



Nepal JOC 2019 Critical Information

Air Travel

You are responsible for purchasing your own airline tickets to Nepal. Registrants from North America are encouraged to book through our agents; contact the office for that information. All team members are to arrive at Kathmandu airport (KTM) on Sunday November 17th and depart on Friday November 29th. The costs for any extended stay beyond these dates are at your own expense. Please do not purchase airline tickets until you have sent your itinerary to jeri@impactnations.com for approval. You will be responsible for any charges incurred if you have to change your ticket. It is important to arrive by midafternoon on the 17th. Many flights arrive quite late and people choose to arrive one day early and pay for an extra night at our hotel, which we can arrange. To avoid any extra charges your airport departure should be in the afternoon or later on November 29th.

We strongly suggest that you purchase flight cancellation insurance. There may arise a circumstance beyond anyone's control and you want to ensure that you will be able to get a refund on your airfare. Also, if something happens while you are traveling, you could be covered for lost baggage.

Passports & Visas

Make sure your passport does not expire within 6 months of date of return. Please bring a photocopy of your passport and return air tickets.

Tourist visas for Nepal are available on arrival for citizens of all countries (except citizen of Afghanistan, Iraq, Nigeria, Ghana, Somalia, Ethiopia, Zimbabwe, Palestinian territories, Cameroon, Liberia and Lesotho). The cost is USD 25, for 15 days.

All tourist visas are currently "multiple entry" type visa and permit multiple entries and exits during the period of validity.

There is detailed information on [this page](#) of the [official website](#) , where you can read about the arrival process.

On arrival, beside the visa form, the disembarkation form and the payment, **you have to produce a recent passport size photo to attach on the visa form**. There is a kiosk at Kathmandu Airport before the visa issuing table where you can take *photos for USD 5*.

You need to provide the hotel information:

Five 14 Bed and Breakfast - 4 Jawalakhel Ward, Patan (Lalitpur) 44700 Nepal,
+(977) 981•317•3747 or +(977)1•555•0092

Our contact person is Christina Stewart +1-505-610-9975.

Vaccinations

All travelers should review which vaccinations are required and recommended. These recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time. All travelers need to have their vaccination records on the trip.

This website <http://wwwnc.cdc.gov/travel/destinations/traveler/none/Nepal> provides the health precautions that are recommended for travel in Nepal. All travelers should visit a local health travel clinic 4-8 weeks prior to departure. The health travel clinic is up to date on all necessary vaccinations, immunizations and health advisories for the specific areas where we will be travelling.

There should be no malaria in the area we will be visiting at this time; taking anti-malarial medication should not be necessary. Here is what is on the CDC website:
*Areas with malaria: Present throughout the country at altitudes <2,000 m (6,561 ft).
None in Kathmandu and on typical Himalayan treks. Estimated relative risk of malaria for US travelers: Low.*

Recommended vaccinations are: Hepatitis A & B, Typhoid, Polio- a one-time booster is recommended for any adult that received the childhood series, **Tetanus-diphtheria**-re-vaccination required every ten years, **Meningococcal And Measles, Mumps and Rubella (MMR)**.

Please bring any medications in the original container, clearly labeled. If you have a serious medical condition, it is advised that you bring a signed letter from your physician regarding pertinent medical history and medications (including any generic names) that you currently are on.

For **Travelers diarrhea**, you may choose to ask your physician or travel clinic doctor to write you a prescription for some antibiotics in case you do come down with it. These are usually ordered for 3-5 days. If you experience signs of traveler's diarrhea: cramping, achy, diarrhea, or fever (some or all of these symptoms), tell the medical leader immediately and don't start medication unless they recommend it. We do not recommend taking Imodium as this tends to cause constipation and only prolongs the infection and causes the bacteria to remain in your body longer.

We recommend taking a small amount of motion sickness medication with you (Gravol/dimenhydrinate, Dramamine, Scopolamine or even ginger). Some also like to bring some form of sleeping medication (e.g. melatonin), which is helpful for jet lag recovery.

Pack enough sunblock for the trip.

If you require clarification on any of this information or have specific questions, please email.

Orientation

On our previous JOCs we have spent two days of orientation teaching the basic messages and methods of how we extend the kingdom. Recently we recorded these teachings so we can broaden what we do while in country. I have attached a link to the new orientation videos (5 in total) in your registration confirmation email. ***If you this is your first Journey with Impact Nations, it is mandatory that you watch these videos.*** If you have been on a Journey before, feel free to brush up on the teaching. Please do not share these links/videos, as these are products that we sell, and they are only free for Journey team members. If you would like to take your home groups or other small groups through them, please contact us and we can make them available to you. If you have any problems viewing these please contact the office.

Nepal 2019 Detailed Journey Information

Weather

November is considered the best month for visiting Kathmandu. The weather and visibility during this month is great for outdoor activities. The average November temperatures in Kathmandu are 23°C (73°F) daytime, 8°C (46°F) at night.

Schedule

Your trip to Nepal will take place from Sunday November 17th through Friday November 29th, 2019.

The following is the presently anticipated schedule for the trip. Please remember to be flexible. Almost every trip will experience changes in schedule and/or locations. We will provide more details at the orientation.

Sunday Nov. 17th- You will arrive at Kathmandu airport (KTM) (<http://www.tiairport.com.np>). Remember to send your itinerary to jeri@impactnations.com before you purchase your flights.

Someone from with an Impact Nations sign will greet you and transport you to our accommodation at Five14.

Nov. 18th- 19th - We will start with an orientation time with Christina, Andrew Robinson and the team. The orientation is for training, sharing, impartation and ministry, as well as addressing administrative needs. Also, the medical team will need help sorting through all the medicines for the Medical Clinics.

Nov. 20th - 28th- For the time remaining, we will be ministering in a variety of ways in communities within and villages a few hours from Kathmandu. You will be helping with medical clinics, water filter installation, street evangelism, healing and children's' ministry. When possible, in the evenings we will hold open-air gatherings in different locations and you will be part of the ministry team, praying for the sick, crippled and oppressed. You will have the opportunity to participate in all these activities. The team will minister to local Christians on Saturday and some touring, shopping and rest time will be built into the schedule.

Sunday November 29th—departure from Kathmandu airport (KTM).

Luggage

Each team member may bring **only one check-in piece and one carry on piece**. (Even if the airline will allow you two check-in pieces, to accommodate the ground

transportation, you should pack everything into one check-in piece). If you are flying out of Albuquerque you may be asked to check in one bag of medicine. Remember that you will be responsible to carry your own luggage so please choose a style and size that you will be able to manage by yourself.

Label your luggage inside and out with your full name and home address, including country. Also include a destination address and the dates you will be there: Five 14 Bed & Breakfast, Kathmandu, Nepal. +977 981 317 3747. It is not uncommon to find luggage identical to yours on the airport conveyors so marking your luggage in some way for easy identification is a good idea. **Be sure your luggage can be locked while in the hotel.**

Any carry-on toiletries must be in containers less than 90ml/3oz. and placed within a 1 liter/quart sized clear Ziploc bag.

DON'T FORGET TO PACK IN YOUR CARRY-ON ANY PRESCRIPTION MEDICATIONS THAT YOU NORMALLY NEED TO USE. YOU MAY NOT BE ABLE TO OBTAIN THEM WHILE IN Nepal.

Bring a small backpack as your carry-on or in your luggage to carry your water, toilet paper and any other personal items when doing village ministry. If you have a favorite water bottle you can bring that along as well, but remember, water cannot be taken on the plane.

Dress Code

We endeavor to not be a stumbling block in what we wear and try to dress appropriately as a westerner in a Nepali village. Impact Nations will provide 2 team t-shirts, which we will pay to have laundered.

Women

- Daytime and Evening meetings

Pants are fine. Long capris are okay, but culturally it is better to have your ankles covered. Please no form fitting or low-cut t-shirts or blouses or short skirts. Always make sure your knees and shoulders are covered.

- Saturday church

Dresses and skirts are fine, but not required. If you are going with slacks be sure your blouse is long enough to cover your behind! Shoulders, chest and knees should be covered.

Men

- Daytime and Evening meetings

Jeans and a t-shirt are fine but avoid shirts with slogans or humor. Words are used differently in other cultures and this can often cause offense.

- Saturday church

Nice casual long slacks or dress jeans.

Shirt with a collar either long or short sleeve (this may be of a button-down style or a golf shirt style).

Everyone

Comfortable shoes! You could be standing a long time. Avoid open toed shoes, as you will be walking on rough paths in the villages that are often littered with animal droppings.

Also, in many places, body piercings, except for women's earrings, are offensive and should be removed for the trip.

During personal time we ask that all dress remain modest. A detailed packing list is available below.

Spending Money

The amount of spending money you bring depends on you, but for 12 days, you'll probably find \$50 US sufficient (perhaps more if you would like to give offerings or buy souvenirs). Bring only newer USD (2006 and newer) in multiples of \$50 and we will arrange for you to be able to change currency.

Your trip donation includes 3 meals a day, water, your accommodation (November 17th evening meal and morning meal on the 29th inclusive) and domestic transportation in Nepal. It also contributes to paying translators and project expenses. Please be aware that it does not cover additional costs such as telephone calls from the hotel (expensive!), personal shopping, laundry, etc.

The Nepalese Rupee is the currency of Nepal. The currency code for Rupee is NPR, and the currency symbol is Rs. At the time of writing this document \$1 USD was equal to 112 NPR. For the latest exchange rate in your currency, click [here](#).

Medical Insurance

Impact Nations provides travel medical insurance. It is in-country coverage only.

It includes:

- \$600,000 Medical Coverage with \$0 deductible (age 70-79 is \$50,000, age 80+ is \$12,000), which is the maximum we can obtain for seniors
- \$100,000 Emergency Evacuation
- \$50,000 Return of Mortal Remains
- and \$25,000 accidental death.

No pre-existing medical conditions are covered (existing prescriptions or conditions for which you are currently under a doctor's care). If you choose to purchase your own travel medical insurance, it will be the primary policy. You must provide a copy of this coverage to Impact Nations. If required, Impact Nations will pay expenses in country for your care. You will be responsible to reimburse Impact Nations when you receive funds from your insurance company.

Hotel Accommodation

In Kathmandu we are staying at Five 14 Bed & Breakfast, Kathmandu, Nepal. +977 981 317 3747. In the second week we will be staying in Dhulikhel Village Resort, a few hours from Kathmandu, and ministering in villages about one hour further away.

All rooms will be booked for a minimum of double occupancy. We strongly recommend earplugs, as it may get noisy at night.

Electric Current

Nepal's electrical power is distributed at 220 volts cycling at 50 Hz. Check over your electrical devices that you're planning to bring. Some electronics can handle both 120/60 and 220/50 and do not need voltage converters.

Note that there are "adaptors" and "converters". Adaptors are passive devices that allow your perfectly normal plug to fit into the strange local outlets. Converters are active devices that transform voltage levels and prevent smoke and acrid aromas coming from your no-longer-functional equipment.

A short extension cord that provides 3 outlets can be very handy for charging several items at the same time, ie. camera battery, phone, laptop.

Below are the most common outlets found in Nepal:



Requests for money, gifts or personal information

It is culturally normal in most developing countries, or the poor areas of other nations, for the locals to request donations of money and gifts from ministry team members. They will also often want to have your personal telephone and email contact information so that they can continue to request donations. As a team member, how you handle these requests affects the whole team and other teams that may be coming in the future, so we ask you to adhere to the following policies:

Impact Nations is a ministry, not a foundation. What we have to give is spiritual impartation, training, primary local medical assistance during a Journey, power evangelism, healing and love. We seek *transformation through* Kingdom principles. We therefore ask our team members to refrain from giving out money or personal contact information. We sometimes will give the team the opportunity to give a love offering to the local church that will be administered by the local church leaders. We sometimes do likewise for our translators and others who have served the team faithfully (drivers for example).

When requested for personal contact information, you can provide them with our Impact Nations website (www.impactnations.com) and our email address (info@impactnations.com). We will forward any inquiries to you that come through us if you wish.

If a Team Member feels that the Lord has put it on their heart to give a donation to an individual or for a specific local cause, we ask that they discuss this with the Impact team leadership who will consult with the local leadership.

It is important to understand that this tendency to ask for support is culturally normal and should not be viewed by us as wrong or bad behavior on their part. But in the long term, we can easily be hindering God's work through monetary gifts rather than helping it.

Security

Some tips for cash & valuables: try not to appear wealthy, only carry what is necessary, remove all excess materials, and carry your money on the front side of your body. It is your choice whether you carry your passport on your body or lock it in your suitcase. Safes are not available. **It is highly recommended that you have a money belt or document pouch, which is worn around your neck or under your clothing to store your money and important papers.** These are readily available at travel stores and wilderness outfitters. Bring a lock so that you can lock your suitcase while you are out of your room.

Communication

Your family and friends contacting you:

You can give Christina's number (+1 505-620-9975) for emergencies.

With us during the trip:

You will receive a name badge on the first day of the mission along with an emergency contact phone number and address that fits in your badge holder. One or two of the team will be carrying a cell phone and will be available for emergency assistance.

With home:

Because this is a ministry trip rather than a vacation, we encourage you to let go of home issues and focus on ministry. In any case, you should not make promises with friends and family that you will be in touch frequently by phone or by email as this is not likely possible.

If you have a cell phone you hope to use during the trip, or a calling card from your telephone service provider, please call your service provider before the trip to learn whether these are operational in Nepal and what special instructions you might need.

The hotel has wireless internet service, though it isn't always reliable.

Useful websites for more Information on Nepal:

<http://travel.gc.ca/search?wb-srch-q=Nepal&wb-srch-sub>

<https://en.wikipedia.org/wiki/Nepal>

<http://www.lonelyplanet.com/search?q=Nepal>

Language

Nepali is the official language in Nepal. We will be using local translators.

Packing List

Please scroll down; you may want to print it out.

Packing List

Travel light. Pack only what you think you need; you will probably find that you need and use less than you originally thought. It is possible to hand wash personal items and there is a laundry service at the hotel. Clothes items should be versatile and efficient. Be prepared for variances in temperatures and humidity.

Essential Items:

- One clearly labeled large backpack or suitcase and carry-on (include in these a small backpack for day use)
- Passport
- Airline tickets and Itinerary (always keep a copy in carry on)
- Copy of Passport (photocopy, digital picture, scan)
- A lock for your suitcase to be used in your room
- Money belt/document case to be worn in front, or the kind you wear around the neck
- A list of emergency contact numbers (lost cards, etc.)
- Cash, an optional credit card and/or bank card
- Your personal toiletries: shampoo, soap, etc.
- Hand sanitizer
- Your favorite diarrhea medicine
- All necessary prescription medications, and a copy of the prescription.
- Mosquito repellent
- Malaria medication if you so choose (see critical information document)
- A good, RELIABLE, travel alarm clock (might be a long walk to the ministry site!)
- All your chargers for cameras, shavers, phones, etc. (Optional; a short extension cord - 3 outlet.); if bringing these add a plug adaptor and possibly a voltage converter.
- Bible, pen(s) & notebook
- Breath Mints for the ministry sessions! (You'll be up close & personal).
- Snack food: trail mix, energy bars, breakfast bars. Meals aren't always on time.
- Sun equipment: sunglasses, suntan lotion, hat(s)
- Face cloth and towel (hotel towels can be quite small, a cloth for sweat is helpful)
- A roll of toilet paper in a plastic bag (to be on your person at all times!!!!)
- Small packets of tissues
- A small flashlight (also optional -a small reading light; room lighting is often poor)
- Suitable weight sleepwear or sweats
- A jacket or sweater (evenings can get cool)

- Ladies: dress, or dress pants and long blouse for Sunday
- Men: Collared shirt for Sunday

Recommended Optional Items:

- A small umbrella. (hopefully won't be necessary)
- Sleeping aids: Ear plugs, blindfold, drugs... whatever you require.
- Extra eyeglasses or contacts in case current ones are misplaced
- Spare batteries for camera, flashlight, etc.
- Digital Camera
- Instant coffee if your morning coffee is essential to your well-being and sociability
- A few band-aids, perhaps a small first aid kit, pain pills, antacids... your normal pharmaceuticals
- A few pictures from home to show the locals when they ask about your family, etc.
- Some re-sealable plastic bags of various sizes for items that are soiled, wet, smelly, etc.
- Personal water bottle; you will be given a standard bottle there

Other Items:

These are some items that would be put to good use. If possible, you could purchase some of these and bring them in your suitcase. Thanks!

Medicine:

- Prenatal or Children's Multi-vitamins (Impact Nations no longer purchases these, but we love to have them available to give out).

Other:

- Cheap face cloths, small toiletry items.
- Small gifts for translators; possibly something unique to your country.

For Kids:

- Coloring books
- Small toys, bouncy balls, cars, stickers, pens & notepads, flip flop sandals... Dollar Store Stuff!
- Also any other supplies for playing with children or giving away to local schools and churches