



STONEHILL
INTERNATIONAL SCHOOL

An Embassy Group Education Initiative

STONEHILL INTERNATIONAL SCHOOL: NEW FAMILY GUIDE

A warm welcome to Bangalore and to our Stonehill community!



WELCOME TO STONEHILL INTERNATIONAL SCHOOL

A helpful guide for new families settling in Bangalore



WELCOME MESSAGE

We're so happy you're here!

Welcome to the Stonehill family! Transitioning to a new country, city, and school is a big adventure, and we are here to help you feel at home every step of the way.

This guide was created by the PTA (Parent Teacher Association) to answer some of the most common questions families have when moving to Bangalore. Inside, you'll find helpful tips about life in India, settling your family, and becoming part of the warm and vibrant Stonehill community.

Whether you're looking for recommendations on neighborhoods, need a quick list of apps to download, or want to know how to get involved at school, we've got you covered.

We are looking forward to meeting you soon!

Akhila Dasblah
PTA PRESIDENT





MEET YOUR PTA

What We Do

The PTA is here to:

- 🌂 Welcome new families and help them settle into life in Bangalore with ease.
- 🌂 Organize cultural celebrations, coffee mornings, and fun family events that bring our community together.
- 🌂 Support local charities and give back to the wider Bangalore community.
- 🌂 Foster strong connections between parents and the school community.

How to Get Involved

There are many ways to connect:

- 🌂 Join our WhatsApp groups for updates and support.
- 🌂 Volunteer at school events or lend your expertise.
- 🌂 Come along to our events or meet us for coffee and our PTA workshops at school.

Other Ways to Get Involved

You don't need to join the PTA to make a meaningful contribution—there are plenty of other ways to get involved and enrich the school community. Whether it's coaching a sports team, being a guest speaker, volunteering for reading-aloud sessions, or suggesting new ideas for events, the school warmly welcomes diverse forms of participation. Parents are valued partners, and the school is always open to creative ways you'd like to engage.

Scan the QR code to connect with our Welcome Coordinator



Stay Connected

Email us at:
PTA.President@stonehill.in



GETTING SETTLED IN BANGALORE

Where to Live

Bangalore is a large and dynamic city. Many Stonehill families live in:

-  **Yelahanka & Hebbal** – Close to school with gated communities and apartments.
-  **Whitefield** – Popular with expats, though further from school (60+ mins drive).
-  **Indiranagar & Koramangala** – Trendy, central neighborhoods with cafes and restaurants (longer commute).
-  **Devanahalli** – Fast-growing neighborhood located in North Bangalore near the international airport.



Tip: Reach out to PTA to get some recommendations on popular Stonehill residential communities.

Transport

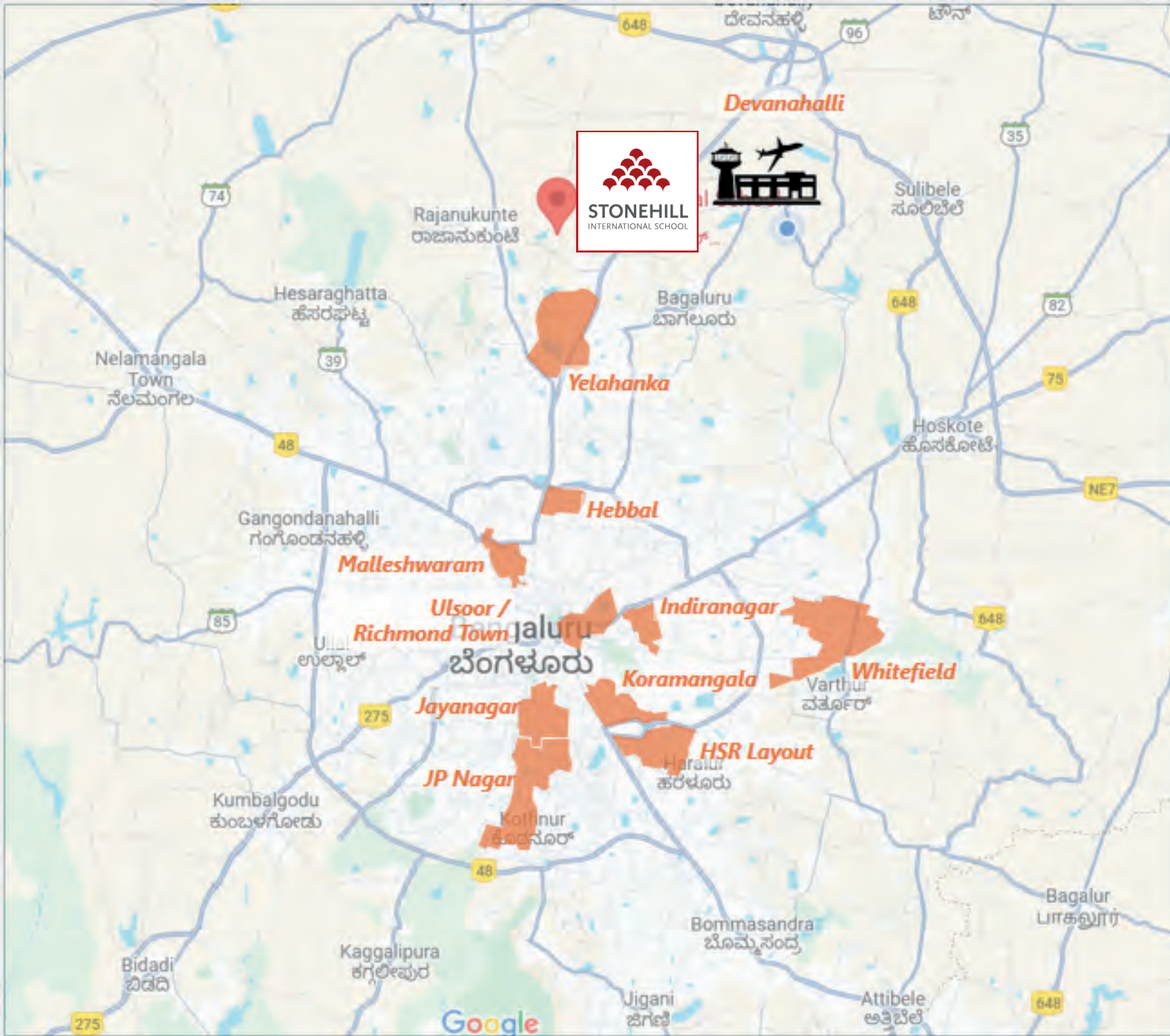
-  **Taxis:** Ola and Uber are the most reliable.
-  **Drivers:** Many families hire a dedicated driver for school runs and errands.

Setting Up Home

-  **Internet Providers:** Airtel, ACT
-  **Gas & Water:** Ask your landlord or housing society for setup details.
-  **Furniture & Home Goods:** IKEA (Bangalore), Urban Ladder, Pepperfry.
-  **Furniture Rental:** Furlenco, RentoMojo, and CityFurnish all deliver in Bangalore and offer flexible rental tenures (typically 3, 6, 9, or 12 months) for furniture, appliances, and full home packages. Most include free delivery, repairs, and pickup when the rental ends – a popular option for families who don't want to buy and resell furniture for a shorter stay.
-  **Mobile Phone Providers:** Airtel, Jio, Vi



BANGALORE NEIGHBORHOODS MAP





EVERYDAY ESSENTIALS

Groceries & Shopping

-  Supermarkets: Loyal World, Nature's Basket
-  Online Options: BigBasket, Amazon Fresh, Swiggy

Healthcare

Trusted hospitals near school:

-  **Aster CMI Hospital** – Multi-specialty care with outlets across the city
-  **Manipal Hospital** – Multi-specialty care with outlets across the city
-  **Cytecure** – Multi-specialty care
-  **Sparsh Hospital** – Multi-specialty care with outlets across the city



Tip: It's a good idea to register yourself and your family with your preferred local hospital when it's convenient. This ensures your details are already in their system, saving time and stress in case of an urgent medical need.



Key Apps to Download

-  Swiggy/Zomato – Restaurant delivery
-  Ola/Uber – Taxis
-  BigBasket/Zepto/Blinkit – Groceries and household essentials
-  Meatigo/Licious – Fresh meat, seafood, and ready-to-cook items
-  Urban Company – Home services (cleaning, repairs, salon & spa treatments)
-  Amazon India – Everything else
-  Google Pay/PhonePe – Mobile payments
-  Toddler / ManageBac - For schoolwork and communications

Community Connections for Everyday Essentials

Many residential communities in Bangalore have well-established connections with trusted local vendors for daily needs such as fresh bread, meat, fruits, and vegetables. In some areas, vendors even offer scheduled deliveries directly to your doorstep.

We recommend joining your community's WhatsApp group as a first step. These groups are a great way to:

-  Find out about existing delivery schedules and services.
-  Get recommendations for reliable local shops and vendors.





SETTING UP A BANK ACCOUNT IN INDIA

Opening a bank account is a crucial step for managing daily expenses and settling into life in Bangalore.

Popular Banks for Foreigners



HSBC, Standard Chartered – International banks with services tailored for expats.



HDFC Bank, ICICI Bank, Axis Bank – Indian banks with widespread branches and online banking.

Documents You'll Need

Requirements can vary slightly between banks, but you will typically need:

- 1. Passport** (with valid visa and copies of relevant pages)
- 2. FRRO Registration Certificate** (issued by the Foreigners Regional Registration Office after arrival in India)
- 3. PAN Card** (Permanent Account Number) – essential for financial transactions. If you don't have one, most banks can help you apply.
- 4. Proof of Local Address** (e.g., rental agreement, utility bill in your name, or a letter from your employer/school)
- 5. Passport-sized photographs** (usually 2–3)



Tip: The FRRO certificate is mandatory for most resident savings accounts, so ensure you register with the FRRO soon after arrival (required within 14 days for most visas).

The Process



Visit the branch in person to complete application forms (many banks now offer online pre-registration).



Submit your documents for verification.



Once approved, you'll receive a cheque book, debit card, and online banking access.



HOUSEHOLD HELP IN BANGALORE

Many families in Bangalore employ some form of domestic help, and for those new to it, the process can feel unfamiliar at first. Here's an overview of what's available and how to go about it safely.

Types of Domestic Help

-  **Housekeeper/Helper** – Cleaning, laundry, and general household chores – available full-time or part-time.
-  **Cook** – Prepares daily meals; can be hired for specific meals or full-day service.
-  **Nanny** – Childcare support, ranging from a few hours a day to live-in care.
-  **Driver** – Handles school runs, errands, and family travel – especially popular given Bangalore traffic.
-  **Staff are typically hired on one of three bases:** full-time (set daily hours, living off-site), live-in (residing with the family), or part-time (a few hours a day, often for cleaning or cooking, sometimes shared across a few households).

How to Find Staff

-  **Agencies** – Established agencies offer pre-screened candidates and can be a good starting point for families new to the city.
-  **Referrals** – Word of mouth through your residential community, colleagues, or school WhatsApp groups is one of the most trusted ways to find staff in Bangalore.
-  **Community classifieds** – Groups such as the International Club of Bangalore (ICB) circulate listings for domestic staff among expat families.

Background Checks & Documentation

-  **Police Verification:** Standard practice, and strongly recommended, for any staff member before they start work. This can be arranged through your local police station or via an online verification service, and typically requires the staff member's ID proof and a passport-sized photo.
-  **ID Verification:** Ask for a copy of a government-issued ID (Aadhaar card, voter ID, etc.) and keep it on file.
-  **References:** Where possible, speak with previous employers directly.
Written Agreement: Not always common practice locally, but many expat families find it helpful to agree on hours, pay, leave, and responsibilities in writing from the outset, to avoid misunderstandings later.



Tip: Your residential community's WhatsApp group and other Stonehill families are often the best source of trusted staff referrals and recommended verification services — don't hesitate to ask.



WATER SAFETY / EMERGENCY NUMBERS

Water Safety

It's important to be mindful of water safety to stay healthy in India. Tap water is not safe for consumption, so always use filtered or bottled water for drinking, brushing teeth, and cooking. Most homes in Bangalore are fitted with water purifiers, but it's essential to ensure your filters are serviced and changed regularly for effective purification. If you're unsure about the filter's maintenance history in your new home, arrange for a technician to inspect or replace the system as soon as possible.

For drinking water outside the home, carry a reusable bottle filled with filtered water, or buy sealed bottled water from reputable brands. Avoid ice in drinks unless you're certain it's made with purified water. For families with young children, consider installing an extra layer of filtration such as a UV or RO (reverse osmosis) system for added peace of mind.



Tip: Many communities in Bangalore also arrange for scheduled filter maintenance through local service providers—check with your resident WhatsApp group for recommendations.



Emergency Numbers in Bangalore

Keep these important numbers handy in case of an emergency:

- ☎ Police (Dial 100) – For emergencies requiring police assistance.
- ☎ Fire (Dial 101) – For reporting fire incidents.
- ☎ Ambulance (Dial 108) – Free ambulance service across Karnataka.
- ☎ Child Helpline (Dial 1098) – For child-related emergencies.
- ☎ Women's Helpline (Dial 1091) – For women's safety and support.



Private Ambulance Services:

Hospitals: Many private hospitals like Manipal also operate their own 24/7 ambulance services (check with your nearest hospital and save their number).



BANGALORE'S CLIMATE

Bangalore's high elevation (about 900m above sea level) gives it one of India's mildest climates — one reason it's nicknamed the "Garden City". It helps to know what to expect across the year.

SEASONS AT A GLANCE

Season	When	What to Expect
Winter	Nov – Feb	The most pleasant stretch of the year. Warm, sunny days and cool evenings, roughly 15–28°C. Light layers for the evenings are handy.
Summer	Mar – May	Warm and dry, with daytime highs of 28–35°C. April is typically the hottest month. Most homes get by with fans and AC in a few rooms rather than full central cooling.
Monsoon (SW)	Jun – Sep	The main rainy season, driven by the southwest monsoon. Regular afternoon and evening showers, high humidity, and cooler temperatures (around 20–28°C). Rainfall typically peaks in August and September.
Retreating Monsoon (NE)	Oct – Nov	A second, lighter round of rain from the northeast monsoon, with occasional heavy downpours, before the weather turns cool and dry heading into winter.

What to Expect During Monsoon

-  Sudden, heavy showers are common, even on days that start sunny — keep an umbrella and a light raincoat handy.
-  Waterlogging can affect low-lying roads after heavy rain; leave extra travel time and check your community WhatsApp group for local road updates.
-  Humidity is high, so breathable clothing and mould-conscious storage (for shoes, bags, and leather goods) go a long way.
-  Power cuts can occasionally run longer during heavy storms; a backup light source or power bank is worth having.



Tip: Bangalore rarely sees extreme heat or cold, so you likely won't need heavy winter clothing or serious air conditioning — but do pack a decent umbrella and a light jacket for monsoon and winter evenings.



CULTURE & COMMUNITY

Festivals and Celebrations in Bangalore

Makara Sankranti / Pongal (January)



A harvest festival marked by kite flying, colorful rangoli (floor art), and sharing sweets made of sesame and jaggery.



Tip: Join a local kite festival or try your hand at making a rangoli with your children.

Republic Day (January 26)



Celebrated with flag-hoisting ceremonies and cultural performances in schools and public parks.



Tip: Many gated communities host flag hoisting and kids' performances—great to meet neighbors.

Holi (March)



The famous festival of colors where people throw colored powders and water, celebrating spring and new beginnings.



Tip: Many communities will organise Holi events and Stonehill will also have a popular event during the school week for the students.



Ramzan / Eid-ul-Fitr (April/May)



The end of the Islamic holy month, celebrated with prayers, feasting, and sharing sweets.



Tip: Explore Bangalore's food markets and special feasts in restaurants across the city.

Independence Day (August 15)



Flag hoisting and cultural performances mark this national holiday.

Ganesh Chaturthi (August/September)



Clay idols of Lord Ganesha are installed in homes and community spaces, followed by music, dancing, and immersion in local lakes.



Tip: Visit famous Ganesha pandals in the city or join a friend's home celebration.

Dussehra (September/October)



Celebrated with colorful displays of dolls (bombe habba) in homes and grand parades in Mysore (a 3-hour drive away).



Tip: Don't miss Mysore Palace lit up with thousands of lights during this time.

Diwali (October/November)



The festival of lights—homes glow with lamps and fireworks fill the skies.



Tip: Don't miss out on the amazing Diwali Mela hosted by the school, as well as the Diwali gala for parents - it's the event of the season!



Christmas (December)

- Churches and streets like Brigade Road are decorated with lights and carols. Bakeries sell special plum cakes and treats.



Tip: Explore local Christmas markets or attend carol services at St. Mark's Cathedral or Sacred Heart Church.

STONEHILL TRADITIONS

- Back to School BBQ
- Diwali Mela and Stonehill Diwali Party (for parents only)
- Winter Market
- International Food Fair: Celebrate cultures from around the world
- Starry Nights Movie Night

"India is vibrant, diverse, and welcoming—just like Stonehill."

#GoSIS Tigers





EXPLORING BANGALORE

Bangalore has so much to offer beyond the school gates. From leafy parks to buzzing food streets, here's a starting point for exploring your new home city with the family.

Parks & Green Spaces

-  **Cubbon Park** – 300 acres of shaded walking paths, cycling trails, and playgrounds right in the heart of the city. Free entry.
-  **Lalbagh Botanical Garden** – Historic botanical garden with a glass house, lake, and rock formations – lovely for a Sunday stroll. Free entry.

Family Activities

-  **Wonderla** – One of India's largest amusement and water parks, with rides for all ages.
-  **Science Gallery Bangalore** – Interactive exhibitions aimed at younger audiences, blending science and art.
-  **Indoor play zones, bowling & escape rooms** – Found inside most major malls – see Shopping below.



Education & Discovery

-  **Visvesvaraya Industrial & Technological Museum (VITM)** – Hands-on science exhibits across space, biotechnology, and engineering that keep kids entertained for hours. On Kasturba Road.
-  **Jawaharlal Nehru Planetarium** – Sky shows and space-science exhibits on Sankey Road; a favorite for curious young astronomers.
-  **HAL Heritage Centre and Aerospace Museum** – India's first aerospace museum, on the HAL campus off Old Airport Road – real aircraft, cockpits kids can climb into, and a look at India's aviation history.

Food & Dining

-  **Indiranagar & Koramangala** – Bangalore's best-known restaurant and café districts, with everything from rooftop dining to late-night street food.
-  **Whitefield** – A growing dining scene with international cuisine, popular with the expat community.
-  **MG Road & Church Street** – Classic Bangalore dining and nightlife, plus some of the city's oldest bakeries and bookstores.
-  **Yelahanka & Hebbal** – Closer to school, with a fast-growing selection of cafes, casual dining, and family restaurants.



Tip: Swiggy and Zomato cover almost every restaurant in the city, so it's easy to browse a menu before committing to the drive.

Shopping

-  **Mall of Asia, Phoenix Marketcity & Orion Mall** – Large malls with international brands, cinemas, and kids' entertainment zones.
-  **Lulu Mall** – One of the city's biggest malls, with a hypermarket and a large indoor entertainment center.
-  **UB City** – Bangalore's premium shopping destination for luxury brands.
-  **Commercial Street & Chickpet** – Local markets for bargains, textiles, and a taste of old Bangalore.

Arts & Culture

- 🔴 **National Gallery of Modern Art (NGMA)** – Modern and contemporary Indian art, set in landscaped gardens with an on-site café.
- 🔴 **Museum of Art & Photography (MAP)** – A newer private museum (opened 2023) with an excellent rotating collection.
- 🔴 **Karnataka Chitrakala Parishath** – A visual arts complex with 18 permanent galleries on Kumara Krupa Road, and home base for the annual Chitra Santhe art fair.
- 🔴 **Bangalore International Centre (BIC)** – Talks, performances, and exhibitions exploring Indian culture and current issues.
- 🔴 **Tipu Sultan's Summer Palace** – An 18th-century palace offering a glimpse into the region's history.



Annual Cultural Events Not to Miss

Bangalore's cultural calendar is packed. A few flagship annual events worth planning around:

- 🌂 **BLR Hubba (mid-January)** – Bengaluru's flagship arts and culture festival, with hundreds of dance, music, theatre, comedy, and literature events across venues citywide over about ten days.
- 🌂 **Chitra Santhe / Art Street (early January)** – A one-day open-air art fair where Kumara Krupa Road is transformed into a kilometre-long gallery, with thousands of artists from across India selling original work directly to the public.
- 🌂 **Lalbagh Flower Show (Republic Day in January & Independence Day in August)** – A spectacular themed flower show at the Glass House in Lalbagh Botanical Garden, held twice a year around the two national holidays.
- 🌂 **Bangalore Literature Festival (usually December)** – One of India's largest literature festivals, bringing together well-known authors, thinkers, and panels over a weekend.



Tip: Exact dates shift slightly each year, so it's worth checking closer to the time. *Things To Do In Bengaluru* (thingstodoinbengaluru.com/events) is a great one-stop resource for staying on top of these and other happenings around the city throughout the year.





WEEKEND TRIPS & ADVENTURES

Travel Destinations

Bangalore is perfectly placed for exploring India and beyond! Whether you're planning a weekend getaway or a longer adventure, here are some popular destinations to inspire your travels.

Popular Destinations Within India

India offers an incredible variety of landscapes, cultures, and experiences. Here are some highlights:

North India

- Jaipur, Udaipur & Jodhpur (Rajasthan) – Palaces, forts, colorful markets, and desert charm.
- Agra – Visit the majestic Taj Mahal and Agra Fort.
- Amritsar – The Golden Temple and vibrant Punjabi hospitality.
- Shimla & Manali – Scenic hill stations perfect for cooler weather.
- Varanasi – Experience spiritual India along the banks of the Ganges.

South India

- Kerala (Cochin, Alleppey, Munnar) – Backwaters, tea plantations, and Ayurveda retreats.
- Coorg & Kabini – Coffee estates, wildlife safaris, and lush greenery.
- Hampi – UNESCO World Heritage site with boulder-strewn landscapes and ancient ruins.
- Pondicherry – French colonial vibes and quiet beaches.

West India

- Goa – Beaches, Portuguese architecture, and vibrant nightlife.
- Mumbai – India's financial hub with iconic landmarks.

East & Northeast India

- Andaman Islands – White sand beaches, snorkeling, and diving.
- Darjeeling & Sikkim – Himalayan views and Buddhist monasteries.



Tip: Domestic flights are frequent and affordable; trains offer a scenic and cultural experience if you have more time.



Short Flights from India (Under 4 Hours)

Bangalore's Kempegowda International Airport connects you to stunning destinations just a few hours away—ideal for long weekends.

Sri Lanka (2h)

Golden beaches, tea plantations, wildlife safaris, and ancient temples.

Maldives (2h)

Turquoise waters, overwater villas, and world-class diving.

Nepal (3.5h)

Trek in the Himalayas or explore Kathmandu's rich heritage.

Dubai & Abu Dhabi, UAE (4h)

Desert adventures, luxury shopping, theme parks, and family-friendly attractions.

Thailand (4h)

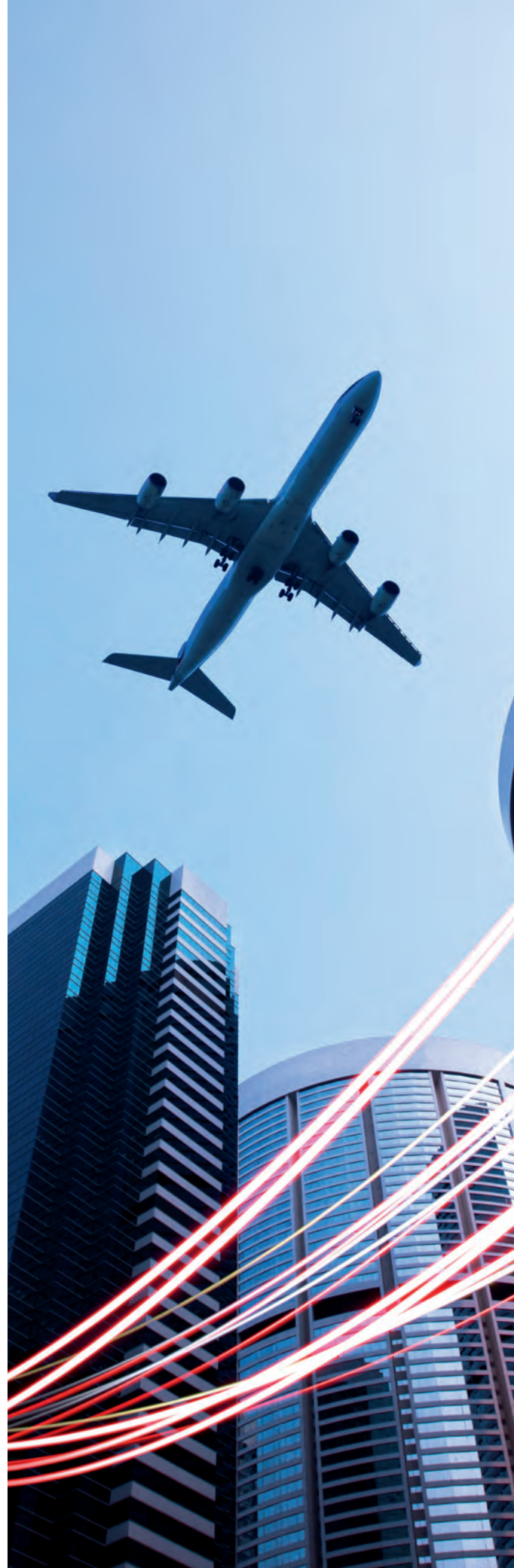
Bangkok for culture and food, Phuket/Krabi for beaches and island-hopping.

Singapore (4h)

Immaculate city life, Universal Studios, and lush gardens.

Malaysia (4h)

Kuala Lumpur for vibrant culture and Langkawi for relaxing beach stays.





KANNADA PHRASES TO KNOW

English	Kannada	Pronunciation
Hello	Namaskara	Nah-mah-ska-rah
Thank you	Dhanyavaada	Dhun-yuh-vah-da
How are you?	Hegideera?	Hay-gee-day-rah?
Yes	Howdu	How-doo
No	Illa	Ill-ah

A Note on Languages in India

India is a linguistically diverse country with an estimated 122 major languages and countless dialects spoken across its regions. In Karnataka, the native language is Kannada, and you'll see it widely used on street signs, in local markets, and government offices.

However, Hindi and English are also commonly spoken, especially in urban areas like Bangalore. Do keep in mind:

- Not everyone in Karnataka speaks Kannada fluently.
- Not everyone across India speaks Hindi either.

Learning a few basic Kannada phrases can go a long way in building rapport with locals—auto drivers, shopkeepers, and household staff especially appreciate the effort!



MOVING WITH KIDS

Moving internationally can feel daunting for children, but there's so much support here.

Settling into School Life

-  Buddies to help new students feel welcomed.
-  Teachers and staff are experienced in supporting international transitions. Social and Emotional Counsellors are also available in school if needed.

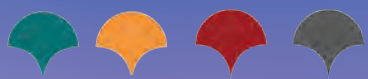
Activities & Hobbies

Stonehill offers sports, arts, music, and after-school activities. Encourage your child to try something new!

Supporting Emotions

Allow time for adjustment, and connect with other families.





MAKING BANGALORE HOME

Moving to a new city is much easier when you're connected to others, and Bangalore has a thriving network of community organizations for internationals and locals alike. These groups are a great way to meet new people, learn about local culture, and get involved in social or volunteer activities. From cultural associations to language groups, there's something for everyone.

Here are a few popular community groups:



International Club of Bangalore (ICB) – A social and cultural group for expats from all over the world. Organizes regular events, tours, and charity projects.
www.internationalclubofbangalore.com



Alliance Française de Bangalore – A hub for French language and culture, with events, exhibitions, and classes open to all.
www.bangalore.afindia.org



Bangalore International Centre (BIC) – Offers lectures, performances, and cultural events that explore India's rich heritage and current issues.
www.bangaloreinternationalcentre.org



Sakura-kai Bangalore - A Japanese community of women. Through a variety of events, members can learn about India and Indian culture.

Websites & Social Media to Follow

-  **[Little Black Book \(LBB Bangalore\)](#)** – Website and Instagram with curated suggestions for food, fashion, lifestyle, and shopping.
www.lbb.in and Instagram @lbbbangalore
-  **[WhatsHot Bangalore](#)** – Website and Instagram that is great for discovering trending places to eat, shop, and explore.
Instagram @whatshotbangalore
-  **[Things2DoInBangaluru](#)** - Popular Instagram account featuring experiences and events in Bangalore.
Instagram @things2doinbangaluru
-  **[Bangaluru Happenings](#)** – Focused purely on “what’s on” around the city – a good quick daily scroll for events, pop-ups, and things to do.
Instagram @bangaluruhappenings__



Tip: Bangalore has a wide variety of community groups catering to different cultures, interests, and causes. Your neighborhood WhatsApp group is often the best place to discover even more local resources, events, and ways to connect.



QUICK LINKS



[Toddle](http://www.web.toddleapp.com) - www.web.toddleapp.com



[ManageBac](http://www.stonehill.managebac.com/login) - www.stonehill.managebac.com/login



[Parent Portal](http://www.stonehill.in/parent-portal) - www.stonehill.in/parent-portal

KNOW WHAT'S HAPPENING IN SCHOOL



www.facebook.com/StonehillInternationalSchool



www.instagram.com/Stonehill_International_School



<https://www.youtube.com/c/StonehillInternationalSchool>



STAY CONNECTED - KEY CONTACTS

Head of School: HeadofSchool@stonehill.in

Primary Principal: PrimaryPrincipal@stonehill.in

Secondary Principal: SecondaryPrincipal@stonehill.in

Head of Boarding: HeadofBoarding@stonehill.in

School Nurse: SchoolNurse@stonehill.in

Transportation: Transport@stonehill.in

PTA: PTA.president@stonehill.in

WELCOME TO BANGALORE. WELCOME TO STONEHILL.



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