

Hi Sam!

I'm fine, what about you? What a coincidence! Last day I read an article about some basic tips for your first trip to India.

Once you are back, let me know, so you tell me how the trip was.

Have a great trip!

Marta

Some tips for India first-timers

Chaotic, bamboozling, intoxicating, crazy, exasperating, wonderful, squalid, beautiful, daunting, overwhelming, and fantastic. India is all these things, and more. How can you possibly prepare yourself for the ultimate travel plunge?

The single most important piece of advice for any India first-timer is to try to remain calm, no matter what. Frustrations boil over easily in India, and being able to control them is key to enjoying your time here. If you're getting stressed about losing some money or being scammed, take a moment to consider how much you've really lost and whether it's worth getting that fussed about in the grand scheme of things.

Many people try to cram too much into a visit to India and subsequently burn out. To get the best out of your trip, concentrate on a few places rather than trying to tick off as many as possible. Seeing one or two places slowly can be much more rewarding than getting round loads of places but not having time to appreciate any of them. Spend a few days in one spot and you'll be less stressed, gain a deeper understanding of where you are, and have more time to get to know the people you meet – your exchanges with hospitable locals will almost certainly lead to some of the most memorable moments of your trip.



With over a billion locals, many parts of India are certainly crowded. The bustle and mayhem can be fun, particularly if there's a festival in town, but it's easy to reach the point of saturation. Fortunately, India has plenty of quiet retreats, so plan some relaxing escapes into your journey. To keep your batteries charged, spend some days or weeks in a city, followed by some downtime in the countryside or smaller town. For inner (and outer) peace, head south to the backwaters and beaches of Kerala, or north to India's captivating hill stations or the Tibetan-influenced valleys of the Himalayan Ladakh.

India has a somewhat notorious reputation amongst travellers for so-called Delhi belly (an upset stomach). No one wants to get ill, particularly if you're on a shorter trip, so it pays to take steps to avoid a dodgy tum. Never drink tap water, and steer clear of any food that may have been washed in it. As a precaution, avoid ice, ice cream, and salads and fruit you haven't just peeled yourself.

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