



Medical Missions Guidebook





Welcome to ILAC!

We are so glad that your life path has brought you to a place where you are choosing to embark on this journey to the Dominican Republic. You are joining the ILAC tradition in which, for over 40 years, students and professionals have given their time and talents to the rural Dominicans and in return have received immeasurable love, hospitality, and acceptance from Dominican families.

As you embark on this journey, we encourage you to open your minds and hearts and learn to live in solidarity with your Dominican community. For Rev. Peter-Hans Kolvenbach, S.J., Former Superior General of the Society of Jesus, solidarity means letting “the gritty reality of the world” into our lives. We should “learn to feel it, think about it critically, respond to its suffering, and engage it constructively. [We] should learn to perceive, think, judge, choose, and act for the rights of others, especially the disadvantaged and the oppressed.” The whole person – heart, mind, and conscience – is engaged in and by the world of the poor. That is the distinctive end, the goal of Jesuit education.

To this end, we invite you to be open to the new reality you will encounter. Take advantage of this mission to reflect, grow, change, discern.

The following guidebook has been created for you to assist with many of the common questions, logistics, situations that you may encounter. Please read it well.

We look forward to sharing this journey with you!

Sincerely,
The ILAC Staff

Adapted from the Guidebook for Creighton ILAC programs.

This guidebook is best utilized before the participant arrives in the Dominican Republic and can be used as a reference throughout the program.

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Main office)

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Institute for Latin American Concern (ILAC)

ILAC participants will be representing their U.S. home institution as well as ILAC during their time in the Dominican Republic since they will be living at the ILAC center/*campos* and be participating in service that is tied to the ILAC mission. ILAC has a unique history and well-respected presence in Santiago and surrounding rural communities. It is important for ILAC participants to have read the information below about ILAC's background and development so that they understand what they will be representing when becoming part of ILAC.



ILAC Mission Statement

The Institute for Latin American Concern (ILAC), an international, Christian, Ignatian-inspired, collaborative, health-care/development organization, exists to promote the integral well-being and spiritual growth of all its participants.

As an international organization, ILAC builds bridges of friendship between developed countries and the Dominican Republic seeking to integrate the positive elements of those cultures.

As a Christian organization, ILAC helps build local communities based on the ideals of love and service.

As an organization inspired by the *Spiritual Exercises* of Ignatius of Loyola, ILAC promotes a faith which does justice guiding its participants toward greater freedom and commitment to service.

As a collaborative organization, ILAC desires to work with other educational, development, and religious organizations in the Dominican Republic, the United States, and other countries, to better serve the basic needs of rural community members in the Dominican Republic.

As a health-care/development organization, ILAC promotes the integral health (physical, emotional, intellectual, and spiritual) of its participants.

Staying at the ILAC Center

Arriving at ILAC

The ILAC Center will send transportation for you. Look for a sign that says “Mision ILAC.” If your flight is changed or delayed, please inform the ILAC Center and ILAC staff so that someone will be there to pick you up when you arrive!

It is very likely that the first thing you will want to do is to contact your family and let them know that you have arrived safely. Most likely there will be wireless access for your device. There is also a computer center for guest use.

Travel Delays or Missed Connections

In the event your flight is delayed more than two hours or you miss your connections, please contact your group leader and be sure the ILAC Center is informed of the change. The main number for the ILAC Center is 809-736-0774. **ILAC needs to know when to send a driver to pick you up from the airport.**

Customs and Immigration

When arriving to and departing from the Dominican Republic, you will be required to pass through immigration and customs. Immigration officers will check your passport. Customs may check your luggage to ensure that you are not transporting anything illegal. If Customs takes anything from your luggage, let them have it and document what they took. The ILAC staff will try to get it back.

When you return to the U.S., you will have to again pass through customs and immigration. You will be given an immigration form in the airport prior to checking in to complete before landing in the United States.

Traveling to the DR requires paying **\$10 US in cash** before you go through customs. Take a left after going down the elevator. Airport attendants will guide you to where you need to make this payment. If you have an extended stay (more than 30 days), **there is an exit fee of RD \$2500 pesos or US \$62 cash that you will pay upon leaving the D.R.**

Getting Your Luggage

After proceeding through customs, you will pick up your luggage from the baggage claim. It will then be x-rayed. Have your baggage claim tickets handy in case airport attendants ask to see them.

Should your luggage not be there, go to the baggage claim service desk. Do NOT leave the airport without first providing ILAC’s phone number and address so that the airline can deliver your luggage directly to ILAC once they do arrive, usually within the next few days.

ILAC

Kilometro 7.5, Carretera Santiago/Licey
Licey al Medio, Santiago de los Caballeros, RD
Phone: 809-736-0774

A Dominican porter may want to assist you after your bags clear customs. You can politely refuse their service. It is customary to tip them \$1-2 per bag.

ILAC Code of Conduct - Health Professionals and Medical Missions

ILAC participants will be expected to live consistently with the ILAC Code of Conduct. Further, participants will be reminded that all actions while in the Dominican Republic are direct reflections upon the ILAC/CESI Center, their home institution, and the United States of America. They are ambassadors of all three realities.

The overall guideline for this Code of Conduct is that we are guests and learners in another country, and we want to show our respect and sensitivity to the Dominican people. ILAC is a faith-based center. In keeping with the ILAC mission, this allows us to make good decisions as we leave our culture behind for a moment in time and live in solidarity with the Dominicans.

Code of Conduct for the ILAC Programs - MEDICAL MISSIONS

- **Alcohol:** No alcohol is allowed in the ILAC/CESI Center or in the Campos. Alcohol is only allowed in the surgery center for medical missions after hours when all patients have been dismissed. Please respect the ILAC Center, ILAC patients, and your fellow team members by not overindulging when the team is operating the following day. You wouldn't want someone with a hangover making decisions about your health, and our ILAC patients deserve the same consideration.
- **Drinking at stores/businesses in the Mission ILAC neighborhood:** The Dominican ILAC staff remind us the behavior of Americans in the ILAC neighborhood strongly reflects on the ILAC Mission. If you choose to drink at a business/home in the ILAC neighborhood, DO NOT wear scrubs or clothing that identifies you as a medical person. We are told that persons in the neighborhood have even commented that people are drinking and then operating on patients. While we know this is not true, it is important to help ILAC and our medical volunteers promote and maintain a positive, professional image in the local community surrounding the ILAC Center. Those in the medical profession and foreigners in general are held in very high esteem and participants should be aware that our behavior (on and off the job) is watched very closely by those we serve.
- **Motorcycles, etc. and Riding in the back of pickup trucks:** The Dominican Republic has one of the highest death and dismemberment rates due to accidents per capita in the world. Most deaths/injuries are those riding motorcycles, mopeds, motor bikes, bicycles or four wheelers. For this reason we prohibit these modes of transportation to students and we prohibit riding in the back of pickup trucks. As an adult, medical mission volunteer, you are highly discouraged from taking these risks.
- **Dress Code:** Because the ILAC Center is a Catholic institution and serves as a professional office for a permanent Dominican staff, we ask ILAC guests and volunteers to dress conservatively. Specifically: No short shorts, bare midriffs, "spaghetti-strapped" tops, see-through clothes. We ask that you only use exercise clothing while exercising and change before meals/other activities.
- **Smoking:** No smoking of cigarettes or cigars in the ILAC/CESI Center, Surgery Center, or Campos. Smokers please consult with ILAC Staff for appropriate smoking areas.
- **Drugs:** No illicit or illegal drugs in the ILAC/CESI Center or in the Campos.
- **Cohabiting:** Because ILAC is a Catholic institution, unmarried couples are expected to room apart at the ILAC/CESI Center.

ILAC Surgery Center—A few things all should know

Cooperadores

All ILAC programs are made possible because of the work of the "Cooperadores de Salud", men and women selected by their own rural communities to receive ongoing health care training and education at the ILAC Center. Over 150 Cooperadores have been trained by ILAC to serve in 130 rural communities. Cooperadores are integral links to the local campos. They are also responsible for screening patients for the various ILAC medical programs. The Cooperadores Program represents a permanent commitment to health care and education in the Dominican Republic.

Dominican Health Staff

Paid Staff. Mission ILAC has a full-time Dominican Health Team Staff.

- Dr. Gisselle Medina, Health Director (Dentist by training)
- Dr. Rita Rosario, Assistant Health Director (Dentist by training)
- Dr. Leopoldo Carretero, ILAC Family Doctor
- Dr. Ramon de Leon, ILAC Doctor (Specialist in Epidemiology)
- Carmen Burgos, Coordinator to assist and translate for Medical Missions
- Javier Castillo, Works with Warehouse and Maintenance of the Surgery Center



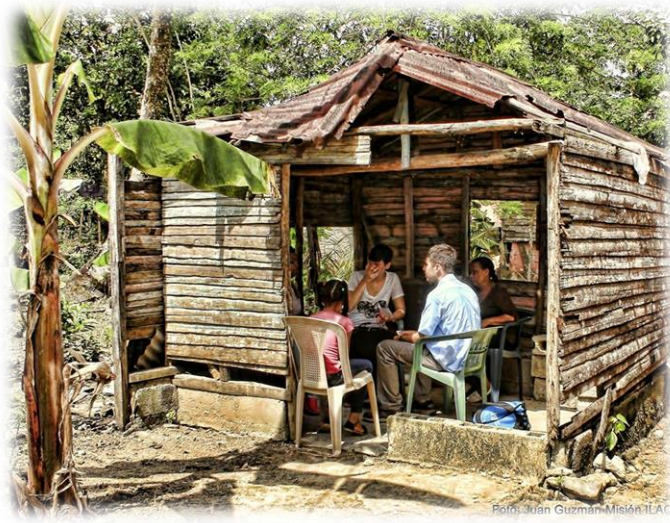
Cooperadores: In addition to full-time paid staff, ILAC medical missions depend on the assistance of Dominican Cooperadores (Village Health Promoters). All patients have been selected from their communities by their cooperadores who accompany them to the surgery center. Some cooperadores have been given greater responsibility of helping to organize patients in the clinic, organize patient charts, keep the clinic area organized, or to accompany patients. Two extra special cooperadores you are likely to see are Nini who accompanies patients at most medical missions in the pre-op area and Boba who volunteers to do all the clinic laundry during most medical missions. Nini is a great singer and will often lead the morning clinic prayer.

Dominican Nurses: During most medical missions 1-3 Dominican women serve as post-op nurse techs. ILAC provides the assistance of these women for the benefit of the patients. Waking up from anesthesia in a foreign environment can be scary. The presence of Dominican health staff who are speaking their language often has a calming effect on the patient. These women can be trained to give discharge instructions in Spanish or to communicate any questions patients may have to the medical mission staff. The names of the four nurse techs who work with ILAC are: Silvia de los Angeles, Argentina Gonzalez, Francisca Gomez, and Ana Mercedes Munoz.

Who are ILAC Patients?

Most ILAC Patients are poor, rural Dominicans referred to as “campesinos.” The ILAC Center has a relationship with approximately 130 villages or “campos.”

A campo is a rural farming area. Each campo is located in a remote (and sometimes mountainous) region, sometimes requiring campesino community members to hike along poorly kept roads which often turn into footpaths. The remoteness of these campos, combined with a struggling economy, leave the campesino with few (if any) options for health care. Transportation to the nearest city is difficult and expensive.



Communities in these rural areas rely on agriculture as the main source of income. Crops vary from campo to campo, depending on the climate and land. Coffee is the primary cash crop for the campesino, but beans, platanos, batata (sweet potato), corn, mangos, oranges, yucca and bananas are also grown. The latter are either for personal consumption or sale to the local middle man. The middle man will eventually sell the crop to the nearest market, or in the case of coffee, to a coffee exporter. The middle man makes the profit from the campesino’s arduous labor. Those campesinos who do not own any land, or enough land, will often look for work farming crops for large landowners. The average wage of a “day-laborer” is approximately RD 100.00, or \$2.50 a day.

Campesinos have little access to employment other than farming. For this reason, migration to the city has been on the rise. Campesinos leave their home communities in search of employment in larger cities, thus making transmigration the largest problem of the campos.

Each campo site is unique. The climate is warm with pleasant breezes during the day. Depending on campo altitude, temperatures may be cool at night. Water access is always a struggle for the communities. Some campos have plentiful water sources lending to easy gathering, bathing and laundering sites. Other campos have dismal water supplies requiring long hikes to a source that is both contaminated and scarce.

Campos vary in size. In general, campos are composed of between 20 and 400 families. Exact family counts can be difficult to obtain because campos are sometimes located next to each other, and boundaries are difficult to determine. Family size also varies, with typical families having between 4 and 6 children. Determining how many children live in the campesino home, and how many children campesinos have may not be an easy task since marriage oftentimes is not as common as “free unions” (See “The Women of Azua”

by Barbara Finlay, (Praeger, 1989) for an excellent sociological study of the Dominican campesino family structure.).

Campo leadership can take a variety of forms. If the campo has a “Presidente de Asamblea” (a man who has been chosen by the local diocese to lead the community in liturgy of the work celebrations yet is not ordained), he will normally act as the leader in other capacities as well (committees, cooperatives, etc.). At times, the wealthier families of the campo or the local teachers (if the community has a school) will act as leaders. Women, though they may not be recognized as such, often provide the leadership needed in a community.

In each campo where ILAC works, a Health Promoter or “Cooperador de la Salud” lives with his or her community. This Health Promoter has received six weeks of ongoing training in basic health care issues at the ILAC Center. The cooperador(a) is a valuable contribution to ILAC teams during clinic times, and are excellent resources in helping ILAC teams become acquainted with the area. The cooperador(a) know his/her campo well, and know the most common diseases and health problems. They know what is available as far as local (very local) medicines and treatments, and are familiar with the health risks of the community.

Roles of Medical Mission Staff and Dominican Health Team

How each medical mission will run varies according to the mission staff that comes and the needs and desires of that team. Please have team leaders spend some time with Dr. Giselle, Dr. Rita, and Dr. Leo to make a plan for how the mission should run prior to the start of the mission. All will run smoother if a system is worked out ahead of time for what you need/expect from the Dominican staff doctors and other Dominican team members.

In general, ILAC Dominican Health staff organize the patients to come in for the medical mission. Different cooperadores are told to bring their patients on different days of clinic. Generally communities travel to ILAC together to pool their resources and save on cost as transportation into the city is a big expenditure for many ILAC patients.

Once patients arrive at ILAC, Dominican health staff find their pre-existing ILAC chart or create a chart if they did not have one. The patients are charged a small fee of about \$1-\$2 which helps cover the paper and ILAC administrative costs. No one is turned away if they cannot pay this small fee.

If your team has a particular order in which it prefers to see patients in clinic (ie children under 3 first), please communicate this early on to the ILAC Staff so they can organize patients in the waiting area accordingly.

If your team needs medicines or a medical supply, it is likely that Dr. Rita Rosario or Javier (Son) Castillo in the warehouse can find or obtain what you need. Please don't take anything from the ILAC Pharmacy without asking as Dr. Rita is working hard to keep her electronic inventory accurate.

Warehouse Area

Many teams have a dedicated area in the ILAC warehouse. Please never take supplies that are in another team's dedicated area without permission and an agreement that you will be replacing the supply prior to that team's next mission.

ILAC appreciates the teams keeping their hold-over supplies to a minimum from year to year. This is because demand for warehouse space is growing as the number of teams grows. Additionally, a certain level of organization needs to exist for insurance purposes.

The warehouse is not air conditioned and many supplies can be damaged by the heat and humidity over time. It is best if you can use what you need each year and only keep what you know will still be good and useful to the future year's mission.

There are some supplies that have accumulated over time that no longer belong to a particular group. They may be items that were donated with no specific purpose or items a medical mission brought and decided they did not need.

If you need a supply, please consult with Javier and Dr. Rita, as they know the warehouse best and are most likely to find you what you need quickly, if it exists.

Shared equipment

Many groups and individual donors have contributed to the construction and the equipping of the ILAC Surgery Center. Most of the equipment was used inventory in hospitals across the United States that could be successfully repurposed in the Dominican Republic. Because there is not a dedicated biomedical person to care and maintain for equipment, it is important for groups to report and set aside non-functioning equipment so the ILAC Staff can determine whether to repair or dispose of the equipment.

Much of the durable medical equipment is intended for shared use between all med-surg teams including blood pressure machines, monitors in the surgical suites post-op area, anesthesia machines, sterilizers, beds, carts, lights, blankets, hospital gowns, scrubs.

Some equipment/supplies belong to a particular team and are not for shared use. This special equipment is usually well-labeled with the team's name and is either stored in that team's area in the warehouse or in the equipment storage area in the main hall of the surgical center. If your team needs to use equipment that belongs to another team, you must first coordinate with ILAC Mission staff to contact the owners of the equipment to ask permission.

Please treat all equipment with care and respect. Please notify ILAC Mission Staff of broken or malfunctioning equipment. In the case of major problems with essential equipment including sterilizers and anesthesia machines, consider notifying the next upcoming team of the problem, if it remains unresolved at the time of your departure from ILAC.

Removing equipment from the ILAC Mission

Some teams operate outside of the ILAC Surgery Center but have ILAC coordinate some aspect of their trip. Please be conscientious that Mision ILAC and its staff take very seriously the care of the equipment that has been donated to the surgery center. Any decision to donate equipment owned by Mision ILAC to an outside group or hospital must be done so with the explicit permission and consent of the ILAC Staff, including Dr. Giselle Medina, Health Director and Radalme Pena, Executive Director.

Any request to borrow or use equipment that has been donated to the ILAC surgery center outside of ILAC must be authorized by Dr. Giselle Medina, Health Director. This is true even if it was your team that donated the piece of equipment in question. Once a donation has been given, the owner of the equipment is the donee.

Please understand this policy comes from the fact that corruption is rampant in the Dominican Republic and the likelihood of expensive equipment never returning to ILAC is significant.

Medical/Equipment Donations

The end of a medical mission is a good time to do some housecleaning of team inventory and supplies. If you have items that your team is unlikely to use or that are unlikely to be good or will expire prior to your next mission, you may donate them to local public hospitals. The ILAC health staff will facilitate getting the supplies to the hospital you choose. Usually donations are needed at the Cabral Regional Hospital.

If you believe equipment at the ILAC Surgery center is no longer useful and should be donated, please coordinate this recommendation with the ILAC health staff. They will decide if they wish to repair the equipment, continue to use it, or donate it to the public hospital.

What Will I Need to Bring to the Dominican Republic?

Packing

Organize your bags well in advance and remember to pack lightly. You will most likely have to pay a fee if you go over the airline's weight requirements. Remember, this is your chance to learn to live simply! Remember to leave space because you will want to return home with souvenirs.

The bottom line in dressing in the Dominican Republic is to look neat, well-groomed and professional.

You will quickly find that Dominicans dress as a sign of respect for others. Therefore, dress nicely when in the city or in the campo.

Please pack only what you will need for your stay in the Dominican Republic. There is a laundry room at the ILAC Center.

FOR ONE WEEK MEDICAL MISSIONS

*****Weather in the Dominican Republic is hot most of the year (February-November). We recommend using light colors, moisture-wicking, and quick drying clothing. *****



CLOTHING - WOMEN

- Note: there are many donated scrubs from Small-XL in the ILAC surgery center that you may use during your stay. However you may wish to bring your own scrubs to work in the surgery center.
- 2-3 short-sleeved blouses or sleeveless (no “strappy” or short tops) which may be worn in a variety of combinations with slacks, skirts or sun dresses
- 1-3 T-shirts (clean, nice)

- 2-3 slacks or jeans and belt, and/or skirts/dresses (khakis are great) (moisture wicking or quick dry materials recommended)
- 5-7 days of underwear and socks (**High socks that can be tucked into your pant leg work the best to protect your ankles from insect bites.**)
- Sleep wear
- If you will be going to 27 Waterfalls or to Jarabacoa, bring comfortable close-toed hiking/TEVA sandal shoes (or tennis shoes *in place of/addition* to hiking shoes) that can get wet.
- Sandals or beach shoes (Chaco or Teva-type sandals. Flip flops not recommended!)
- Light jacket or sweatshirt (January is the coolest month)
- Lightweight rain gear
- Nice clothing/shoes for dressing up (dinner/outings in the city of Santiago)
- Swimsuit and cover-up

CLOTHING - MEN

- Note: there are many donated scrubs from Small-XL in the ILAC surgery center that you may use during your stay. However you may wish to bring your own scrubs to work in the surgery center.
- 2-3 short-sleeved collared or golf (polo shirts are great)
- 2-3 pairs of jeans or lightweight moisture-wicking slacks (khakis are great)
- 5-7 days of underwear and socks (**High socks that can be tucked into your pant leg work the best to protect your ankles from insect bites.**)
- Sleep wear
- If you will be going to 27 Waterfalls or to Jarabacoa, bring comfortable close-toed hiking/TEVA sandal shoes (or tennis shoes *in place of/addition* to hiking shoes) that can get wet.
- Sandals or beach shoes (Chaco or Teva-type sandals. Flip flops not recommended!)
- Light jacket or sweatshirt
- Light jacket or sweatshirt (January is the coolest month)
- One pair of non-tennis shoes for dinner/outings in the city of Santiago
- Nice clothing for dressing up (dinner/outings in the city of Santiago)
- Belt
- Swimsuit

*Bermuda or longer/walking-style shorts/capris are acceptable to wear but may increase your exposure to mosquitos. Short-shorts are never acceptable due to ILAC dress code.

**Conservative exercise clothes okay when running on the track at the ILAC Center. For men and women, exercise clothing should include a t-shirt that fully covers the torso. I.e. No shirts open at the sides or revealing the midriff section.

TOILETRIES - During your stay at the ILAC Center, the following is provided in your room: towels, sheets, blankets, toilet paper, and hand/bath soap. You will want to bring with you the following items:

- Toothbrush and toothpaste
- Deodorant
- Shampoo/rinse
- **Hand Sanitizer*****
- Sunscreen and moisturizing cream or after-sun lotion***

- Any medications regularly used (anti-diarrhea medication, ibuprophen, Tylenol, etc.)
- Mosquito repellent (Cutter's, Deet, Avon Skin-So-Soft, etc.)***
- Benadryl cream and Benadryl capsules (after mosquito bites)
- Caladryl or Calamine lotion
- Razor
- Comb/Brush
- If contacts are worn, adequate cleaning solution, extra pair of contacts and glasses.
- Triple antibiotic cream/Neosporin

MISCELLANEOUS

- Duffle bag
- Mesh laundry bag/trash bag for dirty laundry
- **Travel Alarm Clock**
- Journal
- Small quantity powdered or liquid detergent (also available in the DR)
- Plastic or Ziploc-type bags for shoes, dirty clothes, food/snacks etc.
- Camera (film and batteries are available in the DR, but may cost more money)
- **Sunglasses and sun hat**
- **Flashlight**
- English/Spanish dictionary
- Bible or reflection material
- **Water bottle**
- If you would like to leave a donation at the ILAC Center when you leave, please bring 1 new large bathing towel and/or new white sheets and a pillowcase (1 twin-size fitted, 1 twin-size flat and 1 pillowcase).

It is recommended to bring more long pants rather than capri pants or skirts. In the past, participants have regretted wearing capri pants and skirts because of the mosquitoes. Regarding clothes, take light colors and light materials are best since the sun is intense in the D.R. and dark colored clothes attract mosquitoes. Coordinate colors so you can wear anything with anything, which will give you more choices for outfits. Clothes that wrinkle easily are not recommended. You can purchase laundry detergent in the Dominican Republic.



Participant Life in the ILAC Center

ILAC Program Spirituality



We encourage you to participate in reflection, prayer, mass opportunities offered during your stay at the ILAC Center. All activities are open to those from all faith backgrounds. There is a regular Catholic mass at the St. Omer Chapel every Sunday at 11 AM.

There is no doubt about the potential for a very rich and life-enhancing experience in the Dominican Republic during your ILAC Program. ILAC has its roots in Ignatian spirituality which views our internal journey as equally important, if not more important, than our external journey. The belief in the sacredness of each person's journey requires a time to be respectful and attentive to ourselves and those in our team. One does not need to know or accept anything about Ignatian spirituality to contribute or profit from reflection meetings. Use what you can. People will be coming at this from many different angles and ILAC wishes to respect each person's background.

Accommodations

Most professionals stay in small, air-conditioned houses that room 2-4 people. Participants will be provided with a mosquito net (if the room is not screened) and linens such as bed sheets and a towel. Each room has a bathroom with showers, which participants will need to share. There is a laundry facility to which participants have free access M-F from 5pm to 7am, Sat after 12pm and Sun all day. However, participants will need to purchase their own laundry detergent, which can be done in Santiago or at the corner store.

ILAC Facilities

The ILAC Center is located on 4.2 acres of land on the outskirts of the city of Santiago, near "Licey." It consists of eight connected buildings, two outdoor kiosks (one screened) and thirty-one small guest houses or "casitas."

Prominently situated on the campus is St. Omer's Chapel and the attached Bell Tower which functions as a chapel of the Parish of Licey (Sagrado Corazon), under the authority of the Archbishop of Santiago. The Chapel can accommodate 200 worshippers.

The *Encuentro Dominicano* building contains five student dorms, a library, the Academic Director's office, a computer room and student lounge. This is off-limits to other ILAC participants.

The Zumpano building houses two classrooms and is used by both International and Dominican Educational Programs, including the Summer Program.

The Garrido building houses the ILAC Center administrative offices, offices of the Department of Health, Education, and Agriculture, the Creighton-ILAC office, guest rooms, and a commons area.

The Shaddy building is a covered, but open-air refectory capable of seating 150 individuals. It is primarily used as a dining room and large meeting room. It is located adjacent to the kitchen and service area.

The Service building includes the kitchen supplying the refectory, three large dormitories with a capacity of housing over 100 individuals, the laundry room, and two staff housing areas.

The Workshop and Garage building contain space for ILAC Center vehicles and a maintenance area.

The ILAC Surgical Center was dedicated in January 2004. There are three surgical suites, a large recovery area, a pharmacy, clinic exam rooms, a dental clinic, a supply room, and supply warehouse.

The Prosthetics lab is staffed full time to provide prosthetic devices to the many in need of this service.

The Alvaro Quesada Homework Hall was dedicated in April 2013. Currently over 200 neighborhood children receive before or after school programming and homework assistance.

Green space includes grounds for an extensive garden where vegetables, bananas and plantains are grown and supplied to the ILAC Center. Also, this area contains a full size basketball/volleyball court and exercise area, and a figure eight running track (3.5 laps/mile).

The buildings surround a central, paved courtyard with a fountain and flowers. The complex also includes a large auxiliary electrical generator to compensate for the frequent power outages of the public electrical system.

Community Living

The ILAC Center will serve as the temporary "home" of ILAC participants during their time in the Dominican Republic. However, participants must understand that at all times they should consider themselves guests in the Center, city, country and culture. The Center also is home for various other non-Creighton programs and acts as a retreat and conference Center as well. Generally, these groups offer participants affiliated with Creighton a chance to get to know a good number of Dominicans from various walks of life. When these other groups are using the Center, participants should be respectful of the fact that they are not the only ones using the space at the Center. Because the space is used at different times for retreats, conferences, religious activities, community events and a variety of other functions, a great deal of respect is necessary for the space provided by the Center and the rules established to maintain the functioning of the space for everyone. Rules

established by the Center may include times when the Center must remain quiet, restrictions on using certain spaces at certain times, meal time regulations, and others. **Quiet hours are from 11 PM to 7 AM daily.**

Electricity

Electricity in the D.R. is not very reliable. However, it is pretty consistent in the ILAC Center because of generators. There are times when electricity is cut during the late evening and early morning hours. Electrical outlets are the same in the D.R. as they are in the U.S. so you do not need to purchase a converter.

Using the Phone

To call the US, it is easiest to use Skype, so it is best to create an account before your travel and purchase a plan to call cell phones or landlines from Skype's website. Other Apps that may work on your smartphone to communicate with the U.S include Voxofon, Viber, MagicJack, FaceTime, WhatsApp (free international texting). Prepaid phone cards from the US do NOT work in the DR. You can purchase phone cards at the corner store and use the pay phone at ILAC to call the U.S.

Laundry Facilities

ILAC participants must share the facilities with all the other guests at the ILAC Center. Please be respectful of the limited washers and driers and change your clothes out when the cycle finishes. ILAC staff use these facilities for ILAC purposes M-F from 8 AM to 5 PM. Please do not use the washers and driers during this time. Also please do not wash or dry your tennis shoes in the machines.

Meal Times

Meals at the ILAC Center are generally: 8 AM Breakfast, 12:30 PM Lunch, and 6 PM Supper. If you will not be at a meal, please tell your group leader who will then inform the cooks. The cooks begin preparing the next meal soon after the last meal (i.e. supper preparations will begin by 2 PM). Please be mindful that the cooks will prepare enough food for all members of the group and MUST be notified if people are not going to eat.

Transportation & Travel

The country has an extensive public transport system. During free time at the ILAC Center, participants can take public transportation or taxis into Santiago. Ask the front desk area to contract a trusted taxi driver.

Safety & Security

The ILAC Center has security guards that work 24 hours, 7 days a week. However, participants still need to take precautions such as locking doors and being aware of any unfamiliar visitors.

Participants should pass along the ILAC contact information to their family members in case of an emergency. Participants and family members should not hesitate to contact the ILAC office or your program leader with any questions, concerns, issues or emergencies.

Visitors at the ILAC Center

Visitors should submit the lodging request form which can be obtained by contacting the Administrative Assistant of the Creighton ILAC office at 402-280-3179.

Co-habitation is not permitted. Therefore, visitors of the opposite sex must make appropriate arrangements when staying at the ILAC Center. Visitors are expected to follow ILAC's house rules and the Creighton ILAC Code of Conduct.

Introduction to the City of Santiago

Participants in ILAC programs will find that Santiago is an excellent place to live and visit while in the Dominican Republic. Santiago is the second largest city in the country. Formally referred to as Santiago de Los Caballeros, Santiago maintains a population of almost 1 million people. Participants should expect Santiago to offer a variety of the amenities and services they would expect from any urban area comparable in size. In addition to cultural, recreational and sporting activities, participants will find restaurants, theatres, museums, libraries, parks, shopping districts and markets, and a host of other activities to spend free time in the city.

Santiago also offers a wide variety of cultural events. The Gran Teatro del Cibao near the famous “Monumento de los Heroes” and the Centro de Cultura, located in the Parque Central, hosts a variety of cultural events including classical and folk concerts, classical ballet and folk dance, theatrical productions and art exhibits of local Dominican artists.



One may also want to increase their understanding of what makes Santiago so unique. The Aurora Tobacco factory provides tours and is dedicated to that which brought Santiago and the Cibao Valley much of its fame – tobacco. A favorite pastime for Dominicans is “hanging out” near the “Monumento de los Heroes” and at the restaurants surrounding the site. The Heroes Monument has become a popular nightspot among the younger crowd in Santiago. There are plenty of park benches and grassy areas to relax as well as a charming view of the city providing a good locale to

spend a tranquil afternoon or a lively evening.

Santiago’s “Calle del Sol” is the principal and busiest street in Santiago. You can find whatever you need in one of the many shops along Calle del Sol as you make your way through sidewalks full with street vendors of all sorts. For the sports enthusiast, on the weekends, one may want to take in the traditional cockfight, attend a baseball game at the Estadio Cibao or go for a run at the campus of the country’s well-known university, Pontificia Universidad Católica Madre y Maestra (PUCMM).

See Appendix on Santiago City Restaurants/Stores/Activities

LOGISTICS--Preparing Yourself for the Program

Financial Issues

Make arrangements to have all of your expenses taken care of while you are abroad. It may be a good idea to sign over Power of Attorney to someone in your family who can take care of routine business while you are overseas if you will be gone for an extended period of time.

Cash: Do not exchange U.S. money for Dominican pesos before you leave. There is a money exchanging house near the ILAC Center, which changes money once you arrive. It is unadvised to change large sums of money before your departure.

Credit/Debit Cards: Take a major credit or debit card (or both). VISA is one of the most widely accepted credit cards worldwide. Make sure to keep a list of your credit card numbers and the toll-free assistance numbers separate from the card(s). You should also give this list to a family member in the U.S. Also, before leaving the country, participants should have a conversation with a reliable person who would be willing to help him or her out by transferring money if a credit card is lost.

You should notify your credit card company that you will be traveling, so that they can expect international charges. Check with your particular bank for international withdrawal fees. Some participants take a second credit card (kept in a separate location from the primary card) to use in cases of emergency.

ATM Machines: You are able to use ATMs in the Dominican Republic. There are many ATM machines around Santiago. This is generally the most convenient way to access your money.

Traveler's checks: Do NOT bring travelers checks.

Planning your Budget: Your housing, most meals and program transportation costs are included in the fee paid to ILAC by your program. As of 2015, the fee ILAC charges for room and board for medical groups is \$40/per person per night. You will want to plan for additional spending money while in the Dominican Republic. You should consider making plans for emergencies and consider other discretionary spending you might need when planning your individual budget. Talk to those you know have gone in the past for a better sense of how much you may spend.

Expenses:

1. Tourist Card – You will need to pay for this card at the airport. And you can pay in US dollars (\$10)
2. Exit Tax – The exit tax is paid as you leave the country if you will be in the Dominican Republic for more than 30 days. It can also be paid in US dollars. The price for staying 31-90 days is \$62 US Dollars or \$2500 pesos.
3. Crafts/gifts/souvenirs (varies)
4. Snacks (varies)
5. Food money if you eat out at a restaurant (varies, i.e. approx. \$15-20 per meal)
6. Laundry soap (for washing while at the ILAC center)
7. Funds for Skype. Download at Skype.com. (varies)
8. Phone cards for cell phones (for use within the country only) (approx. \$15)
9. Personal Travel (meals, lodging, entertainment) (for those who will engage in travel outside of the ILAC program on their own time) (varies)
10. Misc. Entertainment (varies)
11. Public Transportation and Taxis (For service sites and entertainment)

Emergency Funds:

It is important to be able to access emergency funds in the event that you need to seek medical attention. Credit cards are accepted to cover medical expenses and medications in the hospital emergency room. However, you will need cash to pay upfront at a doctor visit. An average cost of a consultation is \$30 and up. Please check with your own insurance company to see the procedure if you get sick while abroad. There is a great deal of access to quality medical care, but you often have to pay out of pocket yourself, keep the receipts, and have your insurance reimburse you when you get home, which is the standard procedure for using travel insurance.

Luggage

It is not uncommon for checked luggage to arrive a few days late. Therefore, it is recommended to carry-on any essential items that you may need to last you until your luggage arrives. For example, medicine, one or two changes of cloths, contact lenses and glasses, etc.

Mark all luggage - inside and out - with your name and address. If you have an itinerary, put a copy inside each bag. Keep a list of what is in each bag and carry the list with your other documents. As of March 2014, per American Airlines policy, the first checked bag to the Caribbean is free and the second checked bag costs \$40. Some exceptions do apply. Airlines vary, so check specific rules with airline you are flying.

Checked Luggage: Mark your bags in some distinctive way so they are easy to spot among a pile of other bags. You might use a fluorescent tag, a colorful bow, a bright piece of tape on the side. Always count your bags to make sure you have them all with you.

Carry-On Luggage: You are allowed one carry-on suitcase and one personal item such as a purse or book bag. See your airline's baggage policy for more information. Carry at least one change of clothes, some toiletries, your medications, contacts or glasses, and this guidebook in your carry-on, in case your checked luggage does not arrive at the same time you do.

Mail and Packages

Mail and packages can take weeks and up to months to be received in the D.R. Federal Express is generally the most reliable company with the quickest receiving time. Participant can receive mail and packages at the following address, however most packages are unlikely to arrive on time for those with shorter stays in country:

Centro ILAC
Kilómetro 7.5, Carretera Santiago/Licey
Licey al Medio, Santiago de los Caballeros, Republica Dominicana

Passports and Visas

By this time, you'll most likely have your passport. If not, get it immediately. Passports are required for all travelers from the United States to the Dominican Republic. If you have a passport, check the expiration date and make sure that it is valid for at least six months after you plan to return to the United States. Make sure that your passport, even though valid, has at least 4 empty pages. For detailed information on obtaining or renewing your passport, go to the following website: http://travel.state.gov/passport/passport_1738.html

As soon as you receive your passport, make sure to sign the first page. *Take extra copies of your passport and passport photos with you in case your passport is lost or stolen.* Keep the copies separate from your original passport. If your passport is lost or stolen, notify the ILAC Director/staff and then the local authorities as well as the U.S. Embassy immediately.

Traveling with your Passport: *Never pack your passport in your checked luggage.* While traveling, keep your passport with you at all times. Once you have arrived your passport will be stored in a safe at the ILAC Center in Santiago. Be sure to carry a copy of your passport with you at all times while traveling around the Dominican Republic.

Take extra copies of all documents with you in case you lose any of them and have to replace them. For the same reason, make at least two photocopies of all your documents - passport, student identification card,

driver's license, health insurance card and policy, etc. Carry one set of copies in a place separate from the documents themselves, and leave another set of copies at home with your family.

If you are NOT a US citizen, you must check with the Dominican embassy for travel rules. Please visit <http://www.domrep.org/> or call 202-332-6280 or 202-939-0971.

Voting & Tax Season

Will you be away from home or in another country when tax season rolls around? You should make arrangements for someone - a family member, perhaps, to complete your income tax return if it's necessary for you to do so. There are financial penalties for failing to complete tax returns.

Will there be a local, state, or national election while you are away from home? If so, and if you are interested in voting by absentee ballot, contact your local election commissioner to obtain information on how to obtain and submit this ballot. Check out <http://www.fvap.gov/> You should request your absentee ballot before you leave.

Communication

Most cell phones brought from the U.S. to the D.R. do not work unless you have an international plan. Calling cards bought in the U.S. will NOT work in the D.R. The main way participants communicate with family and friends back home is through Skype during their free time at the ILAC Center. Participants can purchase plans on Skype or Skype credit that allow for them to call cell phones and landlines in the U.S. from a computer. See the official Skype website for more information. Before participants leave the U.S., they may want to orient their family or friends to Skype if they are not familiar with the program. Phone calls while in the *campo* are not permitted unless there is an emergency. Participants should "un-plug" from their lives in the U.S. to be present to the reality and experience in the Dominican communities.

Health and Medical Concerns

Travel Insurance

All ILAC participants are encouraged to purchase travel insurance.

Protecting Yourself

You need particular **immunizations** and other preventive medications. Participants are expected to abide by all guidelines related to health information as specified by the Center for Disease Control (CDC), www.cdc.gov, as well as those provided by the US State Department through its consular information. Make an appointment with your doctor to discuss or obtain the required vaccinations. Overall, be certain that your "regular" vaccinations, such as tetanus, diphtheria, polio, measles, and maybe flu (ask your doctor) are up to date. Be aware that some immunizations need to be started months in advance of your departure.

Below is some general information about preventing certain infections and diseases that exist in the Dominican Republic, but participants should speak with their health provider for further information.

Diarrhea: The illness you are most likely to get while in the Dominican Republic is diarrhea, which can be caused by a change in food, exercise or living situation. Even harmless bacteria in a new country can cause diarrhea because your body is not used to them. The most effective treatment for mild, common diarrhea (lasting a few days, not accompanied by fever) is Pepto Bismol (no side effects, but cannot be used if you are allergic to aspirin). Lomotil and Imodium are commonly prescribed drugs for mild diarrhea, but these will not stop the infection from spreading and can mask a serious case of diarrhea so they should be used with caution.

A serious case of diarrhea is one which lasts more than several days, never lets up, causes a high fever, or is accompanied by blood or pus in the stool. This kind of diarrhea requires attention and is usually treated with antibiotics. Remember, it is important to drink plenty of liquids with any form of diarrhea. It is easy to become dehydrated, especially in the heat of the Caribbean. Tell your trip leader about any diarrhea lasting longer than 24 hours.

Although traveler's diarrhea is almost unavoidable, there are things you can do to reduce the chances of getting sick and lessen the severity of an illness. Remember to follow basic sanitation precautions—avoid letting cuts or blisters get dirty or infected, wash your hands before eating, eat only well-cooked food, wash fruits and vegetables with clean water and/or peel them before eating, drink only purified or boiled water. Water in the Dominican Republic should be considered unsafe to drink unless you are in a restaurant in the city where the water and ice are usually purified. Bottled water is supplied for your use at the ILAC Center and in the campos.

Infectious Hepatitis: There is no way to prevent infectious hepatitis, but you can greatly reduce the chance of contracting it by receiving a Havrix shot before you leave.

Tetanus (Lockjaw): If you have not had a booster in the past five years, you should receive one.

Typhoid: Typhoid is an infectious bacterial fever which attacks the intestines and is contracted through eating or drinking contaminated food or water. Your chances of getting Typhoid are reduced with a preventive injection or oral medication.

Chikungunya Virus: A virus is transmitted to people by mosquitoes. The most common symptoms of chikungunya virus infection are fever and joint pain. Other symptoms may include headache, muscle pain, joint swelling, or rash. In late 2013, chikungunya virus was found for the first time in the Americas on islands in the Caribbean. There is no vaccine to prevent or medicine to treat chikungunya virus infection. Travelers can protect themselves by preventing mosquito bites. When traveling to countries with chikungunya virus, use insect repellent, wear long sleeves and pants, use mosquito nets. For more information see: <http://www.cdc.gov/chikungunya/index.html>

Dengue Fever: Dengue fever is a viral infection caused by the bite of female *Aedes* mosquitoes. It occurs more frequently during warm, humid seasons, and transmission is more intense in urban areas, including downtown business areas. Mosquitoes that transmit dengue (*Aedes* mosquitoes) are day biters. Be especially vigilant applying repellent during daytime hours when in areas of high dengue risk. Repellent with at least 30% Deet is recommended as it provides strong protection for 6 hours. Peak biting times are usually during the early morning hours and again from late afternoon to dusk. The risk is higher for those staying in places with nearby stagnant water reservoirs and no mosquito protection, but transmission can occur in any urban setting.

Symptoms include a sudden onset of high fever, headache, generalized weakness, and intense muscle, joint, and low back pain (hence the term, "break bone fever") within 3 to 14 days (on average 4 to 7 days). A subtle rash appears in up to half the people affected, although some have a bright red rash with scattered clear spots. Treatment is purely supportive. Those with persistent high fever should seek medical attention as soon as possible. *Dengue hemorrhagic fever* (DHF) and *dengue shock syndrome* (DSS) are rare but may occur in people who previously have been infected with one strain of dengue virus and are later infected by a different strain (there are 4 strains). DHF and DSS begin like classic dengue but progress to abdominal pain and vomiting.

Malaria: Malaria is an acute and sometimes chronic infectious disease due to the presence of protozoan parasites within the red blood cells. It is transmitted to the human by the bite of the infected *Anopheles* mosquito. The blood of a human infected with malaria infects the mosquito and the cycle continues. Four different species of the causative organism Plasmodium, can cause different degrees of illness.

Periodic outbreaks of malaria have occurred in some tourist locations, such as Punta Cana, La Romana or the Haitian border areas. Thus, if traveling in a high-risk area, apply repellent from dusk to dawn. The risk also increases during wet seasons when accumulated water causes mosquitoes to breed.

Symptoms include nighttime fevers, chills, body aches, headaches, nausea, and vomiting and/or general malaise can range from mild to severe. Incubation, or the time before symptoms appear varies from 7 to 30 days.

There are medicinal regimens that may help you avoid Malaria (in addition to taking measures to repel mosquitos), however, there is no one method that can protect completely against the risks of contracting malaria. Chloroquine (taken weekly) is the recommended prophylaxis in the DR. This treatment should be started one week prior to possible exposure. Prophylaxis is recommended for people traveling to remote areas of the country, high outbreak areas and especially along the Haitian border.

Before you leave, you should have a physical exam with your regular physician, and talk with him or her about prescribing some medicines for you to take with you, possibly including medications for motion sickness, or antibiotics, especially if you are prone to respiratory or urinary infections.

It is extremely important to get prescriptions filled in advance if you have any chronic health conditions for which you take regular medication (for example, diabetes, epilepsy, heart problems, depression, allergies, etc.). If possible, take enough medication with you to last the entire time you will be away. If you give yourself shots (insulin, allergy shots, “Epi-pens” for allergic reactions), carry a letter from your physician which justifies your possession of needles and/or syringes.

If you have a chronic health condition, wear a tag or bracelet identifying that condition, be sure that your group leader knows where your medication is, and keep emergency instructions for administering the medication in an easy-to-see place with the medication, in case you are unable to tell someone else what you need. If you use electronic equipment to monitor a health condition (for example, glucose monitors for diabetes), be sure you have plenty of batteries. Also ask your doctor about possible changes in medication amounts, considering you will probably be under some stress, especially during your early adjustment period in your new environment.

Always pack medications in a carry-on bag, not in your checked luggage, which may get lost or separated from you. ALWAYS KEEP MEDICATIONS IN THE ORIGINAL CONTAINER, with the prescription information on the container.

Be sure that you carry your prescription for glasses or contacts with you; the best idea is to have a second pair in case of loss or breakage. If you wear contacts, you may want to ask your eye doctor to prescribe some antibiotic eye drops for possible infections.

Pack some over-the-counter medications and basic first aid items that you use at home - throat lozenges, cold, cough, and flu medications, painkillers, antacids, muscle ointment or athlete’s foot powders/sprays, bandages, and maybe some antibiotic ointment for small cuts or wounds. In addition, take some multi-vitamins; they will help your body respond to the stresses of a new situation as you adjust to your surroundings.

Women should pack a sufficient personal hygiene supply and a preferred medication for possible yeast infections. They are available in the DR, but they are slightly more expensive as they are imported from the US.

Financial Issues in the D.R.

There is a money exchange on the corner by the pharmacy on Carretera Duarte. ATMs can be found at the mall or the closest Nacional grocery store on Carretera Duarte. In the past, there have been cases when participants have lost their debit cards and are then left without money. If this should happen, let the ILAC staff/group leader know in order to assist you in having a family member wire transfer money to you. This is a quick and easy process.

Money Gram: Should a participant need cash sent to him or her while in the Dominican Republic, a quick and easy wire transfer can be sent from Money Gram locations such as from most Walmart stores and CVS pharmacies. A code number will be given to the sender after following procedure at the Money Gram location. The sender should email this code number to the participant. Then the participant will go to Banco Popular, a bank in Santiago that receives Money Grams. The participant should show his or her original passport to the bank teller as well as provide the code number, amount of money sent and the name of the sender. Wire transfers usually take less than a few minutes to receive. The sender pays the Money Gram fee, which varies upon location.

Understanding how the exchange rate of US dollars to Dominican pesos works is something that becomes clearer the more time you spend in the D.R. The exchange rate should be approximately 45 pesos to one dollar. An easy way to calculate how much things approximately cost in the D.R. is to think that 450 pesos is equal to about \$10.00 U.S. dollars. This will not give you an exact price, but it is a close estimate.

Photographs

If possible, take a digital camera. Sharing photos with your family back home is a great way to help them relate to your experience. Remember to be respectful in situations when it may or may not be appropriate to shoot photos. Always ask people for permission to take their picture and respect their answer if they say no. Be careful how you handle your camera in public places as it can quickly turn you into a desirable target for someone looking to take advantage of you. Cameras are also easy to lose or have stolen if you leave them on tables or out of your view. Just be cautious.

Appendix I: Historical overview of ILAC

The Dominican Republic

If you are interested in learning more about the Dominican Republic history and culture, please see the reading list in the Resource section of this guide.

ILAC History and Philosophy

The Beginnings: 1972-1976

The Institute for Latin American Concern (ILAC) began at Regis College, Toronto in 1972. Originally, the program was intended for North American priests, seminarians, members of religious communities and theology students to experience and understand the people and problems of a developing nation. Its success each year has depended not only on the dedication of many hardworking individuals, but on the willingness to evolve, to respond to new challenges and openly search for the best ways to let ILAC participants grow in an awareness of God's presence among the materially poor and of each individual's link with them.

The original experience involved fewer people and a less heterogeneous group than today's ILAC. From 1972 to 1976, most participants were Jesuit seminarians, as well as various priests and religious women, all seeking an experience of "conscientization" or heightened sensitivity to world reality and the individual's responsibility to this reality. Several Cuban Jesuits recognized the opportunity to introduce North Americans to a developing nation in a way that would help them reflect on their role as members of a global community, and view the connection between North American affluence and developing national poverty. The initial program then focused on the immersion into daily Dominican life. The first participants had no special skills whatsoever and most had little Spanish background. They spent time together learning Spanish and reflecting on the experience with their adopted families. Most lived with materially poor urban families or families who lived not far outside Santiago.

A New Level of Commitment: 1976-1984

Fr. Ernesto Travieso, SJ, moved to Creighton University in 1975 when he became Chaplain to the medical school, and ILAC moved with him. The first and most natural evolution of ILAC was to take advantage of the resources of the University. At first, the experience was opened to undergraduates who sought the same kind of experience as former participants. These students raised their airfare and spent two months in the summer learning Spanish and living with families in the city and its neighboring *campos*.

Soon, ILAC's identity was again evolving. The relationship between Creighton and the people of the Dominican Republic demanded more than the annual hospitality and generosity of the Dominicans. Justice required some response to the new awareness that developed as a result of previous encounters. The relationship had taken on a permanent character and with permanence came a sense of responsibility. Quite naturally, Fr. Travieso turned again to the resources of Creighton, namely the health science students and professionals with whom he had developed a close relationship.

This evolution, however, was not simple and clear. The very character of ILAC had to change in order to accommodate the new level of involvement. Instead of being merely an opportunity to challenge North American awareness of a developing nation, ILAC was now attempting to address directly developing nation problems. The danger of over-involvement was all too obvious; Creighton had no means to substantially affect the quality of health in the Dominican Republic. Lest the program seek to make a dry spot in an ocean, the focus settled on the opportunity to bring, with dignity and personal concern, a modicum of health care to the

campesinos--for whom few others had shown such concern. As the 1978 participants expressed it: "Our health care teams certainly relieved much immediate pain and suffering, but it would be foolish to think we have changed the general health conditions of the country. That was not our goal." Instead, "We have done the best with what we have and have developed ourselves as persons." The deeper awareness of self and others—conscientization—grew out of the frustrations and limitations of trying to deliver health care on a personal, intimate level, using the terms of *campesinos* themselves rather than those of the North American system. The intent was to enhance the quality of life for as many people as possible through basic care. It took little to improve the lives of many, for at least a short while.

To provide adequate and responsible health care and student supervision, the program accepted health care professionals, especially instructors, from Creighton's faculties. The professionals took on a distinct identity in the program since they only participated in the Dominican Republic for part of the time and only to fulfill an explicit support role. Nevertheless, the encounter with the people and the clinics gave these professionals much of the experience shared by the students. Former student participants often returned as team coordinators or professionals to share again in the experience.

A Vision for the Future: 1985-Present

By 1982, concrete, long-term plans were being developed for both a permanent health care facility in the Dominican Republic, and a year-round health care center in addition to the summer program. "Health Promoters" or "*Cooperadores de Salud*" were selected by their own communities to receive six weeks of ongoing health care training at the ILAC Center, and returned to serve as resource people in their home communities. These Health Promoters also worked with team members in presenting educational topics based on the input of community members.

ILAC has grown dramatically over the past years and remains strong. The reality of poverty, even one's own personal poverty and limitation, is not lost on most participants, and the experience seems to have retained much of the character it possessed from its beginning. The health care involvement of ILAC has served as a positive means to further involvement with the people of the *campesinos*. Providing health care allows for moments of intense interaction with Dominicans and North Americans that forge friendships and challenge awareness. Many more people have had the opportunity to participate in ILAC because of its health care aspect. A real service has been provided and a relationship between the Creighton community and the Dominican people has been rich—giving way to a real sense of commitment.

It remains clear that ILAC, having committed itself to health care in the Dominican Republic, must continue finding ways to develop its care in a compassionate, responsible way, enhancing the dignity and freedom of the people of the Dominican Republic. The latest change in the ILAC program responds to this need by dividing the program and emphasizing a variety of enterprises under the umbrella of *Centro de Educacion para la Salud Integral* (CESI). The presence of a large facility devoted to ILAC in the Dominican Republic allows for many new program possibilities. It also allows the freedom to restructure the existing program to fit ILAC's dual purpose: to provide students and health professionals the opportunity for conscientization and provide health care education and service to people in remote areas of the Dominican Republic.

The ILAC Center in the Dominican Republic (*Centro de Educacion para la Salud Integral*), provides space for a sophisticated program of campesino education, the "Health Promoters" Program, and the opportunity for a year-round program of students (i.e., *Encuentro Dominicano*) and professionals (through many surgical missions) to travel periodically to permanent clinic sites and maintain long-term health care. The Center also provides training in cooking and nutrition, agriculture and small business opportunities, an undergraduate campus for students from Creighton University, and many other programs.

In 2003, the ILAC surgical center was completed. One of the major donations for the center came from a Dominican construction business owner, Mr. Huascar Rodriguez. Mr. Rodriguez had a terminal illness and one of his last wishes was to build the surgical center for ILAC. He was able to see the center constructed before his death. The surgical center is now utilized by approximately 10 surgical teams each year to serve the needs of rural Dominicans who could not have access to surgeries any other way.

At any one time, projects such as health care, community development, semester abroad programs, surgical missions, and high school and other university service-learning programs may be active at the Center. The original conscientization experience may be promoted through retreats or extended stays, much like the original ILAC Program. ILAC will continue to strive to structure programs within the context of a caring encounter challenging the awareness and concern of all involved.

Appendix II: More in depth about Alcohol, Drugs and Gender issues in the DR

Alcohol

The consumption of alcohol is NOT allowed at the ILAC Center or in the campos at any time. No exceptions.

Participants are bound to see open alcohol usage on the streets of Santiago and in the campos as it is part of the cultural norm. However, culturally, alcohol usage is treated differently in the D.R. than in the U.S. For example, most Dominicans do not drink “just to get drunk.” While drinking alcohol is socially acceptable, getting drunk is not. Participants, students or professionals, should not be walking the streets drinking beer, especially near the ILAC Center, as it can be disrespectful to local Dominicans. Participants should also not “bar hop” on foot as it is very unsafe. Once it gets dark in Santiago, participants need to use taxis.

Individuals and groups of intoxicated US citizens are prime targets for thieves. Always be cautious of your surroundings, especially if you have chosen to drink alcohol.

Illegal Drugs

The possession or use of illegal drugs is not accepted during ILAC Programs and is grounds for being dismissed from the program and removed from the ILAC Center. The penalty for illegal drug possession is considered a “criminal offense” with immediate and prolonged jail time, without due process or bail. All ILAC participants need to understand the seriousness of breaking Dominican laws as the Dominican legal system is not going to care if you are a U.S. professional and you will have to abide by their legal process.

Gender Issues

With cultural immersion come some of the profound learning experiences of the ILAC program. This immersion will provide you with moments that are sometimes humorous, at times awkward, and, quite possibly, at times dangerous. Some things need to be considered when talking about gender issues in the Dominican Republic, a Latin American culture.

First, to characterize a culture as this or that will lead to generalizations – always a dangerous thing to do. However, to not characterize some aspects of the Dominican culture may not be providing our participants with enough information to avoid possibly uncomfortable and dangerous situations.

The Latin American culture can often be seen as “dualistic” – two separate and distinct values, behaviors or standards that are operative at the same time. Such is the case with how women and men should act. Men are given much more freedom in sexual activity than women. A man who is sexually active with many women is extolled; a woman who is sexually active outside of a monogamous and faithful marriage is often viewed as “cheap.” Women are expected to be virgins at marriage; men are not. Women who have sex before marriage are no longer “señoritas” but “señoras,” and, for many men, women whom they would never marry. This attitude is slowly changing, but it is still surprisingly alive in the Dominican Republic.

Some segments of the Dominican culture take great offense at American men who visit their country and have sex with a Dominican woman. Not only can this woman’s place in society be jeopardized because of pre-marital sex, but it can create antipathy toward the ILAC program.

Probably due to American advertising, American trashy television and many of the foreign tourists looking for a “good time”, some Dominican men will view American women as “easy” and will be out to “get a ‘rubia’ (a blonde).” These men are known as “tigres” (tigers) and deserve to be avoided. Generally, “tigres” are more active in the tourist spots and cities than in the *Campos*, but one should be aware. A “tigre” can also mean a

sneaky person, smooth with the women, etc. Not everyone who is called a “tigre” is dangerous, but, again, one should be aware of such people.

Personal Relationships/Sexual Activity

Sexual activity in the Dominican Republic involves great personal risk including scandal, sexually transmitted infections and the potential for sexual assault. Relationships that can disrupt the functioning of the ILAC Program or jeopardize the relationships which the ILAC Center has built among the Dominican people will be seen as a violation of the Code of Conduct and be responded to appropriately.

Please also note, Dominican law does not protect participants from sexual assault in the same way that laws in the United States may. If a participant chooses to initiate a sexual encounter or consensually agree to one, they have little or no protection in the Dominican law should they choose to withdraw their consent.

Participants are advised that it is NOT safe to go off alone with a Dominican of the opposite sex, and that seeking out a place to be alone with a Dominican might be misunderstood in the cultural context as meaning something different than originally intended. Private conversations can take place privately, but should be held in open places where other people are nearby.

Appendix III: Suggested Readings List

Alvarez, Julia. In the Time of the Butterflies. (New York: Penguin, 1994). Work of fiction based on historical facts recounting the story of the Mirabal Sisters and Trujillo's 31-year despotism.

Atkins, G. Pope and Wilson, Larman C. The United States and the Trujillo Regime. (New Brunswick, NJ: Rutgers University Press, 1972). A thorough, scholarly study.

Black, Jan Knippers. The Dominican Republic. (Winchester, MA: Allen and Unwin, Inc., 1986).

Bosch, Juan. The Unfinished Experiment: Democracy in the Dominican Republic. (New York: Praeger, 1964). An account by a former President.

Crassweller, Robert D. Trujillo: The Life and Times of a Caribbean Dictator. (New York: MacMillan, 1966). An excellent biography.

Danticat, Eldridge. The Farming of Bones. (Penguin Books, 1998). A historical novel about the Haitians in the DR in 1937.

Días, Junot. The Brief Wonderful Life of Oscar Wao. (Riverhead, 2007). A best-selling fiction novel about a Dominican boy and his family in New Jersey.

Días, Junot. Drown. (Riverhead, 1996). A selection of short stories about a youth's experiences in the Dominican Republic and New Jersey.

Farmer, Paul. In the Company of the Poor: Conversations with Dr. Paul Farmer and Fr. Gustavo Gutierrez. (2013).

Ferguson, James. Dominican Republic: Beyond the Lighthouse. (Latin American Bureau, 1992).

Glejeses, Piero. The Dominican Crisis: the 1965 Constitutional Revolt and the American Intervention. (Baltimore: Johns Hopkins University Press, 1978). Scholarly, yet sympathetic to the rebels.

Harvey, Sean. Dominican Republic. The Rough Guide. (Penguin Books, 2000). Guide with useful background information.

Kidder, Tracy. Mountains Beyond Mountains. (Random House, 2003). The biography of Dr. Paul Farmer and his current involvement in Haiti with Partners in Health.

Llosa, Mario Vargas. The Feast of the Goat. (2001). A wonderful historical novel about the people, times and the death of Trujillo.

Lowenthal, Abraham F. The Dominican Intervention. (Cambridge: Harvard University Press, 1971). Serious, balanced.

Martin, John Bartlow. Overtaken by Events: the Dominican Crisis - From the Fall of Trujillo to the Civil War. (Garden City, NY: Doubleday, 1966). Long, fascinating account by a well-meaning U.S. Ambassador.

Sharpe, Kenneth Evan. Peasant Politics: Struggle in a Dominican Village. (Baltimore: Johns Hopkins University Press, 1977). Good, interesting.

Slater, Jerome. Intervention and Negotiation: The United States and the Dominican Revolution. (New York: Harper and Row, 1970). The best account of these events.

Wucker, Michele. Why the Cocks Fight: Dominican, Haitians, and the Struggle for Hispaniola. (Hill and Wang, 1999).

Appendix IV: Emergency Procedures

Please proceed down the list of Contact Numbers until you are able to communicate with someone.

Notify your group leader immediately in the following situations:

- Injury, serious illness, or emotional problem occurs.
- Any form of harassment and discrimination takes place.
- Exposure to infectious diseases, including **needle stick/scalpel incident, dog bite, and exposure to suspected TB patient.**

Remember these three steps when a blood and body exposure procedure occurs:

1. STOP current activity. Evaluation and treatment should start within one hour.
2. Cleanse with soap and water. Flush eyes with water after any splash.
3. REPORT to On-site Director/Coordinator.

Needle Stick/Exposure situations: Do not let the patient leave. We need their information and a blood sample from them. We will take the blood to a lab in Santiago to test for HIV, Hep B, Hep C, and Syphilis. Results are usually returned in less than 24 hours. Programs coordinated through the Creighton ILAC office have access to an anti-retroviral drug. The exposed person should take one pill every 12 hours until the lab results are back. If the exposed person does not wish to take the anti-retroviral medication, we will request they sign a waiver and release to that effect.

Registering with the U.S. Embassy

In preparation for your departure, we encourage you to enroll in the Smart Travelers Enrollment Program (STEP). By enrolling with the U.S. Department of State you will be registered with the U.S. Embassy in Santo Domingo. By registering, you are notified of any weather or political emergencies in the country and will be on their of Americans in-country for your dates of travel. The link is copied below:

<https://step.state.gov/step/>

Appendix V: Advice for Airline Travel

Safety

There are many things you can do to ensure your safety and that of your belongings. Start by following these guidelines:

- Do not carry money and important documents all in one place.
- Never pack essential documents or medicine (anything you could not do without) in your checked luggage. Put them in your carry-on bag.
- Take only the credit/debit cards you will use.
- Keep a separate list of cards, numbers, and emergency replacement procedures for credit cards, passports and visas, calling cards, identification and insurance cards. Be sure someone at home has a copy as well.
- Ensure your family members at home have contact information for the ILAC/CESI Center.

Airport security is tougher than ever. Therefore, allow extra time for extra security measures which may include identifying your checked luggage at one or more points beyond check-in. For international flights, arrive at least two hours prior to departure.

Do not make jokes about terrorism or hijacking. A comment about a hidden gun or knife can get you arrested, charged with a felony or fined. Knives, scissors, or anything resembling a weapon should be placed in your checked luggage.

Gift-wrapped packages are subject to search, and you may have to open them. Wait to wrap the gifts when you get to your destination, or deliver them unwrapped.

Do not argue with security personnel as uncooperative behavior will lead to delays and intensive searches. The security personnel are there for your protection.

For your own safety while traveling:

- Do not watch other people's luggage in the airport, or leave your bags or articles unattended.
- Do not check bags for anyone else or carry gifts/packages for anyone you do not know very well.
- Get in and out of airports and buses as promptly as possible.
- Avoid suspicious, abandoned packages in the airport and elsewhere and report them to security personnel.
- Watch for suspicious behavior and do not be shy about reporting it.
- Do not call undue attention to yourself as a U.S. traveler (clothing, etc.).

Appendix VI: Santiago City Restaurants/Stores/Activities

Monument Area Restaurants/Clubs/Bars—Generally speaking the monument is a safe go-to area for visitors to Santiago. There are a variety of places to go and lots of activity to watch.

Kukara Macara

Francia 7

Santiago

(809) 241-3143

Also open at night time. Located in front of the Monument, within walking distance of various other bars/restaurants, Kukara Macara is decked out in country western décor (including it's waiters who are dressed like serious cowboys). The restaurant specializes in steaks and sea food, but also has good appetizers and drinks.

Puerta Del Sol

El Sol 12

Santiago

(809) 241-7588

Also open in the evening. Located in the Monument area. Lots of meat dishes. Try the traditional Dominican Mofongo here, if you are up for something new. Also serves sandwiches. Lots of activity at night.

Noah Restaurant

Calle del Sol 4,

Santiago de los Caballeros

(809) 971-0550

A finer dining establishment with menu ranging from steaks and seafood to American dishes. Has live music some nights.

El Tablon Latino

Calle del Sol #12, Área Monumental

809-581-3813

Great view of the monument. Wide variety of menu items and great desserts.

Ahi-Bar Cafe & Grill & Dance Club

R C Tolentino 19

Santiago

(809) 581-6007

Ahi Bar is located close to the Monument. Great outdoor atmosphere. The latest music videos of Latin America are always playing in the background. Delicious fettuccini Alfredo. Also offers a variety of Mexican cuisine, sea food, sandwiches, steaks and appetizers. Makes a great Piña Colada.

Marisco Centro

Av Del Sol

Santiago

(809) 337-1235

Located close to the Monument, with nice indoor seating and very pretty outdoor seating. Serves a variety of seafood dishes. Has a karaoke night and live music on Fridays.

Restaurants around town:

Restaurant La Parrillita

Av J P Duarte 162

Santiago

(809) 583-1925

The best (and one of the only steaks) in Santiago. Outdoor atmosphere, but a touch of class. Also open at night time.

Pizzarelli

Av 27 de Febrero

Santiago

(809) 581-8444

Fantastic pizza and garlic bread. Also offers Italian dishes. Good spot to go to before or after a movie. It may take a while, so plan ahead. Also open at night time.

La Campagna

On Duarte, next to it's bakery

Scrumptious sandwiches, to-die-for guacamole, and great options for vegetarians. Outside patio atmosphere.

Also open at night time.

Camp David Ranch

Carretera Gregorio Luperon Km 7.5,

Gurabo, Santiago

809-276-6400

Pedro Restaurant

Calle Salome Urena (6) #18 (frente a La Campagna)

Los Jardines, Santiago

829-844-3434

RistorArte

R. Pastoriza 16,, Calle 13

Los Jardines, Santiago

809-724-2341

KGB Kitchen Gallery Bistro

Avenida Juan Pablo Duarte,

Bella Terra Mall, Santiago.

809-724-8457

Restaurant Il Pasticcio

3 No 5 C de Gurabo

Santiago

(809) 582-6061

Located behind Supermercado Nacional. Some of the best Italian food in town. Closed Mondays, and not opened until 7pm.

El Rinconcito

Turn left at corner of La Campagna's and go five blocks
Small outdoor restaurant, across from a park, with great bacon cheeseburgers. Not opened until 7pm.

Nano Bar & Grill

Av B Juárez 57
Santiago
(809) 241-1244
Elegant courtyard seating, with festive atmosphere. Serves all types of food. Great for a special occasion!

Square One

Avenida Estrella Sadhala, Santiago De Los Caballeros
(809) 241-5384
This American Style Restaurant has a large menu of all different varieties of food one could imagine. It is a hang out spot for local Dominican university students and has fabulous smoothies!

Other Important Places...

La Sirena Supermarket

One on Calle del Sol, another on Carretera Duarte
Santiago
(809) 241-6262
You can find just about anything you might need here. Think of La Sirena as the Wal-Mart of the DR!

Supermercado Nacional

Av J P Duarte
You will feel right at home here. Very much like a super market in the States; maybe even fancier. Don't forget to check out the bookstore! Strip mall, ATMs, Gelato, Coffee etc can also be found here. Located right across the street from Helados Bon!

Helados Bon

Av J P Duarte
Santiago
(809) 583-0708
Fabulous ice cream. Try coconut or tres leches flavored ice cream. Also offers traditional flavors, and even has a delicious frozen yogurt option that you can have fresh fruit blended into. The best part: THEY DELIVER!

Cinema Centro del Cibao

Located at Plaza Internacional across from Union Médica
U.S. style movie theater. Check out a flick in Español, or practice your Spanish by watching a movie in English and reading the Spanish subtitles!

Te Naturales

Get off at Helados Bon, take a right on the street just past Bon, keep walking and it will be on your left (you will be walking for about 5 min.)
Owned by a Chinese immigrant family. This is a great place to hang out and try fun flavors of tea and great vegetarian food!

Mercado Modelo

Take a guagua into the city of Santiago, and get off on Calle Espana (this will be about a 15 minute ride, depending on traffic). Cross the street, and walk down Espana for about 10 minutes or so until you reach Calle del Sol and take a right. On your left should be a glass structure with a few shopkeepers in front of it. This is one of the 5 or 6 entrances to Mercado Modelo, try to keep oriented.

Mercado Modelo is a great place to buy suveniers and other trinkets to remind you of your time in the Dominican Republic. REMEMBER: The first price given is never what you should pay. It is all about haggling here, so get ready to argue, and never be afraid to walk away!

Mirabal Museum

(809) 587-8530

(809) 577-2104

Call a taxi and tell them to take you to el Museo Mirabal. This is in the neighboring town of Salcedo, and so the ride will take about 25-30 minutes, and cost a bit of money. Remember to negotiate a price BEFORE you get in the taxi.

This museum is a tribute to the life and times of the Mirabal Sisters, who resisted and were eventually killed by the Dominican Dictator Rafael Trujillo. Tours are in English or Spanish, so call ahead to schedule one in the language that you desire.

La Aurora Cigar Factory

(809) 734-2502

Call a taxi and tell them to take you to La Aurora in Tamboril. Tamboril is a neighboring town and will take about 10 minutes to get there, and will cost a bit more than usual. Remember to negotiate a price with your cab driver before you get in the taxi.

This is a factory tour of one of the largest and best cigar companies in the DR. Here you can learn about the important Dominican tradition and the culture surrounding cigar making. A man named Eugenio gives great tours in English during the work week, and the tours are free! (Though it is proper form to buy at least a few cigars on your way out). So give him a call ahead of time to schedule a tour.

Night life

Barajando Bar

(809) 582-8896

Located right by the Monument this Bar is great for classic Dominican style music and Dancing. Styles include Merengue, Bachata, and Salsa.

Ahi Dance

(809)5816779

Located across from Ahi Bar and Grill, This disco style club has dancing and a VIP lounge as well. Thursday nights are karaoke nights!

H20 Bar

(809) 226-3135

Avenida. Bartolomé Colón, Plaza Barcelona 1er Nivel (Ave. Bartolomé Colón), 51000 Santiago de los Caballeros, Dominican Republic

H20 is a great location to hang out with friends and have a drink, as there is a liquor store available. Not much dancing in this location.

Club Dubai (Dubai Club)

(809) 226-3372

Calle de la Salle 1er Nivel, Modulo D-01

Santiago de los Caballeros

Located in the Zona Rosa Plaza, Club Dubai is an American style club with dancing and drinks. Wednesday is ladies night and Club Dubai features a specific drink each week free of charge for the ladies!

Soho Roof Top

Lounge, Nightclub, and Jazz Club

5to nivel Bella Terra Mall (Av. Juan Pablo Duarte), 51000 Santiago de los Caballeros, Dominican Republic

(829) 579-842

This rooftop nightclub is classy and relaxing, and is a great place to listen to great jazz music!

Appendix VII: Trusted Taxi Numbers

Chicho

- 809 441 0848

Taxi Familiar

- 809 570 4444

Big Luis (Minivan)

- 809 235 0679

Colo

- 809 215 8863

Little Luis

- 809 235 0679

Jose Santos

- 809 269 0058

Appendix VIII: Spanish Help

Applications to learn/use Spanish: There are many out there but we recommend looking at these Free Apps in your search:

1. Duolingo
2. Polyglot Med Spanish
3. Fluent U
4. Memrise

DOMINICAN LINGO

- 1- APAGÓN: Power blackout
- 2- APLATANAO: A foreigner who has lived in the D.R. long enough to know what it's all about.
- 3- BANDERA DOMINICANA (Dominican Flag): Rice, beans and meat.
- 4- BUQUÍ: Someone who eats a lot.
- 5- CANILLAS: Skinny legs.
- 6- CHELE: Penny.
- 7- CHICHÍ: Baby.
- 8- COLMADO: Food shop.
- 9- CONCHO: Public transportation car.
- 10- CON-CON: Overcooked rice at the bottom of the pail.
- 11- DÍMELO!: What's up?
- 12- GUAGUA: Public bus.
- 13- GUAPO: Angry, mad.
- 14- JABLADOR: Liar.
- 15- JEVITO: Yuppie.
- 16- JUMO: When you've drunk too much.
- 17- MAMASOTA: Pretty woman.
- 18- MANGÚ: Plantain puree
- 19- MOTOCONCHO: Motorcycle taxi
- 20- PANA: Pal
- 21- PAPAÚPA: Important person

- 22- PARIGUAYO: "Partywatcher", a nerd.
- 23- PICA-POLLO: Fried chicken.
- 24- PIN-PUN: The same, alike.
- 25- PRIETO: Black.
- 26- QUEDAO: Out of fashion, square.
- 27- TÍGUERE: A street-wise person.
- 28- TUMBA POLVO: Cheap flatterer.
- 29- UN MONTÓN: A large amount.
- 30- VIEJEVO: An old man who acts like a yuppie.
- 31- YOLA: A small boat.
- 32- BEMBA or CHEMBA: Mouth, lips.
- 33- CIGUAPA: A fictional woman whose feet point backwards.

Appendix IX: Suggestions for Journaling and Personal Reflection

Journaling

Keeping a personal journal is one of the best ways to reflect on your experience and also have something to look back on in the future. You will also have free time throughout the ILAC Program that you can use as writing time. Journals make amazing keepsakes.

Integrating the “Heart Dimension”

Before attempting any of the following journaling exercises, take a few minutes to allow your mind to empty. One good way to achieve this is by simply concentrating on your breathing. The simple act of following your breath will tend to bring you to a centered state. Another centering technique is to start at the top of your head, move down your body to your feet, and become aware of sensations on the surface of your body (Sadhana, pp. 14-60).

1. Major Events (Sadhana, pp. 65-78)

- a. Identify a period of time upon which to focus your attention.
- b. After you have relived this event, give the event a title. Ask “What title does this experience want itself to have?”
- c. State the major theme or issue that surfaced for you in this event. If there is more than one, take the time to identify each one in your journal.
- d. Recall the dominant feeling or emotional energy you experienced during this episode. If there was a sequence of feelings, then state them in sequence.
- e. What question is your life or your God asking you through this experience?
- f. What is the gift for you in this experience?
- g. After recording all your reflections in your journals, give the individuals an opportunity to share their reflections with the group in the context of a reflection meeting.

2. Dialoguing Exercise

- a. Put yourself into a meditative state by becoming aware of your breathing through step-by-step bodily relaxation, or by focusing your attention on sounds or sensations.
- b. Consider the most recent period of your ILAC experience, perhaps a week or two-week period. As you open yourself up to the most significant or energy-charged moments of that time period, what experience surfaces?
- c. Choose some character, figure or image from your experience for a dialogue. Select one that seems prominent or important for you, either one you want to approach or one you would rather avoid.
- d. Using your imagination, recreate the scene where your chosen figure appeared. Let the figure or the symbol come alive for you again. If the figure is a symbol such as a torch, a painting, a sanitarium, a rooster, a cloud, a home visit in the darkness, a feeling or a sickness, personify or name the figure in such a way that you can enter into a dialogue with it.

- e. Begin with a few opening questions to get the relationship started. Write down your first question in your journal and in your imagination, picture yourself asking it to respond. Examples of possible questions include: “What do you have to teach me? What gifts do you have for me? I am feeling angry (or attracted, frightened, loving) toward you. Please tell me why.”
- f. Next, write out whatever response seems to come to you as you dialogue with this person or symbol. Let your pen move spontaneously as you write, not caring about grammar, spelling or punctuation.
- g. Continue the dialogue until you feel something has been changed or resolved, an insight has been gained, or until you want or need to stop. Don’t worry about results; the dialogue itself is the gift.
- h. When the dialogue seems to be coming to a natural closing, ask one final question - “Do you have anything else to tell me or give me? - Just in case something important has been forgotten.
- i. After the dialogue, reflect on what has happened, perhaps taking a few minutes to re-read the dialogue and give it a title and theme. Also identify the main emotions you expressed in the dialogue. Finish this exercise by identifying the key question that your life or God seems to be asking you in this experience.



3. Making an Ignatian Contemplation (Sadhana, pp. 79-85)

- a. Choose a gospel story. Read the text of the story to the group.
- b. Set aside 15 minutes of time when you are least likely to be disturbed. Perhaps your Cooperador(a) can stand watch to insure the relative privacy you will need.
- c. Recreate in your imagination the starting point of the story just read - in as much sensory detail as possible. See sights, hear sounds, feel textures and temperature. Do not proceed until you have given the participants ample time to find themselves in the scene.
- d. Once started, let your imagination spontaneously carry on the story. Trust it to carry you where you need to go, even if it takes you “away” from the text. You may find yourself involved as a participant in the action of the story or having a conversation with one of the characters.
- e. When you come to a suitable stopping place, close the experience, express thanks to God, and gently bring yourself back to normal consciousness.
- f. Afterward, spend 10 minutes journaling about this prayer experience. In journaling, an individual might want to record the dialogue he or she had with a biblical character. It also

might be helpful to title or name the theme of this prayer exercise. He or she might also identify the question that this narrative is presenting.

4. Carrying a Symbol Forward (Sadhana, pp. 87-88 - “statue” exercise)

- a. In your imagination, stand before a symbol you have identified from the ILAC retreat this past spring, or in a previous reflection meeting in the Campo. This symbol may spontaneously change or act in such a way that it proceeds forward in time. If the symbol doesn’t do this automatically, you may invite it to do so by asking it questions such as: “Where are you going from here? What are you going to do next? What will become of you? How can I begin relating to you to bring about a healing or resolution of a problem in my life?”
- b. Once the symbol begins to move forward in time, simply follow its change or movement. Notice how the symbol relates to you and how you relate to the symbol. Mark any emotional changes in your relation or response to it.
- c. When the procedure comes to a natural stopping place, you might offer gratitude to the symbol. Then reflect on the process, asking yourself questions such as: “What have I learned about the symbol? What have I learned about myself in relation to the symbol? What energies, feelings or insights have been released in me? How can I stay in touch with those energies? How can I utilize them in my daily life for healing and wholeness?”

5. Writing a Letter to God or Self

- a. Take the time necessary to become interiorly still and attentive.
- b. Express your gut level concerns, frustrations or needs in the form of a letter.
- c. As in all forms of journaling, it is imperative that you do nothing to censor your true feelings. If you are writing a letter to God, remember that none of us are powerful enough to hurt God by an expression of honest emotion. More than likely, such an honest airing will simply clear the air and allow you to hear what God wants to say to you.
- d. Remaining in a meditative state, allow either God or your inner self to respond to your epistolary expression in the form of a letter to you. Allow your pen to express whatever thoughts, feelings, or images arise spontaneously. Again, make sure you do nothing to censor what is given to you to write.

6. Examining Your Conscience Through Journaling

- a. Choose a time and place allowing you at least ten minutes of privacy. After lunch or at the end of the day seem to be logical breaks in the daily routine where this kind of exercise might be practiced.
- b. Ask God to send the Spirit to enlighten you.
- c. Thank God for the gifts you can call to mind from this day. As you list them in your journal, don’t try to be exhaustive. Trust the Spirit will call you to awareness at the key moments.
- d. Do a practical survey of your actions, attitudes, and feelings throughout the day. The operative questions are as follows: What has been happening to me, how has the Lord been working in

me, and what has been asked of me? Your moods, feelings, urges, and desires are the important elements here. In what subtle emotional ways has the Lord been dealing with you?

- e. Identify the ways that you have resisted or simply missed opportunities to respond to the Lord during your day. You can ask yourself “What is the one area of my life in which the Lord is calling for conversion?” Once you have identified this area, ask the Lord’s forgiveness for your sinful or disordered behavior.
- f. Express your trust in God by placing your future in His hands.

7. The Process of Active Imagination

- a. Invite the unconscious: Direct your inner eye to a meeting place and wait. Go to the place and describe it in detail, as vividly as possible. Ask: “Who are you? What do you want?”
 - Prime the pump by entering back into a fantasy from earlier in the day.
 - Go to a place in your imagination and wait or start exploring.
 - Allow your feelings to take the form of an image or a person.
 - Go back to an unfinished dream, enter into the scene imaginatively, and dialogue with the persons involved.
- b. Dialogue: Give yourself to your imagination and let it flow. Ask questions. Express your feelings. Do not lecture. Be present to your feelings. You are engaged in a process of listening. Your inner self has something to say to you.
- c. Add the Ethical Element of Values: Take an ethical stance with respect to your dialogue. It is a dialogue between equals. Though we honor our inner voices, the conscious “you” has the final say.
- d. Make Your Dialogue Concrete With a Ritual: Perform some concrete action in honor of your inner voice, an action that displays your appreciation for the opinion of your unconscious. Take a walk with the inner person with whom you have had an exchange. Light a candle in its honor. Write a letter to a part of yourself. Concretizing your dialogue with a symbolic act is like taking a seed from a plant and transplanting it in the same soil. Our symbolic actions affect the unconscious. These rituals set up an exchange or flow between the conscious mind and the unconscious.