



NEPALESE DIPLOMA IN **MOUNTAIN MEDICINE**



INFORMATION KIT



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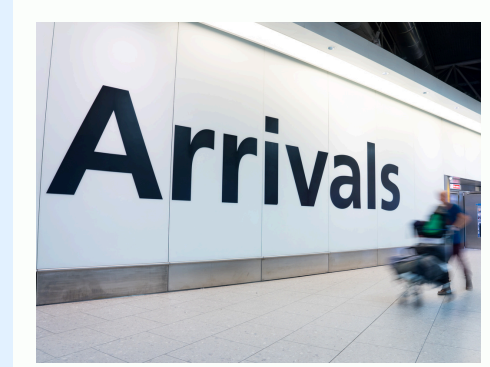
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KATHMANDU VALLEY

PART A

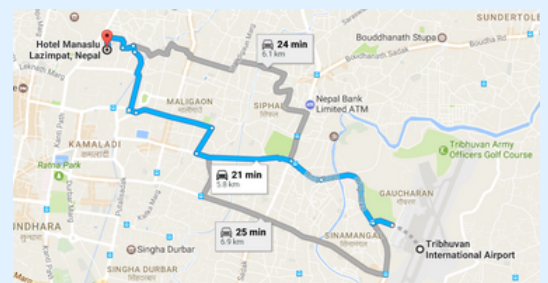
ARRIVAL

- Kathmandu has one international airport - Tribhuvan International Airport (TIA).
- On-arrival tourist visas are available for citizens of most countries. Depending on the queue, collecting the visa may take a few minutes to nearly an hour. When you disembark from the craft, please line up early at the visa desk marked "Foreign nationals" to save time.
- If you are citizens of Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan, you will need to get a prior visa approval.
- You no longer required showing a proof of vaccination or COVID test results at the airport. Face masks are optional; however, we recommend using face masks during international travel.
- For further information, check the Nepal Immigration website: www.nepalimmigration.gov.np



FROM AIRPORT TO HOTEL MANASLU

- Getting to the hotel is straightforward with a prepaid airport taxi. We do not suggest using other public transport or other cabs. Prepaid airport cabs are white and have a green number plate.
- Once you exit the airport, you will be picked up by a driver from our transport partner Grateful travels. The driver will be in front of the airport with a placard with your name. Other options for transport are the pre-paid taxi service and Nepali version of Uber called "Pathao".
- It should not take more than 30 minutes to get to the hotel. A tentative route is shown in the map above.





PEACE AND TRANQUILITY

There is a Facebook page called “1001 things to do in Kathmandu” which might also be helpful for you during your stay in Nepal. The link is:
(<https://www.facebook.com/kathmandu1001>).

CHECKING IN:

Accommodation has been booked for the course participants at Hotel Manaslu, in Lazimpat. Hotel Manaslu is one of the heritage hotels in Kathmandu with a garden and outdoor swimming pool. For more information, please check out their official website.

<https://hotelmanaslu.com>

- Upon arrival at the hotel front desk, please show your passport to the front desk clerks and tell them you are a Diploma course participant. You will be sharing your room with another colleague of the same gender.
- The accommodation cost from the night of 5th Nov 2023 is included in the course fee. You must pay any extra costs for your stay before and after the course.
- Breakfast and lunch are included in the course fee. You are free in the evenings to dine on your own. We will have one or two official dinner occasions. Participants are free to explore different restaurants and cuisines in the city.



BASIC NEPALI

VERNACULARS

Meet and Greet

Hello - Namaste

How are you?- K chha khabhar?

I am fine - Sanchai chhu

Thank you - Dhanyabaad

Sorry - Maafi pau

Yes - Hajur

No - Nai/Hoina

I don't know - Malai thachhaina

I don't understand - Maile bujhina

I - Ma

You - Tapai/Hajur

Goodbye - Namaste

Eating

I'm hungry - Vok lagyo

I'm full - Malai pugyo

It's delicious - Mitho chha

It's spicy - Piro chha

Make it less spicy- Piro nahalidinu la

Numbers

0-Sunna

1- Ek

2- Dui

3- Teen

4- Chaar

5- Paanch

6- Chha

7 - Saat

8- Aath

9- Nau

10- Das

100- Saye

1000- Hazaar

Shopping

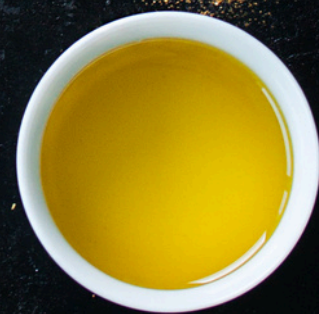
How much is this?- Yeslai kati ho?

Lower the price- Ghataununa alikati

Too expensive - Kati mahango ho

I want to buy it - Ma yo kinxu

WHERE AND WHAT TO EAT?





HEART OF NEPALI CULTURE OUR NEPALI FOOD

Our Food; Our Pride

Nepal is not only known as a popular trekking destination but is also known for its varieties of delicious delicacies that are culturally distinct. Each dish compels you to eat more and more. With thousands-years-old recipes passing down from generation to generation, Nepali food is close to Nepali people's culture and their soul. If you're looking to immerse yourself into the Nepali culture, these foods are must-try. These cuisines have distinct flavors and essence that enrich you with the ultimate Nepali experience.





DAL BHAT

Rice is served with lentil and side dishes such as meat, gundruk ko achar, vegetables, curd, and pickles. It is full of carbohydrates and protein.



MOMO

The must-try dish when you are in Nepal is the mouthwatering dumplings of momo. Momo is undoubtedly one of the favorite cuisines of Nepali people. Momo in Nepal is available with various fillings such as minced buff, chicken, paneer and khuwa among others.



NEWARI KHAJA

Newari Khaja is a combined dish that comprises several items such as baji (beaten rice), achar, chhoyela, egg, soybeans, bara, Aalu Tama and chhyang (rice beer). One of the most popular places to experience a Newari culture is at Newa Lahana, Kirtipur.



DHIDO

Exotic traditional food, Dhido is prepared by cooking millet flour, wheat flour, buckwheat flour, or maize flour in a traditional style. You can enjoy the dish by dipping in meat soup, milk, lentil soup, or gundruk.



1. NEPALI FOOD

- Bhojan Ghriha, Dilibazar
- Thamel Momo Hut, Thamel
- Tukche Thakali Kitchen, Lazimpat
- Newa Lahana, Kirtipur

2. WESTERN STYLE FOOD JOINTS:

- Kilroy's and K-too, Thamel – Famous for Steak
- Maya's cocktail bar, Thamel – Famous for Mexican cuisines
- OR2K and Friends café, Thamel- Famous for Vegetarian Middle Eastern cuisines
- La Dolce Vita, Thamel- Famous for Italian cuisines
- Fire and Ice Pizzeria, Thamel
- Roadhouse Café, Thamel, Jhamsikhel, Bhatbhateni
- Mezze by Roadhouse, Kings Way- same as Roadhouse Café with a vast wine cellar
- Momo-Tarou restaurant, Thamel - Famous for Japanese Cuisines
- Villa Everest, Thamel - For Korean foods
- Hard Rock Cafe, Sherpa Mall, Durbar Marg

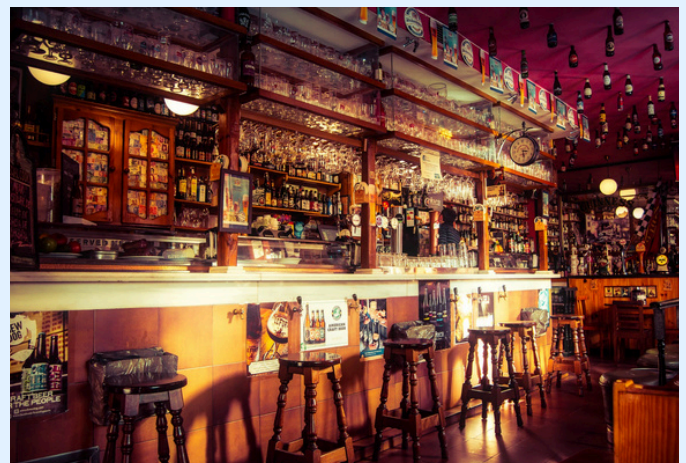


3. WESTERN STYLE BREAKFAST PLACES:

- Pumpernickel: Thamel
- Mike's Breakfast: Lazimpat

4. LOCAL BARS AND PUBS

- Sam's Bar, Thamel
- Tom and Jerry Pub, Thamel
- The Shisha Terrace, Thamel
- The Everest Irish Pub, Thamel
- Dechenling Beer garden and restaurant, Thamel
- The House of Music, Thamel
- Trisara, Lazimpat and Durbar marg
- The Embassy, Panipokhari
- The Capital Grill, Bhatbhateni
- The Attic bar, Tangal



TIME ZONE

- Nepal is 5 hours and 45 minutes ahead of Greenwich Mean Time (GMT +5:45)
- There is No Daylight Saving Time (DST)



CURRENCY

- Nepal uses Nepali Rupees (NRs). 100 paisas make one rupee. Banknotes are available with denominations of Rs. (rupee) 1, Rs. 2, Rs. 5, Rs. 10, Rs. 20, Rs. 50, Rs. 100, Rs. 500, and Rs. 1000 (You will be fortunate if you see Rs. 25 and Rs. 250 notes. Both genuinely exist but in scarce numbers.) Exchange rates fluctuate. For a rough estimate, US \$ 1 = NRs 130. Rates are available at the Nepal Rastra Bank (Nepal's central bank) website: www.nrb.org.np/fxmexchangerate.php or via several mobile apps.
- Currency exchange facility is available at the airport, all major banks in the city, and exchange counters everywhere in Thamel. Such a facility, however, does not exist in Manang.



DEBIT/CREDIT CARDS AND ATM

- 24-hour ATMs are available throughout the major cities. You can check the availability of most ATM counters on Google Maps.
- Depending on the bank, ATMs accept major international debit/credit cards, like VISA and MasterCard. You may be charged a fee for each transaction. Verify with your bank in advance.
- Payment in hotels, airlines, shopping malls, and certain restaurants and stores may be made by debit/credit cards. They usually display sticker logos of accepted cards at their entrance.



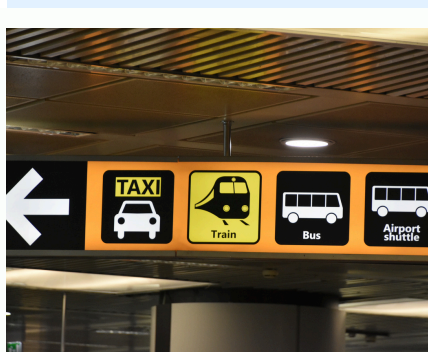
INTERNET

- You will have access to Wi-Fi in the hotel lobby and possibly in the lecture hall.
- Free or paid Wi-Fi hotspots are scattered throughout Kathmandu, especially in restaurants and hotels in tourist areas. Some public transport services and public institutions have Wi-Fi services provided by Nepal Telecom that can be subscribed to by sending an SMS charged hourly.
- Depending upon the service providers and area, mobile phones can access 3G or GPRS internet in coverage areas.
- Ncell and Nepal Telecom have made wireless broadband internet services available in Kathmandu. In contrast, prepaid fixed-volume internet packages can also be purchased and used with a wireless USB dongle on both services.
- For more information on wireless broadband and mobile internet, please refer to www.ntc.net.np or <https://www.ncell.axiata.com/en>



TRANSPORT

- Public transport is cheap, but far from easy. Color coding for license plates of public vehicles is a black background with white characters, or vice versa. Red plates are private vehicles and, hence, unlikely to stop when you signal. Green plates are vehicles from travel/tour agencies and are unlikely to stop unless pre-booked.
- Public transport includes buses, vans, taxis, and auto rickshaws (popularly known as tempos).
- Rental cars are available in some places.
- For more information on taxi rates per kilometer, please visit
 - http://www.numbeo.com/taxi-fare/city_result.jsp?country=Nepal&city=Kathmandu.
- The following news item might give a good idea into alternative ways of travelling inside Kathmandu <http://www.nepalitelecom.com/2017/06/best-taxi-apps-nepal-kathmandu-valley-getting-a-lift-for-less.html>



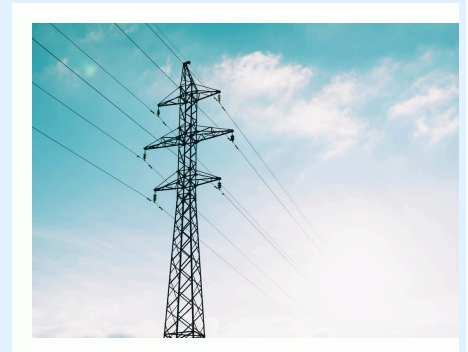
- Nepal's international calling code is +977
- There are also regional codes. Example - 01 is for Kathmandu district. For example, if you need to call the number 4435357, dial +977 1 4435357 from outside Nepal and 01 4435357 from outside Kathmandu. (Remember the "0" in front of the regional code).
- Landlines have 7 digits in Kathmandu, 6 digits elsewhere. Mobile phone numbers start with the number 9, do not have regional codes, and have 10 digits.
- You can easily buy a prepaid or postpaid SIM card from one of two mobile phone service providers: Nepal Telecom(<https://www.ntc.net.np/>) and Ncell (<https://www.ncell.axiata.com/en>)_from any of the retail shops or local dealers of the services scattered all over Kathmandu. Both companies provide 4G sim cards and easily available recharge cards for balance top-ups. Here is what is needed to purchase a sim card:



- A photocopy of your passport.
 - The address of your accommodation, which will be HOTEL MANASLU, in Kathmandu.
 - NRs 100 (1\$) for the sim, some of the amount you will get as a starting balance.
 - For data plans, please visit the websites mentioned above because of the company's different schemes of data plans.
- You don't need to give your fingerprints (or anything else!) to get your SIM card.

ELECTRICITY

- Nepal does not have electricity round the clock in all cities. For a few years, Kathmandu has abolished regular power cuts. However, there might be infrequent power cuts due to technical issues. Most hotels do have a generator to maintain a constant power supply. We have been assured that the lecture room will have a continuous power supply through automatic backup generators.
- Electricity in Nepal is 220V/50Hz AC.
- Electric socket/plug types are not universally uniform. A travel adapter will come in handy.



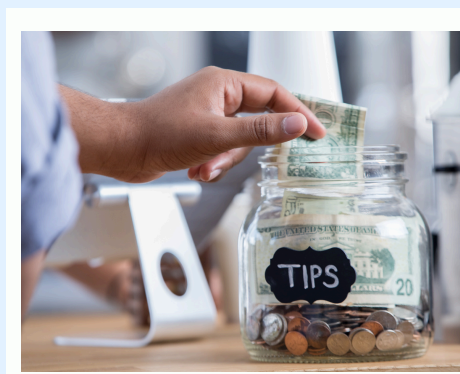
LANGUAGE



- Nepali is the main spoken language, though there are several languages and dialects across the country.
- Everyone in the tourism business speaks English.
- Signs in tourist areas are bilingual, or sometimes even only in English.

TIPPING

- Since you pay 10% service tax in most of the service business, tipping is not mandatory, but you may tip if you are happy with the service provided.
- Taxis don't expect tips either.
- In the mountains, however, it is customary to collect tips from all group members and tip the kitchen staff, porters, and trekking guides. So please set aside some cash for the last day of the glacier training. This is usually done amidst celebrations.



CLIMATE



- Nepal has all climate zones from tropical to alpine. Usually, it sees four distinct seasons - Summer, Monsoon, Winter, and Spring.
- Kathmandu is in a subtropical climate zone.
- November - December is the beginning of winter and a dry period. Temperature minimums are in single digits, and maximums are in the 20s (degrees Celsius).

TRAVEL CLINICS AND HOSPITALS

- There are two travel clinics in Nepal where doctors and staff speak English and are comfortable with foreigners.
- Travel and Mountain Medicine Center (<https://www.tmmcnepal.com/>), and
- CIWEC Hospital (www.ciwec-clinic.com)
- Please refer to the US Embassy website for more information on medical practitioners in Nepal: <https://np.usembassy.gov/medical-assistance/>



EMERGENCY NUMBERS



- Police: 100
- Fire brigade: 101
- Ambulance: 102
- Ambulance, Red Cross: 01-4228094
- Blood Bank: 01-4225344
- Telephone inquiry: 197

VACCINES AND PROPHYLAXIS

- Although not mandatory we recommend following vaccines for your safety: Influenza, Hepatitis A, Typhoid, Rabies, Japanese Encephalitis, and Hepatitis B
- Yellow fever vaccine is required if you travel from endemic countries.
- Malaria prophylaxis is not needed if you plan to stay in Kathmandu or other popular tourist destinations.
- For further information, visit the websites of Travel and Mountain Medicine Center (<https://www.tmmcnepal.com/>), CIWEC Clinic (www.ciwec-clinic.com), and Nepal page in CDC yellow book (wwwnc.cdc.gov/travel/yellowbook/2014/chapter-4-select-destinations/nepal)
- The respective embassies also have their own health advice, which are available on their websites.



MANANG VALLEY

PART B

TRAVEL:

On the 16th of November, we will be traveling in bus and jeeps for a day from Kathmandu to Dharapani and then trek for next 3 days to reach Manang. Early in the morning of 17th November, team will trek from Dharapani to Chame. The following day, we will leave for Pisang and finally reach Manang in the evening of the 19th of November. Manang, situated on the broad valley of the Marshyangdi River to the north of the Annapurna range, is at an altitude of 3510 meters (11,545 ft.). The river flows to the east. To the west, the famous Thorang La pass at 5,416 meters (17,769 ft.) connects Muktinath and the Kali Gandaki valley. Most groups trekking around the Annapurna circuit take acclimatization rest days in Manang to acclimatize to the high altitude before taking the Thorong La pass. The village is situated on the southern slope, which gets the most sunlight and the most minor snow cover in the winter.



MANANG valley with Annapurna-3 and Gangapurna

ACCOMMODATION:

We will be staying at Hotel Tilicho, a family-run tea house since 1989 and one of Manang's first tea houses. Mr. Chhiring Gurung, the owner, is a local horse race champion and has been providing us with warm hospitality for the last three seasons. The hotel has a wired internet connection and can be used (with applicable charges) in case of need. You can note his cell number, +977-9846229768, and share it with your family for emergencies.



Hotel Tilicho – Manang

Discover the majestic allure of Manang Valley, where breathtaking Himalayan vistas meet rich Tibetan culture. Embark on an unforgettable journey through scenic trails, ancient monasteries, and warm hospitality – a true haven for adventurous souls and nature enthusiasts

LECTURES:

In Manang, we will be having lectures within the premises of the Himalayan Rescue Association Aid Post. There, you will also have a chance to interact with volunteer doctors and discover what kind of ailments they encounter. Sometime during the day, you may join them in their public lectures on altitude illnesses to spread awareness to trekkers. Please visit,

<http://www.himalayanrescue.org/hra-manang-aid-post>

, the official website of the HRA

if you are interested in volunteering in one of its Aid posts, including Manang.



HRA AID POST MANANG



On the morning of the 26th of November, all medical instructors will return to Kathmandu. The rest of the group will be led by an experienced group of 6 Nepalese Sherpa mountain guides. We will trek in a group of around 40 people, including the support crew from our experienced tour operator Peak Promotion Pvt Ltd. We will lunch en-route during our walk up to the Base camp and, spend the night there, and acclimatize and train the next two days around the Base camp. On 30th Nov, we will move further to the high camp, crossing a high altitude pass. At high camp, we will train for the next three days and eventually return to Ngawal or Humde. Those who wish to continue their trip up to Thorang La and Mustang are free to do so and will be on their own. The rest of the team will return to Kathmandu via jeep.



Khangla Glacier, 5100 m



Andy Luks

Dr. Luks Works in the Division of Pulmonary, critical care and sleep medicine at the University of Washington. He performs his clinical duties at Harborview Medical Center where he cares for patients in intensive care unit services. He also provides consultative services to individuals seeking advice about travel or high altitude. He has served as a co-author of the recent edition of High Altitude Medicine and Physiology as is also a lead author on the recent Wilderness medicine society guidelines for the prevention and treatment of acute altitude illness. Beyond his clinical duties, Dr. Luks has an active scholarly program in the area of high altitude medicine and physiology with particular focus on travel to high altitude with underlying medical conditions.

Dr Beth McElroy: Anaesthetic/Anaesthesiology and Intensive Care registrar in Plymouth, UK. I have been visiting Nepal for work and travel since completing the NepDiMM in 2014. Following the diploma I completed a mountain rescue clinical fellowship in the Lake District, have volunteered for the Himalayan Rescue Association in Pheriche and Manang for a season and have acted as a race doctor alongside Dr Dawadi for the Manaslu high altitude trail race. I have been fortunate to medic on several expeditions including to Kilimanjaro and the Mexican jungle. To complement my love of working abroad I have gone on to complete the Diploma in Tropical Medicine and more recently have spent time working on an orthopaedic project in Kenya.



Beth McElroy



Buddha Basnyat

Dr. Basnyat is the past president of the International Society of Mountain Medicine. He currently leads the Oxford University Clinical Research Unit- Nepal based at Patan Hospital and is the medical director of the Himalayan Rescue Association. He holds a master's degree in respiratory physiology from the University of Calgary, Canada, and did his Internal Medicine residency training at the Banner Good Samaritan Hospital in Phoenix, US. Having lectured hundreds of medical students at the Institute of Medicine, TU Teaching Hospital as a professor of physiology for over a decade, his research interest lies in working with young clinicians in the study of high-altitude illness and undifferentiated febrile illness in the tropics.

Originally from the UK where I did my medical training, I now live and work in San Francisco. (after a somewhat long and circuitous route getting there).

Currently a professional vagabond, until recently my day job was a consultant anesthetist and Clinical Professor at the University of California San Francisco. Along the way have I have worked as a (SCUBA) Dive Master in the South Pacific, a Ski Patroller in New Zealand, and as Expedition Medical Officer on several high altitude and medical research expeditions. In addition, I have worked as Staff Physician at the HRA in Pheriche and IPPG Clinic in Machermo and Gokyo in Nepal.

I have also spent a significant amount of time involved in developing specialty training programs for anesthesia. Most of this work has been in Sub-Saharan Africa including Tanzania, Uganda and Kenya and more recently running a similar program in Namibia.

I am a founding faculty member and past module director for the UK Diploma in Mountain Medicine and now also the Canadian Diploma in Mountain Medicine. In addition I am faculty and instructor for the US National Park Service "Parkmedic" program (Paramedic and Wilderness medical training for US NPS Rangers) as well as EMT training for the US National Park Service. I was also the founding Medical Director for Kilimanjaro Search and Rescue (Helicopter Service) in Tanzania.

As well as being an enthusiastic Climber and Mountaineer, I also enjoy Skiing (up and downhill), Mountain Biking, Sea Kayaking, Sailing, and SCUBA. I am a certified Pilot with various ratings, as well as a Senior Aviation Medical Examiner for the FAA (Federal Aviation Authority) in the USA.



Gerald Dubowitz

Dr. Hunter is an Anaesthetist and Intensivist from the UK. In the 1990s, Jez left Exeter University, UK, and joined the Royal Marines as an officer. During his decade's service, his thirst for adventure was well served with thirteen expeditions – ranging from high-altitude climbing in the Pakistani Himalayas to deep-sea diving in the Philippines. On leaving the Forces, he established a rope access and rescue company – training the emergency services in rope-related disciplines including mountain rescue. He was one of the founding members of the International Rescue Instructors Alliance and authored "Swiftwater and Flood Rescue – a field operations guide". After his company was acquired by a multinational listed corporation, he retrained as a doctor at the Peninsula Medical School, UK. Currently working as an Intensivist in the Southwest, his interest lies in austere environment anaesthesia, hepatitis E transmission and post graduate medical education.



Jez Hunter

Dr. Kamal Thapa is the head of Department of Emergency Medicine and Prehospital care at Grande hospital. He has been actively involved in mountain rescues and altitude illness research in Nepalese Himalayas. After completing his B.A. in English Literature, Sociology and Anthropology, he completed his medical school and MD in General Practice and Emergency Medicine from Tribhuvan University Teaching Hospital (TUTH), Institute of Medicine Maharajgunj, Kathmandu. Currently he serves as the President of the Mountain Medicine Society of Nepal (MMSN). Dr Thapa has taken training in the field of mountain emergency medicine, both nationally and internationally. He completed Diploma in Mountain Medicine in Nepal in 2012 and completed highly technical and specialized rescue training course 'International Diploma of Mountain Emergency Medicine' from Institute of Mountain Emergency Medicine, European Academy of Bolzano (EURAC), Bolzano, Italy conducted in Italian Alps. He has been closely working with Himalayan Rescue Association (HRA) as a high-altitude volunteer doctor in Nepalese Mountains. Dr. Thapa has been involved in numerous talks and workshops on the prevention and creating awareness on high altitude illnesses to the locals, pilgrims, and trekkers. Dr Thapa is one of the trainees of Nepalese Mountain Rescue Development Project, a project conducted by EURAC, Bolzano, Italy. He has been trained as an instructor for the mountain emergency rescue medicine. In his spare time, Dr Thapa loves writing poems, songs and climbing, biking as well as hiking.



Kamal Thapa

Dr. Ken Zafren is the Associate Medical Director of the Himalayan Rescue Association (Nepal) and a past Vice President of the International Commission for Mountain Emergency Medicine (ICAR MEDCOM). He is a retired member of Rocky Mountain Rescue Group and the Alaska Mountain Rescue Group. Dr. Zafren has also served as the Emergency Programs Medical Director for the State of Alaska. Dr. Zafren lives in Anchorage, Alaska, USA. He is an emergency physician at the Alaska Native Medical Center in Anchorage and at Stanford University Medical Center, Stanford, California USA, where he is a Clinical Professor of Emergency Medicine.



Ken Zafren

Dr. Prativa Pandey is the Medical Director of CIWEC Hospital in Kathmandu and Pokhara – a center that deals mainly with travel-related problems including altitude illness. She is a Past President of the International Society of Travel Medicine and is currently serving her term as President of the Nepal Society of Travel Medicine. Dr. Pandey obtained her medical degree from New Delhi, India, and did post-graduation in Internal Medicine from Boston, USA. She has worked as a volunteer doctor at the Pheriche aid post and remains a member of the medical advisory board of the Himalayan Rescue Association. She has more than 30 peer-reviewed publications and has authored several book chapters.



Prativa Pandey

Ryan Paterson attended the University of Vermont School of Medicine and completed his Emergency Medicine Residency and Fellowship in Wilderness/Altitude/Expedition Medicine at Denver Health Medical Center/University of Colorado, USA. He also holds advanced certifications in Tropical Medicine from the London School of Tropical Medicine and Hygiene (DTM&H) and in Mountain Medicine (DiMM). He is a practicing, board-certified Emergency Physician for Kaiser Permanente at St Joseph's Hospital in Denver, Colorado, USA. When not working, Ryan loves to spend time outdoors with his spouse and two children. He is an avid traveler, climber and a former distance athlete who continues to run, bike, and swim. Dr. Paterson is a co-founder and former director for the Wilderness Medical Society Diploma in Mountain Medicine (DiMM) course. Ryan has significant experience in large race/event medical management. He serves as medical director for GlobalLimits and has medically directed multiple Global Limits events. He reviews and consults for many other races. He is the former



Ryan Paterson

United States delegate to the International Society of Mountain Medicine (ISMM). He also founded the FLuME foundation and serves as medical director for Kolkata City Mission (KCM) working thru both organizations to establish sustainable development solutions in education, health, women's empowerment, micro-enterprise and public health for informal communities in and around Kolkata, India. In addition, Dr. Paterson is an altitude researcher, expedition physician, mountain emergency medicine educator and guide.



**Sanjeeb Sudarshan
Bhandari**

Dr. Bhandari is an emergency medicine physician from Nepal. He completed his medical school from Institute of Medicine, Nepal, and Emergency medicine residency from Virginia-Tech Carilion in the United States. He completed his DiMM in Nepal in 2014. He has also worked at Himalayan rescue association aid post at Mt Everest base camp known as Everest ER in years 2014, 2017 and 2022. He also completed FAWM in 2022. He has been an active member of Mountain medicine society of Nepal since 2008 and a member of Wilderness medicine society since 2018. He currently works at a level 3 trauma center in western Maryland in the United States.

Dr Subarna Adhikari is dual trained: Orthopedic Surgery training from Institute of Medicine in Nepal and Emergency Medicine from University of California Davis in USA. He is an active member of the Mountain Medicine Society of Nepal and has been with the DIMM since the start. He is managing the online portal of the course this season and is excited to work with you all.



Subarna Adhikari



Suvash Dawadi

Dr. Suvash Dawadi is a general practitioner currently working at CIWEC hospital and travel medicine center. He graduated in 2013 and did his residency thereafter at the Institute of Medicine, Tribhuvan University. His interests apart from high altitude medicine include sports and expedition medicine. He is a DiMM graduate from the year 2014 and did a FIFA Diploma in Football Medicine in 2017. Dr. Suvash has worked as a volunteer doctor for the Everest ER and as a race doctor for the Manaslu and Mustang Trail Races. He has been working as an expedition doctor for a few high-altitude trail-running events in Nepal with Trail Running Nepal.

My name is Suzy Stokes, and I am a Consultant in Emergency Medicine and pre-hospital Emergency Medicine, flying for Thames Valley Air Ambulance. I live and work in Oxford, UK and have 2 young children. I completed the DiMM in the UK in 2007-2009 and am a co-founder of the NepDiMM, first visiting Nepal in 2010 to work at Pheriche and subsequently for the 2014 Everest season and NepDiMM 2011, 2012, 2014, 2017 (and remotely for 2019). I have really enjoyed seeing the course grow and develop as it has moved from Thame to Langtang and finally found its home in Manang. I have completed the FAWM, taken part in high altitude research and am now piloting a fellowship in mountain medicine for junior doctors in my hospital. I am also a co-founder of the British Mountain Medicine Society (BMMS) and enjoy teaching all things Wilderness Medicine!



Suzy Stokes



Tom Odbert

Dr. Odbert is a consultant in Emergency Medicine at the Peninsula Major Trauma Centre, Devon, UK. He is also an experienced Pre-Hospital Emergency medic, currently working for the County's Air Ambulance Service. His other specialist roles include being a Lifeboat Medical advisor for Plymouth Royal National Lifeboat Institution, and an honorary consultant with the British Antarctic Survey Medical Unit. He is an educational supervisor for trainee doctors in the NHS and has specific interests and expertise in simulation training and assessment, human factors, trauma, and ultrasound. Having completed the Nepal DiMM himself in 2014, he has been part of the faculty, thereafter, contributing to the Kathmandu, mountain, and assessment phases. He has a long-held enthusiasm for the outdoors and has travelled widely. His hobbies include hiking, kayaking, diving, skiing, and running, all at very amateur levels. He lives on the edge of Dartmoor, Devon, UK, with his wife and rescue dog where he enjoys spending time on the moor and at the beach.



Alasdair Akerman

My name is Alasdair Akerman. I'm 44 years old and from the UK. Medicine for me is a second career and I qualified as a General Practitioner two years ago.

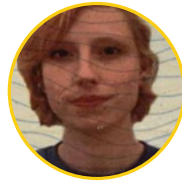
I have always enjoyed the outdoors, and was lucky growing up to have Grandparents that lived in the Lake District and learned basic outdoor skills from my family and the Scouts. At university I qualified as a Summer Mountain Leader (hill walking instructor) and have been involved in several trekking expeditions to Nepal, the USA and Africa as well as walking and scrambling in the Scottish Hills. When I returned to university to study medicine I developed an interest in Wilderness Medicine and re-founded our university's Wilderness Medicine Society. Living near the Peak District, I enjoy walking, scrambling, mountain biking and occasionally climb but I remain an enthusiastic amateur at all of them. During my medical training I have completed the Diploma in Medical care for conflict and catastrophes, and the Diploma in Immediate Medical Care. I am fortunate to have a job that involves working as a General Practitioner in the UK but has also taken me to Turkey, Sudan and Kenya this year. I am looking forward to the course, to meet the other delegates and learn from them and the instructors whilst enjoying the amazing environment in Nepal.



Bethany Butcher

Hi all, I am a junior doctor based in Glasgow, Scotland. I studied in Manchester and also did an intercalated degree in Global Health during my time there. I then moved up to Scotland for Foundation Years and really fell in love with walking and scrambling in winter and summer conditions. I also spent a year in New Zealand working as a Medical

Registrar, skiing, hiking across volcanoes and spending lots of time in the ocean. I then completed a two-month cycling tour adventure across Central America and Mexico, acting as the tour medic for the cyclists. I'm now back in Scotland trying my hand at a few expedition jobs and working in A&E, still trying to bag Munros and becoming increasingly addicted to cold water swimming. I have never been to Nepal before, and this will be my first time at such a high altitude so I am looking forward to this humbling experience and the knowledge that it will bring.



BRIANA BENNETT

Bri attended medical school at The Medical College of Georgia and completed residency at Virginia Tech Carilion in Roanoke, Virginia. They found their passion for wilderness medicine during an elective as a first-year medical student. Bri's main outdoor interests include rock climbing, caving, and hiking/backpacking with their dog, Denna. In Bri's free time, you can find them gardening, reading a book, climbing at the rock gym, or practicing aerial arts. They love teaching and want to work with local communities to improve outdoor safety and skills. Bri was a MedWAR director and racer during medical school, and they have helped create Blue Ridge MedWAR in Roanoke, VA. During fellowship, Bri plans to complete the FAWM and DiMM. Bri's interests for fellowship are technical rescue, environmental health and advocacy, and event medicine.



Catherine Campbell

Hello! I'm Cat, I'm from the UK and currently living in Scotland and work in Emergency Medicine. I've always had a passion for the great outdoors and have enjoyed hill-walking, skiing, camping and cold-water swimming from a young age. Moving to Scotland has allowed me to spend more time mountaineering and climbing which I enjoy in both summer and winter conditions! At university, I became involved in a high-altitude medical expeditionary research group and subsequently participated in two Himalayan research expeditions where I facilitated studies and contributed to scientific publications, giving me a good insight into the challenges and rewards of this field of work. This inspired me to undertake the diploma in mountain medicine and I am excited to build on my knowledge and skills alongside like-minded individuals. Look forward to meeting you all soon!



Elisa Chen Yao

Namaste, My name is Elisa Chen, I am a chinese-spanish doctor. I finished medical school in The Netherlands, a country that is mostly below sea level. I have worked in internal medicine and general surgery. Beyond the hospital walls, I like hiking, climbing, scuba diving, savouring diverse cuisines and exploring different corners of the world. I frequently ask myself which professional direction will bring me the most joy. Taking this course is an exciting step towards gaining more clarity and to understand myself better.

I look forward to sharing some momos with you all!"



Helen Lee

Hey folks, this is Helen. My pronouns are she/her and I identify as part of the LGBTQ+ community. I went to med school in Hong Kong and did part of my emergency medicine residency there up until after COVID. Did the unconventional thing and quit my job to travel, climb, study, and mostly hang out with my dog Baxter. Spent this summer doing the Tropical Medicine certificate course at Johns Hopkins, then the ACMG's TRCI course in Squamish as well as chill-climbing. Have also been back in the ER working on a part-time basis, and will be aiming to finish residency at some point. Career-wise, looking to be involved in wilderness medicine, search and rescue, and MSF. Super stoked to connect and learn with y'all in November!



Isabelle Nimmo

I have been a Doctor for about 6 years now – 4 years in the UK (where I am originally from) and 2 years in New Zealand where I am based now. I have not specialised yet but have spent the last 2 years doing Emergency Medicine. My current job is as a ski field doctor in the South Island of NZ. I have always been interested in prehospital and expedition medicine and I hope to take my career more in this direction. I have been fortunate enough to work as a doctor in some really unique locations around the world. This includes working closely with local Peruvian doctors on a medical boat in the depths of the Amazon; in a rural Ugandan hospital; on ultramarathon events in 38° in the Wadi Rum desert (Jordan); in - 34° in the Arctic Circle in Sweden; in the remote Icelandic highlands; across Kenya conservancies surrounded by incredible animals, and also in the exposed Scottish highlands. I absolutely love these events and feel very grateful to be able to combine my profession with my love of adventure and the outdoors. They also provide a wonderful opportunity to engage in different cultures

and experience such beautiful landscapes. I am really hoping to direct this more towards mountainous expeditions in the future so am really looking forward to learning more about this on the DiMM. When I am not working you'll find me off on a long hike somewhere, skiing/ski touring (in the winter), at the sea going kitesurfing (if the weather permits it!) or doing partner acrobatics.



Kate Amy Alexander

Hello I'm Kate. I graduated from the University of Birmingham in 2020 and since have been working in Scotland across various departments. Most recently I have returned from studying a diploma in tropical medicine & travelling in East Asia and am excited to continue my study in Nepal. I have been a competitive swimmer all my life and it was through outdoor swimming that my passion for outdoor adventure started. I enjoy trekking and camping which I have been lucky to do both at home in the UK and across the world. Moving to Scotland meant being closer to the outdoors and since I have been able to spend time mountaineering and take my indoor climbing skills outside. In my career I would like to work with remote and rural communities at home and abroad. This and my love for mountaineering inspired me to undertake this diploma to meaningfully build on my skill & knowledge. I'm really excited to be joining the DiMM in Nepal and look forward to getting to know everyone!



Lucy Allen

Hi everyone, my name is Lucy and I am currently based in the South Island of New Zealand. My main passions include trail running, biking and skiing and have just spent the winter working as a medic on the Remarkables ski field, Queenstown. Running in the hills in South Wales was my first love and I quickly decided that I wanted to align

career in this direction, so I joined the Western Beacon Mountain Rescue team. Emergency medicine followed suit and for the last two years I have been working as an ED registrar in Dunedin, NZ. I plan to apply for the rural training program in NZ next year which will keep me mountain based. Recently I completed the certificate in avalanche risk management level 5 and it has provided me with a great platform for winter adventures and I am looking forward to further my knowledge with you all in Nepal.



Matthew Basinger

Hello! My name is Matt Basinger, and I am a MD and FAWM, and so excited to meet everyone! I am currently a fourth-year Emergency Medicine resident physician at the University of Michigan in the United States. I grew up in California, and completed undergraduate training at the University of California, Los Angeles, and medical school at The Ohio State University. I was recently awarded my Fellowship in the Academy of Wilderness Medicine (FAWM) and I am the director of the University of Michigan Medical School Wilderness Medicine Elective, participate in the Washtenaw County Technical Rescue Team, and hold several national positions in wilderness medicine including the Chair of the EMRA Wilderness Committee and the director of EMRA's Medical Wilderness Adventure Race (MedWAR) at ACEP. However, outside of the hospital I really enjoy sport climbing, mountaineering, and backpacking. Growing up in California, I've spent significant time in the backcountry of the Eastern Sierra Nevada mountain range backpacking, mountaineering, climbing, and skiing. During college I also competed on the UCLA Ski Team in slopestyle, downhill, and giant slalom. I aim to become the medical director of a search and rescue team or of a National Park during my medical career, as well as expand my outdoor competency. I'm really looking forward to meeting everyone in a few weeks!



Matthew McAlpine

I'm a Rural General Practitioner from the Australian 'Alpine' region where I work in a ski village - rather modest compared to the Himalayas! We manage lots of ski injuries in a relatively isolated setting, along with any medical issues that occur for the 5000 people living on the mountain. I also have Masters of International Public Health and a Diploma in Emergency Medicine - working in rural/remote hospitals outside of winter. I'm eager to combine medicine with my love for the mountains and altitude, so the DiMM is a great step in that direction. Personally, I enjoy anything that gets the heart rate up in beautiful places - hiking, ocean swimming, trail running and cross country skiing. I'm particularly fond of Nepal, and studying in such an extraordinary classroom will be a dream come true.



Mattjis VAn Hooreweghe

Hi everyone, I'm Mattijs (but just call me Matt)! I'm 31 and grew up in Belgium (it's very flat over there). Studied Medicine at KU Leuven and completed my Emergency Medicine residency (which includes Prehospital Medicine in Belgium) in August 2023. Moved to New Zealand for my last year of residency and still there at the moment. Very passionate about mountain/expedition medicine, trauma, prehospital medicine, education, and optimizing team-performance. Instructor for NAEMT and in the process of becoming an instructor for the European Trauma Course. Will travel to Johannesburg early 2024 for an additional trauma fellowship. Always been eager to escape the confinement of school/workplace whenever possible - if not at work you could usually find me trekking in Scandinavia, mountaineering in the French Alps, sailing multi-day offshore sailraces, surfing or diving. Nowadays mostly exploring New Zealand's amazing backyard. Love working in team, a good cup of coffee with family or friends, climbing mountains under a clear night sky, learning new skills, off-grid

adventures and playing music. Extremely excited to participate in the DiMM and looking very much forward to meeting you all!



Mingma Kanchi Sherpa

My name is Dr. Mingma Kanchi Sherpa. I was born and raised in Khunde, a Sherpa village in Everest region of Solukhumbu. I have been working at Kunde hospital for the past seven years. I graduated Doctor of Medicine from Cebu Doctors' University, Philippines in 2014 and did my internship at my university hospital. I started working as a medical officer from Patan Hospital, Lalitpur from 2015. And since mid-2016, I am at Kunde hospital located at Khunde serving my own community. Khunde is on the route to Everest at an altitude of 3840 meters. although, it's a Sherpa village, there are thousands of tourists visiting this place every year getting an opportunity to deal with many altitude related cases. Hence, I am very excited to join DIMM course as it's a great learning platform for me to hone my knowledge and skills related to high altitude. When I am not working, I love hiking and explore new places. So far, I have done EBC, Kalapatthar and three high passes in the Everest region.



Nishant Dhakal

Dr. Dhakal is currently leading the Department of Emergency Medicine and Prehospital Care at HAMS Hospital in Kathmandu. He completed his medical school and his post graduate training in emergency medicine and general practice at the Institute of Medicine, Tribhuvan University Teaching Hospital. He loves to travel and treat people. Excited to meet all the DiMM colleagues!



Priti Bhusal

Dr. Bhusal completed her medical school from Dhaka Medical College in Bangladesh. She enjoys hiking, outdoor sports and mountaineering. She has already scaled some of the popular mountains like Everest, Amadablam, Lobuche, and Manaslu.



Rajesh Sharma

I am Rajesh Sharma, a graduated doctor from Maharajgunj Medical Campus (MMC), TUTH IOM. I am highly interested to do Diploma in Mountain Medicine (DiMM). NepDiMM is a unique opportunity for those interested in mountain and wilderness medicine provided by MMSN. It gives a great experience to get trained by the world-renowned person in a respective field in real high altitude. With this course, I will be able to learn skills to identify and resuscitate patients outdoors, plan for the rescue operation, preventive, and curative aspects of mountain medicine, run outdoor consultations, skills in ice and rock and many more. The skills and knowledge learnt from this diploma will help me to further pursue my interest and continue to serve in high-altitude aid posts. I am currently an Executive Board Member of MMSN. I have continuously volunteered and worked in mountain medicine since I joined my medical school. I have facilitated multiple MMSN wall climbing, and hiking case scenario sessions. This diploma will be of great opportunity for someone like me who is interested in wilderness and mountain medicine



Ramesh Balayer

I am an MBBS (Bachelor in Medicine and Bachelor in Surgery) graduate from Institute of Medicine, Tribhuvan University, Nepal and is currently working as a medical officer at a health facility under Government of Nepal. I am planning to pursue residency in Emergency Medicine. My area of interests are high altitude and wilderness medicine. I was a recent Outdoor activities coordinator for Mountain Medicine Society of Nepal (MMSN) for the year 021/022. I attended XII World Congress on Mountain medicine as a delegate. I have also travelled as an expedition doctor several times. I worked as a Volunteer physician Fall season HRA (Himalayan Rescue Association) Aid post 2022 at Pheriche for 2 months. I love to travel and trek. I am very excited for NepDiMM 2023



Robert Dickson

I'm Rob Dickson an Australian rural/remote General Practitioner based in Tasmania. I enjoy working a mix of primary care in small Tasmanian towns with GP-run hospitals combined with more standard emergency department work in larger places to keep the tools sharp. I also enjoy not working and pursuing all kinds of outdoor adventures. I believe engaging with nature and challenging myself outdoors makes me resilient, broad-minded, happy and a better person. By extension this makes me a better doctor. Well that's how I justify it anyway. Professionally I've worked on/off as a doctor for the Australian Antarctic Program for the last five years or so. I really enjoy the insights that arise from healthcare provision in unique contexts - providing solo doctor healthcare with the Antarctic Program has been great for this. I've done some postgraduate study at the University of Tasmania in healthcare in remote and extreme environments, and I now help out casually as a lecturer and course facilitator. Completing the DiMM has been a goal of mine for some time - and I'm very appreciative that everything has aligned to give it a go this year.



Suraj Bhatta

I am Suraj Bhatta, a recent graduate student. I have completed my medical school from Institute of Medicine, Tribhuvan University. I am from the Far western part of Nepal and a general member of Mountain Medicine Society of Nepal (MMSN) since 2015. I continued to work closely with MMSN since then. It's been 8 years since I involved with this organization. I have always been fascinated by the mountains of Nepal and have a keen interest in mountain medicine since early days of my med school. I have worked as a volunteer doctor at the HRA Manang Aid post in 2022 in the Annapurna region of Nepal. Working at Manang aid post had given me a great experience of high altitude and helped to learned about wilderness medicine. This particularly has inspired me to seek journey for Wilderness Medicine. Following this, I again volunteered at HRA aid post at Everest base camp. I recently returned from Everest Base Camp working as a volunteer doctor at Everest ER which was a great experience, like a book beyond pages, a learning beyond wall and borders. Beside this, I enjoy being a persistent amateur photographer and I spend my majority of non-working time biking, hiking & listening music. I am excited to be a part of DIMM 2023 and really looking forward to seeing all the DIMM family.



Suraj Shrestha

I'm Dr. Suraj Shrestha, a recent graduate of the Institute of Medicine, currently working as a medical officer. I come from Changunarayan, a beautiful village in Kathmandu Valley. I've been an active member of MMSN since the early days of my medical school. Having served as a volunteer doctor at Gosainkunda (4380m) and volunteered in previous DiMMs has widened my horizon of high-altitude illness/wilderness medicine and interest in devouring myself more into this. Besides, I am really into academics, have served as an academic coordinator of MMSN for the term 2022/23, and involved in various research activities. Besides the academic

stuff, I enjoy music and playing basketball, and I like to travel and have new experiences whenever I can. I have a few treks already in my bag and plan to go on further adventures in the future as well. It is part of the reason why I was drawn towards the possibility of exploring medical horizons in high-altitude regions of our country. I'm beyond excited to meet and learn from all of you. Cheers!



Weston Patrick McCue

My name is Weston McCue. I was born and raised on a ranch in the small rural town of Cody, WY. It is an area that is remote, not very populated, and was a perfect environment for growing up in the mountains and enjoying all the benefits of that lifestyle. I grew up hunting, fishing, camping, climbing, rafting, kayaking, backcountry snowboarding, and taking part in anything involving the outdoors. I went to university to study neuroscience, while spending my summers as a multiday river rafting guide in the Grand Canyon. Here my love for working as a guide matured, and after graduating University I continued my guide career for a few years while spending my winters in South America whitewater kayaking the continents finest waterfalls before applying to medical school. I attended medical school at the University of Hawaii and became an avid surfer and skydiver during that time. I am now a 2nd year resident physician at the University of California San Diego Emergency Medicine residency program. I am beyond excited to be surrounded by an international cast of people like me who want to find a way to be a medical professional who practices medicine in the mountains, and environments that combine my interests with my profession



Yugant Khand

I am Yugant Khand, a driven and compassionate medical graduate from Nepalese Army Institute of Health Sciences with a passion to learn about medicine. From my schooling days, I was fascinated by the intricacies of the human body and brain, and the way it responds to diseases. I became particularly drawn to the field of critical care, recognizing the incredible impact that advancements in critical care research and management can have on patients' lives. Currently, I'm working as a medical officer at Patan Hospital which is a public not-for-profit tertiary academic institution of Nepal where I handle patients who are in dire need of critical care like shock, stroke, respiratory failure, poisoning, acid base disorder to name a few. I spend my spare time rummaging through research papers, volunteering at local health organizations, or you might find me hiking in the great outdoors and trying out a new recipe in my kitchen.

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Useful links

- Government of Nepal, Ministry of Tourism: <http://www.tourism.gov.np>
- Nepal Tourism Board: www.welcomenepal.com

F O R E W O R D S

We would like to assure you that we have taken every action to make your stay as pleasant as possible and the course a wonderful learning experience. We cannot rule out any unforeseen technical glitches, but this is a course being refined each year and we warmly welcome your constructive inputs before, during and after the course to make this wilderness experience in the remote mountains of Nepal as memorable as possible.

We wish you a memorable stay in Nepal and we believe you will come again as it is truly said "Nepal: Once is not enough!"

NepDiMM team

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Nepal: Once is not Enough!