

## NEPAL TRAVEL RISK ASSESSMENT AS AT MARCH 2024

Risk (taken from Smart Traveller)	Risk rating	Procedures to minimise risk	Risk rating with mitigation strategies
<b>Health</b>			
<b>Mosquito borne diseases</b> Malaria is a risk in the Terai (plains) and Hill districts and Chitwan National Park. Consider taking anti-malarial medicine for these areas. Other mosquito-borne diseases occur, including in Kathmandu. These include dengue and Japanese encephalitis.	<b>Moderate</b>	<ul style="list-style-type: none"> <li>- Wear long loose fitting, light coloured clothing.</li> <li>- Use insect repellent</li> <li>- Stay in insect proof accommodation</li> </ul>	<b>Low</b>
<b>Rabies</b> Animals may carry rabies. It's fatal without immediate treatment.	<b>Moderate</b>	<ul style="list-style-type: none"> <li>- Avoid dogs, monkeys and other mammals.</li> <li>- If bitten, immediately wash wound with soap and water and seek urgent medical treatment.</li> <li>- Get vaccinated against rabies</li> </ul>	<b>Low</b>
<b>HIV/AIDS</b> HIV/AIDS is common. Take steps to reduce your risk of exposure to the virus.	<b>Low</b>	<ul style="list-style-type: none"> <li>- Exercise caution around open needles/syringes.</li> </ul>	<b>Low</b>
<b>Waterborne/foodborne diseases</b> Waterborne, foodborne, parasitic and other infectious diseases are common. These include typhoid, cholera and hepatitis.	<b>High</b>	<ul style="list-style-type: none"> <li>- Avoid raw or undercooked food.</li> <li>- Only eat in restaurants with reasonable standards of hygiene as recommended by in country partners.</li> <li>- Drink only boiled or bottled water. Avoid ice in drinks.</li> <li>- Seek medical advice if experiencing fever or diarrhoea.</li> </ul>	<b>Moderate</b>
<b>Air pollution</b> Air quality in Nepal varies, especially in winter. Some town, including Kathmandu, experience high levels of seasonal smog and pollution. Can trigger breathing problems for people with lung issues (e.g. asthmatics)	<b>Low</b>	<ul style="list-style-type: none"> <li>- Wear an air filter mask if concerned</li> </ul>	<b>Low</b>

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<b>Medical care</b> Not all medications are available in country. Medical facilities are limited particularly outside Kathmandu. Treatment at high standard clinics is expensive.	Moderate	<ul style="list-style-type: none"> <li>- Ensure travel insurance will cover the range of activities and locations that Andrew, Ravi and Eva will be travelling to.</li> <li>- Some medical advice and treatment would most likely be available within TLMN.</li> <li>- If requiring regular medication, bring enough for the duration of the trip.</li> </ul>	Low
<b>Safety</b>			
<b>Civic unrest and political tension</b> A small number of incidents involving Improvised Explosive Devices occur annually often associated with political events. These attacks don't usually target travellers but you can get caught up in the violence.  Calls for political protests, strikes and demonstrations sometimes are common. Violent clashes between protesters and authorities can occur. Avoid visiting government buildings during political unrest. During strikes, authorities may enforce curfews at short notice in the areas that protests affect. This happens throughout Nepal.	High	<ul style="list-style-type: none"> <li>- Continue to monitor local news when in country</li> <li>- Avoid areas of unrest where possible.</li> <li>- Follow advice from in country partners</li> <li>- Avoid visiting government buildings during political unrest.</li> </ul>	Moderate
<b>Crime</b> Pickpocketing and petty theft is common, especially: <ul style="list-style-type: none"> <li>- at tourist sites and airports</li> <li>- on buses</li> <li>- from hotel rooms</li> </ul> Bag-snatching and 'snatch-and-grab' attacks by thieves riding motorcycles occur. Victims are often injured.	Moderate	<ul style="list-style-type: none"> <li>- Avoid standing out – this can include wearing inconspicuous clothing, avoid showing expensive valuables in public.</li> <li>- Leave passport in a safe place. Only carry a copy of the main page of your passport. Provide a copy of the main page of your passport to TLMA.</li> <li>- Wear bags that are not easily snatched.</li> <li>- Travel with in country partner staff at all times.</li> <li>- Do not use public transport.</li> </ul>	Low
<b>Violent crime</b> Travellers have been victims of armed robberies and assaults, including sexual assaults.	High	<ul style="list-style-type: none"> <li>- Travel with in country staff at all times</li> <li>- Avoid leaving the accommodation at night</li> <li>- Never leave drinks unattended.</li> </ul>	Low

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<p>Victims of sexual assault often have their drinks 'spiked' before the assault. This happens in popular areas of Kathmandu and Pokhara.</p> <p>Women are at particular risk, especially when alone and at night.</p>			
<p><b>Cyber Crime</b> Personal digital identity theft and TLMA data can be compromised, especially when connecting to WiFi or using public computers</p>	Moderate	<ul style="list-style-type: none"> <li>- Use VPN to access TLMA files</li> <li>- Do not access confidential information over public WiFi networks.</li> </ul>	Low
<p><b>Climate and natural disasters</b> <i>Earthquakes</i> Nepal is in an active earthquake zone. Earthquakes and tremors are common.</p> <p><i>Landslides, floods and avalanches</i> Landslides and floods resulting in deaths occur regularly in Nepal. This happens especially during the monsoon season, from June to September.</p> <p><i>Severe weather</i> Storms and blizzards can occur with little or no warning, especially in the Himalayas.</p>	Moderate	<ul style="list-style-type: none"> <li>- Be prepared with an emergency kit that contains first aid supplies, water treatment tablets or bottled water.</li> <li>- Keep your passport safe in a waterproof location</li> <li>- Monitor local media</li> <li>- Follow Nepal government recommendations and advice of in country partners.</li> <li>- Inform TLMA</li> </ul>	Moderate
<b>Local Laws</b>			
<p><b>Photography</b> It's illegal to take photos or videos of:</p> <ul style="list-style-type: none"> <li>• army barracks</li> <li>• checkpoints</li> <li>• military personnel.</li> </ul> <p><b>Religion</b> It's illegal to convert people from their religion. Punishment can include jail. If authorities suspect you're trying to convert people, you will likely be deported and banned from re-entering Nepal for years.</p>	Low	<ul style="list-style-type: none"> <li>- Abide by all local laws.</li> <li>- Be aware of the environment when taking photos</li> <li>- Follow in country partner advice on discussing Christianity in public.</li> </ul>	Low

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Local Travel			
<p><b>Road travel</b></p> <p>You're more likely to die in a motor vehicle accident in Nepal than in Australia.</p> <p>Driving can be dangerous due to:</p> <ul style="list-style-type: none"> <li>• crowded and poorly maintained roads</li> <li>• poor driving standards</li> <li>• aggressive drivers who ignore traffic laws.</li> </ul> <p>Road travel is dangerous at night, especially in rural areas.</p> <p>Landslides and flooding can damage or block rural roads. This is common during the monsoon season from June to September.</p> <p>Towns or areas are often cut off for days at a time.</p> <p>Road travel can be disrupted due to:</p> <ul style="list-style-type: none"> <li>• demonstrations and strikes</li> <li>• roadworks and infrastructure projects.</li> </ul> <p>Significant delays on major roads within cities and towns, as well as on highways, are common.</p> <p>Open drains and uncovered manholes are a risk to pedestrians and cyclists.</p> <p>Locals often assume foreigners are at fault in car accidents, regardless of the situation. They may demand money. Crowds of onlookers can gather quickly after an accident and may turn hostile. Car accidents resulting in injuries often lead to confrontations and road closures. Violence against drivers also happens.</p>	High	<ul style="list-style-type: none"> <li>- Travel with a driver organised by the in-country partner.</li> <li>- Ensure your travel plans have been shared with TLMA.</li> <li>- Do not travel after dark</li> <li>- Monitor local news regarding road disruptions.</li> <li>- Take alert when walking around town.</li> <li>- Avoid travel on motorcycles.</li> <li>- Minimise travel to projects in monsoon season</li> </ul> <p>Advice from Smart Traveller - If you're involved in a traffic accident and are worried about your safety:</p> <ul style="list-style-type: none"> <li>• stay in your locked vehicle</li> <li>• phone 103 for the Traffic Police</li> <li>• wait for the police.</li> </ul>	Moderate

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<p>Taxis</p> <p>Taxi drivers often refuse to use meters and overcharge travellers.</p> <p>Fuel shortages can make it hard to get local taxis and other forms of transport.</p>	Low	<ul style="list-style-type: none"> <li>- Only use registered taxis. Best to arrange them through the hotel or through registered apps.</li> <li>- Negotiate a fare with the driver before the trip.</li> </ul>	Low
<p>Public transport</p> <p>Travel on public buses and vans is dangerous. These vehicles are overcrowded and poorly maintained.</p> <p>There are frequent accidents with multiple deaths involving intercity buses.</p> <p>Accidents involving private hire cars and jeeps travelling between cities regularly occur and can cause injuries or death.</p>	High	<ul style="list-style-type: none"> <li>- Do not travel on public transport. Use a driver employed by TLMN/NLF or a TLMN/NLF recommended driver.</li> <li>- Travel via registered taxi if a TLMN/NLF driver is not available.</li> </ul>	Low