



Practical Information for Visitors

Visa Information for Nepal

Passports

- Your passport must have at least six months of validity remaining at the time of entry.
- You must have at least one blank visa page available in your passport for the visa (not an endorsements page).

Visa Information

- TOURIST VISAs:
 - 15 Days – US\$30
 - 30 Days – US\$50
 - 90 Days – US\$125
 - **Note:** Chinese passport holders receive a gratis visa (free visa) for 150 days within one visa year.
- We recommend that you fill out your visa application online prior to your arrival. You can do so on this site: [Online Tourist Visa](#). Please list the purpose of your visit as TOURISM.
- As part of the application, you will need to upload a digital (passport style) photo of yourself and a scan or photo of the information page of your passport.
- The form must be completed no more than 15 days before your arrival in Nepal. Print a copy for yourself so you have the barcode when you arrive at the airport. If you do this, you can go straight to the payment counter in the airport.
- Otherwise, you can apply for a visa at your embassy in your country of origin, or at the computerized visa application machines at Tribhuvan International Airport, which take your picture and print an application form. Please note, the lines for these machines can be long.
- You will need the full address (including ward number) of the hotel you plan to stay on the night of your arrival.
- Visa payment must be made in foreign currency: GB Sterling, Euros, or US dollars are accepted. Nepalese rupees and credit cards are not accepted. It is helpful if you have the correct change for your visa fee. Coins will not be accepted, and

change will be given in Nepalese rupees.

- Tourist visas are also available upon arrival at some land borders with India. You will need a passport-sized photo and foreign currency to cover the visa fee. You will be provided with an application form.
- For more information, check the [Department of Immigration website](#).

Extending your stay in Nepal

- If you plan to stay in Nepal for more than the initially granted period, you can apply for a visa extension at the Immigration Office. Alternatively, a few agencies can assist you (see "[Tour Agent Contacts](#)").

Travel to and from Nepal

Nepal has only one international airport, the Tribhuvan International Airport in Kathmandu, and it is supplied by a range of international airlines.

Arrival

- For all flights, you will deplane onto the tarmac and then be bussed to the immigration hall. You will enter the immigration section, show your passport, and pay for your visa (if you have not already applied and paid online). Then join the queue for the appropriate visa.
- There is an ATM inside the immigration hall and a bank counter just outside. Both are open for flight arrivals.
- The baggage carousels are located one floor below immigration. Take the escalator down and go through a security check for metals.
- Porters may offer to carry your bags. If you use their service, a tip of US\$1–2 or 100–200 Nepalese rupees is considered appropriate. You may also carry your own bags. Airport trolleys are free of charge.
- Down the exit hall, phone SIM cards are available at NCELL and Nepal Telecom kiosks. You need to show your passport and have your photo taken to purchase a SIM card.
- If you are uncertain about traveling from the airport to your hotel, options include:
 - *Hotel pick up* – Check if your hotel offers a complimentary service.
 - *Pre-paid taxi service* – There is a counter just outside the airport doors. You may also take a non-prepaid taxi from the parking lot outside.
 - Contact any of the *Tour agents* listed (see "[Tour Agent Contacts](#)") for airport transfer arrangements.

Departures

- For international flights, arrive at least two to three hours early. Show your ticket when entering the departure hall—either on your phone or as a printed copy.

Transportation

Getting to Tergar Osel Ling

- Further details will be provided in a separate communication as we finalize event logistics closer to the event dates.

Getting Around in Kathmandu

- InDrive/Pathao ride-share app: Nepal's version of Uber. Download the app and use it when connected to Wi-Fi or mobile data. Payment is made in cash at the end of the ride. Options include motorcycles or cars.
- Alternatively, you can also contact any of the tour agents listed (see "[Tour Agent Contacts](#)") for transportation arrangements.

Logistical Information

Customs

- Visitors are not allowed to bring in more than US\$5,000 or equivalent.
- Pure/raw/unworked gold and silver are strictly prohibited.

Money Matters

- The official currency in Nepal is the Nepalese Rupee (NPR). You can exchange currency at banks or authorized exchange centers. While there is an exchange center at Tribhuvan International Airport in Kathmandu, better exchange rates are often found in the city. Therefore, you might want to exchange only a limited amount of money upon arrival. Please note that Nepali rupees are not the same as Indian rupees.
- ATMs are widely available in Kathmandu. For best value, use ATMs near banks. Airport ATMs have withdrawal limits, and a minimum charge of 500 NPR per

transaction.

- Credit cards are primarily used in hotels or restaurants frequented by tourists, with a 3% local bank charge applied to all credit card payments.
- The Nepalese Rupee is non-convertible and only available within Nepal.
- For small expenses, it's advisable to carry Nepalese rupees for purchases, tips, and transportation.
- Currency converter for reference: [Link](#)

Travelers Insurance

- We strongly recommend purchasing travelers insurance. Some useful options are:
 - [Squaremouth](#) (compare policies)
 - [World Nomads](#)
 - [Travelers](#)
 - [IMG Global](#)

Health & Safety

- Medical: Consult your doctor before travel regarding vaccinations and personal medical needs.
- Food: Avoid water that is not bottled or boiled. Avoid raw vegetables and pre-cut fruit. Always carry toilet tissue and hand sanitizer.
- Footwear: Roads and pavements are uneven. Wear sensible shoes. Carry a torch (flashlight) if going out at night.
- Pollution protection: Kathmandu is highly polluted. You may want to bring and use a smog mask if you are in any way sensitive to dust and pollution. Simple cotton face masks are widely available throughout the city. You can also purchase disposal masks from all pharmacies. Please note that the air quality up at Tergar Osel Ling is generally good. The main problem is while traveling across the city. Over-the-counter allergy medication typically wards off and clears up symptoms from the air pollution.
- Safety at night: Please take a buddy when walking outside the Monastery gates after sunset.
- Hospitals: Reference information for well-respected hospitals in Kathmandu:

CIWEC Hospital Private Limited. Address: G.P.O. Box 12895, Kapurdhara Marg, Kathmandu 44600, Nepal; Phone: +977 1-4424111

www.ciwechospital.com

NORVIC Hospital: Thapathali, Kathmandu 44617, Nepal; Phone: +977

1-5970032 www.norvichhospital.com

Additionally, please see [Appendix A](#) for a list of healthcare providers in the Kathmandu Valley.

Miscellaneous

Wi-Fi and Mobile Networks

- Wi-Fi is available in most hotels, guest houses, and cafes.
- Consider getting a local SIM card for data connectivity during your stay. SIM cards are available for unlocked phones at airports and city booths. You need your passport to buy one.
- At Tergar Osel Ling, Wi-Fi is poor and mobile coverage is generally nonexistent.
- Data packages are offered by both of the two main carriers, Nepal Telecom (NTC) and NCell. You can recharge your Nepal Telecom (NTC) SIM or NCell SIM cards with recharge cards available in many denominations at stores throughout the city.

Electrical Outlets and Power Supply

- Nepal uses the Type C, D, and M electrical outlets. Please bring the necessary adapters. Consider bringing a powerbank for your electrical devices.

Language

- While English is widely understood in tourist areas, learning a few basic Nepali phrases can enhance your experience and interactions.

Local culture

- Greet people with “Namaste” and be polite. Remove your shoes before entering someone’s home or a temple. Remember to be flexible in your plans, as Kathmandu is a city with its own rhythm and charm. Embrace the local culture and be open to new experiences, and you’ll surely have a memorable trip!

What To Bring

- Do bring your own cup to use during tea service, drinking water, and paper and a pen (if you wish to take notes). Please note that there are no shops or restaurants near Tergar Osel Ling.
- General items: Any medication, vitamins, or supplements you take, and special toiletries or cosmetics. You can buy most toiletries in Nepal, but if you need brand specific items it's best to bring your own.
- You may need a torch (flashlight), sun hat, and sunscreen.

What To Wear

- Short skirts, shorts, or low-cut tops are not suitable in a monastery setting.
- Shoes: As participants are advised to walk up and down from Osel Ling if their health conditions permit, sensible shoes are a must. Given the Nepali and Tibetan custom of removing your shoes before you enter a room, shoes that go on and come off easily are advisable.
- Weather: Temperatures in Kathmandu in May-June are between 62–84 °F (17–29 °C). It is the beginning of the rainy season, so please come prepared for warm, rainy days. There might be considerable differences in temperature during the day and at night so please wear layers.

Accommodation

- We recommend that foreign participants book accommodation in central Kathmandu areas such as the Soaltee area, or in the main tourist area of Thamel and the adjacent area of Lazimpat. There are good choices of accommodation options to meet all budgets and needs. You can search and book your accommodation through online platforms such as [Booking.com](https://www.booking.com) or [Agoda.com](https://www.agoda.com).

- Alternatively, you can also contact any of the tour agents listed (see “[Tour Agent Contacts](#)”) for accommodation arrangements.

Tour Agent Contacts

Mr. Bipul Timilsina

(Can speak English and understand a little Chinese)

Mobile/WhatsApp: +977 984 1554 551

WeChat: bipul147 *(you can send text and voice messages in Chinese)*

Mr. Shirish Acharya

Mobile/WhatsApp: +977 985 1144 508

Mr. Sher

(For visa extension only)

Mobile/WhatsApp: +977 985 1052 231

Appendix A: Healthcare Providers in Kathmandu

Please note the inclusion on this list is not an endorsement by Tergar Osel Ling Monastery. However, we have listed them in a preferential order and in order of those we think would be most applicable, based on information we have been able to gather. The information on the list is provided by the local service providers directly to the US Embassy in Kathmandu.

Emergency Numbers

In the event of an emergency, dial 100 to contact the police, dial 101 for fire, or dial 102 for ambulance service.

Hospital and Clinics

CIWEC Travel Medicine Hospital

- Description: Located in Lazimpat, near the British and Indian Embassies. It is open seven days a week with a 24-hour doctor on-site. They offer a wide range of services, can make relevant referrals if required and specialise in providing care for foreigners. Accepts Visa, and Mastercard.
- Telephone: +977-1-452-4111, +977-1-452-4242, +977-1-453-5232
- Email: info@ciwec-clinic.com
- Website: <https://ciwechospital.com>

Clinic One

- Description: Located in Jawalakhel, 2nd Floor, Norkhang Complex, Lalitpur. Offering doctor visits, vaccines, checkups, imaging, bloodwork, pharmacy, and minor surgery.
- Telephone: +977-1540-0400, +977-98-6339-3960, +977-1544-0000
- Email: info@clinicone.com.np
- Website: <https://clinicone.com.np/>

Nepal Medicity Hospital

- Description: Located in Bhaishapati, Lalitpur, Nepal Medicity Hospital is the 1st and only NABH (National Accreditation Board for Hospitals & Healthcare Providers) certified Super-specialty Hospital in Nepal with 24 Hours Emergency Service.
- Telephone: 01-4217766; Dedicated Number: +977-9810136491
 - Emergency Hotline Number: 1134
 - Emergency Heli Rescue (HelloHeli) Number: +977-9858777111
- Email: ips@nepalmedicity.com
- Website: <http://www.nepalmedicity.com>

Norvic International Hospital and Outpatient Clinic

- Description: Located in Thapathali. Outpatient diagnostic services 8:00 am – 8:00 pm, Sunday through Friday. Specializes in cardiac care as well as general medical cases. 24-hour emergency and ambulance services available.
- Telephone: +977-1-597-0032
 - Emergency: +977-1-591-1623
- Email: info@norvichospital.com

- Website: <https://www.norvichhospital.com>

Grande International Hospital

- Description: Located in Dhapasi, on the north west side of Kathmandu, outside the ring road. Offers a wide range of medical, surgical and diagnostic services. 24-hour emergency room. Out-patient services available Sunday through Friday.
- Telephone: +977-1-515-9266, +977-98-0120-2550
 - 24-hours emergency numbers +977-1-515-9077, +977-98-0120-2545
- Email: info@grandehospital.com
- Website: <https://grandehospital.com>

Nepal International Clinic (NIC)

- Description: Located on a small street between the Royal Palace main gate and Jaya Nepal Cinema, within easy walking distance of Thamel. Appointments 9:00 am to 5:00 pm, Sunday through Saturday. Dr. Buddha Basnyat, a U.S. board-certified Nepalese physician is the medical director. Physicians are Nepalese, some are Western-trained. Provides medical care in Western settings. X-ray, ultrasound, laboratory facilities, vaccinations available on site. 24-hour telephone for emergency physician contact. Accepts cash, Visa, Mastercard, and American Express.
- Telephone: +977-1-443-4642, +977-1-443-5357
- Email: nepalinternationalclinic@gmail.com
- Website: <https://www.hamrodoctor.com/hospital/nepal-international-clinic>

HAMS Hospital

- Description: Hospital for Advanced Medicine & Surgery (HAMS) is a multi-disciplinary tertiary care boutique hospital situated in Dhumbarahi, Kathmandu. It has been providing quality and affordable healthcare with a faculty supported by highly experienced clinicians, technicians & administrators.
- Telephone: +977-01-4377404, +977-01-4377704, +977-01-4376925, +977-01-4376926, +977-01-4377781, +977-01-4376914
- Email: info@hamshospital.com
- Website: <https://hamshospital.com>

Medicare National Hospital & Research Centre

- Description: Located in Chabahil Chowk, Kathmandu. Private hospital with departments including pulmonology and orthopedics.

- Telephone: +977-1-456-7067
- Email: medicare@medicarehosp.com
- Website: <https://www.medicarehosp.com>

National Institute of Neurological and Allied Sciences

- Description: Located in Bansbari, Kathmandu. Provides emergency services, diagnostic services, neuropsychiatry, orthopedics and trauma, neurotology (Ear, Nose, and Throat), neuro-ophthalmology, physiotherapy, and rehabilitation.
- Telephone: +977-1-437-3850

Om Hospital & Research Centre

- Description: Located in Chabahil, Kathmandu.
- Telephone: +977-1-457-6225
- Emergency: +977-98-0207-6225
- Email: omhrc@omhospitalnepal.com
- Website: <https://www.omhospitalnepal.com>

Tribhuvan University Teaching Hospital

- Description: Located in Maharajgunj, Kathmandu, near the U.S. Embassy. This large government hospital provides an intensive care unit, in-patient and surgical facilities, cardiac care unit, and 24-hour emergency room.
- Telephone: + 977-1-451-2505
- Email: tuthdirector@iom.edu.np
- Website: <https://www.tuth.org.np>

Vayodha Hospital

- Description: Located in Balku Chowk, Kathmandu. Private hospital offers a wide range of medical, surgical, and diagnostic services. Associated with Fortis Escorts for Cardiac Arrest. 24-hour emergency room and ambulance services available. Outpatient services available Sunday through Friday.
- Telephone: +977-1-428-6426, +977-1-428-6428
 - Hotline: +977-1-428-6428
 - Emergency Direct Number: +977-1-211-1333, +977-1-428-8404
- Email: info@vayodhahospitals.com
- Website: <https://www.vayodhahospitals.com>

Ophthalmology / Optometry

Sudrishti Eye Clinic

- Description: Located on Durbar Marg. Provides full-range of eye care services, including new prescriptions, glasses, and contact lens supplies. Appointments from 10:00am – 6:00 pm Sunday through Friday.
- Telephone: +977-1-422-8531
- Email: seyeclinic@gmail.com
- Website: <http://sudrishti.com.np> (not secure)

Counseling and Psychotherapy

Center for Medical Health and Counseling Nepal (CMC-Nepal)

- Description: Located in Thapathali on Jitjung Marg. Mental health checkup and therapy service on Tuesdays by Dr. Kapil Dev Upadhaya. Counseling service available Sunday-Saturday after 4:00 pm.
- Telephone: +977-1-410-2037, +977-1-422-6041
- Email: cmcnepal@wlink.com.np
- Website: <https://www.cmcnepal.org.np>

CIWEC Travel Medicine Hospital

- Description: Located in Lazimpat, near the British and Indian Embassies. Western-trained psychiatrist and psychologist available. Accepts cash, Visa, and MasterCard.
- Telephone: +977-1-442-4111, +977-1-441-3163
- Email: info@ciwec-clinic.com
- Website: <https://ciwechospital.com>

Private Counselling Psychologist

- Description: Krista Rajkarnikar is a qualified Counselling Psychologist who trained in England. She is located in Dhobighat, Lalitpur.
- Telephone: +977-9851168177
- Email: kristarajkarnikar@gmail.com
- Website: [Krista Rajkarnikar](http://KristaRajkarnikar.com)

Private Counselling Psychologists Database

- Website: <https://nepalmentalhealth.com/>

Dental Clinics

CIWEC Travel Medicine Clinic

- Description: Located in Lazimpat, near the British and Indian Embassies. Dental care and American hygienist available. Accepts cash, Visa, and MasterCard.
- Telephone: +977-1-444-0100
- Email: info@ciwec-clinic.com
- Website: <https://ciwechospital.com>

Dent Inn – The Dental Clinic

- Description: Located in Heritage Plaza II, Kamaladi (down the first right turn on the way to Kamaladi from King Mahendra's statue at King's Way). Open Sunday to Friday, 10:00 am to 7:00 pm excluding lunch time from 1:30pm to 2:30pm. Visits by appointments only. Accepts Visa, MasterCard, and local debit cards.
- Telephone: +977-1-416-9141, +977-1-416-9142, +977-1-416-9143
- Email: info@dent-inn.com, prabigya@dent-inn.com
- Website: <https://dent-inn.com>
- Facebook: www.facebook.com/dentinn.nepal

Healthy Smiles

- Description: Located in Lazimpat opposite the Department of Mines and Geology. Open Sunday through Friday, 10:00 am to 5:00 pm. Services include radiograph, dental implants, and on-site pharmacy.
- Telephone: +977-1-444-4689, +977-1-442-0800
- Email: smilenepal.hs@gmail.com
- Website: <https://www.smilenepal.com>