

Hi Goa gang,

There are some things you will want to know more about and this note will get us started.

1. Travel Visa

Everyone will need a visa. The best way to accomplish this is to get an “e-tourist Visa” online. Please be aware that there are some scammy operations out there who charge too much and don’t do a good job. Here is the [link:https://indianvisaonline.gov.in/evisa/tvoa.html](https://indianvisaonline.gov.in/evisa/tvoa.html) Its a bit tricky but I can help, having done it before. It can’t be done until 32 days before you travel.

2. Shots:

You may want to check with your doctor or travel clinic but generally for Goa, make sure that you are up-to-date with your routine vaccinations including **Diphtheria, Tetanus and Polio** and **Measles, Mumps and Rubella**. Most travellers will need a course or booster of **Hepatitis A** and **Typhoid** Vaccinations as there is a risk of these diseases across **India**. I am a minimalist and have not gotten shots but don’t recommend that.

3. Money

1 Indian Rupee (INR) = 0.019 Canadian Dollar

1 CAD = 52.0440INR.

Exchange rates and fees vary but today, for example:

\$500CA = 25525 rupees at SBI Canada bank in Surrey or Vancouver

\$500CA = 23960 at the airport currency exchange

American \$ are accepted in some places and quite easy to exchange in India

There is an ATM not far from the resort but it can’t always be counted on.

4. Tips

tips for staff at the resort are generally given as a one time discretionary amount at the end, anonymously collected and passed along through the office. You may have other times, taxis, meals, etc., when you want to tip. In this case 5 - 10% is normal.

5. Travel

I have engaged a super travel agent to help us, having learned that legally I have to go through a licensed agent. She will have a registration later coming for you. I have worked with these two in the past and they are super dependable.

Hanne Sorenson, [hanne@trvlconcepts.com](mailto:hanne@trvlconcepts.com) and

Cindy Horton, [cindy@trvlconcepts.com](mailto:cindy@trvlconcepts.com)

Flights recommended

Air Canada direct nonstop from Vancouver to Delhi, Fly out Jan 14th to arrive on the 15th. There are several connecting flights so we will figure out the best options.

Other compatible trips.

There are, of course, so many different places to explore in India and we can all talk about that. Here is a trip that many of last year’s group took together before our dates. They loved it <https://www.intrepidtravel.com/ca/india/golden-triangle-108564> Our travel agent can help with other ideas, too.

6. water and wine

We don’t drink the water and are careful not to drink water, use ice or washed vegetables, etc. when out and about

There is a liquor store with modest wine choices nearby for easy happy hour supplies.

#### 7. Yoga

Optional but organized. We will engage an instructor for each morning at 7:30 or 8:00 before breakfast. The studio is a fully equipped Iyengar one, very special. All equipment, mats, etc., there. I will want to talk to everyone about their yoga wishes to figure out the best instructor. There are a great many teachers there. The prices tend to be similar to dropping in on a class here (because they are coming to a western group at a resort) but I can negotiate based on what kind of a commitment is coming from you guys.

#### 8. Daily schedule

yoga 8-9  
breakfast 9-10  
instruction 10-12  
lunch 12....  
afternoons free except when organized excursions  
7 happy hour, dinner (we supply our own wine,etc.)

#### 9. Excursions:

We will do some lovely extra stuff, proposed at the moment:  
-sunset boat cruise  
-Saturday Night Market  
-spice farm  
-Old Goa  
-MOG, Museum of Goa, wonderful contemporary space

That's lots for now! Throw your questions my way and address the whole group if you are wondering about extra travel or roommates, etc.

Sending love to all of you in great anticipation!

Suzanne