



# NVCYE-P (ICYE NEPAL)

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# NATIONAL PROFILE

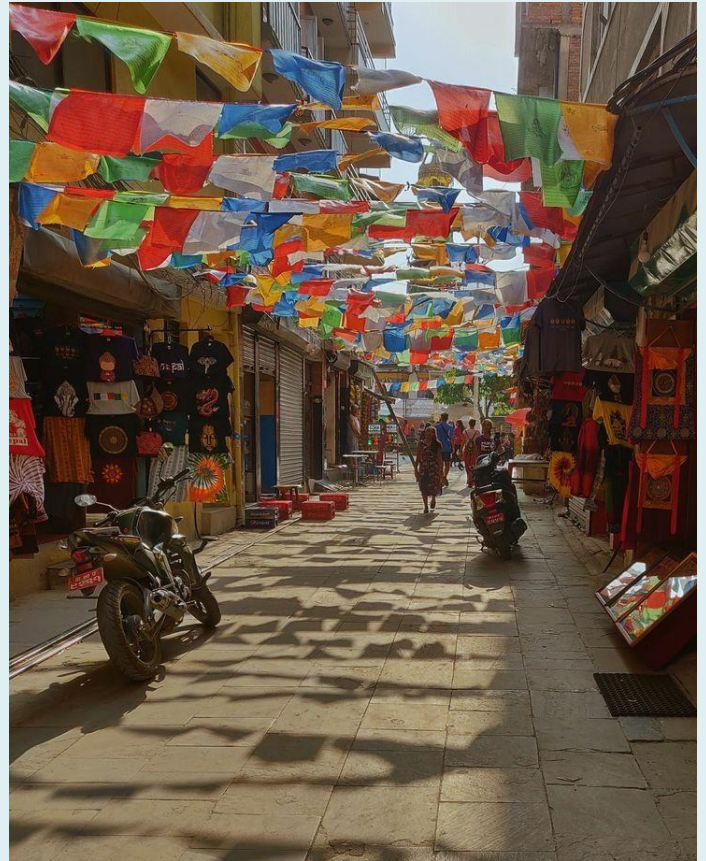


**ICYE**





- Personal Appearance
- Documentation
- Police Report
- Money Exchange
- Covid-19
- Dengue
- Clothing
- Footwear
- Working Clothes
- Mosquito Net
- Medical Kit
- Insect Repellent
- Immunity Shots
- Health Insurance



## 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 is a small Himalayan country known for its multilingualism, distinctive culture, and ancient history. Most of the people speaks their native tongue, but Nepali is the official language of the country. Khas-Kura or Gorkhali are another name in Nepali. According to a census taken in 2022, 131 languages are spoken in Nepal. The Nepali languages belonged to Tibeto - Burman, indo Aryan, Austro-Asiatic, and Dravidian. Maithili is one of the Indo-Aryan languages.

The Limbu ethnic group speaks the Tibeto-Burman language known as Limbu. kusunda is an isolated language and does not belong to any known language group. Today, only a handful of people speaks the Kusunda languages in Western and Central Nepal. There are 60 languages spoken in ethnic communities and entire ethnic groups have their own languages. Nepal uses Nepali, Jhankot, Jumla, and Ghandruk as its sign language.

English Languages is increasing day by day and is being used more commonly in private sector communications. Since the beginning of democracy, various ethnic groups who were marginalized during the monarchy have been taught the languages in schools and are encouraged to connect with one another.

Nepal is a mesmerizing destination with complex, satisfying & flavors filled cuisine that appeal to both vegetarians and meat-eaters due to the presence of Hindu and Buddhist traditions. Nepali cuisine includes a wide range of dishes depending on ethnicity, alluvial soil and climate, all of which related to Nepal's cultural diversity and geography. Traditional Nepalese Cuisine consists of rice, corn, and beans, roots (sweet potatoes), and pickle flavored by spices (coriander, garlic, tomato, salt, and pepper), seasoned with oils and salty sauces.

## Nepali Food

Nepalese cuisine is generally mild to lightly flavored, with the plenty of seasoned fresh fruit and vegetables. Dal Bhat Dal Bhat or rice lentils, Khichadi, Alu Tama, Thakali Thali,



Titaura, Gundruk, Samosa, Selroti, Momo are the most prevalent cultural meals. There is a numerous opportunity to dine upon cultural and historical exploration while you are in Nepal.

## **SOME BASIC RULES OF NEPALESE CULTURES**

- Your best attributes will be flexibility, humility, and open-mindedness. Most volunteers start a language and cultural orientation when they arrive in Nepal Affection between men and women is seldom expressed. Public kissing, hugging, and handholding are offensive to most Nepalese and a sign of low morals. But it is acceptable for two men to walk hand in hand. Here are some cultural details regarding the people of Nepal.
- Anger is best not expressed openly & Criticism should be given privately.
- Bakshish is an extra payment (tips) for a service performed and is usually given to porters or laborers at the end of the job.
- Bargaining is to be expected. Don't bargain if you're not really interested. If your price is accepted, don't try to back out, and don't try to get an even lower price.
- Bathing in the hills is very conservative. Men should wear shorts; women should wear a lungi pulled up under the arms.
- Clothing is conservative. Men should not go bare-chested, and shorts should be conservative. Women should avoid bare shoulders, halter tops, and shorts. Ties and suits are not necessary except for special occasions.
- Conversations may have 'dead' patches. Nepalese people are not uncomfortable with silence.
- Cows are sacred. They go and sleep where they want. Watch out for them while driving.
- Eating is done with the right hand. Only accept as much as you can eat. It is good manners to ask for 'seconds.
- Feet should never be pointed at anyone; drape something over them if you must stretch them out while sitting on the
- floor. Never step over anyone, and always move your feet to let people avoid stepping over you.
- Gifts are rarely given and seldom opened in front of the person who has given it.
- Heads are sacred and should be treated with respect. Never take a hat off a man's head, even in fun.
- Invitations often arrive at the last moment. Don't be surprised or offended, it happens to everyone. If you're busy, even a short appearance is enough.
- Jutho refers to food that is ritually polluted and therefore inedible. Any food which has come into contact, either directly or indirectly, with the mouth becomes jutho.
- Left hands are used for cleaning oneself after going to the toilet. It is never used to pass or accept things, whether food at the table or money with a shopkeeper.
- Namaste is both greeting and farewell, combined with a prayer-like gesture.
- Payment after a social occasion is done by the person issuing the invitation. Nepalese people don't divide the bill or go 'Dutch'. It is expected that the other people will reciprocate at some later date.

- Rice is a religious object as well as a food of status. Brahmins will probably not eat the rice you serve them. Do not be offended and don't try to force it on them.
- Shoes are considered filthy. Don't ask other to handle your shoes. Most Nepalese take their shoes off at the door.
- Temples should always be walked around clockwise; the same goes for Buddhist monuments and stupas. Remove your shoes before going inside. Dress conservatively.
- Time is very flexible. A person may show up at 4 for a 3 o'clock appointment. In the hills, an appointment may be a day or later. As a foreigner, though, you will be expected to be punctual.

## Climate

The climate of Nepal varies from warm summers with mild winters in the low-lying southern region, to alpine conditions with very severe winters in the mountains. Between December and February, temperatures drop well below freezing in the mountains. The best time to travel to Nepal for trekking is in early spring or late autumn, when the weather is dry and temperatures mild. The monsoon season occurs between June and September.



## WEATHER OF NEPAL

### 1) March to May – Spring

Spring is one of the best seasons for trekking in Nepal. The days are longer, skies are generally clear, and mountain visibility is excellent. Rhododendrons and other wildflowers are in full bloom, making trails especially scenic.

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

Average Rainfall: 10–70 mm

### 2) September to November – Autumn

Autumn is the most popular trekking season in Nepal. The monsoon rains have cleared the dust from the air, resulting in crisp skies and outstanding visibility. Weather conditions are stable, making it ideal for outdoor activities.

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

Average Rainfall: 129–239 mm

### 3) June to August – Monsoon (Summer)

The monsoon season brings frequent rainfall, usually occurring for a few hours each day. While visibility can be limited and trails may be muddy, the landscapes become lush and green, and fewer trekkers are on the trails.

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

Average Rainfall: 7–67 mm

### 4) December to February – Winter

Winter in Nepal is cold, particularly in the mornings and evenings. Weather can be cloudy and foggy in lower regions, while higher elevations experience snowfall. Trekking is still possible at lower altitudes with proper preparation.

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

Average Rainfall: 0–8 mm

## 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.

**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 year, 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 sworn 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.





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, toilets 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, in some part of Kathmandu and in the rural part of Nepal. 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 near 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.

## **NEPAL AT PRESENT**

Nepal became a democratic republic on May 28, 2008, ending the monarchy. Today, the President is the head of state, and the Prime Minister leads the government. After years of political challenges, Nepal adopted a new constitution on September 20, 2015. The constitution respects Nepal's many cultures, languages, and religions.

Nepal has faced economic and social challenges, but the country continues to move forward. Many Nepali people work abroad, and remittances support the economy. Tourism is one of Nepal's most important industries, known for its mountains, culture, and history.

In April 2015, a major earthquake caused great damage and loss of life. Recovery has taken time, but the people of Nepal have shown strength and unity.

In recent time, the Gen Z movement has grown in Nepal. Young people are actively speaking up for good governance, employment opportunities, environmental protection, and social equality. Through social media, community actions, and peaceful campaigns, Gen Z is helping create positive change.

Nepal is a nature-connected country, rich in mountains, forests, rivers, and wildlife. It is a peaceful and very safe destination for international travelers, offering warm hospitality and meaningful cultural and nature-based experiences.

## **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, 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, Organic farm, and health care.

Our primary focus has been on community development 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 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.

### **PROGRAM STRUCTURE**

NVCYE Program provides a 1-week orientation program, including Nepali language instruction, introduction to Nepalese customs and culture, sightseeing in Kathmandu for long term volunteers and it provides one day orientation about cultures language transportation sight seen for short term group volunteers.

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)

## 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
- 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.

**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

- Education- teaching

- Monk Teaching
- Health care
- Agricultural activities
- Organic Farming
- Woman empowerment

### **Age Limit:**

The required aged group is 18 to above and who are passionate about volunteering for outgoing exchanges.

### **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 always follow the family rules. This is also a noble gesture that shows you respect your host family and appreciate their hospitality.

### **PASSPORT/VISA/ARRIVAL:**

Tourist Visa information Nepal 2026 - 2027

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 USD 125 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 the Immigration office:** +977-01- 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

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)  
National coordinator  
Kalanki-14, Tasindol Marg, Kathmandu  
Cell number: 977 9815139399

## **Ground Coordinator**

Anjana Adhikari NVCYE(ICYE-Nepal)  
Kalanki-14, Tasindol Marg, Kathmandu  
Cell number: 977 9808251746

### **Rules for volunteers while living with host families**

- 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 alcohol is 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 Tikhedhunga 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 a long day walk but not hard. The trail goes down, up and flat. After reaching Pokhara, you will stay the night at hotel.

### **Day 7<sup>th</sup>: Return to Pokhara to Kathmandu by bus,**

Lunch will be on the way.

## **Camp II Days Trek:**

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

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

**Day 3<sup>rd</sup>** - Ulleri to o Ghorepani (1855m) - trail ascends Ulleri village and its fantastic rhododendron forest, until Ghorepani.

**Day 4<sup>th</sup>** - Ghorepani to Tadapani (2680m)

**Day 5th** - Tadapani via Chhomrong to Sinuwa

**Day 6th** - Sinuwa to Deurali Hotel (3000)

**Day 7<sup>th</sup>**- Deurali to ABC (4130)

**Day 8<sup>th</sup>** - ABC to and back Sinuwa

**Day 9<sup>th</sup>** - Sinuwa to Kyumi. - trail up to Chhomrong and the trail then descends to Jhinu.

**Day 10<sup>th</sup>** - Kyumi to Nayapool via Pokhara - trail goes up and down through Ghandruk, Nayapool and driven back to Pokhara

**Day 11<sup>th</sup>** - 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:**

#### **NVCYE-P Host Family & Project Regulations**

Volunteers staying with a Nepali host family or in a NVCYE- P must follow the regulations below to ensure safety, respect, and a meaningful cultural exchange experience.

#### **I. Behavior**

1. Keep your shoes and sandals tidy, placing them properly at the entrance or on the shoe rack. Open your shoes outside of your room.

2. Open and close doors gently. Ensure the main door is locked, especially at night.
3. Smoking is strictly prohibited inside the house, kitchen, or rooms. Smoke only in areas approved by the host and dispose of cigarette waste properly.
4. Keep your room and all common areas neat and clean. Return all items you use (chairs, utensils, books, etc.) to their proper place.
5. Do not litter inside the house.
6. Use water responsibly. Keep bathrooms clean and do not flush toilet paper; use the bin provided.
7. Do not bring friends (male or female) to the host house without permission.
8. Inform your host and the NVCYE-P in-country coordinator whenever you leave or return late. Volunteers are requested to return home by 7:00 PM.
9. Keep the kitchen clean. Wash and dry all dishes after use.
10. Wipe kitchen sinks, stoves, and counters after use.
11. Keep your room clean by yourself. Sweep regularly, open curtains and windows during the daytime, and change bedsheets every 15 days. Nepal can be dusty, so cleanliness helps prevent insects and mold etc.
12. Wash clothes regularly. Do not keep wet or dirty clothes inside the room.
13. Bathe regularly to maintain hygiene and comfort.
14. Do not display or share inappropriate or adult content with anyone, especially children.
15. Respect any additional rules set by the host family.

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## 2. Dressing

1. Avoid wearing revealing clothes such as very short shorts, low-cut tops, or attire considered inappropriate in Nepali culture.
2. Wear modest and respectful clothing, especially at project sites.
3. For free time, casual modest clothing (T-shirts, pants, longer shorts) is recommended.
4. Ask your host for clothing advice if attending a special event or ceremony.

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## 3. Interaction with Host & Free Time

1. Engage with your host family and community to build cultural understanding.
2. Avoid staying in your room all the time; participate in family activities such as cooking, watching TV, or helping children.
3. It is recommended to have a local Nepali SIM card for easy communication.
4. Personal sightseeing expenses must be covered by the Volunteer; do not ask the host for money.

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## 4. Food

1. Hosts provide basic Nepali meals. Do not expect or demand Western food.
2. You may request dietary preferences (e.g., less spicy, vegetarian, allergies), but avoid being demanding.
3. If you cannot eat the food provided, you must arrange and pay for your own meals.

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## 5. Safety

1. Keep valuables (money, passport, electronics) secure.
2. If you feel unsafe or uncomfortable with someone, immediately inform your host and NVCYE-P in-country coordinator.
3. If you feel sick, inform your host and request support.

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## 6. Health & Sickness

1. If unwell, rest and inform your host family, project site, and NVCYE-P in-country coordinator.
  2. For doctor visits, ask your host or coordinator to accompany you.
  3. All medical expenses must be paid by you. Use your own travel or health insurance.
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## 7. Travel and Transportation

- Volunteers are responsible for arranging their international flights and visas.
  - Volunteers must inform both the NVCYE-P ground Coordinator if they plan to travel anywhere outside the project location during the program period.
  - Unauthorized travel without informing NVCYE-P may result in disciplinary action or removal from the program.
  - NVCYE-P is not responsible for delays, lost luggage, or incidents caused by airlines or external service providers.
  - Volunteers are responsible for checking their visa extension related work.  
Long-term volunteers must follow the official holiday schedule provided by NVCYE-P. Any personal travel or additional leave outside the approved schedule must be requested in advance and approved by both the ground Coordinator.
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## 8. Photography and Media Consent. Photography and Media Consent

- NVCYE-P may use volunteer photos, videos, or testimonials for promotional purposes.

## 9. Confidentiality and Data Protection

- Personal information collected will only be used for program management and operations.
  - NVCYE-P will not share volunteer data with third parties except where required for project coordination.
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## 10. Liability

- NVCYE-P is not responsible for losses or disruptions caused by natural disasters, strikes, political unrest, or circumstances beyond its control.
  - Volunteers participate at their own risk and are responsible for their actions throughout the program.
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## 11. Cancellation and Refund Policy

- All cancellations must be submitted in writing.
  - NVCYE-P reserves the right to modify, postpone, or cancel programs due to emergencies, safety concerns, or unforeseen circumstance
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## **I 2. Disciplinary Action**

I understand and accept that:

1. Violations of these rules may result in warnings or removal from the host family or project.
2. If I damage any property, I must replace it with the same or equivalent item.
3. Host families and NVCYE-P coordinators have the right to check the cleanliness of my room.

## **SUPPORT FOR COMMUNITY 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
- and kindergarten
- Schools and eco-tourism project
- Social Marketing

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 situations 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 all the time; this is also a gesture of showing your appreciation for 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 trekking (such as sickness or lack of physical fitness), it is the volunteer's responsibility to pay for all additional costs. Volunteers who arrive before their program's scheduled start must pay for their own accommodation as well as their meals, until the program begins.

- Alcohol is strictly prohibited throughout the entire project period. Smoking is not allowed. We cannot accept volunteers who come to Nepal only for leisure and are unwilling to engage in voluntary work. Volunteers who refuse to work on their projects will be expelled from the program without a refund of program fees.

- NVCYE does not cover any personal expenses of volunteers that are not mentioned in the program.
  - NVCYE covers airport pick-up, in-country transport, food, and accommodation. However, it does not cover expenses related to visa extensions, personal travel, gifts, etc.
  - NVCYE strictly does not provide “exotic food” (such as dessert or hot chocolate), soft drinks, mineral water, or chewing gum during the entire program period, including trekking. We serve three meals a day, typically Nepalese dishes.
  - Volunteers are responsible for their own expenses related to soft drinks, exotic food, mineral water, chewing gum, or other personal costs during the project period or trekking.
  - NVCYE uses express bus services for volunteer transportation, as they are the most reliable means of transport in Nepal. We do not provide transportation in luxury tourist coaches.
  - NVCYE does not provide food or accommodation in its hostel during or after the completion of your project. However, we can arrange extra accommodation for a small charge in the case of a visa extension, an official visit, or upon a volunteer’s request.
  - Please inform NVCYE in advance about your visit by phone or email. If you plan to leave any belongings at the NVCYE office.
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- Do not leave any valuables unattended. NVCYE takes no responsibility for loss or damage.
  - Please ensure all doors and windows are properly shut when going out or before bed.
  - Turn off the electric lights when leaving the room or going to bed.
  - Smoking and alcohol consumption are strictly prohibited inside the building.
  - Volunteers are not allowed to enter the building after 8:30 p.m. If you anticipate a late arrival, please inform us in advance.
  - Please inform the kitchen staff in advance if you will not be having lunch or dinner at the NVCYE hostel during the language program.

#### Mealtimes:

- Breakfast: 8:00 a.m.
- Lunch: 12:00–1:00 p.m. (served before or after these times as needed)
- Dinner: 7:30–8:00 p.m.

Note: Mealtime would be very depends your project and host family.

- Volunteers who choose not to be home for dinner or who plan to arrive later than usual should inform their host family beforehand. If they decide to miss a meal, they will not receive compensation or reimbursement.

## **GENERAL INFORMATION**

We kindly request our volunteers to dress appropriately, respecting the culture of their host country and host family.

### **Personal Appearance**

In Nepal, personal hygiene is very important, and people tend to dress neatly. Be prepared to cover your shoulders and knees and to wear clothing that is neither revealing nor extravagant, even in hot weather. You may wish to bring a range of options, from casual to business casual, similar to what you might wear at home. We suggest that volunteers cover tattoos and remove facial piercings while volunteering.

## **Documentation**

Please do not carry your passport with you in Nepal. We recommend keeping it in a safe place and carrying a photo in your phone.

Ensure that your passport is up to date. To enter Nepal, your passport must be valid for at least six months after your program start date.

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

## **Police Report**

A police report can be required for volunteers in Nepal.

## **Money Exchange**

The currency of Nepal is Rupees (Rs). USD and Euro are widely accepted; however, the exchange rate is based on local trends 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 draw cash simply using normal debit card, Master card, Credit for a small fee.

## **Covid - 19:**

COVID-19 vaccination not required for passengers. However, it is advised to check before flying.

## **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 long-sleeved shirts 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 cloths according to the season. 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 in working clothes (old and comfortable), gloves and other necessary equipment. Summer is hot and the sun is very strong. To reduce sunburns, 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 with working clothes (old and comfortable), gloves and other necessary equipment. Summer is hot and the sun is very strong. To reduce sunburns, 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 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 stuff. You can buy all necessary goods in Nepal in reasonably good price. So, it is your choice (to bring it or not). Also, passport size photo

### **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 to 1500  
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