

NPH USA Trip Orientation Meeting 5/23/19

Parent Information Session

- Form for each traveler regarding availability, fundraising options, and a waiver.
 - What is your child's availability?
 - Option for fundraising
 1. "We are too busy to fundraise."
 2. "We are in!"
 3. "We don't need the money but we would be happy to help fundraise for others."
- Fundraising board
 - We want the parish to know the children are going on the NPH trip
 - People will have the opportunity to defray the cost by taking an envelop and returning it with a donation
 - If students are available, we would appreciate help fundraising during mass June 1-2
 - Ideally students to speak during the homily a bit about the trip and the fundraising and students to stand by the fundraising board and help collect donations/answer questions.

Parent Questions

- **How many chaperones will be attending the trip?**
 - **There will be six chaperones. The youth group leaders, Brenna Wertzberger, Luke Delvecchio, Jimmy Hastings, Anne Mears, accompanied by Father Jim, and a chaperone from NPH.**
- **If someone else wanted to join this trip could they still join?**
 - **Yes. The flight would not be guaranteed but, if someone wants to join it is possible.**
- **Are there groups constantly in the homes?**
 - **There are groups quite often but typically during the summer months and school vacation are the most common**
 - **Children are accustomed to visitors**
 - **Our group will be the only on there the week we go**
- **Do you get to choose your work station?**
 - **Stations will likely be assigned the first day to challenge students to get out of their comfort zone. After that students will have more freedom.**
 - **If you have a preference just let an adult know.**
- **Who will hold on to passports?**
 - **Chaperones and group leaders**
- **What is contact like?**
 - **Trip-leader will send out a nightly email with updates**
 - **Children are encouraged to stay off their phones as much as possible**
 - **There will also be a blog updated by Anne**
- **Are children able to check bags at the airport?**
 - **Yes, children can check reasonably sized bag however the checked bag is \$30**
- **Is there Wi-Fi?**
 - **Yes, but it is very spotty Wi-Fi. If there is ever a problem, you will be contacted.**

- **What is the dress code for the beach?**
 - **Something more modest**
 - **One piece is recommended**
 - **Hat is required**
 - **Rash guard is recommended for sun protection**
- **Is it possible to keep contact with the children after the trip?**
 - **Yes! Absolutely!**
 - **If you meet a child that your form a connection with, write down their name or tell the group leader**
 - **“Sponsorships” – similar to a pen-pal, letters back and forth to one another and updates about the child, can send them birthday cards, etc.**
 - **There are other volunteer opportunities**
 - **Youth ambassador program**

NPH Presentation

- **GET EXCITED!!!**
- **What is NPH?**
 - **Nuestros Pequeños Hermanos – “Our Little Brothers and Sisters”**
 - **Mission: Provide a safe home, food, clothing, education, and healthcare to disadvantages and at-risk children**
 - **Homes are located in 9 countries throughout Latin America and the Caribbean**
 - **NPH is fully supporting nearly 3,100 boys and girls**
 - **An additional 3,200 community children receive scholarships, meals healthcare, and other supports.**
 - **Core values: Love & Security, responsibility, sharing, hard work**
- **Why do children come to NPH?**
 - **One or both parents are deceased or absent**
 - **Children are suffering from abuse or neglect**
 - **Grandparents or other relatives are unable to care for them to to health, economic, or other factors**
- **Immersing yourself in the NPH Life**
 - **BRING A POSITIVE ATTITUDE!!!**
 - **Be flexible, be positive**
 - **Disconnect from your life in the United States**
 - **Expect to be uncomfortable at times (language, food, weather, etc.) be willing to try new things and “jump right in!”**
 - **This trip is about putting the needs of others before your own.**
 - **Learn as much Spanish as you can ☺**
 - **Enjoy your friend and the trip**
- **All trip participants are expected to...**
 - **Live cooperatively and pay attention to cleanliness, volumes, politeness, patients**
 - **Use situations awareness, be observant**
 - **Participate in all activities**
 - **Consider how your attitude and choices impact the group**
 - **Understand the needs of the group before an individual’s needs**
 - ***Be with at least one other trip participant and/or chaperone at all times.***

- Do's and Don'ts
 - **Do:** Review the NPH International Visitor Policy and Guidelines
 - **Do:** Bring a camera and take lots of pictures
 - **Do:** Ask permission before taking a picture/video
 - **Don't:** Post pictures of children on social media if their faces are identifiable (remember these children are particularly vulnerable)
 - **Do:** Bring snacks to supplement meals (*No nuts*)
 - **Don't:** Let the children borrow your cell phone or other valuable items
 - **Don't:** Allow children to come into the visitor housing
- Terminology
 - Pequeño/a: "Small"
 - At NPH, this is an affectionate term use for all the children, similar to "little one."
 - Padrino/Madrina: "Godfather" or "Godmother"
 - A padrino, or godparent is anyone who sponsors and NPH child
 - Herman/a Mayor": Older brother or sister
- "Immersion" vs "Mission" or "Service"
 - The words "service" or "mission" indicate a one-way relationship in which one entity has all the power and the other is helpless
 - NPH homes are self-sufficient and do not *need* visitors to function
 - By going on the trip you are entering a mutually beneficial relationship
 - Ways to support this mutual learning
 - Respect differences
 - Be opening to new ideas
 - Be observant
 - Ask questions
- You will make a big difference in a short time
 - Your impact is greater than it may initially seem
 - Be present
 - Give one-on-one attention
 - Work Stations & Projects
 - While children are in school you will help in various aspects of the home (meal prep in the kitchen, landscaping, in the special needs home, in the classroom, etc.)
 - Sample schedule
 - 7:30am: Breakfast
 - 8:00am-12:00pm: Work stations
 - 12:00pm-12:30pm: Rest/free time
 - 12:30pm: Lunch with the children
 - 2:00pm-4:00pm: Work stations/free time/time with children
 - 7:00pm: Dinner
 - 8:00pm: Reflection/review/plan for next day
 - 9:30pm: Quiet time (Read, journal, chat, etc.)
 - 10:00pm: Lights out

- What should I pack?
 - Less is more!
 - Suggested items:
 - Clothing
 - Jeans and modest shorts (basketball shorts and long pants are recommended for work stations)
 - T-Shirts (three-finger tank-top rule)
 - Shoes for walking/working outside
 - Clothes for Mass (no short or t-shirts)
 - Work gloves
 - Flip-flops for shower
 - Sweatshirt(s)
 - Light jacket or hoodie
 - Other items
 - Camera
 - Flashlight
 - Small backpack
 - Pictures of your family or pets to show the children (great conversation starters)
 - Spanish-English Dictionary
 - Journal and pens
 - **Passport and 2 copies (leave one copy at home)**
 - *Sunscreen and bug spray*
 - Personal hygiene items (toothbrush, toothpaste, shampoo/conditioner, soap, feminine hygiene products, etc.) – bedding is provided
 - Hand sanitizer
 - Mediations – there is a medical clinic on campus for things like Advil, upset stomach, etc.
 - Snacks
 - Reusable water bottle (at least 1)
 - Not allowed:
 - Please DO NOT bring valuables
 - **Important to dress modestly to respect the culture or the DR**
 - Short shorts including running shorts (knee length shorts)
 - Spaghetti straps
 - Low-cut shirts or crop tops
 - Leggings or tight-fitting yoga pants
 - Unless worn under a long shirt or dress
 - Pants or jeans with holes above the knee
 - T-shirts with slogans that could be offensive

- Donations
 - Donations are not expected however items for the home and activities to do with the children are appreciated
 - Socks, sneakers, underwear, t-shirts, toiletry items such as toothbrushes, sports equipment's (soccer balls, air pumps etc.)
 - Stickers, coloring books, materials for friendship bracelets, games, books, art supplies, postcard from your city, etc.
- Home and Country details
 - Located outside San Pedro Macorís (40 miles east of Santo Domingo)
 - 200 children
 - Serves local community
 - Medical care
 - Education K-11
 - Vocational workshops
 - Social work programs
 - Construction projects
 - Chapel
- Where will we stay?
 - Visitor accommodations are simple communal spaces (4-6 people per room with its own bathroom)
 - You will have a key to get into your room
- What will we eat?
 - All meals consist of ingredients common to the DR
 - Purified water is provided in large jugs
 - Bring a water bottle you can refill through the trip
 - DO NOT throw away food
 - If you are unable to finish your food, offer it to a child or another member of your group
 - Snack you bring should supplement, not substitute, meals
 - There is a small shop staffed by older children to purchase snacks and small gifts
- Health and Safety
 - Arrive at the airport and transportation to NPH is provided
 - Home is located on an enclosed property with a gated entrance, 24-hour security
 - Internal clinic with 24-hour nurse
 - Consult your physician for health concerns and recommendations prior to traveling (shots, medications, etc.)
- Weather
 - Hot, humid, and sunny
 - Temperatures typically 80s during the day
 - Check the weather forecast when you are packing
- Money and local currency
 - Dominican Peso
 - Exchange rate: \$1 DOP = \$.02 USD
 - Exchange at bank or AAA before you go, exchange at the airport, *easiest way is to withdraw at the ATM when you arrive*
 - Smaller bills are recommended (\$1 and \$5)
 - No more than \$100