

equip2014

We will be heading to Kathmandu, Nepal for the NEPAL EQUIP 2014. The dates for the Equip are from Monday 22nd September to Wednesday 24th September. Then on Thursday the 25th (which is a public holiday in Nepal) we will have a Youth Equip. If you are over 30 but are young in heart and promise to sit at the back you are also welcome to attend. Each day of the Equip there will be 2 morning sessions and 2 afternoon sessions. If you are keen to join us please let me know as soon as possible.

FLIGHT COST WILL BE ABOUT R9000.00

VISAS

Visas are available on arrival for the citizens of most countries, and one passport-sized photograph is required. To complete the process, you must pay a fee: Transit (\$5), 15 day (\$25). Make sure that you fill in all of the forms and keep your departure card for when you want to leave. Facilities for taking passport-sized photographs are available near the immigration desk for a fee of \$10, though it saves a lot of time if you are prepared before arrival.

ARRIVE AT AIRPORT

There are no trains into Kathmandu from the airport. Many hotels will pick you up from the airport if you give them advanced notice. If you give me your flight details, I will organize a taxi from the Hotel.

When catching a taxi always negotiate the price beforehand with the driver. A taxi ride to Thamel (the suburb where we are staying) should not exceed 600 NPR which you can catch from just outside the Domestic Arrivals. Otherwise, order a taxi at the pre-paid booth inside the airport (the stand is on your left as you come out of baggage reclaim/arrivals) this will cost 800 NPR (May 2014).

You may have to exchange some money at the airport to pay for the taxi on arrival, however try not to exchange too much money at the airport. Money changers at the airport not only charge you a service charge but also offer a lower rate than is offered in Thamel or elsewhere in town.

ACCOMMODATION

We have reserved 7 double rooms at Samsara Hotel, you can check it out on their website www.samsararesort.com

It will be on a first come basis, Samsara do have more rooms if we need them, however September is the start of the Trekking Season and so it will probably book up fast.

I will book your accommodation under your names as soon as you confirm and you will need to pay on arrival.

WEATHER FORECAST

High: 28°

Low: 20°

70% chance of rain but high levels of humidity

RELIGION

Nepal is famous for being the world's only Hindu Kingdom, however equal respect is given to other religions. A few years ago the government declared a "freedom of religion" in Nepal, which has opened the door for the Gospel to be preached. However a number of cults and sects have also made their way into the country. Buddhism has the second largest religious following.

Hindu & Buddhism 80%

Muslim 3,2%

Christianity 0,5%

Several cults, gods & goddesses co-exist with the major religions.

Nepal has always remained a land of religious harmony.

SPORT

Cricket is popular & field hockey is the national sport.

NEPAL HOSPITALITY

The Nepalese are among the most hospitable people. This is the reason why tourists from far and wide enjoy coming to Nepal time and again. Local Nepalese are generally rural people who welcome the tourists to their homes for tea, coffee or supper. Nepalese are culturally warm, hospitable and affectionate hosts who place their heart above their head.

FOOD

Nepalese are great foodies and their food varieties are hot, spicy and nutritious. Newari and Thakali cuisines are the original taste of Nepal. Otherwise, the Nepalese style of cooking has been influenced by Indian and Tibetan cooking. Dal Bhat tarkari is the staple food of Nepal. Meat curries and momo's are the hot favorites among the tourists.

Westerners often get sick because of poor hygiene so you need to bear this in mind, and be careful of where you eat. You may want to pack some granola bars / cereal bars / peanuts and raisins etc.

WATER

Water-borne diseases are rife. Do not, under any circumstances, drink directly from the faucet or take salads and ice unless you have absolute proof that the water used in their preparation has been filtered and boiled. Also, use boiled and filtered water for brushing teeth and avoid swallowing water when taking a shower.

Bottled water is readily available and can be bought from most shops, just make sure it is a reputable brand and is completely sealed before you open it.

MEDICINE

Please take Buscopan, Valoid and Imodium in case you get any stomach bugs.

LANGUAGE

Nepali is the language widely spoken although they have 92 other dialects spoken. Most people can understand some English.

POPULATION

22 Million in Nepal & 1 million in Kathmandu

HYGIENE

Please pack in anti-bacterial waterless hand sanitizer and wet wipes.

DRESS

Although there is a growing western influence in Nepal, it is seen to be offensive to wear tight or fitted clothing. It is best to wear clothing that is looser and not baring your midriff & shoulders. Please be sensitive particularly at the Equip and church services.

COSTS FOR TRIP

Accommodation: \$25 per night per person sharing, including breakfast.

Meals: \$15 per day.

Transport: \$20

Visas: \$25

Equip Registration: 500 NPR

Most of the listed restaurants on this site are foreign managed and "Hygiene" always comes first in these places. The phone numbers are made available for your easy reference. There is a great Java Coffee house just down the road from where we will stay. Thamel is very colorful and vibrant, it has many tourist shops and places to eat out, and you will probably see many European tourists around.

Aqua Java

4254809

Bhojan Griha

4416423

Chobhar Cafe & Sculpture Garden

4418151

Dwarika's: Heritage Hotel: Krishnarpan

4248999

Fire and Ice

4250210

Hotel Thamel Restaurant

4417643

KC's Restaurant & Bambooze

4416911

Kilroy's of Kathmandu

4250440

Koto Restaurant & Bar

4226025

Krua Thai

Mike's Breakfast

4424303

New Orleans

North Field Cafe

4424884

Radisson Hotel: Olive Garden

4411818

Radisson Hotel: The Fun Cafe - 24 Hours

4411818

Rice & Bowl

4260677

Roadhouse - Arcade - Baskin Robbins!

Rum Doodle

4414336

Shangri-La Bakery

4412999

Snowman Desert Cafe

4256606

Thamel Restaurant

4410388

Third Eye

4227478

Yak and Yeti Hotel: Chimney

4248999

Yin Yang

4425510