Volunteer advice and short guide to Nepal

THINGS TO KNOW WHEN YOU GET TO NEPAL

Kathmandu International Airport

- The visa on arrival costs 15 Days – 30 USD, 30 Days – 50 USD, 90 Days – 125 USD for a tourist visa. **ONLY ASK FOR THE TOURIST VISA** as it is less hassle. To save time at the airport we highly recommend you apply for the visa online at https://nepaliport.immigration.gov.np/. You can pay the visa fee at the airport upon arrival. If you are here for a different amount of time, you can also apply for a tourist visa extension (minimum 15 days for 45 USD and 3 USD for each additional day). In Nepal you can get a visa for only 150 days out of the whole year.

  For the visa application, please use this name/address:
  Hari Trek Pvt. Ltd.
  Mhepi Jana Marga
  House No. 20
  Ward No. 16, Kathmandu, Nepal
  Tel. No. 00977 9841 274676

- You will be picked up at the airport and transported to Sirjana Basnet's Bed & Breakfast house in Kathmandu for a fee of 15-25 Euro per car. Email us your flight details and we will make arrangements. From here you will spend some days seeing the city and participating in the introduction course.

- You may want to bring 6-7 extra passport-picture-sized head shots. You can use them for extended passes at temples. (If not, you can have them made in the airport and in Kathmandu).

- Don't change money in the airport. Rates are much better outside. Talk to Hari or Srijana regarding money withdrawal. It is recommended to bring cash (Euro and USD) that you exchange in Kathmandu or a debit card to withdraw from an ATM. There are no ATMs in Meghauli or Daldale.

- You can buy a SIM card with a Nepali phone number at the airport or in Kathmandu. Make sure your phone is unlocked or bring a second unlocked phone to use. The SIM card plus unlimited data for 28 days costs around Rs. 1200. If you have a Nepali phone number, you can sign up to use ridesharing apps like Pathao and Indrive (similar to Uber).

- If you need help carrying luggage from the airport, locals will help, and they will expect a good tip (10 to 20 USD) to carry and load your bags in the taxi. They will ask repeatedly. If you don't need help carrying your luggage, insist that you don't need help and that you'll carry your own bag.

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Kathmandu

- It is highly recommended for you to stay in Kathmandu for at least a few days for Orientation (i.e. acclimatization to the weather, and to get used to food and culture, etc.)

- It is highly recommended for you to stay with a host family so you can learn about new culture and get used to Nepali food. Srijana Basnet's B&B in Kathmandu is the perfect place for you to stay, and it is close by to places like the tourist center Thamel (10 mins walk). They charge 15 Euro per day per person which includes breakfast. You may have to share a room. They have nice bedrooms with a European bathroom on the top floor of the house with access to the roof where you can see a nice view of the monkey temple. Laundry service and Wi-Fi is also provided for free.

- BE VERY CAREFUL WITH DRINKING WATER BECAUSE OF WATER-BORNE DISEASES. Everyone in Kathmandu drinks boiled water, which they have at Srijana's house so you can drink the boiled water there. When brushing your teeth please use boiled or bottled water. When you go outside of the house make sure to bring a water bottle filled with boiled water or buy bottled water.

- For souvenirs in Kathmandu or any other tourist city, we suggest you bargain and lower the price as long as you have a smile on your face. Bargaining is not necessary in Meghauli. Remember you are not just buying things but also supporting the local economy.

- During your stay in Kathmandu, you might also want to take advantage by visiting some places such as Swayambhunath Temple (aka monkey temple), Pashupatinath Temple, Bhaktapur Durbar Square, Basantapur Durbar Square, Boudhanath Stupa, Patan Durbar Square, etc. **If you want to visit these places, please calculate around 60 Euro extra in your budget.**

  Ticket Prices in Nepalese Rupee:

  - Boudhanath Stupa: Rs. 400
  - Swayambhunath Temple: Rs. 200
  - Basantapur Durbar Square: Rs. 1000
  - Pashupatinath Temple: Rs. 1000
  - Bhaktapur Durbar Square: Rs. 1500
  - Patan Durbar Square: Rs. 1000
  - Narayanhiti Durbar Museum: Rs. 1000

- A mountain flight is also highly recommended if you have enough money. It costs around 225 USD for 1 person. The flight is around an hour with a window seat. If you don't see mountains, then they will refund your money.

- Things you might want to take to Meghauli: umbrella, raincoat, mosquito spray, sunscreen, flip flops, mosquito net, toiletries, laundry detergent, soap, etc.

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Recommended packing list: http://acypher.com/Nepal/pack.html

How to get to Meghauli from Kathmandu

- Bus leaves for Meghauli every day from Kathmandu at 11am. It costs around Rs. 1,200 (taxi to the bus station + bus ticket to Meghauli). It might be quite difficult to travel during monsoon season so make sure to stay in Kathmandu for a few days after arriving in Nepal and come back to Kathmandu a few days before your departure.
- Another option is to fly to Bharatpur from Kathmandu and then local bus to Meghauli. It costs around 110 USD for the flight (one way) and around 20 Euro (Nepalese Rupee 2000) for the taxi to Meghauli.
- Eat lunch at your host family's house before leaving for Meghauli. On the way to Meghauli be very careful with food and water. Usually, the bus stops at a restaurant where you can get Nepali food i.e. rice, dal, and vegetables. Please avoid eating there as it might make you sick.

Meghauli

- You will stay in Sabitri Bhandary's house (Hari's brother's house) or Bishnu's house (Hari's sister's house). They'll charge you 15 Euro per day per person which includes breakfast, lunch, and dinner. Laundry service is provided for free but you have to buy detergent on your own. They also have hot showers and free Wi-Fi but it is quite slow.
- **Clinic Nepal and friends initiated a safe drinking water project which is why you can now drink the water directly from the tap in Meghauli.**
- Dress code for guys: shirts, shorts/pants
- Dress code for girls: covered shoulders, covered knees (skirts/dresses or long pants)
- For a very cheap price (ranging from 3 Euro to 20 Euro depending on fabrics) you can buy fabrics to make Nepali clothes. Talk to your host family for more information.
- **Please consider and respect the Nepalese culture. Women must never reveal certain parts of their body. If swimming, avoid bikinis and try wearing shorts and a T-shirt. Respecting the culture will give you mutual respect.**
- For handicraft items (such as carved rhinos, elephants, tigers, etc.) you can buy from Tara B.K. He lives behind Clinic Nepal and has his own store. He was sponsored by Clinic Nepal to go to carving school and now has his own business.
- Try and have lots of small rupee bank notes (Rs. 5, 10, 20, 25, 50, 100 and 500) if you can.

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- Taking drugs is not allowed in Meghauli. Please do not smoke cigarettes in public. Please do not drink in public. You do not want people to develop a bad impression of you when you are representing Clinic Nepal.
- **All suggestions, complaints, or problems are to be immediately addressed with Hari Bhandary, Suman Paudel, or Ram Bhandary.**

Food in Kathmandu, Meghauli, and other places

- Fruit is quite safe but we do suggest peeling apples and mangoes. Make sure to wash all fruit with boiled water before eating.
- Meghauli offers a huge variety of foods and snacks. Please ensure you check all expiration dates as many items are out of date by a few months!
- Prices on food will vary but normally the prices are quite cheap.
- **Please avoid all street food everywhere you travel. You do not want to get sick!**

Activities you might to do in Meghauli and around Meghauli

- Contact Manesh Limbu for all jungle activities (see prices below). If you buy a package, it would be cheaper for you to do everything all together. Jungle activities include a jungle walk, elephant ride, bird watching, sunrise, sunset, boat ride, elephant ride/bath, walking around Meghauli villages, etc. The price for the package is 110 Euro or 115 USD for 3 days' activities. We highly recommend you to do this tour as it is a very nice experience.
- Local restaurants to try sometime: Saranga Wildlife Resort, Bamboo Restaurant for some Nepali and Indian foods, Chautari Restaurant (in front of Sabitri Bhandary's house) for MoMo, etc. MoMo is something you might want to try-- you'll love it! It is similar to dumplings but the sauce that comes with it is what makes it taste different.

Aashako Kiran Kindergarten/Hostel, Daldale, Nawalparasi, Nepal

- It is around 50 km away from Meghauli and 25 km from Bharatpur.
- About 50 children live at the Aashako Kiran Hostel at one time.
- They will charge you 15 Euro per day per person which includes laundry service when there is electricity, Wi-Fi, breakfast, lunch, and dinner. Do not forget to take laundry detergent with you. They will boil water and refrigerate it for you.
- While you are in Kathmandu things to buy to take to Daldale: umbrella, raincoat, mosquito spray, sun screen, flip flops, mosquito net, toiletries, laundry detergent, soap, etc.

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➢ Lumbini, the birthplace of the Lord Buddha, is about 120 km which takes around 4 hours to get there. It will take an entire day to visit Lumbini.

Welcome to your internship or volunteer work at Clinic Nepal!

First steps

Our goal is that you, the patients, and the people you will see benefit from what you have learned so far in university and life in general. You are welcome to bring aspects of your culture into your life here and observe and learn from the culture in Nepal. You will quickly learn that working as a volunteer here may be a bit different from what you might have experienced so far at home.

People in Nepal will strongly encourage you to get involved. They will often suggest ways for you to help. In this team, especially at your work in Clinic Nepal, everyone should have an idea of what needs to be done. After you get to know all the places where we work, you can think about where your effort and medical expertise may be helpful. Don´t hesitate to help and ask questions!

This will probably be the main difference to what you have been used to as a student. You are an important part of the team now and we want to encourage you to actively take part in it.

Because of the different language and culture, you might have difficulty understanding someone's intentions during a conversation. Don´t be shy to ask questions if needed. This will help you learn as well.

Clinic Nepal Sample Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am - 5pm Health Assistant	9am - 5pm Health Assistant	9am - 5pm Health Assistant	9am - 5pm Health Assistant	9am - 5pm Health Assistant	9am - 5pm Health Assistant	9am - 5pm Health Assistant
2pm - 4pm Physician	2pm - 4pm ENT	2pm - 4pm Gynecologist Radiologist	4pm – 5pm Dermatologist	2pm - 4pm Orthopedics	10am - 1pm Dentist Ophthalmologist 2pm - 4pm Physician	

In the fiscal year 2023-2024, over 5000 patients were treated directly in Clinic Nepal!

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Useful

If you have any medical instruments that are not used anymore but can be useful in a medical developing country feel free to bring it with you. As we see a lot of specialists in the clinic you can also bring your own personal equipment to use.

Some students have a short book or notes of general treating standards and guidelines. Bringing this information could be helpful both for you and the clinic.

Consider bringing a small first aid kit for personal use (see the above packing list, also consider adding electrolyte replacement salts, anti-emetics)

Bring or make a short list of nepali words often used by patients (words like pain, fever, etc.), it really helps. You don't need to be fluent, as you will still see patients with one of our healthcare professionals.

Enjoy your stay here, it will be a great new experience for you to see and realize what it means to be a medical volunteer in a country like Nepal.

Useful Links

WHO | Nepal

www.who.int/countries/npl/en/

Health topics

www.who.int/topics/en/

Data and statistics

www.who.int/research/en/

International Travel and Health

www.who.int/ith/

ADVENTURE CHITWAN

Meghauli Package

Ways to Get to Meghauli - Telauli
Flight: Kathmandu – Bharatpur Airport – 110 USD Taxi from Bharatpur to Meghauli- 20 Euro
(Flight: Kathmandu – Pokhara Airport – 123 USD)
Bus: 177 km – Rs. 500-700 – 5-6hr drive (tourist direct bus to Meghauli)

Jungle Walk

- **In National Park**
  1. Half Day – 2 Guide – Rs 1,000+2,500+ Rs 2,000 National Park entrance fee+ Rs 1,000 lunch = 6,500Rs per person
  2. Full Day – 2 Guide Rs 3,000+1,500 + Rs 2,000 National Park entrance fee+ Rs 3,500 boat safari+ Rs 1,000 lunch with fruits = 11,000Rs per person

- **In Community Forest**
  1. Walk Safari 3 hours = Rs 2,500 per person (Guide fee Rs 1,500 + Rs 1,000) Bird watching, animal sightseeing and river bank walking.

Ride

1. Elephant Ride (if available) – 3700Rs – 1hr p/p (entrance fee included)
2. Boat Ride – 4000Rs p/p – 1hr – Includes Chitwan National Park Ticket

Bird Watching

1. Half day- Rs 2,500Rs per person (outside the park)
2. Full Day – Rs 7,000 with 2 guides (inside National Park)

Cultural program

1. Tharu Tribal Dance – Rs 4,000 – 1hr
2. Nepali Folk Dance – Rs 3,000 – 1hr (Women Group/Aama samuha)

Sunset View

1. 500Rs p/p – 8km away

Crocodile Breeding Centre (13km away from Meghauli)

Ticket Entrance: 2,100Rs (P/P)
Guide: 1,000Rs
Jeep Hire: 7,000Rs or

Motorcycle hire: 3,000

Elephant Breeding Centre (35km away)

Guide: 1,000Rs
Jeep: 7,000Rs or
Motorcycle hire: 3,000
Entrance fee: 50Rs – P/P

Elephant bath (if available)

Rs 2,500 Per person

If you have a group, prices may decrease with more than 2 people.

If you are interested in an adventure package, and/or staying in the resort or hotel, please contact Hari Bhandary or Hari Trek Pvt. Ltd. For the most affordable resort, it includes activities, tea/coffee, 3 meals a day, with pricing starting at $210 for 1 night and 2 days, $310 for 2 nights and 3 days or $400 for 3 nights and 4 days. Depending on where you'd like to stay, prices may increase.

Note: This information handbook about travelling Nepal is based on experiences and knowledge of Saurav Bhandary, Global Peace Exchange Nepal Team, Hari Bhandary, and Clinic Nepal staffs.

Date last updated: January, 2025 (information subject to change)

Our concern is your health and safety!

Disclaimer: Adequate safety, health, and welfare precautions will be provided while at the clinic. However, Clinic Nepal and affiliates will not be liable in the event of any damages, injury, accident or death.

I HOPE YOU HAVE A WONDERFUL STAY IN NEPAL! WE APPRECIATE YOUR WORK AND ARE LOOKING FORWARD TO WORKING WITH YOU.

“THANK YOU”
“DHANYA-BHAD”