



Nepal:

Top of the World!

Nepal is of course famous for being 'the top of the world' and home to Sagarmatha, the Mount Everest. Situated in the Himalayas, Nepal is a multi-ethnic and multilingual country with a population of approximately 30 million. It is bordered by China to the north and by India to the south, east and west.

Nepal's vibrant capital, Kathmandu, has been home to the British School since 1966. Of course, there are challenges to living in a developing country, but our teachers love being part of such a welcoming community

which can feel small and friendly, despite being situated in a capital city.

Where is The British School?

The British School campus is located in Sanepa, in the Lalitpur metropolitan area, within the historical city of Patan. Lalitpur is situated on an elevated tract of land in the Kathmandu Valley on the south side of the Bagmati River, which separates it from the true city of Kathmandu on the northern and western side. Sanepa, the area around our school site, has a variety of quality shops, restaurants and cafes.





Patan is known for its ancient fine art, especially metallic and stone carved statues. Patan Durbar Square, one of the valley's seven UNESCO World Heritage Sites, can be found 2km from TBS and is a stunning example of Newar architecture, despite the damage caused by the 2015 earthquake. The Rato Machhindranath festival is hosted in Patan every May, during which an image of the god is placed on a dizzyingly tall chariot and pulled through the streets in stages.

What's the climate like?

Nepal has four major seasons:
Winter: December-February;
Spring: March-May;
Summer: June-August;
Autumn: September-November.

In the winter, the average temperature is 25 degrees celsius during the day and 4 degrees during the night, although it can often feel colder inside. Over autumn and winter sunny days and clear skies often give the best mountain views, even from Kathmandu. In

the warmer months, temperatures can rise to around 35 degrees in Kathmandu and the monsoon rains cause an increase in humidity. The Terai plains in the south of Nepal are around 10 degrees warmer than the capital.

Highlights of Nepal:

Trekking: Many members of the TBS community disappear into the mountains during school holidays. From the Everest basecamp trek to more off-the-beaten track options like Mustang and Dolpo, Nepal is famous for trekking for great reason. Tea houses are well established on all main routes, so there is always a warmish bed and warmer hospitality to be found on the trails.

Heritage Sites: Nepal has an amazing 10 UNESCO World Heritage sites, with 7 of these found in the Kathmandu Valley, with a wide variety of cultural and historical significance. The valley has been called one big museum- a vast storehouse of Hindu and Buddhist art, with more shrines and temples per square kilometre than anywhere else in the world. Many of the

religious sites are more than a thousand years old and are still used as active places of worship.

Wildlife: Nepal's varied landscapes, from extreme altitude to the lowland grasses of the Terai make for a wealth of biodiversity. Visiting Chitwan or Bardia national parks comes with the chance to see tigers in the wild. Thanks to these well managed parks, Nepal has more than doubled its tiger population in the last decade. Though tigers can be elusive, there are chances to see other endangered animals such as the one-horned rhino, gharial crocodile and freshwater gangetic dolphin as well as a variety of birds.

Momos and dal bhat: Thanks to hundreds of years of Tibetan influence, momos, a delicious steamed dumpling, are ubiquitous in Nepal. Yet, the true Nepali national dish is dal bhat. At its simplest, dal bhat is just lentil curry and rice. But you'll usually find it served with a selection of seasonal vegetable curries, a meat curry (chicken, mutton, or buffalo are most popular), pickles, a papad, and sometimes a curd and slightly sweet item, such as sel roti. It always comes with an obligatory second helping too.

The Birthplace of Buddha: Lumbini, in the south of Nepal, is the birthplace of Buddha and features an eclectic mix of temples built by buddist nations from all over the world. Nepal is also renowned for being the best place in the world to study Tibetan buddhism.

Pokhara: This lakeside town is popular with trekkers as the starting point of the Annapurna circuit trek. Overlooked by the Annapurna range and resting on Phewa lake, it is certainly one of the most picturesque destinations in Nepal. Its slightly more relaxed atmosphere makes it a great destination for short breaks from Kathmandu. The outdoor movie garden, which overlooks the lake, is a favourite among TBS staff.

Trail Running: There are many great places to run in the world but Nepal has a magic mix of elements which make it an unforgettable running destination for those who are crazy enough to try. Some of the more adventurous members of the TBS community often participate in events around the valley and further afield, including the impressive Annapurna 100 ultra marathon.

