

Nepal

Information for applicants

Nepal

Nepal is a land-locked country in South Asia. It borders the People's Republic of China to the north and India to the east, south and west. The capital city, Kathmandu, is home to the headquarters of the South Asian Association for Regional Cooperation (SAARC). Democratic elections were held at local and national levels as well as at a provincial level in 2017. The elections marked the transition to a federal democratic republic, as enshrined in the 2015 Constitution. In spite of the political change, the young republic remains one of the world's poorest countries. The still somewhat unstable situation, high corruption levels, weak infrastructure and a lack of qualified human resources are obstacles to development.

Climate and sights

The climatic conditions in Nepal vary depending on the geographical region. In the north summers are cool and winters are cold, while in the south summers are tropical and winters are mild. Nepal has five seasons: spring, summer, monsoon, autumn and winter.

In the Terai region (southern Nepal), temperatures in summer reach 37°C and above, dropping to between 7°C and 23°C in winter. The summers in mountainous regions, hills and valleys are mild, but temperatures can drop below zero in winter. The Kathmandu valley has a pleasant climate with average summer and winter temperatures of 19°C - 35°C and 2°C - 12°C respectively.

Nepal is popularly known as the 'roof of the world' – the Himalayan Mountains are a veritable paradise for

mountain climbers and hikers. Nepal has a rich cultural heritage. It is famous for its wood carvings, architecture, visual arts and many festivals. Nepal also has traditions of music, dance, cinema, literature and theatre. The Himalayan foothills and jungle regions like the Chitwan National Park offer unparalleled natural landscapes.

Medical care

Kathmandu offers adequate medical services, but the health care system in rural areas is relatively underdeveloped and inadequate. Standard vaccinations for children and adults are recommended, as are medical supplies, for example for treating diarrhoea, which is a common occurrence in Nepal.

Accommodation and quality of life

It is easy to find houses and apartments that meet the necessary safety standards. Prices vary based on the location and size of the accommodation.

There are good sports facilities and gyms, as well as cinemas, in the cities. Kathmandu hosts frequent cultural events (music, dance, theatre, exhibitions), and also boasts many restaurants and international cuisine.

Shops and services

Businesses open and office life begins at 10:00. Banks close at 14:00, public authorities close between 16:00 and 17:00, while shops close at 20:00 or later. Saturday is a day of rest, but supermarkets and restaurants remain open. There are plenty of small shops where you can buy fruit, vegetables and everyday needs. Some shops also specialise in organic produce. Supermarkets for foodstuffs, clothing, electronics and household goods can be found in the cities.

Accompanying partners and children

Official visas cannot be granted on entry. Visas for unmarried accompanying partners are not supported. Applications for official visas must be submitted in good time before departure.

Schools: There is one British, one French and one American school in Kathmandu, as well as the Kathmandu International Study Center.

Childcare: International kindergartens are only available in the capital, Kathmandu.

Good to know

Pollution from particulate matter in Kathmandu exceeds the permissible limit in Europe many times over. Staff offices are equipped with air purifiers. International staff members are entitled to one air purifier in their bedroom and one in the bedroom of accompanying children.

Find out more

<https://www.auswaertiges-amt.de/en/ausserpolitik/laenderinformationen/nepal-node>

<https://www.giz.de/en/worldwide/378.html>

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