



TRIP PACKET

DOMINICAN REPUBLIC



MAY 11-18, 2027



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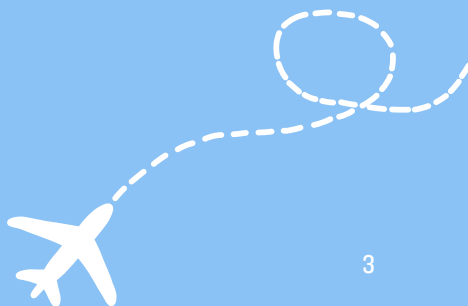
**"FOR WE ARE HIS WORKMANSHIP,
CREATED IN CHRIST JESUS TO DO GOOD
WORKS, WHICH GOD PREPARED IN
ADVANCE FOR US TO DO."
-EPHESIANS 2:10-**

Welcome! We are so thrilled that you are preparing to join FAME on this trip to the Dominican Republic to partner with *Eastern Dominican Christian Mission*.

Many exciting things happen when we are on the field, and it is a blessing to have you on this team. As you plan and pack, we are preparing for the trip as well. We want you to have a great trip, so please take the time to thoroughly read this trip packet. It should answer many of your questions.

If you have further questions regarding the trip, please direct them to Vanessa Scheel (vscheel@fameworld.org).

As I am sure you expect, life in the Dominican Republic is different from what we are used to in the United States. Be ready to be flexible and patient as we journey together.





**FELLOWSHIP OF ASSOCIATES
OF MEDICAL EVANGELISM**

LOCATED: INDIANAPOLIS, IN

Mission:

FAME is sending help and hope in the name of Christ to the world's most vulnerable through medical evangelism.

Vision:

To be a global leader in evangelism through healthcare.

Core Values:

- Evangelism
- Compassion
- Empowerment
- Sustainability
- Partnership

Core Activities:

- Give: Healthcare projects
- Send: Medical supplies
- Go: Short-term trips

Learn more: www.fameworld.org



**EASTERN DOMINICAN
CHRISTIAN MISSION**

LOCATED: LA ROMANA, DR

Mission:

To plant churches in the eastern Dominican Republic and help lead those churches to self-sufficiency. To reach others for Christ by ministering to the needs of the community.

Vision:

Engaging relationally by building genuine trust, sharing our lives, and sharing the gospel.

Purpose:

To provide opportunities that strengthen and encourage the faith of those who are served, as well as those who serve, through a personal, hands-on mission experience that reflects Christ's love and hope to all.

Core Activities:

- Church planting
- Medical care
- Educational and spiritual support to local churches and communities

Learn more: www.easterndominican.org



FINANCIAL DEADLINES

FEB 19: \$1,000

MARCH 12: \$415

APRIL 9: \$415

The total estimated trip cost is \$1,830 per person. This includes airfare, in-country transportation, travel insurance, food, lodging, interpreters, and an excursion. This does not include passport fees, immunizations, airline baggage, souvenirs, airport meals, or incidentals. \$100 is usually sufficient to cover incidental expenses.

All funds should be submitted to FAME. Funds can be sent via checks or online using this link:<https://fameworld.org/short-term-trips/>

Contributions are NOT refundable once submitted to FAME. If you are unable to go due to illness or an emergency, submitted funds may be applied (within a year) towards another FAME trip.

MEETING DATES

FEB 16TH @ 6PM ET

MAR 9TH @ 6PM ET

APR 13 @ 6PM ET

JUNE 1ST @ 6PM ET

FAME uses a training program called Mission's Academy. Each participant will be given access to this online platform where they will work through training modules. Much of the training will be done individually, and our three team Zoom meetings will help further the discussion.

Each participant will be given three books that coincide with the training.

Book 1: A field guide that the participant uses as they work through the training.

Book 2: A 30 day devotional guide that each participant will work through 30 days prior to departing.

Book 3: A journal to use upon returning from the trip to assist with re-entry.



RAISING SUPPORT



The most important thing in raising your finances for this trip is to understand that this mission is God's and not yours. Dedicate this to prayer. Trust that God can provide for you in a variety of ways.

The amount of money that you need to raise may seem insurmountable. Remember that funds can come from a number of sources over a period of several months, which will make it seem much more attainable. You may want to get family, your church, missions committee, neighbors, and interested people in your community involved.

The following are fund-raising ideas that others have used to raise their support:

- Assistance from your home church. Let your church know what you are doing. Ask for prayer and financial support. Ask the church to host to host fund-raising activities for you. Send letters to individual church members asking for their support. A sample support-raising letter is included in this packet.
- Assistance from family and friends. Send letters to relatives and friends asking for prayer and support. Enlist family and friends to help you with fundraising activities. Use your birthday and other gift-giving occasions to ask for support, in lieu of a traditional gift.
- Assistance from other churches. If there are other churches in which you have been involved, contact them, let them know your plans, and ask for their support.
- Hold fundraising activities. This includes such things as having a car wash, mission luncheon, auction, garage sale, bake sale, craft fair, doing odd jobs, go-fund me, etc. Use your imagination!

SAMPLE SUPPORT LETTER



The following is a form letter that can be used to solicit funds and prayer support. This is just an example. Please personalize it to meet your specific needs and situation.

Dear...

I am sending you this letter so that you might share in my excitement and in my prayerful anticipation of serving on the mission field this year. From (dates of trip), I will be in (name of city, country where serving), with a short-term mission team providing medical care, medical education, training, and working with local churches all for the purpose of taking Christ to the unreached and undeserved. My personal gifts and abilities will be used to their fullest, but more importantly, my love for Jesus will be shared with the people there.

I would like to ask you to join me in praying for God's wisdom and strength as I follow His leading. It is a humbling thing to ask for help, but at the same time it forces me to grow in my faith. While it's true that I need help funding the trip, please do not make a financial donation to this cause if it would be done out of a sense of obligation. I understand that no one has unlimited funds and that unexpected expenses seem to appear in our lives, but, if you are able, and if it would bring you the joy that I believe it can, any amount would be greatly appreciated.

Regardless of the decision you make concerning my financial need, I would ask you to please let it not interfere with my request for your partnership in prayer. I am seeking to have someone committed to pray for me each day of the trip. If you are willing to be one of my prayer partners, please let me know. I know that God's desire is that I continually seek His direction as I make my needs and requests known to Him!

LETTER CONT...



TRIP POLICIES



- The trip leaders and the host missionary are the recognized authorities on the trip. Any defiance toward a trip leader or host missionary may result in immediate termination of your mission trip and you will be sent home at your expense.
- Conduct is to be that expected of a Christian person-willing to give and take and maintain the spirit of unity and harmony of the group, to extend politeness and courtesy to those with whom we come in contact (missionaries, nationals, team leaders, team members). A positive attitude is expected.
- Regardless of your personal religious belief, you will be expected to support the mission's stance as we help those in need.
- All trip participants are required to follow the trip schedule and participate in all group functions and team meetings. Permission to deviate from the scheduled activities must be obtained from the trip leaders.
- Always be on time for meals, devotions, and other activities.
- No smoking or tobacco of any form, illegal drugs, or alcohol is permitted while on the trip.
- Be mindful of your speech and behavior making sure it is appropriate for all settings.
- You will be expected to acclimate to the host culture. This may mean eating food you are unfamiliar with or participating in foreign customs. Complaining about or constantly comparing the differences from U.S. culture is considered inappropriate.
- Pairing off is NOT permitted, as it tends to distract from the real purpose of the trip. Males are not allowed in females' rooms and vice versa. (With the exception of married or related family members) Due to cultural considerations, public displays of affection are not acceptable.

- Separation from the group is not allowed without prior approval by the team leader. Always let the team leader or host missionary know your whereabouts. NEVER wander off or go exploring by yourself.
- It is important that you dress in a neat, clean, and modest fashion. Your appearance is important not only for the missionary's reputation, but in the way the local people will perceive you. You may have to submit to certain restrictions regarding dress or appearance. (This information will be given elsewhere)
- Due to cultural considerations, practical jokes are not permitted.
- Do not give gifts of any kind to nationals without consulting the host missionaries or trip leader. The preferred method of giving is through structured programs by the host mission. Careful consideration should be given to the sharing of your personal contact information with any nationals, except for our host missionary. Well intentioned friendships can quickly turn into a form of dependency using friendships to get material gifts.
- Play with the kids outside. No youth or children should be invited into your personal living space. This is for their protection, as well as yours.
- Do not brush your teeth with or drink the tap water.
- Cell phone use to make personal calls, post on social media, and texting should be done during free time either before our day begins or at the end. Do your best to be present with your team members, hosts, and patients always.

GOLDEN RULES

- 1.No Complaining
- 2.Do everything you are asked
- 3.Leave every space cleaner than you found it



COMMUNICATION GUIDELINES



Communication standards, expectations, methods and interpretations vary from culture to culture. This includes virtual communication.

- Generally, exchanging contact information and maintaining communication with minors, without parental knowledge, consent, and oversight, is not recommended.
- Generally, 1-on-1 communication between members of the opposite sex is not recommended.
- As much as reasonably possible, keep text conversations in group chats.
- Do not give out someone else's personal contact information without their permission.
- It is OK to refrain from sharing contact information.
- Participant conduct is to be that expected of an individual following Christ, including their interpersonal communications, both in-person and virtual.

The most important communication guideline is to communicate and be transparent with your trip leader and in-country host. Your trip leader and/or host will be able to give insight into and help you navigate different communication situations.

On trips, meaningful connections are often made in short periods of time, and it is amazing that we have the means to keep in touch with new friends across countries and continents. Our goal as a team is to support our host's ministry and connection in their community. This applies both while we are present in-country and to our ongoing communications after we leave.



Dominican Republic Quick Facts

Official Name: Dominican Republic

Government: Representative democracy

Capital: Santo Domingo

Population: 11.5 million

Official Language: Spanish

Currency: Dominican Peso

Land Area: 48,670 sq. km. (18,703 sq. mi.)

Flag:





Dominican Republic Geography

The Dominican Republic is the second-largest country in the Caribbean (or West Indies), bordered by the Atlantic Ocean to the north and the Caribbean Sea to the south. It is located on the island of Hispaniola, which lies between the islands of Cuba and Puerto Rico. The Dominican Republic occupies the eastern two thirds of Hispaniola and the nation of Haiti occupies the western third.

For this FAME trip, we will fly into Punta Cana International Airport, where we will be picked up by our host, and travel to EDCM.





Dominican Republic Nature

The Dominican Republic features diverse natural landscapes, including mountains, rainforests, deserts, and coastlines.

The central valleys are rich in agriculture, while the southeast consists of coastal plains and lowlands. The country is crisscrossed by rivers such as the *Yaque del Norte* and the *Yuna*, and its coastline stretches over 1,000 miles. Bordered by both the Atlantic Ocean to the north and the Caribbean Sea to the south, this varied geography and tropical climate contribute to the country's rich biodiversity.

The Cordillera Central dominates the central region and features *Pico Duarte*, the highest peak in the Caribbean, reaching over 3,000 meters (10,000 feet). The Cibao Valley is known for its fertile agricultural land, while the country's coastline offers both white-sand beaches and coral reefs along the Atlantic Ocean and Caribbean Sea.





Dominican Republic

A brief history

The Dominican Republic, located on the eastern side of the island of Hispaniola, was originally home to the Taíno people. In 1492, Christopher Columbus arrived, and by the late 1490s, the Spanish had established Santo Domingo, the oldest permanent European settlement in the Americas.

For centuries, Spain controlled the eastern part of the island, while France took over the western part (now Haiti) in 1697. In 1821, Dominicans declared independence from Spain, but this was short-lived as Haiti annexed the territory in early 1822. After 22 years of Haitian rule, Dominicans fought for and won their independence on February 27, 1844, led by national hero Juan Pablo Duarte.

The new republic faced decades of political instability, including a brief return to Spanish colonial rule (1861–1865), and a U.S. military occupation from 1916 to 1924. In 1930, Rafael Trujillo seized power and ruled as a brutal dictator until his assassination in 1961.

After Trujillo's death, the country struggled with further unrest, including a civil war in 1965 that led to another U.S. intervention. Since the late 20th century, however, the Dominican Republic has moved toward stable democratic governance and has developed a growing economy driven by tourism, services, and remittances.

Read more below:

<https://history.state.gov/countries/dominican-republic>

<https://www.britannica.com/place/Dominican-Republic>



Dominican Republic Government & Economy

The Dominican Republic is a democratic republic with a presidential system of government. The president, elected for a four-year term, serves as both head of state and government. The government is divided into three branches: executive, legislative, and judicial. The bicameral Congress consists of the Senate and Chamber of Deputies, while the judiciary is independent, led by the Supreme Court of Justice.

Its economy is the largest in the Caribbean and Central America, driven by tourism, manufacturing, services, and agriculture. Key exports include textiles, sugar, and coffee.

However, the country faces challenges including income inequality, poverty, and corruption, which affect governance and social stability. Infrastructure in areas like transportation, electricity, healthcare, and education remain underdeveloped. Rapid tourism growth has also raised environmental concerns, particularly along the coasts.

Current President:
Luis Abinár
(2020-present)





Dominican Republic Religion

The Dominican Republic is predominantly Roman Catholic, with about 70% of the population identifying as Catholic. Catholicism plays a significant role in the country's cultural traditions, public holidays, and community events.

There are also smaller Protestant and Evangelical communities, and other religious groups, including Jehovah's Witnesses. Additionally, Afro-Dominican spiritual traditions, such as Vodou and Santería, influence some local practices and rituals, especially in rural areas. The country is generally religiously tolerant, with a diversity of beliefs coexisting within the society.





Dominican Republic Language

Hola, Adiós
(Hello, Goodbye)

Buenos días, Buenos tardes, Buenos noches
(Good morning, Good Afternoon, Good Evening)

Cómo está?
(How are you?)

Estoy bien
(I am well)

Cómo se llama?
(What is your name)

Mi nombre es
(My name is)

Alabado sea el Señor
(Praise the Lord)

Jesús te ama
(Jesus loves you)

Dios le bendiga
(God bless you)



Dominican Republic People & Culture

The people of the Dominican Republic are known for their warmth, hospitality, and vibrant cultural expressions. The population is primarily of mixed African, European, and Indigenous descent, which influences the country's rich cultural heritage. Dominican culture is a blend of Spanish, African, and Taíno traditions, reflected in its music, dance, art, and cuisine. Merengue and Bachata, both native to the Dominican Republic, are internationally recognized music and dance forms.

Another defining feature of Dominican culture is its deep connection to family and community. Family is at the heart of Dominican life, with close-knit relationships that often extend beyond immediate relatives to include friends and neighbors. Social gatherings, celebrations, and festivals, such as Carnival, are key aspects of Dominican culture.





Dominican Republic Celebrations

The Dominican Republic is known for its lively and colorful celebrations. One of the most significant events is Carnival, celebrated in February, with vibrant parades, music, dancing, and elaborate costumes. Independence Day on February 27th is another major national celebration, commemorating the country's independence from Haiti in 1844, marked by patriotic displays and events.

Other important holidays include Merengue Day on November 5th, celebrating the national dance and music genre, and Día de la Virgen de Altagracia on January 21st, a religious holiday honoring the country's patron saint. Throughout the year, local festivals, music events, and religious processions are held, reflecting the Dominican Republic's deep connection to tradition, music, and community.





Dominican Republic Sports & Games

Sports are an important part of Dominican culture, with baseball being the most popular and deeply ingrained in the country's identity. The Dominican Republic has produced many world-renowned baseball players, and the sport is widely followed - both local leagues and professional teams have committed fanbases.

In addition to baseball, basketball and volleyball are also widely played and followed. The country has a strong volleyball team, especially on the women's side, which has achieved international success. Dominican Republic also enjoys sports like soccer, boxing, and track and field, with dominican athletes excelling in various international competitions.





Dominican Republic Food

Dominican cuisine is characterized by a variety of ingredients and cooking styles influenced by African, European, and Indigenous cultures. Common staples include rice, beans, plantains, and root vegetables. Popular dishes include *La Bandera Dominicana*, which features rice, beans, and meat (often chicken or beef), and *sancocho*, a stew made with various meats and vegetables.

Mangu, mashed plantains, often served with eggs and cheese, is a common breakfast dish. *Mofongo*, made from mashed fried plantains and garlic, is another notable dish. The country's cuisine also includes a wide range of fresh seafood, tropical fruits, and savory sauces, showcasing a broad array of flavors and ingredients.





Dominican Republic Clothing

Dominican clothing is influenced by the country's tropical climate and cultural heritage. Light fabrics like cotton and linen are common for everyday wear, with casual clothing such as t-shirts, shorts, and sundresses being typical.

Traditional clothing, like the *mantilla* (a lace veil) worn for religious ceremonies, and costumes with *güira* and *machete* for music performances, reflect the country's cultural practices. In urban areas, modern fashion trends from around the world are popular. During Carnival, elaborate costumes featuring vibrant colors, beads, and feathers are worn.

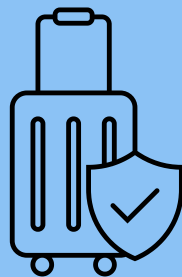


PASSPORT INFORMATION



- The US government requires a passport book for everyone traveling to and from international locations by air.
- When traveling internationally, your passport should be valid at least six months after entry in-country.
- Your passport must also have at least 1 blank page.
- If you do not have a passport, you need to start the application process now. Passport processing times vary widely so don't put this off. Processing could take up to 12 weeks or longer.
- Passport applications are available at your county clerks office or some local post offices. You can also obtain an online passport application at www.travel.state.gov
- You will need two regulation size passport pictures. Travel agents, American Automobile Associations, Wal-Mart, Walgreens, and CVS are possible places to have your passport photo taken.
- You will need a certified copy of your official birth certificate. Check with the health department in the county in which you were born if you do not already have this document.
- Current fee is \$165 for ages 16 and older, \$135 for under 16 years of age. Renewal fee for adults is \$130.

E-TICKET FORM



The Dominican Republic requires an e-ticket for all passengers entering and exiting the country.

The e-ticket form is completed pre-departure, and combines immigration, customs, and health information. An e-ticket QR code is generated upon completion of the form, and is required by airlines and authorities.

The online form can be accessed via this link:
<https://eticket.migracion.gob.do/>

- It is recommended to have your passport and flight information on-hand when filling out the form, as it will ask for this information.
- Each participant will complete their own form
 - However, one e-ticket form can be completed for an entire traveling family (up to seven people).
- Failure to complete the form may result in denied access to the Dominican Republic

More information on when and how to complete the e-ticket form will come closer to departure, after flights have been purchased.

HEALTH & VACCINES



At this time, there are no vaccines required for entry to the Dominican Republic. However, FAME recommends reading the CDC recommendations to make an informed decision.

(www.cdc.gov/travel)

Routine vaccines recommended by the CDC:

- Chickenpox (Varicella)
- Shingles
- Polio
- Hepatitis A & B
- Diphtheria-Tetanus-Pertussis
- Measles-Mumps-Rubella (MMR)

Food and waterborne disease are the number one cause of illness for travelers. Traveler's diarrhea can be caused by viruses, bacteria, or parasites, which can contaminate food and/or water.

Infections may cause diarrhea and vomiting, fever, or liver damage. Make sure your food and drinking water are safe. Do not eat or drink anything unless the host missionary or trip leader says it is safe to eat and drink.

You will not be in an area with elevated risk for Malaria, but each traveler can determine if they want to take malaria prevention medication.

STAYING HEALTHY



- Wash hands often with soap and water
- Drink bottled water, or carbonated drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes (bring your own refillable water bottle)
- Eat food (specifically meat) that is fully cooked
- Take any medications as directed
- Keep feet dry and clean to prevent fungal and parasitic infections
- STAY HYDRATED! (We are a chronically dehydrated species, and we need to drink water)
- Liquid IV, emergency, airborne, and other liquid supplements can aid in boosting your immune system and are recommended.

TRAVEL MEDICATIONS



Below are some common prescriptions and over the counter medications that you might consider discussing with your primary care provider before traveling.

- Dramamine
- Zofran
- Cirpo
- Azithromycin
- Tylenon/Ibuprofen
- Asprin
- Pepto/Tums
- Stool Softeners
- GasX

Travel/Plane Recommendations

- Travel pillow
- Earplugs
- Eye mask
- Water Bottle (refillable)
- Gum (can help ears adjust to changes in cabin pressure)

PACKING LIST



- Passport
- E-ticket
- Colored copy of the first two pages of your passport
- Spending money
- Bible, journal, pen(s)
- Clothing (see next page)
- Shoes (ex: tennis shoes, sandals, flip flops, Chaco's)
- Sleepwear
- Personal toiletries
- Personal medications
- Glasses and/or contacts
- Sunglasses/hat
- Sunscreen and lip protectant
- Insect repellent
- Travel pillow
- Earplugs
- Gum
- Refillable water bottle
- Snacks (as desired)
- Drawstring bag/backpack
- Hand sanitizer/wet wipes

- **Medical participants:** any personal instruments, such as stethoscopes, otoscopes, etc.

*This is a preliminary packing list, and may change as we get closer to departure.

DRESS REQUIREMENTS



- Expect hot and humid conditions with plenty of sunshine. Average daily highs between 80-90°F, and nightly lows around 70-75°F.
- Pajamas should not be worn outside of sleeping areas.
- Jewelry should be kept to a minimum
- Scrubs or modest attire and comfortable shoes should be worn for all clinic days.

Ladies:

- No spaghetti strap tops, short-shorts, or biker shorts will be allowed. Bermuda shorts are OK.
- For church, modest dress is expected. A skirt or dress reaching below the knees or capri pants should be worn. Sandals are OK.
- For the beach, a one-piece bathing suit or full coverage tankini is appropriate.

Men:

- No tank tops or cut-off shirts will be allowed. Shirts must be worn at all times.
- For church, a dress shirt, short-sleeve button-up, or polo shirt, long pants (khakis or slacks, and closed-toed shoes should be worn.
- For the beach, modest swim trunks are appropriate.

Following these guidelines is important for our host mission's reputation, as our dress impacts how our team will be perceived. If you have questions about attire, please ask. If needed, the trip leader or host missionary will ask you to change.

FINAL COMMENTS

Congratulations on making it to the end of this trip packet! Hopefully most of your questions were answered here. If not, please contact your trip leader below.

With joy,

Vanessa Scheel
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(502) 445-0844

