

## What's the best advice you can give future students to maximize their experience abroad?

"Disconnect from home. Don't always be on your phones. Take the time to really connect with your group and engage with as many people in the native culture as possible."

"Accept India and the Tibetan exiles on its own terms. In many ways it's impossible to know what to really expect so approach the trip with an open mind and the experience will be much more powerful."

"Take every experience available. Go outside your comfort zone and do things you normally wouldn't. The time goes by so quickly so make the most of it."

"I think it's important to be aware of yourself and your group mates. Know when it is okay to be loud and when it is not. Learn to read what other people are perceiving of your group."

"By asking tons of questions. The more you ask the more you learn."

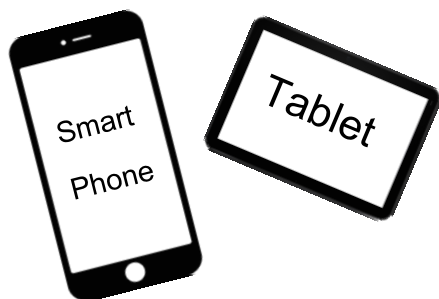
## What items did you not bring that you wish you had?

- Water bottle w/ filter
- Good walking shoes
- More toiletries
- Laundry detergent
- Toilet paper
- Over the counter meds

## What items did you pack and NOT need while abroad?

- Pack lighter
- Too many clothes
- Laptop

## Which devices would you recommend others take in the future?



## Most common ways to communicate with family and friends back home:

#1. Through WiFi-enabled smart phones apps

- Skype
- Whatsapp
- iMessage

#2. International calling/text plan with U.S. cell phone carrier

# Tibetans in Exile Today

*"The TEXT program sharpened my interview skills, a core component of practicing journalism. However, I found the program to benefit my understanding of humanity and compassion – values that impact journalism but have broader applications than my day-to-day work."*

## Approximately how much did you spend out of pocket during the program (in USD)?

Answer	Max Value	Average Value
Communication (cell phone, Internet charges, etc.):	30.00	8.85
Food:	150.00	81.92
Going out/free time:	100.00	27.08
Personal travel/excursions:	200.00	15.38
Required books/supplies:	100.00	26.92
Souvenirs/gifts:	400.00	223.46

## What advice do you have for students to budget and spend money wisely?

"Pull money out of the ATM and set aside some money to leave at the residence and some for spending money that day."

"Make a list of gifts for friends before you go shopping, and wait to buy them the right gift. Don't just splurge on the first item you see."

"Keep track of what you are spending. Use cash when possible."

"Money goes far in India. The food is cheap and most of my cash went to buying gifts."

"Bring cash and plan on not using cards!"

## How did you pay for things on a daily basis?

1. Cash (withdrawn from local ATM/bank from US bank account)
2. Cash (exchanged from US currency)
3. Credit Cards/Debit Cards

## What credit cards were most accepted?

