

G3 FOUNDATION'S DOMINICAN REPUBLIC MISSION

The following information will hopefully help participants understand more about the G3 Foundation, what to expect on a trip and how to prepare.

G3 FOUNDATION INC.

The G3 Foundation is a 501(c)(3) non-profit humanitarian organization with the following goals.

- 1- Provide humanitarian dental and medical care to the poor and needy.
- 2- Provide students with a clinical experience through the mentoring process.
- 3- Instill in participants a spirit of humanitarianism.

Since 2000, the G3 Foundation has sponsored humanitarian trips which have provided free dental and medical care to needy individuals in the United States, Tanzania, Dominican Republic, Bulgaria, Haiti, Nepal and Samoa. Over 2000 individuals have participated in more than 40 service missions.

The Foundation's treatment model is that of taking the clinic and care to the people, rather than making the people come to the clinic. To achieve this goal the Foundation has acquired dental and medical equipment which allows it to operate portable clinics in some of the most remote areas of the world.

DOMINICAN REPUBLIC

The D.R. is a third world country. It is a tropical Caribbean Island of about 8 million people. The climate is hot and humid throughout the year. Most Dominicans have a mixed ancestry of African, Southern European and South American countries. They have varying degrees of dark skin and speak Spanish as their native language.

The island is very beautiful and the people are friendly. The areas around the beach resorts are very nice; however, most of the country is poor and living conditions are simple. The D.R. has a crime rate comparable to other third world countries. Most of the crimes are those of opportunity, such as sealing and theft. Therefore, it is very important to keep close track of personal belongings. For those who have never visited a third world country, it can be an eye-opening experience.

NEEDED DOCUMENTATION

All participants will need a valid passport with an expiration date at least six months beyond the trip departure date. No shots or immunizations are required. However Hepatitis B and Tetanus shots should be current. Participants must bring a copy of their school I.D. or dental/medical license.

Copies of passports and drivers license should be made and stored in a separate location from the originals.

Each participant will be required to sign a Release of Liability consent form before departing on the trip.

EXPECTATIONS

Participants are carefully chosen to join the Foundation's team of professionals. They are expected to conduct themselves accordingly. In order for a trip like this to be successful everyone must shoulder their share of responsibilities. Everyone will be expected to follow the instructions of the leaders, do their share of clean-up and watch out for fellow participants. If everyone does their part, it will be a positive, and memorable experience. This is not intended to be a vacation, but rather a working trip.

Participants will be working under the supervision of skilled and experienced dental and medical professionals. Their intent is to help participants have a positive clinical experience. They will serve primarily as mentors, not instructors. Participants will be working under their responsibility and license; therefore, participants who choose not to follow their instructions will be prohibited from working on patients.

The dental team will provide clinics in oral hygiene, operative, endodontics, pedodontics, and oral surgery. A daily rotation will be set up and participants will be assigned to one of these clinics in the morning and then switch to another clinic assignment in the afternoon. In addition to the above mentioned clinics, participants may be assigned to triage and sterilization.

The medical team will run various medical clinics and distribute medications.

Participants may also be asked to collect some supplies for the trip. A list will be given prior to the trip. The key is to pack light. A list of suggested items to pack will be provided.

ITINERARY

All participants should arrive on Friday in the capital of Santo Domingo. It will take about an hour to clear customs, immigration and to retrieve luggage. Participants will be required to fill out two forms, one for customs and the other for immigration. The forms ask where participants will be staying while in the D.R., participants can indicate the Courtyard Marriott in Santo Domingo. Participants will also be asked about the purpose

of their trip, they can indicate a vacation or humanitarian work. We do not recommend declaring the value of equipment or supplies on any documents or to the customs agents.

Participants will then pass through immigration where they will be photographed and fingerprinted. Participants can then move on to collect their luggage and to clear customs. Participants should try to go through customs as a group in case someone gets held up. If participants are asked why they are in the country, they should say they are there to do humanitarian work.

There will be a large bus waiting at the airport to take the team to the Courtyard Marriott on the Maximo Gomez, in the capital of Santo Domingo.

The group will gather at 8:00 AM on Saturday morning in the hotel lobby and then board the bus. The first stop will be at the storage unit to pick up the equipment and supplies and then off to the first work site. The group will be working in Santo Domingo for three days (Saturday, Sunday Monday). A portable clinic will be set up in schools or other government buildings. The clinic will be set up and taken down each day. If everyone helps out it will not take much time at all. While in the capital the Foundation will be working in conjunction with Senator Reinaldo Perez, President of the Dominican Senate.

In the capital the group will be staying at the Court Yard Marriott on the Maximo Gomez. After the first day of working, the group will all meet for dinner on the patio of the hotel. The Foundation has arranged for an all-you-can eat BBQ buffet. Time will be taken at the dinner for self introductions.

Tuesday will be a travel day. The group will check out of the hotel in the morning and board the bus to the next work location in a rural part of the country. The remainder of that day can be spent relaxing at the hotel. The next two days, (Wednesday and Thursday) will be spent working in the rural location. On Friday, the group will return to the capital, put the equipment away and stay at the Courtyard Marriott Hotel again. The next morning most of the group will leave for home.

Participants will be provided with a suggested packing list. It is recommended that a day pack with baby wipes and toilet paper be brought to the clinic location each day. The restroom facilities are very primitive at best.

TRAVEL AND TRANSPORTATION

The Foundation will provide a bus for most of the groups transportation while working in the country. Participants will need to make their own transportation arrangements for dinning, shopping and sightseeing around the capital.

LODGING

While in Santo Domingo (Friday through Monday nights) the group will be staying at the Courtyard Marriott on the Maximo Gomez.

While in the rural areas (Tuesday, Wednesday and Thursday nights) the group will try to stay in the best hotel possible.

When the group arrives back in the capital on Friday they will stay the last night at the Courtyard Marriott and leave for home the next day.

Each room should have two queen size beds. The Foundation will make all the hotel reservations. Participant's preferences for room assignments will be taken into consideration. Participants may be asked to share a room and/or a bed in order save money and space.

FOOD AND WATER

The main food staples in the D.R. are rice and beans with a little chicken or beef, supplemented with of tropical fruits. Before eating any salads it must be determined that they have been safely prepared.

Anything that is cooked is usually safe to eat. However, salads and fresh fruits should be avoided unless properly prepared. Usually they are prepared in non sanitary conditions and will result in sickness. Fruits that can be peeled are usually safe to eat.

One way to really spoil a trip to the D.R. is to get "the runs". Those who have been to the D.R. before can tell participants what is safe to eat and drink. If in doubt, ask before consuming. It is better to be safe than sorry.

The only water that is safe to drink is bottled water. Make certain that the seal on the bottle has not been tampered with. There are plenty of soda and bottled fruit juices that are safe.

On the first Saturday night there will be a BBQ dinner at the hotel. The cost of the dinner is included in the money participants will have already paid. The food at the Marriott is safe to eat.

The Foundation will provide lunch each day that the group is working. While in the capital participants will be responsible for their own breakfasts and three dinners. Breakfast is not easily available in the D.R. so it is suggested that participants bring their own breakfast foods such as breakfast bars. In addition, participants may want to bring some snack foods. Chocolate should not be brought because it will melt. While in the capital there are numerous places to eat dinner near the Marriott Hotel like Pizza Hut, McDonalds and Wendy's.

CLOTHING

Since it is a tropical island participants will want to pack light clothes. Sometimes the evenings can be slightly cool so a sweat shirt may be needed. Most participants work in scrubs. The Dominican authorities have asked that participants not work in shorts.

Long pants for men and pants or a skirt for ladies may be required at some nicer restaurants. More clothing items are included on the packing list.

HAZARDS

Over the years, the Foundation has not had many problems in the D.R. but there are numerous potential hazards. Since it is a poor country, crime is high. Participants need to keep close track of their belongings. They can be stolen in a split second. Participants should not bring expensive electronic devices, watches or jewelry. Care should be taken in what is eaten. Participants can get deathly ill very quickly. Individuals should never wander off alone. There have been cases of Americans being kidnapped and held for ransom. Participants should not go into places that they are not familiar with such as bars and night clubs. Participants should always stay in a groups. Participants should let others know where they are going, especially the females in the group. The Foundation has two full-time security guards to escort participants anywhere they need to go.

There are hazards in the clinic. The most common injury involves needle sticks. Safety is the number one priority.

Participants should always remember they are in a foreign country with different laws.

The ocean can also be very dangerous. Rip tides are common and can be deadly.

For the most part the people are very appreciative and nice. Remember they see participants as rich Americans not as poor students. Patients should always be treated with respect and dignity.

The Dominican Republic has been placed on the list of countries that have experienced a high incidence of the Zika virus. The World Health Organization has issued travel warnings to areas including the Dominican Republic. Female participants who are pregnant, thinking of becoming pregnant or male participants who have a wife who is pregnant or plans to become pregnant within the next 6 months, are advised not to travel to the Dominican Republic. Participants with any questions concerning the Zika virus, are advised to consult with their physician before deciding to go on the trip.

It is also advised to use credit cards for emergencies only. It is common for credit card numbers to be stolen at restaurants and other tourist locations. It is best to use cash for all your transactions.

COSTS AND DONATIONS

As can be imagined, putting together a trip like this not only takes a tremendous amount of time, but costs a lot of money. Fortunately, over the years the Foundation has learned how to streamline the expenses so the costs to participants are minimal.

The cost will be approximately \$1,500.00 This includes airfare, all work related transportation, lodging, and most of meals.

Participants will need to provide three dinners for themselves while in the capital. They can expect to spend \$10.00 to \$25.00 for dinners in Santo Domingo depending on where they eat.

Participants will need extra money for souvenirs, non-work related transportation and if they decide to go to a tourist site.

Additional inquiries can be sent to www.lenastedds@gmail.com or phone contact can be made at (435) 851-1375.

Sincerely,

Len Aste D.D.S.
Chairman of the Board
G3 Foundation Inc.