



GENERAL INFORMATION ON YOUR DESTINATION CITY

BANGALORE, or 'Bengaluru' as it is now officially known, is the capital of the southern Indian state of Karnataka. Known for its pleasant climate all year round, Bangalore is also called the 'Silicon Valley of India' because of its role as the Nation's leading information technology exporter. It is also home to some of India's top educational and research institutions and has been dubbed the 'Garden City of India' because of its beautiful parks, gardens and tree-lined streets.

- Population: 8.5 million
- Average temperatures in April: Average High of 34 Celsius & Average Low of 21 Celsius
- Average Rainfall in April: 44MM
- Average Humidity in April: 51%
- Language: Although the official language is Kannada, English is extensively spoken
- Currency: Indian Rupee (INR); 1 USD=62 INR approx. (fluctuates based on exchange rate)
- Voltage: Electricity Voltage in India is 220 volts AC, 50 cycles.

DOS AND DON'TS

Before you leave

- Do scan your passport, and carry photocopies of your passport with you
- Do carry prescriptions for any prescription medicines that you are taking
- Do inform your airline in advance if you have any special needs
- Do carry comfortable shoes or flip-flops
- Do carry light and comfortable clothes
- Don't forget your camera!
- Don't worry – we are here to help you with anything that you may need!

When you arrive

- Do drink only bottled water – and make sure the bottle is sealed
- Do request the hospital to arrange a local mobile phone for you, and do share this number with friends and family back home
- Do dress sensibly – women should keep knees and shoulders covered
- Do take time out to visit the sights in the city – and use only licensed taxis
- Do keep your eyes and your mind open. There will be LOTS to see and learn 😊
- Don't eat/drink off the street. Stick to reputable restaurants

- Don't venture out alone, especially after dark. Always inform the hospital of your whereabouts if you do plan to travel



At Life & Wellness co. we understand that health comes first. We are dedicated to ensuring that you have a comfortable and fulfilling medical experience and are at your service. Please do not hesitate to contact us if there is anything you require during your stay at Ayurvaid in Bangalore.

**We wish you Safe Journey, a Rewarding Treatment,
And a Life full of Good Health and Wellness**

