

## CHENNAI (MADRAS), INDIA

The Semester at Sea Field Program has a strong academic component. Faculty members develop field requirements that constitute 20% of the contact hours for each course they are teaching. As part of these field requirements, all Semester at Sea faculty design and lead field trips that integrate with their course work. The following is a representative sampling of the types of Faculty-Directed Practica (FDPs) that may be offered during this voyage:

### SOCIOECONOMIC PROBLEMS IN CHENNAI [FDP: ECONOMICS/SOCIOLOGY]

We will travel by bus to the edge of one of the poorest sections of Chennai; then break into small groups to explore the area on foot. We will meet some of the residents and will observe their housing, clothing, food, and health conditions. These observations will help translate the ecological principles studied in the classroom into the realities of everyday living experienced by the poor of a developing country. (PRICE: \$20.00)

### SEMINAR ON POVERTY AND GENDER ISSUES [FDP: SOCIOLOGY]

This seminar will be held at a local college where there will be several short presentations concerning two issues -- (1) poverty in India and (2) the roles and status of women in India. Following the presentations, there will be an opportunity for further discussion of these issues with a group of Indian women. (PRICE: \$25.00)

### WORKING WOMEN'S FORUM [FDP: PSYCHOLOGY/SOCIOLOGY]

Working Women's Forum has assisted lower income women to achieve economic independence by providing them with financial planning services, job training, and cooperative loans. The Foundation's work has helped to sponsor the successful development of thousands of micro-enterprises throughout the country of India. A full program will be hosted by the Working Women's Forum including a visit to an urban market where there will be an opportunity to meet vendors. There will also be an informal meeting in one of the slums with a small group of women for interaction with a study team. The price on this trip includes a small donation to the Working Women's Forum. (PRICE: \$24.00)

### RURAL VILLAGE & FARM VISIT [FDP: BIOLOGICAL SCIENCES]



Experience rural India, interact with locals, and visit a farm. Depart by motorcoach for a visit to an Indian village to observe village life, visit village homes and interact with the farm owner. Visit a small working farm to observe the difference between the village and farm life, and also enjoy a traditional Indian lunch prepared and served by the owner of the farm. (PRICE: \$37.00)

### MAKING MOVIE ART [FDP: THEATER]

India has one of the largest film production industries in the world, and Chennai is India's second largest film-making center (after Mumbai's "Bollywood"). Here, movies are made in several languages. At one of the major film studios of Chennai, we shall tour the studio lots and, depending on the studio's schedule, visit various departments, including sound dubbing facilities, mixing rooms and editing facilities. If a film is being shot on the studio sets at the time of our visit, there is the possibility of observing some of the actors. (PRICE: \$23.00)

**The remaining trips in the Semester at Sea Field Program provide a variety of opportunities for students to enhance their overall study abroad experience. Students can visit sites of historical and cultural interest; learn about local environmental, political, economic and social issues; interact with local university students and other residents; become involved in community service; explore what is unique in each country; and enjoy some recreational activities. The following is a representative sampling of standard field trips that may be offered during this voyage:**

### **CHENNAI CITY ORIENTATION**

During your brief orientation to the fourth-largest city in India, you will drive through the city center on Mount Road, the commercial hub of Chennai. You will also drive through residential areas that present a striking contrast between rich and poor. You will drive past an important landmark, Fort St. George, which contains St. Mary's Church and the Fort Museum – monuments reflecting the days of British India. You will continue your drive along the elegant promenade of the Marina, one of the longest beaches in the world. You will see the stately buildings of the University of Chennai, the Senate House and the former palace of the Nawab of Arcot. Upon reaching the oldest section of the city, you will visit San Thome Cathedral (where the apostle Thomas was buried) and the ancient Kapaleeshwar Temple. Along the way, you will also have an opportunity to visit a local home. (Please remember that it is appropriate to remove your shoes prior to entering the temple and the home.) (PRICE: \$25.00)

### **WELCOME RECEPTION**



This is an excellent opportunity to meet Indian students, experience a traditional dance performance, and enjoy Indian snacks. You will travel by motorcoach to the reception area where you will be given a traditional welcome with sari-clad ladies offering flower-buds, applying *kum-kum* (red dot or sandalwood paste on the forehead), and sprinkling rose water. Enjoy mingling with the invited guests from local colleges in the outdoor atmosphere of a local fair. Along with sampling the tempting snacks, you may learn how to tie a sari, have a design painted on your hand with henna paste, and observe a *Bharata Natyam* dance demonstration. *Bharata Natyam* is the subtle and sophisticated dance-art of Tamil Nadu. It is a dynamic and very precise style of dance. The dancer presents a story at several levels of meaning using a variety of complex body postures and movements, hand and arm gestures, and facial expressions. A dancer needs substantial knowledge and appreciation of the thematic and philosophical content of Indian myth and legend as well as a thorough grounding in technical skill. The meaning of a portion of the dance will be interpreted for you and some of the movements, gestures, and facial expressions will be explained. You will also have the opportunity to buy Indian clothing and costume jewelry. (PRICE: \$35.00)

### **COLLEGE VISIT WITH OPTIONAL HOMESTAY**

Your visit to SRM Engineering College will begin with a welcome by faculty and students and a brief overview of the college. You will be divided into small groups, each with one or more student guides, for a tour of the campus. The college will host a typical South Indian lunch, where you will be joined by local students. The students will explain the menu selections and help you learn about the cuisine and dining customs of South India. After lunch, depart with your hosts, in groups of ten, for a home visit and the opportunity to enjoy Indian culture and customs. You will be treated to some South Indian snacks and then return to the ship. (PRICE: \$50.00)

### **SERVICE VISIT: MISSIONARIES OF CHARITY ORPHANAGE**

Missionaries of Charity is a religious order founded by Mother Teresa. Born to Albanian parents in Yugoslavia, Mother Teresa became a nun at age 18 and served as a teacher at St. Mary's School in Entally, Calcutta. The school was a beautiful, serene place that was far from the city's slums. At the age of 36, Teresa said that she received a

calling from God to serve the poorest of Calcutta. Nearly 20 years after she had chosen Calcutta to carry out God's work, she finally found exactly what God wanted her to do. Throughout India, Mother Teresa's Missionaries of Charity has over 2,000 sisters in its order, 100 slum schools serving 14,000 children, 200 relief centers where 45,000 are fed per day, 200 sewing and typing classes serving 8,000 girls, 750 mobile clinics, and 103 homes for abandoned children. You will be visiting one of the orphanages for infants and small children, some of whom suffer from birth defects and mental retardation. Many of these children were abandoned on the streets of Chennai or left on the orphanage's doorstep. There will be time to visit and play with the children. (PRICE: \$19.00)

### **SERVICE PROJECT: DALIT WORK PROJECT**

Introduce yourself to India by lending a helping hand. Meet some members of the Bridge Education Services Trust who have organized a work project in one of the poorer areas in Chennai. The Bridge Education Services Trust, which sponsors Human Rights Education Movement of India, is an agency that is dedicated to improving the conditions of the Dalits ("Untouchables") in the Chennai region. This work project may involve cleaning, painting, repairing, cutting the grass, or gardening – whatever needs to be done. Be sure to bring plenty of bottled water as you will most likely be working outside. (PRICE: \$20.00)



### **YOGA DEMONSTRATION**

Yogi Patanjali lived in 200 BCE and is called the Father of Yoga. He was the first to put into writing what had until that time been handed down only verbally from master to pupil. Yoga is a union of spirit and matter. Since the human body is the temple of the living spirit, it should be brought to the highest state of perfection. Yogic exercises are designed to benefit one's health, to remove certain diseases, or to drive impurities out of the body. Yoga bends the spine in slow motion and stretches out the muscles in order to restore youthful flexibility and relieve tension. You can learn the rudiments of yogic exercise and the yoga philosophy by attending this demonstration. Comments and explanations will be provided in English. The basic demonstration will take about one hour. For those who are interested in learning specific positions and programs, the instructor will continue teaching a small group for 30 minutes to one hour. (PRICE: Free)

### **SERVICE VISIT: DISABLED CHILDREN'S HOME**

"This trip will be a humbling experience for the students," remarked Mrs. Susan Critz, a U.S. citizen living in Chennai, as she explained the experience that occurs during a trip to Andra Mahila Sabha, a residential school for disabled children. Many of the children were born with disabilities or suffered from polio. The children are between the ages of 5 and 15 and come from impoverished families. The school recently received wheelchairs for a few students for the first time. The trip to the school will include play time with the children as well as painting and clean-up work at the school. A traditional Indian vegetarian lunch will be served at the home. (The price of this trip includes a donation to Andra Mahila Sabha.) (PRICE: \$32.00)

### **KANCHEEPURAM/MAMALLAPURAM**

Kancheepuram or "Golden City" is one of the seven most sacred places of pilgrimage for Hindus. Once known as the "City of a Thousand Temples," there are still over 100 shrines in the environs of Kancheepuram. The most important are the "living" temples where the practice of worship continues today. See the 7<sup>th</sup> and 8<sup>th</sup>-century paintings on the walls of the 1200-year-old Kailasanatha Temple. View the ten-storied, intricately sculptured tower of the 16<sup>th</sup>-century Ekambareswara Temple. Visit the Hall of 96 Pillars and see the handsome pavilions at Vaikuntanatha Temple. Mamallapuram (Mahabalipuram) is an ancient port city of the Pallava kings. Apart from being a popular beach resort, it is famous for three major sights of great architectural and artistic merit. See the 1200-year-old Shore Temple standing in solitary splendor on the sand of the shoreline. Visit the *Five Rathas*, named

after the Pandava brothers, heroes of the *Mahabharata*. These large stone edifices are sculptured and shaped into temple prototypes. Then view the biggest bas-relief in the world, *Arjuna's Penance*, which portrays the descent of the Ganges from Siva's locks and other fables from the *Panchatantra*. (PRICE: \$49.00)

### **DALIT VILLAGE OVERNIGHT (TWO DAYS/ONE NIGHT)**

The Dalit Training Campus is a non-profit voluntary agency devoted to improving the conditions of the Dalits ('Untouchables') in Tamil Nadu and the Chennai region. You will depart on a 1½-hour journey on the scenic East Coast Road to the Dalit Delta Training Center. Here you will participate in an informational question-and-answer session to learn about the Dalits in India, the village, their current work and the advances that are being made. The Dalit nursing students will present a reception including a cultural program. Lunch will be held at the Training Campus, located on the banks of Palar River. After lunch, the group will be divided into smaller units, and each unit will travel to a Dalit village for an overnight visit. You will have an opportunity to see the houses, visit village homes and interact with the families. You will get a first-hand look at the caste system that, though illegal, still structures rural society. The people of the village will usually arrange a reception for you that will include music and folk dancing (*i.e.* Dummy Hose and Peacock dance). They will also perform *Silambattam*, an old form of martial arts. In the morning, there will be additional opportunities to interact with the people in the village before your return to the ship. (PRICE: \$125.00)

### **CHILD LABOR IN RURAL INDIA (TWO DAYS/ONE NIGHT)**

Despite Indian laws prohibiting child labor, thousands of children, ages 4-14 years, have been sold into bondage in the sari-making industry. Some of these children have had to work in these factories for 12-14 hours per day with no breaks and only a cupful of rice for lunch. They have earned an average of only \$2 per month. This overnight field program provides the opportunity to visit a successful micro credit-lending program for women and a bridge school for children who have been child laborers in the silk weaving industry. The Rural Institute for Development Education (RIDE) began as a bridge school to help children leave the silk-weaving industry. They quickly learned that the best way to help children was to help their mothers increase their income. This visit will include an overnight stay in the village where you will see the women at work weaving silk and bamboo mats, a meeting with the self-help group leaders to ask questions, a tour of one of the bridge schools to meet the children, and a visit to Kancheepuram to view its beautiful temples and tour the silk-weaving factory and shop that supports child-free labor. Bring a sleeping bag. (PRICE: \$68.00)



### **VILLAGE HOMESTAY - ERODE (THREE DAYS/THREE NIGHTS)**

This experience has been ranked very highly by previous participants as a golden opportunity to experience rural India. You will travel through coconut groves and rice paddies and learn about farming practices. In Erode, you can interact with students at a residential school and visit the handicapped training center started by the Social Welfare Department. In Jayaramapuram (20 students) or Gobichettypalayam (10 students), you will be the guests of the village landlord, who has graciously provided vegetarian meals as well as overnight accommodations in his home in the village for everyone. Accommodations are clean and neatly kept. Good beds, with pillow and bedding, are provided. (PRICE: \$257.00)

### **ROTARIAN HOMESTAY (THREE DAYS/TWO NIGHTS)**

This homestay, hosted by a Rotarian chapter in Chennai, has been rated very highly by past SAS participants. It is your chance to spend two nights in an Indian home and to exchange views on various topics or aspects of Indian/U.S. culture. During the time with your host family, you will visit the temples of Mamallapuram and participate in other

activities. To meet your host families, you will travel by coach to the Hotel Taj Connemara. Each pair of participants (two males or two females) will be met at the hotel by their host family and accompanied back to the ship after their homestay. Be prepared with a modest gift for your host family. The price of this practicum includes a donation to the Madras Rotary Club's scholarship fund. (PRICE: \$74.00)

### **DELHI/AGRA - TAJ MAHAL TRIPS (THREE DAYS/TWO NIGHTS)**

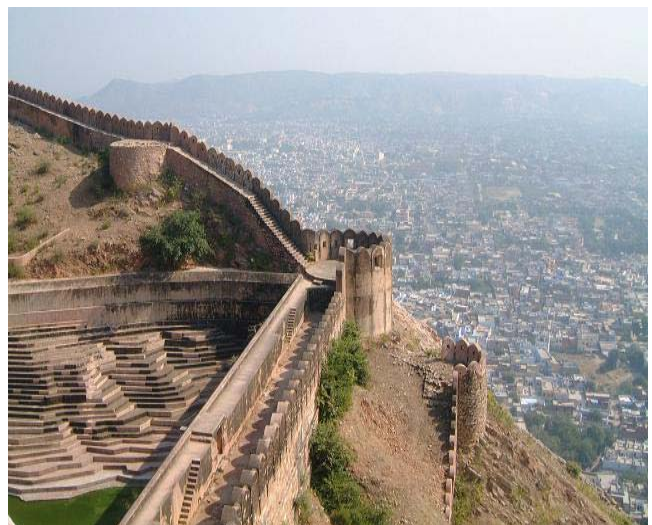
For many years, travelers from around the world have visited the historical city of Agra to visit one of the world's most breathtaking sights – the Taj Mahal. The Moghul Emperor, Shahjahan, married Mumtaz Mahal who bore him fourteen children. She died in childbirth while Shahjahan was waging a battle campaign. Grief stricken, he vowed to build her a memorial surpassing in beauty anything the world had ever seen. It was this love that built the splendid Taj Mahal. You will also visit Agra Fort and Fatehpur Sikri. Agra Fort was the flourishing center of the Moghul dynasty created by four successive emperors, a perfectly preserved Moghul City at the height of the empire's splendor. Fatehpur Sikri is a silent and petrified sandstone city where time has stood still for the last four hundred years. According to legend,



Emperor Akbar built this new and splendid city after saint Shaikh Salim Chisti foretold the birth of Akbar's son and heir. Fatehpur Sikri was later abandoned, probably due to difficulties with the water supply. Its red sandstone palaces are still in a remarkable state of preservation. In addition to visiting the Taj Mahal and the sites of Agra, you will have an orientation tour of New and Old Delhi. Some of the following sites will be included: (1) Humayun's Tomb, a forerunner of the ornate Mughal style of architecture later perfected in the Taj Mahal; (2) Qutub Minar, a 234-foot-high fluted minaret of the 13th century; (3) a drive along the ceremonial avenue, Rajpath, past India Gate (the War Memorial), Parliament House, the Secretariat Buildings and the official residence of the President of India; (4) the Red Fort in Old Delhi, once the most opulent fort and palace of the Mughal Empire; (5) Jama Masjid, India's largest mosque, built by Emperor Shahjahan in the 17th century; (6) Birla Temple; (7) a Sikh Gurdwara; (8) a Baha'i House of Worship; (9) Chandni Chowk, the colorful market; (10) Gandhi Museum and Memorial Hall (11) Palika Bazaar. (PRICE: \$1,322.00)

### **DELHI/AGRA/JAIPUR (FOUR DAYS/THREE NIGHTS)**

This trip combines the bustling city of Delhi, the majesty of the Taj Mahal, and the wonders of the "Pink City" of Jaipur. Jaipur, the capital city of the state of Rajasthan, is popularly known as the "Pink City" because of the pink-colored sandstone from which the buildings in its old, walled city are constructed. Visit the observatory designed by the astronomer Prince Maharajah Jai Singh who founded the city in the 1700s. View the landmark of Jaipur, Hawa Mahal (Palace of Winds). Also, visit the City Palace, home of Jaipur royalty, which houses a museum with an extensive collection. In nearby Amber, ride up to the fort on an elephant. Perched on a hill overlooking the desert plains of Rajasthan, the fort is a superb example of Rajput architecture. Enjoy the beauty of the hillside fort and the lake reflections of its terraces and ramparts. (PRICE: \$1,232.00)



### **DELHI/AGRA/VARANASI (FOUR DAYS/THREE NIGHTS)**



In addition to the sites of Delhi and the majesty of the Taj Mahal (see description for Delhi/Agra above), this trip takes you to the "eternal city" of Varanasi, one of the most important pilgrimage sites in India. Located on the banks of the sacred River Ganges, Varanasi is the holy city of the Hindus. Often called "the heartbeat of India," it is the oldest inhabited city in the world. Varanasi has been a center of civilization and learning for over 2,000 years. Visit some of the major temples. At dawn, observe the ritual bathing in the Ganges that has continued unchanged over the centuries. (PRICE: \$1,670.00)

### **THE ART OF LIVING (FOUR DAYS/THREE NIGHTS)**

This practicum includes a complete course of special training in a particular type of yoga, breathing techniques, and meditation, which has helped cure or prevent problems related to stress, depression and breathing difficulties. Intensive training classes will be held each day for three hours in the morning and four hours in the late afternoon. The classes are offered by an organization called Vyakthi Vikas Kendra, which has branches in 140 countries all over the world. Additional activities include a visit to the nearby coast and if time permits, a visit to a shop selling traditional handicrafts. To provide the right ambience, accommodations are at Dakshina Chitra, which is a unique heritage center with an old world atmosphere. Demonstrations of traditional dances, arts, and crafts are also included in the activities. Traditional Indian vegetarian food is served for all meals. (PRICE: \$235.00)

### **COCHIN/PERIYAR/MADURAI (FOUR DAYS/THREE NIGHTS)**

The state of Kerala on the southwest coast of India is famous for its palm-fringed beaches, its unique system of backwaters and canals, and its rolling estates of tea, coffee, rubber and pepper. Forests cover more than one-quarter of the state, and an annual rainfall of over 100 inches provides a lush green home to a huge variety of plant and animal life. This area also has a rich history, containing the oldest Christian church and Jewish synagogue in India, as well as innumerable Hindu and Buddhist temples. People of many religious faiths co-exist in harmony. Kerala is one of the few Indian states with a matriarchal society. Its educational system is one of the best in India, achieving a literacy rate of 95%.

Cochin, the commercial capital of Kerala, is also known as the "Queen of the Arabian Sea." In Cochin, you can visit the Dutch Palace, a 16<sup>th</sup>-century Jewish synagogue, the first European church in India, the original grave of Vasco da Gama (who "discovered" India in 1498), and photograph huge Chinese fishing nets. Enjoy a four-hour boat trip down the backwaters and see a way of life untouched by the centuries. Take a bus ride up the mountain to visit a wildlife preserve where elephant, as well as spotted deer, sambar, and bison, may be seen. (PRICE: \$545.00)



*From the time this Sample Field Program is posted until the time the Final Field Program is available, a number of changes will occur.*