

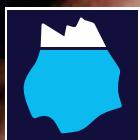
KATHMANDU

Where
history
breathes

Explore
Kathmandu
together with

**Steve
McCurry**

better
moments



Photography with passion



PORTRAIT BY PEKKA ALA PIETILÄ /
LOCATION KATHMANDU

Kathmandu has a way of staying with you. It lingers in the early morning light over temple rooftops, in the rhythm of prayer wheels turning, in faces shaped by generations of lived experience. As a photographer and founder of Better Moments, I have spent decades searching for places where history and humanity meet — places that invite us to slow down, look closer, and truly see. Kathmandu is one of them.

This catalogue is an invitation — to step into a world where the spiritual and the everyday exist side by side. From the quiet intensity of Pashupatinath to the movement and devotion surrounding Boudhanath Stupa. From hidden courtyards to vibrant streets filled with life. Kathmandu offers a visual landscape that is both powerful and deeply human. Here, time does not stand still-it layers itself.

Our workshop is designed to help you translate this experience into images that matter. We begin in the early hours as the city awakens, move through the streets with intention, and return in the evening to reflect, edit, and refine. Each day blends time in the field with lectures and image reviews led by Steve McCurry-offering insight into storytelling, composition, and the ability to capture moments with depth and authenticity. Better Moments was created to bring photographers closer to the world — not as tourists, but as attentive observers.

Working alongside Steve McCurry, this workshop offers something rare: a chance to learn not only how to photograph — but how to see.

Welcome

Christian Nørgaard

Founder, Better Moments



Better Moments
CEO and founder:
Christian Nørgaard

Graphic design:
Håkan Andersson

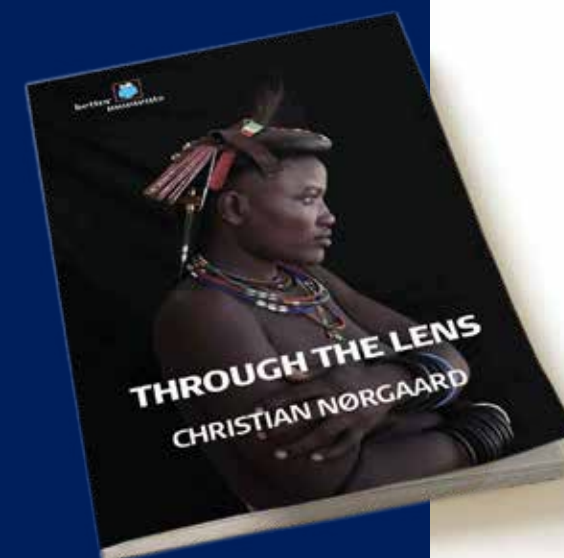
Text editor:
Christian Nørgaard

Cover photo by
Steve McCurry

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Our guests love to travel with us
– which is why we are lucky enough
to welcome them again and again.



LET'S GET SOCIAL

For inspiring experiences, real-time updates,
the latest trends or casual conversation, explore
our social networks for all things travel.



LinkedIn

YouTube



BETTER-MOMENTS.COM

You can view our current
photography workshops
on the Better Moments
website, where you will
find all dates and details
– and can reserve a spot
for your dream trip.



NEWSLETTER

Stay up-to-date with our workshops, experts, and special offers:
sign up to our bi-monthly newsletter – and receive Christian
Nørgaard's guide to travel & portrait photography for free.

**SIGN UP AND RECEIVE A FREE
TRAVEL & PORTRAIT PHOTOGRAPHY GUIDE**

"I think that Better Moments' workshops are some of the best organized, most educational and most inspirational group workshops I have ever worked on. So I would encourage you to join us. Come along and have a great time, learn, be inspired and take great pictures."

Steve McCurry

Our passionate experts

We are proud to work with some of the best photographers in the industry who are experts in their field and have years of experience in guiding and teaching photography workshops.



Steve McCurry
National Geographic,
World Press Photo
first place



Marco Di Lauro
World Press
Photo Award



Sisse Brimberg
National Geographic
photographer



Tom D. Jones
Hasselblad Master
& European Fine Art
photographer



Steve Bloom
National Geographic
photographer



Laurent Baheux
Award-winning
wildlife photographer



Hamid Sardar-Afkhami
Writer, photographer,
award-winning
filmmaker



Arne Hodalič
National Geographic
photographer &
photo editor



Andreas H. Bitesnich
Award-winning fine art
photographer



What our guests say about us

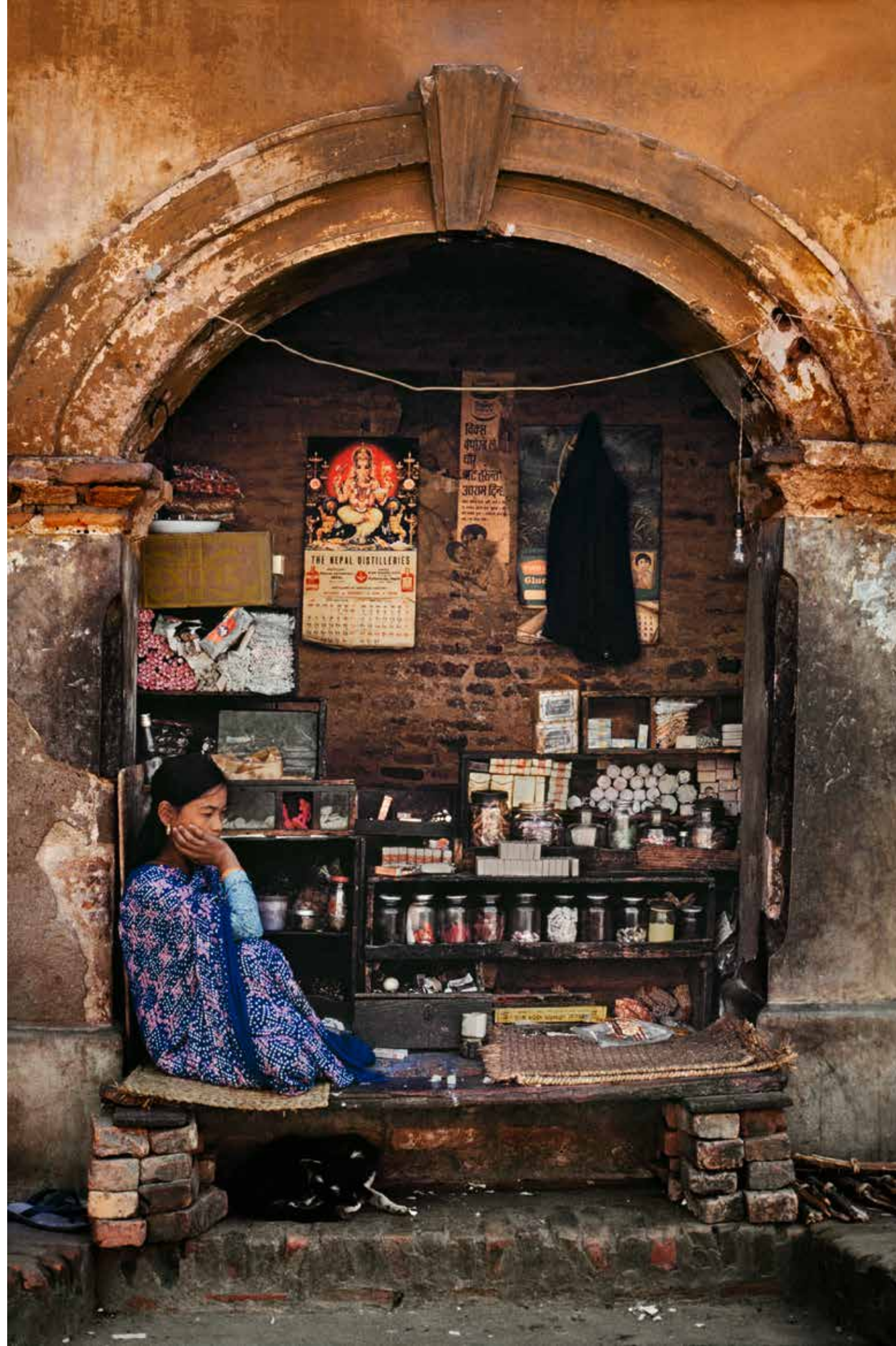
"It was a marvelous workshop with a lot of opportunities for great pictures. Obviously, the highlight was the night in Riisitunturi National Park watching the Northern Lights. It was the whole atmosphere having a rustic dinner in the hikers hut after shooting the sunset and waiting for the Northern Light which is staying in my memories."
Bernd Beykirch, Germany



"I found out that one of my favourite photographers, Lars van de Goor, was doing a workshop in the Netherlands so I signed up for the workshop and was introduced to Christian, the founder of the company, and I knew immediately that this would be a great workshop just by talking to him and seeing how incredibly well organized and precise everything was planned out. The hotels were first class, the food was phenomenal, which is important, and more importantly, each day was very well planned out and it has been a really great experience."
Aubra Franklin, USA

"Everybody has something to offer to the group, so we learn from each other, we share things, we have workshops in the evenings where we talk about what went well, what went wrong... and we see a lot of different styles, a lot of different techniques. And that is the good thing about this trip, it is really all about photography!"
Peter Dorr, The Netherlands.





Kathmandu is not
a place you visit

– it is a place you enter.

A city where ritual is not performed, but lived. Where smoke rises, prayers turn, and time folds into itself between stone, dust, and human presence. Here, spirituality is not abstract — it is part of everyday life. For photographers, this offers something rare: a world where authenticity is not constructed — but encountered.

Step back in time

Kathmandu is a place like no other — a city where time does not stand still, but moves in layers. Here, the past and present exist side by side, woven into every street, every temple, and every human encounter. In the Kathmandu Valley, history is not preserved — it is lived. Ancient stupas rise above the city, prayer flags move gently in the wind, and incense drifts through narrow alleyways where daily life unfolds in quiet rhythm.

At dawn, monks and pilgrims circle the great stupas in silent devotion, their prayers turning with each step. At Pashupatinath, sacred rituals take place along the river-banks — timeless, intimate, and deeply human. In Bhaktapur and Patan, carved wood, worn stone, and hidden courtyards tell stories of craftsmanship and tradition that have endured for centuries.

This is a place of contrasts, where stillness meets movement. The chaos of the streets dissolves into moments of calm within temple walls. Light cuts through dust and smoke, revealing faces marked by both time and presence. Here, spirituality is not abstract — it is part of everyday life.

For photographers, Kathmandu offers something rare — a world where authenticity is not constructed, but encountered. From the quiet intensity of the monasteries to the raw energy of the streets, every moment holds the potential for a powerful image. It is a place that invites you not only to observe, but to engage — to see beyond the surface and capture the depth, humanity, and spirit that define this extraordinary city.



PHOTO BY STEVE MCCURRY

A monk immersed in sacred texts, overlooking the Monkey Temple in Kathmandu.

Steve McCurry: A truly master



Steve, captured in a quiet, sacred moment.

PHOTOGRAPHER UNKNOWN.

Steve McCurry is one of the most iconic visual storytellers of our time. For more than four decades, he has traveled the world, capturing moments that transcend borders, cultures, and generations. From the unforgettable portrait of the Afghan Girl to his extensive work across Asia, the Middle East, and beyond, McCurry’s images have defined what it means to tell human stories through photography.

His work is recognized for its depth, color, and emotional resonance — portraits that hold your gaze, scenes that reveal the quiet poetry of everyday life, and compositions that feel both immediate and timeless. Published in leading international magazines and exhibited in major galleries and museums worldwide, his photographs have become part of the visual language of our time.

Beyond his work behind the camera, Steve McCurry is a generous and deeply engaged mentor. For more than a decade, he has collaborated closely with Christian Nørgaard and Better Moments, leading workshops around the world. This long-standing partnership has created a rare and refined learning environment, where experience, trust, and a shared vision come together.

In the field, Steve brings a calm and intuitive approach to photography — teaching not through theory alone, but through observation, presence, and timing. He encourages photographers to slow down, to connect, and to recognize the decisive moment when it reveals itself. His feedback is precise, thoughtful, and rooted in a lifetime of experience at the highest level.

In Kathmandu, Steve returns to a region that has shaped much of his visual language. Here, among temples, streets, and sacred spaces, he shares not only his technical insight, but his way of seeing — how to approach people with respect, how to work with light and color, and how to create images that carry both authenticity and depth.

If you are looking for a workshop that offers rare access to one of the world’s greatest photographers — combined with a teaching environment shaped by years of collaboration and experience — this is a unique opportunity to learn directly from Steve McCurry.



PHOTO BY STEVE MCCURRY

In Kathmandu, small public water spouts — ancient stone hitis — still serve daily life, where locals wash, bathe, and gather.

Kathmandu highlights

Discover Kathmandu through your lens and learn how to navigate the unique challenges of cultural, street, and documentary photography. Gain confidence in capturing authentic human moments, working with natural light, and approaching people and sacred environments with sensitivity and respect.

Boudhanath Stupa – one of the largest stupas in the world, where pilgrims circle in quiet devotion. A powerful setting for capturing rhythm, movement, and human presence.

Pashupatinath – a sacred Hindu site where life and death unfold along the riverbanks. Rituals, smoke, and emotion create a deeply human and visually intense environment.

Swayambhunath (Monkey Temple) – overlooking the city, offering both sweeping views and intimate moments of daily devotion.

Bhaktapur – a UNESCO World Heritage city with ancient architecture, narrow alleys, and timeless craftsmanship, where everyday life blends seamlessly with history.

Patan Durbar Square – intricate temples, courtyards, and artisans at work, offering rich opportunities for composition, detail, and storytelling.

Nagi Gompa Nunnery – a peaceful monastery in the hills above Kathmandu, where you will witness morning ceremonies and experience a quiet, contemplative atmosphere.

Boudhanath Begging Camp – a raw and intimate environment where you will document life up close, focusing on human connection and storytelling.

Kathmandu Streets – a living canvas of color, dust, light, and movement, where every corner holds a moment waiting to be observed and captured.



PHOTO BY STEVE MCCURRY

Sacred cows roam freely through the city, feeding as they go – and, as here, finding rest wherever they please.



Monkeys are regarded as sacred — most notably at Swayambhunath, the “Monkey Temple,” where they roam freely among shrines and prayer flags.

Where moments becomes meaning

This workshop is for those who seek authentic encounters and once-in-a-lifetime images. We go beyond simply visiting locations—we move through Kathmandu with intention, presence, and respect, capturing moments with emotional depth and creating images that feel both authentic and timeless.

Highlights

Work closely with Steve McCurry in small, focused groups

Gain access to unique and rarely experienced locations

Visit Nagi Gompa Nunnery and participate in morning ceremonies

Photograph life at the Boudhanath begging camp

Immerse yourself in Kathmandu's vibrant street life

■ ON LOCATION

- Personal guidance from Steve McCurry

- Master composition, light, and storytelling

- Work in diverse and dynamic environments

- Develop your personal photographic style

- Learn to approach people naturally and respectfully

■ IN CLASSROOM

- Daily image reviews with Steve McCurry

- Constructive critique and storytelling refinement

- Continuous guidance from Better Moments experts



A long day at the office.

Itinerary

DAY 1

■ ARRIVAL

You arrive in Kathmandu and settle into the rhythm of the city. In the evening, we gather for a welcome dinner — an opportunity to meet the group and set the tone for the days ahead. Steve McCurry opens the workshop with an introductory lecture, sharing key moments and images from his remarkable career.

DAY 2

■ BOUDHANATH & HUMAN CONNECTION

We begin at the iconic Boudhanath Stupa, where morning light and ritual create a powerful photographic setting. The day continues at the Boudhanath begging camp — an intimate and unfiltered environment where human stories unfold naturally.

Following our shared lunch, the groups rotate, ensuring continued close work with Steve in the afternoon.

In the evening, we gather for a session with Steve McCurry, where he presents selected works from his career, followed by a thoughtful discussion of the images captured during the day.

DAY 3

■ SACRED LIFE

At Pashupatinath, one of the most sacred Hindu sites, life, death, and ritual coexist in a deeply human way. Later, we move to Swayambhunath (the Monkey Temple), where panoramic views and spiritual atmosphere offer a different perspective on the city.

After lunch, the groups rotate again, maintaining the intimate and focused working environment with Steve.

The day concludes with an evening review led by Steve, combining storytelling, visual insight, and feedback on your work.

DAY 4

■ TIMELESS CITIES

We step into history in Bhaktapur and Patan Durbar Square — cities where architecture, craftsmanship, and daily life merge seamlessly. Here, the past is not preserved — it is lived. The rotation continues throughout the day, allowing each group equal time with Steve in a private setting. In the evening, Steve shares further highlights from his photographic journey, followed by a focused image discussion session.

DAY 5

■ SPIRITUAL DEPTH

A full-day experience at Nagi Gumpa Nunnery in Shivapuri National Park. We take part in the morning ceremonies and spend time observing life within the monastery — a quiet, contemplative setting far removed from the city.

Even within this full-day experience, we maintain the small group structure, ensuring personal engagement and guidance.

Back at the hotel, the evening is dedicated to reflection, where Steve presents additional work and offers personal feedback on the day's photographs.

DAY 6

■ HIDDEN KATHMANDU

We explore lesser-known locations such as Changu Narayan and Pharping — places where authenticity and atmosphere remain untouched. This is Kathmandu beyond the obvious.

The group rotation continues, giving each participant balanced, one-to-one time with Steve.

The evening session continues with insights from Steve's career, combined with constructive critique and discussion of your developing visual stories.

DAY 7

■ FINAL SESSION

Our final day brings us to Kathmandu Durbar Square and Budhanilkantha.

In the evening, we gather for final presentations and a farewell dinner — celebrating a truly special workshop, the work created, and the shared experience. Steve offers closing reflections on photography and the images produced during the week.

DAY 8

■ DEPARTURE

Departure and return home — with a portfolio, new perspectives, and a deeper understanding of both photography and place.

■ DAILY RHYTHM

Each day is thoughtfully structured to balance intensity and reflection:

- Morning and afternoon on-location photography in small, rotating groups
- Daily shared lunches, where groups transition between sessions with Steve
- Equal, dedicated time working in a private setting with Steve McCurry
- Evening dinners at the hotel
- Evening sessions with Steve McCurry, combining lectures, storytelling, and image reviews



Palm leaves remain an essential part of daily life — simple, functional, and deeply rooted in tradition.

Equipment

Whether this is your first journey with us or your tenth, traveling with the right equipment makes a significant difference — not only for your images, but for how you move, observe, and work in the field. The key is simple: travel light, stay flexible, and bring only what truly supports your way of seeing.

■ CAMERA SYSTEM

Your choice of camera is personal — bring what you know and trust.

- 1 primary camera body
- 1 backup camera (essential in remote locations)

For those working with full-frame systems (24×36):

- Wide angle (approx. 24–35mm)
- Standard lens (approx. 50mm)
- Portrait / short telephoto (85–135mm)

For medium format systems:

- Wide (approx. 28–35mm equivalent)
- Standard (45–55mm)
- Portrait (80–120mm)

A long lens is optional, but can be valuable in certain situations.

■ LENSES — KEEP IT FOCUSED

In portrait and travel photography, less is more.

- A strong portrait lens is your most important tool
- A versatile wide or standard lens for storytelling
- Avoid carrying too many lenses — it slows you down and takes you out of the moment

■ ESSENTIAL ACCESSORIES

- Lightweight camera bag (easy to carry all day)
- Small backpack for shooting on location
- Extra batteries (always more than you think you need)
- Memory cards + secure storage case
- Card reader and backup solution (SSD recommended)
- Laptop for editing and image review
- Camera straps for quick handling and flexibility

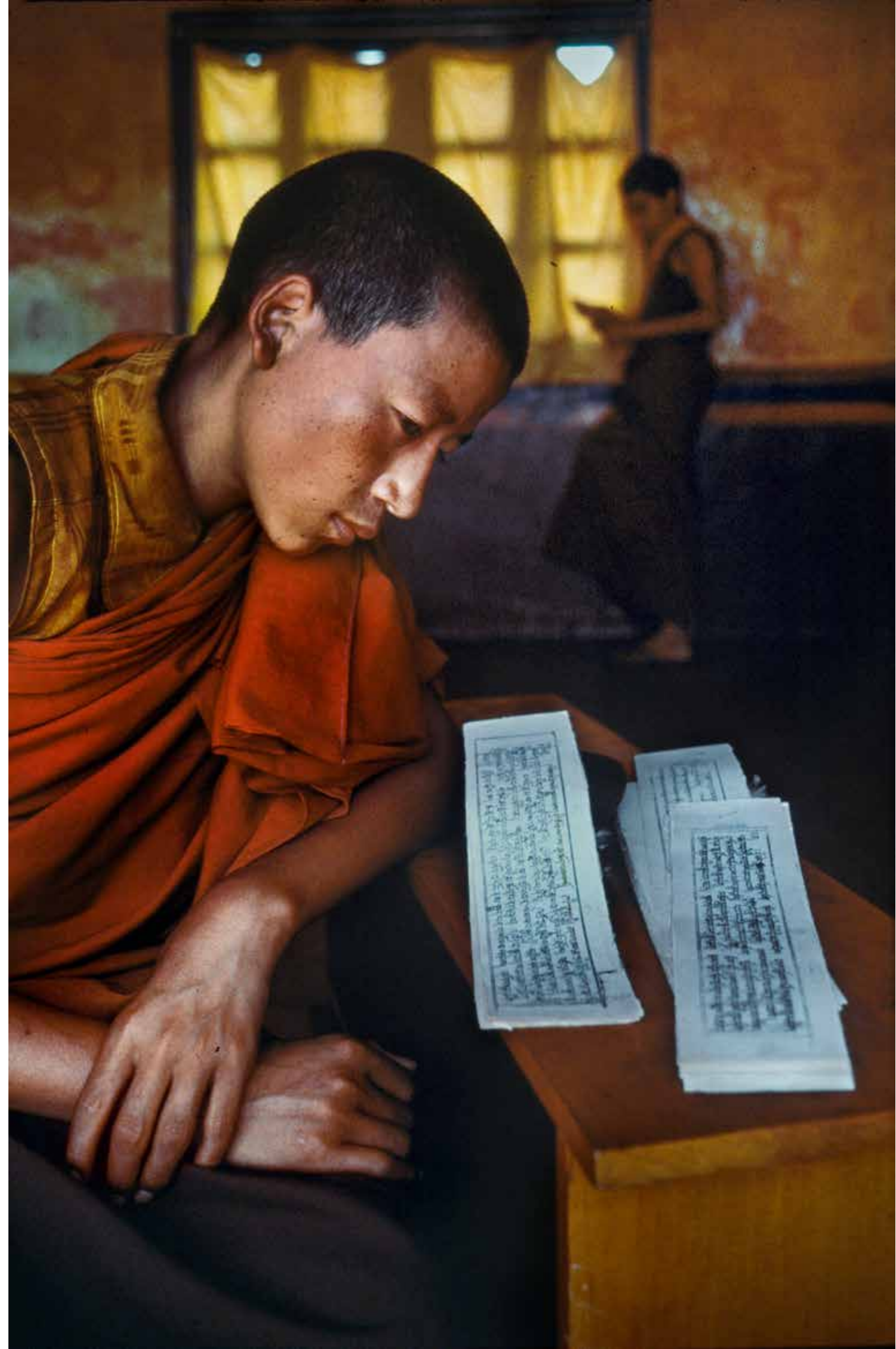
■ PROTECTION & PRACTICALS

You will be working in environments with dust, movement, and changing light.

- Cleaning kit (lens cloth, blower)
- Rain / dust protection for camera and lenses
- Power adapters (local plug + universal backup)
- Simple backup system for your images

■ FILTERS & SUPPORT

- Polarizing filter (highly recommended — especially in strong light and atmospheric conditions)
- ND filter (optional, for creative control)
- Tripod (only if you plan to use it — otherwise leave it behind)



Mornings begin with stillness — monks reading sacred texts before the day unfolds.



Rice terraces shape the land, climbing what were once called “the hills” by early explorers — beyond them rise the Himalayas, with Mount Everest at their core.

Quick guide

We wish you to travel with the greatest possible comfort and to know that you have received as much information as possible.

■ GETTING THERE

Kathmandu's Tribhuvan International Airport is the main gateway to Nepal, with connections through major hubs in the Middle East, Asia, and Europe. It is located close to the city center.

In the field: Keep your camera ready, but not dominant. The first lesson begins the moment you arrive — observe before you shoot.

■ VISA

All visitors must have a passport valid for at least six months beyond their intended stay.

Most nationalities can obtain a visa on arrival or apply online in advance.

In the field: Travel light. The less you carry, the more present you are — and presence is everything in Kathmandu.

■ CURRENCY

Nepalese Rupee (NPR)
Cash is widely used.

In the field: Small gestures matter. Respect and awareness open doors far more than equipment ever will.

■ HEALTH

Consult your doctor regarding recommended vaccinations and medications before traveling.

In the field: Pace yourself. The best images are rarely taken in a rush — they come from patience and clarity.

■ QUICK GUIDE

Kathmandu is not a place you simply photograph — it is a place you enter.

Here, life unfolds in layers. Rituals, movement, silence, and chaos coexist within the same frame. From the stillness of Boudhanath to the intensity of Pashupatinath, the city offers moments that cannot be staged — only witnessed.

For photographers, this is a place of awareness. The strongest images are not taken — they are found.

In the field: Wait. Watch. Let the moment come to you.

This is where photography becomes something more than technique.

■ WEATHER

The workshop takes place in mid-March, one of the most rewarding times to photograph Kathmandu. Light is clear, shadows are defined, and the atmosphere carries depth and texture.

Daytime temperatures range between 18–24 °C, with cooler mornings and evenings around 8–12 °C.

In the field: Work the light, not the location. Morning brings softness, midday brings structure, and evening brings emotion.

■ LANGUAGE

The official language is Nepali. English is widely spoken in hotels and main areas.

In the field: Connection comes before the photograph. A look, a pause, a shared moment — that is where the image begins.

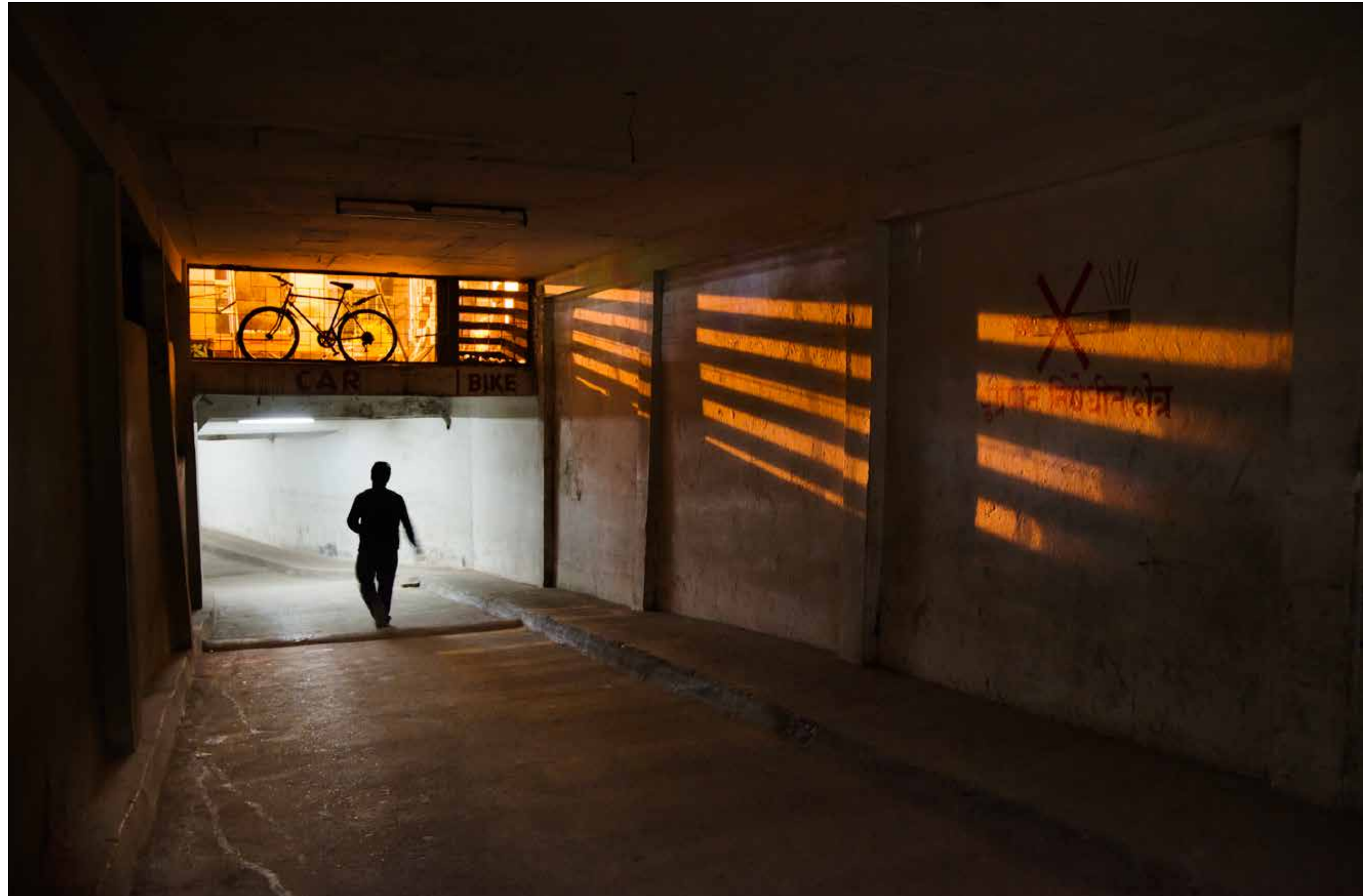


PHOTO BY STEVE MCCURRY

PHOTOGRAPHY WITH PASSION

Established in 2011 by the acclaimed photographer, Christian Nørgaard, Better Moments has grown into a beacon for photographic exploration and innovation. Embark on your creative journey with Better Moments, and come home with more than just memories – create moments captured in time, telling your unique story.

Kathmandu is a city of contrasts — from the distant Himalayas to temples, rituals, and everyday life, where even local butchers become part of the visual story.

better 
moments

PHOTO BY STEVE MCCURRY