



INDIA

COUNTRY GUIDE



TABLE OF CONTENTS

| | |
|---|-----------|
| PURPOSE OF THE COUNTRY GUIDE | 3 |
| KNOW BEFORE YOU GO | 3 |
| Passport | 3 |
| Visa | 3 |
| Travel Insurance | 4 |
| Immunizations | 4 |
| Other Health Considerations | 5 |
| Communications | 6 |
| Documentation | 6 |
| Money | 7 |
| IN-COUNTRY INFO | 8 |
| Time | 8 |
| Electricity | 8 |
| Toilet Paper | 9 |
| Waste Disposal | 9 |
| Local Cuisine & Drink | 9 |
| Weather Conditions | 10 |
| SUGGESTED PACKING LIST | 10 |
| Clothing | 10 |
| Materials | 11 |
| Essentials | 11 |
| Medical Kit & Toiletries | 11 |
| CULTURAL CONSIDERATIONS | 12 |
| Language | 12 |
| Human Trafficking in Travel | 13 |
| Responsible Travel Tips | 14 |

PURPOSE OF THE COUNTRY GUIDE

In this document you will find a plethora of information that will be useful during your journey to India. The information listed in this guide includes cultural guidelines, communication tips and tricks, health and safety recommendations, and so much more! Please note that all information specific to your trip, such as inclusions and exclusions, staff contact numbers, flight recommendations, etc. is listed in your Online Trip Portal. For any questions unanswered by either the country guide or the online portal, please don't hesitate to reach out to an Elevate staff member. We hope that this document proves to be helpful and that you are getting excited for your journey to India!

KNOW BEFORE YOU GO

Passport

Travelers to India should ensure that the validity of their passports extends at least 6 months beyond the end of their intended stay, and should have at least 2 blank (unstamped) visa pages in their passport to enter the country. The last 2 amendment pages are unacceptable for visas and immigration stamps. Note that you will need to renew your passport if you are out of Visa pages, as the State Department no longer provides additional pages. If you need to renew your passport, please do so as soon as possible. We also recommend travelers scan a copy of your passport and email it to yourself. This way you always have a copy if something happens to it while traveling.

Visa

Citizens from many countries will require a tourist visa in order to enter India. We recommend applying for the e-tourist Visa. Most travelers should qualify to apply for the e-Visa. Click [here](#) to apply. Please note that travelers can apply for the e-tourist visa no less than four days and no more than 120 days before the date of travel. The one-month e-Tourist Visa is valid for 30 days from the date of arrival in India, with two entries permitted. One-year and five-year e-Tourist Visas are valid for one year from the date of the Electronic Travel Authorization (ETA) is granted, with multiple entries.

India E-Visa Application Tip

When applying for your e-visa, you will be asked about the purpose of your travel to India. It is strongly recommended that you do not disclose information about your organization's in-country partners, especially if your organization works closely with victims of human trafficking. This recommendation is made in order to protect the safety and security of your organization's partners. When asked why you're visiting India, it is perfectly appropriate to say "Tourism" or "Visiting a local school." You can site aspects of your itinerary that do not call out specific partners or grantees. If you would like assistance drafting language for your visa application, please do not hesitate to reach out to Elevate Destinations.

****Be sure to print out your ETA form and a photocopy of your passport to bring with you. You will need to have these documents with you during your travel.**

Please note if the following items apply to you, they may affect your visa application process:

- Your spouse works in journalism
- You or your immediate family are of Pakistani descent

For assistance with the online visa application, please contact the visa helpline at +91 11 4300666.

Indian visa regulations change frequently, often with little advance notice, and changes may be poorly advertised and inconsistently enforced. Travelers are encouraged to check the website of the High Commission of India before any travel to India to review the most current information.

If you would like to acquire your visa for India with a visa-processing center, Elevate Destinations recommends A1 Passport and Visa in Washington DC. For questions regarding the visa application, you can reach A1 Passport directly at (202) 639-1500.

Travel Insurance

Elevate Destinations strongly recommends that all travelers have travel insurance for any trip they wish to take with us. Please note that some insurance options require purchase within 24 hours of making payment for your trip. We encourage you to review your travel insurance options before making payment to Elevate Destinations.

Elevate Destinations is partnered with the Travel Insurance Center, a broker of travel protection products. For assistance, contact Alan Lightbody, Agent Representative, on e-mail at alightbody@travelinsurancecenter.com, or over the phone at 1-866-979-6753 ext. 3648, or direct 402-343-3648.

Guests may acquire travel insurance through the Travel Insurance Center, or any other travel insurance company of their choosing. Elevate Destinations recommends that travelers evaluate the insurance options available for their needs, and inquire with providers about insurance that will provide coverage if the trip needs to be cancelled.

Immunizations

Prior to travel, Elevate Destinations strongly recommends that you look into recommended immunizations for your time in India. Given that we are not a licensed Health Care provider, we cannot advise travelers on which immunizations they may need. We recommend that all travelers do the following:

- a) Consult with a travel clinic or your personal physician regarding immunizations and other precautions you may need to take in order to participate in this journey. You will need to do this well in advance of your trip as some vaccinations require time to take effect, and you may need to allow time between a series of shots.

b) Visit [the CDC Website for India](#) to view recommended vaccines and medicines, travel health notices for the region, and other tips for staying healthy and safe.

Other Health Considerations

This will be an amazing journey, but as with all travel, a spirit of adventure and a degree of flexibility will enhance your enjoyment of this program. This will be a moderately active program, with considerable walking on narrow, cobblestone roads and a number of travel days with early departures and activities scheduled throughout the day.

Travel in India can be physically demanding. You must be able to enter and exit a wide variety of vehicles including boats, jeeps and vans. Dust and other air impurities may be present in heavy concentrations, and colds, nasal congestion and sore throat may occur. India is a large country (about one-third the size of the U.S.) and although air travel is often scheduled to reduce travel times between long distances, some extended road journeys are often required.

We recommend a medium level of physical fitness, as some of the drives may be long, with sections of bumpy roads. For the most satisfying experience, and in fairness to your fellow travelers, please note that this trip requires the following:

- Ability to walk at least one mile without difficulty
- Ability to spend extended periods of time on your feet
- Ability to climb sets of stairs without assistance
- Ability to keep pace with an active group of travelers and to be on time for all scheduled activities
- Ability to ride comfortably in a vehicle on bumpy roads for extended periods of time

Safety Recommendations

Your guide will give you current briefings on safety while in-country, but here are some basic ground rules for safety while traveling:

- Keep all valuables in the hotel safe.
- Avoid flashing money. Be mindful of your belongings at all time. Keep bags in front of you in crowds, and on your lap when at restaurants.
- Pay attention: avoid walking around with your smartphone in hand.
- Be vigilant when crossing roads.
- Stick with the group.
- Always make sure that others know of your whereabouts and movements.
- Avoid street protests or large gatherings.
- Do not wear expensive or sentimentally valuable jewelry while traveling.
- Let your guide know if you have any safety concerns.

Communications

The country code for India is +91. To call numbers in India from the U.S. dial 011 + 91 + area code + seven-digit local number

Wifi: In most places you will visit in India, wifi will be available. Speed, bandwidth, and availability may be less reliable than you are used to. Oftentimes, connection is stronger in the lobby of hotels than in individual rooms.

International Calls: If you are in India and trying to reach a number in the US, dial 011 before dialing the country code and local number.

Staying connected: Here are the most common methods for making local/international calls:

1. **Smart Phone apps:** Apps such as Skype, WhatsApp, and Viber (when Wifi is available).
2. **Getting an international calling package:** Setting up international coverage from your cell phone provider for the duration of your trip is often the simplest option and the best to avoid roaming charges.
3. **Use a local phone / SIM card:** SIM cards are recommended for international travelers as for making calls within India as international calls can get expensive. Please be aware of any requirements your phone has in order to accept the local SIM cards (i.e. size of SIM card, jailbroken, etc). Please also let us know in advance if you would like assistance purchasing a local phone. To purchase a local SIM card, you will need to provide a copy of your passport and 2 passport photos.
4. **Call from hotel or internet café:** Please be advised that some hotels impose a surcharge that can be more than double the cost of international calls. Be sure to check the hotel policy before placing an international call from a hotel.

Smart Traveler Tip!

We recommend that all travelers from the U.S. sign-up for the [State Department's Smart Traveler Enrollment Program](#)! This is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in case of an emergency. Enrolling in this program has enormous benefits in case of an emergency while abroad:

- You will receive information from the Embassy about safety conditions in your destination
- Enrolling lets the U.S. Embassy in that country know that you are there and helps them contact you in an emergency, whether natural disaster, civil unrest, or family-related.

Documentation

In case of emergency, it is advisable to record all of your important information on one sheet of paper, photocopy it, and distribute a few copies in your luggage, your money belt, and amongst relatives or friends at home. Also email a scanned copy to yourself to have available online anywhere.

These are the documents you should have printed and with you during your travel:

- A photo copy of your photo ID
- International flight itinerary or e-tickets
- Electronic Travel Authorization (ETA) if you applied for an e-Visa
- Travel insurance policy details and 24-hour emergency number
- Details of relatives/friends and your primary care physician to be contacted in an emergency
- Bank and credit card details, camera serial numbers etc.

Money

The local currency in India is the Indian Rupee (INR - ₹), divided into 100 Paise. The Indian Rupee comes in denominations of ₹5, ₹10, ₹20, ₹50, ₹100, ₹200, ₹500 and ₹2,000. Coins are issued in denominations of 10 paise, 20 paise, 25 paise, 50 paise, ₹1, ₹2 and ₹5.

For your extra personal costs and shopping, bringing USD \$30-\$50 per day is a good rule of thumb.

Smart Traveler Tip!

Be sure to notify your bank and credit card companies of your travel plans, in case they view your activity as fraudulent and put a block on your card.

The small amount of local currency you may need during your stay in India can be obtained at authorized facilities (such as ATMS, hotels and banks).

Cash & Exchanging Money: Local currency is recommended for most places, especially smaller stores and markets. Ask for smaller bills when getting cash or change as some smaller vendors may not carry change for bigger bills.

If you exchange money, do so only at authorized outlets such as banks and hotels, and exchange only what you think you will spend in-country. Reconversion on departure may be difficult. Coins cannot be reconverted. The import and export of Indian Rupees is strictly prohibited. Save all receipts from any currency exchange transaction. You may be asked to produce them when you exit the country, and they are required if you intend to reconvert local currency. To see what the current exchange rate is, check online at <https://www.xe.com/currencyconverter/>.

We recommend bringing \$200 - \$300 in USD cash in case of emergency and for personal spending. If you bring USD, your bills should be:

- **New** (printed in the last 5 years)
- **In pristine condition** (no rips, tears, smudges, markings, creases, etc)

Banks, and ATMs are available in most major cities, and your guide can generally help with withdrawing cash throughout your trip. There is usually a small fee per transaction on top of what your own bank charges for withdrawing cash at an ATM.

*Note: ATMs in India require a four-digit pin not beginning in zero.

*Note: You will need your passport to exchange money at a bank or Bureau.

Credit Cards: Credit cards (mainly Visa and MasterCard) are accepted in larger establishments and hotels. Cash is more appropriate everywhere else. Most merchants will typically charge an additional fee for a credit card transaction.

ATM/Debit Cards: You can use your debit card to withdraw money from ATMs.

Note: ATMs in remote areas can be finicky, and may not work on a given hour or day. We recommend traveling with 2 or 3 crisp \$100 bills stored safely in your carry-on luggage to be exchanged in the case that ATMs are not working for you.

IN-COUNTRY INFO

Time

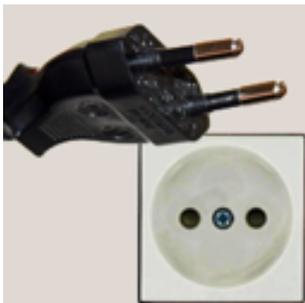
India follows GMT + 5:30. Therefore, time in the locations of your visit will be 9.5 hours ahead of East Coast time, and 12.5 hours ahead of West Coast time.

Smart Traveler Tip!

Consider downloading a conversion app for things like currency, temperature, time, and distance while traveling. Here are some apps that we like: Units - Free Unit Converter, Convert Units for Free, Converter+, GlobeConvert

Electricity

India uses a standard of 230V, 65Hz, and plug Types C, D and M (plug types with 2 round pins or 3 round pins). The following images show the type of plugs, sockets, and adapters you can use while traveling in India. To keep your electronics up and running, we suggest purchasing a universal plug.



Water & Food Safety

Tap water is not safe to drink in India. We strongly recommend not drinking tap water anywhere in India unless boiled. Elevate Destinations encourages travelers to pack a reusable water bottle to fill up with clean drinking water. Some people also choose to brush their teeth with bottled water, but this is up to personal preference based on how hardy you feel your stomach is. Do not use ice unless you know it was made from bottled water. Clean drinking water and soft drinks will be supplied at all meals and water will be available in the van. Be wary of fruits and vegetables that may have been washed in tap water.

Similarly, we recommend travelers eat foods that have been cooked well. Fresh vegetables and fruits bear the risk of having been washed in contaminated water. Fruits you can peel are usually safe (e.g. bananas).

Toilet Paper

We recommend carrying toilet paper or tissues with you as some bathrooms, especially in more remote areas or restaurants, may not have any. Please also remember that in remote parts of the island outside of San Juan, you may be encouraged to throw the toilet paper into the bin provided and **not into the toilet** itself, as this can cause problems with the delicate sewage system.

Waste Disposal

Keep in mind that other parts of the world, waste disposal systems are not as advanced as you might be used to. Oftentimes, landfills are adjacent to conservation land or trash is burned. Recycling is often unavailable. To minimize your impact on the country you are visiting, please consider the following guidelines:

- Leave no trace — everything that you bring with you should go home with you.
- If you plan on shopping, make sure that you have extra room in your luggage or an extra bag to check on your way home (don't dump items to make room!)
- Avoid packing with plastic baggies and instead purchase reusable packing cubes, cloth bags, and reusable toiletry bags
- Bring a reusable water bottle that you can refill
- Remove packaging or tags of any newly purchased items before you go

Local Cuisine & Drink

Indian food is incredibly regional, diverse and is famously spicy (not always spicy-hot). Throughout the country, most people eat their meals with rice and use their fingers to eat. Condiments and pickles, ranging from sweet to sour to hot, accompany most dishes, and dairy products, such as yoghurt, butter and soft cheese are common. India has a well-developed vegetarian cuisine and many traditional (very rich and sweet) desserts.

Fish, goat, mutton (goat meat) and chicken are commonly eaten across social strata; the only exception is beef, which if ever, is restricted to Muslim communities. The kebab roll is a delicious Kolkata invention. A pungent mustard sauce called Kasundi is a popular dipping sauce. A host of gourds, roots and tubers, leafy greens, succulent stalks, lemons and limes, green and purple eggplants, red onions, plantain, broad beans, okra, banana tree stems and flowers, green jackfruit and red pumpkins are to be found in the food.

Weather Conditions

The weather in India varies dramatically between regions and seasons. Northern India tends to be cooler, central India is generally hot and dry, and southern India boasts a more tropical climate. The three main seasons are winter, summer, and the monsoon season, which vary with each region.

The winter season in India is from November - February, after the monsoon season. Winter weather is fairly moderate with temperatures ranging from highs between 75°F and 85°F and lows between 55°F and 65°F, typically cooling down in the evenings. Post-monsoon season is around October - December and is a period of time when the rains are retreating. During these few months, temperatures can range from 83°F to 93°F, depending on the region.

Summer, also known as pre-monsoon season, in India is from March - May. The weather during these months is described as hot and dry. Temperatures start to increase in March after winter. Temperatures can range from a high of 106°F to a low of 84°F. During the weeks leading up to monsoon season, which is from June to October, the air can often be quite humid.

The monsoon season in India is from July until September / October. It varies depending on the region. In the northwestern part of the country, monsoon season is typically shorter whereas in southeast coast of India, the rains can continue throughout the end of the year. The weather during this time vary by region, but is typically hot and humid.

SUGGESTED PACKING LIST

Clothing

Participants are encouraged to bring a cap of some kind for sun protection instead of sunglasses. This protects your head and your eyes and leaves you more open to connecting with the people you will meet during your travels.

In India, especially in smaller cities and villages, women and men dress fairly conservatively. We suggest packing lightweight clothing that cover your knees and shoulders. Showing too much skin can often lead to unwanted attention.

- Light-colored, lightweight, breathable clothing
- Light, long-sleeved shirts and pants to protect against mosquitoes
- Light sweater for the winter season

- A light jacket or sweatshirt for the evenings
- Quick-dry shirts
- Comfortable clothes for relaxing in the evenings
- One nice, yet casual outfit
- T-shirts
- One or two nice outfits for site visits and dinners
- Scarf or shawl
- Comfortable and sturdy walking shoes
- Sun cap or hat
- Socks
- Raincoat and umbrella, depending on the season

Materials

- A tote bag to bring home purchases (or leave a little room in your suitcase)
- Book for reading on the plane
- Notebook and pens
- Camera & batteries or charger
- Travel pillow
- Energy bars and snacks, if desired
- Plug adapter (see electricity section above)
- Tissue packs
- Hand sanitizer

Essentials

- Passport and visa documents, including ETA form and international flight itinerary
- Photocopy of your passport and travel insurance policy (you can email yourself a scanned copy)
- Money pouch
- Day pack
- Earplugs (dogs, buses, noisy neighbors - a pair of good earplugs can be invaluable!)
- Small flashlight or headlamp
- Watch or alarm clock
- Small, reusable pouches or bags - good for keeping valuables dry and dust-free
- Reusable water bottle

Medical Kit & Toiletries

Participants should pack an adequate supply of any prescription medication necessary for the duration of the trip in their carry-on luggage. Prescription medication should be packed in their original containers.

- Sunscreen and lip balm with an SPF
- Bug spray
- Any prescription medication
- Allergy medication and/or an epi-pen
- Anti-malarial tablets, if advised to take them by a medical professional
- Re-hydration or electrolyte salts or tablets
- Anti-diarrhea medication

- Pepto-Bismol for stomach upsets
- Painkillers
- Motion sickness medication (e.g. dramamine, prescription Scopolamine)
- First aid kit - bandaids, antiseptic cream, sterile wipes
- Pre-moistened antibacterial hand wipes (wet type)
- Razor, hand lotion, soap
- Shampoo and conditioner
- If you have a favorite doctor, bring their phone number in case you get sick and want to speak with a trusted expert

CULTURAL CONSIDERATIONS

Experiencing different cultures is one of the joys of traveling. Please take note of the information below to better understand and respect these cultural differences in India.

- In India, people tend to dress more conservatively than in western cultures. Please note that sleeveless or low-cut shirts and short shorts or skirts for women can be inappropriate, especially in more rural settings.
- When visiting religious monuments or other historical sites in India, it is recommended to dress modestly and may be asked to cover your legs and shoulders.
- In India, local people are likely to have strong feelings about religious topics and political events - which they may or may not feel comfortable sharing with visitors. The same can be true for your guides. Be cognizant and sensitive of this.
- Open displays of anger and displeasure are bad manners in many Asian countries. Please respect local customs by remaining patient and polite, even when circumstances are trying.
- Indians are known to be hospitable and friendly people. Yet in a country with a population over one billion, the concept of personal space is not always respected or understood. What westerners may perceive to be overcrowded and unsafe gatherings may simply be a usual day-to-day experience given India's population density.
- Shopping: Silk textiles, gold and silver jewelry, precious stones, brassware and pottery are among the best and most typical souvenirs of India. Delhi is India's "merchandise mart" with many stores catering to visitors around Connaught Place. Government-sponsored and large department stores operate on a fixed-price basis, but everywhere else, bargaining is customary. Vendors at open markets and bazaars often mark up their prices with the expectation that their customers will barter with them.

Language

In India, the official language is Hindi. Each state, however, has its own official language as well: 14 in all. English is widely spoken all over the country.

Although many of the locals you will be interacting with will speak English, it's always considerate and may be helpful to learn a few phrases in Hindi. Below are some examples to get you started:

| <i>English</i> | <i>Hindi</i> |
|--------------------------|--|
| Hello | Namaste |
| How are you? (informal) | Kya haal hai? / Kaise ho? / Sab theek? |
| Goodbye | Alvida namaste |
| Sorry | Maaf kijiye / Maaf kareein |
| Thank you | Dhanyavad / Shukriya |
| Please | Kripaya |
| Yes | Haan ji |
| No | Nahi |
| No thank you | Nahi, shukriya or rehne deejya |
| Excuse me | Suniye |
| My name is ____. | Meraa naam ____ hain. |
| Nice to meet you | Aap se milkar kushi hui |
| Have a nice day! | Aap ka din shubh ho / shubh din |
| I don't understand | Much samajh nahi aaya |
| What is your name? | Aapka naam kya hai? |
| Where are the restrooms? | Shauchalay kahan hai? |

Photography

India is a beautiful destination, and you will want to take lots of pictures. When photographing people, always ask permission first - this is a sign of respect. You can do this with gestures or ask your guide to translate. The only exception to this is when you are photographing a public scene with a lot of people in it, aiming at no one in particular. There are some places where photography is prohibited, and these areas are usually marked. If you are uncertain about whether or not photography is permitted, your guide will be there to advise you.

Human Trafficking in Travel

Elevate Destinations has signed *the Code of conduct for the protection of children from sexual exploitation in travel and tourism* and expects all of its partners to refuse involvement, both direct and indirect, in the commercial sexual exploitation of children. A “child” is defined as a person younger than 18 years of age, according to the UN Convention on the Rights of the Child.

We encourage our travelers and suppliers to report the sexual exploitation of children. Information, even the smallest amount, can represent the missing piece of an ongoing investigation by law enforcement. If you are uncomfortable with leaving your name and contact information, you can report anonymously to law enforcement or NGOs. Report a concern [using this form](#); alternatively, you can email protect@ecpat.net to report sexual exploitation of children.

Read about Elevate's values & vision, our [sustainability commitment](#), our programs that give back, and more on our website at www.elevatedestinations.com. Our team members are always excited to share more on this topic. We acknowledge that to maintain truly sustainable travel products takes ongoing commitment. We continue to monitor our programs on the ground in order to improve them, and welcome your thoughts, feedback, and encouragement!

Responsible Travel Tips

Elevate Destinations takes pride in its leadership in the field of responsible travel. We take care in selecting our local partners that share our environmental and social values and are avid supporters of locals working in the tourism industry as they are both the most impacted and impactful players at the local level. All of your ground costs on this trip are carbon offset using [SouthPole Flight's Carbon Calculator](#), and we encourage you to offset your international flights as well.

Here are a few tips that can help enrich your experience as a responsible traveler:

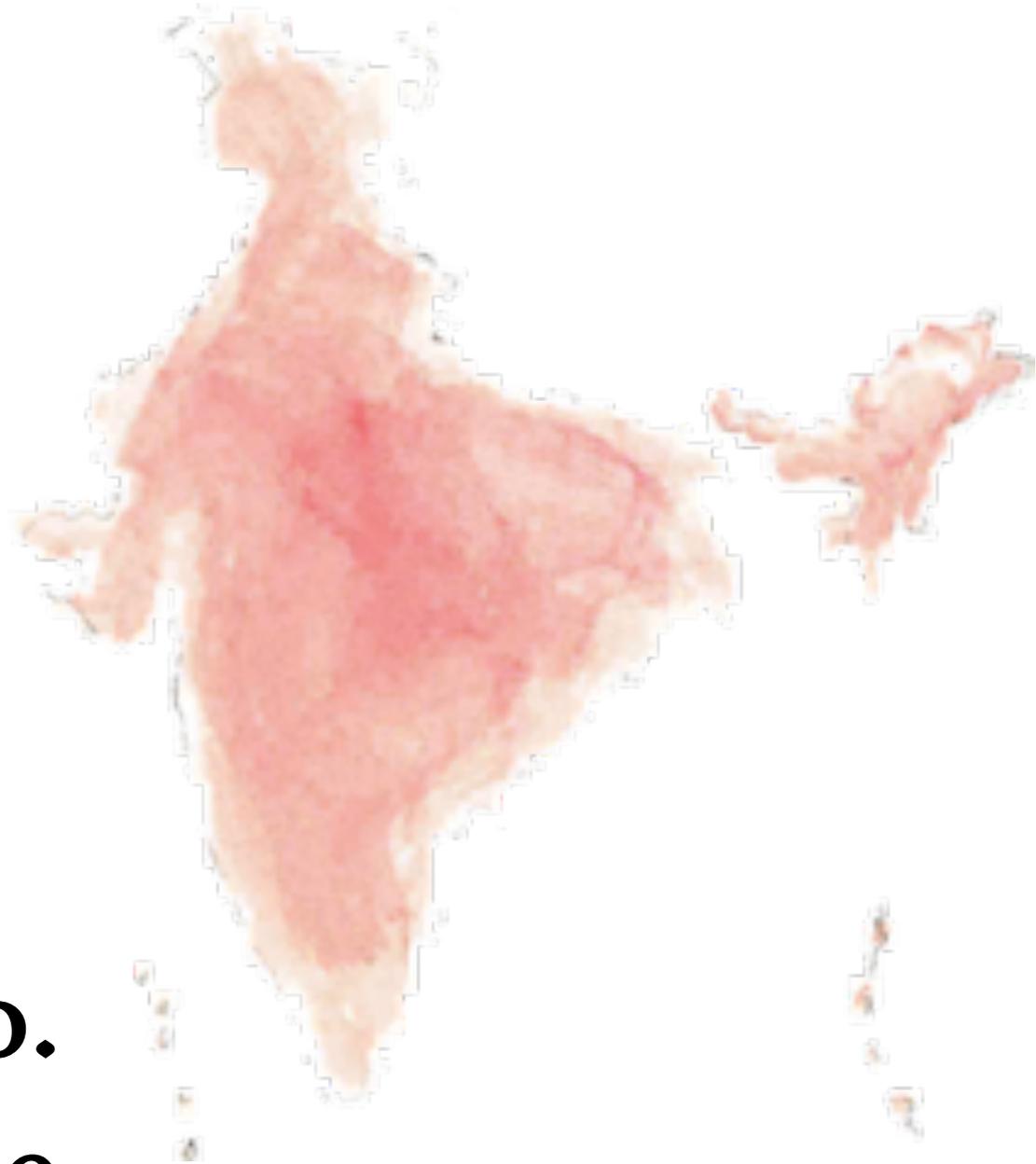
- **Keep an open mind:** Try to observe local customs and respect traditional cultures and people.
- **Language:** Learn a few basic greetings and “thank you” in the local language.
- **Local economy:** Support locally owned businesses, restaurants, and other services. Shop from local artisans to promote traditional crafts and encourage contemporary arts.
- **Pay a fair price:** Bargaining is acceptable on this trip and a great way to engage with locals. Try to have fun and not be overly aggressive in bargaining for souvenirs.
- **Respect:** It is important to acknowledge the privacy and dignity of others and ask before photographing or filming people. Ask permission before entering sacred places, homes or private land, and take heed of local customs (i.e. remove shoes, hats, cover hair with shawl, etc). Please ask your guide if you are unsure; they are there to support your introduction to the culture!
- **Community and environment:** Contribute to organizations that support traditional cultures and protect the natural environment. Keep to designated trails, and do not disturb plants and animals or their natural habitats.
- **Animal products:** Avoid purchasing crafts, clothing, furniture or other products that are derived from members of protected or endangered animal species.
- **Use alternatives to single-use plastics:** Avoid using plastic bags and try to minimize the use of other disposables. When traveling in areas away from cities, make sure to take out what you take in. Try using a reusable water bottle and treating your own drinking water when possible – check out what our friends at [Travelers Against Plastic](#) are doing!

- **Don't feel pressured to give away money or material items:** You will likely encounter instances of poverty and people asking for donations. We try to discourage giving away money or items as it can actually accentuate an unequal relationship between visitors and locals. Additionally, children that receive money, gifts, and sweets from you are encouraged to stick around for more, rather than to be in school. As difficult as it can be to turn down direct requests, sometimes giving your friendship and respect to locals can be the best gift of all. If you want to help, consider giving to a trustworthy charity, non-profit, or local school.

Smart Traveler Tip!

In travel, especially in remote parts of the world, things happen. Expect the unexpected! Keep an open mind, be flexible, and enjoy the moment. Sometimes the best memories come out of the unplanned.

NOMI
network



Go.

See.

Transform.

experience india



NOMI NETWORK IN INDIA

Human trafficking is a debilitating disease that disproportionately affects women and girls around the world. In India, more than 8 million are living in slavery due to the prevalence of social and economic prejudices against women and girls. Early child marriage, bride burnings, and laws that keep women and girls from achieving financial independence ensure that the cycles of poverty and abuse continue.

Since 2011, Nomi Network has strategically placed sites in red-light districts, areas of migration and temporary work, and economically limited communities so that an empowered and educated new workforce could make waves of change. From teaching them of their rights to empowering them with technical skills to pursue their first jobs, witness the transformative, intergenerational change Nomi Network has created.

On this informative trip, you will learn about the struggles women and girls face every day, how Nomi Network is building a sustainable solution, and what this systematic approach has accomplished to date.

Women in India

- India has 1.32 billion people living within its seven territories and 29 states spanning 3.29 million square kilometers. It is the 2nd most populated country in the world but is estimated to become #1 by 2020. Though there is no national language, Hindi and English are used for business and within the government.
- With a densely diverse culture, the population is made up of a variety of ethnic groups, religions, and social classes. However, with rigid respect for history and heritage, women are often under sexist restrictions, and ethnic minorities are second-class citizens.
- Though India is an industrial hub and an export for precious metals, oil, pharmaceuticals, over 522 million people still practice open defecation which inherently affects their overall wellbeing and living environment.
- India has female political leaders, pays homage to goddesses and female deities, and some states still have matriarchal societies, yet an Indian woman is the entitled only to maintenance from her husband and has no rights to assets upon separation or divorce. Women are often bound to the house, but the government does put any economic value to household duties.
- With the Prohibition of Child Marriage Act, the marriage of even one-year-olds is valid as the law only prevents child marriage but does not render them illegal once it happens. Marital rape is also not criminalized in India.





| Itinerary | | |
|-----------|----------------------------------|--|
| Date | Location | Activities |
| Sat 2/1 | New Delhi | <p>Upon arrival, travelers will be greeted with VIP assistance at the aerobridge and transferred to their hotel.</p> <p>Check in to the Pullman New Delhi Aerocity 2 IGI Airport GMR Hospitality District Asset No 02, New Delhi, Delhi 110037, India</p> <p>Overnight: Pullman Aerocity</p> |
| Sun 2/2 | Delhi - Bagdogra | <p>After breakfast, the group will transfer to Delhi Domestic Airport to board Indigo Airlines flight to Bagdogra. Rest of the day is at your leisure or you can explore markets with accompanying guide.</p> <p>Overnight: Courtyard Marriott Siliguri</p> |
| Mon 2/3 | Siliguri - Kishanganj - Siliguri | <p>Enjoy a full day session with Nomi Network's projects in Bihar.</p> <p>Overnight: Courtyard Marriott Siliguri</p> |
| Tues 2/4 | Siliguri | <p>In the morning, guests will have the option of a nature walk around Jorpokhri Wildlife Sanctuary. Later in the day, there will be a visit with Nomi Network's programming in the Red Light District of Siliguri. The day will conclude with a visit to the Sourenee Tea Estate in the foothills of Eastern Himalayas and visit the tea factory followed up a tea tasting session.</p> <p>Overnight: Courtyard Marriott Siliguri</p> |
| Weds 2/5 | Kalimpong | <p>Full day visit with Nomi Network programming located in Kalimpong.</p> <p>Overnight: Courtyard Marriott Siliguri</p> |
| Thurs 2/6 | Bagdogra - Delhi | <p>In the morning, the group will transfer to Bagdogra Airport to fly back to Delhi. Travelers will visit a Craft Village in the afternoon. Celebrate the end of your journey and the connections you made at the Farewell Dinner.</p> <p>Overnight: Pullman Aerocity</p> |
| Fri 2/7 | Delhi | <p>Today travelers will be retransferred to Delhi International Airport. For those that have late night departures this evening we can arrange sightseeing and extension tours at an additional cost.</p> |



Nomi Network Staff Directory



Henry Kathan
India Country Director



Pramod Nag
Odisha Site Program Manager



Shankar Kumar
Bihar Site Program Manager



Cynthia Raphael
Partnership Facilitator



Regions:

Siliguri + Kalimpong
West Bengal

With over 91 million inhabitants, West Bengal is India's fourth-most populous state. Part of the ethno-linguistic Bengal region of the Indian subcontinent, it borders Bangladesh in the east, and Nepal and Bhutan in the north. It also borders the Indian states of Odisha, Jharkhand, Bihar, Sikkim, and Assam. The state capital is Kolkata (Calcutta) the seventh-largest city in India, and center of the third-largest metropolitan area in the country. West Bengal includes the Darjeeling Himalayan hill region, the Ganges delta, the Rarh region, and the coastal Sundarbans. The main ethnic group is the Bengalis, with Bengali Hindus forming the demographic majority.

Official languages: Bengali and English

Additional official languages: Nepali in two sub-divisions of Darjeeling, Urdu, Hindi, Odia, Santali, Punjabi, Kamtapuri, Rajbangshi, Kurmali.

Siliguri

A metropolitan city which spans areas of Darjeeling and Jalpaiguri districts in West Bengal. Known as the gateway of Northeast India, Siliguri is popular for three T's: tea, timber and tourism. It is located on the banks of the Mahananda River at the foothills of the Himalayas. Siliguri is the second largest urban agglomeration according to area after Kolkata and third largest according to population in the state following Kolkata and Asansol.

Kalimpong

Kalimpong is an east Indian hill town in the Himalayan foothills of West Bengal. Perched on a ridge above the Teesta River, it's home to colonial-era buildings like MacFarlane Memorial Church, named after a Scottish missionary. South, the hilltop Durpin Monastery, or Zang Dhok Palri Phodang, contains sacred Buddhist scriptures. Deolo Park has landscaped gardens and offers views of the town and surrounding hills.

Program site: HIMserve, Kumai, Kalimpong, West Bengal, India

HIMserve is located in Kumai, a village situated in the foothills of Kalimpong district of West Bengal, India, which is 90 km from Siliguri. The area is surrounded by five international borders like Nepal, Bhutan, Bangladesh, China and Myanmar in northeastern part. These areas are the source of an alarming rate of human trafficking and supply trade routes for traffickers. The villagers are dependent mainly on tea gardens and small agriculture like ginger, broom sticks, cardamom, and raising livestock. Typical houses are constructed of mud floors, adobe walls, and tile roofs. The primary ethnic groups are Gorkha (Nepali), Lepcha, Bhutia, Rajbangshi, Meche, Adivasi and Bengali. The most commonly spoken languages are Nepali, Hindi and Bengali. The masses have simple food habits that are healthy and nourishing at the same time. Their meals include Rice, Dal, seasonal vegetables, Chaw-Chaw (noodles), Momo (dumpling), Thukpa (Noodles with onion, chilly, sauce, meat and soup). The food is similar to asian food like Thai, Singapore, and Chinese.

This community needs employment opportunities, proper health, education, proper marketing skills,

agriculture skill training, cottage industry training and counseling facilities. Nomi Network delivers the *Foundation Training Curriculum* that provides life skill, technical skill training, medical checkups, health and hygiene education, and opportunities for holistic sustainable community service. The center staff visit women and their families and provide counseling services.

| Community Details | |
|---------------------------------------|--|
| Name of the People Group/Community | Tribal / Nepalese |
| # of families in the community | 2500 |
| Major occupations | Agriculture labourer, Daily wage labourer, tea garden worker |
| Average Monthly Income per family | Less than Rs. 3000 (\$41.80 USD) |
| Project Office address (proposed) | Topline, Kumai, Gorubathan (90 km from Siliguri) |
| Distance between community & project | 1 km |
| Experience working with women at-risk | Yes |
| Community Reputation of the Partner | Good |

Regions:

Kishangani
Bihar

The third-largest state by population, it is contiguous with Uttar Pradesh to its west, Nepal to the north, the northern part of West Bengal to the east, with Jharkhand to the south. The Bihar plain is split by the river Ganges, which flows from west to east. Only 11.3% of the population of Bihar lives in urban areas. Additionally, almost 58% of Biharis are below the age of 25, giving Bihar the highest proportion of young people of any Indian state. Since the late 1970s, Bihar has lagged far behind other Indian states in terms of social and economic development.

Official language: Hindi

Other recognized: Maithili

Program site: Milli, Kishanganj, Bihar, India

The Milli project is located in Kishanganj, a district of Bihar, which comes under the Purnia Division. Kishanganj is 424 km away from the capital city Patna and takes an eight (8) hours journey by road from Patna. Typical houses in this region are constructed of mud floors, adobe walls, and tile roofs. The primary ethnic groups are Santhal, Munda, Oraon and Majee. The most commonly spoken languages are Hindi and some tribal language. Common meals include rice or Panta Bhat (boiled rice soaked in water overnight) and Salan (vegetarian or non-vegetarian items). This community needs employment opportunities, proper health, education, and counseling facilities.

Nomi Network delivers the Foundation Training Curriculum providing beneficiaries with life skills, technical trade skills, medical checkups, health and hygiene education, opportunities for community service and counseling. The center staff visits beneficiaries' families and communities.

| Community Details | |
|--|---|
| Name of the People Group / Community | Tribal / Minorities / OBC |
| Number of families in the community | 1000 |
| Major occupations | Daily Wage Labor/Small Farmers/Family in prostitution |
| Average Monthly Income | Rs.2000 (\$29 USD) |
| Project Office address | Kishanganj, Bihar, India |
| Distance between community and project | Within 4 kms |
| Community Reputation of the Partner | Good |

Glossary: Nomi Network Terms

Foundation Training Program (FTP): Nomi Network's Workforce Development Program is designed to empower and equip survivors and the most vulnerable women and young girls in the trafficking hotspots to be ready to transition to jobs, self-employment, higher education, and become more empowered and confident.

The program works in three Foundation Phases:

Phase One (Life Skills Training):

We train women in basic hygiene, time management, money management, communication, confidence-building, and critical thinking skills.

3 months of 20% technical skills & 80% life skills

Phase Two (Technical Skills Training):

We provide sector-specific technical skills that are marketable and needed in the community such as tailoring, beauty services, farming, jewelry-making, nursing, and computer skills. 4 months of 70% technical skills & 30% life skills

Phase Three (Job Transition):

We connect women to safe employment opportunities or provide support to start their own micro-enterprise. Many employers we partner with have said that women they hire from Nomi Network's program are different in regards to punctuality, work ethic, leadership, and interest in learning. 5 months of Job Placement and transition

Adolescent Girls Program: Empowerment groups: cohorts of girls who meet regularly with a facilitator to learn and grow together Life skills training: Basic hygiene, time management and money management, communication and critical thinking skills

Vocational skills training: marketable skills needed in the community

We provide legal training sessions on women's rights against abuse and exploitation in addition to counsel and aid for women who need it.

Train-the-Trainer (T3) → I

T3 Trainer → trainees who become trainers for FTP.

Master Trainer → highest level of T3 Trainer. Example: Renu

Digital Training Application (App): pilot at NI300, digitizing WFD; Renu and Mushkan models

Job Integration Partner (JIP): For primarily FP2, trainees attend classes that are at government provided training centers or IP hires external experts in a specific field to offer sector-specific training. Examples: Skill India, Trainers for Farming

Job Creation: beyond training and resources, Nomi Network bridges a newly empowered workforce with ethical employers

Job Creation Partner (JCP): For primarily FP3 & on, Nomi Network along with IPs create partnerships with various industries so that graduates of the program have an exit ramp to full-time, long-term employment.

Glossary: Human Trafficking Words & Phrases

Human trafficking: The United Nations defines human trafficking as the recruitment, transportation, transfer, harboring, or receipt of persons by improper means (such as force, abduction, fraud, or coercion) for an improper purpose including forced labor or sexual exploitation. It takes on many forms today. Explore them below.

Forms of Human Trafficking

Sex Trafficking: women, men or children that are forced into the commercial sex industry and held against their will by force, fraud or coercion.

Domestic Servitude Employees: working in private homes are forced or coerced into serving and/or fraudulently convinced that they have no option to leave.

Forced Labor: human beings are forced to work under the threat of violence and for no pay. These slaves are treated as property and exploited to create a product for commercial sale.

Bonded Labor: individuals that are compelled to work in order to repay a debt and unable to leave until the debt is repaid. It is the most common form of enslavement in the world.

Child Labor: any enslavement — whether forced labor, domestic servitude, bonded labor or sex trafficking — of a child.

Forced Marriage: women and children who are forced to marry another without their consent or against their will.

Modern day slavery: refers to situations where one person has taken away another person's freedom – their freedom to control their body, their freedom to choose to refuse certain work or to stop working – so that they can be exploited. Freedom is taken away by threats, violence, coercion, abuse of power and deception. Modern slavery is a plain English term. It is not a legal definition.

Advocacy: efforts to influence public policy and resource allocation decisions within political, economic, and social systems and institutions. New legislation have been proposed in various states, laws amended and non-governmental organizations formed as part of the advocacy for the end of human trafficking.

Scheduled Caste (SC): are officially designated groups of historically disadvantaged people in India. Also known as the Untouchables.

Hijras: Transgender person also referring to self as ‘third gender.’ Lady Boys experience higher levels of discrimination, physical and sexual violence.

Date: the time and place where a prostituted woman or girl is scheduled to meet a man, known as a “john.” John: a slang term for a man who pays for the services of a prostitute.

Pimp: an agent who manages prostitutes, scheduling their “dates” and profiting from their earnings.

The relationship between pimps and prostitutes is often psychologically and physically abusive. Prostituted women are sometimes kidnapped off the street by pimps at a young age or lured through the Internet. Pimps are often involved in other illegal industries and activities such as drug dealing or abuse.

Social enterprise: Is an organization that applies commercial strategies to maximize improvements in human and environmental well-being—this may include maximizing social impact alongside profits for external shareholders.

Supply Chain: a supply chain is the network of businesses, people, activities, information and resources involved to produce or distribute goods or deliver services, from a supplier to a customer.