

## Arrival guide Autumn 2024

### Welcome to Nepal,

Your destination and postal address in Nepal will be **Hotel New Darshan, 17th Street, Lakeside, Pokhara-06**.

After your arrival in Nepal, you will be meeting the Kulturstudier team almost every day. They are well prepared and eagerly awaiting your arrival. For the time being, we have made this document to give you the most important information you need when settling into this exciting city. Please read it thoroughly before departure, and bring it with you to Nepal.

We are arranging an introduction- and welcome meeting with all the students and the team on **Sunday, 1 September**. Time to be confirmed. You get access to your room from 31 August, and we urge everyone to arrive on this date at the latest.

Your Kulturstudier contact person in Nepal is **Oda Steen (manager)**. Prior to your departure Oda can be contacted on her **WhatsApp number** +4794034850 or **by email: [oda@kulturstudier.no](mailto:oda@kulturstudier.no)** if you have any questions. Her **local phone number** in Nepal is +977 9803144549. Please ensure to save her local contact information before you leave in case you need to contact her during your travel.

#### Arrival and taxi

If you need help in organising a taxi to pick you up at the airport/ bus junction in Pokhara and to bring you to the student house, you must provide Oda with your complete flight details (including departure airport and flight number). However, taxis are easily found outside the airport and everywhere on the streets. A fair price for a taxi from the bus junction to Hotel New Darshan lies around 400 rupees, from the airport it is 1000 rs. Should you have any trouble finding the right location, ask your driver to drop you off at Lakeside Centre (one minute walk from the place you will be staying) and Oda will come to meet you.

**Monday 2 August** is the first day of class. Most classes will be held at the study centre - a 5-10 minutes walk from your student house. In the following days, we organise a regular academic schedule, with classes starting at 09:00, 11:00 am, etc. Lunch is served at 1pm at Little Windows.

#### Help yourself

Kulturstudier is an organisation run by social scientists. We regard ourselves as an academic institution, and the academic courses are our main task. We regard our students as responsible adults, and do not want to make their stay overly organised by us. It is mainly your own responsibility to get the most out of your stay in Nepal.

Kulturstudier does not have a guide who watches you at all times. We regard it as part of the learning process that our students enable themselves to be independent. This way, it is also easier for you to get to know your way around in Pokhara.

This means that if, for instance, your luggage gets lost on the flight it is you who will have to follow up on the travel agency/airline. If you have any problems with your ticket, you will have to contact the travel agency yourself. Likewise, if you are having minor health issues, you go to the doctor yourself (bring another student along), and if you are going on weekend trips, you do the organizing of transport and hotel booking; if you have trouble with your visa you contact the embassy or immigration office yourself; if the shower in your apartment stops working, you contact the landlord where you live. In short: *we expect you to behave as if you were on your own.*

This being said, *our team represents a security net* for you. You will see us almost every day, and we are available for you when you need advice on different issues. We will facilitate your stay in Nepal. In case of an emergency or a difficult situation, we are always there for you. It is advisable that in case of certain incidents such as things getting stolen, harassment etc., you should inform the Kulturstudier staff immediately so the necessary steps can be taken.

Already before your arrival in Nepal we will send you important information via email and post in the Facebook group. We expect you to check your email account and the Facebook page regularly, and to send us a response when requested. We will do equivalently. During the semester, you will also get necessary information about schedules, trips, festivals, long weekends etc. on a regular basis. Usually information is given at the weekly meetings. This is scheduled every Monday after classes. These meetings are mandatory for students. If you miss out on these meetings, it is your own responsibility to get briefed on the given information from one of your fellow students.

### **What you get out of it depends on what you put into it**

Studying with Kulturstudier is at its core much the same as studying in any university campus; what you get out of it depends on what you put into it. This goes for academic work, cultural learning, social life and recreation. You can fail your studies and learn nothing – or you can be academically inspired and find what you want to do for the rest of your life. Our students are diverse in their backgrounds and priorities and, wonderfully, find friendship and respect amongst each other.

### **Accommodation**

Living in a developing country has its challenges. You can expect that some of the comforts you are used to are hard to recreate in Nepal at a price you can afford. This pertains for example to noise, heat, privacy, internet access, poverty, cleanliness and more.

The accommodation Kulturstudier offers varies from semester to semester according to availability of housing. It is not possible to give full predictability in what you can expect. Rooms vary in size, furnishing and appeal. You may find that someone else had more luck than you when the rooms were assigned. You may also find that construction is going on nearby or that the window in your room looks into a ventilation shaft, or directly into your neighbor's kitchen. Please be prepared for these possibilities, as they are all a part of life in Nepal.

On arrival in Pokhara, you will be accommodated in a room together with one other student. This semester the students will likely be living in the following housing in Pokhara:

- “Hotel New Darshan”
- “Immortal Inn”

*(Note: student apartments may change!)*

At our student houses, located in main Lakeside, the apartments have a bathroom, some have an attached balcony, and all students will have access to a kitchen downstairs. These are centrally located rooms where most of our students will be staying. The rooftops of the houses have a nice view of the garden and neighborhood, and the main house has three lovely dogs that makes the place feel like a home! Your room will be cleaned, and bed sheets and towels changed once a week. You will get a set of fresh towels upon your arrival.

The main gate will be open 24/7.

If something in your apartment (like toilet, light, etc.) does not work, you give a notice to the landlord, Mr. Rupak Thapa, tel. +977 9765358212 (also on WhatsApp and Viber).

### **Your postal address in Pokhara:**

Hotel New Darshan, 17th Street, Lakeside, Pokhara-06

### **Other**

The various rooms are simple and practical. It is impossible and unnecessary to make every room exactly the same. But because of the variations we sometimes experience that some may envy others based on first impressions. However, in a couple of weeks, after settling in and appreciating the particular advantages of their place, almost everyone prefers the room that chance placed them in. The same goes for roommates. People are placed in rooms together, mostly by chance. And it is impressive how well roommates get along. We expect you to respect your roommates as well as the rooms.

We equip the student rooms in Pokhara with toilet paper, water jars in the hallway, and a cooking gas cylinder in the kitchen before you arrive. *To minimize waste and use of plastic bottles, we urge everyone to bring/ buy a bottle you can use to refill with water both at the student house and in the classroom.*

Based on previous incidents, and because all locations are for the students and team only, you are not allowed to bring people besides fellow students to the student houses without first informing Kulturstudier management well in advance. *Please note that no visitors are allowed to stay overnight at the student house.* Visitors need to identify themselves and register at the entrance, and leave at times designated by Kulturstudier management. Kulturstudier reserves the right to deny access to any guest to our housing facility. This rule may seem strict, but is based on long experience.

### **Laundry**

Many students choose to do their own laundry in buckets in the bathrooms or on the roof-top. Soap and needed supplies are easily found in Lakeside’s many shops. Locals will be happy to advise you. You may also use laundry places on the streets (approximately 100 rs/kg). When

you deliver laundry, you can usually pick it up the day after. The clothes will be drying out in the sun.

*Please note:* The return of your laundry will depend on the weather and may take longer than one day if it is, for example raining. At the laundry stall, they give the clothes a rather rough treatment. We therefore recommend that you wash the most sensitive materials yourself.

## **Meals**

Lunch is organised by Kulturstudier on weekdays at Little Windows. On the weekends you organise your own meals. Breakfast and dinner are on your own expense, all week. There are lots of nice places to eat in Pokhara. Please help each other to find the best places.

Kulturstudier always arranges welcome and goodbye events for the students. A welcome dinner is held during the first week.

## **Staff**

Ms. Oda Steen is Kulturstudier's manager, and Ms. Anna Falch is your seminar leader. You will see them all almost every day. Mira Kinn will be your academic coordinator, and can be reached via email.

## **Day trips and weekend trips**

With many years of experience, we have learnt that students get the most interesting and unforgettable feeling of South Asia "under their skin" when they organise trips and explore the area by themselves. Therefore, we encourage you to use your time off to explore some Pokhara and the nearby areas on your own. We always make room for one long weekend off, so you can explore some more of Nepal. *Remember to give notice to the team when you leave for overnight trips (due to safety reasons in case of an emergency situation). This is mandatory.*

Kulturstudier does arrange one or two optional trips every semester. These trips will be announced during the semester. We do not charge anything from you for organising these trips, but students pay for accommodation and transport themselves.

## **Other activities**

In addition to the academic schedule, we always suggest additional courses –such as yoga or cooking classes- that you may join in your spare time. Kulturstudier arranges evening get-togethers with different themes (such as Nepali culture, game- and movie-nights) during the semester. These evenings are usually planned together with some students who like to engage themselves in the organisation of cultural evenings. You will get more information about these courses and evenings in the early weeks of your stay.

## **Transport**

Lots of places in Pokhara have bicycles for rent. The price varies from approximately 500 to 1000 Nepali Rupees a day. You may also buy a (second hand) bicycle. To take a taxi around Lakeside is around 150-300 rupees. At night time it will cost a bit more. Always bargain and fix the rate before taking the taxi. InDrive is an app where you can easily book taxis at a fixed and fair rate.

Due to the chaotic traffic conditions in Nepal, we request that you do not rent mopeds/ motorbikes. Besides, in Nepal you are obliged to have a valid international driving license which you must show in the many, and frequent police controls.

## **Banks**

There are many cash machines (ATMs) in Pokhara, especially at the Lakeside; and most of them accept Visa and Mastercard. There are also several money changers where you can change Euros and Dollars easily. You should always count your money after a withdrawal, as mistakes may occur.

## **Telephone/ Internet**

*Telephone:* Most students get a Nepali SIM-card and cell phone numbers, which is cheap and practical. Remember to give the management team your Nepali number if you get one. You may use foreign SIM cards in Nepal, but it is very expensive. It can be convenient to bring an old phone as back-up. In case you lose your phone, it may not necessarily be replaced easily during your stay in Nepal. By experience, the mail system may take a long time and it is not recommended to send certain valuables by mail - it can get lost.

*For Norwegian students,* an extra phone to put your Norwegian SIM-card is also good to have for easy access to your Norwegian BankID. If not attainable, we advise you to bring your Norwegian bank code chip - you never know when it is needed.

*3G/4G/5G:* The best access to the Internet is if you get a Nepali SIM-card and use your phone as WIFI/Hotspot for your computer. There are many package-deals to choose from. Normally 5 GB cost around 250 rupees, but you might also find a good deal with 60 GB at the cost of 500 rupees. Ask the telecom service of your choice for a good price. Most tourists choose Ncell or NTC's (Nepal Telecom) SIM-card during their stay in Nepal.

*WIFI:* Slow and disrupted internet connection in the student house and places of study can cause a lot of frustration for some students. If you cannot study or live without internet – you should not study in a developing country. Kulturstudier does not promise internet access in the houses or at the study centre.

## **Copying**

Many places have copying machines. They usually have a sign with “Photocopy” outside the shop. It is in general not expensive to make copies. One page cost around 5-10 rs.

## **The Classroom**

Lectures and seminars are held Monday through Friday. Most classes will be held at the study center. The week schedules will be sent to you via email.

## **Outdoor Activities**

Nepal offers plenty of opportunities for outdoor activities such as hiking, climbing, paragliding or rafting. There are many professional agencies, which offer outdoor activities in Pokhara. It is possible to do shorter treks over the weekend and/or on the long weekend. The Poon Hill and Mardi Himal treks for instance, are one of the most popular and relatively easy treks that pass through the beautiful ethnic villages of the Annapurna Region. Please note that you need a trekking pass for all trekking routes. *Please note: After 1 April 2023 it is mandatory to bring a guide. Also, it is your responsibility to double-check what your insurance covers and what not.*

## **Weekly meetings**

Every Monday right after class we have our weekly meeting (all-meeting) with students and the team. These meetings are mandatory. The idea is to share information about upcoming events and to discuss issues that need to be addressed. Please do not hesitate to give us your comments or suggestions regarding trips, food and other things, at the meeting or at any other time. We always strive to make the students happy, and to do that, we need your feedback! There will be a suggestion box in the student house so you can share your thoughts, desires, complaints or worries anonymously. When necessary, we will give other general information on any weekday after lunch, or via email, WhatsApp, Facebook, etc. The all-meetings are also there to address problems related to study conditions, etc.

## **Student representatives**

Kulturstudier gives importance to a vivid and productive collaboration between students and staff. Therefore student representatives will be elected during the first week. These representatives are: class representative, house representative, Canvas facilitator and cultural committee. These reps have a certain responsibility regarding issues related to studying conditions, class dynamic, accommodation, cultural events etc. It is their job to be an intermediary between students and staff, to help make sure that staff know what the problems are and together with students can work together to solve them. The student representatives have meetings with the field management and seminar leaders on a regular basis. For specific occasions, trips, happenings, etc., separate committees can be formed. These will be responsible for planning and carrying out the activities.

## **Communication with Kulturstudier**

We appreciate suggestions from students during the semester. It is important for us to make sure that suggestions and grievances are communicated to us while there is still time to make changes. This includes issues with the academic program, housing, food, and other aspects of

the program and the welfare of the students. After many years of experience there is usually a reason for the way we do things. And if you ask us we can probably give you the reason. But there is always room for improvement and reminders. So please voice your suggestions.

#### *Talk to us*

If you need help with something it is important that you let us know. Do not take for granted that your distress is obvious and visible to everyone. Our staff is international, and nonverbal body language can have different meanings, so please use your voice and contact us, or use the suggestion box.

#### *Evaluation/ Final evaluation form*

We encourage all our students to give feedback to Kulturstudier's team in Nepal on how you feel things are working out during your stay in Nepal. You may also use one of the student representatives if you feel uncomfortable bringing things up directly with the team.

At the end of the semester you will receive an extensive evaluation form where you are expected to give us your feedback and help us improve.

#### *Complaints*

If you have tried the above, and feel that you are not getting a serious response, you are welcome to file a complaint by contacting Kulturstudier in Oslo in accordance with specifications given [here](#). Preferably in time to make us able to act on your issues. If you decide your complaint is not treated seriously by Kulturstudier, and you want to further your complaint beyond Kulturstudier, you can contact the University.

#### *Harassment*

In Kulturstudier there is no tolerance for harassment or bullying. We also expect everyone to avoid using swearing and offensive language in his or her communication with each other. Harassment also includes sexual harassment from staff towards students. If you experience sexual harassment from Kulturstudier staff or lecturers you should report to [alarm@kulturstudier.org](mailto:alarm@kulturstudier.org), which will be treated confidentially. Staff and teachers are informed that sexual attention towards students is strictly prohibited. We expect staff and students to socialise together, but drunkenness or drugs is not accepted. Neither is drunk driving.

### **Behavior and etiquette**

In Nepal, you will find quite different concepts about what is considered good behavior and decent dress codes than what you are used to. Patience is a virtue in Nepal; the idea of efficiency is very different from home. For instance, timing is different: "five minutes" is never five minutes, but perhaps more like twenty minutes. Communication difficulties often result in misunderstandings. To lose your patience or get openly agitated is considered loss of face. Please be patient - this can be challenging in the beginning, but you may gain this ability while living in Nepal.

When you interact with the local population, you have to be sensitive to what they might consider impolite, rude or disrespectful. You cannot take for granted that it is enough to just "be yourself". The dress code is especially an important issue in Nepal. The more decently you dress, the more respect you will get. In Pokhara as well as in the surrounding villages, there are certain dress codes, and respecting these will enable your communication with the people living there, and you will get less unwanted attention. The importance of the dress

code in Nepal is often underestimated. In other words: the respect you get reflects the respect you show.

### *In the city*

It is important that you realize that although you will see tourists in Kathmandu and Pokhara practicing a very relaxed dress code, the locals are taking notice of what you wear. What you wear out in public communicates a lot to the people surrounding you. We suggest you consider and reflect on this, and follow these codes to both show and get respect.

### *Women*

A general rule is to cover your shoulders and knees. Avoid tight blouses/ shirts, transparent fabrics, short tops and miniskirts. The clothes in Nepal are beautiful and comfortable in the heat, and you can get more suitable clothes for the environment once you arrive. According to many of our female team, the best (and easiest) way to get respect for young girls is to wear a Kurta or lungi (see further down for packing tips). The dress code is however more relaxed in Lakeside where you will be staying.

### *Men*

For men, it is a bit less complicated. Light pants (not shorts) and short-sleeved shirts/ t-shirts are what we recommend. Singlets and shorts are not suitable in public. It is totally unacceptable to have a bare chest, i.e. not to wear a shirt/t-shirt. It is okay for western men to wear traditional Nepali clothes also (like dhoti, lungi), and it is very comfortable compared to jeans, etc.

### *Rural areas*

When you pass through the nearby villages, the general rule is to always be dressed in a decent way. That means women should cover their shoulders and knees, and men should not wear singlets!

## **Drugs**

All kinds of narcotics are strictly forbidden in Nepal, and the penalty is harsh if you get caught with any kind of drugs. To give an example: if you happen to get caught with 10 grams of hashish, you risk 10 years in prison. Anyone who ever set foot in a Nepali prison knows that just to spend a week there would be unbearable. The Nepali government is particularly harsh on tourists if they are caught with drugs, and quite a few Westerners serve long sentences in Nepali prisons after being charged with possession of illegal substances.

In spite of it being illegal, and in spite of risking a long time in jail if getting caught, smoking marijuana and hashish is common among certain groups of people in Nepal. Someone will most likely offer you marijuana, and they will also tell you that the police do not care, or that you can bribe your way out of a situation if you get caught. This is simply not true; the local police do care, and they have a lot of knowledge about dealers and the general drug situation in Pokhara.

Kulturstudier does not accept that our students use any kind of drugs. Kulturstudier has been present in South Asia over a long period of time, and everyone, from the people on the street to the authorities, pay particular attention to what we do. The police are very helpful towards our students and us when we need their assistance, and we are dependent on keeping our good reputation in order to maintain our good relationship with the local authorities. Breaking the law in any way would be very damaging to Kulturstudier's business/work in Nepal, and could

threaten our very existence in Nepal. We will not hesitate: students who use drugs will be expelled, and told to leave our premises.

## **Beggars**

For many of you, the sight and awareness of many beggars in Nepal will be grim and shocking. To us, who are not used to this extreme poverty being exposed in such a manner, this can be very difficult and uncomfortable. You may feel sad, very helpless and constantly worrying about what to do about this, how to react or how to help. We do know from prior experience that some students solve this by donating enormous sums (by Nepali standards) of money to some of the beggars. This has led to certain expectations among the beggars and their “beggar masters” in Kathmandu and Pokhara, regarding our students’ generosity. You can be sure there will be a lot of beggars in the area around the accommodations the first weeks. To avoid that the streets around your home are crowded with beggars, you simply must not give anything in the area you live in!

Begging is a socially accepted way of surviving in Nepal, and it is common among the locals to give some rupees to beggars. The beggars might be very persistent. Naturally, Kulturstudier does not want to make any decisions regarding how our students spend their money, but we recommend that you give beggars amounts that are considered “normal” to give; 10 rupees and less.

It is worth reflecting on the fact that many people that you interact with on a daily basis, such as auto drivers, waiters, etc. carry on their jobs earning very little. We know that students sometimes have huge disputes with rather poor taxi drivers over 50 or 100 rupees, and then the minute after, they donate 50 rupees to a beggar, which is something to think about. Be aware of the fact that children begging on the streets are usually forced to do this by their family or beggar masters. Children being “good at the job” seldom get the opportunity to go to school.

## **Tipping and bargaining**

You should bargain in a firm but polite way, kindly making the driver or shopkeeper aware about your knowledge of what the local price is. Most drivers are very sweet. Bargaining is a learning experience you should start sooner than later in your stay to practice. It can be very fun, and it helps to consider bargaining a conversation rather than a “battle to win”.

You will notice that many locals in Pokhara, their businesses, and Nepal’s economy in general have been hit hard by the lack of tourism after Covid. Many families lost their income overnight, and several family-driven shops and businesses currently fight for their bare survival. Nepal holds a tradition of bargaining, but please keep in mind that Nepal and Nepalese are facing challenging times at the moment. The extra 10-60 rupees you may try to bargain down and consider a “fun” win or a confidential boost in your practice of bargaining, could be the difference of a full or empty stomach to the person in front of you that day, including his/her family. Be mindful and considerate, yet not naïve.

If you like the food or are happy with your waitress’ service, give tips. Several restaurants and cafés include this as S.C (Service Charge) (10%), in addition to VAT (13%). In such a case, you find the information in the restaurant’s menu, and will be charged a 23% on top of your original order, and you are not expected to give additional tips.

## **Night life**

Restaurants and bars close sometime between 22:00-05:00. After eleven, the streets are rather empty, the exception being dogs and people sleeping on the sidewalks and in the streets. But Lakeside is certainly having pulsating nightlife on the weekends.

## **Safety**

In general, it is safe to walk around in Pokhara on your own. We strongly discourage women from walking or taking a taxi alone at night. If you are out late, always (and without exception) go in groups of two or more - make sure you walk or take a taxi with someone from the group after 23:00 pm. Taking care of your safety is necessary in all large cities, and especially tourist cities. We request that you follow this advice.

## **Illness**

Some of you will probably get ill in Nepal. In general, most students get sick from bad food (mainly from meat, fish, eggs or old oil from street food) at least once or twice during their stay. This is very difficult, maybe impossible, to avoid. It is not dangerous, but could be painful. Symptoms are stomach cramps, nausea, diarrhea, and vomiting; it usually lasts for a couple of days.

The main complication coming from stomach issues is dehydration. It is of utmost importance that you drink enough water; at least 3 liters every day. This is more than your body will actually ask for; so do remember to drink even if you don't feel thirsty. If you have a loose stomach, it is wise to mix "electral" (electrolytes) in the water to avoid dehydration. This enables your body to absorb liquid, salts and minerals although you are vomiting or having diarrhoea. Charcoal tablets have also proved to be very efficient when having stomach trouble. You can buy them at any pharmacy, and the management team has supplies in the student's first aid box in the student house.. Ask your doctor about the cholera vaccine.

Due to the different bacteria than we are used to from home, it is very important that you wash your hands often to avoid getting sick.

**CIWEC CLINIC Hospital** in Pokhara is the medical center that we advise you to use. CIWEC Clinic is located close to the student houses on Street 14.

If your roommate gets ill, we expect you to take a certain responsibility regarding the situation, and make the Kulturstudier team aware of the circumstances. Make sure that your roommate gets water and light food, and medications if required. If necessary, you will follow him or her to the doctor. (Remember, they will do the same for you if you need it!). If you get ill and cannot make it to a lecture or seminar, you or your roommate should inform the team before breakfast (e.g. send sms). When students get ill, they usually call back home.

Quite often we get calls from worried relatives who already contacted the insurance company regarding illness, and that's why Kulturstudier's team in Nepal needs to be informed on this issue. Kulturstudier can only answer their questions if you keep us informed. There is absolutely no reason to contact the insurance company unless you become seriously ill, or hospitalised. In case of serious illness, Kulturstudier always contacts your family.

It is quite usual to get ill, but prior experiences tell us that it is seldom serious when students get sick. Even so, being a long way from home, the students often feel that is more dramatic than it is when they become ill. Remember to take care of each other. Do not hesitate to contact the team if you feel unsure about how to handle your own or your roommate's situation - they are there to help.

### **Registration with your country's embassy in Nepal**

As soon as you arrive in Nepal, we request you to register with your country's embassy. Please note this can also be done in advance and might be good to put on your preparation check-list prior to departure, as it is easy to forget once you have arrived in Nepal. The registration makes the embassy aware about your stay in Nepal, and can in case of emergency, assist you.

Register your travel with your Ministry of Foreign Affairs in [Norway](#) / [Sweden](#) / [Denmark](#).

### **Three-weeks-crises**

There is a phenomenon that we call "three-week-crises". The first three weeks, most people are happy and excited about Nepal and their new, radically different every-day life in Pokhara. New impressions are met with enthusiasm and curiosity. After three weeks to a month or so, the daily routine sets in, and many students get mood swings and complain about different things. This is quite normal. Nepal is an intense experience, and sometimes you wish you were back home. Make sure to plan your reading schedule well in order to have time for relaxation. We encourage our students to take weekend trips; it helps when you feel down! This feeling soon passes, and in the end, everyone is always happy about spending the semester in Nepal!

### **Packing advice & tips**

#### *Clothes*

It is very likely that most of your regular summer wardrobe will be a rather inconvenient choice for Nepal. Most of our female team live by the rule saying: "when in Rome, do as the Romans". By this, we mean to say that it is a good idea to leave your tight strap tops and miniskirts at home. Also, the temperature in August to November is higher than back home; there is no need to pack too many thick wool sweaters (unless you are planning to hike in the mountains). Please note that it will be hot and humid in the beginning, and a bit more chilly towards the end. We recommend that you bring regular t-shirts, loose clothing, jeans or light cotton pants, and long-sleeved light sweaters for evening time from home. For swimming, we also recommend you bring a swimming suit/ bikini for bathing in public places as this is hard to find in Pokhara.

Most Nepali women in Kathmandu and Pokhara are dressed in Sari, Kurta or lungi; that is a long shirt either with leggings (Kurta) or wide trousers (lungi). Kurtas and Lungis are comfortable to wear in the heat, and also they are considered decent. You can get them ready made, or get one at the tailor. They come in all different styles, material, colors and patterns.

It is great fun to go to the tailor in Nepal; they make a Kurta, Lungi or Sari for you in a couple of days. You might have a couple of strange and funny misunderstandings along the way regarding material and style, but after a while you will be the best Ethno style-shopper there is.

### *Shoes*

Most likely, you will end up using sandals/flip flops every day, everywhere. As you always take the shoes/sandals off when you enter a house, it is helpful to have shoes which are easy to put on and off. You should also bring a pair of sneakers/hiking shoes along. You will most likely need them at some point; they might come in handy if you go for a trip in the mountains or plan to go trekking. Alternatively, you can also buy or rent hiking gear (incl. shoes) from shops in Pokhara, however the quality varies.

### *Pharmaceuticals*

You can get every kind of pharmaceutical in Pokhara at the pharmacies – a lot cheaper than home. **Tip:** Bring some basic medications you are familiar with from home, such as painkillers, throat probiotics or electrolytes, so that you feel prepared in case of smaller illnesses such as cold, stomach problems or fever. Also, bring Immodium and idoform and medications that require a prescription from your doctor. Charcoal, disinfection liquid, band-aids, compressors, painkillers etc. you can get in Pokhara. There are many websites about travelling and medicine where you can find advice. Also, Kulturstudier has made a fully equipped first aid box which you can find in the student house.

There are mosquitoes in Nepal. There are also many good mosquito repellents such as creams and sprays, as well as plugs called All-out/Good Night that you plug in your electric output to keep them away. You will get bitten anyway, but a good way to reduce the amount of bites is to apply cream every evening and before you go to dinner and to bed, and wear long trousers and shirts in the evening. Many students bring Eurax, but you can get different creams in Nepal to relieve itching. If you go for trips in the inland, we recommend you to get a mosquito net. It is not necessary to bring a mosquito net from home.

Unless you are very picky, you will find everything you need of shampoos, conditioners, deodorants, soap, body lotion, etc. in Kathmandu and Pokhara at the many supermarkets in the two cities. Please be aware that some of the lotions and face creams contain whitening. Dry shampoo and eye lenses are harder to find, and is advised to bring from home if needed. You also get toilet paper, shaving equipment, tampons, pads, etc. in most shops.

Sunscreens are possible to buy in Lakeside, but we recommend bringing your own from home. Unfortunately, the UVA/UVB protection, expiration date, as well as the SPF cannot always be guaranteed, and several are sold with whitening.

### *Other*

Paper and pens, stapler, tape, etc. you can get anywhere. The same goes for quality water bottles. You should however bring a portable computer and your academic literature, and then you're all set for three months in Nepal!

We look forward to seeing you. And once again:

Welcome to Nepal!