



ISSUE 05
APR-JUN 2019

Danfè

HIMALAYA AIRLINES INFLIGHT MAGAZINE

SURREAL NEPAL | DUBAI EATS | CAPTAIN PARAS KHADKA



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PRESIDENT'S LETTER



Dear Guest,

Welcome aboard!

We are happy to present you with the summer issue of Danfe—our inflight magazine. Through this issue, we bring forward you the mixture of culture, lifestyle, travel gadgets, holiday destinations: from Taste of Dubai to Token from the Himalayas, Exercising tips to foods apps, Sandy Beaches to travel techs, you have it all!

Currently, network of H9 includes **Doha, Dubai, Dammam and Kuala Lumpur with Abu Dhabi being added as a new destination.** Commercial and cultural links between the UAE and Nepal are flourishing and Himalaya is honored to play a pivotal role in facilitating and enhancing the growth of trade and tourism between the two countries. This has strengthened Himalaya Airline's connectivity especially with Middle East countries.

We are continuously researching and studying the market to increase our route frequencies and destinations based on passenger demand. We always yearn to offer the best of our services to our passengers. As the name 'Himalaya' symbolizes high mountains of Nepal, dedicated in service to uplift the name of the nation, Himalaya Airlines aspires to rise up in its name to international standards. With the aim to excel in safety, on time performance (OTP) and most primarily, in service to its customers, H9 has already established itself in Nepal with high recognition.

We thank you for choosing to fly with Himalaya Airlines and all our frequent passengers for their trust and loyalty. We are obliged to serve you as our distinguished guest on all our flights and hope to welcome you back onboard very soon.

Following the genuine Nepalese tradition of "**Atithi Devo Bhava**" – *Guest is God*, H9 strives to provide true Nepali Hospitality to our esteemed guests. Discover the gorgeous landscape where welcoming locals will make you feel at home.

I hope you would enjoy reading this issue.

Himalaya Airlines family wishes you a very Happy Nepali New Year & Eid-ul-Fitr!

With best wishes,

A handwritten signature in black ink, appearing to be the name 'Zhou Enyong' in a stylized cursive script.

ZHOU ENYONG
PRESIDENT



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SURREAL NEPAL

Imagine walking down the Newar town of Panauti on an early winter morning. As the first ray of the sun pierce the cloud of cold, wintry fog you can hear a bell ringing in a temple nearby. The chiya pasals where they sell a hot cup of tea and the traditional breakfast of jeri swari or selroti-tarkari, and the vegetable vendors slowly open their shutters, and people gather around the community squares with newspapers for a morning chat.



THE MAJESTY OF AMA DABLAM

Photographed By : Dibesh Manandhar

Cover Caption: Ama Dablam translates to "Mother's Necklace", the long ridges of each side are as of a mother (Ama) protecting her child, and the hanging glacier thought of as the dablam. It is also known as the "Matterhorn of the Himalayas", because of its soaring ridges and steep faces.

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HOROSCOPE TRAITS

Have you ever wished you could know more about the person on the other end, without asking their entire history. All you need to know is their date of birth and you may can unlock the secrets of their traits.

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FESTIVAL CALENDAR



APR 13

SETO MATSYENDRANATH CHARIOT FESTIVAL

Celebrated during Chaitya Dashain, the chariot festival of Seto Matsyendranath is a homage to the deity natively known as Jan Baha Dyo. The Chariot Festival is celebrated for three days during which the deity is placed in a Shikhara chariot and pulled by revellers around the old routes of the city of Kathmandu.



APR 14

BISKET JATRA

Bisket Jatra, Bhaktapur's week-long festival marks the ancient solar Nava Barsha (New Year) and is the only festival that does not follow the lunar-based Nepali calendar. The jatra commences after a special Tantric ritual in the Bhairab temple at Taumadhi Tole in Bhaktapur. Lord Bhairav and Goddess Bhadrakali are then placed in their respective chariots (locally known as Rathas) and pulled through crowds of cheering onlookers.



ABOUT DANFE

Inspired from the Himalayan Monal, 'Danfe' is the Inflight magazine of Himalaya Airlines. Danfe is a quarterly publication which strives to be a guide for all its readers-to and from the Himalayan nation. It covers the genres of travel, lifestyle, culture of not just Nepal but also of H9 destinations.

Through its stories and photographs it emphasizes the people, their culture and the places that make the country special. The pages of Danfe take you on a journey into the corners of Nepal and other parts of the world. It connects you to the different colors of lifestyle, covering a broad range of issues from culture, tradition, society to health, education & entertainment along with the numerous tips navigating through the places.

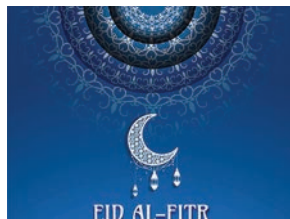


MAY 18

BUDDHA JAYANTI

Buddha Jayanti is a special day for both Hindus and Buddhists in Nepal. On this day people celebrate the life of Lord Buddha; his Birth, Enlightenment, and Mahaparinirvana (Death).

Buddhists from walks of life alongside pilgrims from abroad, honor the Buddha at the two great stupas – Swyambhunath and Boudhanath. Activities at the main Buddhist stupas and shrines begin at dawn and continue till late in the evening.



JUN 4

EID

The holiday celebrates the conclusion of the 29 or 30 days of dawn-to-sunset fasting during the entire month of Ramadan. The day of Eid, therefore, falls on the first day of the month of Shawwal. The date for the start of any lunar Hijri month varies based on when the new moon is sighted by local religious authorities, so the exact day of celebration varies by region or locality.

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Dubai Eats

TEXT BY SAMPANNA SHRESTHA

Rooted strongly in Emirati cuisine the food scene in Dubai is truly cosmopolitan that includes influences of neighbouring Oman, Saudi Arabia, Levantine, besides drawing influences from the many international communities that now call Dubai home.

Emirati cuisine mostly draws its roots from the Gulf region. The city of Dubai in the United Arab Emirates (UAE) follows this type of cuisine faithfully. Despite becoming a shining beacon of multiculturalism in the modern world, Dubai still retains its traditional roots when it comes to food and cuisine.

The traditional food in the UAE contains a lot of meat, grains and dairy products. Most food also utilize vegetables such as cucumbers and tomatoes as well as dried lemons called 'loomi'. Majority of dishes are cooked in a single utensil and tend to have preparation methods similar to stews with generous use of spices such as cinnamon, saffron, and turmeric. The Gulf region has always had an influx of travel and trade with regions both near and far, hence their cuisine differs slightly in terms of the use of ingredients to the preparation methods, according to regions.

AL MACHBOOS

Popularly known as Kabsah, the Al Machboos is an extremely well known dish in the Gulf countries whose origins can be traced the country of Yemen. It is made with rice and meat which is accompanied by a variety of spices that enhance the overall flavor of the dish. Traditionally, barbequed meat is served along with rice. Alternatively, it is also prepared by mixing all the ingredients into one pot.

There are many types of Machboos as the dish differs in each region of the gulf. The ingredients used are long grain rice such as Basmati, meat of chicken, goat, lamb, fish, and a variety of spices that generally include black pepper, cloves, cardamom, saffron, cinnamon, black lime, bay leaves, nutmeg, etc.

This dish is commonly considered as a national dish of the Gulf region and is eaten by a majority of the population.

HAREES

Harees is a popular dish in the Arab nations during the month of Ramadan. Its name is derived from the Arabic word 'Harsa' which means to 'mash' or 'squash'. The dish is prepared by grinding wheat and mixing it with meat and which results in it having a consistency similar to that of porridge. Its preparation differs in each country. Generally, it is prepared by soaking the wheat overnight, and then it is simmered in water along with meat, butter or animal fat. After it is cooked, the remaining liquid is drained and the mixture is beaten until its consistency resembles that of porridge. It is then seasoned and garnished with cinnamon, sugar, and clarified butter.

Harees is well documented in some 10th and 13th century cookbooks and traditionally it was made only during the festivals of Ramadan and

Eid by the wealthy. However, later it became customary for the dish to be shared among the less fortunate on such occasions.

The Harees was previously made only in homes but these days its easily available dish in restaurants.

MAN'OUSHEH

Man'ousheh is a popular flatbread originating from the country of Lebanon that has been adopted into the Emirati cuisine. It is also known as Manakeesh. It consists of a dough topped with ground meat, cheese or thyme. Man'ousheh is also interpreted as a pizza-type dish in the Gulf region. It's name comes from the Arabic word 'manqushah' which means 'to sculpt' or 'carve out'.

Traditionally, the dough is rolled flat and pressed with one's fingertips to create small pockets for toppings to lie in and then it is baked in a communal oven. Most people eat Man'ousheh for breakfast or lunch and it can be served sliced or folded accompanied with mint tea and feta cheese. Some of the classic toppings used in it are ground thyme, cheese, chili, spinach, and any choice of meat.

The dish is quite popular in the Eastern Mediterranean region from where it originated.

CHANDRAGIRI

ADDING NEW DIMENSIONS TO TRAVEL

TEXT BY SIRIS MAHARJAN



As much as tourism and travel has been an integral part of this country recent years has seen renewed enthusiasm among Nepalis to travel this beautiful nation of ours. A surefire means of escaping the hectic city life, internal tourism has definitely seen a huge boost in numbers. More and more Nepalis are traveling the country and have taken to social media to promote their journeys. With Visit Nepal 2020 around the corner, government interest in developing infrastructure and accompanying resources has been a much needed shot in the arm for the sector. Political stability has lent a firm hand in boosting public faith in taking up traveling more often than before.

One of the many new destinations that have become popular in the last few years is the beautiful and serene Chandragiri Hills. Already ranked in the Top 5 Things to do in Kathmandu by Trip Advisor, the destination is a social media favorite. Besides the enchanting cable

THE NEW BOUTIQUE RESORT AT CHANDRAGIRI

The new boutique resort that is to be opened at Chandragiri will provide visitors the opportunity to enjoy an extended stay at the hill station and experience the newer attractions as well as the already prominent view of the mountain ranges from Machhapuchhre all the way to Ganesh Himal from the View Tower.

car ride, that is a must-do at Chandragiri, the wide array of hospitality services and comfortable options of stay make this a well-rounded family destination that is a comfortable driving distance from Kathmandu.

Already established as a popular weekend getaway, Chandragiri receives a steady flow of visitors. The changing weather patterns came as a boon to the Hills where snowfall saw a record number of visitors clamoring to get to the



spot and hundreds of social media posts adding to the popularity of the destination. Visitors swore by the magnificence of the snow-covered hills and the views were simply breath-taking to say the least from the View Tower. With a rare chance to play in the snow, the lucky visitors had a memorable experience this winter.

However, there is more to do than looking around excitedly from the cable cars, and enjoying a nice picnic with the family. The closest tourist destination to Chandragiri is Chitlang, which also is proudly establishing itself as a must visit. With some clever planning and hopefully an extended weekend under your belt, it would truly be worth to visit Chitlang that's a serene haven and also an increasingly popular destination for made-in-Nepal cheese. Also, the homestays are an absolutely amazing way of

interacting with locals and soaking up culture and traditions.

The upcoming attractions at Chandragiri promise to provide even more allures than what already exists. With newer attractions like a soon-opening 100-room boutique resort a lot more is going to be added in terms of stay options. Along with the boutique hotel, plans for paragliding, zip lining as well as an amusement park are also underway. Not just this - speaking of Chitlang, there are also plans to open a new trail road to Chitlang as well as to the neighboring hill to give the visitors a chance to go for peaceful walks and make their way in and out of not one but two popular tourist destinations.

The addition of the resort adds a new dimension to exploring nature, as well as enjoying good accommodation and delicious treats. The walking trail also increases a

more physically benefitting and exhilarating option for nature lovers. The new additions add vibrancy to the tourism scene, while the inclusion of paragliding and zip lining will be a must for adventurers and thrill seekers, making the famous destination a unique all-in-one experience.

There is so much more to Chandragiri than just the hills and the prominent services. It is best understood by going there yourself. Chandragiri is an ideal location to step away from the hectic pace of city life and one destination you can easily cross off your list of all the places to see in Nepal. Give the time to yourself, and your family & friends for a chance to mingle together and relax with maybe a one day or even an overnight visit to Chandragiri Hills. If you haven't gone already, I suggest you do so and soon!

HUNGRY ON THE GO

The food delivery industry is shaking up how we eat

TEXT BY SHOBHAN SHRESTHA, ILLUSTRATION BY PRASHANT RAJ DAHAL

Satiating hunger isn't now restricted to what was once termed as restaurant-hunting. Me and my friends – we literally did that - met up, chose a location, and tried our luck with entering the doors of an establishment that looked promising. Fast forward to the now-ubiquitous smartphones and you have deliver-to-your-doorstep applications. Search for your favorite restaurant, select the food you want to order, pay – online or cash-on-delivery, and your food comes where you want it. Worldwide this sector is seeing the fiercest competition where tech companies are battling it out with ride-sharing applications – everybody wants a piece of this burgeoning food-delivery pie. Our city has also seen some promising startups that are bringing restaurants to our doorsteps.



BHOJ

BHOJ (Previously Bhojdeals) is a one-stop mobile app for foodies in Nepal where one can search for their favorite restaurants and get food delivered. You can also choose restaurants within zones to get food delivered within minutes. Plus, no minimum order is required. You can get awesome deals when you dine in at the restaurants mentioned. Furthermore, you can also read, explore and post restaurant reviews. You can even get updated status of your orders through notifications. In addition, another interesting feature with this app is you get credits to your Bhoj Wallet whenever you make a successful order or when you refer 'BhojCode' to your friends, thus allowing them to get discounts when they order and you getting more credits in your Bhoj Wallet.



BHOK LAGYO

Bhok Lagyo is a unique business venture delivering food and satisfying your late-night cravings. The company's unique selling point is delivering food from 11pm to 4am, the first-of-its-kind in the country. Founded in 2017, Bhok Lagyo can be considered as a restaurant of its kind that prepares food items but doesn't serve it at its own facility. Another striking component of Bhok Lagyo is the state-of-art kitchen infrastructure where food items can be prepared quickly even though limited options are available. The customers who order food from Bhok Lagyo are mainly youth, and in this short period of time, they have already garnered quite a reputation.



FOODMANDU

Foodmandu is a famous online ordering app for food in Kathmandu since 2010. This trending food app helps you order food from over 130 restaurants inside Kathmandu valley, serving multi-cuisine delicacies from authentic Nepali and Indian to Chinese and Continental. Delivered in a special thermal bag, the food typically arrives at your doorstep within 45 minutes from the time the order is placed.

The new version of the Foodmandu App is visually pleasing and easy to use. The eateries are categorized based on food items like bakeries, cafes, and restaurants. In addition, it is also possible to bookmark your favorite food of all time for easy access. The location tracking service provided by the app helps you choose a suitable restaurant. Another useful feature in the app allows you to save multiple delivery addresses so that you can choose any one of them depending on your location at the time you place the order.



FYMO

FYMO is a foodie networking platform that helps you compare restaurant choices by ratings, distance, cuisines and popularity levels. Although the interface is quite like Facebook's newsfeed, you can browse menus and photos of the food on offer, get amazing deals as well as look at reviews and ratings from avid diners just like you. There is an explore button on the bottom menu bar that allows you to search and type in the name of the restaurant. The search results are based on your nearest location by default. However, you can always toggle between the search filters to get other locations. The unique feature of this app is the availability of its own currency called Fymo Coin. The value of one Fymo Coin equals NRS. 100. Fymo

Coin is the in-app currency you can collect by eating at restaurants that have special deals listed on the app. Collect as many Fymo Coins as you can to redeem these on deals while eating at selective restaurants on offer.

If reading all this has got you salivating for more, you know what to do! Bon Appetit!





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THE FESTIVAL OF THE LORD OF COMPASSION

TEXT BY SHREYASHKA VIKRAM RAJ MAHARJAN



“What are we to do?”, cried King Bar-Deva. “It has been 12 years. 12 years since my people saw the heavens bestow upon us the gift of life. The fields are barren, cracked as the skin of the dead, the sal’s (pine trees) are falling in numbers. What is the remedy? Name the purana and I will have it recited a million folds. What puja needs to be performed? I can’t see my people suffer anymore.” In silence was the King’s court contemplated, none of his finest were able to find a way to relieve the kingdom from the drought.

The King then left his court in secret, disguised as a commoner to listen to his people. He eavesdropped upon the elders to know his people’s pain and if the elders had a way out of this. One night, the King went to Triratna Bihar where an Acharya named Bandhudatta lived. The King eavesdropped upon the conversation he was having with his wife. The wife asked, “Acharya, what is causing this great drought? Is there no remedy?” to which the Acharya replied, “The only one who is able to put a stop to this is Aryavalokiteswara, who resides in the Kapotal mountain; and he can be brought only by

THE CARRIERS OF KARUNAMAYA

The kalas, in which Aryavalokiteswara resided, was carried by four Bhairava, Hayagriva, Harisiddhi, Lutabaha, and Tyanga.

They entered the valley through Kotwal Dwar where the valley had been drained by Boddhistva Manjusri, where upon the back of Karkotak Nag they crossed the rivers.

the prayers of the ruler of the country. Now the Raja is young and foolish, and the old man his father, Narendra-Deva is living in a lonely Bihar because he and his son do not agree.”

“There was still hope, not all was lost.” The King went back to his palace, and the next morning he went to visit his father at Ak-Bahal in Bhatgaon. King Bar-Deva must have hesitated for some time, for he was to meet his father who left the riches of the Kingdom for a life of meditation and harmony. He sat with him and told everything he had heard

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The rath (chariot) is a marvel of architecture symbolizing the elements of how Aryavalokiteswara was brought into the valley of Nepal.

at Triratna Bihar. “We must act now. I may be a King by the crown but you are my father. This is your Kingdom, if not for me then for the people you must.”

The Acharya was summoned to the palace. He was asked to relieve the distress upon the Kingdom for which the Acharya promised he do everything in his power. But, he would not be successful without his Yajamana (King) for which Narendra-Deva left with the Acharya. The Acharya instructed King Bara-Deva to take a large supply of offerings and halt at a spot south of Patan where they will find a Dolana Tree. Here they were to perform great ceremonies and offerings, starting with one thousand and then up to ten million.

As the Acharya foresaw the journey ahead, only one element remained, for which he performed a purascharana (prayer) reciting the mantra one crore times. The winds must have howled and the sun beamed away from trees as Jogambara-Gyana-Dakini appeared. The goddess pleased promised to offer her assistance. The Acharya then ascended the hillock upon which Gorakh-Natha was in devout meditation and was performing Nag-sadhana (bringing the Nags under his control). He freed Karkotak Nag from his grasp. And thus they began the journey to bring home the Aryavalokiteswara- Matsyendranatha, in the native dialect called Karunamaya - the Lord of Compassion.

Encountering many frights placed along the way - bad terrain and high rivers - the Acharya took assistance from Karkotak Nag riding on its back to overcome the mighty rivers. When they reached Kapotal mountains the Acharya performed purascharana to invoke Aryavalokiteswara. They then came to know that Aryavalokiteswara resided in the home of a Yakshini (Demon Queen) who was known as Gyana-Dakini. The Acharya recited mantras to summon Aryavalokiteswara, but just as he was about to go to Bandhudatta, his mother prevented him. Aryavalokiteswara thus transformed himself into a large black bee and entered into the kalas. As the party was about to leave, Gyana-Dakini, with numerous gods, yakshas, and devils, attacked Bandhudatta who called upon the gods of Nepal for assistance. The Queen thus gave into the gods of Nepal and let the party leave for the valley of Nepal.



Thereafter plentiful rain fell in Nepal, as they moved towards the valley center. At a certain spot Harisiddhi Bhairava in the shape of a dog barked and said, “Bu” which the Acharya explained to the King to mean “Birth-Place.” Thus in consultation with the King they built the city of Amarapur (Bungamati) where he placed the kalas in a temple. They assigned priests and plentiful land for the maintenance of the city and the temple.

They then made their journey to Lalitpattan (Lalitpur) when they decided to institute a rath-jatra with an image of the god. The image created from the earth from Hmayapido mound (across Balaju) is believed to be the chaitya of Swayambhu that was built from the same mound. After this they took the image to Amarapur (Bungamati) to worship it and then the spirit of the god was transferred to the image.



विदेशको मिहिनेतको कमाइको स्वदेश मै गरौं सुरक्षित बचत



विशेषताहरू:

दुर्घटना बीमा	५ लाखसम्म
न्यूनतम मौज्जात	शून्य
ब्याज दर	आकर्षक
मिसा/एस.सी.टी डेबिट कार्ड	नि:शुल्क
ईन्टरनेट बैंकिङ्ग	नि:शुल्क
मोबाइल बैंकिङ्ग (नेपालको नम्बरमा मात्र)	नि:शुल्क
सी आरबा सुविधा	नि:शुल्क
डिजिटल खाता खोल्न	नि:शुल्क
ए. बि. बि. एस	नि:शुल्क
क्रेडिट कार्ड शुल्क (एक पटकका लागि)	५०% छुट
लकर सुविधा वार्षिक शुल्क (सानो लकर)	५०% छुट (उपलब्ध भएसम्म)

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Bandhudatta Acharya then established all the rites of worship. He stated that the image was to be brought from Amarapur (Bungamati) and to be placed facing the northern hemisphere and kept in Tirtha Bihar (Te Bahal.) The image was to be bathed on the 1st of Chait Badi and be kept in the sun on the 8th. On the 12th and 13th the das-karma was to be performed. On 1st of Baisakh, Sudi was to be placed on a rath and taken around the city of Lalitpattan (Laitpur) and later be taken back to Amarapur (Bungamati.)

Thus began the festival of Karunamaya. Today known as Rato Matsyendranath, the festival is still conducted upon the very set of instructions issued by Bandhudatta Acharya. The rath (chariot) is a marvel of architecture symbolizing the elements of how Aryavalokiteswara was brought into the valley of Nepal. The four wheels represent the four Bhairavas that carried the kalas from Kotpal (the mountains near Kotwal Dwar) to the valley. The Gyo Si, or Dhoma

(longish piece of wood protruding outward) represents Karkotak Nag, upon the back of which all obstacles are overcome. On the forehead of Karkotak Nag is a bronze face of Hawo Grawo Bhairava who is believed to ward away all obstacles during the chariot festival. The image of Karunamaya is placed at the center of the chariot atop which is a log of sal (pine) held by traditional rope with a wooden joint core. It is said to symbolize the Shikhara temple of Karunamaya at Bungamati. The pinnacle is topped by a Ba: Mwo (circular base created with traditional rope) atop of which the Swayambhu yantra is placed.

Worshipped as the Lord of compassion and rain, the chariot festival of Karunamaya begins from Baisakh Chaturthi and is dubbed the longest chariot festival in Nepal. Devotees flock in numbers to worship and take part in the chariot festival from all over Nepal. The festival ends with the ceremonial display of a Bhoto and the image of Karunamaya is placed in a palanquin and taken to Bungamati.

This is where Karunamaya resides for the next six months after which the image is brought to Patan and placed in Te Bahal.

The love and compassion shown by Karunamaya through the protection of the valley and provision of plentiful rain for the harvests is returned by the people of the valley through devout worship and prayer. It is not just a festival for the gods but also a medium of communal gathering and celebration which has helped built strong communal bonds between communities of Patan. In turns they pull the chariot of Karunamaya through the passages of the city of Patan, celebrating the coming of the Lord and rejoicing in the grace of Aryavalokiteswara Karunamaya Padmapani.

(* The historical accounts mentioned in this article have been gathered through various chronicles of Nepali history. Some of the dialogue are fictional and have been created according to prevailing perceptions for story-telling.)

मात्र प्राइम बिलेटले गुणस्तरीय हिमाल स्टील बन्छ

“ प्राइम बिलेट नभएर कति पटक त हामीले उत्पादन नै रोक्थौं । तर स्क्र्यापको प्रयोग कहिल्यै गरेनौं । ५५ वर्ष भयो तर हिमाल स्टीलमा स्क्र्यापको एक किलो पनि परेको छैन । ”

वासु श्रेष्ठ

मथानेजर, प्रोक्थोरमेन्ट डिभिजन

हिमाल स्टील



अटोमेटिक प्रणालीबाट उत्पादन



मात्र प्राइम बिलेटको प्रयोग



अत्याधुनिक फर्नेस



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LET'S LAGOON!

Look beyond the world-famous buildings to experience the multitude of experiences that Malaysia offers, with Himalaya Airlines.

TEXT BY SIRSA TULADHAR



Malaysia - Truly Asia... How many times have you heard this tune on your television between your soaps and reality shows? The Twin Towers is probably the first thing that comes to mind when one says Malaysia. Look beyond the Towers and you will discover a country which offers sunshine, scenery, seaside, and much more in equal measure.

Want to travel to this exotic destination? Book a flight to Malaysia with Himalayan Airlines. Malaysia hosts a large number of tourists around December to January which is the perfect time to visit.

Malaysia has something for every kind of travel bug, whether you are the relax-by-the-pool kind or the crazy adventure junkie. There are numerous beaches for you to unwind and let your work woes wash off. For the adventurer in you a day in Sunway Lagoon is a treat.

Get ready to be whisked away in an amusement park located merely 15 minutes from Kuala Lumpur city. You can take a private car, train, the Sunway City Bus Rapid Transit System, or the Free Shuttle Service, the choice is

yours. Sunway Lagoon is a fun package for anyone from a grandfather to his grandchildren.

Why Sunway Lagoon? This lets you, your children and your parents enjoy a complete theme park experience. There are 6 different parks with 6 different themes.

WATER PARK

A multitude of water-based activities are lined up for you. You can enjoy the likes of the hair-raising rides, let your kids be the star of the interactive water playground, 5D movies, or relax and rejuvenate at the artificial

THE AMUSEMENT PARK AT SUNWAY LAGOON

The Carousel and the Fun World to the more wilder rides like a 360-degree rotating pirate ship, a 428 meter long suspension bridge, roller coaster, and other adrenaline rush rides await to fulfill your adventure fix at this whirlwind of an amusement park.

Photo Credit
www.sunway.city
Wikimedia/PulauKakatua19asia-experience.co



beach with a complete beach experience of surfing, body boarding, and water volleyball, along with scuba diving, all within the Water Park.

WILDLIFE PARK

Besides the rides, you can also get up close and personal with 150 different species of wildlife at the Wildlife Park. Far from a normal walk through a zoo, you will get an interactive experience learning about wildlife and getting entertained by animal stars.

EXTREME PARK

Let the thrill seeker in you run free in the Extreme Park. Think of an activity to get your heart racing and you will get it here - bungee off a bridge, hurtle through the air on a slingshot with your friend or race them on a Go Kart - you can enjoy these and more in this section of the Lagoon. Take a breather between these adventures as you practice your target with a paintball gun or a



bow and an arrow or chill as you watch others do the same on a pedal boat.

SCREAM PARK

Take your fearless friends and enjoy their screams as you walk through the Scream Park. It is a one-stop park for the haunted ride lovers, where fear is the name of the game. Stop by this themed park for a hair-raising experience at their scariest best. Escape the zombies, become a ghostbuster, and scream your lungs out as you

walk through the haunted houses.

NICKELODEON LOST LAGOON

Who doesn't love family entertainment? Nickelodeon Lost Lagoon is family entertainment at it's finest. There is so much to do once you set foot at this area of the theme park. You are off on adventures you thought existed only in your television sets. Let your inner child loose along with your children as you

walk through the familiar paths and adventures of your favorite Nickelodeon characters.

Standing on a total of 88 acres of land, food and rest are not far from the theme park. Stay until the doors close because you can always crash onto the soft beds available in the Sunway Resort Hotel & Spa, Sunway Clio Hotel or Sunway Pyramid Hotel, or any hotel to your liking or budget.

EXERCISE WITHOUT EXERCISING

Find a way to exercise every day so that it can keep you thinking healthy by doing activities that you like to do, that are fun for you and that doesn't feel like exercising.

TEXT BY KUSHAL SHRESTHA, ILLUSTRATION BY SAHAJ TAMRAKAR

Some people love the gym. Maybe it's the feel you get lifting weights, the fancy equipment, the camaraderie, or the motivation that comes from not wanting to be the skinny guy in the group. But for some, going to the gym can be intimidating if you are unfamiliar with the weights, equipment or just don't like spending time trying to get fit in the presence of a bunch of other sweaty, grunting fitness freaks. Getting a good workout and exercise doesn't mean you have to go to the gym. Whether it doesn't work financially or for other reasons, there are several other ways to exercise besides the typical gym setting. So you don't have to get involved

with membership fees, animated instructors, and other people's sweat on the abs machine.

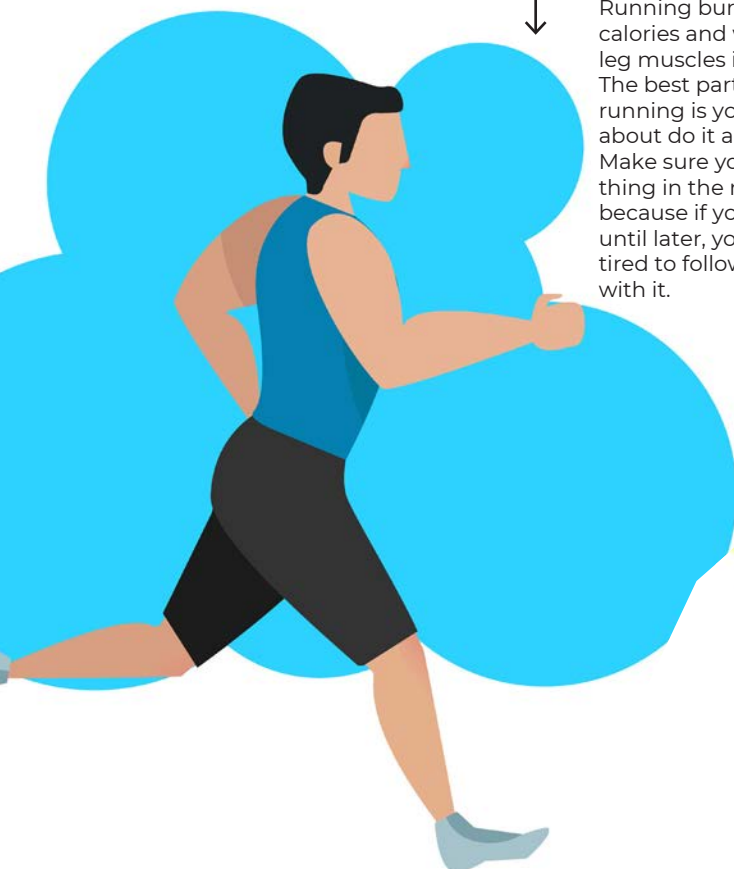
When you say "But I don't like exercising" what you're really saying is "I don't enjoy this particular type of exercise that I have in mind". If you don't like cardio or running on the treadmill, don't do it. If you don't like aerobics, don't do it. It's as easy as that. The trick is to find activities that you like to do, that are fun for you and that doesn't feel like a chore. You just need to find a way to exercise every day so that it can keep you thinking healthy which leads to other healthier decisions made throughout the day and that is where the big win is.

RUNNING

Running burns a lot of calories and whips your leg muscles in shape. The best part about running is you can just about do it anywhere. Make sure you run first thing in the morning because if you leave it until later, you will be too tired to follow through with it.

CLEAN YOUR HOUSE

Regular housecleaning doesn't count but if you do more than you usually do than it counts! For example, empty out your cabinets and clean them, clean your fridge, clean all the rooms, and the list goes on and on. As long as you're moving constantly, it's considered exercise. A side bonus of all of this is that your place will be really clean!





CYCLING INSTEAD OF DRIVING

This may sound overly simple, but just keep your car or motorcycle at home and cycle to work or school instead. You get from Point A to Point B, save money on petrol, get a good exercise, and see some changes to your physique without doing anything else.

HIKING

Hiking is a good exercise and more importantly it's enjoyable, especially with friends. You'll get a good workout, see some nice scenery and get some good Instagram worthy pictures.



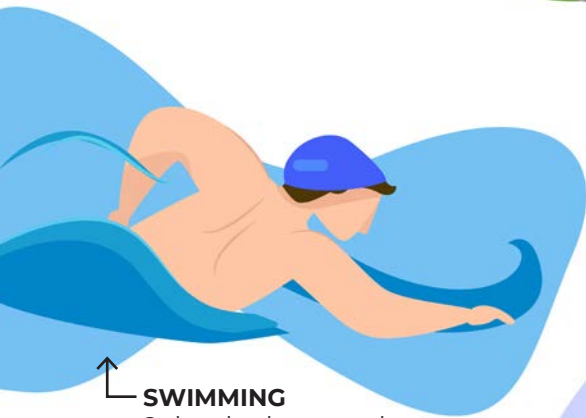
STOP MEETING FOR COFFEE

If somebody wants to meet up with you for coffee, suggest something active like hiking or going for a walk. Better yet, invite them to play some sports like football, basketball and the like. They are perfect for meeting new people, making friends, having fun and burning some serious calories.

Once you start being more active, your body will thank you for it. You don't have to stick to one particular activity. You could allocate one activity for one day of the week. Swimming on Monday, dancing on Tuesday, playing with your kids and pets on the weekends, and so on. Just don't think of it as exercise and most importantly have fun!

PLAY WITH YOUR KIDS AND/OR PETS

Kids and dogs have unlimited energy. Spending time with kids and pets is a lot more fun than running on a treadmill. You can play games with your kids. Pretend to be a monster and chase them around or just give them horse rides. They'll love it. You could take your dog for a walk to get in some exercise. You'll improve your relationship with them and at the same time improve your health. Win-Win!



SWIMMING

Swimming is an amazing exercise because it doesn't tax your nervous system, it burns a lot of calories and it's fun. Moreover, it's a great way to exercise if you're recovering from an injury or have certain conditions such as obesity or arthritis that makes other forms of exercise difficult and painful.

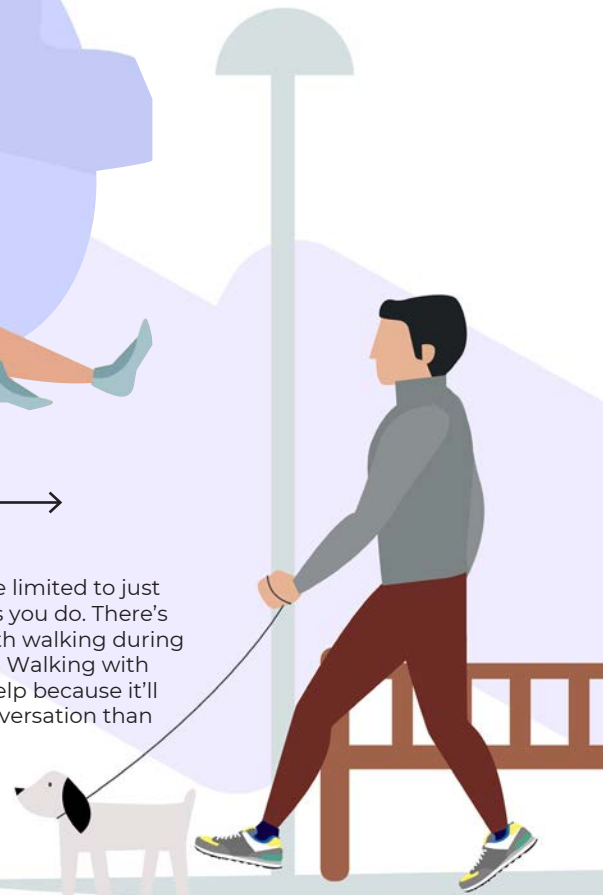


DANCING

If your idea of a fun exercise is dancing then you're in luck because dancing burns about the same amount of calories as jogging. There are several forms of dancing that uses up a lot of energy: Zumba, hip-hop, salsa and so on. The main thing to remember is controlling your movements and making each movement deliberate including plenty of bending, reaching, twirling and hip moving to get your whole body involved.

WALKING

Walks shouldn't be limited to just the morning walks you do. There's nothing wrong with walking during the rest of the day. Walking with someone might help because it'll be more like a conversation than exercise.



कप्तान पारस खड्का

लेखक लक्ष्मी उपाध्याय

१. तपाईं कप्तान भएको नाताले अहिले नेपालले गरिरहेको सफलतालाई कसरी लिनुहुन्छ ?

म कप्तान भएको नाताले भन्दा पनि, हामी सबै क्रिकेट टिमको एउटै गोल सपना छ। सोहि सपनाले गर्दा हामी यहाँ सम्म आएका हौ। त्यसैले म भन्दा पनि यसमा हामी सबैको मेहेनत पारिश्रम धेरै छ, जसले गर्दा नेपालले क्रिकेटमा सफलता पाउन सकेको छ।

२. तपाईं कप्तान भईरहदा नेपाली क्रिकेटले ठूलो सफलताहरू हासिल गरी रहेको छ। यसको श्रोत कप्तानीलाई दिनुहुन्छ कि टोलीलाई ?

यसको श्रोत कप्तानीलाई भन्दा पनि यसमा हामी सबै क्रिकेट टिमको ठूलो भूमिका छ, जसले गर्दा हामी यहाँ सम्म आएका छौ र सम्पूर्ण क्रिकेट टिमले जसरी इमान्दारी गरेर खेलिरहेका छन् यसबाट पनि हामीले ठूलो सफलता पाएका छौ।

३. नेपालमा हाल धेरै घरेलु क्रिकेट खेलहरू भै रहेका छन्, यो क्रिकेट विकासका लागि ठिक छ वा छैन ?

घरेलु क्रिकेट खेलहरू क्रिकेट विकासका लागि एकदम ठिक हो जसले गर्दा क्रिकेट विकासमा ठूलो योगदान रहेको छ। विभिन्न घरेलु प्रतियोगिताले पनि क्रिकेट खेलाडीमा दक्ष्यता र क्षमताको विकास गर्दछ।

४. नेपालमा सिनियर टोली त भयो अब भन्नुस हाल नेपालको युवा टोली र महिला क्रिकेटको अवस्था कस्तो छ ?

हाम्रो क्रिकेट टिमको अवस्था राम्रै छ, महिला क्रिकेट टिमको अवस्था हेर्ने हो भने अहिले हाम्रो जस्तो टोली त बनेको छैन। तर पनि विभिन्न प्रतियोगितामा भाग लिएर क्रिकेट टोली बनाउन सकिन्छ र विभिन्न संगठन आयोजना गरि यसमा सुधार गर्न सकिन्छ।

५. नेपालमा अहिले क्रिकेटले राम्रो गति लिएको देखिन्छ। यसको राम्रो उदाहरण सन्दिप लामाछानेलाई लिन सकिन्छ, तपाईंको विचारमा अब नेपाली क्रिकेटमा यस्तै ठूलो सफलता हासिल गर्ने सक्ने खेलाडी को को हुन् ?

अहिलेको अवस्था हेर्दा क्रिकेट टिमले राम्रो गति लिएको छ। सन्दिप लामाछाने, उहाँले पनि हाम्रो क्रिकेट टिममा राम्रो प्लेयर भएर क्रिकेट खेल्नु भएको छ, जसले गर्दा हाम्रो टिम एकदमै बलियो भएको छ र सफलता पाउन सफल भएका छन्। सो कारण सबैले आ-आफ्नो मेहेनत अनुसार क्षमता र सीप देखाएका छन्। अहिले मात्र नभएर पछि सम्म पनि हाम्रो टीम र खेलाडीहरू यसरी नै अगाडी बढ्दै जाने छन्।

६. प्राईभेट सेक्टरले नेपाली क्रिकेट लाई के कस्तो मद्दत गर्न सक्छन् ?

क्रिकेट टिमलाई माया गर्ने र सहयोग गर्ने धेरै जना हुनुहुन्छ जसले गर्दा हामीहरूलाई ठूलो मद्दत, एवम् सहयोग प्राईभेट सेक्टरबाट मिलेको छ। आगामी दिनहरूमा पनि यस्तै मद्दत मिल्दै गयो भने हाम्रो क्रिकेट टिम भन् अगाडी बढ्छ र सधै सफलता पाउँछ।

७. नेपालमा अहिले क्रिकेट खेल्छु भनेर लाने युवा युवतीलाई तपाईंको सन्देश के छ ?

सर्वप्रथम त आफु संग क्षमता छ कि छैन त्यो बुझ्नु जरुरी छ। क्रिकेट खेल्छु भनेर मात्र हुदैन, क्रिकेट संगसंगै पढाई पनि जरुरी छ। त्यसैले विभिन्न संगठन आयो

जना गरि प्रतियोगितामा भाग लिन पाउने अवसर प्रदान गर्नु पर्छ। जस कारण युवायुवती अगाडी बढ्न सक्छन् र क्रिकेटमा सहभागी भई सफलता पाउछन्।

८. यु.ए.ई टुर

क) हालै तपाईंहरूले यु.ए.ई टुर सकेर आउनु भयो ! यो टुर नेपाली क्रिकेटलाई कतिको महत्वपूर्ण रह्यो ?

यु.ए.ई टुर एकदमै राम्रो भयो जसले गर्दा हामी क्रिकेट टिमले धेरै माया र सहयोग पायौं र सबै खेलाडीहरूले राम्रो प्रतिभा देखाए।

ख) यो टुरमा नेपालको कुन पक्ष राम्रो देखियो: ब्याटिंग, बलिंग या फिल्डिंग ?

ब्याटिंग, बलिंग या फिल्डिंग सबै राम्रै भयो जसले गर्दा हामीले आफ्नो प्रतिभा, प्रस्तुत सबै सामु देखाउने मौका पायौं।

ग) सुधारने पक्ष कुन देखियो ?

सुधारने पक्ष धेरै छन्, बलियो वा कमजोर भनेर होईन प्रईभेट सेक्टर लगाएत सबै जनाबाट आशा छ, राष्ट्र भएपछि सबै जनालाई हामीबाट आशा छ जुन आशा र सहयोगले गर्दा यहाँ सम्म आएका छौ। त्यसैले हामीले आफुबाट गर्ने सुधार गरी रहेका छौ।

घ) तपाईंलाई मनपर्ने क्रिकेट टिम खेलाडीहरूमा को को हुन् ?

सबै खेलाडी मन पर्छ तर मलाई मन पर्ने क्रिकेट टिम चाहि (Australian Cricket team)

९. क्रिकेट अनि परिवार कसरी अगाडि बढाईरहनु भएको छ ?

मलाई सानै देखि परिवारले धेरै सहायता गर्नु भएको छ। जसले गर्दा उपज म यहाँ छ। धेरै जस्तो क्रिकेट खेल्ने भएकोले म बाहिर तिर बढी हुन्छ, घरमा तलमाथि केहि पर्दा पनि म जान पाउँदिन, क्रिकेटमा ध्यान दिनु पर्ने हुन्छ। त्यसैले यो एउटा जिम्मेवारी पाएको छु जसले आफ्नो देशलाई सबै सामु चिनाउँछ र विकास गर्छ र जब सम्म सकिन्छ यसलाई अगाडी बढाउँदै लैजानेछु।

१०. नेपालमा खेल र खेलाडीको कतिको इज्जत छ ?

नेपालमा खेल र खेलाडीको धेरै इज्जत छ। तर कस्तो इज्जत भने जितेर आउँदा सम्मान र हाई हाई हुन्छ भने हायो भने खासै मतलब नहुने। त्यसैले हामीले यस्तो संस्कृतिलाई परिवर्तन गर्न कोशिस पनि गरिराछौं।

११. क्रिकेटको विकास कसरी हुन सक्छ नेपालमा ?

क्रिकेट विकासमा सर्व प्रथम क्रिकेट बोर्डमा जिम्मेवार व्यक्ति आउनु पर्छ। नेपाली क्रिकेट टिमलाई सहायता गर्ने श्रोतहरू छन् र राम्रो जिम्मेवार व्यक्तिहरू आउने हो भने क्रिकेट टिमको भविष्य उज्ज्वल छ।

१२. विश्व क्रिकेटमा नेपाली क्रिकेटको स्थान के छ ?

आशा गरौ हामी राम्रो प्रदर्शन गर्दै अगाडी बढ्दै छौं, अब यसमा हामीले हाम्रो भौतिक पूर्वाधारहरू सुधारने हो भने घरेलु क्रिकेट संरचना र हाम्रो क्रिकेटको वातावरण अभै राम्रो हुन्छ र क्रिकेटको संस्कृत सुजना गर्न अनि मन लाग्छ। आगामी दिनमा क्रिकेटले नेपाललाई विश्व सामु चिनाउन मद्दत गर्दछ।



LIFESTYLE FASHION

DHAKA REFLECTING NEPALI CULTURE

TEXT BY AASHMA ARYAL

Craftsmen throughout centuries mainly from eastern and western development regions have woven this unique and pure cotton cloth known as Dhaka, a traditional fabric which originates from the Terhathum district of Nepal highly influenced by the Limbu people of eastern Nepal.

The production of Dhaka still uses the conventional method for production which is made by hand looming and its traditional touch is present even in the modern era. This modern day Dhaka has been utilized to create everything from saris, shirts, shawls, bedsheets and even handkerchiefs. It carries a certain elegance to it incorporated with colorful and subtle designs and has become one of Nepal's most influential clothing statement.

Dhaka style of clothing has become rather popular with newer concepts of fabric design with a modern touch. We find printed copy of Dhaka's in the market, however the original idea of an authentic Dhaka clothing is done through hand weaving process. The weaver produces only two meters of fabric in a day depending on the kind of design they have to manipulate.

The weavers turn out an array of the geometrical designs in a range of different colors. The traditional red and green colors are used to make Topis to vibrant pinks and purples likely found in women's shawls and skirts.

What makes Dhaka interesting is the fact that no two Dhaka patterns are the same. The traditional colors of Dhaka cloths are white, orange, red or black but no two shawls and topis are found to be identical. It has its own unique set of patterns which depends on the creativity of the weaver. Not only is its uniqueness a special feature but it can date for hundreds of years and many generations to come. Dhakas are sold as clothes, accessories and household items.

Dhaka is appropriate for every season because it is purely cotton. It's versatility keeps you hydrated and fresh in the summer and in the winter it is bound to keep you warm and cozy.

Nepali Dhaka carries artistic value in regards with hand weaving through natural fibers in traditional patterns by using wood and bamboo treadle looms.

The history of Dhaka dates back to when spinning wheel and the weaving looms were used and the cloths were woven from hand spun thread. Unlike the modern era, due to the lack of power looms, everything was sewed by hands. Designing clothes this way was indeed a special skill and was considered valuable. Threads were dyed with signature patterns achieved through hand weaving which required exceptional skills and was a highly tedious job as well.

The handlooms weaving was seen in Nepal as far as two to four decades ago. With modern advancement, innovative handlooms came in existence and authentic weaving began around 1984/85 B.S. Shree Teen Chandra Shumsher had sent Tulsi Meher to Varda, India at his own expense in order to make Khadi. With his return to Nepal, Meher established the Chandra Kamdhenu Pracharak Mahaguthi to fulfill Chandra Shumsher's wishes on 1983 B.S.

Ganesh Man Maharjan, who had gained experience in hand looming in India introduced one-handed loom for weaving purpose in 2015 B.S. It became a milestone in Palpa's textile industry. With Maharjan's visit to Kathmandu for training, his observation of Shree Teen Junga Bahadur Rana's daughter, Dambar Kumari using 'Chamua Dhaka' led to it's progression in 2019 B.S. She lived in Banaras and she derived her cloth from a fine, valuable textile called 'Dhaka fabric.' This fabric was intensely woven in a place called Dhaka at the then undivided State of Bengal.

This Dhaka was famously known as 'Dambar Kumari Dhaka' and it was preferred by wealthy family classes like that of Rana family. Maharjan thought that this technique of weaving fabric can indeed be useful and decided to formulate this idea. Then, Maharjan returned to Dhaka and introduced the concept of 'Palpali Dhaka.' Although, he didn't pioneer at the beginning, the year 2024 B.S brought good results and he overcame the



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challenges of market problems, less production along with inconvenient transportation. The patterned and appealing 'Palpali Dhaka' was able to establish its identity all over the country influencing the theme of gifts and mementos in the form of shawls, caps and blouses. It eventually expanded throughout the country and fostered to develop a common bond of Nepali identity with the people.

In today's context, Jacquard looms are used for the manufacturing of Dhaka and it has been boosting the productivity at a rapid rate. Dhaka's have stopped being the product of only pure cotton but also has mixture of synthesis such as polyester. This advancement and growth of technology resulted in the establishment of 'Print Dhaka.' which imitated the look of original Dhaka print but the difference however is significant and can be obvious to everyone.

The vivacious Dhaka is found to be versatile and is used to make oven mitts, potholders along with aprons which are a bunch of cookware products. They are selling at a rampant rate in the internal market along tourists who have grown fond of this traditional clothing.

Dhaka typically represents Limbu cultural dress. Men are found representing Dhaka by wearing Dhaka topi and women are wearing Dhaka mekhli, sari and shawl to promote it. The special art of making Dhaka is a legacy taught from one generation to another with the growing interest in today's youth as well.

Another important fact about Dhaka is that it is usually made from a women's group. They are helping support and preserve the crafts of the country as well as are able to support their family. Dhaka can be more than just a piece of fabric; it's a piece of culture, tradition as well as history. It can give an impression of a truly cultured Nepal, having its own unique and unaffected identity. In no way has it been influenced by foreign fashion and culture. Dhaka originated since the time when our grandmothers and grandfathers appeared in black and white pictures wearing a Dhaka ko cholo and khasto and a Dhaka ko topi.

Times have changed and in today's context, this fabric has made its redefined appearance mainly at weddings. Bridegrooms are seen to be dressed up in full Dhaka attire, Daura Suruwal and Chatti (slippers) has been quite the trend.

Nepalese people should take pride in their heritage and identity, among which Dhaka is a pure symbol of being a Nepali. Countless fashion trends have taken over the world with new trends and brands but nothing shouts a "True Nepalese" than a man wearing a Dhaka topi and a woman in Dhaka attire.


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 Dimension: H. 21 x W. 15 cm (B),
 H. 17.5 x W. 16 cm (S)
 Rs. 450 (B), Rs. 400 (S)



Code No. TD 75412-1
 Wood Bajra Wall hanging
 Dimension: 25 cm
 Rs. 5,600



Code No. BS 74435-1
 Brass Asta Mangal Wall Hanging
 Dimension: 29 cm
 Rs. 5,600



Code No. GN 75419-1
 Felt Laptop Cover
 Dimension: H. 30 x W. 38 cm
 Rs. 450

TOKEN FROM **THE HIMALAYA**

Beyond the unique handcrafted Nepali products that have enchanted travelers for decades, souvenirs from Nepal are broadening in scope and category. Traditional wood and stone exports are now being complimented by more modern products that give international visitors a wide array of choices. We list some products that will make for wonderful souvenirs for you back home.

TEXT BY SIRIS MAHARJAN



PAPER GOODS BY MANUSHI

An exemplery of beautifully handcrafted gifts that portray your love and dedication, these colorful handmade paper souvenirs are the ideal gifts or decors that add a vibrant yet minimal touch to your space.



CUSHIONS BY ALCHI KO PASAL

How fitting that Alchi ko Pasal (The Lazy Shop) brings you these cushions. Locally made with Nepalese material, the cushions would make for an interesting memento to rest your head on and reminisce your travels.



SUCCULENT BY ALCHI KO PASAL

Pay a bit more attention to detail while decorating your house or your office. With Succulent by Alchi ko Pasal, you get a mix of art and flora, making your desk feel more lively and managed.



CANDLES BY MAHAGUTHI

You wouldn't think about candles as a typical souvenir, but Mahaguthi makes colorful and elegant looking candles that would be perfect for an ideal 'Me' time or for a romantic venture with someone special.



WOODEN LION BY SANA HASTAKALA

Believed to be the Guardian of the Deities, this wooden sculpture would be a perfect mantle for your hallways, and porches. Carved in the same design as the lions seen at the doors of temples, it will add a touch of elegance to your décor.



SINGING BOWL BY MAHAGUTHI

More than a decor, the singing bowl can also be used as a method of healing. Perfect for minimalistic decor in your living space, the singing bowl is a perfect token of the himalaya.



GADGET COVERS BY MARINA

Quirky yet classy, the gadget covers by Marina exude elegance. Available at The Local Project Store Nepal, Jhamsikhel, these functional and adorable covers can add a hint of glamour while protecting your tech treasures.



YOUR TRAVEL TECH NEEDS

TEXT BY SHREYASHKA VIKRAM RAJ MAHARJAN

You can never have too much tech, but when you are to travel one has a lot of constraints in terms of one's ability to carry. Handy and multi-functional products make one's life much easier.

OVER THE EAR HEADPHONES

Whether you want to immerse yourself in music or want to shut off the chaos of the world, a pair of headphones are a life-saver. Bluetooth-enabled headphones give you the wire-free experience but depending on the power reserve of the in-built battery you may have mixed experiences. It is recommended to carry an auxiliary cable as it reduces the use of in-built reserves.



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सिम कार्ड कुपन फ्रि ।

FREE

नेपाल कल ४८ मिनेट सम्म
अथवा ६०९ MB डेटा ।



ooredoo

*यो कुपन ब्यागोज बेल्ट नं ६ नजिकैको कतार डिउटी फ्रि मा प्राप्त गर्नु सक्नु हुनेछ ।
फ्लेक्सी पोइटबाट निःशुल्क मिनेट र डेटा पाउनु हुने छ ।



TRAVEL LUGGAGE

Finding a good luggage pack can be quite difficult in Nepal. Either they are too expensive or the quality doesn't inspire faith. Many don't even meet the standard guidelines at airports. Having a strong luggage pack is a must-have. Having them waterproof and dustproof is an added benefit.



POWERBANK

Powerbanks are a must-have because the battery juices of your smart devices will be drained out at a certain point in time. Having a good powerbank can be the differences between having your phone getting switched off in the middle of the best scene in a mid-flight movie or missing out on calling home when you land. Having a high powerbank gives you the flexibility to charge not just your phone but also other gadgets.

UNIVERSAL ADAPTER

A universal adapter can be the difference between having your devices fully charged or finding a way to charge your devices. The most beneficial element about the universal adapters at Remax is that they come with an inbuilt fuse, which means that your devices are safe when it comes to a power surge or a different voltage.



TRI-POD SELFIE STICK

Traveling means pictures or in today's context, and many selfies! Thus a selfie stick is a must have accessory in your carry on and having it double as a tri-pod is the cherry on top.

You can separate the controller from the stick and enjoy portable shutter control. Setup the tripod, slide out the controller and you can snap selfies at a distance. The Bluetooth Remote Control is easy to pair and operate, all you need to do is pair to your phone and press the button to capture a shot.





*The Mystery,
Myths & Magic*

OF SURREAL NEPAL



TEXT BY SHUVECHCHHYA PRADHAN



THE SURREAL SCAPE OF KANCHENJUNGA

The third highest mountain in the world, mount Kanchenjunga lies in the eastern region of Nepal. Until 1852 AD, it was assumed to be the highest mountain in the world based on the survey by the great trigonometrical survey of india in 1849 AD.

The local Lhopo believe that treasures are hidden under the mountain but shall only be revealed to the devout when the world is in peril.

"The world is a book, and those who do not travel read only a page." - Saint Augustine

Photo Credit ©www.thegreathimalayatrail.org.

A SUNSET BY FEWA

A gem of water without which describing a trip to Pokhara is incomplete. Locally known as Baidam Tal, it is located in the south of Pokhara Valley. The lake is also famous for the reflection of Mount Machhapuchhre and other mountain peaks of the Annapurna and Dhaulagiri ranges on its surface.

“We live in a wonderful world that is full of beauty, charm, and adventure. There is no end to the adventures we can have if only we seek them with our eyes open.” - Jawahar Lal Nehru

Photographed by Prabal Basnet







A PROCESSION TO REMEMBER

The Bisket Jatra is the biggest celebration of the city of Bhaktapur. The weeklong festival marks the ancient solar Nava Barsha (New Year) and is the only festival that does not follow the lunar based Nepali calendar. The jatra commences after a special Tantric ritual in the Bhairab temple at Taumadhi Tole.

"Traveling leaves you speechless, then turns you into a storyteller." - Ibn Battuta

Photographed by Shreyashka Vikram Raj Maharjan





INTO THE WILDERNESS

Leave behind the stress of the urban jungle and breath life back in the wilderness of Sauraha. The park is home to 68 species of mammals and 543 species of birds. If you're lucky you may sight the "King of the Jungle", the Bengal Tiger.

"No one realizes how beautiful it is to travel until he comes home and rests his head on his old, familiar pillow." - Lin Yutang

Photographed by Shreyashka Vikram Raj Maharjan

THE MYSTERY, MYTHS & MAGIC OF SURREAL NEPAL

Imagine walking down the Newar town of Panauti on an early winter morning. As the first ray of the sun pierce the cloud of cold, wintry fog you can hear a bell ringing in a temple nearby. The chiya pasals where they sell a hot cup of tea and the traditional breakfast of jeri swari or selroti-tarkari, and the vegetable vendors slowly open their shutters, and people gather around the community squares with newspapers for a morning chat. And now, remind yourself that this daily ritual has been going on for decades, what you are witnessing now is probably what your grandparents would have witnessed when they were at your age.

From majestic mountains covered with pristine snow to lush green jungles, Nepal has been blessed with landscapes that take breaths away. Rivers and streams cut picturesque gorges between hills and the sound of waterfall cascading down would make you aware of your own heartbeat. Besides the natural beauty, the country also offers diverse culture and ancient traditions that are full of mystery, myths and magic. But what exactly makes Nepal mystical? It is a question that haunts many.

When you look into the history of Kathmandu Valley, home to the capital city, everyone will point out to the story when the valley was once a lake and home to serpents. Then one day, a Bodhisattva by the name of Manjushree came to the valley and cut through a hill with his sword, draining the water, thus making the land fertile and habitable. Like the story, Kathmandu's legends and tales are filled with mother goddesses, demons, spirits and humans living side by side, sometimes clashing with each other, that are till date recounted through traditional storytelling and dance forms. Similar stories are heard and told in various valleys, towns and villages of the country, making one wonder if there is a blurred line between the natural and supernatural in this region.

A week long trek to Gosaikunda from Dhunche will leave you breathless literally, because of the uphill walk around the edge. And if you're lucky, you will be able to spot the endangered snow leopard cleverly camouflaged in the snow. If you're not so lucky as I, you will find yourself caught in a snowstorm, stranded. But either way, the moment you will reach the top, you will probably shed tears, thanking the gods (if you're religious, otherwise universe) for the moment. Whether you visit in Autumn, where you can enjoy the clear blue lake shimmering in the sunlight, or during spring when the lake turns white as a result of being frozen, the view will always

amaze you but it's during the monsoon, the lake's surrounding turn truly magical as thousands of pilgrims from India and Nepal visit the lake on Janai Purnima. On the same day, you will also be able to witness the initiation of shamans of the Tamang community living in the area.

Traveling through Western Nepal, from Limi Valley to Dolpo, one gets the feeling of being in a different world, thanks to the topography and culture. Many areas in this region, especially Dolpo, were a part of Tibetan civilization with people practicing Bon Religion that is now Tibetan Buddhism. With two national parks - Shey Phoksundo and Rara - named after the lakes, this region is the reflection of Shangri-la, heaven on earth. If one goes south from the region, one reaches two adjoining districts, Banke and Bardiya towards the Indian border, both also home to their namesake National Parks. While enjoying Ghongi, a delicacy of fresh-water snails eaten by the Tharu Community, lucky visitors will be able to spot a Royal Bengal Tiger in the jungle, out of the blue. As the elephant grass is cut around February, there is a high chance of coming face to face with the king of the jungle in this region. In addition, sunsets in the southern plains of the country are of a different charm, with the horizon reaching out to the mountains and the sky turning a deep shade of pink. While I love the sunsets in the hills, it's the Terai ones that make my heart skip a beat. Add to that the white mist covering the yellow mustard fields around Chitwan during winter, and you have magical moments carved out by nature.

Whether it's the culture or heritage or natural landscape, Nepal provides ample opportunities to experience beauty with a hint of mysticism. From the rugged terrain to the fertile paddy field, from the Tibetan Buddhist culture to Tantrik Hinduism, the country is a paradise for lovers of culture and nature. And maybe this combination is what makes Nepal mystical.



फ्लानरी शहर काठमाडौं

लेखक शेखर खरेल

लेखक एवं प्राध्यापक अभि सुवेदीले 'फ्लानरको डायरी' शिर्षकमा एक संस्मरणात्मक कृति प्रकाशित गरेका छन्। 'फ्लानर' नेपालका निमित्त नौलो शब्द हो। डायरी अंग्रेजी शब्द भए पनि यसको नेपालीकरण भइसकेको छ। दैनिकी लेखन भन्दा पनि मानिसहरू डायरी नै प्रयोग गर्न रुचाउछन्। तर, 'फ्लानर' को अर्थ बारे एकाध मानिसहरू मात्र जानकार हुन सक्छन्। फ्रान्सेली शब्द 'फ्लानर' अहिले अंग्रेजीमा पनि सरावरी प्रयोग हुन्छ। फ्रान्सेलीहरूले चोक, बुलभार्ड, सडक र प्राचीन स्मारकहरू चहारिरहने अस्थिर मानिसहरूलाई फ्लानरको संज्ञा दिए। कालन्तरमा 'फ्लानर' शब्द खोजीसंग जोडिएपछि सिर्जनाको संभावना खोज्ने मुक्त मानिसहरूलाई फ्लानर भनिन थालियो। यसरी यो शब्दले साहित्यिक ओज ग्रहण गर्नपुग्यो।

हुन पनि कला नगरी पेरिस फ्लानरहरूका निमित्त एक अनुपम शहर हो। वेलायती राजधानी लण्डन हुँदै बहेर सागरमा मिसिने थेम्स नदीले भित्री शहरलाई बाहिरी लण्डनबाट छुट्याउछ। तर,

पेरिसको छाती भएर बहने सेन नदी सहरकै धमनी हो। पेरिसका मुख्य ऐतिहासिक 'ल्याण्डमार्क', जस्तै लुभ्र संग्राहलय, आइफेल टावर, नोस्ट्रडाम गिर्जाघर आदि सेन नदीका किनारा आसपासमा उभिएका छन्। त्यसैले फ्रान्सेली भाषामा एउटा हरफ प्रचलित छ, 'रिभ ध्वा, रिभ गोस' अर्थात् 'दायाँ किनारा, बायाँ किनारा'। तपाईं आफू पुन चाहेको 'ल्याण्डमार्क' दायाँ वा बायाँ पने हेक्का राखेर सेन नदी गडतैरै हान्निनुस, सहजै पग्नुहुनेछ।

यता हाम्रो राजधानी शहर काठमाडौंमा अनेकौं नदीहरू बहन्छन्। यहाँ नदीहरूको वेग्लै धार्मिक महत्व छ। नदीहरू मुख्य शहर भन्दा पनि सीमान्त बहन्छन्। अंग्रेज र फ्रान्सेलीहरूले भै हामीले नदीलाई शहरको चिनारीमा स्थापित गर्दै पर्यटकीय आकर्षणको रूपमा उपयोग गर्न सकेका छैनौं। नदीका अतिरिक्त काठमाडौंसंग पर्यटकका निमित्त अनेकौं आकर्षणहरू छन्। एउटा राजधानी शहरको रूपमा काठमाडौंको आफ्नै विशेषता छ। यसै वर्ष (सन् २०१९) अमेरिकी कम्पनी ट्रिप एड्भाइजरले विश्वभरका घुम्ने पने पच्चीस उत्कृष्ट शहरहरूको सूचीमा काठमाडौंलाई १९औं नम्बरमा राखेको छ।

पुरानो वा भित्री काठमाडौं जति हिङ्गनका लागि अनुकूल छ, त्यति नै गुङ्गनका लागि प्रतिकूल छ। शहरका भित्री बाटाहरू प्राचीन वा मल्लकालमा रथ गुडाउनका लागि बनाइए। शाह र राणाहरूले काठमाडौंका प्रस्तर गल्लीहरूमा बग्गीसम्म गुडाए। तर, अहिले ती गल्लीहरूमा चारपाङ्गे त परै जाओस् दुई पाङ्गेसम्म गुडाउन हम्मे पर्छ। यी बाटोहरूमा गुङ्गनेहरू भन्दा हिङ्गनेहरू समयमा पुग्छन्। अझ शहरका भित्री चोक, डवली र विहारहरूसम्म पुग्न खुट्टा नतन्काइ धेरै छैन। यस अर्थमा पनि काठमाडौं एक फ्लानरी शहर हो।

संसारमा शहरहरू मुख्यतया दुई प्रकारले बसेका देखिन्छन्। ग्रामिण वस्तीहरू जनघनत्व र पूर्वाधारको विकाससँगै समयक्रममा शहरमा बदलिन्छन्। शताब्दियौंको विकासक्रमका कारण त्यो शहर इतिहास, सम्पदा र संस्कृतिका हिसाबले समृद्ध बन्छ। यस्ता शहरहरू स्वभाविक, अर्थात् 'अर्ग्यानिक' शहर हुन्। अर्को थरी शहरको खाका योजनाबद्ध रूपले तयार गरिन्छ, अनि बसाइन्छ। ती शहरहरू कुनै आर्किटेक्ट वा यो जनाविद्का डुइङ्ग टेलवला बनेका हुन्छन्। यस्ता शहरहरू फ्लानरका लागि प्रतिकूल



हुन्छन् । उदाहरणका लागि, भारतको चण्डिगढ, पाकिस्तानको राजधानी इस्लामाबाद योजनावद्ध रूपमा वसाइएका शहर हुन् । स्वभाविक छ, यी प्लानरी शहरहरू होइनन् । कुनै कुनै शहरमा त वटुवा हिड्ने फुटपाथसम्म देखिदैनन् । नयाँ नयाँ संरचना हुने त्यस्ता शहरहरूमा भित्री गल्ली र प्राचीन स्मारकहरूको संभावना नै रहेन । तर, इस्लामाबाद र चण्डिगढ विपरित लाहोर र दिल्ली अर्ग्यानिक शहरहरू हुन् । यहाँ प्लानरहरूले आफ्नो स्पेस भेट्न सक्छन् । यस उदाहरणले काठमाडौंको प्लानरी चरित्र प्रष्ट पार्छ ।

शताब्दियौंदेखि काठमाडौं दक्षिण एसियाको एउटा 'क्रसरोड' को रूपमा रहदै आएको छ । बुद्धधर्मका गुरु एवं प्रचारकहरू काठमाडौं हुँदै तिब्बत, चीन पुगेको इतिहास छ । फ्रान्सेली विद्वानहरू सिल्भाँ लेभी, गुस्ताफ ल बों देखि वेलायती अन्वेषक पर्सिभल ल्याण्डनसम्मले काठमाडौंलाई आफ्नो खोजीको केन्द्र बनाउँदै ठेली पुस्तकहरू तयार पारेका छन् । वेलायती रेसिडेन्ट ब्रायन हडसनले त काठमाडौंको विसद खोजी अनुसन्धान नै गरे । गैर नेपालीहरू मात्र नभएर काठमाडौं शहर बाहिर का नेपालीहरू समेत यस शहरको लावण्य देखेर मोहित भएका प्रसङ्गहरू हामी इतिहासमा पढ्न पाउछौं । चन्द्रागिरीबाट पहिलो पल्ट कान्तिपुर देखा तिर्मिराएका गोर्खाली राजा पृथ्वी नारायण शाहले त्यसै क्षणबाट कुनै दिन कान्तिपुर का राजा हुने सपना देखेका थिए । उता तनहुँबाट

पुरानो वा भित्री काठमाडौं जति हिड्नका लागि अनुकूल छ, त्यति नै गुड्नका लागि प्रतिकूल छ । सहरका भित्री बाटाहरू प्राचीन वा मल्लकालमा रथ गुडाउनका लागि बनाइए

काठमाडौं भरेका आदिकवि भानुभक्तले कान्तिपुर को लावण्यबाट मोहित हुँदै यस शहरलाई इन्द्रको अलकापुरी संग तुलना गरेका थिए ।

तर, काठमाडौंमा खोजीमा निस्कनेहरूको उद्देश्य पृथ्वी नारायण वा भानुभक्त भन्दा विस्कल भिन्न छ । अध्ययन र पेशागत उन्नयनका लागि काठमाडौं भरेका मध्ये कतिपयका निमित्त काठमाडौं खोजी र रहस्यको शहर बनिदिएका । उनीहरूले काठमाडौंमा सिर्जनाका अनन्त संभावना फेला पारेका काठमाडौंको एउटा मौलिक विशेषता

पनि छ जुन विश्वका अन्य राजधानी शहरहरूमा सायदै भेटिन्छ । यो शहर देखिन र लुक्न खोज्ने दुवैका निमित्त अनुकूल छ । तपाईं चाहनु हुन्न भने वपौं वा दशकौं कोही कसैलाई नभेटीरहन सक्नु हुन्छ । र, यदि चाहनु हुन्छ भने घण्टाभर भित्रै शहरको एक कुनाबाट अर्को कुना सम्म यात्रा गर्न सक्नु हुन्छ । यस्ता शहरहरू संसारमा विरलै पाइन्छन् । शायद प्लानरहरूलाई पनि काठमाडौंको यो विशेषताले आकर्षित गरेकाले काठमाडौं प्लानरी शहर भएको हुनुपर्छ ।

एक्यूप्रेसरको कला

लेखक श्रव्य सिंह कार्की

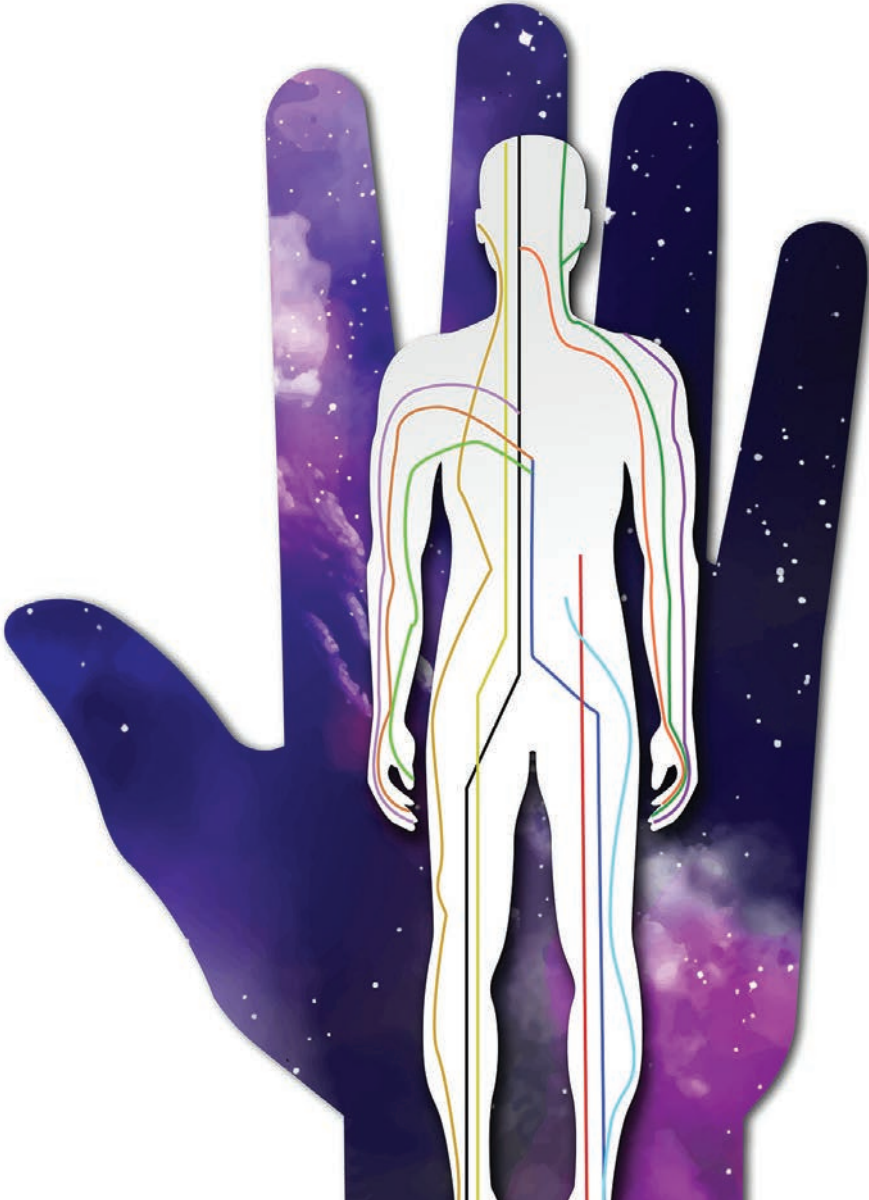
चीनले एक हजार वर्ष भन्दा बढी समयदेखि एक्यूप्रेसर प्रयोग गर्दै आएको छ। यसले आराम र कल्याण बढाउने र रोगको उपचार गर्न आश्चर्यजनक काम गरेको छ। एक्यूप्रेसर जीवन ऊर्जाको प्राचीन अवधारणामा आधारित छ, जुन मानव शरीरमा मेरिडियन्सको माध्यमले फैलन्छ। एक्यूप्रेसर चिकित्सकहरूले मेरिडियन्सका निश्चित बिन्दुहरूमा अवरोधहरू हटाउन शारीरिक दबाव दिन्छ।

हाम्रो शरीरमा, चिकित्सकहरूले विश्वास गर्छन् कि बाह्य प्रमुख मेरिडियनहरू जसले शरीरका अङ्गहरू जोड्दछन्। यी मेरिडियन अनुहारबाट शुरू हुन्छ र मस्तिष्कसँग जोड्छ। जब कुनै एक विशेष मेरिडियन ब्लक हुन्छ वा एक ठाउँबाट अर्को ठाउँमा सर्छ, केहि प्रकारको शारीरिक असहजता महसुस गर्न सक्दछ। एक्यूप्रेसरले यस्तो शारीरिक असहजतालाई निको पार्न सक्दछ।

शीट्सु एक्यूप्रेसर नेपालबाट चिकित्सक बस्नेतले युग पुरानो चिकित्सा प्रविधिमा केही जानकारी दिनुभएको छ। उहाँले बताउनुहुन्छ, “एक्यूप्रेसर Bacteria वा Virus बाट लाग्ने रोगहरूको उपचार गर्ने विधि होइन। शरीरका केही क्षेत्रहरू हुनसक्छ, जहाँ एकदम धेरै पीडा महसुस हुनसक्छ। यसको कारण शरीरको यस भागमा तंत्रिका ठीकसँग अलाएन भएको हुँदैन वा आफ्नो ठाउँबाट सरेको हुनसक्छ। एक्यूप्रेसरमा हामीले निश्चित ठाउँमा वा निश्चित पोइन्ट जुन दुखेको क्षेत्र संग सम्बन्धित छ, दबाव दिन आवश्यक छ। निरन्तर रूपमा यी पोइन्टहरूमा थिचेर हामीले विच्छेदित तंत्रहरू उनीहरूको मौलिक अवस्थामा फर्काउन सक्छौं।

“एक्यूप्रेसरमा संलग्न चिकित्सकले विस्तारै शरीरको विभिन्न क्षेत्रहरूलाई थिचेर ठीकसँग अलाएन नभएको वा आफ्नो ठाउँबाट सरेको तंत्रिका फेला पार्छन्। त्यसपछि मात्र विस्तारै शरीरमा विभिन्न Pressure Point हरू थिच्छन्। चिकित्सक बस्नेतले थप यसो भन्नुहुन्छ, “शारीरिक असुविधा जो औषधिबाट छुट्न सकिँदैन एक्यूप्रेसरद्वारा निको हुन्छ। तर निस्सन्देह, यी शारीरिक असुविधा यस्तो कुरा होइन जुन तुरुन्तै निको पार्न सकिन्छस यो समय लाग्छ, र रोगी नियमित हुनु पर्छ। साधारण ग्राहकहरू सामान्यतया एक हप्तामा एक देखि देघ घण्टा समयको लागि आउँदछन्।

“जबकि केहि पारंपरिक चिकित्सकहरूलाई विश्वास नहुन सक्छ कि यस्तो मेरिडियन्स मानव शरीरमा मौजूद छ, तर धेरै मान्छेलाई विश्वास छ, की यो शरीरमा संतुलन को कायम गर्ने राम्रो तरीका हो।



आहा, कया काईदा ! एउटै खातामा यति धेरै फाइदा !



** शतहरु लागु हुनेछन्

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Photo credit: Sba2, Wikipedia



THE CORNICHE BEACH, ABU DHABI

The Corniche Beach, one of the best beaches of Abu Dhabi for cycling is a beautiful beach which gives beautiful sight of sundown and sunrise. It is immaculate with safe swimming conditions due to its Blue Flag Status and being a public beach the entry is free as well. Just make sure you arrive early to rent the sun loungers and parasols. What people are most fond of here is watching and enjoying the views of the city's sweeping coastline.

Where to stay: You can stay at the Radisson Blu Hotel & Resort that provides a relaxing ambience in the hotel halls and in rooms. Located at the heart of the city and perfect place for bikers, joggers and tourists, the 'Jazz Bar' also creates a lovely atmosphere with jazz music. The hotel is famous for their seafood and the seafood platter which is a well selected and a brilliant dish with lobster cooked to excellence. But the chocolate dessert is the main show stopper, created cleverly and creatively, shouting perfection in taste.



MATIRA BEACH, BORA BORA, FRENCH POLYNESIA

Matira is one of the most famous of beaches of Tahiti. The beach is a mile-long stretch of silky, powder-white sand slopes which steeps gently into a shallow emerald lagoon. The lagoon is backed by a thick curtain of palms and tropical foliage. It is also the only public-access beaches in Bora Bora. You won't need to pay five-star resort prices to enjoy its magnificent beauty.

Where to stay: The Readers' Choice Awards survey considers 'The Conrad Bora Bora Nui' as the highest ranking resort. Polynesian culture is highlighted in the greetings and traditional tattoos of the local staff. A traditional touch has been given to the food and even the names of hotel landmarks have a special Polynesian hint. The Hina spa is named after the moon goddess. The famous Tamure grill pays homage to the hip-shaking local dance moves.



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Shangri-la Village Resort, Pokhara





SUNSET BEACH, OAHU, HAWAII

This sunset beach in Hawaii is one of the world's best places to watch big wave surfing in winter. It also makes an excellent spot for snorkeling during summer as the lake becomes calmer during this season. As the name suggests, the sunsets really seal the deal for visitors.

Where to stay: People usually prefer staying at the Turtle Bay Resort. It is closest to the beach, one of few along the north shore.

It has been ranked the third-best resort in Hawaii according to their annual Readers' Choice Awards survey.



JUMEIRAH BEACH, DUBAI

Jumeirah is a beautiful white sand beach which is located and named after the Jumeirah district of Dubai which lies on the east coast of the Persian Gulf. Jumeirah provides a family friendly environment with water sports, banana boating, camel rides and much more.



BALI

Bali is a province which is an island in Indonesia. It is popular for the Uluwatu coastline which is best known for breathtaking sunsets. On a good day, you can see colors explode like fireworks stretch for miles across the sky and it looks like the sky is lit on fire. You can also experience sensational sunsets from the top of Mount Batur.





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TRAVEL LEISURE

Travel Facts

- Russia is bigger than Pluto.
- Finland has almost 180,000 islands. More than any other country on earth.
- Every penny thrown into Rome's Trevi Fountain is collected every day and donated to a number of charities.
- The whole of China operates on Beijing time, even though the country covers five time zones.
- The city of Monaco is smaller in size than Central Park in New York City.

TRAVEL TRIVIA

Question no. 1

Among the given Stupa's which one is the oldest?

- A. Swayambhu
- B. Ashoka Stupa
- C. Bouddhanath
- D. Mahabouddha

Question no. 2

How many national parks does Nepal have ?

- A. 2
- B. 15
- C. 7
- D. 10

Question no. 3

Among the 10 highest peaks in the world how many are in Nepal ?

- A. 4
- B. 8
- C. 16
- D. 22

Question no. 4

Ultra runner Mira Rai won which series ?

- A. International Ultra Running Series
- B. Olympics
- C. Mont Blanc Skyrunner World Series
- D. Asia Ultra Running Series

Question no. 5

Which among the following bird is only found in Nepal ?

- A. Peregrine Falcon
- B. Hornbill
- C. Spiny Babbler
- D. Griffon Vulture



नेपाली JOKES

स्कूल र गर्ल्स कलेज

रामु: भन त श्याम ..स्कूल र गर्ल्स कलेजमा के फरक छ ?

श्याम: स्कूलको बहिर स्कूल एरिया बिस्तारै हाक्नुस... भनेर लेखिएको हुन्छ तर गर्ल्स कलेजको अगाडि लेखिएको हुदैन..

राम: किन...नि यार ...??

श्याम: किनकी गर्ल्स कलेजको बाहिर पुगेपछि सबैले गाडी आफै बिस्तारै हाक्छन ...!!!

म किन भाग्ने

काले र गोरे बनमा घुम्न जादाँ एक्कासि अगाडि चितुवा आयो । चितुवालाई देखेर गोरे ले एक मुट्टी माटो हातमा लिएर चितुवाको आखाँमा फ्याक्छ अनि कालेको हात समातेर भाग्ने काले भाग काले भन्छ तर काले: म किन भाग्ने चितुवाको आखाँमा माटो त तैले फालेको हो नि ॥

पस्न दे

कालेले पुलिसको जागिर पाएछ अनि यस्तैमा एकदिन राती उसकै घरमा चोर आएछन् । कालेको श्रीमती आत्तिदै..ए हजुर उठ्नु न । घरमा चोर पस्यो । काले: पस्न दे । म अहिले डिउटीमा छैन ।

तिम्नो फोटो राख र अरु चाहिँ फिर्ता गरिविनु ल ...!!

विदेशमा भएको लाहुरे प्रेमीलाई उसको प्रेमिकाले आफ्नो बिहे भएको र तिमीसंग भएको फोटो फिर्ता गर भनि चिठी लेखि पठाउछे ...!!

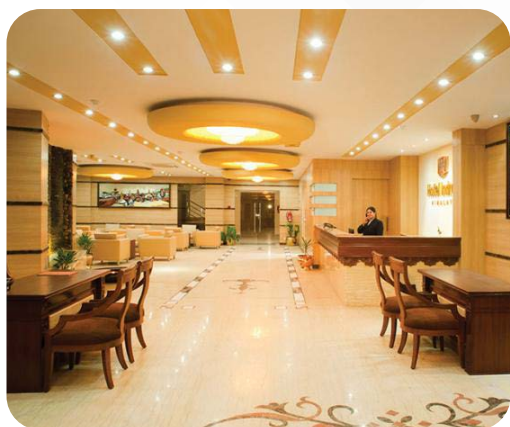
लाउरे पनि के कम उसले आफुसंग भएका केटीहरुको फोटो जम्मा गर्यो र लेख्यो: प्रिय भूपू मायालु ..

मैले तिमी कुन चाहिँ हो भनेर चिन्न सकिन.... त्यसैले कृपया तिम्रो फोटो राख र अरु चाहिँ फिर्ता गरिविनु ल ...!!



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HOROSCOPE TRAITS



ARIES
 March 21st-April 19th
 Element: Fire
 Ruling Planet: Mars

Aries are passionate and courageous but also impatient and aggressive. They are usually bold and ambitious and take challenges head-on without hesitation.

As their ruling planet is Mars the element of fire is most active with this Zodiac. Aries have youthful energy no matter what age they are; their passion for life is more than the other Zodiacs.

With the element of fire Aries are very passionate when it comes to love, showering their loved ones with affection to a point where it may seem overboard. Aries are adventurous and their youthfulness always keeps them excited in relationships.



TAURUS: THE BULL
 April 20th-May 20th
 Element: Earth
 Ruling Planet: Venus

"The Bull" is said to be stubborn and possessive but draw their strength through reliability and devotion. The element of Earth allows them to see life through a realistic perspective and also be grounded.

Their stubbornness, which is seen as a weak attribute, can at times be their strength as they are devoted to only action for a long time. It makes them the best employers, partners and long term friends. Ruled by Venus, also known as the planet of love, Taurus have an affinity for beauty, attraction, satisfaction and gratitude.

When it comes to love, their partners need to be very patient. Once a Taurus chooses to commit they break out of their shell and become playful, and at times needy.



GEMINI
 May 21st- June 20th
 Element: Air
 Ruling Planet: Mercury

With curiosity and affection being a Gemini's fortes, sometimes they tend to be nervous, indecisive and inconsistent.

They are communicative and social and are ready to have fun! They wish to learn everything about the world that they possibly can. As their sign indicates, they are always on the quest to find the other part of their life and are constantly on the search for new encounters in life.

They are flirtatious and have the ability to nab different types of lovers until they find their better half. The biggest challenge in terms of a relationship with a Gemini is finding a strong emotional bond with the other person.



CANCER
 June 21st - July 22nd
 Element: Water
 Ruling Planet: Moon

Cancers are imaginative, loyal and also sympathetic. However, they are moody and having a knack for manipulation.

They are extremely emotional and also sensitive, well-connected to their roots, and always choose to have a connection with their home. They have deep ties with their families and are attached to their close friends. As a water sign, they tend to have a difficult time blending in with the world around them.

They seek a partner with whom they can communicate through silent contact.



LEO
 July 23rd- August 22nd
 Element: Fire
 Ruling Planet: Sun

Although Leos are creative and warm-hearted their weaknesses include being arrogant and self-centered. Leos are natural born leaders. Represented by the lion they are delighted to embrace their stature. They love to bask in the spotlight and also to celebrate themselves. Their confidence and creativity allows them to succeed in their field of choosing. Even though Leos are generous and loyal there is always a side of them which is self-aware.

In love, their generosity and passion extends to their partners.



VIRGO
 August 22nd- September 22nd
 Element: Earth
 Ruling Planet: Mercury

Known to be loyal and hardworking, Virgos become worryful and critical of one another. They are considered to be the most careful of all Zodiacs. Virgos don't go throughout life without planning the most of it as much as possible. They are often misunderstood for being incapable of accepting one's feelings. Virgos can have well developed sense of speech and writing as an influence of their ruling planet Mercury.

In love, Virgos rarely provide a direct statement of their love and choose to show their love through intimacy.

Have you ever wished you could know more about the person on the other end, without asking their entire history. All you need to know is their date of birth and you may can unlock the secrets of their traits.



LIBRA
September 23rd-October 22nd
Element: Air
Ruler: Venus

Librans are cooperative and fair-minded, they are indecisive and choose to avoid confrontation. Libras are creatures of balance; they choose to avoid conflict and are always in favor of peace. Libras are in constant search for knowledge and their lives need to be enriched with music and art.

When it comes to love, they wish to find balance and harmony with their partners. They search for a deep and meaningful connection. They are also traditional as in opting for the marriage route as they want a partner for life.



SCORPIO
October 23rd - November 21st
Element: Water
Ruling Planet: Pluto

Scorpio's are brave and resourceful. On the other hand are jealous and secretive. They are passionate, assertive and brave as they approach life with tenacity and a fierce mindset. They choose to value honesty and will always keep your secrets. They are also known for their calm demeanor and have a mysterious aura.

They are the most sensual sign among all due to their passionate nature and how they value intimacy. They are very careful and winning their trust isn't that easy. Thus, patience is a virtue one must have to gain trust of a Scorpio.



SAGITTARIUS
November 21st- December 22nd
Element: Fire
Ruling Planet: Jupiter

Idealistic and equipped with a great sense of humor, Sagittarius' have two weak spots - they are impatient and unfiltered. Sagittarius are born extroverts, enthusiastic, and dynamic. They view freedom as an utmost priority as they wish to travel and explore the world. Their impatience can throw many off, especially when it comes to something they desire. The gift of expression in a respected manner is something they have to acquire in life.

In love, they seek an adventurous partner especially with a playful nature. People born under this sign love to be diverse, which entails that they resonate with a wide spectrum of individuals.



:CAPRICORN
December 21st- January 19th
Element: Earth
Ruling Planet: Saturn

Capricorns are responsible, disciplined and masters of self-control. Their drawbacks: being a know-it-all and being unforgiving. Individuals born under this sign, have a sense of inner independence which allows them to move ahead in life pursuing their professional and personal goals. Capricorns are experts at making plans and going through with them.

When it comes to love, their partners have to go through a great ordeal to break down the walls of a Capricorn, but if one perseveres they enjoy a lifetime of commitment. Emotions don't come easy to this sign but once they choose to open up, they and their partners shall experience an everlasting growth.



AQUARIUS
January 20th- February 18th
Element: Air
Ruling Planet: Uranus

Aquarius's are progressive, independent and original. They seem to lack the ability of emotional expression. They are deep thinkers who love to help others. They are comfortable being in a large audience. They can seem aloof, as they are seeking to establish trust so that they may express their thoughts and emotions in a healthy manner.

In love, to seek a long term relationship they must value integrity and honesty. They see their other half as equals and give them enough space to exercise their independence.



PISCES
February 19th - March 20th
Element: Water
Ruling Planet: Neptune

Pisces are compassionate and intuitive. They are weak when it comes having a desire to escape reality and self-pity. They have a friendly nature and can be found in the company of various people. They love to give back in any way they can and love to help others. They are caring and faithful. They share a connection with music and various forms of art. They are also known to be true romantics.

In terms of love, Pisces are passionate beings who wish the deepest of connection with their partners. They are loyal and very caring when it comes to relationships.

In Fond Remembrance



Honorable Rabindra Prasad Adhikari
Minister of Culture,
Tourism and Civil Aviation



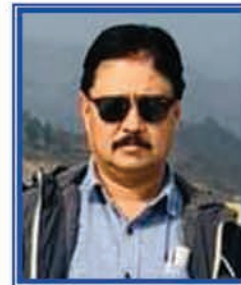
Mr. Ang Tshiring Sherpa
Founder Chairman
Himalaya Airlines



Mr. Yubaraj Dahal
Under Secretary at PMO



Mr. Birendra Shrestha
Deputy Director General
CAAN



Mr. Dhruba Das Bhochhibhaya
Director
CAAN



Captain Prabhakar KC
Air Dynasty Heli Services



Mr. Arjun Ghimire
Security Officer

*“Your life was a blessing, your memory a treasure;
you are loved beyond words and missed beyond measure.”*

The Himalaya Airlines family is saddened by the untimely loss of our Chairman Mr. Ang Tshiring Sherpa who left us for heavenly abode on February 27, 2019.

The devastating crash took all 7 lives on board, including Honorable Rabindra Adhikari - Minister of Culture, Tourism & Civil Aviation.

Mr. Sherpa was the Founder Chairman of Himalaya Airlines, a Nepal - China joint venture international airlines. He was an exceptional entrepreneur, loved the nation and always thought of the need for and ways and means for the development of the mountains of the country.

He possessed a set of rare qualities to offer a helpful hand - out of way - to those in need, friends and people from faraway. He was a true compassionate being. He was a reservoir of enthusiasm and self-drive and had Everest- high ambition.

He was greatly thoughtful for the progress of the nation and hence, made significant contributions in the nation's tourism, hospitality, and aviation. The following of the footprints of Mr. Sherpa will be a challenge for the newer generations as well as a key for their success. His legacy will be cherished forever.

*We extend sincerest sympathies to the grieving families
and join in their prayers for loved ones.
May God bestow on the bereaved families enough fortitude to bear the irreparable loss!!*



Himalaya Airlines Family

हिमालय एअरलाइन्स
Himalaya Airlines 

हिमालय एअरलाइन्सको अबुधाबीमा नयाँ सञ्जाल विस्तार



नेपालको निजी क्षेत्रबाट सञ्चालित अन्तर्राष्ट्रिय क्षेत्रमा उडान भर्दै आएको हिमालय एअरलाइन्सले उडान क्षेत्रमा अर्को कदम अगाडि बढाएको छ । एअरलाइन्सले नेपालको काठमाडौं देखि युएईको सम्पन्न र व्यस्त शहर अबुधाबीमा हप्ताको तीन दिन उडान गर्नेछ । यो नेपाली हवाई सञ्जाल मध्यपूर्वी मुलुकमा विस्तार गर्ने र सम्बन्ध अझ मजबूत बनाउने हाम्रो प्रतिबद्धताको प्रतिफल हो ।

हिमालय एअरलाइन्सको एचनाइन ५६७ विमानले काठमाडौंबाट अबुधाबीको लागि उद्घाटन उडान गरेको छ । काठमाडौंको त्रिभुवन विमानस्थलबाट १४८ यात्रु सहित २१:३० मा अबुधाबी उडेको एअरलाइन्सको एचनाइन ५६७ विमानले अबुधाबीको अन्तर्राष्ट्रिय विमानस्थलमा स्थानीय समय अनुसार ००:५३ मा अवतरण गरेको थियो । फीर्ति उडान अबुधाबी अन्तर्राष्ट्रिय विमानस्थलबाट १५० यात्रु सहित एचनाइन ५६८ विमान अप्रिल १, २०१९ मा स्थानीय समय ०२:३१ मा उडान भरेर काठमाडौंको त्रिभुवन विमानस्थलमा स्थानीय समय ०८:४१ बजे अवतरण गरेको छ । युएईका लागि स्थानीय बजार व्यवस्था कार्य हेर्न एअरलाइन्सले फिशटेल ट्राभल एण्ड टुरिजमलाई नियुक्त गरेको छ ।

प्रिमियम इकोनोमी क्लासको ८ र इकोनोमी क्लासको १५० गरी कुल १५८ सिट क्षमता भएको विमानद्वारा प्रत्येक मंगलबार, बिहीबार र

आइतबार एअरलाइन्सले आफ्नो नयाँ उडान गर्नेछ । विदा, व्यावसायिक यात्रा तथा छोटो बसाइ लाई मध्य नजर गर्दै उडानको तालिका तयार गरि एको हो ।

'काठमाडौं र अबुधाबीबीच सीधा उडानको सुरुवात गर्न पाउँदा हामी एकदमै उत्साहित भएका छौं । सीधा र पूर्णकालीन सेवा सञ्चालनका लागि दुवै बजारबाट व्यापक माग छ, र हामीले ग्राहकको माग अनुरूप यो कदम उठाएका हौं । नेपाल र युएईबीच व्यावसायिक र सांस्कृतिक सम्बन्ध प्रगाढ बन्दै गएको छ । यी दुई देशबीचको व्यापार तथा पर्यटन क्षेत्रको विकासमा महत्वपूर्ण भूमिका निर्वाह गर्न सकेकोमा पनि हिमालय एअरलाइन्सले गौरवान्वित महसुस गरेको छ । हामी आशा गर्छौं, यो नयाँ सञ्जालले युएईबाट नेपाल आउने यात्रु आवागमन सहज बनाउनेछ । व्यावसायिकरूपमा सफलतापूर्वक सञ्चालनमा आएको हिमालय एअरलाइन्सले सेवाको ३ वर्ष छिट्टै पुरा गर्दैछ । यसै सन्दर्भमा अबुधाबीलाई हिमालय एअरलाइन्सको सञ्जालमा जोड्न सफल भएकोमा हामी अत्यन्त खुसी छौं,' उपाध्यक्ष विजय श्रेष्ठ बताउँछन् ।

तेल र व्यवसायमा ठूलो छलाड मारेको युएईको राजधानी र दोस्रो बढी जनसंख्या भएको शहर हो, अबुधाबी । विश्वकै पर्यटकीय आकर्षणको रूपमा चर्चित शहर अबुधाबीमा घुम्न पर्यटकहरु सदा लालायित देखिन्छन् ।

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Ambulance: 999
Fire: 999
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Customs: +97-4444-57457
Tourist Information
Headquarter:
+97-4401-06666
Hospital: +97-4401-09222
Embassy of Nepal:
+97-444-675681
+97-4446-75680
Tourist Police Hotline:
+97-4401-09666

NEPAL KATHMANDU

Police: 100
Ambulance: +977-1-4228094
Fire: 101
Customs: +977-1-4470382
Tourist Information
Headquarter: +977-1-4247041
Tourist Police Hotline: 1144

MALAYSIA KUALA LUMPUR

Police: 999
Ambulance: 999
Fire: 999
Airport Taxi: +6011-1889-8893
Customs: +03-8787-2312
Tourist Information
Headquarter: 03-2693-5188
Hospital: +6038-9475-555
Embassy of Nepal:
03-2020-1899
Tourist Police Hotline:
03-2149-6590

UAE DUBAI

Police: 999
Ambulance: 999
Fire: 997
Airport Taxi:
800-9090
Customs: 800-80080
Tourist Information
Headquarter:
600-555559
Hospital: +971-4219-5000
Embassy of Nepal:
+971-2634-4767
Tourist Police Hotline:
800-4888

UAE ABU DHABI

Police: 999
Ambulance: 999
Fire: 997
Airport Taxi:
600-535353
Customs:
800-555
Tourist Information
Headquarter:
800-555
Hospital: 800 555666
Embassy of Nepal:
+971-2634-4385
Tourist Police Hotline:
800-3333

SAUDI ARABIA DAMMAM

Police: 999
Ambulance: 997
Fire: 998
Airport Taxi: 92-001-0068
Customs: 13-883-7111
Tourist Information
Headquarter: 19988
Hospital: 911
Embassy of Nepal:
+966-11-4611108
+966-11-4645170
Tourist Police Hotline: 112

SAFETY AND SERVICE INFORMATION



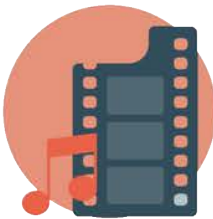
CABIN LUGGAGE

Passenger/s may carry one item of cabin luggage to place in a closed overhead bin. Cabin luggage shouldn't exceed 7kgs. The overall dimension of such baggage should not exceed 55 x 35 x 25 cm or 21.7 x 13.8 x 9.9 inches. Cabin luggage exceeding the 7kgs weight limit is required to be checked in before boarding.



LIFE VEST

Passenger/s are not allowed to remove the life vest from the aircraft. It is best the passenger/s know the location of them incase of an emergency. Please do know the proper method of inflating the vest.



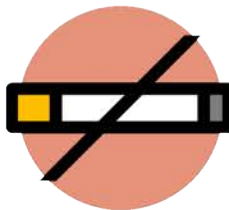
ENTERTAINMENT

Movies and music are available on all flights. Currently we are streaming popular shows such as Dhurmus ko Love Story, Mundre Sanga Traffic and Just for Laugh Gags. Movies available in our flight entertainment are Ice Age: Collision Course and Wada Number 6.



FOOD AND BEVERAGE

We provide vegetarian and non-vegetarian meals. Alcoholic drinks will not be served to the passenger. Consumption of personal alcoholic drink is prohibited. Flight crew reserves the right to either deboard or take necessary actions against the passenger/s who appear intoxicated while boarding or self-consume alcohol during the flight.



NO SMOKING POLICY

Smoking including the use of Electronic Cigarette is prohibited on all flights. Flight crew reserves the right to take necessary actions if passenger/s are found smoking during the flight.



ZERO TOLERANCE OF ABUSE

We value courteousness. Any form of threat, verbal abuse or violence towards our staff will be taken seriously. Action will be taken as per the prevailing authorities. We are committed to support anyone who has been the victim of an assault.



SPECIAL ASSISTANCE

In order to better serve you, we request that you contact and advise us of your specific needs (listed below) at the time of booking and at least 24 hours prior to your flight.



UNACCOMPANIED MINORS

It can be quite daunting for a child traveling alone, both to the child and the loved ones. We take all the extra measures to take special care of your child right through till your child is reunited with loved ones. You just have to pre-inform us if your 5-12 years child is travelling alone.



MEDICAL AND SPECIAL NEEDS

Attendants and medical attention shall be given to people with special needs such as passengers with Reduced Mobility, Sensory Impairments or any other physical challenges.



PREGNANT PASSENGER

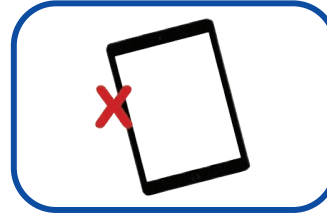
Expectant mothers are normally not regarded as incapacitated. However certain restrictions apply: No medical certificate or letter is required up to the end of 28th week. When the pregnancy has entered the 29th week, a medical certificate or letter issued by doctor should be held.



Attention !! सावधान !!

For safety reasons and in line with the Department of Civil Aviation Authority of Nepal guidelines, passengers are not allowed to carry any laptops, drone batteries, mobiles, lighters, matchboxes, camera, watches, Ipad/tablets, power banks, radio transmitters, walkie-talkies, electronic toys, extra batteries including **lithium ion batteries** and any devices with cellular network service for portable electronic devices in **CHECKED-IN BAGGAGE**.

यात्रुहरूलाई कुनैपनि ल्यापटप, ड्रोन ब्याट्री, मोबाइल, लाइट, सलाई, क्यामेरा, घडी, आइ प्याड/ट्याबलेट, पावर बैंक, रेडियो ट्रान्समिटर, वाकी टकी, इलेक्ट्रोनिक खेलौना, अतिरिक्त ब्याट्रीहरू (**Lithium ion batteries**) अथवा अन्य विद्युतिय उपकरणहरू **चेक इन बेगेजमा** लैजान निषेध छ ।



DO NOT
put them in your
CHECKED-IN BAGGAGE

यी सामानहरू आफ्नो
चेक इन बेगेजमा नराख्नु होला ।



Put them with you
in your
CARRY ON BAGGAGE

यी सामानहरू आफ्नो
हाते भोलामा राख्नु होला ।

Note (नोट):

1. Portable Electronic Devices (PEDs) containing Lithium ion batteries over 100 WH and Lithium metal batteries containing more than 2 grams are forbidden to carry.

१. पोर्टेबल इलेक्ट्रोनिक उपकरण (पीईडी) मा भएको लिथियम ब्याट्रीहरू यदि १०० वाट घण्टा (Lithium ion) अथवा २ ग्राम (Lithium metal) भन्दा माथि भएमा कुनै पनि ब्यागेजमा लैजान निषेध गरिएको छ ।

2. Maximum of 20 spare Lithium ion batteries each not exceeding 100 WH and Lithium metal batteries each not exceeding 2 grams may be carried by a passenger in carry-on baggage only.

२. एक व्यक्तिले अधिकतममा २० वटा अतिरिक्त ब्याट्रीहरू हाते भोलामा लैजान पाउने छ तर हरेक ब्याट्री १०० वाट घण्टा (Lithium ion) अथवा २ ग्राम (Lithium metal) भन्दा कम हुनु पर्दछ ।

Note: Power Bank is considered as a spare battery. PEDs must be switched off during takeoff and landing.



FROM MAGICAL MOUNTAINS TO SCENIC HILLS AND WETLANDS OF TERAI

PROVINCE 1

Nepal is famous not only for its diverse culture and rich natural heritage, but it also has diverse geographical regions, which makes it a must-visit place once in a lifetime.

The newly-carved out Province 1 under the federal system is one of the seven provinces in the country. It has 12 districts spread from Mount Everest, the highest mountain in the world, to one of the greenest districts in Ilam and downward to Koshi Tappu, the serene wetland known for its wildlife reserve.

Beside these natural wonders, this province has people from different

ethnicity, making it an amalgamation of diverse culture and heritage.

MAJOR ATTRACTIONS: MT. EVEREST

Mount Everest or Sagarmatha in Nepali is also known as the 'Roof of the world' being the highest mountain in the world at 8,848 meters (29,029 feet) above sea level. It is a dream for the mountaineers from all over the world to reach atop Everest. However, for those who love adventures, they can trek to the Everest Base Camp at 5,380 meters (17,600 feet) and experience the life in the high mountain range and rare biodiversity in the Sagarmatha National Park. Besides The adventure seekers

are mesmerized by the magnificent view of this highest Himalayan range and feel that the trip is worth every penny. But it takes 9 days to reach the Everest base camp from Lukla making it a life time experience. Best time to travel is pre-monsoon (February to -May) and Autumn (late September to December)

HOW TO REACH

There are direct flights from Kathmandu to Lukla. It is a 9-day trek to the Everest Base camp from Lukla and takes around 5 days to return to Lukla. The travel to this region is possible only through the travel operators, as you



also need to take permission from the Nepal government.

PATHIBHARA TEMPLE

Pathibhara Devi Temple or Mukkulung is one of the most popular pilgrimage sites in Nepal, located in Taplejung at 3,794 meters. It is also considered one of the holy places for Rais and Limbus. The trek to Pathibhara Devi is exhilarating and is a unique experience due to the pristine natural beauty combined with rich cultural heritage. Best time to travel is autumn (September to November) and spring (March to May).

HOW TO REACH

There are direct flights to Taplejung (Suketar) from Kathmandu and Biratnagar. It is a 8-9 hours trek to the Pathibhara temple. There is also a direct public bus service from Kathmandu and Biratnagar to Taplejung.

MAKALU BARUN

Makalu is considered one of the toughest 8,000m peaks to climb and the camping trail to Makalu Base Camp from the south is considered one of the tougher routes in Nepal. Makalu Barun region boasts of 3,000 species of flower plants, 440 species of birds and 75 species of mammals. The trek to the Great Himalaya Trail, which crisscrosses from the east to the west Nepal,

begins from this region. It is, however, recommended for the experienced trekkers only. The Makalu Barun National Park offers some of the most spectacular sceneries in the Himalayas. You also need to get a government permit to visit this region. The best time to travel is autumn and spring.

HOW TO REACH

There are direct flights from Kathmandu to Tumlingtar. From there, it is a 9-day trek to the Makalu Base Camp.

HALESI MAHADEV

Halesi Mahadev Cave lies in Khotang district of this Province and is one of the popular pilgrimage sites. Halesi Mahadev is a two feet tall Shiva Linga situated inside the cave and is worshipped by both Hindus and Buddhists. One can travel throughout the year but devotees throng this place during the Shivaratri festival in March.

HOW TO REACH

There are public vehicles from Kathmandu to Halesi or you can hire private vehicles. It takes about 8 hours to reach Halesi.

ILAM

Ilam is a small hilly district in Province 1 that has pristine landscape of sloped tea gardens and lush green forests. Strolling in the tea gardens that carpet

the surrounding hills in refreshing mountain air followed by hot tea made from the tea leaves plucked from the garden helps one rejuvenate and relax. The best season to travel is autumn and spring.

HOW TO REACH

There are direct flights Kathmandu to Biratnagar and Bhadrapur. It takes 5 hours of drive from Biratnagar while its much shorter from Bhadrapur.

KOSHI TAPPU WILDLIFE RESERVE

The Koshi Tappu Wildlife Reserve is a home to rare species of birds and globally threatened population of wild water buffalo (Arna), the Gangetic dolphin, and endemic fish species. Other globally threatened fauna like Nilgai, smooth-coated otter, and red-crowned roof turtle are also found in this reserve. It safeguards the pristine riparian wetlands, grasslands, forests, marshes and swamps, lakes and ponds, and excavated ponds. The best time to travel is October to May.

HOW TO REACH

There are direct flights from Kathmandu to Biratnagar. It takes one and half hours' drive in a taxi or a public vehicle to the Koshi Tappu Wildlife Reserve.

KEEP YOURSELF OCCUPIED INFLIGHT

Being on a long haul flight is extremely stressful, the limitation of space and lack of activities one can do inside an airplane can make one feel like time hasn't even taken a step. Not everyone can fall asleep on a flight and the restlessness, lack of activities just adds to one's anxiety.

SO, HOW DOES ONE KEEP THEMSELVES OCCUPIED IN A FLIGHT?

BRING A CHARGED ELECTRONIC GAME.

No, I'm not taking about your smart phone loaded with games. Portable gaming devices such as a PSP, Game boy, Nintendo DS can be a great way to pass time when it comes to long haul flights. Having a different device for games, saves power on your smart phones which you will need to make your calls after you land.

BRING A BOOK OR READ THE INFLIGHT MAGAZINE

A method trailed and tested, a really good book and a great imagination can take away your boredom. Printed book is best because they don't require charging, and are a perfect companion. If you prefer a Kindle or any other portable reading device, then please do make sure they are fully charged and have enough content to keep you satisfied.

LISTEN TO MUSIC

Listening to music will keep you entertained on the flight. Just charge your iPod or portable electronic music, let your imagination take a toll and you won't even realize time passing by. You can plan ahead and download the songs that you have been wanting to listen from a very long time. You could also close your eyes and pretend that

you're on the stage and everyone is calling out your name. Just make sure you don't sing out loud, if you have a bad voice.

PACK A CAMERA

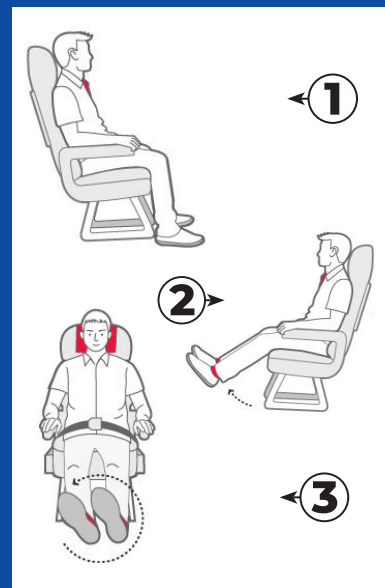
Photography is a great escape, you can pack a camera and take beautiful images of the skyline and the cities or ask someone to take pictures of you with the beautiful view of the sky. And if you are the type to keep your Instagram feed updated, you can utilize a great deal of your time editing those pictures to match your feed, keeping in store some good pictures for you to upload after the flight.

WRITE

The silence and the distance of a trip can create an opportunity for you to be creative. If you are someone who keeps a journal or simply loves writing, keeping memories of your trip in a piece of paper would be a great way for you to reminiscence your trip after you get home. Simply write about your experience on the plane, if you find some nosy people, write about them too, you would always have a funny story to tell, write about the people you met and talk about their stories. A pen, paper and imagination is a source of eternal entertainment.

WATCH THE ENTERTAINMENT SYSTEM

If your plane provides an entertainment system, listening to some music or simply watching a good movie would pass a good deal of your time without you even realizing it. These days, the entertainment systems in planes provide ample options of the latest movies which are bound to match your taste. Select a movie or start watching a new TV series and the trip would pass in a blink of an eye.



INFLIGHT EXERCISE

Long haul flights can be quite tiresome, despite the level of comfort that is assured to the passengers. Nobody likes to remain seated in one spot for a long duration of time. Thus, we recommend you to practice these simple in-flight exercises such as Neck Roll, Wrist Rotation, Ankle Circles, Arm Stretches, and Shoulder Rolls.

These exercises will help relieve some of the discomfort and keep you fresh and healthy throughout the flight.

LEARN A NEW LANGUAGE

Before your trip, download apps that translates languages. Taking the time to learn the language of the place you are about to visit will definitely work in your favor and you are more likely to learn more and enjoy more of your trip if you learn some common phrases.

TALK TO THE PERSON BESIDE YOU

While everyone might not be too keen on chatting, try and initiate conversations with the people beside or the flight-attendants. It can be a great way to get some tips about the place you are about to travel. You may also find people with mutually rewarding interests and it can be an amazing experience to learn about new people, their culture and their values. If you are traveling alone, it would be a great way to make some new companions as well.

PLAN YOUR NEXT TRIP

If you are bored, simply look for places that would suit your interest. Watch travel vlogs, google hidden and undiscovered places that intrigue you. Learn about the places, the expenses, the culture and you never know if you could be already packing for your next trip before the end of your current trip.

While everyone might not be too keen on chatting, try and initiate conversations with the people beside or the flight-attendants.

YOUR DECISION TO STUDY IN AUSTRALIA IS INDEED A WISE ONE.

Local Admission Partner for:

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 <p>CRICOS: 00115M</p>	 <p>CRICOS: 01241G</p>	 <p>CRICOS: 00859D</p>	 <p>CRICOS: 00102E</p>	 <p>(International/City Campus) CRICOS: 00917K</p>
 <p>(SEC) CRICOS: 02225M</p>	 <p>(ATMC) CRICOS: 00300K</p>	 <p>(ATMC) CRICOS: 00103D</p>	 <p>ECA CRICOS: 02644C / VU CRICOS: 02475D (Sydney)</p>	
 <p>(ATMC) CRICOS: 01595D</p>	 <p>CRICOS: 01312J</p>	 <p>CRICOS: 02664K</p>	 <p>CRICOS: 01484M</p>	 <p>CRICOS: 01241G</p>
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