

## Do's and Don'ts in Nepal

- Doing “*Namaste*” by joining your both palms together is the most common yet a respectable way of greeting to any new or acquaintance you meet in Nepal. This form of respect is very appropriate esp. for women as they can be quite hesitant of shaking hands with the opposite sex.
- Use both your hands while giving or receiving anything as it is a gesture of appreciation and respect. And always use your right hand for everything if you are using one hand.
- In Nepal, the locals are offended if a finger is directly pointed to anything- especially people or religious monuments – always use the flat extended hand to specify anything.
- When entering a home, temple or monastery in Nepal, remember to remove your shoes or slippers as reverence and before taking photos in these places, always ask for permission and try to avoid using flash.
- Nepal is largely a Hindu country with uncountable Hindu temples sprinkled all around so, you should know that some of the temples entrance may be prohibited for non-Hindus – look for signs or ask before entering the temple and also avoid any of the leather products inside the temple as they are strictly prohibited.
- Among Hindus, avoid touching women and holy men. In Nepal, people especially women; do not normally shake hands when they greet one another.
- While walking around any religious monuments, always go clockwise – keeping the monuments to your right side.
- Never touch anything with your feet and try not to step over or point your feet at another person, a sacred place or a hearth. This is considered an offence among Nepalese.
- Public display of love or any intimate physical contact, skimpy clothes or nudity is always frowned upon by the locals. So, walking decent and respecting the view of the people is advised.
- Be careful while buying antiques or any products that are made from endangered animals- it is illegal and if you buy, you will certainly contribute to illegal trading. However if you must buy, go for antique replica from the authorized stores and do not forget a receipt of authenticity when purchasing, as it will be of use while taking it out of the country.
- You will see beggars and children asking for money, never hand them down any money. You may want to give some food but not money as they can spend those money in all the wrong things and it will also encourage them to beg more.

- If you want to donate anything and help, please make sure to do it through a reliable source and also make sure your donations fall in the right place and to those in need.
- Avoid arguing about sensitive matters like religious and political issues. While light conversation may add to the delightful atmosphere, heated discussion may end up leaving you with explosive arguments and bitter feeling.
- Develop a genuine interest to meet and talk to Nepalese people and respect their local customs.
- In Nepal, the locals may not follow much of the dining table etiquettes except in corporate world, but few things to bear in mind:
  1. Never eat with left hand unless you are a lefty. People consider it an uncivilized act to use the left hand for eating.
  2. While drinking water directly from the bottle, maintain a distance between a bottle and your lips.
  3. Wasting food is considered unpleasant so, take only as much as you need. Food is highly worshipped in Nepal.
  4. Most of the common Nepalese use their hands to eat esp. at home and fork, knives and spoons are used only in an exceptional case, so do not get offended if you see anyone eating with hand.
  5. People may or may not like to share the food in the same plate, so, always ask if they mind sharing or eating in the same place.
  6. Take food only as much as you can eat and do not leave anything uneaten over the dish.
  7. It is quite common in Nepal, to lick fingers clean if you like the food. It is kind of approach to appreciate food. Do not get shocked or get offended with the sight.
  8. Never ask about or eat beef in front of Hindus & Buddhist. Beef is strictly prohibited among both Hindus and Buddhists. Cows are sacred in Nepal.
  9. Don't offer food to a Nepalese after tasting it, nor eat from a common pot.
- Nepal is famous for all kinds of hikes and treks. If you plan to go for any short or long trek here, you have to understand that the prices for things like food, drinks or even rooms may get little expensive as you get to the countryside but this is not with an intension of charging any customers with extra money. This is because it actually takes a lot of effort and hard work and also money to reach the stuffs in these destinations. So, bargaining should be avoided as much as possible because when you do that, you not only respect the local people's hard work, you also directly or indirectly contribute to enhance their livelihood.

- Avoid drinking direct tap water and always use sealed bottle water for drinking.
- In the city, respect the quoted price for handicrafts, souvenirs, trekking services and small businesses. It will give the merchants a fair return.
- While going for camping, hiking or trekking, as a civilized human being, please do not litter and help keep the surrounding clean – every one of us like the clean surrounding after all.
- Do not get involved in any illegal matters like: drugs, thieving or physical fights. The laws can be inescapable.
- Avoid walking alone esp. in the dark with your valuables.
- Always insist on using meters in Taxis for fair payment. And if you are being denied of the service or cannot get hold of any taxis, look for traffic police around and ask for help. They will willingly do anything to help you.
- Do go for hiking or trekking as some of the finest trekking trails lie here in Nepal and any trekking enthusiast would agree on this. These are also definitely few of the adventurous things to do in Nepal.
- Try local cuisines. While in Nepal, you will find varieties of local cuisines that are mouth-watering.
- Interact with the locals. Locals here are very tourist-friendly and a cheerful people. Hardly anywhere in the world you will find a country where tourists are loved and respected so much.
- Attend festivals. We know that every other day in Nepal is celebrated with festivals. You will not only enjoy these festivals but it will help you observe local people their life and culture closely.
- The capital city Kathmandu is filled with beautiful UNESCO World Heritage Sites – visit them, it will give you close knowledge and be familiar with interesting history of Nepal.
- Always respect local traditions, customs, values and sentiments attached to it.
- Don't lose your cool. Raising your voice or shouting is seen as extremely bad manners in Nepal. And it only worsens the situation leading you to problems.
- Do get a receipt of authenticity when purchasing an antique replica, otherwise, you will not be allowed to take it out of the country. And don't buy ivory or fur from endangered species, your purchases encourage the trade in such illegal goods, and you won't be allowed to bring them back home anyway.