

India

Enchanting culture, rich history, deep spirituality and exotic cuisine.

Experience the beauty of diversity in this culturally rich and vibrant country. India offers a variety of different landscapes to penetrate the senses, from the mighty Himalayas to the meandering deltas of the Ganges to the lush, cool forests of West Bengal. A stay in the birthplace of Asia's most prominent spiritual movements will leave you feeling enriched and quite possibly zen like.

Health and Fitness Travel Insider

"There is an incomprehensible amount of diversity in India, and yet amidst the diversity there is unity. You can travel through India and experience enchanting cultural differences in each region."

Paul Joseph, Founder

Passport

Before flying make sure to check that your passport has plenty of time before it expires. Your passport must be machine readable, have two blank pages and be valid for at least 180 days at the time of your visa application.

Before flying make sure to check that your passport has plenty of time before it expires. Your passport will need to be valid for at least 6 months from your day of arrival in India. However, we always recommend leaving at least 6 months validity on your passport.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/india/entry-requirements>

Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

Visas are required for India and you can get a 30 day or one-year e-visa. To book your visa, head to the government website: <https://indianvisaonline.gov.in/evisa/tvoa.html>

Visa requirements are subject to change and we therefore recommend checking the up to date requirements. This website allows you to select your nationality and the country you are flying to: <https://www.visahq.com/>

Overstaying your visa is an offence, please make sure you exit the country before your visa expiration.

Flights

From the UK: please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to **Delhi/ Goa** from the UK usually take around 9 hours. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

From other countries: please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).



Location

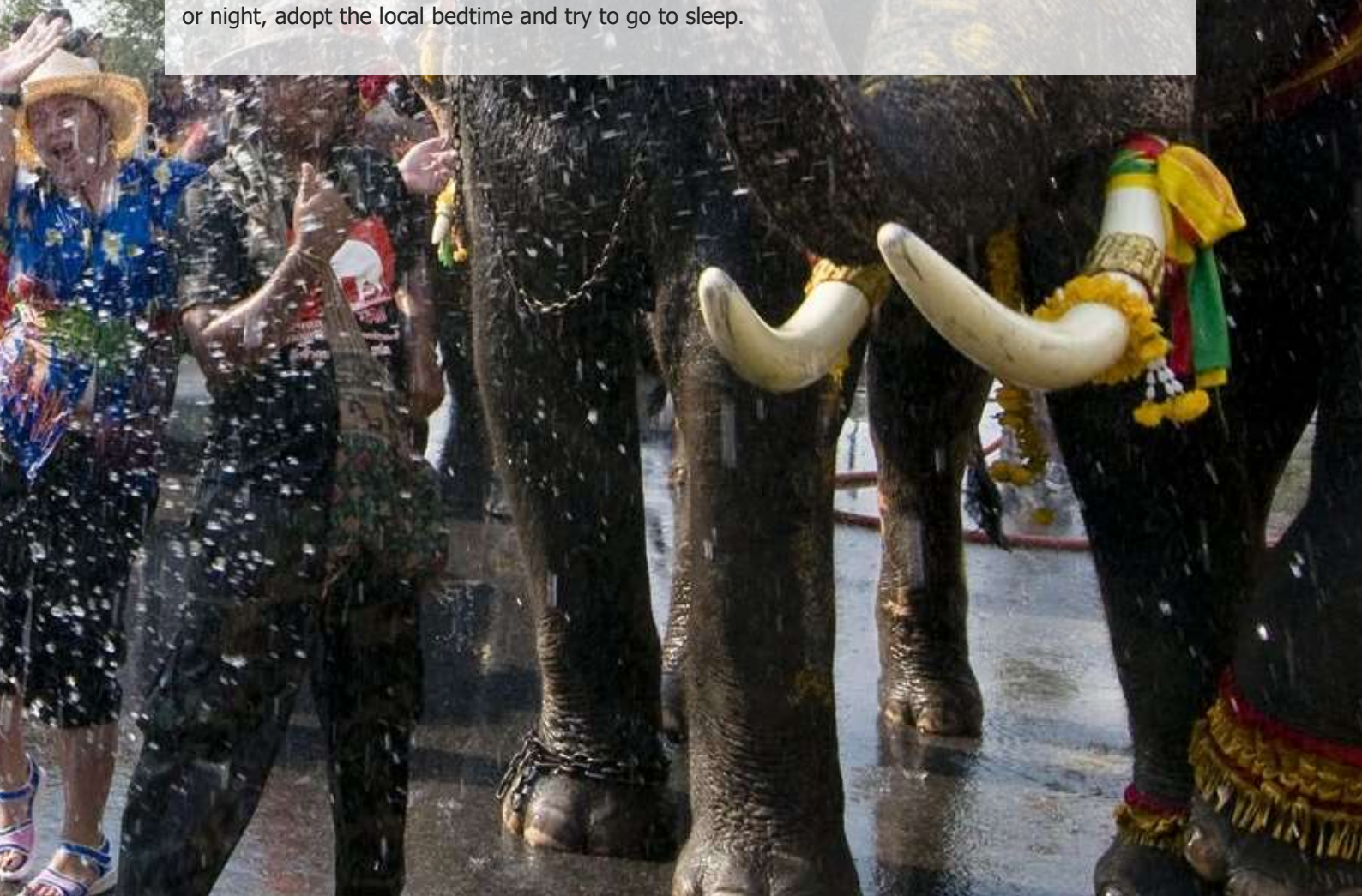
Time Difference: GMT + 5.5

Capital City: New Delhi

Currency: Indian Rupee

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.



Airport

You will be flying into **Indira Gandhi International Airport in New Delhi (DEL)** or **Dabolim International Airport in Goa (GOI)**. You'll then take a transfer flight to Dehradun. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no. Taxi drivers are also likely to offer their services and can be quite persistent. It is best to approach this offer in the same manner.

Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/destinations/asia-east/india>

Local medical facilities in India are not comparable to those in the UK, especially in more remote areas. In major cities private medical care is available, but expensive. A list of the most commonly used hospitals can be found on the British High Commission website.

Language

The majority of people in India speak Hindi but English is also widely spoken. Here are some useful phrases in Hindi:

Basics		Food and Drink	
Hello	Namaste	What is that?	Vah kya hai ?
Yes	Haan	Is there...?	Hai ?
No	Nahin	Water	Paanee
How are you?	Aap kaise hain?	Tea	Chaay
Fine	Achchha	Coffee	Kofee
Thank you	Dhanyavaad	Lime	Neemboo
I'm not well	Main theek nahin hoon	Vegetable	Sabzee
What's your name?	Aapka kya naam hai?	Rice	Chaaval
My name is...	Meraa naam hai	Chicken	Murga
Sorry/excuse me	Kshama maangana / Maaf Karen	Beef	Gaay ka maans
Can you speak English?	Kya aap angrejee bolate hain?	Milk	Doodh
Can you help me?	Kya aap merree madad kar	No sugar	Cheenee nahih
Where is the toilet?	sakate hain?		
How much is it?	Yah kitane ka hai?		
What's the time?	Samay kya hua hai?		
Great	Mahaan		
The bill, please	Krpaya bil den		
See you later	Baad mein milate hain		

Numbers		Directions	
One	Ek	How do I get to the railway station?	Main relave steshan kaise pahunchoon?
Two	Do	Is it very far?	Kya yah bahut door hai?
Three	Teen	Left	Baen
Four	Chaar	Right	Sahee
Five	Paanch	Straight	Seedha
Six	Chhey		
Seven	Saat		
Eight	Aath		
Nine	Nao		
Ten	Dus		
Twenty	Bis		
Thirty	Tis		
Forty	Calis		
Fifty	Pachaas		
One Hundred	Sau		
One Thousand	Hazar		

Places			
Park	Paark	Police Station	Pulis steshan
Shopping centre	Shopping Sentar	Toilet	Shauchaalay
Hospital	Aspataal		

Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

Police: 100

Ambulance: 102

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.