



**Welcome Packet for Visit to CRS Nepal
February 2019**





Overview of Nepal Country Program

Office Presence

- CRS Country Office and Farmer to Farmer Office in Lalitpur
- HRRP Country Office in Lalitpur
- CRS Field Office in Gorkha
- CRS Field Office in Manthali
- HRRP Technical Coordination Teams based on 12 earthquake-affected districts: Kathmandu, Gorkha, Dhading, Makwanpur, Nuwakot, Rasuwa, Sindhupalchowk, Kavrepalanchowk, Dolakha, Ramechhap, Okhaldhunga, Sindhuli

Staff

- 87 Staff including 2 vacant position

Partners

- 12 active NGO, Private, Research and Government Partners
 - 1 National Catholic Organization: Caritas Nepal
 - 5 Local Non-Government Organizations
 - 1 National Organization: National Society for Earthquake Technology (NSET)
 - 1 Private Organization: Agro-Enterprise Center- Federation of Nepalese Chambers of Commerce and Industry (FNCCI)
 - 1 Research Institution: Institute of Agriculture and Animal Sciences (IIAS)
 - 3 Government agencies (Social Welfare Council, National Reconstruction Authority and Ministry of Federal Affairs)

Budget

FY 2018 budget: \$9 million



Program Areas

- Emergency Response (2015-2016)
 - Emergency and Transitional Shelter for 18,934 Families
 - WASH kits distributed to 6,111 families, schools, health posts
 - Market Recovery support for 404 vendors
 - Unconditional Cash Grants for 16,774 families
 - Winterization kits and cash grants for 7,291 families

- Earthquake Recovery Program – Shelter (2016-2020)
 - Providing Build Back Safer on-the-job training to more than 4,000 skilled mason and non-skilled labor trainings in Gorkha and Okhaldunga District
 - Construction of demonstration shelter for most vulnerable households, community centers and new local ward government offices
 - Providing Door-to-Door Technical Assistance

- Earthquake Recovery Program- Agricultural Livelihood (2016-2020)
 - Adaptive research with scientists, farmers and district research stations to improve productivity among smallholder farmers living in flood and drought prone areas
 - Improving household livelihoods through animal husbandry and improved goat shelter re-construction
 - Strengthening agricultural productivity through improved drought resistance seeds and off-season horticulture
 - Piloting cardamom cultivation small-to-medium sized farmers

- Farmers to Farmers (F2F) (Oct 2018-Sept 2023)
 - 2-3 US Volunteers each month will be providing host organizations with technical support, where requested.
 - Prioritize Value Chain development and support in line with Government of Nepal's priorities.
 - Prioritize integration with large-scale USAID-funded livelihood projects in Nepal implemented in Province 3, 5, 6 and 7.

- Housing Recovery and Reconstruction Platform (HRRP) – Phase 3 (Mar 2017-Feb 2019 – to be extended to Jul 2019)
 - The shelter emergency cluster and HRRP – Phase 2 was led by IOM.
 - The first NGO-led shelter coordination platform between donors, Government of Nepal and Partner organizations.
 - A team of 70 provides on-the-ground technical, general and information management support to the 14 most-affected districts, looking to expand reach to 32 affected districts



Nepal Visitors Information

CRS Nepal
Visitors Information and Guidelines for Staff and Visitors
(Version February 2018)

Greetings from Nepal! We welcome you to CRS Nepal and look forward to your upcoming visit. We would like to take this opportunity to share with you some important information that will make your trip as smooth and safe as possible.

EMERGENCY KEY CONTACTS Telephone: (Country Code +977)

Office Location	Contact name	Tel #
Kathmandu	Katherine Price, Country Representative	+977 9806554554
	Deepa Shrestha, Security Focal Point	+977 9851106556
Gorkha	Adeel Javaid, Program Manager	+977 9826100267
	Roshan Phuyal, Security Focal Person	+977 9849845093
Manthali/ Okhaldunga	Krishna Mohan, Program Manager	+977 9824100629
	Dan Bahadur Karki, Security Focal Point	+977 9804715495
HRRP	Loren Lockwood, National Coordinator	+977 9810032049
	Kailash Kumar Shrestha, Security Focal Point	+977 9841277256
Farmer to Farmer	Phaindra Raj Pandey, Project Director	+977 9841205763

OFFICE ADDRESSES

Kathmandu: Bakhundole, Lalitpur / G.P.O. 8975, EPC 419 Kathmandu, Nepal

Gorkha: Chambers Margha, Chahare # 1, Gorkha Municipality / G.P.O. 8975, EPC 419 Kathmandu, Nepal

Lalitpur (HRRP): Jawgal, Lalitpur / G.P.O. 8975, EPC 419 Kathmandu, Nepal

Manthali: Khadbari # 1, Manthali Municipality / G.P.O. 8975, EPC 419 Kathmandu, Nepal

PRE - ARRIVAL CHECKLIST

All travel logistics should be shared to Nepal Booking (Nepal_Booking@crs.org) **PRIOR TO YOUR ARRIVAL.**

- Update your Employee Locator information on CRS Global:
<https://global.crs.org/worldwide/US/Headquarters/Travel/Pages/EmployeeLocator.aspx>
- Register with your embassy. US Citizens:
<https://travelregistration.state.gov/ibrs/ui/index.aspx>



COUNTRY INFORMATION

Nepal is a landlocked country bordering India and China, of approximately 57,000 sq. miles and with a population of 26,500,000 people.

- Capital:** Kathmandu – population approximately 1 million in Metro Kathmandu
- Government:** Parliamentary Republic. Declared a Kingdom in 1768; Republic declared in 2008.
- Currency:** The Rupee, which is currently valued at approximately NPR 100 to US \$1. Should you wish to change money, you will find currency exchange counters located inside the international airport within and after the customs area before you exit the airport.
- Language:** There are 14 regional languages recognized in Nepal.
- Religion:** 80 per cent Hindu, 9 per cent Buddhist, and there are small Muslim, Christian, and Animist communities.
- Electricity:** 220-240volts AC. Some plugs work with British adapters. If you bring 110-120volt appliances, you will also need to bring a step-down converter. There is government-sanctioned load-shedding resulting in several hours a day of power outages (longer outages during the winter). Bring rechargeable batteries.
- Time Zone:** Nepal Standard Time (UTC+5:45 – does not observe Daylight Savings Time).
- Climate:** The day weather in Nepal is warm (25 C/ 75 F) and evenings and early mornings is cold (13C/ 55F). Light woolens are recommended. Occasion rain and thundershowers are there almost every day, so a raincoat or umbrella will be handy
- Banking:** ATMs withdrawal limit is 10,000 NPR – 50,000 NPR at a time and the limitation depends on the different banks.
- Credit Cards:** Accepted at major outlets, but not always at smaller shops

Business/Banking Hrs: **10:00 to 15:00 Sunday to Thursday; 10:00 to 13:00 Friday (Saturday closed)**

Climate: Nepal is a landlocked country sharing borders with **Tibet** to the north and **India** to the west, south and east. Spring and autumn are the most pleasant seasons; winter temperatures drop to freezing, with a high level of snowfall in the mountains, while high summer can be blisteringly hot. Monsoon season begins around the end of June and lasts until the middle of September.

Clothing: Lightweight clothing with umbrella and layers for evenings and high mountain areas are advised for May-June 2018. Avoid wearing shorts, tight fitting clothing, sleeveless, short skirts, etc.

Food: Most of the Nepalese food comes in varying degrees of spiciness. The traditional Nepali Thali includes rice, lentils, cauliflower and pickle. There is very little beef available and consumed, but chicken and buffalo are widely available. Vegetarians have lots of options.

Getting Around: In Kathmandu: CRS uses CRS and rented vehicles as well as Taxis are available. Drivers are likely to have limited English, so please have the phone number of the destination available and the CRS Team is always a phone call away to assist. Always wear your seatbelt.



For travel around the country, build in extra time for incidental delays, which may include mud slides, traffic jams and flooding. In the monsoon season (Jun-Aug), landslides can make some roads impassable.

Getting Around: In Gorkha: Please call the CRS driver to arrange a vehicle or you can walk freely during daylight hours. The Staff Guest House is within walking distance from the CRS Gorkha office.

HEALTH AND MEDICAL INFORMATION before arriving Nepal

- If you are in Baltimore, schedule an appointment with the **Johns Hopkins Travel Clinic** before you travel. Please let the Travel Clinic know that you are going to Nepal; they will have the latest information and guidance.
Telephone 410-955-8931 Fax 410-614-2301
E-mail address: travelmedicine@jhmi.edu
http://www.hopkinsmedicine.org/Medicine/id/patient_care/travel_medicine.html
- For more information, visit the website of the **Centers for Disease Control**.
http://wwwnc.cdc.gov/travel/destinations/traveler/mission_disaster/nepal

NOTE: Yellow Fever Vaccination: There is no risk of yellow fever in Nepal. The government requires travelers arriving from **countries where yellow fever is present** to present proof of yellow fever vaccination. If you will be traveling from one of the countries where yellow fever is present before arriving in Nepal—even if only passing through an airport—you must take this requirement into consideration.

Cultural and contextual awareness

- Appreciate and recognize the significant amount of experience and capacity of the local staff.
- Seek input from local staff and partners.
- Recognize the efforts of the government and remember to involve them in project design and implementation.
- Take down-time with the staff for non-work relaxation, even if just a couple of minutes at the end of the day.
- When paying for something, always use your **RIGHT HAND**, as the left hand is considered unclean.
- Maintain awareness of your surroundings and your belongings; never leave your bag unattended. Consider carrying just the essentials with you into the field.
- People do not wear shoes inside so wear shoes that are easy to take on and off (sandals and a pair of closed shoes if you are going into the field).
- CRS staff should avoid discussions of the political, religious and/or military situation in the country when in public places, on the phone, or in the presence of strangers.



IMMIGRATION

Visas

- All travelers can get a visa on arrival at the Kathmandu airport. It will be a 15-day Tourist visa and will cost \$25. Note you do not need to bring a passport size photo, and you do not need to fill out a visa application form beforehand.
- After disembarking the plane, you will take a shuttle bus a short distance to the terminal. You walk about 200 meters to reach the arrivals lounge. On the left is a table with the immigration arrival forms. You will need to fill out one of the forms.
- After that table there are a row of machines that are used for the visa application. The process has been computerized and the form is done on the computer instead of on a paper form. There are airport attendants to help with the process if needed. You start by scanning your passport photo page on the machine. Then follow the prompts on the screen. It will ask for your address in Nepal. Please use Hotel Summit, Kupondole Height, Lalitpur, Kathmandu, Nepal. Phone: (977-1) 5522843. It is best to put Tourism down as the purpose of your visit. The machine will take your photo so you do not need to bring a separate passport size photo.
- When the application is complete, the machine will print out a slip. Take the slip and your passport and go to the desk at the end of the row of machines where payment is made. There you will pay \$25 (cash is simplest). They will give you two copies of the receipt. Take the receipts and proceed to the immigration line.
- Wait in a line that is marked 15/30 day visa. Give the immigration officer the arrival form that you filled out at the beginning, the receipts provided at the last desk, and your passport. They will put a visa in your passport and stamp it. Then you can proceed to baggage claim to pick up your suitcase.
- Link for visa info, including the application form and/or <http://www.nepalembassyusa.org/visa.php> and/or <http://www.online.nepalimmigration.gov.np/tourist-visa>. Check the latter for the current list of countries for which citizens cannot receive on-arrival visas (must apply for and receive them prior to departure).
- **Extra passport copies and photos:** please bring at least two extra photocopies of your passport pages and at least two passport photos. You will need these to purchase a SIM at the airport.

RELIGION IN NEPAL

Nepal is multi-cultural, multi-ethnic, multi-lingual and religious diverse nation with all the religions being practiced since ancient times here. Nepal is a secular state with 81.5% of the total population of Nepal being Hindu; there are an estimated 8,000 Catholics in Nepal. Strict national laws have been recently passed in October 2017 against person/organization found in conversion activities. There have been increasing religious tensions and during the month of April and May 2018, 6 churches have been burned, including one Catholic church.



CURRENT POLITICAL SITUATION

After abolishing the Monarchy, Nepal was declared Federal Democratic Republic of Nepal in 2008. In October of 2017, Nepal had its first local-level election after decades followed by the House of Representative election in November/December 2017. Nepal is currently transitioning to a Federalist decentralized structure. The newly elected Federal Parliamentary Government is led by the Communist Party-Unified Marxist/Leninist and Communist Party-Maoist Centre with Mr. Khadga Prasad Oli is currently the 38th Prime Minister of Nepal.

SAFETY & SECURITY

Security Precautions:

Nepal is considered to be a very safe country. There be an in-country orientation upon arrival to provide a thorough overview of precautions to be taken. There is no curfew in effect. Travelers should be careful of pickpockets in crowded market areas and transportation hubs. Packages, mobile phones and luggage should never be left unattended, especially in vehicles/taxis. Travelers should also be cautious of individuals who persistently offer unsolicited help. Avoid any public demonstrations as they can quickly escalate. Women enjoy the same rights and privileges as men do.

- Please click below CRS Global link for English version of Safe and Sound: <https://global.crs.org/communities/Security/Community%20Documents/Safe%20and%20Sound%20%28Staff%20Safety%20and%20Security%20Guidelines.pdf>



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1. CONSTANT COMPANION