

# SITE HEALTH AND SAFETY SHEET

## #TRINIDAD&TOBAGO

### Background Information:

1. Date Updated: October 2019
2. Country: Trinidad and Tobago
3. Community: Port of Spain, St. Augustine, and Matelot
4. Main Partners: Dorcas Women's Group, University of the West Indies, Nature Seekers
5. Year Began Operating in Country: 2012

### Emergency Contacts:

1. Amizade 24 Hour Line: 412-444-5166
2. Local Site Director Number:
  - a. Gail Mohammed: +1 868 6784329
  - b. Joan Glaud: +1 929 233-3455
3. Local Hotel/Guest House:
  - a. Samise Villa (Port of Spain): +1 868-682-9529
4. Local Police: +1 868-670-8220
5. US Embassy in Port-of-Spain: +1 868-622-6371

### Transportation Information:

1. Vehicles Up-to-code (y/n)?: Y
2. Driver with Proper License (y/n)?: Y
3. Notable Road Hazards: Road is very bumpy and windy to Matelot. Serious mudslides can also occur in rainy seasons.

### Housing Logistics:

1. Location of Lodging: Guest Houses
2. Notable Lodging Concerns:
  - a. In Matelot, lodging can only be attained for 15 people in 5 separate locations. Rooms have bunk beds or double beds. Each bed has a mosquito net, as mosquitos can wreak havoc in the evenings. Volunteers are not to wander by themselves.
3. Emergency Evacuation Plan: Convene at The Main House and wait for further direction.

### Health/Medical:

1. Closest Basic Medical Facility: Matelot has a small, basic clinic. A better medical center is

- located an hour away, in Toco.
2. Closest Advanced Medical Facility: Port of Spain (approx. 4 hours from Matelot)
  3. Notable Local Health Concerns: Dengue fever, food, and waterborne illness. Volunteers should be cautious about sunburn and should only consume bottled water in Matelot. Volunteers should not attempt to swim in the ocean, as the rip currents are very dangerous. Several years ago there were cases of malaria and yellow fever in the area. Snakebites are also a concern when hiking.

### Classroom/Admin Space:

1. Location of Classroom Space: The Main House
2. Notable Space Concerns: Power outages and lack of air-conditioning.

### Technology/Communication:

1. Internet Access (Non-Existent, Unreliable, Sporadic, Reliable, Good, Excellent): Reliable in Port of Spain; almost non-existent in Matelot. Travelers are recommended to purchase an international plan should they wish to have connection while in Matelot.
2. Ability for Video-Chat (y/n)?: Port of Spain (Yes); Matelot (No)
3. Cell Network (Non-Existent, Unreliable, Sporadic, Reliable, Good, Excellent): Good.
4. Electrical Conversion: Same as US.

### Country Profile:



1. US State Department Country Page:  
<http://travel.state.gov/content/passports/english/country/trinidad-tobago.html>

2. Visa/Permit Information: No visa necessary. Participants are urged to get a yellow fever vaccination/card.
3. Notable Country-wide Health, Safety, and Security Risks: Violent crime and robbery in Port of Spain, mudslides, and road accidents.

### Community Profile:

1. General Profile: Matelot is a small village with around 300 residents. It is very isolated, with the forest hitting the ocean right at edge of town. There is only one way in and out of Matelot.
2. Notable Health, Safety, and Security Risks: Mudslides, road accidents, and waterborne illness.
3. Historical Site Critical Incidents: N/A