



 AdventHealth | **Global Missions**

**Dominican Republic Mission Trip
Primary Care Project
April 22 – 29, 2025**



Santo Domingo, Dominican Republic

Medical Mission Trip

Trip Purpose

Volunteers from AdventHealth will provide primary care to several Dominican villages during five days of clinics.

Location & Culture

The Dominican Republic is located on the eastern two-thirds of the island of Hispaniola, about twice the size of New Hampshire. The western portion of the island is occupied by the republic of Haiti. The mountains of the Dominican Republic divide the country into northern, central, and southwestern regions. The diverse geography of the country includes 800 miles of coastline with beautiful white-sand beaches and rocky cliffs and warm water, all of which are attractive to tourists.

The population of the Dominican Republic is about 8.4 million (2000 estimate) and is increasing at a rate of 1.6 percent per year. Dominicans have migrated from rural areas to the cities, the capital city Santo Domingo has over 2.14 million people. A large factor that influences Dominican national identity is its Spanish heritage and early independence. The native population was decimated or assimilated within decades of the arrival of Columbus, and the island was repopulated with Spanish colonists and their African slaves. Spanish is the national language, universally spoken today. The Roman Catholic cathedrals still stand, and most of the population is Roman Catholic.

Public clinics and hospitals provide free care, but people who can afford to prefer to go to private doctors. Public institutions tend to be poorly equipped and understaffed, and the focus is on curative rather than preventive care. There are about one thousand people to each doctor, with over eight hundred people per each hospital bed. There is a separate system for members of the armed

forces. Private health care is also available, primarily in urban centers. Many people still consult native healers, including witch doctors, voodoo practitioners, and herbalists. Parasites and infectious diseases are common. Contaminated water must be boiled in rural areas. Malaria and rabies are still a problem.



We will be partnering with Centro Médico Vista del Jardín, located in Santo Domingo. Centro Médico Vista del Jardín is a fully functional private hospital complete with In-Patient Care, Emergency Department, Out-Patient Clinics for various services, Operating Suites, and Imaging.

Trip Cost and Due Dates

The total trip cost is \$1,300

Due Dates

Payment	Amount per Person	Date Due
Non-Refundable Deposit	\$200	Upon Welcome Email
50% of Trip Cost	\$550	January 31, 2025
100% of Trip Cost	\$550	March 14, 2025
TOTAL	\$1,300	

Note: Airline tickets will be purchased once the 50% of the trip cost has been paid. You may be subject to higher ticket rates if payment deadline is not met. Trip cost may vary depending on departure city. Cost listed is based on departure out of Florida and the Southeast Region of AdventHealth.

Payment Options:

1. Website: <https://give.adventhealth.com/campaign/global-missions-dominican-republic-trip/c457814>
2. Call our office at 407-303-2632 to make payments over the phone
3. Mail a check made out to the “AdventHealth Foundation Central Florida” to our address:

AdventHealth Global Missions
870 Sunshine Lane
Altamonte Springs, FL 32714

The trip cost covers the following expenses:

- Flight(s) to location
- Hotel/Accommodation
- Ground Transportation
- Meals and Drinking Water
- Tips on behalf of the group
- Short-Term Travel Insurance

All donors will receive a tax-deductible receipt at the end of the year for the donation was made for the trip cost. If someone makes a donation to the AdventHealth Foundation Central Florida on your behalf, they will receive a tax receipt for the amount they contributed.

Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals while traveling to and from the Dominican Republic
- Medications, some which may be covered by your health plan
- Personal Tips, ex: for laundry or other personal items not covered by group tips
- Any personal emergency expense above what the insurance covers
- Beverages, you may want to bring \$15 – 20 USD for extra drinks
- Souvenirs/Gifts

Travel Schedule

Tentative schedule shown below, *subject to change*.

Day	Date	Activity
1	Tuesday April 22	Depart to Santo Domingo, Dominican Republic
2	Wednesday April 23	CLINIC/Community Service
3	Thursday April 24	CLINIC/Community Service
4	Friday April 25	CLINIC/Community Service
5	Saturday April 26	Rest Day / Tour and Excursion
6	Sunday April 27	CLINIC/Community Service
7	Monday April 28	CLINIC/Community Service
8	Tuesday April 29	Return to Orlando, FL

****Flight itinerary will be emailed to you once flight has been finalized.**

Health and Safety Protocol as established by AdventHealth Global Missions

The safety and health of our volunteer team and security within our destination/host country is of utmost priority. Any volunteer wanting to travel on an AdventHealth Global Missions' trip must

- ☐ Adhere to the vaccine requirements of our host country and our host institution, including covid testing if required.
- ☐ Agree to wear a mask at all appropriate times as instructed by the team leader. This includes but is not limited to properly masked in airports, team meetings, morning, and afternoon commute on the bus and during clinic hours.
- ☐ Comply with airline and transit country masking requirements, if applicable, during to and from travel to destination.

Entry and Exit Requirements for Dominican Republic

All passports must be valid for at least six months after the dates of intended travel. We recommend that you keep a copy of your passport with you at all times while traveling through Dominican Republic. For U.S. citizens, no visa is necessary for Dominican Republic if your stay is less than thirty days.

Weather and Atmosphere

In April, the weather in Dominican Republic is generally hot and humid with occasional showers. During our mission trip, we will experience highs of 89°F in the hottest part of the day and lows of 74°F.

Lodging

Our lodging will consist of hotel rooms in cities of the Dominican Republic. The hotel room assignment will be 2 people per room based upon gender or couples.

Food and Drink

All or nearly all food groups are accommodated in typical Dominican cuisine, as it incorporates meats or seafood; grains, especially rice, corn (native to the island), and wheat; vegetables, such as beans and other legumes, potatoes, yuca, or plantains, and salad; dairy products, especially milk and cheese; and fruits, such as oranges, bananas, and mangos. Food is generally not spicy.

The hospital has a vegetarian cafeteria, which will prepare our lunch and at times dinner.

Do not eat food from a street vendor. Eat carefully. Not everything is perfectly safe, even if cooked.

Water

Do not drink tap water, only bottled water. This includes brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip. It's important to keep yourself hydrated due to the heat and exhaustion.

Immunizations

In addition to the Covid-19 vaccine, we recommend our participants are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. More information on recommended vaccinations is available at <https://wwwnc.cdc.gov/travel/destinations/list/>

Miscellaneous

Foreign Currency

The Dominican Republic uses the Dominican Peso as their form of currency. As of Jan. 2025, the exchange rate is **1 USD = 61 Dominican Peso**.

How much money should you bring?

The money you will need is for any extra item listed above that you may want to purchase. We will stop at the airport to exchange money; many vendors also take credit cards. Most everything you see in shops or from vendors will be less expensive than in the USA.

Electricity

The Dominican Republic uses the same outlets and voltage as the United States.

Time

The Dominican Republic is on Atlantic Standard Time, one hour ahead of Orlando, FL.

Cell phone and Internet Access

If you need cell phone access, please make arrangements with your cell phone carrier prior to departure. Wi-Fi access may be available at the hotel.

Important Travel Tips

- Please do not go out on the streets by yourself; always in a group.
- DO NOT let anyone take your passport “to expedite” your check-in. Wait in line yourself.
- Carefully watch for everyone’s luggage as these are easily mistaken on the conveyor belts.
- Identify yourself as a tourist – “tour group” on immigration documents.
- Stay with group when we go through customs.
- You are advised against street moneychangers for security purposes.
- Respect others; always be on time for scheduled events (better early than late).
- Remember: You are a guest in the Dominican Republic... the rules and cultural norms may be different and more conservative.

Packing Tips:

- Be a minimalist, don’t over pack.
- Dress in layers to accommodate changing weather throughout the day.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- You may wear scrubs, but they are not required during clinic days. If you do not own any scrubs, you can wear pants and a polo shirt.
- PLEASE leave jewelry back in the USA and dress conservatively – no loud shirts, pants, shorts, etc.

Luggage Allowance

Depending on the group size of the team you may be asked to bring **only a carry-on** piece of luggage. In that instance, you would *not* be asked to take the Global Missions’ Supply Bag. Your team leader will let you know at the first team meeting.

1. Carry-on 22 x 14 x 9 inches
2. Personal bag

Packing List

Note: This is not an all-inclusive, nor do all items listed need to be packed. It is provided as a guide for what to consider packing for a Global Missions trip.

BASICS	TO TRAVEL:		Watch/Travel Alarm		TRAVEL AIDS	
	Passport		FUNDS		Pleasure reading	
	Copy of travel docs		Wallet		Chewing gum	
	Copy of passport		Cash		Snacks	
	Emergency contact info		Credit Cards		Earplugs	
	Medical insurance card		Foreign Currency		Sleeping mask	
	Headphones		Money belt		Travel pillow	
	Cell Phone & Charger				Motion-sickness remedy	
	Tablet & Charger					
CLOTHES	BASICS		Scrub Top		ACCESSORIES	
	Underwear		Scrub Bottom		Belt	
	Socks		OUTERWEAR		Wristwatch	
	Undershirts		Jacket		Glasses	
	Bras		Rain jacket		Sunglasses	
	Sleepwear (warm)		Scarves		Glasses case	
	CASUAL		FOOTWEAR		Hat	
	T-shirts		Hiking Shoes			
	Sweatshirts		Athletic/Comfy shoes			
	Pants/Jeans		Sandals/flip-flops			
HYGIENE	Toothbrush		Face cleanser		Feminine hygiene	
	Toothpaste		Moisturizer		Nail clippers	
	Dental floss/mouthwash		Sunscreen		Hand Sanitizer/wipes	
	Soap		Lip balm		Tissues	
	Deodorant		Contact lenses & case		Insect repellent	
	Shampoo		Saline solution		Prescription Medications	
	Conditioner		Shaving cream		Pain reliever	
	Brush or Comb		Razor		First-aid kit	
	Ponytail holders		Perfume/cologne		Vitamins	
	Hair dryer/curling/flat iron		Makeup		Toilet paper / baby wipes	
EXTRAS	Camera		Reusable water bottle		DONATIONS	
	Umbrella		Travel sewing kit		Clothing	
	Towel		Journal/Pen		Toys	
	Guidebook		Plug adapter		School Supplies	
	Backpack/day bag		Voltage converter		Toiletries	
	Stain remover		Laundry bag			
	Important Phone numbers		Ziploc bags			
	Powdered drink packets		Stethoscope			
	Personal snacks		Personal medical tools			
	Flashlight & extra batteries		MED BAG supplied by GM			