



# India Field School Guide

2 - 2020 Field — Last update: 2020/01/07

shaney

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# 1. Introduction – includes map

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I am not the same, having seen the moon shine on the other side of the world. – Mary Anne Radmacher, author

## Purpose of this guide

As we embark on our India 2020 planning there are many things to consider as we prepare together for this experience. This searchable guide curates and captures a broad range of information that you will find useful in the weeks and months ahead. It is not meant to be read a single time, but you should instead use the guide as you need it.

There are 2 courses associated with this field school.

1. Tier 3, Cluster 3: Interdisciplinary Studies INTS 3331, or International Community Development
2. Tier 3, Cluster 4: COMM 3501, Intercultural Communications

We are very much looking forward to working with each of you in the months ahead as we prepare for the field school and ultimately travel to one of the most fascinating countries on earth.

Please check out our site that features all previous field school projects, located [here](#).



For easy access on your phone, please bookmark this site and create an icon on your mobile as you will appreciate having it easily available when overseas.

Yasmin Dean & Sally Haney

Your Mount Royal University India 2020 professors

Here is an [interactive map](#) of the key places we will visit.



## 1.1. Application materials

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We are so delighted you are interested in joining our community as we embark on the 2020 MRU India Field School.

Below are links and info required in your application.

FYI: There are 2 courses associated with this field school.

1. Tier 3, Cluster 3: Interdisciplinary Studies INTS 3331, or International Community Development
2. Tier 3, Cluster 4: COMM 3501, Intercultural Communications

Place all 4 application elements, outlined below, in **ONE GOOGLE FOLDER** labeled with **your first and last name** followed by **India Application**, as in *Sally Haney India Application*.

SHARE folder with facilitators Yasmin Dean ydean@mtroyal.ca and Sally Haney shaney@mtroyal.ca.

1. Complete this [application PDF](#), placing scanned copy in your properly named Google folder.

*Note: You will notice the form asks for information such as travel plans etc. Please fill this out as best you can. For example, just tick the required box indicating “copy of travel itinerary” even though it’s still too early to have this information. In addition, you do not have to provide budget details, as they have already been prepared on your behalf. Please note your signature will be required on this PDF in 5 places. Sign after you have filled out the form and printed. You will also need the signature of a witness. Your field school instructors will sign the document later.*

2. Scan a copy of **your passport info page**. If you don’t have one yet, just indicate that you are applying for one. Place in properly named Google folder.

3. In a Google document, saved as First Name Last Name + Essay, as in *Sally Haney Essay*. Aim for 400 words. Include your name, year, and program of study. Address in some detail your purpose and more specifically your reasons for wanting to take part in India 2020. These reasons could be professional, personal, academic in nature, or any combination thereof. Perhaps you have other reasons that don’t fit those areas. Please include these reasons. You might also have an idea for an India 2020 group project you wish to tell us about. Place in properly named Google folder.

4. In a Google document, saved as First Name Last Name and References, as in *Sally Haney References*,

the name of 1 Mount Royal University professors and their email. Ensure you ask before providing the name. Please also include one written reference from someone you are not related to, such as a former teacher, a volunteer coordinator, an employer, indicating their relationship to you. They will need to write about their relationship to you, how long they have known you, and your suitability for the field school. **Place in properly named Google folder.**

## 1.2. Authors and attribution

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The Mount Royal University India Field School manual was authored by Yasmin Dean, Sally Haney and Terry Field. The content of the site has been licensed through Creative Commons. If you have questions about the site, please reach out.

shaney@mtroyal.ca

ydean@mtroyal.ca



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*Sally Haney, Yasmin Dean and Terry Field, Calgary, June 2016*



## 1.3. Our partners

### Sri Ram Ashram

Fieldwork will take place at [Sri Ram Ashram](#) outside [Haridwar](#), India, a Hindu holy site on the banks of the Ganges River in the foothills of the Himalayan Mountains. The ashram provides a rich opportunity for MRU students to participate in the daily life at this home for abandoned and orphaned children, and to complete projects in community development, communications child development, alternative communities, impacts of poverty, and the role of religion among many possibilities. Sri Ram Ashram is active on [Facebook](#) if you would like to access great photos and stories. The ashram also runs a website, located [here](#).



### Lovely Professional University

Our second partner is [LPU](#) a university in the Punjab region, just outside the city of [Jalandhar](#). Staff at LPU work closely with us to develop a week of cultural activities for our group including lectures and guided tours to significant sites such as the Golden Temple in Amritsar, and the mountain city of Dharamsala, a centre of Tibetan and Buddhist culture.



### Tour company support

We will have support via a tour company in Delhi. We have worked with Naresh Mahra since 2012.

Naresh not only helps us coordinate visits to the markets, mosques and historic forts of New Delhi, India's capital city, he is also happy to help you arrange travel prior to or following field school. You may contact him

independently, reminding him you are with the MRU group.

NARESH MAHRA / SURANDER KUMAR

Cell No. +91 – 9350207476 / 9810068522

Landline +91-120-4218423 (Resi)

Landline +91 -11-24121707 (Office)

E-mail: [naresh@sanoliindiatours.com](mailto:naresh@sanoliindiatours.com) / [nareshmahra999@gmail.com](mailto:nareshmahra999@gmail.com) / [sanoliindia@gmail.com](mailto:sanoliindia@gmail.com)

website: [www.sanoliindiatours.com](http://www.sanoliindiatours.com)

### Iniskim Centre

Mount Royal University's [Iniskim Centre](#) has been instrumental in helping India Field School participants prepare to journey together and also come together as our journey concludes. The Medicine Trail Program coordinator helps everyone embrace the importance of cultural awareness through ceremony and knowledge sharing.

**Mount Royal University International Education**

Our field school is made possible because of MRU's commitment to international education. Field school participants will enjoy a host of resources by [studying International's website](#), and also by talking with the coordinator, Trinda Guillet, who will join us from time to time in the lead-up to departure. Trinda's email address is [tguillet@mtroyal.ca](mailto:tguillet@mtroyal.ca).

## 1.4. Mind, body and spiritual readiness

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### What is my purpose?

You have already demonstrated a level of engagement by expressing an interest in the field school program. We are about to embark on an adventure that will be full of great moments but will also present each of us – professors included – with routine challenges. Before reviewing some of the challenges, we ask you to reflect on a critical question.

### What is my purpose?

Knowing *why* you are embarking on this adventure will put you in a position to better navigate the *how* of this potentially transformative journey.

Preparation is critical. It means not only thinking deeply about how to personally engage with all aspects of India 2020, but also setting meaningful goals every step of the way, such as communicating clearly, practicing self-care, and challenging our assumptions about how the world works. This type of preparation will not only support your experience but also the experiences of others.

We will all be pulled from our comfort zones and will at times feel anxious, or challenged, or discouraged, or



in need of a break from the group, or just plain tired. The good news is that planning will allow you to be ready for India to wash over you with all of its colours, sounds, and smells; with its swell of humanity, and its closeness; with its ancient culture and modern challenges; with its vibrancy.

On the personal front, the key is for each of you to be engaged and to develop your capacity to lead long before we lift off.

### Goal setting

Demonstrating engagement and leadership can also be achieved through active goal setting. We think that each of you should take a few minutes to think about and capture one or more goals you will pursue as part of India

2020. These goals can be academic, professional or personal. These goals can change as your India experience evolves. There is no rulebook for identifying and acting on your goals. It can be done in a range of ways. But the act of listing your goals, and thinking about how you will accomplish those goals during the field school, will enrich the experience by keeping you focused, motivated and providing a way to measure

success.

## Experiencing a new culture

Culture shock is a catch-all phrase to describe the anxiety we often feel when traveling to unfamiliar places and being exposed to new cultures. You might feel tired, disorientated, annoyed, homesick etc. It is important to understand that these feelings are a normal response to the challenges of being away from home, and being subject to information overload, adjustment to new foods, sleeping in new places, being with a group of people 24/7, and dealing with a different climate. Here is a list of concerns expressed by former India field-schoolers when asked in advance of their trip what worried them most about going to India.

Their worries are described in bold below. We then asked them after their trip whether their concerns were valid based on having been in India. Those responses follow the bolded text.

**Safety** – a concern but didn't feel unsafe at all during trip

**Staying at Ashram** – but no need to be concerned

**Culture shock** – it is real, but overcame it through group interaction

**Poverty** – it was difficult to see, but wasn't as much of a concern as expected

**Being homesick** – it happens but nothing to be afraid of

**Food** – valid concern, big change in diet and adjusting to food is a challenge

**Physical challenges** – busy trip and easy to get tired; can get hot

**Ability to immerse oneself in culture** – not a valid concern

**Group travel** – some cliques developed; felt judged by others; inner shyness

**Functioning properly in new culture** – valid concern; needed time to process the experience; tiring at times; language barriers

**Group work** – not a valid concern; smaller work groups were fun

**Being a 'princess'** – not valid; students were able to adjust to the conditions



Useful reading: <http://studentsabroad.com/handbook/adjustments-and-culture-shock.php?country=general>

You can see that for the most part the field-schoolers generally adapted better to being in India than they thought would be the case. Even so, it is normal to have concerns either in advance of the field school or during.

## Being calm

Is a normal sensation under the circumstances, and one that we all share at one point or another and in different ways based on our previous experiences abroad, and our personal expectations and wishes. When feeling anxious there are a few concrete steps you might take.

**Talk** to someone in the group about it. Not the whole group but one other group member you are comfortable with.

**Take** a break. It is ok to want to take some time alone, or to sit quietly on a train or bus ride and not feel as if you need interact.

**Write** some postcards for friends at home. Not an email, or a text, but a postcard, and share an experience you had and mail it to them.

**Keep** a journal. This is a great way to process your day, and examine your feelings. Journaling can be useful to you in completing your final assignment in COMM 3501. Your journal is private and for your eyes only, but you might want to share elements of it in your post-field school reflections.

**Use** essential oils to breathe in calm, block out undesirable odors.

**Bring** a few comfort snacks – something from home you really like such as M&Ms or Jolly Ranchers.

**Read** a favourite book you have read before and enjoyed.

**Check-in** at home in the evenings, but sparingly. When away from home, be away from home.

**Drink water** routinely

**Take electrolytes** – more details in the manual under packing entries. It might sound funny now, but if you get dehydrated you won't feel well and that can make you anxious about your surroundings.



These tips are easy to accommodate even with the busy schedule we will have in India.

## Considering spirituality

To understand India it is important to recognize the role that spirituality and religion play in its ancient culture. In the questionnaire 2014 students completed after the trip, several students said they were uncomfortable with being exposed to spiritual practices contrary to their own beliefs. Our exposure to these religions and their spiritual underpinnings should not be seen as a challenge to the beliefs of our field school students. All views are respected. It is an effort to increase our understanding of the impact of spiritual practices on people generally and India in particular.

To better prepare us all, we now invite experts on Eastern religion to visit our class and provide us

information on Hinduism, Sikhism and Buddhism, prior to leaving. This learning enhances our interactions in India at Hindu, Sikh, Muslim and Buddhist temples.



### Ganesh: The remover of obstacles.

Did you know? Ganesh is the Hindu God considered the remover of all obstacles. The MRU Field School carries Ganesh on our journey.

Learning about different religions also helps us to be better visitors and guests. For example, the majority of ashram children and residents are practicing Hindus. We will also visit the Dalai Lama's Buddhist temple in Dharamshala. Additionally, while in the preparation phase, and at our wrap-up event post-trip, we invite the Medicine Trail Coordinator from MRU's Iniskim Centre to perform a traditional Indigenous smudge ceremony with us.

In preparation for field school, we asked the chaplain at MRU to connect with you. Here is the note:

### **Greetings from Mount Royal's Multi-faith Chaplaincy**

Greetings from Mount Royal's Interfaith Centre (a part of the Office of Campus Equity & Meaningful Inclusion, C201)

It is with great enthusiasm and joy that we send off our Mount Royal students on what will be a truly unique adventure. Our world is diverse and pluralistic. And it is beautiful. We see diversity as an opportunity to embrace the other where we are similar, and to grow as we learn and celebrate our differences. We want to encourage you to immerse yourselves in a new environment. Undoubtedly, you may learn more about new beliefs, traditions, and religions than your own tradition. We hope this is an opportunity to deepen your own beliefs while setting a new precedent for a pluralistic society that is based on friendship, empathy, and love for the other. May you be encouraged to gain new understandings of other cultures, beliefs, and traditions by seeking authentic relationships. May you open your heart to the stranger and cherish their stories. And may you come home with a deeper sense of yourself, your beliefs, and seek to share what you have learned with the rest of the Mount Royal University community.

Travelling mercies from the Interfaith Centre

Should you have further questions or wish to have a discussion with one of our chaplain's or representatives please contact our Interfaith Coordinator: Greg Veltman (gveltman@mtroyal.ca).

## **The value of reflection**

We have already referenced setting goals, and keeping a journal during the field-school, which are both tools of reflection. We can't underscore enough the importance of you all undertaking a routine and ongoing effort to capture and reflect upon your experiences, your comforts and discomforts, times when you are confused, times when you are surprised, excited, disappointed and so on. India is more than a trip, it is a journey and actively engaging in the process and thinking about the results will:

- Help you mentally process the nature and value of the trip
- Provide more clarity and deepen your understanding of India and yourself
- Shape your views of the world and your place in it

## Embrace the experience

Here is some advice from previous field-schoolers:

- In the end, what you gain is worth so much more than the effort it takes to gain it
- Embrace the experience and don't be afraid
- Go into it with an open mind
- Everyone will experience it differently
- Don't be afraid to try new things
- Trust the process
- Stay true to yourself and be kind to yourself because it will be a struggle at times
- Be open, be curious and be aware that you are a guest



“Try to be one of those on whom nothing is lost.” Henry James, novelist.

## 2. Budget at a glance

### Some context

In the history of the field school, while we intentionally overestimate costs, we have always returned several hundred dollars to students upon our return. We also ensure students apply for every bursary and/or scholarship available. We overestimate costs in case there are unforeseen expenses. But please know your faculty facilitators work hard to keep expenses as low as possible.

Please note costs in **pink** won't be paid by everyone because in some cases, individuals will already have passports, up-to-date immunizations, international phone plans, etc. Course costs shouldn't be considered as field school expenses, because those costs are in effect whether you go to India or not (see Note 1).

EXPENSES	ESTIMATES	NOTES
<b>Program fee</b>	3844	These fees cover instructional and university costs, all accommodation in India, all ground transportation in India except for cab to Delhi airport, and more than 90 percent of meals. \$250 is due May 1. \$1797 due Oct. 1 and \$1797 due March 1 See note 4
<b>Airfare</b>	1500	Students typically get flights for less, and sometimes are aided by points
<b>Meals</b>	150	Nearly all meals are covered, but you may incur the occasional meal cost. Some have spent less than 100 the entire trip.
<b>Insurance</b>	75	Out-of-country health, medical, travel insurance
<b>India visa</b>	100	please use the government visa site only
<b>Miscellaneous</b>	150	phone plans, gifts
<b>Immunizations</b>	50	See note 2
<b>Up-to-date passport</b>	120	Some will already have this in place. See note 2.
<b>Cash</b>	300	Cash is nice should your bank cards not work. You can convert cash at the Delhi airport when you land.
<b>Additional travel</b>	XX	See note 3

Offsets	Range	Description
<a href="#">International Office at MRU</a>	1000 – 1500	You will each receive a minimum \$1000 grant, with potential for more.



<a href="#">Travel grant from SAMRU</a>	700	These are first-come-first-served grants but students have had good luck landing these.
<b>Returned monies from field school</b>	300 – 800	We have historically returned a few hundred dollars to each field-schooler, but can't guarantee returned monies as sometimes costs are higher than expected
<b>Other</b>	Private fundraising	Some students have held independent fundraisers to offset their travel costs, but MRU does not advertise or officially sanction these fundraisers
<b>Other</b>	Scholarships and bursaries	Every year, scholarships left unclaimed. Please review <a href="#">scholarships through MRU</a> , which typically must be applied for by set deadlines, and also your <a href="#">students association</a> to see if you might qualify for one!

### ✿ The field school saving challenge!

By our calculations, if you save around \$10-11 a day for a year, you will cover your India field school costs.

How to achieve those savings is up to you, but here are some ideas.

- a) If you buy lunch most days, pack one instead
- b) Carpool to split gas costs
- c) Take transit rather than drive
- d) Brew your own hot drinks rather than buying the fancy ones



## Notes:

1. The two India courses (representing 6 credits) should not be considered additional or extra to students' program graduation requirements. The course fees (estimated at \$705 each, or \$1410) can be integrated in regular study plans. Please remember India Field School, because it unfolds in the spring, represents full-time study and is **student loan eligible**.
2. Field school participation requires students have up to date Hepatitis A/B, Typhoid fever vaccines, and Tetanus vaccines & a passport valid to at minimum January 2021 – students may face additional costs in meeting these needs.
3. Students should budget accordingly for hotels, meals and transportation for additional days spent in India outside of the field school dates: and for additional health/travel insurance, and/or for personal purchases and souvenirs
4. Apart from the non-refundable \$250 CAN administrative deposit any unused funds at project end are returned to all student participants in equal shares. Please note program fee covers instructional costs,

university costs, all ground transportation costs in India, more than 90 percent of meals, site visit fees.

## 2.1. A letter from Dominika about finances

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Dominika is a 2016 India Field Schooler. Finances can feel overwhelming at times. She offered to share this note about her experience with India Field financing with you.



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Good afternoon my dear prospective 2018 India Field-schoolers,

My name is Dominika, and I'm a 2016 field school participant as well as a peer mentor for you ~ groups G & H.

I've been attending some introductory meetings and have noticed a pattern in some uncertainties among the students wanting to attend next years' field school. I have noticed that for many of you, finances are a primary reason behind questioning your ability to go, and that's exactly what I would like to talk to you about.

Let's begin with the obvious, it is an expensive trip. As a fellow student, I entirely understand your concern as I was in your exact shoes just over a year ago. No matter how badly I wanted to go, the finances just would not add up. But let me tell you one thing. Now after completing the field school and allowing this experience to change my life, and my views, I know participating in this amazing experience was the one thing I will never regret no matter the money.

Now let me tell you how I managed to afford the trip as that it exactly what you want and need to know.

1. Scholarships and bursaries – throughout this year you will be given many opportunities to apply for various scholarships and bursaries, some academic and some that are specifically meant just for travelling students which you are VERY likely to receive. Through both your faculties as well as other sources you will have many chances to score \$700+ for the things you apply for.
2. GoFundMe – many of you have probably heard of this but for those who haven't, GoFundMe is an online platform many of us used to raise some money for the trip. Once your friends and family read about what this trip means to you, what you are going to learn and how badly you want to go, you will get some amazing donations from people you might not even know or those you didn't expect to care! (This option would be organized outside regular MRU field school activities).
3. Fundraisers – Last year I planned a fundraiser in collaboration with a local bar/restaurant as well as a silent auction which allowed us to raise some money (for the Ashram) from both selling tickets as well as the silent auction contributions.
4. Gifts – From now until next May there will be birthdays, Christmas, Anniversaries and many other occasions for you to instead of asking for a new pair of jeans you could ask for some money works every time as it's less time consuming than shopping for a gift, and you can put away the cash to your "India" sock.
5. Spending cash – Once in India you will NOT need thousands of dollars to satisfy your shopping needs. All your day to day things will already be paid for, and the currency exchange will allow your money to go much further than you may think.
6. Cash return – although not guaranteed it is a VERY HIGH possibility that after you come back from your trip you will get a return of some extra money that was not spent during the trip. Our professors spend comfortably yet sparingly so by the time you are back you could expect a few hundred dollars back in your account.

There are many, many ways you can raise and save some money to be able to experience this trip of what I promise you will be a trip of your lifetime.

As a peer mentor, if any of you have ANY questions or you would like direction and help with your fundraising and events you just send me an email or find me on Facebook ( Dominika Dabrowska) and I will be more than happy to help!

Sincerely,

Dominika

## 3. Your Packing Guide

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In this section, we attempt to offer advice that deals with:

- Packing effectively
- Maintaining your health
- Credit cards and money
- Your tech toys
- Required paperwork
- Security precautions

**Notes:**

## 3.1. From meds to money

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### What to bring

Pack as lightly and as minimally as you can. Then do a practice pack, and reduce what you have chosen by at least one-third. You'll thank us for suggesting it. We also advise you to work together rather than buy and carry all the items listed.

### Luggage

1. Use a backpack or a suitcase that converts to a backpack
2. Choose a 50-litre pack at most, but smaller if possible as 35 litres would do it
3. You can check your backpack for air travel, but you must be able to lift it to top shelves when traveling by train in India
4. Choose a second smaller bag or daypack for valuables etc. with a heavy strap you can loop over your head and shoulder, big enough to hold what you need for the day
5. There are many high quality brands. One is PacSafe. Metal-like thread is woven through straps and bottom of back for added security. Also is resistant to digital scanning. It is not necessary to buy this brand. This is just a suggestion.

### Footwear

1. Sandals (when walking in unpaved areas or through wet areas, closed toed shoes are safest)
2. Light runners – we exercise routinely at the ashram

### Other Essentials

1. A good hat with sun block rating
2. Light scarf /shawl with a sunblock rating (women will need the lightweight cotton shawl to cover their heads when visiting temples)
3. Sunglasses
4. A light jacket that is moisture resistant in case of rain, though some get by without one
5. Umbrella (compact travel size) if you don't like getting wet

### Clothing

1. Wear modest, conservative clothing. Even in areas where other tourists may be wearing revealing clothing, it is recommended that you maintain a modest look. Please remember, you are an ambassador of MRU and a respectful guest.
2. Comfortable light-coloured clothing
3. Shirts and t-shirts with sleeves that totally cover your shoulders and upper arms
4. Loose-fitting and easy-to-clean travel pants and/or long skirts
5. Shorts that go below your knees
6. Quick-drying travel underwear and socks
7. For CrossFit and yoga, plan on wearing loose sweat pants/capris/ very long shorts
8. 1-piece swimming suit (for women) for hotel in Agra and swimming at Ashram, over which you will wear a t-shirt

### **Avoid**

1. Too-tight sports bras
2. Tight Lulu-type yoga wear
3. Flip-flops
4. Tank tops
5. Any logo that encourages alcohol use, references sex, or could be considered offensive i.e. the brand, FCUK
6. Any revealing clothing

### **Toiletries**

1. A bar of soap for washing clothes. We should have laundry service at LPU and a local entrepreneur visits the ashram and collects laundry as well
2. A nail brush which is also great for scrubbing stains when doing laundry
3. Hand soap and hand sanitizer
4. Kleenex packs / Travel Toilet Paper/ Couple rolls of regular toilet paper. General supplies will be provided at hotels, Sri Ram Ashram and Lovely Professional University (note: in most cases, toilet paper isn't flushed, but is instead discarded in wastebaskets)
5. Compostable bags for toilet paper and tampon applicators as many toilets will not function properly when flushing TP
6. A quick-dry small towel and facecloth
7. Sunscreen and bug spray
8. Anti-itch creams and Afterbite
9. Feminine hygiene products (Tampons are hard to find in India)
10. For packing tips, check out" this site."<https://www.mec.ca/en/explore/travel-checklist>

### Other handy items

1. A small pen-sized flashlight or head lamp
2. Extra batteries
3. Combination lock

### Nice But Not Necessary

1. 1 nice outfit for when we dine out in Delhi
2. A bit of make-up for when we dress up at the Ashram
3. Playing cards / Travel games
4. Small musical instruments

## Maintaining your health

An absolute key to staying healthy in India is to stay hydrated and to use electrolytes. [Electrolytes](#) help restore and maintain the minerals in your body. Taken by tablet with water, or as crystals added to your water, they will help you deal with the heat. In past field schools, some students have also used [probiotic](#) supplements to help with the change in diet you will experience. Food served at the ashram and LPU is healthy and clean, but it is still much different than we are used to. So if you are prone to having stomach issues you might want to consider using a supplement.

### Medications

Bring enough of any prescribed medication you need and in the original prescription bottle.

1. Tylenol or similar
2. Band-aids and ointment
3. Other first aid needs such as sunburn ointment
4. Over-the-counter diarrhea treatments such as Imodium
5. Anti-nausea treatments such as chewable Gravol ginger tablets, regular Gravol, candied ginger, Pepto-bismal
6. Most previous field school participants used a product called Dukoral, which helps prevent traveler-related diarrhea: <https://www.dukoralcanada.com/> This medication can be obtained from a pharmacist and should be taken prior to departure
7. You should also seek and fill a prescription for antibiotics for bacterial infection as a precaution



## Disclosing medical concerns

If you have a medical issue that requires medication, or allergies that may require the use of an EpiPen, an inhaler, or routine meds, we ask that you inform the field school professors. Your information will be maintained in the strictest of confidence and will only be used by the professors should you require their help. *For anyone with potentially life-threatening allergies, please consider creating a flash card that visually and in Hindi, English and Punjabi, indicates what you're allergic to.*

You are responsible for managing your medical and personal needs.

## Required vaccines

All field-schoolers are required to have the following vaccines:

1. Hepatitis A/B (Twinrix)
2. Typhoid Fever
3. Tetanus up to date

To discuss your individual needs, consult with your doctor or prescribing pharmacist at least 2 to 3 months before departure. We will be in northern India and above the malaria line. We will also largely be in cities and/or with our host agencies.

Note: Your facilitators have never taken anti-malarials. That said, you should consult your doctor and make the best decision for you. Here is what the [U.K. government](#) says about anti-malarials, but note there are many other sites to do research, including the Centres for Disease Control.

You should also get a flu shot, ensure your Tetanus shot is up to date, and all other routine vaccines are up to date.

## Alternative Medicine

Ask to be connected with former field school members who used homeopathic/natural/Ayurvedic remedies if you would like suggestions for the trip. Popular essential oils include peppermint, oregano, and lavender. They can truly yield big benefits.

## Food & Nutrition

Most meals are provided by our host organizations. Most host partner meals will be vegan/vegetarian and comprised heavily of grains and legumes. Fruit and vegetables are costly for local Indians. Protein and greens can be less than what you are typically accustomed to. While you will not go hungry, the following items recommended by previous field school students may make your trip more enjoyable.

1. Flax seeds, protein powder, greens supplement and chia
2. Multivitamins

3. Energy bars and granola bars
4. Chicken soup packets (if not feeling well)
5. Herbal teas
6. Vitamin C tablets (Emergen C super "C" packets to boost your immune system or to use if you get sick)
7. Bring yourself (and the group!) a treat from home if you have room – chocolate, candy etc.
8. Instant coffee such as Starbucks Via – chai (tea) is everywhere but you cannot get coffee at the ashram
9. Sugar alternatives (packets) if you use them

### **Food And Water Precautions**

1. Drink only bottled water or filtered water (the ashram has clean filtered water)
2. Make sure purchased water bottle seals are unbroken
3. Avoid ordering drinks with ice – the ice might not be made with purified water
4. Brush your teeth only with bottled water
5. Be cautious of consuming street food – in fact, for a short trip, it is best not to try it at all!
6. Consider buying a water bottle that purifies water (they run about \$50 at Pipestone among other places) LifeStraw had good reviews from previous field schoolers.

### **Money**

1. To avoid extra charges, put some cash against your card before you go & notify your bank of your travel plans to avoid having your card canceled or suspended.
2. Ensure all pin-codes for your cards are 4 digits, as letters and long codes are not accepted at Indian ATM machines
3. Ensure you have at least 2 money sources: credit card and debit card
4. Carry some U.S. cash (\$150) in smallish bills on you just in case there is a bank card or ATM issue.
5. Large hotels and banks will exchange US dollars for rupees
6. You may pull out Rupees upon arrival. There is a money exchange right in the Delhi airport. You are not allowed to arrive with Rupees.

### **Technology**

1. Make sure your iPads, cameras, etc., are insured and that you leave a list of the serial numbers at home
2. Cell phone – your choice whether to bring a cell phone and whether to purchase a roaming package. You can also use Wifi at most of our stops. Please download Whatsapp as it's a popular messaging

app in India.

3. We should have access to the Internet (wifi) most of the time
4. If you bring an e-reader or other devices you'll need an adaptor for Asia to recharge them. These can be purchased at any drugstore.

## Required Paperwork

1. Current Passport with an expiry date of **January 2021** or later
2. Indian eTourist Visa (apply for this up to 3 months prior to departure) More info available under logistics.
3. Students must make 4 copies of the following:
  - **Flight itinerary**, which you **MUST** show to gain access to the Delhi airport for your return home.
  - Passport information page
  - Travel insurance cards
  - India eTourism visa

*Note: you will need to provide MRU international education office with a copy of your passport and your flight itinerary as well.*

## Security Precautions

In addition to leaving this information in a secure location at home, save the following information in a PDF document that you can access via email:

1. Credit card number, expiry date and security number
2. Passport information page
3. India eTourism visa
4. Flight Itineraries



### Savvy packing

To reduce duplication and excess luggage weight, it is recommended that students share as many personal items as possible. Some items can be purchased in India, especially cheap light-weight skirts, kurtas, and tights. However, not all items are easy to find, including tampons.

## 4. Logistics

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In this section, we provide a detailed rundown of activities, tips, and logistical information. Please remember the entire guide is searchable.

## 4.1. Field School Schedule



**NOTE: All students must be back in Calgary no later than Wednesday, June 10.**

Connect with your service-learning groups, informally on June 11. That ensures we're ready to hit the ground running for Block Week II (attendance required) which begins Friday, June 12 at 9:30 sharp. Block Week II concludes June 17.

### Block Week 1: All students required to attend as a requirement of passing

Thursday, April 23, 2020 (required attendance)

Friday, April 24 (required attendance)

Saturday, April 25 (required attendance)

Sunday, April 26 (required attendance)

Monday, April 27 (hold date – will only use if we're behind)

Tuesday, April 28 – Group J has the option to begin early travel or stay in YYC until formal group departure time. Travel in small groups is recommended.

### Group I Itinerary to Delhi

Tuesday, April 28 – depart Calgary for Delhi

Wed, April 29 – in transit

Thurs, April 30 – Group I arrives in Delhi (early morning); Metro to Hauz Kaus for lunch

Friday, May 1 – downtime in the morning; [Gandhi Smirti](#) in the afternoon by tuk-tuk

Saturday, May 2 – Old Delhi Site Visit

Sunday, May 3 – [Ashkardan](#) (opens at 9:30), [Red Fort](#) and [stay in Agra overnight at Howard Plaza \(bring swimsuit\)](#)

Monday, May 4 – [Taj Mahal](#) then Return to Delhi

Tuesday, May 5 – Lecture in Delhi / Canadian Expatriate Night

### Group I at Sri Ram Ashram in Haridwar

Wed, May 6 – travels to Ashram (Day 1)

Thurs, May 7 – Ashram (Day 2)

Friday, May 8 – Ashram (Day 3)

Sat, May 9 – Ashram (Day 4)

Sun, May 10 – Ashram (Day 5)  
Mon, May 11 – Ashram (Day 6)  
Tues, May 12 – Ashram (Day 7)  
Wed, May 13 – Ashram (Day 8)

## Group I returns to Delhi

Thurs, May 14 – Group I returns to Delhi by train and has reunion dinner at Aroma Bar with Group J (yay!)

## Group J Itinerary Calgary to Delhi

Wed, May 6 – Group J departs for Delhi  
Thurs, May 7 – Group J in transit  
Friday, May 8 – Group J arrives in Delhi (very early in the a.m.); Metro to Hauz Kaus for lunch  
Sat, May 9 – Morning “Downtime”; Old Delhi; Delhi Site Visit  
Sun, May 10 – [Ashkardan](#) (opens at 9:30), [Red Fort](#) and [stay overnight in Agra at Howard Plaza \(bring swimsuit\)](#)  
Mon, May 11 – [Taj Mahal](#) and return to Delhi  
Tuesday, May 12 – [Gandhi Smirti](#) (afternoon) by tuk tuk  
Wed, May 13 – Lecture in Delhi/Canadian Ex-pat night  
Thurs, May 14 – Free morning followed by reunion dinner with Group I (Yay!)

## Groups I and J Together

Friday, May 15 – Travel to Lovely Professional University near Jalandhar by TBA  
Saturday, May 16 – Lovely Professional University  
Sunday, May 17 – Golden Temple, Amritsar  
Monday, May 18 – Leave for Dharamshala (2 days or 3 days? TBA)  
Tuesday, May 19 – Dharamshala  
Wednesday, May 20 – Return to LPU by bus  
Thursday, May 21 – All return to Delhi; large bon voyage dinner for Group I

## Group I Departs

Friday, May 22 – Group I may return home or travel (in small groups); [Must be back in Calgary by Wednesday, June 10.](#)

## Group J Ashram Itinerary in Haridwar

Friday, May 22 – Travel by train to Ashram in Haridwar

Saturday, May 23 – Ashram Day 2  
Sunday, May 24 – Ashram Day 3  
Monday, May 25 – Ashram Day 4  
Tuesday, May 26 – Ashram Day 5  
Wednesday, May 27 – Ashram Day 6  
Thursday, May 28 – Ashram Day 7  
Friday, May 29 – Ashram Day 8  
Saturday, May 30 – Group J travels by train back to Delhi

May 31 – June 10: Group J may return home or travel (in small groups); **Must be back in Calgary by Wednesday, June 10.**

## **Block Week II: All students required to attend as a requirement of passing**

Friday, June 12- attendance required  
Saturday, June 13- attendance required  
Sunday, June 14- attendance required  
Monday, June 15- attendance required  
Tuesday, June 16 – attendance required  
Wednesday, June 17 – SHOWCASE DAY AND WRAP-UP – attendance required

Final Grades will be posted by Friday, June 19, 2019

Here's the calendar which you can import into your own Google calendar.



You can easily add this Google calendar to your own Google calendar view. [Here is the link.](#)

**India Field School Calendar**

<p></p> Your browser does not appear to support JavaScript, but this page needs to use JavaScript to display correctly. You can visit the HTML-only version of this page at: <a href="https://calendar.google.com/calendar/htlmembed?src=mtroyal.ca\_2p0tl342g8g1hu8gb4g2enl5ig%40group.calendar.google.co calendar/htlmembed?src=mtroyal.ca\_2p0tl342g8g1hu8gb4g2enl5ig%40group.calendar.google.co

Wednesday, April 22, 2020 is the FINAL day of the winter semester



## 4.2. Accommodation and contact info

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### Lodging in India



Some of our lodgings may change, but this list provides you a sense of our accommodations in India

[Florence Inn In Karol Bagh Delhi](http://www.florencegroup.in/florence-inn.html)

"http://www.florencegroup.in/florence-inn.html"

[The Howard Fern in Agra](http://www.howardplazaagra.com/)

"http://www.howardplazaagra.com/"

[Lovely Professional University campus hotel in Jalandhar](https://iviewd.com/lpu/)

"https://iviewd.com/lpu/"

[Pride Surya Mountain Resort](http://www.pridehotel.com/dharamshala/pride-hotel-dharamshala/overview/) in Daramshala

"http://www.pridehotel.com/dharamshala/pride-hotel-dharamshala/overview/"

[Sri Ram Ashram](http://sriramfoundation.org/index.php/contact/come-for-a-visit) Haridwar

"http://sriramfoundation.org/index.php/contact/come-for-a-visit"

Our contacts in India will be printed on a business card which will be shared with you during block week.

### India Contacts

Yasmin Dean +001 403 608 0267

Sally Haney +001 403 462 9086

SRA – Rashmi Cole (cell) India country code is 011 (+91) 983 7777 323

Naresh Mareh (and Surander Kumar) our travel agents in Delhi

website: [www.sanoliindiatours.com](http://www.sanoliindiatours.com)

India Calling Code is 011

Cell No. +91 – 9350207476 (Naresh)

Cell No. +91 – 9810068522 (Sarander)

Landline +91 -11-24121707 (Office)

Landline +91-120-4218423 (Resi)

ADDRESS: 8 CSC Suvidha Market, Netaji Nagar, New Delhi 110023

E-mail : [naresh@sanoliindiatours.com](mailto:naresh@sanoliindiatours.com), [nareshmahra999@gmail.com](mailto:nareshmahra999@gmail.com), [sanoliindia@gmail.com](mailto:sanoliindia@gmail.com)

Lovely Professional University – Aman Mittal

India country code is 011

+91 (0) – 98765 44001

### **Canadian Emergency Contacts**

Mount Royal Campus Security Hotline:

001 403 440 5900

Trinda Guillet, MRU International:

001 403 440 5002

Dianne MacDonald, Manager, MRU International

001 403 836 4201

Canadian Foreign Affairs: [sos@international.gc.ca](mailto:sos@international.gc.ca) 001 613 996 8885

## 4.3. An overview: From now until departure



Please note some dates and costs may shift as we haven't signed off on all figures, as of yet.

This section outlines logistical needs and when you need to act on them. You can refer to this list easily as we prepare for the field school. In coming weeks and months, we will work together to:

1. Determine makeup of groups I & J
2. Plan small group projects
3. Develop field-schoolers' service opportunities and major projects
4. Fundraise – possibilities include dinner, t-shirts, ashram gifts, tea fundraiser
5. Lock down logistical aspects of travel including flights and dates, visas & passports, health & travel insurance



Regular preparation meetings will keep us on track. We understand you may not be able to attend all the meetings, but they are collectively an important element of the process. Please make every effort to arrange your schedules to allow for your full participation.

### May 2019 – January 2020

- Your first India program fee deposit (not refundable) of **\$250 is due May 1, 2019** through the MRU fees office.
- Determine membership in Groups I and J September 2019: \_Since 2012, we have always divided the field school into 2 groups (A & B, 2012; C & D, 2014; E & F, 2016; G & H, 2018). This year, groups I and J are going to India! The purpose of these smaller groups is to keep our numbers manageable while visiting the Ashram. Group I will leave after Block Week I while Group J will leave Calgary a week later.
- Your second India program fee deposit of **\$1797 is due Oct.1, 2019** through the MRU fees office.



Your final India program fee deposit of **\$1797 is due March 1, 2020** through the MRU fees office

- Investigate costs and options for flights, trip insurance and medical insurance and make notes.
- Attend all meetings, please. Dates posted in our Google Calendar.
- Review SAMRU's experiential learning fund and see if you can apply on November 1; Otherwise, apply on the March 1 deadline.
- **Do you need a new passport?** We need a passport number for you that is valid through January 1, 2021 . We require it to book your trains/hotels in India, and you'll need it for flights, and to obtain a visa to travel in India. If your passport expires before January **2021**, please renew it now.
- Risk Assessment: MRU requires that field school professors prepare a comprehensive risk assessment and risk mediation plan. You will be provided with this plan in January 2020, and we will have a full discussion of risks inherent in traveling and any risks specific to India. Participants are then asked to sign a document confirming they understand such risks.
- Make a packing list. It seems early to do so but it is not. Making a list now gives you time to obtain items you need for the trip, or to borrow items (like a backpack) instead of buying one.
- Taking electronics? Check out costs of phone plans, and ensure that your technological items are insured.

## February – March

### India Field School To Do

- You will pay your third and final program fee deposit of **\$1797 on March 1, 2020**.
- Obtain your India visa. Details on this process are located here in the guide, and we will review this in class as well. A visa will cost about **\$100** CDN.
- Book your flights, and make an effort to connect with other field schoolers about your plans so that you can fly in small groups.
- Flights generally arrive between midnight and 3 a.m., Delhi time. Check [Field School Schedule](#) and check with your professors before booking flights.

Note: we will arrange for you a transfer from the airport to the hotel.

- Start packing. Review your packing guide, located [here](#).

- Vaccinations and some medications will need to be administered in advance of your departure. Please talk to your doctor/pharmacist. We have had good luck dealing with the pharmacy in Wychem House, but go with whatever pharmacy you wish.
- Register with Canadian government your travel plans [here](#)
- Register for the SOS app provided to you by Trinda from the Office of International Education at MRU.

### Personal Travel Plans To Do

- Planning to extend your stay in India, or arrive earlier if you are in the second travel group (Group J )? You'll need to extend your travel/medical insurance; connect with other field-schoolers to travel with; consider the additional cost; connect with our trusted travel agent if you need train, air or hotel travel support. Contact info TBA.
- Don't leave it to the last minute! Train bookings, for example, need be done 60 days in advance of travel.

### April 2020

- Course fees – estimated at **\$1410 for the two India courses**, are due this month. The International Education office will register you in the two courses and inform you when that has been done.
- Vaccines and some medications will need to be administered before departure. Please talk to your doctor/pharmacist about when.
- Contact your bank to report your out-of-country travel plans and change all access pin codes to 4 digits.
- Paperwork and photocopying
  - Make 4 photocopies each of your passport main page
  - Make 4 photocopies of your India visa
  - Make 4 copies of your flight itinerary (e-ticket) as you won't be allowed into the Delhi airport upon your return if you cannot show guards a copy of your ticket.
  - Make copies of your travel insurance policy number and [important contact numbers](#); note credit/debit card numbers, and phone numbers to report a lost card.
- We inquired about ensuring you had some India Rupees from a currency exchange or bank, prior to departure. However, it's not legal to bring Rupees into India any longer. Once you get there, please exchange some American currency for Rupees at the airport. We will ensure we stop at bank machines from time to time. Ensure your debit or credit card has a 4-digit password. Anything more

than 4-digits doesn't typically work well, there. \$1.00 CAN = approx. \$50 INR. So \$20 CAN is about 1,000 INR.

- Obtain about **\$150 US in cash in small bills** that you can change at a bank if there is an ATM problem.
- Consider getting a roaming plan for your phone for emergency calls. We will have wifi access in most if not all the hotels and host facilities we visit.

! Please use your devices sparingly as students have reported too much technology can sidetrack your journey, taking you out of the moment, and away from your adventure. An ideal way to keep your friends, partners, and families updated is by asking them to follow our Facebook page, which is [here](#). This will help you happily fall into bed without feeling pressured to give everyone back home a personal update on typically slow WiFi platforms.

## 4.4. Flights and visas

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! Dates below still tentative!

### Flights, travel dates, arrival and departure protocols

Each field-schooler makes his or her own flight arrangements ensuring s/he arrives on the days noted. You are encouraged to connect with your field school peers and to travel to India in small groups with other field schoolers, for both support and travel company. It takes about 24 hours, a dozen time zone changes, and two lengthy flights.

Each small group will be picked up at the airport by our travel agency and brought to our hotel. It doesn't matter which major carrier you use. In the past, some students have connected to Delhi through Japan or China on Air Nippon or Air China, at a reasonable cost. The majority have flown east and connected through Europe on a range of airlines including Jet Airways, Air Canada, KLM, Lufthansa, United etc. Some flights route through Toronto. Take some time in fall 2019 to investigate the various options and share your 'finds' with other field schoolers.

### When should I buy my plane ticket and travel insurance for India?

We recommend you wait until after our winter reading break in February 2020 to buy a ticket, but if you wish to proceed earlier, that too is fine. When you do purchase a ticket, we **strongly recommend taking the trip cancellation/interruption insurance** as a precaution should there be unforeseen problems. You will also **require travel medical insurance** for your entire stay in India and/or a second country you travel to before or after. It should only be a few dollars a day at most. Airline arranged travel insurance is often more costly than insurance you arrange yourself directly through companies like Blue Cross, AMA or through a website such as kanetix.ca. Your family may also have insurance that can be extended to cover travel. So check

before you buy. But note that full medical insurance is required, and you will need to complete a form for MRU confirming that you have insurance.

## What about passport and visa(s)?

You will require a valid Canadian passport with an expiration date falling after January 1st, 2021. If your current passport expires anytime prior to January 2021, you should have it renewed by January 2020, before our travel dates in May 2020. We require your passport number for our travel agent for train bookings.

You will also require an e-tourist visa to visit India, and you may also require a visa for other countries you plan to visit around our time in India. **Print off a few copies of your visa and passport and any other critical documentation.**

## How do I obtain an e-Tourist visa?

With a visit to Canada in April 2015 by Prime Minister Narendra Modi India relaxed the process for Canadians wishing to obtain a visa. e-Tourism visas are good for 30 days, 1 year, or 5 years. They permit double entry. Because it is impossible for us to know the length of visa you will require, and whether you will need a double-entry option, we will provide a brief synopsis of your options for obtaining a visa in this guide and for reference, but we will also discuss this issue during our pre-planning meetings.

[This](#) is the official Indian government site that issues tourist e-visas. We have had good luck using this service for e-visas. You may apply 120 days in advance of your arrival in India. When applying, you will need to state a contact name and address in India.

When prompted for a name and address in India, please use our travel agent's name and address:

Naresh Mahra

Sanoli India Tours

8 CSC Suvidha Market, Netaji Nagar, New Delhi 110023

E-mail : [naresh@sanoliindiatours.com](mailto:naresh@sanoliindiatours.com)

Field Schoolers got their electronic e-tourism visas in 3 days of applying online. When approved, go back into the website and **print off a proper PDF of your e-tourism visa which includes your photo. You will need this to gain entry to the country.** Printing the confirmation is not enough.

<https://blsindia-canada.com/touristvisa.php> – this service accepts hard copy application forms by mail by courier or in person at its Calgary NE office, address Unit 928 – 5075 , Falconridge Blvd North East Calgary, AB- T3J 3K9, ph: 403 351 5428. To apply in person you need complete the visa application form, submit it, print it and take the copy with your passport, possibly 1 more identification piece, and your debit card to the



Calgary office. (Please review instructions independently prior to going.) Or you mail it according to instructions the service provides online, which requires that you mail your passport to Vancouver.

Best advice is to **familiarize yourself with the visa process**, which requires additional information from travelers with family connections to Pakistan, Sri Lanka and a number of other Asian countries, and we can discuss in the months ahead, the best option for each of you.

## **Travel & health insurance**

All participants are required to confirm, by completing a required MRU insurance form, that they have arranged to have comprehensive out-of-country health insurance for trip including the dates of the field school, and for any other travel days you undertake before or after the field school.

## 4.5. How we use social media

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We encourage students to join our [India Field School Facebook site](#). Please join and invite your friends and family to follow along as well. This is an invited space, so we tend to share more personal photos and experiences, here. Every day, a student will post photos and updates related to the entire field school experience. Many of our host partners also use the site to stay updated on our progress.

India 2020 is also on Instagram! Come find us, [here](#). Each day, a student will upload an awesome photo keeping in mind that this is a public-facing account. Do not post photos of children or vulnerable people in this account. If you post photos of people, ensure you have their consent.

Sri Ram Ashram has two sites on Facebook where they post updates about their family. These include the [Sri Ram Ashram site](#) and the [Crossfit Sri Ram Ashram site](#).

[Sri Ram Ashram's website](#) also offers a wealth of resources, including expectations for visitors like us!

## 4.6. January 2020 Checklist

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[Here is your January checklist. Please note some dates are still tentative for the 2020 field school.](https://docs.google.com/a/mtroyal.ca/document/d/1OzpVAUhvcTBgkurbhw2YdF6Uv0hDhLWw514tVdd58uQ/edit?usp=sharing) Please print off and ensure you are on top of all of this. If you have questions, please ask Yasmin or Sally.

[https://docs.google.com/a/mtroyal.ca/document/d/](https://docs.google.com/a/mtroyal.ca/document/d/1OzpVAUhvcTBgkurbhw2YdF6Uv0hDhLWw514tVdd58uQ/edit?usp=sharing)

[1OzpVAUhvcTBgkurbhw2YdF6Uv0hDhLWw514tVdd58uQ/edit?usp=sharing](https://docs.google.com/a/mtroyal.ca/document/d/1OzpVAUhvcTBgkurbhw2YdF6Uv0hDhLWw514tVdd58uQ/edit?usp=sharing)

### Notes:

## **5. Block Week Critical Info**

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## 5.1. Quick note about courses

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Detailed course information about International Community Development (INTS 3331) and Intercultural Communication (COMM 3501) will be provided by **in advance of Block Week 1**.

! Students are reminded to “double check” with Academic Advisers and/or Department Chairs to ensure the two courses are congruent with personal academic plans or requirements for graduation. Both are GenEd equivalents, and for some students, they are required courses.

**Some notes about both courses:**

### **Comm 3501: Intercultural Communications**

Course Description: Intercultural Communication examines communication among individuals of different cultural backgrounds, including the study of similarities and differences across cultures. The course will introduce students to key intercultural communication topics: communication and culture, linguistic differences, ecological influences on culture, the dimensions of cultural difference, stereotyping, and intercultural encounters, culture shock and adaptation.

Course Rationale: The spring 2020 offering of this course is tied to student participation in a field school involving travel to India and related project work. The professors involved will be working together and across course lines to prepare for the field school and provide support for project development.

COMM 3501 will serve as well as an introduction to the field of intercultural communication by considering the practical application of theory and research. Communication is the basis of cross-cultural interactions and therefore an appreciation of the impact of culture and diversity on communication processes is an important skill, particularly in context of visiting a country much different than one's own.

For this course you will be asked to explore your biases, prejudices, anxieties, excitement etc., in being introduced to a new culture.

Course Goals:

To introduce students to the nature and context of communication across cultures

To enhance the student's own ability to take part in intercultural settings

Course Topics: We'll consider three significant topics in intercultural communication, touching on them before the India component of the field school, and addressing them more fully when we reconvene on

campus in June. The topics are:

Culture and communication

High and low context cultures

Cultural competency

Course-Learning Outcomes:

Develop an understanding of the intercultural communication process

Develop a greater awareness of one's own culture and communication styles

Enhance appreciation of the diverse ways of communicating in different cultures

Hone analytical skills in examining intercultural interactions

Increase understanding of cultural issues that influence communication effectiveness

### **Ints3331: International Community Development**

Course Description: This interdisciplinary course will provide students with an overview of International Community Development issues as they participate in the 2020 India Field School. The course will be delivered using classroom-based and field-based experiential learning principles, acknowledged as critical for excellence in undergraduate education. Experiential learning means learning from experience or learning by doing. This approach involves immersing learners in an experience and reflecting about the experience in order to develop new skills and new ways of thinking. Experiential learning endeavours to make connections between learning and the real world and for learners may demand self-discovery, purposeful endeavour, reflection, meaningful relationships, and venturing beyond one's established comfort zone. Experiential learning can take a multitude of forms and learners can expect role-playing, games, case studies, simulations, presentations, and various types of group work.

Situating this course in a social work context: Whether you come to this course as a student in social work, education, child and youth studies, or journalism, it's important to ground the course in terms of preparation for entry into professional life.

The mission of the Social Work profession is to enhance well-being and help people meet basic human needs and reach their potential. Social Work is a rewarding yet demanding profession that requires workers to have a wide knowledge and skill base that are embedded in values and behaviours that are congruent with the profession. We believe that in all the learning experiences offered to students in the Social Work program, and by extension, in the 2020 India Field School, that students should have the opportunities to learn, and to be assessed for their knowledge, skills and professional behaviours.

Professional Presentation of Self is the demonstration that a person has the necessary attitude, values, knowledge, skills and integrity to work as a professional. The Social Work program has identified a set of behaviours that are required of students at all times in all classes. These behaviours are the ones that are required in professional settings in Social Work, but also in many related professions.

Faculty will utilize these expectations when assessing all students, who will be expected to:

Participate in class discussions

Ask questions and share opinions

Be curious

Complete work on time

Attend classes

Be punctual

Be attentive

Be respectful to other students, our hosts, our partners

Be respectful to instructors

Be non-judgmental of other opinions and ideas

Ensure confidentiality

Demonstrate commitment to the learning process

Adhere to the your professions' Code of Ethics

Ask for help when needed

Offer help when possible

Keep an open mind to new or different ideas and experiences

To work as team members

Present self in a professional manner

Utilize feedback to improve skill and knowledge of development

Course Goals:

Upon completion of this course, students will be able to:

Explain and examine issues in international community development from a global perspective (Social Work Program outcomes #1 and #3)

Demonstrate an evolving awareness of the interplay between local and global contexts of Social Work (Social Work Program outcomes #1,#2, #3 and #5)

## 5.2. Block Week I

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Attendance in Block Week 1 and Block Week 2 required

Our first block week of classes on campus begins Thurs April 23 and concludes Sunday April 26 in advance of Group I leaving for India April 30/May 1. Attendance during block week is required and is as essential to the field school as our time in India. Closer to the date, a schedule for Block Week 1 will be provided. In brief, these days are dedicated to unpacking both courses, to reviewing logistics such as transporting gifts to the Sri Ram Ashram, for a cultural ceremony with the Iniskim Centre's Dion Simon. Probably most key is that we take time to get to know one another and prepare for our collective adventure.



## 5.3. Block Week 2

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Attendance required

After our time in India we end back on campus with classes scheduled between **June 12 and June 17**. We strongly urge you to be back in Calgary by June 10 so that you're not overly jet-lagged.

Our focus upon return is for you to complete your serving learning projects, and other related assignments associated with your two courses, and prepare for Showcase Day. **Attendance is required** so set your post-India work schedule accordingly.

Showcase Day is June 17, when we publicly show the group projects to a crowd of about 100. Please invite family, friends, profs, supporters, funders, to join us to celebrate your hard work, and bring closure to this incredible learning experience.

Schedules will be updated as the time draws closer.

## 5.4. Pre-departure small teams

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Students will self-select into Group I or Group J.

### Service-Learning Team Work (required)

1. Within Group I and Group J, you will do some important and required service-learning planning connected to our stay at the Sri Ram Ashram.
2. Service-learning projects **are** connected to your course work; we will begin with some blue-sky activities in November of 2019 and continue blue-skying in early 2020.
3. You can read more about community service learning projects, [here](#).
4. To review past group service-learning projects, go to our [website](#) where they have all been uploaded.

### Pre-departure Team Work (voluntary)

1. Once Group I and Group J teams are determined, we will also develop some small teams within I and J to work on some important pre-departure activities. These activities are voluntary though we see almost all former students have very much enjoyed getting involved and exploring what it means to arrive as good guests.
2. These small teams, in the past, have helped us to:
  - form strong bonds with one another
  - strategize and raise money for gifts we wish to take to our partners (we had a very successful SteepedTea fundraiser in 2016, a pub-fundraiser in 2018)
  - collect some strategically gathered items/donations for the ashram (can't be too heavy given freight charges, etc)
  - design a 2020 t-shirt for all travellers!
  - design thank you cards for distribution to people who help us along the way (note: photographer and MRU staff person Kerri Martin might be willing to donate or discount some imagery for thank you cards; her website is <http://kerrimartinphotography.com/> and her email is [klmartin@mtroyal.ca](mailto:klmartin@mtroyal.ca))

## **5.5. Day-by-day schedule**

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## 5.6. Interdisciplinary Studies INTS 3331

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INTS (Interdisciplinary Studies) 3331 – International Community Development (3 credits) This interdisciplinary course will provide students with an overview of International Community Development issues such as poverty, health care, education, human rights, foreign aid and controversy. Students will be encouraged to examine topics such as sustainable development from the unique perspective of their individual field of study. The course outline will be shared via Blackboard.

This course, along with Comm 3501 are integrated and presented together in the field school experience. Offering the two together permits consideration of specific issues in community development on one hand, while exploring cultural differences and personal responses to engagement with a different culture.

INTS 3331 is general education eligible at tier three in cluster 3, and is also a core course elective in Social Work.

COMM 3501 is also in tier 3, cluster 4. COMM 3501 can satisfy a core course requirement for journalism degree students, and can replace COMM 2680 in the Information Design program core.

## **5.7. Intercultural Communication Comm 3501**

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COMM 3501 – Intercultural Communication (3 credits)

Intercultural Communication examines communication among individuals of different cultural backgrounds, including the study of similarities and differences across cultures. The course will introduce students to key intercultural communication topics: stereotyping, and intercultural encounters, culture shock and adaptation. The course outline will be shared via Blackboard.

This course, along with INTS 3331 are integrated and presented together in the field school experience. Offering the two together permits consideration of specific issues in community development on one hand, while exploring cultural differences and personal responses to engagement with a different culture.

INTS 3331 is general education eligible at tier three in cluster 3, and is also a core course elective in Social Work.

COMM 3501 is also in tier 3, cluster 4. COMM 3501 can satisfy a core course requirement for journalism degree students, and can replace COMM 2680 in the Information Design program core.

## 5.8. Community Service Learning Projects

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Community Service Learning is defined by Mount Royal University as “*different from traditional volunteer work in that its focus is not only on providing a service but also on learning. The focus of CSL is different from co-ops, internships or practica, with an emphasis on providing concrete service to community agencies while developing student skills, self-awareness, professional capabilities, and sense of commitment to society.*”

As part of the INTS 3331 course work, groups of students will complete a service learning project related to a specific theme / concept they collectively wish to explore. This project must meet the following criteria:

- be approved in advance (by March ) by the Faculty and the Ashram
  - include members of the Sri Ram Ashram family in some way
  - be interdisciplinary
  - meet the field school's working definition of “Service Learning”
  - be produced into a public work (example: book, video, training program) that can be showcased
- It is recommended that students form their working groups in fall, 2019.

Some possible topics include:

- Painting of the MRU-SRA mural
- Explorations of Spirituality
- Exploration of Dance
- Exploration of models of care
- Exploration of resiliency
- Weddings at the Ashram
- Babies at the Ashram



Want to review other CSL projects? [Check out the projects on our website.](#)

## 6. Emergency Protocols

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In cases of extreme emergency, please reach out to either Dianne MacDonald (1st contact below) or MRU Emergency Security line (2nd contact). The rest of these contact numbers are good to have on hand.

- Dianne MacDonald, Manager – Office of International Education: +001 403 836 4201
  - MRU 24 Hour Security Line: Emergency: +001 403 440 5900 Email: [security@mtroyal.ca](mailto:security@mtroyal.ca)
  - Department of Foreign Affairs in Canada: +001 613 996 8885
  - Mount Royal University Campus Security: +001 403 440 6897
  - Mount Royal University International Education: +001 403 440 5005
  - International S.O.S. in New Delhi: +91 11 4189 8800
  - International S.O.S. (general line): +001 215 942 8478
- In India, there are emergency numbers similar to our 9-1-1 number; It is 1-1-2. That number is the umbrella emergency number for other services, including police (100), fire (101), health (108) and women (1090). There is also an emergency number in India for tourists. It is 1363.

### If accidentally separated from the group:

When visiting sites or markets, it will be important for you to stick with the group. It's usually best to choose 2-3 other people that you remain with at all times. It's always a good idea to **pre-select a meeting point** for reunion if the group gets separated.

### In the unlikely event that you become lost

- Please don't panic, we won't leave without you!
- Go to the last place you saw the group (example: bus, restaurant)
- Call Yasmin +001 403 608 0267 or Sally +001 403 462 9086 as we will have our phones on us at all times. You could also email either Yasmin [ydean@mtroyal.ca](mailto:ydean@mtroyal.ca) or Sally [shaney@mtroyal.ca](mailto:shaney@mtroyal.ca)
- Many people including our hosts use WhatsApp in India, which allows you to make calls using WiFi. Please download WhatsApp. It's a free app.

### If you cannot reach a Faculty member, call the appropriate host partner:

- Rashmi Cole, Sri Ram Ashram +91 983 7777 323
- Naresh Mahra, email – [naresh@sanoliindiatours.com](mailto:naresh@sanoliindiatours.com), mobile +91 09810068522, +91 9350207476
- Amal Mittal (Lovely Professional University: +91 987 654 4001

## General Safety Advice

Mount Royal safety protocols include:

1. use taxis after dark
2. advise field school leaders of any plans away from the group
3. stay in small groups at all times
4. observe cultural norms and civic standards (i.e. dress modestly, no illicit drug use, observe alcohol and diet restrictions, respect religious observances, respect institutional curfews)