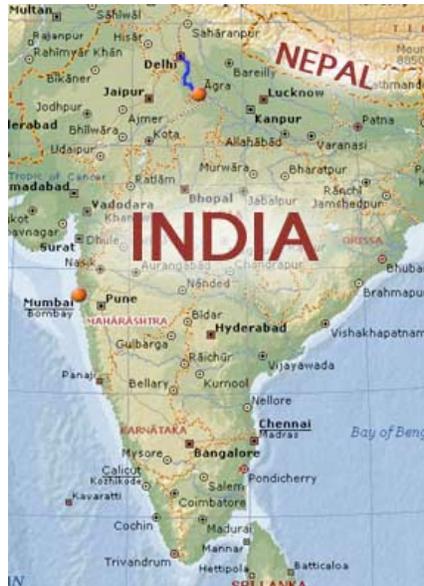


Travel Tips for Nepal

The school began in January 2010. Our first class of six students graduated in September 2011. Our second class began in November 2011, is currently seven students, and will graduate in September 2013.

Nepal is half way around the world from the US. You can leave from the west coast and fly over the Pacific Ocean, or from the east coast and fly over the Atlantic Ocean. The internet, Travelocity, or your personal travel agent can give you the flight and cost information.



No immunizations are needed for entry into Nepal. None are highly recommended for a stay of 1–3 weeks. However, the Center for Disease Control does recommend that everyone have immunization for certain diseases, and that recommendation is higher for those who travel anywhere. You can check with your local Public Health Dept. and give consideration to Hepatitis A, Hepatitis B, Japanese Encephalitis, Rabies, Meningitis, Polio, Tetanus, and Typhoid. The danger of exposure and animal bite may be higher in Nepal than in your city. **Water** is your **enemy**. Only drink bottled water or boiled/filtered water.

Most airlines will give their passengers the Entry Papers needed shortly before landing. Fill out these papers and upon

landing proceed to the Foreign Visa line. You must pay for your visa in USA currency. The cost should be about \$30.00 for a two-week visa, but government (and all) prices are unstable. The visa will be stamped in your Passport.

Bring casual clothing, no ties, comfortable shoes, and a light weight rain jacket or poncho. The temperatures during every season would be comparable to Atlanta or Los Angeles [moderate, but variable].

You can be met at the airport, or you can take an approved taxi directly to your hotel. This will all be arranged in advance. We can work with you regarding the accommodations and costs of the hotel. We can make the reservations for you.

There is no Exit Tax at the airport when you leave.

All your questions can be answered by contacting:

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