

PITZER IN NEPAL HANDBOOK



IMPORTANT INFORMATION

Visit the [Pre-Departure Information and Handbooks website](#) for additional information about the topics below and other helpful resources for study abroad.

CULTURAL IMMERSION WHILE ABROAD

The study abroad programs at Pitzer College provide ample opportunities for cultural immersion. They require adaptation. Wherever you go, we hope you will engage the local lifestyle, language, and culture as fully as possible, and begin to understand your hosts. Most programs provide experienced cross-cultural guidance as well as structured activities that facilitate interaction. Pitzer asks that you make the commitment to take those opportunities and follow that guidance when you participate in a study abroad program. Notice the word commitment. Immersion does not happen automatically. It takes a certain commitment over the course of the program— a mindfulness of why you came in the first place and faithfulness to that. Visit the website to learn more.

DIVERSITY AND IDENTITY ABROAD

Your various identities will influence your study abroad experience. Depending on how you identify, you may experience study abroad differently from your peers of other identities. This doesn't necessarily mean that you'll have negative experiences, but we know students from certain identity backgrounds, particularly students of color, women, LGBTQIA+ students and those of certain religious backgrounds, are more prone to face incidents related to their identity abroad. Therefore, it is important to know what the experience is like in-country for people who share your identity and make sure it's safe. Doing this research ahead of time will help you choose a location that suites your comfortability level and will help you better navigate various experiences while abroad. We encourage you to consult the articles and resources on the website and invite students to discuss questions and concerns with the Office of Study Abroad.

PITZER COLLEGE PROGRAM MODEL

Pitzer's Study Abroad programs ask students to engage in the local lifestyle, language, and culture as fully as possible. Our programs provide ample opportunities for cultural immersion and integrated learning. Rather than thinking about the program as separate courses or classes (which is how it shows up on the transcript), we want you to begin to see the program as it really is: a connected whole where each part of the program is related to and dependent on every other part of the program, and where all these components work together to create a particular kind of interconnected intercultural learning experience. Your program may consist of a combination of language learning, family stays, study trips, community interaction, the core class, and independent learning.

NEPAL PROGRAM OVERVIEW

LOCATION

Nepal is a country rich in cultural, geographic, and biodiversity. Located between India and China, Nepal boasts some of the world's tallest mountains in addition to fertile plains and lush forests. The national language of Nepal is known as Nepali, though more than 123 indigenous languages are spoken in the country. Kathmandu is the nation's capital and largest city. It is a hub of immigration, modernization, and social change. Much of the program will be based in a suburb of Kathmandu which still reaches the edges of semi-rural living while still providing access to shops, restaurants, cultural and historical heritage sites, and opportunities to learn from many Nepali scholars. As a 'developing country' Nepal is facing many issues today regarding access to healthcare, resource conservation, rural development, education, and sustainable tourism, among many others. Students will have numerous

experiences exploring the southern region near India as well as villages near the Himalayan mountains during study trips to explore these issues further and more deeply understand Nepali life.

ACADEMICS

HOST INSTITUTION

Pitzer in Nepal is affiliated with the Tribhuvan University, Nepal's premier national institution for higher education, and its Office of International Relations.

COURSES AND CREDITS

The program is comprised of the following coursework:

	Course Credits	Semester Units
Core Course: Nepal Studies	1.0	4
Intensive Nepali Language	2.0	8
Independent Study Project	1.0	4
Semester Total	4.0	16

Grades for this program will be recorded on a Pitzer College transcript and included in the Pitzer GPA. Students are required to participate fully in all program components and are not allowed to withdraw from individual courses. Students must take all courses for a letter grade.

Students who wish to receive credit towards their major for a particular course should consult their academic adviser for guidelines. At Pitzer College the field group decides which courses may be counted towards a major or minor graduation requirement. The Pitzer registrar in conjunction with various field groups decides which courses may be counted towards general graduation requirements. Some schools, field groups, or departments may wish to see a syllabus, samples of coursework, texts, or other program materials to decide. Please check before you go.

PROGRAM DATES

The Pitzer in Nepal spring 2024 program will run from February 12, 2024 (arrival) – June 13, 2024 (departure).

Pitzer requires you to participate in the entire program. Late arrivals or early departures are unacceptable. Loss of credit or lowering of grades may result if you arrive late or depart early.

A TYPICAL DAY'S SCHEDULE

8:00am: Breakfast with host family, helping prepare the meal, washing dishes, or doing household tasks.

8:30am: Walk to the Program House (10-45 mins away).

9:00am: Language class at the Program house (3.5 hours every day).

10:30am: Tea Break with staff, with continued language practice.

1:00pm: Lunch—a traditional Nepali meal of rice, dal, vegetables, chutneys, and occasional meat curry or yogurt.

2:00pm: Fieldtrip or lecture from Nepali guest speaker.

4:30pm: Return to host family.

5:00pm: Help with household tasks, practice language with host families, complete assignments, or socialize with families and neighbors.

7:00pm: Dinner with host family.

CORE COURSE: NEPAL STUDIES

The core course integrates material learned from lectures, readings, and discussions, with experiences of family stays, study trips, and local interactions. This is mainly done through the writing of 'Fieldbook Assignments' which prompt reflection on certain topics or encourage investigation of a topic of interest. Throughout the course, you will become acquainted with some of the main historical, social, cultural, and political issues of Nepal as well as meet some of the key experts in the areas of public health, environmentalism, rural and urban development, women's rights, religious studies, and more. The fieldbook assignment encourages students to engage with local community members, ask questions, stay curious, and practice their growing language skills.

Students will take part in three main field trips to provide a wider understanding of Nepal and experience life outside of Kathmandu. The first will be to the Terai, a region in the southern plains that is hot, humid, rich with biodiversity and home to a contentiously established national park. Here students will explore issues of indigenous land rights, traditional ecological knowledge, and environmental conservation. Our second study trip will be to the beautiful city of Pokhara and Tang Ting village. Surrounded by the Himalayas, lush rice patties, and still some traditional homes, students find cultural heritage and natural beauty here as well as an understanding of the dynamics of rural to urban migration, Tibetan refugees in Nepal, and local resource management. Our final study trip before students embark on their Independent Study Projects is to the remote village of Simigaun. Once an eleven-day hike from the nearest road, now students must walk only an hour or two to reach this village perched on top of a hillside in the mountains. Simigaun is the home village of much of our program staff and has a long history with Pitzer in Nepal. Here students will be welcomed into host families and spend the greater part of two weeks participating in village life while continuing daily language class and cultural learning.

INTENSIVE NEPALI LANGUAGE

Because language is so crucial to understanding culture and fostering connection, the key to realizing your educational goals in Nepal will be your ability to communicate in Nepali. You will engage in rigorous language training at our program house in small classrooms to ensure the best support possible. Learning a language, however, is not just a classroom exercise. You will have opportunities to use Nepali at every stage of your experience and are encouraged to use as minimal English as possible throughout the semester. The competence you develop will be one of the most rewarding parts of your experience in Nepal.

INDEPENDENT STUDY PROJECT

The culmination of your studies will be a 3.5-week Independent Study Project conducted at the end of your semester. The Independent Study Project (ISP) allows you to take one topic of special interest and explore it in depth. It presents a unique opportunity to utilize and build upon your language skills and cross-cultural competencies as you form new relationships with members of the host culture related to your field of study. It also is a rare opportunity to experience conducting field research as an undergraduate student, learning important skills in research design, methodology, and analysis. ISP proposals will be

developed and approved in consultation with program staff, faculty, local scholars, or specialists. The relationships you form with the people who help you to develop your proposal and guide your project are crucial and should be considered an important part of the learning process for the course. Depending on the project, its location and the resources available, actual fieldwork may be conducted entirely independently. Program staff must approve ISP topics and locations and some locations and topics will not be approved because of safety, health, or other concerns. The project culminates in a major paper and a presentation.

TYPES OF PROJECTS

The ISP may take one of several forms depending on your interests, available resources in the host culture, the feasibility of the project, and the credit requirements of your home institution.

Research Project

Use field research techniques that facilitate cultural immersion and language learning (oral interviews, ethnographies, case histories) to investigate a question or issue of personal interest that brings you a deeper understanding of the host culture.

Internship

Work within a private, public, or educational organization to gain insights into how a particular social issue is being addressed. Use your language to interact with both agency professionals and the clients served by the agency. Analyze the effectiveness of the organization as well as the issue it is addressing.

Apprenticeship/Internship in the Arts

Work with an artist, dance troupe, theatre group, etc., to both learn a new art form and better understand its role in contemporary culture.

REQUIREMENTS

All projects, regardless of form and topic require the following:

1. A focused research question or topic that is viable and feasible given your progress in the language, your experience with field research, the time allotted and the available resources.
2. An appropriate methodology for exploring your topic.
3. A significant period of hands-on fieldwork that requires interaction with members of the host culture who are directly involved in your study topic.
4. A major paper reflecting on the experience.

GRADING

Grading for projects will consider the process (e.g., proposal, methodology, relationship building, field work, internship performance, presentation of findings to program staff and students) as well as the final paper.

LIBRARY RESEARCH

The ISP is not library research. Exploring literature that is relevant to your topic will be an important step in formulating your proposal and in writing up your work in your final ISP paper, but the bulk of your ISP time should be spent using your language and cross-cultural skills to conduct actual field research.

INTERACTION WITH LOCAL EXPERTS

Members of the host culture who have studied your topic often serve as important resources in picking a topic, choosing a location, developing a proposal with appropriate methodology, and, for placing your own work in the context of a larger body of work when you write your final paper. However, interviewing experts who have studied your topic, even when they are members of the host culture, should not be your primary means of collecting data and should not take up the bulk of your ISP time. Most of your fieldwork should consist of hands-on work with people who are directly involved in your topic of interest. For example, the host culture university professor or NGO director, who is an expert on the role of women in village development, may provide you with important guidance for your project, but should not be seen as a substitute for working directly with village women involved in development efforts.

THE USE OF INTERPRETERS, QUESTIONNAIRES OR SURVEYS

The use of a bilingual informant to help you translate interviews or conversations you tape may be appropriate, but you should design your project and plan your questions in ways that allow you to use and develop your own language skills. Project topics and methodology (questionnaires, surveys, etc.) should be designed to fit your language level whenever possible. Remember, the goal here is for you to learn about your area of interest in ways that allows you to interact directly with people involved in your topic. The relationships you form and the learning and growth you experience while doing this (which will be recorded in your final paper) will very likely become one of the most valuable and rewarding aspects of the program for you.

ETHICAL GUIDELINES FOR THE ISP

Students participating in ISPs abroad are held to high standards of academic and professional conduct, including adhering to the Ethical Standards for the Engagement of Communities Abroad (see the Appendix).

SUMMARY

1. Pick a topic you are passionate about and that is feasible.
2. Do something you cannot do at your home institution.
3. Do something that enhances your language and culture learning.
4. Do something that promotes interaction with members of the host culture who are directly involved in your topic of interest.

Project papers are due 30 days after the program departure date.

Papers should be emailed to studyabroad@pitzer.edu in Word or, pdf format. Travel plans are not an acceptable reason for late submissions.

FAMILY STAYS

The Pitzer in Nepal program would not be the same without the host families. You will stay in a host family in Kathmandu, which will serve as your home base, as well as several others during our study trips. Hospitality is extremely important in Nepali culture, and your families will be sure to welcome you as one of their own as soon as you arrive. Though you should never feel forced to,

we encourage you to interact as much as possible with your host family, engaging in everyday tasks with them, practicing Nepali, and discussing the issues you are learning about. Host families serve as a primary source of information and will be key co-educators as well as friends during your semester in Nepal. Students often remain in touch with their families for many years after the end of their program.

PLANNING FOR TRAVEL AND FLIGHTS

PASSPORTS

Everyone on the program needs a passport. Check the expiration date. If you do not have a passport valid for six months after your planned return from study abroad, expedite the application or renewal process. Processing a new passport application or renewal may take several weeks.

HOW TO APPLY FOR A US PASSPORT

For information on how to apply for or renew a US passport go to the US Department of State's website at <https://travel.state.gov/content/travel/en/passports.html> or call 877.487.2778.



IF YOUR US PASSPORT IS LOST OR STOLEN

If your passport is lost or stolen while you are abroad, report the loss immediately to local police authorities and the nearest US embassy or consulate. In addition, you should report your passport lost or stolen by visiting the US Department of State's website for details: <https://travel.state.gov/content/travel/en/passports.html>. A copy will expedite the replacement process. It is wise to email a copy of your passport to yourself and keep a photocopy of your passport in your luggage or with your on-site program representatives.

VISAS

If you are traveling with a US passport you will get your visa for Nepal upon arrival at Tribhuvan International Airport in Kathmandu. The process goes as follows:

1. **Before your departure** fill out [this form](#). Click on the box that says, "Visa Upon Arrival" Your entry point will be Tribhuvan International Airport (TIA). You will apply for a 90-day multiple entry tourist visa. Your purpose of visit will be tourism. Your address in Nepal will be the same as in the back of our handbook: **Suryabinayak 2 Balkot - 5/53 Bhaktapur, Nepal**. Print a hard copy or save the digital copy to share with the immigration officer.
2. Upon arrival you will need to present US \$125 in cash to pay for the visa, one passport photo, and your Covid vaccination card (which they may or may not check).
3. Once the visa is entered into your passport double check to make sure you got the **90-day tourist visa** before you leave the immigration officer.

IF YOU ARE NOT A US CITIZEN

If you are not a US citizen and you do not have a US passport, please notify the Office of Study Abroad and International Programs as soon as possible. Depending on the country in which you have citizenship, you may need to apply for a visa prior to departure.

If you do not have a passport from your home country, or if it is expired, please start the process of acquiring or renewing your documents immediately. In some countries, this process can take months, so it is imperative that you start working on it as soon as possible.

Depending upon your immigration status, there may be special signatures or other procedures required to ensure that re-entry to the US will be permitted after your study abroad program. Speak with your international student adviser. Check before you go!

FLIGHT ARRANGEMENTS

The Pitzer in Nepal program will run from February 12, 2024 (arrival) – June 13, 2024 (departure). You should arrive before 2 pm on the arrival date, morning dates are preferred. Pitzer requires you to participate in the entire program. Late arrivals or early departures are unacceptable. Loss of credit or lowering of grades may result if you arrive late or depart early. Review additional information in the [Travel and Communications](#) section of the website.

To arrive at your program site on the arrival date, you may need to begin traveling as many as three days earlier depending upon your location.

Before you can book your flight, you are required to submit the Pitzer acceptance paperwork and complete orientation requirements by the dates listed in the Pitzer study abroad application portal. If you complete these requirements less than two weeks prior to your departure, you will be responsible for any charges incurred to expedite your ticket.

BOOKING YOUR FLIGHT

All students are required to book their flight through Pitzer’s designated travel agent. If you are a student from Bard College or Sarah Lawrence College, please contact your study abroad office for the policy that applies to you as it is different. Allow ample time to work with our travel agent to arrange your flight. When you contact the travel agent, identify yourself as a student in the Pitzer in Nepal program and inform her of your program dates.

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PITZER’S DESIGNATED TRAVEL AGENT

KIM RUDD at Corniche Travel

Email: pitzer@corniche.com

Phone: 951.698.0089 6:00 a.m. to 4:30 p.m.

Additional agents are available from 6:00 a.m. to 6:00 p.m., (Pacific time zone)

Phone: 310.854.6000 Monday through Friday, closed major holidays

Office: 8721 Sunset Boulevard, Suite 200, West Hollywood, CA 90069

www.corniche.com

AIRFARE POLICY

Tickets not purchased through the Pitzer designated travel agent will NOT be reimbursed or credited to student accounts. Frequent flier miles may NOT be used to book flights.

The maximum airfare Pitzer College will pay is based upon the cost of a round trip ticket from the closest major international airport to the student's permanent address city in the US to the designated international airport near the program site for the exact dates of the program. For international students, the maximum airfare is based upon the cost of a round trip ticket from Los Angeles International Airport (LAX). The travel agent will bill Pitzer for the approved ticket. Students will pay the travel agent directly for the additional costs of an itinerary that is more expensive than the approved flight. No refund or credit is given if the ticket costs less than the maximum.

The following items may increase the cost of a ticket. Students will only be charged for actual overages.

- Finalizing travel arrangements after the due date listed in the student's study abroad application portal.
- Travel dates that vary from the dates of the program, including going early or staying after the program ends.
- Special requests for routing or stopovers through specific cities or countries.
- Open return tickets - these are discouraged and may not be possible due to visa requirements.
- Extra luggage charges - airlines may change luggage restrictions without notice.
- Changing the ticket after it is issued. These costs include change fees and any increase in airfare.
- Replacing lost tickets



If for any reason, you are not able to use an airline ticket, the **airline must be notified prior to the departure of the first flight** that you will be changing the ticket. **Unused tickets including E-tickets become worthless once the plane departs.** You are responsible for the replacement cost of an unused ticket.

FLIGHT ITINERARY

Upload a copy of your itinerary to your study abroad portal when you book your flights.

TRAVEL DELAYS

Unforeseen circumstances (weather, missed flights, equipment problems, etc.) may result in unforeseen expenses due to the delay. Students should travel with emergency funds in the event of unavoidable delays in transit. Pitzer College is not responsible for these expenses. The travel insurance provided by Pitzer may have some coverage for costs incurred due to travel delays. Should you have expenses related to such delays, be sure to keep your receipts to make a claim.

ARRIVING EARLY OR STAYING PAST THE END OF THE PROGRAM

The program makes special arrangements for your arrival. For health and safety reasons, early arrivals at the program site are not acceptable. Pitzer can take no responsibility for early arrivals. Early students must make their own arrangements for ground transportation, room and board. Students who choose to arrive in-country before the beginning date of the program must contact the program staff well in advance of the beginning of the program to arrange a time and place to meet on the arrival date.

If you think you may want to stay on past the end of the program, please advise Pitzer's travel agent before you make the final confirmation of your ticket. Otherwise, you will be booked for departure from the program site on the program departure date, and any additional costs due to changes made after your ticket is issued will be your responsibility. Please know that Pitzer can assume no responsibility for students who stay on past the departure date.

FLIGHT CHANGES

If you choose to change the date of your return once you are in the host country, you need to check with the airline and the travel agent of the regulations, required tickets, and fees associated with changing your flight. Pitzer and the travel agent will not be responsible for expenses incurred for changing your return dates and/or itinerary after you make your initial confirmation with the travel agent, especially once you are in the host country.

If your plans should change while in transit, please call or email the staff in Nepal or, if you cannot get through, contact the Office of Study Abroad and International Programs in Claremont. Contact numbers are on the last page of the student version of this Handbook.

ARRIVAL

As soon as you have your visa, you will go downstairs, collect your luggage, pass through customs, and exit the terminal where our program staff will be waiting for you and take you back to the program house. If you come out of the terminal and can't find our program staff, please wait next to the terminal. If no one from the program shows after a reasonable time, please ask someone with a Nepali phone to call our program directors for you (see numbers in the back of this book).

You don't need to buy a sim card at the airport. We will assist you in doing that once you are at the program house. There will also be Wi-Fi at the program house to let your parents know you have arrived safely.

Please remember not to eat or drink anything at the airport. We'll have snacks and chiyaa (tea) waiting for you at the program house, and we want everyone to start off the program healthy.

BAGGAGE CLAIM

When picking up your luggage at baggage claim and while exiting the airport, we highly recommend you **do not give money to anyone**. People may offer to help you with your bags; please keep in mind that these are porters, not program staff, and if you allow them to assist you notify a Pitzer staff member so that they can pay the tip.

In the unlikely event that your baggage is lost en route, file a claim with the airline before you depart the airport. Program staff will follow up by contacting the airlines office in your host country. Keep your baggage tags. Usually, lost baggage is recovered in two to three days.

MONEY MATTERS

Most students do not have to spend a great deal of money in Nepal. Students usually spend no more than US. \$500-600 during their semester. However, **we strongly recommend you come prepared to spend up to US \$1500** during the program. For additional information review the [Financial Matters](#) section of the handbook. Such expenses could include:

Emergency medical reserve plus personal medicines for trek	\$200
Personal spending money (Minimum recommended)	\$450
Optional Trek during program break (many students opt to do this)	\$450

We recommend bringing \$400 - \$500 in cash for times when you need dollars, such as for your visa at the airport in Kathmandu, or for times when you need to exchange money and can't find a working ATM machine. Normally, you will get most of your money through your ATM Card and we recommend that you have another \$1000 in your ATM account just in case.

GUEST STUDENTS ON PITZER PROGRAMS

The handling of financial matters will vary depending on your home college or university. Some schools require that you pay fees directly to Pitzer College. Other schools have made special arrangements with Pitzer and require that students pay the home institution, and the home institution then pays Pitzer on your behalf. Pitzer College does not offer financial aid for visiting students. Please contact our Office of Study Abroad and International Programs and/or your home institution's study abroad office for details.

Transcripts for all students will be withheld until Pitzer College is paid in full. This includes the comprehensive program fee and any outstanding balances due to charges incurred on behalf of the program such as: library fines, charges for damages to homestay or school property, non-reimbursed medical expenses, etc.

WHAT TO BRING

What you bring is an individual matter. It depends upon what you may want to buy in Nepal, how much you want to carry (the lighter the better), and what you plan to do during your semester. Most things you might need are available on site (please assure your parents that there will be no need to send you monthly shipments of toilet paper!) However, keep in mind that quality does vary, and prices of imported items may be quite high. In addition, there will be little time for shopping during the first few weeks of the program, so do make sure to bring enough clothes and supplies to last through that time. The following items are suggested:

CLOTHING

Weather in Nepal during your semester will be variable, with cold nights in the mountains and in the winter months, as well as hot and muggy weather in the lower elevations during the spring and summer. Be prepared for a wide range of conditions.

Appearance is important in Nepali culture. People wear traditional clothes as well as more "modern styles" which are becoming increasingly common. Students usually enjoy getting 1-2 traditional outfits made while they are here. **We ask that students do not bring shorts, short skirts, cut-offs, tight or see-through dresses or pants, or low-cut or revealing blouses.** They are culturally inappropriate. Spaghetti strap tank tops and tights/ spandex clothing are also not acceptable. In general, please **bring clothing that will allow you to dress in a way that is neat, clean, and culturally acceptable to your Nepali hosts.** We also suggest darker colors, as they are easier to care for in a culture where you will wash all your clothes by hand. Quick dry clothing is ideal for a variety of reasons. We recommend the following list:

- 2-3 **pairs Jeans, long pants, or light-weight slacks.** Loose fitting, more conservative styles are best
- 3-4 **T-shirts.** Avoid words/designs that could call attention to yourself as a foreigner)
- 2 **long- sleeve shirts.** We recommend bringing a cool button down for sun as well as a tighter long sleeve base layer for warmth

- ❑ At least one pair of **nice dress pants** or 1-2 **skirts or dresses** knee length or lower
- ❑ **Work clothes** 1-2 shirts and a pair of pants that you don't mind getting dirty for working in the fields.
- ❑ 1-2 **Warm Sweaters** or a **Warm Polar Fleece**
- ❑ 1 light **Down Jacket** or **Wind Breaker/Parka**
- ❑ **Rain Gear.** A good raincoat and rain pants (optional) are a good idea for the wet months of monsoon season (April- October).
- ❑ **Pajamas.** We recommend a pair of pajama pants (as opposed to shorts) for cultural reasons. A pair of good sweatpants and a casual sweater or sweatshirt are nice to have for sleeping as well as hanging out at home.
- ❑ **Underwear.** Bring enough to last you between washings (8-12 pairs).
- ❑ **Socks** 10-12 pairs. We have found wool or synthetic blend socks to be best in going longest between washes.
- ❑ **Teva/Chaco** type sandals
- ❑ **Hiking Boots** or **Tennis Shoes** with good arch support
- ❑ **Slippers or Flip Flops** to wear around your host family's home. These can be found locally very cheaply, however if you have big feet (larger than US W's 9) we suggest bringing from home.
- ❑ A nicer pair of **shoes or sandals** (optional) to wear with a dress, sari, or punjabi during special occasions

TREKKING ITEMS

Besides some of the items already mentioned, you may want to bring the following additional items if you choose to take a trek. Most trekking items will be easily available in Kathmandu (lower price knockoffs as well as name brand items).

- ❑ **Backpack** - A soft or internal frame backpack (depending on your preference) will be the easiest and most comfortable on the trail for both carrying your own pack and for having pack carried by porters. Investing in an expensive or large pack is not necessary.
- ❑ **Waterproof pack cover**
- ❑ **Winter hat** – wool hats, gloves, and scarves are available in Nepal
- ❑ **Bandana** – available in Nepal but may bleed when washed. Bringing one from home might be a good idea.
- ❑ **Pocketknife** (optional) – available locally but must be aware of low-quality knockoffs. Please remember not to take as a carry-on item on your flight.
- ❑ Mole skin (or foam) – if you are prone to blisters

TOILETRIES

You will need items like those you would use regularly at home (e.g., soap, razors, nail clippers, deodorant, feminine hygiene products, comb and brush, shampoo, etc.). Most items are available in Nepal, but if you are attached to a particular brand, you

should bring it with you. Non-toxic brands are usually harder to come by. **We especially recommend bringing a good sunscreen** from home. Chapstick and hand cream are also well appreciated items. Students also often find Dr. Bronner's soap helpful as an all-purpose, bio-degradable soap for clothes washing and bathing.

Women in many parts of Nepal, including your host families, like to use make-up when they go out in public. You may want to bring a limited amount of make-up to use yourself and/or as gifts for your host sister(s) or mother.

A note on menstruation: menstruation is relatively taboo in Nepal and there is no good waste removal system in most areas. Students from previous programs suggest the following: 1) Bring everything you need from home. 2) Tampons without applicators are preferred because they are easier to use and dispose of in a society where privacy and disposal of waste are problems. Should you need them, pads are available on site. 3) A waste free alternative is using cloth reusable pads, "period underwear", or a menstrual cup which is hassle free and produces no waste.

MEDICINES

There will be a medical kit at the program house and on longer study trips. Additionally, there will be access to good physicians, clinics, and hospitals while in Kathmandu. However, for those times when you need something immediately or are far from medical care (such as on trek or during your ISP) you will be expected to carry your own personal medical kit, which the program will help you put together after arriving. **Nearly all medicines are available in Nepal, over the counter, without a prescription, at a fraction of the cost than in the US.** We suggest the following:

- Bring **prescription medicines** in their original containers and copies of your prescriptions. You may also wish to bring a physician's note explaining the need for the medication. We recommend bringing enough for the entire semester. Shipping may be unreliable, and it is difficult to mail medication to Nepal due to custom controls. Some medications may not be available even with a local physician's prescription. Be aware that some medicines are controlled substances and may be illegal in some countries.
- Asthma medicine** (If required. If you have attacks of chronic asthma and use an inhaler, you should bring enough for the entire semester.)
- Dramamine or other motion sickness medications** – may be valuable for bus trips.
- If you wear contact lenses, bring **eye drops** and multiple pairs of **contact lenses**.
- Pepto Bismol** is a useful mild antidiarrheal for times of stomach upset. It is not available in Nepal.
- Vitamins** – are widely available for very little money in Nepal, but if you have particular supplements you need, please bring these from home.

MISCELLANEOUS ITEMS

- Sleeping pad** (optional) – ThermaRest, ensolite, etc. – available in Kathmandu. Many students find a sleeping pad to be useful during the program not just the trek.
- Sleeping Bag** – we recommend a bag that protects to 20° F or better. Down is easier to pack and carry, but harder to care for, particularly when it is wet. A washable liner will help keep your sleeping bag clean and can serve as a top sheet when it is too warm to sleep inside your bag. A waterproof bivy sack would be handy for trekking during monsoons but not necessary during the program. Students can find all these items in Kathmandu, but it is probably best to bring your own from home.

- ❑ **Small day pack or shoulder bag** for carrying water, notebook, camera, etc.—Both are available locally, but backpacks tend to be of lesser quality than those available in the US. Shoulder bags are inexpensive and often of high quality in Nepal. Keep in mind you will want something that is comfortable.
- ❑ **Small towel and washcloth/face towel** – good quality towels are hard to come by locally. Quick-dry/light weight towels that can be found at outdoor stores like REI are a good idea.
- ❑ **Sunglasses** – especially important when trekking. High quality pairs are hard to come by in Nepal.
- ❑ **Sun cap or Visor**
- ❑ **Dust Masks** – these provide protection from the dusty conditions in Kathmandu. **An N95 mask from home is recommended.** Cheaper versions are widely available in Nepal.
- ❑ **Headlamp/small flashlight** – with extra batteries. Headlamps are easier to use around trekking campsites/ when you need to get up in the middle of the night.
- ❑ **Insect repellent** – We recommend Deet or Picaridin. Natural repellents do not work very effectively (See section on Mosquito-Borne Diseases and Prevention of Mosquito Bites below)
- ❑ **Hand sanitizer** – an absolute necessity. Available in Nepal but often heavily scented with chemicals.
- ❑ **Water purification**- The program will always provide boiled water. For when there is no access to boiled water the program provides liquid iodine and droppers, which should take care of all your needs. However, if you wish to buy additional purification systems, make sure they filter out bacteria and viruses. We recommend Steripen, Lifestraw or GRAYL.
- ❑ **Electrolyte powder** – very useful during trekking, rehydration in the hotter months, and in cases of sickness
- ❑ **2 one-liter water bottles** – we recommend Nalgene because they will not melt or change shape in boiling water. These are hard to find on site and should be brought from home.
- ❑ **Binoculars** (optional) – birding is fantastic in the region. Good binoculars are also available in Kathmandu.
- ❑ **Extra prescription glasses and/or contact lenses** – do not forget. You should bring an extra pair with you. Extra glasses can be made relatively cheap in Nepal, but it may be a hassle.
- ❑ **Wristwatch** (optional) – available locally, but often of inferior quality. Makes a great gift for host families when your program is over.
- ❑ Extra **batteries** if needed.
- ❑ **1 Combination Lock** – you will need one for your room. We recommend combination locks because there is no key to lose and because they make good gifts to your family when you leave. That said, these are available on site and established host families often already have one prepared for you when you arrive.
- ❑ **Photos of family and friends** – these provide an excellent icebreaker with your host family as well as being a good way to share about your life in the United States.
- ❑ **Extra passport photos** – These will be used for your visa upon arrival and for historical site passes. It is helpful to have 5-10 extras.
- ❑ **Notebook or Journal** – the program provides spiral notebooks for your studies. However, you may want to bring one or more durable notebooks for your personal journal.
- ❑ **Re sealable plastic bags** – handy for carrying small items. Local brands are available but are of lesser quality.

- ❑ **USB flash drive**
- ❑ **Universal Power converter** – The outlets in Nepal are different from those in the US. You can find an example of a power converter [HERE](#)

BAGGAGE

- ❑ We recommend **1 hard shell suitcase** that ideally can be locked as your main piece of luggage. This will give you a secure space to keep valuables during the program as well as provide better protection for fragile items en route. **Most international flights have a 50 lb. weight limit for 1 checked bag. Check with your airline before you pack.**
- ❑ **A mid-sized backpack** can serve as a second piece of luggage for the flight over and will be very useful for travels and trekking around the region during the program. You can also get it wrapped in plastic at the check-in counter at the airport to protect the straps.
- ❑ **Money belt or Fanny Pack**– for carrying passports, airline tickets, etc.



Check the Transportation Security Administration (TSA) website for current regulations about prohibited and permitted items for carry-on luggage and checked baggage. <http://www.tsa.gov/traveler-information/prohibited-items>

LAPTOPS

You must bring your laptop to Nepal. Do not forget to bring a power converter and an adapter plug. If you have specific questions regarding what to bring, feel free to contact the program staff directly. **Please make sure to back up your files on your laptop before heading off to Nepal.**

GIFTS

It is always nice to bring several small gifts from home for your Nepali family members. Pictures of yourself, your own family and your home are very much appreciated. Picture books of your state or country would also be a good idea. Good gift options are **useful items** such as watches, flashlights, umbrellas, t-shirts, or water bottles. For kids, playing cards, puzzles, or cheap cosmetics are usually well appreciated. Food items such as nuts, chocolates, or candy are also a great option. **Please do not bring excessive or overly expensive gifts for your hosts.**

HEALTH AND SAFETY CONSIDERATIONS

The **Center for Disease Control and Prevention (CDC)** and the **World Health Organization (WHO)** provide up-to-date health information on their websites at <http://wwwnc.cdc.gov/travel/destinations/list.htm> and <http://www.who.int/ith>. Students should also review the information in the [Health and Safety](#) section of the website.

COVID AND COVID PROTOCOLS

Pitzer College has attempted to set up a **vaccine-to-vaccine study abroad model** in all our sites, including Nepal. This model calls for all students to be fully vaccinated (including getting a booster (if eligible) at least two weeks before departure), and for our key people at each site (program staff, faculty, language schoolteachers, guest speakers, homestays) to be vaccinated. The idea is

that we will mitigate the risk of catching a break-through infection and/or spreading the virus by structuring our program as much as possible to have students interacting primarily in environments where most people are vaccinated. Of course, this is not going to be 100% possible in Nepal, just as it isn't possible in our surrounding communities here in Claremont and SoCal, or anywhere in the US for that matter, but we believe we can organize the program in Nepal to minimize student exposure to unvaccinated people and, of course, have strong protocols in place for social distancing, mask wearing, hand washing etc.

VACCINATIONS

A large percentage of the population in Nepal is vaccinated. The Kathmandu Valley is over 90% vaccinated.

Moreover:

- We are attempting to select only host families where all eligible members are fully vaccinated and where there are no family members with higher-than-normal risk factors (immunocompromised, underlying health conditions)
- To the extent possible we will assure that all program staff, guest speakers and teachers are fully vaccinated
- Program staff will select community service placements and study trips with Covid 19 safety in mind.

TESTING

There are many places in Kathmandu where students can get the PCR tests and rapid antigen tests. The program provides at home testing kits to students when necessary.

QUARENTINE

- There is no quarantine requirement upon arrival if a student shows proof of vaccination.
- If a student tests positive after arrival the student will quarantine at the Pitzer in Nepal program house for the appropriate amount of time. If a host family member test positive the student will quarantine at home with the host family or at the program house depending on the situation. In both cases, internet will be provided so that the student can keep up with course work virtually as much as possible.

IMMUNIZATIONS

Nepal does not currently require any certificate of immunization for entry into the country, but we still strongly advise you to **bring along an official record of all your immunizations** from your doctor or health clinic. Once you have your immunization record in hand, you can determine, with your healthcare provider, which of the immunizations listed below you should get. **Start this process early.** Some immunizations come in a series that may take weeks or even months to complete.

TYPHOID

This vaccination, in either the oral or the injectable form is **highly recommended**; this is a serious and widespread disease in Nepal.

POLIO

Highly recommended if you have not had a booster in the last five years. Enhanced Inactivated Polio Vaccine (eIPV) is recommended for this dose. The CDC recommends that this additional dose of eIPV be received only once during the adult years.

DIPHTHERIA-TETANUS

Good for 10 years; **highly recommended** if you have not had one in the last five years.

HEPATITIS A

Infectious Hepatitis (Type A) is a viral disease of the liver that is transmitted primarily by the fecal-oral route via water or contaminated food. **The Hepatitis A vaccine (Havrix) is highly recommended for all students on the Pitzer College in Nepal program.** The first dose provides adequate protection beginning four weeks after it is administered and lasting six to 12 months. Another dose is recommended six to 12 months after the first to provide long-term protection that will last for at least four years and maybe (as research results come in) much longer. A simultaneous dose of immune globulin is necessary *only* if you travel to a high-risk area *less* than four weeks after your initial dose of the Hepatitis A vaccine, before it becomes completely effective. The best course of action is to get both doses of the Hepatitis A vaccine before you leave. If this is not possible, it makes sense to get your first dose exactly one month before you go abroad to assure adequate protection from the time you arrive until the end of your program, without having to take IG. For persons who are allergic to the Hepatitis vaccine or otherwise elect not to receive it, immune globulin (5cc's) is still a viable option. You should get 5cc's of immune globulin just a few days before you leave the US to assure maximum effectiveness and coverage for your entire trip (up to four months). There is some concern that taking immune globulin for Hepatitis A at the same time or too close to some of your other immunizations may reduce their effectiveness. For this reason, if you elect to get IG rather than the Hepatitis A vaccine, we suggest that you complete all of your other immunizations at least one month before the beginning of your program, and then take your immune globulin just a few days before departure.

TUBERCULOSIS

A TB Skin Test is **highly recommended** before leaving home and again after returning from the program. A change in the skin test indicates exposure and will alert you to the need for observation by a physician.

CHOLERA

A shot is only **recommended** for those with compromised gastric conditions such as ulcers, but **optional** for others due to the very low chance of contacting this disease, and serious doubts about the effectiveness of the vaccination.

RABIES PROPHYLAXIS

Dog bites during the course of the program have been rare and can usually be prevented with a little awareness and proper training. However, **rabies is widespread amongst the rodent, monkey and dog population in Kathmandu and the local health clinics that specialize in tropical medicine and work extensively with foreign visitors to Nepal are recommending students get the Rabies Prophylaxis before arrival.**

MENINGITIS

Meningococcal disease (bacterial meningitis) is a bacterial infection in the lining of the brain or spinal cord, which is transmitted through respiratory droplets when an infected person sneezes or coughs on you. There are occasional outbreaks of this disease among college students in the US. Pitzer continues to **highly recommend** a Meningococcal vaccine for students on a study abroad program. Good for one year. (See the CDC website at <http://www.cdc.gov/meningitis/index.html> for additional information.)

JAPANESE ENCEPHALITIS

This is **highly recommended** by travel clinics in Nepal. We **highly recommend** this vaccination especially for students on the fall program, given that a small number of Japanese Encephalitis cases have been reported during the monsoon season in the Kathmandu Valley. This is a mosquito-borne viral disease that occurs in lowland rice growing areas, and usually during or right after the monsoon season. The mosquitoes that transmit this disease usually bite in the late afternoon and early evening so the same precautions used to prevent malaria (insect repellents, protective clothing, and mosquito nets for sleeping) will be helpful in preventing Japanese Encephalitis. The risk is probably very small but there is an effective vaccine, JE-VAX, which is licensed and available in the US. The vaccine consists of three shots given over a one-month period and **should be seriously considered** in consultation with your doctor and the latest information from the CDC in Atlanta. Please note the timeline of these vaccines and plan accordingly so that you are vaccinated with the full course ahead of time if you do choose to get the vaccine in the US. Otherwise, a **one dose injection** is available in Kathmandu for US \$42.

HEPATITIS B

This type of hepatitis is transmitted through body fluids such as blood and semen and is a much more serious form of the disease than type A (above). While there are compelling cultural, health, and legal reasons for avoiding sexual contact or intravenous drug use in Nepal, the need for an emergency blood transfusion is possible for anyone and this vaccination is **highly recommended**. Three shots are necessary for full protection although partial immunity is acquired after the first two, which are administered one month apart. The third shot is given six months after the first shot. If you cannot complete the series before you leave, you may consider getting the first two shots before leaving and the third shot after your return to the US or timing the series so that you can get your third shot while you are in Kathmandu where it is available.

AIDS

A serious health concern for travelers to Nepal is AIDS. The primary mode of transmission of the AIDS virus in this part of the world is through sexual contact. Practicing safe sex will reduce your risk of contracting AIDS but not eliminate it. Abstinence is the only sure way to eliminate the risk of contracting HIV from sexual activity. For health, cultural and educational reasons, the program strongly recommends that students practice abstinence for the time they are in Nepal.

MALARIA

Malaria is present in some parts of Nepal, but not in those areas of the country where you will be spending most of your time. You should bring enough **prophylaxis for a one week stay** in a malaria area. For students who choose to travel to malaria endemic areas as a part of their ISP or later travels should bring additional prophylaxis. Review the CDC Malaria Information at <http://www.cdc.gov/malaria/travelers/index.html>, view the CDC map at <https://wwwnc.cdc.gov/travel/yellowbook/2024/preparing/yellow-fever-vaccine-malaria-prevention-by-country/nepal#seldyfm1118> and speak with your doctor to choose the appropriate amount for your needs. **Equally important when you are in a mosquito area prevention of bites.**

MOSQUITO-BORNE DISEASES AND PREVENTION OF MOSQUITO BITES

There is a risk of several mosquito-borne diseases in the lower elevations of Nepal including Malaria and Dengue Fever. All Pitzer students are strongly encouraged to take the following precautions for preventing mosquito bites whenever they are in areas where mosquito-borne disease is possible.

The best way to reduce mosquitoes is to eliminate the places where the mosquito lays her eggs, like artificial containers that hold water in and around the home. Outdoors, clean water containers like pet and animal watering containers, flower planter dishes or cover water storage barrels. Look for standing water indoors such as in vases with fresh flowers and clean at least once a week.

Adult mosquitoes like to bite inside as well as around homes, during the day and at night when the lights are on. To protect yourself, use repellent on your skin while indoors or out. When possible, wear long sleeves and pants for additional protection. Also, make sure window and door screens are secure and without holes. The program will provide you will mosquito nets for sleeping.

List of repellent products approved by the EPA: <http://cfpub.epa.gov/oppref/insect/>

PREVENTING GASTROINTESTINAL ILLNESS

Nepal is a developing country where clean food and water is not easy to come by. Furthermore, the microorganisms that comprise the environment are likely quite different from what your body is used to. For this reason, we take **extreme health precautions** when it comes to food and water. You are **much less likely to get sick** if you remain careful and follow our guidelines. In addition to the precautions outlined below, we will have an in-depth health orientation during your first few days at our program.

WATER

Purification methods in order of effectiveness:

1. **Filter and boil** - filtering removes particulate matter, such as clays that may upset your stomach, but the filters available in Nepal do not remove the organisms that cause disease. Boiling for 10 minutes kills all the disease-causing bacteria viruses and parasites. It has been found more effective to filter first and then boil as filters are easily contaminated. It is best to filter, boil and then serve the water from the same container (i.e., large tea pot) in which it was boiled. This is how we prepare the water for you at the program house and at your home stays.
2. **Boil without filtering** - again, filtering alone with the filters available in Nepal does not purify water, but boiling alone does.
3. **Treatment with iodine** - only when it is impossible to boil water. Iodine kills most organisms, but it is not clear how effective it is against viruses such as the virus that causes infectious hepatitis.
 - a) Liquid iodine (tincture or Lugols) 2 drops per 8 ounces (for 2% iodine) and wait 10 to 30 minutes.
 - b) Iodine Tablets - 2 tablets per quart; let dissolve and wait for 20 minutes.

Unless you are 100% sure, assume all tap and well water to be contaminated. (CDC Recommendations)

Besides your drinking water, avoid other sources of contaminated water including:

- ice cubes, fruit drinks mixed with water, any other food products or drinks that are mixed with water.
- wet plates, cups, glasses, and utensils. Make sure your food and drink are served in clean and dry plates, cups, etc.
- Use boiled or bottled water for brushing teeth and try not to swallow water when you shower.
- When ordering a drink at a restaurant or bar, ask that the original bottle be brought to your table and opened in front of you. Then, you can pour it into a clean, dry glass, or (in the case of soft drinks or beers) drink straight from the bottle if necessary. This minimizes the chance that your drink might be poured into a glass that has just been rinsed in tap water. This also minimizes the chance that your drink can be tampered with drugs.

- Avoid mixed alcoholic drinks (often have juices, water, ice, raw herbs, or other unsafe items mixed in) in favor of beer, wine and soft drinks.
- Avoid fruit drinks unless you are sure they come in a bottle or container from a reputable company, or have been made with well cleaned fruit and have not had water or ice mixed in.

FOOD

As with water, the rule of thumb when dealing with food is to be **100% sure or do not eat it**. Although the change in food and spices alone may cause some minor distress to your stomach in the very beginning, we are primarily concerned with fecal contamination. Food can be contaminated either by unpurified water, fecal matter in the soil, on the hands or beneath the fingernails of the server or eater, or from flies. For this reason, we have **clear rules on what is safe to eat** and what is not.

GENERAL GUIDELINES

- Stick with freshly cooked food that is prepared in front of you and served hot.
- Avoid street food and choose restaurants wisely. The program will provide you with a list of recommendations.
- Favor eating with host families and at the program house. Eating out is the most likely cause of getting sick.
- Avoid food that has been (or may have been) exposed to flies, especially in areas where you have doubts about hygiene and sanitation, or where there are lots of farm animals.
- Wash your hands thoroughly (usually for 15-20 seconds) with soap and water and dry completely, especially before eating and after going to the bathroom. If soap and water are not available, use hand sanitizer.

SALADS, VEGETABLES AND FRUIT

- Avoid salads, uncooked vegetables, and raw fruit, especially in restaurants.
- Avoid lettuce; it is difficult to clean properly.
- If they can be peeled, they can be eaten raw, but make **sure there are no breaks or bruises in the skin**. All others must be soaked in strong iodized water (2-3 times the strength of drinking water) and then rinsed with boiled water before eating.
- Thick skinned fruits like bananas and oranges need not be cleaned, but if eaten without cleansing, care must be taken when peeling to not contaminate the inside fruit with fingers or knives that have encountered the outside skin. Even with thick-skinned fruits, washing with soap and water and then drying thoroughly is probably a good idea, especially with oranges.

MEAT AND EGGS

- **Peel boiled eggs yourself.** Never accept a hard-boiled egg that has already been peeled.
- **Meat** is eaten occasionally by Nepalis and is **safe as long as it is fresh**.

DAIRY

- **Milk** must be heated to boiling point if not pasteurized and **boiled for 10 minutes** if it has come in contact with water.
- Water is often used to thin **yogurt**, making it **potentially unsafe**. However, yogurt prepared by your families in a way that is hygienic is safe to eat. We will also occasionally have yogurt prepared at our program house.
- **Lassi** is a popular drink made from yogurt and unboiled water. It is **not safe**. Safe Lassi can be made at the program house upon request.
- Cheese from Swiss, German, and Dutch-sponsored dairies are okay, but you must **cut off the outside layer** before eating.

- **Ice cream is generally unsafe.** Baskin Robins is available in Kathmandu which is the only safe option we consider.

SWEETS AND PASTRIES

- Are usually exposed to flies. Only safe when they are **freshly cooked and not exposed to flies.**

ACHAR (SAUCES AND RELISHES)

- Only the name brands from India are safe. All others should be avoided. With your families, **eat only achars that have been cooked.**

A note on Food and Staying Healthy: This may seem like a very overwhelming list of rules and precautions to take while in Nepal. However, rest assured, you will be able to enjoy a wide variety of incredibly delicious and new food items during your semester abroad. Food is central to Nepali culture, and we make sure that you get to partake in it!

WHAT TO DO IF YOU GET SICK

If you get sick while in Nepal, please contact the program staff as soon as possible. We will make sure you are well taken care of by program staff, your host families, and medical providers if needed. Emergency phone numbers for program staff are in the back of this handbook. Additional emergency numbers (host family etc.) will be provided to students once in Kathmandu.

PRECAUTIONARY MEASURES FOR STAYING HEALTHY

General health precautions for students in Nepal will be covered thoroughly during the on-site orientation immediately after arrival in Kathmandu. The important thing is to be in control of your own health. Here are the key points to remember for staying healthy:

1. Have a complete physical examination before you go. Be aware of and prevent possible problems. **Let the Office of Study Abroad and International Programs and your program sponsor know if you are on any medications, have any allergies, or any other medical conditions that could possibly require accommodation while you are abroad.** Plan to take adequate supplies of medications and copies of medical prescriptions with you. See the section *Traveling with Medication*.
2. Make sure that your childhood immunizations are complete and up to date. Booster shots for tetanus are required every ten years; it may be time for another.
3. Visit your dentist and have a check-up to ensure that your teeth are in good shape before you leave.
4. Eat well over the break, exercise and get plenty of sleep so that you are rested and fit as you depart, and your body can better fight off disease. Do not exhaust yourself with packing and preparations at the last minute. Plan so that you can make your departure as stress free as possible.
5. On the long flight, bring along a bottle of water and drink plenty of fluids as you travel. Avoid alcoholic beverages. They lead to dehydration. We also recommend that students wear a mask on the flight even through it is no longer required.
6. Follow all guidelines provided by your program about food and drink and personal hygiene. They are making these recommendations for a good reason.

7. Remember that AIDS/HIV infection rates in other regions of the world can be significantly higher than in the US. Practice safe sex, or better yet, abstinence.
8. Beware that use of recreational drugs is illegal in most places and is not permitted under Pitzer College policies. Additionally, the strength and content of drugs overseas are different than what you may find in the US and may be deadly.
9. Follow and adhere to all COVID-19 protocols set by your host institution and host country.

SAFETY

US DEPARTMENT OF STATE TRAVEL SAFETY INFORMATION

<http://travel.state.gov/content/studentsabroad/en.html> contains information on travel documents, health, emergencies, embassies, voting, and security conditions all in one place. Students and parents may find this website very useful when preparing for a study abroad program.

SMART TRAVELER ENROLLMENT PROGRAM (STEP)

<https://step.state.gov/step/> STEP is a free service provided by the US Government to US citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest US embassy or consulate.

The physical address to use to register with STEP is listed on the last page of the student version of this handbook.



STUDENTS WHO ARE US CITIZENS ARE REQUIRED TO REGISTER WITH THE US STATE DEPARTMENT BEFORE LEAVING THE US. STUDENTS WHO ARE CITIZENS OF OTHER COUNTRIES SHOULD CHECK WITH THEIR CONSULATES FOR RECOMMENDATIONS.

SEXUAL HARRASSMENT

You should be aware of your increased vulnerability as a foreigner in an unfamiliar location and culture. Gender relations and expectations will be covered in your on-site orientation. To protect your safety, the following guidelines have been adapted from the Claremont Colleges 7C Violence Prevention and Advocacy Sexual Misconduct Harm Reduction Strategies (<https://www.7csupportandprevention.com/harm-reductionstrategies>).

1. While we emphasize cultural respect and sensitivity on all Pitzer study abroad programs, this should never require that you submit to behaviors that invade your personal boundaries and that make you feel unsafe or uncomfortable. Trust your instincts. If you feel uncomfortable or unsafe about a person or situation, remove yourself from the situation as soon as possible. Never let anyone try to make you feel guilty for leaving a situation you feel uncomfortable in.
2. Be aware of your alcohol intake and/or other drug use. Be aware that alcohol and/or drug use can make you vulnerable to someone who views a drunk or high person as a sexual opportunity or target.
3. Do not leave your drink unattended and do not accept drinks from someone you do not know or trust. If you have left your drink alone, just get a new one.
4. If you do not want to engage in a particular activity, you can tell the other person “NO” clearly and firmly. You do not have to explain or justify your decision(s) about your personal boundaries.
5. Watch out for your friends and ask that they do so for you. A real friend will step in and challenge you if they see you are in

a potentially dangerous situation. Respect them when they do. If a friend seems out of it, is too intoxicated, or is acting out of character, get your friend to a safe place immediately.

6. Do not go somewhere with someone you do not know well. If you do go to a club, bar or party, do so with a group of fellow students, your host brother or sister, or close friends from the host community. Keep an eye on each other. Never, ever accept a ride home with a stranger or someone you just met that evening, and never allow one of your friends to leave with a stranger.

REPORTING AND SUPPORT OPTIONS

If you experience sexual violence while abroad, get yourself to a safe place and consider talking to someone you trust: a friend, host parent, on-site staff, or faculty. Pitzer respects when and if you wish to share what happened. If you feel comfortable to do so, we encourage you to contact your in-country program. They are the best resource to give you support and advise you about next steps including seeking medical care, professional counseling, and legal recourse. They are also usually well-equipped to address the perpetrator or ensure that future students do not have contact with them.

PRIVATE AND CONFIDENTIAL RESOURCES

If you want to talk to someone about what happened or seek help, there are two main types of resources:

Private and Confidential: A private resource includes Pitzer study abroad program staff, and those listed below. If you tell Pitzer program staff or faculty about an instance of sexual violence, they are required by law to tell Pitzer's Title IX Coordinator what you have disclosed. Pitzer's Title IX Coordinator would then reach out to you to ensure you have information about your rights and options, including counseling, academic support, and other measures for your safety and wellbeing. Please note that the highest possible level of privacy and sensitivity to your needs and preferences will be maintained, and whether to speak with the Title IX Coordinator is up to you. You are also free to contact Pitzer's Title IX Coordinator directly to make a report, or to find out more about your options and resources. Reporting to the Title IX Coordinator does not automatically trigger a formal complaint and investigation. The Title IX Coordinator can provide information and support, regardless of whether you wish to make a formal complaint.

PRIVATE Resources at Pitzer

Alyssa-Rae McGinn (she/her/hers)

Interim Title IX Coordinator, Pitzer College

Open Office Hours: Tuesdays 1-2 p.m.

alyssarae@danschorrllc.com 516.382.3043

Study Abroad staff at Pitzer can also help you navigate in-country reporting options and support resources if you do not want to contact your in-country program director. They will also consult with the Title IX Coordinator to ensure you have information about all of your options and resources. During the day, they may be reached at our **office number 909.621.8104**.

Regina Range, Director of Pitzer Programs

regina_range@pitzer.edu

Kebokile Dengu-Zvobgo, Interim Vice President for International Programs,

kebokile_dengu-zvobgo@pitzer.edu,

Jamie Francis, Interim Director for Pitzer Programs and Study Abroad Services,

jamie_francis@pitzer.edu,

24/7 CONFIDENTIAL/Anonymous Resources

You can access help 24 hours a day, 7 days a week without providing your name or any identifying information through these national organizations.

RAINN National Sexual Assault Crisis Hotline

Phone: 800.656.HOPE (800.656.4673)

Online resources and chat support: www.rainn.org

7C CONFIDENTIAL RESOURCES

These resources, available to Pitzer College students or other students enrolled at The Claremont Colleges, will keep your information confidential and will not discuss what you tell them with anyone else.

The EmPOWER Center

The EmPOWER Center Director, Rima Shah, can provide helpful support and information by phone or email if you are outside the United States. If you disclose a sexual assault or certain other crimes that occurred on your study abroad program property or involved study abroad staff or faculty, Rima is required by federal law to provide crime data (without your name or identifying information) to comply with the Clery Act. You may choose to speak with her without disclosing any specific information if this is a concern, or you can ask her more about what information has to be disclosed and to whom.

Rima Shah

EmPOWER Center Director

Phone: 909.607.2689

Email: RShah@scrippscollege.edu

Monsour Counseling

Phone: 909.621.8202

TCCS Chaplains

Phone: 909.621.8685

INSURANCE

HEALTH INSURANCE

Each student is responsible for obtaining a policy that will provide comprehensive health coverage and emergency medical and accident coverage both in the US and abroad for the duration of their program. Students may need to return to the US unexpectedly.

Regardless of what type of insurance you have, you will usually have to pay cash upfront at clinics and hospitals abroad, collect the receipts for all expenses and submit them to your insurance company for reimbursement.

The insurance policy available to you through your school may provide adequate coverage abroad, but it is your responsibility to call the company to discuss the specifics of your study abroad program to ensure that you will indeed be covered.

TRAVEL INSURANCE PROVIDED BY PITZER COLLEGE

Pitzer students and visiting students on Pitzer programs are covered by supplemental travel insurance available through a plan with Zurich. This plan is offered by the Claremont Colleges and coverage is automatic. Students do not need to enroll themselves. This travel insurance is for accident and emergency care overseas and should not be confused with SHIP (Student Health Insurance Program). While this insurance will cover a variety of medical emergencies abroad, it does not cover routine or ongoing medical care/treatment a student may need during their program. For this reason, we strongly advise students to maintain their comprehensive medical insurance in the event they would need to return to the US (or other home country) or need ongoing care/treatment while abroad.

A copy of the insurance letter, plan brochure, ID document and medical claim reimbursement form will be uploaded to your study abroad application portal. Please familiarize yourself with the benefits outlined in the brochure. Non-Pitzer students should check the policy at their home institution regarding medical and accident insurance while abroad.

SAFETY AND EMERGENCY PREPAREDNESS

You can have a major impact on your own health and safety through the decisions you make before and during your semester abroad. The most important assurance of your safety is the consistent application of informed judgment in your day-to-day choices and behaviors. Program staff will provide excellent guidance and accurate information.

SAFETY GUIDELINES

- Reduce risk of robbery or assault by integrating into the local culture as much as possible: spend significant time with your host family; dress, behave and interact in ways that respect local cultural values.

- Do not carry valuables (passport, credit cards, laptops, large sums of money, etc.) with you when you walk around town. If you must carry valuables around with you for certain purposes, be discrete, travel with a group of friends, wear a money belt, take a taxi, etc.
- When you exchange at an ATM, use discretion. Do not, for instance, exchange money and walk away into a mall or street. That will make you a likely target. Try to go with friends and leave in a taxi.
- Do not travel alone, especially after dark, in isolated areas of the city, or when leaving clubs or bars.
- Do not hitch hike.
- If it is getting late at night, and the streets are becoming deserted, take a taxi home, even if you are with friends. If taking a taxi is a financial burden, collect the receipt and Pitzer will reimburse you.
- If you are involved in a robbery, do not risk injury by trying to resist or fight off the perpetrator.
- Always carry a list of emergency phone numbers with you so that you can contact program staff at the office or at home in case of an emergency.
- Avoid areas of the country or your host community not considered safe. Your host family will provide valuable advice in this regard. Program staff will also provide guidelines on this.
- Avoid large crowds, demonstrations, or political rallies. These gatherings can easily turn violent.
- If you do go to a club or bar, do so with a group of fellow students or friends from the host community. Keep an eye on each other. Never, ever accept a ride home with a stranger or someone you just met that evening, and never allow one of your friends to leave with a stranger.
- When ordering drinks, ask for the bottle to be brought to your table. Do not leave drinks unattended. These simple steps will minimize the chance that your drink can be tampered with drugs.
- Refrain from impairing your judgment, and risking assault, robbery, or arrest, with the use of alcohol or illegal drugs.
- Stay in regular contact with program staff when you travel. You must receive permission from the program director for independent (overnight) travel away from your host family. When traveling on an overnight trip or even outside the local area on a long day trip, provide your itinerary and contact information for your destination. Let your host families know of any plans for overnight travel and make a courtesy phone call to your host family once you safely arrive at your destination.
- Enroll in the Smart Traveler Enrollment Program (STEP) at <https://step.state.gov/step/>. Use the program address:

Suryabinayak 2 Balkot -
5/53 Bhaktapur, Nepal

- **The program director will provide additional safety guidelines for you during the on-site orientation. Understand and faithfully follow the program guidelines for health and safety, including guidelines for extreme sports and prohibited activities.**

IN CASE OF AN EMERGENCY AT YOUR PROGRAM SITE

Contact the program staff as soon as possible. You will be given a list of emergency contact numbers during your on-site orientation. There is also emergency contact information that students will be sent by email and uploaded to their study abroad application portal. While you are certainly free to contact your parents and families in any emergency, and indeed you should, please **inform the program staff first** since they can address your concerns immediately. Calling home only delays the process of intervention and may put undue stress on families who feel as though they are unable to help their child abroad.

Pitzer provides supplemental travel insurance, which includes insurance to cover emergency evacuations. In the event of a political crisis or a natural disaster that would necessitate evacuation, the program staff will work closely with the US Embassy and other embassies (if you are not a US citizen) to facilitate your return home.

Provide your contact information abroad to your family and friends. Your family should also be advised to contact the Pitzer College staff members listed in the information our office will provide you before you leave for Nepal.

True emergencies are quite rare. While losing luggage, tickets or even a passport is inconvenient and upsetting, it is not an emergency. Emergencies are situations in which there is an immediate threat to a student's health or safety.

IN CASE OF AN EMERGENCY AT HOME - FAMILY AND FRIENDS

In case of emergency, parents or friends should contact the Office of Study Abroad and International Programs at the number listed below. The Study Abroad staff in Claremont can usually contact students and staff quickly, even when they are away from the program base on study trips. If they call the office number and we are closed, they will be directed to Campus Safety, which has additional contact information on file. Please have them continue down the list until they can speak directly with a member of our staff.

CONTACT INFORMATION IN CLAREMONT

Pitzer College

Office of Study Abroad & International Programs

Mailing address

Phone 909.621.8104

Email studyabroad@pitzer.edu

Office hours

West Hall, Suite Q100
1050 North Mills Avenue
Claremont, CA 91711

Monday through Friday
8 a.m. to noon and 1 p.m. to 5 p.m.
except holidays

Campus Safety for after-hours emergencies
909.621.8170

COMMUNICATIONS

WAYS TO MAKE CONTACT WHILE ABROAD

WhatsApp is commonly used in-country as well as to reach family and friends at home. We recommend that you download the app if you don't already have this on your phone. Students may also communicate in other ways – Email, Skype, FaceTime or calling.

MOBILE PHONES

You may bring your own mobile phone and purchase a local SIM card once in the country. The program will help you get a Nepali SIM card and a small stipend for making calls and texts locally. To do this, you must have your phone unlocked in the US or your home country. There will be Wi-Fi and/or cellular data available in nearly all portions of the program. Cellular data is available in even some of the most remote regions of Nepal today. All host families and the program house supply Wi-Fi.

Pitzer expects all students to use mobile phones in ways that are appropriate and responsible. Cell phones should be turned off (including texting) during classes, program discussion sessions, and study trips when interacting with program staff, faculty, or guest speakers. In addition, students need to learn and practice appropriate mobile phone use in their homestays. We discourage excessive use of phones as it can pull students away from interacting with their hosts and the host culture. This is a unique opportunity to immerse yourself – we suggest you make the most of it!

MAILING AND SHIPPING TO NEPAL

Family and friends may send your mail to the following address:

Pitzer College in Nepal Your name
G.P.O. Box 1846
Kathmandu, NEPAL



PROGRAM ADDRESS

You may use this address for VISA purposes: **Pitzer in Nepal Suryabinayak 2 Balkot - 5/53 Bhaktapur, Nepal**