Get SET!

IES ABROAD DELHI

Sorting out Departure

Exploring Academics

Traversing new cultures

FALL 2012

Note to students: The information contained in this IES Abroad Get SET! Guide is believed to be accurate at the time of publication. However, IES Abroad reserves the right, AT ANY TIME AND WITHOUT NOTICE, to change information contained in this document, and to publish corrections thereto.

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### PROGRAM DATES*

<table>
<thead>
<tr>
<th>Term</th>
<th>Fall 2012</th>
<th>Spring 2013 (for full year students*)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrive in Delhi on:</td>
<td>July 16</td>
<td>Early January</td>
</tr>
<tr>
<td>Students enrolled in IES Abroad courses only or IES Abroad and DU courses depart on:</td>
<td>November 16</td>
<td>Mid-May</td>
</tr>
<tr>
<td>Students enrolled in IES Abroad and JNU courses depart Delhi on:</td>
<td>November 16**</td>
<td></td>
</tr>
</tbody>
</table>

*If you are currently enrolled in a single semester program at IES Abroad and are considering studying abroad for a full year, contact your IES Abroad Advisor.

*Please refer to the above dates when booking airline tickets.

**Students enrolled in courses at JNU are required to complete university exams on the official university exam date and depart IES Abroad housing the following day. Since your official exam date will not be known at the time that you book your ticket, you will need to purchase a ticket with a flexible reservation change policy, usually for a fee. After you register on-site, you will find out your final exam dates for JNU and can arrange for your departure.

### IES ABROAD CENTER CONTACT INFORMATION

<table>
<thead>
<tr>
<th>United States</th>
<th>India</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>IES Abroad</strong></td>
<td><strong>IES Abroad Center</strong></td>
</tr>
<tr>
<td>33 N. La Salle, 15th Floor Chicago, IL 60602 USA</td>
<td>D-986 New Friends Colony New Delhi 110065 INDIA</td>
</tr>
<tr>
<td><strong>Telephone</strong></td>
<td><strong>Telephone</strong></td>
</tr>
<tr>
<td>800-995-2300 or 312-944-1750</td>
<td>91-11-4182-6147</td>
</tr>
<tr>
<td><strong>Fax</strong></td>
<td><strong>Fax</strong></td>
</tr>
<tr>
<td>312-944-1448</td>
<td>91-11-4609-1781</td>
</tr>
<tr>
<td><strong>Office Hours</strong></td>
<td><strong>Center Hours</strong></td>
</tr>
<tr>
<td>8:30-4:30, U.S. Central Standard Time, Monday-Friday</td>
<td>8:30-5:00, Monday-Friday (India is 10.5 hours ahead of U.S. Central Time during Daylight Savings Time and 11.5 hours ahead for the remainder of the year)</td>
</tr>
<tr>
<td><strong>Predeparture Email</strong></td>
<td><a href="mailto:study@IESabroad.org">study@IESabroad.org</a></td>
</tr>
</tbody>
</table>
IES ABROAD DELHI STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maria Stallone</td>
<td>Center Director</td>
</tr>
<tr>
<td>Sunita Kewalramani</td>
<td>Student Services Coordinator</td>
</tr>
<tr>
<td>Shobhit Bhatt</td>
<td>Accounts and Administrative Officer</td>
</tr>
</tbody>
</table>

EMERGENCY TELEPHONE NUMBERS

**Predeparture**

Use these numbers for emergencies before the start of the program, including travel delays prior to leaving your home country. Or contact your IES Abroad Advisor during business hours.

If you are calling from within the U.S. dial:

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.–4:30 p.m. Central Time</td>
<td>1-800-995-2300 (312-944-1750)</td>
</tr>
<tr>
<td>In case of an emergency after business hours**</td>
<td>1-800-766-7793</td>
</tr>
</tbody>
</table>

**Upon Arrival**

IES Abroad Delhi Emergency Cell

**Cell: 011-91-99-5813-9399**

(Calling from Delhi: 99-5813-9399)

** The emergency number is a PERSONAL telephone number. Please be sure to remind friends and family not to use them except in cases of real emergency and to keep in mind the time difference between the U.S. and India.

TIME DIFFERENCES

<table>
<thead>
<tr>
<th>Delhi</th>
<th>London</th>
<th>New York</th>
<th>Chicago</th>
<th>San Francisco</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>4:00 a.m. Monday</td>
<td>11:00 p.m. Sunday</td>
<td>10:00 p.m. Sunday</td>
<td>8:00 p.m. Sunday</td>
</tr>
<tr>
<td>Monday</td>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Time differences will change due to the observance of daylight savings time in the U.S. Because India does not observe daylight savings time, the time difference between the U.S. and India increases by one hour. See www.timeanddate.com for dates.

IMPORTANT

To be eligible to participate in the IES Abroad program, attend mandatory orientation, move into housing, and enroll in courses, you must submit:

- $500 nonrefundable Confirmation Deposit or Intent to Enroll Form (as indicated in your MyIESabroad account and determined by the agreement between your home school and IES Abroad)
- Form of Agreement and Waiver signed by you and your parent/guardian
- Medical Report completed by you and your medical provider

Log in to your MyIESabroad account at www.IESabroad.org to access these forms.
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A student contemplates the ruins of India’s past.
Welcome to the IES Abroad Delhi program!
Delhi is a world-class, complex and sprawling city that is both ancient and modern. You will be interacting on many levels of experience during your time in Delhi, from the serene and beautiful to the sprawling and chaotic. Delhi offers you a wonderful mix of diverse culture and educational opportunities.

In preparation for your time abroad, please review this Get SET! Guide carefully. It contains information you need in order to complete required predeparture tasks through your MyIESabroad account at www.IESabroad.org and elsewhere.

Important tasks you need to complete:

- **Apply for your passport and required travel documents!** If you do not have a passport that is valid for at least six months beyond the program’s end date, apply for one immediately. (See Necessary Documents.)

- **Log onto your MyIESabroad account at www.IESabroad.org to complete required forms!** Download your To Do Checklist from the Resources section to get started.

- **Get your plane ticket for the correct date!** You are responsible for making your travel arrangements. Use the dates on page two of this guide. (See Travel Arrangements.)

- **Know how to get money in India!** (See Finances.)

- **Plan for medical and prescription needs!** Talk to your primary care provider, insurance company, and counselor. Bring enough medicine for the duration of the program and an extra copy of prescriptions. (See Insurance & Health.)

- **Do a final check-in with your home school study abroad advisor!** Confirm that credits will transfer and ask how to register for classes and select housing the following semester.

If you or your family members have any questions left unanswered by this guide and your MyIESabroad account, please call or email your IES Abroad Advisor.

Are you ready? **Get SET!**
Perhaps you’re feeling a bit overwhelmed as you anticipate sorting out travel arrangements, packing wisely, and planning your finances. Not to worry. This chapter will help you Get SET! for your time abroad by addressing these and other items of immediate concern.

NECESSARY DOCUMENTS

A passport and student visa are required for this program.

PASSPORT
Students must have a passport that is valid for at least six months after the end date of the program. You must have a valid passport before you can apply for a visa because you will need to send in, or submit, your actual passport in order to obtain the visa. For further details on applying for or renewing your passport, please refer to the Visa Starter Packet enclosed in your admission mailing.

STUDENT VISA
A student visa is an official authorization appended to a passport that permits entry into and travel within a particular country. Your student visa is proof that you have the permission of the Indian government to enter their country and stay for the allotted time. Please refer to the Visa Starter Packet enclosed in your admission mailing for further details on applying for a student visa.

If you did not receive a Visa Starter Packet in the acceptance packet, you can download a copy from your MyIESabroad account at www.IESabroad.org.

A student visa is required for this program. We strongly recommend that you make photocopies of your student visa and the photo page of your passport in case yours is lost or stolen. Keep a copy in your luggage and leave a copy with a parent or a responsible third party.

Please complete the Visa Information Form found on your MyIESabroad account immediately after you receive your visa. This form will transmit vital information to the center concerning your registration in India.

IES Abroad advises students on visa procedures for travel requirements of the IES Abroad program only. IES Abroad is not responsible for advising students on visa issues should they wish to travel early, stay late, or visit other countries not required by the program.

*IMPORTANT*
Once you have received your Indian visa, it is imperative that you send the following information from your visa to your IES Abroad Advisor:
- Visa Number
- Length of visa validity (6 months of 1 year)
- Consulate where the visa was issued
- Wording of statement regarding registration (usually at the bottom of the visa.)
INTERNATIONAL STUDENT IDENTITY CARD
IES Abroad does not provide International Student Identity Cards (ISIC) for students, but you may be interested in obtaining one on your own. We recommend it since having a card may make you eligible for discounts on some airline, train, and museum tickets and also makes you eligible for limited emergency medical insurance. It can also be used as a calling card. You can learn more about and find out how to purchase an ISIC card at www.isic.org.

TRAVEL ARRANGEMENTS

IES Abroad encourages you to purchase a carbon offset at www.carbonfund.org. Your donation will help offset the carbon used to fuel your flight by investing in carbon reduction projects such as renewable energy or reforestation.

ARRIVAL & DEPARTURE POLICIES
You are responsible for arranging your own travel to and from Delhi. When booking your tickets, please refer to the dates listed at the front of this guide.

Thorough research is the key to getting the best bargains. There are several travel agencies that specialize in student travel. A few of the most popular student travel Web sites are www.Studentuniverse.com and www.STAtravel.com. These sites are dedicated to finding discount flights for students and usually offer flexible tickets with changeable return dates, usually for a fee. Travel Web sites such as www.Expedia.com, www.Orbitz.com, www.Kayak.com, and www.Travelocity.com also list seasonal travel bargains. In addition, it has become easier and more common to book tickets directly with an airline using their Web site. Any of these options is valid.

If you choose to work with a local travel agent, be sure to ask about low-cost student rates, charter flights, and the fees involved for making changes to your reservations, in case you do not yet have definitive plans immediately following the program. The above information is included to familiarize you with the options available and to help you decide what service best suits your individual needs. IES Abroad does not endorse and cannot be held liable for any of these travel companies.

FLYING TO DELHI
Several major airlines operate non-stop flights to Delhi (DEL) from the U.S. Most airlines will operate connecting flights through Europe, depending on origin. There are also a number of options available if you are traveling to India from another location within Asia.

The flight to Delhi is long and you will experience jetlag when you arrive. The IES Abroad staff understands jetlag well and keeps this in mind when planning the orientation schedule. Try to sleep during the flight and drink plenty of water to stay hydrated. Do your best to adjust to the local time once in Delhi. Go to sleep and wake up at reasonable times and try to avoid oversleeping as this will delay your body’s adjustment. You should be fully adjusted within a week.
ARRIVAL INSTRUCTIONS
Please submit the online Arrival Form as soon as you have made your travel plans. All students must arrive in Delhi on the arrival date indicated on page three and are required to stay through the official end date of the program. Early departures are not permissible unless warranted by a documented medical or family emergency. Many flights from the continental U.S. arrive in Delhi late in the evening (10 p.m. or later). As long as you travel on a flight that is scheduled to arrive on the date specified on page two of this guide, you will be picked up at the airport no matter how late your flight arrives.

Note: You should dress conservatively upon arrival in India. Please refer to the Appropriate Dress section under Packing for further instructions.

Arriving by Plane
IES Abroad will meet you at the Indira Gandhi International Airport (DEL) if you arrive on the arrival date and have submitted your up-to-date arrival information!

Upon leaving customs, watch for IES Abroad staff holding signs that say IES Abroad Students. If you have any changes in flight plans, make every effort to inform both the IES Abroad Chicago and IES Abroad Delhi staff.

If you emerge from customs and for some reason no IES Abroad staff member is there to meet you, wait in that general area and look for representatives from IES Abroad holding signs for you. Do not leave the airport. If you do not find an IES Abroad staff person, phone the IES Abroad Delhi Emergency Cell phone number listed on page three and wait for instructions. Do not leave the airport until you have spoken with IES Abroad staff. Do not accept help from porters at the airport.

If you have a problem with luggage, walk through the customs area to the exit door where the IES Abroad Delhi staff will be waiting, to inform them.

EARLY & LATE ARRIVALS
If you arrive on the official arrival date, the IES Abroad Delhi staff will meet you at the Indira Gandhi International Airport (DEL). Your first encounter with Delhi could leave you dazed, and the airport can be especially daunting with loud taxi service people and porters eager to help you find your way. Failure to arrive on the arrival date will cause you to miss important orientation and advising sessions.

If you arrive before the arrival date, you will need to make your own hotel reservations since IES Abroad housing does not begin until the first day of the program. The hotels listed below are options worth considering:


If you arrive early, contact the Center to let the staff know where you are and how you plan to arrive at the IES Abroad residence on the official arrival date. Late arrivals are not permissible without a documented medical or family emergency. If you are delayed due to flight cancellations or delays, please contact IES Abroad Chicago or your IES Abroad Advisor for further instructions (phone numbers listed on page three of this guide).
What to Tell Your Taxi Driver
If you arrive at the airport at a time when you will not be met by IES Abroad staff, take a metered taxicab into the city. Upon clearing customs, go to the counter which gives out vouchers for prepaid taxis. Tell them the address of the Center (or hotel where you are staying) and they will have a set cost to travel to that location. Take the voucher and exit the building. There will be a loose queue of people waiting to get into the prepaid black and yellow taxis. Do not take any cab whose driver approaches you inside the airport. Go from the airport directly to the IES Abroad Center or your pre-arranged hotel.

Early Arrival FRRO Registration
If the passport page on which your visa is issued has a stamp that says Registration required within 14 days of arrival in India you will have to register with the FRRO (Foreign Regional Registration Office). The law states that anyone who stays more than 180 consecutive days in India must register with the FRRO; however, some students with 6-month visas will also have the stamp mentioned above. These students will also need to register with the FRRO (we do not have an explanation as to this inconsistency). If you do not have the aforementioned stamp, you will NOT have to register. Remember to log onto your MyIESabroad account and complete the Visa Information Form. It is vital that the Center have the information concerning FRRO registration.

Planning Independent Travel
IES Abroad recognizes that you will want to explore your new surroundings through independent travel. You will not be excused from academic obligations or required IES Abroad events in order to travel independently. For this reason, we strongly encourage you to refrain from making independent travel arrangements (including visits from family or friends) until you have arrived on-site, at which time you will receive a final semester calendar and finalize your course registration. Past students have made travel plans once on-site that allow them to meet all of their academic obligations without infringing on their ability to explore independently.

You will receive a preliminary program calendar two weeks prior to the program arrival date, but this information may be subject to change.

IES ABROAD DELHI ORIENTATION
An extensive orientation program will be held for new students at the start of the term. Orientation provides students with an introduction to the opportunities and challenges of life in India and Delhi. Sessions will be held on living in India, IES Abroad rules and regulations, security and safety in Delhi, and other important topics.

Orientation will include several organized ventures into the city and students will be taught how to use local transportation to get around Delhi. During orientation, students will also take a Hindi course and finalize registration for classes, including courses at outside institutions.

The streets in Old Delhi are constantly bustling.
**HOUSING**

Living arrangements are an important part of a study abroad program and can add greatly to the academic and cultural value of your experience. IES Abroad selects housing that reflects typical student accommodations for the location. You are expected to adapt to your accommodations and to try to understand and respect the cultural context in which you are living.

IES Abroad offers the following housing options:
- Homestay
- Group Homestay
- Single or Shared Room Accommodation

**HOUSING FORM**
Before completing the Housing Form in your MyIESabroad account, read this section to determine which housing option is best for you. Consider opportunities for cultural immersion and the levels of privacy or autonomy of each option in terms of schedule, diet, and personal habits.

Housing preferences will be honored largely on a first come, first served basis, according to the date of submission of your online IES Abroad Housing Form. Failure to submit the Housing Form and other documents on time will make it very difficult for us to match your housing preferences. We understand that your housing placement is very important to you and ask, therefore, that you give careful thought and attention to preparing and submitting these documents before the due date. It is particularly important that students with dietary restrictions or other needs submit these documents on time. In absence of a Housing Form, IES Abroad may assign housing.

You are responsible for checking with your Study Abroad Advisor at your home school for requirements related to your housing placement abroad before you submit your Housing Form in your MyIESabroad account. IES Abroad does not keep a record of and therefore cannot be responsible for administering your home school’s policy on housing placements abroad.

**HOUSING CALENDAR**
Housing is provided according to the program dates on page three. You are responsible for your own accommodation, transportation, meals, and luggage storage during periods not covered by IES Abroad housing. See Early Arrivals. The following exceptions apply to the housing calendar:
- **Between terms:** IES Abroad housing is **not** permitted between terms except for academic year students who request housing between the fall and spring semesters. Break housing is limited to single or shared room accommodations that will remain open and staffed during the break; homestays are not available during this period. Break housing carries an additional fee.

**QUESTIONS? ASK A STUDENT**
No one knows IES Abroad programs quite like our past students. More than 800 former IES Abroad students are available to answer your questions on topics such as housing, cell phones, local culture, and more.

To contact a past student, visit [www.IESabroad.org](http://www.IESabroad.org) and click on the Ask a Participant link on the homepage.
University courses: You may stay in IES Abroad housing until one day following the date of your last university final exam. This date must be approved by IES Abroad Center staff in advance.

**Homestays**
IES Abroad Delhi locates homestays for students interested in the unique and exceptional experience of living with an Indian family. Homestays are an ideal environment for learning about India and Indian culture. Indian hospitality and generosity is legendary. IES Abroad locates homestay families that are eager to get to know you and teach you about Indian culture. Homestays are an intense cultural and learning experience. You must be patient and flexible in adapting to a new, Indian way of life. All homestay families are located by IES Abroad Center staff and participate in a training program before they begin hosting students. In some cases, you may be required to share a homestay placement with another IES Abroad student.

**Location & Commute Times**
Most homestays are located in south Delhi and are easily accessible by bus or scooter (auto-rickshaw). All homestays include two daily meals with the host family, usually breakfast and dinner. Students can expect commuting times between their homestay, the IES Abroad Center, and outside universities to be about 30 to 60 minutes, depending on traffic.

**Use of Resources**
Your level of comfort should be in line with that of the urban middle class norms and expectations in India when living in a homestay. These expectations must take into account a much more judicious use of water and energy resources. Water, for example, is turned on only at certain times of the day and families have to store it in overhead tanks and use motors to pump it through the taps. Power cuts in Delhi are also frequent and there are occasions when few lights work and candles must be used.

You will be expected to observe local customs involving conservation of resources out of respect for the local culture and environment.

**Meals**
Homestays include two daily meals with the host family, usually breakfast and dinner. You are responsible for all other meals. While homestays have kitchen facilities, they are not available for student use. If you plan to be absent from one of these meals, it is respectful to inform your homestay family ahead of time. It is strongly recommended that you eat with your family as often as possible, as sharing meals is a wonderful way to bond with your host family and learn about Indian culture and cuisine.

In general, families cook traditional Indian fare and are not expected to order special foods for you, unless documented by medical, religious, or ethical reasons. It is said that the best and most authentic Indian cuisine can only be sampled in Indian households! See Meals & Cuisine.

Expect your meals in Delhi to rely heavily on Indian herbs and spices.
**Cleaning & Laundry**
You are not required to share the cleaning duties with your host family; however, you are expected to keep your room orderly. Laundry service is available for a fee.

Domestic help is very common in India. People often come in to the home to wash dishes, sweep, cook, drive, etc. In some households, you may encounter uncomfortable scenes of mistreatment of household help, and you may witness families going out of their way to help those working for them and their children in others. Due to the complex spectrum of issues related to homestays, a significant portion of orientation will be devoted to preparing you for this experience.

**Privacy & Cultural Differences**
The notion of private space is construed very differently in India. As a result, you should expect to reconfigure your existing notion in a more flexible way. Due to safety issues in Delhi, women may find that their homestay families will be quite vigilant and keen to keep a watchful eye so as to keep them safe. In general, Indians do not stay out late and you will be expected to be home in the evenings earlier then you may be used to. Women may be expected to be home much earlier than men. If you are going to be out late, you will need to inform your homestay family.

While living in a home may require you to sacrifice some privacy and personal freedom, homestay families are eager to get to know U.S. students and share their ideas, language, and culture. Living with a family will provide you with resources, connections, and life-long friendships that may influence your future and bring you back to India. This will provide you with a unique immersion experience that most visitors in India rarely encounter.

**Homestay Etiquette**
Consider yourself a guest in your homestay, and respect their property and privacy. Always ask before doing anything that may seem to require permission. By using simple common sense, you can avoid stepping on anyone’s toes and assure yourself of an enjoyable stay. In particular, it is very important not to bring guests to your homestay without prior permission of your host family.

It is highly recommended that you make every effort to attend meals, wear conservative attire in the home, and follow the general rules of the household, in order to be respectful. You are encouraged to be gracious to your hosts, so as not to give the impression that you are taking their hospitality for granted. You may want to bring a small gift from your home country for people you will meet in India, such as your host family.

The best way to prevent misunderstandings is to talk about them. Whether or not you eventually integrate into the Indian lifestyle and develop a relationship with your hosts will mainly depend upon your interest, initiative, adaptability, and acceptance of Indian habits and attitudes.
GROUP HOMESTAY
IES Abroad also offers the opportunity for you to live in a larger Indian home with approximately four or five other IES Abroad students. Although you will be living with other American students, the host family is eager to get to know you and teach you about Indian culture. This housing option is best for students who prefer to live with a group of American students.

The home is located in south Delhi, approximately 30 to 60 minutes from the IES Abroad Center and partner universities. Two meals per day are included (usually breakfast and dinner). Read the preceding section on homestays for more information.

SINGLE OR SHARED ROOM ACCOMMODATIONS
A limited number of rooms are available in several private homes. This type of accommodation is plentiful in Delhi. They are used primarily by short- and long-term visitors as inexpensive, authentic alternatives to hotels. This option is ideal for students who will be more comfortable living independently and without the restrictions of a homestay family. These placements are limited and are usually assigned on a first-come, first served basis, according to when the IES Abroad Housing Form is submitted.

Amenities
All rooms are furnished with a bed, desk or table, and closet. Students will have access to a private bath as well as a common area and kitchen, as meals are not provided. You can choose to pay a small fee for a maid to sweep, take out the trash, and dust. Hand laundry can be done in the bathroom and arrangements for a laundry pick up to wash and press clothes can also be made for a fee. Access to the Internet is available in the rental price. Be aware that if you choose this housing option, you may be the only IES Abroad student living at any particular residence.

Privacy & Cultural Differences
In general, the single or shared room accommodation offers more personal freedom than homestays, but less cultural integration. However, this option presents opportunities for learning to live independently in Delhi and thoroughly becoming a resident of the city. Students in this type of housing will live more independently. However, they should be aware of the safety considerations when they are out in the evening. Additional information on safety will be covered during orientation on-site.

Housing Etiquette
You are expected to be respectful of other guests in the private home by observing quiet hours. You are not permitted to host guests in your room.

Location & Commute Time
The private homes used for IES Abroad student single or shared room accommodation are located in South Delhi. Commute times, via bus or auto rickshaw, average between 30 and 60 minutes, both to and from the IES Abroad Center and partner universities.

Meals
Students in single or shared room accommodation are responsible for their own meals, which can be cooked in a guest kitchen.
**MEALS & CUISINE**

In Delhi there are a variety of eating options. Delhi has thousands of small, inexpensive, privately operated restaurants with good food. You can also find five-star hotels with expensive Indian and Western restaurants. There are illustrious (and pricey) Indian restaurants of long-standing history and reputation and Indian restaurants where ordinary Delhi-ites eat. The winding gullies of Old Delhi abound with spicy foods. You can eat well and inexpensively in these ordinary Indian restaurants, and by treating yourself occasionally to the more expensive restaurants. Western food is available in Delhi; including familiar fast food franchises. It tends to be much more expensive to eat in these places than in the restaurants where Indians eat.

Keep in mind, also, that students generally base their reports of food costs on eating in groups, since a good Indian meal consists of several shared dishes, and eating together is much less costly than eating individually. Students report that it tends to be soft drinks and snack foods which push up their budgets.

Vegetarian students will have no problem finding food suitable to their particular tastes. To be vegetarian in India usually connotes not eating meat, fish or chicken, and sometimes eggs.

You are encouraged to investigate the cultural differences surrounding food consumption in India, as well as the type of cuisine that exists in India. For more information, please check out the American Heart Association’s webpage on Indian Cuisine: [www.heart.org/HEARTORG/Conditions/Tips-for-Eating-Indian-Food_UCM_308366_Article.jsp](http://www.heart.org/HEARTORG/Conditions/Tips-for-Eating-Indian-Food_UCM_308366_Article.jsp)
COMMUNICATION

CELLULAR PHONES
Because IES Abroad is first and foremost committed to student safety and security, we require all students to have a cellular phone while enrolled in our programs. It is the responsibility of each student to acquire a cellular phone either in the host country within the first week of arrival or in the U.S. prior to departure. Failure to acquire a cellular phone and report the number to IES Abroad staff in this period of time will result in judicial action. Past Delhi participants have found it is often more affordable to purchase their cell phones once in Delhi. More specific information about obtaining a mobile phone for your time abroad can be found in your IES Abroad Student Handbook.

LANDLINE TELEPHONES
Homestay families may have a landline at home. You must ask your family for permission, and will be required cover the cost of any calls. Landline phones may also be available at Internet cafés.

INTERNATIONAL CALLS
International calls directly from your cell phone are quite reasonable (usually 8-10 cents a minute). One way to save money is to arrange for friends and family to call your cell phone, as incoming calls are free for the recipient. Alternatively, you can obtain local calling cards and make international calls from a landline or public payphone. If you use a calling card to make a call from your cell phone, you will still be charged for the minutes. Web sites such as www.callingcards.com can help you find the best rates. IES Abroad staff in Delhi can also provide information about obtaining calling cards locally.

If you use calling cards to make long distance phone calls from abroad, it is best NOT to use them from your cell phone. Using calling cards from a cell phone usually makes a long distance call more expensive than if you simply dialed the number directly from your cell phone. You will realize savings in long distance calling with calling cards only if you use them from public telephones or other landlines that you have permission to use.

SKYPE
If you are bringing a laptop, you should be able to use a free, internet-based provider like Skype. Visit www.skype.com for more information. (Note: Only personal computers may be used for Internet-based calling.)

MAIL
Regardless of where you live in Delhi please ask you friends and family to send your mail to the IES Abroad Center. Small to large packages will require a customs slip. It is best that mail be sent via a courier service, like DHL or Fedex, in order to ensure timely delivery. It is also inadvisable to send anything valuable to India. The Center address is:

Your Name
IES Abroad Delhi
c/o D-986 New Friends Colony
New Delhi, 1100065 INDIA

If you live in a home stay you may want your mail sent to that address which you will get from your host family. IES Abroad is not responsible for
returning packages and/or correspondence to you or to the sender if mail arrives for you after you have departed your IES Abroad program. Please notify friends/family to factor in shipping time as well as your program departure date to ensure that mail does not arrive for you after you have departed.

EMAIL
There are numerous Internet cafes throughout south Delhi where you will be living. Typically they are at coffee shops or book stores. Opening times vary as does the fee for using Internet services. While Internet is available during business hours at your Center, IES Abroad cannot guarantee Internet at your housing placement. In order to access Internet outside of IES Abroad Center hours, you may choose to visit local Internet cafés, where Internet access is available for an hourly fee, university libraries (depending on your enrollment), and other WiFi hotspots throughout the city. Below is a brief sample of what can be expected at your location.

- Market Café, Khan Market: Wi-fi is free if your bill amount exceeds Rs. 200; open 11am to 11pm every day.
- Barista Crème, South Extension Part I Main Market: Rs. 50 per hour, payment only by credit card; open 9am to 11pm every day
- Barista Crème, Khan Market: Rs. 50 per hour, payment only by credit card; open 8am to 11pm every day.
- Barista Espresso Bar, New Friends Colony (NFC) Community Centre. Manager: Farah @ 9999936683 or Arindam Chakraborty @ 9911127880. Wi-Fi services provided by Tata Indicom. Customers need to buy coupons online either by credit or debit card; open from 9m to 12 at night.
- Reliance Web World at K-3, Alankar Road, Lajpat Nagar Part II: unlimited wi-fi access for Rs. 110 per day (these are rates for our students; the usual rates are higher). ID proof required. Contact person: Arun Kumar +919310011799. Open every day from 9:30am to 8:00pm.

The above locations, times, and costs are subject to change at any time. More information will be provided during your on-site orientation.

Students should not expect to have Internet in their housing. While some housing options may have Internet available, IES Abroad cannot guarantee Internet or Internet compatibility in your housing and cannot provide technical support if Internet access is available. Students are encouraged to bring a laptop computer, if it is insured, for use at the Center and at other WiFi locations in Delhi.

Stalls sell beautiful scarves in Delhi.
PACKING

KEYS TO PACKING

NOTE: Do not pack your passport in your checked luggage! You will need it when you check in and when you deplane, before you can get to your luggage. Keep it in your carry on luggage.

Pack sparingly

Be very selective about the clothes you pack. Taking a few key items that you can mix and match is much better than packing many separate outfits. Students have rarely complained about taking too little, but many have said that they packed more than they needed. Also, keep in mind that you are likely to accumulate additional possessions while abroad, so pack light! In addition, closets and storage spaces overseas are generally much smaller than they are in the U.S.

For a suggested packing list, see: www.IESabroad.org/IES/Students/packingList.html. For other tips on packing efficiently, visit www.onebag.com.

Travel

Keep in mind that you will have to carry your own luggage. Do not pack more than you can carry and fit in the trunk of a small taxi! (If you cannot carry your luggage up a flight of steps by yourself, you are packing too much.) Check with the airline you have chosen for luggage allowances, as many have reduced the weight limits and number of bags allowed. Overweight bags will be charged per pound over the limit.

Weather & Local Dress

Keep in mind the climate of Delhi when packing. See Climate below. At the start of the program, you will be able to go shopping so that you can easily and inexpensively purchase clothing that is appropriate for India.

CLIMATE

Delhi has three kinds of weather: hot, wet and cool. The months from March to July are quite hot with the temperatures reaching 46 degrees C (115 F) in May and June. The months of July, August and some of September see sporadic monsoon rains. The air is very humid during these months, although the showers often bring cool breezes in their aftermath. The months of October and November are pleasant. December to February can be cold – temperatures at night have reached 1 degree C (33 F). Winter afternoons, however, are very pleasant and sunny with temperatures average around 22 degrees C (72 F).

Public establishments like malls, banks and cinemas have air conditioning when temperatures are hot. Some middle class homes have air conditioners too although the most popular cooling device is the more energy efficient desert cooler. Classrooms at institutions rely on fans. The winters are accommodated more with warm clothing and blankets than heating. More information on Delhi’s climate can be found at www.weather.com.

SHIPPING & STORING LUGGAGE

IES Abroad does not recommend the shipping of clothing ahead of time. The Center cannot sign for shipped luggage, because a customs fee often needs to be paid. Also any items that are shipped over must also be shipped home, and postage rates are generally much costlier abroad.
IES Abroad Delhi cannot store your luggage prior to your arrival or during breaks while you may be traveling. In some cases IES Abroad Delhi may be able to help arrange storage at a local storage room at the your expense.

**CUSTOMS**

In general, you may enter India with any item intended for personal use. When you enter India, be sure not to take any items into the country which are illegal. Books, CDs, DVDs, cassettes, etc., containing obscene or pornographic materials or content encouraging violence or sabotage are not permitted. You may be given a customs form on entry, which you should keep with your passport during your stay, as you must present it when you leave India.

If you have a camera or other expensive item (video camera, laptop, etc.), it is a good idea to register it with U.S. Customs officials before you leave the U.S., and keep the receipt. If you do not, you may have to pay duty on those items when you return. Helpful information entitled “Know Before You Go” is available through the U.S. government at [www.cbp.gov/xp/cgov/travel/vacation/kbyg](http://www.cbp.gov/xp/cgov/travel/vacation/kbyg).

**APPROPRIATE DRESS**

It is very important to be aware of what clothing is appropriate while in India. Dress codes for women are more stringent than for men. Young women wear both the traditional Indian three piece attire, including a salwar-kameez-dupatta ensemble, and Western jeans and t-shirts. Clothing for women that is inadvisable includes shorts, spaghetti strap tops or anything that reveals legs above the knees, shoulders and cleavage. Men's clothing can include button-up shirts, polos, t-shirts, pants, and the Indian style kurta-pyjama. Shorts are not appropriate for men in most situations.

It is useful to have open style footwear that one can easily slip in and out of (in homes especially) and comfortable closed shoes for walking and commuting.

For the summer months, it is useful to have light, breathable cotton apparel that is easy to wear. The winter months from January to March can get quite cold and it is advisable to have a sweater, jacket and a scarf in your wardrobe during this season. Wrap around shawls are very popular in winters here and can be easily purchased locally.

You should not bring a large wardrobe to India. In general, simple clothing that conforms to Indian social norms and customs can be purchased inexpensively in Delhi. There is, however, a range of shopping options from the very affordable roadside stalls to the very expensive upper end boutiques. Larger students, especially taller men, may have difficulty finding clothes that fit in India. If this applies to you, you may want to bring additional clothing with you.

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**THE IES ABROAD STORE**

Before you go abroad, visit [www.IESabroadstore.org](http://www.IESabroadstore.org) for essential travel gear, including luggage, travel guides, clothing, and more!

All proceeds from the IES Abroad Store go to scholarships and financial aid for future IES Abroad students.
TOWELS, SHEETS, AND LAUNDRY
If you choose the single or shared room accommodation housing option, all linen, sheets, pillow cases, towels, and bath mats are provided. Homestays provide you with sheets, pillow cases, blankets, and pillows. Towels are provided but students may prefer to purchase them cheaply in Delhi. Most students prefer not to pack them.

Washing machines are available in most homestays, but may not be available when you travel; so hand washing may be necessary when you are on the road. Although washing machines are used frequently, it is also equally common to have the part time domestic help hand-wash clothes. Dryers are not common in Indian homes. Delhi has more than enough sunshine in summer and winter to dry clothes naturally. Laundry services are available for about 15 rupees per item.

ELECTRICAL APPLIANCES
The electrical current in India is 220 volts, 50 cycles. If your appliances are not dual voltage (110/220V) you will need a voltage converter or transformer, which is inexpensive in India. As you will need adapters for U.S. plugs staff will guide you in the purchase of the appropriate adapters and surge protection strips during first few days. While students do not pay for use, electricity is expensive in India. Considerate and careful use is appreciated.

LAPTOP COMPUTERS
Students will have access to high-speed Internet at the center, and are encouraged to bring insured laptop computers (PCs or Mac are both fine), keeping in mind it is the student’s responsibility to keep it secure. Students will be able to store laptops at the Center when participating in field study or field trips. IES Abroad highly recommends insuring your laptop before departing for Delhi. Students must remember to save their work to a disk or USB flash drive in order to print documents. Internet cafes are conveniently located throughout the city at affordable prices for students to check email, use the Internet, and print documents. IES Abroad does not offer technical support for personal laptops and cannot assist with hardware or software malfunctions and incompatibility.
INSURANCE & HEALTH

STUDENT HEALTH INSURANCE
IES Abroad requires all students to be adequately covered by international student health insurance. Once the confirmation deposit for a program has been received, IES Abroad will automatically enroll the student and purchase the required international health insurance on his or her behalf. The mandatory insurance will be billed to the student and cannot be waived. Students will receive an insurance confirmation/registration email prior to departure. After completing the online insurance registration, students can print their insurance cards and brochures. IES Abroad Center staff will provide students with information on local hospitals and doctors during orientation. The Cultural Insurance Services International (CISI) international health insurance coverage will begin on the first day of your program and expires on the last day of your program. Detailed information about the student health insurance plan(s) is located in the IES Abroad Student Handbook.

Students that have an additional family insurance policy may choose to keep this insurance while abroad or they may choose to cancel it until s/he returns. Students with certain pre-existing conditions should consult with their current provider before canceling their policy while abroad.

PROPERTY INSURANCE
IES Abroad does not insure students’ property. IES Abroad urges all participants to purchase property insurance for the entire duration of their time abroad. Despite students’ best efforts to safeguard their property, it is still possible for belongings to be lost, stolen, or damaged during travel or life abroad. Students should research their family homeowners’ insurance to determine whether the items brought or bought while abroad are covered by their policy. IES Abroad recommends that all students purchase property insurance for all belongings, especially high cost items such as laptop computers, MP3 players, and other valuables.

LIABILITY INSURANCE
Students may choose to be covered by their parents’ homeowners’ insurance for personal liability, as it is customary in other countries (France, Germany, Ireland, Italy, Japan, and Spain) to have personal liability insurance to cover accidents caused by an individual. Please be advised that if you plan to participate in an internship abroad, you may be required by your internship host to have liability insurance.

Cultural Insurance Services International (CISI) offers personal property and liability insurance for interested students who are not covered under their parents’ homeowners’ policy or another plan. You may enroll in one or both plans offered by CISI, by downloading the plan(s) at www.culturalinsurance.com/pdf/CISI_PPPL_info_and_enroll.pdf.

UCEAP STUDENT INSURANCE
Students applying to IES Abroad Delhi from the University of California Abroad Program have the following additional benefits covered by UCEAP’s insurance policy:

- Emergency dental, including extractions, temporary or restored fillings and root canals (up to 2,000 USD)
Prescription anti-malarial medication is covered under the UCEAP plan, provided it is 1) prescribed by a doctor and 2) the prescription is filled and paid for while coverage is in effect under the policy (14 days before the official start of the program and 31 days after the official end of the program.)

Additional "non-medical" benefits as follows:

- Emergency Hotel Convalescence, if medically necessary — Benefit Maximum: $100 per day subject to a maximum of $700.
- Lost Baggage Benefit — Benefit Maximum per trip: $2,000 (subject to $25 deductible).
- Personal Property Benefit — Benefit Maximum per trip: $5,000 (subject to $25 deductible).
- Trip Cancellation Benefit — Benefit Maximum: $2,000 (due to sickness or death to insured or family member).
- Trip Delay Benefit — Benefit Maximum $200 per day for up to 5 days.

HEALTH ISSUES

If you become ill or suffer an injury while on the program, you should immediately contact the Students Services Coordinator, who will put you in contact with appropriate medical providers. You have the telephone number of the Director, whom you may call at any hour in case of emergency. Other emergency numbers will be given to you upon arrival; you should take the time to program them into your cell phone. Medical issues should be approached with caution and common sense, not paranoia.

Living in India exposes you to bacteria your system has not encountered before, and the strain of adjusting to a new environment may tire you and lower your resistance to illness. Digestive problems, primarily diarrhea, occur relatively frequently because of the change in diet. Intestinal problems, colorfully referred to as Delhi-Belly, are almost inevitable for a new Delhi visitor. Over-the-counter medicines and electrolyte salts are usually effective for treatment of diarrhea. While you are sick, try to eat foods that are well tolerated, such as saltine crackers, dry toast or bread and drink plenty of fluid.

Respiratory infections are also a common problem; your encounter with new bacteria may result in respiratory infection shortly after arrival, and respiratory problems may be exacerbated by dust and pollutants in the air, particularly in winter. Treat respiratory infections conscientiously to ensure that they do not become a chronic problem during your stay. Inhalers should be packed if you use them. Usually neither of these problems are serious or long-lasting, but either can disrupt your schedule for several days. IES Abroad staff will help arrange medical treatment for you if necessary.

Standards of hygiene are in general not as high as they are in some other countries. To reduce the risk of infection of water-born diseases or more serious diseases, such as hepatitis, take the following precautions:
- Wash your hands frequently with soap and dry thoroughly.
- Do not eat uncooked fruits and vegetables unless you peel them yourself.
- Do not drink water from the tap.
- Do not purchase food from vendors on the street and avoid food stalls and restaurants that do not appear to meet minimal health standards.
- Make sure all eating utensils in all restaurants are dry.
The Indian diet is very diverse and markedly different from the Western norm; taken as a whole, the differences are probably beneficial. The Indian diet includes a much wider range of spices and herbs that are used for flavor and the taste can go from bland (e.g., chapati or curd-rice) to seriously hot and spicy (e.g., Andhra pickled mango). Yogurt is commonly available in Delhi, as are lassies (yogurt milkshakes) and ice cream, and cottage cheese (paneer) is another local favorite. A variety of cheeses and other foods are available at hotels and international supermarkets. The diet is seasonal, and foods are not vitamin fortified. Fresh fruit and vegetables, however, are inexpensive and easily found.

**PRESCRIPTION DRUGS & TOILETRIES**

If you are taking any type of medicine or prescription drug while abroad, IES Abroad strongly suggests that you consult with your physician prior to departure regarding any need for monitoring. You may also consult your doctor regarding on-site referrals in Delhi, though the IES Abroad Delhi staff will have a list of English speaking doctors. If a student has difficulty getting his or her insurance company to authorize a full supply of prescription items for the entire study abroad program length, the student should ask the insurance company to consider approving him or her for a vacation override.

If you plan to purchase a particular medication while you are in India, you will need to bring a copy of your prescription and see an Indian physician in order to obtain a new prescription. You also should make certain that your medication is available in India. You can do so by contacting AIG Assist at the number provided on page 20. If your medication is not available, you will need to bring enough medication to last the duration of your stay. We strongly discourage mailing prescription drugs to India. **When traveling, always carry prescription drugs in a pharmacy store bottle with a label showing your name, the generic name and dosage of the drug, and instructions for use.**

It is wise to take along a cold and cough remedy, aspirin, and an anti-diarrhea medicine. Taking a vitamin supplement with you is an easy way to be sure of obtaining adequate vitamin intake.

If a certain brand of toiletry is essential to your well-being, take a supply with you. Many international brands may be purchased in India. However, Indian brands can be satisfactory and are much cheaper. You may also wish to bring a thermometer. Female students may wish to bring remedies for gynecological infections and tampons (the O.B. brand is widely available in most cities including in Delhi).

Students with prescription eyeglasses should bring a copy of their prescription. Glasses are inexpensive and easily obtained in India. Contact lenses and lens solution are less widely available. If you wear contact lenses, bring large amounts of lens solution. Keep in mind that the dust and pollution in Delhi can be very irritating to lens wearers; bring glasses as a backup and extra pairs of contact lenses, if you wear the disposable kind.

**MEDICAL REPORT**

IES Abroad considers student health an extremely important element of the study abroad experience. To ensure that students are adequately prepared to manage their health while abroad, and that IES Abroad staff are equipped to reasonably accommodate students’ needs, IES Abroad requires that all students and their physicians fill out a Medical Report. In an effort
to appropriately assist students in a timely fashion, IES Abroad has established a deadline for the submission of the IES Abroad Medical Report.

It is essential that students complete and return the Medical Report by the required date. As the information disclosed on the Medical Report will be used to make housing assignments, IES Abroad will withhold housing placements from any student who has not turned in a completed Medical Report. The Medical Report is comprised of two parts: the Student Self-Evaluation, in which students are asked to provide details of their medical histories, and the Physical Exam, to be completed by a doctor following a physical examination within six months of the departure date. The Medical Report also provides students with the opportunity to disclose disabilities and request reasonable accommodations.

Note: It is the student’s responsibility to ensure that the doctor’s portion, Part II, of the form is completed in its entirety. If any fields on either part of the form are left blank, the Medical Report will be considered incomplete and will affect the student’s housing placements. We recommend that you double check your Medical Report before leaving the doctor’s office. Also note that faxes and photocopies of the Medical Report are not acceptable.

In further efforts to encourage conscientious personal health management, the Dean of Students Office may contact students prior to departure to discuss issues disclosed on the Medical Report and any preparations that may be necessary for the continuation of care abroad.

VACCINATIONS
Vaccinations are not required for entry to India unless you have come from an area known to have reported cases of yellow fever or cholera.

Immunization status should be considered before going to India. We strongly advise you to consult your doctor or county Department of Public Health at least six weeks before your departure. Also, we recommend that you consult the Centers for Disease Control. The CDC operates an international traveler’s hotline that provides up-to-date vaccination requirements for any region or country you select. The toll-free number for the CDC hotline is 877-394-8747.

At the time of publication, the CDC listed the vaccines below as possible recommendations for your travel to South Asia. It is important that you discuss your travel plans and personal health with a health-care provider to determine which vaccines you will need.

For more information about diseases found in South Asia, including other health risks, what you need to bring with you, staying healthy both during your trip abroad and after you return home, visit the CDC Web site at www.cdc.gov/travel/indiarg.htm.
CDC Recommended Vaccinations and Preventive Medications

- **Hepatitis A**: or immune globulin (IG). Transmission of hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.

- **Hepatitis B**: especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.

- **Japanese encephalitis**: if you plan to visit rural farming areas and under special circumstances, such as a known outbreak of Japanese encephalitis.

- **Malaria**: your risk of malaria may be high in South Asian countries, including cities. See your health care provider for a prescription antimalarial drug. For details concerning risk and preventive medications, see the "Malaria Information for Travelers to South Asia" section on the CDC's Web site. Please note that Malarone, a popular antimalarial medication, is not available in India.

- **Rabies**: if you might have extensive unprotected outdoor exposure in rural areas, such as might occur during camping, hiking, or bicycling, or engaging in certain occupational activities. (Be sure to consult your doctor about the rabies vaccination)

- **Typhoid**: Typhoid fever can be contracted through contaminated drinking water or food, or by eating food or drinking beverages that have been handled by a person who is infected. Large outbreaks are most often related to fecal contamination of water supplies or foods sold by street vendors. Vaccination is particularly important because of the presence of *S. typhi* strains resistant to multiple antibiotics in this region. There have been recent reports of typhoid drug resistance in India and Nepal.

- **As needed, booster doses for tetanus-diphtheria and measles, and a one-time dose of polo for adults.**

Delhi “bike-bulance”.
FINANCES

PAYMENT OF IES ABROAD FEES AND TUITION

Bills are sent to confirmed students in late April for summer programs, late June for fall programs, and late November for spring programs. Payment is due upon receipt. Be sure to check with your home institution’s study abroad and financial aid offices about how to pay these fees. The policy on whether you pay IES Abroad fees and tuition directly, including the $500 non-refundable confirmation deposit, or whether it passes through your university varies from institution to institution.

If you are billed directly by IES Abroad, payment in full (your resources and/or financial aid) for the standard program fee must either be received or a payment plan arranged with IES Abroad prior to your arrival at the Center.

Additional invoices may be sent to your home address after your arrival on-site. Invoices may include, but are not limited to, fees for:

<table>
<thead>
<tr>
<th>Academics</th>
<th>Course reader packs, copyright fees, outside university course enrollment, failure to return library resources upon departure</th>
</tr>
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<tbody>
<tr>
<td>Housing</td>
<td>Supplemental housing options, housing damage, failure to return keys upon departure</td>
</tr>
<tr>
<td>Other</td>
<td>IES Abroad optional field trips</td>
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For more information about specific fees and estimated costs, please refer to www.IESabroad.org and the Costs page for your respective program. Failure to pay outstanding fees will result in the financial hold of your transcript.

If you plan on using financial aid and/or scholarships through your school, please fax a copy of your disbursement schedule and award letter to 312.944.1448 Attn: Accounting. The letter should state the amount of scholarship or financial aid you received and when it will be sent to IES Abroad. Please note that you are responsible for the difference in funds. Please refer to the IES Abroad Student Handbook for a complete explanation of IES Abroad program fee and billing policy.

CURRENCY

The standard currency in India is known as rupees. Rupee notes come in denominations of 1, 2, 5, 10, 20, 50, 100, 500 and 1000. Coins are also used in India in denominations of 1 Rupee and 5 Rupees. When you exchange dollars for rupees, you will receive a receipt. Keep this receipt. Reconverting from rupees to U.S. dollars can be problematic. A useful Internet site for foreign exchange rates is www.xe.com.

ESTIMATING YOUR BUDGET

Many factors, both predictable and unpredictable, must be considered when creating a budget for your time abroad. The following information is intended to help you prepare and plan for your expenses.
Predeparture Expenses
The following is a list of predeparture expenses you may need to pay prior to going abroad. For estimated dollar amounts for many of these items, please refer to the IES Abroad website under the Costs page for your program.

- **IES Abroad Program Fee**: The program fee includes tuition and housing, as well as additional services. To learn more about what’s included, see the IES Abroad website.
- **Travel Expenses**: These may include airfare, a passport (first-time or renewal), passport photos, a visa, optional field trips, and immigration documents.
- **Additional Expenses**: These may include School of Record transcript (if applicable) and required cell phone (if purchased pre-departure).

Estimated On-Site Expenses
Estimated on-site expenses are listed at the end of this section. Please refer to a student travel guide for further tips on creating and sticking to a budget and keep in mind that you may spend more at the beginning of the semester as you settle into your new environment.

In the list of possible expenses provided, we have tried to provide "low end" and "high end" prices where applicable. As on your home campus, how much a student spends on shopping, gifts, entertainment and transportation varies greatly depending on personal spending habits and funds available. For example, a student could spend 1000 Rs per week on food, frugal, but adequate. Another student might spend 3000 Rs per week. The latter student may choose to buy more expensive and imported processed foods (e.g., cheese) and spend more on drinks and snacks. Students report that it tends to be soft drinks and snack foods which push up their budgets, as well as taxis used too frequently.

Tipping is not as common in India as in the U.S.; however, foreign visitors are often expected to tip more than the norm. When exiting the airport, people will offer services, such as assistance carrying bags or loading bags into a taxi. Try not to become overwhelmed. If you do not want assistance, politely refuse. If you do, decide on an appropriate amount to tip and stick with your decision. It is not uncommon for people to request more.

Please note that these prices may change as the market fluctuates, and that these are estimates for your convenience. These figures should be used as a general guide, and we assume that you will take advantage of many opportunities to economize.

**HAN D L IN G MONE Y**
It is possible that you will be approached on the street by people involved in the black market who want to exchange money with you – taking dollars in return for rupees at a slightly higher rate than the official exchange rate. **Do not exchange money with these individuals.** The black market is illegal, and you may expose yourself to arrest. Also, it is very common to be swindled when making illegal exchanges. Exchange currency only with authorized offices in banks, hotels, and stores.

There are currency exchange counters as you exit the secure part of the airport. It is advisable to exchange some dollars or use a credit card to get 1000-5000 Rupees before you leave the airport.
Below are different ways of transferring money to India. The methods differ in terms of speed, reliability, and cost. Money transfers can take a lengthy period of time, so it is especially important in India to plan well ahead for major expenditures such as travel.

**Credit Cards:** Credit cards are not widely used for purchases in India, although they are accepted at some stores, hotels, restaurants, and airlines, primarily those catering to foreign tourists (and therefore usually the more expensive stores). Most transactions, even in large amounts, take place in cash. VISA and MasterCard are the two credit cards most widely accepted internationally. Consider the following when using credit cards abroad:
- Before departing for Delhi, notify your bank that you will be using the card for an extended period of time abroad, and inquire about any additional fees that may be associated with using your card abroad.
- Arrange for someone at home to pay your monthly balance.

With a card in your name, you can get a cash advance at designated Indian banks. The amount you may draw depends on the type of card you have. This method is speedy and convenient, but there is a cost. The fee can vary from two to ten percent. The amount will show as a cash advance on your account; generally there is a charge for this service and you must immediately begin to pay interest on the amount.

**ATMs:** Do not rely exclusively on ATMs. Although some students have had difficulty using their ATM card in India, they remain a good option. When using an ATM card abroad, we recommend the following:
- Before departing for Delhi, notify your bank that you will be using the card for an extended period of time abroad, and inquire about usage fees any special procedures that may be necessary.
- If obtaining a new card, test your PIN number before departing.
- Give a family member access to the account in case of access problems abroad.
- Bring a duplicate card in case the card gets damaged, lost, or stolen.

**Traveler's checks:** We recommend that you carry $100-200 in U.S. traveler’s checks in case of an emergency such as the theft of your ATM or credit card. Traveler’s checks are immediately accepted almost everywhere in Delhi, either in U.S. dollar denominations or in rupees, and are easily and quickly replaced if lost or stolen so long as you keep an accurate record of serial numbers. When you purchase the checks, you will pay a commission of 1% of the total value of the checks. When you cash the checks for local currency, you also will pay a commission.

Do not send checks, cash, or endorsed traveler’s checks through the mail.

**Sending money to India: It is illegal to send currency through international mail.** If your family members want to send money to you in Delhi, we suggest that send it through American Express or Western Union. If there is an American Express or Western Union office near your home in the U.S., the entire transaction can be carried out through that office, and you can pick up the money at the local office in Delhi. There is a charge for these transactions.

**Indian bank accounts:** For short stays, most students decide that a bank account is unnecessary and undesirable.
It is essential that you and your family members realize that financial responsibilities above and beyond those outlined in the *Form of Agreement and Waiver* are your responsibility, and IES’ general policy is not to provide students with personal loans. However, in case of emergencies (e.g., accidents, hospitalization) IES Abroad may be able to cash advances or payments on your behalf.

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<tr>
<th>Costs in Delhi</th>
<th>Indian Rupees</th>
<th>U.S. Dollars</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Students will need to take public transportation when commuting between their housing.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bus</td>
<td>Rs. 10-25</td>
<td>20¢-55¢</td>
</tr>
<tr>
<td>Metro</td>
<td>Rs. 10-25h</td>
<td>20¢-55¢</td>
</tr>
<tr>
<td>Taxi</td>
<td>Rs. 350 for 20 km</td>
<td>$7-$8</td>
</tr>
<tr>
<td>Auto-rickshaw</td>
<td>Rs. 20-30 per km</td>
<td>45¢-65¢</td>
</tr>
<tr>
<td><strong>Restaurants</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Campus Cafeteria (lunch)</td>
<td>Rs. 25-60</td>
<td>50¢ -$1.50</td>
</tr>
<tr>
<td>Restaurant (dinner)</td>
<td>Rs. 350–1000</td>
<td>$10-$25</td>
</tr>
<tr>
<td>Western Restaurant</td>
<td>Rs. 1000–2500</td>
<td>$20-$50</td>
</tr>
<tr>
<td><strong>Entertainment</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Movie</td>
<td>Rs. 200–350 per ticket</td>
<td>$3-$10</td>
</tr>
<tr>
<td>Theatre / Orchestra</td>
<td>Rs. 500</td>
<td>$10</td>
</tr>
<tr>
<td>Museum Entry</td>
<td>Rs. 500 and up (differential fees for non-Indians)</td>
<td>$10 and up</td>
</tr>
<tr>
<td>Stamps</td>
<td>Rs. 5 and up</td>
<td>10¢ and up</td>
</tr>
<tr>
<td>Telephone</td>
<td>Rs. 3 per minute for a local call</td>
<td>6¢</td>
</tr>
<tr>
<td>Cell Phone</td>
<td>Varies</td>
<td>Varies</td>
</tr>
<tr>
<td>Internet Café (Email)</td>
<td>See Housing Section</td>
<td>See Housing Section</td>
</tr>
<tr>
<td>Laundry Service / Dry Cleaning</td>
<td>approx. Rs. 1000 per week</td>
<td>approx. $20 per week</td>
</tr>
<tr>
<td><strong>Shopping</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoes</td>
<td>Rs. 750–6,000</td>
<td>$16-$135</td>
</tr>
<tr>
<td>Shirt</td>
<td>Rs. 750–2,000</td>
<td>$16-$45</td>
</tr>
<tr>
<td>Jeans</td>
<td>Rs. 1,200–4,500</td>
<td>$27-$100</td>
</tr>
<tr>
<td>Groceries</td>
<td>Rs. 1,000 per week per person. Western foods such as canned goods, bottled drinks, etc. cost more</td>
<td>$25</td>
</tr>
</tbody>
</table>

*All estimated on-site prices subject to change. Some on-site expenses will be billed by IES Abroad Chicago to your home address, including text book, copyright permissions for course readers, and field trips.*
The information in this chapter will help you prepare for the new classroom environment that awaits you overseas. As you think through the various academic options, consult this section for questions about IES Abroad courses, university courses, and other scholarly matters.

EDUCATION IN INDIA

The secondary schooling system in India is 12 years long and many students receive their certification from the Central Board of Secondary Education. After receiving this certification, they compete for college admissions. The number of applicants far outweighs the number of seats available at universities, and admission, especially to the top-tier colleges, is extremely competitive. The undergraduate degree is accomplished over three years. Currently, the system of annual exams contributes most to a student’s overall evaluation, although there is an increasing practice of providing ongoing evaluations.

Universities in India are primarily funded by the state governments; however, there are 20 important universities called Central Universities that are maintained by the federal government. These universities have an edge over the others due to their relatively large source of funding. Delhi University, a Central University, has an affiliate of about 80 colleges spread across its North Delhi and South Delhi campuses. Similar to the British system, the colleges offer courses in the Humanities, Social Sciences, Natural Sciences, and Business, among others. While students seek admission into a particular college, they will receive their undergraduate degree from Delhi University.

Jawaharlal Nehru University (JNU), another Central University, follows the semester system. Students work through the Summer, Monsoon, and Winter semesters spread over a year and complete undergraduate degrees over 4 years. The M.A. level requires two years of coursework, exams and term papers.

In both cases, U.S. students will be struck by the diversity of the student population. Students from different parts of Asia can be seen in college hostels and campuses.

Students must be aware of the differences between the student/teacher relationship in India and the U.S., as it is much more formal in India. It is important that students address their professor using their formal title and surname unless otherwise specified on a case by case basis. Students are expected to treat professors with respect, and should never criticize, openly or in private, any professor. If a student has a problem with a professor, they should speak with the IES Abroad Delhi Director.

The pedagogical styles of classroom teaching follow the lecture format, especially at the undergraduate level. Seminar-style presentations, group projects, and research oriented papers are especially prevalent at JNU. Most professors will distribute copied handouts of key readings, as libraries may not have sufficient numbers of books to cater to students’ require-
ments. Classes are held Monday through Saturday, generally meeting between 8 a.m. and 2 p.m.

Extracurricular activities can include drama, debate, music, voluntary work, creative writing, regional cooking classes, religious festivals, and engagement with issues of social justice. The investment in sports and athletic facilities is certainly sparse compared to U.S. campuses, but can vary from college to college or between universities.

Given the diverse background of students, U.S. students may sometimes feel insufficiently challenged if the professor pitches the teaching at a level that takes into account the varied educational backgrounds of students. The language of instruction is English; however U.S. students will need time to attune to a whole array of Indian accents, not to mention Hinglish (combination of Hindi and English) that is almost a language unto itself.

**ENROLLMENT OPTIONS**

In addition to courses designed and offered by the IES Abroad Delhi Center and taught by IES Abroad faculty members, students may enroll in outside university courses at select Indian institutions. Some flexibility is required when working with local Indian universities as their policies governing registration, academics, course scheduling, and grading can be quite different from what you might be accustomed to.

Course enrollment at Indian institutions cannot always be guaranteed. As a result, IES Abroad suggests that all students approve at least 15 credits worth of IES Abroad courses with your home school advisor prior to departure. This applies to all IES Abroad students.

**IES ABROAD LANGUAGE COURSES**

Your introduction to language study begins during orientation with basic introductory lessons in both Hindi and Urdu. On the colloquial level, both languages are similar with the key difference being the script. Hindi language uses the Devanagari script while Urdu uses the Persian script. Although Hindi script is more predominant in Northern India, you will also have ample opportunity to use and practice Urdu. For students who have had coursework in either language, there will be a one-on-one assessment with the instructors to assess and plan the coursework needed by those students. During orientation we will offer an intensive series of lessons to learn Hindi script. These lessons will be required for students who will be taking Hindi and optional for other students.

Following orientation, you will be able to continue your language study for credit throughout the semester. Students who choose this option will earn 4 credits of Hindi language or 3 credits of Urdu by the end of the semester. Classes equally emphasize the written and spoken language. You will be grouped in classes with other IES Abroad students of comparable language ability. Various levels of language instruction are offered and special arrangements will be made to accommodate heritage students and students with advanced Hindi language skills.

If you are committed to mastering the language, you should work on your language skills regularly in Delhi and seek opportunities to practice outside of the classroom setting. While interacting with your homestay family
members and other Indians, you must make a special effort to speak as much as possible and try not to rely on English. We encourage you to practice by socializing with Indian nationals or in mixed groups where Hindi or Urdu is the common language, and by watching Hindi/Urdu television and cinema. You will find that your conversational skills improve rapidly so long as you place yourself in situations where you must function in your target language. Do not neglect your reading and writing skills, even though they take more effort. Accustom yourself, as soon as you are able, to reading at least part of the newspaper every day and practice writing—for example, in notes to Indian friends or a letter to your teacher back home. You may attain good grades by consistent application to your assignments, but achieving great advances in your language proficiency requires a conscious effort outside the classroom. Hindi is not just a subject to be mastered but a means of communication, and proficient communication takes practice. Indians are avid conversationalists and both languages are renown for their poetic and convivial nature. Enjoy your language study!

IES ABROAD AREA STUDIES COURSES
The IES Abroad program in Delhi is carefully designed to ensure that you have a rich, rigorous, and intellectually stimulating experience of high academic quality. Designed especially for IES Abroad students, these courses are taught by IES Abroad staff and faculty from other prominent Indian academic institutions.

IES Abroad courses are generally seminars, demanding active class participation. Academic styles in India may differ from those you are used to. This is, of course, part of the study abroad experience, and it is important to be open to these differences. Each class meets two or three times a week. Attendance is required.

Students are required to come to class prepared, complete all written assignments, and take rigorous examinations, both at mid-term and at the end of the semester. For more detailed information on courses offered through IES Abroad, please consult your IES Abroad catalog. You may download course syllabi from the IES Abroad website at www.IESabroad.org.

DELHI UNIVERSITY COLLEGES
Many colleges are affiliated with Delhi University, the largest university in India. All undergraduate work at Delhi University takes place in autonomous colleges. Course options are available at Kamala Nehru College, which is one of the Delhi University colleges. DU colleges have an active and welcoming extra curricular life and students have found them to be good sites for making Indian friends.

JAWAHARLAL NEHRU UNIVERSITY
IES Abroad offers qualified students the option of enrolling in courses at the Jawaharlal Nehru University (JNU). JNU is one of the five leading Indian universities recognized by the Indian educational authorities for leadership.
in research and rated by Asia Week as the top general university in India. The university has an attractive modern campus in a park setting in South Delhi.

JNU is primarily a graduate institution and offers high-level rigorous courses. Admission to courses is contingent on students having fulfilled the appropriate prerequisites and is determined by each department. **IES Abroad cannot guarantee course enrollment.** Students applying to JNU should be aware that students have been rejected in the past. Those wishing to take a particular JNU course should be flexible when considering course options since not all courses advertised will be offered and course descriptions for some courses may not be available in advance of the start of the semester. IES Abroad students with proper prerequisites may enroll in courses. Past students have found JNU courses to be challenging but manageable. Students taking these courses should choose courses in their majors or closely related fields. It should be noted that choosing cross-departmental courses outside the purview of your major is not recommended as they may not be approved. Please refer to the IES Abroad website for specific JNU college links.

IES Abroad students taking courses at JNU are enrolled as “casual” students. Typically, casual students in the Indian system are not issued grades. **All IES Abroad students taking courses at JNU must negotiate with their professor prior to the start of the course in order to receive a grade.** It is ultimately the responsibility of the student to ensure that a grade is issued for coursework. If a problem arises concerning grade issuance, students should speak to the Director on-site.

**Students who wish to enroll at JNU must submit JNU application materials to IES Abroad Chicago through their MyIESabroad account by the early application deadline.** Late JNU applications will not be accepted and students cannot apply to JNU once on-site in Delhi.

**SERVICE LEARNING PLACEMENTS**

Service learning placements are unique community-based learning opportunities that will enable you to experience first-hand the social, environmental, and economic challenges of the area. These service projects give you the opportunity to learn about the local culture and meet local residents, while making a difference in India.

**Types:** Organizations that deal with environmental issues, social and child welfare, economic development, health, housing, rural development, nutrition, cultural heritage, and animal welfare.

**Examples:** NAZ Foundation Trust (HIV/AIDS), Salaam Baalak Trust (Rehabilitation of Street Kids). Participating organizations vary by term, and all organizations are vetted by IES Abroad.

IES Abroad offers a special seminar in service learning wherein a student can earn credit for their service learning experience. There are also non-credit earning voluntary placements for those who do not wish to take the seminar — however securing one of these placements is dependent upon a variety of factors, including an on-site interview which allows organizations to choose the student that best matches the opportunity.
CREDIT TRANSFER & GRADE POSTING

Course Selection & Approval
Prior to your departure, verify the transfer of credits with your home institution by conferring with your advisor and study abroad coordinator about which courses you should take overseas. It is your responsibility to make sure predeparture that courses and credits taken while abroad will transfer into your major and/or minor. Since your course schedule is not finalized until you arrive on-site, it is advised that you have alternate courses approved by your home school as well. IES Abroad cannot be held responsible if your courses are not approved. Students are required to register for a minimum of 15 but no more than 19 semester credit hours during each term of semester in attendance. For further Academic Policy Guidelines, refer to the IES Abroad Student Handbook.

Partner university course offerings may not be available prior to your departure and therefore, you may not receive a final commitment from your home institution on credit transfer. General information on these courses is available on the IES Abroad website. Discuss a range of possible courses with your academic advisor and study abroad coordinator so you have a clear idea of what courses will be least problematic to transfer. You may be asked to provide a course description, syllabus, reading lists, written assignments, and other supporting materials upon you return to your home institution; therefore, it is important to keep copies of all such documents. If you opt to switch from an approved course to another course after you have already begun your study abroad program, be prepared to justify a credit transfer to your home institution with the documentation listed above, as well as any other supporting materials that may be necessary.

Transcripts for Credit Transfer
At the conclusion of the program, an official IES Abroad transcript will be sent to your home school. If you submitted a School of Record application, transcripts will be sent directly from the University of Rochester to the address you provide when you submit your School of Record request online. Normally, IES Abroad mails transcripts approximately six weeks after the end of each program. However, if you are taking courses at a local university, be prepared for some delay in receipt of transcripts due to the disparities in administrative procedures between overseas and U.S. institutions. Transcripts will not be released if there are any outstanding financial obligations.

School of Record
If your school does not accept IES Abroad credit directly, you will need to obtain a School of Record transcript from the University of Rochester to receive credit for participation in the IES Abroad program. The fee for a School of Record is $375 and is non-refundable. You are required to check with your school if you are unsure which credit they accept. Instructions for submitting your School of Record Form are in your MyIESabroad account at www.IESabroad.org.

Grade Posting
Your grades can be viewed under Your Resources in your MyIESabroad account at www.IESabroad.org. IES Abroad grades are typically posted within six weeks of the final day of the program. University grades may take longer. Non-reported “NR” grades indicate that your professor has not yet reported your grades. Once they are submitted, a revised transcript will be sent to your home school.
Moodle
At IES Abroad, many of your professors will be using Moodle to supplement in-class activities and discussion. Moodle is a learning management system that can allow you to interact with your classmates, to receive feedback from your instructors, and to access course materials from anywhere that you have Internet access. You will receive more information about Moodle during orientation.

Library Facilities
If you enroll in classes at JNU, you will be able to take advantage of their library, which is widely regarded as one of the major research facilities in India. It has both English and Hindi language holdings as well as useful reference books and periodicals in English. You will also have access to the JNU library reading rooms for study purposes and a computer lab. Students who attend Kamala Nehru will have access to their libraries as well. For a fee of Rs. 400 (approx. $8), you can purchase a library card to the popular American Center Library in Delhi that allows borrowing privileges of up to 4 books at a time. You can also obtain a temporary membership to the popular British Council Library.

Computer Facilities
Universities in Delhi, such as JNU, have computers available to students taking courses there. Internet cafes are also widely available throughout the city and offer reliable service at an affordable price. IES Abroad encourages students to bring insured laptops. IES Abroad Delhi provides high-speed broadband at the Center. It is recommended that you bring a flash USB drive in order to save and print work.

India offers many exciting experiences, such as taking an elephant ride in Jaipur.
EXPLORING THE SITES AND CULTURE OF YOUR HOST COUNTRY MOST LIKELY WILL BE ONE OF THE MOST MEMORABLE ASPECTS OF YOUR TIME ABROAD. FROM HOUSING OPTIONS AND EXTRACURRICULAR EVENTS TO FIELD TRIPS AND INDEPENDENT TRAVEL, THIS CHAPTER WILL HELP YOU GET SET! FOR THE EXCITEMENT AND CHALLENGE OF LIVING IN ANOTHER CULTURE.

CULTURAL INTRODUCTION

SPIRIT OF PLACE
First impressions of Delhi are justifiably overwhelming. It is a city of extremes: extreme size, populace and diversity. There are the visible temporal contrasts between the remains of architectural monuments and ruins of the Mughal times and the modern glass and steel structures increasingly present in the growing, modernizing city.

Shahjahanabad or the walled city of Old Delhi is spatially very differently mapped than the big green boulevarded New Delhi. The former is a thriving commercial area of narrow, winding streets with old houses and mosques and the latter is a geometrically prim, well planned site of official buildings including the imposing residence of the President of India. Between these two ends of the spectrum is a vibrant megalopolis of 14 million people who contribute to the daily hustle-bustle that is Delhi.

As the national capital, Delhi is privileged to host vibrant cultural events and shows that are almost always available gratis. Posters and hoardings of current Hindi films abound and their rhythmic tunes serve as a rousing soundtrack, often accompanying the noise of the three wheeler auto-rickshaws, public buses and cycle rickshaws.

Crossing streets will seem daunting, especially as the vehicles are not shy of honking or clogging up lanes, but after a while, you will grow accustomed to the inner rhythms beyond the disjointed and chaotic movement on the surface. Delhi’s new underground metro system is greatly adding to the public transport system and is already very popular for commuting.

The people in the streets will be curious to strike up conversations. Many will want to practice their English language skills and many will be curious to learn about your family background and the educational opportunities you have. They will be equally keen to discuss Indian culture and society and debate current issues. In commercial areas and at traffic junctions, you will be accosted by beggars and persistent salespersons that may be alarming, annoying, and overwhelming. Learning to process these non-stop experiences and interactions is all part of understanding life in India. These conversations will continue in homes and on campuses, where you will have even greater opportunities for stimulating discussions and interactions.

The opportunities for learning about the dynamics of contemporary India, inextricably tied to its many pasts, will be manifold – in the classroom and in the city at large. Be aware and prepared to nurture a tolerance for ambi-

TRAVERSING NEW CULTURES

Exploring the sites and culture of your host country most likely will be one of the most memorable aspects of your time abroad. From housing options and extracurricular events to field trips and independent travel, this chapter will help you Get SET! for the excitement and challenge of living in another culture.
guity and ambivalences in a society that is negotiating Tradition and Modernity at every turn.

**MEETING INDIAN PEOPLE**

Most Indian people will treat you in a very friendly way. You should remember that most likely you will be perceived as a very wealthy person because you are coming from a wealthy country. Although foreigners are certainly quite common in Delhi, you may still attract curious attention in some places, especially from children or less cosmopolitan adults. This will also occur when you travel outside Delhi. People may want to practice speaking English with you if they think you are American, or ask questions considered impolite in U.S. culture (e.g., how much money do you make, or how much did your watch cost). For the most part this is healthy curiosity, but if the attention becomes annoying, posing questions to your interrogator is often satisfying to both parties.

Delhi is of course an Indian city, but there are also many foreigners from the West and especially university students from Africa and neighboring countries like Nepal and Afghanistan. One cannot help but notice a whole subculture of conspicuous consumption that caters equally to the many wealthy Indians and expatriates residing in Delhi. Luxury hotels, fancy shops, cocktail parties at lounge bars to be seen in, and expensive restaurants all thrive and attract their share of niche clientele.

Fast food chains like McDonald’s, Kentucky Fried Chicken, and Pizza Hut, mostly beyond financial reach of the aspiring class of city-dwelling Indian workers, are certainly popular among the salaried middle and higher classes. There are also chains of popular coffee shops like ‘Baristas’ where youth often hang out. Delhi-ites of all ages often frequent street side stalls that offer chai, snacks, and basic meals for Rs.25 and upwards.

As you navigate through these myriad Delhis you will encounter economic differences that are so complexly layered and nuanced in terms of class, and sometimes caste, that it will be impossible not to question or be affected by the range of differences. Eating a meal at a fancy restaurant that easily costs a month’s wages for someone of domestic help will likely cause you to question the startling contrasts between rich and poor. Processing these sometimes disturbing realities will be an important part of your study abroad experience.

We urge you as strongly as possible not to be a tourist, not to spend your time at the ‘looks like home’ cafes or restaurants, but to try to engage with and experience as much of the layered and pulsating Delhi as you can. Associate with Indian students and families instead of foreign tourists and expatriates, go to parks and shrines, ride the metro and three wheelers instead of taxis. We presume you have deeper goals in India than to be a tourist. Life in India can be challenging, and you will probably seek occasional refuge in a hamburger or a salad. But the real value of your stay lies in your studies and your experience of Indian life.

Indians and foreigners associate freely in many situations, and you should have little difficulty making Indian friends. The IES Abroad Delhi staff will see that you have many opportunities to meet your Indian counterparts on campus through extracurricular activities and events.
Keeping a journal, along with photos, during your time abroad is an excellent keepsake to enjoy when you return home, and IES Abroad will often post student photos on our Web site and in our publications. Above all, enjoy your stay in India!

**GIFTS**
Taking a few lightweight items as gifts is a good idea. The following make good gifts:
- T-shirts or other items with your college logo
- Calendars and datebooks with pictures
- CDs of Western music, classical or pop
- Special issue stamps, pictures, or calendars of your home city or state
- Children’s toys
- Fashion magazines

**INTERCULTURAL COMPETENCE: PREPARING FOR YOUR CROSS-CULTURAL ADVENTURE**
Studying abroad is a great adventure. There are places to see and people to meet, and with it all comes a sense of excitement. But study abroad also means a transition from a culture with which you are familiar to a culture or cultures that may be very different from your own. Beyond the most obvious adjustments—food, housing, and possibly a new language—you will be adjusting to unspoken rules and cues that are different from those that you take for granted at home. Adjusting to a new culture is part of the process of gaining intercultural understanding. This can be a long process, but the period during which you study abroad can give you a great start.

There are many aspects to the cultural transition process, and we have outlined them for you in your IES Abroad Student Handbook. We encourage you to familiarize yourself with the information in the Intercultural Competence section of the Student Handbook as you prepare for your cross-cultural adventure.

Eating in the campus dining rooms, teaching English in your spare time, volunteering with a non-profit organization, and participating in other Indian student activities including sports teams are all ways of making new Indian friends.

**EXTRACURRICULAR ACTIVITIES**

**SPORTS & FITNESS**
Without a doubt, cricket is the most popular sport in India. Played in gullies and maidans (fields), people of all ages enjoy the competitive nature of the game, which can last up to several days. Although the culture of ‘college athletics’ in India is not as extensive as on U.S. campuses, students can still participate in sports activities at the local universities.

Local sports centers offer swimming, tracks, equipped gyms, and indoor sports like badminton. Many smaller gyms have sprung up recently as people are becoming more and more exercise conscious. Additionally, there are a number of yoga classes held in neighborhood parks and elsewhere that students can participate in.
IES ABROAD FIELD TRIPS
IES Abroad Delhi organizes field trips as an essential complement to classroom learning. Field trips balance students' life in urban Delhi with exposure to the vastness of India’s countryside and the diversity of its ethnic mix. Trips are carefully planned to introduce students to areas less traveled by the average tourist.

Trips in the past have included locations such as Agra (Taj Mahal), Jaipur, Udaipur, Mussorie, and Varanasi. Optional field trips are organized to other parts of India as well as short trips to sites in and around Delhi throughout the year. Travel is generally by train or bus and may be arduous. When traveling, you will generally stay in guesthouses or small hotels.

All field trip locations subject to change. Additional field trip information is available at www.IESabroad.org under IES Abroad Delhi field trips. Final fees and trip durations are available on the IES Abroad Delhi Costs page.

**Academic Year Students:** Final Spring semester field trip information will be available on the website in early fall.

STUDENT SAFETY

INDEPENDENT TRAVEL
Students wishing to engage in independent travel should plan to do so before or after the program dates, or during scheduled breaks included in the IES Abroad program schedule. Students must also submit a travel itinerary to the IES Abroad Director before leaving.

IES Abroad continues to maintain its longstanding commitment to student safety. In light of this priority, IES Abroad employs procedures that establish avenues of communication and information tracking between students and staff. As indicated in the Communications section of this guide, IES Abroad requires students to have mobile phones during their study abroad experience, encouraging and simplifying effective communication with both the IES Abroad Center and parents in the event of emergencies. Students are required to provide their Center with their mobile phone number and to keep their mobile turned on and charged at all times for the duration of enrollment. Additionally, students are required to submit an electronic independent travel itinerary through TravelTracker™ and/or a paper independent travel itinerary form to inform staff any time they are away overnight. This information provides necessary information in the event of an emergency and students need to be reached when mobile phones are not functioning.

Students are encouraged to focus their independent travel in India and should discuss travel taking them out of India during the semester with IES Abroad staff.

For details about hostels worldwide, to purchase a membership card, or to book accommodation, visit Hostelling International at www.hihostels.com.

Registration with Embassies When Traveling Independently
When traveling outside of your host country, register with the U.S. Embassies/Consulates in the countries you are visiting. As you make travel plans,
you can easily register online at https://travelregistration.state.gov/ibrui/.

TRAVEL SAFETY
When planning independent trips during your time abroad, be sure to keep basic health and safety provisions in mind. We recommend that you:

- Avoid walking alone at night, even if you are familiar with the area. Females should avoid walking alone altogether.
- Always be aware of your surroundings.
- Investigate what emergency medical services are available in the region or country where you will be traveling.
- Pack a basic first aid kit.
- Use helmets, seat belts, life jackets, and other relevant safety devices.
- Choose safe, reliable transportation.
- Leave jewelry and expensive watches at home.
- Carry money, tickets and passport with you. Do not leave them in your hotel room or luggage.
- Make photocopies of passport, credit cards, and airline tickets and maintain them separately from the originals.
- Make sure luggage has identification inside and out.
- Keep luggage locked and securely stored.
- Always keep doors and windows locked wherever you are staying.
- Limit the use of your mp3 player in public as it may distract you from recognizing dangerous situations and/or be the target of thieves.
- Keep an electronic copy of your passport saved in your email account.

You should also keep yourself aware of any unique situations in specific countries that might necessitate taking additional special precautions. The U.S. State Department posts current travel warnings, public announcements, and consular information sheets for any country on their website: www.travel.state.gov.

MOTORIZED VEHICLES
Operating a motor vehicle abroad can be hazardous and pose significant safety risks to IES Abroad students, other motorists and pedestrians. Unfamiliar roads, signage and road conditions, and limited knowledge of local traffic laws and local rules of the road can increase risks while driving abroad. Driving on an unfamiliar side of the road or an unfamiliar side of the car can also increase risk of injury or accident. Therefore, it is imperative that IES Abroad students exercise extreme caution if they decide to drive abroad, and that they never operate a motor vehicle while under the influence of alcohol or drugs.

Except as necessary in an emergency or crisis, IES Abroad prohibits its students from operating a motor vehicle in any country where the death rate per 100,000 population is higher than in the U.S. (Source: The World Health Organization). The countries where IES Abroad Centers are located and driving is prohibited under this policy include: Argentina, Chile, China, Ecuador, India, Morocco, and South Africa. Before operating a motor vehicle in any country where there is no IES Abroad Center, students should check with the Dean of Students Office in Chicago to determine whether driving there is prohibited by this policy.

All IES Abroad students are strictly prohibited from operating motorcycles, scooters, mopeds, ATVs, and off road vehicles at any time.
DISCUSSING DIVERSITY

The IES Abroad Diversity Initiative strives to make studying abroad a learning experience accessible to all students, creating a student body that reflects the diversity of both the U.S. and U.S. college students.

IES Abroad defines a diverse student as someone who is a racial/ethnic minority, first-generation college student, economically needy, LGBT, and/or who has demonstrated a history of overcoming adversity (a physical or mental disability, for example).

IES Abroad programs embody the idea that diversity represents not only a characteristic of our student body, but also an essential component of the intercultural learning experience central to the mission of study abroad. This commitment to diversity ensures that a variety of viewpoints and perspectives are shared within each program’s student body so that the group explores issues from the viewpoint of multiple cultures and backgrounds.

IES Abroad staff members are aware of and sensitive to the range of issues that students experience while adapting to their new international setting. In addition to scheduling formal meetings during which students discuss their adjustment to their program and its setting, staff are always available to discuss individually how you are adapting to your host environment and interacting with local residents, including experiences that arise from you being a member of an underrepresented group or part of a minority or heritage population for the first time.

In preparation for your upcoming study abroad experience, we hope the information below will answer some of the questions or concerns you might have. If you have any further questions, contact the IES Abroad Dean of Students Office or the Director of Diversity, at 800.995.2300. We are dedicated to helping you have the most enriching study abroad experience possible.

DIVERSITY IN INDIA

There are few places where most of the population comes from one national, religious, or ethnic group. At IES Abroad, our faculty, staff, and programs are committed to recognizing and acquainting students with the diversity that exists within India. IES Abroad students are continually provided with opportunities to explore the cultural richness of their host environment and learn about economic, social, and political status of local populations.

Minority Students

Students who are of European descent and/or who are considered to be racial and ethnic minorities in the U.S., excluding those of Indian heritage, will be part of minority populations in India. The CIA’s World Fact Book reports that 72% of the population is Indo–Aryan, 25% Dravidian and also a small number of Mongoloid residents.

Students falling into minority populations may stand apart from the local population because of physical characteristics such as height, or skin and hair color, which are very different from the majority population. Skin color, in particular, with its socio-economic associations, may attract unwanted attention. Students with darker complexions may find themselves attracting significant attention or subject to negative comments in the
streets, shops or nightlife depending on the area. IES Abroad staff can provide information on support groups and cultural or social organizations.

**Heritage Students**
Students of Indian heritage who physically resemble locals may not experience the same degree of novelty as their non-Indian peers. Locals may interact differently or may have different expectations of heritage students, including greater knowledge of the host country, local customs, or the local language. Heritage students who are proficient with the language and more familiar with customs may acclimate to their new setting more easily. IES Abroad staff is always available to discuss how you are adapting to your host environment and interacting with local residents.

**Sexual Orientation and Gender Identity**
At the beginning of July 2009, homosexual acts in India between consenting adults were legalized by the Delhi High Court. The Court declared that the 149-year-old law violated fundamental rights and is not punishable.

Although homosexuality is no longer illegal under Indian law, India’s history and current residents’ attitudes remain conflicted with regard to GLBT persons. The history and cultural values ascribed to particular behaviors, conduct, gender and sexuality do not lend themselves to GLBT identification or connotation according to Indian beliefs. Women generally will find greater restrictions based upon their behaviors and conduct especially in regard to sexuality. In general, GLBT identified and labeled establishments, areas and print materials which provide information for a GLBT audience are very increasingly visible.

Before leaving, it is important to reflect on the culturally-based ideas and definitions of sexual identity, and consider how your sexual orientation and gender identity may affect your relationships with residents of your host country. Feel free to speak to IES Abroad staff about your concerns and to ask questions.

**Religious Issues**
The CIA’s World Fact Book describes 80% of the population as Hindu and 13% Muslim. The remainder ascribe to a form of Christianity, Sikhism, Judaism or no religion. Students can still find a community of worship or practice especially in urban centers like Delhi. Places easily identified are synagogues, mosques, as well as churches. If you wish to participate in religious services, IES Abroad staff can assist you in finding an appropriate local place of worship.

**Physical Disabilities**
India is far from being fully accessible. Streets are frequently uneven and crowded, and public transportation is not equipped with the necessary accommodations for wheelchair access. Even popular tourist destinations do not have many of the appropriate accommodations.
ADDITIONAL DIVERSITY RESOURCES
Additional information and site-specific resources are located under Diversity Resources at www.IESabroad.org. You are strongly encouraged to use the suggested readings and resources to acquaint yourself with your new context and better understand how your many identities may influence your experiences.

If you have any further questions related to diversity, contact the IES Abroad Dean of Students Office or the IES Abroad Director of Diversity at diversitydirector@IESabroad.org.

CODE OF STUDENT RESPONSIBILITY
The IES Abroad Code of Student Responsibility is based on the premise that our students are guests abroad. IES Abroad students are expected to abide by the customs of the countries in which they are studying and are legally subject to the same laws that govern local students. Students who participate in IES Abroad programs are representatives of IES Abroad for the duration of their enrollment. Any student who violates any policy outlined in the Code will be subject to administrative review and possible sanctions up to and including dismissal from the program. There are four parts to the code of student responsibility: The Academic Honor Code, Academic Honor Code Violation Review Process, The Student Code of Conduct and Judicial Procedures. Systems for dealing with violations of these policies are outlined in detail. It is in the best interest of all students to read and become familiar with these policies. The Code of Student Responsibility, the Academic Policy guidelines and Student Sexual Harassment Policy can be found in your IES Abroad Student Handbook and also on our Web site at www.IESabroad.org under Students.

ALCOHOL & OTHER DRUG POLICY
The use of illegal drugs and the abuse of alcohol are seriously detrimental to individual health and well-being. IES Abroad allows for the consumption of alcohol, within reasonable limits, by students who are of legal age in their host countries. The legal drinking age in Delhi is 25. Students who choose to consume alcohol do so with the knowledge that they remain responsible for their actions at all times and are expected to drink responsibly. IES Abroad does not encourage the use of alcohol or condone any drinking patterns or behaviors that are detrimental to the health and welfare of the individual, IES Abroad, or the community. The possession, use, or distribution of any drugs that are considered by host country law to be illicit or illegal drugs or controlled substances is prohibited. Students are cautioned that ANY ALCOHOL OR OTHER DRUG INFRACTION WILL BE CONSIDERED A GRAVE VIOLATION OF POLICY AND WILL RESULT IN SERIOUS SANCTIONS THAT MAY INCLUDE DISMISSAL FROM THE PROGRAM. The complete Alcohol and Other Drug Policy can be found in the IES Abroad Student Handbook.
### CHECKLIST

Below are some of the key steps you need to complete before departure.

#### I ALREADY:

<table>
<thead>
<tr>
<th>Step</th>
<th>Complete</th>
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<tbody>
<tr>
<td>Have my passport and a visa (if needed).</td>
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<td>Submitted all required online and paper forms to IES Abroad at <a href="http://www.IESabroad.org">www.IESabroad.org</a></td>
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<tr>
<td>Made copies of all important documents (passport, visa, etc.) to leave at home and to bring with me.</td>
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<td>Know the policy of transferring grades at my college or university.</td>
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<td>Know how I will get money while abroad.</td>
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<td>Planned for prescription and medical needs while abroad.</td>
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<td>Know the country telephone codes needed to call home from overseas.</td>
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<tr>
<td>Know the time difference between my hometown and my study site.</td>
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<tr>
<td>Know where to go upon arrival and how to get there.</td>
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<tr>
<td>Read about the history, economy, and culture of my host country.</td>
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<tr>
<td>Am aware of my own cultural values and realize that people I meet may have different cultural values.</td>
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<tr>
<td>Reviewed current events and feel comfortable discussing my perspective.</td>
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<tr>
<td>Have chosen a small item from my city or country to share with my host family or with students from my host country.</td>
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**Read this Get SET! Guide and the IES Abroad Student Handbook.**

**Plan to pack this Get SET! Guide in my carry-on.**