



# The Cardoner Network



## NEPAL IN-COMMUNITY 2024

### GUIDE FOR YOUR TIME IN TIPLING







# Guide to Nepal

## Preface

*The Cardoner Network's aim to form young men and women for others through service is encapsulated in the Nepal placement. The nature of this home for 3 or 6 months of one's life is simple, isolated and beautiful. Tipling is a small village nestled into the side of the Ruby Valley in the Himalayan region of Dhading. It truly has its own way of life, being devoid of the constant distractions that a connected town has. Its energy is fueled by the loving and true relationships that the locals share with each other. This isolation is indeed its greatest asset, allowing one to truly immerse oneself in the simple, fulfilling lifestyle. Those who are placed here will be teaching at one of two schools in the village. They are: Gothan Devi School, educating from preschool to Year 5, and Dongden Devi School, educating from preschool to Year 10.*

**Will McManus, 2019**

The Cardoner Network would like to thank Will McManus for his extensive contribution to this guide, including his research, personal experience and photographs. Will served in Tipling in 2019 and maintains a strong affection for and connection to the community he became a part of there.





## WHAT'S IN THIS GUIDE

The Guide aims to give you an overview of Nepal the country, the community of Tipling and what to expect for your experience living In-community there. Areas covered are:

Introduction to Nepal and Tipling

The Mission to Nepal

Shree Gothan Devi and Shree Dongden Devi School

Tips on How to make the Most of your time in Tipling

Local Norms to get used to

Do's and Don'ts in Tipling

Looking after your Wellbeing

Day to Day Living

What to Pack

Packing List

Useful Nepalese Phrases





## INTRODUCTION TO NEPAL

The landlocked, mountainous nation of Nepal borders the Indian states of Uttarakhand in the west, Uttar Pradesh in the south, Bihar in the southeast and West Bengal and Sikkim in the east. In the north, it shares a border with Xizang, the autonomous region of China known as Tibet.

With an area of 147,181 km<sup>2</sup>, Nepal is slightly larger than double the size of Tasmania. The population of 30.8 million is concentrated in the southern-most plains of the Tarai region and the central hilly region; overall density is quite low. The largest city and the national capital, Kathmandu, has a population of 1.57 million.

Nepal was established as an independent monarchy in 1769 when the small principality of Gorkha, united 46 independent states to form the Nepali Kingdom. Nepal transitioned from a constitutional monarchy to a federal democratic republic in 2008 and operated under an interim constitution until the new Constitution came into force on 20 September 2015. The constitution federated seven provinces based on ethno-linguistic identity and economic viability. The Constitution establishes a bicameral federal parliament consisting of a House of Representatives and a National Assembly, as well as unicameral provincial parliaments. Representation of disadvantaged and or minority groups, including women, Dalits, Madhesi and Muslims, is required in both houses of the national parliament.

The national language, Nepali (a language of Sanskrit origin written in the Devanagari script), is spoken by approximately 47 per cent of the population. The rest of the population use one of the more than 120 other Tibeto-Burman languages. English is widely spoken in the government and business sectors.

The main religions are Hinduism (81%) and Buddhism (9%). The Constitution guarantees freedom of religion.

Nepal's underdeveloped economy is based on tourism, agriculture, carpets, textiles, and tea. The country is the fifth-most remittance-dependent economy in the world. There is a diaspora of 3 to 4 million Nepalese migrant workers with large communities in India, Qatar, Malaysia, Saudi Arabia, and the United Arab Emirates.

Nepal is still in the top-30 list of the poorest countries in the world, with a GDP per capita of only US\$733 (2016).







## INTRODUCTION TO TIPLING

### Geography, Regions/Villages and Weather

Tipling is situated very close to the Nepalese border with Tibet (China). The two nations are separated by the Himalayas, with the Ruby Valley being part of the subrange of Ganesh Himal, which reaches elevations near 7.5km. Some peaks on the Chinese side are visible from the roads through the area. Tipling is in the district of Dhading and is at the upper end of valley. It is one of the most geographically isolated villages in Nepal.

There are two routes to access Tipling. The first involves a four-hour jeep ride from Kathmandu to Dhundure – a settlement in valley which serves as the terminal road stop. From there, there is a one to two-day trek up the valley to Tipling, which is the furthest village. The second option involves a six-hour jeep ride to a small town called Syapru Besi, followed by a four-to-six-day trek through Langtang National Park, descending into Ruby Valley from Pangsang Pass (the opposite direction as the first option). The Nepal Immersion takes this long route in.

Many villages lie within Ruby Valley, although they are few and far between, as the valley remains mostly undeveloped. Tipling is split into 3 smaller settlements: the lower village - Tulo Gau/Numsa ('Tulo Gau' meaning 'big village' in Nepali and 'Numsa' is what the villagers call it), the upper village – Lubdung, and the lower caste village - Aran. The steep & scenic walk between Numsa and Lubdung takes around 15-20 minutes. The closest village, slightly larger than Tipling, is Sertung. This is about a 1.5 hour walk along the valley and up a mountain. Most of the villagers are subsistence farmers, growing root vegetables.

The weather in Tipling is cool & pleasant from January to June. From January to March the temperature averages about 10 degrees during the day and 0-5 degrees at night. There may also be a few snowy days from January-March.

From April to June, it begins to warm up with days of 20-25 degrees. In May the 'pre-monsoon' season begins in Tipling, meaning the days begin with clear skies before rain and cold fronts roll in during the afternoon, often suddenly.

### Demographics

The section of Ruby Valley around Nepal is comprised of mainly two castes, Tamang and Ghale. In the caste system that presides over Nepal's social system, these are considered middle caste. The Tamang caste (Tamang meaning 'horse-rider') originates from a group of cavalries from Tibet, and the Ghale caste are from a region which is now part of Nepal. Aran (the lowest village) houses the lower-caste population. The caste system is a powerful influence on Nepali society, which you will observe. This lower caste is called 'Bika Karma' and their houses are a 15-minute walk down the mountain from the main village.

As of 2019, most of the villagers (around 65%) are Catholic, while the remainder are Protestant (around 30%) and Buddhist (around 5%). There is no animosity between people of differing beliefs.



## THE MISSION TO TIPLING

### The Intention

The intention of Two Wolves Abroad placements in Tipling is to assist the Jesuits educate children who otherwise would be devoid of such an opportunity. You will teach English at one of the two local schools: Gothan Devi School or Dongden Devi School.

The schooling system in Tipling suffers from a lack of experienced English teachers. Most teachers are very caring and enthusiastic about the education and wellbeing of the children; however, resources are limited and it's evident that further assistance is needed and appreciated. Volunteers may also assist in the spiritual and personal development of the children. Volunteers are not replacements for long-term teachers, but instead are assistants to the language schooling program, and general support for child wellbeing. Your main goal is to teach English – your secondary goals include supporting and encouraging the children, increasing their enjoyment of learning, and working in collaboration with other teachers to help the schools function.

### Living in Tipling Accommodation in Tipling

Nepal can be regarded as the most challenging placement due to its isolation and lack of amenities. While Tipling has been reached by Nepalese mobile networks as of 2021, data is sparse, and it may not be easy to contact those outside Tipling at times. This is an opportunity for the volunteers to adjust to a different pace of life which isn't often found at home in Australia.

Homes in Tipling are very compact, different to the conventional layout we find in western countries. As there are no roads in the village, just a few stone paths for walking, all the homes are placed closely to one another. This enhances the sense of community, so you should treat your neighbours and their houses with respect. The local parish is led by Fr. Anup SJ, who you will come to know well during your time in Tipling. Fr. Anup is from India but has lived in Tipling as its main Jesuit priest for several years, and his proficiency in English makes him a reliable contact.

Volunteers stay in a house in the center of the lower section of Tipling (Tulo Gau). It is a homestay owned by one of the local families. Your hosts will provide your meals and become your local family. Meals are at a table outside in an undercover area.

The accommodation is simple, consisting of a room of about 4m x 4m with a ladder upstairs to an area of the same size, used as the bedroom. Past volunteers recommend taking a thick sleeping mat as there is only a platform of wood and Styrofoam to sleep on. The toilet facilities are outside of your house and are shared by several other neighbouring families. Electricity is only available in the village from 6pm to 6am and there are 2 lights and an outlet at the house.

It is expected that you respect your surroundings and treat the property, neighbours and local environment and resources with care.



## A typical day as a volunteer

Wake up time is usually around 8.30am for a 9.00am breakfast. This breakfast is served by your host family. Food mainly consists of Dal Bhat (Nepalese national dish, daal and rice), as well as potatoes, fried egg, beans and chicken every Saturday, with goat on special occasions like weddings. Meat is a luxury in Tipling, but the food is hearty and filling.

School usually starts at about 10.15am, although 'village time' means things can begin behind schedule often, and without explanation, which you will become accustomed to – although punctuality on your part is always expected. The walk from home to Gothan Devi School is only 2 – 3 minutes, although to Dongden Devi School in the upper village, it is about 20 – 30 minutes and more of a challenge due to the mountainous terrain. Teaching in School lasts until around 3.30pm structured around 4 – 6 classes with a lunch break. Gothan School also has a recess break.

Lunch is not a cultural norm in Nepal so often there will not be a full meal for lunch. At Gothan Devi School they serve rice for the students for lunch, and often your homestay host will give noodles and tea at home. A full Dal Bhat meal is only eaten at breakfast and dinner. Volunteers at Dongden Devi will have to walk back home if they want lunch, normally dry noodles and tea and biscuits before returning to school, although this isn't necessary.

After school you may be invited to a teacher's house for noodles and a cup of tea and the visit could last 30 minutes or 3 hours. Enjoy the hospitality! This is also a good part of the day to spend some time with the children, to sit around and chat, explore the mountainside or play cricket. There is also an opportunity to walk down to the lower-caste village and play with the children living there. Previous volunteers have made an effort to teach them some English as education is not routinely offered to them. Alternatively, you could take some general downtime, maybe spending some time journaling, reading, or napping.

There will be opportunities in the afternoons or on Saturday (the rest day for the Nepalese) to explore the valley, walk to the neighbouring village of Sertung or to a local waterfall. On sunny days, you can spend some time on domestic duties such as laundering your clothes and cleaning your rooms.

Dinner is served around 7.00pm. Most volunteers then spend the evening at home playing cards, talking, listening to music, journaling, or watching a movie. It is a relaxing end to a day that is usually packed with everything that comes with Tipling life.

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## Use of English in Tipling

Nepali is the official language of the nation and is spoken by most younger people in Tipling. The Tamang language serves as the local's native tongue and is the only language of most people over the age of 60. Most people do not speak English, with the exception of your key contacts. Fr. Anup SJ, the teachers at the school and a few others in the village will speak enough English to have varying degrees of conversation. It would greatly aid your ability to make friends and connect to learn some Nepali and we provide several days of Nepali language lessons in Kathmandu prior to your arrival in Tipling. Cardoner encourages all CVC volunteers to make an effort to pick up the local language regardless of the length of stay.



## Cultural expectations

There is an expectation that when saying Namaste (or the even more respectful 'Namaskar'), you need to place your two hands together. It is an indispensable display of affability and respect.

There is also an expectation to attend mass every Saturday morning. The time for this is officially 8.00am, although once again – village time. Expect delays and go with the flow.

Culturally, women dress very modestly, and are expected to keep their hair tied up and adopt a domestic role.

Being polite and friendly is a given, and will greatly enhance your reception.







## **GOTHAN DEVI AND DONGDEN DEVI SCHOOLS**

### **Students and teachers**

There are approximately 65 students in Gothan Devi School (Preschool – Year 5) in the lower village, and about 130 at Dongden Devi School (Preschool – Year 10) in the upper village. Generally, there are about 8 – 12 children in each class in the grades volunteers teach.

The students at both schools are all either of the Tamang, Ghale or Bika Karma Caste. Most of these students are Christian, although there is a Buddhist minority. The teachers are mostly Tamang or Ghale (some from different parts of Nepal) and most are Christian.

Some children, particularly the lower-caste children, need to tend to their family's farm so cannot attend school. This is the reality of life for the locals here.

### **Challenges as a volunteer teacher**

Education in a classroom is a fairly new concept to the locals and teaching methodology can be a challenge at the school. The school's funding depends on how the children perform in national examinations so the teachers have a strong interest to ensure that the children do well.

Stepping into your classroom for the first time will be daunting but know that your contribution is highly valued. There will be challenges due the cultural and language barriers, and generally, teachers will only be able to speak broken English. This will inhibit their ability to give you teaching tips, but not their enthusiasm for having you at their school. Use your initiative to supplement the government provided materials to create an interesting, interactive learning experience.

Your contribution in demonstrating a more fluent spoken English helps not just the children, but the teachers as well. Where teachers show enthusiasm, we encourage you to coach them to help improve their English and contribute to a sustainable impact on the school. Always keep in mind that English is the third language for locals after Tamang (their local dialect) and Nepali – and many children are still learning Nepali. Be creative in finding ways to motivate the children to learn a foreign language, engaging them in new and exciting ways.

You should always try to speak English as much as possible given common use of it is the best way for children to learn. The primary school students will have a very basic level of English, so having some Nepali language skills will prove very helpful. In the later years of school, students are starting to be able to express themselves and you will enjoy simple conversations.

### Being a role model for hundreds of students

The students have great respect for you as volunteers simply because you're a foreign person teaching and engaging with them at school. However, a few students are very apprehensive and shy towards you because of this very reason. You must always act with compassion and respect toward them, which hopefully will earn their trust. You are many things to the children, and one of them is a *role model*. Always act as such.

### English Speaking at school

You should try to speak English as much as possible to get children used to the spoken language. For younger years, English conversations won't be possible, and some Nepali language skills are very helpful. For year 5 and up you can use a bit more English. Previous volunteers report that they still develop close relationships with some of the children despite the language barrier. Year 6 – 10 children have a higher understanding of English, but it is difficult to maintain a normal English conversation with them beyond simple niceties. Continue to persevere with their speaking skills despite some shyness.





## SOME TIPS ON HOW TO MAKE THE MOST OF YOUR TIME IN-COMMUNITY

- Go out and meet the locals! Getting to know your neighbours, teachers, and students is incredibly rewarding and will make your time in Tipling as enjoyable as possible. As you begin to form very special relationships with them, you will establish a social grounding there. Expect an invitation for a cup of tea and noodles at their home – it happens all the time and you'll love it.
- Play and interact with the children after school. They love a game of cricket or soccer, or simple frolicking around the mountainside. Participate in any game you are invited into.
- Stay in touch with family and friends. It's great to find a balance between time communicating with those back home and living in the moment. Just ensure it's not taking away from the experience.
- Rely on your fellow volunteers. Be open with your feelings and share these with the others. This will create an opportunity to be genuine and transparent and can create a sense of freedom from any burdens you may be carrying.
- Travel to villages and places around the Himalayas. Getting out of the house on weekends and going to the neighbouring villages or exploring the valley is fun. There is a local waterfall which is a peaceful spot to relax, some hot springs and a river all within the reach of a day trip.
- Don't become attached to social media. The data speeds probably won't allow it but if you are glued to messaging apps you will distance yourself from living in the moment. Try to avoid this – it is a waste of time and will take away from this once in a lifetime experience.
- Appreciate the simpler character of life and become accustomed to the pace of local life.
- Learn Nepali! Speaking and reading are a challenge but rewarding. It will also improve your conversations and experience with locals. Practicing is also a good pastime.
- Journal. It not only helps to reflect on the things you are grateful for, but also keeps you living in the present rather than the future. It'll allow you to grow as a person and to document moments that you can cherish. You'll also enjoy looking back on it in future.





## SOME LOCAL NORMS TO GET USED TO

**Drinking Tea in every home:** When someone offers you tea in their house, accept it. This is a great way to get to know people in the community.

**Animal slaughter:** Eating meat is not as common in Tipling as in Australia. It is treated as a delicacy simply because they don't have enough livestock to eat all the time. Chicken and goat are the most common meats and are generally slaughtered fresh for the meal.

**'Village Time':** Things never really run by a strict schedule. Events begin and end as people feel at the time, and despite seeming disorganized, it works. While the scheduled start time for school is officially 10.00am, the reality is that it tends to start sometime between 10.15am – 10.30am. One volunteer relates that he had planned with the other teachers to trek along the mountain to a staff picnic. The agreed time to leave was 6.00am. However, the group were enjoying drinking tea and chatting until 8.30am when they eventually departed. Make sure you are on time, particularly for school, but relax when others aren't.

**Washing clothes by hand:** It's just something to get used to. They may not end up as clean as you're used to, but it's passable. Volunteers usually make a day out of it on a sunny day as it is a great opportunity to wash, shower, journal, chat and enjoy the sun.

Saturday is the official rest day, so that's usually when you'll find time to wash your clothes. However, a rule that precedes all is that you do it when the sun is out. Sunny days aren't uncommon, but opting for synthetic and quick dry fabrics over cotton means you won't be overly dependent on the weather to get a clean and dry set of clothes.

**No lunch:** A full meal for lunch isn't usual in Nepal. The Nepalese eat well for breakfast and dinner while lunch is more of a snack, mainly comprising of noodles, rice, and/or biscuits.

**Importance of being flexible:** Adaptability and flexibility are important traits you need in Tipling. There is very much a 'go with the flow' attitude and staying laid-back and flexible is key. Due to the simplicity of living in Tipling, it isn't difficult to adapt to such a lifestyle.

Remember; being prepared and 'going with the flow' are two different things. You can still go to school prepared for scheduled classes (as you should), as well as having flexibility to do different things in the day should the situation require you to. Do not take a relaxed attitude as an excuse to compromise on your duties as a volunteer – just be flexible.





## DO'S AND DON'TS IN TIPLING

### Do

- Stay back after school/get to school early to play with the kids
- Learn the local language
- Get a local SIM card for your phone (Nepal Telecom) and recharge these SIMs at the local store, a minute walk from the house
- Have downloaded movies, tv shows and books on your laptop/kindle for when you're just exhausted at the end of the day
- Dress well when going to school. Always wear a collared shirt. The usual attire would be thermal pants, thermal shirt, trekking pants, and a microfiber collared shirt.
- Wear long pants everywhere you go (it's usually too cold for shorts anyway, and in Nepal its normally only little boys who wear shorts.)
- Try other's food out as a sign of respect, striking a balance between adventurous eating and protecting your gut health. Ease into new foods slowly.
- Wear runners or boots, although slides or thongs are very useful
- Say Namaste to people as you walk by (always with the hands pressed together)
- Accept an invitation to your friend's houses for cups of tea, noodles, and potatoes
- Go to the lower caste village when you can – make yourself known and meet people
- Bring spare passport photos, copies of your passport and visa
- Make sure your phone is international unlocked

### Don't

- Wear casual clothes to school – maintain a standard of professionalism
- Approach stray dogs on the outskirts of the village. The semi-domesticated ones in the village are usually okay if they are owned by a family.
- Be disrespectful to the locals and distance yourself from them
- Leave the village for a prolonged period without notifying Fr. Anup and your homestay hosts
- Drink local water unless filtered
- Physically discipline the kids in class as some of the local teachers do





## LOOKING AFTER YOUR WELLBEING

### Preparing for your trip

It is important that you prepare well for your time in Nepal. The Cardoner Network does not provide medical advice and an essential part of your pre-trip planning is a consultation with your medical practitioner to ensure that you are fit to travel and have been advised by your doctor about the recommended vaccinations and medicines to acquire before you arrive in Nepal and provide advice to ensure a healthy and safe journey.

Ensure that you are up to date with routine vaccinations (Tetanus, MMR, etc.).

If you are on any prescribed medications, it is important that you bring these with you to Nepal. You should also be aware that over-the-counter medications (e.g., Paracetamol, ibuprofen, antidiarrheals) will be scarcely available outside of Kathmandu. All medicine that you use must be self-provided, so you should make sure you have a good general first aid kit. Please refer to the recommended *First Aid Kit* in the *What to Pack* chapter.

### Drinking Water alert

The water in Kathmandu is not potable – only drink or use filtered water. Be particularly aware of this at the start of your journey as you do not want an adverse reaction to impact your arrival.

The water that flows out of the pipes in Tipling is cleaner than Kathmandu water, although there is still a chance of it causing sickness. While the residents are fine to drink tap water, it is strongly recommended that you bring a way to filter water, preferably one which is portable and fast. Some outdoor retailers sell bottles with inbuilt filters.





## **Gastro/Diarrhea**

Despite precautions taken it is very likely that, at least once, you will contract a gastrointestinal illness. Expect this to occur and always use hand sanitiser to maintain hygiene and lessen the chance/severity of illness. You don't have to worry about the meals you are served at home, these will be prepared sanitarly.

*What are the symptoms?*

Other than an occasional upset stomach, there are worse reactions that involve vomiting and diarrhea. A lack of appetite, fatigue and possibly nausea will be additional symptoms. This can last from a few hours to several days.

*How is it prevented?*

Always be as clean as you can through hand sanitation before meals. Food not prepared at the house may or may not be clean. Most of the time you will be fine, but if the preparation is unsanitary, it can make you ill.

*How can it be treated?*

Rest, water and flavoured re-hydration/electrolyte tablets in water. If you are feeling ill, don't push yourself and take the time to recover. If the symptoms do not dissipate after two to three days, you should seek medical advice. The most dangerous side-effect of GI illness is DEHYDRATION. Continue to drink plenty of fluids & electrolytes whilst sick and you will make a full recovery.

## **Hygiene Habits**

**Drinking Water:** always filter your water. Purchase a filtration device before you leave. (e.g. Sawyer water filter kit).

**Washing Hands:** Before every single meal and after going to the bathroom, you need to sanitise your hands. Using hand sanitiser instead of water and soap becomes a habit, and it's a good one to keep. You don't want to get sick!

## **Homesickness and Culture Shock**

This is very common when going for long term trips out of your comfort zone. The combination of moving away from your family, getting accustomed to new norms, and acclimatising to strange surroundings can all affect you.

Adjusting to the Nepalese culture will take time, although the most confronting aspect of this transition is the removal of oneself from a constantly connected world. Give yourself plenty of time to adjust to the new environment and immerse yourself as deeply as possible in your place. Be grateful and mindful for the time you have here, as it is finite.

An old Cardoner saying goes as such:

*"The second-hardest day of a placement is the day you arrive. The hardest is the day you leave."*



## Emergency Contacts/Information

Chandra Rai is our guide in Nepal. He will meet you at the airport and trek you into and out of Tipling. Chandra is an invaluable source of knowledge and support during your time in Nepal. He is your key point of contact in an emergency situation.

Fr. Greg Sharkey SJ is your other key support while in Nepal. Fr. Greg is based in Kathmandu and is a scholar of Religion, History, and Anthropology. He is an American Jesuit who has been living in Nepal since the early 1980s. He can sort out nearly any problem you may have in Kathmandu.

Both Chandra and Fr. Greg have key connections with many people and can deal very well with locals, being fluent in Nepali and familiar with Tamang customs. They can assist with any visa/embassy issues processes you may have, as these can be a VERY confusing process if you do not have someone with experience.

### Australian Embassy Details – Kathmandu

Address: Bansbari, Kathmandu 44600, Nepal

Street addresses in Nepal are virtually non-existent, although the Embassy is on Bansbari Road near the embassy of Qatar and Thailand. It is advisable to use google maps.

Tel: +977 1 437 1678

Fax: +977 1 437 1533

Email: [austembassy.kathmandu@dfat.gov.au](mailto:austembassy.kathmandu@dfat.gov.au)

It's also an idea to let whichever bank you're with know that you'll be overseas in Nepal. Therefore, when you make transactions at ATMs, they won't shut down your card.







## DAY TO DAY LIVING

### Banking/Money exchange

It's a good idea to exchange about \$250 Australian at Kathmandu Airport when you arrive in Nepal. Things are very cheap, and this will last you 3 or 4 months (depending on how much you do/buy). There are no ATMs in Tipling so take out all the cash you will need before leaving Kathmandu.

You will mainly be purchasing items in Kathmandu, although in Tipling, there are goods for sale made locally such as kukri knives, traditional coats and blankets as well as various snack drinks and foods you may want to try.

### Transport to and around Tipling

Trekking is the only way in and out of Tipling and walking is the only method of travelling anywhere around Tipling. There are no roads – only paths. Walking around the village is the same. The lower village is very small so you could probably circle it in 5 minutes. The walk to Lubdung (the upper village) is longer and steeper and is quite beautiful.

### Food arrangements in Tipling

As previously mentioned, breakfast and dinner are had at the homestay. breakfast and dinner are always Dal Bhat. It's common to switch up the sides with dishes like potato curry, fried egg, roti, or boiled potatoes with chili. There are stores around the villages to purchase snacks, including the delicious Parle-G biscuits.

### Communications

You will buy a Nepali SIM card with a generous data allowance in Kathmandu. Plans are cheap, and you can recharge credit by purchasing recharge cards. Conveniently enough, they sell these in Tipling at the local shop.

Data times are very slow and inconsistent, so exercise patience while messaging. You will be able to make calls to others in Nepal easily, and Fr. Anup will assist should there be any problems. We will provide you with emergency contact instructions. Making an international call will drain your credit very quickly so leave it to Australia to call you.





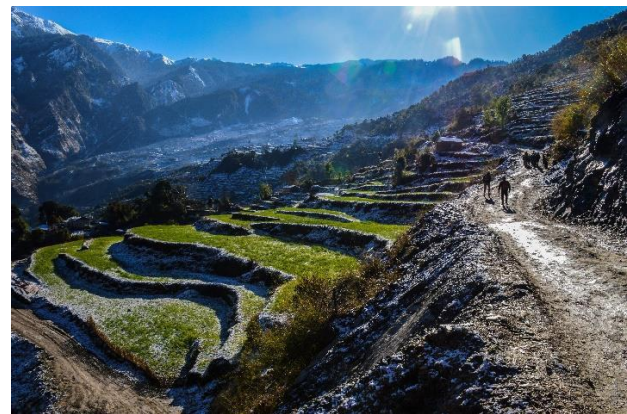
## Safety

Tipling is a very peaceful and harmonious community. You have no reason to be afraid or overly cautious around locals, while still exercising normal safety protocols around those you don't know well.

The main personal safety concerns are the mountain environment and, with it, the isolation that means there is poor access to resources to treat injury or illness.

Be sure to take a good first aid kit (see the list in *What to Pack*) and all your medications.

Use common sense when walking and exploring in the area. Listen to the advice of the locals. Never wander off from the village alone or without someone knowing where you are going and when you expect to return.







## WHAT TO PACK

You will be in Nepal during winter, and temperatures in Tipling will generally be between 7°C - 16°C during the day and sub-0°C overnight. The moderate daytime temperatures are pleasant; however, you need to be prepared for changing conditions and multiple layers are the best way to keep both cool and warm.

On the trek in and out of the village your pack will be transported by porters – so while you don't need to carry the weight – someone does. With that in mind, be conscientious in your packing selection. Provided below are some general guidelines and a list that you can use to guide the process. Employing porters is very common in Nepal and has been for hundreds of years – please do not feel bad! Cardoner trusts our partners to pay their hired porters fairly and generously, and to manage their loads responsibly. Treat your porters with respect and kindness and show gratitude for their work.

### **PACKS:**

You will need a hike/travel pack to transport the bulk of your luggage and a day pack for everyday use.

Your travel pack can be up to 70L and loaded weight should be 13 - 16kgs. We recommend a waterproof cover for the pack and/or dry sacks for organising the content. These will also be useful in the village.

Your day pack will be your workhorse, so we strongly recommend that your day pack has both waist and chest straps to provide good postural support. Consider a waterproof cover for the pack. The pack will need to accommodate 7 – 10kg of gear. You will not have access to your travel pack during the treks to and from Tipling so you will need to carry some key items in your day pack to get you through the trekking day:

- Journal and pen
- Water – a 2-liter bottle
- Your layers including waterproof gear (in case the weather turns)
- Essential toiletries and medications including
  - SPF50 Sunscreen
  - Lip balm
  - Toilet Paper
  - Toothbrush and toothpaste
  - Soap
- Snacks (optional)
- Water filter tablets (optional – our guide provides filtered water on the trek)







## **SLEEPING BAG**

We recommend a sleeping bag rated to **minus 10C**, a sleeping mat and thermal sleeping bag liner to aid in getting a cozy night's sleep. An inadequate sleeping bag can have serious long-lasting consequences to your general comfort..

## **CLOTHING**

You will need to dress well when going to school – always wear a collared shirt and long pants. The usual attire would be thermal pants, thermal shirt, trekking pants, and a microfiber collared shirt.

We strongly recommend a three-layer system of a base layer, an insulation layer, and a shell.

- **Base layer** - controls your temperature and perspiration, relying on your own body to produce warmth. These *thermals* should fit as close to your skin as possible while still allowing free and easy motion.
- **Insulation** - This is the layer that will keep you warm, relying on material to provide additional insulation. Clothing made of fleece, down or merino wool are popular choices for the insulation layer. The more layers you bring, the more you can regulate temperature control by layering up or stripping down during the hike.
- **Shell Layer** - The final layer to protect you from the environment. Water- and windproof materials are essential.
- **Pants** – It's best to bring long hiking pants. Hiking pants are made of easy to wash, breathable material and often have lots of pockets to allow for supplies to be carried. You may also bring comfortable pants to wear at home.
- **Tops** – tops made of quick-dry sports material are very handy and should allow for breathability, durability and comfort. Collared tops should be worn at school and are a good idea as the sun can be harsh at altitude, even in the cold. A neck scarf is a good alternative to a collar on casual days or an addition to provide warmth and neck protection from the sun.
- **Shoes** – You will need a good pair of hiking boots – mid or full length for good ankle protection and waterproof. Try to wear these in before the trip. Around the village you can wear thongs, slides, or crocs. You may wish to bring a pair of sneakers to use in the village and in Kathmandu where hiking boots may be too bulky.
- **Hat, Gloves, Scarf** – A Two Wolves beanie will be provided, and you may wish to bring a cap, bucket hat or another beanie. Lightweight warm gloves, i.e. not ski gloves, are great for cold mornings and evenings. You will also need waterproof gloves. A scarf will have many uses, protection from the sun or an extra layer of warmth for your neck, or from the wind for your face.



## **ADMIN ESSENTIALS**

- **Passport** – along with the original, please bring 4 printouts of the photo page and make sure you have a copy of this on your phone.
- **Nepal Visa.** You will need to make an appointment online and attend the Consulate General of Nepal office at Level 1/9 Napier St, North Sydney: <https://au.nepalembassy.gov.np/visa/>
- **Passport ID photos** – you will need 4 of these for various trek permits.
- **Packing list.** Bring a list of what you have packed so everything can be accounted for.
- **Itinerary** – Print your flight itinerary and carry it with you. Officials at Tribhuvan International Airport may request to see it before they let you in the terminal.
- **COVID-19 International Vaccination Certificate.** Bring a printout and a digital copy on your phone.

## **MEDICAL**

If you are on any prescribed medications, it is important that you bring these with you to Nepal. An essential part of your pre-trip planning is a consultation with your medical practitioner to ensure that you are fit to travel and have been advised by your doctor about the recommended medicines and vaccinations to acquire before you arrive. You should also be aware that over-the-counter medications (e.g., Paracetamol, ibuprofen, antidiarrheals) will be scarcely available once we leave Kathmandu. All medicine that you use must be self-provided.

### **General First Aid Kit recommendations:**

- Anti-diarrheal (Gastro-Stop is great)
- Paracetamol/Ibuprofen
- Antacid (for minor stomach issues)
- Soluble electrolyte tablets
- Cold/flu tablets
- Antibiotics
- Ointments: antibiotic, antiseptic, antifungal, hydrocortisone, sore muscle/pain relief
- Antihistamine/allergy tablets
- Tweezers
- Band-aids
- Bandages (small amount)
- Nail clippers
- Blister patches
- Mosquito spray
- Sunscreen
- Water purifying tablets (just in case)



## **ACCESSORIES**

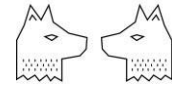
The packing list details items to bring, both recommended and optional, that will be useful for daily life – at home and at school. Keep in mind the constraints for anything that requires power or batteries and try to find alternatives, such as solar power packs, or the need to bring replacement batteries. While many power points have built in universal adaptors, make sure you bring your own.

## **WHAT NOT TO BRING**

- **Unnecessary Electronics:** Leave your iPads and tablets at home. Less is more. A phone, sure, but don't bring too much electronic gear on your trek. Electronics also don't do well at altitude.
- **Classic Towel:** Heavy, too large, and slow to dry. Bring a small quick-drying towel, as mentioned above.
- Avoid **white clothing** – it won't stay white for long!
- Limit **cotton** – choose quick dry fabrics, particularly for underwear.
- **Jewelry:** Because you will be living out of your bag, you are likely to lose things on the way. Don't bring any jewelry.
- **Revealing Clothing:** Respect the culture in Nepal by dressing modestly.
- **Leather:** A cow is a sacred animal in Nepal so please be mindful of this by not having items made of leather. Tamang people are generally not Hindu and so don't observe this taboo as closely, but it's best to be safe.







## PACKING LIST

### CLOTHES

Essential	Optional
<ul style="list-style-type: none"><li>• Long trousers: trekking / for teaching</li><li>• Layers: Thermal/Fleece/T-shirts</li><li>• Collared shirts for teaching (2 – 3)</li><li>• Tracksuit pants (for casual)</li><li>• Swimmers/Shorts</li><li>• Underwear and socks (lots)</li><li>• Jackets: 1 x warm/down and one waterproof</li><li>• Beanie/warm headgear</li><li>• Gloves: waterproof pair and warm pair</li><li>• Hiking boots</li><li>• Runners – for everyday wear</li><li>• Thongs/ Slides / Crocs</li><li>• Sleeping clothes</li></ul>	<ul style="list-style-type: none"><li>○ Dry bags to protect gear</li><li>○ Scarf</li></ul>

### ACCESSORIES

Essential	Optional
<ul style="list-style-type: none"><li>• Hiking pack: c.70L</li><li>• Day pack: with both waist and chest straps; accommodate c. 7-10 kgs</li><li>• Rain covers for both packs</li><li>• Sleeping bag: <b>rated to -10°C</b></li><li>• Liner for sleeping bag (easy to wash)</li><li>• Water bottles 2-litre minimum</li><li>• Microfiber towel</li><li>• Sunglasses</li><li>• Torch: handheld and head torch (solar panel and/or hand generators are good)</li><li>• Spare batteries</li><li>• Water filter</li></ul>	<ul style="list-style-type: none"><li>• Sports equipment e.g. ball, cricket bat, volleyball, frisbee</li><li>• Speaker</li><li>• Watch (non-charging)</li><li>• Multipurpose knife</li><li>• Playing cards</li><li>• Colouring pens/pencils</li><li>• Stationary (for school e.g. stickers, scissors, glue etc.)</li><li>• Exercise/notebooks</li><li>• Books for school (Yr 1 – 10)</li><li>• Solar charger</li></ul>

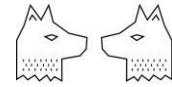


## ADMIN

Essential	Optional
<ul style="list-style-type: none"><li>• Passport and hard copies of photo page</li><li>• Passport photos: 4</li><li>• Nepal International Traveler arrival form- hard copies</li><li>• International Covid certificate – hard copies</li><li>• Journal + writing materials</li><li>• Phone + charger</li><li>• Laptop + charger</li><li>• Universal adaptor</li><li>• Earphones</li></ul>	<ul style="list-style-type: none"><li>• Nepalese Rupees</li><li>• Reading book</li><li>• Camera</li></ul>

## PERSONAL FIRST AID KIT

Essential	Optional
<ul style="list-style-type: none"><li>• Prescribed medications</li><li>• Paracetamol/Ibuprofen</li><li>• Anti-diarrheal (Gastro Stop is great)</li><li>• Antacid (for stomach upset)</li><li>• Electrolytes</li><li>• Cold tablets</li><li>• Antihistamine/allergy tablets</li><li>• Ointments: antibiotic, antiseptic, antifungal, hydrocortisone, sore muscle/pain relief</li><li>• Antibiotics</li><li>• Bandages (small amount)</li><li>• Blister patches</li><li>• Tweezers</li><li>• Nail clippers</li><li>• Sunscreen</li><li>• Water purifying tablets</li></ul>	<ul style="list-style-type: none"><li>• Insect repellent / mosquito spray (limited insects due to season)</li></ul>



## TOILETRIES

<ul style="list-style-type: none"><li>• Soap/shampoo</li><li>• Laundry soap</li><li>• Toilet paper (can be purchased in Kathmandu)</li><li>• Body wipes/baby wipes</li><li>• Toothbrush and paste</li><li>• Hairbrush</li><li>• Lip Balm</li><li>• Hand sanitiser, face masks, surgical gloves (can get when in Kathmandu)</li></ul>	<p>Optional</p> <ul style="list-style-type: none"><li>• Shaving kit</li></ul>
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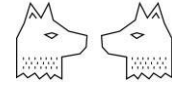




## NEPALI PHRASES

1. How are you?
2. Thank you
3. Hello/Greetings
4. I'm well
5. Very good
6. Good Morning
7. Beautiful
8. Let's go
9. What is your name
10. How old are you?
11. What?
12. Where is your home?
13. Sit Down
14. I am hungry
15. Can I go to the toilet?
16. Father
17. Mother
18. Older Brother
19. Older Sister
20. Younger Brother
21. Younger Sister
22. Enough
23. What are you doing?

1. Tapai-lai kostar cha?
2. Dhanyabad
3. Namaste
4. Ma laai/Mou tik-cha
5. Dheri ram ro
6. Supa bihani
7. Sundar
8. Jum Jum
9. Tapai-ko naam ke ho
10. Kati barsa bhayo
11. Ke?
12. Tapai-ko ghar kahaa cha
13. Basnu
14. Ma laai bhok laagyo
15. Ma lai toilet jannu saksu
16. Baa
17. Amaa
18. Dai
19. Bai
20. Baini
21. Didi
22. Pugkyo
23. Ke garne



24. I love you		24. Ma timi laai maya garchu
25. Do you play ...		25. Tapai-lai ..... khelchu?
26. How do I go to ...?		26. Ma laai ... kasari janchu
27. Good work	1	27. Ramro kam
28. Can I come to your village?		28. Ma laai tapai-ko gam aunu sakchu?
29. Thank you for the tea		29. Chia ko lagi dhanyabad
30. What about you?		30. Timro ke cha
31. Fish		31. Macha
32. Chicken		32. Kukura
33. Cow		33. Gai
34. Dog		34. Kukur
35. Cat		35. Biraloo
36. Sun		36. Gam
37. Sky		37. Akash
38. Shop		38. Paisal
39. Bread		39. Roti
40. Western-style bread		40. Pau roti
41. Give me ...		41. Ma laai ... dinchu
42. I want ...		42. Ma ... Chahinchu
43. You are beautiful		43. Timi sundar ho
44. Please		44. Kripaya
45. Food		45. Khana
46. Again		46. Pherai
47. One		47. Ek
48. Two		48. Dui



49. Three	49. Tin
50. Four	50. Char
51. Five	51. Paach
52. Six	52. Cha
53. Seven	53. Sat
54. Eight	54. Aath
55. Nine	55. Nau
56. Ten	56. Das
57. Stop	57. Roknu
58. Go	58. Janu
59. Come	59. Aunu
60. My Father's name is ...	60. Mero Baa-ko naam .. ho
61. I will rest	61. Ma arama garchu
62. Tea	62. Chia
63. Angry	63. Riis
64. Sick	64. Birami
65. Let's go to school	65. Hami school ma janchau
66. Happy	66. Khushi
67. Sad	67. Dukhah