

India Experience

Learn about the country and its people, language and food, and explore the rich culture with visits to special sites of interest. Get the best out of your Indian adventure.

A land of sensory overload, cultural extremes, and extraordinary beauty and mystery, India has become one of the most desirable destinations to travel and volunteer. Its sheer size, and dynamic, complex population combine with fascinating wildlife and a mystical and pervasive heritage filled with tales of ancient gods, kings and queens, to make it a place that will transform your perspectives and realign your priorities.

With such a wide variety of excursions, activities and trips available in India it can be a little daunting deciding on the best and most suitable choice for you. Why not choose the Frontier India Experience? Learn about the country and its people, the language and food, and then explore the rich culture with visits to special sites of interest. Trek through the jungle, enjoying the excitement of natural India and its jungle inhabitants, before relaxing on the beach for a week and watching the days roll lazily past. This placement will ensure you get the most out of your time in India with a wide range of experiences, and you will return with a multitude of memories that will remain with you forever.

PROJECT HIGHLIGHTS

- Explore some of India's most beautiful regions
- Delve into the culture of India
- Return with a multitude of lifelong memories

FAST FACTS

Location	India
Activities	Cooking traditional meals Cultural, historical & language lessons Yoga & meditation classes Visiting historical sites Environmental trekking Beach break
Transport	Airport pick-up Bus to project site
Accommodation	Varies

WHAT WILL I BE DOING?

Introduction week

The first week is designed to introduce you to India: inviting you to understand and appreciate her mysteries and complexities and helping you to settle quickly, enabling you to get the most out of the rest of your India Experience. During this week you will learn about the history and culture of India, as well as an introduction to the different languages that are spoken and guidelines on social etiquette. You will try your hand at cooking a traditional Indian meal and have the opportunity to visit local sites of cultural interest.

Volunteering and cultural week

After your introduction week you will then begin your volunteering, with a range of options available to you as part of this project. Take your pick from a wide variety of volunteering opportunities including teaching and community assistance. Throughout the duration of your programme you will have the opportunity to explore Indian culture in your free time learning about local customs and visiting temples and markets. You will soon find yourself in touch with the spirit of India, something that will stay with you forever.

WHAT HAPPENS WHEN I ARRIVE?

Upon arrival at Goa Airport you will be greeted by a representative from our partners in India you will be taken to your accommodation. Please aim to arrive on the Sunday before your programme begins on the Monday.

WHERE WILL I BE STAYING?

For the first two weeks you will be based in the project centre, while during the third week you will be based in one of a number of clean and welcoming local guesthouses. The final week will be spent in comfortable local-style huts situated right on the beach!

You will find all of the accommodation to be simple, clean and comfortable. The rooms will be single sex and shared, and volunteers are expected to be environmentally responsible and use resources with restraint, and to help by keeping the living areas clean and tidy. The doors and windows are not mosquito-proofed, so don't forget your mosquito net!

WHAT WILL I BE EATING?

All three meals during the day will usually be taken together and will be the delicious typical cuisine of the region. Breakfast will vary from rice to Indian breads, and lunch and dinner will include a range of Indian dishes, characterised by rice, vegetables and sauces. You should be prepared for some of the food to be spicy, it being India after all, but you will find that there are tastes to suit all palates.

COSTS

4 weeks	US\$ 2,245
Extra week	US\$ 595

DEPARTURE DATES

Project begins on Monday. Should aim to arrive on Sunday.

DURATION

From 4 weeks (2 week options available from US\$1,120, US\$468 per extra week, Introduction Week is compulsory)

This project is available throughout the Christmas period

WHAT'S INCLUDED

Before you go

- Comprehensive pre-departure support
- Travel advice & documentation
- Kit advice
- Free Frontier t-shirt

In-country

- Food
- Accommodation
- Airport pick-up
- Ground transfers & in-transit accommodation
- Local orientation
- Project training
- In-country emergency support
- 4-hour international HQ back-up

AIRPORT INFORMATION

Nearest airport(s): Goa (GOI)

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.