General Tips

• Visa
  • Apply for a Visa now (if you'll need one and haven't already)!
  • Carry passport photos (if you need them at the border)
  • Know your status when at the immigration counter

• Holidays
  • Religious, regional and national

• Converter for electronics
  • Hairdryers require specific voltage

• Money
  • Call your credit card company. Ask about your debit card.

• Pack smart!
  • Pack in carry-on: medications, valuable items and laptop
Clothing Tips

• Clothing should be:
  – Lightweight
  – Loose-fitting
  – Worth ruining

• Consider buying local items
  • May get items tailored and made to fit

• Bring good walking shoes & sandals

• Bring layers for cooler nights

• For women:
  – May wish to travel with a light scarf or dupatta
Food

- Always **wash hands** before eating or use hand sanitizer
- **Don’t** eat street food!
- Be prepared to eat with your **right hand**. Give and receive with your right hand; not your left (this includes money!).
- Hosts will often offer more than you can eat.
- Tipping a small amount in restaurants is standard—**round up**!
Hygiene

• Baby wipes
  • May be used as toilet paper, hand or body cleanser and for wiping down surfaces
• Hand sanitizer
  • For traveling and when soap is unavailable
• General washroom etiquette
  • Some toilets are **squat style**
  • Unless in tourist areas, toilet paper may be scarce (most bathrooms have water instead). Have **toilet paper** on hand while traveling (on trains, etc.).
• Feminine products
  • Ability to buy tampons may be limited
Water

- Check **bottle caps** to make sure bottles are sealed (bottles are often re-filled due to expense)
- Boil or purify at ALL times.
- Beware of ice cubes!
  - When in doubt, check with restaurant owners and friends to see where water for the ice came from – or stick to hot beverages.
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 and customs
  • Avoid taking public transport alone after dark

• Be prepared for unwanted attention
  ○ Staring & comments
  ○ Crowded spaces

• Global Support Services
  • elizabeth_esparza@harvard.edu - Program Manager, Strategic Initiatives, GSS
  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.
Transportation

Overview of $ and Types
• Cycle-rickshaws - $$
  • Better for shorter distances
• Auto-rickshaws (rickshaws, trishaws) - $$$
  • Sometimes find “shared auto rickshaws” which are even cheaper.
• Private – Cabs - $$$$$
  • Can often be expensive but avoids crowds.
• Uber and Ola

Busses and Trains
• Don’t travel at night!
• Try to avoid traveling alone.
Health

• Use **preventative measures** when possible!
  • Vaccinations as needed at least 6-8 weeks ahead of travel.
• Do your research!
  • Go onto internationalsos.com and review your country report to **see** what diseases are endemic
• In most parts of South Asia, malaria and dengue are risks.
  • Be vigilant with mosquito repellant in these areas.
• Exercise care around stray animals
  • Rabies is a present in-region risk!
• Medications
  – Bring or purchase **oral rehydration salts (ORS)**
  – Pack prescribed **antibiotics**
  – If you forget to bring regular medications, procure these abroad working with International SOS and GSS
Emergency Resources

- Know the emergency number for your country of travel (equivalent to “911”)
  - In India, “112” for combined emergencies
- If a medical or safety incident happens to you, seek help. Call ISOS at +1-617-998-0000. This is a 24/7 number and they will report back to Harvard.
Safety

• Check for fire extinguishers and working fire alarms; Always know where emergency exits are.
• Be aware of standard and extreme weather phenomena
  • Pack a “go” bag
• Pickpocketing
  – Try to blend in when possible (don’t act like a tourist)
  – Keep expensive items (cameras, laptops) out of view, when possible
In-Region Contacts and Resources

Mittal Institute India (Delhi)

- The Mittal Institute maintains an office in Delhi. The contacts below can be great resources for the surrounding area.
- Contacts:
  - SANJAY KUMAR, Country Director
    (sanjay_kumar@harvard.edu)
  - FARHANA SIDDIQUI, Staff Assistant
    (farhana@fas.harvard.edu)

Other Resources:

- 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, and event bookings
Keep in Touch with MI

- Check out our Facebook Page!
- Submit posts for our newsletter!
- **Contact MI** with any questions or concerns
  - Selmon Rafey, Program Coordinator
    - srafey@fas.harvard.edu
    - (617) 496-4289
- Stay up to date with **in-region events**
- Follow the Mittal Institute on Twitter and Instagram: @mittalinstitute
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
After the grant...

You are **required** to submit the following to Selmon Rafey (srafey@fas.harvard.edu) by September 15:

– A **reflective report** of 2-3 pages detailing your experiences
– **Multimedia** reflection (photo or video) of your experiences
– An approximate **expense** report
Questions?