



**REALLY  
GOOD  
GIFTS**

[WWW.INF.ORG/GIFTS](http://WWW.INF.ORG/GIFTS)



## HOW IT WORKS



INF's really good gifts are a great way to celebrate special occasions with family and friends. Browse through this catalogue to find something to suit almost everyone. Once you have selected your gift, you will receive a card that you can personalise and send on to them. The card will show how your gift could help transform someone's life.

Gifts are grouped in categories, based on how they could bring lasting change. We always make sure that people we support get help specifically tailored to their situation. Each person and community is unique, so there is no one-size-fits-all solution to meeting their needs. Your donation will help fund a range of work within the category of your choice

and, whichever gift you select, you can be confident that your donation will make a positive difference.

In the rare event that a category becomes over-funded, your donation will be used in a different category where the need is greatest. Prices include costs in Nepal to provide the gifts and some promotional costs.

Taxpayers in the USA and the UK can buy all gifts tax-efficiently. Those gifts which are tax deductible for taxpayers in Australia are marked with the letters TD next to the AU\$ price.

We pray that the gift[s] will touch the lives of people in Nepal, as well as those who receive your gift.

## HOW TO MAKE AN ORDER



### ONLINE

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Go to

**[www.inf.org/gifts](http://www.inf.org/gifts)**

You can browse all the gifts available online, and place your order through the website.

When buying your gift[s], you can choose to receive either a printed gift card or an e-card to send on to your friends or family.

### ORDER FORM

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Fill in a gift catalogue order form and send it along with payment to your nearest INF office [details on backpage].

You can download an order form from **[www.inf.org/downloads](http://www.inf.org/downloads)** or contact your nearest INF office if you need extra copies.

### PHONE

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Call your nearest INF office to place an order over the phone or if you have any queries.

**Nepal +977 [0]1-552 1183**

**Europe +44 [0]121 472 2425**

**Australia +61 [0]2-9411 1195**

**New Zealand +64 [0]6 326 80872**

**Americas +1 403-903 5549**

Thank you for making  
a difference!



HOSPITAL &  
HEALTH CARE

Gifts in this category are examples of activities that help improve health and wellbeing. Each person and family we serve is unique, so there is no one-size-fits-all solution to meeting their needs. Your gift will help fund a range of work within this category and you can be confident that it will make a positive difference.

## LEPROSY SELF-CARE KIT

A1

£10 €12 US\$16 AU\$17 NZ\$19

People affected by leprosy lose feeling in their hands and feet, which, once lost, cannot be restored. This leaves them vulnerable to injury. This gift could train a person affected by leprosy to learn how to protect themselves, as well as provide protective shoes and simple aids to help them check for signs of injury. Being able to care for themselves means that they can return home to their families once their treatment has finished and live safely, reducing the risk of further injury.





## PHYSIO & OCCUPATIONAL THERAPY

A2

£73 €88 US\$119 AU\$129 NZ\$137

One of the hardest things about having a physical disability can be the loss of mobility and independence. This gift could pay for two weeks of physio and occupational therapy. A specially trained therapist helps patients build up muscle strength and relearn how to do daily tasks that can so easily be taken for granted.

## WHEELCHAIR

A3

£209 €251 US\$341 AU\$369 NZ\$392

Sometimes people come to INF's hospitals or clinics with a disability that has kept them bed-bound and isolated for months, or even years. This gift could provide a wheelchair for a person with a disability who would not otherwise be able to afford one. A wheelchair will enable them to move around their home independently, join in with family life and be part of their community once more.



## NUTRITION WORKSHOP

A4

£50 €60 US\$81 AU\$88<sup>TD</sup> NZ\$94

In Nepal's remote regions, over half the children under five are malnourished. Your gift could pay for four mothers to attend a three-day nutrition workshop. Mothers learn how to prepare nourishing food from locally-available ingredients and why a balanced diet is so important, so that their children have the best possible chance of growing up healthy and strong.



## PROFESSIONAL MEDICAL CARE

A5

£146 €176 US\$239 AU\$258 NZ\$275

In Nepal, health care is not free. This creates a financial burden for the poor. At INF's hospitals and clinics, patients are treated and cared for regardless of their financial situation. This gift could provide a month of specialist care for those who otherwise cannot afford it. Your gift could pay for a trained nurse to provide daily medicines, treat wounds and carry out tests.



SANITATION &  
HYGIENE

Gifts in this category are examples of activities that help keep families healthy and strong through improved access to drinking water, reduced risk of waterborne diseases and better hygiene practices. Each person and family we serve is unique, so there is no one-size-fits-all solution to meeting their needs. Your gift will help fund a range of work within this category and you can be confident that it will make a positive difference.

## HOME HYGIENE COURSE

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B1

£34 €40 US\$55 AU\$59<sup>TD</sup> NZ\$63

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This gift could give two people the opportunity to attend a three-day training workshop on staying healthy in the home. The group learns together from an INF community worker about how to stop infection spreading, the importance of personal hygiene and lots of practical ways to keep the whole family healthy.

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## CLEAN DRINKING WATER

B2

£62 €74 US\$101 AU\$109<sup>TD</sup> NZ\$116

Safe, clean and easily accessible water is not yet available to everyone in Nepal. This gift could pay for the materials needed to build a new water tap, as well as enable a villager to attend a special training session on building and maintaining safe drinking water systems.

## BUILD A TOILET

B3

£158 €189 US\$257 AU\$278<sup>TD</sup> NZ\$296

When sources of water get contaminated, disease can spread very quickly. This is especially dangerous when people live a long way from a clinic or hospital, and even more so for children who may already be weak from malnutrition or other illnesses. This gift could provide the materials and labour to build a new toilet in a village in Nepal.





SUPPORTING  
MIGRANT FAMILIES

Gifts in this category are examples of activities that help improve the lives of Nepali migrants in India. Each person and family we serve is unique, so there is no one-size-fits-all solution to meeting their needs. Your gift will help fund a range of work within this category and you can be confident that it will make a positive difference.

## AWARENESS RAISING MATERIALS

CI

£44 €53 US\$72 AU\$77<sup>TD</sup> NZ\$82

Nepali people who are forced to travel to India to look for work are particularly vulnerable to abuse and exploitation. This gift could provide a month's worth of awareness materials for church volunteers in India to give to Nepali migrants.





## CHRISTMAS PARTY FOR NEPALI CHILDREN

C2

£5 €6 US\$8 AU\$8 NZ\$9

When a family is forced to move to another country to look for job opportunities, it can be an unsettling time for all, particularly the children. This gift could enable a child to attend a Christmas party run by an INF partner church in India. Children can come together to play and have fun in a safe environment and will also receive a practical gift such as a piece of clothing. It's also an opportunity for parents and families to meet each other and build friendship and community.



### TUITION CLASS

C3

£30 €36 US\$48 AU\$52 NZ\$56

Nepali families who have travelled to India for work often move around a lot, and the children can struggle with having to be taught in a new language. This gift could pay for four months of education classes for a Nepali child in India. The classes help them to stay in school and keep on learning despite their new circumstances. Receiving a good education is a really important step in a child's growth and development.



### TAILORING COURSE

C4

£74 €89 US\$121 AU\$131<sup>TD</sup> NZ\$139

When a family moves to another country to look for work, it is usually the husband who finds employment first. Migrant workers are often not paid well, and so both parents may need to get a job to support the whole family. This gift could pay for a woman to attend a month of tailoring training, and provide her with a sewing machine. Once she's finished the course she can earn money by making and repairing clothes.



COMMUNITY  
DEVELOPMENT

Gifts in this category are examples of activities that help build strong, independent and inclusive communities. Each person and family we serve is unique, so there is no one-size-fits-all solution to meeting their needs. Your gift will help fund a range of work within this category and you can be confident that it will make a positive difference.



## SOCIAL INCLUSION

D1

£55 €65 US\$89 AU\$96<sup>TD</sup> NZ\$102

In Nepal, there is still a lot of stigma and misunderstanding about disability. This gift could help pay for one of INF's community workers to help overcome on-going stigma and misunderstanding about disability in a family or community.



## LEADERSHIP TRAINING

D2

£40 €48 US\$65 AU\$70<sup>TD</sup> NZ\$75

Long-lasting sustainable change in a community can only happen when the people who live there have the skills they need to carry on work without ongoing input from INF. This gift could enable a villager to attend leadership training so they can plan and implement change in their community for themselves.



## ADVOCACY TRAINING FOR WOMEN

D3

£54 €64 US\$87 AU\$95<sup>TD</sup> NZ\$101

In Nepal, women often struggle to earn a fair income, can be excluded from decision-making and may feel powerless to stand up for change. This gift could give a woman the chance to attend a three-day workshop on advocacy and empowerment.



## SET UP A SELF-HELP GROUP

D4

£171 €205 US\$279 AU\$302<sup>TD</sup> NZ\$320

INF's Self-Help Groups bring people in communities together to see that they already have the knowledge, skills and resources to change their world. This gift could enable an INF community worker to set up a Self-Help Group in a village.



## HOME ADAPTATION

D5

£440 €528 US\$717 AU\$776<sup>TD</sup> NZ\$825

For someone who has a disability as a result of an accident or injury, going home can be very isolating or even impossible if their house is not suitable for their new circumstances. This gift could adapt the house of a person with a disability so that it meets their physical needs.



## INCOME GENERATION

Gifts in this category are examples of activities that enable a family or community to secure better and more reliable income opportunities. Each person and family we serve is unique, so there is no one-size-fits-all solution to meeting their needs. Your gift will help fund a range of work within this category and you can be confident that it will make a positive difference.



### START A SMALL SHOP

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E1

£110 €132 US\$179 AU\$194<sup>TD</sup> NZ\$206

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Many families in Nepal are forced to live from one day to the next. A lack of secure income often means that when there are new costs such as school fees or books, they simply cannot afford to pay. This gift could help someone to start their own small shop, by providing the start-up stock they need to get a business going.



### MUSHROOM FARMING TRAINING

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E2

£17 €21 US\$28 AU\$31<sup>TD</sup> NZ\$33

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For many families in Nepal, having enough income to get by each day is a real struggle. This gift could give a person affected by disability the chance to support their family by training them how to grow and sell mushrooms.



### TWO PIGLETS & TRAINING

E3

£64 €77 US\$104 AU\$113<sup>TD</sup> NZ\$120

Living with uncertainty and insecurity is a daily reality for many people in Nepal. This gift could give a family in need an extra source of financial support, by paying for two piglets and training on how to care for them.



### GOATS & TRAINING

E4

£81 €97 US\$132 AU\$142<sup>TD</sup> NZ\$151

This gift could provide a family with two goats, as well as training on how to care for them. Goats can be bred, sold, or used for milk and meat, and are a great source of extra income and support for a family in need.

## CHICKENS & TRAINING

E5

£25 €30 US\$41 AU\$44<sup>TD</sup> NZ\$47

Meeting daily needs can be a real struggle for many poor families in Nepal. This does not leave any opportunity to save or plan for unexpected events. For example, if a farmer's crop fails and there is nothing to fall back on, a family can quickly get into difficulty. This gift could help a family to start their own small poultry business by providing twenty chickens, as well as training on how to look after them. By selling the produce, the family will have an important source of extra income and security. The whole family also gets to benefit from eating the meat and eggs their chickens will provide.





EDUCATION &  
TRAINING

Gifts in this category are examples of activities that help to teach children with a disability basic motor skills, or for adults to learn relevant skills to improve their prospects of accessing work or earning a better income. Each person and family we serve is unique, so there is no one-size-fits-all solution to meeting their needs. Your gift will help fund a range of work within this category and you can be confident that it will make a positive difference.



## VOCATIONAL TRAINING

F1

£207 €249 US\$338 AU\$366<sup>TD</sup> NZ\$388

This gift could give someone the opportunity to attend a vocational training course for three months. Whether it's learning how to repair mobile phones or how to make clothes, this course can give a disadvantaged person the opportunity to provide for themselves and their family, despite their disability or medical condition.



## TRAINING ON FARMING TECHNIQUES

F2

£64 €76 US\$104 AU\$112<sup>TD</sup> NZ\$119

This gift could pay for a farmer to visit and learn from another community where new agricultural techniques are already being used. They can learn first-hand from others about different types of seeds and new ways of working and irrigating the land.



### BUSINESS SKILLS TRAINING

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F3

£16   €20   US\$27   AU\$29<sup>TD</sup>   NZ\$31

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This gift could enable someone to attend a three-day business skills workshop, where they will be trained in skills including bookkeeping and stock management, which will help them run their business successfully.



### KITCHEN GARDEN TRAINING

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F4

£21   €25   US\$33   AU\$36<sup>TD</sup>   NZ\$39

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For many families living in Nepal, it can be really difficult to earn enough money to pay for everyday needs such as food, clothing, medicine and school fees. This can be even harder for people with a disability. This gift could train someone affected by poverty or disability in how to establish and keep their own kitchen garden, as well as provide a variety of seeds to plant.



### SCHOOL BOOKS & EQUIPMENT

F5

£45 €54 US\$74 AU\$80<sup>TD</sup> NZ\$85

Children from poor families can easily miss out on an education if their parents cannot afford the items they need for school. This gift could enable a child to receive an education by providing the equipment and materials they need, such as school books, study materials and a uniform. Also included is teaching equipment for the child's whole class, such as a whiteboard and markers, dictionaries and a globe.



### EDUCATIONAL TOYS

F6

£17 €20 US\$27 AU\$29 NZ\$31

A child with a disability may need extra support as they grow and develop. This gift could help provide learning toys like building blocks and balls, or equipment such as special chairs and walking frames.



A Christian mission  
serving the physical  
and spiritual needs of  
Nepali people

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