



Medical FAQ – Xperience Humaniti Humanitarian Trip (Dominican Republic)

This FAQ is designed to help students and parents understand health, safety, and medical expectations for the trip. It does not replace medical advice from a licensed healthcare provider.

1) Do I need vaccinations for this trip?

Yes. All participants should be up to date on routine vaccinations (e.g., MMR, Tdap, polio, varicella, influenza, COVID-19).

Travel clinics often recommend additional vaccines such as Hepatitis A, Hepatitis B, and Typhoid. Other vaccines (e.g., rabies or cholera) may be recommended depending on individual risk and activities.

2) When should we visit a travel clinic or doctor?

We recommend booking a travel clinic or family doctor appointment **as soon as possible**. Some vaccines require multiple doses over time.

3) Is Malaria medication required?

Malaria risk exists in some areas of the Dominican Republic. A healthcare provider or travel clinic will advise whether preventive medication is recommended based on your itinerary.

4) Do students need travel health insurance?

Yes. All participants must have valid travel health insurance for the full duration of the trip. Families are responsible for ensuring coverage for medical care, hospitalization, and emergency evacuation.



5) What if my child has allergies or a medical condition?

Parents/guardians must disclose all allergies, chronic conditions, and medications on the medical form. This includes food allergies, asthma, diabetes, mental health conditions, or any other health concerns.

Participants should bring:

- Personal medications in original labelled containers
 - Epinephrine auto-injectors (if prescribed)
 - Copies of prescriptions and medical documentation
-

6) Who administers medication during the trip?

Students are generally responsible for their own medications unless otherwise arranged. Trip leaders can provide reminders but cannot administer medication unless specific arrangements and permissions are provided in advance.

7) What happens in a medical emergency?

Trip leaders will provide first aid and seek professional medical care if needed. Parents/guardians authorize emergency treatment through the parental consent form. Families are responsible for any medical costs incurred.

8) How are mental health and wellness supported?

International travel and group programs can be emotionally demanding. Students are encouraged to share any mental health needs in advance so appropriate support can be planned. Trip leaders promote a supportive, respectful environment and will communicate concerns to parents if necessary.



9) What health and safety precautions are taken on the trip?

Xperience Humaniti prioritizes safety through:

- Experienced trip leaders and supervision
 - Local partners and vetted accommodations
 - Health and safety briefings
 - Emergency communication protocols
 - Clear student conduct expectations
-

10) What should students pack for health and safety?

Recommended health-related items include:

- Personal medications and prescriptions
 - Basic first aid items (bandages, pain relievers, etc.)
 - Medication in original bottles
 - Sunscreen (SPF 30+), hat, and sunglasses
 - Insect repellent (DEET or equivalent)
 - Hand sanitizer and personal hygiene products
-



11) Is food and water safe?

Participants will be provided with safe food and drinking water. Students should avoid drinking tap water unless advised otherwise. Hand hygiene and safe eating practices will be reviewed during pre-departure orientation.

12) What about COVID-19 or other illnesses?

Students should not travel if they are seriously ill. Participants may be required to follow host country and airline health regulations. Additional guidance will be provided closer to departure if needed.

13) Can students with disabilities or medical needs participate?

We strive to make the program accessible. Please contact the program team early to discuss accommodations, medical needs, and feasibility.

14) What documentation is required?

Families will be required to submit:

- Medical information form
 - Parental consent and emergency treatment authorization
 - Proof of travel insurance
 - Immunization records (if requested)
-



15) Who do we contact with medical questions?

For medical and health-related questions, please contact:

Xperience Humaniti

Sarah Plociennik - Student Liaison

sarah@wearehumaniti.org

You should also consult your family doctor or a certified travel clinic for personalized medical advice.
