



This document provides useful logistical information about the 5th Annual Feed the Future Innovation Lab for Nutrition (Nutrition Innovation Lab) Agriculture-Nutrition Scientific Symposium and 2nd Agriculture, Nutrition and Health (ANH) Academy week going to be held on **9-13 July 2017 in Kathmandu, Nepal**. Learning labs will be held on July 9-10 and the Scientific Symposium will be held between July 11-13.

If you have any further queries please contact at:

symposium@nutritioninnovationlab.org.np or ANH-Academy@LSHTM.ac.uk

Venue: The event will take place at the Hotel Yak & Yeti, Durbar Marg, Kathmandu (<http://www.yakandyeti.com>). The venue is approximately 20-25 minutes from the airport by car.

Map:



List of nearby accommodation options:

Yak and Yeti Hotel	
Address: Super deluxe single room: Super deluxe double room: Phone Number: Email Address: Website: Distance from symposium venue (walking): Booking reference for conference rate:	Darbar Marg 125 USD 137 USD +977 01 4248999 reservation@yakandyeti.com.np http://www.yakandyeti.com Symposium venue ANH-NIL Agriculture-Nutrition Scientific Symposium
Yellow Pagoda Hotel	
Address: Super deluxe single room: Super deluxe double room: Phone Number: Email Address: Website: Distance from symposium venue (walking):	Kantipath 60.00 USD 70.00 USD +977 1 4227345, 4220041 info@yellowpagoda.com http://yellowpagoda.com/ 10 min
Hotel Shanker	
Address: Standard room: Phone Number: Email Address: Website: Distance from symposium venue (walking):	Lazimpat 70.00 USD +977 1 4410151 - http://www.shankerhotel.com.np/ 15 to 20 min
Hotel Mountain	
Address: Standard single room: Standard double room: Phone Number: Email Address: Website: Distance from symposium venue (walking):	Kantipath 30.00 USD 35.00 USD +977 1 4246744 / 45 / 46 / 47 hmountain@mos.com.np , info@hotelmountain.com.np www.hotelmountain.com.np 10 min
Marcopolo Business Hotel	
Address: Standard single room: Standard double room: Phone Number: Email Address: Website: Distance from symposium venue (walking):	Kamalpokhari 50.00 USD 65.00 USD +977 1 4416432 info@nepalshotel.com , info@marcopolohotel.com.np http://www.nepalshotel.com/marcopolo-business-hotel.html 10 min
Hotel Ambassador	
Address: Standard single/double room: Superior single/double room: Deluxe single/double room: Phone Number: Email Address: Website: Distance from symposium venue:	Lazimpat 60.00/65.00 USD 65.00/70.00 USD 75.00/80.00 USD +977 1 4442726/ 27 , +977 9801321202 pam@acehotelsnepal.com , info@acehotelsnepal.com http://www.ambassadornepal.com/ 20 min

Travel Advisory

Customs declarations

Travelers are required to declare foreign currency at red channel if the sum exceeds US\$2000 or equivalent. Details of customs declarations can be found [here](#).

Please review the details of things that can be imported/exported from Nepal [here](#).

Health

Please note you may be required to take some vaccinations prior to travel, visit a physician or a travel health clinic before departure. Please be sure to check the [CDC Websites](#) for updated information about vaccinations and health concerns before travel to Nepal.

Note: There is no risk of yellow fever in Nepal. The government of Nepal requires proof of yellow fever vaccination only if you are arriving from [a country with risk of yellow fever](#).

Food and water precautions

- Do not drink tap water, unbolted beverages.
- Do not eat fruits or vegetables unless they have been peeled or cooked.
- Avoid cooked foods that are no longer piping hot.
- Cooked foods that have been left at room temperature are particularly hazardous.
- Avoid unpasteurized milk and any products that might have been made from unpasteurized milk.
- Avoid food and beverages obtained from street vendors.
- Do not eat raw or undercooked meat or fish.

Wi-Fi Access

Internet access is usually available at all hotels in Kathmandu but is either free of cost or offered for a fee dependent on the hotel you choose.

Telecommunication

There are different telecommunication service providers in Nepal. Among them are Nepal Telecom and Axiata (N-cell) company are popular. Local SIM cards are inexpensive, can be found at a variety of stores, and often have pay-as-you-go plans where you can “top up” your credit for use in the country. Top up cards available in almost all shops and supermarkets. You must present a copy of your passport and 1 passport sized photograph to purchase SIM cards.

Transportation

Hotels can arrange a vehicle service (free/paid based on hotel) for their guests to and from Tribhuvan International Airports. If you want this service, please notify the hotel at the time of reservation. Pre-paid taxis are also available at the airport (recommended if hotel does not offer airport pickups).

Electronic gadgets

Please bring a universal plug and voltage adapter kit for your Electronics. Nepal uses 220V.