



TEAM MANUAL

16th Asian Cross-Country Championship

7 March 2023. Gokarna Forest Resort, Kathmandu

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1. GENERAL INFORMATION

1.1. AAA Council Members and International Officials AAA Council

President	GEN. DAHLAN JAMAN B AL-HAMAD (QAT)
Senior Vice President	GEN. SURAPONG ARIYAMONGKOL (THA)
Vice President	MS WANG NAN (CHN) MR HIROSHI YOKOKAWA (JPN) MR MOHAMMAD JUMAH (KUW) GEN. (R) MUHAMMAD AKRAM SAHI (PAK) MR ANDREY ABDUVALIEV (UZB)
Secretary General	MR A SHUGGUMARRAN (SGP)
Individual Members	MR KWAN KEE (HKG) MR CHING CHENG WANG (TPE) MR TIGOR M. TANJUNG (INA) MR ROLAND SAADE (LBN) MR KARIM BIN IBRAHIM (MAS) MR TSEWANG RINZING (BHU) MR SHAGEA MOHAMMED AL-MAQDASHI (YEM) MAJ (R) MD TALIP MD TAHIR (BRU)
Women Members	MS STEPANISHEVA TATYANA (TKM) MS MALA SAKONHNINHOM (LAO) MS FILOMENA BARROS DOS REIS (TLS)
Legal Adviser	MR LOH LIN KOK (SGP)

International Delegates and Officials

ORGANISATIONAL DELEGATE	GEN SURAPONG ARIYAMONGKOL (THA)
TECHNICAL DELEGATE	MR C K VALSON (IND)
MEDICAL DELEGATE	DR SEYED ASHKAN ORDIBEHESHT (IRI)

ASIAN TECHNICAL OFFICIALS (ITOs)

MR ABDUL HAKEEM AL-AMERI (QAT) CHIEF
MR AHMED MUNTHAQIM (MDV)
MR NAGAPPAN PADMANATHAN (MAS)

JURY MEMBERS

MR.RINZING TSEWANG (BHU)
MS MALA SAKONHNINHOM (LAO)
MR VADIM NIGMATOV (TJK)

ASIAN AA SECRETARIAT

MS KHWANHATHAI P (THA)

1.2. Local Organizing Committee

1.3. Information about Kathmandu

Population	29.14 m.
Currency	Nepalese Rupees
Time zone	GMT +5:45
Altitude	1400m
Average rainfall (in March)	28.12mm
Climate (average in late March)	Min 9C° / Max 25C° temperature
Shop opening hours	10:00 ~ 18:00
Bank opening hours	10:00 ~ 16:00
Electricity voltage	230V standard
Mobile Telephone Network	GSM90 (GPRS,AEDGE (UMTS)
Drinking Water	Not good to drink from Tap directly

1.4. General Programme

PROGRAMME

Tuesday 5 March 2023

All Day	Arrivals and Accreditation	
10:00 – 12:30	Official training	Gokarna Golf Course

Wednesday 6 March 2023

10:00 – 12:30	Official training	Gokarna Golf Course
13:00	AAA Press Conference.	Gokarna Hotel
Conference Hall		
15:00.	Technical Meeting	Gokarna Hotel
Conference Hall		
16.00	Course Inspection (Meeting place) conference Hall	Gokarna Hotel
19:30	AAA/LOC Welcome Dinner <i>(by Invitation Only)</i>	Hotel

Thursday 7 March 2023

10:45	Opening Ceremony	Gokarna Golf Course
11:35	U20 Women 6	Gokarna Golf Course
12:10	km U20 Men 8 km.	Gokarna Golf Course
12:50	Medal Ceremony U20 Women	Gokarna Golf Course
13:00	Medal Ceremony U20 Men	
13:10	Women 10 km	Gokarna Golf Course
14:10	Men 10 km	Gokarna Golf Course
15:00	Medal Ceremony Women	Gokarna Golf Course
15:10	Medal Ceremony Men	Gokarna Golf Course
20:00 (tbc)	Closing Party	Gokarna Golf Course

Friday 8 March 2023

All Day	Departures	Hotel
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2. TRAVEL TO KATHMANDU

2.1. Official Airport and Arrival Information

The official airport is Tribhuvan International Airport (KTM). It is situated 5km from the hotel and the expected travel time to hotel is about 20 minutes.

Welcome desks will be set up at the arrival terminals.

According to the official period, arrival in Kathmandu should be on 5th March and departure should be on 8th March. Depending on the arrival / departure times, the LOC will organize transfer by bus to the accommodation in Kathmandu.

For those teams planning to arrive prior to 5 March or leave after 8 March, it is important to advise the LOC well in advance so that exceptional arrangements can be made on payment.

2.2. Entry Visas General: Every country can get VISA ON ARRIVAL.

Every Asian Countries can get visa on arrival except for Afganistan, Iraq, Palestine and Syria.

2.3. Insurance

All Member Federations are responsible for subscribing to an insurance policy that covers illness and/or injury to any members of their delegation and/or team travelling to and from AAA competitions and during the event itself.

3. ACCREDITATION

3.1. Accreditation Centre

The Teams' Accreditation Centre will be located at the Gokarna Hotel in the meeting room. Team will transported to the accreditation center by the LOC.

Opening Dates and Times will be as follows:

- **5 March 10.00 -13.00. 14.00 – 20.00**
- **6 March 9.00 -13.00. 14.00 – 20.00**

3.2. Accreditation Procedures and Payments

1. Team Leader

The Team Leader will have to report to the LOC Administrative Office at the accreditation center before collecting the accreditation cards for the whole team. Here he will have to complete the following formalities:

- Uniform Check
- LOC Accommodation Invoice
- Final Confirmation of Entries and copies of passports (U20)

The Team Leader will be asked to complete the accounting procedures and settle any extra payments (for team members above quota, use of single rooms, extra days, etc.) before he can collect the accreditation cards, which will be given upon presenting a document stating all procedures have been completed.

Athletes & Team Officials

All athletes and team officials will be able to check-in upon arrival at their respective hotel according to the information provided with the final entries.

3.3. Quota and Financial Support

Quota

The Quota is 3 per teams

The number officials to be paid for by the organizing committee for accommodation and board may not be more than that shown below (additional officials will be paid for by participating members)

1 – 7 athletes: 1 team officials

8 - 12 athletes: 2 team officials

13. – 24 athletes: 3 team officials

Accommodation

For athletes within the quota staying with their teams in one of the official hotels, the LOC is offering free accommodation in twin rooms for the subsidized period of a maximum three nights (arrival Tuesday 5 March, departure Friday 8 March). Quota athletes requesting single rooms will be charged a supplement (see costs later).

The accommodation of athletes above the quota, subsidized and non-subsidized officials), and outside the official period, is at the cost of the respective Member Federation.

3.4 Arrivals outside the Accreditation Centre Opening Times

Teams or individual athletes arriving prior to 5 March will be handled on a case by case basis. However, the LOC must be informed in advance to make the necessary arrangements.

3.5 Accreditation Card

The accreditation cards must be worn visibly and must be presented upon request. They are personal and non-transferable. The loss or theft of an accreditation card must be reported immediately to the accreditation center **or Competition Information Desk in the hotel**. In order to obtain new accreditation, the person in question, accompanied by the team leader and carrying an appropriate identification document, must request it personally.

Any Accreditation Card found being used by someone who is not its owner will be confiscated and its owner will be subject to sanction including possible ineligibility for his competitive participation in the Championships

4 ACCOMMODATIONS

4.1 Teams Hotel

LOC has arranged accommodation in the following Four different hotels of similar standard: Hotels are

1. Gokarna Forest Resort. (AAA Headquarters)
2. The Malla Hotel
3. The Everest Hotel
4. Hotel Crown Imperial
5. Grand Hotel Kathmandu

4.2 Extra Coaches

The LOC can provide accommodation for Extra Coaches in the Team Hotels. The accommodation cost, full board, inside and outside the official period is:

All Prices Per Person Per day full Board (in USD)	Official Period from 5 to7March		Outside Official Period and Nonsubsidized officials	
	Twin	Single	Twin	single
Athletes within Quota	Paid by LOC	80USD	240 USD	200 USD
Athletes outside the quota and subsidised officials	225USD	190USD		

4.3 Check-in Procedures

Upon arrival, team members must report to the Championships Welcome Desk where, according to the rooming list previously provided, dedicated check-in procedures will be completed and the room keys delivered. Passports will be required for check-in.

4.4 Services in the Teams' Hotels

Dedicated rooms for teams' physiotherapy as well as staff and team meetings will be available at each hotel.

5. Meals

Meals will be served in the respective hotel restaurants. Athletes and team officials will be admitted to the restaurant upon presentation of their accreditation.

The timetable for meals is:

- Breakfast: 07:00 – 10:00
- Lunch: 11:30 – 14:00
- Dinner: 17:30 – 22:00

A Final Party will take place on 7th March at 19.00 in Gokarna Hotel. No dinner will be served in the Team Hotels.

5. TRANSPORTATION

General

The LOC has planned transportation to and from the airport, for training, for competition and for special functions for all Athletes and Team Officials during the official period 5 - 7 March. For any transport requirements outside the official period, LOC must be contacted in advance so that special arrangements can be made.

A dedicated team will be assigned to ensure that all the transportation requirements for all visitors are met according to the necessary schedules. Buses and cars will be identified with a sign in the front window with the Championship Logo. Daily coordination will be ensured in case of any changes through the Competition Information Desks.

5.1 Training

transport will be organised for training as the training area is in the Gokarna Golf Course that is located 2 Kilometre from the Team's hotels.

Schedules for all transport services will be displayed at the Information Desks in the hotels.

5.2 Course Inspection and Trainings at the Competition Venue

The following official training sessions have been scheduled at the course:

Sunday, 5 March.	10:00 / 12:30
Monday, 6 March.	10:00 / 12:30

On both days, buses will leave the hotels at 09:30 for the Course. Departure back from the Course (for all athletes and officials) will be at 13:00.

3. Competition

Transport Schedule to and from the Course shall be distributed to the Teams Leaders by the volunteers at the Hotel Competition Information desk upon arrival.

6 INFORMATION CENTRES

6.1 Technical Information Centre (TIC)

During the competition, a Technical Information Desk will be set-up at the course. It will be located adjacent to the team's changing area and shall deal with any competition-related enquiry during the races, including protests and appeals. A posting board will be available for the display of start lists, results (partial and final), etc.

6.2 Competition Information Desk (CID)

Competition Information Desks will be available at the Hotel. They shall be in charge of, but not limited to, the following:

Display on the relevant Posting Board of official communications to the teams, including Start Lists, Results, etc

Distribution of Urgent notices to the Delegations. It is the Team Leader's duty to check with the Information Desk whether there is any information for his team to be collected.

Distribution of information for issues relating to accommodation, meals, transport and the Competition in general.

6.3 AAA Competitions Department

Staff from the AAA Competitions Department will be in Gokarna to assist the LOC with the final preparation and conduct of the Championships and the teams with their participation.

They can be contacted as follows:

5- 6 March

Teams Accreditation Centre

7 March

In the Call Room or at the Start / Finish Area – can be contacted through the TIC

7 COURSE AND COMPETITION FACILITIES

7.1 Course

The competition venue is located at Gokarna Golf Course. It is a safe but very demanding course that will test all participants' strength and endurance.

The course is a 2km loop with an average width of 5m and mostly covered in grass.

Race	Number of laps	Total length
U20 Women	3	6km
U20 Men	4	8km
Senior Women	5	10km
Senior Men	5	10km

7.2 Warm-Up Area

A large area is located near the team changing area and will serve as warm-up area prior to the event. Access will be reserved to team members only.

3. Start / Finish Area

All necessary facilities will be located between the bus drop-off point and the start area. After the race, and after having passed through the mixed zone where athletes will also return the transponders, they will return to the Post Competition Area to collect their clothing.

8. ENTRIES AND FINAL CONFIRMATIONS

8.1 Entry Regulations

For all four (4) races teams: (Junior Men and Women, Senior Men and Women) no more than five (5) athletes can be entered. Not less than three (3) no more than five (5) shall be allowed to start each race of whom three (3) will score

Age Category

Junior athletes (i.e. athletes born in 2004 or 2007, who will be 19 or 16 by 31 December 2023) can compete in any race. However, Junior athletes cannot compete in both Junior and Senior Races. No athletes younger than 16 years old by 31 December 2023 can be entered. Team Leader must present athletes' passport copies for confirmation during the Technical Meeting, which is scheduled to take place on 6 March 2023 at 10:00 am.

8.2 Final Entry

Final entry will open on 28th January and close on 20th February 2023 midnight Thai time

3. Final Confirmations

Teams will receive the Final Confirmation Forms upon arrival in Kathmandu and Team Leaders, or their representatives, must confirm the names of those athletes already entered who will actually take part in the competition. **Final confirmation for all events must be made during the accreditation procedure at the Teams Accreditation Centre and, in any case, by no later than 10:00 on Monday 6 March at the technical Meeting**

9 COMPETITION PROCEDURES

9.1 Course Inspection

A guided tour of the course and related facilities will take place on 6 March at 16.00. The meeting point will be the Gokarna Hotel Conference Hall where the technical meeting is held.

9.2 Timetable

Tuesday 7th March 2023

10:45	Opening Ceremony
11:35	U20 Women (6km)
12:10	U20 Men (8km)
12:50	Medal Ceremony U20 Women
13:00	Medal Ceremony U20 Men
13:10	Women (10km)
14:10	Men (10km)
15:00	Medal Ceremony Women
15.10	Medal Ceremony Men
20:00 (tbc)	Medal Ceremony Teams

Any change to the schedule of the races or of the medal ceremonies shall be communicated on site.

9.3 Athletes' Bibs

All athletes will receive 3 bibs, each one carrying the athlete's name.

All the bibs for each athlete shall be distributed during the Accreditation procedure. Bibs which are not collected shall be taken to the Call Room on Tuesday morning.

Bibs must be worn in accordance with WA Rules and must not be cut, folded or obscured in any way. Failure to comply with the Rules may result in a disqualification or sanction.

9.4 Athletes' Clothing

All athletes must wear the official national uniform approved by their Delegation.

The uniforms will be checked upon arrival at the Team Accreditation Centre. Any infringement of the Rules may result in the disqualification of the athlete. Athletes not wearing their official team uniform will be required to acquire the correct attire before they progress through the Call Room.

Any advertising on clothes and bags must comply with WA Rules and Regulations. Please note that the WA Advertising Rules and Regulations applicable for this competition specify a maximum of 30 small² for the Manufacturer's logo on the competition wear and 40 small² on sweatshirts, T-shirts and jackets.

9.5 Call Room Procedures

The Call Room is situated at the exit of the teams' changing area (see map in Appendix C). All athletes must present themselves at the Call Room not later than 25 minutes before the start of each race and according to the scheduled reporting times as noted below:

Event	Call Room		Arrival at Start Area	Start
	Open	Close		
U20 Women	11:00	11:15	11:29	11:35
U20 Men	11:30	11:45	12:04	12:10
Women	12:30	12:45	13:04	13:10
Men	13:30	13:45	14:04	14:10

Athletes who fail to appear on time at the Call Room without a valid reason may be excluded from participating.

Team officials are not allowed to enter the Call Room.

The procedures in the Call Room shall be as follows:

- Identification of Athletes by means of their accreditation and bib number
- Distribution of the transponders
- Checking of Athletes' Uniform

Athletes must report to the Call Room wearing their competition uniform and **ready to compete**. Any bags, clothing or personal belongings must be left in the changing area. In case of cold weather athletes shall be allowed to take with them their uniform's track suit top and / or trousers which they will then drop-off in the Call Room. Athletes must collect their clothes in the Call Room after their competition.

After leaving the Call Room, athletes will move directly towards the Start Area where there will be the opportunity for a last warm-up on the course.

9.6 Line up for the Start

The Technical Delegate will determine the teams and athletes who will be in the front row. The remaining teams and athletes shall line up behind the front row at random.

There will be pre-calls at 5 minutes, 3 minutes and 1 minute before the start.

9.7 Starter's Commands

The starter's commands will be given in English. The following commands will be used:

- "On your marks"
- Firing the gun

9.8 Timing

Official timing will be provided by LYNK with transponders. Two transponders will be delivered to each athlete in the call room. Athletes must wear one transponder on each bib. Volunteers will help athletes to place the transponders. At the exit of the Call Room, a control mat will be placed in order to check the good functioning and placement of the transponders.

9.9 Post Competition Procedures

All athletes, upon completion of their event, must proceed to the Mixed Zone located just ahead of the finish line, where they will meet with media for flash interviews.

At the end of the Mixed Zone:

- athletes shall be asked to return the transponder
- athletes selected for doping control shall be notified by a doping control officer
- medal winners shall be notified accordingly and eventually escorted to the Medal Ceremonies waiting area

Flash interviews with TV and radio will be conducted immediately after each race in the Mixed Zone, followed by short interviews with Written press .

9.10 Scoring and Ties

In all races three finishers shall score.

Each race shall be scored separately. The team results shall be decided by the aggregate of places recorded by the scoring athletes of each team. The team with the lowest aggregate of points will be judged the winner. If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards.

In assessing the aggregate, no adjustment to the scoring of the finishing teams shall be made in respect of any non-scoring team runners or of individual entries.

9.11 Medal Ceremonies

Gold, Silver and Bronze medals shall be presented to the first, second and third placed athletes in each individual event and placed teams respectively, who shall mount the awards podium.

Participants who did not finish the race or were disqualified shall not mount the awards podium and shall not receive a medal.

The athletes must wear their delegation's official uniform at Medal Ceremonies. During the playing of the anthem and the raising of the flags, they shall face the flags and conduct themselves in a dignified manner at all times.

9.12 Protests and Appeals

Protests and Appeals shall be handled according to WA Rule an extract of which appears hereunder. Protests and appeals shall be handled by the TIC.

Protests

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. The Organising Committee of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded

Any protest shall be made orally to the Referee by an athlete, by someone acting on his behalf or by an official representative of a team.

If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the protest should be made to him through the Technical Information Centre.

Appeals

An appeal to the Jury of Appeal must be made within 30 minutes:

- (a) of the official announcement of the amended result of an event arising from the decision made by the Referee; or
- (b) of the advice being given to those making the protest, where there is no amendment of any result.

It shall be in writing, signed by a responsible official on behalf of the athlete or team, and shall be accompanied by a deposit of USD 100, or its equivalent, which will be forfeited if the appeal is not allowed.

Note: The relevant Referee shall, after his decision on a protest, immediately inform the TIC of the time of the decision. If the Referee was unable to communicate this orally to the relevant team(s) /athlete (s), the official time of the announcement will be that of posting the decision at the TIC.

10 MEDICAL SERVICES

10.1 General Plan

During the event there will be medical services available at the accommodation venues as well as at the course on the day of competition.

All the Medical Centres and LOC Medical Teams will have direct communication by mobile phones and landlines in the Hotel. Contact numbers will be provided to the teams. All the doctors and nurses will be easy to identify by their uniforms.

A fully-equipped emergency ambulance will be available on site with a medical team (doctor, nurse or paramedic and driver) during the competition and training period. Ambulances will also be available on-call for hotels and other venues 24 hours a day, as will be partner hospitals.

10.2 Emergency Contact Numbers

Emergency Ambulance Phone number: 102

Hospital : Grande International Hospital

Emergency Response Phone number: +977 9851175111

10.3 Medical Services in the Teams' Hotels

For medical emergency situations an ambulance with a medical team (doctor and paramedic) will be available on call for 24 hours a day. There will be a medical team on duty 24 hours in the teams' hotels.

In each team hotel, a common physiotherapy room will be provided for the teams with medical staff to set-up their own massage beds.

10.4 Medical Services at the Course

During the competition, emergency medical teams and ambulances will be stationed on the course and a Medical Centre will be set up near the finish line.

10.5 Procedures in case of injury or illness

In any case of injury or illness, please report to the LOC Doctor on duty at the hotel (the contact number will be available at the CID) or to the LOC Medical centre at the course in order to receive the necessary treatment.

The LOC Medical Services will focus on the treatment of injured athletes. Patients requiring further treatment shall be transferred to partner hospitals.

10.6 Physiotherapy and Massage Services offered by the LOC

Medical services, including physiotherapy and massage services, will be offered by the LOC in the team hotels and at the course on competition day for those teams that do not have their own medical staff.

10.7 Designated Medical Institutions

Partner Hospitals have been designated for each emergency situation. These include laboratory and radio diagnostic, able to assess the medical conditions and the need for an eventual hospitalization.

10.8 Other Information

Both at the competition and at the hotels there will be sufficient supply of ice (on request)

11. DOPING CONTROL

Doping Control will be conducted according to the AAA Rules and AAA Anti-Doping Regulations (latest editions available on the World athletics website) and under the supervision of the AAA Anti-Doping Delegate.

Both blood and urine doping control testing will be carried out in Doping Control Stations located in the athletes' hotels and at the competition venue.

The AAA Anti-Doping Delegate will be available for any further request or information.

12. DEPARTURES

Unless special arrangements have been made directly with the LOC, all teams are expected to leave Gakorna on Wednesday 8 March. Before leaving the hotel, please make sure you check-out at the front desk and settle any extras (minibar, telephone, laundry, etc.).

Bus departure times for the airport, based on the flight information provided at the time of the Final Entries, will be displayed at the CID on Monday 6 March 2023 evening. If you have any change to your departure flight, make sure you inform the LOC immediately.

APPENDIX

Visa On Arrival

Tribhuvan International Airport is the only international airport of Nepal. Immigration Office, TIA (Tribhuvan International Airport) under Department of Immigration has been facilitating tourists flying to Nepal by providing Visa on Arrival. Likewise, other Entry and Exit points established at the border regions also provide 'On Arrival Visa' to foreign nationals hoping enter to Nepal via land.

'On Arrival' visa procedure is very quick and simple. You can expect some queues during peak Tourist season. If you wish to skip those queues, you can also consider getting Visa from Nepalese Diplomatic Missions stationed abroad prior to your arrival. Choice is yours.

If you have obtained visa from Nepalese Diplomatic Missions, then you must enter Nepal within six months from the visa issued date. Your total stay is counted starting from the day you enter into Nepal.

ON Arrival Visas are 'Tourist Visas'. They bear multiple Re entry facility. Tourist Visa 'On Arrival' is the only entry visa to Nepal. If you are visiting Nepal for the purposes other than Tourism (sightseeing, tour, travel, mountaineering, trekking, visiting friends and families), you should still get 'Tourist Visa' to get into the country. However, you must change the category of visa as per your purpose and length of stay in Nepal from Department of Immigration by producing required documents.

Nationals of designated countries are requested to acquire Visa prior their arrival from their nearby Diplomatic missions (Embassies/consulates) of Nepal Government. Check the link to make sure your eligibility for visa 'On Arrival'.

Once you arrive at the airport, please follow these simple procedures for Tourist Visa on Arrival.

- **1st Step**

- Fill in 'Arrival Card'
- Fill in Online 'Tourist Visa' form (you can fill it up prior to your arrival visiting official website of [Department of Immigration](#) / fill it up using Kiosk machines upon your arrival at the airport). If you fill it from the website, you will get submission Receipt with barcode, please print it out and bring it along for acquiring visa. It works for fifteen days and becomes invalid then after. If so, you will have to fill it up again.

- **2nd Step**

- Make payment at the bank according to your visa requirement (15/30/90 Days)
- Get the receipt

While you can use different modes of payments (at visa fees collection counter), we advise you to carry some cash to be on the safe side.

Nationals of following countries are requested to acquire Visa prior their arrival from their nearby Diplomatic missions (Embassies/consulates) of Nepal Government. In other words these nationals won't get on arrival visa until and unless they have official letter issued from Ministry of Home Affairs Nepal.

1. **Nigeria**
2. **Ghana**
3. **Zimbabwe**
4. **Swaziland**
5. **Cameroon**
6. **Somalia**
7. **Liberia**
8. **Ethiopia**
9. **Iraq**
10. **Palestine**
11. **Afghanistan**
12. **Syria**
13. **Refugees with travel document**

On Arrival Visa Fee

15 Days – 30 USD

30 Days – 50 USD

90 Days – 125 USD

- **3rd Step**

- Proceed to the Immigration Desk with your online form, payment receipts and your passport
- Hand in your documents to immigration officer for visa processing. He/she issues visa to you upon his/her satisfaction.

Gratis Visa (Visa for Free)

Gratis Visa is issued free of cost in case of following categories of Visa applicants:

- Children below 10 years
- Up to 30 days for SAARC Citizens (except Afghanistan) once in a given visa Year. Afghan citizens are eligible for Visa on Arrival only upon the recommendation of Department of Immigration. If you are an Afghan citizen, you can request concerned institution inviting you to Nepal for necessary paperwork with Department of Immigration to get you Gratis Visa 'On Arrival'.
- Non Residential Nepalese(NRN) card holder (issued by MoFA /Nepalese diplomatic missions abroad)
- Chinese Nationals

Officials from China, Brazil, Russia and Thailand do not need Entry Visa based on reciprocal visa waiver Agreement

Visas of all kinds including 'Gratis' issued at the Airport are Tourist Visas. Contact Department of Immigration for extending your visa or changing the category of your visa. Tourist Visa extension can be done from Immigration Office, Pokhara too. Non tourist visa extension can be done only at Department of Immigration (if eligible) for a period of maximum one year (except business visa).