



Culture Week



📍 India - Goa

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Get familiarized with the customs, culture, surroundings and more of this rich and colourful country.

Experience the beauty and culture of Goa, get to know the people, explore its natural treasures, relax on its pristine beaches, visit local markets, historic forts and churches and learn about Goan history and heritage. Learn to cook an Indian meal and take home with you an unforgettable experience.



Program Description

This program lets you explore the life and style of Goan people. This is a very important step that will prepare you for your stay in India. Loads of new things will be introduced to you and it will be the time to ask all your questions about the organization, the programs, the country, the culture and anything else that might come to mind.

Moreover, there will be language lessons, cooking classes, yoga sessions, sightseeing, visits to authentic Indian homes, workshops that will introduce you to the culture, visits to our project locations and much more!

You will also have the opportunity to learn about the projects which you will be participating on and training will be given to you prior to beginning your project the following week.

Local language communication will be part of this program, hands-on Indian cooking class, yoga sessions, visiting scenic sights and surroundings, and project training workshops. All these encompass this week making your entry to the Goan life.

Program Duration & Availability

Min duration (weeks): 1

Max duration (weeks): 1

Aims & Objectives

The purpose of this program is to help you get an understanding of the manners, norms, and etiquette that is inherent in Indian society as well as show you around and introduce you to your new surroundings.

Schedule

Monday

- 7:00 - 8:00 Breakfast at the Center
- 8:30 - 9:30 Introduction to the program including code of conduct and Do's and Don'ts (House Rules).
- 9:30 to 11:30 Visit to Old Goa and Spice Plantation
- 12:30 - 13:30 Lunch at Spice Plantation
- 14:00 - 17:00 Mapusa city visit and the local Market
- 18:00 - 19:00 Dinner at the Center
- 19:30 - 20:30 Relax for the evening

Tuesday

- 7:00 - 9:00 Self Defense classes
- 9:15 - 9:45 Main Course Breakfast
- 10:00 - 12:30 Join a practical session of Indian Cooking
- 12:30 - 13:30 Lunch at the Center
- 14:00 - 17:00 Sightseeing tour to visit Candolim & Sinquerim Beach
- 18:00 - 19:00 Dinner at the Center
- 19:30 onwards Culture shock, discussion about safety and transport.

Wednesday

- 7:00 - 8:00 Breakfast
- 8:15 - 10:00 Yoga session
- 10:30 - 12:15 Local Language Lesson, (Alphabets, sentences, phrases, names of fruits and vegetables, numbers); a short break to learn making Indian Chai (tea)
- 12:30 - 13:30 Lunch at the Center
- 15:00 - 19:00 Anjuna Beach and market visit
- 19:00 - 20:00 Dinner at the Center
- 20:30 onwards Enjoy a Bollywood movie at the Center

Thursday

7:00 - 8:00 Breakfast at the Center

9:00 - 12:00 Project visit (Disability care, Kindergarten, Old Age Home, Animal Shelter)

12:30 - 13:30 Lunch at the Center

14:00 - 17:00 Project Visit (Community Outreach project and women empowerment)

18:00 - 19:00 Dinner at the Center

19:30 onwards Orientation on projects which includes a Power-point presentation. Training on Project activities and group discussion along with an explanation about project structure

Friday

7:00 - 8:00 Breakfast at the Center

9:00 - 12:30 Go on a local bus ride to the capital city called Panjim. Walkthrough the streets of the capital, visit markets, churches, malls and more

13:00 - 13:30 Lunch at Centre

14:00 -17:00 Relax for the week followed by feedback of our Culture Week.

18:00 - 19:00 Dinner at the Center

19:30 - 20:30 Group activities.

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Starting Dates

During 2019

This program starts every week.

During 2020

This program starts every week.

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

Additional Requirements

- Participants below the age of 18 should have parental consent.
- Participants above the age of 65 should have medical clearance.

Additional Equipment

No additional equipment required.