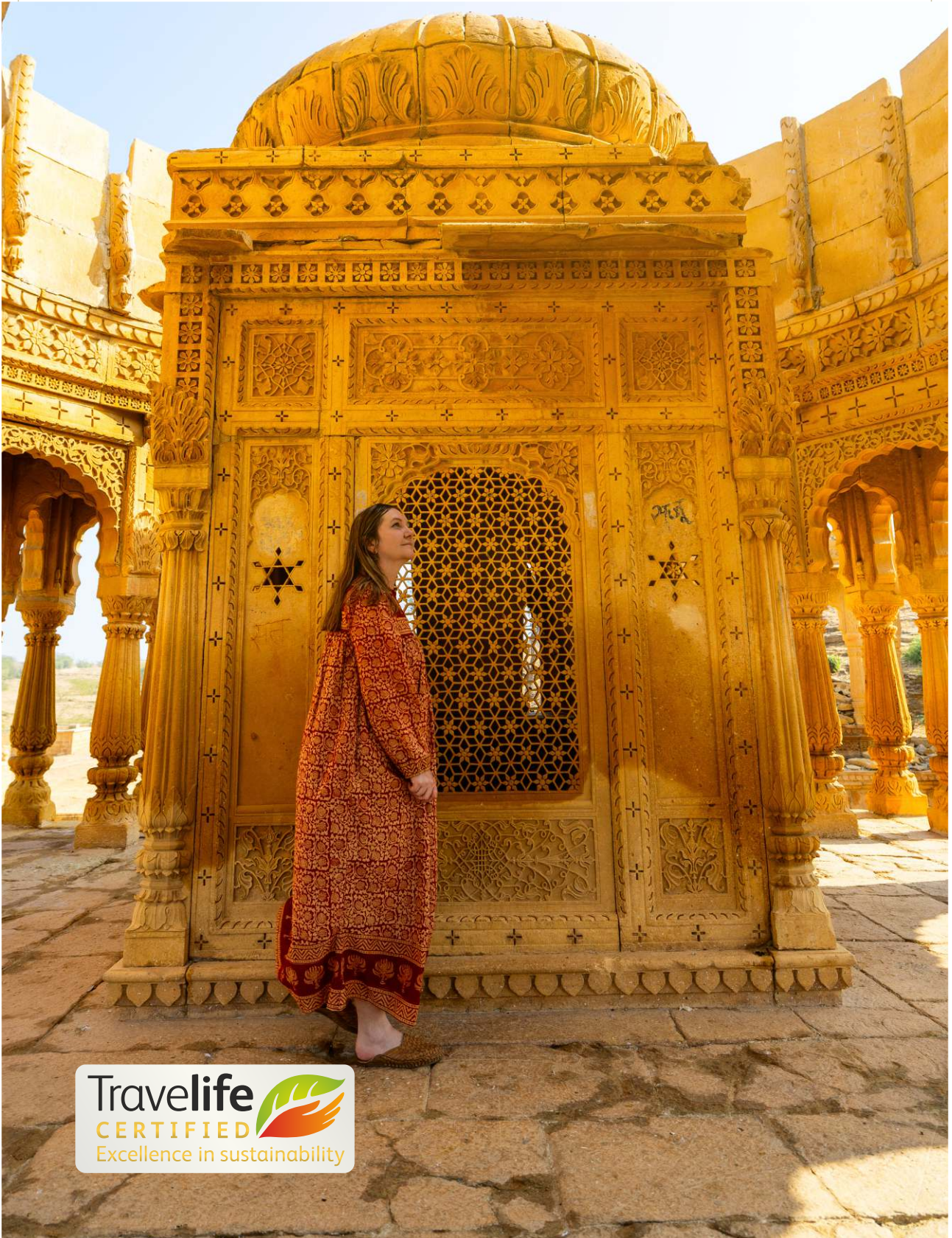




## TRAVEL GUIDELINES FOR INDIA



## VISA FORMALITIES

Foreign nationals coming to India are required to possess a valid national passport establishing their nationality and identity. The passport must be valid for at least six months from the date of arrival in India and should have at least two blank pages for stamping by the Immigration Officer.

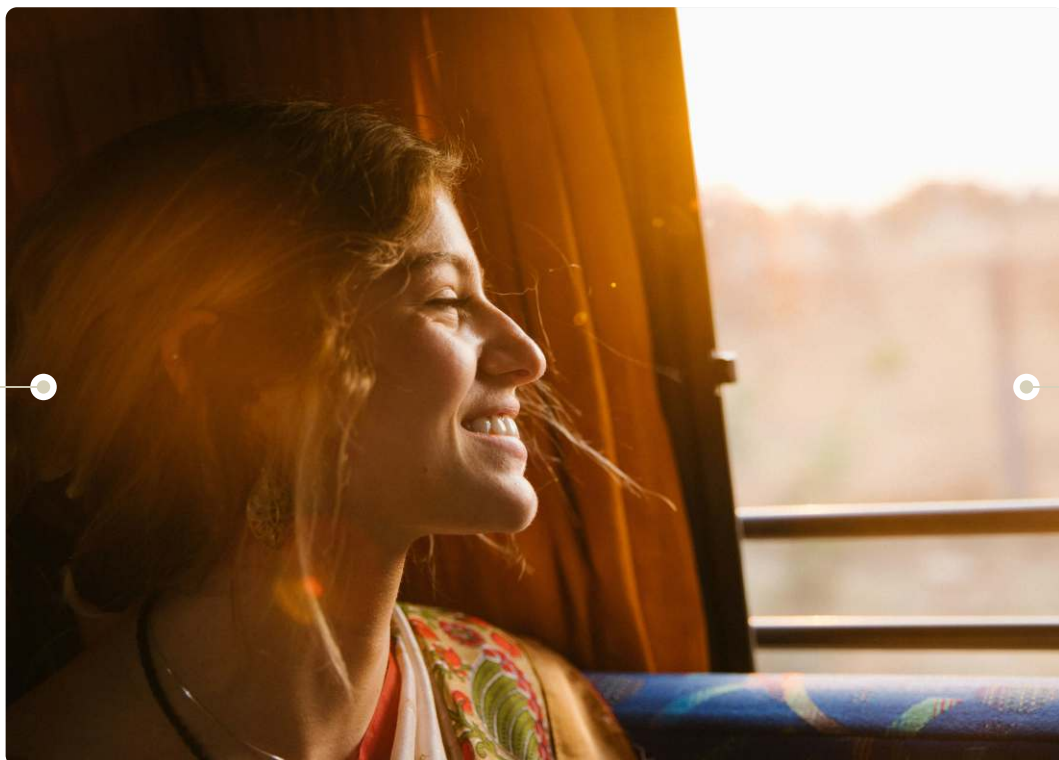
An immigration check is conducted for all passengers, whether Indian or foreign, at the time of arrival and departure. Passports are duly stamped upon both arrival and departure. Passengers should ensure their passports are properly stamped before leaving the immigration counter. Foreign nationals arriving in India are required to fill out Arrival Cards, which are available at the airport counters.

## E-TOURIST VISA

The e-Tourist Visa service is available to nationals of 173 countries/territories. Persons holding an e-Tourist Visa are allowed to enter India only through 31 international airports, details of which are available on the official website: <https://indianvisaonline.gov.in/evisa/tvoa.html>.

The e-Tourist Visa service is rendered in a time-bound manner and may take 72 hours or more for processing. Applicants will be notified about their visa status via the email address provided in the e-Visa application. Travellers can apply up to 120 days prior to their travel; we recommend applying sooner than later.

The e-Tourist Visa is granted for a minimum of 1 month and a maximum of 5 years with multiple entries. The maximum stay in India during one calendar year is limited to 180 days for both the 1-year and 5-year Tourist Visa options. For the e-Tourist Visa (30 days), the validity period will be 30 days from the date of the first arrival in India. Double entries will be granted within the e-Visa validity period stamped on your passport. Your first arrival must occur between the date of issue and the expiry of the ETA. It is essential to keep a printed copy of the e-Visa handy, as it is required at the time of boarding the flight to India. The Government of India has extended the e-Visa facility to British citizens holding passports from Crown Dependencies (CD) and British Overseas Territories (BOT).



## TIME ZONE

India follows a single time zone, which is 5 hours and 30 minutes ahead of GMT (Greenwich Mean Time). However, due to daylight saving time in certain countries, the time difference between India and those countries may change depending on their location and daylight-saving adjustments.

For example here are the details of the time difference between India and UK:

Standard Time (late October to late March):

The UK operates on Greenwich Mean Time (GMT), and India is on Indian Standard Time (IST), which is GMT+5:30. Therefore, the time difference is 5 hours and 30 minutes ahead of UK.

Daylight Saving Time (late March to late October):

UK observes British Summer Time (BST), which is GMT+1. During this period, the time difference is 4 hours and 30 minutes ahead of UK.



## MEET AND GREET

Upon arrival at one of India's International Airports, you will first go through immigration before proceeding to collect your baggage. Please have all the required documents handy, including your passport, visa, and arrival card, before proceeding to the Immigration Hall. After clearing immigration, you will proceed to the Baggage Reclaim area to collect your checked-in baggage. After collecting your bags, you will proceed to Customs to clear your baggage under either the Green or Red Channel. Proceed to the Green Channel if you do not have any dutiable goods to declare and to the Red Channel if you have dutiable goods to declare. After completing the customs process, you can proceed to the exit of the Arrivals Hall.

Outside the Arrivals Hall, you will be greeted by our airport representative holding a hand-held sign displaying your name. Please move slowly to ensure you can spot our representative amidst the crowd. This procedure will also be followed for domestic flight arrivals, although it does not involve customs and immigration

counters. In the rare event that our airport representative cannot be located, please contact our emergency number provided in the contact details.

Please [click here](#) to watch our meet-and-greet video to understand how we welcome and receive guests at the airport.

## BUSINESS HOURS

Government Offices / Shops:

Monday - Friday, 1000 hrs - 1700 hrs

Some Government Offices are open on alternate Saturdays.

Banking Hours:

Monday - Friday, and the 1st, 3rd, and 5th Saturday of every month - 10:00 hrs to 15:30 hrs (for public dealings).

NOTE: Timings may vary according to individual bank schedules, but generally, the above timings are followed. Banks remain closed on the 2nd and 4th Saturday of every month.

Private Offices operate on a five-day workweek, with Saturdays and Sundays off. Some offices work half-days on Saturdays as well. General office hours are 0930 hrs - 1800 hrs.

Shops do not have standardized timings. In major metropolitan areas, malls and department stores may stay open until 22:00 hrs, seven days a week. Some shops in certain areas have one closing day, either Monday or Tuesday. In many small towns, shops generally close around 2000 hrs.

Restaurants and bars have different legally enforced closing hours depending on the state. In most parts of the country, these closing hours are typically around midnight or even earlier.



## HEALTH & ACTIVITY

Persons arriving from Yellow Fever (YF) endemic countries (or those who have visited any Yellow Fever-endemic country in the past 6 days) will be required to possess a valid Yellow Fever vaccination certificate from an authorized vaccination centre. The validity period of the international Yellow Fever vaccination certificate is lifelong, beginning 10 days after vaccination.

If a person is arriving from a country with a public health risk related to any condition that has been declared a public health emergency of international concern (PHEIC) by the WHO Director-General, they may be required to undergo medical screening or additional measures as decided by the Ministry of Health and Family Welfare.



Guests should be aware that the infrastructure in India and some neighbouring countries can present challenges for those with walking difficulties or other mobility issues. Those requiring specialized assistance must be accompanied by a capable companion who can provide support.

Check air quality reports for your destination city (using the Central Pollution Control Board website). If air quality is poor, consider wearing a respirator mask (N95). If you have respiratory conditions, carry your prescribed medications and consult your doctor about potential air quality concerns.

It can also be quite warm during sightseeing, but using sun protection, wearing a hat and sunglasses, and drinking lots of water can help minimize the impact of the weather.

It is advisable to carry mosquito repellent to ensure optimal protection against mosquitoes, especially between dusk and dawn.

Good public toilet facilities are rare on the road. You are encouraged to take every opportunity to use a clean toilet in places such as hotels and restaurants. Most of the hotels and restaurants provide western style restroom facilities.

## SAFETY

Avoid walking alone at night, especially in poorly lit or less populated areas. Book rides through Apps or ask your hotel to arrange transportation. Use reputable taxi or ride-sharing services (for example BluSmart, Uber, Ola, Rapido etc.). Verify the vehicle's license plate against the App's information before boarding them. Share your travel itinerary and location with a trusted friend or family member. If you feel uncomfortable or threatened, be assertive and seek help from a trusted authority figure.

## CREDIT CARDS

Major credit cards, including Visa and Mastercard, are widely accepted at establishments in major towns and cities across India. However, American Express cards are generally not accepted, except at select high-end hotels in larger cities. When making purchases, it's important to exercise caution. We recommend keeping your credit card within your direct line of sight at all times and double-checking your charge slip for accuracy in entries and amounts.



## CURRENCY & FOREIGN EXCHANGE

The official currency of India is the Indian Rupee, symbolized by the sign ₹. The banknotes currently in circulation are in denominations of ₹10, ₹20, ₹50, ₹100, ₹200, and ₹500.

Banks, hotels, and authorized money-changers can exchange foreign currency for rupees. Receipts (called "Encashment Certificates") should be retained, as these will enable you to reconvert any balance into dollars or another foreign currency when you leave the country, provided the receipt is not more than 30 days old. Almost all cities and towns in India have ATMs that accept Visa, MasterCard, and American Express. International airports also have currency exchange booths that are open around the clock.

## ELECTRICITY

The electrical current at hotels in India is 220V, 50Hz AC. If you bring electrical devices that do not meet these standards, you may need to bring the appropriate converters and adapters for your convenience.

## DINING

Most hotels offer a variety of cuisines in their restaurants. In metropolitan cities, we would be happy to recommend suitable restaurants outside your hotel. Meals in remote areas and wildlife parks will invariably be table d'hôte. We suggest avoiding undercooked meat or vegetables; eat fruit that you can peel, and ensure that fresh fruit has been washed in bottled water. Always wash your hands before and after eating. We strongly recommend drinking only bottled water during your travel through India. Avoid drinking tap water, or using it to brush your teeth, unless it has been boiled, filtered, or chemically disinfected, and avoid ice cubes.

Minor stomach ailments are the most common affliction of visitors to India. While inconvenient, they can dampen your enjoyment for a few days. We suggest rehydrating with clean fluids and oral rehydration solutions. It is also advised to carry medicines for possible stomach upsets or indigestion. Most hotels have a doctor on call to attend to your immediate medical needs.

India offers a huge variety of dishes, with combinations of different spices giving each region its own distinctive flavour. Seafood is a specialty in the coastal areas, and coconut is used in many Keralan dishes in the south. A variety of European and Chinese dishes can usually be found at 4-star and 5-star hotels. Local brands of alcoholic drinks are widely available, as well as international brands in larger hotels. Where alcohol is available, please be aware that menu prices may not reflect the final amount payable, as applicable taxes and service charges will be added to the bill.

Alcohol is prohibited in the states of Bihar, Gujarat, Mizoram, and Nagaland. Foreigners and visitors from other parts of India can apply online for a liquor permit in Gujarat. There are 35 stores across the state, including nine in Ahmedabad, where liquor can be purchased upon the production of a physical copy of the permit. National holidays such as Republic Day (26 January), Independence Day (15 August), Gandhi Jayanti (2 October), and days around elections are usually dry days.

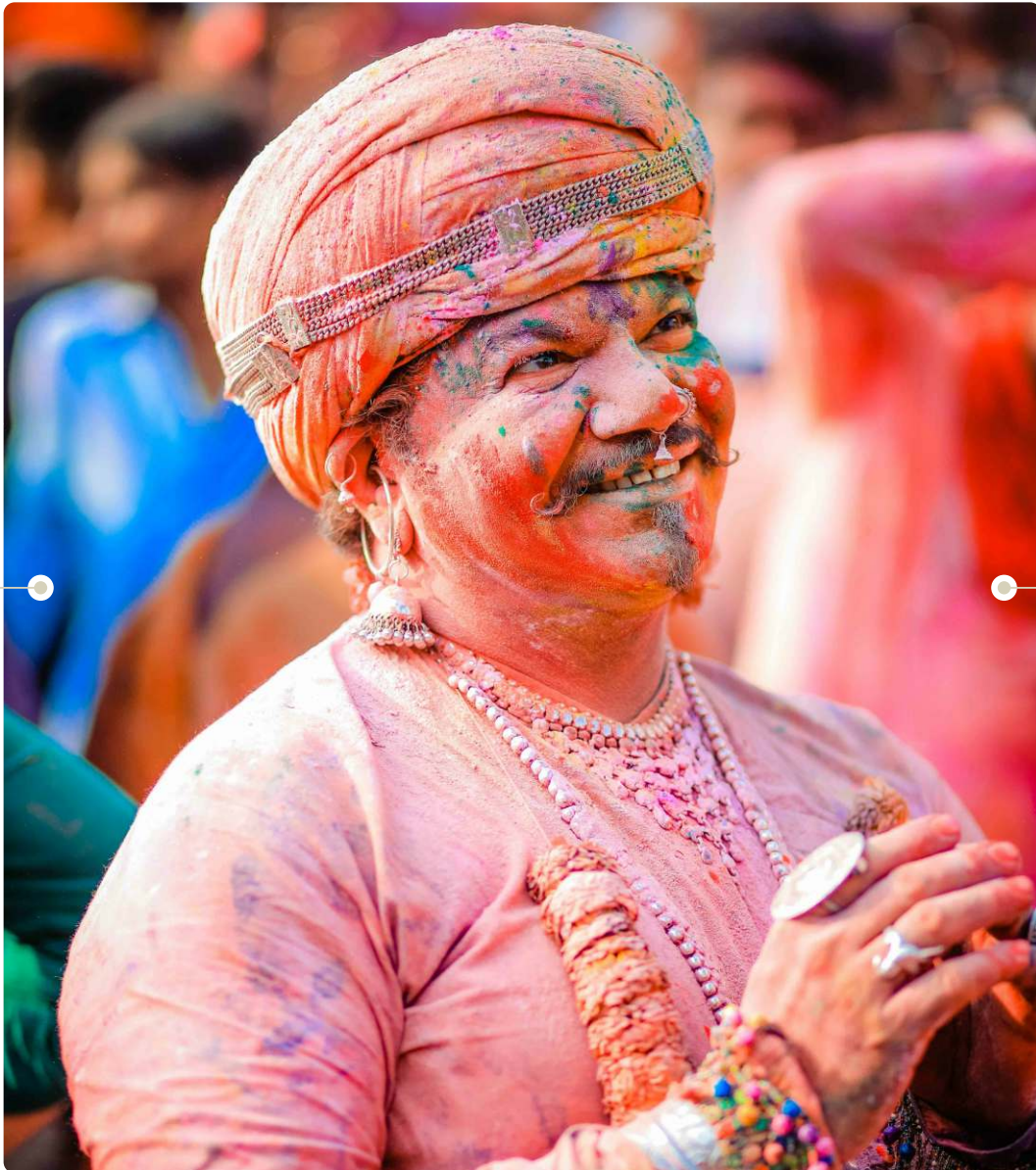
## VISITING PLACES OF WORSHIP

It is essential to remove your shoes before entering temples, mosques, or gurdwaras. Avoid taking leather goods (such as bags, belts, wallets, etc.) and cigarettes into places of worship, as these are not permitted. It is recommended to avoid wearing shorts or sleeveless tops in places of public worship. Alcohol consumption is usually banned in religious places of various persuasions.



## FESTIVALS

Check with us in advance for any Indian festival scheduled to take place during your journey. If participating in celebration of an Indian festival a few precautions need to be taken for a safe and enjoyable experience. Large crowds are common, so staying alert and securing valuables is essential. Dressing modestly, especially in religious places, shows cultural respect. Enjoy festive delicacies but choose hygienic eateries and bottled water. During Diwali, be cautious around fireworks and for Holi, use natural colours and wear protective eyewear. Roads can be crowded, so plan travel in advance. Participating in rituals respectfully and understanding local customs will enhance the experience.



## BEWARE OF ENGAGING WITH STRAY ANIMALS

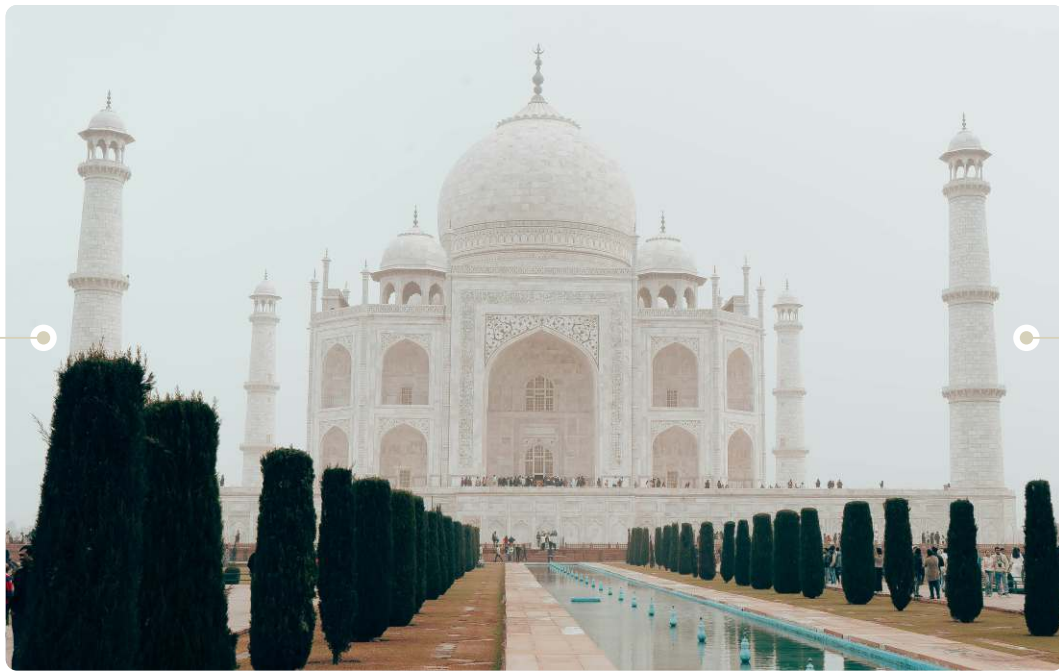
While being outdoors on sightseeing tours and excursions, please be aware of stray animals that may be wandering around you, such as dogs, cats, pigs, cows, donkeys, monkeys, etc. These animals are generally harmless but can sometimes be unpredictable. Avoid petting or feeding them, as it could attract more animals and lead to unexpected violent behaviour. Stay alert, especially when walking down the streets, and maintain a safe distance from stray animals to ensure a pleasant and safe outdoor experience.

## PAYMENTS

Foreign nationals can settle their hotel bills using foreign currency or Indian Rupees, either in cash or via credit/debit card.

## CUSTOMS & DECLARATIONS

Please familiarize yourself with India's customs declaration requirements before you travel. In general, you are not permitted to bring live plants, fresh fruits, and other produce items into most countries. For details, please visit India's Central Board of Indirect Taxes & Customs at <https://www.cbic.gov.in>.



## CLIMATE

The climate in India varies depending on the location and time of travel. In northern India, the weather during the late fall and winter months of October through March is dry, with temperatures averaging 7°C (45°F) in the early morning and evening, and 21 to 25°C (70 to 75°F) during the day. The rainy season is from June to September, with average temperatures ranging from 34 to 36°C (93 to 96°F). The post-monsoon season, which is the northeast monsoon in South India, occurs from October to November. Summer (April to May) is hot, with temperatures around 36°C (96°F) everywhere, except in the hills.

## INSURANCE

It is always advisable to obtain good travel insurance to cover any unforeseen incidents. Keep a copy of your policy separately as a safeguard. Please take the time to confirm that all activities, excursions, and destinations in your itinerary are included in your travel insurance policy.

## NIGHTLIFE

India's nightlife ranges from traditional bars and restaurants to grunge or alternative lifestyle bars, discos, clubs, and lounges. Most clubs prefer their guests to arrive in pairs.

a) Closing time – In most cities in India, nightlife starts early and ends early due to the closing times in place. While Mumbai may have the largest selection of nightlife venues, they all start closing by 1:30 AM. With a few exceptions, the scene is similar in Delhi, and even more restrictive in Chennai, Bangalore, and Hyderabad, where closing times are between 11:00 and 11:30 PM.

b) Legal drinking age – The legal age for the consumption of alcohol varies across different states in India. In Delhi, the legal drinking age remains at 25 years. India's coastal town of Goa has the lowest legal drinking age at 18, along with Haryana, Himachal Pradesh, Madhya Pradesh, Puducherry, Rajasthan, Sikkim, and Uttar Pradesh. Elsewhere, it's generally 21 years. The states of Bihar, Gujarat, Lakshadweep, Mizoram, and Nagaland are "dry states," where alcohol is illegal without a permit. There's also a partial drinking ban in a few districts of Manipur.



## PHOTOGRAPHY

Visitors to India will find varied subjects for photography. However, certain formalities regarding photography must be adhered to. Special permission from the Archaeological Survey of India (ASI), New Delhi, is required for the use of tripods, professional cameras, and artificial lighting on monuments. Special permission is also required for any photography intended for publicity and commercial use. Photography is prohibited in tribal areas. Taking photographs of airports, railway stations, bridges, military installations, and from the air is prohibited. Costs incurred for photography are at your expense. Your guide will advise you of all known camera-related fees and rules for each city you visit. It is always advised to seek permission from individuals before taking their pictures.

Regarding Drone usage, foreign nationals are currently not permitted to operate drones in India. They must lease a drone and engage the services of a certified Indian professional to capture drone footage.



## INDIAN TRAINS

Indian trains range from passenger trains that stop at all stations to mail/express/superfast trains, which stop only at major stations. In addition to these, there are specialized trains with better facilities that run faster, such as the Vande Bharat Express, Rajdhani Express, Durgam Express, Shatabdi Express, and Jan Shatabdi Express trains.

## TRAIN TRAVEL

We recommend that you travel in trains that have air-conditioned coaches for convenience and comfort. Air-conditioned coaches have three classes: 3 Tier AC, 2 Tier AC, and 1st Class AC (suitable for overnight travel). You can travel in AC Chair Car or Executive Class for travel that commences and terminates on the same day, available in trains such as Vande Bharat Express, Shatabdi Express, Jan-Shatabdi Express, and Gatiman Express. A new set of indigenously manufactured trains, called Vande Bharat Express, have been introduced in India on various sectors.

A new concept called 'Vistadome Coaches' has been introduced by Indian Railways on some of the trains that run on scenic routes. These tourist-friendly coaches are equipped with special features to provide a great experience to passengers traveling through scenic railway routes in India. Vistadome coaches have large glass windows on the sides, glass window panels on top, fully rotatable seats, better air-conditioning, a GPS-based information system, and even an Observation Lounge at the rear section of the coach with a large glass window for an unhindered view of the beautiful scenery outside. Vistadome coaches are currently attached to trains that operate on day-return routes.

Since railway stations are extremely crowded, and you may feel disoriented when you disembark at the end of a train journey, we request you to wait at the disembarkation point where your train carriage comes to a halt until our staff member or local representative establishes contact with you. This will typically happen within 5 minutes of your alighting from the train.

## VISITING RESTRICTED AREAS

Foreign nationals intending to visit a place falling within the Protected/Restricted Area notified by the Government may submit an application for the grant of a Protected / Restricted Area Permit to the Indian Mission in their country, either along with the visa application or before coming to India. Under the Foreigners (Protected Areas) Order, 1958, all areas falling between the 'Inner Line', as defined in the said Order and the International Border of the State have been declared as a Protected Areas.

Protected Areas are located in the following states:

- (i) Whole of Arunachal Pradesh
- (ii) Parts of Himachal Pradesh
- (iii) Parts of Jammu & Kashmir
- (iv) Whole of Manipur
- (v) Whole of Mizoram
- (vi) Whole of Nagaland
- (vii) Parts of Rajasthan
- (viii) Whole of Sikkim (partly in Protected Area and partly in Restricted Area)
- (ix) Parts of Uttarakhand



## LOCAL CUSTOMS

**EATING** – In India, people often eat with their right hand. The left hand is considered unclean and is generally not used to eat or to handle food and money. Sitting on the floor with folded legs while eating is a tradition in some parts of the country and at religious places.

**FEET** – The soles of your feet pointing towards someone is considered offensive, so care should be taken to avoid this. In the same vein, feet should not be placed on furniture. If you accidentally touch someone with your foot, it is common practice to apologize. It is also customary to remove your shoes when entering a private home, as well as places of worship and burial.

**GARLANDING** – At times, you might be garlanded upon arrival at the hotel. Playing the perfect host is an integral part of Indian culture and tradition. As such, Indian people go to great lengths to make their guests feel welcome. Garlanding, performing Aarti, and applying tilak (red vermilion mark on the forehead of the guest) are important parts of the reception ritual. There are basically two reasons behind the garlanding tradition in India. Firstly, it showcases one's happiness at receiving the guest, and secondly, it is a form of publicly acknowledging the

guest's importance. The fact that, apart from guests, it's only the various Gods and Goddesses who are garlanded shows the significance attached to this tradition in India.

**GREETINGS** - The Indian greeting is to put your hands together in front of your chin (as for praying) and incline your head forward, saying "Namaste."

**LANGUAGE** - The official language of India is Hindi in the Devanagari script. The individual states are free to decide their own regional languages for internal administration and education, so there are 22 official languages spoken throughout the country. English is widely spoken in India.

**PERSONAL SPACE** - India is densely populated, and people are accustomed to being crowded. However, except in packed buses, strangers avoid touching each other. Cross-gender touching is especially offensive, although it is not uncommon to see same-sex friends holding hands or hugging.

**RELIGIOUS PLACES** - Temples and mosques prohibit shoes inside the building, and signs are sometimes posted when this is the case. Some Hindu temples do not permit non-Hindus to enter. A visitor should ask for guidance if there is any doubt. While visiting Mosques, women should cover their hair and not expose their arms or legs. Mosques that welcome non-Muslim visitors will often have ankle-length outer coverings on a rack near the main entrance for borrowing for use before entering the mosque. Shoes, of course, are removed before entering. In Sikh temples, called Gurudwaras, head coverings for both men and women are required (and sometimes provided). Priests in Gurudwaras also offer the visitor blessed food, which should be accepted with both hands; refusing to do so may be considered offensive to the faith. The food should either be eaten or given to someone else.



## TELEPHONE / COMMUNICATION

Telephone calls to all countries are now direct, with service quality comparable to international standards. Direct dialling is possible between almost all cities and towns within India. Fax facilities are widely available, and it is also possible to send email messages from almost all hotels. Some hotels provide free Wi-Fi facilities to their guests.

Postal services in India are good, and stamps can be bought at the hotels.

It is possible to purchase a prepaid SIM card (available as both normal and micro SIM) upon arrival at airports. Guests must produce a copy of their passport, visa

and two passport-sized photographs to obtain the SIM card. After purchase, ensure the SIM card is activated. Activation may take up to 24 hours. Mobile network signals are stable in major cities; however, in remote areas, the mobile signal may be weak or unavailable.

## SATELLITE PHONES

Guests are required to adhere to government regulations regarding the bringing of satellite phones into India. Prior permission from the Department of Telecommunication, Government of India, is crucial to ensure regulatory compliance if a guest wishes to bring a satellite phone into India.

## E-CIGARETTES

E-cigarettes are not allowed to be brought into India. Indian airport authorities have prohibited passengers from carrying e-cigarettes in both cabin and checked-in luggage. This regulation applies to both domestic and international flights. Any e-cigarette found in possession may be confiscated during security checks.



## SHOPPING

Extraordinary patience, talent, and imagination go into the making of Indian products, whether dazzling silks, hand-knotted carpets, bronze statues of Hindu Gods and Goddesses, jewellery, shoes or sandals, handbags, men's and women's clothing, musical instruments, or perfumes. The list is inexhaustible, and the prices are reasonable. Each region of the subcontinent has its own specialties. The bazaars are the places to find the best bargains, but one must be prepared to haggle at some places. It is important to remember that if the shop or emporium undertakes to export purchased goods, the package may invariably take much longer to reach, than as intimated at the time of purchase.

It is forbidden to export recognized antiques over 100 years old. It is advisable to keep the sales receipts to show them to the Customs Officers when requested.

We have conducted extensive research to find authorized sellers (and makers) of handicraft items all over the country. We maintain a list of such shops per city. During or after sightseeing tours, our guides and escorts might suggest you visit such a shop if any particular souvenir or general shopping interests you. This suggestion should not be construed as an insistence to visit such an enterprise, as it is entirely your discretion to choose whether or not to visit the designated shop in any city.

Indian food is as varied as the country itself, with every region having its own mouth-watering specialties. It, therefore, does not always have to be 'hot,' nor can any one dish be labelled as 'curry.' Most dishes with gravy are normally called curries, but they are prepared with a different 'masala' or combination of spices, including coriander, cumin, garlic, onions, ginger, turmeric, and more.

For an Indian, a drink with a meal usually means water! Imported wines and liquors are now available fairly easily, although not in great variety. The quality of Indian wines is improving steadily and is almost of international standards. Indian beer and rum are considered excellent, while gins and vodkas are good. Indian whiskey is an acquired taste. Bihar, Gujarat, and Nagaland are currently dry states in India.

We recommend that you always use bottled water for drinking purposes. Bottled water is readily available in hotel rooms and restaurants. If you are out sightseeing or on an excursion, it may be a good idea to carry a bottle of mineral water or consume aerated soft drinks through a straw.

Most hotels provide lockers to keep your valuables safe. We advise you to be cautious with valuables and your passport when venturing outside. Please do not accept food or drinks from strangers, and do not leave your food or drinks unattended. Be mindful of your surroundings in crowded places to avoid pickpocketing. Carry only what you need. Scams, such as ATM and credit card skimming are common, so please do not let your card be taken away from your sight while shopping. Beware of any unsolicited offers or requests for assistance especially in the tourist areas. Such interactions are best avoided. Violence against foreigners is virtually unheard of, provided basic precautions are taken, just like anywhere else.

## BAGGAGE ALLOWANCE

Airlines have adopted stricter policies in enforcing number, size, and weight limits. Luggage exceeding maximum restrictions may require expensive overage fees, frustrating and hurried re-packing at the ticket counter, or even risk being left behind.

For domestic travel, many carriers require checked baggage not exceeding a weight of 15 kg (33 lbs) per person and cabin baggage not exceeding 7 kg (15 lbs) in economy class.

Only one piece of hand baggage per person is permitted. Airlines revise luggage policies frequently and often without notice, so it is advisable to check with the airlines beforehand. Our organization cannot be held liable for variance in the weight limits listed by airlines. It is also important to note that restrictions for luggage number, weight, and size may vary depending on the class of service you select. First and Business Class ticket holders may have different restrictions than Economy Class travellers.



## FOR ECONOMY CLASS

### Air India

Economy Value class, Classic class 15 Kg (33 lb) / Flex class 25 Kg (55.1 lb)

Premium Economy Classic class 15 Kg (33 lb) / Flex class 25 Kg (55.1 lb)

### Air Asia

AirAsia India does not include a free checked-in baggage allowance in its base fares (for example the "Low Fare" option). Checked baggage must be purchased separately, either at the time of booking or later.

### Akasa Air

15 Kgs (33 lbs)

### Indigo

15 Kgs (33 lbs)

### SpiceJet

15 Kgs (33 lbs)

## AIRPORT DEPARTURE TAX

The airport departure tax is included in your international tickets and does not need to be paid at the airport.



## WHAT TO PACK

When packing for travel to India, we suggest you select a wardrobe that is adaptable and allows for layering. In India, delicate fabrics do not stand up well to laundering facilities except at deluxe hotels. Plain cotton or cotton-synthetic blend clothing is the most practical and is the coolest in summer. It is best to avoid synthetic fabrics that are not breathable. A hat with a wide brim will help protect you from the harsh sun. During the fall season, a collapsible umbrella comes in handy. During the winter months, sweaters and light jackets are necessary.

We advise you not to dress in shorts, mini-skirts, or tank tops unless you are on a beach. In small towns and cities, people may stare if you expose too much skin. Most Indians dress in modest clothing. To respect Indian sensitivities we advise against public displays of affection. We recommend that women wear skirts below the knee or longer, or relatively loose slacks. Avoid wearing sleeveless blouses and tight pants. Young women and teenage girls, especially those dressed in tight or short dresses, may attract undesirable attention. Men should avoid going shirtless; trousers are preferable to shorts. However, shorts and sleeveless tops or blouses are perfectly acceptable attire in the warmer, tropical areas.

When visiting places of worship, women are not allowed to enter with bare shoulders, short pants, or short skirts. Long skirts, dresses, or slacks are recommended. A scarf is acceptable to cover the shoulders if a woman is wearing a sleeveless top. Head coverings are required at some places, especially at Sikh temples like the Golden Temple in Amritsar. Men should also dress appropriately for holy sanctuaries, and shorts are discouraged. All visitors will be required to remove their shoes in temples and mosques. At some temples, you may be required to deposit your leather items before entering the temple premises. Please be mindful of the noise levels in sensitive areas, such as places of worship and hospitals.

We recommend that you take photocopies of your passport, driving license, insurance, and other important documents and keep them separately from the originals. This can be helpful if the originals are lost during your travels. Please see the link below to learn how to be a responsible traveller and contribute towards a sustainable future:

[Tips to be a Responsible Traveller](#)



## TRAVELING IN INDIA WITH KIDS

Traveling with kids can be both challenging as well as rewarding. Indians are very tolerant of children so you can take them almost anywhere without restriction, and they always help break the ice with the strangers.

For babies, nappies (diapers) are available in most large towns at similar prices to the West, but it's worth taking an additional pack in case of emergencies, and bringing sachets of Calpol or similar, which aren't readily available in India. And if your baby is on powdered milk, it might be an idea to bring some of that; you can certainly get it in India, but it may not taste the same. Dried baby food could also be worth taking.

Always travel with a basic medical kit, including Imodium for stomach upsets. Ensure to bring your own prescription medicines along with a copy of your prescription.

To avoid stomach upsets, avoid uncooked food i.e. raw salads and cut fruits, and ensure that you stick to bottled water for drinking purposes. Altitude sickness can occur in certain regions of high altitude, so let your body adjust to the elevation slowly, and keep yourself hydrated. Coconut water is brilliant for rehydrating during extreme heat. If you do get dehydrated through illness or heat, the 1 tsp salt / 8 tsp sugar in 1 litre of water combo works perfectly.

Recommended vaccinations for general travel to India are Hepatitis A, Tetanus and Typhoid. Please refer to your country's health advisory for further information and recommendation.

Vehicles in India don't have child seats but the same can be arranged on a prior request for the families traveling with the kids.

## NATIONAL HOLIDAYS

### FULL PUBLIC HOLIDAYS:

January 26 - Republic Day  
 August 15 - Independence Day  
 October 02 - Mahatma Gandhi's birthday

There are other local holidays which are applicable to different states.

## REFERENCE READING

### MEMOIR

A Princess Remembers – Gayatri Devi

The Story of My Experiments with Truth – M. K. Gandhi

### HISTORY

Freedom at Midnight – Lapierre and Collins

The Golden Road: How Ancient India Transformed the World – William Dalrymple

The House of Jaipur – John Zubrzycki

White Mughals – William Dalrymple

### LITERATURE, CULTURE & POLITICS

A Suitable Boy – Vikram Seth

God of Small Things – Arundhati Roy

The Palace of Illusions – Chitra Banerjee Devikar

The Remnants of Partition – Anchal Malhotra

The Book of Everlasting Things – Anchal Malhotra

India A Million Mutinies Today – V.S. Naipaul

The Glass Palace- Amitava Gosh

Jungle Nama, a Story of the Sundarbans – Amitava Gosh

### TRAVELOGUE

City of Djinns / Nine Lives – William Dalrymple

Butter Chicken in Ludhiana: Travels in Small Town India - Pankaj Mishra



## LANGUAGE

English is widely spoken, especially in areas that are used to receiving tourists, though accents and grammar may vary considerably. Hindi is the most widely spoken language in the country, but it also has regional variations and accents. There are totally 22 major languages 544 dialects spoken in India in addition to English.

Useful Phrases in Hindi:

English » Hindi

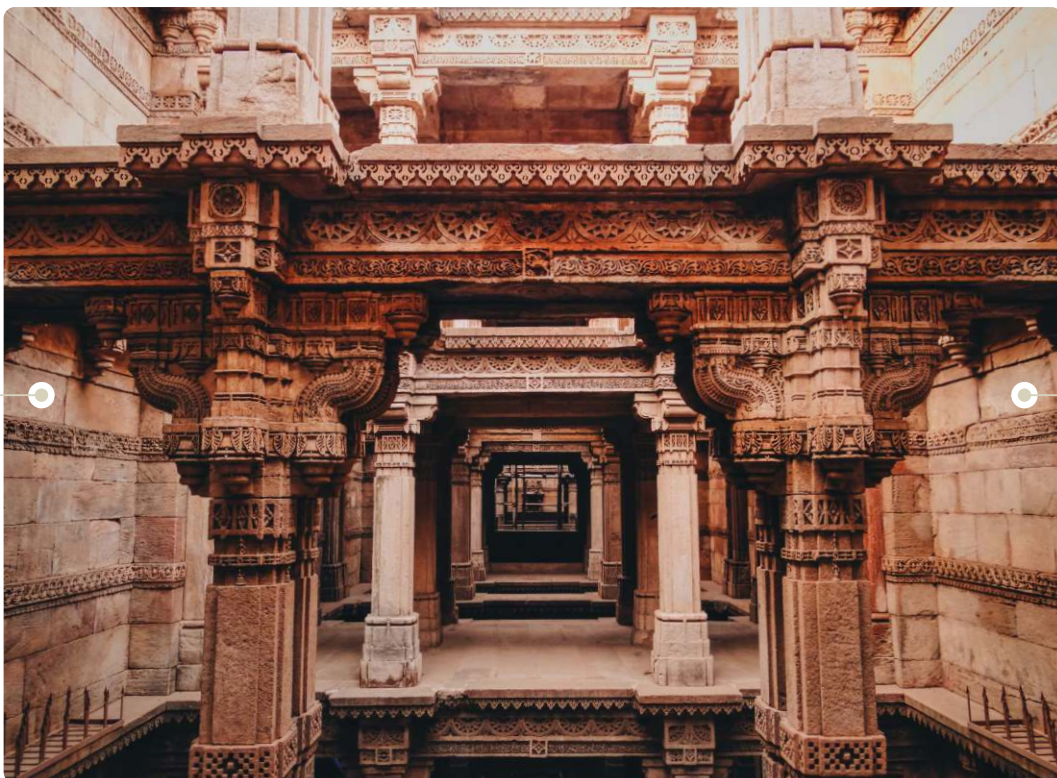
Hi or Hello » Namaste

Please » Kripaya

Thank You » Shukhriya / Dhanyavaad

Yes » Haan

No » Nahin  
 Where can I find » Kahan milenge  
 I want water » Mujhe paani chahiye  
 I want a ticket » Mujhe ticket chahiye  
 Where is the toilet » bathroom kahan hai  
 Are you open tomorrow » Aap kal khule hain?  
 Is this very far » Kya ye bahut door hai  
 How much is this » Ye kitne ka hai  
 This is too expensive » Ye bahut mehenga hai  
 Make this price less » Bhaav kam karo  
 How are you? » Aap kaise hain?  
 Sorry » Maaf kijiye  
 Ok » Theek hai  
 What? » Kya?  
 Where? » Kahan?  
 How? » Kaise?  
 When? » Kab?  
 Who? » Kaun?  
 Why? » Kyon?  
 I don't understand » Mai samjha nahi  
 Tell me the way please » Kripya raasta bataiye  
 What is your name? » Aapka naam kya hai?  
 My name is » Mera naam ...  
 Right » Dahine  
 Left » Bayen  
 One » Ek  
 Two » Do  
 Three » Teen  
 Four » Chaar  
 Five » Paanch  
 Six » Cheh  
 Seven » Saat  
 Eight » Aath  
 Nine » Naun  
 Ten » Das  
 One hundred » Ek sau  
 Two hundred » Do sau





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