



ORIENTATION & POLICY MANUAL

FOR

U.S. FULBRIGHT

DEPARTMENT OF STATE-FUNDED
(CIES)

REGIONAL RESEARCHERS

IN NEPAL

**THE COMMISSION FOR EDUCATIONAL EXCHANGE
BETWEEN THE UNITED STATES AND NEPAL**

Last revised: April 2012

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Introduction

This manual is designed for American Fulbright Regional Researcher grantees coming to Nepal under U.S. Department of State and Council for the International Exchange of Scholars (CIES) auspices. It is intended to be sent to such grantees following their approval, but prior to their arrival in Nepal, and is to be used as a guide and reference during the actual grant period in Nepal. It is not a grant document; all grantees should refer to their individual Grant Authorization Forms and the Terms and Conditions of Award for the specific terms of their individual grants. Rather, this manual contains general information on the Fulbright Commission in Nepal including available support services and visa assistance. In addition, it briefly describes living conditions in Nepal (mainly Kathmandu), and offers suggestions that we hope will be useful in making pre-departure preparations. Fulbrighters should also use their local libraries and the internet to begin their exploration into the immensely varied and fascinating history and culture of Nepal. Additionally, there are numerous internet news sites which are useful to consult with regard to recent news relevant to Nepal (i.e., [The Kathmandu Post](#), [Republica](#), the [Himalayan Times](#) and [Nepali Times](#) are the leading English language dailies and weeklies, respectively).

The effectiveness of an American Fulbrighter in Nepal is largely dependent on the grantee's ability to relate successfully to the people of Nepal. The warmth and friendliness of the Nepali people goes a long way toward ensuring the success of this venture. The Nepal Fulbright Commission provides facilities and services to its own grantees so as to make the grantee's stay as comfortable and as rewarding as possible within the limits imposed by budget and the vagaries of life in Nepal. Ultimately, however, the success of the program depends on the individual grantee. Friendliness, a high tolerance for frustration, the ability to combine tact and frankness, and a sincere eagerness to learn about Nepal and from Nepalis, are qualities that most ensure a mutually satisfying, cross-cultural experience.

The Nepal Fulbright Commission

The J. William Fulbright Foreign Scholarship Board (FSB), a statutory body of educators and public persons appointed by the President of the United States of America, has overall responsibility for the Fulbright program throughout the world. Acting under the Board's guidance, the Bureau of Educational and Cultural Affairs of the U.S. State Department manages and administers the Fulbright program, both through bi-national organizations such as the Nepal Fulbright Commission and by contracting with private institutions in the U.S. In Nepal, the U.S. Embassy's Public Affairs Officer serves as Chair of the Fulbright Commission Board of Directors.

The Commission for Educational Exchange between the United States and Nepal (also known as the United States Educational Foundation in Nepal (USEF-Nepal), or the Nepal Fulbright Commission) was established by an agreement between the United States government and what was then known as His Majesty's Government of Nepal in

1961 to administer the Fulbright program in Nepal. The Commission is headed by an Executive Director. Overall policy is determined by a bi-national Board of Directors consisting of ten members. This board, or a subcommittee thereof, also nominates the American and Nepali Fulbright grantees. The board consists of five Americans appointed by the United States Ambassador to Nepal (who is Honorary Chair of the Commission), and five Nepalis appointed by the Government of Nepal (GoN).

Our program is designed to promote mutual understanding between the people of Nepal and the United States by a wide exchange of knowledge and professional talents through educational activities. It is primarily an academic program directed towards strengthening higher education in Nepal and the U.S. In addition to bringing American senior scholars to Nepal to lecture, the Commission provides Fulbright grants to Nepali students and scholars for study, research, and lecturing in the U.S. Since 1961, more than 550 Nepalis have gone to the United States and over 300 Americans have come to Nepal under Fulbright auspices. Supplementing the Fulbright grant program, the Commission also administers the Hubert H. Humphrey Fellowship Program and seeks to support independent educational exchange activities by maintaining counseling services for Nepali students through the Educational Advising Center located within the USEF-Nepal compound.

American Fulbright Senior Scholars apply for grants through the Council for International Exchange of Scholars (CIES) whereas American students are selected through the Institute of International Education (IIE).

Commission Support Services and Policies

Since the Regional Researcher grants are fully administered by CIES, the Fulbright Commission in Nepal does not disburse funds or provide housing for Regional Researchers. The primary form of assistance and support that the Commission provides for Regional Researchers is arranging for an official visa for the length of the Researchers' stay in Nepal. Additionally, the Commission staff can assist in obtaining special permissions (when required) and, when requested, providing introduction letters. Additionally, Regional Researchers are invited to all functions at the Fulbright Commission and are highly encouraged to network with Nepali Fulbright Alumni and U.S. Fulbright grantees in Nepal.

International Travel

1. Fulbright Regional Researchers are responsible for all of their own travel arrangements to and from Nepal, although the Commission staff will pick up and drop off at the airport as long as this travel is done on a non-holiday weekday during office hours. It is important to communicate with Program Administrator Ms. Mily Pradhan (mpradhan@fulbrightnepal.org.np) about arrival and departure times and requests for drop-off and pick-up.

2. In order to ensure that Fulbright grantees in Nepal are not exposed to security risks, ***all*** travel within Nepal by ***all*** Fulbright grantees must first be approved by the U.S. Embassy Regional Security Office (RSO). Upon your arrival in Nepal, a Travel Request Form will be made available to you which should be filled out as completely as possible and submitted by email to the Program Administrator and Senior Program Officer at least three business days before your intended travel. This form is then submitted by the Program Administrator to the RSO who communicates approval once granted. Given the changing nature of the political situation in Nepal and the potential for natural disaster in different areas of the country, it is essential that all grantees adhere strictly to this policy.

Visas

It is neither necessary nor advisable to obtain a visa for Nepal (in the U.S.) prior to your departure. All grantees (and their dependents who will be supported by a Fulbright dependent allowance) must enter Nepal on “official” visas that are obtained upon arrival at the Kathmandu airport by using the following procedure: (Do not contact the Nepali Embassy or Consulate in the U.S. about this.)

1. At least six weeks prior to departure grantees should inform Program Administrator Mily Pradhan by e-mail (mpradhan@fulbrightnepal.org.np) of their complete passport information, including for any dependents. Dependent children qualify for an official, long-term Nepali visa only while they are under the 21 years of age. For the grantee and all dependents, ensure that you send a scanned copy of each person’s passport bio page in order to process all travel and visa requirements.
2. The Commission (through the U.S. Embassy) then notifies the Ministry of Foreign Affairs in Nepal of the expected arrival of a Fulbright grantee.
3. The Ministry of Foreign Affairs provides the Commission with a letter that will entitle the grantee to a visa fee waiver. This letter will be scanned and sent by email as an attachment to you prior to departure from the U.S.
4. Upon arrival at the Kathmandu airport, fill out the disembarkation card available in the arrival hall and then present the Visa Fee Waiver letter, along with two passport photos to the Nepali immigration officials at the “Diplomatic and Official” or “Gratis Visa” visa counter. (You will also need passport photos for other purposes as well, so bring a half dozen with you.) *PLEASE NOTE that you are entitled to a Gratis Visa upon arrival and no visa fee should be paid at the airport.*
5. Within the remaining validity period of the Gratis Visa, please give your passport to Program Administrator Ms. Mily Pradhan who will process all of the necessary documents to ensure that your visa extends through the full length of your grant period.

At the earliest, please scan and send a copy of the bio page of your passport with the following information to Program Administrator Ms. Mily Pradhan:

- Complete name, as listed in the passport
- Passport number
- Place of passport issue
- Date of passport issue and date of expiration

NOTE: Those traveling via Bangkok or Singapore may apply for Thai or Singapore visas upon arrival in those countries. However, if traveling via India, an Indian visa is required if exiting the airport (for shorter-term layovers in Delhi, there have recently opened “sleeping pods” which may be booked on-line and may provide an alternative to exiting the airport) and must be obtained before departing from the U.S. Many grantees decide to visit India following the completion of, or even during their grants. In recent years, Nepal Fulbright grantees have been invited to attend a Regional Fulbright Conference hosted by the U.S.-India Educational Foundation (USIEF) for which travel to India is required. Thus, it is **strongly recommended** that grantees get an Indian visa in the US because, both in case of potentially necessary emergency departure from Nepal and for potential travel to India to attend the Regional Fulbright Conference, an Indian visa is either enormously valuable or required. Further, it is impossible to acquire one quickly in Kathmandu. Thus we recommend that you apply for an Indian visa through an Indian consulate in the U.S. prior to your departure for Nepal. *IMPORTANT NOTE: In December 2009, India introduced a new rule that prevents Tourist Visa holders from re-visiting India within 2 months after last leaving. If you plan to travel in or through India, please plan your travel accordingly.*

Domestic Travel Policy

Perhaps the most important set of rules governing the Fulbright program in Nepal are related to communication about grantee whereabouts, as it is essential that the Commission be able to contact grantees in the event of an emergency or natural disaster. As there was a protracted period of internal conflict in Nepal and there remain conditions of social and political instability, grantees must comply with all domestic travel policies and security procedures set in place by the Commission and by the Regional Security Office (RSO) of the U.S. Embassy in Nepal.

Up until very recently, Fulbright grantees in Nepal were restricted to work within the Kathmandu Valley only. Recently, however, this restriction has been lifted and grantees are currently allowed to travel and conduct research across the country with the prior approval of the Commission and the RSO.

In order to maintain the privilege of this freedom of travel for all Fulbright grantees in Nepal, it is essential that every grantee take personal responsibility for:

- advanced detailed planning of any travel,
- clear communication with the Commission about any changes in travel plans, and
- clear provisions made for any period of time when a grantee anticipates being located in an area potentially inaccessible by phone networks.

In order to ensure that Fulbright grantees in Nepal are not exposed to security risks, all travel within Nepal by Fulbright grantees must first be approved by the Commission and by the RSO. The process by which this happens is as follows:

- Upon your arrival in Nepal, a Travel Request Form will be made available to you. **This form must be filled out in detail and submitted by email to the Program Administrator and Senior Program Officer at least three days before your intended travel.**
- This form is then submitted by the Program Administrator to the RSO who communicates approval once granted.
- Grantees are not to travel until after they receive this official approval from the Commission and from the RSO.
- With that approval are listed emergency contact information for police and other government officials in the destination area. It is important for Fulbright grantees to bring that information with them when they travel so that they can access any emergency services if necessary.

While the Commission does understand that travel can be difficult to plan in advance and that plans may be subject to frequent last minute changes, it is essential that grantees undertake sufficient advanced planning for their travel and remain in touch with the Commission so that the Commission can immediately contact grantees if necessary. Given the changing nature of the political situation in Nepal and the potential for natural disaster in different areas of the country, *it is essential that all grantees adhere strictly to this policy.*

While the dependants, if they are travelling independently of the grantee in Nepal, need not obtain an RSO travel approval, it is advisable nonetheless to obtain such an approval as providing this information may be very helpful in the case of emergency and in order to get prior information about planned political activities that may impede travel.

Grant-related Books

The Public Affairs Officer of the U.S. Embassy in Kathmandu has made special arrangements for book shipments by Senior Scholar grantees via the diplomatic pouch. Regional Researchers may send (at their own expense) up to four boxes of books or educational materials to:

YOUR NAME C/O PAO-Kathmandu
ATTN: Fulbright Commission
Department of State
6190 Kathmandu Place
Washington, D.C. 20521-6190

Regulations require that the book boxes weigh no more than 40 pounds each and that the total dimensions of the boxes (height + length + breadth) not exceed 62 inches. Book shipments through the pouch generally take 4-6 weeks to reach Nepal. Please notify the Commission in advance if you are sending any books via the pouch so that we can make the appropriate arrangements with the U.S. Embassy in Nepal.

Unaccompanied Baggage

The shipment of unaccompanied baggage (with the sole exception of grant-related books, as discussed above) is strongly discouraged for a variety of reasons. Shipment by surface mail usually takes 3-6 months from the U.S. to Nepal and is subject to delays and pilferage. We recommend that grantees bring with them all that they will need as accompanied baggage. If you do decide to ship unaccompanied baggage, it is entirely your responsibility. Take extreme care in preparing the shipment, since it will receive rough handling en route. Although the Commission will give whatever assistance it can, it assumes no responsibility for loss, damage or delay. Past grantee experience suggests that some delays can be avoided by shipping through Bangkok rather than New Delhi.

In order to clear baggage through customs, the Commission needs:

- 1) One set of keys (If the baggage is arriving ahead of the grantee);
- 2) A detailed list of contents, with approximate values;
- 3) A letter authorizing the Commission to receive the baggage on the grantee's behalf.

Clearing shipments through Nepali customs is a lengthy and unpleasant process. Grantees interested in a "total immersion" in the cross-cultural experience are invited to accompany the Commission staff to the Tribhuvan airport customs shed!

Packages

The only way to receive packages (other than documents) is to have them sent through international mail (The Fulbright Commission, GPO Box 380, Kathmandu, Nepal). Although grantees are entitled to customs-free entry of packages, the Commission does not recommend such shipments as the clearance procedure is an eleven-step process. Moreover, the loss rate is very high.

Mail/shipments through the Diplomatic Pouch

Nepal is a member of the International Postal Union and has regular mail service with other countries but it is not reliable. For this reason, for letters only (and they must weigh under one pound) the privilege of the State Department diplomatic pouch was granted to Fulbright grantees in Nepal. Mail being sent to you in Nepal should be addressed as follows:

American Embassy Kathmandu
Attn: Fulbright Commission – ‘Name of the Grantee’
Department of State
6190 Kathmandu Place
Washington, D.C. 20521-6190

You must use the above address as the return address on any correspondence you mail through the pouch. U.S. domestic postage is used for diplomatic pouch mail and may be purchased in limited quantities from the Fulbright office. **PLEASE NOTE:** This privilege is only for first class letter mail and is not terribly fast, as letters going to or coming from Nepal can take as long as a month. With the exception of sending packages of grant-related books and materials to yourself described above under the heading “Grant-Related Books,” ***no packages whatsoever can be sent to Fulbright grantees through the diplomatic pouch.*** Violation of this regulation may mean that present and future Fulbrighters will be deprived of the pouch privilege.

In addition to the regular mail, grantees may also send and receive documents using one of the international courier services such as DHL or FedEx, both of which have offices in Nepal. These courier services however, are generally limited to the sending and receipt of documents only. Though generally reliable and fast, they tend to be expensive. Documents sent to you via these services should be addressed to you at the address below, and please advise senders that including the phone number is vital:

The Nepal Fulbright Commission
GPO Box 380
Gyaneshwor
Kathmandu, Nepal
Tel: 4444780

Commissary & Recreational Privileges

Fulbright grantees in Nepal are granted the courtesy by the U.S. Embassy in Nepal to use of the American Commissary run by the American Mission Association on a membership basis. The Commissary stocks a selection of groceries, frozen foods, toiletries, over-the-counter medicines, liquor, tobacco, and some incidentals, such as flashlights and kitchen ware, but no clothes items or fresh vegetables. To use the Commissary you must join the American Mission Association (AMA), which also entitles members to use the AMA's recreation compound, Phora Durbar, which has a swimming pool, tennis and squash courts, work-out room, and snack bar. To join the AMA requires a capital deposit (fully refundable) of \$500. The capital deposit must be paid by a U.S. dollar check. In addition to the capital deposit, AMA members must pay monthly dues of \$60 for singles, \$75 for a couple, and \$90 for a family of three or more.

The membership approval process for AMA can be very lengthy, so it is recommended to those who wish to become members, to submit an application as soon as possible after your arrival in Kathmandu.

What to Bring

Upon arrival, you will be presented with a welcome kit that should answer some of your questions about living in Nepal. Commission staff will also be happy to answer any questions not covered in this manual.

Climate and Clothing

There are four seasons in Kathmandu: cold in December and January, cool and mild in October, November, February, and March; hot and dry in April and May; and hot, humid and rainy in the monsoon months June through September. Temperatures are generally quite moderate. In the hot season daytime temperatures range in the 80's while winter days are in the 60's. Winter nights can get cold (30's and 40's) and seem much colder due to the lack of central heating and insulation. Quilts, electric blankets and room heaters (which can be purchased locally) help solve the problem.

Although temperatures are moderate, the lack of central heating necessitates warm clothing for the winter months, often more for indoors than out! Tibetan shops stock a variety of woolens, but it is still advisable to bring warm sweaters and a jacket for outdoors. A zip-out liner provides between season flexibility. Dressing in layers proves quite practical. Other than December, January, and February, the daytime weather is quite warm, so lightweight summer clothing is in use most months of the year.

Although shopping malls are on the rise, well-fitting and superior-quality shoes, socks and branded readymade clothes are not always available on the local market, so buy them before leaving the States. Yarn goods, mostly cotton and/or polyester,

are available in Kathmandu, as are inexpensive tailors. Bring extra underwear because the selection in Kathmandu shops is limited. Made-to-order clothing can supplement but certainly not substitute for bringing along all the clothing you will need during your stay, although the bazaars of Kathmandu are overflowing with low-priced (and often reasonably good) "knock-offs" of famous brand name clothing, particularly outdoor clothing.

Household and Miscellany

In making decisions about what to bring, it is important to understand the unpredictability of the market in Kathmandu. Things available in abundance disappear abruptly, while other items traditionally unavailable may suddenly flood the market. Luxury items (like perfumes and cosmetics) are expensive and choice is limited. Another quirk of the market is that an item may in fact be available, if only you can figure out which of the many, many small shops is the one that stocks it. In recent years, however, the construction of large supermarkets in various parts of Kathmandu and other urban centers has made the acquisition of foreign goods fairly straightforward. Nevertheless, the supply of basic necessities such as cooking gas, kerosene, and petrol can be subject to the vagaries of the import market and can undergo unavailability or drastic price surges at times of shortage. Grantees need to be adaptable when these shortages occur.

Computers, Cell Phones, etc.

If you need a computer for your work, you should consider bringing with you a laptop, any specialized software you may need, backup hardware **and an extended-life battery**. If you plan on bringing electrical appliances of any kind, do remember that Nepal's power supply is 220 volts. Because the voltage is unstable, many grantees purchase voltage transformers and stabilizers, which are available locally and quite cheaply.

Most, if not all US cell phones are incompatible with cellular service in Nepal. The service is tolerable at best in the Kathmandu Valley and cell phones as well as SIM cards for local use are widely available. Cell phones are NOT useful for long distance calls to/from the U.S. because of very bad sound quality. The Kathmandu Valley is only recently becoming home to wireless and high speed cable internet services. Some Fulbright housing currently has these features but the speed and dependability of the connections is highly variable. Such technology is still quite a ways behind what is considered average in urban U.S. Until April of 2006 the Commission office itself used only dial-up internet connections.

Health Precautions & Medical Care

Fulbright grantees have the choice of two clinics of international standard in Kathmandu: the CIWEC clinic www.ciwec-clinic.com (operating since 1982 and located in Lainchour) and the Nepal International Clinic (operated since 1989 by a Nepali physician who is a U.S. Board certified internist, located one block south of the Narayanhiti Palace Museum) <http://www.nepalinternationalclinic.com/index.html>

Grantees who have chosen CIWEC or NIC have found the services to be good. CIWEC and NIC fees are comparable to those paid in the U.S. Bills from the CIWEC and NIC must be submitted as claims under your own insurance, or secondarily as claims under the Department of State insurance policy that applies to Fulbrighters. However, every medical treatment or illness does carry a \$30 deductible under the Department of State policy.

For those who regularly take medications or require medical supplies, it is very important that you ensure before leaving the U.S. that you have with you a sufficient supply of your prescribed medicines to suffice for the entire grant period. Having medicines and/or medical supplies sent from the U.S. to Nepal is generally NOT covered by insurance and past experience has proved very stressful for grantees who cannot have quick and inexpensive delivery of required medicines. Although there may be comparable medicines available on the Nepali market, it requires a doctor visit to enquire about the equivalent medicines. It is your responsibility to enquire about insurance coverage for medicines and medical supplies, the Nepal Fulbright Commission cannot answer detailed questions about the provisions of the health insurance coverage offered by the Department of State.

Pollution and Other Environmental Concerns

Major urban areas in Nepal, most especially Kathmandu, suffer from disturbing levels of air and water pollution. Many grantees find wearing a face mask while walking or traveling by bicycle useful. For those grantees with pre-existing respiratory system difficulties, it will be important to consult your physician about prophylactic measures that might be taken to avoid exacerbating the condition.

Food and Water Precautions

Generally, in traveling through Asia, you should drink only boiled and filtered water. Avoid wet plates and utensils, uncooked vegetables or fruits which cannot be peeled, un-boiled milk, and cold foods which may have been contaminated by handling. Intestinal troubles are common, but a little caution and common sense will go a long way towards minimizing their effect.

Personal and Household Safety

The Commission places the utmost importance on your safety and security while in Nepal. The following information is provided as a resource to assist you in ensuring your own personal safety while in Nepal.

- Political demonstrations, rallies and other mass gatherings are best avoided as they can quickly turn from peaceful gathering to violent conflagration. The Commission will communicate with all grantees about any planned protests which are known to the RSO. However, it is not uncommon, especially during periods of heightened political uncertainty, for unplanned protests to occur in Nepal. All grantees are advised to walk away from any gathering crowd and to avoid major intersections when protests seem likely.
- Theft of belongings from rooms left unattended or of personal belongings left unattended are not uncommon, most especially in tourist areas of Nepal. It is advisable that all grantees retain insurance for more expensive property (i.e., specialized equipment such as cameras, bicycles, or technology) and to routinely back-up all important computer files. If required, CD or DVD backup copies of your computer files can be stored at the Commission office.
- Transportation and traffic accidents are common in urban areas as any existing traffic rules are mostly ignored. It is important for all grantees to adjust to the traffic patterns on Nepali streets so that you can protect yourself from potential danger.
- Home safety recommendations from Cathy and Krish, March 2011. The following are recommendations from two current U.S. Fulbright Senior Scholars who recently experienced a house fire at their residence in Patan:
 - “Having experienced a home emergency in Nepal, we want to share the following recommendations for Fulbrighters in Nepal.
 - Know the locations and operation of all door and window exits. Make sure that you know at least two reliable exits from the home
 - Check the electrical wiring inside the house and know the location of the main power shut off switch
 - Keep flammable items away from sources of sparks and heat - stoves , heaters, fans, irons, etc
 - Know the location of the fire extinguisher if there is one
 - Put new batteries in the smoke detector and make sure it is unobstructed. (It is a good idea to get one if there isn't one in the home.)
 - Know how to reach the home owner or caretaker, as well as a phone number for emergencies.
 - Keep a charged phone nearby.
 - Have a cloth or mask available for breathing if the house fills with smoke.
 - Have clothes and shoes in a safe place nearby in case you need to make a quick exit.

- Have enough cash to replace any necessary items that may be lost in a fire, flood, etc., as well as to buy food if eating at home is no longer possible. (Have enough cash handy to tide you over for at least a couple of days.)
- Have a back up and contingency plan in case of loss of vital data or documents.
- Give the landlord/caretaker an emergency phone number (i.e., the Commission Office, as well as mobile numbers for the Senior Program Officer and Executive Director)
- Have an ID with you at all times”

Living in Kathmandu

Daily living in the Kathmandu Valley and surrounding areas can be challenging as well as interesting. World-class hotels and medical facilities, and a small but increasing number of Western-style stores, coexist with traditional and very numerous open-air shops. These shops, frequently located on the first floor of Nepal homes, sell everything from fruits, vegetables, grains, live poultry, to exquisite silver and gold jewelry, refrigerators, cold medicine, and Internet service. Many things available in the U.S. can be purchased at these shops, but often not by recognizable brand name.

Because of overcrowding in the Kathmandu Valley, water shortages are common during March to May, the driest months. The Kathmandu population has more than doubled in the last 10 years, with comparatively little infrastructure improvement. Depending on their living arrangements, people may carefully conserve and/or buy additional water. The electric supply, dependent on water resources as well, can be severely restricted. At this writing (spring 2011) most areas of Nepal receive only ten hours per day of electricity; five of those hours are at night. Many households buy inverters that store electricity for limited use during the “load shedding” (no electricity) hours.

Centrally heated or cooled houses in Nepal are the exception. Consequently, most Nepalis use gas heaters in their living areas during the coldest months, November through February. They may also heat water by solar panels. Some households have installed gas or electric water heaters (“geezers”) for showering.

Limited electricity means that refrigeration, especially during the warm summer months, can be problematic. Most households shop for food several times per week, and when purchased, meat is generally cooked and consumed immediately. Fresh fruit and vegetables are abundant, especially in open-air shops. It is important to thoroughly clean and dry fresh fruits and vegetables, and cook meat well. It is essential to drink only boiled, filtered or safely bottled water. To help overcome such difficulties, many people employ a domestic helper to assist with food shopping, cooking and clothes washing. See Appendix II for more detailed information.

Power Outrages (Government Imposed Blackouts, aka “Load-shedding”)

A common feature of daily life in much of Nepal now is “load-shedding.” As Nepal’s electrical demands far exceed the production of power, the Government imposes scheduled blackouts on neighborhoods of Kathmandu and all other major cities in the country. The hours without power vary from 6 to 16 hours a day *WITHOUT POWER*. The worst months are in winter and spring—from December to May—and during these months everyone in the city resorts to various means to store electricity or to do without. Grantees should bring battery powered headlamps, and consider bringing an “emergency light” with them. You might also consider bringing solar rechargeable lights, computer batteries, etc. For those who **MUST** have constant access to a computer for their work, load shedding is often the single greatest adaptation you will have to make. Consider it a fact of life and try to plan accordingly.

Telephone & Internet

Nepal is now connected to the international satellite system, so telephone calls to the U.S., though relatively expensive, can often be made from one's own telephone. For international dialing to Nepal, the Nepal country code is 977 and Kathmandu city code is 1. These numbers are generally followed by a seven digit phone number. Many grantees use Skype, or similar internet phone services, to make calls cheaply to the United States from Kathmandu. The Nepal Fulbright Commission has its own fax machine (977-1-4410881). Grantees can receive faxes on this machine. However, grantees will be charged to send faxes from the Commission. There are many commercial fax outlets in Kathmandu, and in addition, Nepal now has several cheap and well run e-mail services and Internet Service Providers. Most grantees bring laptop computers and have e-mail installed soon after arrival, using one of the several Kathmandu-based Internet Service Providers.

Political Disturbances

The political situation in Nepal has been fluid and subject to sometimes very rapid changes over the past twenty years. General strikes, shut downs – or *banda* – are fairly common both at the national level and locally. While some *bandas* are announced well in advance, some are called very quickly and there is little time to stock extra food, water and other provisions. In light of these *bandas*, it is very useful for grantees to remain flexible in planning work and travel schedules and to keep a stock of provisions in case there is an extended period of time when transportation, business and other general services are affected. Communications about the security situation are regularly sent out by the RSO at the U.S. Embassy in Kathmandu and forwarded to Fulbright grantees.

Research Assistants & Translators

Grantees whose work requires research assistants and or translators, unless they have prior contacts, should wait until they arrive in Nepal to locate such assistance.

There is no formalized process for doing so, but often the Fulbright office may know of persons who have assisted Fulbrighters in the past. Your Nepali colleagues and Fulbrighters already in country can also assist you with networking to find RAs and translators. Be sure to carefully discuss any past experience with those you are considering hiring and to be as clear as possible about your expectations of them. Rates will obviously depend on qualifications, the nature of the work, expected time commitments, etc. Finally, please remember to give credit where credit is due if your research work results in publication.

Reports

Although CIES has its own reporting requirements for Regional Researchers, the Commission also appreciates the sharing of research findings and progress. At the Commission, an auditorium is available for presentations, workshops or other such functions. Before their final departure from Nepal, Regional Researchers should schedule with Mily Pradhan (mpradhan@fulbrightnepal.org.np) a time to give a presentation of their work to the Fulbright community in Nepal.

Blogging about your Fulbright Experience

As of May 2009, the U.S. Department of State has a new policy which reads:

“Web-Based Media: Grantees who share their Fulbright experiences publicly via web-based media are responsible to acknowledge that theirs is not an official Department of State website or blog, and that the views and information presented are their own and do not represent the Fulbright Program or the U.S. Department of State. Any grantee who posts inappropriate or offensive material on the Internet in relation to the Fulbright Program may be subject to revocation or termination of their grant.”

Emergency Action Plan

A “Warden” system maintained by the U.S. Embassy in Nepal is in place to provide a means of communication to all U.S. citizens in Nepal who have registered with the U.S. Embassy. The registration form for the Warden system is part of the Welcome Packet provided to all Fulbright grantees upon their arrival at the Commission in Kathmandu. The Commission’s Executive Director acts as Warden for all Fulbrighters in Nepal, although there are also volunteer Wardens for specific geographic locations across neighborhoods in Kathmandu and select cities outside Kathmandu. This Warden system is a network of U.S. citizens who have volunteered to be point-persons for U.S. citizens in the event of natural disaster or other emergency. They are not necessarily employees of the U.S. Embassy in Nepal and do not have any authority beyond that of a volunteer who may provide basic information about safety guidelines, and/or natural disaster preparedness.

The following information is intended to provide guidance to Department of State-funded Fulbright grantees in Nepal as they consider various options and contingencies during possible crisis situations. Provisions for Fulbright-Hays grantees whose grants are funded through the U.S. Department of Education differ from these listed below. Fulbright-Hays program grantees should clarify with the Department of Education any questions regarding provisions during a crisis.

Status of Fulbrighters

As private American citizens, Fulbright grantees do not fall under Chief of Mission (i.e., the U.S. Ambassador in Nepal) authority and cannot be ordered to depart. However, the U.S. Department of State and the U.S. Embassy in Kathmandu can urge grantees to depart if they believe conditions are severe enough, and in such cases may withdraw Fulbright grant monies and privileges (see “ordered departure” item below). The U.S. Department of State does recognize that Fulbright grantees are a distinct group of individuals because they are under the U.S. government sponsorship when overseas and also provides a level of support to Fulbright grantees in the event of a crisis.

General Preparedness and Emergency Procedures

- Fulbright grantees should, upon arrival in Nepal, register their names with the Consular Section at the U.S. Embassy (the registration form is included in the Welcome Packet you will receive upon arrival at the Commission in Kathmandu). The Fulbright program is addressed in the Emergency Action Plan of the U.S. Embassy, and the grantees are included in annex b of its warden system.
- Shortly after arrival in country, all Fulbright grantees will be scheduled for and must attend the Security Briefing given by the U.S. Embassy Regional Security Officer (RSO) at the U.S. Embassy in Kathmandu.

- The Commission maintains detailed contact information for current Fulbright grantees in Nepal. This information includes telephone numbers (home, work, and cell phone), physical addresses (home and work), and email. If any part of the contact information changes, grantees should inform such changes to the Commission's Program Administrator Mily Pradhan and Senior Program Officer Yamal Chandra Rajbhandary. If the grantees are planning on working in non-urban areas, they should also inform the Commission of their detailed itineraries and how they can be reached in case of emergency.
- Grantees must contact the RSO through the Commission if they wish to travel outside the Kathmandu area. There is a "Travel Request Form" which must be filled out and submitted at a week prior to travel. Grantees must also inform the Commission of travel outside the parameters of their assignment, including weekend trips and travel outside the country. (See also 'Restricted Areas' below.)
- From time to time, the RSO distributes informational notices that are generally distributed by the Program Administrator to grantees. Grantees should check their email and mailbox at the Commission regularly to see if any new security-related informational notices have been issued.
- Grantees are advised that the standard means of communication may be cut off during crisis situations. It is advisable for grantees to maintain a system of close contact with the Commission, with their geographic wardens and with other grantees so that in case of a break-down in standard systems of communication there may be sufficient information available so that grantees can be located and contacted.
- During crisis situations, as long as the means of communication are open, grantees should maintain contact with the Commission and provide updates on at least a daily basis (probably more if the situation dictates). Information about these requirements will be provided as a potential situation emerges.
- Grantees will receive briefing on the U.S. citizen Warden system upon arriving in Nepal. It is vital that grantees keep in touch with the warden of the neighborhood in Kathmandu or Patan where they live in case of an emergency that curtails mobility. Grantees will learn the particular "rallying points" for Americans nearest to their home, so that if communications with the Commission or the Embassy are not functioning, grantees will know where to go to receive more information. For most neighborhoods, the rallying point will be the nearest large hotel or other area with open ground space.
- Before leaving their site for the rallying point, grantees should have with them: passport; all currency; and important personal papers. They should also leave a written message stating that they have left for the safe haven at their site.

- Grantees should also be familiar with the transportation options, the likely routes they will travel, and the length of time it will take to reach the rallying point.

Restricted Areas

At the beginning of their grant periods, all grantees will receive a briefing from the RSO. Part of the information imparted at these briefings consists of the current list of districts and other areas within Nepal where, due to security concerns, travel is either restricted or prohibited by Americans who are subject to the authority of the Chief of Mission. Although Fulbright grantees are not subject to the direct authority of the Chief of Mission, the Commission works in consultation with the RSO and has only recently lifted the suspension of the Fulbright program in such districts and areas of Nepal.

Anytime a grantee intends to go to a field site, he/she must check with the RSO through the Commission to ensure that the area of intended visit is not on the embassy's list of "no go" districts and update himself/herself on any security issues in that area. If security concerns make it impossible for the grantee to carry out the research that the original proposal envisioned, reasonable modifications to the research proposal, in consultation with the Commission, may be made.

Emergence of a Crisis

- If the situation is uncertain, the Commission, in conjunction with the Bureau of Educational and Cultural Affairs of the US Department of State (ECA/A/E), will evaluate the threat potential to a grantee and his/her dependents, and may offer grantees elective or temporary relocation to another in-country site.
- If the situation is so serious that it poses a threat to a grantee's and his/her dependents' lives, especially when violence is anticipated or already occurring, the Commission may temporarily suspend the Fulbright program for a specific region/locale or the entire country. The Commission will facilitate relocation of the grantee together with his/her dependents to either an in-country safe haven, a third country location, or the U.S.

Authorized/ordered Departure

In the event of a serious crisis, the U.S. Embassy may consider imposing either an "Authorized Departure," or an "Ordered Departure." Each of these situations and its effect on Fulbright grantees is described below.

- Authorized departure

A State Department announcement authorizing voluntary departure from affected posts of American personnel and dependents does not automatically require departure of U.S. Fulbright grantees, and the announcement of an *authorized*

departure does not necessarily lead to a suspension of the Fulbright program. The Commission will stay in contact with grantees and work out with the ECA/A/E the best solution on a case by case basis. Grantees should not feel constrained to stay in a situation that they feel is risky; nor, however, should they feel that they must leave due to an advisory authorizing departure. The Commission will facilitate the departure of any grantees and/or dependents who wish to leave the country. ECA/A/E will assist with arrangements for temporary assignment to another country and other issues related to the grant.

Grantees will be advised by the Fulbright Commission if an *authorized departure* is announced and they should then contact the Commission for all available information that may affect their own decision to leave Nepal or stay in the country. It is the sole responsibility of the individual grantee to decide whether he or she leaves or stays in the country. The Fulbright Commission bears no part in the decision and assumes no responsibility for the safety of its grantees. All grantees are requested to notify the Commission's Executive Director of their decision to leave Nepal or stay in the country.

The following scenarios may occur after the announcement of an *authorized departure*:

- a. *Grantee decides to leave Nepal and resign the grant.* (See below)
 - b. *Grantee decides to remain in Nepal and continue with the grant.* The grantee will continue receiving his/her grant benefits until such time as an ordered departure might occur, in which case ordered departure, provision b. below would apply).
 - c. *Grantee decides to leave Nepal without resigning grant.* (See below)
 - d. *Grantee is reassigned without curtailment of grant.* (See below)
- Ordered departure

In the event of a more serious situation, the U.S. Embassy, in consultation with the State Department in Washington, may declare an *ordered departure* of USG dependents and/or non-emergency personnel. In such a situation, the continued viability of the Fulbright program would also be evaluated. ECA/A/E, in consultation with the Commission, determines whether the Fulbright program can sustain operation under current circumstances and, if not, may suspend the program. If the program is suspended, all Fulbright grantees will be asked to leave the country.

The following scenarios may occur after the announcement of an *ordered departure*:

a. *Grantee decides to leave Nepal and resign the grant:*

In the event grantee elects to return to the U.S. and resign his/her grant, the exact timing of departure should be coordinated with the Commission and host institution, if any. The grant would be amended to shorten it to the length of time in the country of assignment. If the grantee has received payment of benefits beyond the amount authorized in the amended grant, s/he would be required to return any overpayment to the cooperating agency/commission. Fulbright grants already include an allowance for return travel to the U.S. ECA/A/E would authorize a financial payment (stipend and/or maintenance allowance) for 30 days from the date of departure to assist with resettlement in the U.S. If a grant is terminated, all applicable reports will become due within 30 days.

b. *Grantee elects to remain in Nepal:*

If a grantee elects to remain, even after the announcement of an *ordered departure*, ECA/A/E may withdraw the grant and discontinue the stipend/maintenance allowance. If the grantee has received payment of benefits beyond the withdrawal, s/he would be required to return any overpayment to the Commission. The grantee is asked to sign a statement of release acknowledging s/he is no longer considered a Fulbright fellow and must not continue to represent him/herself as such. The grantee does not forfeit the return travel entitlement, but must meet any increase in travel costs him/herself. The grantee's State Department ASPE insurance coverage ends at the date of resignation as well.

c. *Grantee decides to leave Nepal without resigning the grant:*

The Commission may determine that it is in the best interests of the program that grantees depart without curtailing the Fulbright grant. Factors governing such a decision include security concerns at the place of assignment and potential to resume the assignment in the near future. Where it is determined that departure without curtailment of grant is advisable, ECA/A/E authorizes payment of up to one month's stipend for a grantee who is out of country of assignment with the expectation that circumstances may permit an early return to host country. If a return is not feasible (i.e., no change, or worsening of the situation), ECA/A/E authorizes a further one month's stipend to assist with resettlement in the U.S.

Depending on the local situation, grantees may choose to leave the country temporarily during a crisis. While costs of emergency air tickets, diversionary travel and other exceptional expenses may be covered from grant funds, grant funds may not be used for grantees' cost-of-living expenses outside of

Nepal and the cost of any emergency travel would be deducted from the grant total.

d. *Grantee is reassigned without curtailment of grant.*

Grantees may select reassignment in another country; however, it is not possible for ECA/A/E to guarantee reassignment. Factors affecting reassignment include the length of time remaining in the grant, the scholar's field of study, the need for expertise in another country, and ability to obtain timely approvals from the potential new host institution and PAO/Commission. Reassignments are usually within the same geographic region.

Telephone List

Emergency Numbers

The Commission for Educational Exchange between the US and Nepal (USEF/Nepal)

<p><u>US Embassy Post One</u> (24 hours):</p> <p style="padding-left: 20px;">4007269 (direct)</p> <p style="padding-left: 20px;">4007266 (direct)</p> <p style="padding-left: 20px;">Through US Embassy switchboard: ext. 4100</p> <p>(See below for US Embassy switchboard numbers)</p> <p><u>US Embassy Post One Mobile</u>: 98510-67461</p> <p><u>Nepal Police</u>: 100/101/102, 4226998, 4226999</p> <p><u>Nepal Fire Brigade</u>: 101, 4221177, 4223897</p> <p>Other Numbers</p> <p><u>US Embassy</u></p> <p style="padding-left: 20px;"><i>Switchboard numbers (office hours):</i> 4007200</p> <p style="padding-left: 20px;">Regional Security Officer (RSO): ext.4262</p> <p><u>Phora Durbar</u></p> <p style="padding-left: 20px;"><i>Switchboard number:</i> 4257449</p> <p style="padding-left: 20px;">Compound: ext.4712</p> <p><u>CIWEC Clinic</u>: 4424111</p> <p><u>Norvic Hospital</u>: 4258554</p> <p><u>B&B Hospital</u>: 5531930 5531933</p>	<p>4444779, 4444780, 4437330, 4437332</p> <p>4414598 (Advising Center)</p> <p><u>Fax</u>: 4410881</p> <p style="text-align: right;"><u>Residence</u></p> <p>Laurie A. Vasily</p> <p><u>director@fulbrightnepal.org.np</u></p> <p>Cell phone: 9851017094</p> <p>Yamal C. Rajbhandary 5534657</p> <p><u>yamal@fulbrightnepal.org.np</u></p> <p>Cell phone: 9803041120</p> <p>Basu Manandhar 4419828</p> <p><u>basu@fulbrightnepal.org.np</u></p> <p>Cell phone: 9841458988</p> <p>Mily Pradhan 4375829</p> <p><u>mpradhan@fulbrightnepal.org.np</u></p> <p>Cell phone:9841276679</p> <p>Robin Piya</p> <p><u>robin@fulbrightnepal.org.np</u></p> <p>Cell phone:9813087318</p>
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Please remember that any time you shift your location, whether it be a move from Kathmandu to a field site or a move within Kathmandu, to let the Fulbright Commission's Mily Pradhan and Senior Program Officer Yamal Chandra Rajbhandary know where you are and how we can get in touch with you. Contacts details are noted above.

Fulbright Commission/Nepal
April 2012

APPENDIX I: Cost of Living in Kathmandu

Compared with anywhere in the U.S., living costs are not high in Kathmandu, so Fulbright grantees generally find their grant stipends to be quite adequate. However, in order to help familiarize you with the kinds of expenses you are likely to encounter, there is a brief summary below of expected living expenses.

Rent

Fulbright grantees whose grants are administered by the Fulbright Commission in Nepal are provided housing paid for through their grant's housing allowance. Regional Research grantees however, must cover their housing and all other expenses from their stipend. Hotels in Kathmandu's tourist area can range from \$20-\$40 per day depending on the available amenities, and monthly furnished apartment rates can vary between \$250 and \$500 per month.

Household Staff

The cost of staff depends on how many household staff a grantee employs. A full-time cook will cost about \$85-110/mo.; a driver \$100-120; a housekeeper \$65-80/mo.

Utilities

All grantees must pay for their own utilities. Water is approximately \$8.20/mo., and electricity is fairly expensive. In the warm months electric bills may be \$75-110/mo, but the winter (December, January, February) the bills may range from \$150-300, depending on how extensively grantees use electric space heaters and water heaters.

Telephone bills vary according to the use of the grantee. The basic monthly charge with an allotment of 10 local calls is only \$3. Long distance calls, however, are expensive. For example, it costs about twice as much to call the U.S. from Nepal as from the other direction. Some grantees end up with international phone calls of \$200 or more per month, but with the availability of e-mail, and internet telephony programs, phone costs have steadily dropped. Kathmandu now has several Internet Service Providers and the cost for unlimited internet access is currently about \$35/month.

Food

If grantees buy their food on the local market, which has excellent grains and vegetables, their food bills will be low. Most two- to four-member families can keep their fresh food cost to about \$150 a month. However, use of the U.S. commissary will inflate your food bill substantially. It is hard to do one round of shopping at the commissary that does not come to \$100. The prices for groceries are often twice the U.S. price and frozen foods from Singapore are often three times as high as in the U.S.

Fuels

Propane cooking gas is reasonable — a cylinder costs about \$18.00 and should last 3-4 weeks. If propane heaters are used in the winter, each cylinder may last up to four weeks.

Transportation

Most Fulbright grantees find that locally-purchased bicycles and/or traveling on public transportation to be sufficient for their transportation needs. Given the dangers associated with driving in Nepal, the Commission discourages grantees from driving motorcycles or cars themselves. Taxis are readily available in Nepal and are (compared to the U.S.) relatively inexpensive, with a cross town, 30-minute ride rarely exceeding \$5.00. It is wise to negotiate the payment amount before accepting the ride or to insist that the meter be run.

APPENDIX II: Housing and Household Staff

In Nepal, having household staff is a great convenience and can enable grantees to make the most of their grant time and get more accomplished. Although many Americans may be initially uncomfortable with having employees come regularly, invariably, they find that these employees add greatly to the ease and pleasure of your stay in Nepal, not to mention the fact that the practice provides much-needed employment to local people. There are, however, certain obligations and customs that go along with having household staff. These will be discussed in the in-country orientation, but some main points are presented in brief below.

A Fulbright Regional Researcher may choose to employ one to three household staff – a cook, a housekeeper, and a driver. The number and mix of staff is up to the grantee ultimately, but the Commission generally has a cook, a driver, and housekeepers whom we can recommend.

Salaries

Salaries range from approximately \$90 to \$150 per month (with a six-day Sunday-Friday work week). The highest paid employee is generally the cook, who also often has the best English language skills. To maintain ongoing staff in the houses Fulbright professors over the years have paid extra salary beyond the period of their grant time in order to keep the continuity. For example, if a grantee arrives in the middle of the month, he pays for the whole month. Grantees arriving in the late summer/fall bear the responsibility for paying the Dasain bonus (see below); grantees arriving in the spring semester pay for an extra month beyond their stay in order that compensation be made for the month of July. In that way the domestic employees do not miss any month's pay.

Holidays

Nepal is a country of festivals and holidays but there are two major holidays for which all staff members will need days off. The Dasain festival is Nepal's biggest holiday, usually falling in October. Staff members will generally require three to four days leave. It is also customary to give an extra month's pay to staff members at this time. The Government of Nepal and all foreign agencies routinely budget their personnel on a 13-month basis in order to pay the Dasain bonus.

The next most important holiday is Tihar which falls in late October or early November. Generally two days are given in leave.

Staff members may ask for other days off for death anniversaries of family members, for Ghoda Jatra (major Newar holiday), for wedding of family members, etc. These requests should be rare, however.

Medical, transport costs

Household staff will look to their employers for all types of advice and expertise. They may tell you about their wounds and their illnesses, expecting that you can treat or assist them. The best thing is to refer them to one of the hospitals or clinics, so that a doctor sees them and possibly prescribes medicine. Medical costs for staff are generally borne by the employer. Staff members who ride bicycles (generally male servants) may ask for financial assistance to pay for bicycle parts and repairs. This is customary. If servants do not have bikes, a small transportation allowance is generally paid with the salary.

Meals

One of the “perks” generally expected of working in a Western household is receiving good food during the working day. Employees generally get tea/toast in the morning, a Nepali hot lunch, and an afternoon tea. The lunch is generally rice, daal, and curried vegetable. Meat may be provided once a week.

Departure time

At the time a grantee leaves Nepal a bonus is usually given. The amount depends on how long the employee has worked for you and how well. This can be discussed with the Commission staff.

Performance problems

If problems come up with a staff member’s performance, please discuss these with Commission staff. Often they are a result of misunderstanding or miscommunication and can be cleared up. All the household staff have worked for many other Fulbright professors and have been retained because they have proven themselves over the years and their continued employment is a matter of the greatest concern to them.

APPENDIX III: Vaccine Schedule for Adults

This is the list of vaccinations recommended by the US Embassy Medical Unit in Kathmandu. It may be more comprehensive than what is recommended by the US Government's Centers for Disease Control in Atlanta, but the US Embassy Medical Unit feels that anyone spending a substantial period in Nepal should receive them. Note that some vaccines require multiple injections to function correctly.

Typhoid (oral)	1 tab ac with warm/cold water x 4 days; Do not take with antibiotics. Booster every 5 years.
Typhim Vi B	0.5 cc IM every 2 years (>2 years old)
TB skin test	Q 2 years; 0.1 cc I.D. (Same day or 30 days after MMR or JeVax; Varivax: apply PPD first and give Varivax 48 hours later when PPD is read)
DTetanus	Every 5-10 years; for adults never vaccinated: day 0, 30 and 6 months TIG 2 cc if injured.
Tdap	0.5 ml IM Single dose for those 18 - 65 years who have not received Tdap before (Adacel). Give 5 yrs after prior DTaP or TD but interval of 2 yrs OK.
Hepatitis B *	> 20 years: 1 cc I.M. (day 0, 30 and 180); < 19 years: 0.5 cc; no booster.
IPV <hr/> Hepatitis A (1440 IU) *	1 booster as adult (0.5 cc I.M. or S.Q.); IPV series: day 0, 30 and 6 months. <hr/> > 18 years give 1 cc I.M.; day 0 and 6 months; booster every 10 years
Rabies (pre-immunization)	1 cc on day 0, 7 and 28.
Rabies (Post exp)	Day 0 and 3 if received pre-immunization; If not, give 4 doses day 0, 3, 7, 14 and HRIG.
MMR	If born on or after 1957 (a 2 nd dose of MMR is needed for those who do not have proof of immunity)
JeVax	JeVax (1cc SQ) Day 0, 7, 30 Booster every 2 yrs
Varivax	0.5 cc SQ; > 13 years give 2 on day 0 and 30
Herpes Zoster	0.65 ml SC single dose given to 60 years or older regardless of previous episode of Herpes Zoster.
Pneumococcal (Pneumovax23)	0.5 ml SC/IM one time booster after 5 years for high risk groups*
HPV (Gardasil)	0.5 ml IM Up to 26 years of age. Administer at 0, 2, and 6 months.
Meningococcal (MPSV4)	0.5 ml SQ older than 2 years for high risk groups.* Booster 3-5 years. 15 minutes wait after injection

*Twinrix (combined Hep B & A): If used must administer 3 doses at 0, 1, and 6 months. If only given 2 doses of Twinrix, finish series with regular Hep A & Hep B injections.

*Pneumococcal high risk groups: chronic pulmonary disease (except asthma), chronic cardio vascular disease, DM, chronic liver diseases (including cirrhosis), chronic alcoholism, Alaska Natives & certain Native Americans.

*Meningococcal high risk groups: Travel to Sub-Saharan Africa, Saudi Arabia, military, 1st year college students.

For the best up to date information on vaccinations (and the medical facilities, etc., available at CIWEC clinic in Kathmandu), please see www.ciwec-clinic.com