

SOUTH ASIA INSTITUTE

Summer 2016 Pre-Departure Orientation



HARVARD UNIVERSITY
**SOUTH ASIA
INSTITUTE**

TUESDAY, May 3rd 2016
CGIS S250

Agenda

4:05 PM – 4:10 PM

Introductions

- Name, internship site, area of interest

4:10 PM – 4:20 PM

Presentation

- Travel Tips
- Logistics and Support
- Expectations

4:20 PM – 4:30 PM

Question and Answer

4:30 – 4:50 PM

Activity

- Discussion Questions

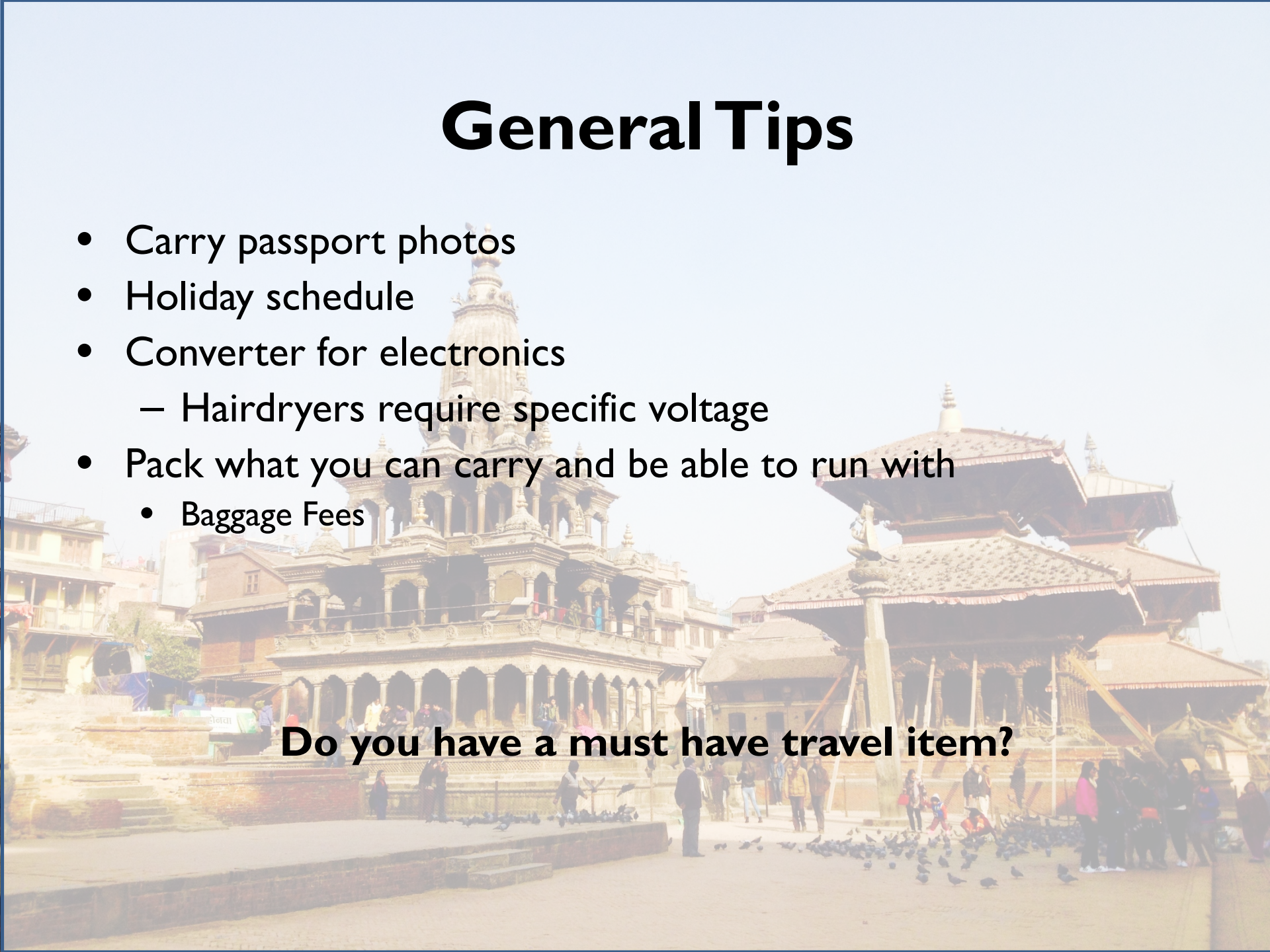
Introduction

- What is helpful information to you?
- Diversity of interests
 - India, Myanmar, Bangladesh, Sri Lanka, and Pakistan
 - Business, Global Health, Politics, Gender Studies, and Human Rights
 - First time to South Asia ?

General Tips

- Carry passport photos
- Holiday schedule
- Converter for electronics
 - Hairdryers require specific voltage
- Pack what you can carry and be able to run with
 - Baggage Fees

Do you have a must have travel item?



Date	Day	Reason	Comment
INDIA			
6-Jul	Wed	Rath Yatra	Eastern India
8-Jul	Friday	Ramzan Id/Eid-ul-Fitar	Muslim, Common Local holidays
15-Aug	Monday	Independence Day	National Holiday
17-Aug	Wed	Parsi New Year	Very few local businesses
18-Aug	Thursday	Raksha Bandhan (Rakhi)	Regional variance
25-Aug	Thursday	Janmashtami	National Holiday

BANGLADESH

1-Jul	Friday	Jumatul Bidah	Public Holiday
1-Jul	Friday	July 1 Bank Holiday	Bank Holiday
3-Jul	Sunday	Night of Destiny	Public Holiday
6-Jul	Wed	Eid ul-Fitr	Public Holiday
7-Jul	Thursday	Eid ul-Fitr Holiday Day 2	Public Holiday
15-Aug	Monday	National Mourning Day	Public Holiday
25-Aug	Thursday	Janmashtami	Public Holiday

SRI LANKA

19-Jun	Sunday	Poson Full Moon Poya Day	Public Holiday
7-Jul	Thursday	Eid-al-Fitr (End of Ramadan)	Public Holiday
19-Jul	Tuesday	Adhi Esala Full Moon Poya Day	Public Holiday
17-Aug	Wed	Nikini Full Moon Poya Day	Public Holiday

PAKISTAN

1-Jul	Friday	July 1 Bank Holiday	Bank Holiday
7-Jul	Thursday	Eid-ul-Fitr Day 1	Public Holiday
8-Jul	Friday	Eid-ul-Fitr Day 2	Public Holiday
9-Jul	Saturday	Eid-ul-Fitr Day 3	Public Holiday
14-Aug	Sunday	Independence Day	Public Holiday

MYANMAR

19-Jul	Tuesday	Full moon day of Waso	Beginning of buddhist lent
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Clothing Tips

- Clothing should be:
 - **Lightweight**
 - **Loose-fitting**
 - **Worth ruining**
- Consider buying **local** clothing items
- Bring good **walking** shoes & sandals
- For females:
 - Travel with a light **scarf** or **dupatta**



Rep our SAI swag



Burmese Longyi

Food and Water

- Drink **sterilized water**
 - Check bottle caps
 - Water purifiers OK
- Take caution when eating **street food**
- Always **wash hands** before eating, purchase hand sanitizer
- Be prepared to eat with your **right hand**
- Hosts will offer more than you can eat
 - Take what you think you can **finish**
- Tipping a small amount in restaurants is standard – **round up!**



Hygiene Tips

- **Baby wipes** come in handy
 - May be used as toilet paper, hand or body cleanser, & for wiping down surfaces
- Carry **hand sanitizer**
 - For traveling & when soap is unavailable
 - [How to wash your hands](#)
- General washroom etiquette
 - Some toilets are **squat style**
 - Have **toilet paper** on hand
- Availability of **feminine products**



Gender and Sexuality

- In some areas, **gender relations** may be restricted
 - Restaurants may have family sections
 - Transport may have women-only cars
 - Hotels may have women-only floors
- Students of both genders should **avoid traveling alone**
 - Respect local dress & customs
 - Avoid taking public transport alone after dark
- Be prepared for **unwanted attention**
 - Staring & comments
 - Crowded spaces
- **Global Support Services**
elizabeth_walsh@harvard.edu, Program Manager, Strategic Initiatives
Elizabeth is responsible for the operational management of global safety and security programs, with a particular emphasis on sex- and gender-based threats and violent environments.

In-Country Transportation

- Cycle-rickshaws -\$\$
 - Better for shorter distances as they tend to move slower than other modes of transport
- Auto-rickshaws (rickshaws, trishaws) - \$\$\$
 - Can be a great way to get around the city and can sometimes find “shared auto rickshaws” which are even cheaper.
- Private – Cabs - \$\$\$\$\$
 - Can often be expensive, but do not have to deal with crowds. A great option if you do not speak the language.
- Uber and Hola

Resources and Services

- **108** for combined emergencies (Equivalent to 911)
- **Amazon.in/flipkart.com** for online shopping
- **IRCTC.co.in** for national railways tickets
- **Cleartrip.com and goibibo.com** for flight bookings
- **Zomato** for restaurant reviews
- **Bookmyshow.com** for movies, plays, event bookings!

Health

- Be vigilant with **mosquito repellent**, windows & doors
 - Malaria & dengue fever are risks
 - Repellent can be purchased in-country
- Exercise care around **stray animals**
- Travelers' illness
 - Bring or purchase **oral rehydration salts**
 - Pack prescribed **antibiotics**
- Purchase from **reliable** vendors
 - If something looks sketchy, don't eat it!

In-Region Contact

India

- **Namrata Arora**, Associate Director, SAI Mumbai Office, narora@hbs.edu
- **Usha Gawde**, boss@sunilgawde.com
- **Vishal Segal**, Delhi
sehgalv@gmail.com

Pakistan

- **Mariam Chughtai**, mariam_chughtai@post.harvard.edu

Nepal

- **Pukar Malla**, pukarmalla@gmail.com

Sri Lanka and Myanmar contact SAI Cambridge office



Keep in Touch with SAI

- Join our Facebook Group!
 - **Harvard & MIT in South Asia**
- Submit posts for our blog
- **Contact SAI** with any questions or concerns
 - Diana Nguyen, Program Coordinator, diananguyen@fas.harvard.edu, (617) 496-4862
- When posting about your experience on Twitter and Instagram, use the hashtag **#harvardsai**
- Stay up to date with **in-region events**
 - Sign up for SAI's newsletter
 - Like SAI on Facebook
 - Follow SAI on Twitter and Instagram: @HarvardSAI

EVENTS IN SOUTH ASIA

Travel Requirements



- Check **US State Department** website for security updates
- Update **Harvard Travel Registry** for independent trips
- Refer to **Harvard Travel Assist** for medical and safety emergencies and non-emergency help and advice
 - +1-617-998-0000
 - www.globalsupport.harvard.edu

Post - Summer

You are required to submit:

- A **reflective report** of 2-3 pages detailing your experiences by September 9th and **multimedia** reflection (photo or video) of your experiences
- A questionnaire about your experience and expenses

