

Associated Colleges of the Midwest

India Summer Program: Service Learning & Cultural Immersion



Student Handbook ♦ Summer 2010

*Beloit Carleton Coe Colorado Cornell Grinnell Knox Lake Forest
Lawrence Luther Macalester Monmouth Ripon St. Olaf*

I. Welcome and Program Overview

This handbook for the ACM India Summer Program: Service Learning and Cultural Immersion is designed to help prepare you for your summer in India and to give you an initial sense of what to expect academically and personally while you are there. This is the inaugural year of the program, and the handbook contains information on various arrangements for your stay. It is, in effect, a reference tool that provides you (and your parents, to whom a copy will also be sent) with the information you need as you make plans to participate in the program. It is important that you read it carefully as preparation for the telephone orientation session and raise any questions you may have either in that orientation session, or individually with the ACM Program Associate, Heather Everst, or the Director of International Study Programs, Carol Dickerman. You should also take it with you when you travel to India, as it contains important contact and schedule information, as well as information about various arrangements for the program.

Program Overview

From high-tech industries to thousands of rural villages seemingly unchanged for centuries, India encompasses both the dynamic forces of globalization and the deep-rooted traditions of several ancient cultures, marked by a diversity encompassing a multiplicity of religions, ethnicities, political states, languages, and art forms. Pune, a medium-sized city of over three million, is located in the state of Maharashtra and is home to numerous civic organizations dedicated to improving the situation of Indians living in both urban and rural settings. With areas such as public health, malnutrition, social issues, and environmental concerns all in the forefront of Indian life, students wanting to help make a direct impact have a rich assortment of organizations with which to get involved. With more universities and colleges than any other city in the world, and a dynamic cross-section embracing nearly all of the nation's religious, social and ethnic variety, the "Oxford of the East" is an ideal setting for students committed to positive social change in a vibrant, diverse location.

The ACM India Summer Program: Service Learning & Cultural Immersion is one of two new summer opportunities. This six-week program (with the option of staying for an additional two weeks) takes students to Pune and Melghat, India, where they will be immersed in Indian culture. A key component of the program is placement in a non-governmental organization (NGO) for the duration of the program. There will be a variety of projects available, in both urban (in Pune) and rural settings (in Melghat), and students will be actively engaged in service learning work throughout their time in India.

Upon arrival in Pune, students will have a week-long orientation program. This first week will include intensive Marathi language instruction, introductory lectures about Indian culture and history, and time to get to know the Pune area. At the end of the first week, students will travel to Melghat to visit Maitri projects and decide whether to work with an NGO in Melghat or to return to Pune, to work with a Maitri-affiliated NGO there. In Melghat, students will share dormitory-like accommodations at a community center, while in Pune, students will be placed in homestays with Indian families.

II. Calendar

Six-week program: June 19 - July 31, 2010

Eight-week program: June 19 - August 14, 2010

Saturday, June 19, 2010: Students arrive in Mumbai (with transportation to Pune)

Sunday, June 20, 2010: First day of program

Friday, July 30, 2010: Last day of program (6-week program)

Saturday, July 31, 2010: Students depart from Mumbai (6-week program)

Friday, August 13, 2010 Last day of program (8-week program)

Saturday, August 14, 2010 Students depart from Mumbai (8-week program)

III. Program Arrangements

The ACM India summer program is designed to integrate the service learning placement with more structured, classroom-based learning (Marathi language classes and lectures about India), homestay with an Indian family or residence in an Indian community, and other activities outside the classroom. Through the various arrangements students will gain an understanding of Indian civil society and the role of grassroots organizations. When students first arrive in Pune, they will be under the auspices of the ACM Pune office staff; at the end of the first week, all arrangements will be handled by Maitri, which works with NGOs in Melghat, in northern Maharashtra state, and in Pune.

Marathi Language

During the first week of the program, students will receive an introduction to the Marathi language, one of India's official languages and the one spoken throughout the state of Maharashtra, where Pune is located. The focus will be on practical aspects of the language—e.g., greetings, interactions with host families, workplace communications—and be as much an introduction to culture as language. The classes will be taught by Dr. (Ms.) Sucheta Paranjpe, Director of the ACM Fall and Summer India programs. She has many years of experience teaching ACM students and helping them to adapt to Indian culture.

Introduction to India

A series of lectures, arranged by the ACM Pune Program Director, will provide students with a background in modern Indian politics, the economy, and society and serve as a foundation for discussions about the role and range of NGOs in India.

NGO Placement

Placements with NGOs will be managed by Maitri (“friendship” in Marathi), an organization specializing in working with non-governmental organizations in the state of Maharashtra. During the second week of the program, Maitri will arrange for students to travel to Melghat, where they will be introduced to NGOs with whom they may work and provide background to the local issues that are central to the NGOs' work. Students will select the NGO with which they plan to work at the end of the week, either in Melghat or in Pune, and will be assigned a mentor for the placement. In the final week of the six-week program, Maitri will organize students' presentations of their work and a debriefing. (ACM is not new to Maitri, as it has worked for several years with Colorado College to plan service learning programs.) If your home college grants credits for internships and service learning experiences, we suggest that you speak in advance with an advisor or staff member in the appropriate office about requirements for obtaining credit.

During the first week of the program, you will find that your classes are a combination of the small, discussion-based learning that you are accustomed to at your home school and the more structured, lecture format that is common in higher education in India and, in fact, throughout the rest of the world. While the instructors have long experience teaching ACM students and are more likely to elicit students' ideas and thoughts in classroom discussion than most Indian professors would, typical behavior in an Indian classroom is more formal than it is at home. Informal behavior such as writing letters, passing notes, or combing hair in class is considered by Indian professors to be highly inappropriate, and you will want to model your own classroom demeanor so as not to appear rude.

IV. Preparing to Go and Arrival

Travel Arrangements

ACM will not be arranging a group flight to India, and you should therefore make your travel arrangements as soon as possible after you accept the offer to participate in the program: keep in mind that earlier reservations are likely cheaper. You will need to arrange to fly from your home to Mumbai (Bombay) to **arrive at the Mumbai airport between 10 pm on Saturday, June 19 and 2 am on Sunday, June 20.** (Most flights from the U.S. arrive late at night.) If you arrive between those hours, you will be met at the airport by Dr. Sucheta Paranjpe, Program Director and then taken by bus to Pune.

In making your travel reservations, there are a number of options available to you; you may wish to use your own local travel agent or book through one of the many internet sites (Expedia, Kayak, Orbitz, to name just a few) Once you have made your arrangements, please complete and return to Heather Everst the ACM Travel form (the blue form in your acceptance materials); this will allow us to inform ACM Pune staff when you will arrive and allow them to meet you at the airport (provided, of course, that you arrive within the window of time above). (You may also wish to be in contact with other program participants, either via e-mail or through the Summer Program Facebook page, to arrange to travel together to Mumbai.)

Passport and Visa

You will need to have a passport for travel to India, one which is valid for at least six months beyond the end of the program. If you do not now have a passport and are an American citizen, please review the information on the U.S. Department of State website (http://www.travel.state.gov/passport/passport_1738_2.html) and apply for one immediately. If you are a citizen of another country and need to renew your passport, please contact the nearest consulate or embassy.

You will need a visa for your travel to India, and as a first step in the process, ACM will obtain for you a letter from the American Institute of Indian Studies (AIIS) certifying that you will be enrolled in a study abroad program in India. In order for ACM to do so, you will need to fill out the Student CV Visa form sent out to you in hard copy by the ACM. Please complete this form and return it to Heather Everst at the ACM by **April 15, 2010**; it must be filled out legibly (typed or neatly printed) and accompanied by a passport-sized photograph of yourself. ACM in turn will forward the applications to AIIS in New Delhi and they will then draw up and fax the required certifying letter to the consulate for you. (The cost of AIIS providing this letter is included in your program fee.) Once the letter has been sent to the consulate, ACM will notify you by e-mail that you may now apply through Trivisa Outsourcing, which handles the visas for the various Indian consulates, for your student visa. Information about this process can be found on their website:

<https://indiavisa.trivisaoutsourcing.com/homepage>

In addition to your passport, you will need to fill out and provide them with the visa application form. Please allow enough time for this process, as you will need to have your passport and visa in hand by the time you leave for India in mid-June. (AIIS suggests that this be done no sooner than two months before your travel to the program, but no later than three weeks before you plan to leave.) The cost of the visa application (\$108, as of March 2010) is your responsibility, and we also recommend that you provide Trivisa with a FedEx or similar mailing form, pre-paid and addressed to you, so that the passport can be returned to you quickly and, if necessary, is trackable.

Communication

Computers

We do not recommend that you bring a laptop with you: your housing arrangements will not necessarily encompass internet access, and it is an expensive piece of equipment that you will need to take care of. Rather, we suggest that you rely on

internet cafes, which are found in most towns. If you bring your laptop, please keep in mind that you need to take adequate precautions to keep it from being stolen, as indeed you would at home. You will want to make sure that it is insured, likely through your (American) family's property insurance policy, as ACM does not provide insurance coverage for personal property.

E-Mail

You should plan to continue using your college e-mail address and/or a personal e-mail account such as gmail while abroad. Although the program cannot provide e-mail access for students, cyber cafes are available throughout Pune at very reasonable prices and some have wireless internet. This is by far the easiest and most common form of communication for program participants. Students in Melghat, however, will have little or no access to e-mail.

Telephones

Do not plan to take your American cell phone with you to India since it will not work outside of North America. Instead, you might wish to consider purchasing an inexpensive cell phone once in Pune. ACM Fall program participants have found this the most effective and cheapest to communicate with each other and their family and friends back home. Ms. Shruti Apte, the Program Secretary, will assist students in purchasing a cell phone and arranging a calling plan. Students considering working in Melghat should keep in mind that there is no cell phone reception in this area of Maharashtra.

While it is important that your parents or other emergency contacts know how to reach you at the program office in India (see the contact information at the end of this handbook), these phone numbers are for use in the event of an emergency only.

Money

Students can rely on debit and ATM cards almost exclusively to obtain rupees for daily expenses. (For information on what expenses you can expect to have, please see the Program Cost Sheet for the India Summer program included with your acceptance materials.) ATM machines are readily available throughout Pune, and you should have no problem withdrawing funds in rupees from your U.S. bank account. Before you leave for the program, however, you should notify your bank that you will be abroad and confirm that your PIN will still be valid. (If you neglect to do so, you may find that your bank, fearing that your card has been stolen, will freeze your account after several withdrawals.) You will also want to check on the transaction charges your bank may levy. While the exchange rate is typically good when using an ATM or debit card, you may find that transaction fees such as to discourage multiple withdrawals of small amounts.

While ATM and debit cards work well, this should not be your only means of getting money—ATM and debit cards can get lost, stolen, or eaten by cash withdrawal machines. You should also bring along some hard currency in dollars—perhaps \$100 and \$200—and a credit card. These can be useful in emergencies or if you travel outside of Pune. Visa is more widely used than other credit cards, but you should not plan to use it with the frequency that you likely do in the U.S., as most small businesses in India, and especially outside of Pune, will not accept it.

Medications and Other Medical Preparation

As part of your preparation to go abroad, please read carefully information from the Centers for Disease Control (CDC) about medical conditions in India and the recommended precautions for Americans traveling to South Asia. The website is:

<http://wwwn.cdc.gov/travel/destinationIndia.aspx>

You should share this information with your doctor or the physician who signs your Medical History form and your parents. You will want to make sure that you have the recommended vaccinations and are aware of and take precautions against the various health risks, including malaria, in India. Please note that malaria is a risk in Pune as well as elsewhere in India, and you should speak with your physician or a travel clinic about recommended malaria prophylaxis during your time there.

If you take one or more prescription drugs regularly, you will want to be sure you can continue this medication while abroad. Speak with your physician about the possibility of obtaining a supply to take with you. (And please make sure to keep it in its original container, and in your carry-on luggage.) If you cannot get a supply to take with you, you will want to see if this medication can be obtained in India and to have the generic name. You should not plan to have drugs (of any kind) sent to you while abroad.

Insurance

ACM provides health insurance coverage for all students participating in its programs. This coverage is through HTH Worldwide, a company with long experience and excellent service in providing health coverage for students abroad.

The policy with HTH provides a broad range of coverage for students' medical treatment while abroad. Among the features of the policy are:

- Coverage for both routine office visits and hospitalization;
- No exclusion for mental disorders or alcohol-related accidents or illnesses;
- Coverage for prescription drugs;
- No exclusion for pre-existing conditions (except in the case of pregnancies beginning before the start of the program);
- Medical evacuation coverage; and
- No deductible.

The policy covers students from the day before the start of the program through the day after the program ends, and thus includes the time to travel to and from the program. The coverage is valid not only in the host country, but also for any travel to another country during the inclusive dates of the program—e.g., during program vacation periods.

The policy, however, should **not** replace any coverage you have in the U.S., nor should you discontinue your American health insurance coverage—it provides only limited amounts of coverage for follow-up treatment of illnesses or injuries which begin while you are abroad provides and only for up to 60 days.

The cost of this coverage is included in your program fee, and ACM will handle your registration for the insurance. It is also possible for you to purchase independently additional coverage to extend the days that you will be covered by the ACM policy. (If, for example, you plan to leave early for the program site or to do some traveling after the program, you can extend the policy.) The cost of this additional coverage is \$7.55/week. ACM will be sending to you in the next several weeks a welcome letter and an ID card from HTH; the welcome letter will describe how to log on to www.hthstudents.com to view the tools available to you and to purchase any additional coverage. (You will need the ID number provided in the card and also a credit card to which the cost of the additional coverage can be billed. It is also possible to purchase the additional coverage by phone.)

Remember, medical insurance does not cover personal property. Insurance coverage for loss or theft of personal property may need to be purchased in addition to one's medical insurance.

Mental and Intellectual Preparation

When you first arrive in India, you will undoubtedly be struck by the many new and different sights, sounds, and smells around you. And while you can never really prepare yourself for the full experience of studying abroad, you can arrive with some knowledge of India today, its diversity, and its challenges. You'll undoubtedly find your Indian teachers, friends, and host family more knowledgeable about the U.S. than you are about India. The more you can learn in advance about India and prepare yourself for the program, the more you can learn and benefit from discussions with Indian instructors, ACM and Maitri staff, and new Indian friends. Your overall experience will be richer for it. At the very least, you should want to

counter the stereotype of the American abroad as someone totally self-absorbed and almost willfully ignorant of what is going on around you.

There are two readings that we strongly suggest you read before the beginning of the program. They are:

Amartya Sen, *The Argumentative Indian* (paperback, 2006)

Rohinton Mistry, *Family Matters* (paperback, 2003)

Both books are available on line through Amazon or can be ordered from a local bookstore. Other books you may wish to consider include:

Fiction (all are available in paperback):

Salman Rushdie, *Midnight's Children*

Rohinton Mistry, *A Fine Balance*

Vikram Chandra, *Love and Longing in Bombay: Stories*

Gregory David Roberts, *Shantaram: A Novel*

Kiran Desai, *The Inheritance of Loss*

Aravind Adiga, *The White Tiger*

Non-Fiction (all available in paperback):

Edward Luce, *In Spite of the Gods: The Rise of Modern India*

Sara S. Mitter, *Dharma's Daughters*

Shashi Tharoor, *The Elephant, The Tiger, and the Cell Phone: Reflections on India in the 21st Century*

Shashi Tharoor, *India: From Midnight to Millennium and Beyond*

Websites:

<http://www.pune.org.uk/>

<https://www.cia.gov/library/publications/the-world-factbook/geos/in.html>

<http://india.gov.in/default.php>

Other Sources of Information, with comments from ACM students who have studied in India:

Movies:

"Slumdog Millionaire"

"Bride and Prejudice" - a good one, and sort of a prep for Bollywood

"Salaam Bombay!" - winning and intense, a classic in India

"Lagaan" - another classic in India, nominated for an Oscar for "Best Foreign Film"

(And you can always watch "Gandhi," cliched as it is...)

Music:

Anything by A.R. Rahman - He does classical stuff for some soundtracks, like for "Water," and then "hip" stuff for Bollywoods. He's also pretty much regarded as the best, at least by the Indians I talked to.

Travel Guides:

The Rough Guide to India.

Lonely Planet India.

You tube:

<http://www.youtube.com/watch?v=GjocJsoT6Jw&feature=related>

<http://www.youtube.com/watch?v=6wYpD1Od1Wo&feature=related>

Traffic in Pune: <http://www.youtube.com/watch?v=g-sRVdN-zqM>

Possibly the most valuable resource you have for self-preparation is other people who have been to this area of the world before. Talking with people about their experiences can reveal a great deal about what to expect. You may want to start with your Off-Campus Studies Director, other students who have studied in India, Asian Studies Departments, or professors of Indian or international subjects. You will find it well worth your effort, and you may be surprised how excited people will be to share their experiences with you.

Suggested Packing List

Documents

- Passport/visa
- Copy of your birth certificate
- ATM card, credit card, cash

Clothing

- T-shirts, cotton shirts, or blouses a few long-sleeve shirts, and a sweater
- Jeans (without holes) or casual pants (for both men and women)
- Bathing suit (2-piece suits are only common for women in Goa or other touristy areas)
- Shorts. For females, they should be capris, Bermudas, boy length. Short shorts will draw unwanted attention, especially in a gym.
- Comfortable walking shoes
- Pair of shoes you won't mind getting wet such as Chaco, Teva, Merrell, or Crocs.
- Pair of shoes for showering and walking around hotels, such as flip flops.
- Rain gear, including a tough, plastic raincoat or poncho and a compact umbrella
- Hat
- Underwear and socks. Bring approximately 10 pairs of each, as you will travel and laundry is not done daily.

Personal and Miscellaneous Items

- Toiletry articles, including most U.S. brands, are readily available in Pune.
- Sleeping bag if planning to stay in Melghat
- Portable toilet paper (Charmin makes travel rolls)
- Hand sanitizer
- Glasses or contact lenses + extra pair and copy of your prescription. Contact lens solution is expensive, so you might want to bring a semester's supply.
- Sunglasses
- Enough prescription medicine to last your stay and copies of prescriptions (with latin names)
- Medicine for an upset stomach
- Gas-X dissolvable strips or chewable Pepto-Bismol, especially handy when traveling or eating roadside food.
- A bath towel and a beach towel (do not expect to use your host family's towels)
- Sunscreen
- Insect repellent containing DEET
- Camera and appropriate film/memory card
- Travel alarm clock/watch
- Backpack for routine daily use in Pune (some students bring larger backpacks to use for travel)
- Money belt
- Guidebook
- Pictures of your family, home, and college to show to your host family and friends in Pune. These items provide an excellent way for your family to get to know you better and make for good conversation.
- Water bottle
- Comfort candy or food
- Medicine kit with basic items such as Band-Aids, antibiotic cream, aspirin, antihistamine, antacids, etc.

Packing Considerations

Gifts for your host family

It is a wonderful gesture to take a gift to your hosts, with in Pune or Melghat. Choose something representative of your college, town, or culture, but keep it within a moderate price range. Here are some general recommendations:

- T-shirts or pennants from your college or sports teams
- Calendars with scenes of your home state or town
- Specialty foods (wild rice from Minnesota, bread mix, your favorite cake/muffin mix)
- Handmade sweets from your state or region
- Small toys for children (jacks, stickers, matchbox cars, stuffed animals, magic markers)
- Picture books about the U.S. or your home region
- CDs of popular music in the U.S.
- Mugs
- Artwork from your area (small pottery, weaving, watercolors)
- Commemorative coins (such as state quarters) or stamp collections

Luggage

While packing, keep in mind that you will leave India with more than you brought, and that airline luggage restrictions can be strict. To and from Mumbai, the airline will allow you a maximum of two checked bags and one carry-on. You should also keep in mind that you will transport your luggage several times while in India and that a large suitcase with little wheels is not a good choice for crowded streets. Some students have recommended traveling with one traditional suitcase and a duffle bag or other loose floppy piece of luggage. When you pack your bags, include your name and the program address inside each bag in case it gets lost.

A word to the wise: put your essential documents, all your money, a few health care and toiletry items, prescription medication, corrective lenses and a change of clothes in your carry-on. Most lost luggage is found again, but you do not want to arrive in Pune with no clothing, no toothbrush, no Advil and a stress-induced headache. It is also a good idea to put valuables such as cameras and iPods in your carry-on luggage.

Clothing

Clothing is more complicated when you are in a new and varied culture. It's a good idea to bring a dress outfit as you will have occasion to dress up, but you won't need a tie or nylons. You may find that you are more comfortable in India wearing clothing that is more modest than you would typically wear in America. This can be a delicate balance—female students have explained that many women wear sleeveless blouses, but tank tops with spaghetti straps would be inappropriate. In addition, while more “American-style” clothing is often the norm in Pune, in Melghat, dress is likely to be a bit more conservative.

Bring cool and comfortable clothes that are easily washed and can take a certain amount of beating. Indian detergents and washing methods are hard on clothes; elastic will stretch and colors will fade, so don't bring anything that you would hate to see destroyed by vigorous hand washing. Good cotton and permanent press wash up nicely. Cotton clothes are cool and dry quickly. Poly-cotton blends are the best. Some students have recommended linen garments. Past students have asked us to emphasize that jeans are okay! Some students buy and wear Indian clothes once they get to India to make them feel less conspicuous and less like American tourists. Indian clothes are also much more practical in rural settings or while traveling. Past students, however, remark that many Indian college-age students wear western clothes.

With all of this in mind, **DON'T OVER PACK**. The old adage about packing everything and then getting rid of half of it is probably good advice.

Passport Security

Do not pack your passport in your checked luggage since you will need to show it several times while in transit.

Photocopy your passport (the page with the number and the place and date of issue) and carry it separately from your passport. Also bring a few extra photos and a copy of your birth certificate. In case of a lost passport, these items will be necessary, and having any of these items sent from home can cause a significant delay. You will be responsible for any expenses incurred in case of loss of your passport.

Especially while you are traveling, it would be safest to keep your passport separate from your wallet in a money belt or other concealed carrier. That way, if you should lose your wallet, you won't have lost your passport as well. This is useful advice both for traveling to India and for travel within the country. While India is a safe country, pickpockets are becoming more common with the increase in tourism, and international airports are always popular spots for thieves.

Arrival in India

You should plan to arrive at the Mumbai airport on Saturday/Sunday, June 19-20, 2010. Flights from the U.S. generally land between 10pm on one day and 2am the next. If you arrive between those hours, you will be met by a member of the ACM Pune staff at the airport. For security reasons, the staff will not be able to enter the airport. You will collect your bags and go through customs, and they will meet you outside with signs. A shuttle service, arranged by ACM, will transport you to Pune, where you will be staying in the Hotel for the first days of the program. If you do not arrive in Mumbai during the specified hours, you will need to make arrangements to get to Hotel in Pune. If, for some reason, you do not or cannot arrive during these times, please notify the ACM office in Chicago or the ACM Pune staff immediately. (Please see the contact information at the back of this handbook.)

Living in one location at the start of the program also gives you some time to acclimate to the traffic, the rickshaws, and the cultural shifts that will occur upon your arrival in India.

Getting through Customs

You may or may not be asked to declare your electronic equipment at airport customs. Cameras, laptops, iPods etc. are all things that may have to be declared. If you are carrying more than \$1000, you must declare that as well. As a general rule, ACM students simply state that they have nothing to declare. Keep in mind that airports and customs around the world are always changing their rules, so you will want to pay attention. ACM students have generally been lucky with the customs people, but there's always a chance that customs will want to look through your things.

Registration with the Police

The American Institute of Indian Studies will be handling the formality of registration with the police on behalf of ACM students. This process will require from you your passport, as well as 6 passport photos; ACM recommends that you bring these photos with you rather than have them taken when you arrive.

Registration with the American Consulate

You should register online with the American Consulate in Mumbai once you arrive in Pune. You can do this at the ACM Pune office.

V. Host Country Information

No country in the world is as diverse as India, and every statement about its geography, people, climate, language, religion, economy, and even political system must be qualified by its opposite. The second most populated country in the world (after China) India's populace is divided along lines of caste, religion and language. There are 18 official languages, including English, and while the national census does not recognize ethnic groups or castes, recent estimates are that there are over 2,000 different ethnicities in India. In terms of religion, virtually every world religion is represented among its population, with Hindus, Muslims, Jains, Sikhs, Parsis, Buddhists, Christians, and even a small Jewish community. It boasts modern glass office buildings in its cities; shanty housing of tin, mud, and cardboard in its slums; and some of the most beautiful architecture in the world.

The history of the sub-continent goes back to 2,500 BCE, a time when Europeans were still in caves and Egyptians only beginning to build the remarkable monuments along the Nile. Successive waves of migrants and invaders introduced new peoples, languages, religions, and political systems to India, and by the time that the British began to establish their first trading posts in the seventeenth century and, ultimately, their overall authority two hundred years later, India was composed of a series of small princely states. Britain considered India to be the "jewel in the crown" of its empire, and no other colony, for better or for worse, received the level of attention and investment, in all sectors, that India did. Conversely, no other part of its empire has had in the influence on modern British society and culture that India has exercised.

Independent since 1947, India today is at a crossroads in its development and faces important issues: While its economy has grown at an enviable pace since 1991, when many economic policies were liberalized, and its rate of population increase has declined, the benefits of this growth have been uneven and largely confined to specific sectors of its urban areas. The service sector comprises roughly half of the Indian economy, with the industrial and agricultural sectors sharing the remainder of the pie. The poor in villages in the rural areas have, by and large, not participated in this prosperity, and while some experts see village life as key to India's future, for many at the present time it is only through migration to the cities that the cycle of poverty has been broken. The Indian agricultural sector remains outside the ring of growth and success, largely based on peasant labor and smallholder production. What the Indian economy most needs, according to at least one expert, are jobs in industries for semiskilled laborers, and this, unlike in China, is not occurring. India's advantage over China, on the other hand, is the widespread use of English, a factor that has led to the establishment of many offshore call centers.

Pune, where the ACM Fall program has been located since its establishment, demonstrates the contrasts in Indian economy and society today. A city of over three million, it is the home not only of one of India's oldest and most respected universities, the University of Pune, but also of many of its newest industries. It is second only to Bangalore in the number of high-tech firms and is home to many drug and pharmaceutical companies. The Serum Institute, for example, supplies roughly half of the supply for the vaccines the United Nations provides to children all over the world. It also offers plazas, fast food shops, and a host of smaller businesses. Pune is in Maharashtra state, the second largest city after Mumbai (formerly known as Bombay), and with its inland location and somewhat higher altitude, has a much more pleasant climate than Mumbai. The rainy season will begin in June, most likely, and while the monsoon often turns Mumbai into a murky mess, Pune's rains are not as heavy. You can expect rain daily when you arrive, but typically it only pours for a short period before you can go out comfortably. Maitri projects in Pune include an HIV helpline, disaster management, and environmental education in schools.

Melghat, in northern Maharashtra state, is a more rural area, with no electricity, paved roads, or any cell phone reception, and thus provides a contrast to the modern economy of Pune. Students will stay in dormitory-style accommodations (likely in community centers) or with local families, as arranged by Maitri. Maitri's projects in several villages in the Melghat area focus on watershed management, health, education, and sustainable livelihoods. Local coordinators will provide assistance and guidance to ACM students, and can serve as a useful source of information about local customs and practices.

VI. Cultural Norms and Expectations

Although Indian society and individual families are becoming less conservative in mores and manners than they once were, you will find that, in comparison to U.S. society, it remains a very conservative place. While you will not be expected to get everything right and allowances will be made for you as a foreigner, common courtesy will go a long way to compensate for your lack of understanding and to ingratiate yourself with your host family and other Indians with whom you come in contact. For example, Indians generally greet other and say goodbye with their hands held together (as if in prayer), and say, “Namaste.” You should learn to do this as well.

The ACM Pune and Maitri staff are a good source of information about manners and behavior, both in Pune and Melghat in general, at the NGO in particular, and they will be discussing these with you in the on-site orientation when you first arrive. Here are some general tips, gathered from past ACM Fall program participants and ACM and Maitri staff, to guide you while in India:

- As a general rule you should plan to dress a bit more conservatively than you would at home, especially in Melghat. Women should not wear shorts in India, and you should consider replacing your flip-flops with more elegant sandals. Women may also find that small, tight tank tops are best left at home (or at least in the suitcase).
- Be sure to greet people when you enter a room or home. Rather than simply blurt out your request or question, take the time to greet others in the traditional fashion and ask how they are. You’ll find that people respond more favorably to you—and that, as a result, you’re more likely to have your request granted.
- If you live with a host family, they will likely be providing breakfast and dinner for you, and if you plan to be away for a meal, please let your host family know in advance.
- Similarly, if you plan to be away from home overnight, let them know in advance where you’ll be and when you plan to return. Your host family will likely feel very protective of you and unless they know that you will be away, will be very worried if you do not return (or if you’re late).
- In the past, Indian men and women have tended to be very circumspect publicly about their relations, although this is now changing somewhat and it is not unusual to see younger couples walking hand in hand on the street in Pune. With your host family, you should be careful about touching a member of the opposite sex. Moreover, while in some host families it may be acceptable and even expected for a young woman to hug her host mother, in other families this may not be the custom. You will want to observe to learn what is appropriate and/or expected with your host family. And be sure to greet your host family members in the morning at breakfast and when you return home after the day’s classes.
- Despite the gradually changing mores in Indian society today, social restrictions on relations between the sexes in India are stricter than you are undoubtedly accustomed to in the United States. When living with the host family, we ask that you abide by their standards which may preclude even being alone with a member of the opposite sex. Don’t offend your family or place yourself in an inappropriate situation. Although you may think you are being discreet, remember that your high profile in Pune (and even more in Melghat) ensures that your actions will not remain confidential.

Culture Shock

No matter how much you prepare for your time abroad, however, there will be surprises, both good and bad. As one study abroad student said, “It doesn’t matter what you expect—it won’t be what you expect.” It’s not unnatural to go through a period soon after you arrive when you’re desperately homesick and everything Indian looks more foreign than you can bear. Often labeled as “culture shock,” these periods pass; for some, they come and go quickly, while for others, they may last longer.

In the first weeks when you arrive on site it is not uncommon to experience culture shock, surprise, dismay, and even anxiety at the cultural differences in a new location and the unfamiliar situations in which you find yourself. The on-site orientation program is intended to help ease this adjustment, and you will in all likelihood find yourself adapting to the new

culture and situations in a surprisingly short time. You'll also likely discover that being able to settle in and "learn the ropes" can give you an enormous sense of self-confidence.

Research has shown that many students go through a three-step adjustment process in acclimating to their host country. In the first stage (once they have gotten over jet lag, if traveling internationally), they are likely to be excited and entranced by the novelty of being in a new location and delighted with most things around them. In the second stage once the initial euphoria has worn off, they may focus on the ways in which everything is different or "foreign." The tendency is to highlight the differences and compare them unfavorably to things at home—the food is bad, the computer facilities are inferior, services are badly organized, etc. During the third stage, their view of home and their program location is more nuanced—they are likely to take a more analytic approach to both locations and to find good and bad things in each.

As a student abroad, you will undoubtedly feel uncomfortable at times, especially in the beginning, and likely hear your fellow students expressing similar responses. This is not unusual, and we anticipate that after a time these feelings of discomfort and insecurity will dissipate. We encourage you to speak with the program director and other on-site staff about your concerns and to raise any questions about the host country and the new culture to which you are learning to adapt.

VII. Health and Safety

During your time in Pune, you will be living in a larger city than that of your home college for the first week and in a more rural area during your service learning placement. In both settings you'll find clear contrasts to what you have become comfortable with at home. In Pune, some of the differences, particularly with regard to safety, are due to the fact that you're in an urban setting with risks like those of other large urban areas. In the rural areas such as Melghat, where traffic is not as daunting as in Pune, the hazards will be largely related to health-related risks that are endemic to tropical areas of the world, including India, and are, by and large, preventable. And keep in mind too that the two biggest risks to your health and safety while abroad are the same as in the U.S.: traffic- and alcohol-related incidents.

For information about health and safety in India as a whole, two very useful websites are those of the U.S. Department of State and the Centers for Disease Control. These can be found at:

<http://wwwn.cdc.gov/travel/destinationIndia.aspx>

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1139.html (The Consular Information Sheet contains information about visa requirements, safety and crime, and road conditions, among other things, while the Background Notes are more like an almanac entry, providing a summary of Indian politics, history, the economy, and basic statistics.)

Health

In addition to the pre-departure preparations for managing your health while in India (see above under "Medications and Other Medical Preparations" in the section on "Preparing to Go and Arrival"), you need to need to take precautions to maintain your health in India. Probably the biggest risk to your health in India is from badly prepared food (e.g., undercooked) and untreated water, leading to stomach and intestinal upsets. The CDC pages on travel in India recommend not only monitoring what you drink and eat, but also using hand sanitizer.

Other health risks in India include malaria and AIDS. Malaria is present outside of Pune, for example, and particularly in the rainy season. When traveling in an area where it is present, you should take your malaria prophylaxis regularly, wear long sleeves, and use insect repellent. Be aware too that AIDS is a risk, and spread most often through unprotected heterosexual intercourse. It is incurable, but preventable, and safe sex is a must.

Pune has very good medical facilities, and if you need to see a doctor while you are on the program, ACM and/or Maitri staff will be able to give you the names of doctors and clinics where students have been treated in the past.

You should be aware that, in case of illness or injury involving hospitalization or a series of visits to a doctor's office, ACM reserves the right to inform the person you designated as an emergency contact.

Safety

Pune is a modern and safe city, and India a hospitable and secure country. Like any place else in the world, however, there is some crime and random violence, but most of it is preventable or avoidable with appropriate caution. You should be especially careful when you first arrive in Pune and everything is unfamiliar. You'll find traffic to be more congested and also faster than on the streets of, say, Northfield or Galesburg. The biggest difference you're likely to notice, and immediately, is that traffic is on the left rather than the right side of the road, and all your instincts as a pedestrian will need to be adjusted. You'll want to consciously train yourself to expect traffic to be coming from the opposite direction. ACM and Maitri staff, as well as your host family, are helpful sources of information about safety, and you'll find it helpful to consult with them. In Melghat, while there will be less traffic and likely slower as well with the unpaved roads, you will still need to train yourself for traffic on the left rather than the right.

While participating in the India Summer program, you will be a foreign guest in India and will be expected to conform to the standards of Indian society. Keep in mind that you are subject to all Indian laws and that your visa can be revoked for infractions deemed serious by the Indian government. As a member of the ACM-sponsored group, you are very visible in Pune (and even more so in Melghat). Your actions will reflect on the program and could jeopardize the position and legal status of the program. ACM has been in Pune for forty years and has carefully cultivated good relations with people in India; illegal or inappropriate actions can imperil both yourself and the program. The following issues have been identified by program staff as potentially problematic.

- **Theft:** Some ACM students have been the victims of theft. Be careful, especially while traveling on trains and buses as foreigners are an easy target. Carry your passport and money under your clothes and take the same precautions you would in an American city. If anything of value is lost or stolen, report it to the nearest police station, as well as to ACM staff. (Sometimes parents' homeowners' insurance policies can cover lost property, so it is essential that you get a police report for the insurance company.) As a precaution, keep a xerox copy of your passport and visa, police registration papers, and plane ticket in a safe place; also, make a list of credit card numbers and serial numbers from any electronic equipment.)
- **Political Involvement:** Politics in India can be extremely volatile and sometimes violent. Any participation in political organizations, rallies, etc. will be in violation of your student visa and could lead to deportation as well as endangering the program's educational status. In addition, you may be placing yourself in physical danger.
- **Money Changing:** Black market money changing is illegal and can lead to deportation.
- **Drugs and Alcohol:** As in the United States, recreational drugs are illegal in India. The program or the U.S. consulate can do very little for you if you are caught in possession of illegal substances. And keep in mind too that excessive alcohol consumption impairs your judgment and can put you at risk; moreover, it is offensive to your host family and casts an unfavorable light on you and the ACM program.
- **Travel:** Parts of India and the surrounding countries have been plagued by communal violence and terrorism at times, so it is essential to keep yourself informed about the current political situation and any U.S. State Department or Indian travel advisories. You should consult with the program staff about travel plans, and abide by their recommendations about places to avoid. Do not travel alone; accidents can happen, and it is vital to have someone to assist you in case of trouble. *It is absolutely prohibited to operate a motor vehicle while in India.*

Serious infractions are punishable with expulsion from the program.

VIII. Program Facilities

The ACM program office in Pune contains office and classroom areas and this is where the Marathi language classes and introductory lectures will take place during the first week. In addition to classroom space, the program office contains a small library which students may wish to consult.

IX. Housing Arrangements

The housing arrangements are integral to your stay in India. Whether you are placed with an Indian family or living in a hostel or other community facility, you will have an important window into the community where you will be working. As much as your service learning placement, the housing arrangement demands a level of commitment and work (not to mention sensitivity) to make the arrangement work. The host families feel responsible for the students placed in their homes (in their “care,” as many of them see it) and in return expect that students will treat them with the respect and courtesy they expect of their own sons and daughters. Similarly, in the hostel or other community building, you will be living in the heart of the community, and there will be a great deal of curiosity (and notice taken) about you. You will likely find that the level of privacy is very different from what you expect and have at home.

No matter how much you prepare for the difference between college study on your home campus and your experience in India, there will be surprises and adjustments to make. The success of your stay will depend upon your ability to observe and adapt to a lifestyle very different from what you are accustomed to. Past participants have emphasized that this is crucial. The differences you encounter will include food, household routine, amount of privacy and personal space, and protocol. You may also hear political attitudes you've never heard at home. Sensitive areas may be some of your family members' views of feminism, poverty, and Dalit (formerly labeled ‘untouchables’) issues. You may need to remind yourself that you are a guest in India, and that it is **your** responsibility to make adjustments to a different way of life.

If you are staying in an Indian household, you should keep in mind the courtesy expected of a guest. **No matter what country you're in, it's polite to let your hosts know when you're going out and when you'll be back. Try to establish a schedule which does not disrupt your host family's routine.** Find out when you're expected to be present for meals and other family events, and find out what your household responsibilities are. In some ways, staying with an Indian family is like being back in your parents' home again. **You may have to remind yourself that you are in India to learn from your Indian family and friends, not to make them adapt to your expectations and preferences.** Being constantly alert to what is going on around you is tiring at first, especially where using a foreign language means that just speaking requires effort.

In all this, we remind you that your housing arrangements are an important source of *experiential learning*. The experience may make you recognize preconceived notions about contemporary India. It may sensitize you to cultural differences more subtle than you had anticipated. It will most certainly challenge you to see life from someone else's point of view and to stretch your own culturally-shaped perceptions. It will not necessarily be a simple task, but you will be richly rewarded if you are open to exploring the possibilities for learning that surround you in India.

If you are encountering difficulties with your host family or other housing arrangements, please speak with the Maitri Director, Vinita Tatke, or a local Maitri staff member about your concerns or problems. They may be able to offer provide insight into your concerns and offer suggestions for resolving matters.

X. ACM Program Rules and Policies

The Associated Colleges of the Midwest (ACM), is a consortium of 14 small liberal arts colleges in Illinois, Wisconsin, Iowa, Minnesota, and Colorado. ACM's programs reflect the academic standards and policies of its member colleges, and the standards and rules in the paragraphs which follow are applicable for all of ACM's off-campus study programs.

Program Fees and Refunds

As outlined on the Program Payment Policies included in your acceptance materials, you will be responsible for the program fee for your program, and can expect to be billed directly by ACM before the beginning of the program. The \$400 deposit, required to reserve a spot for you on the program and due within 15 days of acceptance, will be deducted from the total program fee. Although you will not be receiving credits for the program, and are thus not eligible for financial aid, it is worth consulting with the off-campus study office, scholarships office, and/or career or internship center about the possibility of special funding through your college for which you might be eligible. Although most schools do not provide financial aid over the summer, some have special funding set aside for summer activities including service learning projects.

Please review carefully the information about program-specific costs contained in the Cost Information sheet for India Summer. It will provide you with detailed information about costs included in the program and additional expenses (e.g., for airfare) for which you need to budget.

If you withdraw from the program at any time before the program begins, you will lose the \$250 deposit and will be charged for any unrecoverable expenses already incurred on your behalf. If you leave a program once it has begun or are sent home for cause (please see the Study Abroad Contract), the program fee cannot be refunded. And finally, please be aware that you are liable for any expenses for medical care as well as damage to hostel, hotel, or other housing during your time on the program and that ACM will bill you for such costs.

ACM Policy on Sexual Harassment

I. Policy

It has been and remains the policy of the Associated Colleges of the Midwest (ACM) that sexual harassment of students and employees is prohibited. Violation of this policy may result in discipline or dismissal of students or discipline and discharge of employees. However, allegations of sexual harassment are serious and may be extremely prejudicial to the alleged offender. Accordingly, allegations not made in good faith may subject the complainant to disciplinary action.

II. Sexual Harassment Defined

Sexual harassment includes unwelcome sexual advances, requests for sexual favors and other verbal or physical behavior of a sexual nature when (1) submitting or refusing to submit to such conduct is used as a basis for any decision affecting an individual's academic status or employment, or (2) such conduct has the purpose or effect of creating an intimidating, hostile or offensive educational environment.

III. Grievance Procedure

Any student who believes that he or she has been subjected to sexual harassment has recourse to informal and formal grievance procedures designed for the purpose of investigation and resolution of such allegations. Informal grievance resolution is encouraged although not required prior to initiating the formal grievance procedure.

As a preliminary matter, any student who believes that she or he has been sexually harassed should report the incident promptly to any of the following:

Director of the program in which the student is enrolled or other appropriate local staff

or faculty member
Director of International Study Programs at ACM Chicago office, Carol Dickerman
Director of Chicago Programs, Sally Noble
Vice-President of ACM, John Ottenhoff

Assistance in presenting a grievance may be obtained from another employee or student. However, attorneys or other third persons may not participate in any facet of the grievance procedure unless ACM and all interested parties otherwise agree.

Informal Procedure

An informal procedure is designed to resolve sexual harassment allegations without having to invoke the formal grievance procedure. This can be initiated through contact with any of the staff named above. The goal is to resolve the problem through discussion with the student, the alleged offender, and any other relevant persons. The student and/or staff member grievance officer may elect to terminate the informal procedure if it appears that no progress is being made in resolving the dispute and initiate a formal procedure.

Formal Procedure

1. Students who wish to lodge a formal complaint must sign and submit it in writing to any staff members named above within 120 days of the alleged harassment.
2. Thereafter, the President of ACM (or if the President is the alleged offender, the Chair of the Board of Directors) shall assign a grievance officer to investigate the complaint and report his/her findings to a grievance board comprised of the President, the investigating grievance officer, and one other grievance officer selected by the President. No employee accused of harassment may serve on the grievance board.
3. The investigation shall include interviews with the complainant, the alleged offender, who shall be informed of the allegations against him/her, and other relevant persons. The grievance board may supplement the investigating officer's investigation by itself conducting interviews and reviewing relevant evidence.
4. Within 21 days after the investigation concludes, the grievance board shall decide by majority vote whether the complaint allegations are supported by substantial credible evidence. It shall then inform the complainant and alleged offender of its decision.
5. Any disciplinary or other corrective action resulting from a violation of this policy shall be determined in accordance with ACM disciplinary procedures.

IV. Third Party Harassment

Any student who has been sexually harassed by a third party (i.e., vendor, guest speaker, internship setting) should report the incident promptly to any grievance officer who will then investigate and attempt to resolve the problem.

V. Confidentiality

All complaints and investigations of sexual harassment shall be handled in a confidential manner and shall be disclosed only to persons having a legitimate need to know. Grievances and documents will be maintained separately from other student files.

VI. Non-Retaliation

Complaints made in good faith under this policy shall not result in any adverse action against the complainant, nor shall any person who participates in good faith in an investigation be treated adversely because of such participation.

Nothing in this policy precludes an individual from pursuing any legal remedies available to him/her.

ACM Policy on Personal Abuse

Personal abuse, whether oral, written, or physical, exceeds the bounds of appropriate discourse and civil conduct. Harassment of another because of his/her race, sexual orientation, ethnic background, religion, expression of opinion, or other personal characteristics is prohibited. ACM students who engage in such behavior may be disciplined and/or dismissed from a program.

ACM Policy on Dual Relationships

A dual relationship is one in which the faculty/staff member has both a professional and a romantic or sexual relationship with a student. This includes relationships which appear to be mutually consensual. However, the inherent inequality of power between student and faculty/staff creates an unacceptable conflict of interest in a supervisory, educational or advisory context. For this reason, dual relationships between faculty/staff and students who participate in the same program should be avoided. If a relationship nonetheless develops, the faculty/staff member is expected to remove him/herself from supervisory or advisory responsibility for that student, or face disciplinary action.

ACM Policy on Discrimination

The Associated Colleges of the Midwest does not discriminate in the operation of its educational programs, activities, or employment on the basis of sex, race, creed, national origin, age, sexual orientation or disability.

