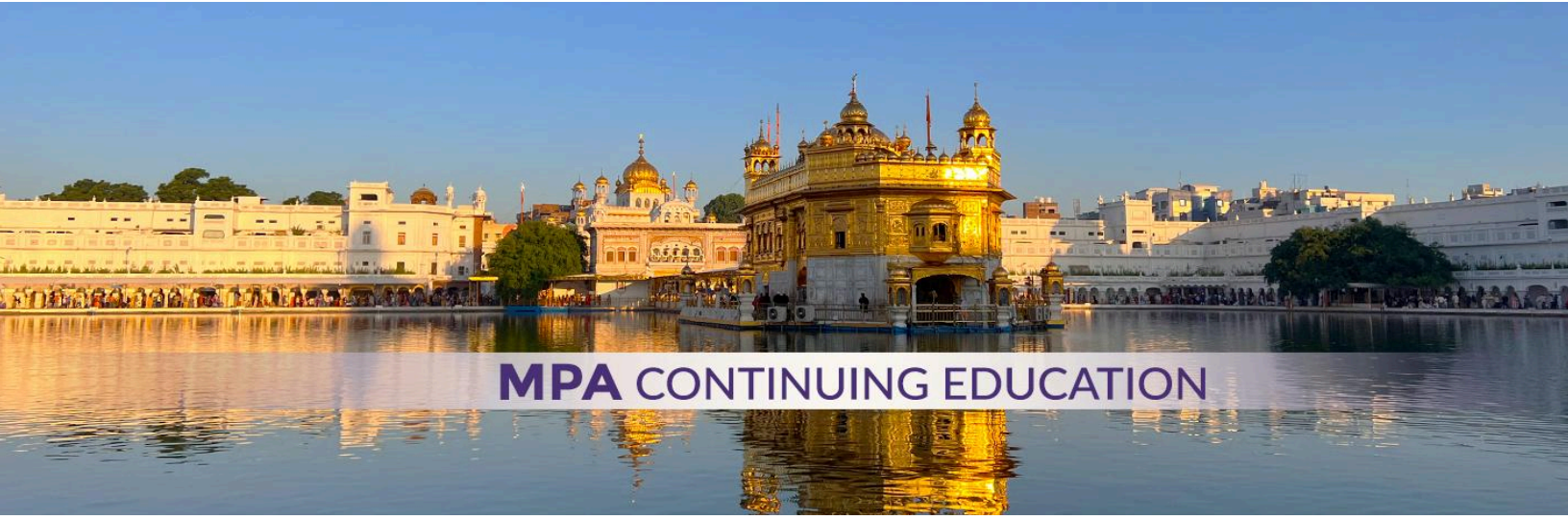


MIRI PIRI ACADEMY
CONTINUING EDUCATION 2026-2027
Travelling information for participants of our courses

Sat naam! We are very happy to be spending time with you soon in our Continuing Education courses. To ensure that everyone involved with the course is on the same page we have created this document for participants with all of the information you will need to prepare for your trip.

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BOOKING YOUR FLIGHTS:

Arrival pick-ups are at Amritsar Airport. We encourage you to book already your international flights all the way to Amritsar. The best experience our participants have is to fly with Qatar airlines through Doha, and take the direct flight Doha-Amritsar. Your flight can arrive at Amritsar Airport at any time of the day or night, our drivers will be there to pick you up.

If your flight arrives in Delhi, you can purchase a separate domestic flight from Delhi-Amritsar with AirIndia or other airlines. Please note that the regular checked-in baggage allowance in domestic flights is normally 15 kg. *Note: International tickets booked on a single itinerary with domestic legs usually honor the higher international baggage allowance*

We highly recommend booking your flight with flexible changes free of charge to allow for changes in your schedule. *** Please register to the course before you book your flight, to avoid cancellations, especially if you book way ahead of time.*

PASSPORT AND VISA:

You must have a valid Passport and Indian Visa to enter India!

You will need to have a passport that is valid for a minimum of 6 more months beyond the date of your expected return. Be sure to check your passport expiration date before you apply for your visa!

The easiest way to get a visa is to apply on-line for an **e-Tourist Visa online.**

https://indianvisaonline.gov.in/evisa/tvoa.html

Example of the full form: https://indianvisaonline.gov.in/evisa/images/SampleForm.pdf

e-Tourist Visa is quick and easy. You can choose to apply for a 30 day, 1 year or 5 year visa.

One year visa costs $40 and 5 year visa costs $200 for most countries (check the price list here).

To apply for your e-visa you will need:

- A scan of your passport (.pdf, maximum size 300 KB),
- A digital passport photo (you may take this picture yourself at home, .jpeg maximum size 1 MB, minimum dimensions 350x350 pixels with white background).
- Payment through Paypal or credit card.

Information you will need for your visa application:

Contact/reference name in India: Damandeep Singh

Address: Miri Piri Academy, Guru Ki Wadali, Chheharta, Amritsar, 143105, Punjab

Tel: +91 80540 18906

Purpose: **RECREATION/SIGHTSEEING** (we recommend to apply for this type of visa, other types (eg. yoga course) will take more time and will ask for further details.

You will receive your visa via email, usually within 3 working days. You then need to print it and bring it with you to India. Make sure you print the confirmation email which says "GRANTED" as the visa status. Bring this printout with you to show at the border

Please forward your Granted visa email to us for reference: info@miripiriacademy.org

TRAVEL INSURANCE:

As of 2026, we are **no longer providing travel insurance for participants.** Many of you have specific needs and prefer to arrange your own coverage. We recommend purchasing travel insurance that can cover medical emergencies, last-minute cancellations, and potential lost travel costs. If you do not have a travel insurance provider, we can suggest the one we have used previously:

World Trips https://www.worldtrips.com/#/start

Example: A basic travel insurance for India for a 12 day stay would cost approximately 17-25 USD, depending on age, nationality

CUSTOMS CLEARANCE AND IMMIGRATION

You are allowed to bring in all personal effects "which may be reasonably required" without any customs charges.

Items that are *prohibited* to import/export are illegal drugs (including cannabis), firearms, live plants, seeds, unstitched cloth, gold coins, gold and silver bullion, and silver coins not in current use. These are either banned or subject to strict regulation.

WHAT TO BRING - PACKING LIST

1) Comfortable and modest clothes for traveling in India. November - February the days are warm but the nights are cold in Amritsar and Anandpur Sahib. You will have opportunities to buy kurtas (indian style dresses), headcovers, shawls and other indian styled clothes in Amritsar at the beginning of the course (we always allow the first day to show you some good places to do shopping!)
2) A warm sweater, fleece and jacket and shawl for cold mornings at Gurdwaras and for Sadhana.
3) Comfortable headcover(s) / turban for Gurdwara, Sadhana and/or Meditation. (To enter any Gurdwara it is required to cover your head. We will be visiting many Gurdwaras!)

4) For dipping in sacred places (optional): Bring a travel towel for the dipping. Normally people in India dip in their regular clothes or underwear - for this we recommend having a change of clothes at hand. Usually ladies dipping is done in a private building, so sometimes ladies will dip only in their underwear too. Alternatively a one-piece bathing suit, or any other clothes for swimming / dipping in water.
5) Money for snacks, drinks on the go and offerings at Gurdwaras or temples. We suggest having about $50-100 or more exchanged into rupees (ca 5000 - 10 000 Rs)
6) Shoes – comfortable walking shoes, sandals or slip-ons, and cheap flip-flops for the shower. Note that sometimes we leave shoes outside a Gurdwara without any supervision.
7) Telephone and plug adaptor for India. If you are bringing other electronics, check their voltage, it is 220v in India. European plug mostly works ok for India as it is very similar.
8) Snacks - trail mix, power bars, granola, and such.
9) Small Flashlight or headlamp for night walks to Gurdwara (can be your phone lamp too)
10) A small amount of laundry soap if needed for everyday washing. You can do laundry while at MPA in Amritsar. Please be aware that your laundry may take 2-3 days to be delivered back. There is no laundry service in Anandpur Sahib.
11) Water bottle, sunglasses, sunscreen, and bug repellant if needed.
12) Toiletries, including antiseptic hand wipes, personal medical supplies, Kleenex packets, and feminine hygiene products
13) Anything needed for your yoga practice like Japji Sahib book, notebook for the course, small musical instruments for sadhana (or travel speaker etc).
14) Bring any medications you require. Keep a list of your medications, so that in the event you lose them, they can be replaced as most medicines are available in India. Please inform us if you are using medications for special conditions you may have, so we can support you in case of need.
15) Small locks for your bags (optional)

AIRPORT PICK UP

Please send us the details of your flight to Amritsar - Flight number, city of departure and arrival time and date. We will arrange a driver with a car from Miri Piri Academy to pick you up - he will be holding a sign with your name and/or Miri Piri Academy written on it on the arrivals exit. Information needs to be sent on email **latest one week** before your arrival to info@miripiriacademy.org
**If you are arriving a few days earlier to Amritsar before the course and staying in a hotel, please take a taxi at the airport (there is a taxi booth by the arrivals gate, it should cost 500-700 rs). Our drivers can only pick you up during designated pick-up days and only bring you directly to MPA.*

ARRIVAL

We highly recommend arriving on the "arrival's day" of your camp or course (first date as listed in the website of the course). This gives you an opportunity to settle and ground before we begin our course or journey. If you plan to arrive earlier, we suggest you take a hotel near the Golden Temple and go straight there from the airport (in this case we do not offer airport pick-up). Depending on the dates of your course, it might be possible to arrive one day earlier and stay at MPA. **The cost for an extra night with meals at the MPA campus is 2700 inr (per night).** This can be paid in-person at our Finance department (cash or credit card). Please note that transportation to/from town will not be provided by MPA during extra days.

MONEY

The currency in India is the indian rupee. We encourage you to bring rupees already from your country (whenever available), or bring cash (euro / US dollars/pounds) and exchange at the airport. You will find ATMs in the city but many won't work with international cards. Big shops will take card payments.

We highly suggest you change money before arriving at MPA. If you travel through Delhi airport: there are several currency exchange stalls in the arrival hall of the airport, and they are all more or less the same. As you wait for your luggage to come in, it is a good idea to exchange some of your currency there.. All foreign exchange should only be done at an official exchange stall, a bank, or at your hotel. We do not recommend changing money on the street with individuals.

We suggest having about 5000 - 10 000 INR in pocket money for extra expenses (drinks and snacks, souvenirs, occasional rickshaw ride). Bring also cash for the Gurdwara visits - it is a tradition to give a small donation every time we enter a Gurdwara.

*Please keep your cash with you at all times! MPA is not responsible for money lost during the course.

**Upon arriving at MPA, a small amount of money (USD/EUR/GBP) can be exchanged at the MPA Finance office (max approx 100 USD/ EUR / GBP per person)

LUGGAGE

Remember to leave room for shopping! You may want to use locks in your luggage. It will be handy to have a shoulder bag/ backpack/ carry-on suitcase to carry with you if there are any shorter trips in your course. If your course travels to other places beyond Amritsar, you can leave your bigger suitcase at MPA with your shopping and extra items there.

DRESS CODE

India is a very modest society and you will need to dress accordingly.

Please DO NOT wear any:

- ***Tank tops or sleeveless shirts (both men and women)***
- ***Low cut shirts (with cleavage)***
- ***Tight shirts***
- ***Sheer / transparent shirts or pants***
- ***Shorts or short skirts (both men or women).***

***THIS APPLIES BOTH AT MPA CAMPUS, DURING THE COURSE AND THE STREETS OF INDIA, SPECIALLY GURDWARAS.**

If you can see your undergarments in any way, it is inappropriate in India. You will not be allowed to enter any Gurdwara if you are wearing sleeveless shirt/dress, or shorts.

Loose yoga pants with a t-shirt or leggings with a tunic or dress are great. Readymade Indian clothing will be available for purchase in shops for reasonable prices and we have a shopping trip planned on the first day.

White is the color of Sikh Dharma and 3HO, and we encourage you to dress in white during the course. Having said that, clothes get very dirty traveling in India, so some sturdy travel clothes that are colored and easy to wash are always a very good idea.

DUPATTAS AND SHAWLS

For ladies, a long scarf is great to have to drape over your shoulders and it is considered essential attire for traveling in rural Punjab. These are easily purchased in Amritsar and along our trip. Shawls are also wonderful for meditating in the early morning – warm and cozy, they are a standard for spiritual people.

HEAD COVERINGS

Please note that head coverings are required not only for sadhana and meditating, but also for temples and Gurudwaras. For many of the places we are visiting, the whole town is considered sacred and a head cover is required.

It's a good idea to bring a head covering that you're used to and that will be comfortable and stay on. Head-cover is any cloth that covers your head – shawl, kerchief, scarf, or a turban of course. Caps, beanies or hats are not appropriate head coverings. We will be happy to teach you to tie a turban if you choose to wear one during the course. Sikhnet has some great turban tying videos too:
Women's house turban. Women's fancy turban. Men's house turban. Men's Dumalla

SHOES

In India shoes are taken off very frequently, so sandals and slip-ons/flip-flops/chappals are the most convenient footwear. You will also want to have a closed-toe shoe that is comfortable for long walks, crowded places (where others might step on you) yet easy to get on and off.

Do **not bring** any expensive shoes, sometimes we will be leaving them outside of a Gurdwara without any security, so they may attract thieves. Bring at least two pairs of shoes, open and closed for different terrains etc.

SOMETHING WARM

November-February is great weather in India – warm in the day and cool in the night. Still, you will want to have a fleece or warm sweater and a cozy shawl for cold mornings at sadhana or Gurdwara.

FOOD

All food offered during our courses is Indian Vegetarian (lacto-vegetarian with plenty of spices). **We cannot prepare special meals for participants** (in case of allergies or veganism, you might have to work around what is available). Bring extra snacks or protein shakes if you think you might struggle with an Indian Vegetarian diet, and please let us know in advance if you have allergies.

In our time at MPA in Amritsar and also in Dashmesh Sadan in Anandpur Sahib we will have delicious food cooked by our own cooks. However during travels we will be eating in different restaurants, hotels and also langar at Gurdwaras. Food might be very simple in the Langar, yet it is very nurturing and blessed by its preparation with the Naam. Be prepared to eat on the floor in lines next to strangers, as it is the tradition of the Langar from the time of Guru Nanak based on the principle of equality and nourishment to all.

ACCOMMODATION

If your course takes place at MPA or Anandpur Sahib, you will be staying in 2-4 guest rooms. If you have preferences of who to share a room with, please let us know in advance. You will be provided with all necessary bed sheets and towels. Please bring toiletries, flip flops for the shower, and some house shoes as the floor is usually cold.

Single rooms can be booked for an extra fee of 325 USD for a 6 day course at MPA campus and/or Anandpur Sahib (upon availability).

STAYING HEALTHY & MEDICAL SUGGESTIONS

“An ounce of prevention is worth a pound of cure.” In light of that adage, here is a guide to keeping healthy during your time in India.

There is a chance that you could experience a bout of sickness while traveling. There are many different bacteria and amoebae that your body has never been exposed to and for which you do not have antibodies. It might result in diarrhea (or “loose motions” as it is referred to there).

Preventative Measures & Gut Health:

- **Onion Recommendation:** The Siri Singh Sahib recommends you eat an onion a day for the month before you go, or at least lots of steamed onions for one week before traveling to India to prevent diarrhea. Onions are a natural blood purifier and help your body deal with the cultural bacterial change.
- **Probiotics:** You may also consider taking a daily oral probiotic starting 1–2 weeks prior to travel to support your gut flora.
- **Medications:** There are preventative remedies you can take along the way (such as Neem or Grapefruit Seed Extract), but once digestive sickness hits, it is best to go straight for allopathic medicines like Imodium or Pepto-Bismol. Bring any personal medications you require and keep a list of them so they can be replaced if lost. Please inform us in advance if you are using medications for special conditions so we can support you in case of need.

Food, Water & Beverage Guidelines:

- **Food Safety:** Food served in hotels, restaurants, and homes is generally safe to eat. Street food is yummy but will often cause digestive problems later; in this case do not eat anything that has not been cooked, peeled, or washed properly.
- **Sugar & Chai:** All the sweets in India contain sugar, so if you need an alternative to sugar bring it from home. A staple in India is chai—yummy black tea with spices, milk and lots of sugar.
- **Water:** To prevent sickness, do not drink anything other than filtered or bottled water. Drinking water at the Gurdwaras is safe to drink as they generally have good RO systems. Do not drink anything with ice in it unless you are in a hotel and they have filtered water. If you are purchasing water, make sure that the seal on the bottle is still good. Once done with your water bottle, crush it before throwing away to prevent scams where people refill old water bottles.

Air Quality & Respiratory Care:

- In general, India has serious air pollution, especially in November. If you are subject to breathing conditions or asthma, check with your doctor about ways to stay healthy in cities with high air pollution.
- If you have any respiratory issues, be sure to bring any prescribed medication, inhalers, or protection you need (and let us know of your condition). Whenever needed, an **N95 or FFP2 rated mask** for days of high pollution is recommended.

Immunizations & Medical Care on Site:

- There are no requirements for immunizations when traveling to India. You may check your country's health website for suggestions.
- We will carry a first aid kit throughout our journey for emergencies. However, it is always better to carry personal supplies too as you know what your body needs best.
- At MPA, we have a Medical department available, and participants can visit the nurse during opening hours if needed.

Recommended Extras to Pack:

- Air pollution mask (preferably N95/FFP2, especially if you have breathing problems such as Asthma)
- Vitamin C to help prevent illness
- Sore throat pastilles
- Melatonin (to adjust your internal time clock)
- Neem, grapefruit seed extract, or other antibacterial/antiviral remedies to take daily

JETLAG

One of the hardest adjustments to make is just getting your body's time clock on schedule. Everyone has their special remedies to combat jetlag.

- There are homeopathic jetlag pills available.
- Some people only drink liquids for the entire flight.
- Others say that if you immediately adjust your watch to the time of your destination times that it helps.

So, ask around and find out what you can do to help yourself adjust. Many yatris are coming into India a few days early to adjust. If you decide to do this, let us know. We can still pick you up at the airport in Amritsar for the course arrival days.

PHONES & CONNECTIVITY

If possible buy an international mobile data plan back home that works with mobile internet in India. Alternatively you can get an **E-SIM** for your India time with any popular apps like Saily, Airalo or HolaFly. We will communicate as a group via WhatsApp. You will have wifi connection at MPA, Dashmesh Sadan and certain hotels.

Getting a physical SIM card in India is possible at Delhi airport (at the luggage pick-up belts). Allow time to purchase for a long queue. We will NOT allocate time in our timetable for purchasing SIM cards, so you need to do it before the program starts.

The electrical voltage in India is 220v and you might need to bring a plug adaptor. The plug system is very similar as in Europe and in many cases the European plug will work. We have adaptors in the rooms at MPA which work for standard US /EU plugs.

Please note that Wifi at MPA and Anandpur Sahib, although generally works well, there might be problems some days. Do not rely 100% on having wifi working perfectly all of the time.

We will communicate as a group via WhatsApp throughout the trip. To stay connected, we strongly recommend purchasing an **eSIM** (such as Saily, Airalo, or Holafly, download the app while in your country) before you depart, or setting up an international mobile data plan with your home provider.

Note on physical SIM cards: While physical SIM cards can be purchased at Delhi Airport upon arrival, the queues are often long, and activation can take some hours due to required local identity verification. We will not allocate time in our schedule to buy or set up SIM cards during the program, so please arrange your connectivity prior to the start of the course.

Wi-Fi is available on the MPA campus, at Dashmesh Sadan, and in most hotels. However, connection speeds can vary, so please do not rely entirely on Wi-Fi for time-sensitive tasks.

The standard electrical voltage in India is 220V (50Hz). Outlet adaptors are available in the rooms at MPA to fit standard US and EU plug shapes; **please note that we do NOT supply voltage converters**. Be sure to check all of your electronic devices (chargers, etc.) before traveling to confirm they are dual-voltage or compatible with 220V.

PERSONAL SECURITY

In India it is essential to take good care of personal valuables both when you are carrying them and when you have to leave them in hotels or other places. You cannot regard any place as automatically safe, so it is best to leave valuable things at home. External pockets (both on bags and clothing) should never be used for carrying either money or important documents. An internal "hidden" pocket /travel bag is recommended for carrying your passport, money and other valuables with you if needed. In general, any valuables you can't comfortably carry, leave at home!

MPA will not be held responsible for any items or valuables lost during the courses. Keep your money and valuables always with you.

BEGGARS, PHOTOS AND SELFIES

There will be many beggars on the streets, some of whom may be physically handicapped. This can be very distressing, but remember a coin given to one child or to a poor woman on the street will draw a huge crowd of beggars. Begging is institutionalized in India, and individual panhandling can be organized or misleading. It is best to give donations to an organization rather than to individuals.

Many people on the street will be attracted to foreigners and want a selfie with you. It may be awkward and in general it is ok to do a selfie, but it may call on more attention and a crowd may start to gather to ask for more selfies. Saying no kindly is ok.

On the other hand, taking photos of people on the street might be something you want to take. We would suggest asking kindly if the person agrees you take a picture of them and not just "steal" a picture of them on the go.

TOILETS

At the hotels, the toilets are western style and toilet paper is provided. As we are traveling please be prepared to stop at any toilet that is available which may mean unsanitary conditions. Traditionally toilets in India are squat toilets (on the floor level), so please be ready to use such toilets too! While

traveling by car we will have a scheduled stop but don't be surprised if we need to take advantage of the sugarcane fields in a pinch!

LAUNDRY SERVICE

We highly suggest you bring soap for washing clothes as we go along our journey. Things get dirty when traveling in India so it's good to have some simple traveling clothes that can be rinsed in the sink. At MPA we have laundry service you could use - please be aware it may take up to 1-2 days to get your clothes.

CULTURAL ETIQUETTE IN INDIA

Here are some suggestions for a great experience and cultural immersion in the Punjab:

- Use "Sat Sri Akal" as a respectful and traditional greeting (hands folded in prayer pose), especially with Sikhs. For others, "Namaste" is widely understood. ("Sat Nam" is used within the 3HO community and also at MPA). Handshakes are not that common, always ask before initiating physical contact, especially with women.
- Use "Dhanvadh" for "thank you".
- "Ji" is used as a respectful way of referring to / about someone. You can use it after their name e.g. "Japjeet Kaur Ji" or even just "Sat Siri Akal Ji"
- Use your right hand when giving or receiving items, as the left hand is considered unclean in some contexts.
- While in Langar (free kitchen at the Gurdwara), take only what you will eat, it is ok to say no when offered. Do not waste food, as it is considered disrespectful.

Here are some things considered generally **unacceptable** in the Indian society:

- Wearing inappropriate clothing (see Dress Code section above).
- Pointing your feet towards someone or something sacred or touching your feet to someone else's body. This includes pointing feet towards the Siri Guru Granth Sahib in Gurdwara.
- Public displays of affection (including holding hands, hugging or kissing, even if you are a married couple)
- Sharing food from the same plate or drinking from the glass (unless you are related).
- Smoking in or around sacred and religious areas.
- Wearing or carrying shoes or socks in a religious area (even if they are hidden in your backpack).

ETHICAL AND SOCIAL EXPECTATIONS DURING THE COURSE

As we are representing the 3HO community and Miri Piri Academy when we go to Amritsar or travel together, it is important that our etiquette also represents our highest values.

Here are some rules for participants, valid during the days of your MPA Course in India (in campus but also in the city):

- Alcohol, drug use and smoking are prohibited during all course activities and while traveling with the course.
- Follow the course's lacto-vegetarian (no-meat/fish) policy during all meals and events. This includes avoiding bringing or consuming any non-vegetarian items on-site.
- Indiscreet or disrespectful behavior with other participants of the course or with locals will not be tolerated.
- Do not go out to bars at night or go on dates with the locals.
- No participation in any activity that contravenes the criminal code of India.
- No possession of firearms.
- No romantic or sexual liaisons with local people from India or other participants of the course while being associated with the course.
- Follow any safety instructions during physical or group activities, especially in crowds.
- Stay alert and conscious while walking around town. Be aware of where the group leader is at all times and do not wander off on your own unless agreed.
- Arrive on time to the scheduled course sessions (its ok to take a rest and not attend to any session or outing, just please let us know so we won't wait for you)
- Notify organizers immediately if you feel unwell or require special assistance.
- Taking photos or videos of MPA students is strictly prohibited, as well as having any physical contact with them, either on campus or off campus

CONTACTS

Thank you so much for reading all these details. Whatsapp contacts will be shared once you are registered.

If you have any other questions please do not hesitate on contacting us on email: info@miripiriacademy.org