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MADONNA

## YOGA DIWALI INDIA ADDITIONAL TRAVELER FAQS

### **How will I connect with my world at home? Is there internet and cellphone reception?**

Internet is available at the ashram but can be spotty. Check with your mobile carrier regarding coverage. SIM cards can be challenging to get in India and won't be worth the time and effort during your visit. There is a phone at the ashram for emergency use.

### **WhatsApp for communicating:**

We encourage everyone to download WhatsApp on their cell phone. We will create a WhatsApp group so we can easily communicate with each other before and during our India adventure.

### **Will I need money and how do I get it?**

It is always a good idea for guests to have some local currency, there will be a few meals to buy and you may want to shop. We recommend at least \$150 USD (approximately 13,500 rupees) The easiest way to do this is at the airport ATMs or currency conversion windows. You can also order rupees from your bank before leaving.

### **Will there be laundry facilities?**

There will be a laundry service with a three-day turn around. You can hand wash and dry on your balcony. Bring soap.

### **What is the temperature?**

Sri Ram is typically in the 70s - 80s, mostly sunny, and a nice time of year.

### **What is the time difference in India?**

India is 12.5 hours ahead of Pacific Daylight Time (PDT) from March to November, and 13.5 hours ahead of Pacific Standard Time (PST) from November to March.

A tip: In California (and participating states in the US), the transition between daylight saving time and standard time is determined by the day of the week, specifically the second Sunday in March and the first Sunday in November.

### **Is the food healthy at Sri Ram?**

The food is safe, healthy, and delicious!

### **What about drinking water?**

Safe filtered water is available at the ashram.

### **What should I wear?**

It's best to wear comfortable, loose, modest clothes in good condition. For women, long tunics, and pants or loose leggings work great. Men can wear nice T-shirts and pants. Tank tops, shorts, and midriff baring clothes are not appropriate for many of the places we will visit. At the beginning of the trip, we will go shopping in a local market where you can purchase Indian clothes. If you prefer to purchase clothes ahead of time, look for *kurtis*, *salwar/kameez* or *kurtas*. Check out the Ethnic Sections of [Fab India](#) for examples and ideas.

A note: The site organizes items into feminine and masculine categories by default.

### **Tipping at Sri Ram Ashram:**

Tipping is not required or expected. If you wish to leave a tip, please leave your tip with your trip leaders. They will ensure tips are distributed equally.

### **Immunizations:**

Please discuss immunizations with your healthcare provider. If you choose to get immunizations, it is best to get them at least two weeks before departure.

**The Smart Traveler Enrollment Program (STEP):**

This is a free service for US citizens and nationals traveling abroad. Enrolling in the program helps the US Embassy in Delhi contact you in an emergency, whether natural disaster, civil unrest, or family emergency. I don't think you need to worry but on the other hand it may be a good precaution to enroll in STEP.

**Social Media:**

Join our social media groups for photos and real time updates. It's a great way to get to know Sri Ram Ashram better.

- Facebook - [facebook.com/SriRamAshram](https://facebook.com/SriRamAshram)
- Instagram - [@SriRamAshram](https://instagram.com/@SriRamAshram)

**Excursions and Celebrations:**

If you wish to know more about our activities, please see below for a list of places you will visit and festivals you will be celebrating.

- Har Ki Pauri
- Gujjar Village
- Daksh Mandir in Kankhal
- Anandamayi Ma's samadhi in Kankhal
- Rishikesh
- Diwali
- Govaradhana Puja
- Bhaiya Dhuj