home.
- Carry with you the daily itinerary, and the list of contact names and phone numbers.
- Be cautious of how much money you carry, when and where you remove it to mitigate the chances of theft or loss. People may be watching!
GENERAL HEALTH AND FOOD SAFETY

- Contaminated food and drink are a major source of illness while traveling. The best way to avoid falling ill is by paying careful attention to your choice of food and beverage.
- As a general rule, if the food is well cooked and hot it is okay to eat. Drink water that has been boiled or purified with iodine, or that comes from a sealed bottle only. Other beverages that are generally safe to drink include hot beverages such as coffee or tea, and carbonated beverages from a sealed can or bottle.
- The best ways to avoid becoming ill are washing your hands with soap and water or use antibacterial gel regularly. Ensure you drink plenty of non-caffeinated, non-alcoholic beverages and get plenty of rest.
- Carry emergency diarrhea medication such as Cipro, which also works on cholera.
- The small sachets of water sold on the street can be consumed, but bottled water is preferable.

CLOTHING

- Dress conservatively. Shorts and jeans are acceptable for non-work hours, and extremely hot weather. SCRUBS AND CLOSED TOED SHOES FOR WORK. One casual business outfit (slacks and a collared shirt or sundress) may be advisable in case of a more formal occasion. All colors of clothing are acceptable, but lighter colors are best.
- Leave your gold and silver jewelry at home.
- Pack light, do not travel with valuables.
- Be certain to bring comfortable, closed toed walking shoes. Tevas, Keenes, Crocs, or waterproof footwear are appropriate. Bring a pair of shower flip-flops. Do not go barefoot; many parasites and infections can be contracted through contact with soil.
- Be prepared for inclement weather. Research the seasonal weather patterns for the country where you will be traveling.

INSECTS

- Insects are responsible for spreading numerous diseases including malaria and, dengue. DEET is the most effective insect repellent against most biting insects.
- Use preventative medications and vaccines recommended by a travel medicine clinic.
- Avoid scented soaps, cologne, perfume, lotions, etc. that can attract insects.
- Use special caution around dusk and dawn when many insects are most active; wear shoes, socks, long pants, and long sleeve shirts if weather permits.
**Daily Carrying Case**
- Bottle of drinking water
- Personal snacks
- Camera
- Pen or pencil and notepad
- Sunscreen, lip balm, antibacterial hand sanitizer, insect repellant and eye drops.
- Tissues and toilet paper. **In all Caribbean countries, toilet paper must be thrown into the trash - not into the toilet. Bring toilet paper, because it is rarely available.**
- Hat, umbrella, light jacket and other appropriate clothing or equipment for inclement weather.

**Accommodations**
- Cold showers are fairly common; in some clinical facilities they may only have a bathhouse with a dipper and bucket.
- Whether a guesthouse or a hotel, accommodations will always be safe and clean.
- Most accommodations provide towels. In Haiti, please bring your own towel.
- Breakfast, lunch, dinner, and bottled water are included in your program costs. The dining facilities will vary by location. All other snacks or food items are your responsibility. **Alcoholic beverages are not included** in your program cost.
- All rooms will be dorm style single beds and unless otherwise specified you will have roommates.

**Electrical Current**
- Electrical power in Haiti is supplied at the same voltage as the US
- Be prepared for the possibility of power outages and inconsistent access to electricity. Generator may be available, but hours will vary.

**Health and Travel Insurance**
Your travel insurance card is included in your departure packet. Please see card for coverage.

**Medicines**
- If you plan to bring prescription drugs, be sure they have a pharmacy label and pack them in your carry-on luggage.
- Participants are always advised to carry a small personal first aid kit. Suggestions include Imodium, a z-pack, antibiotic ointment, Band-Aids, aspirin, and antihistamines or decongestants.
- Be sure to bring sunscreen and bug spray.
INTERNET/CELL PHONE/PDA ACCESS
Prior to your departure, the Clinic department will ask for the email addresses of those you wish to be notified of your safe arrival. The team leader will send word to the Clinics department once you arrive safely in your host country, and the Clinics department will then notify the individuals you indicated.

Internet access varies widely from country to country, but the Clinics department works to ensure that participants will have some access to the internet during their trip.

If your cell phone is SIM-compatible, it is possible to buy a local Haitian SIM card to get service.

GENERAL CULTURAL CONSIDERATIONS
It can be difficult to leave the comforts of home and immerse yourself in a foreign environment. It is normal for travelers in developing countries to experience culture shock. Unexpected surprises and circumstances contribute to culture shock, and for this reason, preparation is essential. Volunteers can minimize their frustration by knowing what to expect before they arrive at their destination. The information provided in this packet is meant to help with just that.

INITIAL SHOCK
Common symptoms of culture shock are:
- Frustration
- Paranoia
- Criticism of local people and customs
- Oversensitivity and overreaction to minor difficulties
- Changes in eating and sleeping habits
- Loss of sense of humor

ADJUSTMENT
Gradually, as you orient yourself, you regain confidence. As this happens, your perspective becomes more balanced; you are less critical and more willing to integrate yourself into the culture of the country you are visiting.
EMOTIONAL ROLLER-COASTER
It can be shocking to experience poverty for the first time. Positive ways to cope with these feelings are to recognize that you are working to help the community and to discuss your feelings with your team leader and other group members. Regardless of your background, you are a foreigner and most individuals you come in contact with will assume you are wealthy. People may ask you for favors or money, as they may view you as the solution to their health ailments and their poverty. When working in the clinic, patients will likely assume you have clout with the medical providers. Be careful not to promise any assistance you cannot provide during your stay, and never give cash to patients or their families.

TIPS FOR COPING
• Travel with a spirit of humility and a desire to meet local people.
• Take care of yourself—eat well, exercise and get sufficient sleep.
• Do not take anything too seriously.
• Do not let others irritate you—you have come a long way to learn, to enjoy the experience.
• Cultivate the habit of listening and observing rather than seeing and hearing.
• Be aware of other people’s feelings and try to prevent behaving in a way that others may perceive as offensive. Spend time each day reflecting on your experiences.

TIME
In the US, making others wait is usually considered disrespectful and rude. However, most other countries do not have the same attitude towards time and punctuality. While you are abroad, it is your responsibility to be ready for the day at the time appointed by the in-country host, and be aware of how your actions may be delaying or hurrying the group. Although you are expected to be punctual, you are also expected to be prepared to wait patiently for others, especially individuals from your host country. This is a function of a culture with a more relaxed attitude toward timeliness and schedules; do not be insulted.

LANGUAGE BARRIERS
Many of the people you encounter live in rural villages and will not speak or understand English and most people are illiterate. The local staff may speak English and translators will be provided as necessary. Haitians speak Haitian Creole and understand French.

SOCIAL ETIQUETTE
Greetings are important, particularly in rural areas, and often people say hello several times before engaging in further conversation. Haitians typically greet each other with a kiss on each cheek. Greeting everyone in the group is very important. Elders are held in high respect. It’s not unusual to see people holding hands with each other—this is not necessarily a sign of romance, but rather a sign of endearment and protection. Expect to see men holding hands with other
men, and the same for women. Haitians take proper behavior seriously, including good manners, clean appearances, moderate tones in one’s speech and the avoidance of profanity and public scenes. Avoid discussing politics and government corruption. Bartering when purchasing items is commonplace- it is a chance to form a relationship and joking goes a long way to getting the price you want.

If someone asks for money or things from you, please redirect them to your trip leader. Under no circumstances should you promise assistance. This creates a difficult situation for the people living on site, and can create jealousy among the community. Refrain from giving out your email address or FB contact name. Simply explain that it is Project C.U.R.E. policy and you are unable to help, other than the work you are doing during the trip.

**Trust**
Recognize that when you first arrive at the clinic site, you will be a stranger to the local staff and community. You must work to earn the trust and confidence of those around you, and prove your competence and trustworthiness. It is important to demonstrate your dedication and commitment to hard work and empathy towards the community.

Haitians are particularly sensitive to being told what to do by a “blan” or foreigner, having been originally a slave nation. Once crossed, it is difficult to earn their cooperation or trust again. Haiti is a very small country and most people know of each other or are related.

**Safety**
As in most developing countries, be aware of your valuables and the potential for pickpocketing. Violent crime is rare in Haiti, but poverty can push people to do desperate things. If something does get stolen, contact the police. Typically, however, the locals will know who was the perpetrator and your items will be returned.

Do not walk alone at night, or into unknown areas. Life typically slows down when the sun sets.

**Re-entry Home**
Before you leave
- Gather the contact information of friends you would like to stay in touch with.
- Spend time reflecting on meaningful aspects of your trip: What did you learn?

When you come home:
- Be ready to experience boredom, isolation, disorientation and annoyance.
- Keep in touch with other team participants. Develop friendships with people that understand experiences of travelling to developing countries.
• Keep up to date with current events in your host country. Anything you do to maintain your connection with the world at large will solidify the significance of your trip.
• Remember that you can maximize your impact by inspiring and sharing your experience with others.

PARTICIPANT EXPECTATIONS

Project C.U.R.E. has been successful as an organization involved in the business of taking health and hope to the needy of the world. In this pursuit, Project C.U.R.E. carefully follows the strategies and methods of any good business while maintaining a fine balance between business considerations and an attitude of humanitarian kindness.

PLEASE OBSERVE THE FOLLOWING EXPECTATIONS:

• Project C.U.R.E. and the participants are donating supplies and equipment, as well as gifts to the hosts. Tipping will be taken care of by Project C.U.R.E.
• Project C.U.R.E.’s presence in a country should bring importance and influence to the in country host and facility. The opportunity to compliment the host as the reason for Project C.U.R.E.’s presence may be in front of peers and officials during discussions, meetings, hospital/clinic visitations or meeting with people of the media.

INCLUDED IN TRIP COSTS

Trip costs include in-country transportation, accommodations, translators, 3 daily meals, clean water and some activities as determined by the trip leader.
• Every effort is made to have all team participants travel together from the U.S. to the clinic country.
• Each participant is permitted to take 1 checked bag and 1 carry-on bag. IMPORTANT: Because participants will be carrying Project C.U.R.E. supplies, please only plan on packing one overhead carry-on item for your own personal items.
• Rooms are shared by two or more people of the same sex. Room assignments are determined by the Host or Team Leader. Private rooms may be requested for married couples.
• Culligan bottled water from a jug is provided every day and included in the trip costs. Alcohol is not included and will be billed separately and paid for by the individual.
• Any changes in air travel after the tickets are purchased may have fees charged by the airline. These charges shall be paid by the participant.
• Trip costs begin when the team arrive at the destination and terminate when the departing flight is boarded.
**PROJECT C.U.R.E. PARTICIPANTS MUST ALWAYS:**

- Display an attitude of availability and respect.
- Be flexible. A flexible attitude is the ‘name of the game’ and may involve graciously accepting itinerary changes, accommodation difficulties, surprise interviews, public speaking engagements, long hours, early mornings, late nights, bumpy rides, and many other unexpected events.
- Be professional in appearance, in conduct, in attitude and in the delivery of information. The image of the team will set a tone for others participating with the clinic efforts.
- Follow a professional dress code. Scrubs and Project C.U.R.E. T-Shirts are all appropriate.

**TEAM EXPECTATIONS**

- Clarify any questions about procedures at the host facility with the Trip Leader.
- At no time will a participant leave the group without the knowledge of the in country host or team leader.
- Provide support and encouragement to one another and staff at the host facility.
- Never promise or pledge specific treatment or obligate Project C.U.R.E. in any way.
- Never give the locals money or promise things. It sets unrealistic expectations for future trip participants and encourages dependencies.

**ADDITIONAL NOTES**

- While in-country working with severely underserved populations, it is possible to become focused on an individual situation. Always remember that there are hundreds of locations that can benefit from the medical assistance and political influence of Project C.U.R.E.
- Participants may never expect money or goods in exchange for favors or assistance in bypassing the standard needs assessment and container shipment procedure of Project C.U.R.E.
Haitian Kreyole for Medical Practitioners

Do you speak Creole (English)? Ou pale kreyòl (angle)?

**Good morning.** (aft., eve) **Bonjou.** (Bon aprè-midi, bon swa)

Do you need an interpreter? Ou bezwen yon entèprèt?

I don’t speak Creole. M pa pale kreyòl.

Answer yes or no. Reponn wi oubyen non.

Do you have an insurance card? Ou gen kat asirans?

Do you have an I.D.? Ou gen “I.D.”?

Can I see? **Show me.** M ka wè? **Montre mwen.**

Have you come here before? Èske ou te vini isit la deja?

What’s your name? Kijan ou rele?

Address? Phone? Adres? Telefonn?

Write your name for me. Ekri non ou pou mwen.

Repeat. **Speak slowly.** Repete. **Pale dousman.**

Is this correct? Èske sa kòrèk?

Sign here, please. Siyen la a, **soupège.**

Wait here/Give me a moment. Tann isit/Ban m yon ti moman.

Wait over there. Go... Tann la ba a. **Ale...**

**Come this way** Vini bò isit.

We’re busy today. Nou okipe jodi a.

**The nurse** is coming soon. **Enfi mye a ap vini talè.**

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How are you? **You OK?** Kijan ou ye? **Ou byen?**

Good. (Not too bad, **thanks.**) Byen. (Pa pi mal, mèsi.)

(Are you taking) **Medications?** (W ap pran) renmèd?

What kind? Ki kalite?

(Do you have) **Allergies?** (Èske ou gen) alèji?

Is it possible you’re pregnant? Èske li posib ou ansent?

When (what date) was your **LMP?** Ki dat dènye règ ou?

**Urinate in** this jar. **Mete pipi nan** bokal sa a.

Here’s the bathroom. Men twalèt la.

Have you ever had... Ou pa janm genyen...

heart problem? (MI) pwoblèm kè? (kriz kadyak)

high blood pressure tansyon

pneumonia nemoni

sugar (diabetes) sik

AIDS SIDA

disease of liver (kidney) maladi nan fwa (ren)

operations operasyon
asthma opresyon
this same thing before menm bagay sa deja
How many times? Konbyen fwa?
Do you smoke? (drink alcohol) Ou fi men? (bwè alkòl)
Are you... cold? Èskè ou... frèt?
thirsty (want water) swaf (vle dlo)
**Take off** (shirt/pants/clothes) **Wete** (chemiz/pantalon/rad) ou
(not your bra/panties/underwear) (pa soutyen/kilòt/kalson ou)
**Put this on you.** (your clothes) **Mete sa a sou ou.** (rad ou)

I am Dr. ... Mwen se doktè ....
**Do you have pain?** (Now?) **Ou gen doulè?** (Kounyeya?)
**Where does it hurt?** **Here?** **Ki kote kap fè ou mal? Isit?**
Do you have a cold? Ou gripe?
**Does he/she have.... fever?** Èskè li gen .... lafyèv?
Do you have a... cough Èskè ou gen... touse
headache têt-fè-mal
sore throat, earache goj-fè-mal, zòrèy-fè-mal
neck pain kou-fè-mal
chest pain kof lestomak ou fè ou mal
abdominal pain vant-fè-mal
back pain do fè ou mal, doulè do
nausea, vomiting, diarrhea kè plen, vonmi, dyare
BM with **blood**; **black BM poupou san**; poupou **nwa**
bleeding senyen
problems with urine pwoblèm pou pipi
trouble breathing? **pwoblèm respire?**
Are your legs swollen? Èskè jann ou anfl e?
You have (swelling/inflammation) Ou gen (enfl amasyon)
Does your body itch? Èskè kò ou grate ou?
**When** did it start? **Ki lè li kòmanse?**
For how long? Since **when?** Pou konbyen tan? Depi ki lè?
**Yest.** (eve), at night, a long time **yè** (swa), lannuit, lontan
today, this AM, a few days **jodi a**, maten an, kèk jou
Is he eating/drinking/making urine? Li manje/bwè/pipi?
Did you have an accident? Ou te fè yon aksidan?
Did you fall? Èskè ou te tonbe?
Did you lose consciousness? Èskè ou te endispoze?
**Did it happen** at your home? **Èskè li pase** lakay ou?
(at your work)? (nan travay ou)?
SAFETY

From the U.S. Department of State

For the latest security information, Americans traveling abroad should monitor the Department of State, Bureau of Consular Affairs’ website at http://travel.state.gov, where the current travel warnings and travel alerts, as well as the worldwide caution, can be found.

Up to date information on safety and security can also be obtained by calling 1-888-407-4747 toll free in the U.S. and Canada, or for callers outside the U.S. and Canada, a regular toll-line at 1-202-501-4444. These numbers are available from 8:00 a.m. to 8:00 p.m. Easter Time, Monday-Friday.

The Department of State urges American citizens to take responsibility for their own personal security while traveling overseas. For general information about appropriate measures travelers can take to protect themselves, see the Department of State’s pamphlet “A Safe Trip Abroad,” on the website.

The loss or theft of a U.S. passport abroad should be reported immediately to the local police and the nearest U.S. Embassy or Consulate. If you are the victim of a crime while overseas, in addition to reporting to local police, please contact the nearest U.S. Embassy or Consulate for assistance.

U.S. citizens should carry a copy of their U.S. passport with them at all times. In the larger urban areas, ATM machines are usually available at major banks. However, travelers should exercise caution when using ATM, debit, and credit cards to avoid theft or fraud.

Travelers should bring sufficient cash for their trip if they will be spending time outside of the large cities.