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India Experience

Adventure



Relaxation



Culture



Trip Name: India Experience **Trip Code:** INXP **Duration:** From 28 days

Trip Highlights

- Variety is the spice of life, and India's got bags of the stuff!
- Volunteer at our local community projects
- Visit the beautiful Taj Mahal
- Take a camel safari into the desert
- Immerse yourself into India's amazing culture



Overview

If you're looking to infuse your travels full of adventure, culture, great food and discovery then India's the place! Full to the brim of fantastic activity, our India Experience trip is perfect for those who fancy seeing the 'real India' whilst exploring and volunteering through different regions of the country.

Although it's almost impossible for us to pick out highlights of our fantastic four week trip, we have become rather attached to our camel safaris in the Thar desert (including a night under the stars in a tented camp), the visits to the Taj Mahal, trekking in Mcleod Ganj and the conclusion week in the beautiful Goa!

Destination Info

During your India experience you will discover the hustle and bustle of the second most populous nation on earth, along with its rich cultural history and natural beauty. From the 'golden triangle' of Delhi, the Taj Mahal and Jaipur, your experience in India will be unlike anything you have done before. As a deeply religious country, all the major

religions of the world are represented. Away from the noise and bustle of the more populated areas there are also plenty of peaceful and deeply spiritual places for you to discover.

Itinerary



Days 1-4

After arriving at Delhi airport (DEL) bright eyed and bushy tailed, you'll be met at the airport and shown to your guest house where you'll have the chance to get settled in for the night before heading off to Jaipur in the morning

(Breakfast, Lunch and Dinner included - Dependant on your arrival timings)

After taking an early breakfast on Day 2, you'll drive to Jaipur which will take approximately five to six hours (260km). When you arrive at the camp there will be a short orientation and briefing about the rest of your trip

(Breakfast & Dinner included)

After breakfast on Day 3, you'll have the day free to weave in and out of the amazing Bazaars of Jaipur, where you'll be able to experience how the locals live and take in the buzzing atmosphere. You'll also get the chance to either learn how to shake your hips to a Bollywood rhythm, learn about the traditional dress styles of India, or learn more about the famous Indian art of Henna making

(Breakfast, Lunch & Dinner included)

Day 4: After taking an early breakfast, you'll be visiting the famous Amber Fort*, where you'll even get the chance to ride an elephant up to the site (optional activity)! The rest of the day provides plenty of adrenaline rushes too - experience a Rickshaw Ride through the busy markets of Jaipur and the 'Pink City', and then you'll have some more time to chill in the buzzing Bazaars

*Entrance fee not included

(Breakfast, Lunch & Dinner included)



Days 5-6

After an early breakfast, you'll transfer to Pushkar which is one of the holiest pilgrimages for Hindus and home to the only temple of the 'Creator' God, Brahma. Once you've arrived in Pushkar, you'll take on another exciting form of transport - the ship of the desert... a camel! You'll take a camel safari through sandy ravines of the Thar Desert and the local villages which lace the area. After sunset, you'll enjoy a clear view of the star lit night sky, and you'll spend the night in a tent, in the desert!

(Breakfast & Dinner)

After breakfast on day 6 you'll return to Pushkar where you'll take a leisurely guided tour of the town whilst exploring the steps to the Holy Lake and the town of 500 temples. You'll then get some free time to raid the busy markets of Pushkar and stock up on some souvenirs! Afterwards, you'll transfer to Jaipur where we'll stay for the night

(Breakfast & Dinner)

Days 7-11

For the next few days, you'll be volunteering on one of our projects in Jaipur. Volunteering work will be in the local communities and you will be placed at whichever projects needs your help the most at that time. Day 9 and 10 are free days for your own activities

(Breakfast, Lunch & Dinner throughout)



Day 12-15

After breakfast, you'll transfer over to Agra where you'll get the chance to see the amazing Taj Mahal - one of India's iconic sights. Expect to be blown away, the Taj Mahal, the most famous of Indian heritage and an essential symbol of love, is amazing! You'll stay overnight in Agra

(Breakfast)

The next day (day 13) you'll move on to the incredible city of Delhi. Upon arrival in Delhi you will be transferred to Railway station to catch the overnight train.

(Breakfast)

On day 14, you'll have an arrival transfer from the railway station to Palampur. Upon arrival, visit the office of the in-country team where you will be welcomed and have a small orientation with briefing of your next activities. After the orientation you will be transferred to your accommodation where you will stay overnight.

(Lunch & Dinner)

After breakfast on the following day, drive to McLeod Ganj and visit the waterfall and Bhagsunath Temple, which is located in Bhagsu Village (3km from McLeod Ganj) This tranquil medieval temple has plentiful pools which are considered sacred by Hindu devotees.

Later on, visit the local market of McLeod Ganj. The temple is the life-blood of the village and houses the Namgyal Monastery and shrine rooms. The largest shrine contains a huge gilded statue of the Buddha, along with two

smaller statues of Chenresig and Guru Rinpoche. You will stay overnight in McLeod Ganj

(Breakfast & Dinner)



Days 16 – 21

In the morning of day 16, you will start trekking the mountain with a guide. This is a beautiful walk through mixed forests of deodar, oak and Rhodendron. You will be camping overnight in a spot that has panoramic views of the snowcapped mountain peaks of Himalaya.

Tents will be provided.

(Breakfast, Lunch & Dinner)

On the following day, you will start trekking down McLeod Ganj after breakfast.

You will have lunch and then drive back to Palampur where you will stay overnight.

(Breakfast, Lunch & Dinner)

On day 18, there will be a 1 hour yoga and meditation session in camp.

After this, you will start your sightseeing tour visiting Baijnath Temple. According to the legend, it is believed that during the *Treta Yuga*, Ravana in order to have invincible powers worshiped Lord Shiva in the Kailash. In the same process, to please the almighty he offered his ten heads in the *havan kund*. Afterward you will visit a monastery and Ashram, Adareta Museum & Tea Factory and stay overnight in Palampur.

(Breakfast & Dinner)

Day 19, will also start with an early morning 1 hour yoga and meditation session in camp, followed by breakfast.

You will then be transferred to the town of Kangra by train and visit Kangra Fort, the torrential Banganga river, deep in the valley forming a formidable sheer and Kangra Fort lurking atop of the flat mountain range.

Later on, you will visit Brajeshwari Temple and return back to Palampur where you will stay overnight.

(Breakfast & Dinner)

An early morning 1 hour yoga and meditation session will take place in Camp on day 20. After this, you are at leisure to explore the city on your own.

At lunchtime, drive down to the railway station to board your overnight train to Delhi.

(Breakfast & Lunch)

On day 21, you will have an arrival transfer that will take you to your accommodation. After breakfast, you will have a sightseeing tour of New Delhi including a visit to some important cultural symbols of India. You will drive past the impressive India Gate, Parliament house and presidents palace. You will also visit Raj Ghat, the memorial built in honour of Mahatma Gandhi, father of the nation.

Later on, visit Gurudwara Bangla Sahin, a Sikh temple to learn about the youngest religion of the world. You will stay overnight in Delhi.

(Breakfast, Lunch & Dinner)



Day 22

You will be transferred to Delhi airport to catch the flight for Goa. On arrival, you will get pickup assistance from Goa airport and will be transferred to your shared accommodation, where you will have an induction before getting settled.

(Dinner)

Days 23- 27

The morning after, you will have breakfast and then start your volunteer work in the local communities as per the current requirement of the projects. Weekends are free on the beach for your own activities.

(Breakfast, Lunch & Dinner)

Day 28

Day 28 will be your final day. Your return flight should be arranged to depart from Goa Airport between 8pm on Day 28 and 10:00am the following morning.

(Breakfast)

Accommodation

During your stay in hotels you will be staying in twin share rooms with an en-suite bathroom. While at the volunteer camp you will be accommodated in a shared single-sex room. These are simple but clean and comfortable rooms and you will share with up to three others in your room. There are a number of bathrooms with western toilets and may have Indian showers- basically you fill a bucket of water and use a jug to pour the water over you (this is to conserve water). It takes a few days getting used to but its, all part of the cultural experience.

Programme Services and Facilities

Telephone

The international telephone access code for India is +91.

To place an outgoing, direct dialled international call, dial +44 for the UK followed by the telephone number.

There are numerous public call boxes (STD/ISD) all over India from where it is easy to make international calls at fairly reasonable rates. Mobile phones, which cost at least Rs 1700, can be purchased. Most European-style tri-band handsets can take Indian PIN cards and all our present project sites are within mobile network coverage.

Post

India's postal service is growing more efficient, but remains unreliable, especially for incoming and outgoing packages. When mailing in India, be sure to hand your envelopes to the clerk in order that they are stamped and sorted correctly. Private couriers may also be used as they have a fast and reliable service although a little more expensive.

Internet

Internet is available at the camp however it is slow and not always reliable. In Palampur town (1.5km away), there are internet cafés with fast and reliable connection.

Laundry

Laundry facilities will be basic, so be prepared to get your hands dirty and take some travel wash with you! There are local laundry services you can use for a relatively small fee.

Meals

The meals included during your time on the Experience vary from day to day. Meals that are included are stated in the itinerary, all other meals are not included. However, this gives you a great opportunity to sample a varied range of India's world famous food.

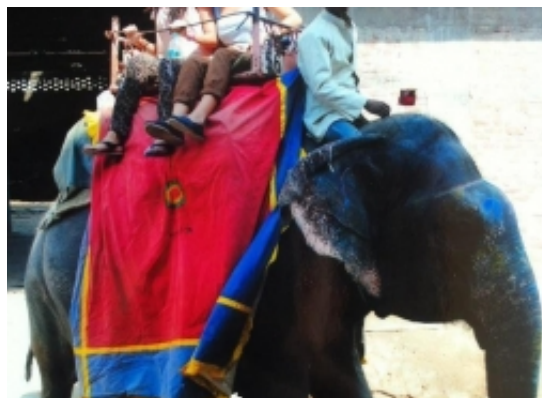
What's Included

- Arrival airport transfer (subject to arrival time)
- Meals as per the programme itinerary
- Excursions and activities as stated in programme itinerary (excluding any entrance fees)
- English speaking local guide
- Transfers as per programme itinerary
- Local transport as part of your planned itinerary to volunteer work or activities
- Internal flight from Delhi to Goa



What's Not Included

- International Flights
- Travel Insurance
- Tourist Visa
- Telephone calls/Internet use
- Any entrance fees to monuments



Additional Information

Orientation

You will have a brief orientation of all the amazing things that you will see and do over the coming four weeks when you arrive in Jaipur. This will cover areas such as culture, language, safety and all the activities that you can do in your spare time. This is also a great chance to ask any last minute questions you may have before heading off on this great adventure!

For those that choose the volunteer option will have a more in depth orientation prior to taking part in the volunteering aspect of your Experience.

Please note: for this trip the deposit payable at the time of booking is £199 plus 10% of the total trip cost.

What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and, therefore, you may not need all of the listed items on your travels nor it is exhaustive. There will be opportunities for you to shop in local markets and towns.

Personal Admin

- Passport, insurance certificates and personal documentation
- Visa Documents
- Photocopies of all the above to be left at home with your next of kin
- Spending money
- Proof of inoculations (please speak to your doctor about necessary immunisations)
- Secure, waterproof bag for documents and money: sealable plastic bags will do

General

- Sleeping Bag (for independent travel after programme)
- Day bag / rucksack (for excursions)
- A torch
- Mobile phone
- Camera and batteries
- Telephone charger with a two pin adaptor plug
- Playing cards for free time
- Diary – you will have so many amazing experiences to remember
- MP3 player and speakers (if you wish)
- Toiletries (soap, shampoo, toothbrush etc)
- Tissues/toilet roll
- Wet wipes
- Plastic bags
- Snacks (cup of soups, biscuits etc)
- Pocket-knife (handy for general use - but dont leave in hand luggage!)
- Clothing
- Comfortable walking boots
- Trainers
- Flip Flops
- A hat to protect you from the sun
- Rain coat (essential during June to September)
- Pashmina or lightweight scarf for covering up whilst visiting temples
- Clothes. Long sleeve shirts and trousers are needed out of cultural respect. Remember to bring beachwear for beach time.
- If travelling between January and March, please ensure you bring warm clothes, jumpers, thermals, thick socks etc as it gets very cold at night.

Medical Kit

- Small medical kit containing plasters, medicine for diarrhoea, head ache tablets, anti- histamine cream and any medication you will need
- Tampons, if applicable (as these are scarcely found in India)
- Anti Bacterial Hand Gel
- Mosquito repellent
- Contraception including condoms
- Travel wash for clothes

Minimum Age

Minimum age 18, maximum age dependent on participant's health.

Minimum Numbers

This trip requires minimum numbers to operate. Do not book flights until your departure date has been guaranteed.

Flights

Your flight to India should land into New Delhi Airport (DEL) any time on your programme start date. Your return flight should be arranged to depart from Goa Airport between 8pm on your programme end date and 10am the following morning to receive the included airport transfer.

To book your flights, please contact us for the best deals we can find. Please provide us with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

It is important that once you have booked your flights you add these details to your online account or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

Please note: This programme requires a minimum number of participants to run. Please contact us to confirm whether the minimum numbers have been met for your start date, we recommend that you do not book your flights until we have confirmed these numbers and the programme will be running.

FAQs

1. Are the day trips mentioned included in the cost?

The following is included: trip to Jaipur, a Bollywood dancing class, an Indian dressing workshop, a Henna Painting workshop.

2. What is the golden triangle?

It's a circuit which covers three magnificent cities Delhi (capital of India), Agra (city of Taj Mahal) and Jaipur (pink city).

3. How much spending money should I take?

We recommend that you take around £70 per week although you know best re your spending habits! You may wish to take more...

4. I am travelling on my own, what support will I have?

You will have project co-ordinator that will meet you on arrival and also be around during your travelling time as well as during project work so you will always have help at hand.

5. Do I need a visa to visit India?

You will need to obtain an Indian Tourist visa before you leave the UK.

6. Do I need to take a sleeping bag?

No, you won't need to take one with you as the quilts & mattresses are provided at all of the accommodation & during excursions for the duration of the trip.

7. Do I need to take a mosquito net?

No you won't need to take one with you as all the rooms are equipped with mosquito nets.

8. Will there be a safety deposit box/safe available?

There is locker facility at all the Camps where you will be able to keep your valuables & you will be responsible for the key.

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

Also denoted as 'Rs' the Indian rupee is the official currency of India. The rupee is divided into 100 subunits called paise (p) but single paise coins are rarely used or found in circulation. Coins are available in denominations of 5, 10, 20, 25 and 50 paise and 1, 2 and 5 rupee coins are also available. Rupee notes come in denominations of 10, 20, 50, 100, 500 and 1000 but note that the larger notes are difficult to change outside banks. The rupee is tied to a number of currencies.

ATMs can be found in most major cities and towns but carrying cash and traveller's cheques is recommended as power cuts can leave ATMs unavailable. All major travellers cheques are widely accepted but US dollar and Pounds sterling are the most popular.

Please note that passports will always be needed when changing currency or travellers cheques.

You'll find your money goes a pretty long way if you purchase local foods and drinks.

Meal, Inexpensive Restaurant 2.25 \$

Domestic Beer (0.5 litre draught) 1.65 \$

Coke/Pepsi (0.33 litre bottle) 0.42 \$

Water (0.33 litre bottle) 0.27 \$

(Prices quoted in US Dollars)

Passports and Visas

All UK passport holders must apply for a visa before travelling to India. All other nationalities should consult their relevant embassy.

Once you have booked your trip you will be provided with further instructions and any necessary supporting documents to obtain the correct visa. Passports and visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. As a general rule most countries expect that you will have at least 6 months' validity on your passport beyond your intended stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary.

Cultural Considerations

Greetings

The traditional Indian greeting is to make pranaam, which involves folding your hands together in a prayer gesture in front of your chest, but without bowing. The standard Indian greeting "namaste" or "namaskar" can accompany this gesture and this combination can be used to say hello and goodbye. Female volunteers are encouraged to make pranaam to both women and men, as occasionally some Indian men use the Western tradition of handshaking as a way of making inappropriate physical contact with women. Refusing a man's outstretched hand while making the pranaam gesture is not only appropriate but in some cases it will gain you considerable respect. Male volunteers, however, should feel comfortable in shaking hands with Indian men.

Clothing

Indians dress far more conservatively than we do here in the West. Dressing in accordance with Indian custom is one of the most effective ways to show respect to the local culture and help to eradicate certain stereotypes about Westerners that previous holidaymakers have introduced. In India clothing is not about expressing individuality but expressing group identity, such as status and religious traditions. Female Indian clothing helps to reflect and define the idea of Indian femininity. Therefore, it is best to dress in light clothes that cover your shoulders and your knees; it will prevent any unwanted attention and will protect you from the Indian sun.

Smoking, Alcohol

Smoking and drinking is acceptable in India and readily available. However, please respect other people. Smoking is not permissible in volunteer apartments or the host families' homes. Drinking is only permissible in moderation and must not impact upon any volunteer work you undertake. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

Bathroom Facilities

You will experience a range of different shower and toilet facilities. Unless you are staying in a hotel you will rarely have hot water. The cool water takes a little getting used to but I'm sure you'll find it refreshing after a hot and humid day. Toilets will be a combination of western and Asian. Remember to put all toilet tissue in the bin provided and not in the toilet.

Whilst on excursions you will notice that many places do not have a western toilet and will have a typical Asian toilet; again this is all part of the Asian culture. Also, many places do not have soap in the bathrooms. It is a good idea to take a small bottle of soap gel and keep it in your day bag. This is an antibacterial gel that you don't need to rinse off. These are available in chemists in the travel section.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

India is not a particularly dangerous place for foreigners, but as in any strange setting, safety requires a certain degree of attention and thoughtfulness. Because Westerners are known to carry money and valuables, pickpockets and petty thieves often target them. Especially when riding trains and buses or walking in public areas, be sure to keep a close eye on your possessions. When in transit, money, documents and other small important items should be kept on you, preferably in a pouch or money belt, as opposed to in bags or purses. Valuable technology like cameras should be carried in small bags that can be kept close at hand at all times. Remember to photocopy all your documents (insurance, passport, traveller's checks etc), and keep them in a different place than the originals. If you have credit cards, be sure to keep a copy of the information and the customer service number in case they are lost or stolen.

Various scamsters and low-level con men also target travellers in India. If you are ever in doubt about the trustworthiness of someone that is offering you assistance or services, it is best to walk away. Travellers generally stay away from the truly dangerous and violent places in India, so you need not be worried that refusing assistance or attention will result in a dangerous or unpleasant reaction. When refusing potentially shady offers, be polite but firm.

Certain areas of India are popular with Indian tourists and Indian men will often go on holiday together to escape the confines of their home lives. These men are often interested in watching Western women who behave and dress very differently to the women they are familiar with. Female volunteers occasionally experience unwanted attention.

We advise that you check your government's advice before travelling abroad. For UK, American and Australian customers please see the relevant links below;

UK: www.fco.gov.uk

USA: www.travel.state.gov

Australia: www.smartraveller.gov.au

The FCO have updated their information to recommend the following for female travellers visiting India;

“Women travellers should exercise caution when travelling in India even if they are travelling in a group. Women should use caution when travelling in India. Reported cases of sexual assault against women and young girls are increasing; recent sexual attacks against female visitors in tourist areas and cities show that foreign women are also at risk. British women have been the victims of sexual assault in Goa, Delhi, Bangalore and Rajasthan and women travellers often receive unwanted attention in the form of verbal and physical harassment by individuals or groups of men. If you are a woman travelling in India you should respect local dress codes and customs and avoid isolated areas, including beaches, when alone at any time of day. Avoid travelling alone on public transport, or in taxis or auto-rickshaws, especially at night. If you have to use a taxi, get them from hotel taxi ranks and use pre-paid taxis at airports.”

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing ‘traps’ in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Language Guide

Here are some useful phrases in Hindi to remember when you get to India. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Hello/Goodbye - *Namaste*

Thank you very much - *Bahut bahut shukriya*

Thank You - *Dhanyavad*

Yes - *Haan (ha)*

No - *Nahi*

So you speak English? - *Kya aap angrezi samajhte hain?*

What is your name? - *Aapka naam kya hai?*

My name is... - *Mera naam ... hai*

How are you? - *Aap kaise hain?*

Fine, and you? - *Bas ap sunaiye?*

Nice to meet you - *Aapse milkar khushii huyii*

Do you understand? - *Kya ap samjhi*

I don't understand - *Main samjha nahi*

Food & Drink

Indian food is incredibly popular in western Europe, but tasting Indian food is a bit different than the stuff produced in the Indian down the road. In this respect the food may take a little getting used to. There are also a few cultural differences that you may need to observe. People in India tend to eat without cutlery, using either their hands or pieces of chapatti. If you are dining with strict Hindus, certain behaviours are considered inappropriate, for example sharing already eaten food and eating directly from the communal bowl.

Traditional Indian cuisine involves the intricate blending of multiple herbs and spices such as ginger, garlic, saffron and cloves. Popular ingredients vary from location to location, from lamb and yoghurt in the Northern regions to seafood in the coastal regions. In the South, more vegetables are used for cooking, along with coconut and curry leaves. In fact, most of the best dishes are vegetarian, especially when you take into account the dominant religious views of India - Hindus do not eat beef and Muslims do not eat pork. In most cases, even if you do order a meat dish, you will not find that much meat actually in it.

What is classed as a curry by western culture encompasses a huge amount of dishes in India, each with its own unique beautifully blended ingredients. You are bound to find something you like. Here are a few tips regarding food and drink:

- Raw food is subject to contamination; avoid salads, uncooked vegetables, and un-pasteurised milk products such as cheese. Fruit should be self-peeled
- Undercooked and raw meat, fish and shellfish may carry intestinal pathogens
- Cooked food that has been allowed to stand for several hours at ambient temperatures should be thoroughly reheated before serving
- Yogurt and curd are naturally safe if kept in hygienic conditions, but be careful that they contain no water, as yogurt is often diluted with water in India
- The safest food is either well cooked and hot or personally peeled fruit
- As you will generally be eating without silverware, washing your hands thoroughly before all meals is absolutely imperative.

Choosing the proper beverages is as important as choosing the proper food. In a climate like India's, regular hydration is essential, however, many beverages can be dangerous to your health. The following suggestions will help you safely quench your thirst:

- Tap water is only safe if boiled; filters and purification tablets are not 100% effective. In all cases bottled water is by far the best option. Fruit juice and ice made with un-boiled water should also be considered unsafe
- When buying bottled water, stick whenever possible to known brands and make sure the bottle has an unbroken seal. Bottled water should cost no more than 30 Rupees.
- Hot beverages like coffee and tea should be boiled fully before consumption
- Though bad for hydration, carbonated beverages (incl. beer) are generally safe
- Try to remain conscious of casual water: dishes and utensils should be thoroughly clean and dry before use; teeth should be brushed with bottled or purified water

Remember to let us know of any dietary requirements before you depart.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops

are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Indians who use long weekends to get away from the big city.

To view a list of the public holidays for India, please see the link below:

www.timeanddate.com/holidays/india/

Weather

India's climate generally has three seasons, which may vary from region to region. The hot season roughly beginning in February in the North and peaking in June can reach up to and above 45 Celsius in some areas, mostly in the centre of the country. You can expect Delhi to have temperatures at the high end of the 30's.

Monsoon season means steady rain for the whole country from the beginning of July. It stays pretty hot, and though it doesn't rain all day, it does generally rain every day. The Monsoon causes muddy conditions at best but serious flooding is also a threat. The cool season is the optimum time to travel in India, as it is not too hot and not too cool. In the winter it does get surprisingly cold in the Northern regions, whereas in the south the temperatures are beautiful.

Time

India is 5.5 hours ahead of GMT.

Electricity

Electricity in India uses 240 volts, 50Hz. If your device does not run on these rates, you'll need a voltage converter.

Outlets across India generally accept the following plug types;



Two round pins

or



Three round pins arranged in a triangle

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as we make improvements



India Experience

that result from travellers' comments, our own research or from time to time as a result of recommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

Phone: 1-800-985-4852

Email: info@realgap.com

Post: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Web: www.realgap.com