



Answers to Frequently Asked Questions Journey to India Spring 2012

S A T T V A Y O G A

TRAVEL DOCUMENTS

- You will need a valid Passport and Visa to travel to India from the US
- TRIPLE CHECK your expiration dates.
- Check the US State Department website for information about travel to India: <http://www.state.gov/travel/>
- Apply for a Visa at www.travisa.com
 - It's usually worth paying for an expedited visa and always worth getting the longer, 5 or 10-year tourist visa
 - The Visa application will ask you why you are going to India. An example of what to state: "travel and tourism"
 - Use the following information for your Visa:

Name: Jaipur Inn
Address: Laxmanjhula, Rishikesh
District: Pauri Garwhal
State: Uttarakhand
Pin: 249302
India
Phone: 0135-2440221

- You may wish to register your travel with the US State Department in case of an emergency- <https://travelregistration.state.gov/ibrs/ui/>

MONEY

- Bring US dollars, NOT TRAVELERS CHECKS. Exchange money at airport in Delhi. You can also exchange US dollars in Rishikesh at the hotel.
- Rule of thumb: bring \$100 for each week of your trip. This is plenty. You will not need that much unless you plan to make souvenir purchases.
- Credit cards are accepted at many shops in Rishikesh. Just be sure to alert your banks and credit card companies that you will be traveling to India.
- Check the exchange rate at <http://www.xe.com/ucc/>

ELECTRONICS

- If you are traveling with any type of electronic that will need to be charged (i.e. iPod, iPad, camera, phone), you will need a travel converter for your chargers (DO NOT BRING hair dryers or curling/flat irons). Radio Shack or any travel store should have the converter needed.
- If you absolutely must travel with your phone, check with your wireless provider regarding international charges. To use wi-fi and avoid roaming charges, turn phone to "airplane mode" on the flight to India and keep in that mode until you land home in the US.
- Wireless internet is available in some spots in Rishikesh (including at the hotel) and there are a few internet cafes.
- Indian phones can also be purchased pretty inexpensively to make phone calls to other Indian phone numbers and to the US and other international phone numbers at a decent rate.



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ELECTRONICS (cont.)

- While it may feel necessary to “stay connected”, it may be nice to try to completely disconnect. Just keep necessary and emergency phone numbers with you and give family and loved ones the hotel contact information noted above.

FLIGHTS/TRAVEL TO AND FROM DEHLI

- Generally speaking, participants will be asked to arrive on a certain day and time at the Dehli airport so that the group can travel to Rishikesh together. More specific information will be sent to your group as the time approaches to purchase plane tickets.
- American Airlines Flight 292 from Chicago is a popular flight for Sattva Retreat groups, as well as individuals. This may be the flight we recommend you to take.
- Usually, groups will travel by car to Rishikesh and back to Delhi. If you prefer to travel another way, it is your responsibility to arrange and pay for the travel separately.
- Individuals traveling to India should forward their flight information as soon as they book it. We will confirm with you that a driver will be sent to pick you up. Look for your name on a sign at the airport.
- If you plan to travel before or after your Sattva retreat, please let us know.
- Please forward your flight information to mysattvayoga@gmail.com once you have made your arrangements.

VACCINATIONS

- Deciding what, if any, vaccinations to get is a personal choice and decision. Please consult your medical provider and the US Center for Disease Control and Prevention travel site: <http://wwwnc.cdc.gov/travel/destinations/india.htm>
- Some choose to get all, some, or none of the vaccinations listed.
- It is your responsibility to be aware of any health and safety alerts for the regions you are traveling.
- Malaria is not a concern if you are only traveling to Delhi and Rishikesh.

WHAT TO BRING

- Please refer to the Sattva Yoga packing list that will be provided to you.
- Individuals and groups traveling to India for a Sattva Yoga retreat will be provided with reading material recommendations ahead of time, if appropriate.

FOR ADDITIONAL QUESTIONS email mysattvayoga@gmail.com