

# Delhi - Study in Delhi

## Predeparture Information

Congratulations on your decision to study abroad! We have no doubt that studying abroad will be a life-changing adventure. We're glad to have you with us.

Read your Predeparture Information to learn more details about your program and find out what you need to do next. You should also begin filling out your online predeparture forms that are accessible in your MyIESabroad account.

Feeling lost? Your IES Abroad Advisor is always just a phone call (800.995.2300) or email ([study@IESabroad.org](mailto:study@IESabroad.org)) away.

How will study abroad redefine you? We can't wait to find out!

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# Plan your Travel

We recommend reading this section of your predeparture information first to make sure you know right away:

- How to obtain any necessary travel documents
- Which dates to use when booking your international flights
- What to do once you land in your host city, and who to call if you run into bumps along the way

## Travel Documents

### Passport

If you have not already done so, apply for your passport immediately! You must have a valid passport before you can apply for any other required travel documents.

You must have a passport valid for at least **six months** after the end date of your program; academic year students must have a valid passport for at least six months after their second term abroad ends.

For further details on applying for or renewing your passport, please visit [travel.state.gov/passport](https://travel.state.gov/passport).

### The U.S. Passport Application Process

The current passport application process requires:

- A passport application
- A true certified copy of your birth certificate
- Two identical passport photos
- An application fee
- A personal ID
- A photocopy of your ID

For further instructions on obtaining a passport, visit [www.travel.state.gov](https://www.travel.state.gov) or call the National Passport Information Center at 877-487-2778. You can also call your local post office to locate passport agencies in your area.

**Processing your passport application can take up to six weeks.** You can expedite this process by paying an additional fee.

### **Obtaining a Passport for Non-U.S. Citizens**

If you are a non-U.S. citizen, follow your government's procedures for obtaining a passport. If you are not currently in your home country and you need to renew your passport, check with the closest consulate or embassy of your country on how to proceed.

To obtain consulate phone numbers, please refer to [www.state.gov/s/cpr/rls/fco](http://www.state.gov/s/cpr/rls/fco).

### **Caring for your Passport**

We strongly recommend that you make photocopies of the identification page of your passport and of any travel clearances (visa or residence permit).

- Keep one photocopy of each with you at all times, preferably in a money belt or similar carrier that can be concealed underneath your clothing.
- Leave copies of the identification page of your passport and any other governmental travel documents with a responsible third party or saved in your email inbox in case your documents are lost or stolen.
- Do not carry your passport or wallet in a backpack! These are easy targets for thieves, especially in crowded areas.

### **International Student ID Card**

An ISIC card makes you eligible for discounts on some airline, train, and museum tickets, and can also be used as a calling card. Learn more about the card and where to obtain one at [www.isic.org](http://www.isic.org).

### **Entry Documents**

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 for further details on applying for a student visa as it 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 online forms 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.

## **Travel Dates**

Book your flight according to these official program dates:

Spring 2014

### **Arrival**

**January 12**

### **Departure**

**May 14**

You will receive a preliminary calendar before your program starts and a final program calendar on-site. We strongly encourage you to refrain from making independent travel arrangements (including visits from family or friends) until you

have received this final calendar and finalized your course registration since you will not be excused from academic obligations or required IES Abroad events in order to travel independently. Past students have easily been able to make travel plans once on-site.

When booking your flight, consider investigating student travel websites such as [www.STAtravel.com](http://www.STAtravel.com) and [www.Studentuniverse.com](http://www.Studentuniverse.com). These sites are dedicated to helping students find discount flights and may offer flexible tickets with changeable return dates, usually for a fee.

In addition, other travel websites such as [www.Expedia.com](http://www.Expedia.com), [www.Orbitz.com](http://www.Orbitz.com), [www.cheapOair.com](http://www.cheapOair.com), and [www.Travelocity.com](http://www.Travelocity.com) may have competitive fares.

If you choose to work with a local travel agent, be sure to ask about low-cost student rates. Note that IES Abroad does not endorse and cannot be held liable for any of these travel companies.

## **Early Arrival Policy**

You cannot move in to your IES Abroad housing before the official arrival date. If you arrive before the official arrival date, you are responsible for making arrangements for early accommodations.

We suggest that you consult one of the numerous student travel publications for information about affordable and reputable hotels and youth hostels, and that you make reservations before you leave home.

If you plan to arrive early, we recommend that you purchase additional insurance coverage. You can extend your coverage with Cultural Insurance Services International (CISI), your IES Abroad health insurance provider during the duration of your program, after you receive your insurance confirmation email from CISI about two weeks before the start of your IES Abroad program.

## **Late Arrival Policy**

Late arrivals are not permitted unless warranted by a documented medical or family emergency and approved by IES Abroad.

If you are delayed due to flight cancellations or delays stateside, please contact IES Abroad Chicago for further instructions. IES Abroad Chicago staff will communicate the details of your delayed arrival to the on-site Center staff.

Please do not call the Center's emergency phone number to report your flight delay from the U.S.

## **Early Departure Policy**

Early departures are not permitted unless warranted by a documented medical or family emergency and approved by IES Abroad. It is not possible to reschedule a final exam or final paper deadline in order to accommodate early departure.

## **Arrival**

### **Arrival**

#### **FLYING TO DELHI**

Non-stop flights to Delhi (DEL) from the U.S are very rare. Most airlines 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 *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 information.

### **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 (011-91-99-5813-9399 or calling from Delhi: 99-5813-9399) 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 attendants 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:

- The Athena Hotel, 19, Eastern Avenue, Maharani Bagh, New Delhi - 110065, India, Phone: +91 11 4104 6800, Fax: +91 11 4104 6806, [www.theathenahotel.com](http://www.theathenahotel.com)
- The Ahuja Residency, Ms. Rashmi Ahuja, Proprietor, 193 Golf Links, New Delhi 110 003, INDIA, Phones: 91 11 2461 1027 or 91 11 2462 2255, Fax: 112 464 9008, [www.ahujaresidency.com](http://www.ahujaresidency.com)

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 Center 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.

### **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.

## **Orientation**

### **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 those at outside institutions.

# Prepare to go Abroad

In this section of your predeparture information, it's time to dive into the nitty-gritty. There's a lot to do to get ready, and this section will guide you through:

- Packing—with suggestions from IES Abroad alumni
- Learning about and requesting housing
- Requesting courses from the specific academic offerings at your Center
- Calculating your program fee, learning about payment options, and making a personal budget
- Exploring the field trips offered at your Center and whether you need to sign up in advance
- Completing your IES Abroad Medical Report, learning about health insurance coverage abroad, and planning for things like vaccinations and prescriptions

Each page contains a lot of useful information, so be sure to read them thoroughly! You'll be glad you did.

## Packing

### **Packing and Luggage**

- 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 rarely complain about taking too little, but many have said that they packed more than they needed.
- You are likely to accumulate additional possessions while abroad, and closets and storage spaces overseas are generally much smaller than they are in the U.S.
- You will have to carry your own luggage, so don't pack more than you can fit in the trunk of a small taxi and carry up a flight of stairs by yourself.
- Consider how much traveling you will be doing while abroad, and the benefits of having lighter luggage.
- Check with your airline for luggage allowances, as many have reduced the weight limits and number of bags

allowed.

- Do not pack your passport in your checked luggage. You will need it to embark and when you disembark, before having access to checked luggage.
- In case your luggage does not arrive at your destination at the same time that you do, bring a carry-on bag that includes bare essentials like toiletries, any necessary medications, and a change of clothes.
- Take your laptop on the plane with you as carry-on luggage to avoid damage and having to pay customs. To further protect against damage, store your laptop under the seat in front of you instead of in overhead bins. Remember to insure your laptop before you depart the U.S. It may be covered under your family's homeowner's insurance, and, if not, a wide variety of providers can be found online. Cultural Insurance Services International (CISI), your IES Abroad health insurance provider, offers personal property insurance. For more information, visit [www.culturalinsurance.com/pdf/CISI\\_PPPL\\_info\\_and\\_enroll.pdf](http://www.culturalinsurance.com/pdf/CISI_PPPL_info_and_enroll.pdf).

## **Packing Tips**

Former IES Abroad students have provided the following additional packing tips.

## **CLIMATE**

Keep in mind the climate of Delhi when packing. 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 Delhi.

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 averaging around 22 degrees C

(72 F).

Public establishments like malls, banks and cinemas have air conditioning when the 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 partner 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 <http://www.weather.com>.

## **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 reveals leg above the knee, shoulders and cleavage. Men's clothing can include button-up shirts, polos, t-shirts, pants and the Indian style kurta-pajama. 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 men, may have difficulty finding clothes that fit in India. If this applies to you, you want to bring additional clothing with you.

## **Shipping & Storing Luggage**

We do not recommend shipping luggage ahead of time. Since a customs fee often needs to be paid upon receipt, the Center cannot sign for shipped luggage. Also keep in mind that any items that are shipped over must also be shipped home, and postage is 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 your expense.

## **Voltage and Adapters**

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.

## **Housing**

### **How to Request Housing**

For all of our programs, we select housing that reflects typical student accommodations for the location. You will have the best housing experience if you are open to adapting to your

accommodations and trying to understand and respect the cultural context in which you are living.

## **Requesting Housing through IES Abroad**

- Submit the *Housing Form* as early as possible before the deadline to indicate your housing preferences. IES Abroad Chicago must receive all required documents before making housing arrangements on your behalf.
- When completing the *Housing Form*, consider opportunities for cultural immersion and the levels of privacy or autonomy that each option would provide in terms of schedule, diet, and personal habits. If you have special dietary, health, or religious needs, it is especially important that you submit your housing documents as early as possible. We will try to meet your preference(s), but cannot guarantee that you will receive your first choice of housing. We reserve the right to place you in a housing assignment that does not meet all of your preferences.
- You are responsible for checking with your study abroad coordinator at your home school for requirements related to your housing placement abroad before you submit your *Housing Form*. We do not keep a record of these requirements and therefore cannot be responsible for administering your home school's policy on housing placements abroad.

After you have submitted your required *Housing Form*, *Form of Agreement and Waiver*, and *IES Abroad Medical Report*, your specific housing assignment will be sent to you via email approximately three weeks before the program start date.

Since we assign you housing for the duration of the program, you may not be able to change your housing preference later without incurring substantial financial cost.

## **Changing Your Housing On-Site**

We have a two-week no change policy to give you time to adjust before making any decisions about your housing, so we will not relocate you into a different housing assignment during the first two weeks of the program.

After two weeks, you will only be relocated if there are

available spots in your desired housing option.

Housing change requests will be considered with the on-site housing coordinator.

### **Single or Shared Room Accommodations**

A limited number of rooms are available in several private Indian 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 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 and 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 become 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.

## **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.

## **Meals and 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 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 web page on Indian cuisine: [http://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)

### **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 than 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

While most housing options do offer Internet, students should not expect to have access to it in their housing. If it is available, IES Abroad cannot guarantee Internet or Internet capability in your housing, and cannot provide technical support if Internet access is available.

### **GROUP HOMESTAYS**

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.

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.

### **Location & Commute Times**

The home is 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**

As noted above, Group 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!

### **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 than 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

While most housing options do offer Internet, students should not expect to have access to it in their housing. If it is available, IES Abroad cannot guarantee Internet or Internet capability in your housing, and cannot provide technical support if Internet access is available.

## **Academics**

### **Academic Overview**

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 their 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 3 credits of Hindi language.

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 the Courses tab in this Academics section of your pre-departure information.

### **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 a modern campus in a park setting in South Delhi. JNU is primarily a graduate institution and offers high-level rigorous courses. IES Abroad cannot guarantee course enrollment.

### **THE NATIONAL MUSEUM INSTITUTE**

The National Museum Institute is a college focusing on art history, conservation, and musicology. By special arrangement, the Institute offers a course designed specifically

for IES Abroad students on art in India. *Introduction to Indian Art* will survey the major landmarks in Indian art history and trace significant developments in the architectural, sculptural, and painting traditions from their early beginnings to the modern period.

## The National Museum Institute

About the University:

The National Museum Institute is a college focusing on art history, conservation and musicology. By special arrangement, the Institute offers a special course designed specifically for IES Abroad students on art in India. *Introduction to Indian Art* will survey the major landmarks in Indian art history and trace significant developments in architectural, sculptural and painting traditions from their early beginnings to the modern period.

Enrollment Options:

One course, *Introduction to Indian Art*, is available and can be enrolled in during the IES Abroad registration process.

## Jawaharlal Nehru University

About the 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 a modern campus in a park setting in South Delhi and is primarily a graduate institution and as such, offers high-level, rigorous courses.

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 IES Abroad Director on-site.

#### Enrollment Options:

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. JNU admissions decisions are not made until just before the start of the semester.

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

#### Academic Calendar:

JNU follows the semester system. Students work through the Summer, Monsoon, and Winter semesters spread over a year and complete undergraduate degrees over four years. The M.A. level requires two years of coursework, exams and term papers.

#### Internet Access:

Students who enroll at JNU will have access to the JNU computer labs with Internet access.

Student Life:

### **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.

## **Delhi University Colleges -- Kamala Nehru College**

About the University:

Kamala Nehru College was founded in 1964 and was then known as the "Government College for Women," and was housed in Defence Colony. Initially, the college only offered courses in the arts, but today offers a full spectrum of courses in the disciplines of English, Economics, History, Philosophy, Political Science, Psychology and Sociology. It is one of the colleges that comprise the University of Delhi (DU), a federally-funded University founded in 1922 and based off the British university model with over eighty different colleges, institutions, and post-graduate departments. DU is one of the top universities in India and is known for high level instruction and research.

Offering both undergraduate and graduate courses, DU is one of the largest universities in the world with a student population of over 300,000. More than 30 libraries, located across all campuses, provide required research and reference materials.

Kamala Nehru College is located in the heart of South Delhi, about 20 minutes away from the IES Abroad Center. The campus is small, with a student body nearing 1000. Despite being a woman's liberal arts college, Kamala does accept male students.

Kamala Nehru has an active and welcoming extracurricular life, and students have found that joining societies, clubs and other

organized events is a great way to make Indian friends.

Enrollment Options:

Enrollment for Kamala Nehru College courses occurs onsite after arrival.

## **Educational Culture**

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, students 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 and Africa 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, he/she 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' requirements. Classes are held Monday through Saturday, generally meeting between 8 a.m. and 2 p.m.

## **Credit Transfer**

### **How to Verify Credit Transfer with Your Home School**

Prior to your departure, verify the transfer of credits with your home institution by conferring with your academic advisor and study abroad coordinator about which courses you should take while abroad.

Making sure that courses and credits taken while abroad will transfer into your major and/or minor should be arranged in advance of your arrival on-site.

Since your course schedule will not be finalized until you arrive on-site, we recommend that you have alternative courses approved by your home school, as well. We are not responsible if your courses are not approved. See your *IES Abroad Student Handbook* for important Academic Policy Guidelines.

Partner university schedules and course offerings (where applicable) may not be available prior to your arrival, so you

might not receive a final commitment from your home school on credit transfer. Discuss a range of possible courses with your academic advisor and study abroad coordinator so you have a clear idea of which courses will easily transfer.

You may be asked to provide a course description, syllabus, reading lists, written assignments, and other supporting materials from your courses upon returning to your home school; therefore, it is important to keep copies of all such documents.

Also, if you opt to switch from an approved course to another course after you've begun your study abroad program, you should be prepared to justify a credit transfer to your home institution with the documentation mentioned above, as well as any other supporting materials that may be necessary.

## **Transcripts & Grades**

### **Viewing and Obtaining Your Grades**

After the conclusion of your program, you can view your grades online.

- IES Abroad grades are typically posted online within six weeks of the final day of the program.
- Partner university grades will take longer to post.
- Non-reported “NR” grades indicate that your professor has not yet reported your grades.

### **Obtaining Your IES Abroad Transcript**

- After the conclusion of your program, an official IES Abroad transcript will be sent to your home school.
- Your official transcript will not be released until all of your grades are reported and all of your fees are paid.

Normally, we send transcripts to your home school approximately six weeks after the end of each program. However, if you are taking courses at a partner university, be prepared for some delay in receiving your transcript—U.S. and overseas institutions often have differing administrative

procedures. This can cause your transcript release to be delayed by several weeks.

If you have any questions about your transcript after your program ends, email registrar@iesabroad.org.

### *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 your IES Abroad program.

The fee for a School of Record transcript is \$375 and is non-refundable.

Check with your school if you are unsure about whether they accept IES Abroad credit directly. To request a School of Record transcript, complete the *School of Record Form*. After your program ends, your transcript will be sent directly from the University of Rochester to the address you provide on the form.

## **Moodle**

At IES Abroad, we use Moodle to provide information on-site about academics and student life. Moodle is a learning management system that can allow you to interact with your classmates, to communicate with IES Abroad faculty and staff, and to access IES Abroad materials wherever you have Internet access. You will receive more information about Moodle during on-site orientation.

## **Tuition & Financial Aid**

### **Tuition & Financial Aid**

Bills are sent to confirmed students in:

- Late April for summer programs

- Late May to late June for fall programs
- Mid-November for spring, J-term, and winter quarter programs

Payment is due upon receipt. We must receive payment in full (your resources and/or financial aid) for the standard program fees, or arrange a payment plan with you before you arrive on-site.

### **Paying IES Abroad Directly vs. Paying Your Home School**

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 home school to home school.

Check with your home school's study abroad and financial aid offices to see how this is managed.

### **IES Abroad Financial Aid**

We offer \$2.2+ million in IES Abroad scholarships and aid to our students each year! Check out our scholarship offerings at [www.iesabroad.org/study-abroad/scholarships](http://www.iesabroad.org/study-abroad/scholarships) to find out what IES Abroad aid you might be eligible for.

We have also amassed a list of hundreds of other non-IES Abroad funding opportunities specifically for study abroad that you might be eligible for at [www.iesabroad.org/study-abroad/scholarships/more-funding-options](http://www.iesabroad.org/study-abroad/scholarships/more-funding-options).

All IES Abroad financial aid will be applied to your program fee. If you pay your home school for your study abroad program, the aid will appear as a credit on the invoice sent from IES Abroad to your school. If you are billed directly by IES Abroad, funds will be applied to your portion of the program fee as a credit on the invoice mailed to your home address.

As the recipient of any IES Abroad aid, it is your responsibility to determine how this award will affect any other aid you may receive. We suggest you consult your study abroad coordinator and your financial aid officer to determine in advance how your school handles IES Abroad aid. Please note that IES Abroad aid cannot be deferred to a future term.

## **Home School Financial Aid**

If you plan to transfer any financial aid from your home institution to your IES Abroad program fee, please provide an award letter stating how much aid will be awarded for the program and when it will be disbursed. Send the award letter and disbursement schedule to Denise Buehring in our Accounting Department via mail, fax (312.944.1448), or email (dbuehring@IESabroad.org).

We understand financial aid is often not disbursed until after the term begins. Once we receive this letter, you are only responsible for paying whatever is not covered by the forthcoming aid.

Arrangements must be made prior to your arrival to have your financial aid sent to IES Abroad once the funds are released. If your home school will not send the funds directly to IES Abroad, please make sure someone has the authority to pay the balance due on your account.

## **Enrollment Certification**

If you need letters certifying proof of enrollment for a scholarship or another reason, contact the IES Abroad Registrar at registrar@iesabroad.org. Our Registrar's office serves as the certifying official for academic records.

## **Consortium Agreements**

If your home school requires a consortium agreement or other documentation to pay IES Abroad with your financial aid, send these documents to our Enrollment Management Department via mail, fax (312.944.1448), or email (enrollments@IESabroad.org).

We will complete and return these documents to your home school's financial aid office along with a copy of the fee sheet for your IES Abroad program.

## **How to Pay Your Bill**

- **Checks, money orders, and cashier's checks** should be made payable to "IES Abroad" or "The Institute for the International Education of Students." They should be denominated in U.S. dollars drawn on a U.S. bank branch.

- IES Abroad **accepts credit card (Visa or Mastercard) payment for Confirmation Deposit Fees and application fees only.**
- **Credit cards are not accepted for payment of any other fees.** All other payments must be made by check, money order, cashier's check, or bank wire.

Mail checks, money orders, or cashier's checks to:

IES Abroad Chicago  
33 West Monroe Street, Suite 2300  
Chicago, IL 60603-5405

Use the following information to wire payments:

**Account name:** Institute for the International Education of Students

**Account No:** 886-079-151

**Bank:** JP Morgan Chase Bank N.A.

**ABA:** 071000013

**SWIFT:** CHASUS33

**Address:** 10 S Dearborn, Chicago, IL. 60603

To ensure proper credit, make sure the student name and student number appear in the wire instructions.

### **Payment Plans**

If you are billed directly by IES Abroad and are studying abroad for a semester, academic year, or split year, we offer you the option of paying in interest-free installments for a one-time fee of \$125 for semester students and \$250 for academic year and split year students. A down payment of \$3,500, plus this one-time fee, is due to the IES Abroad office upon receipt of the statement. The remaining balance, due after the down payment is applied, is divided into three equal monthly payments for term students and six equal monthly payments for academic year and split year students.

There is no payment plan option for IES Abroad summer, J-term, and interterm programs.

Please contact the IES Abroad Chicago Accounting Department at 800.995.2300 for further information.

## **Additional Invoices**

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

- Course reader packs
- Copyrights
- Cell phones and/or SIM cards
- Failure to return library resources upon departure
- Some housing options
- Housing damage
- Failure to return keys
- Optional IES Abroad field trips

You may pay these fees by the same methods described above.

## **Field Trips**

### **Delhi -- Field Trips**

IES Abroad 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 people. 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. Previous excursions have included:

- Agra & Taj Mahal (2 Days) -- Take a look into India's past during explorations of Agra and its fort, as well as the UNESCO world heritage sites of the magnificent Taj Mahal, its recently rediscovered gardens, and the palace at Fatehpur Sikri.
- Khajuraho, Varanasi, Goa (3-4 Days) -- Journey to

locations such as Varanasi to visit the sacred site of Hindu religion, or to Goa for a look at the fusion between Portuguese and Indian culture. This longer field trip is planned in conjunction with courses taught during the term.

- Ranthambore (2-3 Days) -- Gain insights into village life in India and visit the national forest that is home to the largest population of tigers on the planet. A special focus of this trip is on the integration of conservation efforts into the traditional rural village society of the area.

All field trips are subject to change. Supplemental fees for each field trip and estimated trip durations are noted below.

Trip Length: Varies Trip fee: Agra, Fatehpur Sikri, Bharatpur (Orientation) 3 Days Included in Program Fee Rural Excursion 2 Days \$125 Multi-Day Trip (Location announced onsite) 4-5 Days \$245

Field trip fees for optional field trips cover transportation, accommodations, tours and entrance fees, and some meals.

All field trip locations are subject to change.

You are prohibited from bringing guests on IES Abroad-sponsored field trips.

## **Health & Safety**

### **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 is equipped to reasonably accommodate students' needs, IES Abroad requires that all students and their medical providers 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 deadline. As the information disclosed on the *Medical Report* will be used to make housing assignments, IES Abroad withholds housing placements from any student who has not turned in a completed *Medical Report*. The *Medical Report* has three parts: 1) the online Student Self-Evaluation in which students provide details of their medical histories 2) the Physical Exam to be completed by a physician, nurse practitioner, or physician's assistant following a physical examination within six months of the official arrival date and 3) Immunity and Vaccination History that may be self-reported or completed by a physician, nurse practitioner, or physician's assistant. 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 any part of the form are left blank, the *Medical Report* will be considered incomplete and will prevent IES Abroad from making a housing placement for the student. The Student Self-Evaluation should be submitted online; the Physician's Exam Immunity and Vaccination History portions of the *Medical Report* should be uploaded to your My IESabroad account as part of your on-line form submission.

The *Medical Report* also provides students with the opportunity to disclose disabilities and request reasonable accommodations. Documentation should be provided along with the faxed doctor's portion, Part II of the form.

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 continuation of care abroad.

## **Health Insurance**

IES Abroad requires all students to be adequately covered by its pre-arranged comprehensive international student health insurance plan. 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) 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.

Finally, students studying in Australia, New Zealand, or Nagoya, Japan will be enrolled in mandatory in-country health insurance plans. Detailed information about these in-country plans can be found in the on-line *IES Abroad Student Handbook*.

## **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 CISI plan(s).

## 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.

## Prescription Drugs

If you plan on taking any type of medicine or prescription drug while abroad, IES Abroad strongly advises you to consult with your physician prior to departure regarding any need for monitoring. You may also consult with your doctor regarding on-site referrals, though the IES Abroad Center staff will have a list of physicians available for consultation as well. Students should disclose any health conditions and note any medications on their IES Abroad *Medical Report*.

We recommend bringing enough medication to last the duration of your stay. If you plan to purchase a particular medication while abroad you should make certain that it is available in country. If so, you will need to see a local physician to obtain a new prescription.

Do not mail medicines or vitamins; they will be held up in customs, and a prescription from a local doctor must be shown to pick them up. Always carry prescription drugs in a drug store bottle with a label showing your name, the generic name, the dosage of the drug, and instructions for use.

## Vaccinations

You may travel many places around the world without any special inoculations. However, if you plan to visit countries in the Eastern Mediterranean, Eastern Europe, Asia, or North Africa, we advise you to talk with your doctor or consult your county Department of Public Health. We also recommend that you consult the Centers for Disease Control. For travel to Eastern Europe, the CDC recommends vaccinations against Hepatitis A and boosters as needed for tetanus-diphtheria and measles. The CDC operates an international travelers' hotline which provides up-to-date vaccination requirements for any region or country you select. Contact the CDC at 877.394.8747 or visit them on the web at [www.cdc.gov](http://www.cdc.gov).

## **Safety Abroad**

Student safety is our top priority. Many travel abroad without incident, however, crime, especially petty crime, can be a reality during travel. During orientation local IES Abroad staff will provide information regarding safety and crime specific to the program location. Prior to your arrival abroad, you can find detailed information from the U.S. State department about crime in your country of study at [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_4965.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html).

## **Independent Travel Safety**

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. 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 enter staff any time they are away overnight (see Independent Travel). This information provides necessary information in the event of an emergency and students need to be reached when mobile phones are not functioning.

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

- Travel with a companion whenever possible and avoid walking alone at night, even if you are familiar with the area.
- Stay alert, confident, and aware of your surroundings. Walk purposefully and make eye contact with people around you. Trust your instincts.
- Use helmets, seat belts, life jackets, and other relevant safety devices.
- Always keep your door locked in any facility where you are staying.
- Investigate what emergency medical services are available in the region or country where you will be traveling.
- Choose safe, reliable transportation.
- Don't rent or buy a motorized vehicle.
- Don't drink and swim.
- Pack a basic first aid kit.
- Always be aware of your surroundings.
- Leave jewelry and expensive watches at home.
- Carry money, tickets, and passport in body pouches; do not leave them in your hotel room or luggage.
- Carry photocopies of passport, credit cards, and airline tickets.
- Make sure luggage has identification inside and out.
- Keep luggage locked and securely stored.
- Keep a low profile in public areas. Avoid displaying any object of value (jewelry, cameras, mobile phones, electronic devices) that could attract the attention of bag snatchers and pickpockets. Limit your use of your iPod or mp3 player in public as it may distract you from recognizing dangerous situations and/or be the target of thieves.

In addition, you must have your cell phone connected and with

you at all times so that you can be contacted in case of an emergency. You should also inform yourself of any unique situations in specific countries that might necessitate taking additional special precautions. One source for this type of information is the U.S. State Department, which posts travel warnings, public announcements, and consular information at [www.travel.state.gov](http://www.travel.state.gov).

When traveling outside of your host country, in addition to leaving an itinerary with your Center, we encourage you to register with the U.S. Embassies/Consulates (or the Embassy/Consulate of the country whose passport you are carrying) in each of the countries you are visiting. In the event of an emergency, disaster or crisis in a country you are visiting, local consular officials will be better able to locate you if you register with them in advance. It is especially important for you to register if you are visiting a country “that is experiencing civil unrest, has an unstable political climate, or is undergoing a natural disaster, such as an earthquake or a hurricane.” As you make travel plans, you can easily register online at [step.state.gov/step](http://step.state.gov/step). Consular registration information is kept private and is not released to anyone without required permissions.

## **Bicycle Safety**

If you plan to ride a bicycle during your time abroad, IES Abroad strongly recommends that you purchase a helmet and personal liability insurance (also available through Cultural Insurance Services International). You should familiarize yourself with in-country rules of the road before riding a bike.

## **Motorized Vehicle Policy**

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. For these reasons, IES Abroad prohibits students from purchasing, renting, or operating motor vehicles of any type (including automobiles, trucks, motorcycles, mopeds, motor scooters, or off-road vehicles) except as necessary in emergency or crisis situations.

# Get Informed

This section of your predeparture information delves into what daily life will be like for you in your host city.

This section will answer questions like:

- How will I communicate with my family and friends back home?
- What's the feel of the city and what are the best ways to meet locals?
- How diverse is my host country and how can my needs be accommodated?
- What are some of the expectations of me as an IES Abroad student?

Be sure to read through this entire section of your predeparture information so you feel as prepared as possible when you first step foot in your host country!

## Center

### Center Overview

Housed in an independent bungalow, the IES Abroad Delhi Center is located within walking distance of the neighborhood's central market, well-known in Delhi for its great restaurants. The Center provides easy access to local transportation, to partner universities, and your accommodations.

Features include:

- Spacious multi-story student lounge
- Garden and spacious rooftop terraces
- Classrooms and administrative offices
- Central meeting hall
- Library and study area

### Staff

## **Maria Stallone**

### *IES Abroad Director*

Maria Stallone has been the Center Director in Delhi since 2011. She has been developing and directing study abroad programs in South and Southeast Asia for more than 13 years.

Maria studied abroad in Sweden for a year as a Rotary Exchange student and went on to spend a year at Regent's College in London as part of her undergraduate work at the University of Wisconsin at Madison, where she earned a B.S.

She first traveled to Varanasi, India in 1993 with a prestigious Rotary Foundation Fellowship, where she began her study of Indian classical music. She completed her graduate work at the School of Oriental and African Studies (SOAS) in London, achieving an Award of Merit in Ethnomusicology and Urdu. Her other academic distinctions include a diploma in Indian classical music and Hindi from Banaras Hindu University in Varanasi, and most recently, graduate work in Thai Studies at Chulalongkorn University in Bangkok. Maria speaks four languages and has been the recipient of several grants and scholarships promoting her interests and research.

## **On-Site Staff**

IES Abroad Delhi employs a full-time staff to support you while you're abroad. View a list of our staff and faculty based in Delhi at [www.IESAbroad.org/delhi](http://www.IESAbroad.org/delhi).

## **Communications**

### **Cell Phone Policy**

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. More specific information about obtaining a mobile phone for your time abroad is in the *IES Abroad Student*

International calls directly from your cell phone may be very expensive. We suggest that you arrange for friends and family to call your 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. Websites such as [www.callingcards.com](http://www.callingcards.com) can help you find the best rates. IES Abroad Center staff can also provide information about obtaining calling cards locally.

Please remember that 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 save in long distance calling with calling cards only if you use them from public telephones or other landlines that you have permission to use.

## **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](http://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**

### **Skype**

Skype is a free Internet-based calling provider that you can download to your laptop to send instant messages and make audio or video calls to friends and family. Do not plan to use shared computer labs for Skyping. Keep in mind that high bandwidth services such as Skype may not function as expected in areas with slow Internet connections.

### **Smartphone Apps**

Even if you purchase a basic cell phone abroad, you can use your home smartphone to maintain contact with family and friends at home and abroad by using internet-based communication apps when you are connected to WiFi. Past students have used the following apps:

- Skype
- Viber for audio calls
- Whatsapp for instant messaging

If you are not using a smartphone to make phone calls while abroad, be sure to check with your cellular provider to ensure that you may access the Internet on your phone without incurring mobile data costs. You'll probably want to set your phone to Airplane Mode or turn Mobile Data OFF.

## **Laptops**

We strongly encourage you to bring your laptop computer to access Internet and to complete course work.

### **Insurance**

Remember to insure your laptop before you depart the U.S. It

may be covered under your family's homeowner's insurance, and, if not, a wide variety of providers can be found online. Cultural Insurance Services International (CISI), your IES Abroad health insurance provider, offers personal property insurance. For more information, visit [www.culturalinsurance.com/pdf/CISI\\_PPPL\\_info\\_and\\_enroll.pdf](http://www.culturalinsurance.com/pdf/CISI_PPPL_info_and_enroll.pdf)

### **Technical Support**

We do not offer technical support for personal laptops and cannot assist with hardware or software malfunctions or incompatibilities, though on-site IES Abroad staff can direct you to local resources. Also, we cannot guarantee Internet or Internet compatibility in your housing and cannot provide technical support if Internet access is available.

### **Internet Access**

Internet is available during business hours at the IES Abroad Center. Students are encouraged to bring a laptop, if insured, to take advantage of it.

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 -- many offer free wifi. 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 these local Internet cafés, where Internet access may be available for an hourly fee, university libraries (depending on your enrollment), and other WiFi hotspots throughout the city. More information will be offered to you during your orientation.

### **Mail**

Regardless of where you live in Delhi please ask you friends and family to send your mail to the IES Abroad Center. Every package, from small to large 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  
D-986 New Friends Colony  
New Delhi, 110065 INDIA

## **Customs**

Helpful information about international travel and U.S. customs is available at the U.S. Department of Homeland Security's website [www.dhs.gov](http://www.dhs.gov).

## **Shipping Precautions**

Getting packages from home while you're abroad can be a fun experience, but you should be prepared for potentially restrictive foreign customs and long delays. Remember: Packages aren't guaranteed to arrive, and IES Abroad cannot influence local custom rules.

If friends and family want to send you packages, we recommend they use online retailers that deliver to your host country. For example, Teleflora and FTD both have international flower delivery options. If someone sends you a personal care package from the U.S., they should indicate that the contents are "used personal items" and give them a low customs value (depending on the country) to reduce the risk of high customs fees, though fees are always possible and often unpredictable. Most students find it's easier to take everything they'll need for their term with them, or plan to buy items they need abroad.

## **Items That Are Often Seized by Customs**

We do not recommend shipping the following items overseas because they are often seized by customs:

- Prescription items, including medications, glasses, and contact lenses
- Toiletries
- Electronics, including parts and accessories
- Homemade food items

## **Mailing Replacement Credit/Debit/ATM Cards**

- If someone mails you a replacement credit/debit/ATM card, they should send it in a flat envelope delivered by a private carrier like FedEx or DHL.
- They should not include a replacement credit/debit/ATM card in a care package with other items.

We don't recommend one carrier over another—as long as the envelope is sent with a tracking number, the delivery should occur without significant problems or delays, though you may have to pay a customs fee.

## **Life in your City**

### **City and Culture**

First impressions of Delhi are justifiably overwhelming. It is a city of extremes: extreme size, population 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 recordings of current Hindi films abound and their rhythmic tunes serve as a rousing soundtrack to daily life, 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 who 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 campus, 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 ambiguity and ambivalences in a society that is negotiating tradition and modernity at every turn.

### **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

## **Meals and 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 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 expenses.

Vegetarian students will have no problem finding food suitable to their particular tastes. To be vegetarian in India usually connotes not eating meat, fish, 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: [http://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).

## **Intercultural Competence**

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.

Even as you have to adjust to new food, new 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 *IES Abroad Student Handbook* as you prepare for your cross-cultural adventure.

## **Meeting the Locals**

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 inquisitor 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.

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 who works in domestic service 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 auto rickshaws 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.

Blogging or 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!

## **Public Transportation**

Delhi has an excellent metro system that connects major arteries of the city. The metro is an inexpensive and comfortable way to span long distances across town.

There are numerous bus services both in and outside of Delhi.

While in Delhi, students should stick to using government buses and avoid privately run buses. Outside of Delhi, however, there are some reputable private bus services that students may use for intercity and interstate services.

Students should always board these buses at official stations and avoid any bus that stops at roadsides to offer them a lift.

More information will be shared with students on risks involving government or private buses during orientation.

## **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](http://www.xe.com).

## **Handling Money Abroad**

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**

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.

**Do not rely exclusively on ATMs in India.** Please plan to have backup method of obtaining cash or paying for goods and services.

### **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 they 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's 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.

## Estimated on-site expenses

Item	Cost (Rupees vs. dollars)
BUS	Rs. 15-30 / \$ .25 - .65
Metro	Rs. 10-25 / \$.20 - .55
Taxi	Rs. 400 for 20 km / \$8-\$9
Auto-rickshaw	Rs. 25-35 per km / \$.50 - .70
Restaurant -- campus cafeteria (lunch)	Rs. 100 / \$1.50 - 2.00
restaurant -- Dinner	Rs. 500-800 / \$10-\$15
Western Restaurant	Rs. 1000-2500 / \$20-50
movie	Rs. 200-350 per ticket / \$3-10
theatre/orchestra	Rs. 500 / \$10
museum entry	Rs. 500 and up (different fees for non-Indians) / \$10 and up
stamps	Rs. 5 and up / \$.10 and up
telephone	Rs. 3 per minute for a local call / \$.06
cell phone	Varies
internet cafe (email)	Varies depending on location
laundry service/dry cleaning	Approximately Rs. 1000 per month / \$20 per month
shopping -- shoes	Rs. 750-6,000 / \$16 - \$135
shopping -- Shirt	Rs. 750 - 2,000 / \$16-45
shopping -- jeans	Rs. 1,200 - 4,500 / \$27-\$100
groceries	Rs. 2,000 per week per person. / \$35 Note: Western foods such as canned goods, bottled drinks, etc., cost more

## **Community Involvement**

Any student who is enrolled at Kamala Nehru College may participate in any of their many clubs and societies. In fact, former students have said that this is an ideal way to make Indian friends.

## **Sports & Fitness**

### **Sports and 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 the "college athletics" 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. The IES Abroad Center also offers a course in yoga for credit.

## **Diversity**

### **Initiative to Diversify Education Abroad (IDEA)**

Our Initiative to Diversify Education Abroad (IDEA) 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.

We define a diverse student as someone who identifies as a racial/ethnic minority, first-generation college student, economically needy, LGBTQ, and/or is a student who has demonstrated a history of overcoming adversity (a physical or learning disability, for example).

Our 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 perspectives are shared within each program's student body so that the group explores issues from the viewpoint of multiple cultures and backgrounds.

We 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, we 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 Diversity Director at 800.995.2300 or [diversitydirector@iesabroad.org](mailto:diversitydirector@iesabroad.org). We are here to help you have the most enriching study abroad experience possible.

## **Diversity Abroad**

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 US, 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.

## **Student Conduct**

### **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 country 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 at all times 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, the 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 in the on-line IES Abroad Student Handbook. It is in the best interest of all students to read and become familiar with these policies. The Code of Student Responsibility, the IT Policy, the Alcohol and Other Drug Policy, and the Student Sexual Harassment Policy can be found in your *IES Abroad Student Handbook*.

### **IES Abroad Alcohol and Other Drug Policy**

The use of illegal drugs and the abuse of alcohol are seriously detrimental to one's 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. 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*.

# Contact Us

This section of your predeparture information gives detailed contact info for your IES Abroad Center and the IES Abroad Chicago office.

## Center Contact Information

### IES Abroad Delhi Center

D-986 New Friends Colony  
New Delhi 110065  
INDIA

### Center Phone Number

91-11-4182-6147

### Center Fax Number

91-11-4609-1781

### Center Hours

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)

### Center Emergency Contacts

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

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

## Chicago Contact Information

### Chicago Office Address

IES Abroad  
33 W. Monroe St., Suite 2300  
Chicago, IL 60603 USA

### **Chicago Office Hours**

8:30 a.m.-4:30 p.m.,  
U.S. Central Time, Monday-Friday

### **Phone Numbers**

800.995.2300  
312.944.1750

### **Fax Number**

312.944.1448

### **After-hours Emergency Numbers\***

Before the program start date or to report arrival delays:  
800.766.7793

During the program:

800.953.0171  
812.355.3099

\*These after-hours numbers will contact an IES Abroad representative at home and should be used only in the event of a real emergency.

### **Email Addresses**

- To ask your IES Abroad Advisor questions about your program: [study@IESabroad.org](mailto:study@IESabroad.org)
- To submit predeparture forms: