

# NEPAL GUIDEBOOK

NAMASTE!!!



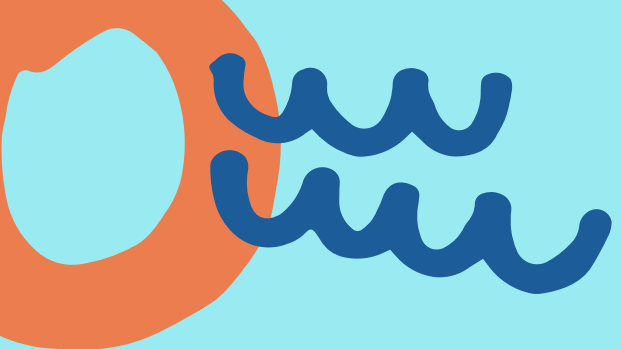


# WELCOME FRIENDS!!

Are you excited for a fun learning session about Nepal?

We shall learn very interesting and fun things about Nepal today!!





# Where is Nepal??

Nepal is in Southern Asia region, between China and India.

As you can see in the map, Nepal is a very tiny country.

It is more less than half of the size of Japan.

It is 5000 kilometers away from Japan! (quite far yeah? )





# ● Some more info about Nepal! ●

Nepal has a population of only 30 million people. (Japan has about 126 million)

However, there are 129 DIFFERENT LANGUAGES spoken in Nepal!!!!

Some are only spoken by less than 100 people and are specific to that ethnicity.

The main language in Nepal is called Nepali or Nepalese.

Nepal has a very unique blend of different cultures. (surprising for such a small country right???)





# Nepali Language

Lets learn some Nepali Language!!

(Practice at your home!!)

**Hello!!** ..... **Namaste!!**

**How are you?.....** **Tapailai kasto cha??**

**I'm fine. And you? .....**

**Malai sanchai cha. Tapailai?**

**My name is Raunak.....**

**Mero naam Raunak ho.**

**Nice to meet you!! .....**

**Tapai lai vetera khushi lagyo!!**

**Thank you!!! ..... Dhanyabad!!!**

क	ख	ग	घ	ङ	च	छ	ज	झ	
ka	kha	ga	gha	ṅa	ca	cha	ja	jha	
[kʌ]	[kʰʌ]	[gʌ]	[gʱʌ]	[ŋʌ]	[tʃʌ]	[tʃʰʌ]	[dʒʌ]	[dʒʱʌ]	
ट	ठ	ड	ढ	ण	त	थ	द	ध	न
ṭa	ṭha	ḍa	ḍha	ṇa	ta	tha	da	dha	na
[ʈʌ]	[ʈʰʌ]	[ɖʌ]	[ɖʱʌ]	[ɳʌ]	[tʌ]	[tʰʌ]	[dʌ]	[dʱʌ]	[nʌ]
प	फ	ब	भ	म	य	र	ल	व	
pa	pha	ba	bha	ma	ya	ra	la	wa	
[pʌ]	[pʰʌ]	[bʌ]	[bʱʌ]	[mʌ]	[jʌ]	[rʌ]	[lʌ]	[wʌ]	
श	ष	स	ह	क्ष	त्र	ज्ञ			
śa	ṣa	sa	ha	kṣa	tra	gya			
[ʃʌ]	[ʃʌ]	[sʌ]	[ɦʌ]	[kʃʌ]	[trʌ]	[gʏʌ]			



# RELIGION

Most people in Nepal are Hindu or Buddhist.

In Nepal, there are over 33,000,000 gods!

That's more gods than people!!!

There's a god for everything.



This is Ganesha (the Elephant god).

He is a very kind god who loves eating!!

You can pray to the god of wisdom while doing homework, or the god of finishing projects when doing chores.



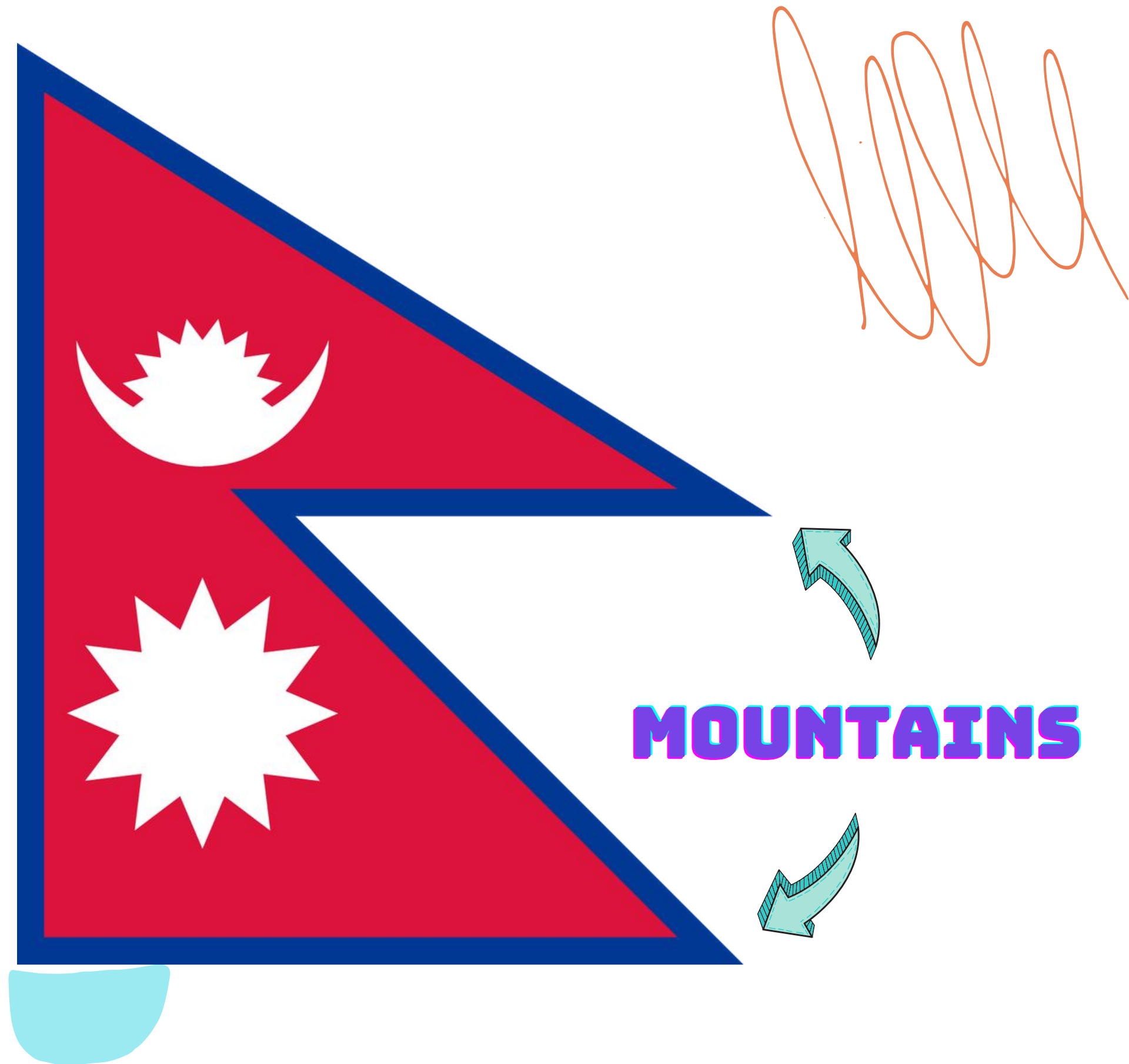


# Nepal's Flag

Nepal has the only national flag in the world that is not rectangular or square!

Flags in Nepal were often triangular, so they kept this tradition in today's modern flag.

Now, people say the shape represents the mountains.





# MOUNTAINS

## EVEREST!

Nepal is known for having the tallest mountain in the world! Mount Everest is 29,029 feet (8,848 m). The average height of a two story house in Japan is 6 metres. You would have to stack more than 1,200 Japanese houses on top of each other to reach the height of Everest!!





# FOOD!!! YUM!!!!

## Curry Rice Set-- DAL BHAT

Nepali people love eating! We love many type of food, but our main food is Curry Rice set, called DAL BHAT (like the picture on the right).

We have many types of curry- chicken curry, muttom (goat) curry, potato curry, egg curry and many more.

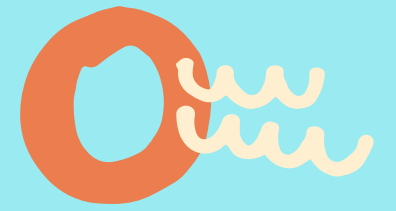
We can eat curry all the time. We almost eat curry 3 times a day- breakfast, lunch and dinner :P

Some people like the food spicy and some dont. AND.... we ear our food using our HANDS!!!!





# MORE FOOD!! YUMMY!!



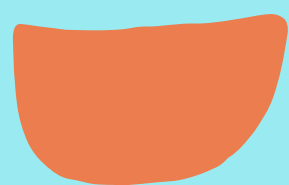
MOMO!  
Our soul food!



We also eat  
flat bread- Roti (like naan)  
with our curry!



Street food of Nepal!!  
Its mouth watering!





# Adventure Sports!



NEPALIS ARE A BIT  
CRAZY!   
WE LOVE DOING  
ADVENTURE SPORTS.  
LOOK AT ALL THESE  
EXCITING ADVENTURE  
SPORTS PICTURES!!



# 10 fun facts about Nepal



1. Cows are sacred in the Hindu religion and cannot be killed. We don't eat beef.
2. It is the year 2077 in Nepal. We celebrate the new year on April 13th/14th.
3. Nepali time is 45 minutes off of the Coordinated Universal Time. The time in Nepal is based off of Mt Everest, and not the time zone lines.
4. Nepal has the densest concentration of World Heritage sites in the world.
5. It is the birthplace of Buddha.
6. Nepal has a living goddess called the 'Kumari'.
7. Nepal holds Elephant Polo competition every year!
8. Nepal is the only country with altitudinal variation that ranges from 59 meters to 8848 meters.
9. Nepal does not have an independent day as it was never colonized.
10. Nepal's capital- Kathmandu, was once a VERY BIG LAKE!







THANK YOU!!  
Duuuu DHANY ABAD!!

Hope you learnt a lot about  
Nepal today!!!!

We will share more interesting  
things with you this month.

Dont forget to join the online  
session to learn more about this  
interesting country!!!!