

# Pakistan Dossier



## FAST FACTS

**Population:** 176,745,364

**Borders:** Afghanistan, China, India, Iran

**Languages:** Urdu

**Capital:** Islamabad

**Religion:** Muslim 97% (Sunni 77%, Shi'a 20%); Christian, Hindu, Sikh 3%



**K2.**

**Visa:** A visa is required prior to travel for Pakistan.

- **USA Citizens:** [www.embassyofpakistanusa.org](http://www.embassyofpakistanusa.org). On the left hand side click on “Visa.” Cost: US\$120.
- **Canadian Citizens:** [www.pakmission.ca](http://www.pakmission.ca). On left hand side click on “Visa Passport other services.” Cost: \$100CDN.
- More information will be sent to team members regarding applying for a visa with trip specifics.

**Departure Fee: Cash ONLY** departure fee PKR 1720.

**Immunizations:** Measles/Mumps/Rubella (MMR), Tetanus/Diphtheria, Polio; Hep A; Hep B; Typhoid; Japanese encephalitis, Polio, Rabies, Malaria. The best malaria prophylactics are either Mefloquine or Malarone.

**Travel Insurance:** Travel insurance is important! Check your health insurance coverage and send us the following information: Health insurance company name, policy number, and phone number. *Please note that Climbing For Christ will not pay for any insurance or medical treatment you may require as a result of your participation in the mission trip.*

**Currency:** 1 US Dollar = 94.05 Pakistani Rupee (PKR) as of September 2012.

**Time Difference:** UTC/GMT +5 hours

**Food & Water:** Staple foods and spices in Pakistan are: Chapatti, Lassi, chilli powder, turmeric, garlic, paprika, black pepper, red pepper, cumin seed, bay leaf, coriander, cardamom, cloves, ginger, cinnamon, saffron, mace, nutmeg, poppy seeds, aniseed, almonds, pistachios, and yogurt. Meat and kebabs are staples as well. **Only drink bottled water or purified water.**

**Electricity:** 220 volts. Power blackouts (also called load shedding) are severe. Make sure you have a good flashlight as it will be important for the evenings.

**Weather:** Cool – October to February. Hot – March to June. Wet/ Monsoon – July to September.

**Gear List:** To be provided to team members.

**First Aid:** A medical kit will accompany the trek. You should bring your own personal first aid kit consisting of the following: A broad spectrum antibiotic, antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, Band-Aids and blister treatment, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

**Language:**

Hi – Salam!

Welcome – Khush Aamdeed

Thank you very much! – Bahut Bahut Shukriva!

What is your name? – Aapka Ka Naam Kya Hai?

My name is.... – Mera Naam ... Hey.

Yes – Haan

No – Nahi

**Culture:**

Family is very important and is a Pakistani's identity. Female relatives are protected from outside influences. It is considered inappropriate to ask questions about a Pakistani's wife or other female relatives.

People are respected because of their age and position. Pakistanis expect the most senior person, by age or position, to make decisions that are in the best interest of the group. Titles are very important and denote respect. It is expected that you will use a person's title and their surname until invited to call them by their first name.

Greetings are therefore often between members of the same sex; however, when dealing with people in the middle class, greetings may be across sex lines. Men shake hands with each other. Once a relationship is developed, they may hug as well as shake hands. Women generally hug and kiss each other. Pakistanis take their time during greetings and ask about a person's health, family, and business success.

If invited to a Pakistani's home, bring the hostess a gift. If a man must give a gift to a woman, he should say that it is from his wife, mother, sister, or some other female relative. Gifts are not opened when received. **Gifts are given with two hands.**

If invited into a home, remove your shoes. Show respect for elders by greeting them first. In more rural areas, it is still common to eat meals from a knee-high round table while sitting on the floor. Many people in urban areas do not use eating utensils, although more westernized families do. When in doubt, watch what others are doing and emulate their behaviour. Do not start eating until the oldest person at the table begins. You will be urged to take second and even third helpings. Saying "I'm full" will be taken as a polite gesture and not accepted at face value. **Eat only with the right hand.**

**Communication:** The team will have a satellite phone and will send daily Dispatches to allow our friends and family to follow along our mission.

## Before you go:

Return the following information to [info@ClimbingForChrist.org](mailto:info@ClimbingForChrist.org).

- Acknowledgement of Risk
- Certificate of Physical Fitness
- Paper copy of passport
- Travel insurance information
- Membership Profile

Note: This paperwork will be emailed with Team Updates.

## Suggested Reading List:

- *True Religion* – by Palmer Chinchin
- *Radical* – by David Platt
- *Before You Go – A 40 day Devotional* – by Jack Hempfling

## Embassy Contacts for North Americans:

**Pakistan – Islamabad**, High Commission of Canada

**Address:** Diplomatic Enclave, Sector G-5, Islamabad, Pakistan

**Tel.:** 92 (51) 208-6000

**Pakistan – Islamabad**, USA Embassy

**Address:** Diplomatic Enclave, Islamabad 44000, Pakistan

**Tel:** (+92) (51) 208-0000

## Where in the world is Pakistan?

