



हाम्रो पत्रिका

HAMRO PATRIKA VÅR AVIS

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## Kåre Vollan om velgermakt og inkludering

Den 19. november var Kåre Vollan i Norge-Nepal foreningen og fortalte om arbeidet med å utarbeide en ny valgordning i Nepal og også om gjennomføringen av valget i april 2008. Fra 2006 har Kåre Vollan vært rådgiver i Nepal i forbindelse med utarbeidelsen av ny valgordning og for å forberede gjennomføringen av valget på den grunnlovgivende forsamlingen i Nepal.

Vollan samarbeidet med valgkommisjonen. Det var to viktige datoer i denne prosessen. 22. november 2005 inngikk syv-parti alliansen og Maoistene en avtale om at det skulle avholdes valg innenfor rammen av et demokratisk flerparti system. Den 8. november 2006 ble det inngått en seks-punkts avtale der partiene blant annet skulle garantere at nominasjonene av kandidater i listevalget (i et blandingssystem av listevalg og flertallsva) kunne gi en proporsjonal representasjon fra marginaliserte grupper og regioner som blant annet Madhesi, urbefolkningsgrupper, kvinner og Dalits - her menes proporsjonalt i forhold til styrken av gruppene i befolkningen.

Diskusjonene var mange og lange, men til tross for utsettelser og problemer fikk man på plass en valgordning som skulle sørge for representasjon langs følgende dimensjoner: Geografisk (ved at flertallsvalet ble gjennomført i valgkretser og at økonomisk spesielt svake områder fikk representasjon i listevalget også), kjønn, etnisitet



Foto: Manohar Pradhan

(Janajatis), Dalits, Madhesi, og andre som stort sett var høykaste. Med offisielt 99 folkegrupper i Nepal kan vi forstå at det ikke er enkelt å lage en valgordning som kan sikre proporsjonal representasjon til alle. Valgsystemet var todelt: Personvalg i enmannskretser og proporsjonalt listevalg basert på prosentandel av stemmene. Dette betød at velgerne skulle avgjøre to stemmesedler. Vollan mente at valget var blitt avholdt langt på vei korrekt, selv om det i enkelte områder ble påvist alvorlige uregelmessigheter. Omvalg har skjedd i et par områder etter rettsavgjørelser.

Nåværende valgordning er avansert, men svært komplisert. Vollan trodde derfor at valgordningen vil bli revidert og gjort enklere.

Du kan lese mere om dette temaet i Kåre Vollans notat "The System of Representation for the Constituent Assembly Elections in Nepal. An Assessment and suggestions for future elections." Se [www.norge-nepal.no](http://www.norge-nepal.no) pdf fil



Foto: Manohar Pradhan



# Stortingsdelegasjon til Tibet

Den 11. desember holdt Den norske Tibet-komite og Norge-Nepal foreningen felles julemøte om Stortingets delegasjonsreise til Tibet 10. til 18. november 2008. Delegasjonens leder, Olav Gunnar Ballo viste bilder og fortalte levende om inntrykk og erfaringer.

I Beijing la kinserne fram sitt syn på Tibet - at det er en del av Kina. I Tibet var det møter, besøk på en skole og på universitetet, hos en Ayurveda lege, på den nye, flotte jernbanestasjonen i Lhasa (der du må fylle ut helsekjema), og til klostre i

Shigatse og Gyantse. Ballo ble supplert av andre fra delegasjonen (som hadde en representant for hvert parti på Stortinget), og de fortalte om problemer med å komme i kontakt med folk i gatene og også om frustrasjon over at det alltid ble for kort tid til å ta opp kritiske spørsmål med kinserne. På tomannshånd viste flere kinsere større åpenhet om forholdene i Tibet.

En delegasjon fra Tibet er invitert til Norge, blant annet med et besøk til Tromsø for å høre om samenes historie og situasjon.

## Kommende møter

Styret har planlagt to møter etter nyttår:

**Omkring 1. februar: Møte om Bhutan.** David Wright er ansatt i Norges vassdrags- og energidirektorat (NVE) og han vil fortelle fra mange års arbeide med prosjekter i Bhutan. Marit Kleppa og Marit Bakke viser bilder og forteller fra en tur til Bhutan sommeren 2008.

**Punakha Dzong,**

Foto: Marit Bakke



Bhutan

**Etter påsken 2009: Årsmøtet og Mustang.** Dag Norling forteller om Mustang og viser bilder fra en tur høsten 2008.





# Narayanhiti Royal Palace blir museum



**Banneret utenfor Naraynhito Royal Palace.**

Foto: Marit Bakke

Den 29. mai 2008 ble Nepal erklært som republikk. Noen dager senere, den 11. juni, forlot kong Gyanendra Narayanhiti Royal Palace. Den første synlige bekreftelsen på denne begivenheten var at det noen dager senere ble hengt opp et banner på hovedbygningen som vender mot Durbar Marg med teksten Narayanhiti Palace Museum - på Nepali. I oktober hang banneret der fortsatt og soldater holdt vakt både utenfor og innenfor gitteret. Vi venter spent på at dette nye museet skal åpne dørene.



## The new Norwegian Embassy in Kathmandu is finished

“The most beautiful building in Kathmandu” (see Hamro Patrika no. 1, 2006) is now finished. Kristin Jarmund Architects, Statsbygg and the embassy staff can be very proud of the result. The construction has proceeded almost according to plan. The greatest problem occurred when there appeared cracks in some of the houses close to the site because the embassy grounds started to slide. This meant much extra work, including negotiations with the neighbours about compensation.

It is really worth while to visit the new embassy. The sign showing where to take off from the main street between Bagmati River and Patan is the good old one. However, as you walk the street towards the previous embassy entrance, beware of a new sign on the right hand side of the street.

The side street brings you down a little hill, and after five minutes you will see the entrance. Outside the gate friendly guards wish you welcome.

**This way to the Royal Norwegian Embassy.**  
Photo: Marit Bakke



**Outside the embassy gates.**

Photo: Marit Bakke



Inside the gate you pass a visitor's office and enter the court in front of the main building. The materials used are different types of stone, wood and glass.



The entrance seen from the court.

Photo: Marit Bakke



Ambassador Tor Gislesen and Einar Rystad,  
Minister Counsellor - Deputy Head of Mission.

Photo: Marit Bakke

In September 2008, Tore Toreng finished his four years as the Norwegian ambassador in Nepal. The new ambassador is Tor Gislesen and Einar Rystad has been appointed as the Deputy Head of Mission. The Norway-Nepal Association appreciates that Tor Gislesen and Einar Rystad want to continue the good relationship between the Embassy and our association, and we wish them and the rest of the staff all the best in Kathmandu.

*Marit Bakke*



## Radio Sagarmatha - a Community Radio in Nepal



On the left hand side of the road that leads to the new entrance of the Norwegian Embassy in Kathmandu there is a big blue gate with Radio Sagarmatha F.M. painted in big letters.



The gate outside Radio Sagarmatha

Photo: Marit Bakke

Behind the gate there has been hectic activity for more than ten years. Radio Sagarmatha was established in May 1997 as the first independent (non-government) community radio in Nepal, and even in the entire South Asia. It had taken several years of lobbying and hard work to obtain the broadcasting license from the Ministry of Communication. Before they went on the air the journalists themselves erected the towers, using drinking water pipes and driving around Kathmandu on motorbikes with radios to test the transmitting range. Today, the Kathmandu

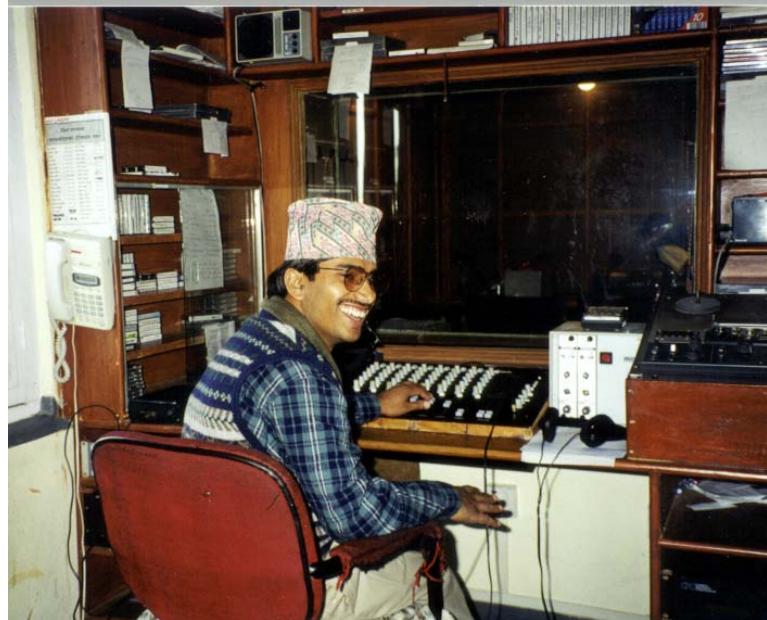
frequency is available in Sindhuli, parts of Chitwan, Dhading, Nuwakot, Rasuwa, Sindupalchowk, Dolakha, Ramechhap, parts of Solukhumbu and Okhaldhunga, Bara, Rautahat and Gorkha. This ensures about 2.5 million regular listeners.

Radio Sagarmatha opened an opportunity for dozens of community FM stations in Nepal as well as in other South Asian countries. Today, there are about 130 government licensed community FM radio stations and 104 commercial ventures in Nepal. A network of community radio stations has been established, and



when programs are relayed and re-broadcasted by these stations, Radio Sagarmatha is available to 10 million listeners.

The community radio stations have become important tools for creating a public sphere for information dissemination and for people's participation in discussions about everyday issues. The program schedule includes News bulletins, Social and Current Affair Programmes, and Music / Entertainment. During the week there are discussion programs about specific issues such as health, water and sanitation, economy, and education. Every evening there is Today's Talk / *Aajaka Kura* - a panel discussion on current affairs. Radio Sagarmatha wants to shape the national agenda and to make an impact on social and political conditions in Nepal. For instance, during the discussions about representation in the Constituent Assembly, it gave voice to Dalits and indigenous communities demanding enhanced political representation. We now know that they succeeded (see page 3 in this issue of *Hamro Patrika*, with the summary of the NNF meeting with Kåre Volland and the link to his report about the



**A Radio Sagarmatha journalist.** Photo: Marit Bakke

system of representation for the Constituent Assembly Elections in Nepal).

Radio Sagarmatha as well as other electronic and printed media have experienced criticism, threats and raids. After the royal coup in 2005, soldiers occupied Radio Sagarmatha to control the news bulletins, and in November that year the police raided the station, seized equipment and took five journalists into custody for allegedly having broadcasted a BBC interview with Prachanda.

Among Radio Sagarmatha's objectives is also to produce a pool of journalists in community broadcasting, and in the late 1990s the Danish Development Agency DANIDA sponsored training courses for Nepalese journalists.

*Marit Bakke*

**(Sources:** [www.radiosagarmatha.org](http://www.radiosagarmatha.org), "10 years on air", *Nepali Times*, Issue # 339, March 9-15, 2007, and personal interview).



**Radio Sagarmatha: studio .**

Photo: Marit Bakke



## 4th Annual Consultative meeting of Patan Academy of Health Sciences (PAHS)

*Hamro Patrika* nr. 1, 2007 included an article about the plans for creating a new medical school in Nepal (PUHS) with the purpose of training doctors who will want to serve poor people who are living in remote rural areas in Nepal.

Much have happened since *Hamro Patrika* wrote about PUHS and reported from the 3rd Annual Consultative Meeting in October 2006. The 3rd Annual Consultative Meeting took place in October 2007, and the Parliament's approval of the PAHS Act in early 2008 was a significant step forward. The name changed from Patan University of Health Sciences (PUHS) to Patan Academy of Health Sciences (PAHS), and was placed administratively within the Department of Health. In July 2008, Dr. Arjun Karki was appointed as the first Vice-Chancellor of PAHS by the Government of Nepal.

It was, therefore, a happy and optimistic group of people from Nepal and foreign countries that met for the 4th Annual Consultative Meeting in Nagarkot October 15-18, 2008. On the agenda were the curriculum for the first 2 1/2 years, faculty for the various disciplines, funding and administrative matters. During the first six months the students will go through an Introductory Block with courses in basic science and in community health. The following

two years the students will study pre-clinical subjects (e.g. Anatomy, Nutrition, Physiology) and also have regular community postings outside Kathmandu.

It is a challenge for PAHS to get a Nepalese senior faculty as required by the Medical Council of Nepal. Therefore, the PAHS team plans to invite faculty from abroad who can both teach specific courses and also serve as mentors for the Nepalese PAHS staff. There is already established contacts with potential volunteers from the United States, Canada, and several European countries, and there has been organized workshops in Problem Based Learning as well as in various medical topics. The next article tells about one of these workshops.

It has proved to be difficult to provide funds for the initial infrastructure development (approx. 1.5 million US dollars). The PAHS team in Nepal has been lobbying the government continuously for funding. The negotiations are promising, but nothing concrete has been decided yet. The PAHS International Advisory Board's Funding Committee is seeking funds from governments, foundations, organizations, companies, and individuals.

In connection with the annual meeting, members of the PAHS International Advisory Board had a



**Meeting with Prime Minister Pushpa Kamal Dahal. From left: Dr. Arjun Karki, the Prime Minister, Dr. Cliff Tabin (USA), Dr. Robert Woppard (Canada).**

Photo: Marit Bakke



**Members of the PAHS International Advisory Board and Nepalese colleagues with Prime Minister Dahal.**

Photo: Vincenzo Pezzino

courtesy meeting with Prime Minister Dahal on October 15th in his residence in Baluwatar. The Prime Minister joined the board's concern for the lack of health care services among poor people in rural districts in Nepal, and he promised that his government would work hard to improve people's living conditions.

Due to the present status regarding faculty and money, the PAHS team has decided to postpone the starting date for the Introductory Block to August 2009, and for the Pre-Clinical and Clinical Blocks to January 2010.

Anyone who is interested to learn more about PAHS and / or want to sponsor equipment, scholarships, etc., or do volunteer work can check: [www.pahs.edu.np](http://www.pahs.edu.np). You can also contact the PAHS Vice-Chancellor Dr. Arjun Karki: [drakarki@pahs.edu.np](mailto:drakarki@pahs.edu.np) or PAHS International Advisory Board member Marit Bakke: [marit.bakke@media.uib.no](mailto:marit.bakke@media.uib.no)

*Marit Bakke*



## Workshops in Nepal by pathologists from Norway

In Nepal, two workshops on fine needle cytology and brain tumor pathology were organized by a team of pathologists from Rikshospitalet University Hospital, Oslo, Norway in collaboration with Departments of Pathology, Patan Hospital along with Patan Academy of Health Sciences (PAHS) and BP Koirala Memorial Cancer Hospital (BPKMCH), Bharatpur in the last week of October 2008.

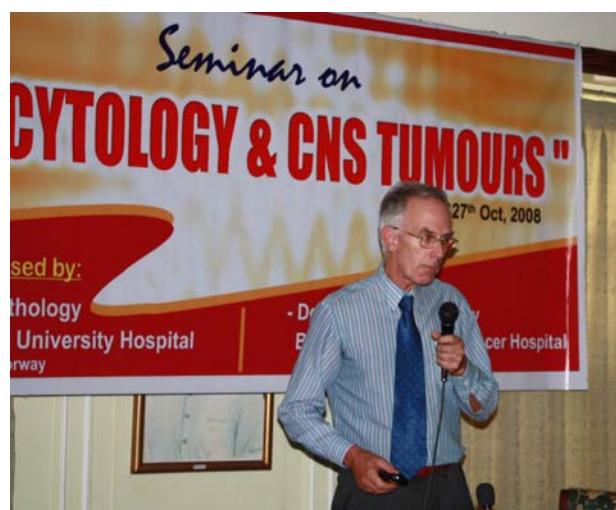


**Pathologists from Norway with Vice-Chancellor of PAHS and the participants at Patan Hospital**

At Patan Hospital, the workshop started after a brief opening ceremony during which Prof. Aasmund Berner as representative for Division of Pathology, Rikshospitalet University Hospital conveyed his warm greetings to PAHS Vice-chancellor Dr. Arjun Karki.

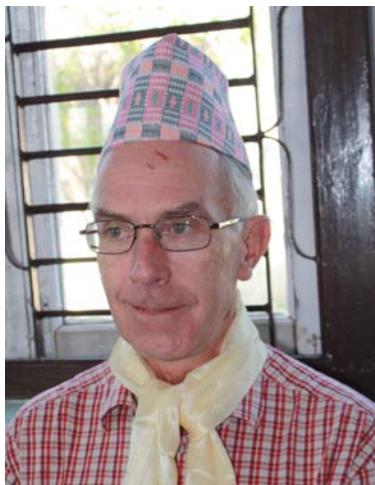
Dr. Bandana Sigdel, Consultant and Head of the Department of Pathology, Patan Hospital welcomed the guests in the workshop and Dr. Rajesh Gongol, the Hospital Director of Patan Hospital spoke on the importance of workshops and continuation of such collaborations in the future. The Vice-chancellor of PAHS thanked the delegates and Rikshospitalet for continuing medical education. Some 35 doctors attended the workshop.

On arrival in Chitwan, Dr. Chin Bahadur Pun, Head, Department of Pathology, BPKMCH warmly welcomed the delegates from Norway and took them to visit the different departments at BPKMCH.



**Prof. Berner at BP Koirala Memorial Cancer Hospital**

Photo: Manohar Pradhan



**Prof. Aasmund Berner, Cytopathologist**

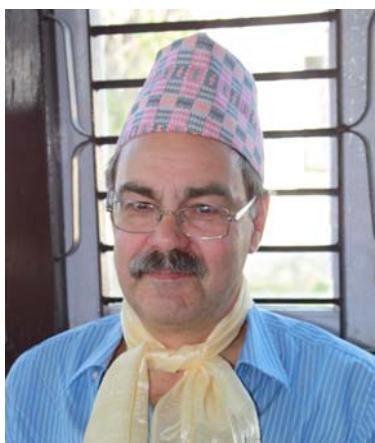
The workshop in BPKMCH was formally inaugurated by Prof. Berner in a traditional way by lighting the lamps (*panas*). In the workshop, the audience, about 140, was a bit different from the audience at Patan Hospital, ranging from pathologists from different hospitals, clinicians and laboratory personnel. Dr. Sadina Shrestha, Pathologist, welcomed the distinguished delegates and participants. Dr CB Pun introduced Department of Pathology, BPKMCH and highlighted the services offered in the department. Executive director of the hospital Dr. Bhaktaman Shrestha appreciated Rikshospitalet and the delegates for organizing such an illuminating workshop.



**Prof. Kari Skulderud, Neuropathologist**

During the workshops, Prof. Berner introduced Division of Pathology, Rikshospitalet University Hospital in Oslo, which is one of the biggest in Northern Europe, and highlighted the fine needle sampling method performed in Rikshospitalet. He also delivered an elegant lecture on challenges which pathologists have to face during the interpretation of thyroid fine needle cytology smears. Prof. Kari Skulderud, an emeritus professor and neuropathologist, spoke on different tumors affecting the nervous system. Dr. Bjørn Risberg emphasized the use of non-aspiration technique in fine needle sampling, telepathology and multiblock technique with illustrations, which can be useful in countries like Nepal to minimize the cost and also to seek the expert opinion from specialists in difficult cases.

Dr. Manohar Pradhan, a Nepalese researcher in the Norwegian Radium Hospital, Rikshospitalet presented interesting fine needle cytology cases and discussed possible differential diagnoses and demonstrated the fine needle sampling technique. He also gave a brief introduction of Norway. Dr. Hari Prasad Dhakal, researcher in the Division of Pathology, the Norwegian Radium Hospital, Rikshospitalet highlighted the importance of collaboration between the Nepalese and Norwegian hospitals.



**Dr. Bjørn Risberg, Senior Pathologist**

The good discussions during the workshops and interactions concluded that fine needle cytology is practical, easy, cheap, and quick to evaluate



**Pathologists from Norway together with staff of Pathology Department, BP Koirala Memorial Cancer Hospital**

the lumps, even in the remote parts of the country. Fine needle sampling does not need to use aspiration and can yield adequate material for evaluation. This was demonstrated during the workshops to show that aspiration is not necessary to yield adequate material for the diagnosis of the lump. These workshops provided an opportunity for Nepalese health professionals related to cytopathology to understand the very importance of such simple technique to diagnose the disease in an efficient manner. The FNS slides prepared in the remote areas by practicing doctors can be referred to cytopathologists for evaluation. This is particularly important in a country like Nepal where cytopathologists are few and patients may have to travel days to reach them. Moreover, the internal organs like liver and lungs can be sampled by using fine needle under ultrasonography or CT guidance. Nepal has many patients with thyroid swelling which is caused by endemic goiter, and this workshop provided a unique opportunity to understand the diagnostic challenges. Moreover, it gave the participants a unique forum to learn from experienced cytopathologists from Norway. Another notable discussion was on the use of digital images of the histopathology slides and cytology smears for

distant consultation to seek expert opinion through emails. Multiblock technique can be used for immunohistochemistry in diagnostics and research. Also, participants felt that they had greater understanding of CNS tumours and the importance of routine histological staining in the diagnosis. Such collaborations in continuing medical education is important to improve the health services in a country like Nepal. These two workshops gave an opportunity for Nepalese doctors involved in diagnostics to share experiences and learn from the vastly experienced experts from Norway. Such workshops and distant consultations with experts benefit both Nepalese patients and professionals by improving diagnostic services. Also, Nepalese hospitals can contribute in the biomedical research through international collaborations.

Moreover, the delegates had an opportunity to observe the wild life in Chitwan National park, natural sceneries in Pokhara and heritage sites like Patan durbar square. The Norwegian group was very impressed with the warm welcome, the grand hospitality and the spectacular nature in Nepal.

*Hari Prasad Dhakal & Manohar Pradhan*



# Gurkha veteranene i England

I mange år har Gurkha soldater som har tjent i den britiske hæren kjempet for å få fast opphold i England. Den 30. september vedtok High Court i London å oppheve restriksjonene på innvandring for denne gruppen. Nedenfor gjengis en kort oppsummering av saken (Kilde: Dewan Rai on [www.neaplitimes.com](http://www.neaplitimes.com), October 1, 2008).

## Gurkhas greet verdict

The decision by the High Court in London, on Tuesday [September 30, 2008], to remove the immigration restrictions on Gurkha veterans who retired before 1997 has been greeted with jubilation by some Gurkha families in Nepal. Others say they will still have to fight discrimination. This decision will benefit about 25,000 Gurkhas who were retired before 1997.

“We are happy with the court verdict as it has recognised those who fought bloody battles for Britain at different fronts in the past,” Jit Bahadur Rai, treasurer of GAESO, told Nepali Times, “but the pension and perks are not at par with British counterparts.”

The Gurkhas served the British Army since 1816 but only those who have retired after 1997, were considered eligible to settle in the UK. Two years back, prime minister Tony Blair had announced Indefinite Leave to Entry (ILE) provisions applying a cutoff date of 1 July, 1997, when their base was moved from Hong Kong to the UK. An ex-Gurkha also has to complete four years of service in the British army to apply for ILE. This decision will now be applicable to those who had retired before 1997 as well.

An estimated 5,000 ex-Gurkhas and their families have already migrated to the UK. The number of

migrants is expected to rise after Tuesday’s decision of the court. The British army pensioners contribute Rs 8 billion to Nepal’s national income, and this is expected to decrease significantly as more and more Gurkhas and their families decide to emigrate. “We are not fighting for right to live in the UK or dual citizenship. We are fighting for equal treatment,” Rai says, “It is up to the government to decide.”

Rai argues that the ex-Gurkhas were forced to migrate due to meager pension they get. The Maoists insurgency could be partly blamed for the migration of British pensioners in the past. “Now the country’s situation is getting better and if they get pension as British counterparts, I don’t think anyone would like to leave the country,” he said.

The campaigners say it was a historic victory of the Gurkhas, which has encouraged them further to fight for equal treatment with British soldiers. Another issue of the discrepancy in pensions for those retired after 1997 and those before also needs to be resolved.

“The fight is not over yet,” said Surendra KC, TU professor who lobbied on behalf of the Gurkhas, “the campaign will continue until all discriminatory provisions on Gurkhas are completely eliminated.”



## What to read?

Andreas Føllesdal, "Federalism, Ethnicity and Human Rights in Nepal". Artikkelen er opprinnelig publisert på [www.nepalnews.com](http://www.nepalnews.com), og den direkte lenken er:

[http://www.nepalnews.com/archive/2008/others/guestcolumn/nov/guest\\_columns\\_06.php](http://www.nepalnews.com/archive/2008/others/guestcolumn/nov/guest_columns_06.php)

Andreas er medlem i Norge-Nepal foreningen og vi takker for tipset.

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At the Department of Geography, University of Bergen, Heidi Bjønnes Larsen has finished the Master thesis *Children of the City. A study of street children in Kathmandu, their social practices and territoriality*. The thesis is based on personal interviews with street children about how they manage their daily life in Kathmandu. Three areas were selected for the study: Indra Chowk, Anamnagar, and Thamel.

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Who is Prachanda? The Indian author Anirban Roy has written the first extensive biography of the first Prime Minister in a republican Nepal. *Prachanda. The Unknown Revolutionary* was published by Mandala Book Point, Kathmandu in August 2008. The book gives an interesting picture of a man who demanded much from himself as well as from his family to reach his own and the Maoist movement's political and social goals.

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Norad har nettopp publisert *Resultatrapport*.

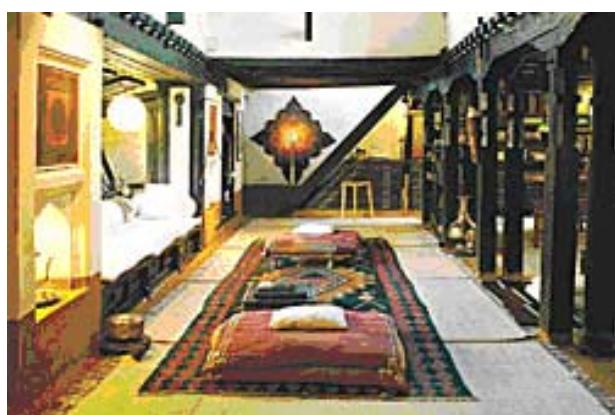
*Veivalg i bistanden: ingen snarveier til resultater*.

I rapportens innledning siteres hovedbudskapet fra Resultatrapporten for 2007 om at bistanden virker, men ikke godt nok. Årets rapport konstaterer at: "Bistand er ikke det kraftigste utstyret i verktøykassa, men den er vårt mest fleksible verktøy for å bidra til at fattige samfunn får plass i den nye verdensordenen som må komme ut av de mange krisenes sammenfall." Les mer ved å laste ned rapporten fra:

[http://www.norad.no/default.asp?FILE=items/13916/38/Norad\\_resultatrapport\\_2008.pdf](http://www.norad.no/default.asp?FILE=items/13916/38/Norad_resultatrapport_2008.pdf)

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The preservation of ancient architecture in Nepal is well known. Less known is how traditional Malla Newar, Tibetan and Rana architecture and decorative styles are being used in the construction of modern public buildings and private homes. Descriptions of 40 historic and new buildings have recently been published in *Kathmandu Valley Style*, a photographic book by Lisa Choegyal, Craig Potton and Gautam SJB Rana.





# Nepals konsulat i Norge er nedlagt

Generalkonsulatet i Norge er lagt ned med virkning fra den 1. november 2008. Det er uvisst om og eventuelt når det gjenopprettes en diplomatisk stasjon for Nepal i Norge.

I mange år har det vært mulig å få ordinært turistvisum ved ankomsten til Tribhuvan flyplassen i Kathmandu. Det anbefales nå å benytte denne muligheten. Ta med to passbilder og penger. Turistvisum koster 25 US dollar for 15 dagers opphold, 40 US dollar for 30 dagers opphold, og 100 US dollar for 90 dagers opphold.

Den norske ambassaden i Kathmandu henviser dessuten til UDs hjemmeside for landinformasjon, reiseråd og øvrig praktisk informasjon om Nepal: <http://www.landsider.no/land/nepal/reise/>

Vi anbefaler alle som reiser til Nepal å registrere seg ved ambassaden, se lenke for skjema:

For turister: <http://www.norway.org.np/NR/rdonlyres/74FC363A-549D-4503-902A-30788B861903/72694/Registreringsskjematurister.doc>

For fastboende: <http://www.norway.org.np/NR/rdonlyres/74FC363A-549D-4503-902A-30788B861903/72696/Registreringsskjemanorskebofaste1.doc>

## Nepals ambassade i London har sideakkreditert Norge:

12 A Kensington Palace Gardens

London W8 4QU

Great Britain

E-mail: [consular@nepembassy.org.uk](mailto:consular@nepembassy.org.uk)

Skjema for visum kan lastes ned fra <http://www.nepembassy.org.uk/images/visaform.pdf>

Nepal har ambassade i Danmark (se *Hamro Patrika*, nr. 1, 2008):

Embassy of Nepal

Svanemollevej 92

2900 Hellerup, Danmark

Tel: + 45 44 44 40 26/35/43

Fax: + 45 44 44 40 27

Email: [embdenmark@gmail.com](mailto:embdenmark@gmail.com)