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**Friendship Association for Community Education**

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# **FACE Nepal Volunteer Information Booklet**

Revised December 2018

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Thank you for offering to volunteer for FACE Nepal.

This booklet has been prepared to give you some essential information to help you prepare for your stay in Nepal. The information is organized by topic. Please do take a few moments to read through the information carefully and refer to it whenever questions arise. At the same time, please don't hesitate to ask questions. Your Voluntary Coordinators and any member of the International Board will be glad to help you.

Let's take a look at a brief profile of the country.

## **Nepal Country Profile**

Nepal is a landlocked country located between India to its east, south and west and China to the north. According to the 2017 World Bank census, it has a population of 31 million. The major languages are Nepali and Maithili. The major religions are Hinduism and Buddhism and there is a growing recognition of Islam, which has been present in the country for over a century.

The country can be divided into three major geographic regions:

- Himalayan region, between 4977 meters and 8848 meters, includes eight of the existing summits in the world which exceed 48848 meters, including the famous Everest.
- Mountain region includes about 65 percent of total land area.
- Tarai region is the lowland area in southern Nepal and encompasses several river valleys and also Chitwan National Park and some major Wildlife Sanctuaries.

Nepal has four distinct seasons. Spring lasts from March to May and is warm with frequent rains. Summer, from June to August, is followed by heavy monsoon rains and can be very hot and humid, especially in the southern region. September to November are cooler autumn months and a popular time for trekking. Winter, from December to February is very cold with temperatures sometimes falling below zero. Day temperatures can be higher. It snows in the Himalayan and mountain regions

Nepal declared itself a Federal Democratic Republic and established a multi-party parliamentary system in 2008, after the abolition of centuries old monarchy. However, a decade of war against Maoist insurgence and sporadic street demonstrations, sometimes turning violent, had left the country with political instability and economically weak. A devastating earthquake in April 2015 to the northwest of Kathmandu killed nearly 10,000 people and injured several thousand. Several villages simply disappeared under the huge mass of snow and numerous people were left homeless. The overall damage is estimated to be over \$10 billion and the estimated cost of rebuilding could be several billion dollars.

In 2017, the country took a step forward and millions of Nepalis voted in a two-phase legislative election to elect members of the House of Representatives. The election was held alongside the first provincial election. The election was followed by a political deadlock between the governing Nepali Congress and the winning left-wing coalition over the system used to elect the upper house, which has led to a delay in forming the new government. However, the election took place smoothly and for the first time a large majority of women and minority groups are well-represented in the new councils.

In October 2017, the Communist Party of Nepal United Marxist-Leninist (CPN\_UML), which is headed by K.P. Sharma Oli, and the Communist Party of Nepal Maoist Center(Maoist Center), formed the Left Alliance. The two main Communist parties of Nepal have thus united and formed the country's winning political party.

On February 15, 2018 Khadga Prasad Sharma Oli, or K.P. Oli, as he is often referred to, was officially made the new Prime Minister of Nepal.

## **Before you leave**

### **Inoculations/medical supplies**

Please consult your doctor/local travel clinic for the latest recommendations regarding the necessary inoculations for Nepal. We receive many questions about vaccinations but ultimately it is your responsibility to ensure you are adequately protected. There are useful travel information sites on the internet and your clinic doctor or nurse will guide you. You may feel more comfortable bringing your own first-aid kit, cold/flu and stomach medication, vitamins, acclimatization aids and antibiotics. These are all, however, readily available in Nepal and can be bought over the counter. Any specific prescription medications should be brought with you, as there is no guarantee you will be able to purchase these.

### ***What Should I Bring?***

***This will vary depending on what time of year you are traveling to Nepal, your personal choices for comfort and what non-FACE Nepal activities you want to participate in (trekking, white water rafting, etc.),***

***Passport*** – Obviously...!!

***Bank Information*** - You can find Western Union, ATM's and banks in Kathmandu, Pokhara and Chitwan. Currency exchange facilities are available in Kathmandu and Pokhara. Outside of these cities, the only banking facilities are for cash or traveler's cheques. There is an additional charge at the bank for cashing traveler's cheques. There are no credit card systems in Nepal.

***Travel Documents*** - This may be your plane ticket, bus ticket, whatever. Make sure you keep these safe and bring with you all documents for return travel.

***Passport Photos*** – You need two passport size photographs to obtain your visa at Tribhuvan airport. FACE Nepal also requires a further two passport size photos which you can have taken quite affordably in Nepal but you may find it more convenient to carry additional passport photos with you. You will also need additional photos if you decide to extend your visa.

***Entry/Tourist Visa*** - This can be obtained on arrival at Kathmandu. It is not essential to arrange this in your home country but you may wish to obtain it there if you would rather avoid the queue at Tribhuvan airport. Initial visas are issued for up to 90 days (and for a minimum of 15 days), and cost \$60 USD for 30 days and \$100 For 90 days. You need

to present the visa officials with 2 passport size photos. You can extend your visa for one month, up to 3 times, in Kathmandu or Pokhara. The maximum stay in Nepal is for 5 months in one calendar year. If you think you may have problems, please check with your embassy before you travel. Please also check visa requirements on your nearest Nepali embassy website, wiki travel etc well in advance of travelling as these rules can change.

*Again, please remember to bring enough cash to cover the cost of your visa at Tribhuvan Airport. ATM's there do not always work. You can pay for your visa in US\$ and GBP.*

This will vary depending on what time of year you are traveling to Nepal, your personal choices for comfort and what non-FACE Nepal activities you want to participate in (trekking, white water rafting, etc.),

- Sleeping - Your host family will provide bedding but it does get quite cold in the winter months of December to February. A cotton inner lining is adequate outside of winter.
- Flashlight/torch (the electricity supply is fickle)
- Sun cream and a hat
- Mosquito repellent/Mosquito net
- First aid kit
- Thermal jacket (if here for winter)
- Water purification tablets or good quality water purifier  
(bottled water is available and most volunteers find after a short while they are able to drink the local water)
  
- Earplugs (if you are a light sleeper)
- Journal, camera, battery chargers, books, etc.
- Spare batteries for appliances
- For travelling, it is generally better to bring a travel size backpack rather than a suitcase. You will be taking the local buses to your placement and it's much easier when moving around. Flip-flops are very useful and can be bought at a very low price in the village shops. Remember all footwear is removed before entering houses.
- Any interesting Items to show/give the children at your placements, perhaps about your own country. ( You can buy the usual stationery items in the local shops.)

## What should I bring for my host family?

You are not expected or obliged to give a gift/gifts to your host family but we have found that volunteers like to do so. T-shirts, biscuits and pictures of your country and family are always well-appreciated. Nothing expensive, though.

## Arrival and visits in Kathmandu

Contact Details:

**Shreeram Devkota (M.D. FACE Nepal): 00977-984-5047738**

**Hotel (Mt. Annapurna Guest House, , Jyatha, Thamel, Kathmandu):  
00977-1-42254624221493**

*Ashok Lamichhane +977 984 517 4725*

### Airport and Arrival Information

You will arrive at Tribhuvan International Airport which is Nepal's only international airport.

A FACE Nepal representative will meet you at the airport. They will be holding a placard which you will be able to see clearly.

If you get delayed or miss your flight please call us to let us know, if possible, but do not worry as the representative will be able to check arrival times and will be there to meet you no matter how long the delay. If for whatever reason you cannot find our staff member at Kathmandu airport, please get a prepaid taxi to the Mount Annapurna guest house who will be able to assist you (please keep the receipt and we will reimburse it). Please note this has only happened once in ten years..!!!

*Please remember to bring enough cash (US\$, Euro GBP) for your visa as you may not be able to withdraw from the ATM's at the airport.*

*It is much easier to get a 90 day visa if your stay is for 90 days or more at the start of your time in Nepal.*

Once you have been met by our FACE Nepal representative at the airport you will go by taxi to the Guest House. Your accommodation, food, travel and entry fees to cultural sites are paid for by FACE Nepal but we expect that you will pay for extras, such as alcohol, yourself.

The representative will answer any questions you may have but may not know all the details of your project or placement. This will be discussed at length once you arrive in the area of your placement.

Please let the representative know if you need help or time to buy anything in Kathmandu, especially if it is for items not available once you get to your placement.

*Note: Your volunteer fees for FACE Nepal can be withdrawn in Kathmandu or when you arrive in Chitwan (Narayanghad). Please let the representative know if you need to visit an ATM in Kathmandu. If you have brought the fees in your home currency and need to exchange to NPR (Nepalese rupees) you need to visit an exchange office in Kathmandu as there are no currency exchange agents in the village where you will live or in the closest town of Narayanghad.*

FACE Nepal offers you two sight seeing trips in Kathmandu to both Durbur Square and Swayambunath (otherwise known as Monkey Temple). All entry fees and transport are paid for by FACE Nepal. **You will be spending one night in Kathmandu before boarding an early morning bus or flight**

The FACE Nepal representative will stay with you during the day and evening. We advise that you do stay with the representative but if you are confident to explore on your own and would like to do so please refer to the Safety and Culture attachment. Please also make a note of the representative's telephone number so that you can make suitable meeting arrangements with him/her. The representative will feel responsible for you and concerned for your safety.

Remember that the Guest House staff are very helpful and can contact the representative should you need him/her. Keep a Guest House card with you for details of the address and telephone number as the streets of Kathmandu can be very confusing to newcomers.

On the day of departure to Chitwan, a tourist bus will be arranged for you and the FACE Nepal representative will either travel with you, or see you onto the bus and arrange for you to be met off the bus in Chitwan. This can currently take up to ten hours on bumpy roads. If you would prefer the 25 minute flight, please let us know well in advance (please note this will be at your own expense).

## What should I expect on my placement?

### Accommodation

During your placement you will be living with a host family.

The further you are from a major city, the more rustic the accommodation is. In all cases, the accommodation is clean and hygienic. The most rustic accommodation, however, is sometimes the most difficult to adjust to.

The toilet may be an outhouse which is slightly separated from the house but only by a few strides. These are squat toilets which may take some getting used to. For bathing, you may have to wear a lungi (bathing garment) or sarong (make sure this can wrap around you tightly) for modesty as the bathing facility may also be in the courtyard. Here you will fill a bucket of water at the pump and use this for bathing or manage Nepali style to use the pump as a shower. The FACE Nepal representative who meets you in Kathmandu can help you to buy a lungi if needed or you can wait until you arrive at your host family's home.

You will have your own room with an electricity supply (remember the electricity supply is fickle so keep your torch to hand).

Your host family will be fascinated by you and may be curious about the lotions you bring, if any, and your clothes and books. Although there is no issue with the safety of what you bring if you want privacy it is better to keep personal items locked in your backpack.

FACE Nepal is discerning in its choice of host families. We try to place volunteers with families who have had some experience of different cultures and traditions so are more accepting and tolerant of differences. The host family receives payment for your stay so should not ask for any monies. We also advise against making a personal donation to host families as this can lead to unrealistic expectations of future volunteers. Donations are best made through FACE Nepal where they will be registered in our accounts. You will be kept up to date with how funds are distributed to various projects.

In a typical placement volunteers live with their host family where they eat Nepali food twice a day (around 9 o' clock in the morning and 7 o' clock in the evening). Tea (chiya) is served in the morning and in the afternoon.

We do understand the difficulty of adjusting to a new cultural environment. From time to time you may feel a sense of uncertainty and even anxiety. This can be due to culture shock you may feel upon arrival or in the course of your stay. Please feel free to contact and discuss with Mr Shreeram or your volunteer coordinator.



## **Placement Information**

Please remember that while you are working as a volunteer you are representing FACE Nepal and any behaviour which the community judges as unfavourable will affect the credibility of FACE Nepal as well as your own standing.

Shreeram and Ashok (our M.D. and Programme Coordinator) will have planned your placement in collaboration with you prior to your arrival. Sometimes the details will only be finalised once you have arrived. There will be time for you to clarify expectations, both your own and those of FACE Nepal and your placement contact. So be prepared for a little bit of time for this – and take the opportunity to acclimatize to Nepal!

Outside of your more 'formal' project work volunteers can utilize their time according to their own skills and experience. Children are always eager to play a variety of games and particularly enjoy competition. You will find the community will respond to your enthusiasm to help and you will have the freedom to use and enjoy your creativity, ingenuity and innovation.

(Please remember to complete the volunteer evaluation form or email any feedback informally. We need this information to ensure that we continue to adapt and improve volunteer experience.)

You will be able to travel to nearby towns to purchase items for daily use and you can also travel to other areas on longer vacation. Volunteers may have the opportunity to get together with other volunteers and share their experiences.

## **Keeping in touch with home**

There will be someone in or near your host family's home who will have internet provision. In some villages there is a communication centre from where you can make international calls and use computers. Most locals do not have landlines and where they do they are not capable of international connections. Your host will transport you, if necessary, to a place where you can make calls or use the internet. Remember that electricity is managed on a 'load share' system so is not available consistently through the day or evening.

## **Free time and Travelling**

We encourage you to plan short trips to visit other parts of Nepal depending on your interests or desire. FACE Nepal can make arrangements for volunteers to get discounted rates for certain activities including: a jungle safari in Chitwan National Park, rafting and trekking etc. If you are interested, please let us know and bear in mind that it's usually significantly cheaper to book activities once you are here in Nepal, whether through FACE Nepal or not, rather than from your home country.

The Nepali working week and school week ends at midday on Friday and resumes again on Sunday. One and a half days off is sometimes not enough time for longer term volunteers to explore the locality using public transport. Discuss any trips you would like to make with Shreeram, Ashok and your contact at your placement. Extra time off can be negotiated though please bear in mind that your commitment will be very much acknowledged and respected by the community and requesting time off too frequently may interfere with your programme.

## **Accident and other Insurance:**

**We strongly recommend that volunteers obtain appropriate travel insurance for their time in Nepal and insure this covers volunteering, riding as a passenger on a motorbike (wearing helmets is usually mandated by insurance and is obligatory for volunteers – FACE Nepal has motorcycle helmets available for volunteers. Do not be afraid to say no to riding on a motorcycle if no helmet is provided) or in local buses, and any activities they wish to do e.g. trekking. FACE Nepal cannot be held responsible for any loss (financial or otherwise) or injury suffered by volunteers when on a volunteer programme.**

## **Drugs, Smoking & Alcohol**

Many tourists are targeted by people who ask you if you want to 'smoke' or the more bold ones ask you if you would like marijuana or hashish. We strongly recommend that you do not indulge. If you are caught, FACE Nepal cannot help you and your embassy will not make any effort to rescue you.

Smoking is very common in Nepal. Generally only men smoke but occasionally you see women smoking as well. Smoking is permitted indoors at many establishments.

Alcohol is readily available but is generally served at a premium. At your placement the locals may offer you raksi or chhang. Both of these are local wines made from fermented rice and are very strong. We recommend that you only drink a small amount at any one time. It is also important that you only drink in safe environments as some tourists have been robbed when drunk.

While on placement we also suggest that you do not drink or smoke with your students. If you visit local shops to sit to drink or smoke, we suggest you sit in the back section behind the curtain, so you are not visible to students or community members. If students see you or join you in drinking and smoking it increases their familiarity with you and subsequently can make it very difficult for you to enforce discipline. It will also reduce your status as a teacher in the community.

## Precautionary note for women

Although it may be common for you to smoke or drink at home we recommend that you limit these activities while you are on placement. Unfortunately there are cultural perceptions and local people find it difficult to respect women who drink and smoke. Once you and your host family and the locals have got to know each other you may decide that more freedom is appropriate. It is best, at least initially, that you drink only a little to be sociable and accept your family's hospitality, but not to excess. It is acceptable to smoke and drink in the larger cities of Kathmandu and Pokhara.

## Language Basics

Learning a few of the basics of Nepali will open up the country and endear you to the local people. Just a little of the language will help you to get around, to meet people and to really deepen your experience of our culture. It is an indication to the locals that you want to learn about them and care about their country and culture.

Some of the basics are noted below.

*Note: Underlined words are shown as examples only; you should substitute as necessary.*

<b>Basic Greetings &amp; Pleasantries:</b>	
<b>Nepali Language</b>	<b>English Translation</b>
Namaste	Hello, Greetings, I bless the divine in you
Namaskar	The more respectful version of Namaste
Hajur	All purpose term meaning yes? pardon, excuse me?

(Tapailai) Kasto Cha?	How are you?
(Malai) Thik Cha	I am fine
Khana khannu bhaiyo?	Have you eaten? (Used often as informal greeting)
Dhanybhad	Thank you
Tapaiko naam ke ho?	What is your name?
Mero naam <u>Leticia</u> ho	My name is Leticia
Maaph garnphnus	Excuse me/ pardon me/ sorry
Maile bhujhina	I don't understand
Maile bhujhe	I understand
Pheri bhetaunla	I hope we meet again

### Useful Adjectives

Nepali Language	English Translation
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

Add 'dherai' for 'very'

E.g. Trekking dherai gahro cha | Trekking is very hard

<b>Questioning Words</b>	
<b>Nepali Language</b>	<b>English Translation</b>
Ke	What
Kahaang	Where
Kati	How much
Kina / kinabhane	Why / because
Kasko	Whose
Kahile	When
Kun	Which
Kasari	How
Kasto	How (of quality)
<b>Feelings and Emotions</b>	
<b>Nepali Language</b>	<b>English Translation</b>
Malaai _ lagyo / lagena.	I feel / don't feel _____.
Birami	Sick
Raksi	Drunk
Nindra	Sleepy
Thakai	Tired
Alchee	Lazy
Dar	Scared
Jaado	Cold
Garme	Hot
Bhok	hungry
Thirkaa	Thirsty
Dukha	Sad
Khushee	Happy
<b>Numbers</b>	

1 / ek	6 / cha	15 / pandhra
2 / dui	7 / saat	20 / beece
3 / tin	8 / aath	25 / pacheece
4 / char	9 / nau	30 / teece
5 / panchs	10 / das	40 / chaleece
100 / ek saye	200 / dui saye	1000 ek hazar

## • Safety and Cultural Considerations

- **Going out alone:** Whilst in Kathmandu it is advised that you don't go out alone, especially at night. It's a city, they live in poverty and you are a rich westerner...be careful and cautious. If you do go out, go in pairs if possible, or with the FACE Nepal representative and let someone know roughly where you are going. We also recommend that you keep a note of the representative's telephone number, the address and phone number of the guest house (or their business card) while in Kathmandu. At your placement carry the name of the host family for when you are in the village at first just in case you get lost.**Hygiene:** Use common sense precautions, such as, washing your hands and avoiding cut fruit or uncooked food. Most good guidebooks (e.g. lonely planet, rough guides) have good sections on hygiene.
- **Travellers diarrhoea (TD):** If you do get TD the rule of thumb is if you have more than 3 loose motions in 24hrs and one of the following symptoms: nausea, vomiting, abdominal cramps, bloody stool or urgency then you need to take some medication and not just a stopper, as this will not cure it. Let your host family know and they will take you to a local health clinic or pharmacy, whichever is appropriate. Remember to drink enough to replace lost fluids and go back to bottled water until your symptoms have subsided.
- **Water:** Remember to drink plenty, especially if it's very hot and you are losing a lot of fluid through sweating. Bottled water is available in cities and locally and it may be worth checking that the seal is intact.
- **Sex:** If you think sexual encounters will be a possibility then bring condoms.
- **Clinics:** There are some good clinics in Nepal of western standards. Locally there are health posts and your host family will make sure you have appropriate medical attention should you need it. Many medications can be bought over the

counter but adequate supplies of specific prescription medications should be brought as there is no guarantee that you will be able to buy these.

- **Pre travel vaccinations** Please consult your local medical practitioner, GP or travel clinic at least two months before travel to make sure you have time for the recommended vaccinations.

- **Walking out and about:** When you are out in the village you need to be careful at first. It is easy to get lost and you are now in a very bio diverse country so will not be familiar with the dangers. Do not go wandering through the rice fields or off the pathways until you are more familiar with the environment. If you find that you do have to cross a field then walk slowly and noisily to warn snakes that you are coming and give them time to get out of the way. It is unusual for them to attack for no reason; it's usually when they have been disturbed or surprised. A stick is useful to walk with. It can help move things out the way and keep any animals at bay that may be around.

- **Insects:** To avoid being bitten by mosquitos wear light clothes, not dark or brightly coloured, and long sleeves if comfortable. Avoid perfumes as they attract insects. Use repellent. There is a negligible risk of malaria but let your host family know if you have any symptoms such as temperature, headaches or diarrhoea etc. Your host family will provide a mosquito net over your bed or you may prefer to bring your own. It is worth checking your shoes to make sure they are empty of crawling creatures, especially as they will be left outdoors (shoes/sandals are not worn indoors) during the night and when you are indoors during the day.

## Cultural Considerations

- Take off your shoes before entering anyone's home and before entering temples.
- The form of greeting in Nepal is Namaste or Namaskar.
- You may accept a handshake offered by both men and women but never offer your hand first to women. Instead you do `Namaskar'. It is considered rude for a man to touch a woman and especially a married woman. Handshakes are more gentle so don't consider that a limp handshake is a sign of disinterest.
- An answer of "I don't know" is considered rude - an alternative is to suggest where an answer could be found.
- When you are at a Nepali dining table (or floor), there is usually a senior, female member of the family serving everyone. She will repeatedly offer food. In Nepal, usually the mother eats last and she makes sure that everyone eats and eats well. When visiting a local family it is polite to bring fruit.
- Superstition is a part of Nepalese life. Never say a young baby is healthy - they think the baby will get sick afterwards. Never keep your shoes or sandals upside down - it's a sign of bad luck.

- When a Nepali family prepares a special meal or even a special pickle at home, they will often send it out to neighbours before they have it themselves. Sharing a meal makes them feel good about it. This is very common especially in remote villages in the country. Sharing of fruit and snacks is common. You may be offered some of a fellow passenger's fruit on a bus, for instance, and people will be very happy if you do the same. Remember you are not in the West. Every culture has its own perception of time. Public buses run when they are full and road traffic is unpredictable. Expect everything to slow down. This includes service in hotels, at post offices, in restaurants and in shops.
- Use of bad language is not common even among friends. Visitors to Nepal should avoid using bad language and remember most city people do understand spoken English. Your host family may also have adequate understanding.
- Expect to see people throw litter indiscriminately and to spit. There is no law against littering and no refuse collection service. Rubbish is often burned at roadsides. Education regarding safe refuse disposal is ongoing and volunteers have the opportunity to get involved in such issues locally. The most common spitting is from the chewing of betel leaf (*paan*) and chewable tobacco (*khaine in Nepali*)
- Most Nepalese eat their meal by hand specially for the Nepali food *daal bhat and tarkari*. *Please make sure you wash your hands before and after eating. Try to avoid leaving anything in the plate. Ask your hostess to serve less if you find the quantities too big.*
- Once someone has eaten from a plate, most Nepalese will not eat from it as it is considered impure (*jutho* in Nepali). Many Nepalese women may eat leftovers from her husband's plate when it's felt that sharing of this food is a loving gesture.
- On the roads all traffic will continually sound their horns. It lets other drivers and pedestrians know that they are there, that they intend to overtake, that they know the other vehicle is there etc etc. It is rarely a sign of aggression and is simply a part of the way everyone drives in Nepal.

## At the End of Your Placement

At the end of your placement you will leave the accommodation provided by your host family. You are welcome to stay in the area and participate in more activities and sightseeing or to visit other areas of Nepal.

Your remaining currency will contribute positively to the economy and provide mementos of your stay here so another good reason to stay that little bit longer is for the shopping! The products here are more than likely a lot cheaper than they would be in your home country and obviously there are gifts here which are unique to Nepal.

**PLEASE FILL IN THE EVALUATION FORM BEFORE YOU LEAVE, AND EITHER PROVIDE IT TO SHREERAM OR EMAIL IT TO ONE OF THE INTERNATIONAL**



**BOARD MEMBERS (see email addresses below). Your feedback helps us continually improve the experience for volunteers.**

You will receive our annual Newsletter which will include details about you and your placement. Photographs of you during your programme can be emailed for inclusion in the Newsletter (contact details below). Should you not wish your details or photos to be included, please email one of the below email addresses.

Please feel free to keep in touch so that we can let you know how your volunteer programme is progressing.

Note: May we request you to supply photographs taken during your volunteer work ,and that you approve of, for use in Face Nepal Newsletters, on the FACE Nepal Facebook page and on the FACE Nepal website.

FACE Nepal thanks you for your efforts and contributing your time to our projects.

You may leave Nepal, but you will never forget it.

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