

INDIA

PLANNING GUIDE

A flight attendant's guide to cuisine, hotels, airports, health, security, and country requirements in India.

Your creativity and knowledge make the trip.

As one of the world's fastest-growing economies, and with a rapidly growing automotive industry, India is becoming a frequent destination for business aircraft operators year-round. Therefore, it is very possible that at least once in your career, you will be a crewmember on a trip to India.

You are a vital member of the crew, and your responsibilities are critical for trip success. To help you avoid the unexpected, and exceed the expectations of your stakeholders when traveling to India, we have developed this planning guide.

Enclosed, you'll find tips from Universal Weather and Aviation, Inc. to help you plan for visas, airports, hotels, health, and security. In addition, we have included a guide to Indian cuisine from Air Culinaire Worldwide, a Universal® company.

We hope this information helps you to successfully navigate the unique operating requirements and local cultures of India.

As always, please know that you are not alone. We are here for you whenever you need us.

"Satyameva Jayate" Sanskrit

India's country motto which means, "Truth Alone Triumphs".



A Universal Weather and Aviation, Inc. company

You navigate a complex world. Avoid the unexpected. Manage expectations.

Below is a list of important operational considerations when planning a trip into, within, or out of India.

COUNTRY

Be aware of the following recommendations and requirements before operating to India:

- Visa requirements for crew and passengers, and if visas can be obtained on arrival
- Crew documentation needs upon arrival (licenses, IDs, passports, visas, etc.)
- Customs and immigration regulations, and the clearance process for crew and passengers
- Pet entry regulations and documentation requirements
- Country regulations for de-catering and disposing of trash
- Country health briefing (should be obtained in advance)

HOTELS

Confirm the following with your hotel prior to booking:

- Meets western standard for 4- and 5-star accommodations
- Location
- Grocery stores or markets nearby
- Restaurant options at or near hotel
- Advance booking requirements (critical if stay coincides with major local events)
- Minimum number of stays needed for booking
- Down payment or pre-payment requirements
- Lead time to arrange direct bill for rooms through 3rd party
- Cancellation policy
- Availability of courtesy transportation
- Rate cap limitations on rooms
- Lead time required by hotel restaurant to order catering
- Room refrigerator requirements
- Rewards program information on file with hotel for elite status qualification and points

AIRPORT

Confirm the following information prior to your trip:

- Airport operating hours
- Ground handler operating hours, meeting point, and phone numbers
- Customs, Immigration, and Quarantine (CIQ) clearance procedures
- Regulations for crew bringing aboard catering for departure
- Fluid limitations if bringing own catering (e.g., from a restaurant) for departure
- Restricted food items (e.g., agricultural restrictions)
- Ability to store food items on aircraft, with ground handler, or with caterer
- In-flight catering delivery time (particularly, how far in advance catering is recommended to be delivered)
- Ramp access availability (when needed during your stay and on day of departure)

SECURITY

Research the following information prior to your trip:

- Security considerations for city, including hotel accommodations, tourist destinations, restaurants, and farmers markets
- Areas in the city and activities you should avoid while at destination (e.g., walking alone, cultural differences, possible civil unrest, etc.)
- Private transportation options (public transportation not recommended for women)
- Security intelligence reports you should acquire to understand potential risks (e.g., city, hotel, country)
- High-risk threats such as kidnapping, crimes against women, and terrorism
- Required and recommended immunizations for traveling to India
- Health briefing with risk mitigation tips to include common diseases specific to India

This information was provided by Universal Weather and Aviation, Inc. If you have questions or need trip support assistance with any of the above, contact us at: **N. America** +1 (800) 231-5600, ext. 3300 or **Worldwide** +1 (713) 944-1622, ext. 3300.

Indian Cuisine

Namaste! India is a very complex country, both culturally and geographically. Throughout history, a variety of factors have influenced the many regional cooking styles. From Kashmir and Punjab in the north, Assam and Bengal in the east, Mumbai and Goa in the west and Kerala and Tamil Nadu in the south – each region offers an array of exotic cuisine.

Here, our executive chefs have identified some of the popular local dishes and their culinary influences. We recommend that you consult with your caterer about local specialties, as well as what's available and in-season.

Meal Schedule

The Indian meal schedule is similar to what you might find in Western cultures, consisting of a morning meal, a mid-afternoon meal and an evening meal.

The evening meal is usually the largest meal of the day. Silverware is not traditionally used to eat Indian cuisine. The cuisine is meant to be a sensory experience, so many consume foods such as curry, rice and naan. Naan, an ovenbaked flatbread, is often used as the utensil for scooping up the food. You should only eat with your right hand, since using your left hand is considered unclean.

Local Ingredients

Ajowan or Ajwain (Lovage): Ajowan is a plant native to India. Its seeds provide a sharp thyme-like aroma and flavor. Ajowan is primarily used in savory Indian dishes such as snacks, pastries, vegetables and breads. Use these seeds in moderation as the flavor is quite strong.

Amchur or Amchoor: Amchur is a unique Indian spice created by powdering dried green (unripe) mango flesh. It is often used in marinades and chutneys.

Chat (chaat) Masala: Chat masala is an Indian spice blend, also called a masala. It typically consists of dried mango powder, cumin, coriander, dried ginger, salt, black pepper, asafetida and chili powder. It has a pungent almost egg-like smell and tastes both sweet and sour. Chat masala is used to flavor most popular Indian fast foods.

Cumin (Jeera or Jira): Cumin is typically used ground or whole in any curry dish. It is one of the most important Indian spices. Cumin has a bitter, nutty taste and a powerful aroma that many people associate with Indian food.

Fenugreek (Methi): Fenugreek seeds provide a tangy flavor and a powerful curry scent to many vegetable and lentil dishes. These seeds are always roasted before they're used. The lighter the roast, the more mellow the flavor; the darker the roast the more bitter the flavor.

Ghee: Ghee, also called "Indian clarified butter", is used to add flavor to many Indian dishes. It is clarified without any solid milk particles or water. Traditionally, ghee is made from butter churned out of Indian yogurt (curd). It is boiled and stirred constantly until all of the water is evaporated. Then, it is further heated to develop a pleasant flavor, slightly cooled, and filtered through muslin to remove sediment.

Tamarind (Imli): Tamarind fruit is a type of legume with fleshy pods inside of a hard, brown shell. Tamarind is especially popular in South Indian cuisine and can be found in Indian grocery stores. It's used in many chutneys and a multitude of other condiments for its characteristic bitter-sweet flavor.

Turmeric (Haldi): Turmeric is similar to ginger, but it is boiled, dried and used in powder form. Turmeric adds intense yellow color and a woody flavor and scent to dishes. Almost all Indian vegetable and meat dishes use turmeric in some form.

NORTHERN INDIA

LOCAL DISHES

Tandoori Murgha – Roasted chicken that has been marinated in yogurt seasoned with Tandoori Masala – a spice blend of Cayenne pepper, and Kashmiri red chili powder that gives the dish a fiery red hue.

Chana Masala – Chickpeas and tomatoes simmered with a mixture of fried garlic, ginger, onion, and serrano chiles. Spiced with cumin, garam masala, coriander, and turmeric.

MAJOR CITIES

Delhi, Lahore, Jaipur, Agra

INFLUENCES

Moghul, Persian



EASTERN INDIA

LOCAL DISHES

Macher Jhol – A local fish (Aar, Rohu or Katla) that is fried and cooked in a ginger and tomato-based gravy, served with Basmati rice.

Momos – Steamed dumpling stuffed with pork, paneer, or vegetables.

MAJOR CITIES

Kolkatta, Imphal, Shilong, Bhubaneshwar

INFLUENCES

Chinese, Buddhist

WESTERN INDIA

LOCAL DISHES

Vindaloo – A pork dish with Portuguese influence, cooked with wine vinegar, garlic, spices and hot chilies.

Bombil Fry – A local fish (Lizard Fish, aka Bombay Duck) that is dried and salted, seasoned with chiles and garlic and deep fried.

MAJOR CITIES

Mumbai, Panaji, Kandla, Ahmadabad

INFLUENCES

British, Portuguese

SOUTHERN INDIA

LOCAL DISHES

Biryani – A mixed rice dish made with spices and meat or vegetables.

Masala Dosa – Spiced, fried mashed potato, wrapped in a rice pancake.

MAJOR CITIES

Chennai, Pondicherry, Bangalore, Kochi

INFLUENCES

French, Hindu

This information was provided by Air Culinaire Worldwide. If you have questions or need catering assistance, contact us at: **N. America** +1 (800) 247-2433 or **Worldwide** +1 (813) 449-6000.