



## INF Vision trip with Peggy Franks

Are you interested in the work of INF, the church in Nepal, or want to see examples of how God is at work in the world today?

If so, come and experience Nepal and understand the work of INF with the help of Peggy Franks, who served as INF's Nursing Advisor for many years.

This exposure trip will visit Kathmandu, Nepalgunj and Pokhara with opportunities to attend Nepali church and visit INF projects, with time for rest and reflection.

**Dates: 20<sup>th</sup> Oct to 5<sup>th</sup> Nov 2018**

**Estimated trip cost: \$1,900 (intl. flights not included)**



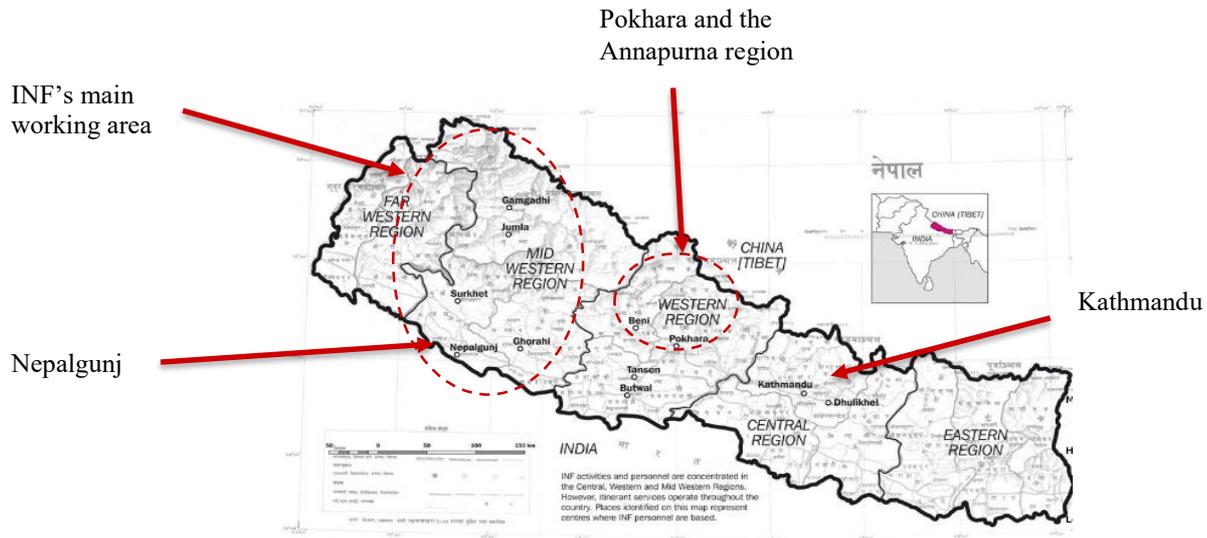
This trip is not just a relaxing holiday, but should challenge you spiritually, emotionally and maybe also physically. It is ideally suited to those with some experience of travelling in developing countries, are in good health, and who are willing to be out of their comfort zone. It is expected that most attendees will be aged between 50 and 70 years old.

Please contact the INF Australia office to express interest in going on this trip and to get an application form. The group size will be limited and you are encouraged to book early in order to save on airfares. You have the option to book your own flights and extend your stay in Nepal. Return flights from Sydney to Kathmandu range from \$800 to \$1,300.

Pre-trip orientation and post trip debriefing sessions will be held in Sydney and are strongly recommended.

# Draft Itinerary

Please note that travel in Nepal is uncertain and any plans could change at short notice.



Day	Date	Proposed activities
Saturday	20-Oct	Depart Australia. Arrive late in Kathmandu and transit to hotel.
Sunday	21-Oct	Orientation. Meet INF team-members and visit local ministries, with time to see the sights and reflect.
Monday	22-Oct	Orientation and sightseeing in Kathmandu
Tuesday	23-Oct	Take an early minibus to Pokhara [approx 7 hours], spend the evening by the famous Phewa lake.
Wednesday	24-Oct	Visit Green Pastures Hospital, meet staff and patients, and learn about their vision for the future.
Thursday	25-Oct	Visit local ministries.
Friday	26-Oct	Visit local ministries.
Saturday	27-Oct	Attend church in the morning, with options in the afternoon to meet INF workers, visit local ministries, or relax.
Sunday	28-Oct	Travel to Tansen [approx 5 hours], stay at UMN mission hospital
Monday	29-Oct	Travel on Nepalgunj [approx 7 hours]
Tuesday	30-Oct	Spend the morning relaxing and exploring Nepalgunj with its very different culture. Meet local INF workers and hear about their ministries.
Wednesday	31-Oct	Visit INF's community development work and see its impact
Thursday	1-Nov	Visit Bardiya National park and stay overnight for rest and reflection [and the possibility of seeing a tiger!]
Friday	2-Nov	Return to Nepalgunj
Saturday	3-Nov	Church then Fly to Kathmandu - a one hour flight with potential mountain views, then options for sightseeing and shopping
Sunday	4-Nov	Depart Kathmandu
Monday	5-Nov	Arrive Sydney