

Pre-Departure Orientation
for Fulbright US Student Researchers, English
Teaching Assistants, U.S. Senior Scholars
(Research)



**UNITED STATES EDUCATIONAL
FOUNDATION-NEPAL (USEF-NEPAL)
NEPAL FULBRIGHT COMMISSION**

Nepal



- Landlocked country 67 times smaller than the U.S.
- Population of approximately 27 million (nearly 2 million working abroad)
- Diverse
 - Geography
 - Language
 - Culture
 - Religion
- www.ekantipur.com

THE COMMISSION IN NEPAL



- The Commission for Educational Exchange between the United States and Nepal, which is also known as USEF-Nepal, or the Fulbright Commission in Nepal, was established by an agreement between the United States government and the Government of Nepal in 1961.
- Since 1952, over 700 Nepalis have gone to the United States and over 500 Americans have come to Nepal under Fulbright program auspices.

LIVING IN NEPAL



POWER OUTRAGES (AKA “LOAD-SHEDDING”)



- The hours without power vary from 6 to 16 hours a day **WITHOUT POWER**. It is often the greatest adaptation for the grantees. A load-shedding schedule is regularly published by the Nepal Electricity Authority.
- Many households buy inverters that store electricity for limited use during the load-shedding hours.
- You might consider bringing solar rechargeable lights, computer batteries, etc.
- Please remember that the electrical outlets are 220-240 volts, which is different from the 110 volts in the US.

TELEPHONE & INTERNET



- Many grantees use Skype, or similar internet phone services, to make calls cheaply to the United States from Nepal.
- Most grantees bring laptop computers and subscribe to internet service from one of the several Kathmandu-based Internet Service Providers.
- Mobile phones are easily purchased
- To call Nepal from the U.S. (mobile only):
 - Dial 011 (exit code) + 977 (country code) + number
- To call the U.S. from Nepal:
 - Dial 001 (country code) + number

TRANSPORTATION



- Taxis are readily available in Nepal and are (compared to the U.S.) quite cheap, with a cross town, 30-minute ride rarely exceeding \$5.00.
- Public or private but relatively cheap buses and “safa tempos” are also available. In the Tarai, rikshas are common forms of transportation in cities.
- Students/ETAs: Some grantees choose to drive scooters or motorcycles. If you would like to do so, Bijaya Gurung at the office can assist in obtaining a Nepali driver’s license which is legally required for you to drive.
- Senior Scholars: Because driving in Kathmandu can be hazardous we do not permit you to drive the Commission’s vehicles, but we can recommend appropriate drivers.

POLITICAL DISTURBANCES



- The political situation in Nepal has been fluid and subject to sometimes very rapid changes over the past twenty years.
- *Bandas*: General strikes, shut downs – or *banda* – are fairly common both at the national level and locally; and 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.
- Grantees need 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.

FINANCIAL INFORMATION



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- The grant begins with one month's cash advance paid in Nepali rupees, upon the grantee's arrival. Thereafter the stipend will be paid by the Fiscal Officer on a regular monthly basis.

FINANCIAL INFORMATION: BANK ACCOUNTS



- Upon arrival, Commission staff will help grantees open an account at NABIL Bank Ltd., where the Commission has its bank account.
- It is also recommended that grantees bring their U.S. checkbooks with them, as certain expenditures must be paid in U.S. dollars. Wire transfers to and from a NABIL bank account from a U.S. account can be made upon payment of fees. Exchanging excess Nepali rupees into U.S. dollars can only legally be done upon producing receipts showing exchange from U.S. dollars to Nepali rupees; as such, Grantees should manage their finances in such a way as to minimize their rupee holdings as their grants come to a close.
- These days there are more and more ATMs in Kathmandu, Lalitpur and other areas, and many will work with an American ATM card (with charges applied), but they give Nepali rupees.

HEALTH PRECAUTIONS & MEDICAL CARE



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- Before leaving the United States - and in order for your grant to be finally approved - you must undergo and pass a physical examination using the forms for this purpose that will be provided to you by IIE/CIES.
- After you have passed your physical, please bring a copy of the physical examination form with you to Nepal.
- You should also secure and bring with you to Nepal an international health card (i.e., a World Health Organization, or WHO Card, or an equivalent document) and make sure that all of your immunizations for those diseases specified by the Center for Disease Control for Nepal are up to date.
- The Fulbright program does not cover the cost of any immunizations. (Appendix III of orientation manual contains a list of the inoculations currently recommended by the American Embassy Medical Unit for Nepal.)
- It is your responsibility to enquire about insurance coverage for medicines and medical supplies, the Commission in Nepal cannot answer detailed questions about the provisions of the health insurance coverage offered by the Department of State.

INTERNATIONAL STANDARD CLINICS



- CIWEC clinic (www.ciwec-clinic.com)
- Nepal International Clinic
(<http://www.nepalinternationalclinic.com/index.html>)

Working In Nepal



RESEARCH ASSISTANTS & TRANSLATORS



- Students and Senior Scholars whose work requires research assistants and or translators, unless they have prior contacts, should wait until they arrive in Nepal to locate such assistance.
- The Commission may know of persons who have assisted Fulbrighters in the past, and your Nepali colleagues and Fulbrighters already in country can also assist you with networking to find assistants and translators.
- Please remember to give credit to assistants and to the Fulbright program if your research work results in publication.

Safety and Security



- Register with Smart Traveler Enrollment Program
 - U.S. State Department: <http://travel.state.gov>
- You'll be sent messages from U.S. Embassy and Warden regularly, please read carefully
- Travel Request Forms
- Bandhs
 - Avoid bandh areas as advised

Mail



- For letters under 2 lb. (conditions apply):
 - Mail through the diplomatic pouch
- For packages:
 - Mail to the Commission
- For important packages:
 - FedEx, UPS, or Priority and Registered Mails

What to Bring: Ayumi's Suggestions



- Rain gear
- Good underclothes
 - Bras
 - Underwear
 - Long underwear
 - Socks
- One professional outfit
- Bathing suit/sportswear
- Fleece and other relaxing/warm clothes
- Durable and comfortable shoes
- Contact lenses
- Ladies – tampons or diva cup
- Stickers and index cards

- Laptop with a disc drive and good battery life with Microsoft Office
- Speakers
- Universal plug
- Headlamp (or some form of light)
- Extra camera battery
- Trekking gear (especially good gloves)
- Sleeping bag (if you have the space)
- Small amount of local currency and/or USD
- Photos of your life in America
- Small gifts for people you'll meet

Baggage: What NOT to Pack

- Lots of shoes
- Lots of clothes
- Simple medications
 - Antibiotics
 - Cold medication
 - Nausea medication
- Cell phone (unless it is an unlocked smart phone you are ok to possibly part with)
- Traveler's checks





10 Things To Do Before You Go

1. Get your passport and necessary visas/travel documents (email Mily your passport bio page if you haven't done so already)
2. Print passport and auto-sized photos
3. Print and bring visa fee waiver letter
4. Obtain insurance information if necessary
5. Pack your checkbook
6. Defer loans and talk to a tax adviser
7. Get your physical and yellow card (make a copy of the former)
8. Obtain medications
9. Register with Smart Traveler Enrollment Program
10. Get small gifts for those you might meet.

ETAs: Who will you be working with?



- Fulbright Commission
- Placements
- Homestay Families
- NELTA
- Micro-access Scholarship (Access)

SENIOR SCHOLARS - BOOK SHORTAGES



- Tribhuvan University has over 100,000 books, but the holdings are spotty and generally out of date.
- Although there are libraries at Kathmandu University, Patan Academy of Health Sciences and Kathmandu School of Law, they have very limited and specialized collections, and local bookstores are poorly stocked.
- It is wise to send a supply of text and reference books for your own use and, if possible, extra materials for students.
- Donations of books to the library or a particular department will be very much appreciated.

Questions?



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