

Welcome to *SunCampDR* Bienvenue !

Useful information

Informations utiles

(Please read and leave on the table)

## Wifi

password for SunCampDR line: Abcg4591

DLink: open, no password

Diane Pellerin

[Suncampdr@gmail.com](mailto:Suncampdr@gmail.com)

Tel: 1 809 320 1441

Cel: Samuel 1 829 610 2415

Cel Diane: 1 809 715 7200

## BRIEFING

1. Please sign the registration form knowing that you are signing a discharge.
2. Visit and choose your apartment, Studio or room. You can always change according to availabilities and adjustment of prices.
3. 5 gallons water bottles are for sale schedule from 8h00 to 5h00) for 5U\$ the first bottle and 50 pesos to refill.
4. Hot water in the shower provided by a propane gas heater. It takes a few seconds before the water gets warmer.
5. All kitchen are basically equipped for your convenience. If you need anything else you may have to purchase it.
6. The inventory of kitchen and the apartment is taken before your arrival. If you break something you need to pay for it or replace it yourself.
7. Samuel lives by the main gate on the first floor. You may also ask questions to our staff at the Papagayo or by the laundry room.
8. The philosophy of SunCampDR is harmony, peace, mutual help please look at the positive side. The place is rustic, simple and is not perfect but we try as much as possible to make your experience as enjoyable as possible!
9. We have a library for your convenience at Mango house top floor.
10. The StarCamp on top of the hill at Suncampdr is a model house designed to resist strong winds and tremors. Welcome to visit and enjoy the views of Isabel de Torres Mountain and valleys
11. The bar-restaurant Papagayo by the river offers you simple meals and local drinks
12. You can swim in the river, there are stairs to reach the water or you can go behind the fireplace to reach shallower water.
13. Garbage bins are located by the main gate.
14. Recuperation are made only for beer and Brugal rum bottles.
15. There are a few compost holes on our grounds.
16. Please don't throw toilet papers in the toilet. SunCampDR gives only the first toilet paper.
17. Turn off light bulbs and fans when leaving the apartment. Fans are not industrial and cannot be overheated.
18. We appreciate that you don't waste water.
19. Public telephone, # 809 320 1441 . You can receive calls and wait for your personal calls next to the phone. Calls made to cell phones or long distance can be made with a Claro calling card. Only local calls are free...to airport, local store, houses...numbers starting with 586, 320, 970
20. Your cell phone has signal on specific areas. A local SIM card costs 100 pesos. Calling cards are 100 pesos or more. You don't pay to receive calls.

## SERVICES SUNCAMPDR

### **Laundry / Buanderie**

20 pesos / pound/ Livre

Give your clothes to an employee / Apportez votre linge à un employé /

### **Spanish Lessons / Cours d'espagnol**

10 dollars / hour / heure / hora UP TO 6 PERSONS

### **Cleaning of your Apt, plus dishes / Nettoyage de votre apt, plus vaisselle**

300 pesos / 2 hours / 2 heures

### **Personal Tour Guide in Puerto Plata + Private transport (taxi)**

600 pesos for one hour, 200 pesos additional for each hour extra

### **Guide d'excursion personnel à Puerto Plata+ transport privé (taxi)**

600 pesos pour une heure, 200 pesos additionnel par heure extra

### **Personal Tour Guide in Puerto Plata with Public Transport ruta Munoz**

300 pesos/hora 200 pesos additional for each hour extra

### **Guide d'excursion personnel en transport Publique Ruta Munoz**

300 pesos/heure 200 pesos additionnel pour chaque heure extra

### **HORSEBACK RIDING /ÉQUITATION Mountain or Beach Tour**

25 U\$ for 4 hour ride, Dominican Buffet : 250 pesos additional

Or Menu a la carte on the Beach (poulet, fruits de mer)

### **Équitation en montagne ou à la plage**

25 U\$ pour 4 heures d'excursion, buffet dominicain : 250 pesos

Ou Menu à la carte à la plage (poulet, fruits de mer)

### **Massage**

3

500 / hour

400 pesos if you book 5 massages, total 2,000 pesos

200 pesos if you book 10 massages, total 2000 pesos

## # EMERGENCY CONTACT URGENCE

Ambulancia promed Playa Dorada 809 412 5555

Bomberos (firestation) (pompiers) 809 586 2312

Caballo, José Sanchez 809 320 1905

Clinica Hernandez 754 5358586 1166

Clinica Munoz 320 1395 Petronilla 320 1109

Clinique Bournigal 809 5862342

Cruz Roja 809 291 8558 (ambulance)

Defensa civil 809 586 8001

Electricité emergency reports 809 261 1844/ 586 9823

EMERGENCY # 911

Felix electricista 829 648-8348

Informacion de servicios 809 221 4660

Policia Bienvenido 829 962 2237

Policia Manolo 829 318 3056

Policia nacional 320 8856/320 8840/586 2331

policia pour vol (robo) 809 320 8510

Samuel 829 610 2415

Suncamp home phone: 809 320 1441

Taxi central 586 8045/7498/970 0056

Taxi cheque ruta Munoz 829 3753326

Taxi Francisco 849 8827743

Water truck 829-924-5250 Juan Carlo

SunCampDR

Casa Quebec  
Ga Gb

G3	G4
G2	G5
G1	G6

Sunset Dream

C5 C6 C7	
C3	C4
C2	C1

F

Tropical House

	B4	B3	B1
B5			G
B6		B2	A
B7			R
			A
			G
			E

Mango House

D6	D5	D2
D7		
D8	D4	D1
D9		
D10	D3	

H

Coco House

A0	A4	A3
	A2	A1

Papagayo

E

rio

kiosco



## StarCamp Model House Description (on top of the hill)

### House made against strong winds and earthquakes.

Soon after the Port-au-Prince tremor (January 2010) an architect among our volunteers, Bernard Fredette, was put to task to design a light triangulated tremor resistant

space frame (4 tetrahedrons around a pyramid) to house comfortably and affordably up to 8 persons.

Daytime functions (kitchen, dining, lounging, bath) occupy the 364 sq.ft. ground floor, while 4 double beds set above in 4 lofts of 48 sq.ft. each accessible through a rotating stairway.

The model house was built in January 2011 at Suncamp was named Starcamp for its starshaped 4 pointed 800 sq.ft. roof draining rain into 8 catch bassins.

Easily assembled in 5 days, this kit house will also resist hurricanes by virtue of its 60° roof pitch acting as spoilers and prohibiting the lift created by high winds over a low slope roof.

The wood structure, bolted true and true, stands on 4 steel pins imbedded in the concrete slab and tied by rebars, such that the house will not squat even in the event of the slab being fractured.

The cost overs around 3,000\$ including labor, but excluding the concrete slab whose 1,000\$ may vary with ground condition. The house may also be built on 4 piles where a steep slope warrants the device.

The Starcamp may also be configurated as a dormitory for 24, a small bizzness (beach bar, souvenir or convenience store) or field office.

## RULES AT SUNCAMPDR

No loud noise after 11h00 pm or before 9h00 am. No horn from cars on the property.

In case you have a party, let the neighbours and management know two days in advance.

Turn off the light and electrical apparatus when you leave the apt, please.

No waste of water please.

No verbal, no physical violence and no guns.

No drugs, no exaggerated alcohol consumptions, no prostitution.

If you make calls on the internet, please use headphones. Ask for headphones if needed. The number to the public phone for the guests is: 809 320 1441 (you may use calling cards). Calls to local home line phones are free. All cell phones calls need a calling card. All 0 and 1 calls are not possible to dial on our line. Wifi internet is free. Ask for the code at the Papagayo Restaurant. One line has no password. For those who don't have a computer, we have an internet service for a low cost.

Take charge of your garbage; put it in the proper places. The garbage bins are by the main gate. No garbage on the grounds. Use the compost.

Don't leave any visitors in your apt while you are not there. Accompany your guests at all time on the property.

You are responsible for damages caused by you or your guests to the apt, equipments, furniture and to the property.

Always lock the door of your apartment and also lock the front gate.

Let us know if you need anything or if something is damaged in your apartment.

Laundry service for 20 pesos per pound, according to working schedule, bring your clothes to be washed early in the morning. Bottles of water are at 5U\$ for the first one and then 50 pesos to refill.

Pool table from 9h00 AM to 11h00 PM

You are responsible to fumigate (spray against bugs) your apt once a week and to purchase your own toilet paper, detergent, etc.

The principle key is to respect others, no exhibitionism, respect private life, no abuse, no unnecessary noise, etc.

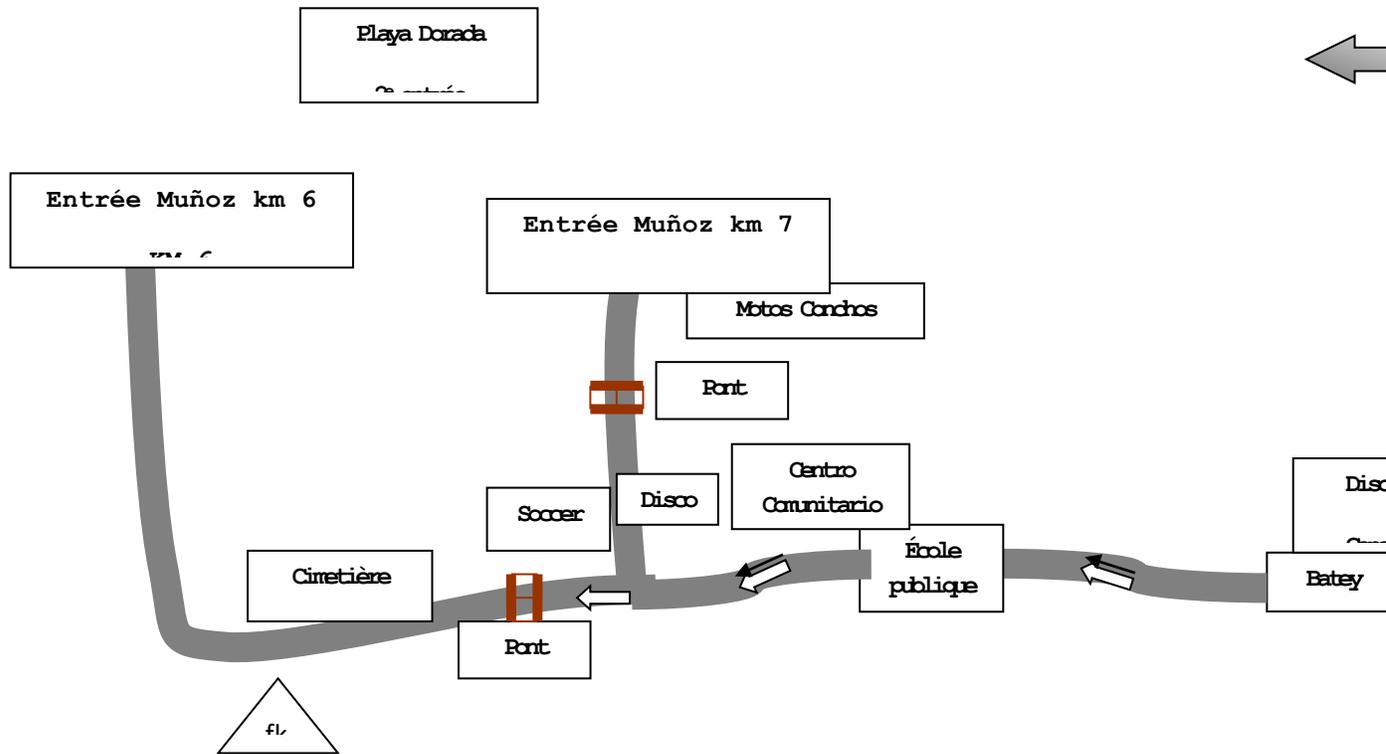
## **Rules for shared Accomodation**

- **The room is for the amount of persons registered upon arrival. Visitors who stay overnight should be registered with management and pay extra.**
  
- **Respect is the major rule:**
  1. **Respect about the noise: after 10h00 pm , lower the voice and music**
  2. **Respect about cleanliness**
  3. **Respect in the use of the kitchen \* do your dishes, keep all clean**
  4. **Respect of the fridge. Use only your space, throw away bad food**
  5. **Respect in the use of the shower (clean, and don't use too much time at peak hours)**
  6. **Respect in the use of the bathroom (clean, and don't use too much time at peak hours). Buy your own toilet paper.**
  7. **Respect and cleanliness in common areas, don't leave stuff laying around in common areas.**
  8. **Empty your garbage.**
  9. **Be polite with others on the floor.**
  10. **Dress decent in common area and coming out of shower.**
  11. **Report anything that is not working in the apartment to SunCampDR administration.**
  12. **Report anything that is not working with your roommates**
  13. **Turn off the lights and fans when going out of the apartment**
  14. **If you break dishes or damage something you are responsible to pay for it or replace it**
  15. **Keep your bedroom door and the main gate always locked**
  16. **Visitors have to be accompanied at all times by you in the apt and on the grounds.**

## Rules for use of the gym at SunCampDR

1. SunCampDR gym is exclusively for guests of SunCampDR. Workers and others can use the gym equipment only with the permission from the administration SunCampDR.
2. It is prohibited to use the facilities and equipment of the gym SunCampDR for children under 16 unaccompanied by adults.
3. Each person in the space of SunCampDR gym is responsible for his own life and health. Adults accompanying children are responsible also for the children they accompany. SunCampDR administration has no responsibility for the life and health of people who are training or watching in the gym
4. In the SunCampDR gym: no smoking, no alcohol, no consumption of any substance that does not match the goal of SunCampDR gym. The gym is built for guests of SunCampDR who want to maintain or improve their physical shape. Do not make loud noise.
5. It is forbidden to take any equipment out of SunCampDR gym.
6. It is forbidden to use the facilities and equipment of the gym SunCampDR inappropriately or make changes in the facilities or equipment Gym before approval of the SunCampDR management. In case of damage to facilities and / or equipment Gym SunCampDR the person responsible of the damage or losses has the full responsibility, including financial responsibility, to compensate the administration SunCampDR.
7. It is forbidden to leave the doors of the gym open. Dogs and other animals are not allowed in the gym space.
8. It is mandatory to keep the land, the facilities and equipment SunCampDR's gym clean and in a good condition and immediately notify the administration of any damage or trash found on the grounds.
9. It is forbidden to use the facilities and / or equipment damaged or broken.
10. After using the equipment or / and facilities the user must return them to the same initial position.





- Public Taxi Ruta Muñoz:  30 RD à Puerto Plata  
25 RD à Playa Dorada, 20 RD à Muñoz.
- Bus Gwa Gwa Trajet B: Route principale Muñoz à Cofresi
- Bus Gwa Gwa Trajet C: Route principale Muñoz au centre ville de Puerto Plata

# Muñoz

Rivière Muñoz

## Munoz Village Tour

Munoz is the very first village in Puerto Plata. For this reason, it is known as the cradle of the city. Munoz is located at the entrance of Puerto Plata, only 8 km from the Gregorio Luperon airport. This very typical village has two entrances and from each one, there is a bridge to cross. Playa Dorada tourist complex with 14 hotels is located right across Munoz. The tourists cannot imagine what happens and what is the situation on the other side of the bridges! So here, let's take a walk to know the people and their activities in Munoz!

At the end of the main street of Munoz, 2.7 km from the entrance, is the Munoz River. It is a place of public swimming and the people of Puerto Plata and locals come here to refresh. They enjoy cooking on wood: they place three large rocks to support a big pan... What is the menu? Of course, rice or rice soup or a Locrio which is a rice mixed with meat. Another favorite meal is boiled plantain accompanied with chicken or pork in a Creole tomato sauce. The Dominicans appreciate every moment of life and make exceptional rum parties ... with lots of happiness and laughs. They love to invent every good reason to gather with family and friends.

On our way coming back, we meet Jesus living in the home of his boss, Mr. Carlos Hurtado who owns all the surrounding land. Jesus is in charge of the farm, milking the cows early in the morning and he deals with sugar cane plantations. He also has bee hives. His whole family helps. He has been here for a long time. You can buy fresh milk each morning.

Our next neighbor is Rafael and his family. They had a legal right to their property titles because they have lived over 20 years in the wooden house while attending the land of the former governor of Puerto Plata, Juan Pablo Placido, lawyer. Rafael still works with him. Now Juan Pablo Placido is an ambassador in the Dominican Republic. He travels a lot and has built a very beautiful house on his land where he sometimes comes to spend weekends.

Then, we cross a little bridge and we arrive at La Casa de Diana: SunCampDR, receive foreigners from around the world, in 25 rustic apartments with a volunteer vacation concept.

Going up the little hill, we arrive at our other neighbor, Juan Diego Vasquez, an architect who also has a greenhouse. His children went to school in the city and we almost never see this family. Then we reach Valentina, called Big Mama, she is always smiling and welcoming. She cooks and sells the food on a stand in front of her house. Her two kids Jariel and Mario make friends with our guests.

We arrive in the heart of the Dominican village. It is also the terminal of Ruta Munoz Public Transport that goes to the center of Puerto Plata and to the beach. In the village, we see lots of people walking. The houses are simple and well equipped with television and sometimes internet. The people are cheerful and affectionate and they always offer their friendly greetings. We pass multiple colmados (small convenience stores). It is a way of life to buy every day, the necessary ingredients for the next meal. The prices are very affordable. The Dominicans do not really like to vary their meals. They are satisfied to find rice, oil, pasta, tomato sauce, sugar, plantains, bread and meat and pasta in the store. Of course, children love their sweets and soft drinks. Actually, the Dominicans have paid attention to the concept of health and healthy diet. They cook with a lot of oil, salt and all is very sweet. They even put sugar in very hot oil to brown the chicken!

## Walking Time to major areas in Munoz & Puerto Plata

From SunCampDR (by Keith)

	TIME in Minutes
Ruta Munoz terminal	5
Public School & Community Center	15
Playa Dorada	35
Pueblito Beach	45
Isla Gas Station	60
Baseball Stadium	1 hour 15 min
Long Beach	1 hour 25 min
La Sirena on the Malecon	2 hours
Central Parc & Cathedral	2 hours 15 min
Fortress San Felipe (end of Malecon)	2 hours 20 min

**Note:** You can come back any time by Ruta Munoz for 30 pesos or by Moto Concho (They are more expensive).

Bring water and a hat. Try not to walk too much around noon.

SunCampDR TEL: 809 320 1441

Fruits found at SunCampDR, according to the season...

avocado  
almonds  
cocoa  
coffee  
cashew  
cherry  
chinola  
coconut  
Grapefruit  
Guanabana  
guava  
Grain Guenpan  
Banana  
Higuero  
Javilla  
Jobo  
Lemon  
mango  
orange  
papaye  
Plantain  
tamarin  
tangerine  
sapotille

## Compost

Compost is the transformation of organic wastes in humus. We thank you for your collaboration, there are specific holes to put your compost at Countryside Apartment SunCampDR. The organic components that can form the compost are: Paper, coffee, coffee filters, fruit wastes and vegetables, eggs shell, pieces of bread, cigarettes (without filters), leaves, grass, straw, and algae.

Here is the list of what cannot be part of the compost: Table waste containing meet, fish, grease (cheese or other organic food cooked in oil, like French fries), paper, cardboard that is not covered with wax (milk or juice containers), metal, plastic and Styrofoam.

## **Community Centre, list of activities**

- Prepare some bottles and balls to play bowling or other games
- Folding papers to make airplanes, hats or other
- Drawings and painting and colouring (with a model or pages of colouring book)
- Reading of stories or other educative information
- Kids make-up
- Clown animation
- Music workshop (rhythm or other instruments)
- Movie presentation (projector needed)
- Fiesta preparation, decorations, balloons, drawings, sign
- Preparing of shows with songs, theatre, dancing, movie projection
- Outing to swim in the river or at the ocean (one adult per child with parents authorization)
- Musical chair
- List of physical stretches and muscle tone
- Formation of circle and games, jump rope
- Conferences with demonstration (health, for example brushing teeth, washing hands)
- Sexual and birth control conferences
- Language class
- Alphabetization classes
- Cooking classes
- Internet classes in the new internet centre or with own computer
- Garbage pick up
- Helping existing projects; knitting, sewing (water bottle holder, menstrual pads)
- Pen pal project (kids start corresponding with kids from another country)
- Agriculture in a bucket in front of the houses in the Batey
- Take pictures of people, develop them and give them the picture (as a reward of participation in an activity)
- Teach how to dehydrate fruits (papaya, pineapple, etc), good to sell!. Show how to sterilise containers to sell peanut butter, jam, sweets, etc.
- Document someone's life story
- Hammock making – need supplies and to learn how
- Help improve the cooking of fried plantains (in the form of chips) and package, marketing..
- Making natural juice, local ice cream
- Write a project
- Help us write a book
- Train someone or take a small group and guide them towards a specific goal
- Simply donate, finance a business in order for local people to be autonomous and making a living
- Start a business that you will leave in the hands of local people Make recycle bins in the village
- Plant all kinds of fine herbs and medicinal plants
- Write the book of medicinal plants (people only say the properties of the plants, it is not written)
- Water filter projects (buy yourself a water filter for your usage and then make a gift to a family) or gather funding to buy more water filters
- Oven (solar or earth oven) to make in the village!
- Dry toilet project or finish the one started with septic tank
- Chicken coop
- Set up of a little health clinic right in the Haitian settlement (Batey) as a prolongation of the clinic at the entrance of Munoz...or as a separate one
- Run health clinic, hygiene, aids prevention, with distribution of medication, condoms, etc.
- Run nutrition clinics
- Assist a particular person in needs, for example diabetic, cripples, aid patient
- Readings sessions

Impuestos de salida Feb 2015 / Airport departure fees / frais de sortie à l'aéroport March 2015

<b>Durée</b>	<b>Pesos</b>	<b>Dollars</b>	<b>Euros</b>
30 jours à 3 mois	2500		
3 mois à 9 mois	4000		
9 mois à 1 an	5000		
1 an à 1 an 1/2	6500		
1 an 1/2 à 2 ans	8000		
2 ans à 2 ans 1/2	9500		
2 ans 1/2 à 3 ans	11000		
3 ans à 4 ans	14000		
4 ans à 5 ans	20000		
6 ans	30000		
7 ans	40000		
8 ans	50000		
9 ans	60000		
10 ans	70000		