“The earth, the air, the land and the water are not an inheritance from our forefathers but on loan from our children. So we have to handover to them at least as it was handed over to us.”

Mahatma Gandhi
Background to CERES

CERES Community Environment Park is located on 4.5 hectares of land on the banks of the Merri Creek in Brunswick East, Melbourne.

CERES is a place where people come together to share ideas about living well together, and directly participate in meeting their social and material needs in a sustainable way. Through social enterprises, education and training, employment and community engagement, CERES provides the means by which people can build awareness of current local and global issues, and join in the movement for economic, social and environmental sustainability.

Since CERES was established in 1982, the efforts of our community have transformed the site. Once a desolate wasteland, today CERES is a place of nature and beauty, inhabited by a vibrant and diverse community. We attract around 400,000 visits each year through our on-site education and training programs, our retail plant Nursery, the Organic Market & Grocery and our cafe. CERES continues to provide opportunities for the community to come together in site groups or as volunteers, through community programs and events.

We reach out to over 200,000 people through our work in schools across metropolitan Melbourne, and regional and rural Victoria. CERES Fair Food delivers organic food and the sustainable food message across metropolitan Melbourne. CERES also partners with a wide variety of organisations to bring about mutually beneficial outcomes, and reaches across the planet with CERES Global.

To find out more about, visit www.ceres.org.au.

CERES Global

CERES Global has been organising trips to India since 2005, Indonesia since 2009, and Mapuru in Arnhem Land since 2010. More recently there have been trips to East Timor, Cuba, Chile, China, Korea, Victoria and Samoa.

CERES Global is a project within CERES aiming to engage with the issue of global inequities and the well-being of all people on the planet and the environments in which they live. It has a special focus on working with communities to find solutions to environmental and climate change challenges. It also works to improve economic and social sustainability within these communities.

CERES Global return annually to each of the communities we visit, building rapport and friendship in order that we might work together in the future to overcome environmental and social challenges.

For more information visit www.ceres.org.au/global

Thank you for coming on board.
Sophie Edwards - CERES Global Coordinator:
Sophie has been working in social equity and sustainable community development in both international and domestic contexts since 2004. Her background in environmental sustainability stems from an undergraduate degree in Geography and Botany and has broadened to community engagement and development in her Masters in Social Sciences. Before starting at CERES, her working life has taken her through government, not-for-profit and higher education sectors across Australia and the world, including research projects in Papua New Guinea, Project Coordination in Sierra Leone and cross cultural community development in Darwin. She is passionate about experiential learning and challenging people to think about themselves and the world differently. She believes that relationships and stories are what really touch and move people, and that is what she aims to nurture as a trip coordinator and facilitator. Her favourite things about working at CERES are definitely the pastries they sell at the market café, stealing figs from the secret fig tree and the creative license she is given in her work.

A Note before travelling with CERES Global
Remember, this is not a tour and our facilitators from CERES are not tour guides, but facilitators or enablers – working alongside you to achieve insight and understanding of the communities we visit, and to engage discussion within the group and with community members on social and environmental issues. It is expected that you will show some initiative and make a contribution to the journey, through sharing of your own knowledge and experience, and working within the group to ensure a cohesive and insightful experience is shared by all. But most of all, enjoy this trip and embrace India, there is an incredible energy within the culture that is warm and welcoming, vibrant and alive! Step out of your comfort zone and into a world like no other; be prepared to walk through a journey you will never forget.

Itinerary

<table>
<thead>
<tr>
<th>January 2017</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat 12 – Sun 13</td>
<td>Optional Pre Festival Full Day Master classes in Community Development</td>
<td>Panjm, Goa</td>
</tr>
<tr>
<td>Sun 13</td>
<td>Welcome Dinner in Gardens of International Centre Goa</td>
<td>Panjm, Goa</td>
</tr>
<tr>
<td>Mon 14 - Fri 18</td>
<td>International ABCD Festival Goa.</td>
<td>Panjm, Goa</td>
</tr>
<tr>
<td>Fri 18</td>
<td>Last day of festival and overnight sleeper train from Goa to Mumbai</td>
<td>Panjm, Goa</td>
</tr>
<tr>
<td>Sat 19</td>
<td>Day in Mumbai – Dharavi slum tour, overnight sleeper train to Udaipur</td>
<td>Mumbai</td>
</tr>
<tr>
<td>Sun 20</td>
<td>City tour of Udaipur with Shikshantar our partner organisation</td>
<td>Udaipur</td>
</tr>
<tr>
<td>Mon 21</td>
<td>Full day with Shikshantar institute of unlearning</td>
<td>Udaipur</td>
</tr>
<tr>
<td>Tues 22</td>
<td>Full day with Shikshantar</td>
<td>Udaipur</td>
</tr>
<tr>
<td>Wed 23</td>
<td>Morning check out with Shikshantar. Fly home</td>
<td>Udaipur</td>
</tr>
</tbody>
</table>
Passport and Visa Requirements

Visa

For the purposes of this trip all participants need to obtain a **Tourist Visa for India.** *Don’t complicate the process by mentioning you are attending a Conference or coming on an educational trip. Simply apply for a tourist visa and state tourism as the reason for travelling to India.*

There are 2 options:

1. **E-tourist visa** (visa on arrival) – Allows one single entry for a stay of up to 60 days in India. A maximum of two E-visas can be issued within one year.
2. **Traditional Indian visa** (Visa in advance) - Allows multiple visits to India and is generally valid for a stay of up to 6 months.

**VISA ON ARRIVAL (e – Tourist Visa)**

Passport

Anyone travelling to India on an E-tourist Visa is required to have a valid passport with **at least six-months validity** remaining.

Valid for 60 days from the date of arrival in India, this is the easiest and cheapest way to apply for a visa. Double entry is permitted on e-Tourist Visa.

The Visa can be applied for online between 4 and 30 days prior to departure and costs around **$80.**

**Airports in India that process e- tourist Visas**

e-Visa is valid for entry through **25 designated Airports** (i.e. Ahmedabad, Amritsar, Bagdogra, Bengaluru, Calicut, Chennai, Chandigarh, Cochin, Coimbatore, Delhi, Gaya, Goa, Guwahati, Hyderabad, Jaipur, Kolkata, Lucknow, Mangalore, Mumbai, Nagpur, Pune, Tiruchirapalli, Trivandrum, Varanasi & Vishakhapatnam) and **5 designated seaports** (i.e. Cochin, Goa, Mangalore, Mumbai, Chennai). However, the foreigner can take exit from any of the authorized Immigration Check Posts (ICPs) in India.

Eligibility

1. International Travellers whose sole objective of visiting India is recreation, sightseeing, casual visit to meet friends or relatives, short duration medical treatment or casual business visit.
2. Passport should have at least six months validity from the date of arrival in India. The passport should have at least two blank pages for stamping by the Immigration Officer.
3. International Travellers should have return ticket or onward journey ticket, with sufficient money to spend during his/her stay in India.
4. International Travellers having Pakistani Passport or Pakistani origin may please apply for regular Visa at Indian Mission.
5. Not available to Diplomatic/Official Passport Holders.
6. Not available to individuals endorsed on Parent's/Spouse's Passport i.e. each individual should have a separate passport.
7. Not available to International Travel Document Holders.

How it works

8. Apply online - Upload passport photo and passport page
9. Pay Visa Fee Online – Using credit or debit card
10. Receive an e-Visa Online – e-Visa will be sent to your email
11. Fly to India – Print your e-Visa and carry it with you at the time of travel

Applications for the e-tourist visa can be made here: [https://indianvisaonline.gov.in/visa/tvoa.html](https://indianvisaonline.gov.in/visa/tvoa.html)
For your application you will need: Passport photo and Scanned Bio Page of the passport showing the photograph and details.

VISA IN ADVANCE

This process lets you obtain your visa before travelling to India. The visa is valid for 1 year from the day it is issued and will cost around $AUD220 (depending on what your individual circumstances). Check the fee calculator for your situation - https://www.vfsvisaservice.com/IHCAUSOnline/[S(dap0fbf0efvlk30awfm1zvgz)]/FeeCalculator.aspx

It will usually take around 5 working days to process but we recommend leaving 2 weeks just in case.

You have two options when applying for a visa in advance. You can either submit the application by post, and receive it back to your home address by post; or you can download and complete the form and submit it in person to the VFS submission office in various locations around Australia. In each instance, you will need to provide them with your passport. We recommend you submit the visa application in person, as the VFS office staff can confirm that you have submitted all the appropriate documentation.

The links below provide information for your visa application process. Please note that when prompted on the application form, you do not need to book an appointment to drop off your form, you can just go in. However, it’s a good idea to do this early in the morning as there are less people at this time.

Visa in advance Online Application
http://www.vfsglobal.com/india/australia/visa_services/visa_information.html

Melbourne submission locations

Postal: IPVSC
PO Box 23057
Docklands
VIC 3008
In person: IPVSC
Suite 4, level 12
55 Swanston Street
Melbourne 3000
8.30 AM – 3.00 PM Mon – Fri

For your application you will need:

- One current 2 x 2-inch colour photograph of yourself (these can be purchased at places such as post offices, chemists, Officeworks or at the VSF centre at 55 Swanston St, details above)
- Current Original passport /Travel Document with a minimum validity of six months from the date of Application and must have at least two blank page
- An appointment letter if submitting the application in person – you can book an appointment only through this link - https://online.vfsglobal.com/GlobalAppointment/Account/RegisteredLogin?q=shSA0YnE4pLF9Xzwon/x/PpYJNC6tVVyHRijnlGjPCA5LIDoaMV8cirrZX09LOewdmfExHd4y64MJka27riGvg==
- A fee payable to the "Indian Consulate" for the appropriate amount (usually around $AUD220).
- A signed copy of the Tourist Visa Checklist (you will be requested to fill this in during your application).

Getting there and Away

Arriving by air

Arrival at Goa’s International Airport Dabolim is the closest airport – approximately 30 kms south of the Festival Venue. Internationally, you can fly in from Kuala Lumpur, Dubai, Kuwait and Doha. There are also regular domestic flights, trains and buses to Goa from most major Indian cities.

If arriving by air at Goa’s Dabolim Airport, can we suggest that upon exiting from arrival procedures, you engage a taxi from the official Taxi booth located at the terminal. It is likely to cost approximately AUD$25 to Dona Paula.

Arriving by land

There are regular trains and buses to Goa from most major Indian cities. If you are arriving by train please get off at Karmali (Old Goa) station which is about a 15-20 min drive from the apartment and festival location or Thivim station which is about a 30-35 min drive. If you get off at Vasco or Margaon (both of which are in South Goa) you are looking at a 1.5 to 2.5 hour drive!

Departing by air

The trip will conclude in Udaipur which has a domestic airport (Dabok Airport also known as Maharana Pratap Airport) that is located about an hour’s drive from the town. There are daily flights to and from Delhi (approx. 1-2 hours) and Mumbai (1.5 hours) on Jet Airways, Air India, and SpiceJet. Please be aware that there are no public buses between the city and the airport so you will need to take a taxi which will cost between ₹500-800.

Departing by land

Udaipur has direct train connections to many major cities in India including Jaipur (3 per day, 7 hours), Agra (daily, 13 hours), Delhi (2 per day, 12 hours), and Mumbai (every other day, 17 hours).

Udaipur is connected by an efficient bus service to most cities in Rajasthan, which can sometimes be much faster than the train. Buses operate between Udaipur and Agra (6 hours), Delhi (14 hours), and Mumbai (16 hours).

Meeting up:

Please let us know when and how you will be arriving in Goa so we can arrange a time to meet at either the Festival or at the apartment where we will be staying. The CERES facilitator will have a phone number to share with once they arrive in India.

Festival location

The International Centre Goa, 
Doctor East Borges Road, 
Dona Paula, Panjim, Goa

Apartment Location

TBC

Key contact in India

Upon arrival in India you will need to complete an arrival immigration/customs card. You will be asked to write a local Indian contact name and number on the card, for which you can use the details of where we will be staying in Goa:

TBC
Destination Background and Engagements

India

Contemporary India is a melting pot of traditions, cultures, religions and peoples. For thousands of years Indian culture has simultaneously developed itself whilst being influenced by neighbouring societies and outside invaders. From language, dress, music, dance, beliefs, stories, rituals and cuisine, the diversity amongst regions can at times seem quite remarkable but also provides for a very exciting, engaging and interesting time when travelling.

Perhaps one of the most striking and sometimes overwhelming aspects of India is that it has a lot of people! Its population is around 1.3 billion which is 50 times that of Australia and when you factor in land size (India is around half the size of Australia), India’s population density comes out as 100 times ours. So where you might see one person in Australia – you’d see 100 in India.

India is also a country of vast diversity and extremes. You’ll often find yourself making an observation then straight after finding plenty of examples to contradict it. But it is these complexities of this wild and wonderful country that are so fascinating and engaging.

Goa

Goa as you will discover, is a magical and friendly place with amazing street life, multiculturalism, heritage, traditions, beaches and food. Goa will also provide the perfect “gentle” introduction to India. The region stands out from the rest of India with its laid back vibe, extraordinary Portuguese influenced architectural and colonial heritage, palm tree lined beaches and beautiful spice filled vibrant street scenes.

Asset Based Community Development Festival

Go to the people. Live among them. Learn from them. Love them. Start with what they know. Build on what they have. But of the best leaders when their task is done, the people will remark – “We have it done it ourselves.”

Lao Tzu, 530BC, China

Asset Based Community Development (ABCD) is a global movement committed to strengths focused, place based and community driven development. ABCD builds on the assets that are already found in the community and mobilizes individuals, associations, and institutions to come together to build on those assets rather than concentrating on their needs.

While practiced intuitively by many community builders for a long period, it was the work of John McKnight and Jody Kretzmann over a 40-year period and their creation of the ABCD Institute at Northwestern University, Chicago, USA in 1995 that gave it its name and prominence. Today, a wide diversity of impressive ABCD initiatives can be found across the world.

In 2015, 180 people from 21 countries gathered in Blackpool, UK to celebrate the first ABCD Festival. Two years on, the 2nd ABCD Festival will occur in Goa, India. Like the first Festival, this is another opportunity to celebrate the efforts made to ensure local community action continues to proliferate and flourish. It will be another unique opportunity to connect, share and learn with an amazing diversity of ABCD believers and practitioners from across the globe.

More information visit: http://www.abcdfestivalgoa.com/about-abcd/

**Optional Master class (Goa) Asset Based Community Development 14 - 15 Jan**

On the two days leading up to the trip there is the option to arrive early and attend a series of optional Master classes at the commencement of the festival. The cost of each Master class will be US$99 plus around $60 - $80 per day for food and accommodation. For more information on the master classes to choose from visit: [http://www.abcdfestivalgoa.com/masterclasses/](http://www.abcdfestivalgoa.com/masterclasses/)

Please note that all arrangements for the master classes will need to be made individually as they are not officially part of the CERES trip.

**Mumbai: Dharavi Slums**

We will spend one whole day in Mumbai in between 2 overnight sleeper trains between Goa and Udaipur. There we will visit Dharavi, one of the largest slums in Asia and home to 1 million inhabitants. Although incredibly poor, Dharavi is also an amazingly industrious and vibrant place, sometimes called the beating heart of Mumbai. The visit will offer a unique glimpse into the chaotic beauty, and nuances, as well as the challenges and struggles of informal and unplanned spaces and life in the slums.

We will take a tour of the slums with Reality Tours where 80% of the funds go directly back into community development and social enterprise projects.

For more information visit: [http://realitytoursandtravel.com/dharavi-tour.php](http://realitytoursandtravel.com/dharavi-tour.php)

**Udaipur Rajasthan: Shikshantar**

*All education is, on the one side a search for the truth, on the other a pursuit of social betterment.* - Radhakrishnan

For the final stage of the trip we will head to the magical "white city" of Udaipur in the desert state of Rajasthan. The city has a romance of setting surrounded by shimmering lakes and stretching hills.

Here we visit and work with the inspiring organisation Shikshantar, an applied research institute dedicated to catalysing radical transformation of education in order to initiate swaji development in India.

Shikshantar, a Jeevan Andolan (life movement) was founded to challenge the culture of schooling and institutions of thought-control. They believe that it is necessary to engage communities in regenerative modes of lifelong societal learning which grow from a larger understanding of and respect for human potential and human dignity, dynamic learning processes and relationships, pluralistic identities, traditional knowledge systems and cultural contexts, the human spirit and its connection to the web of life.

For more information visit: [www.shikshantar.org/](http://www.shikshantar.org/)

Swaraj (self-rule, rule over oneself, or rather, harmony of the self) is inspired by Gandhiji's Hind Swaraj, a call for people to lead and create their own models of development that are holistic, pluralistic, ecologically regenerative, liberating, collaborative, socially just, and anticipatory. By highlighting and connecting the following three vectors into a framework of Lifelong Societal Learning, Shikshantar seek to create generative environments that empower communities in building their own visions of Swaraj-development.

Whilst in Udaipur we will also visit the Swaraji University.

For more information visit: [www.swarajuniversity.org](http://www.swarajuniversity.org)
**Accommodation**

Accommodation is as far as possible in twin-bedded rooms (sharing with a participant of the same gender). It is in modest, comfortable hotels, guesthouses or guest rooms with our partner organisations. When in villages or small towns on project visits, accommodation can be basic but comfortable.

**Goa**
Yet to be arranged

**Udaipur city**

Accommodation in Udaipur will be Nukkad Guest House in twin or triple rooms. This guest house is in the traditional Haveli style of Udaipur, and was built in the 1800s, so is quite a visual and historical treat!

**Address:** 56, Ganesh Ghati, Jagdish Temple to Chandpole Bridge Road, Gadiya Devra, Udaipur, Rajasthan

**Swaraj University (Tapovan Ashram)**

We will stay one night at Swaraj University Campus in the accommodation used by their students. These are basic, dormitory-style rooms with shared bathrooms. The campus itself is a beautiful, tranquil, green, 15-acre space located in an isolated, scenic valley between two mountain ranges and 15kms from Udaipur city. The campus has an organic farm, herb gardens and an Ayurvedic healing centre. This campus is a zero-waste space.

**Address:** Nayakheda Gaon (2.5 kms off Kundal chowk from Amargarh Resort), Ahmedabad Highway, Udaipur, Rajasthan
Food

Most people in India are vegetarians. If you are too you will have a very easy time of it. If not you may find that in some areas it will be hard to get a meat dish; though even if possible, you should consider the cultural implications of this. When you are eating it is customary to share whatever food there is or at least to make sure that everyone has some.

☀ GOLDEN RULE:

1. Hindu’s don’t eat Beef- Muslims don’t eat pork
2. We often eat with our hands so bring a hand sanitiser, and we only use our right hands as the left is often used for other unsanitary activities.

Weather

January is the coolest month of the year in India

<table>
<thead>
<tr>
<th>Destination</th>
<th>Average High</th>
<th>Average Low</th>
<th>Chance of rain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goa</td>
<td>31°C</td>
<td>19°C</td>
<td>1.5%</td>
</tr>
<tr>
<td>Mumbai</td>
<td>30°C</td>
<td>17°C</td>
<td>40%</td>
</tr>
<tr>
<td>Udaipur</td>
<td>24°C</td>
<td>11°C</td>
<td>3%</td>
</tr>
<tr>
<td>Delhi</td>
<td>18°C</td>
<td>14°C</td>
<td>60%</td>
</tr>
</tbody>
</table>

Money

The rupee to AUD exchange rate is aud 1 = 50 rupees, so aud 10 = 500 rupees. India is cheap and you will likely not spend a lot over the 10 days that we’re there. For any additional snack-food, beverages, presents or personal items, I suggest you might only need aud$200, which is 10,000 Indian Rupees. You can withdraw rupees from an ATM at the airport on arrival as where we will be staying in Goa is close to the festival location but 1.5km from the town centre.

- There are ATMs in all major cities,
- Money changers are common, and can change AUD
- Keep money and passport in a money belt – when in cities or travelling

Power

India uses 230 Volts, 50 Hz alternating current as the power source. Plugs and sockets have either grounded / earthed 3 Pin connections (Type D) or ungrounded 2 pin connections (Type C). The two pin plug is also called the Europlug. It has two round 4 mm (0.157 in) pins.
Cultural Information

Language: Language is an important entry point into any culture. It not only allows insights into the history and peoples of the land but allows the traveller to feel a little less like an outsider. Plus it helps with getting around and getting what you want! However, in India, the task is made all the more difficult because there is not one, not two but 18 languages recognised by the constitution and over 1600 minor languages spoken throughout the country. Luckily though many people speak English so chances are, wherever you are you will always find someone who can and wants to help you out. In general, Hindi is spoken by the majority of people and communities in the north while Tamil is spoken by many in the South. Here are some words for you to get started!

Some Basic Words in Hindi

<table>
<thead>
<tr>
<th>English</th>
<th>Hindi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello</td>
<td>namaste, namaska</td>
</tr>
<tr>
<td>Goodbye</td>
<td>namaste, namaska</td>
</tr>
<tr>
<td>Yes</td>
<td>ji ha</td>
</tr>
<tr>
<td>No</td>
<td>ji nahi</td>
</tr>
<tr>
<td>thank you</td>
<td>Shukriya or dhanyavad</td>
</tr>
<tr>
<td>that’s fine, your welcome</td>
<td>koi bat nahi</td>
</tr>
<tr>
<td>my name is…</td>
<td></td>
</tr>
<tr>
<td>what is your name?</td>
<td>apka shubh nam kya hai?</td>
</tr>
<tr>
<td>do you speak English?</td>
<td>kya ap ko anrezi ati hai?</td>
</tr>
</tbody>
</table>

For more information on the Hindi Language visit: http://aboutworldlanguages.com/hindi

Interpersonal behaviour

- When sitting it is disrespectful to let your feet point at anyone. You should always try to angle them away from people in front of you.
- You may find that your personal space will shrink whilst in India. Be aware that people may not understand if you simply want time or space to yourself and this may need to be sensitively explained to them.
- Indian people may ask you a lot of questions, ‘where are you going?’, ‘what are you doing?’, ‘what is that?’, ‘are you married- if not why not?’ Asking questions is a cultural norm, not intended to be intrusive or rude but as good will.
- People may often try to avoid saying ‘no’ as this can be considered rude. Be aware of this because it can lead to confusing conversations or worse- wrong directions!
- You may be addressed as Sir/Madam. This is a way to show respect towards others and it may take some time for people to feel comfortable to call you by your first name. Similarly you may be referred to by what you would be in their family (brother, sister, cousin etc) in either English or Tamil/Hindi and it is generally ok for you to also refer to people in this way.
- Many Indian girls and women will not go out after dark, so be aware of this when planning times to meet with people/groups. Also women travellers should be aware about going out at night time unaccompanied.
- Women may find that they are stared and even leered at by Indian men. The best way to avoid this is to dress appropriately and cover up and if it does happen to simply ignore it and move on.
- People of opposite sex generally keep their distance from one-another and do not touch in public. It is important to remember what your actions and behaviour are like towards Indian people but also towards other group members from Australia when in public.
**Toilet etiquette:** In India people wipe, wash and generally deal with their nether-region with their left hand. Whether you choose to follow this in the privacy of your own bathroom or not doesn’t matter too much but you must remember some important etiquette as a result:

1. It is very important that when touching any food you only use your right hand, including when choosing food, fruit and vegies from a market stall
2. Do not accept/give money with your left hand
3. Only shake hands with your right hand

Most people in India do not use toilet paper. You will find beside most toilets (western style, squat or pit) a bucket of water which can be used to wash yourself. You can bring your own toilet paper with you, however plumbing systems in India can sometimes not cope with toilet paper, so you will need to put toilet paper in the bin or find an alternative way of disposing of it.

☞ **GOLDEN RULE: Left hand is toilet hand!**

**Culture shock:** Travelling to and spending time in another culture will no doubt be a hugely rewarding experience but it may also prove difficult and challenging at times. The phenomenon known as ‘culture shock’ is used to describe feelings of anxiety, confusion, discomfort and general unhappiness one may experience whilst travelling or living in a new culture. The term was introduced in 1954 by Kalvero Oberg and is generally understood to consist of a number of stages. For each and every person the experience of culture shock will vary greatly. Below is a general description of the phases people may experience, please note this is just a guide.

- **THE HONEYMOON PHASE** - everything in the new culture seems wonderful and exciting, food, people, sights, smells, life. It is an intense period of amazement.

- **THE DISINTEGRATION PHASE** - during this stage the person may begin to reject the new culture. Everything they initially found new and exciting may now begin to irritate, annoy and frustrate them. They may begin to long for the familiarity of life at home and feelings of sadness may be experienced.

- **THE INTEGRATION PHASE** - after some time the person will again begin to feel comfortable and confident in the new culture. During this stage similarities between the old and new cultures may be found and daily routines may be established, all leading to a feeling that ‘everything is ok’ accompanied by a desire to fit-in and feel normal in the new culture.

- **THE INTERDEPENDENCE PHASE** - from here on the person will feel relatively comfortable in the new culture and will want to secure and establish themselves in the life around them. Personal balance and adjustment and a greater understanding of oneself as a person in both cultures, and as a new person as a result of the experience will develop.

**REVERSE CULTURE SHOCK OR RE-ENTRY SHOCK** - this is the final phase many people may experience. It occurs after leaving the new culture and returning home. It is characterised by frustration and feeling uneasy about ‘your’ culture and life at home. Misunderstanding and/or lack of interest by others may contribute to this.
**Appropriate Dress**

Goa and cities (like Mumbai or Delhi) are noticeably more accepting of diversity in clothing than villages or rural areas. But when packing remember you will appreciate dressing modestly to not draw any unwanted attention to yourself.

By far the most common dress for women is the sari. Quite a lot of women also wear the Punjabi suit (which is a pair of trousers and a long shirt type top). Often tourists will buy Punjabi suits when they first arrive – so they aren’t so conspicuous dress wise. As far as western clothing goes there are two considerations:

1. Mosquitoes – it’s good to be well covered, especially of evenings, to avoid getting bitten. There won’t be many mosquitoes around this time of year but worth taking precautions.
2. Local etiquette:
   a. **Women** - Probably the best advice for women is to cover up as much as possible – baggy clothes – long shirts which cover your shoulders and bottom – not tight fitting trousers or tops. A scarf to wear over your head when travelling or walking through villages is also a good idea.
   b. **Men** – shorts are normally regarded as underwear – as are singlets. People make exceptions for tourists – but locals always wear long trousers and a shirt.

Most Indians, men and women, will wear simple footwear including flip-flops, sandals or bare feet. It is also a good idea to bring some sturdy shoes. Sandals and thongs are also good for showers.

**What to Bring?**

<table>
<thead>
<tr>
<th>CLOTHES</th>
<th>TICK</th>
<th>TOILETRIES</th>
<th>TICK</th>
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<tbody>
<tr>
<td>Light Jumper</td>
<td></td>
<td>Sunscreen</td>
<td></td>
</tr>
<tr>
<td>Long light Pants</td>
<td></td>
<td>Lip balm</td>
<td></td>
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<tr>
<td>Long Sleeve tops/shirts</td>
<td></td>
<td>Mosquito repellent</td>
<td></td>
</tr>
<tr>
<td>Comfortable sturdy shoes</td>
<td></td>
<td>Soap (can buy in India)</td>
<td></td>
</tr>
<tr>
<td>Flip flops (for shower)</td>
<td></td>
<td>Shampoo &amp; conditioner (can buy in India)</td>
<td></td>
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<tr>
<td>Sandals (optional)</td>
<td></td>
<td>Tooth – brush &amp; paste (can buy in India)</td>
<td></td>
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<tr>
<td>Socks n’ jocks</td>
<td></td>
<td>Deodorant (can buy in India)</td>
<td></td>
</tr>
<tr>
<td>Sun hat</td>
<td></td>
<td>First Aid kit (see section below)</td>
<td></td>
</tr>
<tr>
<td>Sleeping wear</td>
<td></td>
<td>Sanitary products (tampons can’t be bought in India)</td>
<td></td>
</tr>
<tr>
<td>Warm Jumper/layer for cold nights</td>
<td></td>
<td>Shaving gear</td>
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<tr>
<td><strong>OTHER</strong></td>
<td></td>
<td><strong>IMPORTANT</strong></td>
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<tr>
<td>Torch</td>
<td></td>
<td>Hand Sanitiser gel</td>
<td></td>
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<tr>
<td>Passport photos (for sim card)</td>
<td></td>
<td>Moisturiser</td>
<td></td>
</tr>
<tr>
<td>Water bottle</td>
<td></td>
<td>Passport + photocopies</td>
<td></td>
</tr>
<tr>
<td>Light Sleeping bag (optional)</td>
<td></td>
<td>Visa + photocopies</td>
<td></td>
</tr>
<tr>
<td>Bed sheet/inner sheet</td>
<td></td>
<td>CERES Participant handbook</td>
<td></td>
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<tr>
<td><strong>OPTIONAL</strong></td>
<td></td>
<td><strong>OPTIONAL</strong></td>
<td></td>
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<tr>
<td>Camera plus &amp; charger</td>
<td></td>
<td>Army knife</td>
<td></td>
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<tr>
<td>Ear plugs</td>
<td></td>
<td>Spare memory card</td>
<td></td>
</tr>
<tr>
<td>Travelers Mosquito net</td>
<td></td>
<td>USB</td>
<td></td>
</tr>
<tr>
<td>Money belt</td>
<td></td>
<td>Piece of thin rope (for hanging washing)</td>
<td></td>
</tr>
<tr>
<td>Secure bag/day pack</td>
<td></td>
<td>Small sewing kit</td>
<td></td>
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<tr>
<td>Small padlock</td>
<td></td>
<td>Gaffer tape</td>
<td></td>
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<td></td>
<td></td>
<td>Slippery Elm or charcoal tablets (for stomach upsets)</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Non refrigerated probiotics (for stomach upsets)</td>
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</tbody>
</table>
Safety and medical Information

CERES Global conducts risk assessments of all officially activities undertaken during the India Cultural Exchange Program. As a participant, you need to ensure that you are making informed and safe choices for yourself outside of these official activities to ensure your own personal and group safety.

General recommendations

Recommendations from the Australian Government for safe travel overseas include:

- Take out travel insurance
- Eat and drink safely. Avoid salads that may have been washed in local food, or meat that may have been unhygienically handled
- Try not to overindulge in alcohol
- Be especially aware of motor vehicle and recreational water hazards
- Ensure your vaccines are up-to-date
- Carry your own travellers’ medical kit
- Avoid mosquitoes, ticks, flies and other biting insects
- Don't go near or touch local animals including domestic cats and dogs
- Apply sunscreen and repellent regularly
- If you are prescribed anti-malarial medication, take it as prescribed, for example prior to leaving, while in risk areas and when you return
- Take enough routine medication to cover the length of your trip
- Research your destination and also find out whether essentials are readily available.

Travel insurance:

Travel insurance is compulsory for all people travelling with CERES. Travel insurance covers the policyholder for insurable events that may occur before or during travel, such as trip cancellation/interruption, medical expenses, baggage damage/theft and more.

The cost of travel insurance is based on the type of cover requested, the age of the insured, the destination of travel, length of stay and any pre-existing medical conditions. It is important to obtain the right type of travel insurance to suit your individual requirements.

Travelling with medicines: Before leaving home, you should check that your medications are legal in India and the transiting Countries. You can do this by contacting the country’s mission (embassy, high commission or consulate).

Medical kits: You will need to make up and bring a medical kit with advice from your doctor. Medical kits contain prescription and non prescription medications for the self management of common traveller’s problems and are vital for healthy travel.

Immunisations: It is important that you make an appointment to see a Travel Doctor or GP to seek a professional recommendation on the vaccinations you may require.

Staying Healthy

The most important way to stay healthy while travelling overseas is to look after your own health and hygiene. One of the easiest ways to do this is to be careful about what you eat and drink; take precautions about what goes into your mouth. Where possible:

DRINK:
Boiled water

Purified water: modern water purifiers such as UV based Steri Pens are transportable and very effective. Used correctly, they will eliminate any organic material and organisms from water and render it about as safe as you can possibly get.

Bottled water: check if the seal is unbroken, as refills from the tap are not uncommon. **Only purchase bottled water when boiled, purified or chemically disinfected water is unavailable to minimise the creation of plastic waste**.

Cans or bottled drinks (please note that we encourage our participants to minimise their consumption of bottled drinks wherever possible, to minimise waste to landfill)

Wines and spirits: these are usually imported and safe but do not order your whisky or scotch "on the rocks" as ice is certainly to be avoided

DO NOT DRINK:

Any other water: presume all other sources of water are contaminated. When brushing teeth use boiled, purified, disinfected or bottled water.

Anything with ice in it: freezing preserves germs; it does not kill them.

From shared water bottles, to minimise the risk of the spread of infection and disease

EAT:

Freshly cooked food: fried, boiled, steamed, soups

Peel-able fruits: bananas, citrus fruit, apples, etc.

Food of acceptable brands in cans or sealed packets

In well patronised busy restaurants serving local food

Off clean plates with clean cutlery: be careful about excess water left on dishes it may not be safe

Always be sure that the origin of your food is safe!

DO NOT EAT:

Uncooked or undercooked food or reheated food

Salads or unpeeled fruit and vegetables

Ice-cream (unless it is in an internationally packaged and labelled brand) and dairy products

Oysters, clams, mussels, barbecued prawns or mud crabs

Food that has been left around exposed to flies

Dishes requiring a good deal of food handling to prepare

**Tip: It's all about the hands**

Washing your hands before you eat or touch your mouth and using an **alcohol-based hand gel** can help to prevent you getting diarrhoea. Keep your fingernails clipped as they often build up dirt and germs underneath them.
**Responsible Travel**

*Can we as travellers leave a positive mark on the places we go?*

All CERES Global visits and engagements are designed to educate and engage participants on global cultural and environmental issues by learning about the challenges that our host countries face and visiting local projects that empower local people to create culturally relevant and sustainable change in their communities. We aim to support genuine friendship building between participants and the host communities including ongoing contact, support and sharing that results in capacity building for the local community and a mutual exchange of world changing ideas that are sensitive to local issues.

**Practices:**

Everyone has a role to play in fostering good tourism. Governments, business and communities are all important, but as a guest you can make choices for change in the right direction. We can influence things such as the products and services we select, making decisions based on knowledge gained from local information and multiple visits and the way we choose to interact as a group with the environment and people around us. But there are some things we cannot influence, as sustainable products and services may not be available and participants that come on trips are also responsible for their own behaviours and consumption habits.

**Sustainability code of conduct:**

*CERES Global responsibilities*

- **Economic empowerment:** Empowerment of local communities through tourism to help improve education, health services, water supplies and sanitation whilst also reducing dependence on non-sustainable livelihoods such as deforestation.
- **Ecological impact:** Providing opportunities for participants, where possible, to reduce their ecological impact.
- **Carbon offsetting participant flights:** CERES Global trips are Carbon Offset, through Pitchandikulam Forest and WithOneSeed
- **Transport:** Booking, where possible, more sustainable forms of transport
- **Local transport:** Using local public transport wherever we can to reduce fuel usage per passenger.
- **Local services:** Engage locally-owned and operated services thereby supporting local people and avoiding long and carbon-intensive supply chains.
- **Purchasing:** Where possible consider the life cycle of the product and their impact in the local context. Endeavour to reduce the ‘embodied energy’ (energy consumed through production and transport) of the food and goods purchased by our passengers.
- **Food:** Where possible eat at locally owned eateries where the food has been locally sourced, therefore reducing food mile emissions and supporting local economies. Providing only vegetarian meals in most locations.
- **Water Conservation:** Support initiatives that encourage conservative use of water. Educate participants on local water uses and issues (many of the places we visit have limited access to and supply of water)
- **Water bottles:** Access to safe and sustainable sources of drinking water is our first priority. Where possible we provide bulk water to refill water bottles or filtering options. We encourage our participants to avoid unnecessary purchasing of bottled water and the subsequent waste disposal. The production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. Therefore for every 1 litre of water sold, 3 litres of water is used.
- **Local employment:** We use local leaders and guides so that we learn about the culture and way of life directly from those who live it and put money into local hands and economies. In particular, we learn from indigenous rural communities about their relationship to the land and their sustainable practices.
- **Recycling:** Provide travellers with awareness on how they can practice principles of reduce, reuse, recycle and appropriate waste disposal at their destination. Many of the countries we visit don’t have waste disposal infrastructure set in place that deals with waste in a healthy or environmentally sound way.
- **Learning:** Foster a culture of learning within the group from locals, traditional elders and ancient knowledge.
Participant Responsibilities

Travel and tourism is best planned and experienced as a means of collective fulfillment. When undertaken with an open mind, it is a fundamental component of self-education, mutual exchange, understanding and learning about the diversity between people and cultures.

Travelling with an open mind to other cultures and traditions will transform your experience.

- Try to minimise purchasing bottled drinks
- Be aware of the products you take with you including soaps, shampoo and conditioners, insect repellents, clothes washing products etc and choose natural biodegradable products wherever possible.
- Be wary about toilet paper use and girls think about disposal of sanitary products
- Be water wise!
- Think about the type and amount of transport you use each day – when are you responsible for these things. Much can be seen from walking!
- Think about the products you dispose of and where they go in the country you are in. Many countries we visit don’t have waste disposal infrastructure set in place that deals with waist in a healthy or environmentally sound way.
- Try to learn as much as you can about the community you will be visiting so that you are aware of cultural norms and different ways of behaving.
- Learn some language. Even a very small amount of local language can go a long way and demonstrates respect and an active interest in the country you visit.
**Travelling in a Group**

When travelling in a group, it is important we are mindful of everyone else’s needs as well as our own.

This trip relies on us working together as a group. Things run smoothly when everyone contributes and helps out. You will also need to be mindful of your own resilience dealing with discomfort (especially on transport) and a lack of personal space. It is important to be aware of your own needs and develop personal strategies in dealing with this. Take your own time-out if you need it.

We will have regular group discussions: Group Decisions. Feel free to raise any issues – let us know how you’re feeling – if there is anything you’re worried, anxious, and unhappy about.

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**For more information contact Sophie or Ben**

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