



Thank you for your interest in our work! Nepalmed e.V. supports medical care and the public health services in Nepal, one of the poorest countries of the world. We assist in educating medical staff; provide specialist literature and material, and support student exchange and volunteer work.

For volunteering in any of the following hospitals please apply to Nepalmed e.V. After checking your application we will place you according to your choice.  
**Students apply via email to Mrs. Burga Marx work.nepal@gmx.de.**

**Hospitals we work with:** (Updated August 2019)

Hospital	Ward	Address and contact	Accommodation
<b>Kathmandu Model Hospital</b>	130 Beds <b>Wards:</b> Internal, Surgery, Gynaecology / Obstetrics <b>Specialists:</b> Orthopaedics, Neurosurgery, Paediatrics, ENT, Ophthalmology, Dentistry  Detailed information about the hospital and the associated organization Public Health Concern Trust (PHECT) Nepal is available at <a href="http://www.phectnepal.org">www.phectnepal.org</a> .	Pradarshani Marg (Exhibition Road), Kathmandu, Nepal, phone 00977-1-4240806, 4240805  Hospital manager: Dr Bharat Pradhan Head of the surgical department: Dr Saroj Dhital  On the first day registration 10.00 o'clock directly in the hospital with Dr. Basant Maharjan	<a href="http://www.universalvolunteers.com">www.universalvolunteers.com</a> approx. 320 US\$ per month (incl. breakfast and dinner) Excellent catering, language course and more: K.P. Maskey, Kathmandu, Tel. 00977 -1 - 470418, E-Mail: <a href="mailto:oneworld33@ntc.net.np">oneworld33@ntc.net.np</a> The house is located in the district Ratopul (= red bridge), near Pashupatinath, between the airport and hospital, approx. 8 minutes by taxi to KMH.  At the tourist quarter Thamel other lodging can be found.
<b>Manmohan Memorial Community Hospital Pharping</b>	<b>Wards:</b> Outpatient clinic, Emergency room (7 beds), Maternity ward (3 beds) Outpatient dental clinic, 1 x per week eye clinic <b>Spectrum of examination:</b> X-ray imaging, ultrasound examination and ECG, gynaecological examinations, delivery. Small surgical procedures.	The rural village of Pharping is 25 km (approx. 1,5 h) from Kathmandu.  <b>Contact person:</b> Dr Ram and Dr Suman  On the first day registration at the <b>Kathmandu Model Hospital</b> with Dr Basant Maharjan	Room in the new building of the hospital approx. 700 NRs/day incl. food  Or contact Naroj Shrestha, <a href="mailto:niroj@pharping.org.np">niroj@pharping.org.np</a> He can set up contact with host families.

<p><b>Kirtipur Hospital</b></p>	<p>100 beds  <b>Wards:</b> Emergency department (8 beds), 24-hour monitoring ward (6 beds), gynaecology + obstetrics (12 beds), general + surgery (8 beds), postoperative monitoring ward (6 beds)</p> <p><b>Plastic surgery department (cleft and burn centre):</b>          Ward (20 beds), Burn Intermediate Care (6 beds), ITS</p> <p><b>Outpatient departments:</b>          gynaecology, general medicine, internal medicine, ENT, paediatrics, surgery, urology, radiology</p>	<p>Devdhoka, Kirtipur Municipality, Kirtipur</p> <p>The village of Kirtipur is located a few kilometres southwest of Kathmandu city centre on a hill behind the Tribhuvan University campus.</p> <p><b>Contact person:</b>          Dr Peru Pradhan (Gynaecology)          Dr Nijina Tamrakar (Internal Medicine/ Geriatrics/Emergency)          Dr Deepak Rajbhandari (Paediatrics)</p> <p>On the first day registration at the <b>Kathmandu Model Hospital</b> with Dr Basant Maharjan</p>	<p>Kirtipur Guest House, approx. 10-15 min, located directly in the old town at the temple Bagh Bairab</p> <p>Guest House          childmedaid@gmail.com, +977 9848119881 or +977 9893730640</p> <p>Buddhist monastery directly behind the hospital phone +977 014331679          Can only be requested on site!</p> <p>Hotel  <a href="http://kirtipurhillside.com">http://kirtipurhillside.com</a> ca 12-25 US \$ / night</p>
<p><b>Tilganga Eye Centre</b></p>	<p><b>Ophthalmology</b>, modern diagnostic and operative possibilities (e.g. for corneal transplantation)</p> <p>Treatment of up to 1500 patients per day possible / approx. 75 operations per week.  <a href="http://www.tilganga.org">http://www.tilganga.org</a></p>	<p>Gaushala, Bagmati Bridge, Kathmandu Tel. 00977-4493684, 4493775</p> <p><b>Contact person:</b>          Mr. Chansi</p>	<p><b>Same as for Kathmandu Model Hospital</b></p>
<p><b>Annapurna Neurological Institute</b></p>	<p><b>Neurosurgery and Neurology</b>          Smaller departments: surgery, urology, gynaecology, orthopaedics, nephrology  <a href="http://annapurnahospitals.com.np">http://annapurnahospitals.com.np</a></p>	<p>Maitighar, Kathmandu          Tel. 00977 – 1- 4256656, 00977- 1-9851144399</p> <p><b>Contact person:</b>          Director: Dr Basant Pant          registration: Dr Samir Acharja</p>	<p><b>Same as for Kathmandu Model Hospital</b></p>

<p><b>Amppipal Hospital</b></p>	<p><b>Basic Medicine and Trauma Surgery</b>          46 beds, outpatient with 55-110 patients daily</p>	<p>Amppipal 8, Gorkha District</p> <p>Amppipal is a small village located in the mountainous region of Nepal in the southwestern part of the district "Gorkha" in province 4 at the foot of the main chain of the Himalaya Mountains. Several hundred thousand inhabitants live in the surrounding area. The hospital is situated on a mountain above the river Chepe, at an altitude of 1,020 m above sea level. Can be reached by bus (approx. 4-8h).</p> <p><b>Contact person:</b>          Head of administration: Babu Ram Giri</p>	<p>Accommodation at the hospital approx. 600 NRs          Since the guesthouse only has a limited number of beds, it is unfortunately not possible to arrive with friends who will not work at the hospital.</p> <p>The house rules of the guesthouse have to be followed!          Night rest from 22.00 o'clock, do your own washing up, ask for any extra service like laundry.          Instructions given by personnel must be followed</p>
<p><b>B.P. Koirala Institute of Health Sciences (BPKIHS)</b></p>	<p>University Hospital 700 beds  <b>Departments:</b> Internal medicine, surgery, paediatrics, obstetrics, gynaecology, psychiatry, health care for mothers and children, orthopaedics, ENT, dermatology, ophthalmology, oral surgery          Tropical ward for patients with tropical and infectious diseases.  <a href="http://www.bпкиhs.edu/">http://www.bпкиhs.edu/</a></p> <p>At present only clinical traineeships in the field of internal / pulmonary medicine, paediatrics, obstetrics / gynaecology, intensive care unit and dental department are possible!</p>	<p>Buddha Road, Dharan 56700          Dharan is about 1h north of Biratnagar. It can be reached by bus (approx. 10h) or domestic flight (45 min) from Kathmandu.</p> <p><b>Contact person:</b>          Prof Dr Narendra Bhatta</p>	<p>Accommodation on the premises of the hospital, approx. 35 US\$/ week.</p>



## 1. What WE need from YOU:

- current postal address,
- filled in and signed Nepalmed e.V. membership application (annual fee for students is 15.00 Euro)
- copy of student identity card
- information about time and duration of the clinical traineeship
- payment of fee: 25,00 € Ampipal, KMH, Kirtipur, Annapurna Neurological Hospital, Tilganga Eye Hospital or BPKIHS Dharan

The money will be used for our projects and has to be paid 3 months in advance. Please note that additional fees will be charged in the hospitals (see point 2)! You will receive a volunteer card and further information on registration.

Since we cannot always collect fees from foreign accounts, students from abroad can use bank transfer (single donation and membership fee) via our website [www.nepalmed.de](http://www.nepalmed.de) using PayPal.

## 2. At the hospital in Nepal:

### **Clothes:**

It's cool in the hospitals. Because of cultural aspects long clothes are mandatory (e.g. shirt, trousers/skirts), doctors coat and stethoscope have to be brought, OT clothes are provided.

### **At the hospital:**

Saturday is free, weekend. The week begins on Sunday. The daily schedule depends on the respective specialist area and usually begins with the morning conference at 8:15 am. You have the opportunity to assist during the operations and to do small things yourself, e.g. abscess splitting. The examination of patients will only be possible to a limited extent, as it is not always appropriate for cultural reasons that a white person touches a member of a certain caste. The doctors will tell you what works and what does not. Please be a cautious.

We would be happy if you can transport donations for the hospitals of about 2-5 kg each, should donations have accumulated.

**We are very happy about a short report or an e-mail from "on site".**

<p><b>Kathmandu Model Hospital Kirtipur Hospital Manmohan Memorial Community Hospital Pharping</b></p> <p><u>If you have an internship in Kirtipur or Pharping, always register at the Kathmandu Model Hospital first and hand in the mentioned documents, then you will be forwarded!</u></p>	<ul style="list-style-type: none"> <li>• 2 Passport photos</li> <li>• Curriculum Vitae (CV)</li> <li>• Letter of Recommendation from your University (every university has forms for it)</li> <li>• Copy of passport</li> <li>• <b>Minimum 2 weeks: US\$ 100</b></li> <li>• <b>4 weeks: US\$ 200</b></li> <li>• <b>Extension: 2 weeks = US\$ 50</b></li> </ul> <p style="text-align: right;"><b>Only to pay in NRPs (the current exchange rate applies)</b></p>
<p><b>Tilganga Eye Hospital</b></p>	<ul style="list-style-type: none"> <li>• 2 Passport photos</li> <li>• Curriculum Vitae (CV)</li> <li>• Letter of Recommendation from your University</li> <li>• Copy of passport</li> <li>• <b>each week: US\$ 50</b></li> </ul>
<p><b>Annapurna Neurological Institute</b></p>	<ul style="list-style-type: none"> <li>• Recent passport-sized photo (taken less than 6 months ago)</li> <li>• Curriculum Vitae (CV)</li> <li>• Elective University application cover letter</li> <li>• Letter of Recommendation from your University</li> <li>• A scanned copy of the University ID card</li> <li>• Copy of passport</li> <li>• <b>2 weeks: US\$ 150, 4 weeks: US\$ 250, 6 weeks: 300 US\$, 8 weeks: 350 US\$</b></li> </ul>
<p><b>Ampipal Hospital</b></p>	<ul style="list-style-type: none"> <li>• 3 Passport photos</li> <li>• Curriculum Vitae (CV)</li> <li>• Letter of Recommendation from your University</li> <li>• Copy of passport</li> <li>• <b>Fee: 100,00 Euro. These are invested in a fund to support the free medical care for the poorest</b></li> <li>• <b>NPR (ca. 10,00 €) for the registration</b></li> </ul>
<p><b>B.P. Koirala Institute of Health Sciences (BPKIHS)</b></p>	<ul style="list-style-type: none"> <li>• 3 Passport photos</li> <li>• Curriculum Vitae (CV)</li> <li>• Letter of Recommendation from your University (every university has forms for it)</li> <li>• Copy of passport</li> <li>• <b>4 weeks: US\$ 300</b></li> <li>• <b>Extension: US\$ 75 / per week</b></li> </ul>



### 3. General Information:

So much can be said here: the work in this very poor country is much more different than one can communicate in an e-mail or telephone call. Therefore the following information is always provided with a certain degree of variability, since often small changes arise, which do not become known quickly or occur arbitrarily. Not everything can be clarified in advance. We try to do as much as possible in preparation, because a stay to work or an internship in such an unimaginably poor and for our western imagination, backward country will be a profound experience. Since the characters of the people are very different, a few general remarks follow. The work in Nepal requires a high degree of flexibility and a willingness to give up one's Western view and with it a bit of arrogance and impatience and to get involved locally. Then it also becomes clear why some things in Nepal and in our NGOs work are done the way they are and not like in, i.e. Germany. The Nepalese usually speak English well and are happy to help. So just ask! The students have been judged by all doctors to be very interested and willing to learn. Remember that you influence the image others have of your country when you are abroad.

#### Visa:

**A tourist visa is sufficient.** Visa are available at the Nepalese Embassy or consulate in your country. You will need two passport size photographs. You can stay a maximum of 150 days per year.

Tourist Visa Fee	ab 17 July 2019
15 Days (Multiple Entry)	USD 30
30 Days (Multiple Entry)	USD 50
90 Days (Multiple Entry)	USD 125
Visa Extension (Within Valid Visa Period)	USD 3 per day
Visa Extension (With Multiple Entry)	Additional USD 25
Visa Extension (After Visa Expiration)	Late fee USD 5 per day

It is not necessary to take US\$ with you.

The passport must still be valid for 6 months. For trekking you might need a trekking permit. These are available in Kathmandu (bring passport sized photograph)



The tourist office in Kathmandu is very informative. If you want to inquire in advance about accommodation and everything from mobile phone card to flight tickets, use the following website <http://www.metroeverest.com> Metro Everest Treks & Exp. P. Ltd. Saatghumti, Thamel, Kathmandu, Contact No. : (+977) 01-4700187 Cell No. : (+977) 9851019046 (24 hrs.) Fax No. : (+977) 01-4700182 E-mail: [info@metroeverest.com](mailto:info@metroeverest.com)  
The adjoining hotel is beautifully situated and inexpensive. [http://www.tripadvisor.de/Hotel\\_Review-g293890-d2476277-Reviews-Metro\\_Eco\\_Hotel-Kathmandu\\_Kathmandu\\_Valley\\_Bagmati\\_Zone\\_Central\\_Region.html](http://www.tripadvisor.de/Hotel_Review-g293890-d2476277-Reviews-Metro_Eco_Hotel-Kathmandu_Kathmandu_Valley_Bagmati_Zone_Central_Region.html)

**The official website of the Nepal Tourism Board is also informative: <https://www.welcomenepal.com>**

In the touristic area of Kathmandu > Thamel you find shops, travel agencies, internet cafes, nice breakfast cafes, book shops etc.. For the Chitwan National Park we recommend the Hotel Parkside in Bhachhauli-Sauraha. It is supported by a friendly German organisation ([kintzl@hotmail.com](mailto:kintzl@hotmail.com)) Tel (Mannheim) 0621-302116. The hostel father, Sher Bahadur Pariyar, is very helpful. (Chitwan) 00977-56-560431 o. 580159, Hotel Parkside in Kathmandu, Thamel Chowk: Tel. 00977 - 1 - 4424826, e-mail: [shernepal@yahoo.com](mailto:shernepal@yahoo.com)

**Food:** European food is available in Thamel. Tasty local food is available at every corner at an affordable price. The best place to eat is where it is freshly prepared and locals eat, no raw salad/fruit/vegetables, everything should be peeled or cooked. Water should definitely be boiled or treated with Romin Germ-free (5 drops per two litres) or Micropur (also based on silver ions), even the water used for brushing your teeth. These remedies are available from the travel supplier or pharmacy.

**The plastic water bottles available everywhere are a considerable environmental problem. Portable water filters such as Grayl <https://grayl.com> are an effective chemical-free alternative.**

**Travel guide:** We recommend Nepal by Ray Hartung <https://www.trescher-verlag.de/reisefuehrer/asien/nepal.html>  
Also recommended in English: Lonely Planet - Nepal <https://www.lonelyplanet.com/nepal>

**Telephone/Internet:** Get a Ncell Sim card in Kathmandu (passport copy and passport photo required). In Ampipal this is currently the most reliable option to have fast Internet.

**Vaccinations:** A complete basic immunization is mandatory, if necessary refreshments of tetanus and other publicly recommended vaccinations (diphtheria, whooping cough, polio, measles, mumps, rubella) are important.

By all means mandatory Hepatitis A and B, typhoid fever (injection).

**Rabies:** 100% fatal disease, 2 million cases in India, vaccination in Asia has the risk of contaminated needles as well as a high risk of neurocomplications, please vaccinate in your home country!

**Japanese encephalitis:** recommended when travelling in rural areas.

**Malaria** - prophylaxis for journeys to Terai (Chitwan - National Park) and India since WHO 2004 is no longer recommended, emergency therapy with Mefloquin (Lariam, in 3% hallucinations, therefore test a tablet beforehand, 1 pack = 8 tablets about 53,- €) or alternatively Malarone, malaria 7-day rule: if travel duration only 7 days, then no prophylaxis, since 7 days incubation period, but symptoms should be recognized.

**Cholera** vaccination DUKORAL: required in Goa when entering from Delhi! India is the mother country of cholera. The vaccination also protects against the "usual" travel diarrhoea caused by EHEC! 2 doses oral, well tolerated, approx. 45,- €.

**Illness:** It is wise to bring your own small travel pharmacy although you can buy nearly anything in Nepal. It is very likely that you will contract diarrhoea. Be sure to drink and eat enough (bananas, porridge, tea with sugar etc.) Ask the doctors at the hospitals in serious cases.



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**Other hospitals:** BIR Hospital near the KMH at Tundikhel, Teaching Hospital, Interplast in Sankhu (northeast of Kathmandu, but still in the valley), Dulikhel Hospital in the east outside the valley.

**Insurances:**

You are insured via the hospital in Nepal. A personal liability insurance is recommended.

**Safety:** In any case of danger please call the embassy of your home country.

**Infos:** [www.nepalnews.com/travel](http://www.nepalnews.com/travel), <https://www.welcomenepal.com>, [www.nepalnow.blog](http://www.nepalnow.blog), [www.nepalmed.de](http://www.nepalmed.de)

**Language:** In Nepal English is a common second language. We highly recommend the "Oxford Handbook for Clinical Medicine", a pocket-sized manual with the most important clinical pictures and examination methods. Costs in Germany approx. 30 €, in Kathmandu approx. 600 Nepalese Rupies.

Ask for explanations, show interest. It takes time for some doctors to "warm up" with one. A few basic knowledge of the Nepalese language are welcome. In the medical field for example something like "Inhale" and "Exhale" or "Does it hurt?". e.g. language book: "Nepali word for word" from Kauderwelschverlag.

Be sure to take enough passport photos and passport copies with you, they are needed at every corner... Self-printed passport photos in the appropriate size are also sufficient.

We hope to have given you some information and look forward to hearing from you.

Arne Drews & Burga Marx