



Short-Term Trip Guide

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Project Mañana International
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ProjectManana.org



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- WELCOME -

Dear Friend,

On behalf of the children and their families of the Dominican Republic, we would personally like to THANK YOU for taking time out of your busy schedule to experience Project Mañana in the Dominican Republic.

As you prepare for your trip, you will have many questions, thoughts, and possibly even some concerns. That is perfectly natural and the staff of Project Mañana is here to help. We will be in constant communication before, during, and after your trip.

This experience will be life-changing. Really! As you see, smell, touch, and enjoy your visit to the Dominican Republic, you will broaden your cultural awareness and deepen your appreciation for your life in the United States.

The Dominican Republic is a beautiful country and the nationals are some of the warmest and most welcoming people in the world. From the minute you step onto Dominican soil, you will be greeted with a smile and feel the magic of this amazing culture. Feel free to ask lots of questions and take photographs to remember your trip!



Brian & Nebraska Berman

Project Mañana is working tirelessly to share the gospel and break the cycle of poverty by investing in impoverished children, their families and communities through clean water, nutrition, education, and discipling projects in the Dominican Republic. Your presence in the Dominican Republic is VERY impactful for the children and their families. Be prepared to develop lasting international relationships, experience exotic and delicious food, and create memories that will last a lifetime!

Again, as you prepare for your trip, please allow the Project Mañana staff to answer any questions. Simply call us at (800) 471-2343 or contact us by email at info@projectmanana.org.

¡Le veremos pronto! (We'll see you soon!)

Warmest Regards,

Brian Berman
Co-Founder & President
Project Mañana International

Nebraska Berman
Co-Founder & Executive Director
Project Mañana International



- WHAT TO EXPECT -

What a Trip Looks Like

Project Mañana will be in frequent contact with you before your trip; and our goal is to help you become fully prepared. You will spend most of your time in Santiago, Dominican Republic. During your trip, you will have the opportunity to meet and spend time with Dominican and Haitian nationals, tour various communities and historical zones, learn about Dominican culture, experience shopping, and travel to the beach. At all times, your safety is our primary concern.

Project Mañana Staff

From the time you land in the Dominican Republic, you will be accompanied by Project Mañana staff at all times. Our team consists of bilingual American missionaries and Dominican/Haitian nationals; who are highly trained to make your trip safe and enjoyable.

Travel

While in the Dominican Republic, you will travel by private bus or a 15-passenger van. In some cases, you may also travel by taxi.

Accommodations

In most cases, you will stay in the city of Santiago de los Caballeros. You will either stay at a house, dormitory, or hotel. In all facilities, you will have a safe place to store your luggage. Beds, showers, and sinks will also be provided.

Meals

You will enjoy three nutritious Dominican meals each day. All meals are cooked by our trained staff under hygienic conditions. If you have dietary restrictions, we suggest that you bring snacks to supplement your meals.

Phone Calls

Most U.S. cellular phones work in the Dominican Republic. There will also be phones available for EMERGENCY calls and to let your family know that you arrived safely. Internet is available at local "internet cafés", and a Project Mañana staff member can assist you.

Medical Treatment

If there is a need for medical treatment while abroad, we will ensure that you get the best care available. There are several medical facilities nearby. You will be responsible for all medical costs; which are usually less expensive than the United States.

Money

Feel free to bring spending money for souvenirs, snacks, and beach day. Project Mañana staff will be happy to exchange your U.S. dollars for Dominican Pesos. Credit Cards do work in the Dominican Republic, however you will need to contact your credit card company prior to your trip to advise you will be using your card aboard. It's also important to know that not all restaurants and stores accept credit cards.





- WHAT TO EXPECT (cont.) -

Church Services

Depending on the schedule of your trip, you may have the opportunity to experience a Dominican or Haitian church service. These services are slightly different than American services. You will enjoy energetic singing, dance and drama presentations, preaching, and a greeting time. After each service, it is customary to shake hands with everyone.

Beach Day

Before you leave, you will have the opportunity to spend a day on the beautiful coastline of the Dominican Republic; where you can buy souvenirs at the small shops on the beach, swim, snorkel, or simply relax and reflect on your week. The Dominican sun is MUCH more intense than in the United States and sunscreen is a MUST.

- THINGS TO KNOW -

Tourist Card

The Tourist Card is a tax the Dominican Republic charges its visitors. Its legal base rests on the Law 199-67, which establishes the acquisition of such card as a requirement to enter national territory, for tourism purposes, without the need of a consular Visa. The Tourist Card allows a stay of **30 days** in the country and costs **\$10.00 US**. *Starting in 2018, the Dominican government began including the Tourist Card fee in all airline tickets. Visitors no longer need to purchase a Tourist Card upon arrival.*

Do not drink the tap water

This includes while showering, brushing your teeth, or from a water fountain.

Loss of water pressure

From time-to-time, the water pressure in the Dominican Republic weakens. When this happens, you will need to bathe using a bucket of stored water and a cup. You will find a bucket and cup in your shower.

Loss of electricity

From time-to-time, the electricity will temporarily stop without warning. Outages may last for a couple of minutes or a few hours.

Watch what you touch

Many of the places you will visit are very poor. Raw sewage, trash, and bacteria fill the streets. Be mindful of what you touch and DO NOT put your hands in your mouth. It's a good idea to bring a bottle of waterless hand sanitizer. You should ALWAYS wash your hands with soap and water before eating.

Cultural Pointers

- Do not flush toilet paper; it goes in the trash can next to the toilet.
- Do not give money to nationals. Even if you have the best intentions, please consult Project Mañana staff.
- Smoking and drinking alcohol are considered offensive to the Dominican Christian culture.





- HOW PROJECT MAÑANA HELPS PROTECT YOU FROM COVID-19 AND OTHER ILLNESSES -

The health and wellbeing of all Project Mañana guests is our Top Priority. We work hard to keep you healthy and safe during your trip. Here's how we're helping to protect you from COVID-19 (Coronavirus) and other illnesses:

- Project Mañana monitors official reports on the spread and containment COVID-19 and other illnesses
- Hand sanitizer at our Guest House, onboard the bus, and in all areas that you'll visit. Access to hand sanitizer is available 24/7
- All Project Mañana facilities are cleaned and sanitized multiple times each day
- Our food preparation and cleaning staff have been extensively trained on proper food handling/preparation and cleaning standards
- Daily activities can be adjusted, as needed, to avoid large, crowded areas
- Alternative methods for greeting and interacting with each other (such as the use of masks & gloves) are practiced, as needed; and training is given to all visitors

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

- Stay at least 6 feet (about 2 arms' length) from other people.**
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.**
- When in public, wear a cloth face covering over your nose and mouth.**
- Do not touch your eyes, nose, and mouth.**
- Clean and disinfect frequently touched objects and surfaces.**
- Stay home when you are sick, except to get medical care.**
- Wash your hands often with soap and water for at least 20 seconds.**

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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- PREPARING FOR YOUR TRIP -

Passports

Passports are now required to travel to the Dominican Republic. Please allow 6-8 weeks for your passport to arrive. To obtain a passport, you will need a certified birth certificate, two passport photos (ask your local U.S. Post Office where you can have them made), and a driver's license. In addition, you will need to pick up and fill out a form from the U.S. Post Office and turn in the information to a postal clerk for processing with the U.S. Passport Agency. Further passport information is available at http://travel.state.gov/passport_services.html.



Immunizations

Project Mañana highly recommends up-to-date Tetanus/Diphtheria vaccinations for all trips. The Center for Disease Control (CDC) also recommends the following: Hepatitis A&B, Typhoid, Malaria RX, and Traveler's Diarrhea RX. Recommended vaccinations may change as conditions change in various areas, so please visit <http://www.cdc.gov> for current updates.

Under 18

If anyone on your team is under the age of 18, they must have a signed, authorized travel form provided by Project Mañana. It must be signed by both parents (or legal guardian) and notarized.





- WHAT YOU NEED -

PACKING LIST

Clothing

Casual Clothes

- T-shirts
- Shorts
- Jeans
- Sandals (for beach)
- Closed-Toe Tennis Shoes
- Bathing Suit
- Sweatshirt/Jacket

Church Clothes

- Men: Collared Shirt & Khaki Pants
- Women: Dress/Skirt, *below* knees
(No thin "spaghetti" straps)

Work Clothes

- Jeans
- T-shirt
- Work Gloves
- Boots or Closed-Toe Shoes

Toiletries

- Toothbrush
- Toothpaste
- Deodorant
- Soap (Body Wash)
- Shampoo & Conditioner
- Shaving Supplies
- Feminine Products
- Towel (showering & beach)

Other

- Pillow
- Twin Bed Sheets (top & fitted)
- Sweatband or Bandana
- Refillable Water Bottle
- Sunglasses
- Sunscreen (**IMPORTANT!**)
- Insect Repellent (**IMPORTANT!**)
- Camera
- Waterless Hand Sanitizer



Optional Items

- Passport pouch to wear around neck
- A photo of self/family to share with the new friends that you meet
- Gift for the host family (dish towels, toiletries, picture frames, Spanish books, etc.)
- Clothes to give away (nice shorts, shirts, hats, dresses, shoes, makeup...)
- Contact solution
- Aloe Vera
- Imodium (or other diarrhea medicine) & laxative medicine
- Dramamine (Recommended if you get motion sickness. For the curvy ride to the beach)
- Ear Plugs (Recommended for sleeping. The Dominican Republic has a loud culture.)



- EXPERIENCING A DIFFERENT CULTURE -

The most important thing to remember on any short-term mission trip is that you are there to serve, not to be served.

You are there as an invited guest. Encourage each other to have the attitudes and actions of a guest which include being courteous, being polite, having good manners and being thankful.

The American culture is very different from other cultures. One of the main differences is our freedom to “just be ourselves”. This is often offensive in other cultures. It is extremely important to sit back and take in the culture you are part of without giving into the temptation to want to change it and make it like your own.

While many nationals may not understand everything you say, they are watching everything you do. This includes every face you make, laugh you give or gesture you may think no one saw.



Here are some key things to remember:

DO

1. Be flexible and adaptable.
2. Give yourself the freedom to fail.
3. Have realistic expectations of serving others.
4. Tolerate differences.
5. Be empathetic. Put yourself in the other's place.
6. Be open-minded, have a learning attitude.
7. Have a sense of humor.
8. Ask for permission before taking someone's picture.
9. Eat what you're served by Project Mañana staff.
10. Enjoy experiencing a different culture!

DON'T

1. Make fun of things, people, or culture.
2. Be insensitive of others' feelings.
3. Take photos when you are told not to take them.
4. Don't brag about yourself or your accomplishments.
5. Please do not discuss our political views or ideology.
6. Do not criticize the Dominican culture or church.
7. Do not be pushy, boastful, or overly demonstrative.
8. Wander off without notifying Project Mañana staff
9. Give money away to nationals. No exceptions.
Please speak with a staff member if you want to help meet a need and they will help you do so appropriately.
10. Please do not promise or offer visas to the Dominicans and Haitians.

- DOMINICAN REPUBLIC IMMIGRATION & CUSTOMS -

Passing Through Immigration and Customs

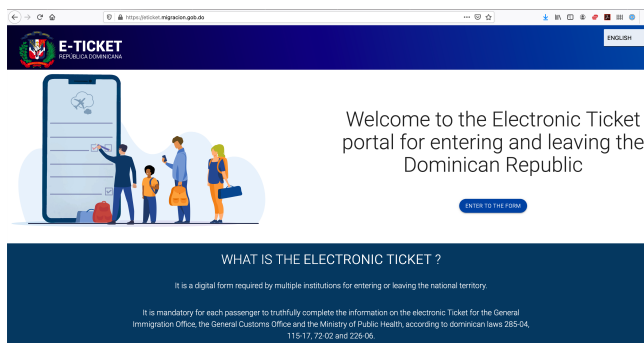
Effective May 1, 2021, the Dominican Republic no longer uses paper forms for Immigration and Customs. All passengers are now required to complete an online form (known as an E-Ticket) **PRIOR** to your arrival at the airport.

You will be required to complete the E-Ticket for your inbound flight into the Dominican Republic **AND** your outbound flight from the Dominican Republic.

To complete the E-Ticket:

- 1) Go to: <https://eticket.migracion.gob.do>
- 2) Select "English" in the upper-right corner
- 3) Enter your information (See Page 9 for Detailed Instructions)
- 4) Upon completion of the E-Ticket, you'll be presented with a confirmation page that includes a QR Code.

IMPORTANT! Please take a **screenshot** of the confirmation page (if you completed the form on your mobile device) OR **print** the confirmation page (if you completed the form on a laptop/desktop computer). **You MUST bring the confirmation page with QR code to the airport.**



Confirmation Page (Sample)

 REPUBLICA DOMINICANA	TICKET DE EMBARQUE Y DESEMBARQUE DE LA REPUBLICA DOMINICANA
NOMBRE: JOHN SMITH	
PASAPORTE: 1234567890	
NACIONALIDAD: USA	
MIGRACION: SALIDA	
FECHA DE EMISION: 30/04/2021	



- DOMINICAN REPUBLIC IMMIGRATION & CUSTOMS -

When completing the “ADDRESS AT THE DOMINICAN REPUBLIC” section, please enter the following information:

Province: **Santiago**

Municipality: **Villa Gonzalez**

Section: **Arrenquillo**

Street and Number: **Barrio San Pablo, Calle Principal, Edif. Project Mañana**

Embarkation Port: **STI – Cibao International Airport**

Flight Number: **[Enter Your Flight Number]**

Flight Date: **[Enter Your Flight Date]**

Disembarkation Port: **STI – AREOPUERTO INTERNACIONAL DEL CIBAO**

Airline Name: **[Select Your Airline Name]**

Flight Confirmation Number: **You can leave this blank**

Travel Purpose: **Leisure**

Days of Staying: **[Enter the number of days you'll be in the Dominican Republic]**

Do You Plan on Practicing Any Type of Sports: **None**

Sample Form

ARE YOU LODGING IN A PRIVATE RENTAL? (E.G. AIRBNB)
 ARE YOU GOING TO STAY AT A HOTEL?
 FAMILY/FRIENDS
 OWN HOUSE
 EMBARKATION (SHIP/FERRY)
 TRANSIT

ARE YOU A FOREIGNER RESIDENT IN THE DOMINICAN REPUBLIC? NO

ADDRESS AT THE DOMINICAN REPUBLIC

PROVINCE * MUNICIPALITY * SECTION *

STREET AND NUMBER *

EMBARKATION PORT * DISEMBARKATION PORT *

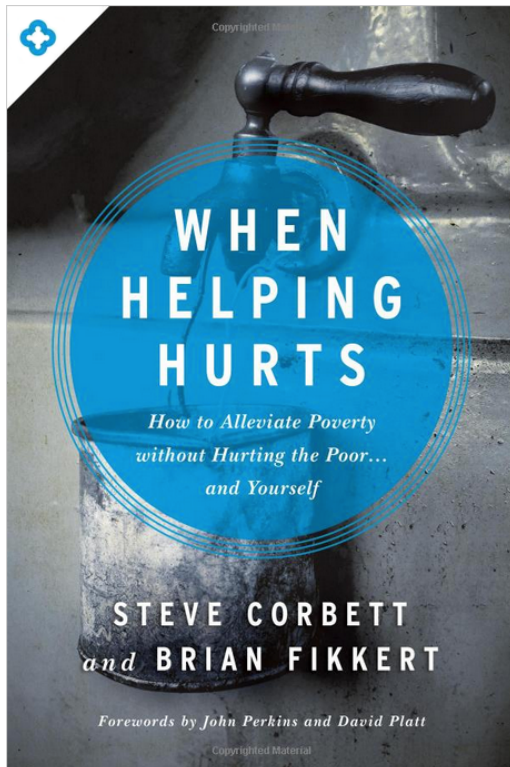
AIRLINE NAME * FLIGHT DATE * [YEAR] [MONTH] [DAY] FLIGHT NUMBER *

FLIGHT CONFIRMATION NUMBER / PNR TRAVEL PURPOSE * DAYS OF STAYING

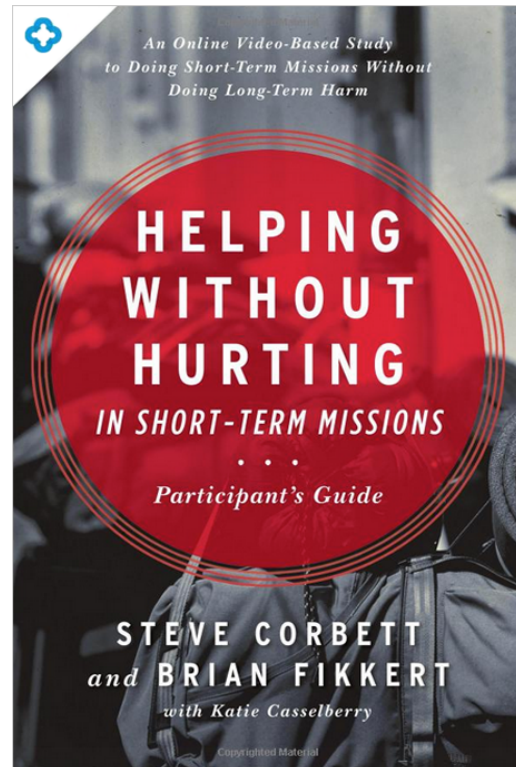
DO YOU PLAN ON PRACTICING ANY OF THE FOLLOWING SPORTS DURING YOUR STAY?



- SUGGESTED READING TO PREPARE FOR YOUR TRIP -



When Helping Hurts is a paradigm-forming contemporary classic on the subject of poverty alleviation and ministry to those in need. Emphasizing the poverty of both heart and society, this book exposes the need that every person has and how it can be filled. The reader is brought to understand that poverty is much more than simply a lack of financial or material resources and that it takes much more than donations and handouts to solve the problem of poverty.



Helping Without Hurting: Short Term Missions Participant's Guide is aimed at the preparation and debriefing of short-term missionaries. It will take the fully-formed ideas of *When Helping Hurts* and apply them to short-term missions with theory, application, examples, and reader interaction through questions and journaling. It will be an ideal resource for missionaries to use in preparing people to serve in a short term capacity without hurting the poor they are trying to serve.



Buy these books from Amazon Smile and they will donate a portion of your purchase to Project Mañana!

Visit: <https://smile.amazon.com/ch/27-3512516>



- HELPFUL DOMINICAN SPANISH PHRASES -

Days of the Week (Días de la Semana)

English	Spanish
Monday	Lunes
Tuesday	Martes
Wednesday	Miércoles
Thursday	Jueves
Friday	Viernes
Saturday	Sábado
Sunday	Domingo

Helpful Phrases (Frases Útiles)

English	Spanish
Hello	Hola
Yes	Si
No	No
Please	Por favor
Thank you	Gracias
Goodbye	Adiós
How are you?	¿Como estas?
My name is _____.	Mi nombre es _____.
What is your name?	¿Cuál es su nombre?
I am ___ years old.	Tengo ___ años.
How old are you?	¿Cuántos años tienes?
Where is the bathroom	¿Donde está el baño?
I am hungry.	Tengo hambre.
I am full.	Estoy lleno.
I am thirsty.	Tengo sed.
I am tired.	Estoy cansado/Tengo Sueño
I am happy.	Estoy feliz.
I am sad/upset.	Estoy triste



- HELPFUL DOMINICAN SPANISH PHRASES -

Christian Phrases (Frasas Cristianas)

English	Spanish
God bless you!	¡Dios Te Bendiga!
Are you saved?	¿Estás salvo?
Do you believe in God?	¿Cree usted en Dios?
I believe in God and Jesus!	Creo en Dios y en Jesús!
Do you believe Jesus is God's son?	¿Cree usted que Jesús es el hijo de Dios?
Do you want to pray?	¿Quieres orar?
You are forgiven by God.	Estás perdonado por Dios.
Jesus loves you!	Jesús te ama!
Jesus died for your sins.	Jesús murió por tus pecados.

Colors (Los Colores)

English	Spanish
Red	Rojo
Blue	Azul
Yellow	Amarillo
Green	Verde
Brown	Marrón
Black	Negro
White	Blanco
Orange	Naranja
Pink	Rosado
Purple	Morado



- HELPFUL DOMINICAN SPANISH PHRASES -

Numbers (Los Números)

English	Spanish
Zero	Cero
One	Uno
Two	Dos
Three	Tres
Four	Cuatro
Five	Cinco
Six	Seis
Seven	Siete
Eight	Ocho
Nine	Nueve
Ten	Diez

Directions (Direcciones)

English	Spanish
North	Norte
South	Sur
East	Este
West	Oeste
Straight	Derecho
Right	Derecha
Left	Izquierda
Up / above	Arriba
Down	Abajo
On top of ____.	Encima de ____.



- HELPFUL DOMINICAN SPANISH PHRASES -

Family (La Familia)

English	Spanish
Mom	Madre
Dad	Padre
Son	Hijo
Daughter	Hija
Sister / Brother	Hermano / Hermana
Aunt / Uncle	Tía / Tío
Grandma / Grandpa	Abuela / Abuelo
Wife / Husband	Esposa / Esposo
Children	Niños
Female Cousin / Male Cousin	Prima / Primo

Clothing (Ropa)

English	Spanish
Shirt	La Camisa
T-Shirt	La Camiseta
Blouse	La Blusa
Pants	Los Pantalones
Shorts	Los Pantalones Cortos
Jacket	La Chaqueta
Coat	El Abrigo
Dress	El Vestido
Skirt	La Falda
Hat (Baseball Cap, Etc.)	La Gorra
Shoes	Los Zapatos
Socks	Las Medias
Belt	El Cinturón
Suit	El Traje
Underwear	La Ropa Interior



- HELPFUL DOMINICAN SPANISH PHRASES -

Food (La Comida)

English	Spanish
Breakfast	El Desayuno
Lunch	El Almuerzo / Comida
Dinner	La Cena
Chicken	El Pollo
Rice	Arroz
Meat	Carne
Vegetables	Vegetales
Cheese	Queso
Egg	Huevo
Salt	Sal
Black Pepper	Pimienta Negra
Hot Sauce	Picante
Soup	Sopa
Bread	Pan
Milk	Leche
Water	Agua
Juice	El Jugo
Coffee	El Café