



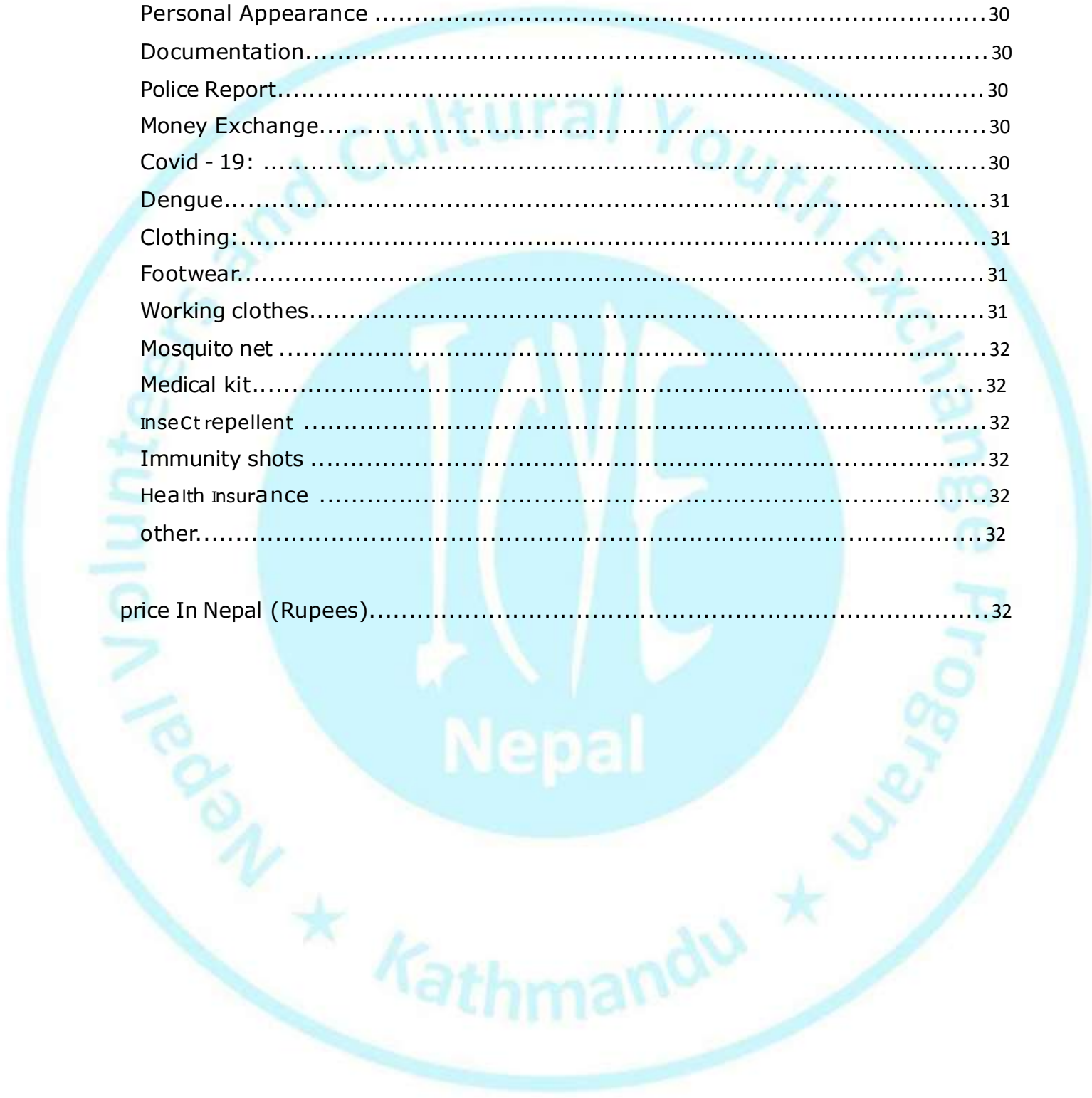
National Profile 2024 - 2025



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Nepal Geography:



Nepal is a landlocked nation that is bordered by Tibet Autonomous Region of China to the north and India on three sides. The shape of the country is rectangular 650 kilometers wide & 200 kilometers long.

The total landmass is 147,181 square kilometers. Nepal is dependent on India for transit facilities and access to sea. From the Bay of Bengal and via Kolkata, all products and raw materials are brought into Nepal.

Despite its tiny size, Nepal has a great diversity in landscape. The south of Nepal, which borders India, is flat and known locally as Terai. The Terai is situated about 300 meters above sea level. Once the mid-hills of over 1000 meters and as high as 8000 meters with the Himalayas in the north bordering China appear, the scenery abruptly changes. This rise in elevation is punctuated by valleys situated between mountain ranges. Within this maze of mountains, hills, ridges, and low valleys, changes in altitude has resulted in great ecological variations and has given rise to many different cultures, traditions, and languages.

Terai is also the most heavily inhabited area in Nepal, followed by the mid-hills, particularly big towns like Kathmandu and Pokhara. Winters in the Himalayas are bitterly cold, and many people flee to lower elevations. The Himalayas are a famous tourist destination. Tourists enjoy sports such as trekking, climbing, and whitewater rafting.

Cultural

Nepal is multicultural and very diverse. In general, it combines Indian and Western influences with Nepal's own. Nepalese culture is an amalgamation of Indo Aryan, Tibetan & Mongolian cultures. Furthermore, Hindu and Buddhist traditions have an impact on Nepali culture. Various ethnicities and religions have different ways of speaking, thinking, and interacting with the people, customs, and cultures. For instance, In the Indo- Aryan group, the status of women is relatively



lower than that of Tibeto-Burman group. Diverse ethnic groups have different attitudes and ways of living.

Religion is the integral and deeply rooted in Nepal. Hinduism, followed by Buddhism, forms the two main religions of Nepali. Majority of people follow Hindu in Nepal. Buddhism has also an important place in this country because Hinduism and Buddhism are closely connected and require a lifetime of study to understand the complexities of the country's religious life. These are co-religionists united by the worship of common deities and a sense of fellow-feeling and bonhomie particularly displayed and joint celebration of many festivals belonging to both religion or culture. Muslims are also the third largest religious group. The caste system, which divides people according to the caste which you were born, is still practiced in Indo-Aryan groups.

Although the practice is now banned in Nepal, caste-related abuse has not completely disappeared.

Language

Nepal, a small Himalayan country, is renowned for its multilingualism, unique culture, and ancient history. While most people speak their native languages, Nepali, also known as Khas-Kura or Gorkhali, serves as the official language. According to the 2022 census, Nepal boasts 131 spoken languages, with Nepali belonging to language families such as Tibeto-Burman, Indo-Aryan, Austro-Asiatic, and Dravidian. Maithili is an example of an Indo-Aryan language.

The Limbu ethnic group communicates in the Tibeto-Burman language Limbu, while Kusunda is an isolated language not affiliated with any known language group. Unfortunately, only a few individuals in Western and Central Nepal still speak Kusunda today. Ethnic communities across the country use 60 different languages, each tied to specific ethnic groups. Additionally, Nepal has developed sign languages such as Nepali, Jhankot, Jumla, and Ghandruk.

English usage is on the rise, particularly in the private sector, and has become increasingly common in communication. Since the advent of democracy, efforts have been made to address the marginalization of various ethnic groups during the monarchy. Schools now teach their languages, fostering connections among different ethnic communities.

Nepali Food



Nepali cuisine is a fascinating mosaic of culinary traditions that have evolved over centuries, shaped by the country's diverse landscapes, cultural influences, and climatic variations. The regional variations in Nepali food mirror the vast geographical spectrum of Nepal, ranging from the tropical lowlands of the Terai to the soaring peaks of the Himalayas.

In the lowland Terai region, where the climate is warmer, you'll find a palate dominated by bold, spicy, and robust flavors. The fertile plains are conducive to the cultivation of rice, and thus, rice forms the staple base for many dishes. The Terai is known for its delectable curries, often featuring locally sourced meats like buffalo (buff), chicken, or fish. Spices such as cumin, coriander, turmeric, and mustard seeds are generously used, contributing to the vibrant and piquant taste profile of these dishes.

As you ascend into the Himalayan highlands, the culinary landscape undergoes a transformation. The cooler climate inspires heartier and warmer meals, essential for coping with the chill of the high-altitude regions. The staple grain shifts from rice to varieties of millet, barley, and buckwheat, which are more suited to the harsher conditions. These grains find their way into dishes like Dhido, a dense and gluten-free dough-like preparation often paired with flavorful accompaniments such as pickles, vegetables, and meat or lentil soups.

The Newar community residing in the Kathmandu Valley contributes significantly to the diversity of Nepali cuisine. Their culinary repertoire is characterized by a wide array of delicacies, including Yomari (steamed rice-flour dumplings), Bara (fried lentil patties), and

an assortment of pickles and curries. Newari cuisine is a testament to the rich cultural tapestry that defines the Kathmandu Valley.

Street food, particularly in urban centers, plays a vital role in showcasing the vibrancy of Nepali flavors. Momos, those delightful dumplings filled with minced meat, vegetables, or cheese, have become a ubiquitous and beloved street food across the country. Often served with a tangy dipping sauce, momos encapsulate the fusion of flavors that characterize Nepali cuisine.

In the mountainous regions, where the influence of Tibetan cuisine is palpable, Thukpa, a noodle soup with meat and vegetables, is a popular comfort food. This dish not only provides sustenance but also a warm respite from the chilly mountain weather.

Nepali food is not only a feast for the taste buds but also a cultural journey through the diverse regions of this enchanting country. The culinary traditions, shaped by geography, climate, and cultural diversity, contribute to the unique and rich tapestry of flavors that define Nepali cuisine. Whether you're savoring the spiciness of the Terai or the heartiness of the Himalayas, each bite tells a story of Nepal's culinary heritage.

SOME BASIC RULES OF NEPALESE CULTURES

- Adaptability, humility, and open-mindedness are valued traits. Volunteers typically undergo a cultural orientation upon arrival in Nepal. Displays of affection between genders are rare, and public expressions such as kissing and handholding are considered offensive. However, it is acceptable for men to walk hand in hand.
- Openly expressing anger is discouraged, and criticism is best delivered privately.
- Bakshish, or extra payment for services, is commonly given to porters or laborers at the end of a job. Bargaining is expected, but one should only engage in it if genuinely interested in making a purchase. Once a price is agreed upon, it should not be renegotiated.
- Bathing in the hills has conservative norms, with men wearing shorts and women wearing a lungi pulled up under the arms. Dress code is conservative overall, with men avoiding going bare-chested and women refraining from exposing bare shoulders, halter tops, or shorts. Special occasions may call for ties and suits.
- Conversations may have moments of silence, as Nepalese people are comfortable with pauses.
- Cows are considered sacred, and caution is advised while driving to avoid them.
- Eating is done with the right hand, and it's polite to only accept as much as one can eat. It is considered good manners to ask for seconds.
- Feet should never be pointed at anyone, and if stretching out while sitting on the floor, they should be covered. Crossing over someone or stepping over others is considered impolite.
- Gifts are rarely given, and when received, they are seldom opened in front of the giver.
- Heads are considered sacred and should be treated with respect. Taking off a man's hat, even in jest, is discouraged.
- Invitations may come at the last minute, and a brief appearance is acceptable if one is busy.

- Jutho refers to ritually polluted food and should not be eaten. Left hands are used for personal hygiene and should not be used to pass or accept things.
- The traditional greeting and farewell are expressed with "Namaste" accompanied by a prayer-like gesture.
- Social occasions are typically paid for by the person extending the invitation, and sharing the bill is uncommon. Reciprocity is expected at a later date.
- Rice holds religious significance and is a status symbol. Some individuals may decline to eat certain rice dishes, and it is best not to insist.
- Shoes are considered unclean, and it is customary to remove them at the door. Others should not be asked to handle one's shoes.
- Temples, Buddhist monuments, and stupas should be circled clockwise, and shoes should be removed before entering. Dressing conservatively is recommended.
- Time is viewed flexibly, and appointments may not strictly adhere to the schedule. However, foreigners are generally expected to be punctual.



Climate



Nepal experiences a diverse climate, ranging from warm summers with mild winters in the low southern regions to alpine conditions with harsh winters in the mountains. The best times for trekking are early spring or late autumn when the weather is dry, and temperatures are moderate. Here's a seasonal breakdown:

Spring (March to May):

Ideal for trekking with long days and excellent visibility.

Average Temperature: 46 – 84° F / 8 – 29° C (in Kathmandu)

Rainfall: 10 – 70 mm

Autumn (September to November):

Clear skies with mild temperatures make this another favorable trekking season.

Average Temperature: 63 – 84° F / 17 – 29° C (in Kathmandu)

Rainfall: 129 – 239 mm

Monsoon (June to August):

Clear skies and minimal rainfall, providing perfect visibility.

Average Temperature: 45 – 67° F / 7 – 19° C (in Kathmandu)

Rainfall: 7 – 67 mm

Winter (December to February):

Cloudy, foggy, and cold weather prevails.

Average Temperature: 36 – 53° F / 2 – 11° C (in Kathmandu)

Rainfall: 0 – 8 mm

It's essential to plan treks during the dry seasons of spring and autumn to enjoy optimal weather conditions and breathtaking landscapes in Nepal.

HISTORY



Nepal's history can be traced back to the Kirats. The Kirats migrated from north-eastern Himalayas. They came to Nepal in about 700 B.C. and physically were short and had robust bodies, broad cheeks, flat noses, and dark eyes. They were well trained in the art of warfare and were very skillful archers. There were altogether 29 kings of this dynasty who ruled over Nepal for about 1225 years.

After the decline of the Kirats, the Licchavi Dynasty ruled Nepal in the late fifth century. Rulers calling themselves Licchavis, began to have substantial influence on the politics, society, and economy in Nepal. The first Licchavi king of historical importance was Manadeva. The Licchavis rule spanned over a period of about 630 years.

Malla Dynasty was the next most important dynasty to rule Nepal after the Licchavis: Beginning in the early twelfth century, leading notables in Nepal began to appear with names ending in the term malla, (wrestler in Sanskrit), indicating a person of great strength and power. Ari Malla (d 1200-16) was the first king to identify himself as a Malla king, and the practice of adopting such a name was followed regularly by rulers in Nepal until the eighteenth century. It is during the Malla dynasty that the foundation of the city of Kantipur (later Kathmandu) was laid.

Kathmandu

Shah Dynasty: Prithvi Narayan Shah unified Nepal, winning over many small hill principalities that were scattered all over Nepal. He succeeded his father King Nara Bhupal Shah to the throne of Gorkha in 1743 AD. After that, he marched into Kathmandu to end the rule of Malla dynasty. Prithvi Narayan Shah was successful in bringing together diverse religious-ethnic groups under one flag.

The Shah dynasty was successful in establishing a powerful kingdom, and their rule was characterized by infighting between courtiers and different queens for the power and favor of the King. This led to frequent massacres and disappearances of ministers and even queens.

Rana Dynasty:

In 1846, Jung Bahadur Rana seized power by massacring many courtiers and imprisoning the King inside his place. He had himself designated prime minister and later "Maharajah" with powers superior to those of the king. He established an oligarchy which would last 104 years.

The Ranas kept the country isolated for fear of losing their power and reign. They didn't also allow schools to open and kept the people uneducated. The Ranas built many Victorian buildings, costing thousands while many people died of hunger. In November 1950, after strong opposition from King Tribhuvan, who had been virtually held hostage by the Ranas for many years, and a coalition of political parties formed by Nepali people who were educated in India, the

Ranas relented and gave the power back to the King.

On December 15, 1960, King Mahendra, after a decade of trying different political systems, including democracy, established an absolute monarchy in Nepal. All political parties were banned, but elections were conducted. The candidates had to swear loyalty to the King and renounce any political affiliations. The system was known as 'Panchayat Democracy'.

In 1980, after pressure from the banned political parties, the King called for a referendum to choose between the Panchayat System and the multi-party Democracy. The Panchayat system narrowly won the referendum, but many observers felt the vote was rigged.

In 1989, a trade impasse erupted with India. India blockaded 17 of the 19 entry points. This led to a discontent among the general population as food prices rose and there were shortages of fuel and food. The political parties used this moment to demonstrate, and the King obliged to the wishes of demonstrators and ushered in multiparty democracy.

Maoist Insurgency:

The Maoists announced a 'People's War' on February 13, 1996, with the slogan "let us march ahead on the path of struggle towards establishing the people's rule by wrecking the reactionary ruling system of state." The 'People's War' was waged with the mission to establish a 'New Democracy' in Nepal. The Maoists chose remote, poverty-stricken hill regions to launch their armed revolt. The movement quickly spread, partly due to the effective campaign of the Maoists and partly due to the poor response from the government. Many remote hill regions became a 'no go' regions and Maoists were successful in even establishing their own People's government.

Royal Takeover Backfires and Nepal Becomes a Republic

King Gyanendra, who had come to power after King Birendra and his family had been murdered in a gruesome palace massacre, sacked the government, and took control of the country following a bloodless coup in 2005. He justified this move saying that the mainstream parties had failed to quell the Maoist insurgency. But his takeover backfired. The mainstream political parties formed an alliance with the Maoists and started protesting in the streets of Kathmandu and across the country. Earlier, the Maoists were limited to the mountains of Nepal. After continued protests and intense international pressure, the King gave in and the political parties formed a government, paving the way for the Maoists to relinquish violence and join the mainstream of national politics.

Election to constituent assembly (CA) was held in 2008. The Maoists went on to win the first CA elections and Nepal was declared a republic, ending 240 years of monarchy in the country in May 2008. The elected constituent assembly promulgated a people's constitution on September 20, 2015.

FESTIVALS:



Since time immemorial, Nepalese have celebrated the arrival and end of each season. Most holidays are intimately tied to religion, hence the bulk of them are either Hindu or Buddhist in origin, while many other festivals are also observed in the nation. Most of the Tibeto-Burman population lives in Nepal's northern area, where the hard winters are when most of the celebrations are held. Many of these celebrations are Buddhist in character.

Numerous ethnic groups hold their own festivals in the middle of the hills. For the Hindu community, Dashain is the main holiday, followed by Tihar, Fagu Purnima, and Shiva Ratri

as other major celebrations. In the southern region, there are a substantial number of people following Muslim religion and Eid is amongst many festivals that are celebrated here. The Chath is maybe the most well-known celebration in the south.

RELIGION

Nepal is a republic and a secular country. Nepal is a home to ten different religions. They are Hinduism (81.3%), Buddhism (9%), Islam (4.4%), Kirat(3.1%), Christianity (1.4%), Prakriti or nature worship (0.5%) , Bon, Jainism, Bahai and Sikhism. Hinduism has the largest following, while Buddhism has the second largest, and members of the two religions (Hinduism and Buddhism) have a very unusual affinity and celebrate one other's festivals. Nepal has a sizable Christian, Muslim, and Islamic population, as well as those practices animalism in some locations. Nepalese people are known for their religious tolerance and up to this point, there have been no religious riots or acts of violence.



ECONOMY



The GDP (gross domestic product) of Nepal was estimated at USD36.29 billion, 8.54% increases from in 2020. The major contributor to the Nepalese economy is agriculture (36%). The Himalayan nation is heavily dependent on remittances, which amount to as much as 31% of GDP. Following that, service center and industry are the two biggest contributors to the GDP. Nepal's biggest agricultural products are tea, rice, corn, wheat, sugarcane, milk and meat.

Nepal's workforce, estimated at 10 million, suffers from a severe shortage of skilled labor. About one quarter of the population live below the international poverty line of \$1.90 a day. The spectacular landscape and diverse, exotic cultures of Nepal represent considerable potential for tourism, but growth in this hospitality industry has been stifled by recent political events.

Many Nepalese also migrate to India in search of seasonal or permanent work. Recently, many have migrated to the Gulf countries and Malaysia. In the current FY, almost 86.28 per cent of the revenue is generated from taxable revenue, 7.3 per cent of revenue is generated from non-taxable revenue and 1.62 per cent is received as grants.

Road Conditions & Daily Transportation

The road traffic in Nepal is very chaotic and suicidal from the western perspective. But local Nepalese generally understand the rules and customs as applied in their country and don't really drive very fast in the city. However, it is important to emphasize the need for care when crossing roads. The long bus journeys in winding roads of Nepal can lead to travel sickness and it is advisable to bring appropriate medicine.

Our projects are in the local area. Walking or taking the bus is the most effective and cheapest way to get to and from city to your project. Travel time varies widely from project to project, and you should expect to spend 10-15 minutes traveling each way. It is very difficult to change your project placement after you begin volunteering, so please be ready to travel to your designated project daily.

Water

Jar water in Nepal is clean and safe to drink. If you prefer bottled water, it is easily purchased throughout Nepal.

Electricity

All city-based accommodations have electricity available 24 hours a day. Electricity throughout Nepal is 220-240 V, 50Hz. Be sure to check your electronics and small appliances for compatibility and purchase any adapters or converters necessary. The power plug sockets are of type C, D and M in Nepal.

It is important to keep in mind that in most developing countries services such as electricity, Wifi, and hot water may be less consistent than in your home country.

The Living Conditions:

Nepalese houses are simple and basic. In many village homes, you won't find a living room and family members will congregate in a kitchen to talk and eat. In these houses, toilet will be located outside the main house. But in most modern homes, the toilets are inside the house. The toilets are mostly of Asian style (squat). They won't contain any toilet papers also.

Most houses won't have tap or running water and they will use water pump. You must use this for your washing and the laundry. You will get a simple but clean room, mostly containing bed and a shelf and sometimes a table and a chair. It is possible that you must share your room with a host-brother or sister or another volunteer. Pillow and blanket can be provided, but it would be better and more comfortable if you bring your own sleeping bag and a mosquito net.

Food is provided three times a day: a light breakfast in the morning (tea and some bread), the first Dal Bhat (rice, curried vegetables, and lentil soup) between 9 and 10 am and a second Dhal Bhat in the evening between 6 and 8 pm. On special occasions you will get meat (chicken, buffalo, or goat) with rice. Even if Nepal is considered as a very poor country, there is enough food for everyone. During the day, you might get a snack like popcorn or puffed rice. Additionally, you could buy fruits or cookies and share them with your family.

Daily Life:

Nepalese people live in a joint family, and you will often see 2 or even 3 generations living in the same house. There is a tradition to respect the elders and follow their advice. As a part of this family, you should always show respect and follow their customs and speak politely to the elders.

Women in the house are usually busier than men with daily chores, including cooking. They also work in the field, while men go to work or do business or deal with outside matters. You can learn to cook, milk the buffalo or work on the field (planting rice and vegetables). Additionally, you can support them by doing the dishes and cleaning your room. Sometimes you might just watch TV or play cards with the whole family.

Younger family members are especially interested in learning about your family and culture and show great enthusiasm to converse with you in English. So, don't forget to bring some pictures and tell something about your life. Perhaps you can even get the chance to cook and show how food is prepared in your country.

Accommodation for the volunteers

Volunteers are accommodated with a host family living nearby the project area. In Chitwan, host families are very eager to take up new volunteers. In Kathmandu, however, volunteers are mostly accommodated in residential areas near the project site. Most of the families have experience with volunteers and will give you all the necessary advice and support you need to feel comfortable. Family members will be able to communicate with you in English, though they won't be fluent in the language.

Additionally, NVCYE Program members will visit you time to time and you can address any problems to the office in Kathmandu by telephone or email.

Nepal at Present

On May 28, 2008, the democratically elected members of Constituent Assembly overwhelmingly voted to end constitutional monarchy in Nepal and declare Nepal a republic with multi-party system. Since then, Nepal has President as the head of state, while all the executive powers lie with the Prime Minister, who heads the government. The legislative powers lie with the Constitutional Assembly.

After the election in May 2008, the Constituent Assembly had a mandate of two years, during which time it was tasked to write a new constitution and hold election for a new parliament. On Oct 2011, the Assembly failed to write the new constitution and its tenure was extended twice by its members much to the dislike of the general public.

The failure in writing the constitution had created many uncertainties in Nepal. The 4 major parties (2 communists, 1 based in Terai - a region close to India, and one a socialist) were locked in bitter disputes. However, after seven years of struggle, Nepal finally succeeded to promulgate a new people's constitution on 20th September, 2015.

Majority of the Nepali people have welcomed the constitution that recognizes Nepal's multilingual, multiracial and multi-religious make up. Under the monarchy, only one language, culture and racial group was prompted above others. Currently, all ethnic groups are free to practice their culture, language, and religion.

The political scenario of Nepal had remained volatile during the mid-2013, giving rise to political clashes, deadlocks and postponed CA elections. Despite repeated delays and inter party rifts, the CA elections were held again under the leadership of Khil Raj Regmi, the Chairman of the Interim Election Government. With the successful completion of the elections for the second constituent assembly on November, 2013, Nepal was on a phase of political transition. Nepal witnessed the Nepal Congress party getting a majority in the elections with sweeping votes from the public and got Sushil Koirala elected as the new Prime Minister of Nepal.

Despite the political deadlock and the global economic meltdown, the Nepali economy has continued to grow steadily. Nepal is one of the poorest countries in the world and majority of the population rely on subsistence farming for survival, so this growth is vital to bring the Nepalese out of poverty. The main reason behind the economy continuing to do well is immigration of Nepalese to India, Middle Eastern countries and other wealthier regions of the world. The remittance they send back to Nepal has kept the economy afloat and provided relief to the government when many small to large scale industries are shutting down due to trade union activities that frequently paralyze production.

This migration abroad of Nepalese seeking work has, however, emptied rural villages of workforce and many Nepali workers abroad face abuse and exploitation. Many do not even get jobs they were promised when they paid Manpower Agencies in Kathmandu when they had signed up to go abroad. These Manpower Agencies enjoy a bad reputation of manipulating these hapless workers and many of them have been closed by the government or are under investigation.

Tourism is the only home-grown industry in Nepal that currently seems to have a bright future. Nepal celebrated the year 2011 as a 'Nepal Tourism Year' and the year 2012 as 'Visit Lumbini Year' in a bid to attract a million tourists. The campaign had been advertised abroad and there had been a noticeable increase in the flow of tourists visiting Nepal. There are also people who had questioned the timing of this campaign as Nepal was locked in political deadlock.

For tourism to grow in future, Nepal is now heading towards a stable political environment. However, there needs to be heavy investment in infrastructure development. More trekking routes need to open up, Kathmandu and perhaps another international airport in Nepal needs to be well connected with other airports around the world, and roads, internet, hotels and other facilities like that needs to be built. Nepal and its people are still perceived very warmly around the world – the tourism industry needs to take advantage of this.

On 25th April 2015, Nepal was hit by a 7.8 Richter earthquake that claimed the lives of over 9,000 people and injured more than 23,000. The earthquake even triggered an avalanche on Mt. Everest, killing at least 19 trekkers. Hundreds of thousands of people have been rendered homeless, with many of them living as squatters in Kathmandu and elsewhere.

Despite national and international support, the government has failed to provide proper resettlement for the displaced. Many landslides were triggered in the monsoon that followed the earthquake. Roads were blocked and people from many villages were displaced.

Nepal Volunteers and Cultural Youth Exchange Program (NVCYE Program): Work Possibility for volunteers

It is a non-profit organization registered with the social welfare Council of Nepal government. It was founded in 2004. The organization aims to empower local communities by organizing community development, childcare, education, and construction projects. Since its establishment, it has been running volunteer program in Nepal for volunteer promotion and cultural exchanges. The NVCYE Program provides year-round volunteer opportunities in education, orphanages, conservation, and health care.

Our primary focus has been on community development and conservation programs. Though our headquarter office is situated in Kathmandu, our work is presently scattered throughout 5 of the 77 districts of Nepal. NVCYE is a non-profit organization that gets no government funding or substantial corporate sponsorship. As a result, it depends on the generosity of volunteers and contributors to promote its program throughout Nepal.

NVCYE Program provides a once in a lifetime opportunity for individuals who want to experience the stunning majesty of the Himalayas, nature, the rich cultural diversity and a simple of lifestyle in one of the most beautiful countries of the world. The NVCYE Program has established the majority of the volunteers' programs in picturesque valleys and hilly locations where volunteers are expected to give their efforts and enjoy a tremendous natural beauty along with the friendly behavior of Nepalese people. A combination of travel,

adventure, exploration, and contribution will undoubtedly make your Nepal visit an unforgettable remember.

Orphanage



Most activities at orphanage are focus on educational training for children. As a result, volunteer will be teaching English language, help them in homework, serving food in lunch and dinner, sanitation of children, helping to wear clothes and washing with them. Volunteers will participate in health education, games, drawing, painting and other creative activities for Children's development.

Teaching English



Volunteers in the teaching program will work as a primary schools' teachers between the ages of 6 to 15 years. The school Coordinator will provide a schedule based on volunteer preference and the needs of the schools. Volunteers will teach & educate kids in various grade levels in curriculum-related activities. You can organize extra activities as a teacher, such as games, plays, and painting.

Health

Nepal

Kathmandu

Program



In health program, volunteers will be placed in our local health center or health post. Volunteers having nursing certificate will be helping doctors, nurses, and other medical staff in treatment of patients with minor injuries. Also, volunteers can participate in other activities like record keeping, sanitation, medicine distribution and other on- going programs in the hospital.

Volunteers interested to work in the health project should have some level of work experience in health/medical sector. Only health professionals, medical students, nurses, and volunteers with similar experience are allowed to join the medical project. You must produce medical certification or an ID card which states that you are a medical student. Volunteers need to bring scrubs to work in inside the hospitals.

Program Structure

NVCYE Program provides a 1-week orientation program(for long term volunteer), including Nepali language instruction, introduction to Nepalese customs and culture, sightseeing in Kathmandu,

several days of exploration of a traditional hill village, and a visit to the jungles of the Royal Chitwan National Park.

You will learn Basic Nepali language quickly, and the Nepalese people will be excited to hear that you can speak little Nepali (the more Nepali you can learn the more you will have deeply enriching volunteer experience). You will arrive at

your placement with a basic understanding of Nepalese culture, ready to make the most of your time in Nepal.

1. Long term
2. Short Term (STePs)
3. Group Volunteering

Long Terms

NVCYE -P offers long term Programs where volunteers participate for 5 to 10 Month. August/September is our main window dates.

- For 10 months: August 07
- For 6 months: December/August
- 5 months: January/August around the year

What candidate can expect from NVCYE-P (Long Terms)

- On Arrival Training
- Mid Term
- Final Evaluation
- Pocket Money around 25 Euro/Month
- Airport Pick up, One week language classes during On Arrival Training program.
- Drop to Project after language classes (OAT)
- Communication with office staff, support from office

On Arrival Training: Upon Arrival of the long-term candidate, Nepalese Language classes for a week is provided with a proper orientation about Nepal and practical Tips and Sightseeing of Kathmandu is included. For the cultural activity based on time program is organized upon arrival for 2 days only.

Mid Term: It is organized during the middle of the program. It is a short program to share experiences of the volunteers with each other. Mid-term can be applied for 10 months of duration.

Final Evaluations: It is set before a month volunteer flies back to know their experiences and feedback.

What we expect from the candidates

- Make effort to Learn Nepali Language
- Accept Culture
- Respect the people around you.
- Don't expect more respect from project personnel and Host Projects
- Flexible and open minded
- Capabilities to Handle situation.
- Make your own initiation in volunteering work, do not expect people around you ask you to do the activity.

Short Term Program (STePS)

Short Term program is the program for the volunteer who want to experience a short experience in volunteering field. ICYE-Nepal has STePS program for 4 to 12 weeks.

Program offered in Steps.

- Childcare
- Education- teaching
- Monk Teaching
- Health care
- Agriculture
- Organic Farming
- Library Management
- Administration Management
- Data Collection

Note: The program fees of Monk Teaching, Organic Farming and Health care has different than normal ICYE-Program fees. Please contact to office first before you confirm with candidate.

Note: Work in Library, Agricultural work, Administration support (Must take Language class) and Monk Teaching for Short term only. French and Mandarin classes to school children.

Age Limit:

Required aged group is 18 to 35 and who are passionate about volunteering for outgoing exchanges. If any individual above the age of 35 is interested in ICYE volunteering program abroad, it is entirely up to ICYE to consider the case.

Hosting Condition:

NVCYE Program offers volunteering placements for anyone who wants to volunteer while living with a host family and engage in useful humanitarian work. For most placements, no experience or specialized skills are required. All you need is an open mind and a commitment to do something positive for local communities and for the people of Nepal. You don't even need to speak Nepali or perfect English.

You will work alongside local people in a place you want to volunteer. You will stay with a local family during your entire volunteering period. You will be warmly welcomed by friendly Nepalese people who will allow you the opportunity to immerse yourself in Nepalese culture in a way few tourists have ever been able to do. Whatever type of work you do, you will take home with your fond memories and satisfying moments, whilst also making local friends and gaining new perspectives.

Your Host Family:

NVCYE will manage your host family, in collaboration with local partners. Most of our host families have previous experience hosting international volunteers. The living conditions of the placement depend on the area. One should not expect luxurious accommodations in Nepal. You will be placed within a family setting with your own room.

Most placements have electricity. (If electricity is an asset, it can be arranged). Some members of host families may speak English. The room is clean and well ventilated. Most of our past volunteers have stayed with their host family as a son/daughter or brother/ sister. We expect that you will also treat them likewise.

Please keep in mind that placements in host families are not meant to be like any hotel stay. It is therefore important to follow the family rules at all times. This is also a noble gesture that shows you respect your host family and appreciate their hospitality.

Passport/Visa/Arrival:

Tourist Visa information Nepal 2024

Some useful information on visa regulation:

Incoming tourist into Nepal have it easier to obtain the visa. They can easily get it (tourist visa) [upon their arrival](#).

On-arrival Visa:

We generally suggest our volunteers get a pre arrival visa. However, depending upon your nationality, you may obtain a tourist visa upon your landing in the air terminal in Kathmandu, Nepal too. One can get 15, 30 and 90- day multiple entry visas costing Nepalese rupees the equivalent of USD 30, USD 50 and USD125 respectively.

CASH (no traveler checks, no credit cards accepted) and two-passport sized photos are required. Our volunteers join our program having a tourist visa and one must extend the visa every month. For more information regarding the visa please click [here](#). For e-visa please click [here](#). Visa Extension - a tourist visa can be obtained from the Department of Immigration in Kathmandu or Pokhara or Bhairahawa.

Telephone service of Immigration office: +977-01-4529659,

Office hours: Sunday to Thursday: 10:00am -4/5:00PM)

Visa application hours:

Sunday to Thursday: 10:00am - 3:00pm)

On Friday: 10:00am – 1:00pm and

On Saturday and other public holidays - 11.00 AM - 1.00 PM

Extensions are valid for 30 days and cost in Nepalese rupees equivalent of US \$50 at the government exchange rate. You must pay for visa extensions.

Volunteers are allowed to stay up to 150 days on a tourist visa around the year. If you hit the next calendar year, you can stay another 150 days with normal visa extension. This way a volunteer can do his or her volunteering for a maximum 10-month period on tourist visa. If someone likes to join for six months, they should come to Nepal on the first of December. And if he/she wants to participate for the next 10 months, he/she should join in August, volunteer till the end of the year and apply for visa extension of another 150 days beginning of January.

In Details:

Total Month	Arrival month and date
For 10 months	August 07/08
For 9 months	Beginning of September
8 months	Beginning of October
7 months	Beginning of November
6 Months	Beginning of December/August
5 months	Beginning of January or any dates around the year

Note: Volunteers are requested to get visa based on their stay during arrival because the cost for extension is double higher than On Arrival Visa, for long term it is good receive 90 days visa up on arrival which costs \$125 and lately can extend up to 10 months.)

In the visa application form, volunteers are asked to provide the address in Nepal while they will be during their stay. For that purpose, this address is good to use:

Santoshi Chalise

NVCYE(ICYE-Nepal)

Program coordinator

Kalanki-14, Tasindol Marg, Kathmandu

Cell number: 977 9815139399

Rules for volunteers while living with host family.

- Please do not use alcohol or any kind of drugs while staying with your host family.
- If your host family asks you to drink alcohol, please take it with care, as most of the locally made alcohols are very strong.
- Most Nepali people are Hindus and hence cows are considered sacred. So, please do not consume any dry beef meat or ask for it.
- The Nepalese society is very conservative (or not influenced by western culture), please dress modestly, and avoid any kind of dating or romantic activities with any members of the host family.
- Please do not use the facilities of the host family (TV, radio, VCR, bike etc) without their permission.
- Please clean all your clothes and dishes yourself. Always keep your doors closed when you go out.
- Host families offer Nepali food (three times a day including morning tea, lunch and dinner) for volunteers.
- Nepali food consists of rice, vegetable curry, pickle, meat (occasionally), daal (lentil soup) etc. Host families do not serve any exotic cuisine.

Adventure

A Jewel of the Himalayas:

With its roots in ancient times, Nepal is the birthplace of Buddha and Buddhism and contains many marvelous temples, wooden cities, and extravagant art. Just as its spiritual doctrines manifest throughout the world, Nepal's artistic, architectural, and natural beauty attracts adventure seekers from everywhere. Stepping upon the land of such an amazing, ancient culture, you cannot help but feel the spirit of its glorious past among you. Here, in all its awe and majesty, Nepal is a treasure of the East – a tiny tourist's paradise. Even though Nepal is a small country, it is enchantingly immense with its splendid diversity of both natural beauty and cultural heritage. Along with the Nepalese culture, this Himalayan nation contains phenomenal snowcapped mountain peaks, deep lakes, roaring rivers, and exotic wildlife. From catching glimpses of the mighty Bengal tiger to beholding the tallest mountain in the world, Nepal is a dream for all nature lovers. Traveling to this exotic kingdom will immerse

you in a land of awe, wonder, and amazement – both natural and cultural alike. Please do not miss out on an opportunity to explore this beautiful Himalayan country. As an adventure holiday, the itinerary of Annapurna Region is produced here as an example:

7 days Poon Hill Trek

Day 1- Kathmandu to Pokhara - drive to Pokhara about 200 km and takes 6-7 hours bus drive and prepare for trekking. Overnight at Pokhara.

Day 2- Pokhara to Tikhedhunga (1577m):

45 Km. drive from Pokhara via Naudanda, Kanre, and Lumle village up to Nayapool. From where the trail descends steeply to Birethanthi and follows the East bank of Bhurungdi Khola and reaches Tikhedhunga.

Day 3rd Tikhedunga to Ghorepani (2855m):

The trail ascends while you make your way through Ulleri village and its fantastic rhododendron forest, until you reach Ghorepani, which is the perfect place for an overnight stay.

Day 4th Ghorepani to Tadapani (2680m):

Early in the morning, trek to Poon hill, where you can witness the lifetime memory of the sunrise. From Poon hill, one can view over 30 white – capped Peaks, the whole Annapurna range. Many people talk about having a life changing experience after watching the sunrise over the panorama of the Himalayas. Then, walk through the forest filled with flowers (in the spring). Overnight at Tadapani.

Day 5th Tadapani via Chhomrong to Jhinu:

Tadapani offers good views of upper Modi valley. The route starts the long ascents high above the West Bank of Modi Khola. Jhinu is famous for Natural Hot Spring.

Day 6th Jhinu via Sayulibazzar to Nayapul:

This is quite long day walk but not hard. The trail goes down, up and flat. After reaching Pokhara, you will stay night at hotel.

Day 7th: Return to Pokhara to Kathmandu by bus,

Lunch will be on the way.

Camp 11 Days Trek:

Day 1st: Kathmandu to Pokhara: Drive to Pokhara, distance at 200 Km and is 6 hours bus drive.

Day 2nd- Pokhara to Ulleri (1685m): Pokhara via Naudanda, kanre, and Lumle village up to Nayapool.

Day 3rd - Ulleri to Ghorepani (1855m) - trail ascends Ulleri village and its fantastic rhododendron forest, until Ghorepani.

Day 4th - Ghorepani to Tadapani (2680m)

Day 5th - Tadapani via Chhomrong to Sinuwa

Day 6th - Sinuwa to Deurali Hotel (3000)

Day 7th - Deurali to ABC (4130)

Day 8th - ABC to and back Sinuwa

Day 9th - Sinuwa to Kyumi. - trail up to Chhomrong and the trail then descends to Jhinu.

Day 10th - Kyumi to Nayapool via Pokhara - trail goes up and down through Ghandruk, Nayapool and driven back to Pokhara

Day 11th - Pokhara to Kathmandu by Bus.

Annapurna Circuit (17 night/18 days):

Max Elevation = 5416m. Grade Distance = S 300 Km.

Day 01: Arrival to Kathmandu and hotel transfer

Day 02: Kathmandu valley site seeing Day

Day 03: Kathmandu to Besisahar; driving by Bus. **Day 04:** Besisahar to Bhulbhule; trekking for 7hours.

Day 05: Bhulbhule to Baundanda (6.30 hrs).

Day 06: Baundanda to Chyanje (7 hrs). **Day 07:** Chyangje to Dharapani (6.3 hrs).

Day 08: Dharapani to Chame (7.3 hrs). **Day 09:** Chame to Pisang (7hrs).

Day 10: Pisang to Manang (5.3 hrs).

Day 11: Manang to Yakk kharka (3 hrs), Lunch Camp.

Day 12: Yak kharka to Thorongphedi (4 hrs), Lunch Camp. **Day 13:** Phedi to Pass to Muktinath (10 - 12 hrs).

Day 14: Muktinath to Jomsom to Marpha (5 hrs).

Day 15: Marpha to Lete (5.3 hrs).

Day 16: Lete to Tatopani (5 hrs).

Day 17: Tatopani to Ghorepani (7hrs).

Day 18: Ghorepani to Poonhill to Birenthati, or Nayapool (6.3 hrs), and Drive Pokhara (1.30 hrs)

Traveling and field conditions:

- If you need supplementary holidays, please talk to your host and the principal/office/leader in advance before traveling. **Please note** that you are not allowed to travel on working days, if your workplace has not agreed to this.
- Always make sure that your host family knows about where you are and how you can be contacted. Always inform NVCYE Program's office in advance when travelling for longer than three days.
- Inform your host family or placement at what date/time you will be back and keep to that time. Let them know if any changes occur.
- Please make sure you got permission from your host family, if you want to take friend(s) to your placement for the purpose of visiting, staying, or celebrating. If your friend(s) stay for the night, please ask him/ her them to pay your host family for accommodation and food.
- In some cases, a change in the project and host family is possible, but the area of your work will not be changed.
- Volunteers are not permitted to change their original placement more than 2 times in the first 30 days, but if they wish to change the area of work, they have to contact the Katmandu office at least two weeks in advance.
- If volunteers find new placements by themselves or through the others organization and decide to leave program/project own self. NVCYE Program will not bear the any expenses of host family payment and pocket money.
- Our host family payment rate is between Nrs. 10,000 depending on the location which will go first week of every month.
- Exchanges/Volunteers can collect their pocket money in the first week of each month at the office or from the field staff.

Support for Community or Donation for projects

NVCYE Program is a volunteer organization. We do not receive any external funding from government or non-government sources. We run our program from the fees collected from volunteers. We need fees to run our organization and to run the community development program like orphanages, school (re) construction, eco-tourism center etc. We also support

local partner schools and other partner organizations by offering material help. Some of the projects we support are mentioned below:

- Organic Farming and Gardening development
- Orphanages and kindergarten
- Schools and eco-tourism project
- Social Marketing and Data Collection
- Library Management

Supporting local communities and helping the Nepali people should also be your aim when you sign up for our program.

We sincerely request our volunteers to respect local culture, people, and social norms. They should not feel uncomfortable about the living and working conditions in Nepal. Volunteering requires a lot of patience, discipline, and effort. Be open-minded, flexible, and adaptable to new situation and culture. Respect the culture of other people.

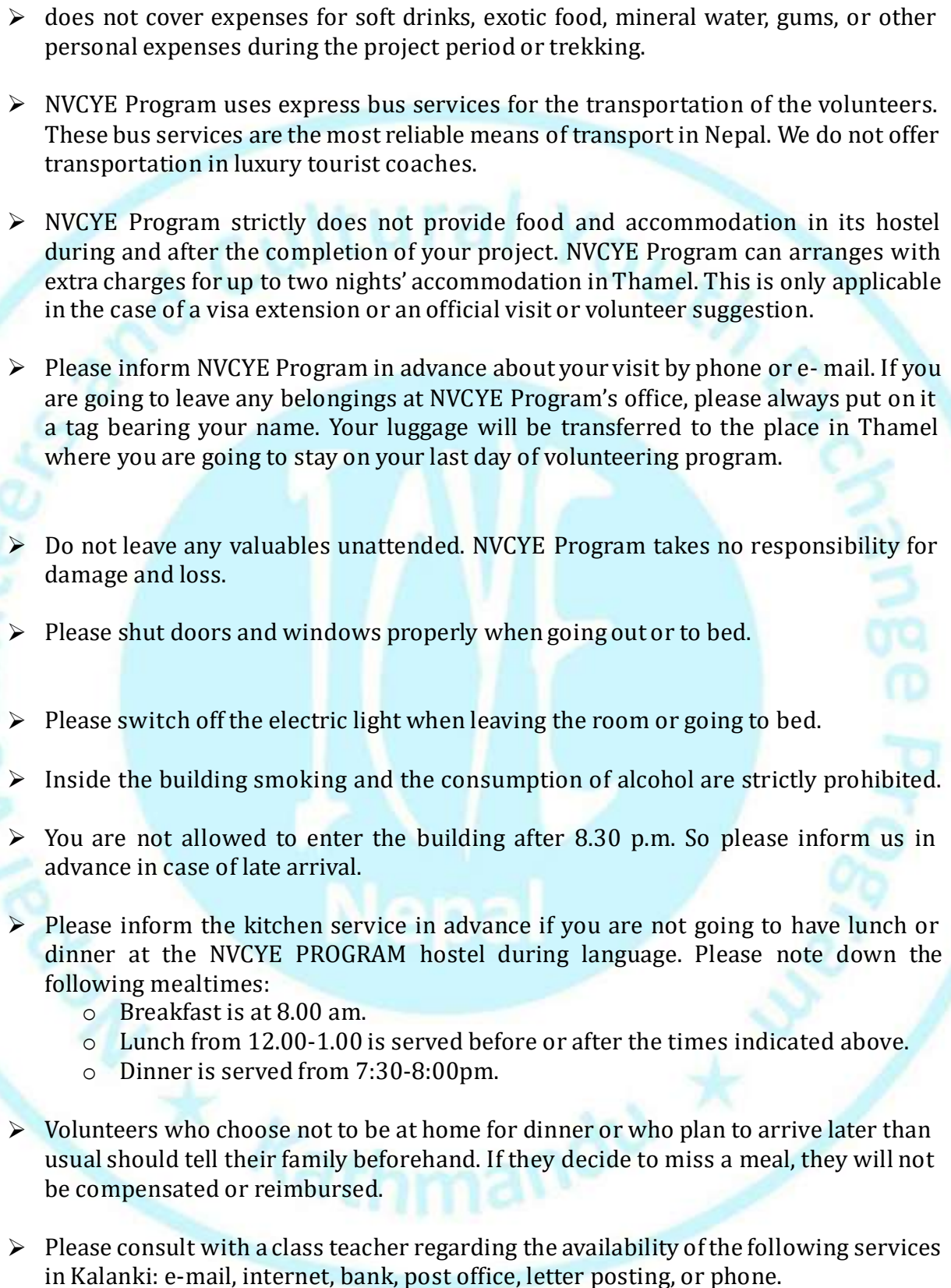
Please always keep in mind that the placement in host families is not meant to be like a stay in a hotel. It is therefore important to follow the family rules at all the time; this is also a gesture of showing your appreciation towards the host family for their hospitality.

Liabilities and Insurance

NVCYE does not cover any liabilities for accidents or injuries that occur during the project period. In the case of unforeseen circumstances during the trek (such as sickness or lack of physical fitness) it is volunteer(s) responsibility to pay for all additional costs. Volunteers who arrive before their program's scheduled start must pay for the additional accommodation at a hotel that as well as for their meals until the program began.

Alcohol is strictly prohibited during the whole project period. Smoking is not allowed during language class. We cannot accept volunteers who only come to Nepal to have a good time and who don't like to do any voluntary work. Volunteers who refuse to work in their projects will be expelled from the program without a refund of program fees.

- NVCYE Program does not cover any personal expenses of the volunteers, which are not mentioned in the program. NVCYE Program:
- covers airport pick up, in- country transport, food and accommodation. NVCYE PROGRAM does not cover expenses related to visa extension, personal travel, gifts to anyone etc.
- strictly does not offer "exotic food" (such as dessert, hot chocolate), soft drinks, mineral water, and gums during the whole program period including the trekking. We serve three meals a day (normally Nepalese dishes).

- 
- does not cover expenses for soft drinks, exotic food, mineral water, gums, or other personal expenses during the project period or trekking.
 - NVCYE Program uses express bus services for the transportation of the volunteers. These bus services are the most reliable means of transport in Nepal. We do not offer transportation in luxury tourist coaches.
 - NVCYE Program strictly does not provide food and accommodation in its hostel during and after the completion of your project. NVCYE Program can arrange with extra charges for up to two nights' accommodation in Thamel. This is only applicable in the case of a visa extension or an official visit or volunteer suggestion.
 - Please inform NVCYE Program in advance about your visit by phone or e-mail. If you are going to leave any belongings at NVCYE Program's office, please always put on it a tag bearing your name. Your luggage will be transferred to the place in Thamel where you are going to stay on your last day of volunteering program.
 - Do not leave any valuables unattended. NVCYE Program takes no responsibility for damage and loss.
 - Please shut doors and windows properly when going out or to bed.
 - Please switch off the electric light when leaving the room or going to bed.
 - Inside the building smoking and the consumption of alcohol are strictly prohibited.
 - You are not allowed to enter the building after 8.30 p.m. So please inform us in advance in case of late arrival.
 - Please inform the kitchen service in advance if you are not going to have lunch or dinner at the NVCYE PROGRAM hostel during language. Please note down the following mealtimes:
 - Breakfast is at 8.00 am.
 - Lunch from 12.00-1.00 is served before or after the times indicated above.
 - Dinner is served from 7:30-8:00pm.
 - Volunteers who choose not to be at home for dinner or who plan to arrive later than usual should tell their family beforehand. If they decide to miss a meal, they will not be compensated or reimbursed.
 - Please consult with a class teacher regarding the availability of the following services in Kalanki: e-mail, internet, bank, post office, letter posting, or phone.

General Information

We kindly request our volunteers to agree to dress appropriately, respecting the culture of Your Host Country and Host Family.

By joining our volunteer program, you need to agree that you have evaluated the Covid situation and to take all the necessary precautions including vaccinations, and insurance requirements as per the regulations of the country you are travelling to.

Personal Appearance

In Nepal, personal hygiene is very important, and people tend to dress neatly. Be prepared to cover your shoulders and knees, and wear clothing that is not revealing or extravagant even when it is hot. You may wish to bring a range of options from casual to business casual, like what you might wear at home. We Suggest our volunteers to cover tattoos and remove facial piercing while volunteering.

Documentation

Please do NOT carry your passport around with you in Nepal. We recommend keeping your passport in a safe place and carrying a photocopy.

Make sure your passport is up to date. To enter Nepal, your passport must be valid for at least 6 months after your program start date.

Write down your credit card contact information in case you lose your card.

Police Report

If you are volunteering in Nepal Police Report is required.

Money Exchange

The currency of Nepal is Rupees (Rs). The USD and Euro are widely accepted; however, the exchange rate is based on local trend near to government rule. It is a good idea to exchange money from the bank. You must have your original passport with you to exchange money. There are ATMs all around Nepal, mostly in Kathmandu valley capital city of Nepal. You can with draw cash simply using normal debit card, Master card, Credit for a small fee.

Covid - 19:

COVID-19 vaccination is required for all passengers (including the children below 18 years and above 5 years). If you fail to submit your COVID-19 Vaccination card, you must take the COVID-19 test and have a negative result. If you have a vaccinated card, you no longer need a COVID-19 evaluate report. A printed copy of the online form (International Traveler Online Arrival Form) must be filled by logging in to ccmc.gov.np.

Dengue:

Dengue viruses are transmitted to humans by the bite of an infected *Aedes* species (*Aedes aegypti* or *Aedes albopictus*) mosquito. It may be found all over the world in tropical and subtropical climates, particularly in urban and semi-urban areas. Almost half of the world's population, around 4 billion people, live in dengue-risk areas.

Dengue fever is the leading cause of sickness in high-risk areas. There is no specific treatment for dengue, although the warning symptoms of Dengue include stomach pain or tenderness, persistent vomiting, clinical fluid accumulation, mucosal bleeding, fatigue, restlessness, liver enlargement, and postural hypotension. You may avoid mosquito bites by using the following ways.

- Use an insect repellent that has been approved by the EPA.
- Dress in a long-sleeved shirt and pants.
- Permethrin should be applied to clothes and equipment.
- Sleep with a mosquito net over your head.
- Prevent Bug Bites

Clothing:

Nepal has a diverse climate; summer is normally hot and humid and towards the end follows the rainy season. Winter is cold in the morning and evening but warm during the daytime. The temperature drops during winter nights. All volunteers are requested to come with clothes according to the season. The months of fall and spring are wonderful.

Month	For working	For Trekking
Sept – Feb	Winter cloths	Summer Cloths
Mar – Aug	Summer Cloths	Warm (light winter) Cloths

Footwear:

All rural roads of Nepal are not paved. The workplace is usually dusty. Therefore, we recommend all participants come with washable footwear and light comfortable footwear for evening walks and other leisure activities. Volunteers are requested to come with work clothes (old and comfortable), gloves and other necessary equipment. Summer is hot and the sun is very strong. To reduce sunburn, it is best to come with an appropriate hat to wear during the day. It would also be wise to bring 15+ sun block lotions.

Working clothes:

Most of the volunteers will be involved in physical work; therefore volunteers are requested to come in working clothes (old and comfortable), gloves and other necessary equipment. Summer is hot and the sun is very strong. To reduce sunburn, it is best to come with an appropriate hat to wear during the day. It would also be wise to bring 15+ sun block lotions.

Mosquito net

Although malaria has been eradicated from Nepal, mosquitoes are still around us. Therefore, to reduce the problem of mosquito bites, volunteers are requested to bring their own mosquito nets.

Medical kit

NVCYE PROGRAM will manage basic first aid kit; it is always useful to carry a small personal medical kit. This should include plaster, personal medication to last the duration of the program, fungicidal foot powder/cream, antiseptic cream, mild painkiller, aspirin, tweezers, scissors etc.

Insect repellent

Normally, good insect repellents are not available in Nepal. If you are allergic to insect bites, please do not forget to add insect repellent in your kit before you leave your country.

Immunity shots

Although Nepal is not a malaria-infested area, we recommend you consult your doctor before you depart from your country. We request you to take immunity shots of, malaria, Hepatitis A/B, Tetanus.

Health Insurance

NVCYE Program does not cover any insurance, please ensure that you have international travel, medical and injure insurance. All members will be informed of the risks and safety procedures for their specific placement at the orientation class held at the NVCY PROGRAM office.

Other

Please do not forget to pack a torch (flashlight), camera, film, and other necessary stuffs. You can buy all necessary goods in Nepal in reasonably good price. So, it is your choice (to bring or not). But I do suggest traveling light.

Price In Nepal (Rupees)

Mineral water – 30

Beer – 300(depend on brands)

Toiletries – 60

(Coca cola/Fanta/Sprite) – 50

Adapter – 100

Towel – 2000

Tea/coffee - 250

Meal (daalbhaat)- 450

Bread/biscuits - 50

Milk - 45

Chocolate - 300

Fruit (kg)- 200

Toothpaste/toothbrush - 500

Shampoo/soap - 500

Cigarettes - 300

Newspaper (Nepali/English) - 20

Public transportation - 30 (depend on location)

Taxi - 500(depend on locations)

Bus ticket (Out of city) – 600 to 3000

Cinema - 500

Entrance tickets in historical places – 200 to1500

Photo developing - 300

Jackets - 5000

Jeans - 3000

T-shirts - 2000

Shoes - 4000

Sleeping bag - 5000

Postcards - 20

Hotel stay (per night) 3000

Bed Cover – 1000

Soap – 60

Washing soda - 200

Public holidays in Nepal (We do follow Nepalese Calendar) 2024

Holidays are:

- 11 Jan (Thu): Prithvi Jayanti
- 15 Jan (Mon): Maghe Sankranti
- 30 Jan (Tue): Martyrs' Day
- 10 Feb (Sat): Sonam Losar and Ghyalpo Losar
- 19 Feb (Mon): Prajatantra Diwas
- 8 Mar (Fri): Maha Shivaratri and International Women's Day
- 8 Apr (Mon): Ghode Jatra*
- 10 Apr (Wed): Ramjan Edul Fikra
- 13 Apr (Sat): Nepali New Year
- 16 Apr (Tue): Ram Navami
- 24 Apr (Wed): Loktantra Diwas
- 1 May (Wed): Labour Day
- 23 May (Thu): Buddha Jayanti
- 29 May (Wed): Ganatantra Diwas
- 17 Jun (Mon): Edul Aajaha
- 19 Aug (Mon): Raksha Bandhan
- 20 Aug (Tue): Gai Jatra*
- 26 Aug (Mon): Shree Krishna Janmashtami and Gaura Parba
- 6 Sep (Fri): Hartalika Teej*
- 7 Sep (Sat): Nijamati Sewa Diwas*
- 8 Sep (Sun): Rishi Panchami*
- 17 Sep (Tue): Indra Jatra*
- 19 Sep (Thu): Constitution Day
- 3 Oct (Thu): Ghatasthapana
- 10 Oct (Thu): Fulpati
- 11 Oct (Fri): Maha Ashtami

- 12 Oct (Sat): Maha Navami
- 13 Oct (Sun): Vijaya Dashami
- 14 Oct (Mon): Ekadashi
- 15 Oct (Tue): Dwadashi
- 17 Oct (Thu): Kojagrat Purnima
- 1 Nov (Fri): Laxmi Puja
- 2 Nov (Sat): Govardhan Puja
- 3 Nov (Sun): Bhai Tika
- 7 Nov (Thu): Chhath Puja
- 15 Nov (Fri): Guru Nanak Jayanti*
- 15 Dec (Sun): Udhali Parva
- 25 Dec (Wed): Christmas Day
- 30 Dec (Mon): Tamu Losar

