

The 2019 SUN Movement Global Gathering

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LOGISTICS NOTE 1

4 – 7 November 2019

Dear participant,

In this note you will find all the key information needed for planning your journey to the 2019 SUN Movement Global Gathering (SUNGG19). We will share a second note with more details, related to your arrival and stay in Nepal, a few weeks prior to your travel to Kathmandu.

Should you wish to contact us, please email us at: sungg19@scalingupnutrition.org. You will also find up-to-date information at: scalingupnutrition.org/sungg2019.

We look forward to welcoming you to Kathmandu!

The SUN Movement Secretariat

Registration

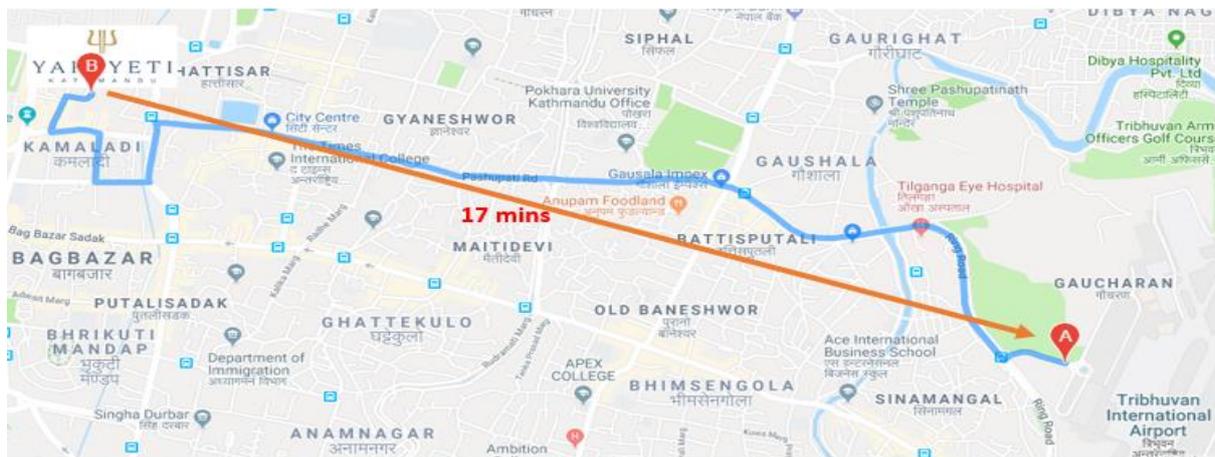
We will be sending the invite to register for the 2019 SUN Movement Global Gathering throughout the first week of October. **We urge all participants to fill in the registration form as soon as they receive the email**, since you will not be able to enter the Global Gathering venue without registering beforehand. The registration link will also allow to book pre-selected hotels in Kathmandu, as well as register to attend the plenaries, workshops, and other events of your choice during the Global Gathering.

Venue

Lal Durbar Convention Centre, Hotel Yak & Yeti

Paryatak Marg, Durbar Marg
Ward no. 1, Kathmandu District
Province 3, Nepal

Hotel Yak & Yeti is a five-star hotel, centrally located in Kathmandu, with easy access to and from Tribhuvan International Airport. More information: <https://www.yakandyeti.com/>



Entry visa

To enter Nepal, obtaining a tourist visa is required for most foreign nationals.¹ The visa issuance is enabled on arrival at the Tribhuvan International Airport. However, **if possible, we strongly recommend that participants apply for a visa before traveling to Nepal** to avoid delays upon entry, since November is Nepal's peak tourist season.

Please note! The nationals of the following countries: Afghanistan, Cameroon, Eswatini, Ethiopia, Ghana, Liberia, Nigeria, Somalia and Zimbabwe require a **special visa procedure**. The SUN Movement Secretariat is already contacting participants who are nationals of these countries to request copies of their passports. This information will be transferred to the Immigration Department of Nepal to allow them to obtain a visa on arrival.

All other nationalities have the following options:

A. Obtain a visa upon arrival:

Fill in the **visa application form online before departure** by accessing the following link: <http://online.nepalimmigration.gov.np/tourist-visa>. When you have completed this form, submit it to the **Immigration Department**, after which you will be given a receipt with a bar code that you will need to print and bring along with you to Nepal. **Note that this code will only be valid for 15 days prior to arrival in Nepal.**

¹ Note that Indian nationals do not require a visa to enter Nepal.

While a visa application form can also be filled in upon arrival at Tribhuvan International Airport in Kathmandu, but having the form ready will help speed up the visa processing upon arrival.

Additionally, the online visa application form (alongside the invitation letter sent you by the SUN Movement Secretariat) could help with any immigration processing questions that participants may encounter at their departing or transit airports.

On arrival visa fee costs are as follows:

15 days – 30 USD

30 days – 50 USD

90 days – 125 USD

We strongly advise you to carry the exact amount of USD with you to pay for the visa in cash. An exchange office can also be found at the airport, next to the visa application facility.

SUN Movement Global Gathering participants will have designated lines for visa processing upon arrival at the Tribhuvan International Airport. Nevertheless, please be aware that the airport is small, and one can expect long lines.

B. Obtain a visa prior to arrival:

Nepal has a range of diplomatic missions around the world. Should you reside in a country with a Nepalese embassy, mission or consulate, we encourage you to obtain your visa from there **before** you travel to Nepal. Note that processing a Nepal visa can take up to 10 working days. But this will save you time at the airport on arrival.

SUN countries with a Nepalese diplomatic mission

Bangladesh (Dhaka)

Costa Rica (San José)

Myanmar (Yangon)

Pakistan (Islamabad)

Sri Lanka (Colombo)

A Nepalese embassy/consulate can also be found in New Delhi and Calcutta, India.

Other countries with a Nepalese diplomatic mission

Australia (Canberra)

Austria (Vienna)

Bahrain (Manama)

Belgium (Brussels)

Brazil (Brasilia)

Canada (Ottawa)

Denmark (Copenhagen)

Egypt (Cairo)

France (Paris)

Germany (Berlin)

Israel (Tel Aviv)

Japan (Tokyo)

Kuwait (Kuwait City)

Malaysia (Kuala Lumpur)

Oman (Muscat)

Qatar (Doha)

Russia (Moscow)

Saudi Arabia (Riyadh, Jeddah)

South Africa (Pretoria)

South Korea (Seoul)

Switzerland (Geneva)

Thailand (Bangkok)

United Arab Emirates (Abu Dhabi)

United Kingdom (London)

Contact for all visa-related issues in Nepal

Mr. Yagya Aryal, Tel: +9779851135759

Mr. Ayush Karki, Tel: +9779841558942

Contact email: sungg2019@npc.gov.np

A few key things to note:

- Each participant is responsible for covering the cost of the visa to Nepal.
- Your passport must be valid for at least six months following the day you enter Nepal;
- You need to bring a copy of your hotel reservation for the duration of the stay in Kathmandu (containing the applicant's name).
- Please bring a copy of your roundtrip ticket or detailed itinerary for your trip (with the applicant's name on said ticket or itinerary).
- Upon arrival in Nepal, each participant is required to fill in an 'arrival card' – for immigration control. These cards are usually distributed on planes, and can also be found in the arrival hall, before you enter the immigration zone.
- All SUNGG19 participants will receive (or have already received) a personalised invitation letter to support your visa application and to board your flight from country of departure. Should your attendance be sponsored, we strongly encourage you to request your sponsor to provide written confirmation of financial support for your travel, accommodation and daily subsistence allowance (DSA) to help expedite the visa process.
- **All participants are reminded to carry a copy of their invitation letter in their hand luggage (alongside the visa application form) for immigration purposes.**

For more details, please go to the Nepal Immigration Department website, which outlines visa requirements and process: <http://www.nepalimmigration.gov.np/page/tourist-visa>. To prevent last minute delays and complications, we strongly recommend that all participants get acquainted with the appropriate visa procedures.

Health and safety in Nepal

- Each participant will be asked to submit a health declaration, upon arrival at Tribhuvan International Airport. This will be available in English, French and Spanish and can be found at the health desk, immediately as you enter the arrivals hall.
- Note that SUNGG19 participants may be asked for a valid yellow fever vaccination, especially those who reside in Africa and Latin America and the Caribbean.² For participants traveling from these SUN countries, **a copy of the International Certificate of Vaccination (ICV) for yellow fever must be attached to your visa application.**
- **Your vaccination booklet will be checked at the airport in Kathmandu, so make sure this booklet is in your hand luggage, to facilitate this control upon arrival.**

² A valid yellow fever certificate is required for travelers who reside in the following countries: Africa: Angola, Benin, Burkina Faso, Burundi, Cameroon, Central African Republic, Chad, Congo, Côte d'Ivoire, Democratic Republic of the Congo, Equatorial Guinea, Ethiopia, Gabon, the Gambia, Ghana, Guinea, Guinea-Bissau, Kenya, Liberia, Mali, Mauritania, Niger, Nigeria, Senegal, Sierra Leone, South Sudan, Sudan, Togo, and Uganda; Latin America and the Caribbean: Argentina, Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Panama, Paraguay, Peru, Suriname, Trinidad and Tobago (Trinidad only), and Venezuela (Bolivarian Republic of).

- Nepal has put in place a range of measures to prevent the outbreak and spread of the Ebola Virus. To this end, a voluntary reporting system will be put in place at the health desk, upon arrival at Tribhuvan International Airport, to measure temperatures of participants, in line with the requirements by Nepal WHO Office and the Ministry of Health of Nepal.
- If travelling with prescription medicine, please carry such medication in the original packaging, along with your doctor's prescription, which you may be asked to show.
- If possible, participants are advised to buy a travel medical insurance plan prior to departure.

We wish to remind you that you are responsible for any travel, medical, accidental death, life or other insurance during your journey and stay in Nepal.

Traveling to Nepal

To help ensure a smooth registration process and to enable ample time for all countries to set up their Global Village stands, you are requested to arrive in Kathmandu before the start of your official activities. **In planning your travel dates, please consult the SUNGG programme – including the programme of preparatory events on 4 November – to ensure that you arrive in good time.**

If you require assistance or clarification, please contact sungg19@scalingupnutrition.org.

To register for the Global Gathering, you will need to submit your travel details. To this end, we invite you to start making your booking to Kathmandu (Tribhuvan International Airport), as soon as possible. Please note that participants are responsible for making their own travel arrangements to Kathmandu – except for those sponsored by the SUN Movement Secretariat.

Hotels

Special rates have been negotiated by the SUN Movement Secretariat for SUNGG19 participants in different partner hotels. Rates are per room, per night, including VAT, for single occupancy, including breakfast and internet access. Please note that, in some cases, the star rating of each hotel may not necessarily be indicative of their quality.

The SUNGG19 registration platform will allow for you to pick the hotel that suits you best, and pay for your stay, directly, subject to availability. **Note that you are responsible for making your own reservation in this registration platform, as soon as you receive it, and that the SUN Movement Secretariat cannot take responsibility for any hotel reservation, deposit or payment issue.** We will not be able to ensure any hotel block bookings after **9 October 2019**.

Airport-hotel transfers

More information will be shared regarding transfers to and from the partner hotels and the 2019 SUN Movement Global Gathering venue (Hotel Yak & Yeti) in the coming weeks. Please note that **if you are not staying in one of the event partner hotels, no transportation will be provided to and from the venue.**

Weather in November

Autumn (September–November) is the best time to visit Nepal. At the beginning of November, the average maximum temperature in Kathmandu is 23 °C with a minimum temperature of 8 °C.

Kathmandu is located at a high altitude and although days are often warm, nights can be quite cool, as mentioned above. We recommend participants to bring warm clothes. There is usually no rainfall in November.

Currency

The currency used in Nepal is the Nepalese Rupees (NPR). Bills are available in the following denominations: 1,5,10,20,50,100,500 and 1,000. It is advised to keep a good mix of smaller and larger denominations.

Debit and credit cards such as Visa and MasterCard are accepted in major hotels, tourist shops, travel agencies, restaurants and supermarkets. However, cash payment (local currency) is required for small restaurants, shops and local transportation such as public taxis etc. Major international currencies such as USD, EUR, GBP, AUD, CAD, SGD can be exchanged at the airport, money exchange counters and banks. The UN exchange rate for September 2019 is USD 1 = NPR 114.84.

There are also a range of ATM machines, at the airport and in the area of the SUN Global Gathering venue, should participants wish to withdraw cash.

Electrical outlets in Nepal

In Nepal, the power plugs and sockets are of type C, D and M. The standard voltage is 230 V and the standard frequency is 50 Hz.

Participants can use their electric appliances in Nepal, if the standard voltage in their countries is in between 220 - 240 V (as is in the UK, Europe, Australia and most of Asia and Africa). If the standard voltage in your country is in the range of 100 V - 127 V (as is in the US, Canada and across Latin American and Caribbean countries), you need a voltage converter in Nepal. You can also consider a combined power plug adapter/voltage converter.

Plug type C is the plug which has two round pins, plug type D is the plug which has three round pins in a triangular pattern and the plug type M has three round pins.



Type C: This socket also works with plug E and F



Type D: This socket has no alternative plugs



Type M: This socket has no alternative plugs

International calling code and Wi-Fi

Nepal's telephone code is +977. Lal Durbar Convention Centre at the Yak & Yeti hotel will be Wi-Fi enabled, and all the recommended/partner hotels will offer Wi-Fi facilities. Outside the main venue and hotels, Nepali operators NCell and NTC both work well (if you wish to use your phone in roaming mode).

Note that the Nepal Tourism Centre will be offering free sim cards to all SUN Global Gathering participants. Should you wish to top up your sim card, a dedicated stand will be placed at the venue.

Time zone

Nepal is 5:45 hours ahead of Greenwich Mean Time (GMT) and does not implement daylight saving.

Dress code

Nepalis are fairly relaxed about what tourists wear, however, we recommend delegates bring clothing that covers arms, shoulders and lower legs, when visiting temples and other religious sites, as well as government offices. Depending on personal travel plans before and/or after the SUNGG19, a fleece and rain jacket are useful for the mountains, as well as a comfortable pair of hiking boots or shoes. Lip balm, a wide-brimmed hat, polarising sunglasses and sunscreen are essential for mountain hikes. The recommended dress code for the SUN Movement Global Gathering is business attire.

Emergency contacts

For any questions, please get in touch with us via the email: sungg19@scalingupnutrition.org.

Prior to the Global Gathering, emergency contacts will be provided.

Tourism in Kathmandu

- **Thamel Neighbourhood:**
Thamel is the oldest part of the capital city. This haphazard commercial hub is a must visit. It is one of the busiest neighbourhoods in Kathmandu. Excellent place to shop for souvenirs.
- **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.
- **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, the Swayambhunath temple also offers breath-taking views of the Kathmandu valley.
- **Kathmandu Durbar Square:**
The Kathmandu Durbar Square is a prominent landmark of the city. The heart of the old town, the Durbar square was once the place where the King was crowned and the King's palace is right there, from where he used to rule the country.

Also known as Hanuman Dhoka, this UNESCO World Heritage Site used to be a bustling place filled with the locals and tourists. The Pagoda styled temples and palace, dating back to the period from 15th to 18th Century, were badly hit by the devastating earthquake in 2015.

- **Patan:**

Located 5 km south of the capital city in the Kathmandu valley, Patan is traditionally known as Lalitpur (City of Beauty).

For more information about tourist attractions in Kathmandu visit:

<https://www.tourismkathmandu.com/> or <https://www.welcomenepal.com/>

For the duration of the 2019 SUN Movement Global Gathering, a travel desk will be placed at the venue, to help participants with travel plans or tourist activities.