

Money Matters and What to Buy

Shopping in Delhi is anything but boring. Strolling through the local markets you will experience the exciting mix of colourful stalls, the silky touch of exquisite fabrics and of course you will get to try out your bartering skills when buying from the friendly traders!



Currency and Recommended Travelling Money

Bring your own currency in sterling and exchange facilities are available on arrival and while in India.

We recommend that students bring around £100 pocket money but the amount is at their own discretion.

Keep your money safe on your person at all times.

What to Buy

Shopping favourites include:

- ☀️ Silk fabrics
- ☀️ Colourful scarves
- ☀️ Leather, marble/brass goods
- ☀️ Sparkly jewellery and handbags

When Working at the Asha Centre

Working at the Asha Centre is a life-changing experience that opens students' eyes to a world of challenges faced with undeterred hope and faith in a better future. They are given the opportunity to contribute to bettering the lives of the residents of the slums while learning valuable skills from them as well.

Follow our top tips to enjoy your time at the Asha Centre.



Be clean, safe and hydrated!

We cannot say it enough, it is essential that you always:

- ☀️ Wash your hands before and after you eat. Use anti-bacterial wipes or gel.
- ☀️ Politely refuse if offered food or drink.
- ☀️ Keep hydrated at all times to feel on top form: always carry a bottle of water and take a snack with you.



Go with the flow!

We cannot say it enough, it is essential that you always:

- ☀️ Try to be flexible. Your planned schedule of activities may be changed at the last minute depending on last minute priorities. **Take it all in your stride!**
- ☀️ Take it easy. Anyone can get frustrated when trying to find their place in a new environment. Be patient with your peers, your teachers, the Asha children, slum residents and Asha staff.

Emma's Personal Experience...

"Before we went we had been told there was no such thing as running on time in India, we learnt this on the very first day. It is very important to be prepared for whatever is thrown at you.

"On our first day we were only supposed to be in the slum for a couple of hours but ended up staying the whole day. As a team we were able to work together, improvise and think of activities to do for the rest of the day with no supplies, which is also very important when you are on a trip as big as this.

"There wasn't one moment on our trip that I felt unsafe; I knew I could ask for help from the other students or teachers and as a team we would do whatever we could to help one another. We had been briefed on all safety instructions before we left and we were well prepared, working as a team we got through whatever we faced and I couldn't have felt any more safe and secure than I did."

Emma Morrow, Student, The Wallace High School



Practical Information



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More information on our website:
www.asha-india.org/ireland-schools

Join the conversation on Facebook

 Friends of Asha Ireland

Health and Hygiene

Asha ensures that students and staff are safe and in good health at all times. Dr Kiran gives medical back up if required. Restaurants are chosen with care in relation to their standards of hygiene. Students are made aware of the essential importance of using anti-bacterial gels to prevent infection.

Health and hygiene... it's all about common sense

- ☀ Always use bottled water, even to brush your teeth.
- ☀ Clean your hands with anti-bacterial gel after handling cash and before eating.
- ☀ Do not eat salad, ice cream or fruit that cannot be peeled, and forget about ice in your drink!
- ☀ Only eat in tried and tested restaurants – a list will be provided.

24-hour medical assistance is always available through Dr. Kiran and her team.



“Armed with anti-bac lotion, bottled water to supply a small nation, and several vaccinations to fend off the fiercest of infections. I don’t believe that my well-being could have been threatened.

“It requires vigilance and a degree of dedication, but a trip to India can open your eyes to something greater than ever imagined!”

Lauren McGookin, student, Rainey Endowed School

Pack them in your hand luggage for peace of mind!

- ☀ Malaria tablets (course to start before the trip)
- ☀ Diarrhoea tablets
- ☀ Dioralyte sachets
- ☀ Mosquito repellent
- ☀ Throat lozenges
- ☀ Pain relief tablets
- ☀ Anti-bacterial gel and hand wipes

Keep your Valuables Safe

Losing your passport or travel money can be a logistical headache and is a sure way to ruin your trip.

Peace of mind is as easy as 1, 2, 3!

1

At the Airport

- ❖ Never let anyone carry your bags no matter how persistent they are.
- ❖ Keep some change in a safe place to buy food on the return journey.
- ❖ Always keep essentials in your hand luggage: passport, malaria tablets, personal medication, anti-bacterial gel etc. Never lose sight of your luggage.

Remember: it is your responsibility to keep your belongings safe

2

At the Hotel

Hotels are carefully selected by Asha for their high standards of hygiene and safety. Although passports are kept in the hotel's safe, some basic rules apply to valuables.

- ❖ Have a lock for your suitcase and keep it locked when you're not in your room.
- ❖ Keep your room neat and tidy. Know where your belongings are.

3

Out and About Day

The Out and About Days are an opportunity to relax and visit the splendid sights India has to offer, including the iconic Taj Mahal. Here are a few top tips to make this experience unforgettable for the right reasons:

- ❖ Always watch your wallet/camera etc. Carry bags to the front of your person.
- ❖ Always carry your card with contact details.
- ❖ Never give money to beggars.
- ❖ Never go off on your own; always stay with your group.

When Out and About

Safety and Respect

- ☀ Always travel in groups and accompanied by a member of staff.
- ☀ Girls must be covered from neck to knees, with shoulders covered.
- ☀ Respect the local culture and traditions.
- ☀ Clean your hands regularly with anti-bacterial wipes or gel.
- ☀ Keep hydrated and don't forget to re-apply sun cream regularly!

Students are closely supervised by members of staff at all times.



Pack it!

- ✓ Team t-shirt and fleece
- ✓ Cotton shirts
- ✓ Long or cropped trousers
- ✓ Sandals and a change of comfortable footwear



Leave at home!

- ✓ Strappy tops
- ✓ Shorts
- ✓ Mini skirts
- ✓ High heels