

The Mission Church Rough Guide to Nepal



So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right
hand.

Isaiah 41:10

As a group of between 12-14 individuals, we have now visited Nepal specifically Kathmandu and the Dolpa home three times now. We have put together this document to help others in thinking and praying about coming along and the cost of mission to a country over 4711 miles away.

Before we set foot on the plane, planning starts months before. As a group we committed to meeting bi-monthly for prayer and planning and enjoy a meal together.

We look at costings being around £1,100 per person including children, just over half being allocated for the flight. This is raised by individuals themselves.

The group have put together a list of some of the things they found hard along with the blessings.

Before going—there was lots to consider:

There was lots of prayer and seeking the Lord if it was right to return, along with the meetings there were emails and searching for flights. We needed to make sure our injections were up to date, and we were taking all we needed to take.

Hardships

- ◆ Remembering when things needed to be done, meetings.
- ◆ Having to have injections
- ◆ Changes in prices
- ◆ Packing
- ◆ Health Issues, age and difficulties around this
- ◆ Money, having enough for the trip
- ◆ Thought of travelling and sickness

Blessings

- ◆ Being organised by the leaders
- ◆ The thought of going to Nepal
- ◆ Friendships
- ◆ The Lord's provision and involving God
- ◆ Responses
- ◆ Being part of a committed group



Travelling to get to Nepal

It takes around 24 hours to get to Nepal depending on flights, this includes a mini-bus ride, two plane rides and another mini bus ride.

Hardships

- ◆ Length of travelling, sometimes long times
- ◆ Driver—unhelpful
- ◆ Flying—stopovers in airports can be long
- ◆ Security checks
- ◆ Age—Health and duration
- ◆ Leaving home and loved ones

Blessings

- ◆ Fun on the bus
- ◆ Being together
- ◆ Excellent airlines in Qatar and entertainment
- ◆ One of us upgraded
- ◆ To be able to travel in one day
- ◆ Individual packs



Hotel stay—for the last year we have stayed at The Hotel Golden three.

Hardships

- ◆ Cold showers
- ◆ Delayed food at meal times
- ◆ Lack of choice with food
- ◆ Noise from surroundings, animals and people.
- ◆ Cleanliness
- ◆ Mosquito bites
- ◆ Power cuts and lack of power



Blessings

- ◆ Perfect location
- ◆ Helpful staff
- ◆ Basic but adequate
- ◆ We were able to have free run of the hotel
- ◆ Accommodating to our needs
- ◆ Somewhere to play games
- ◆ Space, good size rooms and own bathrooms
- ◆ Wi-Fi
- ◆ Water and electric available

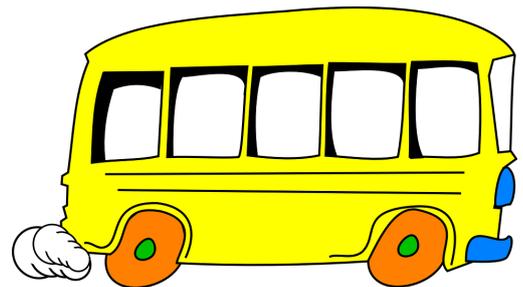
Nepalese transport—we were very blessed to have use of two mini-buses for our travelling needs.

Hardships

- ◆ Roads—very poor condition, very bumpy and in points hair raising (drops)
- ◆ Lack of suspension, no seat belts
- ◆ Humid in the bus, uncomfortable
- ◆ Sickness

Blessings

- ◆ Reliable, skilled and trustworthy drivers
- ◆ Easy to organise
- ◆ Good cost
- ◆ Getting us to where we needed to get to.



School work/working at home/teaching—each morning there was a programme for different members of the team.

Hardships

A group of men, went to work at the home building on last year's path, so that the children would not have to navigate mud to get to school.

- ◆ Wet conditions/hard work/wet clay/unsuitable footwear.

Another group were designated to go to the school.

- ◆ Exams were put on last minute, meaning we could only visit the school once.
- ◆ Footpaths were muddy to get to the school
- ◆ Seeing poverty 1st hand.
- ◆ Discipline in school

A third group 'read through the bible'

- ◆ Length of teaching sessions
- ◆ Nepalese people in and out of sessions/door
- ◆ Being in the spotlight and the expectations of teaching.

Blessings

- ◆ Camaraderie/men working so hard/Phill leading
- ◆ Results of the hard work at the home.
- ◆ Contentment of the children
- ◆ Spending time with our children
- ◆ Seeing the children using the newly built path without getting muddy (Dolpa Home)
- ◆ To have so much teaching in one go.
- ◆ The work the Lord has allowed to happen during the trip.
- ◆ 7 Up in the school

How the Lord has shaped us?

Peace and healing

Peace and Joy

Show grace and being gracious

Being grateful for the people around us

New patterns

Humility and reliance on the Lord

Responding differently

Facing fears and putting things right

Thankfulness

The Lord is working

Spending quality time with family back home.



Things to consider :

A typical day :

6-8am—getting ready for the day , shower etc

8:00 – 8:30 Breakfast

8:30 – 8.45 brush teeth

8:45 – 9:30 Bible study and daily briefing

9:30 – 12:00 Morning Activity = Teaching/Sessions in School/Work at home

12:00-13:00 Lunch

13:00 – 15:30 Rest

15:30 - Head to home

16:00 – 17:30 Time at Dolpa Home

18:00 - Evening Meal

19:00 - Evening Activity

Typical food each day

Breakfast—porridge or cereal and toast

Lunch—toast or fried rice

Dinner—pizza, chips, noodles, rice and dhal

Typical costings to go:

Flights £500-600

Hotel accommodation £130

Transport UK £45

Hotel UK—depends on flight

Visa £25

Transit food allowance £30

Spending money £100

Food Nepal £75

Water £10