



PARENT HANDBOOK

Xperience Humaniti

A Humaniti International Program

Welcome

Thank you for taking the time to learn about Xperience Humaniti and for entrusting your child to a program built on purpose, perspective, and meaningful human connection. We recognize that sending your child abroad is a significant decision. It requires trust, preparation, and clear communication. This handbook is designed to provide that clarity.

Xperience Humaniti is rooted in a simple but profound philosophy. When young people are exposed to realities beyond their own world, they gain two things that shape their entire lives: purpose and perspective. Purpose gives them direction. Perspective gives them gratitude and empathy. Together, these qualities create young leaders who understand the weight of their privilege and the strength of their influence.

We do not take students into these environments as tourists. They travel as learners, workers, and emerging global citizens. They participate in hands-on service, experience cultural immersion, and meet families whose resilience, courage, and hope open their eyes to the shared humanity that binds us all.

Our team has spent years refining youth humanitarian programs, building safe and meaningful experiences for young people around the world. We believe this journey will change your child in ways that are honest, healthy, and lasting. Many parents tell us that their child returns more grateful, more confident, more grounded, and more aware of their place in the world.

Your partnership matters to us. This handbook is part of that partnership. We hope it answers your questions, prepares you for the process ahead, and gives you confidence that your child will be cared for with professionalism, dignity, and attention to detail.



The Xperience Humaniti Philosophy

The program is grounded in a belief that young people become extraordinary when given the chance to step into someone else's reality. Through service, relationship, and reflection, students learn that:

- Hope can be built.
- Gratitude grows when we see life from another perspective.
- Leadership begins with empathy.
- Purpose is developed through responsibility.
- Growth often comes from discomfort and challenge.

We are committed to giving your child the opportunity to be shaped by these truths. Every aspect of the experience is intentional. Every activity connects back to these core values.



What Parents Should Know

This handbook outlines the essential details your family needs to understand before your child travels with Xperience Humaniti.

The program includes:

- A structured 10 day international humanitarian trip
- Complete supervision by trained Humaniti staff
- Service projects such as home construction, feeding programs, orphanage support, and school engagement
- Orientation before departure
- Nightly debrief sessions to help students process what they see
- Established safety protocols
- Comprehensive travel insurance
- Partnerships with vetted, trusted organizations abroad

We want this journey to be safe, meaningful, and transformative. Transparency is central to that goal.

Safety and Supervision

Your child's safety is our highest priority. We approach safety from multiple angles, including physical supervision, medical awareness, cultural boundaries, transportation protocols, and emergency readiness.

Leadership and Staffing

Every trip is led by experienced Humaniti International staff.



Leadership teams include:

- Staff with years of youth supervision experience
- Leaders trained in emergency response and first aid
- Adults experienced in cross-cultural communication
- Team members familiar with Dominican and Haitian community realities

Students are never unsupervised. They are monitored during service work, evenings, transportation, meals, excursions, and all reflection sessions.

Hydration and Heat Protocols

The Dominican Republic is hot and humid. Heat safety is taken seriously:

- Mandatory hydration checks
- Frequent shade breaks
- Staff monitoring students for signs of heat exhaustion
- Reinforcement of sunscreen and protective clothing

Buddy System

Students must be with at least one other student at all times. This applies to:

- Build sites
- Rotational service projects
- Meals
- Accommodations
- Transportation

We enforce this consistently.



Curfews and Accommodation Safety

Students stay in safe, group style accommodations with:

- Separate male and female areas
- Nightly room checks
- Set curfews
- Staff present throughout the night

Transportation

We work exclusively with vetted, experienced local transportation providers. Vehicles are pre inspected and driven by trusted professionals. Staff supervise loading and unloading.

Service Site Safety

At all sites, students engage in age appropriate tasks. Students will not:

- Use power tools
- Work on ladders
- Handle hazardous materials

Local contractors direct all building activity. Additional rotational sites like orphanages, schools, and feeding programs also follow structured safety routines.



Health Information

We require detailed and accurate health information to support your child.

Parents must submit:

- Allergies
- Medications and dosage schedules
- Dietary restrictions
- Mental or emotional health considerations
- Emergency contacts
- Past medical incidents
- Family doctor contact information

Students' medical information is confidential and shared only with staff who need it.

Medical Form

A full medical form is required.

Attached as Form A: Medical Information and Authorization

Medical Care Abroad

If medical care is needed:

- A staff member remains with the student at all times
- Clinics and hospitals are selected based on reliability
- Parents are contacted promptly if care is required



Travel Insurance

All students must have comprehensive travel medical insurance covering:

- Hospital visits
 - Prescriptions
 - Emergency care
 - Accident related treatment
-

Communication During the Trip

We believe in balanced communication. Students need space to immerse themselves in the experience, but parents also need reassurance.

Parent Updates

Parents receive periodic group updates from Humaniti leadership. These updates may include:

- Photos of the group
- Brief summaries of the day and general wellness updates

Updates are not hourly or constant. They are thoughtful, intentional touch points.

Student Phone Access

Students will have limited phone access. They may not use phones at:

- Build sites
- Orphanages
- Feeding programs
- During debrief sessions



Phones are permitted during free time. We encourage students to be present and limit their screen time.

Emergency Communication

If emergency communication is required, parents can contact trip leadership through designated numbers at any time.

Packing Guidelines

We encourage parents to help students pack intentionally and practically. Packing lists are structured to balance comfort, modesty, safety, and cultural respect.

Clothing

Students should pack lightweight, modest clothing suitable for hot weather.

Recommended:

- 4 to 6 t shirts
- 2 to 3 pairs of lightweight pants or knee length work shorts
- One pair of closed toe work shoes
- Sandals for evenings
- A hat and sunglasses
- A light sweater
- Swimwear for the excursion day

Avoid:

- Crop tops and low cut or revealing tops
- Short shorts
- Expensive or delicate clothing

Real Places. Real People. Real Change



Work Gear

- Closed toe shoes (mandatory)
- Reusable water bottle (mandatory)
- Small day backpack
- Work gloves
- Bandana or sweat towel

Toiletries

- Toothbrush and toothpaste
- Shampoo and soap
- Sunscreen
- Bug repellent
- Personal medications
- Hand sanitizer

Personal Items

- Journal and pen
- Simple entertainment item
- Chargers
- Spending money (small amount)

Do Not Bring

- Jewellery
- Speakers or expensive electronics
- Items intended as gifts or food to distribute to locals



Behaviour Expectations and Code of Conduct

Parents should be aware of the standards students are expected to maintain. These expectations protect the safety, dignity, and well being of the entire group.

Behaviour Expectations

- Students must follow staff instructions promptly
- Students must remain with the group at all times
- Respect is required in all interactions
- Participation in all activities is mandatory
- Students must uphold modesty and cultural sensitivity
- Students must attend every debrief session
- Students must maintain clean living spaces

Technology Conduct

- Phones are allowed only during permitted times
- No photos of vulnerable populations without explicit permission
- No filming inside orphanages
- No posting of content that compromises dignity

Code of Conduct

The Code of Conduct outlines the behavioural expectations students must meet. Violations of the Code may result in removal from the trip at the family's expense.

Full Code of Conduct is included in Appendix A of this handbook.



Travel Documents and Parent Requirements

Parents must provide the following documents:

- Completed medical form (Form A)
- Copy of student passport
- Liability waiver (Form B)
- Medical release (Form C)
- Code of conduct agreement (Form D)
- Media consent (Form E)
- Emergency contact sheet (Form F)

All forms must be submitted before departure.

Attached Forms

Form A: Medical Information and Authorization

Form B: Liability Waiver

Form C: Medical Release

Form D: Code of Conduct Agreement

Form E: Media Consent

Form F: Emergency Contacts



Questions and Support

We value communication and want you to feel supported throughout every stage of this process. If you have questions about the program, travel, preparation, fundraising, or your child's well being, you are welcome to reach out at any time.

Humaniti International

Xperience Humaniti Program Office

sarah@wearehumaniti.org