

## WELCOME TO NCOAE HIMALAYAS! THE HIMALAYA — TRAVEL CONSIDERATIONS

Your course will begin when we meet inside Wilmington North Carolina's small town airport, the Wilmington International Airport. With only two runways, you'll find that locating your luggage is a simple process. When you enter the lobby from your arrival gate, turn right. There are two luggage carousels and your bags will be out in a few minutes. Drag up a rocking chair and relax.

The information below will help you organize your travel arrangements to and from your course. Begin your preparations as soon as possible as it can weeks or even months to obtain your passport, vaccinations, and secure your travel arrangements.

We recommend that you spend some time researching the geography, history, politics, culture, heritage, and culture of Nepal, and North Carolina. For the most current information on North Carolina and Nepal, you might want to view these Visitor websites:

<http://www.nc.gov/about/life-in-nc>

<https://www.cia.gov/library/publications/the-world-factbook/geos/np.html>

### ► LOGISTICAL INFORMATION — NORTH CAROLINA:

**WHERE:** We will all meet at 1pm indoors at the Wilmington International Airport, at the baggage carousels. The airport code is ILM.

**IF DELAYED:** If it becomes evident that you will not arrive in Wilmington on time, contact NCOAE at (910) 399-8090 immediately.

**WHEN:** Plan to arrive at ILM between 9am and noon (local time in Wilmington) on the first day of the course, and plan to depart the Tribhuvan International Airport (iata code KTM, and icao code VNKT) no sooner than 6pm on the day your course ends. You can view the maps of ILM at <http://www.flyilm.com/traveler-info/terminal/terminal-map/>.

**HOW:** We recommend using multiple online airfare searches to get the price and schedule that best suit your needs to reach Wilmington on time. We do require that all students use the same travel agency to book flights from Wilmington to Kathmandu, and to depart Kathmandu to ensure that your arrival and departure times coordinate with our itinerary (See Nepal Logistics below), but you may use any method to reach Wilmington initially. There are countless flight search sites, but one of our favorites is [rome2rio.com](http://rome2rio.com). It doesn't only search for flights, it tells you everything about how to get from anywhere on the planet, to anywhere on the planet. If you choose to arrive prior to the day we meet, you'll still need to meet the rest of the group inside the airport on the first day of the course. Tuesday through Thursdays often offer cheaper fares.

**IF YOU ARE ARRIVING BY BUS:** it will be advantageous for you to pre-arrange a taxi or shuttle to Wilmington (ILM) airport to meet the NCOAE van to take you back to the NCOAE Campus. Alternately, you can get a taxi directly to our campus at 9809 River Road, but it is likely much less expensive for you to meet at the airport.

**IF YOU ARE DRIVING:** our address is **9809 River Road, Wilmington, NC, 28412**. Our driveway is immediately next door to the fire station at the base of Snow's Cut Bridge. As you enter our property, the main classroom building is on your left. There are four parking areas that wrap around that building.

**WHAT TO DO WHEN YOU GET HERE** — When you arrive on campus, come inside the main building door (it is the light blue building nearest River Road, and looks like a cottage house). Please sign in on the clipboard hanging on the wall to your right. Your cabin or tent pad assignment will be next to your name.

There will be a property map, site information, and local area information included with your check-in packet with your name on it. You'll find the check-in packet on the desk to your left as you enter the building. Plan to stay on campus in our rustic cabins during your visit.

Your housing or tent site will be provided beginning after noon on the first day of the course. Please bring your driver's license, passport, copies of any degrees, professional certifications, and medical training certification cards with you for our files. Be prepared to be indoors or outdoors at any time, and bring your note-taking materials. The most accurate zip codes to check for local weather at NCOAE are 28412 and 28428.

**ITINERARY** — Below is the intended beginning and ending itinerary for this course, subject to change as needed to account for unexpected events.

**THE FIRST DAY**—We will shuttle students from the airport in an NCOAE van at 11AM, and again at 1PM. Following airport pickup, we'll drive you to the NCOAE Campus where you'll check in, familiarize yourself with the property and classroom, and settle in for your W-EMT course (which will begin at 7:45 the next morning). We will home-base at the NCOAE Campus for the duration of your medical training plus a few days while we prep for our Himalayan expedition!

#### ► IDENTIFICATION:

Citizens of all countries should have two forms of government issued proof of identification and age, (one of which being a passport that is valid for at least six months beyond your return flight date at the end of your course) with them at all times for the duration of the time you are in North Carolina. US citizens can find information on obtaining a passport at [www.state.gov/travel](http://www.state.gov/travel). Foreign nationals should learn the requirements for entry and travel within the United States [at https://help.cbp.gov/app/answers/detail/a\\_id/572/~/entering-the-u.s---documents-required-for-foreign-nationals-\(international](https://help.cbp.gov/app/answers/detail/a_id/572/~/entering-the-u.s---documents-required-for-foreign-nationals-(international). You will also need to have completed and submitted your 9 or 10 panel urine drug screen, background check, your vaccination record, and all other items on the EMT-B checklist to be allowed to participate in EMT-B training.

#### ► VACCINATIONS AND IMMUNIZATIONS:

Vaccinations and Immunizations required to participate in the W-EMT Course:

- Your vaccination records
- Current flu shot
- History of chickenpox or history of 2 varicella immunizations
- 2 MMR vaccinations, or a positive titer
- Hepatitis-B vaccinations, or a signed declination statement
- Tuberculosis PPD skin test within the past ten years, or a chest x-ray

#### ► OFFICIAL LANGUAGE:

There is no official language in the United States. However, as of October 2014, 31 out of the 50 states have established English as their official language. English is the official language of the State of North Carolina.

#### ► OFFICIAL CURRENCY, AND MONEY CONCERNS:

The United States dollar is the official currency of North Carolina. To find the current exchange rate from other countries, visit [x-rates.com](http://x-rates.com), [xe.com](http://xe.com), or visit your favorite currency exchange website.

Contact your bankcard and credit card security departments and let them know when and where you'll be traveling. Otherwise, you risk having them cancel your card while you're traveling.

An effective way to access cash when in Wilmington is through the automatic teller machines (ATMs). If you bring money in travelers' checks keep a record of when you exchange them in a separate location from the checks themselves. You cannot reclaim Travelers' Checks unless you know which numbers you have spent. Most major credit and debit cards are accepted throughout the United States, with the rare exception of some merchants who only accept cash.

### ► PERSONAL EXPENSES:

You are responsible for all of your own expenses while in Wilmington. A kitchen is available for your food storage and cooking use 24 hours a day during your time in Wilmington. Additionally, from the time that we depart ILM for the Himalayas until you leave Nepal to return home, all of your food, transportation, course equipment, and housing is included in course fees.

### ► LOGISTICAL INFORMATION — NEPAL:

**WHERE:** We will all depart the NCOAE campus as a group from ILM for Tribhuvan International Airport (iata code KTM, and icao code VNKT). To ensure that the group arrives and leaves KTM as a group, we require that you use Fellowship Travel International to book your air transportation from ILM to KTM and to depart KTM. FTI negotiates airfares for us that will allow you to save more money. Contact them for your reservation Toll Free at 1-800-235-9384.

**IF DELAYED:** If it becomes evident that you will not arrive in Kathmandu on time, or you become separated from the group, contact NCOAE at (910) 399-8090 immediately.

**WHEN:** We will arrive for our flight to Nepal at ILM from the NCOAE campus three hours before the flight departs.

**MISCELLANEOUS INFORMATION:** Take two 2" X 2" passport style photos of yourself with you to Nepal. Keep them safe, as you will need at least one for your TIMS trekker's card, and one in the event that you need a replacement card or international driver's permit.

### ► PASSPORTS AND VISAS:

**PASSPORTS:** To enter Nepal, a passport with at least one blank page remaining, valid for six months after your end-of-course-date, is required

**VISAS:** A 90-day visa is required for citizens of most nations for this course, and costs US\$100 as of July 2016.

Surprisingly, they do not accept Nepal rupees for this fee, only USA dollars. You will obtain your tourist visa upon arrival at the airport. You must pay in cash.

Certain nationals must obtain a visa in advance and cannot obtain a visa on arrival. For more information, see <http://www.nepalembassyusa.org>

### ► HEALTH CONCERNS:

Hospital visits and prescriptions can be expensive. It is critical that you visit your doctor well in advance of your course to answer your questions and make specific recommendations for you. The best time to see your doctor and request advance prescriptions is at least 4-6 weeks before your course. Advice on finding a Travel Health Specialist (if you prefer) is available on The Center for Disease Control website for traveler's health <http://wwwnc.cdc.gov/travel/page/see-doctor>

***You must see a doctor and have all appropriate vaccinations that are recommended for you for the areas we'll be visiting to be allowed to participate in your NCOAE course.***

**VACCINATIONS** should be recorded in the official document "International Certificate of Vaccination" (ICV) available from the U.S. Public Health Service or its equivalent in other countries, or from your doctor. To determine whether any vaccinations are currently required for the regions you will be visiting, see your travel health specialist, and check [www.cdc.gov](http://www.cdc.gov). The ICV is also a good place to record your prescriptions, eyeglass needs, medical problems such as allergies, and any other information of a medical nature. Please record your blood type on the front page of this booklet.

**ROUTINE IMMUNIZATIONS** — It is advised that all international travelers have their routine immunizations up to date.

These include:

*Tetanus and diphtheria toxins:* You must have a current tetanus immunization for your course.

*Measles, Mumps and Rubella:* Persons born after 1956 should have a documented history of immunization.

*Poliovirus vaccine:* Immunization is strongly recommended for adults traveling in some areas of Nepal.

Two types of poliovirus vaccine are available, and whether you require a booster or a full primary course will depend on your previous immunizations. Again, check with your doctor.

The CDC and NCOAE provide general vaccination recommendations, but only your doctor can give you specific advice that takes your personal factors into consideration. Recommendations for vaccines and medicines depend on many factors that are specific to each person. Be sure to give your doctor all needed information honestly and accurately so they can make appropriate recommendations.

Examples of these factors include:

- Where you are traveling
- The length of your NCOAE course
- The types of activities you might do
- Other personal matters such as your age, your personal medical and vaccination history, and your current medical condition

Follow the advice of your doctor by getting all the shots and medicines that are recommended for you.

**DO NOT PET STRAY ANIMALS** — We will be in remote areas where immediate medical attention is often many days away.

Echinococcosis or hydatidosis disease results from being infected with the larvae of the tapeworm *Echinococcus Granulosus* and is found most commonly in dogs that consume the viscera of infected sheep. Infection results in the formation of cysts in the liver, lungs, kidney and spleen. This condition is also known as cystic hydatid disease and can usually be successfully treated with surgery. In some cases it can be fatal.

Humans are usually exposed to these eggs in one of two ways:

1. By directly ingesting food items or drinking water that is contaminated with stool from an infected animal.
2. By petting or having other contact with cats and dogs that are infected. These pets may shed the eggs in their stool, and their fur may be contaminated. They may also contaminate other objects, such as harnesses or leashes, which can also spread infection.

Three steps can help prevent echinococcosis and other diseases as well:

1. After handling pets, always wash your hands with soap and warm water.
2. Do not eat wild fruits or vegetables picked directly from the ground without careful washing or cooking.
3. Treat or boil all non-tap water.

**MEDICINES** — You must bring a supply of all prescription and non-prescription medications that you take on a regular basis along with you on your NCOAE course. Your supply should include enough quantity to last for two to three weeks beyond the end date of your NCOAE trip. Check the **Transportation Security Administration** (<https://www.tsa.gov>) website for updates on permitted and prohibited items, including medicines that you are allowed to carry onto an airplane.

## ► INSURANCE:

**TRAVEL INSURANCE** — We highly recommend no-fault travel insurance for all NCOAE courses to avoid hardship in the event of accident, loss, or cancellation, or other reasons like war, natural disasters, etc.

Some common travel insurance companies are:

**Global Rescue:** <https://globalrescue.com>

**Travel Guard:** <http://www.travelguard.com>

**World Nomads,** <https://www.worldnomads.com/>

**Insuremytrip,** <https://www.insuremytrip.com/>

**HEALTH INSURANCE** — Many health insurance plans do not cover problems you may incur abroad. Contact your health insurance company to learn if you are 100% covered while traveling in Asia. If not, check with the travel insurance companies above to learn about their gap coverages for medical care and medical evacuation.

#### ► **BAGGAGE AND EQUIPMENT:**

Please check directly with the airline for baggage limitations and allowances. Most international flights allow **two** 50lb. pieces, so you should be well within your limits. Remember, *you* will have to carry what you bring, plus your share of group gear and food. Pack light, bringing only recommended items. If any checked luggage does not arrive, file a claim for lost luggage at the airport where it did not arrive. We can use the claim number to help track the luggage.

#### ► **TELEPHONE SERVICE:**

To call a USA phone number from the USA, dial (1), the area code, then the number. To call an international phone number, dial (011), followed by the country code, then the area code, and then the local number. (011)

The USA has reliable phone service, though remote areas may have no service. **PHONE CALLS MAY NOT BE MADE WHILE ON COURSE.** Any calls must be made on “in-town,” off-course days, such as when you are in the airport before and after the course. **Once the course leaves for the field, you will not be able to make or receive any phone calls until the end of the course.**

#### ► **PRE- AND POST-COURSE TRAVEL CONSIDERATIONS:**

North Carolina culture and history will be discussed specifically during the course, but the following guidelines will get you started with being sensitive to traveling in areas of different cultures. The USA is generally regarded as a safe country in which to travel, but there are thieves and con men worldwide. Avoid traveling alone at night.

**LEGAL CONSIDERATIONS** — The US Legal System is a complex organization of Federal and State governmental divisions whose laws and regulations are based on federal and state constitutions. Penalties for breaking laws can be severe. However, even if you run afoul of the laws, you are considered “innocent until proven guilty” in the United States. In order to understand the US Legal System, you should first know which laws, rules or regulations control.

The U.S. Constitution is the highest law of the land. Federal Laws enacted by the U.S. Congress come next. Additionally, each State has a legislature that adopts state laws called “statutes”. Each state has laws and punishments for lawbreakers, which may be less, or more, restrictive and severe than federal law.

#### ► **LOGISTICAL INFORMATION — NEPAL:**

We recommend that you spend some time researching the geography, history, politics, culture, and languages of Nepal and Everest South Base Camp. For the most current information on Nepal and the Himalayan Mountains region, you might the CIA World Fact Book information: <https://www.cia.gov/library/publications/the-world-factbook/geos/np.html>

**ITINERARY** – Expedition travel requires some degree of itinerary flexibility due to unforeseen events and adverse conditions. Below is the intended beginning and ending itinerary for this course, subject to change as needed to account for unexpected events.

We strongly recommend that U.S. citizens traveling to Nepal enroll in the Department of State’s **Smart Traveler Enrollment Program** <https://step.state.gov/step>. STEP enrollment gives you the latest security updates, and makes it easier for the U.S. embassy or nearest U.S. consulate to contact you in an emergency. If you don’t have Internet access, enroll directly with the nearest U.S. embassy or consulate.

Regularly monitor the State Department's website (<http://travel.state.gov/>), where you can find current Travel Warnings, Travel Alerts, and the Worldwide Caution. Read the country specific information for Nepal (<http://travel.state.gov/content/passports/english/country.html>).

For additional information, please refer to the Traveler's Checklist (<http://travel.state.gov/content/passports/english/go/checklist.html>) page.

**CONTACT THE US EMBASSY** in Nepal for up-to-date security information: <http://nepal.usembassy.gov>

Main switchboard: +977 1 423 4000

Emergency and after hours: +977 1 400 7266 and +977 1 400 7269

### ► OFFICIAL LANGUAGE:

Nepali is the official language of Nepal, and spoken by approximately 90% of the country. There are also 12 other languages and 30 major dialects spoken. English is spoken by many in business and government.

### ► OFFICIAL CURRENCY, AND MONEY CONCERNS:

Contact your bankcard and credit card security departments and let them know when and where you'll be traveling abroad. Otherwise, you risk them canceling your card while you're traveling.

The Nepalese rupee (NPR) is the official currency of Nepal, often abbreviated Rs or Nrs (for rupees or Nepal rupees, respectively). To find the current exchange rate from other countries, visit x-rates.com, xe.com, or visit your favorite currency exchange website. The U.S. dollar to NPR value exchange rate value fluctuates daily.

You will need US\$100 in cash for your Nepal Tourist Visa, and we also recommend traveling with another few crisp, clean \$20s that you hide away for your return trip to the states. Otherwise, it is highly advisable to exchange any money from home for Nepal rupees through your closest Federal Reserve Bank before leaving North America.

If your bank is not familiar with the process, just ask them to exchange a small quantity of US\$ (up to US\$100) for a variety of Rs denominations (50, 100, 500, 1000Rs) and have it delivered to your bank for you. It typically takes one to three days to take care of it. Don't exchange your cash at the airport in Nepal unless you have no other option. Currency exchange corruption is fairly common, sometimes only offering you ½ of the current rates listed online.

As a reference point, a cheap meal in a restaurant in Nepal for one person costs about 150 rupees - or about \$1.50 USA, and an expensive restaurant meal is about 800Rs, or \$8.00 USA. You know your personal spending habits when traveling. Use this reference to determine what quantity of rupees you might want to have available during your time in the Himalayas.

### ► PERSONAL EXPENSES:

Once your course is in the field, there will be little opportunity to spend money. Former students have recommended bringing a small amount of travel money (5,000 – 10,000 rupees in 50-1000Rs denominations) for the brief times in your course area you might have the opportunity to purchase a keepsake. Once your course has begun, there won't be an opportunity for you to change money – make sure you take care of this prior to the start day.

Your personal expenses, pre- and post-course, depend entirely on your style of travel. Nepal costs about 1/3 or less of USA costs for comparable products and services.

During your course — from the day we meet in Kathmandu until the final day of the course – when we reach Tribhuvan airport to depart and return home — all food, transportation, instruction, and group equipment indicated on the equipment list are included. You are responsible for any personal expenses and any costs you incur before the course start date, and all expenses after departing Kathmandu. **You are also responsible for personal medical bills, and evacuation expenses if you need to be evacuated from the field, and for bringing personal equipment listed as *not available* on the course equipment list.**

## ►HEALTH CONCERNS:

Medical care in Nepal is limited and is often not up to Western standards. Usual ailments and some surgeries can be addressed by clinics in Kathmandu. Serious illness or injury may require evacuation to the nearest adequate medical facility (Singapore, Bangkok or New Delhi) or back to the United States. Illnesses and injuries suffered while trekking often require a helicopter rescue. The cost for a helicopter rescue from remote areas to Kathmandu is typically \$3,000 to \$10,000. Medical evacuation to the United States may cost in excess of \$50,000. The Embassy strongly recommends Americans purchase emergency evacuation insurance before any extended trek or adventure activity in Nepal's remote areas.

Some clinics and hospitals in Kathmandu accept credit card payment, but others accept only cash. Travelers should be prepared to pay their bills in full before treatment or before discharge from an in-patient facility. The Embassy strongly urges Americans to consult with their medical insurance company prior to traveling to Nepal to confirm whether their policy applies overseas and will cover emergency expenses. It is critical that you visit a travel health specialist or a doctor familiar with travel medicine to answer your questions and make specific recommendations for you. The best time to see your doctor is at least 4-6 weeks before your course. Advice on finding a Travel Health Specialist is available on The Center for Disease Control website for traveler's health <http://wwwnc.cdc.gov/travel/page/see-doctor>.

***You must see a doctor and have all appropriate vaccinations that are recommended for you for the areas we'll be visiting to be allowed to participate in your NCOAE course.***

Vaccinations should be recorded in the official document "International Certificate of Vaccination" available from the U.S. Public Health Service or its equivalent in other countries, or from your doctor. This is also a good place to record your prescriptions, eyeglass needs, medical problems such as allergies, and any other information of a medical nature. Please record your blood type on the front page of this booklet.

**MEDICINES** – You must bring a supply of all of the prescription and non-prescription medications, contact lenses, and lens cleaning solutions that you use on a regular basis along with you on your NCOAE course. Your supply should include enough quantity to last for two to three weeks beyond the end date of your NCOAE course. Check the Transportation Security Administration <https://www.tsa.gov> website for updates on permitted and prohibited items, including medicines that you are allowed to carry onto an airplane.

**ROUTINE IMMUNIZATIONS** – For the most current information, see: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/Nepal>

It is advised that all international travelers have their routine immunizations up to date.

These include:

- ***Tetanus and diphtheria toxins:*** You must have a current tetanus immunization for your course.
- ***Measles, Mumps and Rubella:*** Persons born after 1956 should have a documented history of immunization.

CDC and NCOAE provide general vaccination recommendations, but only your travel health doctor can give you specific advice that takes your personal factors into consideration. Recommendations for vaccines and medicines depend on many factors that are specific to each person. Be sure to give your doctor all needed information honestly and accurately so they can make appropriate recommendations. Examples of these factors include:

**DO NOT PET STRAY ANIMALS** — We will be in remote areas where immediate medical attention is often many days away. Echinococcosis or hydatidosis disease results from being infected with the larvae of the tapeworm *Echinococcus Granulosus* and is found most commonly in dogs that consume the viscera of infected sheep. Infection results in the formation of cysts in the liver, lungs, kidney and spleen. This condition is also known as cystic hydatid disease and can usually be successfully treated with surgery. In some cases it can be fatal.

Humans are usually exposed to these eggs in one of two ways:

1. By directly ingesting food items or drinking water that is contaminated with stool from an infected animal.
2. By petting or having other contact with cats and dogs that are infected. These pets may shed the eggs in their stool, and their fur may be contaminated. They may also contaminate other objects, such as harnesses or leashes, which can also spread infection.

Three steps can help prevent echinococcosis and other diseases as well:

1. After handling pets, always wash your hands with soap and warm water.
2. Do not eat wild fruits or vegetables picked directly from the ground without careful washing or cooking.
3. Treat or boil all non-tap water.

**HIGH ALTITUDE CONSIDERATIONS** – The low oxygen levels found at high altitudes can cause problems for some travelers who are going to destinations higher than 8,000 feet above sea level. The best way to avoid getting sick is to ascend gradually, but if you have to ascend quickly, medicines such as acetazolamide, sildenafil, and others are available to help prevent altitude illness signs and symptoms. For more information, visit your travel health doctor, and the CDC website for altitude health information. <http://wwwnc.cdc.gov/travel/page/travel-to-high-altitudes>

## ► INSECT-BORNE DISEASES:

See <http://wwwnc.cdc.gov/travel/destinations/traveler/none/Nepal>

Bugs (like mosquitoes, ticks, and fleas) can spread a number of diseases in Nepal. Many of these diseases cannot be prevented with a vaccine or medicine. You can reduce your risk by taking steps to prevent bug bites.

### ***What can I do to prevent bug bites?***

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use an appropriate insect repellent (see below).
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents). *Do not use permethrin directly on skin.*
- Stay and sleep in air-conditioned or screened rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors

### ***What type of insect repellent should I use?***

- **FOR PROTECTION AGAINST TICKS AND MOSQUITOES:** Use a repellent that contains 20% or more DEET for protection that lasts up to several hours.
- **FOR PROTECTION AGAINST MOSQUITOES ONLY:** Products with one of the following active ingredients can also help prevent mosquito bites. Higher percentages of active ingredient provide longer protection.
  - DEET ( <https://www.epa.gov/insect-repellents/deet> )
  - Picaridin (also known as KBR 3023, Bayrepel, and icaridin)
  - Oil of lemon eucalyptus (OLE) or PMD
  - IR3535
  - Always use insect repellent as directed.

### ***What should I do if I am bitten by bugs?***

- Avoid scratching bug bites, and apply hydrocortisone cream or calamine lotion to reduce the itching.
- Check your entire body for ticks after outdoor activity.



### ► BAGGAGE AND EQUIPMENT:

Please check directly with the airline for baggage limitations and allowances. Most international flights allow **two** 50lb. pieces, so you should be well within your limits. Please keep it to a reasonable amount, as space is limited, and keep in mind that we cannot guarantee security. If any checked luggage does not arrive, please file a claim for lost luggage at the airport where it did not arrive. We can use the claim number to help track the luggage.

In Nepal, if you do not have your luggage claim ticket, or your number does not match your bag, you may not be able to leave the airport with your bag.

### ► TELEPHONE SERVICE:

To call a land-line in Nepal from North America, dial (011) for an international call, (977) for Nepal, 1 (to call a landline), or 98 (to call a cell phone), and the phone number.

You will need international roaming activated on your cell phone plan if you want to use your cell phone while you are in Nepal. This is an expensive option and the calls themselves are expensive as well. You will likely also need to purchase and install a sim card when you are in Nepal.

Phone calls **MAY NOT BE MADE WHILE ON COURSE**. Any calls must be made on “in-town,” off-course days, such as when you are in the airport before and after the course. **Once the course leaves for the field, you will not be able to make or receive any phone calls until the end of the course.**

### ► PRE- AND POST-COURSE TRAVEL CONSIDERATIONS:

Nepalese customs and social impact will be discussed specifically during the course, but the following guidelines will get you started with being sensitive to traveling in a different culture. Chile is generally regarded as a safe country in which to travel, but there are thieves and con men worldwide. Avoid traveling alone at night.

You must carry identification on your person at all times and police are well within their rights to ask you to produce it.

**CRIMINAL PENALTIES** — You are subject to local laws. If you violate local laws, even unknowingly, you may be expelled, arrested, or imprisoned. Furthermore, some laws are also prosecutable in the United States, regardless of local law.

**ARREST NOTIFICATION** — If you are arrested or detained, ask police or prison officials to notify the U.S. Embassy immediately. Remember that you are a visitor to Nepal and a guest of its people, and are expected to act appropriately in that role. **You are also a representative of your home country, and of NCOAE. As such, we expect you to be an upstanding representative.**

### ► STILL HAVE QUESTIONS?

Call NCOAE at (910) 399-8090



**NCOAE** The National Center for  
**OUTDOOR & ADVENTURE  
EDUCATION**

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