

International Immersion: Anubhuti Schools Jalgaon, India

International Engagement Opportunity for
University of Nebraska-Lincoln Students

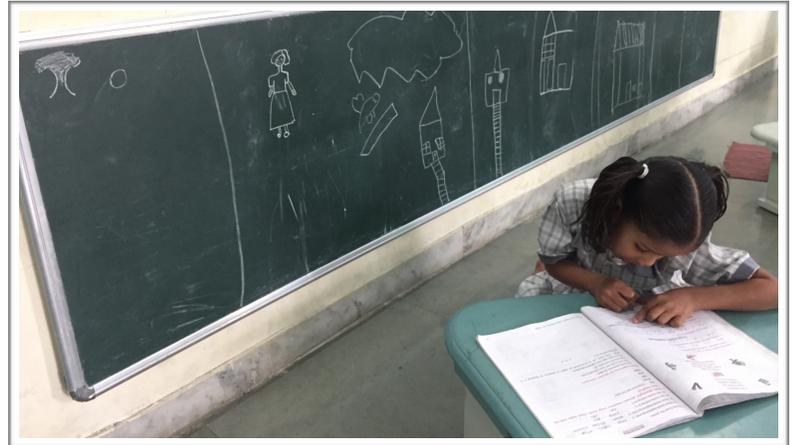


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Teacher leading prayer at Anubhuti City School

Introduction

The Department of Child, Youth, and Family Studies, the University of Nebraska-Lincoln, and Jain Irrigation Systems, Ltd. are sponsoring a rich immersion international engagement experience working with children and teachers at Anubhuti Schools in Jalgaon, India. We are looking for four adventurous students who are looking for an international experience that will change their lives.

Students will be in India for 6 to 8 weeks.

Note that undergraduate and graduate students who are majoring in a program area of Child, Youth, and Family Studies will be prioritized, but other applications are accepted and encouraged.

The Anubhuti Schools are located in Jalgaon, Maharashtra, India. The Anubhuti Schools were founded by Shri Bahvarlal Jain, the former chairman of the multinational company Jain Irrigation Systems, Ltd.



Sunset at Anubhuti Residential School



Bhavarlal Jain - Founder of Anubhuti Schools

Considering the Trip

Benefits of Studying Abroad

The benefits of studying abroad vary per individual. Overall, each person leaves the trip having grown personally and professionally, having gained global and cultural perspective. Additionally, the bond that you form with your co-travelers will be unique and life-long.

Research shows positive impacts of studying abroad in numerous areas:

- Independence (Nagy, 2008)
- Intercultural Competency (Emert & Pearson, 2007)
- Cross-cultural Sensitivity (Rexeisen & Al-Khatib, 2009)
- Environmental Attitude (Rexeisen & Al-Khatib, 2009)
- Openness to Cultural Diversity (Olson & Kroeger, 2001)
- Navigating new routines and new environments (Cisneros-Donahue, 2009)



Playing a game at the City School

- Interpersonal Accommodation: Patience, Flexibility (Cisneros-Donahue, 2009)
- Geographical Knowledge (Cisneros-Donahue, 2009)
- Understanding of Global Interdependence (Cisneros-Donahue, 2009)

Cost

The cost of the trip will vary year to year. Departmental funds may be available to cover the cost of the visa, flight, and room and board. Other costs incurred include luggage, miscellaneous off-campus meals, souvenirs, clothing, passport, and passport photos. For the 2017 group, each person brought and used approximately \$300 USD during the trip.



Views at Anubhuti Residential School

If departmental funds are not available, there are scholarships available through the Education Abroad office: <http://educationabroad.unl.edu/financial-1>.

Class Options

Online classes, doctoral seminars, and independent study courses are all options when studying abroad at Anubhuti. Be sure to let your advisor know and work together to create an appropriate course load. In partnership with CYAF, Great Plains IDEA has numerous online courses available. When taking part in an independent study or Great Plains course, contact the department secretary for enrollment numbers.

Internet connectivity will be limited during your time at Anubhuti, but it is possible to connect often enough to complete coursework.

Assistantship

If you are a graduate student, you will need to arrange your assistantship hours with the faculty that you work with.

Historically, faculty have been flexible and willing to work with

students who are selected to go on the trip. When arranging this, keep in mind that internet access will be limited while abroad.



Dance is an important part of the activity-based programming at Anubhuti City School.

Cultural Differences Considerations

- India is a difficult travel country
- Students need to understand the ethos of Jain Hills and Anubhuti Schools and need to agree to respect these traditions and beliefs
- Diet: Exclusively vegetarian diet, no alcohol, no smoking, standard for dress that is different than the U.S.
- Limited evening and weekend activity options
- Limited internet access
- Students must be able to tolerate seeing conditions that by US standards would be considered unsanitary. They must be able to walk at least one mile and climb several flights of stairs unaided. Elevators curb cutouts, etc. are not common in Jalgaon.
- Being away from family and friends for an extended period of time is difficult. Every person handles this differently, but consider what this will mean for you before applying.



Application Process

The Department of Child, Youth and Family Studies will advertise the application and deadline, which will vary by year.

You will need to submit:

- A letter of recommendation from a faculty member.
- A letter to the Department Chair indicating your interest in studying abroad, what you feel you will contribute to the experience and what you hope to gain from the trip.

In addition to submitting these items, you will need to meet with the Department Chair to discuss details and expectations for the time spent abroad. The Department Chair will notify applicants of decisions, and shortly after that, meetings, preparation, and visa applications will begin!



Visa Application

The Indian visa application process is complicated! There will be a specific meeting held for everyone to complete the application together with staff. For the meeting you will need to bring:

- A passport which does not expire for 6 months from time of return to the United States.
- Two additional passport sized photos
- Current / Recent employment information (name, address, phone number)
- Place (city, county, state) and date of birth (yourself, mother, father, spouse)
- Resume / CV
- Driver's License with permanent address

Make copies of all materials before the meeting, as you will mail in your passport to the Visa Application office (CIBT) at that time. Keep copies of the material saved digitally and as a hard copy.

Most likely, a representative from CIBT or from the Indian Consulate will contact you requesting additional information. This varies by individual and is unpredictable. Once both offices have approved the Visa, your passport and visa will be sent to you within a few business days.



Ready to take an auto-rickshaw home

Packing and Preparation

Luggage

- Bring one large suitcase and one that is small enough to be a carry-on (both with wheels). Check weight limits online, but you can use 50 lbs (checked bag) and 30 lbs (carry-on) as a guide.
- There will be different restrictions for domestic flights within India. Although restrictions may change, the suggested packing guidelines will work.
- One person from the group may want to bring a luggage weight.
- Use packing cubes. They condense your clothes into a cube and saves you space while keeping them organized.

Packing List

Communicate with your co-travelers to avoid bringing multiples of things that can be shared. This will save on space and cost.

Clothing

Plan to bring one and a half weeks worth of clothes. Keep in mind that you will have the opportunity to buy some Indian clothes at the beginning of your trip, which you can include in your wardrobe rotation. You can bring some clothes that you could donate when you leave.

Plan to dress conservatively. Your legs must be covered at all times - an inch or two above the ankle is alright, but plan on full length leggings to pair with skirts or dresses. Tops must have capped sleeves, but full length

sleeves are not required. If a top shows skin below the collar bone, pair a scarf with it.

A note on working out - there are a lot of opportunities to exercise on campus. For females: loose pants are recommended or leggings with a shirt long enough to cover your bottom. For males: loose pants or pair running pants under shorts.

Tattoos and facial hair are acceptable, but keep in mind the conservative nature of the campus.



Example clothing list:

- 2 long skirts (females)
- 3 dresses (females)
- 4 lightweight pants (males)
- 1 pair of loose lounge/work out pants
- 3 scarves (females)
- 2 pairs of pajama pants / shorts
- Sandals (Chocos recommended)
- Flip-flops (for shower)
- Sneakers
- 5 Pairs of socks
- 7 Pairs of underwear
- 3 Sports bras
- 2 bras
- 4 leggings
- 1 Pair of jeans
- 1-2 Light cardigans
- 4-5 tops (long enough to cover bottom)
- 3 tank tops
- 3 T-shirts / Thin long sleeve T's
- Watch

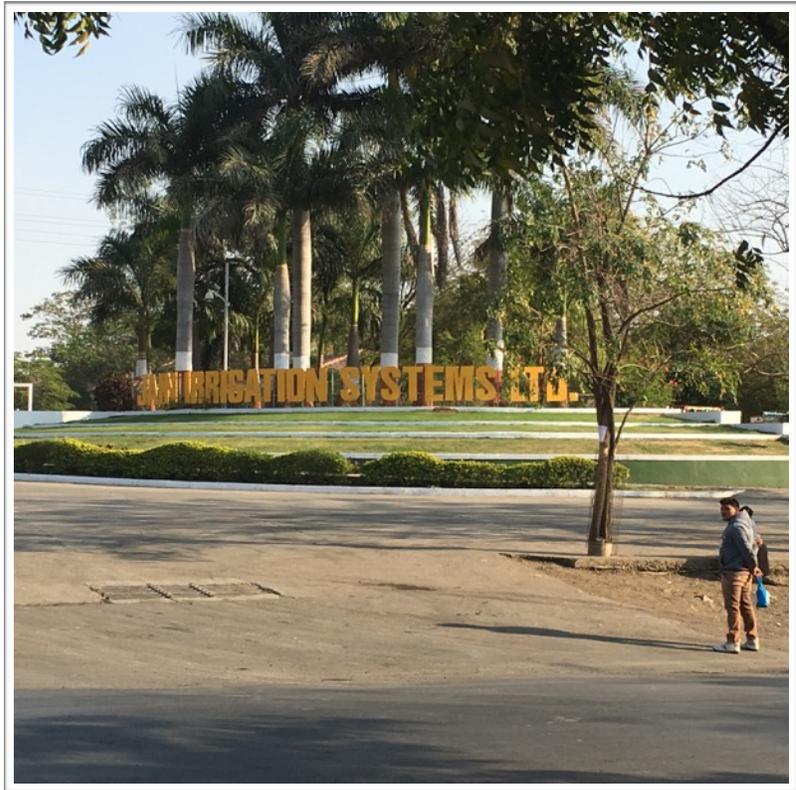
Toiletries

- Minimal make-up
- Prescriptions
- Daily pill box
- Pepto Bismol
- Allergy medications
- Tylenol/Advil/Aspirin
- Aloe vera gel
- Shampoo and conditioner (two travel bottles of each)
- Body wash
- Loofah
- Towel
- Toothbrush and toothpaste
- Hairbrush
- Ponytail holders
- Nyquil/Dayquil
- Small first-aid kit: band aids, neosporin, etc.
- Roll of toilet paper
- Lotion (avoid scented)
- Sunscreen
- Bugspray
- Baby wipes / face wipes
- Dramamine
- Dry Shampoo
- Hand Sanitizer



Miscellaneous

- Ziplock bags
- Air freshener
- Tide travel packets
- Instant coffee and tea
- Coffee cup / mug
- Laptop / Charger
- Cell phone / charger
- Headphones
- Small backpack
- Sunglasses



*Jain Irrigation Systems Ltd. Sign outside of
Anubhuti Residential School*

- Tupperware container (to store snacks)
- A "comfort item" from home: blanket, pillow case, etc.
- Snacks: peanut butter, trail mix, granola bars, etc.
- Electrical outlet adapters
- 1 - 2 books for travel (there is a library on campus as well)
- 2 notebooks (one personal and one for school)
- Water bottle - A metal water bottle is suggested, as your water may get hot throughout the day in a plastic container. You will not have access to drinkable water at Anubhuti City School, so bring a large bottle to fill up in the morning.

Paperwork

- Copy of your visa paperwork
- Two copies of your passport
- Extra passport photo
- Medical paperwork: Documentation of prescriptions, immunizations, and travel clinic clearance
- Keep a copy of each of these saved on a flash drive as well.
- Photos of family, friends, your home, hobbies you enjoy, etc. saved on your flash drive and/or printed out (you will also be asked to give a presentation about yourself - having pictures to insert into the powerpoint will be helpful, you may even want to put this together before you leave).

Gifts

This is optional, but you may want to bring some small gifts for the students and teachers that you work with. You can also buy items in Jalgaon. Suggestions include: children's books (to read to the students but also to leave with the teachers), classroom items (pencil cases, erasers, etc.), and CEHS / CYAF items including post-it notes, pens, pencils, stickers, notepads, Nebraska bags, etc.



Views at Anubhuti Residential School

Banking

Notify your bank ahead of time that you will be traveling out of the country. Inquire as to the fees associated with using your debit/atm/credit cards while abroad, as they vary by institution.

If possible, exchange currency before leaving the country. In November 2016, India made changes to their currency, and US banks stopped making exchanges. If this has not changed, you will need to exchange your money when you land at the airport or at the hotel.

Health

You will need to set up an appointment with the Travel Clinic on campus or with the local health department approximately 6 weeks before leaving. The travel nurse will let you know which immunizations are needed and which prescriptions you will need to take. This will include a prescription to prevent Malaria. Retain any documentation that you receive, as you will need to provide proof to the university that you have been cleared for travel.



Roadside Sights in Jalgaon

If you have any other prescriptions, be sure to pack enough to last you throughout the entire trip.

Bills

As you will be out of the country for 6 - 8 weeks, be sure that your bills are set for automatic payments. You may be able to save money on car insurance by adjusting your coverage while you are gone.

Communication

Consider an international phone plan for your time abroad. Each service is different, but plans are typically around \$40 USD per month. Otherwise, you can use WhatsApp or iMessage when connected to the internet. Note that iMessage is slower and less reliable than WhatsApp.

Travel Registry

You will need to register your travel with the university prior to leaving. This registration also enables you to receive international health insurance for the duration of your trip.

<http://educationabroad.unl.edu/international-travel-registry-students>

Class Preparation

Although you will be primarily in an observation role during your time abroad, there will be times when you are asked to teach by both the students and the teachers. Some suggestions for teaching material include songs, games, dances, stories, trivia, or simple and generic teaching lessons.

Readings

Suggested reading materials:

- *Beyond the Beautiful Forever*s, Katherine Boo
- *Preparing to Study Abroad: Learning to Cross Cultures*, Steven T. Duke

While Abroad

Lodging

When you first arrive in Jalgaon, you may stay at the accommodations for the Gandhi Research Museum located within Jain Hills. This housing arrangement will be temporary, and would last a few days until you are settled at the Anubhuti Residential Hostels.



8th Grade Girl's Hostel

At the hostels, you will have a room within either the boys' or girls' boarding area. The double room includes two bedrooms, two full bathrooms, and a common sitting area. The single room includes one bedroom, one full bathroom, and a common sitting area. You may or may not have hot water in your room, and although there may be a shower head, these typically do not work. Expect to take bucket baths with room temperature water, but you are able to bathe daily if you choose to. Water conservation is a concern though, so be conscious not to waste. Internet is not available in the hostels. You will be assigned one or two teachers to assist you with any requests or needs that you have during your trip. The teachers will most likely allow you to access wifi at their apartment from time to time.

Laundry and cleaning services will be provided at the hostels (although there may be a charge for laundry). Laundry service will be provided

once per week and clothing should be returned within two days. If you have your clothing sent for laundry service, they may label the tags. Jeans are not appropriate to send for laundry service, as they take more water to wash. You will be expected to wash your own undergarments.

When in transit to and from Jalgaon, the department will make arrangements will be made for you to stay in hotels. During this time, you will need to budget for tipping (bell hops, drivers, and waiters). For meals, 50 - 100 rupees is appropriate, for carrying luggage, 50 rupees is appropriate, and for drivers, 200 - 300 rupees is appropriate.



The Dining Hall at the Residential School

Food

Most of your meals will be provided. The Anubhuti Residential School is vegetarian; do not bring any leftovers or snacks containing meat on campus. Each morning breakfast will be provided. Herbal tea, chai tea, and buttermilk are available at breakfast. At Anubhuti City School, you will be provided one snack in the morning (banana or watermelon), lunch (typically rice, potatoes, and/or lentils), and one snack in the afternoon (juice and laddoo - which is made of



A meal prepared by one of the teachers

nuts and sugar). When you return to Anubhuti Residential School, a snack will typically be available to you if you return early enough. This is typically pretty tasty! Dinner usually consists of rice, fried vegetables, potatoes, lentils, or paneer. Each night in the hostels, the students have hot chocolate buttermilk that you can have as well.

It is important that you do not waste food while abroad. It is an important aspect of the school climate to not be wasteful. Staff and students will be aware of if you leave food on your plate. Keep in mind that some of the food is spicy, but the kitchen staff will accommodate you if need be.

General Daily Schedule

- 5:30 - 6:30 AM: Wake up (depending on if you are working out or not)
- 7:30 AM: Breakfast
- 8:30 AM: Leave for Anubhuti City School
- 12:00 PM: Lunch at Anubhuti City School
- 4:30 PM: Return to Anubhuti Residential School, Snack
- 5:00 PM - 7:00 PM: Time for homework or activities with Anubhuti Residential Students
- 7:30 PM: Dinner
- 10:30 PM: Bed
- Keep in mind that schedules will be very flexible.



Homework and Blog Posts

You will have time after school and on some weekends to study and complete homework and blog posts. Each week, you will be expected to post a blog about your experiences abroad. When possible, be flexible and proactive with your homework. Unexpected events will arise frequently that may interfere with time set aside for this. It is suggested that you download reading materials and assignments before leaving if possible, that way you can work on them when you do not have wifi.

Anubhuti City School

The bulk of your days will be spent at Anubhuti City School observing, teaching, and interacting with students and staff. The relationships that you will form with students are incredibly rewarding, but can be emotionally trying. The students come from impoverished and difficult backgrounds, but they are incredibly grateful, giving, and kind. The experiences that you will have with the students will be impactful and is perhaps the most important aspect of the trip.



Visiting with a City School Teacher's Family

The teachers at Anubhuti City School want to get to know you and will ask questions that may seem direct (regarding salary, cost of things, religion, relationships, politics, etc.). A few of the teachers will most likely

invite you to their homes for celebrations or dinner. If you are able, these are great opportunities to take advantage of, as you will better get to know the teachers and their families, while getting a glimpse of what life is like in Jalgaon. You will have to be proactive in working with the administration to arrange transportation and times when this is possible.

At the beginning of the trip, you will be able to observe in each classroom, and then you will be expected to select a main classroom to spend your time with. Although you will have a main classroom, you will still be able to float around and observe other classrooms and activities frequently. For your observations, keep a notebook with you at all times when at the school. Be prepared for teachers to ask to read your notebook though.

Discipline at the City School can be uncomfortable and difficult to witness, but it is your role to observe and learn, not to judge or interfere.

Anubhuti Residential School

As this is where you will be living, many of the relationships that you form will be at the Residential School. As mentioned, 1 or 2 teachers will be assigned to assist your group while you are residing there. Most likely, these teachers will invite you to their apartments to use the internet. These individuals are your support system and will be able to answer your cultural questions, so spend time getting to know them! As your hosts, the administrative staff and teachers will assess your needs, but let them know if you have any requests or needs.



Students Celebrating Holi Festival

You will have the chance to interact with the students at the Residential School frequently. After school activities such as basketball, badminton, and table tennis occur daily and you can partake as often as you like. You will have a separate room in the hostel, but you will live closely with a group of the students. You may go into their rooms and chat, and they may come into your room as well. Be aware of hours that should be spent studying though, especially when exams are approaching. Boys and girls may not enter each other's hostels.



Basketball Court at the Residential School

Transportation & Safety

Transportation will be provided during the entirety of your trip in India. Your safety is very important to both the CYAF Department and Jain Irrigation. The administration at Anubhuti take your safety seriously, and make sure that you have a chaperone anytime that you may be off campus. The drivers will speak minimal English or no English at all; they are very friendly though.

If you are in need of supplies (toiletries, snacks, etc.), a trip to a local store (D-Mart or the Big Bazaar) may be arranged. The teachers that are assigned to your group will help with arranging this. This will most likely be arranged to happen on the way back from school. When you go, make sure to get enough of what you will need for a few weeks, as you will not know when you can go again. While you are out, be prepared for people to stare and to take pictures. You do not have to agree to take pictures if you do not want to - be conscious of the amount of time you are spending as well, as the drivers have other responsibilities to tend to.

Homesickness

Be prepared to get homesick right away. Just know that this is once in a lifetime opportunity and the more that you get involved, the more you will get out of the trip, because it will be over before you know it!

Communicate with each other about missing home and processing that feeling, as you will all experience and show it in different ways. As you will be spending a great deal of time together, try to be aware of group dynamics and support one another through the process.

In India - Always Carry

- 50 rupees (for an auto-rickshaw if necessary)
- Kleenex or toilet paper (not be provided in restrooms)
- Flashdrive
- Camera or smartphone
- Water bottle
- Hand sanitizer
- Notebook and pen
- Sunscreen
- Sunglasses



All of the City School Students in the School Yard

Travel in India

On some weekends, you will have the opportunity to travel to nearby sights. One of these sights is the Ajanta Caves.

- Cost:

- 500 rupees entry
- Approximately 100 rupees for parking
- Approximately 20 rupees for bus transportation
- Cost of food at restaurant



At the Ajanta Caves

- Recommendation: Do not get a guide - you are able to walk at your own pace and explore the sights without a guide, and it is costly.
- Be prepared:
 - A lot of tourists will want to take pictures with you!
 - There is the opportunity for shopping outside of the entrance, but these items are overpriced and you will be able to buy similar items at other times.



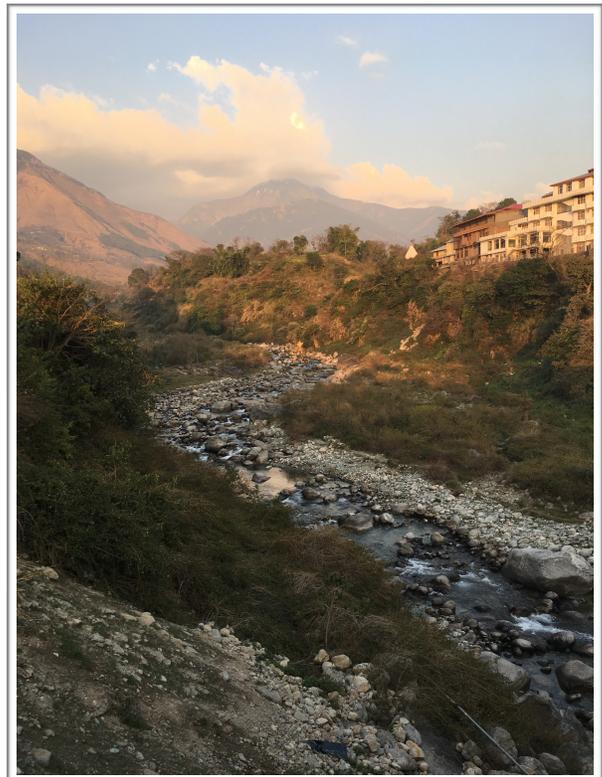
Gandhi Statue near the museum

Another weekend excursion will be the Gandhi Teerth Museum. This guided tour is free, but there will be shopping at the end.

- Recommendation: Request to go to the museum early in the trip, as you are able to buy clothing items that are convenient to wear to Anubhuti City School.

Additional opportunities for weekend travel will be discussed with the school administrative staff.

The 2017 group had the opportunity to join a class trip to northern India. This included a seven day trip to three cities - Dharamshala, Dalhousie, and Amritsar. The group accompanied high school students from Anubhuti Residential School, separated by gender. This time allowed the group to connect with students and teachers



Views of the Himalayas - Dharamshala

from Anubhuti while seeing and experiencing new parts of the country. If this trip is made available to you, it is strongly recommended that you take advantage of it!



The Golden Temple - Amritsar

End of Trip Excursion

The last few days of your time in India will be spent in Delhi and Agra. This part of the trip will be attended by CYAF faculty, and it is a good chance to debrief and discuss the trip before getting home. During this time, you are able to be a tourist - it will feel more like a vacation!

While in Agra, you will visit the Taj Mahal and the Red Fort. A guide will be provided - plan to take a lot of pictures! Breakfast will be provided at the hotel, but lunch and dinner are not. Budget for these meals, tips for the restaurant/hotel staff, and shopping. On the last day, you will go to Delhi Haat, where you will have the opportunity to shop for various souvenirs.

Although you may feel ready to be home, take the time to enjoy this aspect of the trip. It is a once in a lifetime experience for most people, and is a wonderful opportunity to learn more of the history and culture of the country.

Return Home

Departmental Expectations

Shortly after you return from India, you will present about your experience to students and faculty. This will include memorable experiences and key takeaways. You will also meet with the Department Chair to debrief and give recommendations for future trips.

Adjusting

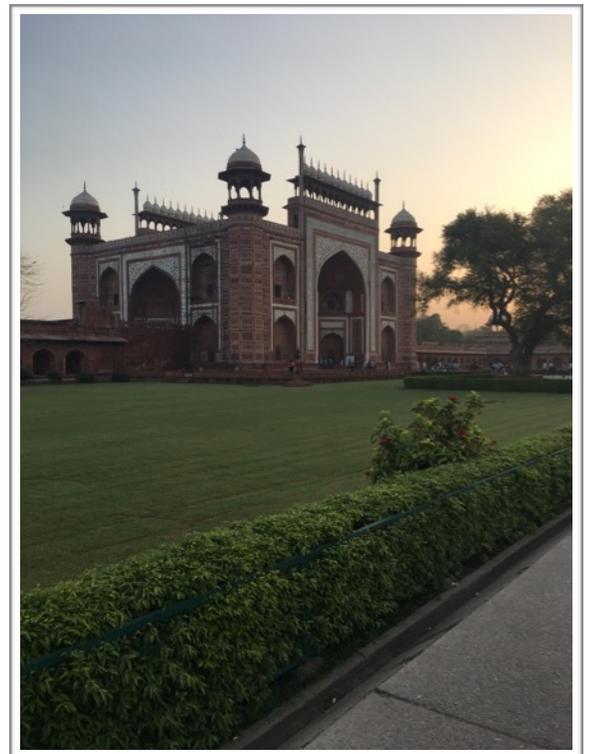
Just as there was an adjustment to life abroad, you must also adjust to being back home. This University of Nebraska-Lincoln's Education Abroad gives recommendations on re-acclimating:

- Share your emotions and feelings about re-adjusting to home life with your family so they can better understand what you are feeling.
- Organize your pictures, videos, and other memorabilia as soon as possible. This will make it easier for you to share your overseas activities with your family.
- Be open to questions and comments and try to be patient if, at first, your family doesn't quite understand.



The Taj Mahal

- Let your friends know how much you have enjoyed studying abroad, but don't overdo it. Don't forget that while you were away, your friends also had new experiences. Have them fill you in on their latest news.
- Keep up with the friends you made abroad.
- Staying in touch with friends abroad can keep the memories of your experience fresh, and writing and sharing information about each other's country is a great way to continue an intercultural exchange.
- Talk to your advisor as soon as possible.
- The Education Abroad Office can put you in contact with international students.
- The Education Abroad Office is always seeking education abroad alumni to serve as on-call speakers about studying abroad.
- Participate in cultural events on campus.
- Occasionally meet up with other students who have studied abroad.
- Remember that your home culture, like the culture that you knew abroad, is a unique culture, rather than a better or worse one.
- Continue to deepen your knowledge of the places you visited.
- Initiate conversation with others on campus with interests in international and intercultural affairs.
- Keep up with cultural events in your host country. This is a good way to maintain the enthusiasm for the culture you experienced abroad.



Gates to the Taj Mahal

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