

WHAT TO EXPECT:

Hey there from the NPH DR Visitor's House! Before your trip there are some things to know:

Our home uses the best things available to us:

- Food selection is limited here and we try to give you a variety of traditional Dominican dishes and also dishes to which you are accustomed.
- The meals are predetermined and we cannot cater to every palate, but if you have allergies or food restrictions please do let us know beforehand and we can prepare for that.
- Snacks and treats can be expensive and can be hard to get while on site as we are quite far from the closest grocery store and transport is not available unless preplanned.
- We recommend that you purchase and bring along snacks such as: granola bars, trail mix and an electrolyte drink mix.

Excursions:

- Excursions should be preplanned by the group and coordinated to the group leader prior to the trip, in order to setup transport and an activity schedule.
- If new excursions are wanted during your time here, we will do our best to book it in but there is no guarantee that it can happen. We do have drivers available, however, they also have a schedule and duties to attend to and are not always available to drive visitors around without notice.

Time at the home and projects:

- Outreach projects building houses is quite intensive. If you are not used to this type of work, make sure to take your breaks and drink lots of water. It is much better to pace and take care of yourself than have to quit early!
- The heat can be very tiring and intense for people not used to it, so stay hydrated and wear your sun protection (hat, sleeves, and sunscreen).

Final things:

- The volunteers and NPH are visitors in this country so please respect the customs here in the Dominican Republic.
- Keeping an open mind and being flexible will make your trip most enjoyable!

See you soon!