Asian Medical Students’ Exchange Programme (AMSEP)- Nepal

OFFICIAL PROMOTIONAL BOOKLET

2020/2021
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Namaste,

Being introduced to AMSEP as a delegate to an online event was an awesome experience for me. With this opportunity I was able to know about fellow AMSA members and it was the starting point for friendship and unity among us. And now even the greater thing is having the privilege to represent my country Nepal and let other know what this marvelous country and AMSA- Nepal has to offer.

Nepal being the home of Mount Everest and the birth place of Lord Buddha offers multitude of topographic, cultural, ethnic, floral and faunal diversity. The people here are kind hearted, cheerful, brave and are always delighted to welcome guests and provide quality hospitality. We here via this promotional booklet present a small part about Nepal.

I hereby extend the invitation to all AMSA members to visit Nepal. I hope you will enjoy the booklet and provide your precious time to explore Nepal.

Regards,

Pashupati Pokharel
Maharajgunj Medical Campus, Institute of Medicine, Tribhuvan University, Kathmandu Nepal
Overview of Nepal (The Roof of the World)

Nepal is one of the richest countries in the world in terms of bio diversity due to its unique geographical position and latitudinal variation. The elevation of the country ranges from 60m above the sea level to the highest point on earth, Mt. Everest 8,848m, all within a distance of 150km with climatic conditions ranging from sub-tropical to arctic. This wild variation fosters an incredible variety of ecosystems, the greatest mountain range on earth, thick tropical jungles teeming with a wealth of wildlife, thundering white-water river, forested hills and frozen valleys.

Within this spectacular geography is also one of the richest cultural landscapes anywhere. The country is a potpourri of ethnic groups and sub groups who speak over 70 languages and dialects. Nepal offers an astonishing diversity of sightseeing attractions and adventure opportunities found nowhere else on earth. And you can join in the numerous annual festivals that are celebrated throughout the year in traditional style highlighting enduring customs and beliefs.

You all are welcomed to come and discover the awesomeness of Nepal and explore this land of paradise.
Overview of Nepal

Time zone: GMT +5:45 // UTC +5:45

Avg temp: 19 - 29°C
Summer: March-August
Winter: September-February

29 million people

Currency: NPR/Rs (1$ eqv. to NPR 119)

Language: English/Nepali
**Electricity**

In Nepal the power plugs and sockets are of type C, D and M. The standard voltage is 230 V and the standard frequency is 50 Hz.

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**Cultural Etiquette**

- Secular country, predominantly Hindus (>80%)
- Namaskar/Namaste (I salute the god within you) is the preferred way of greeting
- Foreigners are likely to be an object of curiosity. You may be joined by some native on the way or street who just wants to chat and do not feel awkward with this
- If eating with hand, use right hand only. Receiving/giving things with right hand is considered as good manner
- Avoid touching others’ forehead (regarded as most sacred part of body)
- Take off shoes and leather items before entering temples

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**Attire/Clothing**

- Men should wear shirt/t-shirt and pants in public
- Women should wear shoulder covering clothes, avoid shorts, tops and sleeveless
- Try being in formal attire in campus (you can wear casual dress as well)
- Well-groomed guests are treated with significant courtesy
PASSPORT VALIDITY:
Must have six months remaining validity or more at time of entry

BLANK PASSPORT PAGES:
At least one blank visa page (not endorsements page) required for entry visa

TOURIST VISA REQUIRED:
Yes. 15/30/90 days visa at USD$25/40/100. Visa application process can be done either visa on arrival or applying for visa from nearest Nepal Embassy or filling online visa form before departure.

CURRENCY RESTRICTIONS FOR ENTRY:
US$5,000; no pure, unworked gold up to 50 grams of gold jewelry, or 500 grams of silver

CURRENCY RESTRICTIONS FOR EXIT:
US $5,000

VACCINATIONS:
-No requirements.

-Recommended (Hepatitis A, Typhoid and meningitis; boosters for Tetanus, Polio, Mumps and Measles)

-Depending upon travel plans consider JE, Hepatitis B and Rabies vaccine as well.
About AMSEP Nepal

AMSEP- Nepal is just in its starting phase. Currently we have one national AMSEP director and a dedicated working circle. The director will be working in close coordination with Regional Chairperson of AMSA- Nepal and AMSEP directors of various other countries.

Hosting

Regarding hosting, we will be working actively on this as the COVID-19 situation of the country starts normalizing. We are extremely positive that we will be able to host multiple countries.

Participating University

Institute of Medicine, Tribhuvan University (other colleges are under consideration)

Contact Details

amsepnepal@gmail.com
Aspects of Hosting

**Academics**
We will be allocating a minimum of 8-10 hrs. for a standard 7 days exchange. It consists of hospital visits, Problem Based Learning and laboratory practical.

**Socio- cultural**
Diverse cultural heritages, breath- taking places and sceneries, diverse culture will be visited and explored.

**Community Service**
The delegates will be provided with the opportunity to each out to a particular focus of people with the objective of creating awareness of relevant health related issues.