



CULTURAL EXCHANGE PROGRAM

For those of you who are interested in combining volunteer experience with some authentic rural adventures and going deeper into Indian culture, we have our 3 weeks long cultural exchange program.

You will be given an opportunity to take a closer look at real Indian families and be a part of the Indian festivals and celebrations. The cultural exchange program includes guided tours to village locations where you can spend most of the day engaging yourself in the day-to-day activities of the local rural community. The cultural exchange program also includes art lessons and music classes from local village artists, as well as meditation classes (depending on availability). Weekend tours to nearby villages and touristy destinations with an accompanied mentor/guide are also included.

The cultural exchange program is different than the volunteer program because it includes many more excursions and activities. The cultural exchange program includes your stay with a host family at Chandra Niwas in the Semi-Deluxe room, breakfast, support throughout your stay and all the facilities available at Chandra Niwas.

WHAT IS INCLUDED IN THE PROGRAM?

- Personalized development of the volunteer program to use your skills and talents most effectively.
- Orientation on social issues in India.
- Information about getting around the city, guides, listings, tips, maps, health issues, and safety.
- Initial support to locate public transportation means to and from the project.
- Donation to the DAAN Foundation.

- Airport or train station pickup by our representative.
- Lodging throughout the program with Chandra Niwas, our homestay.
- Meditation.
- Learn about Hinduism.
- Cultural events throughout the program.
- Language sessions- learn basic Hindi phrases.
- Rural excursions.
- Indian cooking classes.
- Music lessons- learning basics of Indian classical music .
- Elephant ride and wash the elephant.
- Camel rides.
- Yoga classes.
- Learning basics of Indian Rajasthani paintings.
- Permaculture garden- organic gardening and collecting vegetables.
- Assistance in the case of emergencies.

VOLUNTEERING ACTIVITIES

As a volunteer, you can do hands-on tasks, such as teaching the youths at our education centers, preparing lesson plans, community outreach, cleaning the center, making food for the kids at the center, help in developing and maintenance of organic gardens, fund raising for ongoing projects or doing office work.

CHANDRA'S COOKING CLASSES

Chandrás kitchen- learn some delicious indian vegetarian dishes such as Paratha, Roti, Daal, Mixed Vegetables, Rice, and of course the traditional indian Chai among other variety of dishes. Mrs. Chandra Kala Audichya has a master's degree in political

science have since her childhood she has been interested in cooking. She is a loving mother and has always loved cooking for the whole family. Chandra Ji who is also known as Mama Ji. She is also actively involved with social work and helps her son in a number of ways with the social work of DaanFoundation (Development Action Awareness Nationwide) Now she has decided to also support people with mental or physical disorders and old people who have no home. A major part of the money collected from these classes would go towards the same cause.

ELEPHANT RIDE AND WASH

You will get a chance to make friends with Laxmi(The Goddess of wealth and prosperity in Hindu religion) and for this one time she also happens to be your friendly elephant. Enjoy being in India exploring the house of elephants. You would spend time with the elephants washing them, playing around and enjoy a royal ride on the majestic elephant as a part of our cultural exchange program.

YOGA CLASSES

Hailing from an ancient tradition originated in India, Yoga has long since provided people with a refuge away from the everyday confusion and entropy, and has transported an increasing number of people to a peaceful oasis within. Though the practice of Yoga is closely associated to ancient texts, beliefs, and values, it also yields benefits useful for people's practical daily lives.

Practicing Yoga - to feel fitter, be more energetic, be happier and peaceful.

PERMACULTURE GARDEN

To supplement the healthy meals program, we also decided to develop organic gardens. Fruits and vegetables in these gardens, which will provide an excellent opportunity for the youth to get

hands-on gardening experience, as well as the pleasure of growing their own food. The garden at the home stay would be taken care of by volunteers working with our organic garden project.

MUSIC LESSONS

Pdt. Ram Krishna Bose is a devout musician for whom music is a passion and has become the meaning of his life. Taking music lessons with him is an opportunity to experience the Indian sounds and culture using different local instruments.

Mr. Bose plays Sitar, Tabla, Santoor and also is an accomplished vocalist. He has experimented with these instruments to produce novel effects. Intensity of emotion, clarity of perception and a deep involvement with the subtleties of Ragas has endowed his music with a distinct sentiment. Listening to his music is like being transported into a different highly charismatic world. It is beyond intellect a highly passionate overflow of powerful feelings.

SIGHTSEEING

The famous "white" city of Rajasthan state, Udaipur stands on the banks of the lake Pichola, its many white marble palaces reflecting in the lake's calm waters. Udaipur is voted one of the most romantic cities of India. Due to an abundance of water, there are a number of gardens in and out of town. There are a number of reservoirs surrounding the town, along with a few forts and ancient ruins.

HINDI LESSONS

Prof. Sudhir Audichya's Hindi lessons are the best idea to involve yourself into the indian life and culture; understanding Hindi alphabet and basic skills to communicate successfully.

CAMEL RIDES

When in India ride like an Indian. Enjoy the swings as if you have

wings on your very own personal camel ride.Taking a camel ride is a great experience to be more in touch with indian animals and the best way to know the Indian villages and nature.

WEEKEND TRIPS

Going to non- touristic places during the weekend is a great idea understanding more about indian culture.

RESPONSIBLE RURAL TOURS

Guided tours to village locations where you can spend most of the day engaging yourself in the day-to-day activities of the local rural community.

WHAT'S NOT INCLUDED IN THE PROGRAM?

- Travel fees to India.
- Visa costs.
- Insurance (Volunteers should buy their own health and travel insurance).
- In-country transport other than program (except airport pickup and rural tourism visit).

INFORMATION AND APPLICATION:

chandraniwas.com/cultural-exchange-programs.html
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