



CHOICEHUMANITARIAN

Nepal

Appendix



COUNTRY MAP



Capital: Kathmandu / **Population:** 29+ million / **Area:** 54,362 sq. miles
Language: Nepali, Hindi / **Government:** Federal Democratic Republic
Neighboring Countries: China, India



International Airport:
Kathmandu: Tribhuvan Airport (KTM)

Area of CHOICE Focus: Duradanda
Region of Lamjung District (eastern side
of Anaporna Circuit Trek)

Registered as a local NGO, CHOICE Humanitarian utilizes its proven model of self-development to empower and mobilize rural villages across central Nepal. Since beginning operations in 1999, CHOICE Nepal has impacted more than 1000 villages, promoting positive change in the lives of over 550,000 native Nepalese villagers.

Volunteers participating in CHOICE Expeditions will arrive to Kathmandu (Tribhuvan International Airport – KTM) and depart from Kathmandu (unless indicated otherwise). Almost all expeditions take place in the rural villages of the Lamjung District with increasing elevations between 4500-6000 feet above sea level. Frequent expedition projects include the construction of village schoolhouses and regional health clinics. You are invited to join CHOICE in building people, not just projects!

TRAVEL REQUIREMENTS

PASSPORT

A valid international passport is required for all volunteers traveling to Nepal. Your passport must be valid for at least **6 months BEYOND** the date of the international return airline ticket.

VISA

A travel visa is required for US citizens visiting Nepal and can be obtained upon arrival to the international airport. Please note the following requirements:

- \$25.00 or \$40.00 in cash** (depending on length of travel inside Nepal: 15 DAYS vs. 30 DAYS)
- 1 passport photo**
- proof of return international airline ticket**

Citizens of other countries might be subject to different requirements to enter Nepal. Please consult international embassies and/or consulates for further information.

If traveling to other nations in transit to/from Nepal (including connections), you are responsible for researching the proper passport and visa requirements to avoid immigration problems and issues.

TAXES

In most cases, international airline tickets often include other arrival taxes and fees for Nepal. However, please consult with the airline and/or travel agent to be sure. These charges are subject to modification.

Upon departure from Nepal, a required airport tax could be charged: approx \$25.00 (cash) per person. However, some international airline tickets often include these taxes, so please consult with the airline and/or travel agent to be sure. These charges are subject to modification.

VACCINES & IMMUNIZATIONS

There are no vaccination requirements for US citizens to enter Nepal according to the Center for Disease Control and Prevention. However, citizens of other countries might have distinct requirements and are therefore encouraged to consult international embassies and/or consulates for further information.

CHOICE recommends that all volunteers be up-to-date with routine vaccinations (MMR, DPT, Hepatitis A, Hepatitis B, Typhoid). CHOICE suggests that each volunteer consult with an international travel clinic for professional medical advice regarding travel vaccines and immunizations. For the most benefit, please see a health-care provider at least 4-6 weeks prior to departure for vaccines to take full effect.

Although yellow fever is not a disease risk in Nepal, the local government requires travelers arriving from countries where yellow fever is present to have proof of yellow fever vaccination. Therefore, please consider your comprehensive travel plans when consulting a health-care provider for those vaccines required across multiple countries and destinations.

TRAVEL INFORMATION

CURRENCY

Nepalese Rupee (NPR)

1.00 US Dollar = 100.00 *Rupees* (2013)

ELECTRICITY

220-240 volts AC (60 Hertz)

Plugs: round 2-pin / round 3-pin (same as Russia and India)

WEATHER

DRY SEASON: October – April (hot in the afternoons, cooler in the evenings)

**rain is occasional*

HIGH: 75°F – 80°F / LOW: 40°F – 45°F

RAINY SEASON: May – September (hot and humid in the afternoons, cooler and damp in the evenings)

**rain is frequent (occasional monsoons)*

HIGH: 85°F – 90°F / LOW: 55°F – 60°F

FOOD

During the expedition, CHOICE will provide 3 daily meals to all volunteers while in the village. The local diet consists of rice, *dhal* (gravy), different types of curry, *saag* (spinach), and bitten rice (oatmeal). Expedition participants can expect to eat standard American foods combined with local elements: cereals, breads, salads, soups, chicken, fruits, salsas, etc. CHOICE will also provide drinks such as milk, fruit juices, and soda pop. Participants are encouraged to bring personal food and snacks that will not be available in the villages (supplement bars, sweets, etc). Drinkable water will be provided in the village.

PACKING LIST

This comprehensive packing list has been prepared as a convenience. The recommendations reflect the experience of CHOICE as well as recommendations from previous expedition participants. Please check with the Director of Expeditions at CHOICE Headquarters (801.474.1937) or the designated Expedition Leader for specific needs or concerns.

When reviewing this list, please **refer to the weather information provided above to coordinate which items to pack and take on a specific expedition (according to the month/season)**. CHOICE recommends that all volunteers check the weather forecast prior to departure to ensure appropriate packing. It is wise to think in **LAYERS** when preparing for a service trip abroad. **All volunteers are expected to bring a comfortable sleeping bag and foam pad (inflatable air mattresses optional)**.

CHOICE recommends that all volunteers pack as light as possible (since brief hikes might be required before entering and/or departing from the village). CHOICE also suggests duffle bags and camping backpacks as ideal packing equipment (instead of suitcases). **Please check with the airlines regarding luggage allowances and excess baggage fees. CHOICE will not be responsible for such fees.**

Participants have found that packing everything in large Ziploc-style bags makes it easier to find socks and shirts during the expedition, but also keeps clothes clean and odor-free. CHOICE suggests also bringing such a bag to store dirty clothes throughout the expedition.

*One golden piece of advice: Leave behind a clean change of clothes at the hotel or keep a clean change of clothes inside a bag during the entire expedition. Why? So that there is a fresh outfit to wear when boarding the international flight home! You'll thank us later!

NECESSARY ITEMS

- durable walking shoes (hiking boots or well-built tennis shoes)
- sandals or flip-flops (for use in shower and inside sleeping area)
- swimsuit (for use in shower)
- multiple pairs of socks (lightweight long socks protect ankles from insect bites)
- three (3) pair of work pants or knee-length shorts (casual, quick-dry – not jeans)
- four (4) or five (5) t-shirts or work shirts (casual, quick-dry – not sleeveless)
- sweatshirt and/or light jacket
- one (1) long-sleeve shirt for the evenings
- simple rain poncho
- underclothing (enough for entire trip without washing)
- pajamas appropriate for group sleeping
- hat or sun visor
- antibacterial wet wipe packets (80-100 per person) and/or antibacterial hand gel
- toothbrush/toothpaste
- deodorant
- pocket size packs of tissue
- water bottle (plastic or aluminum)
- inexpensive durable watch
- change of clothes that will be functional in the village (packed in carry-on luggage)
- travel pillow
- camera (plus extra battery and extra film/disk)
- extra prescription medicine (packed in carry-on luggage)
- sunscreen (SPF 15 or higher)
- lip balm
- minor blister/wound care (band-aids, moleskin, triple antibiotic cream etc.)
- pain reliever (ibuprofen, etc.)

- diarrhea medication (imodium, etc.)
- constipation medicine
- decongestant or allergy medication
- personal prescriptions
- mosquito repellent with at least 20% DEET
- chigger cream
- medium to warm sleeping bag (lightweight bag is easier to manage and pack)
- small inflatable mattress or foam pad
- headlamp with new batteries

- good work gloves
- jumbo and mid-size Ziploc bags (for dirty/wet clothes, garbage, organizing and packing)
- personal hygiene items: towel, washcloth, soap, shampoo, toilet paper, etc.
- day bag (to transport water, jacket, hat, gloves, camera, snacks to worksite)
- personal journal and pen
- CHOICE travel documents (sent via email)

RECOMMENDED ITEMS

- sleep aids (ear plugs, etc.)
- book about Nepal (pocket guide)
- battery-operated pump with spare batteries (for optional air mattress)
- cold water soap to wash out clothes
- cultural sharing items (small musical instruments, photo albums, etc.)

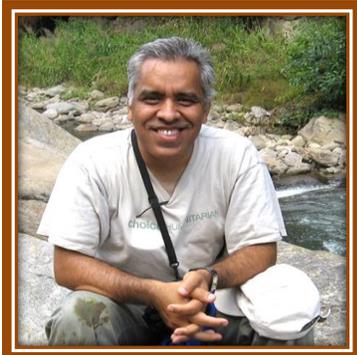
- supplies and games for village activities (fingernail polish, materials for necklaces and bracelets, frisbees, soccer balls/ pumps, etc.)
- small multi-tool or pocket knife
- compact travel games or cards
- small calculator (to calculate currency exchanges)

OPTIONAL ITEMS

- morning alarm
- bandana (used around head or neck)
- sunglasses
- travel sewing kit
- snacks, sweets, powder juices

- clothes pins or safety pins (for hanging clothes)
- compact indoor games or projects
- star guide book
- “Freshet” or “Go Girl” (this is a girl thing)

FIELD STAFF



Bishnu Adhikari - Director of Operations

Bishnu, the voice of CHOICE Nepal since 1999, holds advanced degrees in both Civil Engineering and Environmental Policy. Years of international experience in Russia and the United States have helped him in his work with rural development. He is the creator of the Village Development Program in Nepal and works with rural villages on local resource mobilization, exploring numerous economic opportunities for several communities.



Kiran Neupane – Programs Director

Kiran has been a superb ambassador for CHOICE since joining the team in 2002. With years of high school teaching experience, and an advanced degree in Sociology, Kiran dedicates his efforts to social mobilization, field coordination, and database management.



Chandra Mani Adhikari – CHOICE Coordinator

Chandra has vast teaching experience in the remote area of Kavere District. He joined the CHOICE team in 2007 is responsible for training teachers, village leaders, and overseeing accounting practices. Chandra holds advanced degrees in Education Management and Economics.



Prateek Sharma – Infrastructure Development Director

Prateek leads a valued infrastructure development team for CHOICE since 2009. Prateek assists in planning and managing volunteer expeditions, as well as organizing social enterprises among rural villages. He holds degrees in Law and Construction Management.

LANGUAGE

While serving on a CHOICE expedition to Nepal, some rural villagers might speak English. However, *Nepali* is the predominant dialect of the Nepalese communities.

(**NGA** = “ing” sound / **CHHA** = aspirated “cha” / **Ai/Au** is pronounced with swift succession “a + i/u”)

ENGLISH	NEPALI
Hello - How Are You?	Namaskar. Sanchai Hunuhunchha?
I Am Fine	Ma Sanchai Chhu
What's Up?	Ke Chha?
How Is Your Family?	Tapaiko Pariwar Sanchai Hunuhunchha?
How Are Your Children?	Tapaika Keta Keti Sanchai Chhan?
My Name Is <u>Joanne</u>	Mero Naam Joanne Ho
What Is Your Name?	Gina Lako Nani?
Mother	Aama
Father	Baba
Brother	Bhai, Dai
Sister	Bahini, Didi
Children	Keta, Keti
Grandmother	Hajur Aama
Grandfather	Hajur Ba
Yes	Ho
No	Hoina
Thank You	Dhanyabad
You're Welcome	Swagatam
Pardon Me (I'm Sorry)	Maph Garnuhos
I Don't Understand	Maile Bujhina
Good	Ramro
Pretty	Sundar
Water	Paani
Food	Khaana
Good (Delicious)	Meetho
Goodbye	Namaskar
Good Morning	Su-Prabhatam
Good Evening	Subha-Sandhya