

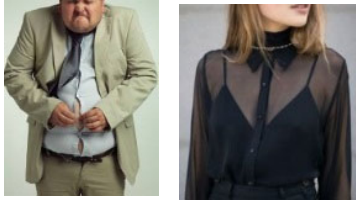











DRESS CODE

Don't	Do
 <p>Sleeveless, tight T-shirt and tank top</p>	<p>Polo shirt/ dress covered with jacket or cardigan (but NOT for any school-related activities, e.g. school practicum and school visit)</p> 
 <p>Low cut blouse and short-</p>	<p>Blouse covering your neck, shoulder and elbows</p> 
 <p>Too-low buttoned shirt</p>	<p>Sleeved shirt with collar buttoned up to the collar bone</p> 
<p>Uncovered Sleeveless shirt, blouse or dress</p> 	<p>Sleeved shirt, blouse or dress that covers your elbows</p> 
 <p>Skirt, transparent skirt or dress above the knees or shorter</p>	<p>Skirt, dress or pants covering the knees</p> 
Don't	Do

	<p>Pajama, baby doll or other sports wear</p>	<p>Casual professional</p>	
	<p>Ill-fitting or transparent clothing</p>	<p>Appropriately-sized, non-transparent materials for clothing</p>	
<p>Folded pants, jeans (torn and un-torn) for other than Saturdays</p> 		<p>Unfolded pants, jeans for Saturdays (not torn) and non-school related activities and government related events</p>	
	<p>Flip flops</p>	<p>Close-toed shoes for all school-related activities and government-related events.</p>	 <p>Open-toed sandals, sneakers, running shoes, sports shoes and mountain shoes are also allowed, but NOT during school-related activities and government-related events</p>
	<p>Yoga pants, leggings, tight pants with top NOT covering rear end</p>	<p>Loose pants or leggings with long kurti</p>	
	<p>Short pants</p>	<p>Casual long pants</p>	

Some examples of how local people in Nepal dress on a day to day basis

Some Example of Dress for Farmers



Some Example of Dress for Teachers



Additional Note



- Male trainees need to arrive at staging with short hair (unless you have a religious reason not to, and have already spoken to Peace Corps about this) and groomed facial hair (again unless you have a religious reason not to, and have already spoken to Peace Corps about this).
- Male trainees need to remove all piercings. Female trainees need to remove all piercings except for one nose stud and one ear piercing in each ear.
- Do not **smoke** at **the office**, **PST site** and all **training events**, including (but not limited to) **HUB days**, **LINK sessions**, **language classes**, **conferences**, **workshops** and **other official activities**, and also **in front of children**.
- Do **cover up** your **TATTOOES**
- Do not wear **flashy accessories**, such as **PIERCINGS** and **necklaces**