Working abroad from Nepal

Your rights under the law of Nepal, and where to get free help

What the law of Nepal says

Agency fees — PARTIAL
The law limits fees, or bans them only for some jobs or countries.

Written contract — STRONG
You must get a written contract, checked by the government, before you leave.

Training before you go — PARTIAL
Training is required, but you may have to pay, or it is only for some workers.

Insurance or welfare fund — STRONG
A government fund or insurance covers death, injury and the trip home.

Help line — PARTIAL
There is an official help line, but not 24 hours, or not in every country.

A lawyer abroad — PARTIAL
The government may pay for legal help abroad, case by case.

Safe place to stay — PARTIAL
Some embassies have a safe place to stay.

Complaint at home — STRONG
A special office at home can order the agency or employer to pay you.

This is what the law says. What happens in practice can be different.

MAIN LAWS

- Foreign Employment Act 2064 (2007)
- Human Trafficking and Transportation (Control) Act 2064 (2007)

Before you go

1. Keep a photo of your passport, visa and contract on your phone. Give copies to your family.
2. Ask for a receipt for every payment to an agency.
3. Save the numbers on this page before you leave.

Free help

We have no checked phone number for Nepal yet. Use the link below to find help.

Justice Without Borders
justicewithoutborders.org
Helps migrant workers bring claims in the country where they worked, even after returning home, with pro bono lawyers.

We list a phone number only when we have checked it.

Court decisions that helped workers

During COVID-19, many Nepali workers lost their jobs abroad and could not pay for a flight home. The Supreme Court ordered the government to use the welfare fund that workers pay into to bring them back.

Supreme Court of Nepal, 2020 · Order to use the Foreign Employment Welfare Fund for repatriation

Short summaries, not yet checked line by line against the full judgment.

Help in the country where you work
theimr.org/legal-help

More detail and sources
theimr.org/countries-of-origin

New court decisions and laws, once a month, free
theimr.org/updates

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