UNBOUND™

AWARENESS TRIPS

trip information

*The following information is for **2014** trips. The dates and trips to specific countries change from year to year depending on interest, the political situation within the countries and the ability of Unbound project staff to host an awareness trip. A detailed schedule and additional information will be sent one to two weeks prior to departure in the pre-departure packet.*

NORTH/CENTRAL INDIA

Trip Dates: Oct. 12 -23, 2014
Dumka, Bhagalpur, Delhi and Hyderabad

Trip Size: 12-20 participants

Register by July 12 to reserve your spot. If you have questions regarding which trip to take, or if you wish to register after this date, please call a trip coordinator at (800) 875-6564.

Unbound will host two trips to India in 2014. Each trip visits a different region. In order to meet your sponsored friend, you must register for the trip that corresponds with your sponsored friend's project. Please refer to the map for help selecting the correct trip.

Trip Fee: $800

Includes food, lodging and in-country transportation. Airfare is **not** included.

On your trip to North/Central India you may do some or all of the following activities:

- Be welcomed our local staff, who will be your hosts for the week, ensuring that your visit is enjoyable
- Spend time with your sponsored friend and possibly the family
- Visit the region where your friend lives in addition to one other region of the country where Unbound works
- Visit the homes and communities of sponsored friends and their families, where you will learn about their joys and challenges
- Visit cultural and regional sites of interest in Calcutta, Hyderabad or Delhi
- Experience the vibrant culture and diverse traditions of India reflected in food, art, dance and clothing

Entry and Exit Requirements

A passport book valid for at least six months beyond the end of your intended stay and an Indian tourist visa are required for entry. **All Indian visas must be obtained online through the government-appointed agency BLS International at www.blsinternational.com.** You will receive instructions in your confirmation packet. It may take a number of weeks to obtain a visa. The total cost for a six-month, multiple-entry visa for U.S. citizens is $67.70 plus shipping. *All fees are subject to change.* While in India, participants should carry their passport or a photocopy of their passport and visa at all times. Participants who will be traveling with a minor should contact a trip coordinator at Unbound for additional information.

Airport and Travel Arrangements

Make your airline arrangements only after your registration is confirmed and you receive a trip coordinator's written instructions for scheduling your flight. In the meantime, we strongly encourage you to research airfares with a travel agent, the airlines or via the Internet. The Florida-based agency, Vista Travel, may be contacted regarding airfare at (800) 537-5066. This agency is familiar with our programs and schedules.

Most trip participants traveling from the U.S. will depart on Oct. 12. You will arrive at your destination one to two days after departure due to overnight travel and passing through multiple time zones.

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Airport and Travel Arrangements (Cont'd.)

You should make arrangements to arrive between the late evening of Oct. 13 and early morning Oct. 14. **Your arrival airport will be determined by where your sponsored friend lives. Unbound's local staff will meet all travelers at the airport who arrive on the scheduled arrival day. Do not accept offers of transportation from anyone other than the Unbound team.**

The last scheduled activity will occur on Oct. 22. All participants will **depart between late evening on Oct. 22 and early morning on Oct. 23.** Participants returning to the U.S. will arrive in the U.S. on Oct. 23. If you connect in Mumbai, please note that the international and domestic airports are a distance apart. Additional time should be allowed for connections.

Accommodations and Food

All trip participants will stay in simple accommodations, usually in some type of retreat center or hotel. Private rooms are available for married couples and families. Individuals will be assigned a roommate. Running water is available, but will likely not be heated. Some regions visited may not have traditional western showers. **Tap water is unsafe for drinking.** The project provides bottled water. Alcoholic beverages are not included in the trip fee.

You will have the privilege of trying a variety of traditional Indian foods. Typically, a selection of food is available at each meal. All food is prepared with purified water. All meals will be eaten with the group. Do not purchase food from street vendors. Meals are often served at a later hour than most Americans are accustomed to eating. We recommend bringing snacks such as dried fruit and nut mixes, raisins, granola bars, etc., as you may want something to eat between scheduled meals.

Participants wishing to use personal electronic devices during the trip should carry an electrical converter and adapters to fit types C and D outlets. Diagrams of the outlets are available at www.electricaloutlet.org. The **electrical current** in India is 230V versus 120V in the U.S.

Climate

The geography of India is diverse so the weather varies. From mid-July to September, certain regions of India experience monsoon rains. Participants should be prepared for cool mornings and high temperatures in the afternoons. Average October temperatures range from 70 to the mid 80s in Hyderabad, and from the mid 60s to low 90s in Delhi, and even warmer in Bhagalpur and Dumka.

Health/Medical Preparations

Contact your medical doctor or local health department for immunization recommendations based on your health history. The Centers for Disease Control and Prevention website at www.cdc.gov/travel has country specific recommendations regarding immunizations. You may also contact them by phone at 800-CDC-INFO (800-232-4636). According to the CDC, the regions that you will visit in India with malaria include areas that will be visited by our trip. Staff members of Unbound are not qualified to offer advice on immunizations.

You should also consult with your medical insurance company prior to traveling to confirm whether your policy applies in a foreign country. **If your policy does not cover emergency expenses such as a medical evacuation, we urge you to consider the purchase of temporary travel insurance.** Many insurance plans, including Medicare, do not cover treatment outside of the U.S. You may find further information on travel insurance through a travel agent or through research on the Internet.

This trip involves a particularly rigorous schedule. It may be challenging for those with physical limitations. Please contact a trip coordinator at Unbound with your concerns.

Currency Exchange and Handling

The local currency is the Indian **rupee** (INR). Your lodging, food and in-country transportation are included in the trip fee. You should bring additional money for the purchase of snacks and souvenirs. You should not carry bills in denominations greater than $20 because they may be difficult for local banks or vendors to exchange. Do not bring torn or severely worn currency. You can bring U.S. dollars into the country. You will be provided with an opportunity to exchange money upon arrival either at the airport, at the lodging, or another method. Traveler's checks are not recommended, and ATMs are not readily available.