VOLUNTEER ORIENTATION HANDBOOK
2011-12

Dominican Republic Family AIDS Project in La Romana
DRAFT 1/11/12

A program of the Columbia University International Family AIDS Program

(Department of Pediatrics, College of Physicians and Surgeons, and the Heilbrunn Department of Population and Family Health and the International Center for AIDS Care and Treatment Programs, Mailman School of Public Health),

In collaboration with

Clínica de Familia La Romana, Francisco Gonzalvo Hospital, Centro Médico Central Romana and Buen Samaritano Hospital
“What I find most compelling about these rotations is their ultimate potential to transform international experience into improved health care for Dominican families in Washington Heights or Latino immigrants in their own neighborhoods. Students return with improved language skills, cultural insight, a clearer understanding of health practices and assumptions, and a willingness to advocate for better services and care. They return, wanting to participate in the life of the community that surrounds them.”

-Dr. Stephen Nicholas

WELCOME NOTE

Dear Volunteers:

Congratulations on deciding to embark on this exciting journey! We are pleased that you have chosen to participate in our program.

We are counting on each of you to give as much as you get from this experience!

It is strongly recommended that you to keep a journal during your stay in the Dominican Republic. You will have many unique experiences during your time in the field, and these are best remembered when you write about them soon afterward. Keeping a journal can help expand your knowledge base of global and public health, fine tune your cultural competence and improve your clinical skills back in the United States.

Ana Jimenez, M.S. the US Director and Dr. Stephen Nicholas, M.D., the founder will be in touch during the duration of your stay and possibly on site. D. “Luis” Lewis will be your coordinator while you’re in La Romana. Mina Halpern, MPH the director and Dr. Leonel Lerebours, M.D. the assistant director of Clínica de Familia as well as other staff may assist you during your stay.

A Most Warm Welcome (Bienvenidos)!

Ana Jimenez, MSW – IFAP Director
D. “Luis” Lewis, MS – Student and Volunteer Coordinator, CFLR
Peter Patalano – IFAP Intern
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OBJECTIVES OF THIS EXPERIENCE

Personal Gains in the Following Domains:

1. International Experience
   - Exposure to the challenges of working internationally in a variety of settings
   - Observing the practice of medicine in a resource-poor setting
   - Challenges of living in a country where your native language is not used

2. Field Research Exposure
   - Prevalence and predictors of and adherence to antiretroviral therapy in HIV-infected adults
   - Variables that influence the identification and treatment of pregnant HIV-infected women to prevent vertical (mother-to-baby) HIV transmission
   - The use of Epi-Info as a research tool
   - The prevalence of HIV infection in hospitalized children in La Romana
   - The effect of home-based care on patient health outcomes

3. Academic/Knowledge Base
   - HIV/AIDS
   - Practice of medicine / public health in a foreign country
   - Practice of medicine / public health in a resource-poor area

4. Cultural Competence
   - Exposure to the Dominican culture
   - Exposure to the Haitian culture
   - Understanding stigma and behaviors related to HIV
   - Exploring cultural practices that influence medicine

5. Spanish/Foreign Language Skills
   - Working in facilities that are run in Spanish
   - Personal and professional immersion

6. Public Health Interest/Understanding
   - Working in a clinic providing preventative care to prostitutes
   - Being part of a National Health Initiative (introduction of antiretroviral therapy)
   - Exposure to different field sites with different public health needs and challenges
   - Participation in a public health–based project

7. Improving Health Care for Dominican & Latino Immigrants in the United States
   - Improved clinical, linguistic, and cultural skills to enhance patient care
   - Greater interest in embracing the community
• Participation in a Give-Back project after returning to the United States
• Using advocacy skills to improve local community’s health

THE INTERNATIONAL FAMILY AIDS PROGRAM AND THE DOMINICAN FAMILY PROGRAM/CLINICA DE FAMILIA LA ROMANA

PAGE ON IFAP TO BE PASTED

AND A PARAGRAPH TALKING ABOUT IFAP’S RELATIONSHIP TO CFLR
DOMINICAN FAMILY PROGRAM/CLINICA DE FAMILIA LA ROMANA
(VISION, MISSION, GUIDING PRINCIPLES AND HISTORY)

Vision

The vision of Clínica de Familia La Romana is to provide services to the impoverished populations that live in the Dominican Republic; providing healthcare services and education to our patients with respect, dignity, moral support and compassion.

Mission

The mission of the clinic is to be a center of excellence for providing healthcare services, especially with respect to the prevention and treatment of sexually transmitted diseases and HIV/AIDS as well as other diseases. These services have a social principle, both integral and humanitarian.

Guiding Principles

The principles of Clínica de Familia La Romana include: compassion, respect, love, confidence, passion, warmth, confidentiality, anonymity and privacy.

History

Clínica de Familia La Romana was established in 1999 by a public-private collaboration between IFAP at Columbia University and Complejo Micaeliano and the foundation Misión Internacional de Rescate (MIR).

The foundation MIR established the “Casa de Paz” (House of Peace) in 1987 in collaboration with several Catholic nuns of the religious order Adortrices de España. The objective of House of Peace also known as Complejo Micaeliano was to combat the discrimination against people living with HIV while also providing medical and social services to marginalized women, especially sex workers. The clinic began in a governmentally approved site to provide physical exams for sex workers, focusing on prevention, diagnosis and treatment of sexually transmitted infections. The clinic experienced the first years of the HIV epidemic in the Dominican Republic working with the most affected populations.

Working with the private clinic of Dr. Jose Roman, the clinic started to offer treatment to pregnant women living with HIV. At the same time, the founder of IFAP and pediatric physician in New York, Dr. Stephen Nicholas was observing the HIV epidemic in his patients many of whom were from the Dominican Republic. Dr. Nicholas was a pioneer in providing care to children and their families living with HIV since 1980 in Washington Heights and Harlem, New York. He collaborated with MIR, a private foundation created by Lian Fanjul de Azqueta that provided medical assistance and education to the segment of the population that needed it most. In 1999 Complejo Micaeliano joined the partnership giving birth to a local non-profit NGO that was both secular and free from political affiliation called Clínica de Familia MIR, with the goal of providing integral medical attention to those persons living with HIV. In 2004 the clinic
started to provide antiretroviral therapy to patients - one of the first clinics to do so in the country. The clinic also started the first program in the Dominican Republic to offer antiretroviral therapy to pregnant women to prevent vertical transmission of HIV.

Starting 2010 MIR and Clínica de Familia MIR mutually decided to end their collaboration and since January 2010 the organization is called Clínica de Familia La Romana, Inc.. The clinic has been recognized as a model of care and treatment of HIV in the Dominican Republic.

**CLINICAL SITES**

**Clínica de Familia**

The Clínica de Familia La Romana provides medical attention and psychosocial support to adults and children with HIV, sex workers, adolescents, and other highly vulnerable populations in the eastern part of the Dominican Republic. It provides comprehensive primary and HIV-specialized outpatient medical care, community- and home-based services, psychosocial support services, and an annual summer camp for HIV-positive children. Clinical services include general medicine, gynecology, pharmacy, laboratory, ultrasound, and nursing services. The clinic currently provides antiretroviral treatment to the second-largest number of children and adults with HIV in the Dominican Republic. Moreover, the clinic oversees special programs for the reduction of vertical transmission of HIV and prenatal and reproductive health care for adolescents through the Maternal-Infant Health Annex (MAMI), in collaboration with the largest public hospital in the province. Clínica de Familia La Romana aims to improve the quality of life of the poorest and most vulnerable populations in the eastern part of the country with a holistic, family-centered approach that includes specialized medical care, social services, community outreach, prevention and education programs.

Adjacent to Clínica de Familia is the **Women’s Clinic at Complejo Micaeliano**, where high-risk women receive primary health care, risk reduction counseling, and screening and syndromic treatment for sexually transmitted disease.

http://www.clinicadefamilia.org.do

**Hospital Provincial Francisco Gonzalvo**

Also known as Salud Publica or simply Gonzalvo, HFG is the major municipal hospital of La Romana province with about 140 beds, where virtually all low-income people get their medical care and where >90% of all pregnant HIV-infected women deliver their babies. Our primary interest here is to ensure that every pregnant woman gets HIV counseling and testing and that those who are infected receive appropriate evaluation and antiretroviral therapy, as well as delivery by Cesarean section.

The hospital has a range of outpatient, emergency and inpatient services. Although limited in certain ways, it has been improved significantly in the eight years we have been working with them.
Modulo Anexo Maternal Infantil
The Modulo Anexo Maternal Infantil (MAMI) is a prenatal center a by Hospital Francisco Gonzalvo, which provides prenatal services to pregnant teens. All pregnant women will eventually be offered a range of services, including nutritional, psychosocial, reproductive health, breast feeding, and HIV counseling. Reproductive health focused educational outreach is coordinated from here to the schools as well.

Modulo Anexo Maternal Infantil el (MAMI) on Facebook
http://www.facebook.com/pages/Modulo-anexo-Materno-Infantil-el-MAMI-/123213891091754

Centro Médico Central Romana

Owned by the sugar cane company, this center takes care of the company employees. This site has morning rounds which you will be assigned to attend occasionally. Dr. Carlos Dominguez, a pediatric cardiologist, is often the preceptor. He has been recommended as a good teacher. He is also fluent in both English and Spanish.

The facility contains a small ER, 1 ICU bed, 1-2 isoletes, a 10-bed maternity ward, an 8-bed pediatrics ward, and a 10 bed men’s and women’s wards. The director, Dr. José López, did a community health fellowship at Mt. Sinai Hospital in New York City.

Various Bateyes

A Batey is a village in the sugar cane fields. The people have very limited access to health care, in general, but there is a small clinic on site with a small amount of general medications. There is a small school next door, run by the same nuns who run the clinic. Most of the people of the batey are Haitian immigrants and many only speak Haitian Creole.

PEOPLE:

COLUMBIA UNIVERSITY:

Dr. Stephen Nicholas: Pediatric HIV specialist who started the Harlem Hospital Pediatric AIDS Program in 1985; co-founded the Incarnation Children’s Center for homeless children with AIDS in 1988; former Chairman of Pediatrics at Harlem Hospital in NYC. He is currently the Associate Dean for Admissions for the Columbia University College of Physicians and Surgeons and Professor of Clinical Pediatrics and Clinical Population and Family Health at Columbia University. He is the founder and executive director of the International Family AIDS Program, and the founder and president of board of directors of the Clinica de Familia La Romana. His work in La Romana began in 1999.

Dr. Linda Cushman: Associate Professor of Population and Family Health at the Heilbrunn Center at the Mailman School of Public Health at Columbia University; has been the co-director
of the Dominican Family Health Program in La Romana, Dominican Republic, since 2004. This is a project that seeks to prevent HIV vertical transmission, support the adolescent reproductive and sexual health clinic (MAMI) and support the student rotation program at Clínica de Familia La Romana.

**Ana Jiménez-Bautista:** Program director of the International Family AIDS Program and a Columbia University officer in the Department of Pediatrics. She was previously the coordinator of community health initiatives (2004-2011) and health education (1995-2001) at the Heilbrunn Department of Population and Family Health at the Mailman School of Public Health. Ms. Jiménez received a master’s degree from Hunter College’s School of Social Work.

**CLÍNICA DE FAMILIA LA ROMANA**

**LEADERSHIP AND ADMINISTRATIVE STAFF**

**Mina Halpern:** Executive Director of the Clínica de Familia La Romana (CFLR). Previously, Mina was the program coordinator for CFLR’s adolescent program (MAMI) and the program to prevent HIV vertical transmission (2009-2011). She received a Master of Public Health degree from the University of Washington and has wide experience with reproductive health and HIV programs in Latin America, the Caribbean, and the United States.

**Dr. Leonel Lerebours:** Assistant Director of Clínica de Familia La Romana. Previously, he worked with the D.R. Ministry of Health’s national tuberculosis program and received a Master of Epidemiology degree from the Universidad de Valle, Guatemala, under the sponsorship of the C.D.C. He was an IFAP fellow (2004-2007) and serves as a Preceptor for students / residents.

**D Luís Lewis:** Volunteer coordinator for Clínica de Familia La Romana. He coordinates student and volunteer rotations and projects. His other responsibilities include coordination of the annual summer camp for children with HIV, grant writing and fundraising. Previously, he was a Peace Corps volunteer and regional volunteer leader in the Dominican Republic (2007-2011).

**Luz Messina:** Director of Módulo Anexo Materno Infantil (MAMI). In addition to previously working at the MAMI as its administrator, Luz has also worked with the MIR Foundation in the coordination of projects and fundraising.

**Ana Zapata:** Administrator and Human Resources Assistant for Clínica de Familia La Romana. She assists with logistics for the student program and Casa Internacional.

**María Consuelo Pérez:** Executive Assistant to the Executive Director. She previously helped coordinate the student program and is an invaluable resource for volunteers.

**CLÍNICA DE FAMILIA LA ROMANA**

**CLINICAL STAFF**

**Dr. Carmen Rodriguez:** HIV Care doctor. As the Clinic’s most experienced practitioner, she treats patients during the day and also does medical checkups for sex workers in the afternoon.
Dr. Milagros de la Rosa: HIV Care and General medicine doctor. In addition to her work at the Clinic, she runs a patient outreach program in Samaná.

Dr. Emmanuel Basora: Community medical doctor. He accompanies fragile patients and clients to the municipal hospital, Hospital Dr. Francisco Gonsalvo.

Dr. Miriam Arias: General Medicine Doctor. In the afternoons, Dr. Arias also provides clinical care for sexual transmitted infections.

Dr. Eusebio Solíman: Obstetrician / Gynecologist. Dr. Solíman also performs Caesareans to Clinical clients and patients and to the general public the Hospital Dr. Francisco Gonsalvo.

Dr. Martín Polanco: Internal Medicine doctor who works part time at Clínica de Familia La Romana and part time at Hospital Dr. Francisco Gonzalvo Hospital.

Dr. Carlos Santillán: Obstetrician and Gynecologist. He performs sonograms at CFLR.

Dr. Tania Roche Vanderhurst: Pediatrician at Clínica de Familia La Romana.

Dr. Marc Callender: a David N. Pincus Global Health Fellow with the Children’s Hospital of Philadelphia, completed his pediatric residency at Johns Hopkins Hospital. He will spend the next two years working with Clínica de Familia LR and a public health clinic in the rural town of Consuelo. He is joined by his wife, Greer Brittany, and their 3 year-old son, Elias.

Dr. Eulalia Rodriguez: Head: Laboratory Analyst. She leads an experienced team of four experienced lab technicians, Carmen Rosa Derit, Celeste Caraballo, Belkis Laburd, who provide a variety of analyses, including HIV and CD4. Ana Candelario compiles data and produces laboratory results for the Clinic.

CLÍNICA DE FAMILIA LA ROMANA
PROGRAM STAFF

Noemi Torres: Coordinator of Community Health Promotio at Clínica de Familia La Romana, also involved in managing the pediatric AIDS cases. She organizes home visits with her home promoters, Olivia Neddall, Eduvigis De la Cruz, Rosa Huber, and Sonia Derit, Antonio Matos, Marcis Ogueis Badia, and Ana RosarioUreña Pérez.

Julianna Roa: Nurse Health Supervisor for Community Health Promotion providing accompaniment, care, and support for Clinic’s most fragile HIV and AIDS clients.

Ceida Martinez (Saida): Health promoter for the Women’s Program, Programa de la Mujer, which facilitates prevention, education, care and counseling sex workers, business owners, and motorcycle taxis. With more than 14 years of experience, she provides this service with fellow
colleagues, Gertrudis Aquino and Rafael Rojas., Ceida also facilitates Fundacion Sol y Luna, which provides support for sex workers.

**Greer Brittany Callender:** Monitoring and Evaluation Coordinator. Greer also currently works as Senior Research Assistant with the Department of Epidemiology of Johns Hopkins University and applies her valuable experience to the vertical transmission program.

**Yohanna Mieses:** Clinic Psychologist. She supervises support groups for children, youth and parents / guardians and clinical counseling services. Magalys Medina and Fior D’Aliza Brito counsel clients before and after HIV tests in the morning and afternoons, respectively.

**Christy Alcalá** serves as a Patient Educator within the Clinic in the morning and in the afternoons at the MAMI. Presentations include adherence, nutrition, sexual health education among others. She also provides adherence counseling to Clinical patients.

**Yanina Felipe:** Batey Coordinator of HIV testing. In these under-resourced living areas, associated with sugar cane production, her team provides rapid-testing and counseling. This team includes a bio-analyst, Cruizita Noel; counselor and Kreyol translator, Mari Ludy Mercedes; and counselor, Jovanny Marcelino

**Honey Mejia:** Patient Educator at MAMI. In coordination with a group of youth peer health multipliers, she provides sexual education to local high schools. Omar Hernández fulfills a similar role in local bateyes.

**Elenita Llane:** Home Visitor in charge of rescue of patients who have abandoned treatment.
THE DOMINICAN REPUBLIC AT A GLANCE

From The Embassy of the Dominican Republic http://www.domrep.org/

The Dominican Republic is located in the Caribbean, between Cuba and Puerto Rico. With an extension of 48,442 square kilometers, the country is the second largest country in the Antilles. This strategic geographic position has turned it into the main tourist destination of the region and into an ideal place for business and trade.

The climate is semitropical, with an average yearly temperature of 26°C (78°F).

The Dominican Republic has a great geographic diversity, having extensive beaches of white sand, fertile valleys with exuberant vegetation, desert zones with dune formations, mighty mountain chains where Pico Duarte, the highest peak and lake Enriquillo the biggest lake in the Caribbean.

The capital of the Dominican Republic is Santo Domingo. Other important cities are Santiago, San Pedro de Macorís, La Romana, Puerto Plata, Barahona, La Vega, San Francisco and Higuey.

HISTORICAL OVERVIEW

When the Spaniards arrived on December 5, 1492, the island was inhabited by a group of Arauco Indians called "Tainos", but this population vanished in a relatively short time after the discovery.

Named by its Spanish settlers "Hispaniola", the island became the base for the expansion of the Spanish empire into the new world. The city of Santo Domingo (originally named "La Isabela") was founded in 1496, and soon became the seat of the first cathedral, the first hospital and the first university of America.

Only a year after gaining its independence from Spain in 1821, the eastern part of the island was occupied by Haiti. This occupation ended on February 27, 1844 with the proclamation of the National Independence.

In 1916 the United States army occupied the country until 1922. Also in 1965 there was a military intervention by the United States, which ended in 1966.

Since then eleven democratic elections have been held, alternating in power the three main political parties.

Population

The Dominican Republic has approximately 8.4 million inhabitants. As a result of the strong urbanization process experienced by the country in the last years, more than two
thirds of the population lives in the urban centers of the main cities of the nation. The capital city of Santo Domingo alone has a population of more than three million inhabitants.

Most of the Dominican population is the result of a mestization process between the Indian, European and African

The economically active population is estimated to be around 2.3 million, of which 49% are dedicated to agriculture, 33% to services and 18% to the industry.

The telecommunications system is one of the most advanced and efficient, not only within the Caribbean but also worldwide.

**Government**

The Constitution of the Dominican Republic defines the government system as being democratic, republican and presidential. The exercise of power is divided among three independent branches: executive, legislative and judicial.

**Legislative Branch:** The Legislative Power is invested in the National Congress, composed by two chambers: the Senate is composed of 32 Senators and the Chamber of Deputies by 150 Congressman. The members of the legislative branch are elected every four years through a direct vote of the population.

**Judicial Branch:** The Judicial Power is headed by the Supreme Court of Justice, which apart from working as an appeals court for all judgments rendered by judicial courts, supervises all judges in the Dominican territory. It is formed of sixteen judges designated by the National Council of Magistrates.

**Municipal Branch:** Each of the thirty provinces and the National District has a Governor designated by the Executive Branch, and a Mayor elected through direct vote every four years. Municipal authorities have jurisdiction to regulate and decide over local urban issues.

**Further Reading from The U.S. State Department Background Notes 1998:** [http://www.worldrover.com/history/dominican_republic_history.html](http://www.worldrover.com/history/dominican_republic_history.html)

The island of Hispaniola, of which the Dominican Republic forms the eastern two-thirds and Haiti the remainder, was originally occupied by Tainos, an Arawak-speaking people. The Tainos welcomed Columbus in his first voyage in 1492, but subsequent colonizers were brutal, reducing the Taino population from about 1 million to about 500 in 50 years. To ensure adequate labor for plantations, the Spanish brought African slaves to the island beginning in 1503.

In the next century, French settlers occupied the western end of the island, which Spain ceded to France in 1697, and which, in 1804, became the Republic of Haiti.
Haitians conquered the whole island in 1822 and held it until 1844, when forces led by Juan Pablo Duarte, the hero of Dominican independence, drove them out and established the Dominican Republic as an independent state. In 1861, the Dominicans voluntarily returned to the Spanish Empire; in 1865, independence was restored.

Economic difficulties, the threat of European intervention, and ongoing internal disorders led to a U.S. occupation in 1916 and the establishment of a military government in the Dominican Republic. The occupation ended in 1924, with a democratically elected Dominican Government.

In 1930, Rafael L. Trujillo, a prominent army commander, established absolute political control. Trujillo promoted economic development—from which he and his supporters benefitted—and severe repression of domestic human rights. Mismanagement and corruption resulted in major economic problems. In August 1960, the Organization of American States (OAS) imposed diplomatic sanctions against the Dominican Republic as a result of Trujillo's complicity in an attempt to assassinate President Romulo Betancourt of Venezuela. These sanctions remained in force after Trujillo's death by assassination in May 1961. In November 1961, the Trujillo family was forced into exile.

In January 1962, a council of state that included moderate opposition elements with legislative and executive powers was formed. OAS sanctions were lifted January 4, and, after the resignation of President Joaquin Balaguer on January 16, the council under President Rafael E. Bonnelly headed the Dominican Government. In 1963, Juan Bosch was inaugurated President. Bosch was overthrown in a military coup in September 1963.

Another military coup, on April 24, 1965, led to violence between military elements favoring the return to government by Bosch and those who proposed a military junta committed to early general elections. On April 28, U.S. military forces landed to protect U.S. citizens and to evacuate U.S. and other foreign nationals. Additional U.S. forces subsequently established order.

In June 1966, President Balaguer, leader of the Reformist Party (now called the Social Christian Reformist Party—PRSC), was elected and then re-elected to office in May 1970 and May 1974, both times after the major opposition parties withdrew late in the campaign.

In the May 1978 election, Balaguer was defeated in his bid for a fourth successive term by Antonio Guzman of the PRD. Guzman's inauguration on August 16 marked the country's first peaceful transfer of power from one freely elected president to another.

The PRD's presidential candidate, Salvador Jorge Blanco, won the 1982 elections, and the PRD gained a majority in both houses of Congress. In an attempt to cure the ailing economy, the Jorge administration began to implement economic adjustment and recovery policies, including an austerity program in cooperation with the International
Monetary Fund (IMF). In April 1984, rising prices of basic foodstuffs and uncertainty about austerity measures led to riots.

Balaguer was returned to the presidency with electoral victories in 1986 and 1990. Upon taking office in 1986, Balaguer tried to reactivate the economy through a public works construction program. Nonetheless, by 1988 the country slid into a two-year economic depression, characterized by high inflation and currency devaluation. Economic difficulties, coupled with problems in the delivery of basic services--e.g., electricity, water, transportation--generated popular discontent that resulted in frequent protests, occasionally violent, including a paralyzing nationwide strike in June 1989.

In 1990, Balaguer instituted a second set of economic reforms. After concluding an IMF agreement, balancing the budget, and curtailing inflation, the Dominican Republic is experiencing a period of economic growth marked by moderate inflation, a balance in external accounts, and a steadily increasing GDP.

The voting process in 1986 and 1990 was generally seen as fair, but allegations of electoral board fraud tainted both victories. A commission of electoral advisers, designated by President Jorge and led by the Archbishop of Santo Domingo, played an important role in keeping the electoral process on track. The elections of 1994 were again marred by charges of fraud. Following a compromise calling for constitutional and electoral reform, President Balaguer assumed office for an abbreviated term. In June 1996, Leonel Fernandez Reyna was elected to a four-year term as president.
RESOURCES FOR FURTHER UNDERSTANDING

SUGGESTED READING AND VIDEO

It is recommended that you read at least one of these books for your pre-departure preparation. All provide insight into the cultural setting that you will be immersed in and give you some insight into both Dominican and Haitian culture.

In the Time of the Butterflies (En el Tiempo de las Mariposas) by Julia Alvarez
   Historical novel depicting the account of the Mirabel sisters during the reign of Trujillo.

The Feast of the Goat by Mario Vargas Llosa, Edith Grossman (Translator)
   A novel describing the assassination of Trujillo and its aftermath.

The Farming of Bones by Edwidge Danticat
   Historical fiction describing the 1937 massacre ordered by Trujillo.

The Brief Wondrous Life of Oscar Wao by Junot Diaz (short stories)
   Best-selling novel by Junot Diaz set in New Jersey recounting the reign of Trujillo.

The Comedians by Graham Greene
   A novel based in Haiti under the rule of the harsh dictator “Papa Doc.”

The Serpent and the Rainbow by Wade Davis
   Non-fictional account into the investigation of Voodoo.

AIDS and Accusation: Haiti and the Geography of Blame by Paul Farmer
   Investigation into the accusations that Haiti was AIDS’s portal to the new world.

Mountains Beyond Mountains by Tracy Kidder
   Biographical account of Paul Farmer’s work in Haiti.

Sugarball: The American Game the Dominican Dream - by Alan M Klein
   Traces the history and current state of baseball in the Dominican Republic.

Sugar (2008)– Movie
   A sports drama about a pitcher from the DR struggling to bring his family from poverty.

The Price of Sugar (2007) - Documentary
   Documentary about the exploitation of Haitian sugar workers in the Dominican Republic.
**RELEVANT WEBSITES**

IFAP Website:  
http://www.familyaids.org

Columbia University Center for AIDS Care and Treatment Programs, Mailman School of Public Health:  
http://www.columbia-icap.org/

República Dominicana Biblioteca Virtual:  
http://www.dominicanaonline.org/bvdo/

The World Factbook – Dominican Republic:  

The World Factbook – Haiti:  

DR1 Newsletters: Website with a broad scope of information from travel, business, economic and legal for your stay in the Dominican Republic  
http://www.dr1.com/

CDC Travel Health:  

UCSF HIV Online Textbook and Information Site:  
http://hivinsite.ucsf.edu/

UNAIDS 2006 Report on the Global AIDS Epidemic:  

COPRESIDA  
http://copresida.gob.do

MTCT-plus Initiative:  

CDC overview on preventing mother to child transmission (MTCT) of HIV:  
http://www.cdc.gov/nchstp/od/gap/pa_pmtct.htm

CDC MTCT Training Guide:  
http://www.cdc.gov/nchstp/od/gap/PMTCT/curriculum.htm#PMTCT%20Training%20Programme%20and%20Course%20Director%20Guide

Or http://www.cdc.gov/nchstp/od/gap/PMTCT/default.htm
PRE-DEPARTURE PREPARATION

TRIP PREPARATION

- Contact your medical insurance company to confirm international coverage
- Call your airlines to learn of weight and number of checked bag restrictions (23kg or 50lbs avg.)
- You may consider travel insurance to cover any lost or stolen luggage.
- Contact your credit card companies to inform them that you will be in the Dominican Republic. (To avoid potential card blocks for unusual charges)
- You can get some Dominican money at the US airport before you leave (or certain banks- call first). It’s wise to get about $100 equivalent in Dominican pesos. **We will arrange pickup and delivery to the airport.** But taxis can be found right at the front of the airport in Santo Domingo in emergencies. The official drivers have a badge, and usually have a yellow and red ‘taxi’ sign. Standard fare is about $80-90 US (drivers will usually accept US money).

**Taxis** in addition to the above, always confirm the fare before you get in. Taxis around La Romana are much cheaper, and you should be able to secure a better deal when going back to the airport if you are not using the program transportaton.

- **Personal Health, Vaccines, etc**
  - Visit the CDC Travel Website for up-to date information.
  - To find out about current U.S. Department of State travel warnings and public announcements, see [http://travel.state.gov](http://travel.state.gov)
  - Visit travel health/student health for their recommendations- start early.
  - HIV prophylaxis kit – this can usually be obtained at occupational/student health. Contains HIV medications to be started immediately in the unlikely chance that you think you may have been exposed to HIV. Antiretrovirals are available in La Romana, thus the kit is not a requirement.
  - You should be up to date on your tetanus shot, MMR, and have had the Hepatitis B series. If you have not, do it.
  - In general, we recommend that you start the Hepatitis A series if you hadn’t had it.
  - Although there was a brief outbreak of malaria a many years ago in Punta Cana, there has been no problem in the area of La Romana and therefore chloroquine prophylaxis is not recommended. There is a good mosquito control program in the area and mosquitoes are rarely much of a problem. Keep in mind that mosquitoes are a source of dengue. You should bring mosquito repellent and use it as needed.
  - Bring some ciprofloxacin, for the potential (though infrequent) event of traveler’s diarrhea (drink only bottled water, which is widely available).
HOUSING

The volunteer house is called Casa Internacional and is located at #98 Francisco Richiez in La Romana. It is one block south of the large grocery store Iberia.

Amenities at the house include breakfast (weekdays), laundry, wireless internet, A/C, inversor (to power house during electrical outages), overnight security guard and daily housekeeping.

Professionals staying the house are charged $350/week. Students, residents and fellows are charged $245/week.

The contact people for the house are D Luis Lewis and Ana Zapata.

Housing Rules

As a visitor, guest, resident, or roommate of the Casa Internacional, we kindly ask that you abide by the rules below. These rules are meant to aid in ensuring the safety and security of you and each of your fellow housemates. They are put into place to protect both your belongings and your person. And, they will help the house to function more effectively. These policies and their implementation reflect values of the Clinica de Familia, Inc., a hope to be friendly to the environment, and respect for the privilege of using the benefits of the house. Thank you for your cooperation!

Respect and Responsibility

Show care, respect and regard for each of the diverse guests, residents, and personnel of the house. Residents and housemates will be held responsible for visitors and guests.

Please treat the property and value the spaces of this house as you might for your own house. Clean your dishes after their use; leave bedrooms and bathrooms neat; keep showers clean and drains free from hair; respect and label each other’s food in the refrigerator; and help to throw away trash.

To allow for the rest of house residents, please keep all music, noise, or conversation to minimum levels after 10PM on weekdays and 12AM on weekends.

Safety and Security

When inside the house, the front gate should remain closed and locked at all times.

When you leave the house, secure all valuable items (laptops, electronics, money etc.) within your room and make sure not to leave items within common areas.
Visitors and Guests

Guests and visitors are welcome in the house Monday through Thursday until 10PM and Friday through Sunday until 12AM. No visitors or guests are allowed from 12AM-8AM. Overnight guests must be pre-approved and will be charged a guest rate.

All visitors at all times should remain in common areas of the house.

Environment

Turn off all lights upon leaving a room. When leaving the house, make sure to turn off fans and/or air-conditioning within your rooms.

No smoking is permitted within the house. If you wish to smoke, please use the patios and/or back garden areas.

LOGISTICS

Pickup from the airport to Casa Internacional is normally arranged for at around $80 USD. Students will be picked up by the driver, Hilario Mercedes outside of the baggage claim. If possible, please schedule flights for a weekday.

Flights:

- We recommend that you fly into Santo Domingo International Airport (SDQ). American Airlines and JetBlue fly non-stop from JFK. Jet Blue also has direct flights from Boston. There is a direct flight by Continental from Newark. The drive from the airport to La Romana is about 1 hour and 30 minutes.
- At this point airlines some airlines are charging for checked baggage on international flights, so always double check with your individual airline before departure.

Immigration:

If you are a US Citizen, all you need is a valid US passport to enter the DR. If you are not a US citizen, there may be visa requirements that you may need to investigate well ahead of time. Check the New York DR consulate website [http://www.consuladord-ny.org/Servicios/servicios-Ingles.htm](http://www.consuladord-ny.org/Servicios/servicios-Ingles.htm) (phone # 212 768-2480) for visa requirements. If you are not a New York resident, contact your nearest local Dominican Republic consulate. MAKE SURE YOU HAVE ALL THE NECESSARY DOCUMENTATION TO RE-ENTRY INTO THE UNITED STATES UPON RETURN.

- Please scan and send us a copy of the page from your current passport that shows your name, date of birth, gender, country of issue, passport number, and passport expiration date.
• Be sure that you have all your visa paperwork and back-up documents readily accessible when entering the country.
• For tourist visas list the Clinica Familia as your address in country. Purpose of visit is thus independent tourism.
  o Calle Gastón Fernando Deligne # 168, La Romana, Republica Dominicana

Cost of Living/Exchange Rate:
The Dominican peso (often symbolized RD$) has in the past fluctuated greatly but has been stable the past several years.
  o May 2008 $1 = 34 pesos, April 2009 $1 = 37 pesos, Dec 2011 $1 = 38.3 pesos

Transportation:
• A taxi into town from CNE will typically cost RD$200 (~USD$5.50). Although La Romana is safe, it is recommended that you use taxis at night.
• Car rentals are also available from the airport in Santo Domingo. These options can get quite expensive on a per day basis but Hertz offers monthly rental deals starting around $660 USD per month.
  o Avis ~$30 USD per day (Also available in La Romana)
  o Hertz ~$28 USD per day
• Public transportation is relatively easy to use. Think carefully about using a motor bike. There are many accidents with them. (We don’t recommend them. Wear a helmet if you elect this method).
• Gas prices are around US$7 a gallon.
• Guaguas are small buses which are available in La Romana and throughout the Dominican Republic, they are an inexpensive form a mass transit throughout the country.
  o RD$25 in La Romana
  o RD$175-180 to Santo Domingo
  o RD$75-80 to Bayhibe
  o RD$250 to Punta Cana
• Motoconchos are a type of motorcycle taxi. We recommend that you do not use this form of transportation as it is quite dangerous.

Telephone Contact:
• A cell phone may be signed out to you (along with keys) upon arrival at CNE. You will be asked for a $30 deposit that will be returned when the phone is returned with all its parts and accessories.
• Getting in touch with friends and family is very easy. Clarophone cards can be purchased everywhere in the DR. They are easy to use and inexpensive at RD$ 7 / minute (15 cents/minute). Cards can be bought for up to RD$250 – about 35 minutes to the States.
• Call centers around La Romana charge by the minute. Rates are reasonable.
• Do NOT buy an Orange phone – service is poor in La Romana. It is free to receive calls on your cell phone; you buy phone cards to make outgoing calls only.
• **USA to Dominican Republic**
  Simply dial 1 + number, e.g. dialing 1-829-659-4838 from NYC would reach Maria Consuelo’s cell phone
• **Dominican Republic to USA**: Again, no country code. Simply dial as though you were dialing long distance within the United States.
• **Skype** is another great way to stay in contact with home from the Dominican Republic.
• Use of an iPhone or Blackberry internationally requires unlocking the device and the purchase of a SIM card from a local carrier.

**Internet Access:**
• You will have access to wireless internet from Casa Internacional, the wireless password is: internacional

**Meals/Food:**
• There are several large supermarkets: Jumbo, Iberia, Plaza Lama, Hiper-Romana and Orensa. Almost anything you’ll need can be found there.
• Cooking in Casa Internacional is very easy and lots of fun. The kitchen is fully stocked with dishes, silverware, pots, knives, cutting boards, etc.
• There are lots of good restaurants around La Romana:
  o Trigo De Oro: Sandwiches, salads, pastries.
  o El Taquito and ShishKaBob, and Govinda’s (vegetarian) are all on the same road, which is close to the central park.
  o Buen Gusto – Pica pollo open for breakfast lunch and dinner. Excellent and affordable.
  o Luca’s—excellent Italian restaurant in Buena Vista Norte, near CNE
  o La Casita- Towards Iberia Supermarket. Probably the best restaurant in town. Expensive, nice place, very good food.
  o Hiper-Romana supermarket has two eateries: a sandwich place on the first floor and Ingenio on the third floor.
  o YogenFruz from Helados Bon (amazing frozen yogurt) located in Jumbo or near the park.
• Altos De Chavon has good restaurants open to the public. It is within Casa De Campo. The view is incredible. The prices are a bit higher (US$33 for 4-course meal), but a nice change of pace for a good meal.
• There are plenty of street vendors selling a variety of foods: empanadas, janicakes, various fried meats (“Sandwich de Pierna”—roast pork, “Chimmy”—beef), fresh fruit, fresh juice. CDC travel recommends against eating from street vendors, so if you do this, use caution and common sense.
• **Note**: You must drink bottled water.
Health

- Once again, because this cannot be stated enough: drink bottled water only.
- Prevent insect bites with the use of insect repellents (DEET or Picaridin containing sprays) especially during peak hours (dusk or dawn).
- Prevent animal bites and scratches.
- Make sure what you eat is always fully cooked.

Extras:

- Electrical outlets are the same at the US in the D.R.
- If you buy a travel guide, The Rough Guide is recommended – it is the most current. Also, the Lonely Planet writer seems a bit bitter about the D.R., but the guide is still informative. Make sure to coordinate with your group so you don’t have 4 copies of the same guide book!

A Word on Electricity:

The Dominican Republic is a developing country and as with many developing countries access to energy can sometimes be not what you are used to. Blackouts are a common occurrence in the Dominican Republic and are in many communities accepted as a fact of life. Although there are periodic blackouts in La Romana, Casa Internacional is wired to an “inversor” (battery power electrical inversor) which will provide limited electricity during a blackout.

Recommendations on Dress

While you are in the Clinic…

In general, the dress code is business casual. We recommend that when working in patient care that you dress professionally as your dress transmits seriousness in your profession and in your purpose.

- For men: A collared shirt (short-sleeved is fine), dress slacks or khakis is appropriate. Please do not wear shorts or t-shirts. Ties and suits are not necessary and reserved only for extra formal occasions. On Fridays, the Clinic does “dress down” and it is appropriate to wear jeans.
- For women: A blouse and skirt or dress pants is appropriate. Despite the heat, most professional women will also cover shoulders, wear knee-length skirts, and dress rather conservatively.
- Closed shoes must be worn in the hospitals; sandals are not acceptable in the clinic (no flip-flops).
- White coat- medical students 3rd year and higher, residents, and physicians need a white coat. Other clinicians may also choose to wear a white coat.
• Stethoscope is optional and may be used in Clinical settings.

When you are on a visit in the community with Programas Comunitarias. These programs include:

• **Programa de la Mujer** y Visits to the Negocios
• **Programa Comunitario** y Home Visits
• **Programa de Batey** y HIV Tests

Visits to the Community Programs allow you to observe the Clinic’s staff at work within its programs outside of the Clinic, learn more about in detail and through firsthand experience about its outreach programs, occasionally participate, and make linkages with your assigned project. As you visit with Clinic staff, you will be considered as an additional health professional. Nevertheless, following the following measures will aid you in conveying this purpose and integrate you with the community. Simple dress without flashy items or clothes avoid drawing attention and any possible threats to your safety and security, and be treated with the same level of respect as any other professional.

• Comfortable casual clothing, including jeans and t-shirt, and closed tennis or casual shoes.
• Please do not wear shorts, tank-tops, spaghetti straps, tight clothing, or sandals. From these styles of dress, typically you will be seen more as a “tourist,” not as a professional; also, you will not be prepared for the area you will visit.
• Leave behind all electronics, Ipad or Ipod, expensive watches, jewelry, rings or chains, and cell phones.
• Do not take any bag or purse, only a small wallet which and can include money, etc. Leave behind any accessories.
• Hat, sunglasses, sunscreen are necessary as trips to bateyes and home visits may involve some walking to further locations. Long sleeves will help you to avoid mosquitoes, other insects, and sunburn.
• Be sure to bring along only a copy of your passport.
PACKING CHECKLIST

Items For Travel

☐ Passport (and a Xerox copy, stored separately)
☐ Ticket
☐ List of important phone numbers
☐ Spanish/English Dictionary
☐ Credit Card (emergencies)
☐ $15 in US currency for landing card
☐ $30 for cell phone and key deposit
☐ US Insurance Card

Personal Items  (you don’t need electrical converters)

(Almost all of these items can be purchased in La Romana at Iberia, Jumbo or Plaza Lama)

☐ Sunscreen
☐ Umbrella or raincoat
☐ Flashlight
☐ Sunhat/sunglasses
☐ Bathing suit
☐ Beach towel, washcloth, shower shoes (bedding provided)
☐ Camera
☐ DEET spray (+/- permethrin spray for clothes)
☐ Soap, shampoo
☐ Dinner outfit and/or clothes to go out in
☐ Glasses/contact lenses
☐ Prescription medications
☐ Ibuprofen/Acetaminophen, Pepto-Bismol, Benadryl, etc.
☐ Band-Aids (walking blisters)
Professional Items

- Comfortable work clothes
- Closed shoes (hospital)
- Sandals (can be worn in the clinic but not flipflops)
- White coat
- Purell
- Stickers or little gifts for the kids
- Laptop (There are plenty of cybernet cafes in town)
- USB flash drive
- Stethoscope (optional)
- Any other items to be used in relation to your rotation or project

Gifts and Donations

There is a significant and continuing need for just about everything in the communities where we work. Donations to the clinic are optional but always greatly appreciated. If you’re inclined to donate we have several medications that are in high demand at both the clinic and the hospital. In addition to medications there are also other items which are in high demand for us.

<table>
<thead>
<tr>
<th>Adult Medications</th>
<th>Pediatric Medications</th>
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</thead>
<tbody>
<tr>
<td>Azithromycin [500mg or 600 mg tablets]</td>
<td>Acetaminophen[Dropper formulation (for infants)]</td>
</tr>
<tr>
<td>Dapsone [100 mg tablets]</td>
<td>Acetaminophen[Liquid formulation ]</td>
</tr>
<tr>
<td>Metronidazole[Tablets]</td>
<td>Aminosidine[Liquid formulation ]</td>
</tr>
<tr>
<td>Amoxicillin[Tablets]</td>
<td>Albendazole[Liquid formulation ]</td>
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<tr>
<td>Cefixime[Tablets]</td>
<td>Albendazole[Tablets (200 mg each)]</td>
</tr>
<tr>
<td>Ciprofloxacin[Tablets]</td>
<td>Cephalexin[Liquid formulation ]</td>
</tr>
<tr>
<td>Doxycycline[Tablets]</td>
<td>Erythromycin EYE ointment[Ointment]</td>
</tr>
<tr>
<td>Clindamycin[Tablets]</td>
<td>Clotrimazole [Cream]</td>
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<tr>
<td>Fluconazole [Tablets]</td>
<td>Triple antibiotic or Bacitracin [Cream]</td>
</tr>
<tr>
<td>Acyclovir [Tablets]</td>
<td>Oral Rehydration Salts[Salts]</td>
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<tr>
<td>Valtrex (valaciclovir) [Tablets]</td>
<td>Multivitamins[Flinstone vitamins (or other brand) with iron ]</td>
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<tr>
<td>Albendazole [Tablets]</td>
<td>Multivitamins[Liquid formulation ]</td>
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<tr>
<td>Mebendazole [Tablets]</td>
<td>Hidrocortisone [Cream]</td>
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<tr>
<td>Triple therapy for H. Pylori (ulcer): Amoxicillin, Clarithromycin, and either Omeprazole, Lansoprazole or other PPI [Tablets]</td>
<td>Ketoconazole [Cream]</td>
</tr>
<tr>
<td>Ibuprofen [Tablets]</td>
<td>Ketoconazole [Shampoo and/or soap]</td>
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<tr>
<td>Acetaminophen [Liquid]</td>
<td>Permethrin [Cream]</td>
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<tr>
<td>Acetaminophen [Tablets]</td>
<td>Nasal drops [Drops]</td>
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<tr>
<td>Diclofenac [Tablets]</td>
<td>Diclofenac [Liquid formulation]</td>
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<tr>
<td>Diclofenac [Injectables]</td>
<td>Ampicilina [Liquid formulation]</td>
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<tr>
<td>Multivitamins [Tablets]</td>
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<tr>
<td>Iron [Tablets]</td>
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<tr>
<td>B Complex Vitamin [Tablets]</td>
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<tr>
<td>Prenatal vitamins with iron and folic acid [Tablets]</td>
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<tr>
<td>Calcium [Tablets]</td>
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<tr>
<td>Fluconazole [Cream]</td>
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<tr>
<td>Steroid cream such as hydrocortisone [Cream]</td>
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<tr>
<td>Antibacterial ointment such as neosporin [Ointment]</td>
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<tr>
<td>Clotrimazole [Cream]</td>
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<tr>
<td>Nystatin [Cream]</td>
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<tr>
<td>Reglan (metoclopramide) [Tablets]</td>
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<tr>
<td>Compazine (prochlorperazine) [Tablets]</td>
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<td>Phenergan (promethazine) [Tablets]</td>
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<td>Ranitidine [Tablets]</td>
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<td>Anti-inflammatory [Tablets]</td>
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<td>Anticonvulsants [Tablets]</td>
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<td>Anticonvulsants [Injectables]</td>
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<tr>
<td>Psiquiatric medications [Tablets]</td>
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<tr>
<td>Anti-depressants [Tablets]</td>
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<tr>
<td>Antacid [Tablets]</td>
<td></td>
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<tr>
<td>Bronchodilators [Tablets: albuterol or others]</td>
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<tr>
<td>Bronchodilators [Injectables]</td>
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</tr>
<tr>
<td>Diabetes medications [Tablets: glucovance, chlormine, diaformine]</td>
<td></td>
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<tr>
<td>Anti Hypertensives [Tablets]</td>
<td></td>
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Other Items:
- Latex gloves
- Gauze
- Formula
- Condoms
- Lubricant
• Educational and Public Health Posters
• Blood glucose meters
• Other relevant items (please ask Ana Zapata)
YOUR NEW HOME

IMMEDIATE AND NEIGHBORING GEOGRAPHY

- **La Romana** is a medium-size urban city on the coast (but the waterfront is privately owned). The economy is based on the sugar cane industry owned by CentroRomana. The faint smell of processed sugar cane is always in the air! Additional prosperity comes from tourism; cruise ships dock in La Romana throughout the winter and spring. As a result, conditions in La Romana are better than many other urban centers in the country. There are a variety of good restaurants, a high quality supermarket, a local running trail, and a gym. Most locations can be reached by walking, but some of the hospitals a bit further (see Logistics: Transportation).

- **Bayahibe**: This small beach town is the closest local retreat and lets you enjoy the laid-back Dominican lifestyle. The beach is half public and half taken up by an all-inclusive resort. Great restaurants there include: Issa Mar on the beach by the boats and Bella Mar (buried a couple of streets in town, run by Stefano, a great Italian cook – ask a local for directions). Bayahibe is a great afternoon retreat (30 minute drive) or day-trip.

- **Casa De Campo** is where the president of the D.R., Oscar de la Renta, and all international celebrities stay. It is a 5 minute drive from Campo Nueva Esperanza. It has a great 5 km running loop, a pool, and a private (mediocre) beach, and $$$ restaurants. You need a pass to enter; however

- **Altos De Chavon** is NOT only an artist's community as the guidebooks say. It is a set of good restaurants open to the public. The view is incredible. The prices are a bit higher (US$33 for 4-course meal), but a nice change of pace for a good meal. About a 15-20 minute drive from the Campo.
MAP OF LA ROMANA

Below is a map of La Romana with some relevant points of interest and the route from Casa Internacional to the clinic.
**THINGS TO DO**

**Dancing** – Dancing is an integral part of Dominican culture. The really popular types of music are Merengue, Bachata, Salsa, and Reggaeton. It’s worth a visit to a disco so that you get a sense of how the Dominicans have fun, and also to see how awesome they dance. It is better to go with some people who know what they are doing. Otherwise, you can ask around during your stay there and find people to accompany you. If you are not familiar with Latin dance, it might be more fun to have someone run you through some basic steps before you actually head for the disco. When I was there, it seemed like everyone was always up for dancing and teaching, and all you needed to do was to say the word.

**Discos** – The closest place to go, and one of the nicest, is Ricamo, about 2-3 blocks from the hotel. It’s open from Thursday – Sunday nights. Things get going at around 11:00PM. Entrance ranges from 50-150 Pesos, depending on the night. I think most Saturdays are free for women. It’s not uncommon for men to ask women to dance if they sense that you are there with a group and not with a boyfriend. In most cases, I think it is pretty harmless and can be fun. Again, use your judgment.

There’s also a popular bar with dancing across the street from Ricamo. There are numerous other dance places around town including a nice place called Piano Bar (on the way to the Iberia Supermarket).

**Music** – If you find yourself starting to like Dominican music, there are tons of bootlegged CDs available on the streets of the city. They are a nice way to remember your experience in the DR after you have left. Do not over-pay (unless you want to). (What I mean by this is that, unfortunately, there are a lot young kids who have to work to survive, and they do this by selling CDs on the streets, among other things). The price that Dominicans pay is somewhere between 50-70 pesos per CD.

**Concerts** – Keep your eyes and ears open for concerts in the area. I saw two live, free, open air performances of big name groups when I was there. The discos often host performances too, but you have to pay the entrance. Posters go up around town when things are happening.

**Billiards** - If you like pool, then you are definitely going to enjoy your stay in this country. Pool is a very common pastime for the Dominicans. A game cost about 5 pesos each in a typical pool hall. Sometimes you have to put money in the table, other times you have to flag a person over who has a key to the table to let the balls drop. If you can get access to Casa de Campo, there are two free places where you can play. One is in the recreation center where a lot of teenagers hang out, very near the swimming pool. Another is a more upscale sports bar in the complex of shops and clubs near the Reception to Casa de Campo. Note of caution, it is not advisable go into any old pool hall that you see on the street, it is best to ask around or go with a local the first time. I can recommend a place called “Santiago”, about a 15 minute drive from the Campo, but you will have to ask around for directions.
Shopping -
(This is more geared to women). I had a lot of fun shopping in the DR, but whether you will too is a matter of taste. Some might find the fashion there not to their liking, others might think it is great. Jeans are cut really well; if you think that tight and hip-hugging is a great look. Moreover, if you shop in the non-touristy stores, things are really cheap in comparison to the US. You can find a ton of cute summer tops for women. I paid between $10-$15 for some great jeans and bought lots of shirts for less than 10$ each. I picked up some fun shoes and handbags, too. The shoes made in Brazil are definitely better quality (although more expensive) than most of those made in China.

Stores: (all of these options were pretty inexpensive).

- **Jumbo** has a clothing and shoe selection, and I found several nice things there.
- **ReinaJeans** (right across from Jumbo on Avenida Libertad). Lots of Jeans and other fun clothes.
- **Orense** – Rather large department store north of the large church that faces Parque Duarte.
- **Sema** – Another department store, also north of the large church that faces Parque Duarte.
- **General Items** - There is also an inexpensive, rambling market area with lots of little stalls selling all sorts of things (gifts, crafts, folk jewelry, house ware, fruit, CDs, etc) north of the large church that faces Parque Duarte.
- There were many stores I passed in the car that I never went into. My guess is that they all had a nice selection of inexpensive clothing. Explore!

Manicures/Pedicures
You can get a manicure and pedicure for 200 pesos (about $4 US) on the south side of the park. There is a Chinese run store with the word “unas” (nails) in the sign. It’s fun on a rainy afternoon.

Baseball
As you can imagine, the Dominicans are crazy about baseball. There is a winter baseball league consisting of 6 teams: 2 from Santo Domingo, 2 from further north near Santiago, 1 from San Pedro and 1 from La Romana (Los Toros). Tickets run 250-300 pesos and the games are a lot of fun. Highly recommended.

**Conveniences of Home**

Jogging
Jogging in Buena Vista Norte is generally pleasant and pretty safe. There are always people outside and you’ll often pass other walkers and joggers (especially in the morning). There is also a great outdoor dirt track in Buena Vista Sur, right next to the baseball stadium. It is a about a fifteen minute jog from Casa Internacional. It is a very
pleasant place, with lots of families and young people playing sports. You are in the shadow of the big cruise ships, so it makes for a very pretty view. The best time to go is when the sun is setting or very early in the morning, otherwise it may be too hot to run.

**Basketball**
There is also a basketball court near the “Pista” where young guys are often playing. If you want to play, you could probably join in if you ask someone. The word for court is “La Cancha.”

**Gym**
There is a gym (“gimnasio” on the east side of the Park, on the second and third floor of the tallest building on that block, up a dark staircase). Membership is 350 pesos for the month. It is not the prettiest gym, but they have everything that you need for a good work out, although all the machines are rather old. People are very friendly there and will help you with any questions you might have. It gets very crowded and hot between 6:15-7:30 PM so try to avoid these times. It’s very pleasant if you can get there in the middle of the day, as the place is almost empty then. There are aerobics classes at 7:00PM every night and sometimes at 6:00PM if there are enough people there. Be patient, things don’t seem to start on time.

**Driving**
It’s quite an experience driving in the DR. You have to experience it to understand. Beware the potholes and speed bumps everywhere as well as the steady flow of mopeds and motorcycles. Just a note on parking, it is customary to park on the left side of the street in the DR.
# APPENDIX A: CONTACTS

## Important

<table>
<thead>
<tr>
<th>Name</th>
<th>Telephone</th>
<th>Additional Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinica De Familia</td>
<td>809-556-8720 809-813-2934</td>
<td>C/ Gregorio Luyeron esq. GastonDeligne #168</td>
</tr>
<tr>
<td>Casa Internacional</td>
<td>809-813-4557</td>
<td>#98 Francisco RichezDucudracy</td>
</tr>
<tr>
<td>D Luis Lewis</td>
<td>829-659-3171 (work) 809-910-7368 (personal)</td>
<td>Student and Volunteer Coordinator</td>
</tr>
<tr>
<td>Maria Consuelo Perez</td>
<td>829-659-4838 (cell)</td>
<td>Executive Assistant to the Director</td>
</tr>
<tr>
<td>Mina Halpern</td>
<td>829-659-4831 (work) 829-274-8721 (personal)</td>
<td>Executive Director</td>
</tr>
<tr>
<td>Hilario</td>
<td>829-659-4839</td>
<td>Driver</td>
</tr>
<tr>
<td>Martina Zorrilla</td>
<td>829-686-0054</td>
<td>House Cook and Janitor</td>
</tr>
<tr>
<td>House Security</td>
<td>809-556-4696</td>
<td>HouseSecurity</td>
</tr>
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## Emergency

<table>
<thead>
<tr>
<th>Name</th>
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<th>Location</th>
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<tbody>
<tr>
<td><strong>SECURITY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Policía Nacional</td>
<td>809-556-2848</td>
<td>Francisco R. Ducodray, frente a Jumbo</td>
</tr>
<tr>
<td>Defensa Civil</td>
<td>809-556-1888</td>
<td>Francisco RichezDucodrasy</td>
</tr>
<tr>
<td>Cuerpo de Bomberos</td>
<td>809-556-2455</td>
<td>Francisco RichezDucodrasy</td>
</tr>
<tr>
<td>Cruz Roja</td>
<td>809-334-4545</td>
<td></td>
</tr>
<tr>
<td><strong>HEALTH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hospital Central Romana</td>
<td>809-556-6862 809-523-3333</td>
<td>Boulevard Principal, Central Romana #99</td>
</tr>
<tr>
<td>Centro Medico Dr. Canela</td>
<td>809-556-3135</td>
<td>Av Libertad 44, La Romana</td>
</tr>
<tr>
<td>Centro Medico Oriental Dr. Rafael Polanco</td>
<td>809-556-2555</td>
<td>Avda. Santa Rosa</td>
</tr>
<tr>
<td>Hospital Francisco Gonzalvo (Salud Publica)</td>
<td>809-556-6000</td>
<td>General Gregorio Luperon</td>
</tr>
<tr>
<td><strong>TRANSPORTATION</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SICHOEM(TransportationLa Romana- Santo Domingo)</td>
<td>809-556-4192</td>
<td>Carretera La Romana – San Pedro de Macoris 1</td>
</tr>
<tr>
<td>Asociacion ASOMIRO (Transportationwithin La Romana)</td>
<td>809-550-3328</td>
<td>Padre Abreu 1</td>
</tr>
<tr>
<td><strong>COMMUNICATION</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radio Juventud and Radio 107.5 FM</td>
<td>809-550-3131</td>
<td>Dr. Santa Rosa 18, frenta a boulevard</td>
</tr>
</tbody>
</table>
APPENDIX B: PHOTO RELEASE

CONSENTIMIENTO PARA FOTOS O VIDEOS

Yo, __________________________, autorizo y doy el consentimiento completo a la Universidad de Columbia para fotografiar y/o grabar en video, y para mostrar y/o para publicar digitalmente todas las fotografías y/o videos en que yo mismo o mis niños aparece.

Además convengo que la Universidad de Columbia de Nueva York y sus colaboradores y patrocinadores pueden usar las fotografías o imágenes de video para su sitio de Web sin restricción ni reserva, ni para la compensación. Comprendo completamente que el uso sería de vez en cuando en referencia de la enfermedad VIH/SIDA.

Firma __________________________ Fecha ________________

Nombre __________________________

Dirección __________________________

Ciudad __________________________

Testigo __________________________ Firma __________________________
### APPENDIX B: GIVE-BACK PROPOSAL

<table>
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<tr>
<th>Name:</th>
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<tr>
<td>Proposed project site:</td>
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<td>Proposed Give-back project title:</td>
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<th>Brief description of Give-back proposed project: <em>Please limit this to 5 sentences</em></th>
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<tr>
<th>Anticipated deliverables:</th>
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<table>
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<th>Anticipated date of completion:</th>
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<table>
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<th>Approved by Student Coordinator:</th>
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</table>

| Approved by IFAP Coordinator: |

<table>
<thead>
<tr>
<th>Date:</th>
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<th>Date:</th>
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APPENDIX B: CONFIDENTIALITY AGREEMENT

Clínica de Familia La Romana, Inc.

ACUERDO DE CONFIDENCIALIDAD

Yo, en mi condición de empleado o voluntario de Clínica de Familia La Romana, Inc., manifiesto mi voluntad y compromiso de observar las siguientes disposiciones:

1. Entiendo y acepto que los usuarios de los servicios que brinda la Clínica de Familia La Romana tienen derecho a recibir un trato digno con respeto, consideración y amabilidad.

2. Entiendo y acepto que el contenido del expediente de salud y cualquier otra información de los usuarios de los servicios de la Clínica de Familia La Romana, incluyendo los nombres y apellidos, son confidenciales y quedo obligado a respetar esa condición, de acuerdo con la Ley de Sida 55-93 de la República Dominicana.

3. Entiendo y acepto que no puedo compartir información de los usuarios o del personal de la Clínica de Familia La Romana con nadie que no sea personal de la clínica y solamente con el personal cuando hay necesidad que tengan tal información.

4. Entiendo y acepto que no puedo hablar de información confidencial de un usuario en un área donde otras personas lo pueden escuchar, así como pasillos, consultorios cuando hay otros usuarios presentes o con la puerta abierta, en el área de recepción, en transporte público, en restaurantes o en eventos sociales, entre otros.

5. Entiendo y acepto que no puedo compartir información electrónica de usuarios con nadie que no tenga autorización y siempre tengo que proteger dicha información con contraseña.

6. Me comprometo a estar vigilante y activa/o en implementar cualquier medida adicional que sea necesaria de manera personal o en el medio ambiente para proteger la confidencialidad de los usuarios.

7. Entiendo y acepto que tampoco puedo divulgar información confidencial al término de mi empleo en la Clínica de Familia La Romana.

Yo confirmo que he leído y entendido esta información y que mi firma abajo significa que estoy de acuerdo y voy a cumplir con estas disposiciones. En caso que haya una violación de este acuerdo, se considerará como una falta grave y puede resultar en acción disciplinaria o una terminación de mi empleo o voluntariado en la Clínica de Familia La Romana.

Fecha: __________________________________________________________________________

Nombre y Apellido: __________________________________________________________________

Firma: __________________________________________________________________________

Cédula/Pasaporte: __________________________________________________________________
PARTICIPANT INFORMATION FORM AND CONTRACT
Columbia University International Family AIDS Program
La Romana, Dominican Republic

A completed copy of this form must be received by IFAP/CFLR BEFORE accepted participant will be cleared for field placement. Information collected in this form will be confidential and used only to inform volunteer site placement and NY team.

Scan and send this signed form, together with passport page and flight information, no later than a month before your travel:
Mrs. Ana Jimenez-Bautista, International Family AIDS Program, at aj2168@columbia.edu
Mr. D. Luis Lewis, Clinica de Familia La Romana, Inc. derrickhlewis@gmail.com

Full name and title:
Age: Gender: DOB:
Home address:
Telephone numbers (Cell): (home):
E-mail address:
Citizenship:
Confirmed Flight Arrival and Departure Information: (If still unavailable, please e-mail later)

<table>
<thead>
<tr>
<th>AIRLINE</th>
<th>FLIGHT #</th>
<th>DEP. TIME</th>
<th>ARR. TIME</th>
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<tbody>
<tr>
<td>DR Arrival Info</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DR Departure Info</td>
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</tr>
</tbody>
</table>

Confirmed dates of stay at the International Family AIDS Program: ________________________

Please list two people who we can contact in case of an emergency.

<table>
<thead>
<tr>
<th>Emergency Contact Name</th>
<th>Relationship to You</th>
<th>Phone # (Home)</th>
<th>Phone # (Cell)</th>
<th>Email address</th>
</tr>
</thead>
</table>
II. TRAVEL REQUIREMENTS

If you are a US Citizen, all you need is a valid US passport to enter the DR. If you are not a US citizen, there may be visa requirements that you may need to investigate well ahead of time. Check the New York DR consulate website http://www.consuladord-ny.org/Servicios/servicios-Ingles.htm (phone # 212 768-2480) for visa requirements. If you are not a New York resident, contact your nearest local Dominican Republic consulate.

Please scan and send us a copy of the page from your current passport that shows your name, date of birth, gender, country of issue, passport number, and passport expiration date.

III. BRIEF MEDICAL INFORMATION AND BACKGROUND

Family Doctor Name:

Family Doctor Address:

Family Doctor Phone Number:

Covered by accident/medical insurance: □ Yes □ No
(if yes)

Medical Insurance Carrier Name and Address:

Policy Number:

Please list:
Any physical or medical conditions that may affect you during the field placement, including any conditions we need to be aware of in the event you require emergency treatment (eg., asthma, diabetes, epilepsy, allergies, specific allergies to medications etc…):

________________________________________________________________________

________________________________________________________________________

Any special dietary considerations (vegetarian, vegan, kosher, food allergies, etc.):

________________________________________________________________________

________________________________________________________________________
IV. CONDITIONS OF PARTICIPATION & ASSUMPTION OF RISK AGREEMENT

☐ I will accept responsibility for my own decisions and actions.
☐ I will give serious consideration to my health and personal circumstances when deciding to participate in this event, and agree to notify CLINICA DE FAMILIA LA ROMANA, INC. staff of any circumstances that may require special accommodations.
☐ I certify that I am covered by a valid insurance plan for the duration of this event.
☐ I understand that I am obligated to comply with local law. I recognize that my conduct reflects on Columbia University College of Surgeons and Physicians and Clinica de Familia La Romana, Inc. other participants, hosts, and myself.
☐ I acknowledge that Columbia University College of Surgeons and Physicians or CLINICA DE FAMILIA LA ROMANA, INC. reserves the right to cancel any event when deemed appropriate due to unforeseen circumstances.
☐ I agree to abide by the rules, regulations and instructions of the coordinators and leaders of the Columbia University College of Surgeons and Physicians and Clinica De Familia La Romana, INC. Program.

☐ I hereby understand that it is my personal obligation to obtain immunizations and medical prophylaxis as recommended by the Centers for Disease Control for the Dominican Republic and to designate a person in the United States to be contacted in case of emergency.
☐ I understand that working in the Dominican Republic, as in most resource-poor international settings, may involve risks and challenges, including infectious diseases and health hazards that are uncommon at home.

STATEMENT OF RESPONSIBILITY, ASSUMPTION OF RISK, WAIVER OF LIABILITY, AND MEDICAL RELEASE FORM

1. Agreement to Participate
I agree to participate in the International Family AIDS Program through Columbia University College of Surgeons and Physicians and Clinica de Familia La Romana, Inc. I affirm that my participation is completely voluntary. I understand that the International Family AIDS Program through Columbia University College of Surgeons and Physicians and Clinica de Familia La Romana, Inc. involves participation, observation, instruction, educational activities, meals and recreational activities on the campus of Clinica de Familia La Romana, Inc. and occasional field activities in or around the La Romana, Dominican Republic area. I understand that there are risks inherent in the activities I will engage in as a participant of the International Family AIDS Program which may cause serious injury or even death. I also understand that, despite safety precautions, the International Family AIDS Program through Columbia University College of Surgeons and Physicians and the Clinica de Familia La Romana, Inc. cannot guarantee that I will not be injured. I am willing to assume these risks. To minimize the risk, I have been instructed to obey all the rules, regulations and instructions of the International Family AIDS Program, Columbia University College of Surgeons and Physicians, and Clinica de Familia La Romana, Inc.
I also acknowledge that as part of the activities of the International Family AIDS Program through Columbia University College of Surgeons and Physicians at the Clinica de Familia La Romana, Inc., I will be transported occasionally to and from the Casa Internacional, the student guest house of the International Family AIDS Program) to the campus of the Clinica de Familia La Romana, Inc., by Clinica de Familia La Romana, Inc. owned or rented vehicles. I also acknowledge that I may be leaving the campus of Clinica de Familia La Romana, Inc. to attend/participate in some activities off campus, including local field activities to destinations in the La Romana, Dominican Republic metropolitan area, and will be transported by either commercial transportation or the Clinica de Familia La Romana, Inc. Staff in Clinica de Familia La Romana, Inc. owned or rented vehicles. I understand that travel and participation in these activities involves risks. I have investigated such matters to my satisfaction and am willing to accept these risks. I further understand that if the Clinica de Familia La Romana, Inc. plans activities, field visits, or events that will transport me outside the La Romana metropolitan area, that I will be advised separately about such events.

2. Health and Safety
I have determined that there are no health related reasons or problems which preclude or restrict my participation International Family AIDS Program through Columbia University College of Surgeons and Physicians at the Clinica de Familia La Romana, Inc. Should it be necessary to have medical treatment while participating in the International Family AIDS Program at Clinica de Familia La Romana, Inc. and I am unable to be contacted, I hereby give the Director or designated staff member of the Clinica de Familia La Romana, Inc. permission to use the judgment in obtaining medical services. I also give permission to the physician selected by the Director and or designated staff member of the Clinica de Familia La Romana, Inc. to render medical treatment deemed necessary and appropriate by the physician.

In consideration for my participation in the International Family AIDS Program through Columbia University College of Surgeons and Physicians, I voluntarily agree, for myself, my heirs, executors, and administrators, to the following:

☐ To assume full responsibility for any risks or loss, or personal injury, including death that may be sustained, or any loss or damage to property owned, as a result of training for, participating in, or traveling to or from the Clinica de Familia La Romana, Inc. in La Romana, Dominican Republic.

☐ To release, waive, hold harmless, discharge and agree not to sue the person or entity responsible for administering the International Family AIDS Program through Columbia University College of Surgeons and Physicians, or its trustees, officers, employees, agents, students, and staff (hereinafter referred to as “releases”) from any and all liability, claims, actions, demands, expenses, attorneys fees, breach of contract actions, breach of statutory duty, or other duty of care, warranty, strict liability actions, and causes of action whatsoever, that I might now have or may acquire in the future, arising
out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, while traveling to or from, or participating in the International Family AIDS Program through Columbia University College of Surgeons and Physicians.

I have read and understand the foregoing statements and I am in agreement with the terms and conditions therein. I give my permission to participate in any and all activities related to the International Family AIDS Program through Columbia University College of Surgeons and Physicians La Romana, Dominican Republic.

Participant Signature __________________________ Date ______________

Printed Name of Participant __________________________ Date______________