

# Take a deep breath



## Pegasus Farm

Jahrgang 2007 Ausgabe 1

### Come to India

When we decided -8 years ago - to spend the major part of the year in India, we had only a slight idea of what could be expected.

The situations we actually had to cope with were quite different from our expectations.

Today I know that everything would have been much easier and the complications a lot less with experienced friends at our side.

Therefore I would like to offer you my help as the "experienced friend", making your travel a success and inviting you to spend your time here on our farm in South India.

The India we found 8 years ago is not the same you will find now. Every-

thing is now eas-

ier and better for travellers from abroad.



Banana  
Flower

India has developed in an unbelievable speed - in all aspects: hygiene, banking facilities -with your Maestro Card you can get cash in many places, the shops offer a great variety of Western products, the transportation is more comfortable with more trains which even keep their schedule, and health care - there is no aspect where there is not an enormous development for the better.

Generally it isn't cheap to travel in India due to the overpriced hotels which hardly keep a healthy price-performance relation. One of the alternatives is the so called HOME STAY where you stay close to a family - in our case to the inhabitants of the Pegasus Farm.

But there is the possibility to travel on a low budget, which is preferred not only by young travellers.

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### The Climate in Mysore

The climate is generally very pleasant throughout the year, as Mysore is situated app. 800 m above sea level.

The summer is dry and not too hot; the humidity lays at about 40%

In the winter the temperatures are about 25 C, in the nights app 17 - 19 C

In the rainy season it only starts raining in the afternoon. With proper planning a lot

can be accomplished with dry feet.

## Come to India Part 2

You will be surprised how many senior travellers you will meet. Trains are good at reasonable prices, and there are bus connections to nearly all destinations.

To travel on a low budget it is necessary to agree on a lower standard in accommodation. But nevertheless you can have formidable meals even with your low budget. This is a worthy compensation. I recommend to treat yourself to one night a week in a 5\* -hotel, with a very clean bed, a fitness centre, a hairdresser and beauty parlour

I also recommend to travel in company as it is simply more fun than to travel alone and also more secure.

On a low budget travel you will make many new and interesting acquaintances which will seldom happen if you stay in the expensive hotels. You will be surprised to see how many people explore India on their own.

The options you have are based of course on the time you can free yourself from home/work.

For a travel duration about up to 4 weeks, I suggest to limit the number of destinations you want to see. You will need 2 weeks alone to explore the city of Mysore and its vicinity. There is plenty to see and to learn. Take your time to get into contact with the Mysorian people, take early morning yoga classes, stroll over the city market, explore the small alleys with their cramped full stores, see some traditional or even modern

dance performances and so on . Travel to Bangalore, the metropolitan of Karnataka for a shopping tour and treat yourself with the city's great choice of good restaurants. You may stay at our farm from where all destinations are easily to reach. Our car and driver are at your disposition for destinations in the vicinity of Mysore. (max. distance 30 km)

You have to calculate that you may need about 2 or 3 weeks to get used to the climate, the food and the water, as well as to the Indian accent which is a challenge in the beginning. You may take advantage of all my experiences, of course.

If you plan a long-time visit to South India of about 3 to 6 months, we offer you to start on the farm in a protected environment like the travellers with lesser time, simply to get familiar with the way of live in India. You should also use this time to get prepared for your short travels deep into the South, by getting light weight silk sleeping bags and pillow covers made by a tailor, which will make the overnight stay in a low budget hotel more endurable . You should allow time to get cotton Indian dresses which are very comfortable for travelling, get familiar with the booking system and the travel agencies of the city.

After 3 weeks you are ready for tours which you can book by mobile phone (we provide a Sim Card for your Mobile phone).

After each trip of 1 or 2 weeks you should relax on our farm and prepare slowly for the next.

If you stay on our farm, you will pay only for the days you stay overnight and for the meals you have taken. On your travel days we keep an eye on your left luggage and offer you an European backpack. The Indian are a basically friendly people and there is not much criminality - you can feel safe throughout your travel. You might feel disturbed by beggars, mainly women with babies. When you consider that begging is a profession and organized and that the young women who hold the sleeping (often doped) babies to your eyes are doing a job and that the babies are mostly not their own, it will be easier to defend yourself. I often give to old women some small

Before coming to India I suggest to get a certain knowledge about the religions, the history and the traditions which will help a lot to understand what is happening around you and will sharpen your perception.

money because there is no social security for old age and the "generation contract" - the family - does not function any more.

## Goa—the relaxing end of your journey

Finish off your travel with a short beach holiday in Goa, a part of India where the Portuguese conquerors have left a great impact.

The food is Portuguese, the people relaxed (known as laidback or lazy), the beaches clean. Avoid the touristy North and return to Mysore all relaxed, pack your souvenirs and fly back ready to face your day to day

life at home.



Goa Beach



Goa Beach



Sunset in Goa

## Home Stay

The 5\* hotels are more or less the same all over the world the same. At night, if you are in the garden or sitting on a bench on the lawn at your 5\* hotel, you probably won't be able to tell which Asian country you are in.

Home-stay brings you close to the local people; it gives you an impression of their daily life and some of the problems they face.

You are the only guest and, as such, special to us. To keep the feeling of seclusion, we have no TV and no radio. You only have the natural Indian sounds like birds, dogs, people, the muezzin calls from the mosque of the far away village and the temple prayers of the near by Hindu Temple.



A good place to stay

## Our Farm—your place to stay

We are situated in South India, close to Mysore . Mysore was the capital city of Mysore State until the State of Karnataka was formed.

The past rulers of Mysore ensured that the city developed as a capital that nurtured fine arts and built a city, that has enviable and enduring value as a heritage city. The well-planned city with its beautiful lakes, parks and boulevards has attracted and inspired poets, litterateurs, musicians, exponents of dance, drama, educationists as well as artists in wood carving, sculpture, drawing, painting and educationalists to give of their best.

17 km far from the city, well connected, our Farm is hidden off the main road, away from noise and pollution on one acre of land with tropical flora, fruits and plenty of birds.



A good place to regain strength and energy

A good place to be creative

## Farming

Only recently we started to grow vegetables for our own use, for our guests and for sale to health conscious travelers or Mysorians.

We avoid chemicals, and have started to learn how to nurture the plants organically.



*Exotic Beauty*

At the moment we are building a shed for our first cow. The cow will come from the mountain area and is bred by nature-conscious experienced alternative farmers. The next step will be a movable chicken pen. Both will be the source for the manure for our plants. Here in tropical areas we have to add manure regularly as normal composting helped by the seasons in Western countries, does not occur here.

Besides the vegetable farming we cultivate many exotic plants and flowers.



*Evening Beauty*



*Vegetables*

## Travel in India

The flights from New York/ Frankfurt/London/Paris/ Zurich etc to Bangalore go via Bombay, Delhi, Madras or Colombo-Sri Lanka. There are some flights from London or Paris that fly directly to Bangalore. Lufthansa is now flying from Frankfurt every day directly to Bangalore . The prices can be high and flights are booked well in advance, so one has to do some shopping around to find the best deals. The most economical airlines are usually Air Sri Lanka, Air India or Gulf Air. They all have one or two stopovers.

A good choice is to have a stopover in Sri Lanka and spend a few days at the beach. The hotels are good and reasonable, and the beaches clean.

Do pay attention to the arrival times in Bangalore. An arrival late at night or past midnight is rather unpleasant, resulting in a long wait for connections to Mysore. As a rule, riding in a car or bus at night should be avoided. The first train out of Bangalore is at 6 a.m. The best is to arrive in Bangalore in the morning, when there are several connections to Mysore throughout the day. If

it is not to avoid to land in the night we can book a hotel room for you close to the airport. The rate is app. Euro 25/30 (non A/C). We also will organize a transfer to the Hotel, so you don't have to worry. Whatever flight connections you make, and from where ever you start, your flight is to end in Bangalore South Karnataka where we will receive you at the Bangalore airport (Hindustani Airport) . The transfer to Mysore will be by car or bus in the morning or afternoon depending on the arrival time. The distance is about 140 km., Travel time app. 3 hours. Prior to your departure, we will send you all necessary information via e-mail, to help you to have a pleasant



India Map

## Languages in India

In each part of India people speak and write another language, even different letters. Not an easy task to come along as a foreign traveler. But an Indian traveler from Bombay e.g. also cannot read the road signs here in Karnataka - if they are not in English.

All you need is a basic English knowledge but - the more the better.

For talking with not educated Indian you easily find somebody who is happy and feels honored to translate. The educated Indian speak English - in South India, except in Tamil Nadu. There you might find educated people who refuse to speak English.

But in general it is easy to come along with some English knowledge, some phantasy and good will . Hindi knowledge is also very helpful as Hindi is very close to Urdu, the language which is spoken by the Moslems (Only the letters are different - Arabic in Urdu.) who are mainly the venders and dealers on market places.

Mysore belongs to the state Karnataka and the spoken language is Kannada. For companies it is mandatory to write the name on the board first in Kannada, then in

English. There is a permanent fight between two groups. The one who wants to preserve the local language and the other who wants to teach the children English at a very early age.

In young families with educated parents it often happens that the children don't know the mother tongue of the parents, they learn in school Kannada, Hindi/Sanskrit and English. Three languages with three different letters. The mother tongue would be a fourth one and would burden the children too much. A very big number of the inhabitants of Mysore and Bangalore are Tamilians from Tamil Nadu. They have the reputation to be good and reliable workers.

For talking with not educated Indian you easily find somebody who is happy and feels honored to translate.



## Travel Time

The photos in this website are made in the raining season. At this time everything in India is lush green and fresh. The temperatures are about 25-30 degrees C, the nights pleasant. A good time to stay here in Mysore because here it is raining only in the afternoon and at night. But if you want to travel around traveling in the raining season is not so pleasant. There are areas e.g. at the seaside where it is raining night and day which can cause some trouble with the roads.

The winter (December, January and February) is accompanied by quite dry nature due of lack of rain. But this is the best time to travel South. After February Kerala and Tamil Nadu are too hot to enjoy. The nature gets alive from April onwards. In April/ May are Summer vacation and most of the trains are booked out. So be prepared to make your inland travels by bus. The bus-

ses are nowadays very comfortable and secure as long you avoid to travel in the night. The Indian tourists are very loud.

A big plus for this time: end of April the MANGO SEASON starts. The Yoga schools are closed in April and open in May.

End of June the Monsoon rains are expected to come - but are mostly delayed.

Conclusion: For a stay over app. 1 month max. we recommend the time of April/May/June. One month you need to explore Mysore and the vicinity including Bangalore. You can also visit the hill stations where the temperatures are moderate and you will enjoy the coffee and tea plantages. If you want to see wildlife this dry season is more promising,



*Lush green in the raining season*

because the animals have to use the known water places. Because of the summer holidays early planning and booking is necessary.

If you plan a longer travel with many trips South, we recommend the time September to February

A special for summer

2007: If it is too hot for you in Europe in July/ August, come to India with moderate temperatures in August, heavy winds, cloudy sky, a lot of fresh air. We give you an off season discount.

To travel in India is save, even for women. We suggest not to travel alone, but with a companion.

## Artist in Residence

In an age of multimedia and the consequent overdose of visual impressions, all artists are confronted with the question: "Where do visual arts (especially painting) lead us?"

"How can the visual arts distinguish themselves from the other art forms? What are their specific powers?"

To source it's power, to relocate and define it's stand anew, to rephrase this art-form, to work out new insights; these are all parts of a process, with which any artist has to live, and constantly experience. This is the very reason why painting is still so vividly surviving alongside the other visual media. To formulate the visual concepts, as well as to analyze new sets of artistic paradigms becomes a necessity in the life of an active artist.

We might assist you doing this very thing, as we are situated at a prem-

ises of one acre, where you have peace and nature around you. In addition you are in India! - You will be in contact with its people, the aromas, the colors of nature, as well as

"How can the visual arts distinguish themselves from the other art forms? What are their specific powers?"

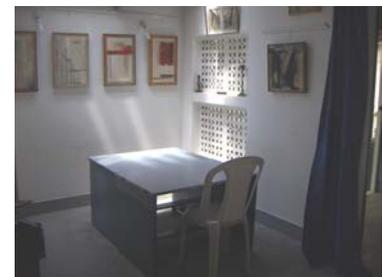
the cities.

All will no doubt excite and stimulate your senses. India has so much to offer, so many new experiences, so much insight.

You cannot avoid it - you will be affected not only artistically, but also emotionally, touched by the special charm of this land. It will leave

traces within your soul, remaining for years after your visit.

Artists are invited to stay and work and interact with other artists.



## What you get

### Our offer for guests who plan to explore South India and take the farm as "Headquarter" or come for Medical care.

- Accommodation in our Guest Room (Double Room) with Sit-out or the studio with roofed Terrace, when it is available (The studio is planned for two persons each on a cot (small bed size 60 x 1.90) or one person on a bed (1,00 x 1.90).
- breakfast and dinner, Western or Indian, vegetarian or non-vegetarian at the days of your stay at the farm. If you are not sight- seeing during lunch time, you definitely will get also lunch.
- car with driver for sight- seeing (co-ordination is necessary) in a circle of app. 30 km or city/ doctor visits.
- all helps to come along from contact to Indian People over organizing short bus travels far South, finding places of interest to photograph, finding places for shopping and organize medical

care.

- a sim card for your mobile phone (also for calls to numbers outside India) to keep you connected to the world
- use of the computer equipped with photoshop, cd writer and card reading facilities for saving your digital photos.
- you can leave your luggage behind and travel light with our backpacks.
- you can use our washing machine, so that you need only a limited quantity of luggage.

### Our special offer for artists from abroad:

- We will make sure that in the time of your stay other art activities will take place or other artists are joining you.
- You will find a fully and well equipped studio for your use. (Acrylic colors, (cream or pigments) water colour, crayons, binder, handmade paper, canvas, brushes, palettes, chalk, big working tables, easel)

- a bicycle for roaming around.
- all meals, Western or Indian, vegetarian or non-vegetarian at the days of your stay at the farm.
- car with driver for sight seeing (co-ordination is necessary) in a circle of app. 30 km or city visits.
- all helps to come along from contact to the art scene, over organizing short bus travels far South to shopping.
- Bus fare to Bangalore once the week.
- a sim card for your handy (also for calls to numbers outside India's) to keep you connected to the world
- accommodation in the studio. Possible are two persons each on a cot (small bed size 60 x 1.90) or one person on a bed (1,00 x 1.90)
- use of the computer equipped with photoshop, cd writer and card reading facilities.

## Price list

<b>Homestay</b>	per day per person	35	35
Discount sharing the room	per day per person	5	5
Special price	one month per person		950
Special price Room sharing	one month per person		850
Price for luggage on travels	per day per person	5	5
<b>Artist in Residence</b> (Scholarship from Nila Fine Arts per day per person Euro 5)	per day per person (after deduction of the scholarship)	40	40
Discount sharing the room	per day per person	5	5
Special price	one month per person		1100
Special price Room sharing	one month per person		950
Down payment 10% after receiving the confirmation			

## Health Care

Health care is an important theme. We recommend a Health Insurance for the time of your stay in India. The Hospitals are equipped with machines of the newest standard, the doctors mostly are trained in Europe or USA.

In Bangalore and also in Mysore are special heart clinics which have a very good reputation.

If some repair / exchange at your teeth is necessary - wait and let it be done in Mysore to a very low rate. You can save a great part of the money you have to pay yourself at home. You need new spectacles? Come to Mysore.

With a good planning you have additional to the health care nice holi-

days, as the price difference can pay a great part or all of the vacation costs. e.g. If you stay here one month for dental treatment and get 2 bridges done, you pay app. :

- Flightcosts app. (from Europe) 600 to 1.200 Euro (can even be less, but also more)
- Stay 1 month 900 Euro
- Medical costs app. 600 Euro total 2,700 Euro or even 2.100 Euro

At the same time you can save by shopping necessary branded items to very low rates like shoes, pants, shirts or you get a lot of good dresses stitched (evening dresses, party or wedding dresses).

Dialysis patients can get treatment easily. The hospitals do also laser eye

operation. You can get the newest development in hearing aids etc.

If you tell us what exactly what you are in need of, we can give you the exact current prices. The prices are subject to change permanently.

## Shopping

There are certain things which are more expensive here than overseas, but plenty of good deals are waiting for you. It starts with kids ware. Especially shoes are of good quality, colorful and at very low rates.

- Shoes for gents and ladies,
- Homoeopathy medicine is available to at very low costs.
- Fabrics in cotton, cotton mix, silk, silk mix, even linen,
- Undergarments,
- Ready made dresses in linen and cotton Western Style,
- all famous Brands in gents ware and sports ware,
- There are many factory outlets for branded sports ware like Adidas, Levis, etc.
- For European it is a relief to see the prices in the restaurants.
- Spices like Cinnamon, Vanilla which are very expensive overseas,
- getting your hair done,
- Wash Nuts,
- Mosquito Repellant,

You certainly find more items if you shop around.

**Don't go for:** all electronics, alcohol, body lotion, shower gel, computer items: hardware, software or consumables,

## Money

The times of Traveler cheques are out. Nearly everywhere are Automats where you can get Cash with reasonable bank costs to a good exchange rate with your MAESTRO card.

In Bangalore City you can pay in all shops at the shopping miles with Visa or other credit cards.

But in Mysore City there are only a few where you can use your card. There you need more cash, but cash is available at many corners.

The exchange rate for Euro is varying from 54 - 58 Rs per Euro, for the US Dollar from 42 - 46 Rs per US Dollar



**Peg**

## **Pegasus Farm**

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