

This newsletter is published by the American Citizen Services Unit, U.S. Embassy, Kathmandu, Nepal.

Tel: 977-1-400-7200, 400-7201;
Fax: 977-1-400-7281
(Tel: 977-1-400-7266, 400-7269-
after hours American Citizen
Emergencies only)

Email: consktm@state.gov

Website:

<http://nepal.usembassy.gov>

U.S. Department of State's
Consular travel website:
www.travel.state.gov

**American Citizen Service
Hours:**

1:30 to 4:00 pm, Monday
through Friday, excluding
holidays.

To schedule an appointment:

<http://go.usa.gov/Yjc>

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Meet

Sonia Laul, Chief

American Citizen Services

Namaste!

I am Sonia Laul, American Citizen Services Chief at our Embassy in Kathmandu. Before joining the Embassy team here last fall, I served at our Embassy in London doing both Consular and Environmental work. Before joining the Foreign Service in 2009, I was a state lawyer in Texas where I grew up. I attended the University of Texas at Austin for undergraduate studies in microbiology during which time I also learned Italian and studied abroad in Rome and Bologna. I have already enjoyed my time here immensely, including meeting many of you in our wonderful community of U.S. citizens.

A special thanks to everyone who serves as a warden —we are grateful to have you and we appreciate all that you do in the name of helping your friends and neighbors in case of a natural disaster.

Thank you for your spirit of service! I am looking forward to meeting more of you during my time here through the fall of 2014.

WANTED

WARDENS for Zones 9, 12 and 13

& Co-WARDENS for most Zones

Are you an American citizen over 21 years of age living in Nepal in Zones 9 (Kirtipur), 12 (Pulchowk/Patan), 13 (Bhaktapur)?

If you have forgotten your zone and/or you are interested in being a warden, please contact us at wardenktm@state.gov.

- ◆ Do you have an email account and telephone?
- ◆ Are you willing to help your fellow citizens?

If you can fill these roles, please consider becoming a warden with the U.S. Embassy.

As part of our effort to serve American citizens living or traveling abroad, the U.S. Embassy has a warden system to assist American citizens, especially in times of emergencies. Wardens are volunteers who serve the particular geographic zone where they live. Usually, we are able to communicate with most of the registered American citizens in Nepal via email or cell phone. However, if a natural disaster, personal crisis, or other emergency strikes; we look to our wardens for help.

What is a warden's responsibility?

- ◆ Assist the U.S Embassy in communicating important information.
- ◆ Notify the U.S. Embassy of American citizens who need assistance.
- ◆ Forward messages, as appropriate, from family members who have lost contact with an American citizen living in Nepal.
- ◆ Check on the welfare of American citizens in your area during a natural disaster or other times of crisis.

If you think you would like to volunteer for this important job, or if you would like more information about this program, please contact the U.S. Embassy at: wardenktm@state.gov.

U.S. Messages to Americans

The Embassy wishes to remind American citizens that demonstrations are unpredictable, and can turn violent with little notice. Avoid large crowds and gatherings. Use good judgment and common sense when traveling, and be prepared for disruptions in transportation services. We recommend that U.S. Citizens monitor media coverage of local events for the latest information.

U.S. messages to Americans can be found at:

<http://nepal.usembassy.gov/mfe.html>

Welcome to Nepal!



Smart
Traveler
Enrollment
Program

For travel information and to register your trip, go to travel.state.gov. Please enter your email address so the Embassy can send you updated security information.

Have a safe trip!

Embassy of the United States of America
Consular Section
Maharajgunj, Kathmandu, Nepal
Post Box No. 295



Email: consktm@state.gov
Website: <http://nepal.usembassy.gov>
Please make an appointment at: <http://go.usa.gov/Yjc>
Note the capital "Y" in the web address.

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(U.S. citizen emergencies only)
U.S. citizen service appointment hours:
Monday to Friday, except holidays, from 1:30pm - 4:00pm

Job Opportunities at the U.S. Embassy

http://nepal.usembassy.gov/about_the_embassy/job-opportunities.html



Human Resources Office
The Embassy of the United States of America
GPO Box 295
Maharajgunj, Kathmandu

EQUAL OPPORTUNITY EMPLOYER

Please use caution when trekking during monsoon!

Himalayan Rescue Association (HRA) has provided some advice about when landslides occur and which areas are more prone to them. Note that these are not limited to the areas listed below as similar incidents can happen anywhere in the trekking routes due to the difficult terrains of Nepal.



- ◆ Near Thorang-la pass between the trails of Manang and Mustang. Every year few incidents of death from rock falls are reported in these trails says HRA;
- ◆ Trails near Annapurna base camp and Macchapuchhre base camp. Rock falls and landslides, including avalanche are reported to have annually occurred especially in the summer time after the snows frozen in winter start melting with the rising mercury;
- ◆ Barun Valley area after crossing the Makalu Barun National Park area towards the base camp of Mt. Makalu

The Himalayan Rescue Association (HRA) is a voluntary non-profit organization formed in 1973 with an objective to reduce casualties in the Nepal Himalayas, especially keeping in view the increasing number of Nepalese and foreigners who trek up into the remote wilderness.

Please consult their website and stay safe!

<http://www.himalayanrescue.org/introduction.html>



Upcoming Holidays

The U.S. Embassy will be closed:

- ◆ On Thursday, July 4, 2013 in observance of Independence Day.
- ◆ On Wednesday, August 21, 2013 in observance of Janai Purnima.



Skills Bank Still Open

If you have any of the following skills that would be useful in the event of a mass casualty incident here in Kathmandu and would like to put them to good use, please contact:

wardenktm@state.gov.

- medical training
- firefighting/fire prevention
- search and rescue
- structural/civil engineering
- certified electrician
- chemical/biological first responder training
- disaster assessment
- psychological counseling
- security training
- other

Save the Date!



**American Independence Day
at Phora Durbar**

Saturday, July 6, 2013

11am – 3 pm

More details will follow...

Disaster Preparedness

What to Do During an Earthquake?

Did you know most injuries during earthquake are caused by the building itself and falling objects? Minimize your movement and use extra caution when entering or exiting buildings.



Indoors:

Drop, Cover, and Hold-On!

- ◆ Take the best cover you can find in your situation.
- ◆ Cover your head with your arms, and crouch.
- ◆ Stay away from glass, windows, outside doors and walls, and anything that could fall and injure you.
- ◆ Stay in your secure position until shaking stops.

Outdoors:

Stay there!

- ◆ Move away from hazards (buildings, streetlights, and utility wires) to the extent possible.

In a moving vehicle:

Stop as quickly as safety permits and stay in the vehicle!

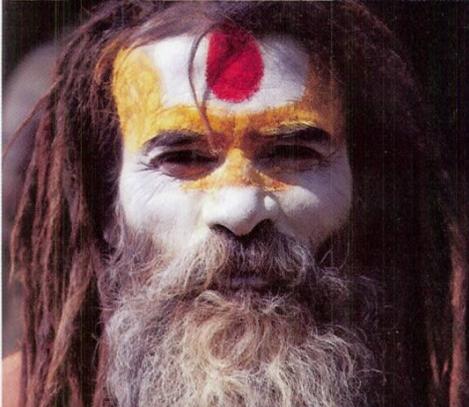
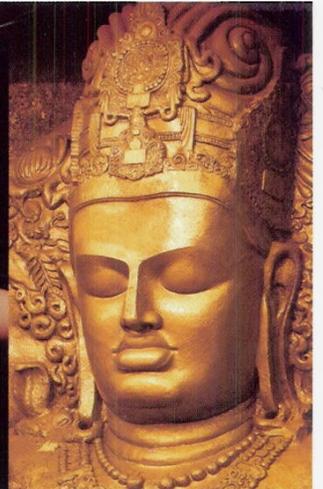
- ◆ Do not stop abruptly.
- ◆ By careful and avoid stopping near or under buildings, trees, overpasses, and utility wires.
- ◆ Proceed cautiously once the earthquake has stopped, watching for road and bridge damage.

Trapped under debris

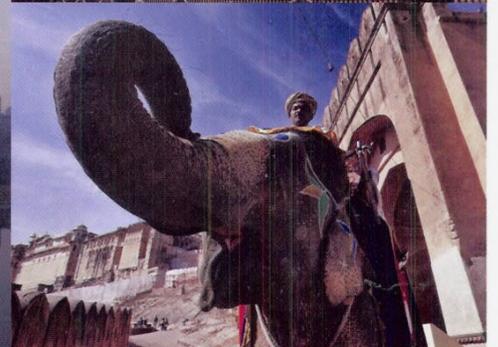
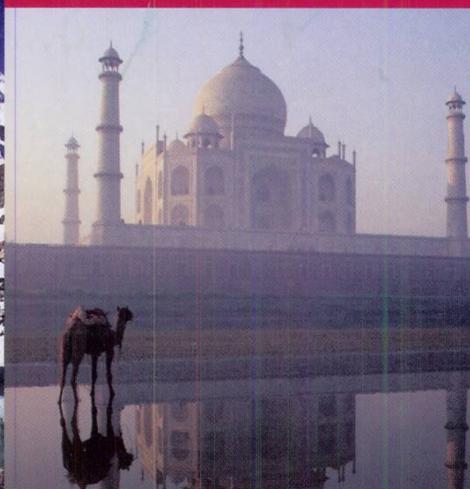
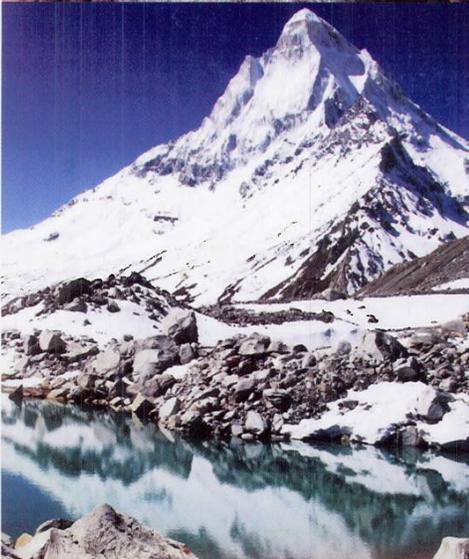
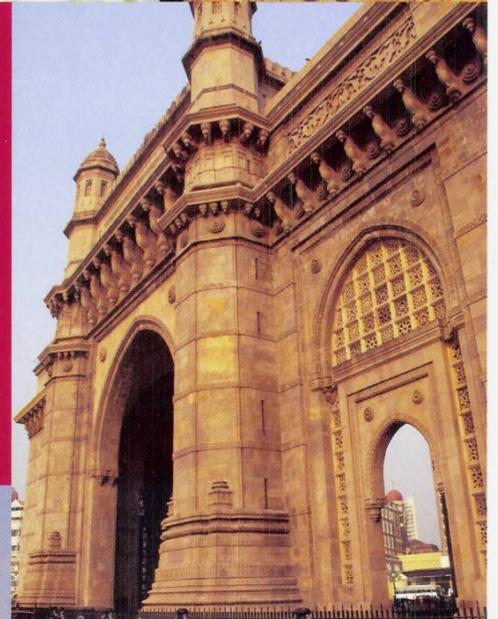
Do not light a match (gas and fuel leakage can cause explosions).

- ◆ Do not move or kick up dust. Cover your mouth with a handkerchief or clothing.
- ◆ Tap on a pipe or wall so someone can locate you. Use a whistle if one is available. Shout only as a last resort – shouting can cause you to inhale dangerous amounts of dust.

If you have any questions about this tip or have other disaster preparedness-related concerns, please contact the US Embassy, wardenktm@state.gov.



Are you
an American
Citizen visiting
South Asia?



STAY INFORMED.

STAY CONNECTED.

STAY SAFE.

Tell us where you're going as you travel through this amazing region!

All American citizens are encouraged to sign up for our free Smart Traveler Enrollment Program (STEP). By providing the details of your stay in South Asia, you will automatically receive the most current safety and security information about your trip. In case of a local emergency or should we need to contact you because of an emergency at home, our Embassy and Consular personnel will be better able to locate and assist you.



<http://www.travel.state.gov/step>