

Money

The Nepalese currency is the rupee (NPR), the value at the moment is about 1 euro for 95 NPR. For the current official (bank - to - bank) exchange rate, visit the site of [Nepal Rastra Bank](#), the central bank of Nepal. While changing cash or travelers cheques, you can expect a slightly lower exchange rate for your foreign currency (2 -3 rupees less on a dollar / euro). Only in Kathmandu and Pokhara you can rely on finding ATM machines to get cash - although the service for ATM machines is slowly expanding to other cities also. When in the mountains or outside the city make sure you have ample cash on you, and make sure you carry sufficient small denominations, for changing / breaking a large note can be really problematic when you're in the middle of nowhere.

Electricity

Electricity is scarce in Nepal and there are many load-shedding periods when there is no electricity. The power is an unstable 230 Volts, 50 Hz. and can easily vary between 190 Volts and 240 Volts. For modern equipments this is normally not a big issue. Most of the time you can fit a European 2-pin power plug into the sockets in Nepal, but it is always smart to carry an international adapter.

Interaction with local people

When you are in contact with the local people, which can be very rewarding, please observe a number of behavior rules:

Never step over anyones feet/legs, and pull in your own legs when somebody wants to pass.

Never touch anybody with your feet, also never point in a direction using your feet. The feet are considered the most impure parts of the body.

When entering a house, somebody's kitchen, temple or monastery take off your shoes.

As a woman you should always be dressed avoiding provocation, so keep shoulders and legs covered.

It is very polite to give and accept with your right hand, and even more so when you use your left hand for supporting the elbow of your right hand.

When in doubt how to behave in certain situations; keep a low profile, do not shout and keep your dignity.