Study Abroad

India and Global Feminisms
Winterim 2017

Program Guide
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CONGRATULATIONS on being accepted to the UW-Eau Claire study abroad program with Miranda House College/Women’s Studies Development Center at the University of Delhi, India. Living and studying in a world culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

- Building upon existing world language skills
- Gaining new perspectives on a chosen academic field
- Increasing understanding of different cultures
- Enhancing personal development
- Developing different perspectives on U.S. culture
- Gaining self-confidence and independence
- Learning skills for the future international job market

It is up to you to determine how you can best benefit from these possible advantages. This is your adventure!

This program guide is to be used together with the general Faculty-Led Study Abroad Handbook. The Handbook has information that is valid for all faculty-led, short-term study abroad programs. This guide will provide you with specific information for the India Winterm program. It is designed to complement the Study Abroad Handbook, study abroad orientation and your individual pre-departure preparations.

Please realize that although this guide was written to help you better prepare for your time abroad, and that all of the information available at the time of printing has been used, it is impossible for any one resource to answer all of your questions. We strongly encourage you to contact your faculty leaders, the Immersions staff, and past program students on campus with your specific questions. You should also make use of the additional written and web resources listed towards the end of this guide.

Basic questions only you can answer include:

1) What are YOUR goals for this experience? Common objectives of students abroad include advancement in future profession; wish to expand personal and academic horizons; need for a change; wish to challenge oneself with immersion in a new culture.

2) Given the way the program is set up, how can you best prepare to meet your goals? For example, if one of your goals is truly being immersed in the Indian culture, yet the program is quite short. How can you best meet your goal?

The information in this guide was current at the time of printing, though changes may occur at any time.
GENERAL INFORMATION

The Program
India has a long and rich history of women’s movements and feminist activism. The 3-week Winterim program will discuss gender issues in the context of Indian higher education and local non-profit social justice organizations. You will have unique opportunities for a range of collaborative exchanges among various groups by working intimately with Indian university students and teachers, NGO leaders, and members of the local communities. You will study alongside Miranda House College students, Kamla Nehru College and other students at University of Delhi as you all learn about gender in relation to Indian law and public policy, and teams of students from both institutions will work together with local NGOs on projects in nearby communities.

The Location
New Delhi is the capital city of the Republic of India. It serves as the center of the Government of India and the Government of the National Capital Territory of Delhi. It is one of the fastest growing cities in the world and had a total population of over 16 million according to the 2011 census, which is a 21% increase since 2001.

Located in northern India and continuously inhabited since the 6th century, Delhi is a city where past, present, and future meet. New Delhi is the capital of the world’s largest democracy, bringing together 16 million people from a rich array of ethnic, religious, economic, and cultural backgrounds. Class meeting while in India will be held at the Women’s Studies Development Center (WSDC)/Miranda House College on the campus of the prestigious Delhi University, while the group activism projects will take place in and around the Delhi metro area.

The University
The University of Delhi, established in 1922, is the premier university of India and is known internationally for its high standards in teaching and research and attracts eminent scholars to its faculty. Miranda House College, part of the University of Delhi, is widely regarded as the premier institution for higher education of women in India. It was founded in 1948, and currently offers liberal education in humanities and science to more than 2500 students. The other collaborating partners are the Women’s Studies Development Centre (WSDC) and the Indian Institute of Dalit Studies (IIDS). The WSDC was established by University of Delhi in 1987 to address women's issues in higher education. The Centre is the focal point for women's and gender studies in the University of Delhi. The IIDS focuses on research, problem of excluded communities, and on the issue of social exclusion and discrimination and has international recognition as a center of excellence.

Program Calendar
December 29: Depart United States
December 30: Arrive in Delhi
December 31-January 1: In-country orientation, tour of local historical and cultural sites
January 2-6: Seminar at Women’s Studies Development Center, DU/Miranda College on gender, law, and public policy in India
January 6-8: Golden Triangle Tour of Agra and Jaipur, including the Taj Mahal
January 9-13: Group fieldwork projects with local anti-poverty NGO ActionAid India, CFAR & NFI
January 14-15: Tour of historical and cultural sites
January 16-17: Share experiences and reports from group fieldwork projects
January 18: Depart Delhi and arrive in the United States
ACADEMICS

Program Prerequisites
To participate in this exchange program, you must be in good academic standing and have the minimum 2.3 GPA required. We check grades at the end of the fall semester prior to departure. If you are on probation, we will need to check with the faculty leader to see if you will be allowed to participate. If you have been suspended, you will not be allowed to participate in the program.

This program requires a 3-credit fall semester course on UWEC campus, WMNS 301: Examining Women’s Studies. This course fulfills GE-IV, 3 credits of Foreign Language/Foreign Culture, and 1 credit of Cultural Diversity. (Note that students pursuing a B.A., B.F.A., or B.M. degree in the College of Arts & Sciences MUST take the equivalent of two semesters of a foreign language to fulfill the FL/FC requirement. See the university catalogue for details.)

Attendance at the October 15th study abroad orientation plus completion of the fall prerequisite course is mandatory for participation in this program.

Credits and Grades
Upon successful completion of the program, you will earn 3 credits of WMNS 422 Advanced Travel Seminar. This program also fulfills your service-learning requirement, and women of color/global women requirement for Women’s Studies majors and minors.

Credits earned abroad on this program are considered UW-Eau Claire resident credits. The class you take abroad will count towards the total credits needed for graduation, and the grade will be figured into your GPA.

Grades
Class attendance and participation in fall class meetings, and in program lectures and excursions while in India is required of all students. The UW-Eau Claire Faculty Leader will issue grades for the course using the usual UW-Eau Claire A-F grading scale. Grades are typically not available until late February after you have submitted your final assignment.

Academics in New Delhi
The India program will be coordinated by Dr. Bijayalaxmi Nanda, Associate Professor of Miranda House College. The first week of the program in India will include a seminar on gender and Indian law and public policy taught by Dr. Nanda and domain experts including eminent activists, academics and researchers in the field of gender studies. The domain experts will include Manjeet Bhatia of Women’s Studies Development Centre (WSDC), Kamla Bhasin of Sangat, historian Uma Chakravarti, Prof. Mary John & Indu Agnihotri of Centre for Women’s Development Studies (CWDS), etc. That will be followed by a week-long volunteer project during which students collaborate in a field project conducted through the India branch of the anti-poverty agency, ActionAid India, Centre For Advocacy and Research (CFAR) and National Foundation of India (NFI). During the final week, groups will return to the classroom to report back to each other the results of the projects.

Cultural Visits
Cultural visits in New Delhi include trips within the city as well as cultural visits to the neighboring cities and historic sites connected to Indian history and the women’s movement. In addition to visiting major cultural sites, you will have the opportunity to experience Indian student culture via interactions with students at University of Delhi.
**MONEY MATTERS**

Information about how payments are made, when they are due, withdrawal/refund deadlines, financial aid, scholarships, budgeting and ways to bring money abroad is in your Study Abroad Handbook.

**Undergraduate Costs Paid to UWEC**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>UG tuition/fees (WI res, 3 credit Winterim)</td>
<td>$1100</td>
</tr>
<tr>
<td>Program Fee (including flight)</td>
<td>$3100</td>
</tr>
<tr>
<td>Application Fee</td>
<td>$30</td>
</tr>
<tr>
<td><strong>Total Estimated Program Costs:</strong></td>
<td><strong>$4230</strong></td>
</tr>
<tr>
<td>Estimated FLIIE Program Subsidy</td>
<td>-$1500</td>
</tr>
<tr>
<td><strong>Total Estimated Payment to UWEC</strong></td>
<td><strong>$2730</strong></td>
</tr>
</tbody>
</table>

**Additional Cost Estimates**

- Passport/photos                           $140
- Additional Meals                          $200
- Visa                                     $60
- Personal Expenses                        $200
- **Total Additional Costs**               $600

**UG Total Estimated Costs**               $3330

Minneapolis residents may apply for reciprocity, while non-residents will pay non-resident tuition.

**FLIIE Funding**

This program is supported by Blugold Commitment FLIIE Funding for undergraduate UWEC students. While students are encouraged to participate in multiple high-impact immersion programs, each student is eligible to receive BCDT funding for only one FLIIE experience. Graduate and non-UWEC students are not eligible to receive this funding. Blugold Commitment funding is not able to cover costs of tuition, but will include about $1500/student towards the program fee in 2016.

**Program Fee: What does it cover?**

- International round-trip flight from Minneapolis/St. Paul airport
- Course at University of Delhi
- Housing at International Guest House
- Cultural Tours including excursion to Agra
- In-country transportation (including to/from fieldwork location)
- Most meals while in India
- All activities, entrance fees, and site visits in the program itinerary

**Souvenirs & Personal Travel**

The amount of personal funds to cover souvenirs and personal travel will vary based on your shopping habits, off-program entertainment, personal spending habits, etc. We do not expect you will spend a lot on personal travel as you have limited opportunities to travel during the program due to a full calendar. Also, there is very limited time to travel after the program ends due to the start of spring semester at UWEC.

**Program Refunds from UW-Eau Claire**

The $30 application fee is non-refundable. The withdrawal deadline for the program is October 1. No refunds are available after October 1, and if you withdraw after October 1, you will still be required to pay all program costs and any funds already committed on your behalf, up to the full program cost. All withdrawals must be in writing.

Undergraduate students who withdraw will lose their FLIIE funding. As such, they will be expected to pay ALL non-refundable program costs paid to UW-Eau Claire. For example, FLIIE funding covers about 50% of the program cost of $3100. However, a student who withdraws after the refund deadline would be responsible for paying the $3100 estimated cost, which is the true cost of the program without the FLIIE subsidy. FLIIE program support is based on student enrollment and can only benefit students actually participating in program.

**Currency Exchange**

The currency of India is the Rupee. The exchange rate as of August 2016 is 67 rupees per U.S. dollar. You can find current exchange rates at [http://www.oanda.com/convert/classic](http://www.oanda.com/convert/classic).
Credit Cards
In addition to the information on credit cards in your Study Abroad Handbook, you should be aware that **credit cards are not as widely accepted in India as they are in the U.S.** Only major stores, tourist hotels, and travel agencies usually take them.

ATMs: Credit/Debit Card Use
24-hour ATMs are plentiful in Delhi, Jaipur, Agra, and Mumbai as well as other large towns. The most commonly accepted U.S. cards are Visa and MasterCard. You can also draw cash as soon as you land at the Delhi airport. You should compare the international transaction fee charged by your different banks; the fee can range from 1-3%. Some travelers have reported ATMs snatching back money if you don’t remove it within around 30 seconds; others have reported having to wait 30 seconds or more for the funds to be released from the machine.

**Traveler’s Checks**
Traveler’s checks can be burdensome to use because you need to cash them at a bank or exchange bureau, which may not be readily available outside the airport. It is recommended that you do not bring traveler’s checks, but instead use debit cards to take out money in the local currency.

**HEALTH & SAFETY**
Additional information on these issues, as well as information on CISI insurance, is included in the Health Issues and Safety Abroad sections of your Study Abroad Handbook.

**Immunizations**
The Center for Disease Control (CDC) recommends that travelers to India discuss several vaccinations with a doctor at least 4-6 weeks prior to travel. Per the CDC, all routine vaccinations should be up to date prior to travel to any location. The CDC recommends that most travelers to India receive the following vaccines due to risk associated with contaminated water and food:
- Hepatitis A
- Typhoid


UW-Eau Claire’s Student Health Services offers some routine immunizations (IG, tetanus, Hepatitis B, etc.) and health education on international travel for a small fee. Tel. (715) 836-5360.

Often, your health insurance will cover the cost of immunizations. **If your immunizations are not covered by your health insurance and you receive financial aid, you may want to meet with the Office of Financial Aid to inquire if these can be added to your total financial aid budget.**

**Yellow Fever**
There is no risk of yellow fever in India. However, the government of India requires proof of yellow fever vaccination if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US or have a layover in Sub-Saharan Africa or other yellow fever country, you will be required to show the yellow fever vaccine.


**Malaria**
According to the CDC, the risk of malaria is present throughout the country including in the city of Delhi and possess a moderate risk to travelers.
You should discuss your malaria prevention strategy with your doctor. The decision about what you will do about malaria is one you must make yourself. If you decide to take anti-malaria medication, follow the instructions from your physician carefully. Many anti-malaria medications can have serious side-effects. Remember that malaria is rarely acquired if you've taken the proper precautions. The best way to avoid malaria is to avoid getting bitten by mosquitoes!

To minimize mosquito bites:

- Cover up with clothing. Wear garments with a high neckline (or a bandana around the neck), long sleeves, and long pants.
- Use a DEET-containing insect repellent (such as Off Deep Woods) on exposed skin AND permethrin, an insecticide, on clothing.
- Avoid shiny jewelry and perfumed cosmetics, as they attract mosquitoes.
- If travelling on your own, choose accommodations with tidy grounds and air conditioning or with windows having well-fitting screens. Use mosquito netting elsewhere.
- Avoid local preventatives. Many are unproven, such as mosquito coils or Avon Skin-So-Soft. While these are popular folklore insect repellents in the U.S., they perform poorly in scientific studies.

If you become ill:
Early treatment is essential if you do contract malaria. Consider any flu-like illness with fever in a malarial area to be malaria until proven otherwise.

Common symptoms of malaria include fever and chills, nausea, vomiting, diarrhea, headaches, and dizziness. See a physician promptly! Delay in seeking medical care and delay in diagnosis increases the chances of complications. Malaria can occur as early as six days after being bitten by an infected mosquito to several months after exposure. Inform your physician of recent travel if you have flu-like symptoms after returning home.

**Water**

Although India is in the process of updating its water purification systems, tap water is considered unsafe. You should drink bottled or boiled water at all times. Brush your teeth with bottled or boiled water, also.

Carbonated bottled water, soft drinks, beer, wine, hot tea, and coffee are usually safe. Be sure to wipe off the top of a bottle before drinking out of it, or ask for a straw. By making sure that you are drinking uncontaminated water, you can reduce your exposure to many diseases such as infectious hepatitis, cholera, diarrhea and dysentery. Where water is contaminated, ice is also contaminated—you may wish to learn to order drinks without ice. In general, stay away from any bottled water where the plastic of the bottle is not strong or clear, as this may mean the bottle was reused.

During the program, some bottled water will be provided; but you will need to purchase some bottled water when you are off-campus or on the Golden Triangle Tour. Traveler’s diarrhea can often lead to dehydration. Dehydration can also lead to constipation. Make sure to stay hydrated during the trip especially if you are losing liquids through illness or increased perspiration.

**Other Keys to Staying Healthy**

- Wash your hands frequently, always using soap.
- If you are buying food from street vendors, stick to breads or fruits that you peel yourself. (The knives used might be dirty.) Fruits that cannot be peeled, fruit juices diluted with water, raw vegetables and
salads that have not been washed with disinfected water should be avoided.

- In addition to bringing anti-diarrhea medication, some students experience the opposite effect. It is a good idea to bring along fiber snacks or constipation medication.

**Medical Facilities on Campus**
Miranda House has a health facility located near by the college. The healthcare facilities to the College students are provided through World University Service (WUS) Health Centre; a Centre of the University of Delhi. The Health Centre provides Outpatient Department facilities and medicines to the patients. It also provides necessary emergency medical services to the patients.

**Alcohol & Drugs**

**Alcohol:** The legal drinking age and laws governing alcohol consumption vary significantly from state-to-state in India. Some states prohibit the consumption of alcohol entirely. In states where alcohol consumption is allowed, the legal drinking age varies from 18 to 25. In the state of Delhi, the legal drinking age is 25. Penalties for violation vary by state and can be harsh.

**Drugs:** Marijuana and other ‘recreational’ drugs are widely available in India, and highly illegal. Courts treat possession of cannabis as severely as possession of heroin. Be aware that the police target foreign drug users in bribe scams.

**Sexual Harassment & Assault**

**Harassment:** Sexual harassment is common place in India. Female travelers have reported everything from staring, lewd and suggestive comments to catcalls, and groping. Often these incidents occur in crowded areas such as market places, bus/train stations, and public streets. Women travelers in India are advised to respect local dress and customs as a way to minimize harassment.

**Assault:** Crimes against women including rape are common in India. Among large cities, Delhi has experienced the highest number of crimes against women. Although recent high-profile gang rapes have brought international attention to the problem of sexual assault, women still maintain stringent security precautions. Suggestions include:

- Avoid public transport after dark without the company of known and trusted companions.
- Avoid isolated areas any time of day.
- Keep your hotel room number confidential.
- Lock your hotel room and use deadlocks/door chains while in your room.
- Hire only reliable cars and drivers. Avoid traveling alone in cabs at night.
- Keep conversations with unknown men short—getting involved conversations can be interpreted as a sign of sexual interest.

**More Info on Health & Safety in India**
Detailed information on crime, road safety, drug penalties, and terrorist activity in India is included in the [State Department Consular Information Sheet](#). It is highly recommended that you read through that information carefully before travel to India. Safety in-and-around New Delhi will be discussed during orientation in India.

**Emergency Contacts**
General emergency procedures are described in the [Study Abroad Handbook](#), and the UW-Eau Claire faculty and the India coordinator at Miranda House and her team are available if difficulties arise. You will receive an emergency contact card prior to departure; be sure to keep it in your wallet at all times. The information is also on the [Contact Names & Addresses](#) page of this guide.
REQUIRED DOCUMENTS

Passport
General passport information is included in your Study Abroad Handbook.

Visa
A visa is official permission to visit a country and is granted by the government of that country. It is your responsibility to obtain a tourist visa from the Indian government. If you plan to travel to other countries while you are abroad, you should verify visa requirements for each country by contacting the nearest consulate or your travel agency. You will provided detailed instructions to apply for a tourist visa for India. You will receive information on the application process at orientation.

PACKING TIPS
In addition to the general packing information in your Study Abroad Handbook, you should know the following about New Delhi.

Clothing & Weather
Even during January, New Delhi’s coldest month, you can expect daytime temperatures to exceed 68°F, although the nights can be quite chilly, around 45°F with cold fronts arriving from the Himalayas. Worth noting, December and January are known for their foggy conditions.

Attire for the program will be casual (most of the time). You will feel appropriately dressed in this attire and you will make other people feel comfortable too. Certain company/cultural visits may require specific items (closed toe shoes, no shorts, etc.) and these details will be shared with you on the final itinerary.

In general the days will be warm and the evenings cool. Keep in mind that central heating is not common so you should bring warm socks and warm sleeping attire (such as sweatpants). Take clothing that is machine washable and does not wrinkle easily. Bring clothing that is easy and quick to dry (only one pair of jeans is recommended), and can be layered for warmth/coolness depending on the temperature. Choose a color scheme and bring mix-and-match clothing. Dark colors show dirt less quickly when you travel.

Appliances
The standard electric current in India is 240 volts. U.S. appliances such as hair dryers and razors run on 110 volts. If you plan to bring these appliances, you will need a converter and a plug adapter. You will need to bring an adapter because the outlets in your rooms will NOT fit U.S. style plugs. You may also choose to simply buy the appliances you need in India.

Other Items to Bring
- Alarm clock (no batteries should be in the clock during any flights)
- Camera
- Pepto Bismol, Imodium, Tylenol, Cold meds, cough drops/tissues, constipation meds, etc.
- Prescription meds WITH the written prescriptions (always pack in your carry-on, not in your checked luggage that can get lost)
- Personal toiletry articles (not all products, especially feminine, will be available for purchase in India)
- Hand sanitizer or disposable wipes
- 1-2 Business casual outfits—means slacks/khakis, collared shirts, polo shirts, knee length or longer skirts. Remember you are representing the University of Wisconsin-Eau Claire and your home country.
- Shoes: One dressier pair, plus one pair of comfortable and broken-in walking shoes, and a
pair of cheap shower sandals (to be used in the bathrooms, which tend to stay cold and wet)

- Warm socks (you will not wear your shoes at temples, in some peoples’ homes) and the tile floors can feel quite cold
- DEET 30 mosquito repellant
- Travel umbrella

GETTING TO INDIA

Travel Arrangements
You will be traveling to and from India on a group flight with one of your Faculty Leaders. The flight details are:

December 29, 2016
Delta Airlines #169
Depart Minneapolis/St. Paul at 4:27pm
Arrive Paris CDG airport at 7:40am

Delta Airlines #226
Depart Paris CDG airport at 10:30am
Arrive New Delhi at 11:15pm on January 30

It is your responsibility to arrive at the Minneapolis airport 3 HOURS before the flight’s departure. Upon arrival to Delhi airport, a bus will transport the group to the International Guest House, University of Delhi.

January 18, 2017
KLM Royal Dutch Airways #872
Depart New Delhi at 3:10am
Arrive Amsterdam AMS airport at 7:15am

Delta Airlines #161
Depart Amsterdam AMS airport at 10:35am
Arrive Minneapolis/St. Paul at 12:50pm on January 18

You must make your own arrangements to travel to your home city or back to Eau Claire upon arrival.

SETTLING IN

Housing
You will be housed in double-occupancy rooms at Delhi University’s International Guest House, which is a short walk from the Women’s Studies Development Centre/Miranda House College. Remember, you are going to India. The overall standard of living is lower than it is in the U.S., and the dorms may reflect this. If you expect the same standards you would find at a U.S. campus, you will be disappointed.

Finally, remember that you are going to a subtropical region. Walls are thinner (they don’t need insulation), and insects are larger (they live year-round!) than they are in the Midwest. Cockroaches are common, as are other large insects. This is a part of life that often requires some adjustment!

Food
Most meals during the program will be provided. While at the International Guest House, meals at the cafeteria are available. During fieldwork projects, you will take lunch to your site. Some meals during international travel, and on excursions are not included in the program cost. Remember that it will be Indian cuisine for breakfast, lunch, and dinner. You may want to bring your favorite granola bar or cereal bars to fill in for breakfast or snacks occasionally.
COMMUNICATION

Information on accessing your UW-Eau Claire e-mail address, which you need to check while abroad, is in your Study Abroad Handbook.

Time Difference
Delhi is 11 hours ahead of Eau Claire. For example, when it is 2:00 PM on a Thursday in Eau Claire, it is 12:30 AM on Friday in Delhi.

Telephone Information
From the U.S. to India: To call someone in India, you must first dial 011, which is the international dialing code. Next, you dial 91 (the country code for India), then 11 (the area code for New Delhi) and the rest of the local number.

Computer/E-mail Access
If you do pack a laptop, consider bringing your own adapter. Adapters are available inexpensively at electronics and travel stores. Make sure to always plug in on a power strip as there are often spikes and outages on power grids in India. Internet is available in a common lounge in Mirada House.

Useful Websites

Lonely Planet
http://www.lonelyplanet.com/India/delhi

Wikipedia
http://en.wikipedia.org/wiki/New_Delhi

Official Delhi Tourism Website
http://delhitourism.nic.in/delhitourism/index.jsp

Indian Government's Website
http://india.gov.in/

All About India according to the US State Dept.
http://www.state.gov/r/pa/ei/bgn/3454.htm

Indian History and Government
http://www.infoplease.com/ipa/A0107629.html

Women’s Studies Development Centre, DU
http://wsdc.du.ac.in/

Miranda House
http://www.mirandahouse.ac.in/MirandaHouse/

Indian Institute of Dalit Studies
http://www.dalitstudies.org.in/
CONTACT NAMES & ADDRESSES

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Dr. Cathy Rex
English
Centennial Hall 4111
Tel: 715-836-2036
Email: rexcj@uwec.edu

UW-Eau Claire After Hours Numbers
(715)839-4972 or (715)577-9045
In an after-hours emergency, please call University
Police at (715) 577-9045. Calls can be made to this
number 24 hours a day. You may get an answering
machine; however, an officer is alerted as soon as
you have left your message. Be sure to give the
officer the phone number you can be reached at, as
well as what type of assistance you require.

OTHER RESOURCES
The U.S. Department of State offers useful travel
information on the “Travel and Living Abroad”
section of their web site-
http://www.state.gov/travelandbusiness/
Check the “Travel Tips” section.

U.S. EMBASSY IN NEW DELHI
American Center
U.S. Embassy
Shantipath, Chanakyapuri
New Delhi - 110021
Tel: 011-2419-8000
Fax: +91-11-2419-0017

American Center
24, Kasturba Gandhi Marg
New Delhi - 110001
Tel: 011-2347-2000

Email addresses:
Nonimmigrant visa: infousdelhi@vfshelpline.com
American Citizens Services: acsnd@state.gov
General: NDwebmail@state.gov
Webmaster questions: NDwebmail@state.gov
Website: http://newdelhi.usembassy.gov/

We suggest that you copy this page and leave it with your emergency contact
and/or parents.