



STUDENT HANDBOOK

Xperience Humaniti

A Humaniti International Program

Welcome!

You are about to begin a journey that will challenge you, inspire you, and change you. Xperience Humaniti is more than a trip. It is a chance to see the world through someone else's eyes, discover strengths you didn't know you had, and learn what it means to be part of something bigger than yourself.

Most people go their entire lives without leaving their comfort zone. You are choosing to do it now, at an age when new perspectives shape everything that comes after. This handbook is here to help you understand the purpose of the program, what the experience will be like, and what is expected of you. It will also help you prepare emotionally, mentally, and physically.

You will work hard, laugh often, sweat a lot, and see things that stay with you. You will meet people who face challenges most North Americans never see, and you will discover the resilience, joy, and strength that live inside communities that have far fewer resources but far greater gratitude. You will return different from the person you were when you left. That's the point.

Welcome to Xperience Humaniti. Welcome to a journey that matters.



The Xperience Humaniti Philosophy

Xperience Humaniti is built on two ideas that change young people: purpose and perspective.

Purpose allows you to live for something meaningful, to feel connected to others, and to know that you can make a difference. Perspective allows you to see your own life more clearly. When you see how others live, your gratitude increases, your empathy expands, and your understanding of the world becomes richer.

This program is meant to challenge you in a healthy way. You will work alongside families, learn from leaders in local communities, serve in places where the needs are real, and participate in guided conversations that help you process everything you encounter.

You will discover things about yourself that you never noticed before. You will see your own life differently. And you will come home knowing that you have a part to play in the future of humanity.

What You Can Expect on This Trip

Physical Experience

- Hot weather and humidity
- Long days with hands on service
- Mixing cement, carrying buckets, painting, or simple tasks on the build site
- Walking on uneven ground
- Sweating, staying hydrated, feeling tired

Emotional Experience

- Seeing poverty up close

Real Places. Real People. Real Change



- Meeting children in vulnerable situations
- Feeling gratitude
- Feeling overwhelmed at times
- Moments of joy and connection
- Time for reflection

Cultural Experience

- Meeting Dominican and Haitian families
- Learning new customs and social norms
- Trying new foods
- Learning basic Spanish phrases
- Becoming aware of cultural differences

Team Experience

- Working closely with peers your age
- Group conversations at night
- Shared responsibilities
- Building friendships
- Supporting each other

This experience is not easy. It is meaningful.



Daily Rhythm

Most days follow a simple structure designed to keep you safe, motivated, and engaged.

Morning

Breakfast, hydration check, and the first service project of the day. Some days you will be on the build site working alongside local contractors. Other days you may visit an orphanage, school, or feeding program.

Afternoon

Lunch, hydration break, and the second service project or cultural activity. This might include serving meals, visiting the garbage dump community to understand economic realities, or participating in school activities.

Evening

Dinner followed by a guided debrief session. These conversations help you understand what you saw, how you felt, and what it means. You will have some structured free time afterward and then curfew.

Night

Curfew and quiet hours. Staff stay on site throughout the night to supervise.



Your Responsibilities as a Participant

You play a major role in the safety, success, and spirit of the team. This trip requires maturity and respect.

Core Responsibilities

- Stay with your group at all times
- Follow staff instructions immediately
- Participate in every activity
- Be kind to peers, staff, and community members
- Respect cultural norms
- Stay hydrated
- Keep your area clean
- Communicate honestly if you feel unwell

Representing Humaniti

You are an ambassador of Humaniti International. Your behaviour impacts the trust we have built in these communities. Respect, gratitude, humility, and kindness are expected at all times.



Technology Guidelines

Phones are allowed, but in limited ways. This is intentional. You are here to be present, not distracted.

Phone Use

You may use your phone:

- During designated free time
- For taking appropriate photos
- To contact home when allowed

You may not use your phone:

- At build sites
- At orphanages or feeding programs
- During service activities or debrief sessions

Photography Rules

You must always protect the dignity of the people you meet.

Do not:

- Take photos of vulnerable children without permission
- Post images that show people in distress
- Film in the garbage dump community
- Use photos for social media that feel exploitative

This rule is firm. It protects families and respects the communities we serve.



Packing Guidelines

Packing well makes a big difference. You do not need expensive gear. You need practical, modest clothing and items that keep you safe and comfortable.

Clothing

Pack lightweight, breathable clothing.

Recommended:

- 4 to 6 t shirts
- 2 to 3 pairs of lightweight pants or work shorts
- Closed toe work shoes
- Sandals or flip flops
- Hat and sunglasses
- Modest swimwear
- Light sweater for cooler evenings

Avoid:

- Revealing or tight clothing
- Clothing with offensive or political graphics
- Brand new items you do not want damaged

Work Gear

- Closed toe shoes (mandatory)
- Reusable water bottle



- Work gloves
- Small day backpack

Toiletries

- Toothbrush and toothpaste
- Shampoo and soap
- Deodorant
- Sunscreen
- Bug spray
- Medications

Personal Items

- Journal
- Pen
- Book or simple entertainment item
- Chargers and power bank

Do not bring expensive jewellery or electronics.

Emotional Preparation

It is normal to feel:

- Nervous
- Excited
- Curious
- Unsure



- Emotional
- Overwhelmed at times

You might encounter situations that challenge your views of fairness, opportunity, poverty, or privilege. That is part of the learning. Our staff will guide you through these moments and help you understand what you are feeling.

You are encouraged to talk openly during debrief sessions. These conversations are safe, respectful, and confidential. They help you make sense of the experience and grow through it.

Code of Conduct

Your behaviour affects the entire group and our standing in the communities we serve. The Code of Conduct exists to keep everyone safe, to prevent misunderstandings, and to protect the dignity of the communities we work with.

Code of Conduct Expectations

- Follow all instructions from staff
- Stay with the group
- Speak respectfully
- Dress modestly
- Attend every activity and debrief
- Participate positively
- Do not wander
- Do not buy or distribute gifts or food to locals without staff approval
- Do not enter private homes or restricted areas
- Do not engage in romantic activity on the trip
- Avoid conflict and talk to staff if issues arise



Violation of the Code of Conduct may result in consequences, including being removed from the program and returning home at family expense.

Health and Safety

Hydration

You must drink water constantly. Staff conduct hydration checks to keep you safe in the heat.

Illness

If you feel unwell:

- Tell a staff member immediately
- Do not hide symptoms
- Rest when needed

Medication

If you take medication, you must bring the correct doses and follow instructions. Staff may assist with reminders when necessary.

Injury

All injuries, even minor ones, must be reported.

Medical Care

If medical care is required, staff accompany you to clinics or hospitals and communicate with your parent or guardian.



What You Should Not Bring

To protect your safety and the dignity of the communities we serve, do not bring:

- Jewellery
 - Large amounts of cash
 - Expensive electronics
 - Gifts or treats for local children
 - Clothing that is revealing
 - Items you cannot afford to lose
 - Alcohol, drugs, or paraphernalia
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How to Make the Most of This Experience

- Let your guard down and be open
- Ask questions
- Listen more than you speak
- Be patient with yourself
- Participate even when you are tired
- Take the debrief sessions seriously
- Journal every day and pay attention to your emotions
- Look for what this trip is teaching you

The more you invest in the experience, the more it will give you.



After the Trip

Your journey does not end when you return home. Many students feel inspired to continue their involvement.

Opportunities include:

- Becoming a Youth Ambassador
- Helping with fundraising
- Returning on future Xperience Humaniti trips (possibly as a leader)
- Sharing your story with others

You will also receive a post-trip evaluation to help you reflect on your experience and offer feedback on the program.

Final Thoughts

This experience will stretch you, teach you, and stay with you long after your flight home. You will see humanity in its rawest form. You will discover gratitude, resilience, hope, and responsibility in new ways. And you will return with a clearer sense of who you are and how you want to move through the world.

We are excited to walk this journey with you.