

## VISITING TEAM INFORMATION

This information is provided in order to make the most of your planned visit to NHOP and to allow you to make any necessary preparations prior to your arrival.

**Length of Stay:** The usual stay is Monday to Friday. We ask teams to arrive on Monday afternoon or evening (unless by prior arrangement in exceptional circumstances). Teams should plan to leave either Friday evening, or before noon on Saturday.

**Cost:** Cost is \$70 per day per person (\$60 for students), or \$100 per couple. This includes accommodations and 3 meals per day. A \$500 deposit is required six-eight weeks prior to your team's arrival.

**Accommodations:** Most of our rooms contain twin beds, and some are dorm-style. Non-couples have to be willing to share rooms. *A list of names and gender of team members will be needed before your arrival* in order to prepare room assignments. Bed linens and towels are supplied.

**Changes/Cancellations:** Reserving your week at NHOP ahead of time is important and we require six weeks notice if you are going to postpone or cancel your stay. This will allow enough time to book others in. The need for consistent prayer is foremost and we'd like to avoid any gaps if possible.

**Payment:** We ask that the team leader collect payment from team members before coming and make one payment to NHOP upon arrival. We can accommodate individual members who wish to make payment by credit card, but we ask the team leader to be responsible for ensuring each team member has paid.

**Team Leader:** Please let us know who your team leader is. For our records, we would appreciate receiving from the leader a list with each team member's name, postal address and email address.

### **Regular Daily Schedule:**

*(Always subject to the leading of the Holy Spirit.)*

***Mornings*** – Sessions at NHOP. Worship, prayer and teaching on prayer for government.

***Afternoons*** – Generally spent at Parliament Hill, in the Visitors Gallery, for Question Period, and can include a visit with your M.P. or Senator.

***QUESTION PERIOD:*** Passes and a group reservation are required for access to the Gallery. Passes should be requested from your M.P.'s office prior to arrival. Getting passes from your M.P. does not guarantee a place in the gallery, however. Your M.P. must also call the office of the Sergeant of the Gallery, 613-947-6633, to reserve a spot ahead of time for your group.

***VISIT WITH YOUR M.P. AND/OR SENATOR:*** An additional option for one afternoon is to visit with your M.P. and/or Senator in their office. We recommend you contact them ahead of time and schedule a visit. This is often one of the highlights of the week. The main purpose of the visit is to meet your M.P./ Senator, and to let them know that there are folks praying for them. Most teams have offered to pray for their M.P. or Senator on the spot and no one has been turned down yet!

The Parliamentary website [www.parl.gc.ca](http://www.parl.gc.ca) is a good source of information – including your M.P. or Senator's telephone number.

Other afternoon possibilities include a tour of Parliament Hill, with a visit to the Peace Tower, visiting the Governor General's residence, the Prime Minister's residence, or the Supreme Court, and prayer walking around the city.

***Evenings*** – Usually spent at NHOP praying about the events of the day or any issues that have arisen.

***Meal clean-up*** – Because NHOP does not have a large staff, teams are asked to create a rotation of volunteers to assist with clearing tables, doing dishes and sweeping the dining room after each meal. Two volunteers are needed per meal.

**Transportation:** We are unable to provide transportation to and from the airport. Van taxis are available upon request at the Ottawa airport taxi stand. Airport shuttle buses are also available, but cost about the same as shared taxis.