



Nepalese Country Guide

Page 1 of 5 Important Information Prior to Travelling to Nepal Passport and Tourist Visa Conditions

Australian ordinary passport holders travelling to Nepal as tourists require a visa. Visas can be obtained on arrival in Nepal at official entry points upon payment of a fee and the presentation of a passport photograph and passport valid for at least six months beyond intended stay in Nepal (see www.nepalimmigration.gov.np for a list of entry points, fees and to pre fill the application form).

In order to avoid any inconvenience at the port of entry into Nepal, travellers may apply for a visa before departing Australia by contacting one of the Nepalese missions below. All visas are valid for six months from the date of issue and allow entry into Nepal for between 15 and 90 days depending on the visa applied for. Additional permits are required for those wishing to trek while in Nepal. Please consult your trekking company or the missions listed below for further details on trekking permits. For further information on Nepalese visas, please contact a Nepalese mission on the details below.

Vaccinations and Health Precautions

The following information is intended as a guide only and in no way should it be used as a substitute for professional medical advice relative to a traveller's individual needs and vaccination history. No guarantee is made as to its accuracy or thoroughness. For further information, please contact The Travel Doctor on 1300 658 844.

Regardless of destination, all travellers should be up-to-date with their routine "background" vaccinations including a recent annual Influenza vaccination. Vaccination against Hepatitis A is recommended for travellers to Nepal. Vaccination against Typhoid should also be considered, particularly if travelling to areas with poor sanitation. Persons staying in Nepal for extended periods or frequent travellers should consider immunisation against Hepatitis B and Rabies (especially if working with animals). Those spending at least 4 weeks in rural areas of the transmission zones may require vaccination against Japanese Encephalitis. There is a medium risk of Malaria in Nepal and Dengue Fever also occurs, depending on their itinerary travellers may require antimalarial drugs and insect avoidance measures. Food and water precautions are advised.

Please consult a medical practitioner or contact The Travel Doctor for your specific risk to these preventable diseases and the appropriate avoidance measures. Australians travelling to Nepal should ensure that they have adequate travel insurance to cover the length of their stay. Medications that are legal in Australia may be illegal in other countries. For further information on insurance, taking medication overseas and other issues please visit www.smarttraveller.gov.au/tips.

Current DFAT Travel Advice

This advice is current for Mon, 5th November 2018.

Exercise a high degree of caution in Nepal. Pay close attention to your personal security at all times. Demonstrations and protests can occur in Nepal. Avoid protests and large public gatherings as they can turn violent. See [Safety and security](#).

Earthquakes and tremors are common in Nepal. Major earthquakes can result in deaths, widespread damage and severe disruptions to essential services. Familiarise yourself with earthquake safety procedures. See [Natural disasters](#).

Trekking can be dangerous. If you have time and budget constraints you may consider condensed treks, however these can cause serious health problems. Use reputable trekking companies with professional guides. Research the time required to safely carry out your trek. Don't trek alone. See [Local travel](#). If you become ill while trekking you may need to be evacuated by helicopter. Ensure your travel insurance will cover helicopter evacuation. See [Local travel](#). Landslides can happen throughout the year, particularly during the monsoon season (June to September). See [Local travel](#). If you are travelling to Nepal to volunteer, ensure your experience is safe, ethical and worthwhile, especially if working with children. See [Additional Information](#).

The above information is an edited excerpt of the Travel Advice Summary from The Department of Foreign Affairs and Trade. Travellers are encouraged to read the travel advice in full, subscribe to updates to this advice and to register their presence in Nepal at www.smarttraveller.gov.au.

Nepalese Representation in Australia

Embassy of Nepal, Canberra

22 Kareelah Vista
O'MALLEY, ACT 2606

Tel: (02) 6286 8006
Web: www.au.nepalembassy.gov.np

Consulates and Honorary Consulates of Nepal

NSW - Tel: (02) 9460 0388	Web: www.nepalconsulate.org.au
VIC - Tel: (03) 9650 8338	Web: www.nepalconsulate.net.au
QLD - Tel: (07) 3257 0697	Web: www.nepalconsulate.com.au
SA - Tel: (08) 8330 0006	Web: www.nepal-consulate.net.au
WA - Tel: 0408 030 477	



Nepalese Country Guide

Time Differences between Nepal and Australia

Nepal is Greenwich Mean Time +5¾ hours. Daylight saving time is not observed. The applicable time zone in Nepal is called Nepal Time (NPT).

Nepal, 12 noon, Winter (Dec) = Perth 2:15pm; Darwin 3:45pm; Brisbane 4:15pm; Adelaide 4:45pm; Hob., Mel., Syd. 5:15pm.
Nepal, 12 noon, Summer (Jun) = Perth 2:15pm; Darwin, Adelaide 3:45pm; Brisbane, Hobart, Melbourne, Sydney 4:15pm.

Important Contact Numbers

Country Code for Nepal: +977
To Dial Australia Call: 00 61 <City> <Number>
Travelex Card Services:
Call the US on 00 1 954 838 8294
Visa Global Assistance:
Call the US on 00 1 303 967 1090
MasterCard:
Call the US on 00 1 636 722 7111
American Express Travellers Cheques:
Call (+977 1) 422 7635
Tourist Police in Kathmandu: (01) 424 7041
Available 24 hours. For other tourist police contacts please go to www.nepalpolice.gov.np.
Emergency Services:
Ambulance - 102
Police - 100

The emergency services number may not be available in all areas. These services may not have English speaking staff. To avoid delay it is best to seek the assistance of an Nepali speaker to call the emergency services or contact the Australian Embassy.

Important Information to be Recorded

Travellers are encouraged to carry photocopies of all important documents separately to their originals, and to leave a set of these photocopies with someone in Australia. This includes those documents listed below.

Passports

Name: _____ Passport #: _____
Name: _____ Passport #: _____

Credit Cards

Name: _____ Institution: _____
Card Number: _____
Name: _____ Institution: _____
Card Number: _____

Travel Insurance

Name: _____ Institution: _____
Policy #: _____ Emergency #: _____
Name: _____ Institution: _____
Policy #: _____ Emergency #: _____

Australian Representation in Nepal

Australian Embassy, Nepal
500 metres north of Narayan Gopal Chowk
Bansbari
KATHMANDU
Tel: (+977 1) 437 1678
Fax: (+977 1) 437 1533
Web: www.nepal.embassy.gov.au

Alternatively, Australians may obtain assistance by contacting the 24 hour Consular Emergency Centre in Australia on (+61) 2 6261 3305.

Australians in Nepal are encouraged to register their presence and contact details with the Australian Embassy in Kathmandu, or online with the Department of Foreign Affairs and Trade at www.orao.dfat.gov.au.



Nepalese Country Guide

Page 3 of 5 General Destination Information for Nepal

Duty Free Allowances

Duty Free limits when entering Nepal:

Alcohol: 1.15 L of alcoholic beverages.
 Tobacco: 200 cigarettes or 50 cigars.

Further restrictions apply to these and other goods, travellers should familiarise themselves with these restrictions before entry. Minors may not claim alcohol or tobacco products. Please go to www.customs.gov.np for further details on Nepalese Customs and Duty Free regulations.

Nepalese National Holidays 2018

11 Jan: Maghi Parwa	30 Apr: Buddha's Day
18 Jan: Sonam Losar	01 May: May Day
30 Jan: Martyrs Day	29 May: Republic Day
13 Feb: Maaha Shivaratri	03 Sep: Gaura Parba
16 Feb: Gyalbo Losar	16-21 Oct: Dashaim
19 Feb: Democracy Day	23 Oct: Kojagrat Purnima
08 Mar: Women's Day	07-09 Nov: Tihar Festival
25 Mar: Birth of Lord Rama	13 Nov: Chhat Parwa
14 Apr: Nepali New Year	30 Dec: Lhosar

Nepal has over 40 public holidays per year (plus every Saturday). The above list includes the major holidays but is not exhaustive.

Duty Free limits when entering Australia:

Alcohol: 2.25 L.
 Tobacco: 25 cigarettes plus one open packet of cigarettes.
 Other Goods: Up to a value of \$900 (\$450 if under 18 years).

For further details on Australian duty free allowances and other customs restrictions please go to www.border.gov.au.

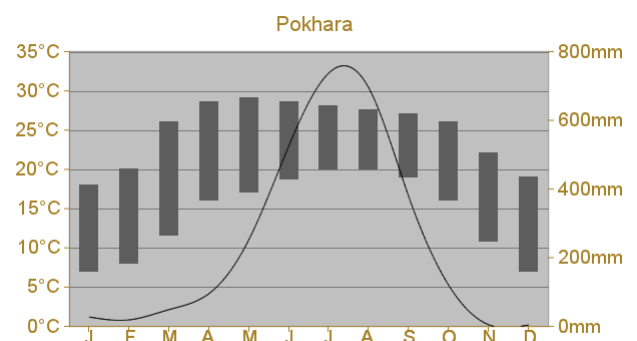
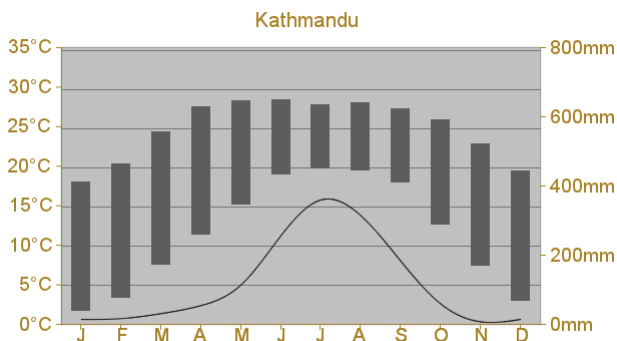
Electrical and Telephone Adaptors

Electrical Plug: European and British (the British sockets are an older version than those found in the UK today).
 Voltage: 220-240 volts (same as Australia)
 Special Tip: Outlets that use British plugs may be 110-120 volts. Please check before using.
 Modem Plug Type: USA

Source: Korjo Travel Products.
 Please view the Korjo adaptor guide at www.korjo.com.au for further information on this matter.

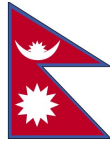


Average Temperature (Bar) and Precipitation (Line) in Nepal



Source: Department of Hydrology and Meteorology, Nepal. For local forecasts please go to www.dhm.gov.np.

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Nepalese Country Guide

Page 4 of 5 Nepalese Currency Information and Cheat Sheet Exchange Rate with Nepal

Interbank Rate
 1 Australian Dollar (AUD) = 84 Nepalese Rupees
 100 Nepalese Rupees (NPR) = 1.19 Australian Dollars

With 8% Margin
 1 Australian Dollar (AUD) buys 78 Nepalese Rupees
 100 Nepalese Rupees (NPR) will cost 1.28 Australian Dollars

All rates were correct at a point in time on Monday, 05 Nov 2018. The "Interbank Rate" does not take into account any exchange fees, while the "With 8% Margin" adds 8% to the exchange rate to simulate a typical margin that would be paid when exchanging currencies. These currency rates have been rounded and should not be used when calculating transactions of large value.

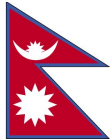
Currency Cheat Sheet

Rs 50	=	\$0.64 AUD	This cheat sheet uses the "With 8% Margin" rate of exchange listed above.		
Rs 100	=	\$1.28 AUD	Rs 1,000	=	\$12.81 AUD
Rs 200	=	\$2.56 AUD	Rs 2,000	=	\$25.63 AUD
Rs 300	=	\$3.84 AUD	Rs 3,000	=	\$38.44 AUD
Rs 400	=	\$5.13 AUD	Rs 4,000	=	\$51.26 AUD
Rs 500	=	\$6.41 AUD	Rs 5,000	=	\$64.07 AUD
Rs 600	=	\$7.69 AUD	Rs 6,000	=	\$76.88 AUD
Rs 700	=	\$8.97 AUD	Rs 7,000	=	\$89.70 AUD
Rs 800	=	\$10.25 AUD	Rs 8,000	=	\$102.51 AUD
Rs 900	=	\$11.53 AUD	Rs 9,000	=	\$115.33 AUD
			Rs 10,000	=	\$128.14 AUD
			Rs 20,000	=	\$256.28 AUD
			Rs 30,000	=	\$384.42 AUD
			Rs 40,000	=	\$512.56 AUD
			Rs 50,000	=	\$640.70 AUD
			Rs 60,000	=	\$768.85 AUD
			Rs 70,000	=	\$896.99 AUD
			Rs 80,000	=	\$1,025.13 AUD
			Rs 90,000	=	\$1,153.27 AUD
			Rs 100,000	=	\$1,281.41 AUD

Nepalese Currency

The legal currency of Nepal is the Rupee, which is abbreviated using either the symbol "Rs" (for example Rs 50) or the currency code "NPR". While a rupee is divided into 100 paisa, a paisa is of such small value that it is barely used. The following units of currency are the most common however other units are also in circulation (including a red Rs 5 note). As it is illegal in many countries to print copies of bank notes, travellers are advised not to take the below images with them when travelling.





Nepalese Country Guide

Page 5 of 5 About Nepal and Nepalese Travel Map

About Nepal

Full Name: Sanghiya Loktantrik Ganatantra Nepal (Federal Democratic Republic of Nepal).

Founding: 1768 (unification of many existing states).

Size: 147,181 sq km (twice the size of Tasmania).

Population: 30 million (35% larger than Australia). Urban population is only 19% (Australia 89%). Largest city is Kathmandu with 1 million people.

Religion: Hindu 81%, Buddhist 11%, Muslim 4%, Kirant 3%.

Language: Nepali 48% (official), Maithali 12%, Bhojpuri 7.4%.

GDP Per Capita: US\$1,300 (Australia US\$40,800).

Significant Dates:

- circa 563 BC - Buddha born near Lumbini (exact site disputed).
- 1768 - Gorkha King Prithvi Narayan Shah conquers and unifies many kingdoms into modern Nepal.
- 1814-16 - War with the British established current borders.
- 1846-1951 - The autocratic and hereditary Rana dynasty rule and reduce the Shah monarchy to figureheads.
- 1953 - Hillary and Norgay climb Mt Everest.
- 1960 - King Mahendra seizes control as sole ruler.
- 1991 - First democratic elections.
- 1995-2006 - Maoist revolt against the Monarchy.
- 2001 - King Birendra among nine members of the royal family killed in a shooting by the Crown Prince.
- 2007 - Monarchy abolished by Parliament in Maoist deal.

