



NEPAL JOC 2023

Critical Information

THIS IS WHAT YOU NEED TO KNOW AS SOON AS YOU REGISTER

PLEASE NOTE: This document is continually being updated with the most relevant information.

Background Check

As a Journey of Compassion team member, you will be living and working with other members of our global team, while also working closely with children. Our aim is to keep you and everyone on the team safe, while also protecting each individual that you will be ministering to. As a result, Impact Nations requires that each team member undergo a background check, ensuring that Journey participants do not have any misdemeanors or convictions related to sex offenses.

Each nation and/or region conducts background checks in a different manner, so the instructions will vary depending on your country of origin.

USA Residents, the background check will be processed through S2Verify, P.O. Box 2597, Roswell, GA 30077, (770) 649-8282, www.s2verify.com (*Impact Nations will conduct the backcheck on your behalf after you sign and return the authorization and disclosure forms*)

Australian residents will be required to provide a Working With Children Certificate. The process for completing this can be found here: [Working with Children Certificate Website](#)

Canadian residents must acquire a background check from their local police department.

Residents from any other nation should contact Impact Nations to confirm the background check method that applies to their country of residence while also complying with the Impact Nations policy.

Please follow the appropriate link (see below) to the Background Disclosure and Background Authorization form which needs to be completed, signed and returned to bill@impactnations.com by all participants being USA and International.

Links to Background Disclosure and Background Authorization Form:

The Background Disclosure and Authorization form is a single combined document.

USA RESIDENTS - [LINK TO DOCUMENT](#)

AUSTRALIAN & CANADIAN RESIDENTS - [LINK TO DOCUMENT](#)

Air Travel

Plane Tickets / Staying for Tourism / Insurance / COVID-19:

You are responsible for purchasing your own airline tickets to Kathmandu, Nepal. From there, our team will travel to the area of Chitwan by bus. All team members must arrive at the Kathmandu (KTM) on Sunday, Oct 15, 2023, by 2:00 pm and depart on Tuesday, Oct 24, 2023. We will be making time for team shopping the morning of the 24th, so you may elect to have a later flight to ensure you can participate in the shopping. 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 bill@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 2:00 pm on Oct 15th.

Some flights arrive and depart at times that won't align perfectly with the team schedule and due to this, many past team members have chosen to arrive one day early or stay

one day late in order to accommodate a more favorable flight. If you decide to arrive one day early or depart one day late, you will be responsible to pay for that stay at an airport hotel (*payment in USD*), which we can arrange for you. To avoid any extra charges **your airport departure should be on Tuesday, Oct 24th.**

Staying for tourism after the JOC:

With that in mind - You may decide that spending some extra time in Kathmandu is a viable option once the JOC has concluded. This is certainly your choice and may be a good option to get some sight seeing and visit tourist attractions while you're already in Nepal. Please be sure to advise us if you decide to stay longer, but also be aware that Impact Nations and our host partners are released from all expectations to accommodate you. You will be solely responsible for all expenses and planning for your extended stay.

Flight Insurance:

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. (please check with your insurance provider/travel agent for full insurance coverage details).

Travelers coming from Canada & the USA are eligible to get a tax receipt for airfare ONLY when the flight is booked through Impact Nations travel agent AND the traveler will be responsible to pay a 5% fee. If this interests you, please reach out to Bill@impactnations.com directly BEFORE booking any flights.

COVID Testing Requirements:

It is imperative in the current pandemic environment that you are aware of your home country's Covid testing requirements for re-entry into your home country. In addition, you will need to know exactly **what requirements exist for EACH COUNTRY you will transit through** on your way to Nepal. Transit countries may have their own independent requirements for covid testing.

Impact Nations cannot be held responsible or liable for errors or government changes to International Travel Policy as it relates to Covid testing obligations while you are away.

COVID Requirements for Entering Nepal: **SUBJECT TO CHANGE WITHOUT NOTICE**

[LINK TO US EMBASSY IN NEPAL](#) WEBSITE – Information about traveling to Nepal for US Citizens.

[AUSTRALIA TRAVEL RECOMMENDATIONS](#) WEBSITE - Information for Australians traveling to Nepal.

Entry and Exit Requirements :

Are there COVID-related entry requirements for U.S. citizens? [Yes]

- Travelers entering Nepal from abroad by air or land must submit a certificate of full vaccination against COVID-19. Travelers who are unable to provide such a certificate must present a negative COVID-19 test report taken within 72 hours of departure from the port of embarkation. Vaccine card/covid test will not be mandatory for children below 5 years of age.
- The Department of Immigration rescinded all previously issued orders regarding country-specific travel limitations as of March 10, 2022. All travelers regardless of vaccine status can receive on-arrival visas at the port of entry. Amendments to existing orders and new orders may be promulgated with little notice. Please continue to monitor this space and local media for additional information.
- The latest notice on travel advisory for Nepal is available from the [Department of Immigration](#) .
- Further information is available from the [Ministry of Culture, Tourism, and Civil Aviation](#) .

Is a negative COVID-19 test (PCR and/or serology) required for entry? [No-vaccinated, Yes - Unvaccinated]

- Fully vaccinated travelers do not need COVID-19 testing, if not fully vaccinated, you must obtain a negative PCR test not more than 72 hours before your flight of first departure to enter Nepal and should then be able to obtain a visa on arrival.
- Travelers departing Nepal by air are subject to health protocols of their destination country only. Airlines will consult and apply such protocols before boarding passengers.
- The airlines are responsible for ensuring each passenger has the tests as per requirement of the destined country. Please consult with your airlines prior to your arrival and departure from Nepal. Please check with your airline regarding future flight availability and any necessary flight re-bookings. Operation of cargo flights, rescue flights, and evacuation flights will be carried out subject to special permission.

Are health screening procedures in place at airports and other ports of entry? [Yes]

- All symptomatic travelers may be subject to on-arrival COVID-19 testing.

Passports & Visas

Make sure your passport does not expire within 6 months of the 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 citizens of Nigeria, Ghana, Zimbabwe, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, Afghanistan, Syria and refugees with travel documents). The cost is USD 30, for 15 days.

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

Filling the form online ahead of arrival:

<http://online.nepalimmigration.gov.np/tourist-visa>

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

Steps to acquiring a visa on arrival:

Please follow these simple procedures for Tourist Visa on Arrival at the airport (TIA) if you have not acquired a Visa prior to boarding the plane.

1st Step:

Fill in ' Arrival Card '

Fill in the Online 'Tourist Visa 'form (you can fill it in prior to your arrival visiting our official website Department of Immigration / fill it up using Kiosk machines upon your arrival at the airport). If you fill it from the website, you will get a submission Receipt with a barcode, please print it out and bring it along for acquiring a visa. It works for fifteen days and becomes invalid then after. If so, you will have to fill it up again.

2nd Step:

Make payment at the bank according to your visa requirement (15/30/90 Days)

Get the receipt

3rd Step:

Proceed to the Immigration Desk with your online form, payment receipts and your passport

Hand in your documents to immigration officer for visa processing. He/she issues a visa to you upon his/her satisfaction.

You may need to provide the hotel information:

Kathmandu: Northfield Hotel

Address: Thamel, Kathmandu, Nepal

Phone: +977-1-4700078

Email: htlnorthfield@gmail.com

Vaccinations & Medications

Please bring any personal 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 take.

All travelers should review which vaccinations are recommended. These recommendations are based on the best available risk information from the [Center for Disease Control](#). *Please note that the level of risk for vaccine-preventable diseases can change at any time.* All travelers need to have their vaccination records with them on the trip.

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 traveling.

Recommended vaccinations

Covid-19, Hepatitis A & B, Typhoid, Polio-one time booster (recommended for any adult that received the childhood series,) Tetanus-diphtheria-re-vaccination (required every ten years), Meningococcus and Measles, Mumps and Rubella (MMR), Typhoid, Japanese Encephalitis. Please consult with your travel clinic doctor about which vaccines are right for you.

Anti-malaria

Anti-Malarial medication is not required in all areas of Nepal. It is always recommended to talk to your travel doctor about the specific area you'll be traveling to and get the most up-to-date information for the area and time of year you'll be traveling. You can mention Tulsipur in the Dang District of Nepal and Kathmandu.

Traveller's Diarrhea

Your physician or travel clinic doctor may recommend giving you a prescription for antibiotics in case of traveler's diarrhea... These can be taken (usually ordered for 3-5 days) IF you experience signs of traveler's diarrhea: cramping, aching, diarrhea, or fever (some or all of these symptoms) please inform the medical team leader prior to starting your prescription. 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. Some travelers have found it helpful to bring activated charcoal supplements for helping with mild gastrointestinal concerns.

Other Medications / Items To Consider (*not an exhaustive list*)

Medications we recommend travelers have in their carry on (OPTIONAL)

- Motion sickness medication with you (gravol/dimenhydrinate, Dramamine, scopolamine or even ginger).
- Sleep aid medication (e.g. melatonin), which is helpful for jet lag recovery.
- Acetaminophen, Ibuprofen or other over-the-counter pain relief medication
- Allergy medication
- Antacids (Tums etc.)
- Sunscreen (This is a MUST)
- Bug spray
- Anti-itch cream (afterbite), for minor bug bites
- Sun hat

You know your body best and should adjust what you bring based on your individual needs. If you're unsure, feel free to reach out! There are experienced travelers who can

give you some advice on best practices. For a more detailed list, see the recommended packing list

Orientation Videos

We have recorded videos of the orientation teaching; five basic messages and methods of how we extend God's Kingdom and heal the sick. If this is your first Journey (JOC) 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. These are products Impact Nations sells 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.

Here is the link to the orientation teachings: [Doing the Gospel - JOC Orientation Videos](#)

Nepal JOC 2023

Detailed Journey Information

Weather

October is a good month to visit Nepal. The average October temperatures in Kathmandu are 26°C (79°F) daytime, 14°C (57°F) at night.

Hotels

Hotel in Kathmandu: Northfield Hotel (<http://www.hotelnorthfield.com>)

- Address: Thamel, Kathmandu, Nepal
- Phone: +977-1-4700078
- Email: htlnorthfield@gmail.com

Hotel in Chitwan: Park Safari Resort (<https://www.parksafariresort.com>)

- Address: Sauraha, Chitwan, Nepal
- Phone: +977- 056-580327 , +977-056-580480
- Email: sales@parksafariresort.com

Schedule

Your trip to Nepal will take place from Sunday Oct 15th through Tues Oct 24th, 2023.

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 Oct 15th - Monday Oct 16th:

- Arrival in Kathmandu, Nepal (KTM)
- Travel to airport hotel
- Settle in hotel and conduct orientation
- Conduct a picnic with worship, preaching, prayer and feeding our partners beneficiaries

Tuesday Oct 17th:

- Travel domestically from Kathmandu to Chitwan (Hotel is Park Safari Resort)
- Sort medications/kids items

Wednesday Oct 18th:

- Work in communities of surrounding Chitwan
- Conduct mobile medical clinic in Bhalumara
- Work within the communities distributing water filters
- Conduct evening outreaches at local church building where attendees from clinic and other activities will be invited to join us later in the day

Thursday Oct 19th:

- Visit Chitwan National Wildlife Park

Friday Oct 20th:

- Work in communities of surrounding Chitwan
- Conduct mobile medical clinic in Kirintar
- Work within the communities distributing water filters

- Conduct evening outreaches at local church building where attendees from clinic and other activities will be invited to join us later in the day

Saturday Oct 21st:

- Attend local church services
- Preach, teach and pray for the sick
- REST

Sunday Oct 22nd:

- Work in communities of surrounding Chitwan
- Conduct mobile medical clinic in Rapti
- Work within the communities distributing water filters
- Conduct evening outreaches at local church building where attendees from clinic and other activities will be invited to join us later in the day

Monday Oct 23rd:

- Team Debrief
- Travel from Chitwan to Kathmandu
- Get settled at hotel in Kathmandu

Tuesday Oct 24th:

- Departing flights to home states/countries

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: Kathmandu: Northfield Hotel

Address: Thamel, Kathmandu, Nepal

Phone: +977-1-4700078

Email: htlnorthfield@gmail.com

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

All team members will be given two team t-shirts which are to be worn on all ministry days. Impact Nations will pay to have these shirts laundered daily. (instructions will be provided during your first days on-the-ground orientation)

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, blouses, short skirts, or shorts. Always make sure your knees and shoulders are covered. No tight fitting pants that fit tightly to the buttocks unless worn with a wrap around the waist to cover up the backside.

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 attire remain modest. A detailed packing list is available below.

Spending Money

The amount of spending money you bring depends on you, but for 10 days, you'll probably find \$100-\$200 USD 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 (Oct 15th dinner through Tues Oct 24th breakfast 2023.) 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, buying snacks, 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 secondary travel medical insurance only. In addition, it is in-country coverage only.

IT IS REQUIRED that you purchase your own primary travel medical insurance. Your medical travel insurance will be the primary policy. You **must provide a copy** of this coverage to Impact Nations. Impact Nations will pay expenses in the country for your care. You will be responsible to reimburse Impact Nations when you receive funds from your insurance company.

During the JOC, you must carry written proof of valid and current primary medical insurance. It is important to review that your coverage is adequate to cover any injury or illness that you may sustain while participating in the JOC.

Secondary insurance for those over 80 years of age requires additional premiums (approx. \$15 USD per day of coverage) and these costs will need to be covered by the individual participants.

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

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

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 Mexico and what special instructions you might need. The Hotel may have wireless internet service, though when it is available, it isn't always reliable.

Your family and friends contacting you:

Call Bill Verbakel 1-519-573-1259 (on WhatsApp audio) or Randeep Mathews +91 99152 76614 (for emergencies only).

Language

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

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>

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 (at your own expense with the exception of team shirts). Clothes items should be versatile and efficient. Be prepared for variances in temperatures and humidity.

Essential Items:

- One clearly labeled 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
- 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.)
- 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, sunscreen 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!!!!)

- Wet wipes (for washing hands or bums)
- Hand sanitizer
- Small packets of tissues
- A small flashlight (also optional -a small reading light; room lighting is often poor)
- Lightweight sleepwear or sweats (rooms are not air conditioned)
- A light jacket or sweater (evenings can get cool)
- Ladies: dress, skirt, for Sunday
- Men: Collared shirt and tie for Sunday

Recommended Optional Items:

- A Sawyer water filter or water bottle (Bill never leaves home without it!) There is a [mini filter](#) which filters as good as the big one, just lower volume (that's what Bill uses). And there is a [built-in bottle filter here](#).
- A small umbrella. (hopefully won't be necessary)
- A comfortable pillow if this is essential to your ability to sleep
- 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
- A travel coffee maker 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!

Other:

- Small toiletry & Hygiene items
- Small gifts for translators; possibly something unique to your country.

Gifts and items needed by ministry partners:

- Any supplies for playing with children or giving away to local schools and churches: Deflated soccer balls & pumps, coloring books, crayons or markers, small toys, bouncy balls, cars, stickers, pens & notepads... Dollar Store Stuff!
- Here is a list of some current needs at the House of Hope:
 - Menstrual cups
 - Children's vitamins
 - Reusable pads
 - Baby girl and boy clothes sizes 6 mo- 2t.
 - Boy clothes size 3-8
 - Women's socks
 - Kids socks!!
 - Sneakers for boys up to 8 years old.
 - Women's underwear
 - Kids underwear
 - Reusable diapers for babies
 - Gently used clothing for women- size small and medium.
 - Teen girl clothing - t-shirts and jeans.