



Have

*Fighting Inequality
in India*

About your program

Have fun. Help People.®

People

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Introduction to India

India's enchanting people, culture, and landscape have long beckoned travelers to South Asia's most popular destination. Stepping off the beaten path will reveal the true charm of India, and the warm people you will meet on your Globe Aware adventure will leave a lasting impression. Hinduism, Islam, and Buddhism can all be found amidst the color and vibrancy of India's cultural traditions.

The country is steeped in gorgeous temples and shrines. India is the world's largest democracy and model developing economy. However, education and empowerment tends to be limited when it comes to its own citizens, especially for the women and children in rural areas.

History

Your Globe Aware program is located in and around the ancient city of Jaipur. Maharaja Jai Singh II, a Kachhwaha Rajput, who ruled from 1699-1744, founded Jaipur, "The Pink City" Built in 1727 Jaipur was the first planned city of India and the King took great interest in its design. The title of "The Pink City" is in reference to it's distinctly colored buildings, which were originally painted to imitate the red sandstone architecture of Mughal cities. Jaipur has grown into the commercial center for most of the rural regions of the northwestern Indian state of Rajasthan and is that state's largest city. It is a place with a rich cultural history. During your strolls through the city you will come across typical Rajasthani men and women wearing turbans and colorful ghagra-choli.

Sample Itinerary

This is an example to give a rough idea of what your week will be like. Please note that these activities are subject to change and depend on how many volunteers are there during the week, project availability, weather, previous progress, etc.



	Main activity	Meals	Optional AM or PM activity
Day 1 Sat	Arrival in Jaipur, Overnight at hotel or home-stay.	D	Relax and recover from jet lag.
Day 2 Sun	A guided tour of historical sites in and around Jaipur.	B,L,D	
Day 3 Mon	Introduction to project areas and begin volunteer work.	B,L,D	Bollywood movie.
Day 4 Tue		B,L,D	Optional dinner with local host family, Yoga session.
Day 5 Wed		B,L,D	Visit Birla Mandir Temple
Day 6 Thu		B,L,D	Meet local artisans of Jaipur, and Heritage walk.
Day 7 Fri		B,L,D	Cultural workshop, and visit to Choki Dhani.
Day 8 Sat	Transfer back to airport/train-bus station for on-wards/return journey		

Projects and Expectations

Globe Aware volunteers in India are placed in a meaningful work setting in Jaipur. Your volunteer experience occurs in a context of cultural learning, exchange, and experience consistent with Globe Aware's mission of promoting sustainable development AND cultural awareness. Thus, while direct volunteer work is the most important factor, it's important that you have access to an extensive orientation on Indian culture and history, excursions to local points of interest, workshops on local customs and traditions, and the expertise of our local supervisors who provide translation services and guidance in matters of local custom. In addition, we maintain a commitment to providing clean and comfortable housing, hygienically prepared and nutritious food, and time and space for relaxation and leisure activities. Once you've reached the project site, you will be assigned specific project placements in a diverse range of social development work. When deciding on the placement of the individual volunteer, personal preferences and skills are taken into consideration. Ultimately, however, the need of the community is the most important factor that decides what project you'll be engaging in. In order to keep the development initiatives relevant, some specific details of the projects may change in view of the evolving needs of the community.

- Teaching Disadvantaged Children
- Empowering Adolescent Girls and Adult Women

Please remember that concepts of scheduling and organization are not universal. It is best to keep an open mind and not be judgmental when visiting a foreign country. Remember that your way of doing things may not be the best way here – the locals usually also have a very good reason for completing a task in a certain way, and their priorities may be different than ours.

We understand your desire to know as much as possible about the project you will be working on. It is important to understand that projects are often not set in place until about two weeks prior, as

they are based on factors such as which projects were finished by the last group, what supplies are available, how many volunteers are in your group, the changing priorities of the community, and can even change upon arrival, for example based on the fitness level of the specific volunteer group and changing weather. Therefore, it's best to approach the experience with an open attitude, knowing you'll be working approximately 5 to 6 hours a day during the week days. You'll also have a couple of hours of unstructured free time every day.

Communicate with your coordinator. If you find the work level is too much, or not enough, he or she will do as much as possible to work with you. You will undergo an orientation upon your arrival in India, which will contain details on possible excursions and your activities for the week, and further help you to form your expectations. Keep in mind that though India is a rapidly developing economy, problems like poverty remain a widespread challenge going forward. Your work, your compassion, is valuable to the people and organizations you will be assisting. **BUT** you will not solve these problems in a matter of weeks or months. This knowledge in the face of the poverty and lack of opportunity that you will see can be an at times gut wrenching experience for many volunteers. Yet one of the most valuable things that you can do is to see and experience this for yourselves in a way that the vast majority of tourists never do.



Leisure Activities

There are usually three to four planned but optional leisure and cultural activities throughout the week. In short, when not working or participating in a workshop or excursion, you'll have plenty of time to relax and pursue your own interests. Jaipur is a famous tourist attraction with hundreds of interesting monuments, temples, and bazaars to explore. On most Friday evenings, volunteers arrange a small party or a casual get-together to celebrate the end of the workweek.

No volunteer will run out of things to do or places to see in Jaipur. Whether it's having dinner with a local family, enjoying a Bollywood Film in the homeland of this worldwide phenomenon, taking a visit to a traditional Artisan's factory, or rising with the sun to visit the Amber Fort India is a land of stunningly, unique sights, sounds, and smells. Even a walk down the street can be an unforgettable experience. As you embed yourself into the local community and your work project you will have ample time to enjoy these and other cultural activities. You can ask your coordinator for a schedule of additional classes you can participate in during your free time. For example; yoga, cooking or a Hindi class.

Additional Packing Information

Please refer to the general orientation handbook for a general suggested packing list. Make sure to pack enough clothes to be comfortable, considering that you may get dirty doing volunteer work. You should not need to do laundry on a week long trip. It is okay to wear clothes more than once.

Remember that modesty is essential in all of our program sites. Thus, for all of our volunteers, keep in mind the following general guidelines. Short shorts or skirts and skimpy tank tops are never appropriate. All tops should cover the waistband of your pants. Unless it's a sari, styles that show the midriff are not acceptable for either gender in India.

For female volunteers, pants, knee-length shorts or (non-mini) skirts are appropriate. Transparent and semi-transparent clothing items are unacceptable generally. Shirts should cover your shoulders. Overly tight clothing is also not recommended. For visitors modesty, caution, and adherence to traditional standards are generally a good way to avoid undue attention and blend in to the culture you want to experience.

Essential Items:

- Bug Repellent with at least 20% deet (sometimes hard to find in India)
- Cash
- Cable and Combination Lock (useful for locking your luggage)
- Sunscreen
- Flashlight
- Water bottle with filter
- Towel
- Hand Sanitizer
- Comfortable shoes/sneakers (suitable for hiking, etc.)
- Extra sanitary wipes, toilet paper, wet wipes, anti-bacterial wipes.

Please note that the packing list is meant as a guideline. You may also enjoy bringing games or books for free time. There is no single item that you can't live without for one week. As a result, pack what you think you will need to be comfortable, but do not get preoccupied about items that you didn't bring, weren't on the list, etc. Everyone has different opinions about essential items!

Accommodations

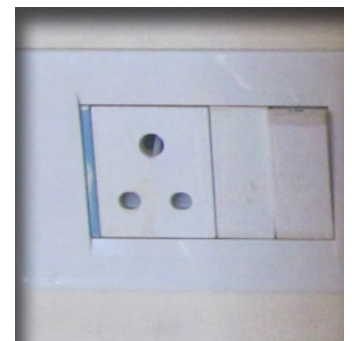
Volunteers have access to clean and simple rooms at one of several centrally located modest hotels. We house two volunteers to a room, unless you decided to pay a single supplement of \$200 per week. There are flushing toilets, hot running water and televisions in the rooms, with at least one electric outlet per room.

Volunteers can also choose the option of a homestay with a local Indian family. However, having a host family depends on availability and there can be only one volunteer per family. The families are fluent in English, provide your own bedroom and are familiar with having foreign guests in their homes.

Electricity

Electronic items run on 220 Volts in India – make sure yours do the same or else run on batteries. It's a good idea to bring adapters for non-European style plugs.

- European plugs have two circular metal pins.
- American/Japanese style plugs with 2 parallel flat blades. It may be a good idea to bring a prong adapter with you.



Food

Indian food is internationally famous. Whether chili-hot or comparatively bland, harmony is the guiding principle behind each dish. There are many families of Indian cuisine, all characterized by many different dishes and cooking techniques that vary by geography and ethnicity throughout India. All meals will be provided by the program, and will be vegetarian. You are free to explore and find your own food options as well, but if you are staying with a host family, please do at least try a few home cooked meals.

Jaipur in particular is well known for its bazaars and cuisine. Dal Baati Churma, Kair Sangri and Gatte Ki Subzi are some of the local delicacies. Rajasthani vegetarian meals are also very well-regarded by food lovers around the world. Do not be alarmed when you see Indians using their right hands to eat their food. Please also make you've made us aware to any dietary restrictions you have. Most Indian Hindus also consider cows sacred, so it would be best to refrain from asking for beef in your meals.

Alcohol

Although alcohol is available for consumption in Jaipur, many hotels and homestays, and businesses are strict about drinking. Please make sure to be aware and follow the rules.

Weather

Weather can vary greatly throughout South Asia and the Indian Subcontinent. Detailed information on the weather in Jaipur during the month/week you are visiting is widely available online. For a more general overview, the World Meteorological Organization provides the following chart (also available in Celsius here) <http://worldweather.wmo.int/en/city.html?cityId=531>

Money

Unless you plan on buying a lot of souvenirs or extending your trip, you should not need an enormous amount of extra cash. Items such as phone calls, souvenirs, independent excursions alcohol, are not covered by your program fee. There are ATMS available however there will most likely be international transaction fees attached. Many banks offer ATM for Visa and Mastercard. Somewhere in the neighborhood of \$300 should be ample to cover the above expenses during one program week.

- The currency of India is the Rupee, its symbol being “Rs”.

Phone and Internet

Make sure you research the options you have with your phone plan, when it comes to roaming services. In order to purchase an Indian SIM card, your phone must be unlocked. You can visit an Airtel, Jio or Vodaphone kiosk, either at the airport or a local store. Your coordinator can assist you in getting a SIM card very easily. Many times, the plans offered to tourists are limited but useful to have. You will also most likely have to provide a visa sized photo and copies of your passport. After purchase, it can take a few hours for the card to start working. Your hotel or host family home will have Wi-Fi available. There are numerous call boxes (STD/ISD all over India, from where you can make international calls.

Health

From the U.S. or Canada. Please defer to the CDC's India Travel website for official recommendations.

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/india>

Though India features certain health problems typical of a developing country, there is no need to be overly worried about your health. More than three million international tourists come to India every year and most do not experience anything more serious than a few days of upset stomach. For those who do get sicker, India's major urban centers have sophisticated, in some cases world class health facilities which are even beginning to attract large numbers of "health tourists" who fly to India for cheaper versions of certain procedures. You are covered by travel medical insurance.



While there is no need to be overly concerned, this does not mean that you should not prepare carefully and remain mindful and aware of your health while in India. Westerners' immune systems are often unprepared for many garden variety Indian viruses and ailments, but if proper preventative measures are taken, most conditions can be avoided before any question of treatment arises.

"Do's" and "Don'ts" for healthy living in India will be reviewed during orientation upon your arrival. In terms of preparing to come, consultation with your doctor is recommended if at all possible. As for stocking up on medicines, be assured that you do not need to carry an entire pharmacy with you when you come. Bandages and medicines like Ibuprofen, as well as any number of antibiotics, can be had cheaply and without a prescription in India. If your drug needs are very specific, bringing a supply along is of course a good idea. Also, please note the following:

Malaria/Dengue: Please consult your physician and insurance provider before making a decision about which drugs you choose to take. As the best way to prevent sickness is to avoid mosquito bites, also think about bringing bug spray, which is harder to find in India.

Dengue: Those who become infected with the virus a second time are at a significantly greater risk of developing severe disease.

Symptoms are high fever, rash, and muscle and joint pain. In severe cases there is serious bleeding and shock, which can be life threatening.

Treatment includes fluids and pain-relievers. Severe cases require hospital care.

Asthma: Be sure to bring an adequate supply of inhalers with you if you have any propensity to suffer from asthma.

Allergies: Popular drugs like Claritin (loratadine) and other anti-histamines used to treat allergies are not widely available, especially in non-drowsy forms. If you are at all prone to dust, pollen, and pollution related allergies, bring an adequate supply of your preferred allergy medication.

Sinus problems: Sinus medication (e.g. Sinutab) is not widely available; bring a supply if you are

likely to experience sinus problems due to dust and pollution.

Safe drinking water: While safe drinking water will be readily available during your stay, some people like to bring or filtered water bottles, which can be helpful in certain unexpected situations where potable water is not available.

Protection from the sun: Quality UV-Protection sunglasses, a favorite hat, and sunscreen products of at least 50 SPF.

Feminine Hygiene: Other toiletries, such as hair conditioner, are available, but bring your own if you are attached to a particular brand.

Arrival and Transportation into Jaipur

Please note that it is essential to communicate your flight arrangements to the Globe Aware office as soon as possible!!

Before arrival

- Make sure you've read all pre-departure info and have it with you.
- Make sure your visa; passport and shots are in order.

Post arrival at Jaipur airport

- After clearing customs, immediately change some money into Indian rupees (about US \$200-\$300). Preferably this should be done at the first port of entry in India. In most cases this is either at the New Delhi airport or the Mumbai International airport.
- You will be picked up at airport. The concerned person would be waiting for you at the arrival gate right outside the airport, displaying a placard with your name or "Globe Aware" written on it.
- Upon being received you will be taken to your accommodations.
- In case of the very unlikely event that you do not find anyone to pick you up at the airport, please contact us. To call, locate a phone booth in the airport. Usually there is an attendant to assist you.

Lost Luggage: You can direct your luggage to this address for pick up. 233, First floor, Rajat, Apartments-5, Sidharth Nagar-C, Malviya Nagar, Jaipur-17 (raj.) India

Local Contact Information/If you Miss the Pick-Up

If we do not see you at the meet up point, the coordinator's first step is to check with the airline to see if your flight was delayed. If it was not, our next call is to your emergency contact. Therefore, if you have any sort of change in your arrival, please make sure to inform your emergency contact, as this is the first person we will be contacting.

We will do our best to contact you, however if we cannot contact you in about an hour's time the group will continue on without you. Once you have contacted your emergency contact or our headquarters, we will try and work out arrangements to get you to location, but it may be at your extra expense, as this cost is not estimated into the program budget.

If you feel there is a problem with these arrangements, or you cannot meet the time schedule, please contact us prior to your departure if possible, and we will try to resolve this the best we can. Because of certain limitations, and strains on other volunteers, such requests should be made within a fair amount of time (at least one and a half weeks before the program date) and will be remedied at our discretion.

The phone number you have provided as your emergency contact will be used in case of an emergency. This may be if something happens to you while participating in the program, or if you are not at the meet up location on time. Please let your emergency contact know this. If you are lost prior to meeting with the group, or your plane has arrived late, please attempt to contact us at the number below or your emergency contact. . Feel free to call the US office collect.

U.S. Globe Aware Emergency Number

214-824-4562

Jaipur Office Contact Numbers:

We highly recommend downloading WhatsApp, the main messaging app used in India. With the numbers below, you can message for assistance or call.

+91 995 05 25 40 5

As a very last resort, if you are unable to find a Globe Aware representative to pick you up and are unable to make contact with our representative by phone, it is possible to take a pre-paid taxi, Ola or Uber (requires you download the app and have an Indian phone #) to the location listed below. Pre-paid Taxis are also available right outside the Arrival Hall of the airport. Please note that taxi drivers in Jaipur may offer you "better hotel options," which should be firmly refused.



Meet up Location if lost: Costa Coffee of World Trade Park Mall. There is security, western bathrooms, food court and the airport is nearby.

Visa Application Info

A great resource when preparing your VISA will be the website of India's embassy:

<https://www.indianembassy.org/pages.php?id=18>

U.S. citizens seeking to enter India solely for tourist purposes, and who plan to stay no longer than 60 days, may apply for an electronic travel authorization at least four days prior to their arrival in lieu of applying for a tourist visa at an Indian embassy or consulate. Please visit the Indian government's website for electronic travel authorization for additional information regarding the eligibilities and requirements for this type of visa. Without the electronic travel authorization visas are not available upon arrival for U.S. citizens. If you do not have a valid passport and visa you may be denied admission.

Please carry photocopies of the bio-data page of your U.S. passport and the pages containing the Indian visa and Indian immigration stamps. If your passport is lost or stolen, copies will help you apply for a replacement passport and an exit visa from the Indian government. Replacing a lost visa, which is required in order to exit the country, may take three to four business days.

You will need to –

- Complete the online India Visa application
- Supply your actual passport.
- Supply two current passport size photos. These can be obtained at Walgreens, CVS, Kinko's or similar stores.
- Furnish a photocopy with proof of residence/address that matches the address on the visa application exactly.
- Furnish a photocopy of state issued ID (Driver License OR ID), or major utility bill must be submitted (cell phone bill, credit card statement, bank statement, or lease are not accepted.) The address cannot include a PO Box.
- Note that applications sent by mail should take approximately 5 business days to process from the date of receipt.

Safety and Security

Jaipur is a relatively safe city accustomed to visitors from around the world. Do note that you may encounter youths on motorbikes claiming that Westerners are unwilling to engage with the Indian people. They might say "Why don't tourists want to talk to me", or "I am a student, I want to learn about your culture". This occasionally segues into a common scam in this part of India - the "gem scam." It involves the purchase of fake stones for resale, a supposed scheme to bypass Indian tax laws, or a host of other machinations.

As a rule, do not accept tea from strangers, but in addition be wary of any who invite you to talk in secluded areas. For your own sake, you will want to stay out of the precious gem business in Jaipur. There have been reports of smugglers trying to entice travelers to assist in smuggling items. Under no circumstances accept - smuggling is a major criminal act. In all these cases, exercise general caution and never fear to ask your coordinator for assistance or clarification of a given situation.

Please review the United States Department of State travel website for more information about safety and security while traveling in India.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/India.html>

India has multiple embassies for different regions. Your closest embassy is in New Delhi.

U.S. Embassy New Delhi

Shantipath, Chanakyapuri New Delhi - 110021

Telephone+(91) (11) 2419-8000

Emergency +(91) (11) 2419-8000

Email acsnd@state.gov

High Commission of Canada in India, New Delhi

7/8 Shantipath, Chanakyapuri

New Delhi- 110021

Telephone +91 (11) 4178-2000

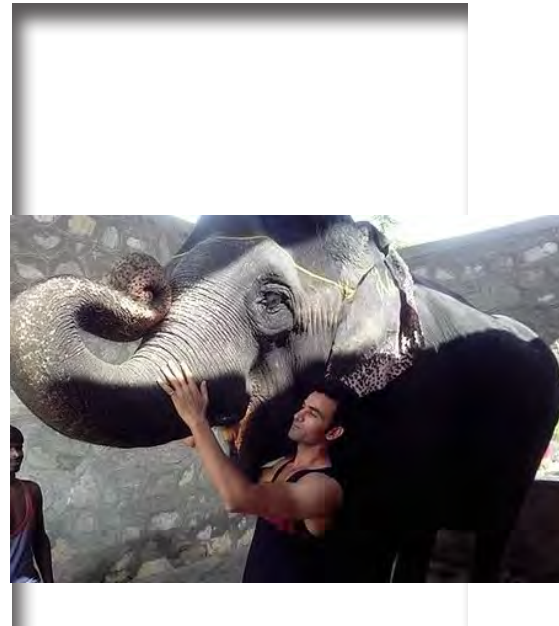
Email delhi@international.gc.ca

Further Readings

We highly recommend purchasing a travel guide such as Lonely Planet India for more insight on everything from travel logistics to the history and culture of India.

Our Program Manager

Namaste, my name is Rahul and I am your Jaipur Coordinator for Globe Aware. I was born in the desert state of Rajasthan and Jaipur is a very near and dear city to me, as I grew up here. I'm active in coordinating volunteer projects, encouraging social development in my city, and a big advocate for animals. I love traveling and have been to quite a few parts of Asia and all around India. I also enjoy acting in the theatre when I have time, watching movies and spending time with my family and friends. I'm excited to show you around Jaipur, the "Pink City!"



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ADVENTURES IN SERVICE

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