

PRACTICAL GUIDE

for CEPP interns and volunteers



Centre for Educational Policies and Practices (CEPP)
Kathmandu, Nepal



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Namaste—
the Divine
in me
Honors
the Divine
in you

NAMASTÉ !

Dear CEPP volunteers,
interns, future collaborators,

You've decided to give your time and your energy to a good cause, the improvement of public education in Nepal. The following lines will inform you about what to expect and what is expected of you.

Thank you in advance for taking the time to read this document carefully! It contains essential information and was written specifically for you by previous volunteers who compiled these guidelines combining their experience in the field. By printing, reading and, if possible, carrying them with you, you will help all members of the organization and yourself.

Please enjoy,

Eveline & Sophie, the Swiss Volunteer Teachers
together with the members of CEPP

Acknowledgement

CEPP wishes to thank Eveline and Sophie for their spirit and hard work in compiling and mobilizing people for the organization of this Guide. The original document has been written in French and was then translated into English, German and Dutch. We gratefully thank Carine Verleye, Teeka Bhattarai, Lin Seminck, Maha Carillo-Bakir and Rainer Kaelin for their unconditional investment in the several translations, re-reading, comments editing and laying out of this booklet.

chapter #1

NEPALESE BACKGROUND

OVERVIEW OF NEPAL'S HISTORY

Nepal came into existence as a state some 250 years ago, when the King of Gorkha decided to unify a number of independent principalities in the foothills of the Himalayas. For the first 200 years, Nepal remained a country closed to outsiders. It's only in 1950 that Nepal opened its borders for the first time, drawing in, over the following 60 years, Westerners including many from the hippy movement who would create the Kathmandu legend.

After a short democratic phase that ended in 1962, Nepal underwent 30 years of absolute monarchy. In 1990, the adoption of a parliamentary monarchy gives hope to people in rural areas for a better representation. However, despite expectations in marginalized regions , the promised reforms will not take place . Tired of a unique and corrupt power, in 1996 the population rebelled and launched a Maoist civil war to establish a communist regime through a "people's democracy" . This war will last for more than 10 years. In parallel, the king continues to abuse his power until 2006 when an alliance is made between rebels and the opposition parties , launching a general strike that will soon expand throughout the entire population , crippling the country and putting pressure on the king. He will then have no choice but to reinstate democracy and parliament , which are quick to dismiss him - depriving him of all his powers..

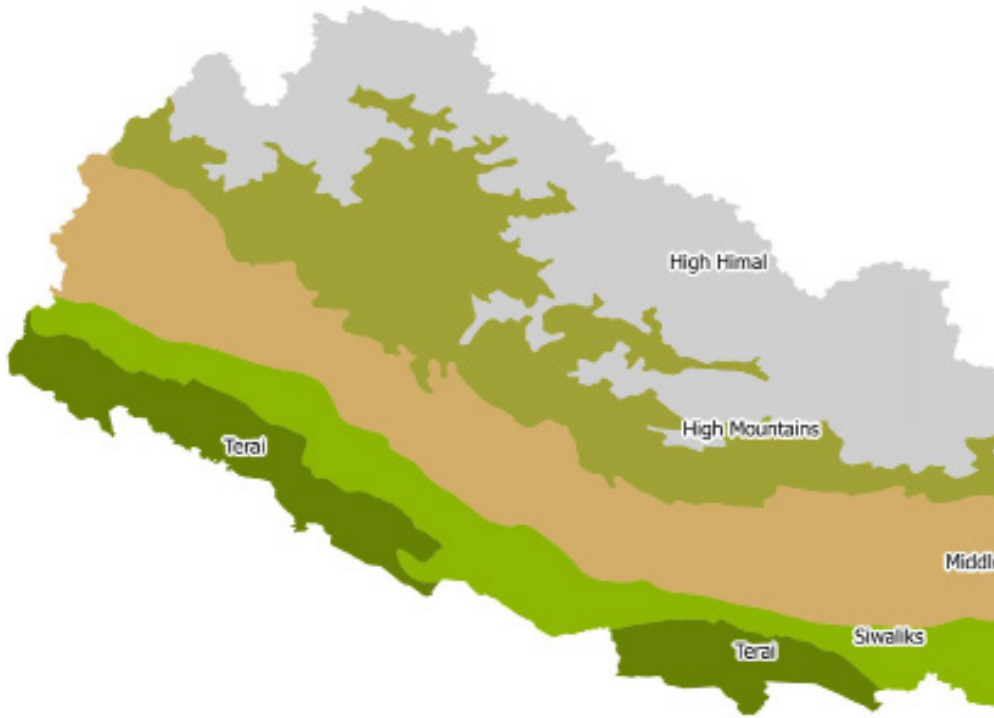
The removal of the King allowed the Parliament to find a peace agreement with the Maoists, finally putting an end to this long civil war. Two years later, a "Federal Democratic Republic" was proclaimed by all the previously opposing parties. Nepal entered into a long political transition keeping things uncertain for almost another 10 years.

In Spring 2015, Nepal suffered two earthquakes - 7.8 on the Richter scale - which left nearly 9,000 dead, injured 14, 000, and affected some 8 million people. The country needed to be rebuilt: the Constituent Assembly that had been struggling to be activated for seven years, finally managed to agree quickly for a new Constitution.

In September 2015, the new Constitution was approved, dividing the country into seven federal states, each with its own legislation and its Chief Minister. But this new constitution was not approved by some ethnic groups particularly by Madheshis from the south. Feeling slighted by this new division, they used their strategic position close to the border as leverage. Sympathized by India, they blocked the only route for gas, oil, medicine and other vital supplies. This has further crippled the already war-torn, quake shaken nation.

In 2018 - Add text about current situation. (Local election & current developments) evolving...

CHINA



INDIA

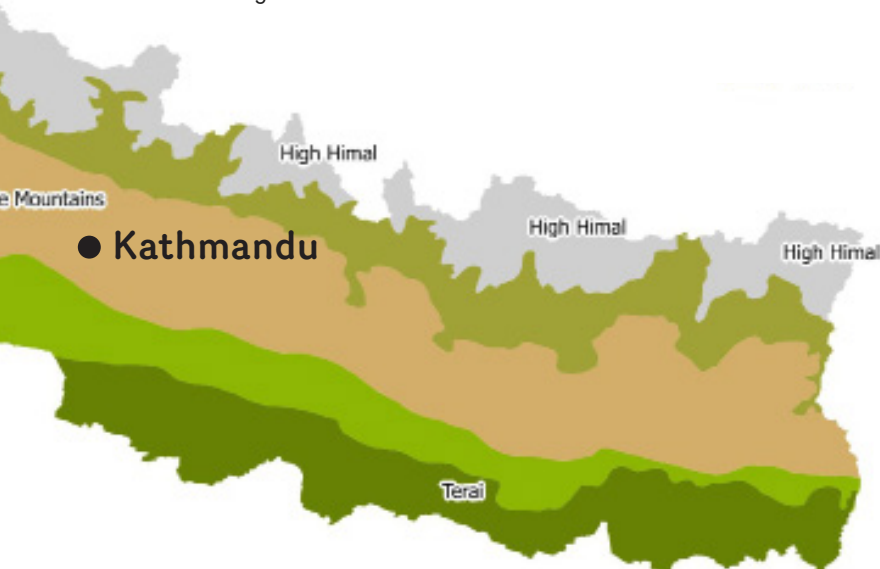
LEGEND

- High Himal
- High Mountains
- Middle Mountains
- Siwaliks
- Terai

GEOGRAPHY

Nepal is a small landlocked country between India (in the east, west and south) and China (in the north) separated by the mighty Himalayas. It is divided into three east-west oriented areas:

- **High Himal Mountains** : high mountain region (> 2500 m) of the Himalayas bordering China.
- **High mountains** : central regions of low mountains and hills (500 - 2500 m), temperate climate
- **Middle Mountains: ADD TEXT**
- **Siwaliks & Terai**: south region bordering India (<500 m), the fertile sub-tropical flat land consisting of jungles and grasslands.





DEMOGRAPHY

Nepal has 30 million inhabitants, 17% reside in Kathmandu, the capital city of Nepal. There are about 126 distinct ethnic groups in Nepal. Many people migrate to the plains and the urban areas, especially young people. Many young people now go abroad particularly to Gulf countries for remittance.

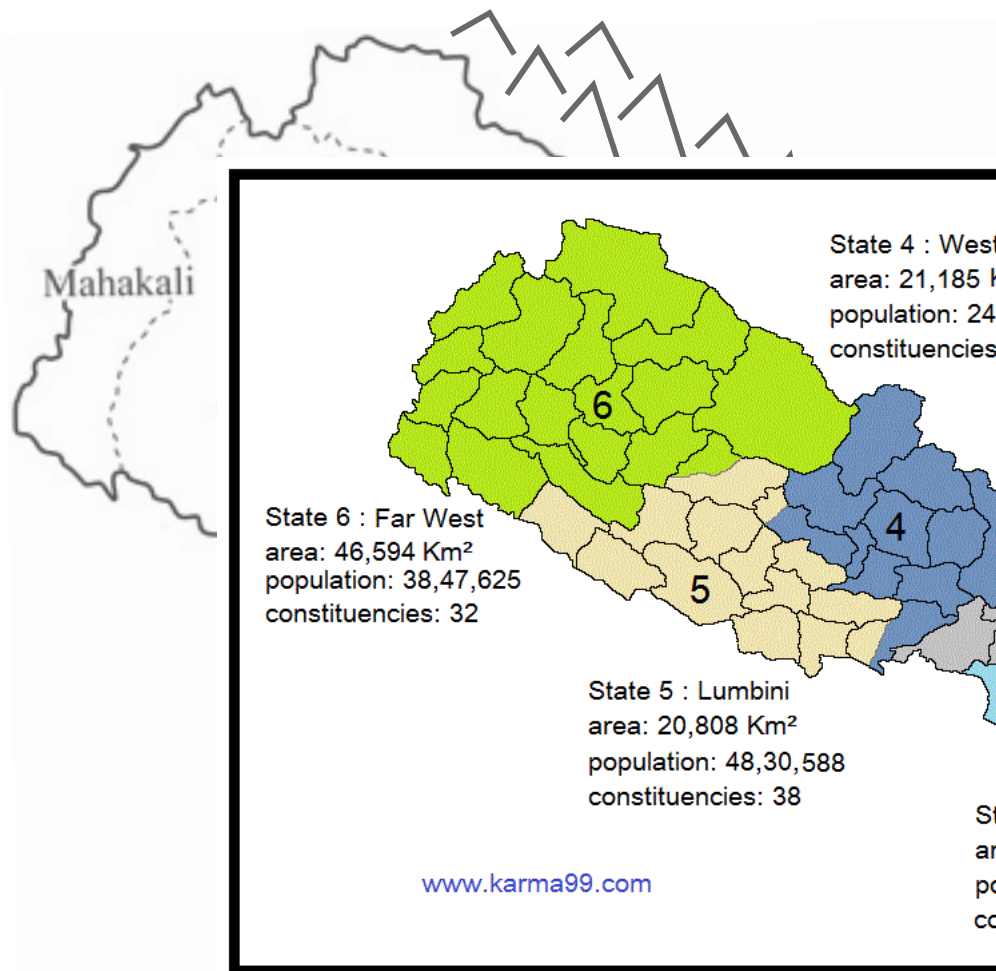
RELIGION

- 81.3% of the Nepalese people are Hindus,
- 9% are Buddhists
- 4.4% are Muslims
- 3.1% are Kirati
- 1.4% are Christians
- 0.7% practice other religions

Until now, Nepal has been an example of cultural diversity and religious tolerance. Nevertheless, these statistics are sometimes contested by the minority ethnic groups, in a country where the ruling class is Hindu.

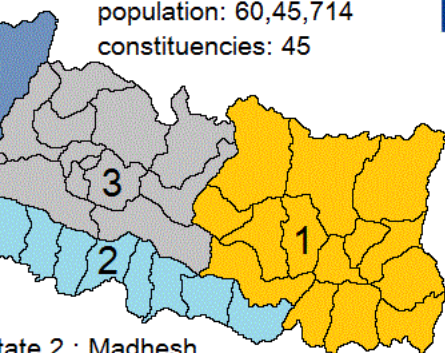
LANGUAGES

The official language is Nepali, spoken as the first language by some 50% of the population. Nepal has about 123 different (oral) languages spoken by different ethnic groups. English is spoken in the touristic urban areas like Kathmandu and Pokhara. In the rural areas people do not understand English and speak their own (ethnic) language with some Nepali.



t
Km²
,49,472
: 29

State 3 : Central
area: 20,301 Km²
population: 60,45,714
constituencies: 45



State 2 : Madhesh
area: 9,661 Km²
population: 57,66,753
constituencies: 48

State 1 : East
area: 25,905 Km²
population: 45,99,182
constituencies: 42



chapter #2

NEPALESE CULTURE

CUSTOMS

Here are some characteristics of local customs to help you to understand the people better and make your life easier during your stay. Don't forget that Nepal is very diverse, and there are as many cultures as ethnic groups. Therefore we cannot reduce it to these few generalities.

Nepalese are friendly and curious. They will quickly ask you questions about you and your family. It is a sign of interest and respect. You can show your respect and interest in return by asking them the same questions.

Although these customs have been somewhat lost in tourist areas, in the capital and in large towns, they are still very important in other regions. In following them, you'll be very much welcomed, and these little things will make your life much more enjoyable!

Notice that as a guest, a special respect will automatically be paid to you, further accentuated by the fact that you came to offer your help. Therefore, if you happened to accidentally make a cultural mistake, people may feel offended but no one will bother telling you.



MEALS

DAAL BHAT is Nepal's traditional dish. It is a rice (**bhat**) dish accompanied by a lentil soup (**daal**) and some vegetables (**tarkaari**). People also eat flatbread (**roti**) and a kind of polenta made from corn or wheat (**dhindo**).

- Food is eaten with your right hand but people will gladly give you a spoon if they have one. We advise you to carry your own spoon if you have difficulty eating with your hand.
- Meals are eaten sitting cross-legged, with your plate put on the floor in front of you.
- Be sure your guests see you wash your hands before and after your meal. This is a proof of hygiene and shows that you respect Nepalese customs.
- Once someone has eaten even one single bite from the plate, nobody else can touch or eat this food, as it will be considered impure.
- If you have too much on your plate, you must signal that before you start eating, so that the food won't go to waste. No one will mind if you ask for a smaller portion.
- You can also ask for another plate where you put the extra amount of food that you can't finish - but do this before you start eating!
- For the same reasons, once they have started eating, Nepalese do not share food on their plates.
- It is customary to refill a guest's plate even before the guest has finished eating it. If you do not wish to be served again, you have to be quick and very firm! You can say '**pugyo**' - which means: 'No thank you, I have enough.'
- It is considered impolite to eat food by yourself when you are in a group of people. Please share your food (even biscuits, chocolate or muesli bars) with all the people around you.
- It is more sustainable to eat what the people have available and offer you in the village, than to bring cookies, biscuits,... (western foods).

DAILY LIFE

- Ask permission before entering a house.
- Always take off your shoes before entering a house.
- Unless your hosts invite you, or if you have become 'part of the family', do not go into a kitchen.
- Feet are always considered impure. Do not step over people or food, move around them. Nepalese have a habit of sitting cross-legged, hiding their feet. If you need to extend your legs, make sure the soles of your shoes are not directed to anybody close by.
- Do not whistle inside a house. The belief that whistling attracts the devil is widespread in rural areas.
- Please inform your homestay families when you leave the house, even if it is just for a short while or to eat somewhere else, let them know where you are going and what you are doing. They will take care of you as if you were their children.
- **Please save water!!!** It is a precious resource, especially when it would have taken people 20 minutes to go to the river to bring you water to wash your hands.



SLEEPING

- Nepalese do not have the same attitude towards sleep as Europeans. They do not necessarily sleep in one go, but sometimes wake up in the middle of the night to chat among themselves.
- The hours of sleep are consistent with sunset and sunrise. In winter, people go to bed around 7 or 8 pm and wake up around 4 or 5 am.
- People's work schedule is not governed by the clock but by the solar or biological clock. Getting people to do things on time is a challenge.
- Nepalese sleep with their clothes on. If you don't want to do so, take sleeping clothes, even in summer... It won't be ok to sleep in your underwear as you won't have a lot of privacy. Therefore, be aware when changing your clothes.
- If you want to extend your sleep, don't forget your earplugs! People will not speak softly because you are sleeping.

PRIVATE LIFE

Privacy as we see it in Europe, is virtually non-existent. Therefore, do not be surprised if members of your host family enter the room where you sleep at any time of a day or night ... most of the time just to watch you sleeping!

In Nepal, especially in the countryside, people are still living together (up to 4 generations in one house) round the clock. The need for solitude seems absent and they will certainly find it difficult to understand your need for solitude.

Your belongings will be a curiosity for them and it is quite possible that they might have a look through them, generally without anything going missing. Do not worry, it's really not malicious! It is just a sincere interest

in all that you are and in what you have.

- Be careful with your valuables including your important documents. Put your cash and passport somewhere safe inside your backpack or carry it with you when you move around.
- Before you blame someone that something is lost, look carefully in your bags, as it is considered a big problem to call someone a thief in Nepalese culture.
- Take care of your personal items when moving around the village. Keep an eye on your things and always check to see if you have everything when you leave.

RELATIONSHIPS

Culturally, people of the opposite sex do not touch or kiss in public. This might be looked upon very negatively, even between husband and wife.

Women or men, people of the same sex have a habit of holding hands or may put their hands over someone's shoulders to show their friendship.

A good way to create a bond of complicity and to avoid any ambiguity with someone of the opposite sex is to use familiar terms

- **Ama** (mother or grandmother)
- **Ba** (father or grandfather)
- **Dai** (elder brother)
- **Bhai** or **Babu** (younger brother)
- **Didi** (elder sister)
- **Bahini** (younger sister)

to address people (see glossary).

In some situations though, you will perhaps have to stand firm and insist a bit to make your needs heard. Make clear how much food you want, say that you are tired or need solitude... These needs will not always be taken into account because of cultural differences.

APPROPRIATE CLOTHING

Now that you know the differences about privacy and relationships in Nepal, it is important to consider these cultural differences in the way that you dress:

- Do not wear a lot or heavy **jewelery**. In Nepalese culture jewelery has many meanings, and you could lose or misplace it.
- Do not show your **shoulders** (no spaghetti straps) because it is considered vulgar in Nepalese culture.
- Do not wear **deep-neck shirts** that show your **decoletté** as it is too revealing.
- **Tight clothing** such as leggings are considered inappropriate as Nepalese people wear loose-fitting clothing.
- **Short shorts, short skirts, transparent clothes** and clothes that are too revealing are considered offensive and too revealing.
- Bring (or buy) appropriate **washing clothes** - **Lungi** (a large piece of cloth or scarf to wrap around you) for women & men
- Do not **dry your underwear** in a public areas (where people are likely to pass by) As underwear is considered dirty and impure.
- **Heavy makeup** is frowned upon.

As a guest you are treated like a 'god' and you have a lot of influence to the 'young' Nepalese people. They look up to you and will copy you, so please be considerate of their traditions and culture.

chapter #3

EDUCATION

Before the 1950s, education was left to the parents. In many places people got together to establish the first schools, that were entirely dependent on local people's motivation. There were a few Gurukulas (Hindu-based residential schools) for the so called upper caste, and one school in the palace was reserved for royalty.

The establishment of democracy in 1951 and the entry into force of the new Education Plan in 1971, opened access to education to all the people of Nepal. The situation appears to have improved significantly if we compare it to the last sixty years. The number of schools rose from about 300¹ to 49'000², and literacy rose from approximately 5%³ to approximately 60%⁴.

However, this change is not sufficient for present-day needs. There is a big difference among the regions. Return to investment in education is pretty low (according to some studies less than 15% among those who enrol in grade one make it to grade ten!). The quality of public schools is unacceptably low.

Private schools could not find a better ground to flourish. They now account for about a 5th of all school children. More than schools, they are actually real businesses, and anyone can open one, as there is no functioning legislation limiting their number and location.

Haphazard teacher's education and training has been detrimental to poor performance besides the lack of accountability of teachers and the

1 Wikipedia, Education in Nepal, https://en.wikipedia.org/wiki/Education_in_Nepal

2 Deepak Raj Parajuli, Tapash Das. "Performance Of Community Schools In Nepal: A Macro Level Analysis" (PDF). International Journal of Scientific Research and Technology. Retrieved 9 July 2014.

3 CIA World Fact book". CIA. Retrieved June 2014a

4 Deepak Raj Parajuli, Tapash Das. "Performance Of Community Schools In Nepal: A Macro Level Analysis" (PDF). International Journal of Scientific Research and Technology. Retrieved 9 July 2014.



lack of control from the government. Poor families have no choice other than to send their children to public schools while most influential people including politicians and high ranking officials, NGO workers including the teachers of public schools have their children in private schools. In general, the teaching profession lacks social recognition and teachers often subscribe to one or another political party that protects them despite them not fulfilling their responsibilities.

Teachers in private schools are not necessarily better than those working in public schools. The only difference is that they are constantly present in the classrooms, because, if they are not present, they are dismissed and replaced by their employers. Most of these schools offer a level of English allowing students to enter a university and give access to a variety of professions.

The advent of private schools appears to have further degraded the conditions of public schools, depriving them from their best students (only students with a certain skill level can enter the private schools), and thus lowering their reputation.

It is in this context that CEPP intervenes, convinced that the solution lies in improving the governmental public schools. Continuing to rely on private schools makes social inequalities greater and strengthens an elitist system. At the present level of input from the government CEPP seeks to motivate the teachers to fulfil their responsibilities and parents to make use of the investment the government has made for them. In addition to your direct support towards education, teachers and school improvement , your work will help improve the image of public schools by making people (parents and teachers) conscious that they too can change for the best.

SCHOOL ORGANIZATION

Currently, the Nepalese public school is divided into 12 grades of which the first 8 are officially mandatory.

The 10th year gives access to a certificate of completion of school education (School Leaving Certificate – SLC) although this is set to change soon to grade 12.

The children are divided into grades according to their levels and not according to their age. Their ability to go to school is also determined by the distance between the school and their home and their capacity to walk this twice a day. Thus they start school at different ages and a class of 2nd grade may for example include children aged 7 up to 12 years old.

Although schooling is compulsory, the reality is quite different. Attendance at later stages seems optional, for both students and teachers! The number of children per class can vary from 5 to 50.

On average, however, in a remote rural school, a small group of around fifteen students are present every day. Parents who mostly lost trust in public schools, send their children to school only when they do not need them to work at home. Children are often deterred by corporal punishment and lack of care by the teachers when and if they do choose to go to school.

All days of the week are organized in the same way.

In the primary level (Grade 1 – 5), the school day is divided into six periods of 45 minutes for 6 subjects: Nepali, English, Maths, Science, Social Studies, Health and Physical Education.

In lower secondary and secondary level (Grade 6-10) the school day is divided into eight periods with two elective subjects. Most schools offer 'Education' (pedagogy) as an elective subject. In general, what we find most often is a "one-teacher-per-subject" system even for smaller grades as low as grade one.

LANGUAGE IN SCHOOLS

The vast linguistic diversity that is the hallmark of this country greatly complicates teaching.

The Government's decision was to choose the Nepali language for instruction, even if it is not the first language spoken by the children at home. So, small children are taught in the national language, without considering the fact that they do not understand it! The result is that they never master it completely, and this has been the case for generations. We have found that even the teachers themselves, having been at the same school, may not master Nepalese properly.

Making the issue even more complicated, the government has decided to establish English as an additional language from the 1st grade onwards. Nepalese teachers often do not even have a basic level of English. At best, English is "taught" by people who may be able to read the language, but do not necessarily have the ability to speak and understand it. Usually children are taught English by using the translation method. Teachers do not seem to realize that it's the third language for many children!

TEACHER'S TRAINING

In theory, to become a teacher in secondary schools, you must:

- hold a Bachelor degree. Since 2010, it should be a Bachelor in Education (B.Ed.) with practical training
- read the curriculum: syllabus Nepalese
- read the textbooks
- pass an exam so as to obtain a 'teaching licence' which allows you to become a "temporary teacher"
- pass a second exam administered by the Teachers' Service Commission to become a "Permanent Teacher".

No theoretical or practical training between the two examinations is necessary. Once a teacher has become a "Permanent Teacher", he/she must undergo 10 months of 'on the job' training – that may be spread over several years - which enables teachers to earn a better salary. The latter is often the only motivation that drives the teachers to take these courses. To teach elementary classes (1 - 5th grade), no pedagogical training is required. It is sufficient to have graduated from secondary school (12th grade) and passed the first exam (called 'teaching licence' exam).

When there are no teachers in a region or in a school, the Department of Education pays salaries to teachers who have not even passed the first exam and who have nothing more than their own school baggage, learned in these public schools, which sometimes means a level of English equivalent to zero, and very rough notions of their own language. Poor literacy is also rampant among teachers.

During the last seventeen years, not enough teachers could be found to teach in all schools. The political instability did not help in taking adequate measures to solve this problem.

SCHOOL PREMISES

The classrooms often look like shacks made of tin and wood and some have mud-stone walls. In recent years however, concrete buildings have grown everywhere. We generally account for one such building per school and it often hosts elementary classes.

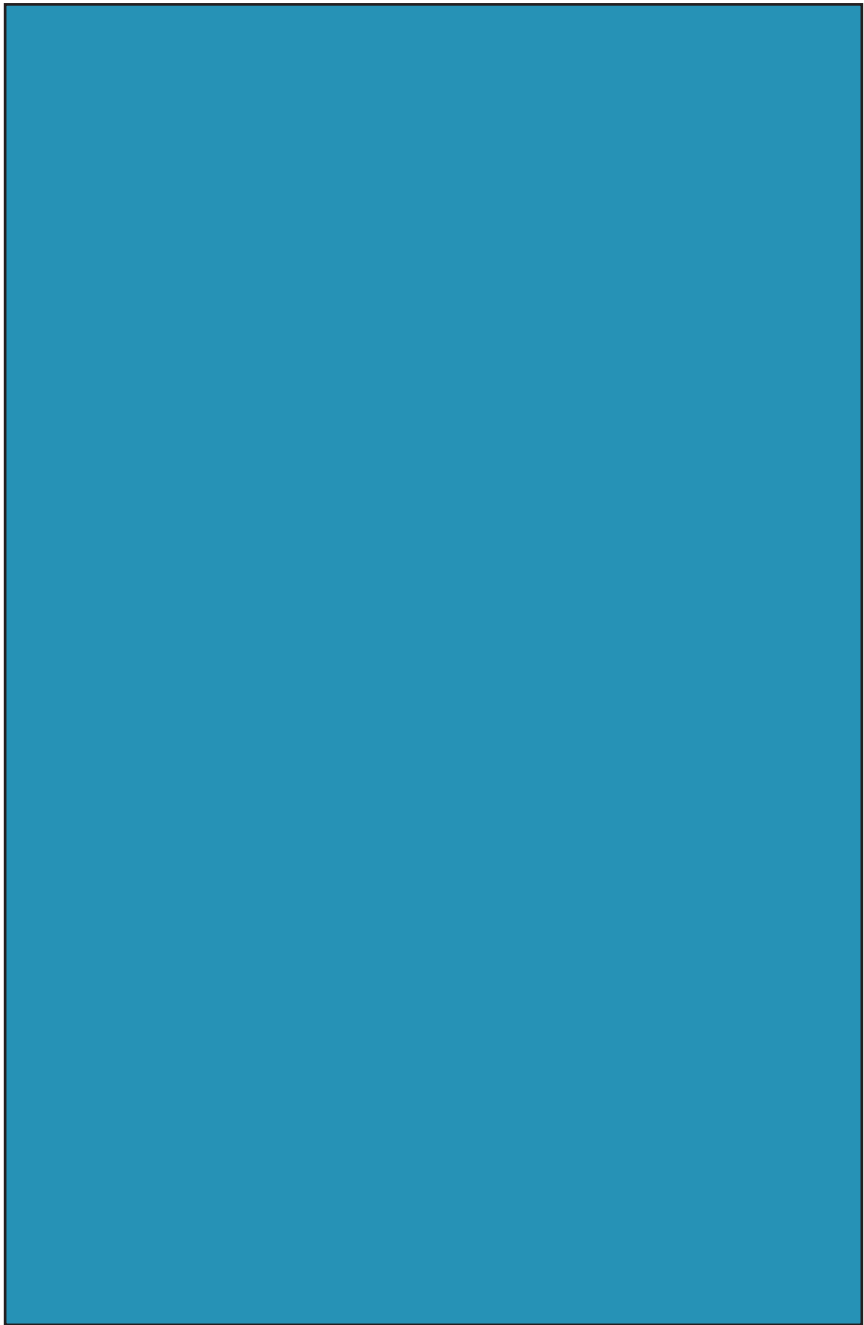
In the action areas of CEPP, development work of these classes has sometimes been initiated on the advice of the organization. Wooden or earth floors have been covered with carpets to avoid teaching children in a dusty area.





chapter #4

CEPP's MISSION and ACTION in the field



CEPP'S MISSION STATEMENT

Leaflet - text

CEPP extends its action to all of Nepal on issues related to education. However, its action projects are concentrated in the **inner Terai** region – small valleys among the lower hills, specifically in the frontier triangle of Sindhuli, Rautahat and Makwanpur districts (SIMARA).

NEW MAP



icts

CEPP'S FIELD NATURAL ENVIRONMENT

CEPP is active in the Middle mountains, Siwaliks and Terai region in the central part of Nepal (State #3). These are riverine valleys with 'lower hills' often covered with sub-tropical forests and villages with terraces in between. You may soon feel comfortable in these regions but stay alert as they may contain dangers to which you are not accustomed.

Get informed and stay tuned throughout your stay. A small accident (such as a cut to your legs, a snake bite, a scorpion sting, a tiger caress, ticks etc.) can quickly become serious in these remote areas where access to health care is limited. For the same reasons, avoid walking barefoot, do not caress domestic animals or stray dogs.

CLIMATE

In essence, there are three seasons:

- hot rainy season or monsoon (*June - September*)
- dry cold season (*November - Februari*)
- dry hot season (*Februari - May*)

Monsoon sets on end of May/beginning of June and lasts normally until the end of August to the beginning of September. Then it gets drier and colder lowering night time temperatures around 5 °C; day time to a bit over 20 °C. With the spring it gets warmer and warmer reaching up to 35 °C in the afternoon and night temperature remaining under 15°C.

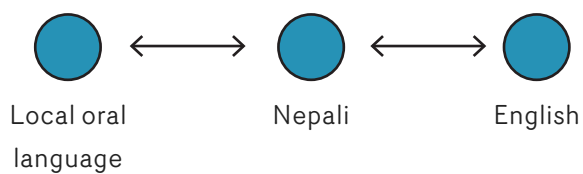
LANGUAGE

Outside the capital or large urban areas English is rare. It is possible that in the family where you will stay no one speaks a word of English.

In schools, you will usually find a teacher with whom you can communicate in basic English in combination with body language. However, this is not the case for all schools. The more you have notions of Nepali, the easier your life will be, especially in your host family, and in your work at school. In the region that CEPP is active the people speak their local oral languages. The most common are Tamang, Chepang and Rai, but you will find other dialects in the region. These languages are different than Nepali and the people are proud of their heritage. Ask them to teach you their local language, they will appreciate your effort and feel respected, and will also open up and feel closer to you. It is important to understand these limits of languages when you are volunteering in class. The teacher's usually do not speak the local oral language and students are still learning Nepali.

CEPP staff are being trained to become resource persons in charge of connecting volunteers and people from the local community. They will help you to communicate your requests and needs, within the limits of their capabilities. Be aware that they have had no interpretation training and their English is also limited. You will need to be understanding, patient and indulgent. If your area has mobile connection, you can call CEPP staff who speak reasonable English if matters get critical.

At the end of this document you will find a handy Nepali glossary to print and take with you.



chapter #5

TRANSPORTATION TO WORKPLACE

The areas where you will be going are only about fifty kilometres south of Kathmandu in a straight line. Given the Nepalese road network, you will have to travel 150 to 250 km of roads and tracks through the hills (about 15 hours of travel). Depending on your itinerary, the means of transport available, the season and other unknown factors (which there are many of in Nepal) be mindful about delays and unexpected changes.

Especially during monsoon season (summer) there is a bigger chance of delays on your way to the villages. This is because of continuous rainfall, risks of landslides, closure of roads because of the weather. Be prepared for rainfall by bringing a waterproof cover for your backpack, an umbrella and raincoat.

In addition, you will certainly have to continue on foot to your final destination (sometimes several hours). Most villages are not accessible otherwise. Please do not pack and load any unnecessary materials. In most cases there will not be anyone to carry your backpack for you. (See the checklist of essentials at the end of this guide).

1. IN A PRIVATE JEEP, TOGETHER WITH THE TEAM

If the CEPP team is travelling with you to the south during the period corresponding with your arrival, you can travel with them to the place where you will work as a volunteer. It will take you about six to twelve hours, half of which on a bumpy track road (that can be under construction) from the town of Hetauda. If you cannot share the cost, this option is more expensive.

2. IN A PUBLIC (SHARED) JEEP AND ON FOOT

An alternative is to find (with the help of CEPP) a collective jeep taking you to the the nearest urban centre, where you will have to walk between 5 and 7 hours to reach your village. This possibility implies

a long day of travel, carrying your luggage, and crossing the Bagmati River up to 5 times. Depending on your height, the water may reach your thighs. This is by far the most straightforward and cheapest way of travelling. You need an accompaniment from CEPP and you need to be prepared to start your journey from Kathmandu in the early morning, as the first vehicles leave around 6 a.m.

3. BY PUBLIC NIGHT BUS (Only available from september to may)

A direct night bus goes from Kathmandu to these remote areas. It takes about 14 hours of road, including half of it on a track. With conditions prevailing in this country, be ready for any unforeseen event that can extend your trip (break downs, bus change, traffic jams, landslides,...).

4. BY JEEP AND PUBLIC BUS (Only available from september to may)

A public (shared) jeep leaving from Kathmandu brings you to the city of Hetauda. You will stay overnight in Hetauda and take a public bus early in the morning (8AM) to your final destination (according to your itinerary). This journey will take you two days. Hotels are available in Hetauda and cost about the same as in Kathmandu. This option will involve three cost items: jeep from Kathmandu to Hetauda, bus from Hetauda to your final destination and hotel charges in Hetauda.



chapter #6

ACCOMMODATION



PRICES

In most families, you will be offered hospitality and you will only pay for your food. CEPP has established a **fixed price per day** for food to save you and your family the burden of counting each of your consumptions.

The day you arrive everything will have been arranged and taken care of with the family. You will pay your expenses at the end of your stay. Please ask your CEPP contact what your total amount is at the end of your stay.

The daily expenses normally includes:

- 2 Daal Bhats for mornings and evenings
- 1 lunchtime snack
- 1 morning tea

In some more developed areas (villages of several houses with a bazaar), you might have to stay in “hotels”. The price of a night can vary between 3 and 10 Euros. To avoid unpleasant surprises, always agree the price in advance if it is not already pre-arranged by CEPP. Again, do not forget to check an updated list of prices annexed at the end as a part of this guide.

HOUSING

- Most of the time you will stay in a house near the school, with a local family and a bed to accommodate you (usually in a common room that you share with your Nepali family).
- You will have a bed, which in general was that of your hosts (these may be fit with a makeshift bed on the floor of the main room for the duration of your stay) So, do not be surprised if they come and go in this room that contains their belongings. (See privacy section)
- The beds are hard: a wooden board covered with a thin mattress, and you will not necessarily be given a cover, and it is important (culturally) to always cover yourself while sleeping.
- We advise you to bring a sleeping pad – air mattress or something similar and a good sleeping bag, especially for the winter. In summer you can bring a liner (thin silk or cotton sleeping bag) to cover yourself while you are sleeping in combination with a thin sleeping bag for occasional cold nights.
- The windows may have no panes, this can be nice to have some air in the summer but offers less protection from mosquitos and other insects. In winter it can be cold and damp.
- Always bring a mosquito net to protect yourself from critters.





FOOD

- There are two meals a day, the traditional Daal Bhat (consisting of rice, lentils and vegetables, sometimes meat) If you prefer to eat only vegetarian meals please request this to your family at the beginning of your stay. So you can ask them to make a bit more vegetables.
- Food is served in the morning just before going to school, between 9 and 10AM and in the evening between 6 and 7 PM.
- Around lunchtime, between 1 and 2PM, you have the opportunity to request a “snack” or chuiara (dry rice flake) and tarkaari (vegetables), or instant noodles, at your family’s house. Lunch is not always possible, so try to have a big breakfast.
- The culinary variety depends on the season, and poverty makes meals generally less varied (low in vegetables and fruit, the main ingredients are rice and lentils).
- We advise you to bring dry fruits, sweets, chocolate, biscuits or other small snacks to compensate for the lack of food variety (which can be difficult after a month of living on site). And remember to always share the food you bring with those around you.

- We advise you to eat the local food instead of bringing imported snacks so that the people don't feel inferior.

Check an updated list of prices for accommodation, food and other things annexed at the end of this guide. Also read the Checklist carefully for all Essentials that will make aspects of your life easier during your internship.

ALCOHOL & SMOKING

Depending on the culture and religion of your homestay family, you may be offered homemade **rakshi** (rice whiskey). You can try this drink (it is safe) but do not have too much (it is about 30% alcohol). You will not be expected to pay but it is better to do so because of the time and labor that goes into making it. Be careful when drinking this **rakshi** in urban areas like Kathmandu, as it is not made by local traditions and could be harmful.

It is better to not smoke in a public place (especially in front of children) and in around the school premises. As you know it is unhealthy and we do not want the younger generation thinking it is “cool”.

HEALTH CONDITIONS

BATHROOM & TOILETS

The houses do not have bathrooms, but generally a Turkish (or french) style toilet in a small shed located outside the house. For the toilet, it is customary to wash with water with the left hand, the right hand being reserved for eating. There is usually no tap but a small tub of water is always present. Toilet paper is non-existent. Take this with you for your comfort and for cases of urgency if there is no water.

Important: Do not throw your toilet paper inside to toilet, ever! You can place a 'bin' to throw your used toilet paper in and please remember to burn or dispose of the paper before you leave.

PERSONAL HYGIENE

To wash, some families go to the river. Others are lucky to have a water tap near their home. Intimacy is almost non-existent; you wash in the courtyard, amidst all (no screen or room for this purpose). Women hide under a lunghi, a piece of textile that allows you to preserve your intimacy while you wash yourself. You can get one (ask your family) or buy one in Kathmandu or Hetauda. Feel free to ask female family members how they use their lungi; among women this complicity is possible and it helps create a link.

MENSTRUATION

In Nepalese culture, menstruation in general is a taboo. Menstruating women are considered impure. In some families, they may not be allowed to cook, nor enter the kitchen, they cannot go to the sacred places and attend ceremonies during their menstruation. Strictness varies depending on their caste and/or ethnicity.

Depending on the bond of intimacy and complicity that you create with the women in your host family, you may feel free to talk about these issues with the women in your family. However, we advise you to be discreet at first and not necessarily talk about having your period if you want to continue your life normally without feeling excluded or impure.

If you use tampons or sanitary pads, remember that there are no garbage cans anywhere. Waste is thrown to the ground, piled and burned. So bring some small paper or plastic bags with you. Do not throw your tampons or towels in the toilet because people will have to unclog the toilet! A

good alternative is the menstrual cup (hygienic, discreet, zero waste, & compact) You can learn about it on the Internet and learn how to use it before your stay if you're interested.

WATER

- There is **no drinking water** (at least not for European stomachs) or bottled water in remote villages; you must bring your own purifying tablets or water filter.
- You may **ask for boiled water** but do observe yourself if the water has indeed boiled! The general word in Nepali for warm and boiled water is the same (**tato pani** = hot water, whether boiled or not. If you want to make sure people actually bring the water to boil, ask for **umaleko pani** = boiled water).

VACCINES & MEDICINE

- Before you leave, check with your doctor about the necessary vaccines you need to take.
- We recommend taking **mineral supplements** and **vitamins** to compensate for poor food variety and demineralised water.
- Bring your own medicines or treatments depending on your health condition.
- **Access to medicine is difficult** in most areas, not to mention access to a doctor ... the nearest city may be an 8-hour bus drive from your village. Emphasize on prevention and precaution to avoid falling sick.
- Wash your hands with soap or disinfectant regularly, especially before and after eating (see customs).
- Although malaria has been more or less eradicated in these areas, mosquitoes are present year round: take mosquito repellents and mosquito nets (which most houses do not have).
- Refrigerators are rare on the countryside. We advise you to avoid eating meat that had to be preserved for a long time without

refrigeration.

- If you have any issues regarding your health, contact your CEPP representative as soon as possible, considering the travel time to get you to the nearest doctor or hospital.

ESSENTIALS FOR HEALTH :

- purification tablets (Micropur FORTE)
- medicine against stomach aches, diarrhoea, vomiting
- a flask to store your purified water (always keep it with you) and try to minimize the use of plastic.
- Sunscreen lotion
- Some analgesic such as paracetamol
- Hand sanitizers (to use when soap is not handy)

chapter #7

WHAT TO BRING

CAUTION !

The regions where you will be working are materially poor and remote. It is important to equip yourself with everything you need before leaving the capital. On site, there are only small stalls offering a couple of types of local biscuits, soap, toothbrushes, and some other small materials. You may find cheap batteries but they do not last long.

DRESS FOR THE SEASON

There are two major seasons in Nepal: the **dry season**, which corresponds to the winter season and the **rainy season** corresponding to summer.

RAINY SEASON (summer)

From May to September, temperatures in the Terai can rise up to 30° - 40°C. And the sun is hot. Pack light but covering garments in respect of the local culture (see appropriate clothing p. #XX) For women, the **kurta salwar** (a classic outfit of most Nepalese women) is an ideal outfit that consists of a pair of trousers and a long t-shirt/dress is something you might want to bring, as it is light, practical and convenient.

Rainfall can be abundant during this season, it is ideal to have an umbrella (which you can buy in Kathmandu). With high temperatures, you will not want to wear raincoats. Bring a cover for your backpack during rainy season. Even though it is called rainy season, the sun is still visible and hot: a brim hat and sunscreen is always useful!

DRY SEASON (winter)

Between November and March, temperatures can drop below freezing at night to -5°C. During the day, temperatures are mostly around 15° to 20°C, but the mornings are cold and the fog takes a long time to disappear. The

evenings are cool and houses are not heated. Thick sweaters in wool or polar fleece, tights or thermal underwear to put under your clothes will be welcome.

BE CONSIDERATE

You have read the Nepali customs on appropriate clothing, by now you know what you can and cannot wear in order not to insult anyone.

SHOES

Bring a pair of flip flops. Everyone has them because they are the most convenient when one must remove one's shoes all day long. If you have any type of sandals for walking (such as Teva), they will be useful for long walks between the villages and crossing rivers. Trekking shoes are highly recommended for long distance walks and rocky paths.



SUSTAINABLE GIFTS

CEPP advises you not to bring things (clothes, plastic toys, balloons, colored pencils, books,...) to the village where you will work. Poverty is present, and when you distribute objects it tends to increase inequality and create jealousy among families. You may feel good but you will not make a meaningful difference in their lives by giving them these materials. Giving these kinds of gifts re-enforces dependency and does not stress the self-help you are trying to promote through education. The goals of our organization are already difficult to understand on a local community level. Bringing and distributing materials in this way would let local people believe that the work of volunteers comes down to bringing material things, this way of thinking will discredit your work and that of the organization in general.

It is more important and makes more sense to exchange knowledge and create things with local available materials (sticks, stones, leaves, sand,...) so that when you are gone, the children, parents and teachers can adapt new modern ideas in a sustainable and independant way.

It is quite another thing if you have created friendships with your host family, school teachers and CEPP friends. You will probably want to have gifts for them. If you want to bring gifts, think ahead about how your gift can influence the community. You can leave things that you bring with you anyway like swiss knives, small tools, scissors, a small saw, or pliers to enhance their daily lives. Educational games can also be brought (in small amounts) to inspire the teachers for new learning methods. Ofcourse you can always give and share small amounts of (Belgian) chocolate at the during your stay.

We do advise you to take some pictures (from your home, your family,

landscapes in your area, your school...), visual images are a good support in order to share a bit of your life with the people whose environment is so different from yours.

SCHOOL

On-site classes are empty and teaching materials are extremely limited. Sometimes it comes down to a pencil and a notebook for each child (and maybe even these may not be present). The goal is to train teachers to create materials with the resources they have on site.

In the Kathmandu you will find paint, brushes, glue, paper, coloured paper, string, scissors, cardboard, and everything you might need during your fieldwork. This material thus corresponds to what teachers can get themselves later in the city. So avoid to bring them prefabricated equipment from Europe, because it would be a way to reinforce the belief that it is because of the absence of “good material” that Nepalese education is what it is, and the belief that it is not possible to properly teach without it.

Before leaving the field, check with members of CEPP that can help you target your purchases and answer your questions.



CHECKLIST OF ESSENTIALS

	Items	Europe	KTM	Field
A	Accomodation			
	sleeping bag	✓	✓	
	sleeping mat	✓	✓	
	silk or cotton liner	✓	✓	
	headlamp / flashlight (+batteries)	✓	✓	
	toilet paper		✓	
	mosquito net	✓	✓	
	trekking shoes	✓	✓	
	water proof sandals	✓	✓	
	raincover & umbrella (rainy season)	✓	✓	
B	Food			
	dry fruits	✓	✓	
	energy biscuits	✓	✓	
	food supplements	✓		
	chocolate	✓		
C	Medicine - sanitary items			
	purification tablets (micropur forte) ⁶	✓	✓	
	water bottle (to store purified water)	✓	✓	
	sunscreen lotions	✓	✓	
	medicine for stomach aches, diarrhea, vomiting, constipation	✓		
	anastegic medicine such as paracetamol, panadol	✓	✓	
	headache medicines, aspirin	✓	✓	
	your regular medicine	✓	✓	
	hand sanitizers			

	Items	Europe	Kath'du	Field
E	Electronics			
	mobile phone with charger		✓	
	SIM card (or nepali SIM card)		✓	
	power backup (for mobile)		✓	
	solar mobile charger (optional)		✓	
	Materials for work			
	common stationaries			
	papers			
	paint			
	brushes			

Materials for work can be bought in Kathmandu, if you need some special kinds of materials please verify before leaving your country and going to field with CEPP.

chapter #8

COMMUNICATION

ELECTRICITY

In most regions, electricity depends on solar energy. The batteries are charged during the day, to allow light “relief” at night. There will not always be the necessary energy to charge your devices (cameras and mobile) in the house but there may be someone who will help you charge your devices somewhere nearby (school, or wealthier family).

With a dual socket you can plug your devices on the Nepalese plugs. If you have a cable with a USB plug on one side, you’ll be able to plug everywhere because adapters are readily available.

A pocket battery (preferably solar chargeable) can be useful.

MOBILE PHONE

In some villages, even the mobile network is inaccessible. But it is mostly possible to find a connection. Sometimes it’s in the middle of a rice field, 30 minutes’ walk ...

Prepaid card refills exist but are sometimes difficult to obtain. In these areas you will find refills from 50 to 100 Rupees (50 cents to 1 Euro), not more, which will quickly be spent when communicating to Europe. We recommend you take high amount prepaid cards (exist in 5 and 10 Euros equivalent) from the capital.

SIM CARD

The easiest way is to buy a SIM card directly on arrival at the airport. You will need a photo and a copy of your passport.

The most reliable network in the Terai is NAMASTE (January 2016). Check with CEPP whether this is still the case. Other mobile phone companies do not operate in this region!

CAUTION!

If you have a Smartphone, directly take a SIM card that has access to the Internet. It's a bit more expensive, but it may be the only way to have a connection in the villages where you will work.

INTERNET

There is no Internet access in the action areas of CEPP!

The closest Internet access can be found in the cities of Hetauda or Chapur (Chandranighapur), both of which may be at the distance of 5-7 hours' trek.

chapter #8

CONTACT INFORMATION



CEPP OFFICE ADDRESS in Kathmandu (as of March 2016)
CHANGE FROM WEBSITE

MAILING ADDRESS

CEPP

P. O. Box: 4555

Kathmandu

NEPAL

+ map

CEPP PHONE NUMBERS:

CEPP MAIN OFFICE:

+977 01 411 2320

Teeka Bhattarai

+977 985 122 6143

speaks good English

Michael Rai

+977 984 329 3809

speaks good English

Saroj Kathiwoda

+977 985 120 9994

speaks good English

Arati Thapa

+977 984 953 1182

speaks good English

Bednidhi Dhakal:

+977 98 520 30 799

speaks good English

Bijaya Subba

+977 984 127 9382

speaks good English

Bishnu Kumari Chepang:

+977 98 450 28 984

speaks good English

Ram Chamarakar

+977 986 364 6250

speaks limited English

Bir Bahadur Rai

+977 985 506 9739

speaks good English

IMPORTANT PHONE NUMBERS

1. Tourist Information Centre:

+977 01 425 6216

2. Flight Int'l Enquiry:

+977 01 447 0311 / +977 01 442 251

3. Tourist Police:

+977 01 470 0750

4. Int. Hospital (CIWEC):

+977 01 442 4111 / +977 01 441 3163

5. Fire: 101

6. Police: 100

7. Phone Inquiry: 197 (Namaste)

8. Ambulance: +977 01 442 4111

UPDATED PRICE LIST 2018

ANNEX B: LIST OF LATEST PRICES

Cost & Remarks	Rates
Transport from the airport to your hotel in KTM	
• cepp vehicle: if you want cepp to take you, please ask us in advance. We may not have our vehicle at all times.	€ 10
• local taxi: to Thamel (economic touristic area in KTM) Please bargain the price! It will be very expensive because it's the airport and because of fuel crisis.	€ 10 - € 15
Communication	
• sim card: we advise you to buy a SIM card at the airport, you will need a copy of your passport and a passport size photo. if you have a smart phone, take a sim card with internet access (only way to have internet, if you are lucky) network: Namaste	€ 1 (incl. 0.50 ¢ call time)
• local call	0.3 ¢ /min.
• call to europe	0.25 ¢- 0.40 ¢ / min.
• cell phone set	€ 20 (cheapest one)
Hotel in Kathmandu	
• standard: cepp can help you find a place if you ask us.	€ 10 /night
Food in Kathmandu	
• non-touristic: basic daal bhat	€ 1 (115 Rs.)
• touristic: in Thamel, prices are higher because of tourism	€ 2.50 - € 5
Daily commuting in KTM	
• local bus:	15 Rs. /ride (0.15 ¢)
• taxi: please remember to bargain.	500 - 1000 Rs. (€ 5 - € 10)
Transportation to field (one way) KTM → Field	
• cepp vehicle: The cost is divided amongst the travellers as cepp vehicle can carry 5 - 7 persons	€ 165
• hired taxi	€ 165
• public bus: duration about 13 - 15 hours; this is without walking; travel all night on bus.	€ 10 - € 15 /person
• public vans: duration about 10 hours; with 4-6 hours trekking (crossing the river, bring sandals)	€ 12 - € 16 /person

Cost & Remarks	Cost
Food on the way to the field <ul style="list-style-type: none"> • basic daal bhat 	115 Rs. (€ 1)
Personal supplies in the field Detail in the list of essentials and in this tekst. Please read carefully.	
Field lodging Some places in rural areas can be free (family places). But you may have to pay in Bazaar areas or if you stay at a hotel or guesthouse.	€ 3 - € 7 /day
Transportation out of the field (one way) → KTM Prices depend on where you want to move to, for instance you can go from Hetauda to Chitwan, or Pokhara,...	
<ul style="list-style-type: none"> • hired vehicle → KTM • public bus → KTM 	€ 165 € 16 - € 20
Materials for work If you need special stuff to work with in the fields, ask CEPP to know if we can find this in KTM or if you should bring it from your country.	

Prices and Exchange Rate:

€ 1 = 125 Rs. (Nepali Rupees) as of February 2018.

Check the current rate before you leave for Nepal.

*You can find more information and elaboration to help contextualize these lists in the Practical Guide. If things are not clear, do not hesitate to ask us :)

GLOSSARY OF NEPALI WORDS AND PHRASES

BASIC NEPALI WORDS AND PHRASES

Learning a few of the basics is really opens up a country to the traveler, visitor, tourist... Just a little of the language will help you to get around, to meet people and to really deepen your experience of a culture. It shows the locals that you want to learn about them and care about their country and culture. So start with these basics...

note: underlined words are shown as examples only, you should substitute as necessary.

Basic greetings and pleasantries

NEPALI	English
Namaste	Hello, I bless the divine in you
Namaskar	The more respectful version of Namaste
Hajur	All purpose term meaning: yes? Pardon? Excuse me?
(Tapaiilai) Kasto Cha?	How are you?
(Malai) Thik Cha	I am fine
Khana Khannu bhaiyo?	Have you eaten? (used as informal greeting)
Dhanybhad	Thank you
Tapaiiko naam ke ho?	What is your name?
Mero naam <u>Lin</u> ho	My name is Lin
Maaph garnuhos	Excuse me? Pardon me? Sorry
Maile bhujhina	I don't understand
Maile bhujhe	I understand
Pheri bhetaunla	I hope we meet again

More words and phrases can be found here:

<http://the-voyagers.tripod.com/language.htm>

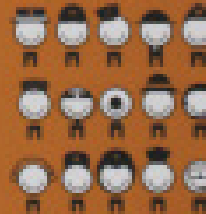
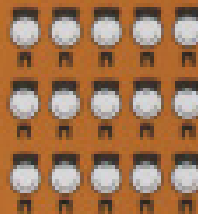
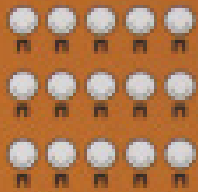
Addressing people or things

NEPALI	English
<u>Lin</u> -ji	Formal way to adress someone using their name
Aama / Buwa	Mother / Father, but also a friendly term roughly in your parents generation.
Didi / Bahini	Older / Younger sister, but also friendly term for women in your generation.
Dhai / Bhai	Older / Younger brother, but also friendly term for men in your generation.
Nanu / Babu	Young girl / Young boy
Ma / Hami	I / We
Tapaii	You
Yo / Tyo	This / That

Useful Adjectives

NEPALI	English
Mahango / Sasto	Expensive / Cheap
Ramro / Naramro	Good / Bad
Sapha / Phohar	Clean / Dirty
Thulo / Sano	Big / Small
Sajilo / Gahro	Easy / Hard
Thada / Najik	Far / Close
Chito / Dhilo	Fast / Slow
Tato / Cheeso	Hot / Cold (for food)
Garmi / Jaado	Hot / Cold (for weather)
Naya / Purano	New / Old
Dhani / Garib	Rich / Poor

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