

Responsible Traveler Code of Conduct

We request travelers to follow certain code of conducts in order to make positive impact on social, cultural, and natural aspect during traveling period in Nepal.

1) Value local traditions and customs:

- Research the customs and traditions of the places you plan to visit, including festivals, holidays, and other events, so that you can engage with and be a part of the local community.
- Acquiring some basic vocabulary in the local language can enable you to establish a meaningful connection with the local community.
- It's important to honor and safeguard the distinctive qualities of a destination, including its history, architecture, and culture, as manifested in its religion, music, art, cuisine, and other forms of expression.
- Seek permission before taking photographs of local people.
- Honor and safeguard the distinctive qualities of a destination, including its history

2) Support local economy:

- Opt for locally made handicrafts and products that support the economic growth of small-scale, family-owned businesses, small retailers, and small-scale producers of goods and services.
- Interact with vendors and local artisans with courtesy and compassion.
- Refrain from purchasing products that are clearly counterfeit or banned by national and international regulations.

3) Respect environment:

- Illegal souvenirs: Purchase goods that do not originate from endangered animal or plant species. This includes endangered species listed as follows:

IUCN Nepal Red list of endangered animals or plant species.

https://www.ntnc.org.np/sites/default/files/doc_publication/2018-11/The%20Status%20of%20Nepal%27s%20Mammals%20-%20Red%20List.pdf

Checklist of CITES listed flora of Nepal

<https://dpr.gov.np/wp-content/uploads/2019/09/Checklist-of-CITES-listed-Flora-Complete-Book.pdf>

- Adopt sustainable waste management practices during your travels, such as reducing, reusing, and recycling waste. Carry your own refillable water bottle, steer clear of products with excessive packaging, and decline plastic bags when making purchases.
- Minimize your usage of water and electricity in your lodging (request for your towels and sheets to be utilized for more than one day, and ensure you switch off the lights, heating, and air conditioning before vacating the room).
- Leave only a minimum footprint and a good impression behind.

4) Be informed and respectful traveler:

- Take into consideration the laws and regulations of the locality and the country.
- Take appropriate health and safety precautions prior and during your trip.

- Show regard for human rights and safeguard children from any form of exploitation, particularly labor and sexual exploitation.
- Be informed on the means by which you can obtain medical care or get in touch with your embassy in the event of an emergency.
- Refrain from giving money to begging children - instead support community projects.
- Provide honest travel reviews upon your return and promote your positive experiences.

5) Be caution while visiting areas of wilderness, heritage, archaeology, or any other areas that appear fragile and/or valuable:

- Gather and bring back any trash produced during the visit to these areas, including organic waste, as failing to do so may harm the feeding habits of local wildlife, contribute to littering the environment, and negatively impact other visitors.
- Follow the tips of guides who will select paths that have the least impact on the environment. This will help to reduce accidents and minimize erosion and soil compaction in vulnerable areas.
- When visiting a protected area, remember that rules and regulations were created to preserve places and species of great ecological value, which, in many cases, are in danger of extinction.
- Do not feed wildlife.
- Follow the signs and indications of the existing communities in the area. This will allow a safer visit for you, your family and the environment.
- Do not remove natural resources, such as stones, fossils, shells, plants, flowers or others from their original environment.
- Contribute to the maintenance of the infrastructure in the protected area by paying the solicited price of entrance fees and properly using the facilities and infrastructure.

Basic vocabulary

Namaste: Hello/ Greetings	Maaph garnuhos: Excuse me/ sorry	Pheri bhetaunla: Good Bye
Pheri bhetaunla: Good Bye	Lunch / Dinner: Khana	Breakfast / Tiffin: Nasta
A little: Ali Ali / Thorai	I am full: Malai Pugyo	It's Delicious: Ati Mitho Chha
Hot: Taato (for drinks and food)	Cold: Chiso (for drinks and food)	Water: Paani
Tea: Chiya	I am cold: Jado bhayo	I feel hot: Garmi bhayo
Yesterday: Hijo	Today: Aja	Tomorrow: Bholi

A list of some items that are illegal souvenirs in Nepal:

- **Wildlife products:** Nepal has strict laws to protect its wildlife. It is illegal to possess or export any products made from endangered species, including ivory, tiger skins, rhino horns, and certain exotic animal products.
- **Antiquities:** It is illegal to possess or export antiques without proper documentation and permits. This includes ancient artifacts, statues, sculptures, and archaeological finds.
- **Religious artifacts:** Taking religious artifacts, such as statues or paintings, without proper authorization is illegal. These items hold cultural and religious significance and should not be taken without permission.
- **Fossils and geological specimens:** Collecting and exporting fossils, rocks, and geological specimens without proper permits is prohibited. This is to protect the country's natural heritage and scientific research.
- **Protected plants and plant products:** Nepal has regulations to protect its flora. It is illegal to possess or export protected plants, including certain orchids, medicinal plants, and timber species.
- **Drugs and narcotics:** Possession, sale, or transport of illegal drugs is strictly prohibited in Nepal. This includes substances like marijuana, cocaine, heroin, and other narcotics.
- **Counterfeit goods:** Purchasing or selling counterfeit products, such as fake designer items, is illegal and can result in penalties.
- **Firearms and ammunition:** It is illegal for tourists to possess firearms or ammunition in Nepal without proper authorization. This includes any kind of weapons or explosives.

List of prohibited, restricted and freely tradable exports and imports

<http://www.tepc.gov.np/pages/list-of-annexures>

It's important to note that this is not an exhaustive list, and laws and regulations may change over time. Please consult with us or your embassy for the most up-to-date information on what souvenirs are considered illegal in Nepal.