

# INDIA

## The Untold Stories

BEHIND  
THE SCENES  
WITH  
**Christian  
Nørgaard**

better  moments



# Photography with passion



Christian Nørgaard portrayed together with the chief of a Konyak Naga tribe village in India, on the border with Burma.

Photography may be my first passion, but traveling is a close second. I spent decades exploring the globe with my camera and out of this passion, Better Moments was born in 2011. Since then, I have worked with the world's most renowned photographers to offer high-end workshops and expeditions for photo enthusiasts worldwide.

On our workshops, everyone is welcome. No matter if you have recently discovered your passion for photography or if you are an emerging pro – our workshops cater to everyone's needs and our experts are all experienced teachers that will adapt to your personal skill level.

Our mission is to help you to take your photography to the next level, refine your own style and sharpen your technical skills. Additionally, we want to inspire each other, create lasting memories and enjoy the best moments in life.

Better Moment's exclusive workshops in landscape, travel and wildlife photography take place in unique locations around the world. From the Himalaya region to Africa's deserts, from Scandinavia's fjords to Australia's Outback – we like to travel off the beaten track and work with local agencies as we are always striving to leave only footprints behind.

I am looking forward to meeting you on one of our adventures,

Christian Nørgaard



# better moments



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Our guests love to travel with us – which is why we are lucky enough to welcome them again and again.



## LET'S GET SOCIAL

For inspiring experiences, real-time updates, the latest trends or casual conversation, explore our social networks for all things travel.



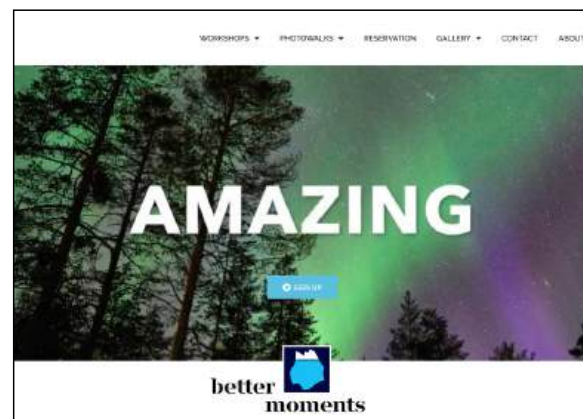
LinkedIn

YouTube



## BETTER-MOMENTS.COM

You can view our current photography workshops on the Better Moments website, where you will find all dates and details – and can reserve a spot for your dream trip.



## NEWSLETTER

Stay up-to-date with our workshops, experts, and special offers: sign up to our bi-monthly newsletter – and receive Christian Nørgaard's guide to travel & portrait photography for free.

**SIGN UP AND RECEIVE A FREE TRAVEL & PORTRAIT PHOTOGRAPHY GUIDE.**

"I think that Better Moments' workshops are some of the best organized, most educational and most inspirational group workshops I have ever worked on. So I would encourage you to join us. Come along and have a great time, learn, be inspired and take great pictures."

Steve McCurry

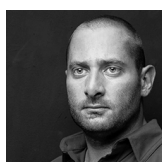
## Our passionate experts

We are proud to work with some of the best photographers in the industry who are experts in their field and have years of experience in guiding and teaching photography workshops.



**Steve McCurry**

National Geographic,  
World Press Photo  
first place



**Marco Di Lauro**

World Press  
Photo Award



**Hamid Sardar-Afkhami**

Writer, photographer,  
award-winning  
filmmaker



**Sisse Brimberg**

National Geographic  
photographer



**Tom D. Jones**

Hasselblad Master  
& European Fine Art  
photographer



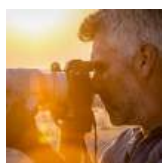
**Arne Hodalič**

National Geographic  
photographer &  
photo editor



**Steve Bloom**

National Geographic  
photographer



**Laurent Baheux**

Award-winning  
wildlife photographer



**Andreas H. Bitesnich**

Award-winning fine art  
photographer





# What our guests say about us

"It was a marvelous workshop with a lot of opportunities for great pictures. Obviously, the highlight was the night in Riisitunturi National Park watching the Northern Lights. It was the whole atmosphere having a rustic dinner in the hikers hut after shooting the sunset and waiting for the Northern Light which is staying in my memories."

Bernd Beykirch, Germany



"I found out that one of my favourite photographers, Lars van de Goor, was doing a workshop in the Netherlands so I signed up for the workshop and was introduced to Christian, the founder of the company, and I knew immediately that this would be a great workshop just by talking to him and seeing how incredibly well organized and precise everything was planned out. The hotels were first class, the food was phenomenal, which is important, and more importantly, each day was very well planned out and it has been a really great experience."

Aubra Franklin, USA

"Everybody has something to offer to the group, so we learn from each other, we share things, we have workshops in the evenings where we talk about what went well, what went wrong... and we see a lot of different styles, a lot of different techniques. And that is the good thing about this trip, it is really all about photography!"

Peter Dorr, The Netherlands.











There are several places in the northern part of India where large areas are covered with small lakes, where crops are grown and, not least, where the locals fish.









Majuli: Majuli is known for its beautiful and historic temples, where time seems to stand still. Here, monks often gather in the shade to meditate and preserve ancient traditions.









The Apatani people of the Ziro Valley in Arunachal Pradesh, India, are a unique indigenous tribe known for their sustainable agricultural practices and distinctive cultural traits.







PHOTO BY CHRISTIAN NØRGAARD

# Nagaland: The Untouched Jewel of North India

Nestled in the far northeast of India, Nagaland is a land of breathtaking landscapes, rich tribal culture, and a way of life that remains largely untouched by modernity. This remote region is part of North India's Seven Sister States and is home to the Naga tribes, a diverse collection of indigenous communities each with their own distinct traditions, languages, and customs.

Nagaland's Konyak Nagas, known for their warrior history and intricate facial tattoos, are among the most renowned of these tribes. The state's tribal festivals, like the vibrant Hornbill Festival, offer a unique window into the traditions and vibrant lifestyles of the Naga people. These festivals showcase colorful dances, ancient rituals, and indigenous music, making Nagaland a haven for cultural explorers and photographers alike.

Beyond its cultural richness, Nagaland's landscape is as diverse as its people. The region is filled with lush, green hills, mist-covered mountains, and unexplored valleys. Dzukou Valley, with its rolling hills and vibrant flora, is one of the state's most picturesque locations, often referred to as the "Valley of Flowers." For wildlife enthusiasts, Intanki National Park offers a chance to explore the region's unique biodiversity.

Nagaland also shares a fascinating geopolitical position, sitting on the border between India and Myanmar. This unique location brings a fusion of influences and makes it one of the most

remote and enigmatic regions of North India. Villages like Longwa, which straddles both India and Myanmar, are home to the Konyak Nagas, where the king of the village rules over both sides of the border.

While still off the beaten path for most travelers, Nagaland offers a raw and immersive experience, perfect for those looking to explore one of India's most culturally distinct and visually captivating regions. Whether you are interested in tribal history, traditional crafts, or exploring uncharted natural beauty, Nagaland stands as a hidden gem waiting to be discovered.





# Expand with passion

Better Moments' mission is to deliver exclusive workshops and we want you to explore your passion for photography and work with one of the best photographers, Christian Nørgaard, during your workshop.

## ■ ON LOCATION

- Learning and training in small groups under the guidance of Christian Nørgaard to ensure individual support.
- Composition and focus on lines, golden section, perspective, foreground.
- Work in different lighting and with short/long exposure times and aperture.
- Private hands-on lessons that can help take your photography skills to the next level.
- How to approach locals in a natural way.
- The secrets behind travel and reportage photography.

## ■ IN CLASSROOM

- Expert review and constructive criticism of the images taken during the day by Christian Nørgaard.
- How to create portraits of daily life in villages we visit.
- Private 1-on-1 portfolio review by Christian Nørgaard.
- Presentation of Christian Nørgaard's work.
- A Better Moments Certified Photo Instructor is available during the workshop to offer assistance with camera settings, the basics of composition, and to generally guide and help.




PHOTO BY CHRISTIAN NØRGAARD





Masks are an important part of Majuli's cultural heritage. These beautiful and dramatic masks are crafted by skilled artisans who have passed down this art form through generations from their ancestors.





Headgear is an essential part of Ziro's rich cultural history. These beautifully handmade hats are decorated with carved wood and woven bamboo, symbolizing important elements of the region's cultural heritage.







One of the most striking cultural features of the Apatani people is the tradition among older women to wear large nose plugs and tattoos on their faces. These customs were historically believed to make the women less attractive to men from rival tribes, thus preventing them from being kidnapped.











Capture the untold stories:

# A photography adventure in North India

Join CEO and founder Christian Nørgaard on an exclusive visual journey through the tribal heartlands of Nagaland and Arunachal Pradesh. Capture the untold stories of the Konyak Nagas and Apatani people—two of the region's most unique and fascinating cultures. Experience remote North India like never before, sharpening your photography skills while exploring breathtaking landscapes and communities few have ever seen.

Christian Nørgaard, a renowned travel and portrait photographer with years of experience exploring Asia's diverse cultures and landscapes, has designed this workshop for passionate photographers seeking more than just a trip. This exclusive experience is your gateway to deepening your skills while immersing yourself in the rich cultural heritage of North India's tribal communities, including the Apatani and Konyak Nagas.

Nagaland, a captivating state in north-eastern India, offers a rich tapestry of vibrant cultures, stunning landscapes, and timeless tribal heritage. The Konyak Nagas, known for their warrior traditions and distinct facial tattoos, are one of the most fascinating tribes of Nagaland. Deeply connected to their land, their way of life is a living testament to ancient customs. For those passionate about photography and exploration, Better Moments provides an unparalleled opportunity

to capture these stories through your lens, with access to moments and experiences few have witnessed.

Meanwhile, in neighboring Arunachal Pradesh, the Apatani people offer another unique cultural experience. Famous for their intricate nose plugs and facial tattoos—symbols of beauty and identity—the Apatani are also known for their remarkable farming techniques, particularly their sustainable wet rice cultivation system. With Better Moments, you'll have the chance to document their way of life in stunning detail, from day-to-day activities to vibrant festivals.

Capture the Untold Stories workshop, we offer a workshop that connects you with people and cultures while refining your photographic craft. The landscapes of Nagaland, with its rolling hills, dense forests, and pristine rivers, provide the perfect backdrop for capturing the vibrancy of tribal life.

Led by Christian Nørgaard, this workshop goes beyond the ordinary, offering a transformative experience as you explore some of the world's most remote and fascinating locations – you won't just take photos—you'll tell the stories of the Apatani, the Konyak Nagas, and other tribal groups whose traditions and way of life offer a rare glimpse into a world few get to experience.













Nagaland. Known for its beautiful landscapes and unique cultural heritage, Mon is home to The Konyaks, also known as headhunters.





PHOTO BY CHRISTIAN NORGGAARD











# Itinerary

## DAY 1

### ■ ARRIVAL IN DELHI – A PHOTOGRAPHIC GATEWAY

Your adventure begins as you arrive in the bustling capital of India, Delhi, where history and modernity collide in spectacular fashion. After a comfortable transfer to your hotel, you'll dive straight into a private, exclusive photo tour of Old Delhi, a photographer's paradise filled with narrow alleyways, vibrant street scenes, and incredible architecture.

In the evening, we'll gather for a welcome dinner, where you'll meet fellow photographers, share expectations for the journey, and prepare for the exciting days ahead. This will be followed by the first evening workshop, led by Christian Nørgaard himself, offering invaluable insights into how to best capture the raw energy and cultural richness that North India has to offer.

## DAY 2

### ■ DELHI TO ZIRO – A JOURNEY INTO TRADITION

The adventure deepens as we take a flight from Delhi to Itanagar, followed by a scenic drive through the lush hills of Arunachal Pradesh to the picturesque town of Ziro. This stunning area is the home of the Apatani tribe, renowned for their distinct facial tattoos, traditional nose plugs, and ancient farming techniques that reflect a deep connection with their land.

Spend the day photographing these fascinating traditions, immersing yourself in the rhythms of the Apatani people's daily life, and capturing the beauty of a culture untouched by time.

In the evening, join Christian Nørgaard for a hands-on workshop

on cultural portraiture. Christian will share expert insights on how to respectfully approach and photograph indigenous communities, offering tips on how to convey their stories authentically through your images. This intimate session will help you transform your portraits into meaningful, powerful stories that go beyond the surface.

## DAY 3 & 4

### ■ EXPLORE THE APATANIS OF ZIRO VALLEY

Day 3 & 4 is 2 full-days of exploration of the fascinating Apatani villages in the breathtaking Ziro Valley. Known for their rich cultural heritage and unique traditions, the Apatanis offer an extraordinary opportunity for intimate, culturally immersive photography.

## DAY 5

### ■ JOURNEY TO MAJULI – THE WORLD'S LARGEST RIVER ISLAND

We take a scenic drive to Majuli, the world's largest river island, famed for its deep cultural heritage and beauty. Majuli's rich traditions and landscapes provide opportunities for creative photography, offering a blend of nature, culture, and spirituality.

Spend the day discovering the island's hidden corners, meeting the locals, and capturing the natural beauty of this extraordinary location.

In the evening, gather for an discussion on landscape photography led by Christian Nørgaard. Learn how to enhance your landscape shots, balance composition, and utilize natural light to transform your photographs into visually compelling stories. Christian will

provide expert advice on how to approach vast landscapes with an artistic eye, ensuring that each shot reflects the essence of Majuli's beauty.

## DAY 6

### ■ DELVE INTO MAJULI'S TIMELESS TRADITIONS

We continue our exploration of Majuli, an island steeped in ancient culture and spirituality. Begin the day by visiting ancient temples and immersing yourself in the island's sacred traditions, which offer opportunities for evocative and impactful photography.

As we move through the day, you'll be invited to participate in local traditions, photographing the textures of Majuli's cultural life. Capture dynamic moments in real time, as you learn movement photography techniques to elevate your ability to photograph action with precision and creativity.

In the evening, join Christian Nørgaard for an in-depth workshop on cultural storytelling. Here, you'll learn how to weave your photos into a compelling narrative that truly captures the spirit of the people and places you encounter.

## DAY 7

### ■ JOURNEY TO MON – HOME OF THE KONYAK NAGAS

Embark on a scenic drive from Majuli to Mon Village in Nagaland, the homeland of the Konyak Nagas, a tribe renowned for their rich traditions, warrior history, and distinct facial tattoos. Mon is a cultural treasure trove, offering endless opportunities to capture striking portraits and dynamic cultural scenes.

Upon arrival, you'll explore the village, engaging with the Konyak



people and photographing their unique way of life. This is a rare chance to capture the essence of a culture that remains largely untouched by time.

In the evening, join Christian Nørgaard for a compelling workshop on storytelling through photography. Learn how to take your photography beyond the image and turn it into a narrative that reflects the emotions, history, and traditions of the subjects you capture.

#### DAY 8

##### ■ DISCOVER THE HEART OF TRADITIONAL LIFE IN HONGPHOI VILLAGE

We venture deeper into Nagaland with a visit to Hongphoi Village, one of the most authentic and untouched communities in the region. Here, you will have the rare chance to photograph traditional Konyak Naga life, capturing their unique customs, traditional attire, and the everyday rhythms of village life.

Hongphoi offers an intimate glimpse into a way of life that has remained largely unchanged for centuries, providing a perfect backdrop for powerful cultural portraits and storytelling photography.

After a day of shooting, we'll gather for a photography review session led by Christian Nørgaard, where you'll receive personalized feedback and learn how to fine-tune your images to create compelling visual narratives.

#### DAY 9

##### ■ CROSS-CULTURAL EXPLORATION AT LONGWA VILLAGE

We take an unforgettable journey to Longwa Village, a fascinating settlement that straddles the India-Myanmar border. Known for its unique position where the international border runs through the village, Longwa is home to the Konyak Nagas, whose king rules over both Indian and Myanmar territory. This unique cultural blend



provides a rare opportunity to capture cross-border traditions and tribal life in one of the world's most remote and intriguing locations.

Spend the day photographing the villagers and their daily activities, while absorbing the extraordinary cultural fusion that defines this region. Longwa offers breathtaking opportunities to document life in a community where two worlds meet.

In the evening, join Christian Nørgaard for an enlightening workshop on cross-cultural photography. You'll learn how to create meaningful images that reflect the blending of traditions, landscapes, and lifestyles, bringing depth and authenticity to your work.

#### DAY 10

##### ■ RETURN TO DELHI AND FAREWELL

As our adventure nears its end, we drive from Mon Village to Dibrugarh Airport, catching a flight back to Delhi. After an exhilarating journey through the cultural heartlands of North India, you'll have time to reflect on the moments you've

captured and the stories you've uncovered.

In the evening, join Christian Nørgaard for one last workshop, where you'll review the highlights of your journey and refine your storytelling techniques. This session will help you bring all your newfound skills together as you prepare your final images. The day ends with a farewell dinner, where you can share stories with fellow photographers and celebrate the unforgettable experiences you've had.

#### DAY 11

##### ■ OPEN DAY IN NEW DELHI & DEPARTURE

Enjoy a leisurely day in New Delhi, where you can explore the city at your own pace or relax before your evening departure. Use this open day to revisit your favorite spots or simply unwind and soak in the energy of India's vibrant capital.

In the evening, we bid farewell as this incredible journey comes to an end, but the stories and images you've captured will stay with you forever.





A key feature of the Konyak men is their facial tattoos, which served as a mark of their warrior status and achievements in headhunting.





















Most of the men are so old that they can no longer walk or move far from their huts. When they are no longer here, a rich culture will be lost.





The central fire is used not only for cooking all their meals but also for heating the home during the cold winter months. Additionally, the fire plays an important role in smoking meat.



# Quick guide

We wish you to travel with the greatest possible comfort and to know that you have received as much information as possible.

## ■ GETTING NEW DELHI

By Air: Indira Gandhi International Airport (DEL) is the main airport in New Delhi, offering flights from major cities worldwide.

Transportation: From the airport, you can take a prepaid taxi, Uber/Ola, or use the Delhi Metro Airport Express for quick access to the city.

## ■ VISA

Most nationalities require a visa to enter India. You can apply for an e-Visa online, which allows for stays of 30 to 60 days for tourism, business, or medical purposes.

Apply online through the official Indian Government's e-Visa website: Indian e-Visa.

## ■ WEATHER

Best time to visit: October to March, when temperatures are cooler and pleasant.

Summers (April to June): Extremely hot, with temperatures reaching up to 45°C (113°F).

Monsoon (July to September): Expect heavy rains and high humidity.

Winter (December to February): Cool and comfortable, with temperatures ranging from 8°C to 20°C (46°F to 68°F).

## ■ LANGUAGE

Hindi and English are the most widely spoken languages in New Delhi. English is commonly used in hotels, tourist spots, and for official purposes.

Learning a few basic Hindi phrases can be helpful, but English is widely understood.

## ■ CURRENCY

The official currency is the Indian Rupee (INR). ATMs are widely available, and credit/debit cards are accepted in most hotels, restaurants, and stores.

It's advisable to carry some cash for small purchases and transportation in local markets.

## ■ INDIA TRAVELER'S GUIDE: FESTIVALS AND SCENERIES

### Sceneries

Himalayas (North): Majestic mountain landscapes in places like Ladakh and Himachal Pradesh.

Kerala Backwaters: Serene boat rides through lush greenery and palm-fringed canals.

Rajasthan: Vibrant desert landscapes and historical forts in Jaipur, Jaisalmer, and Udaipur.

Goa Beaches: Relax on golden sands along the Arabian Sea, with a mix of nature and history.

### Festivals

Diwali (October/November): The festival of lights, celebrated nationwide with fireworks, decorations, and family gatherings.

Holi (March): The festival of colors, where people throw vibrant powders and celebrate the arrival of spring.

Pushkar Camel Fair (November, Rajasthan): A unique fair with camel races, folk performances, and rural life on display.

Durga Puja (October, Kolkata): Elaborate celebrations dedicated to the goddess Durga, marked by artistic displays and processions.

These sceneries and festivals capture the diversity and cultural richness of India, making it a perfect destination for passionate photographers. designs.





The headgear is often made from woven bamboo and is decorated with materials that signify their connection to nature and hunting traditions. Common adornments include bear teeth, buffalo horns, or, in some cases, a simple homemade straw hat. The more elaborate headgear, adorned with animal parts, is typically worn by men who have earned status within the tribe, often through their accomplishments as hunters or warriors.







# Equipment

Whether this is your first trip or your "hundredth" workshop with us, it's always helpful to have a rundown of what items you may want to pack so you have a travel checklist. Bookmark this packing list, because you'll want to refer back to it to make sure you've thought of everything you might want to pack.

## ■ CAMERA

The camera list is for inspiration, since you know better than any-one what equipment you prefer.

- Bring you own laptop computer and storage medium
- Camera bodie(s)
- Tripod
- Lenses,if you are working with a 24x36mm camera system: A zoom lens that covers from approx. 24 to 70 mm. A 85 mm lens for portrait photography. You may would like to work with a "long lens" such as a 80-200 mm zoom. If you are working with a medium format camera: Lenses that covers from 50 mm to approx. 120mm are perfect for portrait photography. And a "long lens" such as a 300 mm.
- A travel flash/LED light
- Bag for all camera gear
- Light bag for easy hiking with camera bodies and accessories
- Cleaning kit for camera sensor and lenses
- Rain/dust covers for cameras and lenses
- Charger for batteries
- Spare batteries
- Standard power converter
- Raw processing software
- Memory cards and card wallets
- Memory card reader
- USB key to exchange images

## ■ NICE TO HAVE

- Lens extenders
- Camera straps for ease of changing from one camera to another
- Graduated filter set
- Filter holder
- High quality polarizing filter
- Lens belt











This headgear is not only practical but also deeply symbolic, representing strength, honor, and their relationship with the natural world.











Only a small number of women in Mon, the Konyak tribe, are tattooed. Those who are, typically bear tattoos on their shoulders and legs.





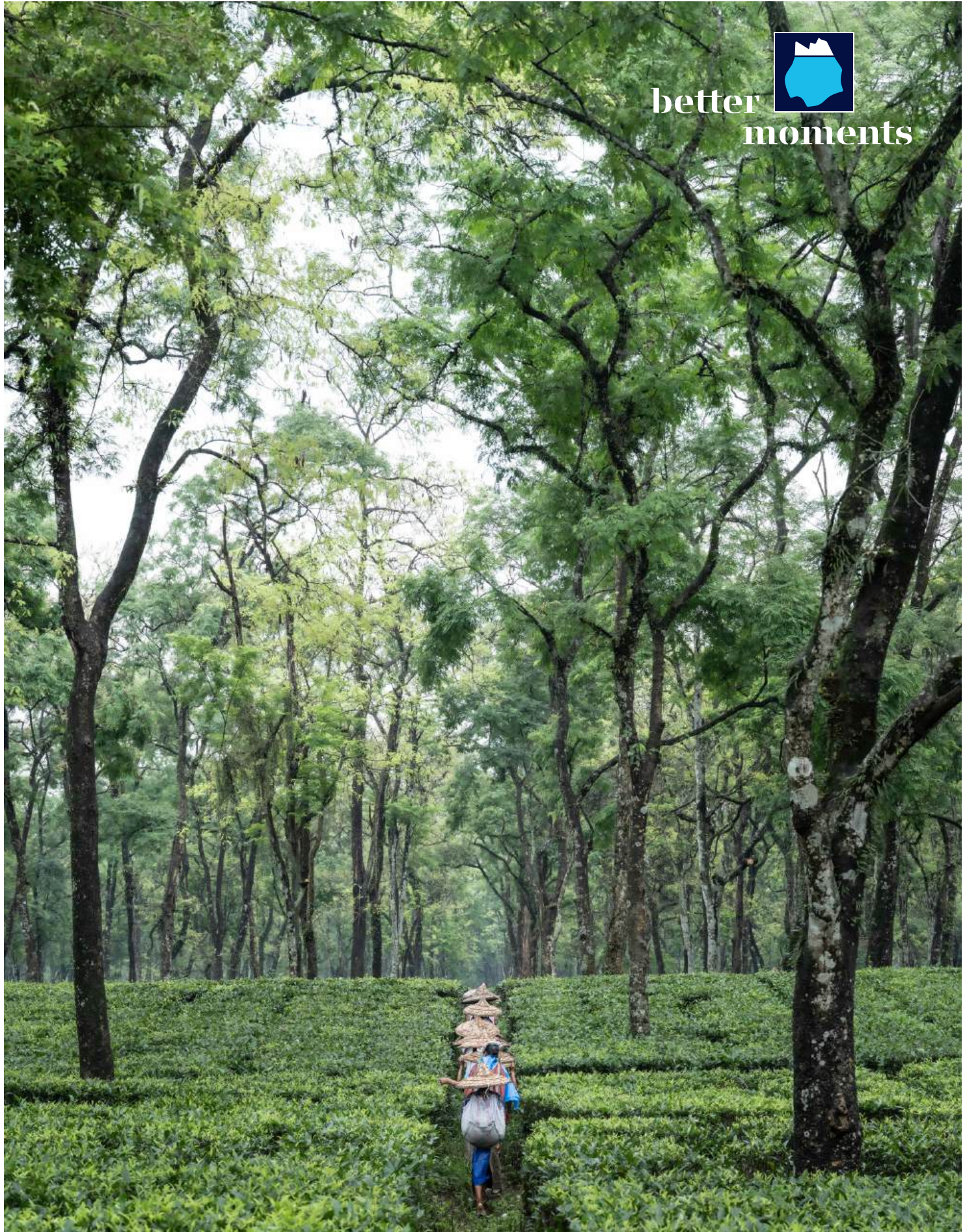




Indian tea plantations stretch over lush, hilly landscapes. Here, local tea pickers work early in the morning to harvest the fresh leaves, which are transformed into world-renowned teas.



# PHOTOGRAPHY WITH PASSION



better  
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PHOTO BY CHRISTIAN NØRGAARD