

Country Quick Guides

Dominican Republic - Jamaica - Eswatini - Haiti

A short introduction to the places where Hope Life Global serves. Always check current travel advisories at travel.state.gov and CDC health guidance before you go.

Dominican Republic

- Language: Spanish | Currency: Dominican peso (DOP)
- Culture: warm, family-centered, and relational - greet people before starting business
- Dress: modest clothing for churches and communities; shorts are fine for work projects if allowed
- Tips: drink bottled or filtered water; bring bug spray; U.S. travelers pay a tourist card fee usually included in airfare
- Phrases: Hola (hello), Gracias (thank you), Dios le bendiga (God bless you), ¿Cómo está? (how are you?)

Jamaica

- Language: English and Jamaican Patois | Currency: Jamaican dollar (JMD)
- Culture: faith is central to community life; respect and courtesy go a long way
- Dress: modest dress for church - many people dress up on Sunday
- Tips: stay with your team, especially at night; use trusted transportation arranged by hosts
- Phrases: Wah gwaan (what's up), Respect (greeting/thanks), Mi deh yah (I'm here/doing fine)

Eswatini

- Language: siSwati and English | Currency: lilangeni (SZL); South African rand also accepted
- Culture: a kingdom with strong traditions; respect elders and community leaders
- Dress: women often wear skirts or dresses in rural areas and churches
- Tips: most U.S. visitors enter through South Africa; ask your health provider about malaria in the lowveld
- Phrases: Sawubona (hello), Ngiyabonga (thank you), Unjani? (how are you?)

Haiti (relief and support)

- Language: Haitian Creole and French | Currency: Haitian gourde (HTG)
- Status: Hope Life Global supports Haiti through relief partnerships; check current U.S. advisories before any travel
- Ways to help from home: give to relief efforts, pray, and support partner organizations
- Phrases: Bonjou (good morning), Mèsi (thank you), Kijan ou ye? (how are you?)

Wherever you serve

- ☐ Check the U.S. State Department travel advisory
- ☐ Review CDC vaccine and health guidance
- ☐ Enroll in STEP (U.S. citizens)
- ☐ Learn 5 phrases in the local language
- ☐ Ask your team leader about local customs and photo rules

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