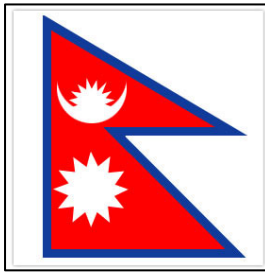


# Nepal



**Geography:** Nepal is a landlocked nation in South Asia. It is bordered by the Tibet

Autonomous Region of the People's Republic of China to the northeast and India to the south and west; it is separated from Bhutan by the Indian state of Sikkim and from Bangladesh by a small strip of the Indian state of West Bengal, known as the "Chicken's Neck". The Himalaya mountain range runs across Nepal's north and western parts, and eight of the world's ten highest mountains, including the highest, Mount Everest, are situated within its territory. The Capital



of Nepal is Kathmandu. Nepal is 9 hours and 45 minutes ahead of EST; 5 hours and 45 minutes ahead of GMT.

**History:** After a long and rich history, during which the region has splintered and united under a variety of absolute rulers, Nepal became a constitutional monarchy in 1990. Prior to 2006, Nepal was a kingdom and the only nation with Hinduism as its official religion. Its recent history has involved struggles for democratic government with periods of direct monarchic rule.

As a part of a peace process to end civil war and restore democracy, on May 18, 2006, Nepal was declared a secular state by the Interim Parliament of Nepal. On December 28, 2007, the interim parliament passed a bill and declared Nepal to be a federal democratic republic.

**Language:** Nepali is an Indo-Aryan language spoken in Nepal, Bhutan, and some parts of India and Myanmar (Burma). The word 'Nepali' is also written as 'Nepalese' by some.

**The Climate:** Nepal has four climatic seasons. The weather can vary depending on the respective regions within Nepal. As an example, the southern areas of Nepal are typically tropical, while the central regions in Nepal are subtropical. The reasons for such differences in the weather are that Nepal is host to a significant range of altitudes within a relatively small area.

**Cuisine:** The Nepal cuisine tends to be simple, but flavored with special spices and seeds: garlic, ginger, cumin, coriander, turmeric, black pepper, chilies, onions, cilantro, scallions, mustard oil, clarified butter (ghee), and sometimes yak butter. The main dishes are the dal (Lentil soup or Lentil sauce, made of black, red and yellow Nepalese lentils), eaten with rice, the sag (green vegetables – spinach), with mustard and rice, masu (buffalo and pork meat with different curry spices), served with rice, the steamed rice as bhat and the tarkai (vegetables in curry and broth).

**Children Available:** Nepali children available for international adoption reside in Children Welfare Homes and orphanages. Both boys and girls (infants to young children) are available although only children of opposite gender of a child already in the home may be adopted. The majority of children have golden or brown complexions and often resemble children of Indian or Tibetan descent.

**Eligibility Requirements:** Married couples and single women are eligible to adopt from Nepal. The age difference between prospective parents and the adoptive child must be at least 30 years. The applicant couple must have at least 4 years of marriage and their age should not exceed 55 years of age. For a single woman her age should be between 30 and 55. Married couples may have up to two divorces for each spouse. A couple with one biological child may adopt in Nepal if they have a medical statement supporting secondary infertility. In some instances, siblings may be adopted as long as there are no children in the home presently.

**Travel:** Only one trip is required.

**More Information:** Contact Adoption STAR. Toll Free: 1-866-691-3300 or 716-639-3900

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