



# WELCOME TO NEPAL



**ENSURING ALL CHILDREN LEARN:**  
LESSONS ON INCLUSION AND EQUITY FROM THE SOUTH



November 5th-6th, 2019 | Kathmandu, Nepal





# WELCOME MESSAGE



Rajib Timalisina



Sakar Pudasaini

Namaste!

It gives us great pleasure to welcome all of you in Kathmandu, Nepal to the two-day conference of PAL Network! This, now biennial meet, is being jointly hosted by Annual Status of Education Report (ASER) Nepal, Idara-e-Taleem-o-Aagahi (ITA), and the People's Action for Learning (PAL) Network.

This year we have a diverse range of participants. Apart from representation from the 14 PAL Network member countries, we have researchers, civil servants, elected representatives, members of Civil Society Organizations, publishers of children's books, donor agencies etc.

The theme for this year's conference is "Ensuring all children Learn: Lessons on Inclusion and Equity from the South". Many research scholars from across the globe will present papers on the theme. We firmly believe that the presentations made in these 2 days will greatly enrich our experience. We do expect all of us to actively participate in the ensuing discussions and hope that our deliberations revolve around ways of improving the gaps in the field of learning and education of our children, so that it leads to better future for them.

Without change even the rock will be covered in moss and weathered over time until it loses its virtue. Change is an integrally fundamental need of life in that our motivation concurs.

We sincerely hope that all of you will enjoy your stay in Nepal, which is a country of diverse ethnicity, language and culture. Kathmandu, where the conference is being held is also the capital of the country and is also called the City of Temples and city of 7 world heritage sites. We have prepared a booklet to guide you to the various places of interest in Kathmandu. Hope you can catch glimpses of this very interesting city. Do also check out the interesting and colourful handicraft of Nepal in Thamel.

We once again welcome all of you to Kathmandu! Enjoy your stay!

**Rajib Timalisina and Sakar Pudasaini**  
**Co-Directors, ASER Nepal**

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# BEFORE YOU TRAVEL



## What to pack



Autumn (September-November) is probably the best time to visit Nepal. The weather is pleasant, there's no fog in the mountains and this is the peak season for trekking. The temperature in Kathmandu varies from 23C degrees to 8C degrees. You are therefore advised to carry light jacket/sweater/scarves and layers of clothes for the cool evenings. You are also encouraged to pack more conservative clothing for use, especially while visiting local areas. Other useful items to pack would be: hiking shoes.

## Electronics



It is advised to travel with a universal adapter plug to charge your electronics. The voltage in Nepal is 220-240 volts.

## Local currency



Nepal's official currency is Nepalese Rupee (NPR Rs). You can convert your local currency into NPRs before arrival or you can convert US Dollars into NPRs when you arrive at the Tribhuvan International Airport. Although you can withdraw money from international accounts through ATMs, it will not be possible to pay using your international card in most locations. It is therefore advised that you carry some cash with you at all times.

## Getting a SIM Card



It is advised that you buy a simcard on arrival at the Tribhuvan International Airport. When walking out of the baggage hall and through customs you will be able to spot Nepal Telecom and an Ncell shop next to each other. These are the most commonly used service providers in the region. Each SIM Card costs NPR 100 (USD 1).

## How much to bring



Although you will not need to pay for anything during the conference if you have registered, it is advisable to keep 4563 NPR (roughly 40 US dollars) per day for additional meals, transport and shopping for necessities. Other than this, if you wish to shop for traditional items, please do ensure you have enough local currency.

## Safety first



As is the case with most developing countries, visitors are advised to remain vigilant, obtain information about preferred timings to visit certain locations beforehand, and heed warnings. It's also prudent to carry valuables inconspicuously and divide cash into two to three portions and keep them separately.

# ARRIVAL



## **PAL Network Sponsored (Members and Contributors):**

Upon arrival in Tribhuvan International Airport, you will be met by a cab driver from Aloft Kathmandu Thamel Hotel. The driver will have your name printed on a placard, kindly accompany them to the car and experience your first beautiful ride in Nepal.

**WE ARE EXCITED TO  
WELCOME YOU  
TO NEPAL !**



## **Self-Sponsored (Presenters and Participants):**

Before your arrival to Tribhuvan International Airport, it is advisable for you to reach out to your hotel to confirm your arrival and request for your airport pickup. In case your hotel does not provide complimentary hotel pick, you can bargain for a taxi outside the airport at a cost of \$5 alternatively, you can pre-book one [here](#).



# EMERGENCY

## CONTACT INFORMATION



If you need to contact a member of the organizing committee during or in advance of the meeting, please do not hesitate to WhatsApp or e-mail us:



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Other than this, please keep the following emergency contact list with you at all times:

Contact Number	Institute
<b>100</b>	Nepal Police Emergency
<b>1130</b>	Nepal Red Cross Hotline Service
<b>1144</b>	Nepal Police - Tourist Police Toll Free Number
<b>101</b>	Fire Brigade
<b>102</b>	Ambulance

# ACCOMMODATION



You will be staying at [Aloft Kathmandu Thamel Hotel](#) in Kathmandu. Situated in the heart of the bustling capital, Aloft Kathmandu Thamel will appeal to guests looking to unwind, explore and experience the true essence of Nepal.



Hotel Website:

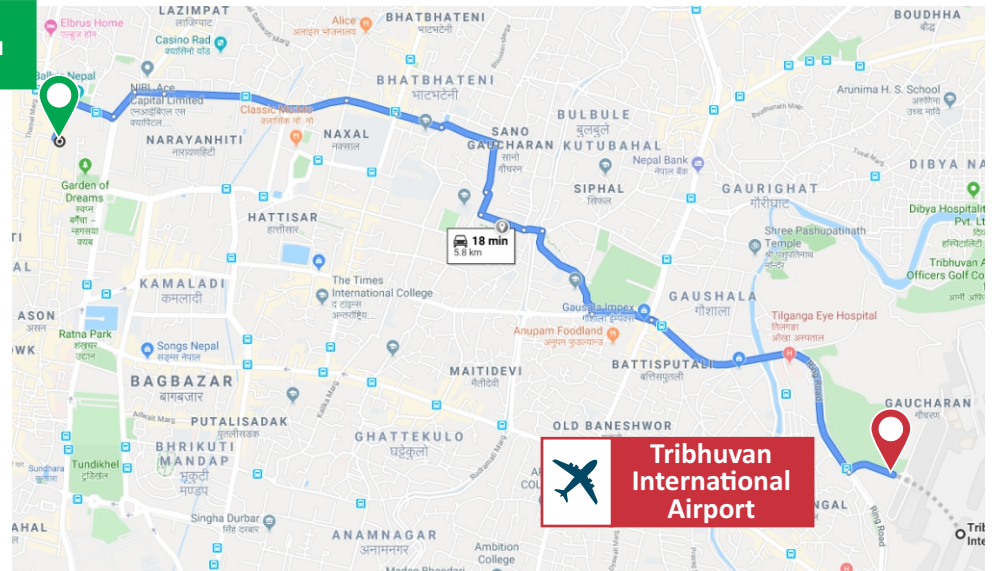


[bit.ly/2q10dPn](https://bit.ly/2q10dPn)

Hotel Location:



[bit.ly/2p0Fk1z](https://bit.ly/2p0Fk1z)



Thamel is considered the tourist heaven, just minutes away from UNSECO heritage sites it truly is an epicenter of entertainment & glamour blending local and global experience.

Aloft Kathmandu Hotel boasts of fresh, purposeful environments and vibrant spaces that bring people together. Located in Chhaya Devi Complex, the hotel is surrounded with more than 200 retail outlets, movie hall, beauty salon, spa centre, multiple restaurants, night club, casino, 350 vehicle parking space and many more for guests to indulge.

You can reach the hotel at +977-1-5252111 or +977-1-5252000 or contact Ms. Rimpee Bajracharya ([rimpee.bajracharya2@marriott.com](mailto:rimpee.bajracharya2@marriott.com)), for queries related to your stay. Ms. Rimpee is a contact person from Aloft Hotel for PAL Network conference.





# PROGRAM OUTLINE



## DAY 1

PAL Network Research Conference 5 <sup>th</sup> November 2019			
9:00 am – 11:00 am	<b>Inaugural Session: (Sankalan Hall)</b>		
11:00 am – 11:30 am	Coffee and Networking		Media Interviews
	<b>Parallel sessions</b>		
11:30 am- 1:00 pm	Session 1A: (Sankalan Hall)	Session 1B: (Tactic 1 Hall)	Session 1C: (Tactic 2 Hall)
1:00 pm - 2:00 pm	Lunch and Networking		
	<b>Parallel sessions</b>		
2:00 pm- 3:30 pm	Session 2A: (Sankalan Hall)	Session 2B: (Tactic 1 Hall)	Session 2C: (Tactic 2 Hall)
3:30 pm-5:00 pm	<b>Plenary Panel # 1: (Sankalan Hall)</b>		
5:00 pm - 6:00 pm	Coffee, Networking and Walk around Learning Marketplace		
7:00 pm - 9:30 pm	Networking, Dinner Reception & Cultural performance		

## DAY 2

PAL Network Research Conference 6 <sup>th</sup> November 2019			
9:00 am – 10:00 am	<b>Keynote Session: (Sankalan Hall)</b>		
	<b>Parallel sessions</b>		
10:00 am- 11:30 am	Session 3A: (Sankalan Hall)	Session 3B: (Tactic Hall 1)	Session 3C: (Tactic Hall 1)
	11:30 am - 12:00 noon Coffee and Networking		
	<b>Parallel sessions</b>		
12noon- 1:30 pm	Session 4A: (Sankalan Hall)	Session 4B: (Tactic Hall 1)	Session 4C: (Tactic Hall 2)
	1:30 pm - 2:30 pm Lunch and Networking		
	<b>Parallel sessions</b>		
2:30 pm- 4:00 pm	Session 5A: (Sankalan Hall)	Session 5B: (Tactic Hall 1)	
4:00 pm- 5:00 pm	<b>Plenary Panel # 2: (Sankalan Hall)</b>		
5:00 pm - 6:00 pm	Coffee, Networking and Walk around Learning Marketplace		

# DINNER

## Dinner Event for 5th November 2019

**Event:** Traditional Nepali cuisine along with multicultural program

**Venue:** Bhojan Griha, Dillibazar Kathmandu

**Timing:** 7:00 PM -9:30 PM

6:40 PM: - Delegates will be picked up from Aloft hotel pre lobby

7:00 PM: - Dinner starts along with cultural program

9:00 PM – 9:30PM- Pick up from Bhojan Griha parking lot to Aloft Hotel.





# SIGHTSEEING

## RECOMMENDATIONS

### Boudhanath Stupa

Built in the 14th century, the Boudhanath Stupa is the largest Buddhist stupa in Nepal and is considered one of the most sacred places for Buddhists. The giant Buddha eyes on the top of the stupa and the colorful prayer flags make it one eye-arresting frame. The stupa was hit by the earthquake in 2015 but was later restored and opened to visitors just eighteen months after the earthquake.

**Location:**

**Timings:** One day pass

**Ticket Price:** NPR 400



### Swayambhunath Temple

Most commonly known as the monkey temple, the Swayambhunath temple is one of the major landmarks of Kathmandu city. Located on a hilltop, this holy shrine flaunts an imposing white stupa with fascinating Buddha eyes and a shimmering golden spire. One of the most popular sites in the city, the Swayambhunath temple also offers breathtaking views of the Kathmandu valley. The name "Swayambhu", means "Self-Created" and legend says the religious site came into existence more than 2,000 years ago when the valley was created out of a primeval lake.

**Location:** Northern Side of Kathmandu

**Timings:** No time restrictions

**Entry:** NPR 200 (USD 2)



### **Asan Market**

Asan (also spelled Ason) is an old bazaar in central Kathmandu that's as famous for its amazing old temples and buildings as the trinkets, spices and clothing available here. Its history is long and dates back to when Kathmandu was an important hub on the India-Tibet trade route. It can get very busy at Asan, but it's worth taking some time to meander through the crowds.

**Location:** Kathmandu

**Timings:** No time restriction

**Entry:** Free

### **Garden of Dreams**

Garden of Dreams is neo classical 100 years old garden and is located in the eastern side of the conference venue and can be reached within 5 minutes walk. This garden is one of the most beautiful enclaves within Kathmandu. You will be able to see gardens, fountains and pond inside the garden. You can sit, relax and enjoy reading a book while sunbathing. You can also buy a souvenir (T-shirt or post cards) near by the counter.

**Location:** Thamel, Kathmandu

**Timings:** 9:00 AM- 10:00 PM

**Free Entry:** NPR 400 (USD 4)



## Patan

Located 5 km south of the capital city in the Kathmandu valley, Patan is traditionally known as Lalitpur (City of Beauty). The locals also call Patan by its Newari name. Yala Patan is apparently the oldest town in the valley, flaunting the finest collection of temples, palaces and monuments. The intricate details of the Newari Architectures, the large courtyard of the palace, the wood, and stone carvings in the temples are simply jaw-dropping. A visit to Patan is absolutely mandatory for first time visitors. It is nothing less than an architectural treasure.

**Location:** Southern side of Kathmandu

**Timings:** 9:00 AM-5:00 PM

**Entry:** NPR 1000 (USD 10) Kathmandu Durbar Square



## Kathmandu Durbar

Kathmandu Durbar square is one of the UNESCO world heritage sites of Nepal and also main tourist hub of Nepal. It is located within few minutes of walk from the conference venue at Thamel. There is also an old and traditional architectural royal palace built by the King during 1770s. There are different hindu and Buddhist temples around this area. Within the periphery of Kathmandu durbar square are market places for best for shopping and touring.

**Location:** Central Kathmandu

**Timings:** 10:30 AM – 3:00 PM

**Entry:** NPR 1000 (USD 10)



### **Nagarkot**

Nagarakot is a village located at 32 KM far from central Kathmandu. This place is famous for trekking, hiking and watching beautiful sunrise and scenic view of mountain range including Mount Everest (Sagarmatha). If you are staying couple of days more in Kathmandu, going to Nagarkot, staying a night in a hotel and watching a beautiful sunrise next morning is advisable.

**Location:** Southern side of  
kathmandu

**Timings:** 9:00 AM-5:00 PM

**Entry:** NPR 1000 (USD 10)Kathmandu  
Durbar Square



## Location and Bazaars

### Mahaguthilf

you are looking for a place to buy some souvenirs from Nepal, Mahaguthi is the best place to shop. There are varieties of hand made goods starting from Jewelry, paper goods, ceramics, and handmade clothes and other wears from Nepal.



### Kalimati Market

The Kalimati Market is less of a tourist experience and more of a local, wholesale market that sells everything from marigold garlands to dried chilies. Travelers who are particularly interested in food and fresh produce will enjoy a stroll through the busy market, checking out the raw ingredients that go into many meals served in the city's restaurants.

### Civil Mall

Civil Mall is a combination of shopping and entertainment that matches world standards. Promoted by Nepal's most experienced realtors, it has pioneered the retail revolution in the country and brought about a paradigm shift by redefining shopping, recreation and leisure experiences since 2010.



### Bhat-Bhateni

Bhat-Bhateni is Nepal's leading supermarket and departmental store chain, spread out in Kathmandu the capital city and economic hub and in all major cities around the country. Bhat-Bhateni is one of Nepal's most trusted brands and sees a daily footfall of over 100,000 patrons.

# IMPORTANT INFORMATION

## CULTURE TRIP

### Important Information- Culture Trip

Be prepared for queues at the airport

While it's possible to obtain a Nepal visa from an embassy before you arrive in Nepal, most visitors simply get one on arrival at Kathmandu's Tribhuvan International Airport. And that's fine, but it's not a big airport. Expect to queue for a long time – first, to pay your fee and then, to actually receive the visa and have it stamped into your passport. Bring along a pen, a couple of passport-sized photos and the correct money in a major foreign currency to help speed things along.

### You can't take money out of the country

While exchanging your money in Nepal is totally fine, be sure to exchange all of your Nepalese Rupees back to your own currency before you leave. It's actually illegal to take the currency out of the country, and Nepalese Rupees aren't accepted (or exchanged) anywhere else.

### Food, water and alcohol

Please keep in mind that tap water is not drinking water in Nepal and you are advised to drink only bottled mineral water. The food is exceptionally good, influenced by its Indian and Tibetan neighbors, Nepalese cuisine is rich in flavor, aroma, and basically absolutely delicious. If you're craving a taste of home, the restaurants in Thamel are set up to cater for travelers, and you'll find plenty of familiar meals. If you are looking for a place to hang out in the evenings, there are some known and famous bars such as Sam's bar, Purple Haze and Raggae bar around Thamel. You can also buy alcohol from the liquor shop in the city. Payment is by cash as cards may not work in some stores.

### Be aware of power outages

Power outages occur almost on a daily basis. Most big hotels, hostels and restaurants operate using a backup generator, so you may not have any issues, but it's worth making sure you plan charging your gear (especially cameras) around the blackouts just in case. A flashlight is also advisable in case blackouts extend to darker hours.



### Avoid fake tourist guides

Keep an eye out for over-friendly locals at popular tourist spots around Kathmandu, like the Durbar Squares, Pashupatinath, and Swayambhunath and Boudhanath Stupas, who approach you and begin sharing the history of the site. Often these are unofficial touts, and once they've finished your "tour", they'll demand money for their time. In short, if someone approaches you and begins to lecture you about the place you're at, politely cut them off and ask how much their tour is going to cost you.

### Be aware of temple customs

Nepal is a deeply spiritual and religious country. When visiting its holy sites and temples, it's important to take note of a few basic customs to show your respect:

- Always navigate clockwise around temples - and yes, that means walk around the temple again to get to something behind you, if needed.
- Always remove your shoes when entering temples or a local's home. Shoes are considered the most degrading form of clothing, so this is an important one. If you are visiting Hindu temples, you are advised not to wear leather belts.
- Some temples are only accessible to those who follow Hinduism or Buddhism. Make sure you read the signage before you go ahead and walk in.
- Always check if it's alright to take photographs inside temples - this is generally sacred ground, and while some will allow it, others will ask you to put your camera away.
- Keep your displays of affection to a minimum, and keep your voice down.

### Don't forget to bargain- But always be respectful

Bargaining is a totally normal, and expected, part of life in Nepal - as long as it's done with respect. If you're after a specific item, walk around a few market stalls and gauge what the general asking price for the item, before negotiating with the one you'd like. Nepal is a respect-based culture, so be sure to remain courteous and friendly, and always keep.

### Carry photocopies of all your documents

Make sure that you carry all necessary travel and identification documents and bring as many photocopies as you can.

For further information about Nepal visit: <https://www.worldtravelguide.net>





# COMMUNICATION GUIDE FOR 2019 CONFERENCE



Please follow us on our social media handles

YouTube



PAL Network

Twitter



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Instagram



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PAL Network

## 2019 Conference hashtags

**Main hashtag**     ***#PALConf2019***

**Other hashtag**     ***#LearningForAll***

## COMMUNICATION GUIDELINES

1. Please tweet about the PAL conference and tag PAL Network on all of your posts- we will retweet you .
2. Remember to share up to 30 second videos of the 2019 PAL Conference sessions on your social media handles and tag PAL Network.
3. Visit the PAL Network booth for a photo, please leave your comment and drop a business card before you leave, we want to stay connected to you after the event .
4. We will ask for your feedback through slido.com on the day of the conference, please share both positive and negative and what needs to be improved after every session with us. Questions are also allowed.
5. Please remember to share all images you capture with us during and after the conference. You can email the photos to [conference@palnetwork.org](mailto:conference@palnetwork.org)



# ENSURING ALL CHILDREN LEARN: LESSONS ON INCLUSION AND EQUITY FROM THE SOUTH



November 5th-6th, 2019 | Kathmandu, Nepal



[palnetwork.org/conference](http://palnetwork.org/conference)

   [palnetworkHQ](https://www.palnetwork.org)