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Travel and Accommodation Guide Booklet

The Society for the Study of Behavioural Phenotypes (SSBP)
in collaboration with
Faculty of Medicine, Universitas Diponegoro, Indonesia

The 26th SSBP Conference

Bali, Indonesia

Grand Hyatt Bali Nusa Dua
5-7 September 2024



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BALI

THE ISLAND OF GOD

Welcome to Bali, Indonesia, a tropical paradise renowned for its stunning beaches, vibrant culture, and lush landscapes. This enchanting island offers a perfect blend of adventure, relaxation, and spiritual discovery, making it an ideal destination for travelers of all kinds.



Breathtaking Beaches

Bali's coastline is dotted with some of the most beautiful beaches in the world. From the bustling shores of Kuta and Seminyak, perfect for surfing and nightlife, to the serene, white sands of

Nusa Dua and Jimbaran, ideal for sunbathing and tranquil retreats, there's a beach for every preference.

Natural Wonders

Explore Bali's breathtaking natural scenery, from the terraced rice paddies of Tegallalang to the majestic waterfalls of Gitgit and Sekumpul. Adventurers can trek up Mount Batur for a sunrise hike, offering panoramic views of the island. Don't miss the lush jungles of Ubud, home to the Sacred Monkey Forest and a haven for yogis and wellness enthusiasts.

Adventure Activities

For thrill-seekers, Bali provides an array of adventurous activities. Try scuba diving or snorkeling in the crystal-clear waters around the islands of Nusa Penida and Nusa Lembongan. Go white-water rafting on the Ayung River or embark on an ATV ride through the island's diverse terrain.

Culinary Delights

Indulge in Bali's diverse culinary scene, where traditional Balinese flavors meet international cuisine. Savor dishes like Nasi Goreng (fried rice), Babi Guling (suckling pig), and fresh seafood caught daily. Visit local markets for a taste of tropical fruits and Balinese street food or dine at world-class restaurants with stunning ocean views.

Warm Hospitality

Experience the warmth and hospitality of the Balinese people, known for their friendly and welcoming nature. Whether you're exploring local villages, participating in cultural workshops, or simply enjoying the vibrant nightlife, the locals' genuine smiles and helpfulness will make your visit unforgettable.

Rich Culture and Traditions

Immerse yourself in Bali's rich cultural heritage. Visit ancient temples like Uluwatu, perched on dramatic cliffs, and Tanah Lot, which appears to float on the sea during high tide. Experience traditional



Balinese dance performances and the vibrant festivities of local ceremonies. The island's unique blend of Hindu and local customs offers a deeply spiritual atmosphere.

I GUSTI NGURAH RAI INTERNATIONAL AIRPORT

GATEWAY TO BALI

I Gusti Ngurah Rai International Airport (DPS) is the primary gateway to the enchanting island of Bali, Indonesia. Located just 13 kilometers south of Denpasar, Bali's capital, this modern and efficient airport offers a seamless travel experience, ensuring your journey to and from Bali is as smooth as possible.

The airport is near popular tourist destinations in southern Bali, situated at Tuban between Jimbaran and Kuta. The resort center of Kuta is situated 2.5 kilometers to the north of the airport. Denpasar, the capital of Bali, is close by.

With its category IX designation, the airport can handle wide-body aircraft, such as the Airbus A380. The airport is named after I Gusti Ngurah Rai, a Balinese hero who died on November 20, 1946, in a puputan (battle to the death) against the Dutch at Marga near Tabanan, when the Dutch beat his company with air support, killing Ngurah Rai and 95 others during the Indonesian Revolution of 1946.

Upon arrival, international travelers are welcomed through the modern International Terminal, designed to provide a seamless entry experience with all necessary amenities and services. Domestic travelers enjoy swift connections via the efficient Domestic Terminal, ensuring smooth travel within Indonesia.

Transportation to and from the airport is convenient and varied. You can easily access taxis, shuttle services, and car rentals that connect you to major tourist destinations like Kuta, Seminyak, and Ubud. This ensures a hassle-free start to your Bali adventure, whether you're heading to the bustling beaches or the serene rice terraces.

I Gusti Ngurah Rai International Airport offers a smooth and welcoming start to your Bali journey.



Image source: [theluxurytraveller.com](https://www.theluxurytraveller.com)

GETTING AROUND BALI

Exploring Bali is a delightful adventure, with diverse landscapes and cultural experiences waiting at every turn. As Indonesia's most visited location, Bali's tourist infrastructure is diversified and easy to manage.

Transportation Options

- **Taxis and Ride-Hailing Services:** Taxis are widely available, especially in tourist areas. Blue Bird Group is a reputable taxi service with metered fares. Ride-hailing apps like Grab and Gojek offer convenient and often cheaper alternatives, including car and motorbike options.
- **Car or Motorbike Rentals:** Renting a car or motorbike gives you the freedom to explore Bali at your own pace. Numerous car rental agencies operate in Bali, offering everything from compact cars to SUVs. On the other hand, a motorbike is a more popular option among tourists, but always wear a helmet and drive cautiously, as traffic can be unpredictable. Also, remember to carry an international driving permit and be aware of local traffic rules. However, if you do not wish to navigate the road yourself, you can hire a private driver who will offer guided tours and provide local insights.
- **Public Transportation:** Bali's public transport options include bemos (shared minivans) and buses. The 8 key routes of the local buses include Kuta, Legian, Seminyak, Sanur, Jimbaran, Nusa Dua, South Nusa Dua, and Ubud. The service is reasonably regular and each route has a specific ticket. This scheduled shuttle service is highly recommended, particularly for lone travelers or large travel groups of friends.



Popular Routes and Tips

- **South Bali:** Areas like Kuta, Seminyak, and Nusa Dua are well-connected and easy to navigate, with plenty of transportation options.
- **Central Bali:** Ubud, known for its cultural heritage and lush landscapes, is best explored by motorbike or with a private driver.
- **East and North Bali:** These regions are more remote, making a car rental or private driver a good choice for exploring the stunning beaches, temples, and mountains.

Travel Tips

- **Traffic:** Bali's traffic can be heavy, especially in tourist areas and during peak hours. Plan your travel times accordingly to avoid delays.
- **Navigation:** Use GPS or map apps to help with navigation. Bali's roads can be narrow and winding, especially in rural areas.
- **Safety:** Always prioritize safety by wearing helmets on motorbikes, using seat belts in cars, and being mindful of local driving customs.

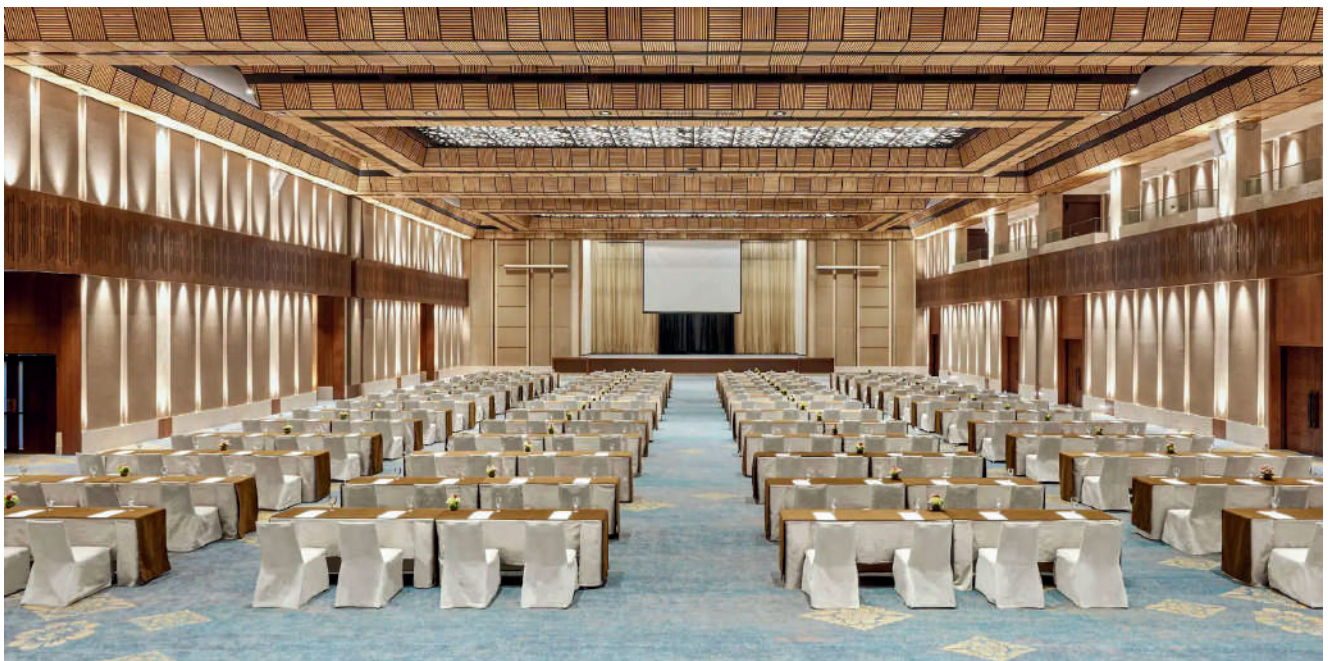
VENUE



Grand Hyatt Nusa Dua



Address: Kawasan Wisata Nusa Dua BTDC, Jl. Nusa Dua, Benoa, South Kuta, Badung Regency, Bali 80363



Karangasem Ballroom

SSBP 2024 will be held at Grand Hyatt Nusa Dua Bali at the Karangasem Ballroom which can accommodate many participants with complete facilities (restroom, restaurants, beautiful view, etc).

NEARBY HOTELS

Merusaka Nusa Dua

<https://merusaka.com/>

- Category: 5-star Hotel
- Distance to venue: 0.6km
- Estimation rate per night:
IDR 2,750,000 / USD 170



The Ayodya Palace

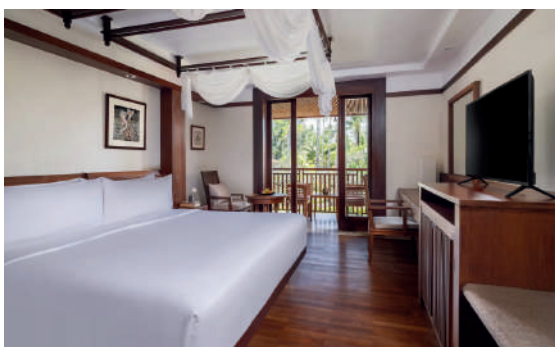
<https://ayodyaresortbali.com/ayodya-palace/>

- Category: 5-star Hotel
- Distance to venue: 0.7km
- Estimation rate per night:
IDR 4,300,000 / USD 266

Ayodya Resort Bali

<https://ayodyaresortbali.com/>

- Category: 5-star Hotel
- Distance to venue: 0.7km
- Estimation rate per night:
IDR 2,300,000 / USD 142



Meliá Bali

<https://www.melia.com/en/hotels/indonesia/bali>

- Category: 5-star Hotel
- Distance to venue: 1.5km
- Estimation rate per night:
IDR 3,000,000 / USD 186

NEARBY HOTELS



Courtyard by Marriot

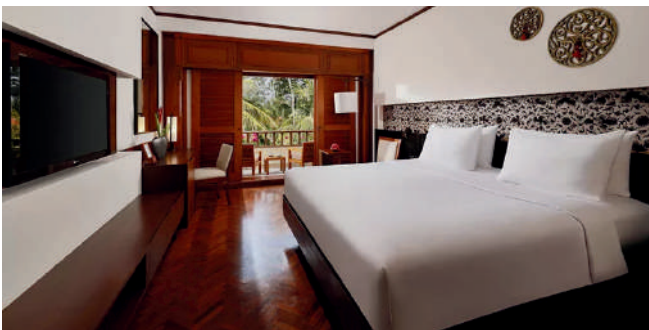
<https://www.marriott.com/en-us/hotels/dpscy-courtyard-bali-nusa-dua-resort/overview/>

- Category: 5-star Hotel
- Distance to venue: 1.2km
- Estimation rate per night: IDR 1,700,000 / USD 105

Grand Bali Nusa Dua

<https://www.thegrandbali.com/>

- Category: 4-star Hotel
- Distance to venue: 1.7km
- Estimation rate per night: IDR 1,500,000 / USD 93



Nusa Dua Beach Hotel

<https://www.nusaduahotel.com/>

- Category: 5-star Hotel
- Distance to venue: 1.9km
- Estimation rate per night: IDR 3,000,000 / USD 186

Mulia Resort Nusa Dua

<https://www.themulia.com/bali/mulia-resort>

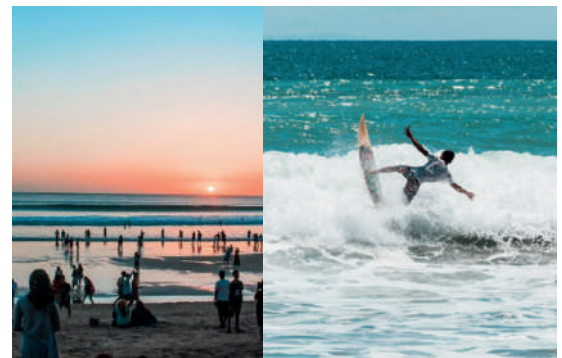
- Category: 5-star Hotel
- Distance to venue: 2.8km
- Estimation rate per night: IDR 3,700,000 / USD 229



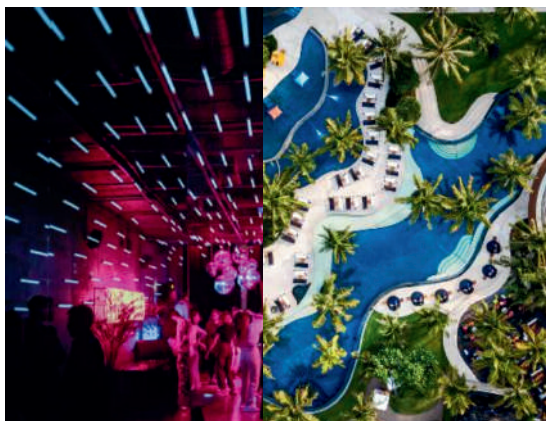
DESTINATIONS IN BALI

Kuta

Modern tourist's playground to explore - Kuta is an area that is mainly known for its long sandy beaches and gentle waves, found right next to Tuban where the **Bali International Airport (DPS)** is located. You could hop off the plane and jump straight into Kuta for the high concentration of bars, nightclubs, and hotels. Seeing as everything is **relatively affordable** for those traveling on a budget, window shop through an endless labyrinth of shops, boutiques, and flea markets, so sharpen those bargaining skills, it may save you a lot of money. Jet lagged after a long flight? Get a well deserved massage in the hundreds of spas across Kuta ready to make you feel better. It also offers many options for family fun, including waterparks, cinemas and karaoke places.



From venue ±14.3 km - By car ±26 min; By motorcycle ±27 min



From venue ±18.3 km - By car ±37 min; By motorcycle ±35 min

Seminyak & Petitenget

Shop, dine and party - Seminyak is located between Legian (north of Jalan Nakula) and Canggu (Berawa), regarded as the most famous holiday spot. However, even Petitenget, which is somewhat regarded as part of Seminyak, is becoming more and more a destination in its own right. Seminyak is **known to be Bali's hippest beach town**, popular among travelers who are looking for a more upscale and sophisticated alternative to Kuta when it comes to partying, dining, and shopping. **Famous for its magical sunsets, the beautiful beaches are decked with dozens of beach bars and widely known beach clubs.**

Sanur

Relaxed, clean, and serene - Sanur is an ideal place to stay **for families and travelers who are looking to stay away** from the more upbeat and crowded areas, such as Kuta and Seminyak. However, there is still plenty to do, and Sanur is **lively and offers everything a traveler desires**. The nightlife is more relaxed while there are plenty of bars that feature live bands. The northern part of Sanur also functions as a harbor for speed boats departing daily to Lombok and the Nusa Islands. Many great local warungs can be found while fancier restaurants are mostly attached to front beach resorts. Many foreigners chose Sanur as their **place to retire** for many good reasons.



From venue ±19.5 km - By car ±36 min; By motorcycle ±37 min



NUSA ISLANDS

Paradise, Adventure, Chilling - Just **25-40 minutes away by speedboat-ferry**, you'll be transported onto the islands that reflect what Bali was like only several decades ago. Remote, mostly underdeveloped, but stunning views over beautiful cliffs and white sandy beaches. When the mainland gets a bit too much, the Nusa islands are where people escape to for a quieter time to enjoy the tropical island life. The Nusa islands are also **known for their top-of-world dive spots** to find all kinds of marine wildlife such as **sea turtles, dolphins, mola mola, and manta rays**. **Cozy Guest Houses and hotels, small cafes and restaurants and lots of "instagrammable" sightseeing spots.**

Consist of 3 little wonderful islands:

- **Nusa Penida**
- **Nusa Lembongan**
- **Nusa Ceningan**

Nusa Penida

Spectacular island off the coast of Bali that retains its natural beauty of **natural landscapes and cliff formations**.



Nusa Lembongan

Newly developed, remote island with surfing and diving spots for some time away from the mainland.

Nusa Ceningan

Find seclusion and relax in this small island with a **beautiful, azure lagoon and traditional seaweed-farming village**





NUSA ISLANDS

How to Get There?

These islands are just **25-40 minutes from Bali**, and boats **leave from Sanur Beach, Kusamba Port, Padangbai Harbor, or Bena Harbor**. You can get a **Grab or Gojek taxi to the pier**, and either purchase your **ticket online or buy it at the pier**. Note that during peak season the boats do sell out, so it's recommended to book before you arrive at the pier. The first departure is usually around 8, and the last is around 3/4pm. The prices may vary depending on the types of boat you choose.

You can **get boats directly from the Gilis from here**, if you want to see both sets of islands – so **don't buy a return ticket if you want to go to the Gili's too**.

DESTINATIONS IN BALI

Ubud

A cultural hub as beautiful as the nature that surrounds it - Ubud is a **major centre of the Balinese culture and local spirituality** that has attracted artists and travelers for nearly a century. Although its ever-increasing popularity means that this area is now sometimes as busy as Bali's southern neighborhoods, the development of Ubud has been more **focused on maintaining traditional culture**.

It is still one of the best places to visit **temples**, see Balinese art, observe cultural dances and performances, and practice yoga and a healthy lifestyle. Perhaps take an interest in spiritual healers and traditional medicine, or purchase local handicrafts. Ubud's cooler climate and **lush vegetation** also make it ideal for **an escape from the heat of Bali's beaches**. Just watch out for the **mischievous monkeys that inhabit the forests surrounding Ubud**.



From venue ±42.3 km - By car ±1 hr 39 min; By motorcycle ±1 hr 25 min



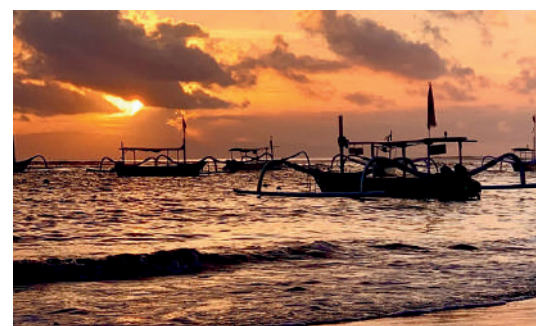
From venue ±27.2 km - By car ±1 hr 11 min; By motorcycle ±52 min

Canggu & Berawa

The Best Mix of Everything - Canggu is a relatively "new" **destination**, Not even a decade ago, there was not much to discover but rice fields and a few guest houses for surfers. Lately, Canggu has evolved into the most popular destination in Bali. **You can get the best (almost) of everything Bali** has to offer. The general vibe is still relaxed even though the nightlife is vibrant and fun. Dozens of restaurants, gyms, shops and places to stay are opening every month. Before you choose Canggu area as one of your destinations to visit in Bali, it's good to get to know it a bit better, to know whether this is for you.

Jimbaran

A fishing village and coastal town - The local fisherman living in the vicinity still work hard and sell their **freshly caught fishes, clams, squids, and crabs at the traditional market** or hotels and restaurants nearby. This bay is famous for its many **fish-restaurants that set up their tables directly on the beach** where they serve the freshest seafood in the evening. If you love seafood, it's one of the must-visit places in Bali. You can do the romantic walks along **beautiful coastlines with views of and rock formations from breathtaking cliffs**



From venue ±9.7 km - By car ±25 min; By motorcycle ±21 min

DESTINATIONS IN BALI

Uluwatu

A mystic place at the southernmost of Bali - Home to the very sacred temple Pura Luhur Uluwatu, with dozens of high-end accommodations and **amazing surf breaks**. **Pura Luhur Uluwatu temple is a large structure that is almost 1,000 years old**. The complex is set on breathtaking limestone cliffs with crashing surf below. It is also home to a large colony of mischievous monkeys, so visitors should watch their loose possessions carefully! **Kecak dances are regularly performed here at sunset**.



From venue ±21.6 km - By car ±43 min; By motorcycle ±39 min



From venue ±69.4 km - By car ±2 hr 15 min; By motorcycle ±2 hr

Bedugul

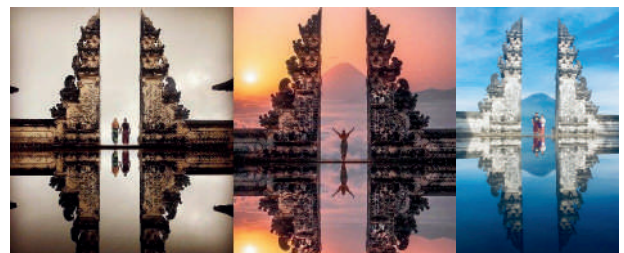
Picturesque landscapes, refreshing climate, lush greenery, and serene mountain lakes - Bedugul is renowned for its iconic **Ulun Danu Beratan Temple, set against the backdrop of Lake Beratan**. You will find a very different, much colder and “wetter” climate than at the coast. Visit Balinese temples, waterfalls, hot springs, and enjoy stunning views. Perfect for travelers **seeking natural beauty, cultural experiences, and a serene respite from Bali’s bustling tourist hubs**.

Lempuyang Temple

Mount Lempuyang has a height of 1,174 meters above sea level - At the top of the mountain there is a temple which is a place of worship for Hinduism, **the temple is Pura Lempuyang Luhur**.

The hiking trail is very easy because you just follow and climb stairs after stairs to the top.

You can enjoy the **beautiful natural scenery and will get many amazing photo spots**.



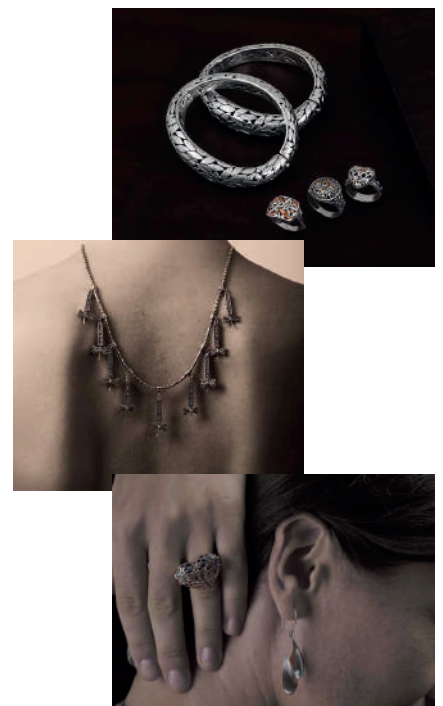
From venue ±93.6 km - By car ±2 hr 40 min; By motorcycle ±2 hr 28 min

DESTINATIONS IN BALI

UC Silver Gold

Balinese authentic jewelry with balinese art - UC Silver Gold, located on **Jl. Raya Batubulan Gg. Candrametu No.1 Batubulan, Gianyar** has been operating since 1989. UC Silver Gold has the **largest silver & gold manufacturing in Bali**, with huge selections of sterling silver jewelry in the gallery. So, it is very easy for the customers who wants to visit and see the process of **making jewelry in a traditional manner by focusing on handmade techniques**. This is the first step in fostering a sense of customers confidence that all the products they made are handmade and have a quality that exceeds **the standard of 92.5 sterling silver**. The unique jewelry design made by UC Silver Gold that **combines modern designs with authentic Bali designs** has penetrated the markets of Asia, United States, Australia and Europe.

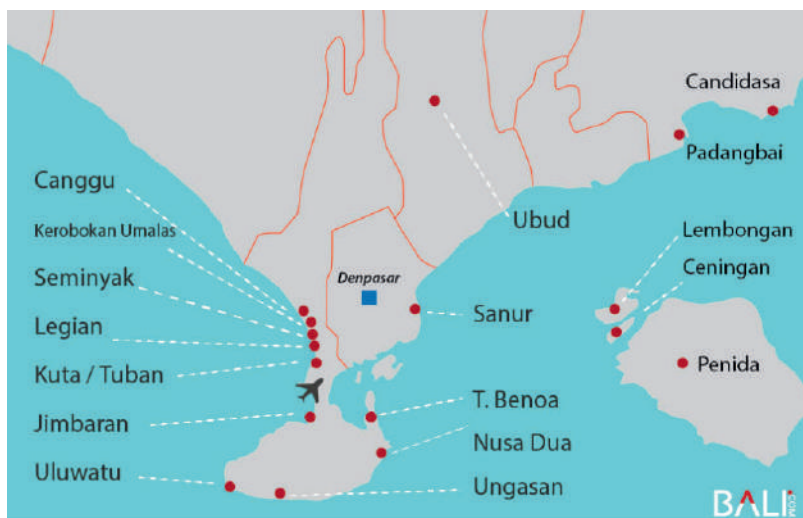
In today's digital era, they are well aware that selfie activities have become everyone's needs and are part of everyone's journey. Therefore they facilitate a **"selfie spots"** in the area of our jewelry gallery, ranging from **sculpture, stone carvings and much more** all at UC Silver Gold. They have two jewelry gallery floors, on the first floor there is a silver collection and the second floor there is a gold collection & masterpiece design.



From venue ±27.8 km - By car ±55 min; By motorcycle ±53 min

DESTINATIONS IN BALI

Map Overview of Bali's Main Tourism Destinations



For more destination references:

<https://www.indonesia.travel/gb/en/destinations/bali-nusa-tenggara/bali.html>

<https://www.indonesia.travel/gb/en/destinations/bali-nusa-tenggara.html>

<https://bali.com/bali/destinations/>

<https://lovebali.baliprov.go.id/destination>

For map information:

<https://bali.com/map/>



OUTSIDE BALI: LOMBOK & GILI ISLANDS

Nature at its Best

Lombok is known for...

- Isolated Beaches and Surf spots
- The Gili Islands
- Volcano trekking
- Lush Tropical Forests
- Incredible Diving and Snorkeling
- Mandalika Race Circuit



Resort living, Island hopping, and Volcano trekking

Mainly because of the 3 Gili Islands, Lombok, Bali's "sister-island" located east of Bali became famous as a tourist destination already decades. Yet, Lombok has become a popular travel destination on its own, for good reasons. A place to disconnect, Lombok is the perfect island getaway to enjoy nature at its best, only a short boat ride away from Bali. More laid-back and quiet than Bali, Lombok offers an amazing alternative or addition for a tropical vacation.





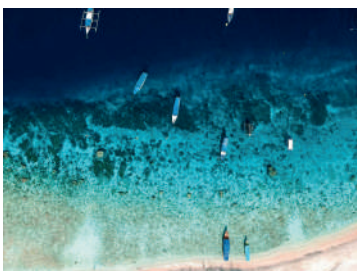
OUTSIDE BALI: LOMBOK & GILI ISLANDS

The Gilis - 3 popular islands off the coast of Lombok

The Gilis, meaning small islands in the local dialect, have long been a well known escape for remote living, party going, and honeymooning travelers. **Gili Trawangan**, **Gili Meno**, and **Gili Air** have drawn in backpackers looking to island hop around Indonesia since the 80s. Despite limited resources being brought in by boat each time, the Gilis truly reflect **what one might expect when visiting a tropical island**. Getting stranded in the Gilis for a few days doesn't sound so bad being surrounded by crystal blue waters, pristine white sand.

The Gilis are known for...

- Clear blue waters
- No cars & motor bikes
- Clear blue waters
- Great Diving & Snorkeling
- White sandy beaches
- Full moon party
- Backpacker-friendly



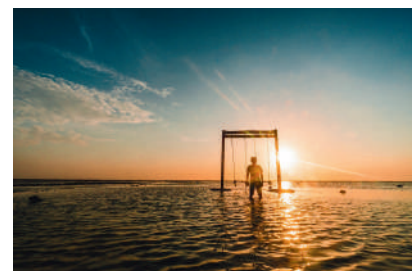
Gili Air

Closest Gili island off the coast of Lombok for honeymooners and families looking to get away to paradise.



Gili Meno

Smallest and quietest island for travelers looking to escape into remote living and disconnect in nature.



Gili Trawangan

The biggest Gili island with a large backpacker's party scene since the '70s known mainly for its full moon parties.



OUTSIDE BALI: LOMBOK & GILI ISLANDS

How to Get There?

By Air

There are daily flights between **Denpasar, Bali** and the capital of **Lombok, Mataram**. **Lombok International Airport (LOP)** in Tanah Awu, Central Lombok District is located about 30 km or an hour drive south east of Mataram. Airlines which fly to Lombok are Garuda, Lion Air, and Trans Nusa.

By Ferry

The public ferry travels between Padangbai (Bali) and Lembar (Lombok) multiple times a day. The trip takes around 4-5 hours. Motorbikes and cars can be taken on the ferry. If you are prone to sea-sickness be warned that the trip can be rough. Ferries travel between **Labuhan Lombok** and **Poto Tano** on **Sumbawa** multiple times a day. The trip takes one and a half hours.

By Fast Boat

- Blue Water Safari Express is one of the fast boat companies that will take you from Bali to mainland Lombok. There are 2 convenient departure points from Bali: **Serangan** (just near the Benoa Harbour) and **Padang Bai Harbour**. You can also check on Gilibookings.com for more options and information around transport or accommodation in this scenic island.

For more destination references:

<https://www.indonesia.travel/gb/en/destinations/bali-nusa-tenggara/lombok.html>

<https://bali.com/bali/destinations/lombok/>

<https://bali.com/bali/destinations/lombok/gili-islands/>



OUTSIDE BALI: BOROBUDUR TEMPLE

Spiritual Borobudur

Located on **the island of Java**, the magnificent Borobudur temple is the **world's biggest Buddhist monument**, an ancient site widely considered to be one of the world's seven wonders. The temple sits majestically **on a hilltop overlooking lush green fields and distant hills**, built in the 9th century during the reign of the Syailendra dynasty.

It covers an enormous area, measuring 123 x 123 meters. The monument is a marvel of design, decorated with **2,672 relief panels and 504 Buddha statues**. The stone carvings attached to the temple display legends and stories which have great philosophical significance. The architecture and stonework of this temple has no equal. And **it was built without using any kind of cement or mortar!** The structure is like a set of massive interlocking Lego blocks held together without any glue. The temple has remained strong even through ten centuries of neglect.



Get Around

The best way to explore this site is on foot. As you climb to the top of this magnificent temple you will marvel at the intricate detailed stone carvings displayed on the temples walls.

For **International Tourists**: you need to prepare for **25 USD to get the tickets**. They also have Borobudur-Prambanan Temple Package and Borobudur-Ratu Boko Package, each for 45 USD



OUTSIDE BALI: BOROBUDUR TEMPLE

How to Get There?

Large cities with **international flights near Borobudur are Semarang and Yogyakarta**. Both cities serve flights from Kuala Lumpur and Singapore, but **Yogyakarta is closer to Borobudur (40 km)** than Semarang (90 km). Another city nearby Borobudur is **Magelang (17 km) which has a direct bus route to Borobudur**. **Major railway hub also only present in Yogyakarta and Semarang**. Semarang also has a large port (Tanjung Mas) serving international cruise ships.

Bus from Yogyakarta

From downtown Yogyakarta, you must take a Trans Jogja bus to Jombor bus station. Look up for bus line 2A & 2B to Jombor. From Jombor bus station, take a local bus to Borobudur.

From the Borobudur Terminal you can continue to the Temple on foot or ride pedicab or Indonesian horse carriage.

Be advised that the last return bus to Yogyakarta is at 15.00. You can still return to Yogya from Magelang Bus Station where hourly buses to Yogyakarta are available until night.

There is a direct bus available from **Yogyakarta International Airport (YIA) to Borobudur** or nearby city Magelang. Look up for "DAMRI" buses.

Private Vehicle from Yogyakarta

Route to Borobudur from Yogyakarta is quite straightforward. First you need to go through Jalan Magelang. The complete route is Jogja - Jl. Magelang - Sleman - Tempel - Salam - Muntilan - Palbapang - Mendut - Borobudur Parking lot. The distance is about 45 km.

The easy way is provided by taxi with a fixed rate of around Rp300.000,00

Bus From Semarang

Semarang has a bus rapid transit that can take you to the bus station. From Semarang you have to take an intercity bus bound to Jogja or Magelang. You can stop at Magelang bus station, or the Palbapang intersection. From Magelang you can continue with local bus to Borobudur bus station.

Semarang also has several shuttle services to Jogja or Magelang. The Journey from Semarang to Borobudur will take 3.5 hours

For more destination references:

<https://borobudurpark.com/en/temple/borobudur-2/>

<https://www.indonesia.travel/gb/en/destinations/java/magelang-regency/borobudur.html>



OUTSIDE BALI: RAJA AMPAT

The Emerald Karst of The Equator

Situated off the northwest tip of Bird's Head Peninsula on Papua, **the islands-regency in West Papua Province**, the most eastern island of the Indonesian Archipelago, Raja Ampat or literally meaning '**The Four Kings**' is an archipelago comprising over 1,500 small islands, cays, and shoals surrounding the four main islands of **Waigeo, Batanta, Salawati, and Misool**. Home to 540 types of corals, more than 1,000 types of coral fish and 700 types of mollusks. This makes it **the most diverse living library for the world's coral reef and underwater biota** which makes a scuba dream come true – and a fantastic site for snorkelers too.



As you embark on your dive here, the phrase "**Attention to detail**" takes on new meaning as **pigmy seahorses** swim around your fingers. **Manta Rays** and **wobbegongs** will glide right by you. Schools of **Tuna fish, giant trevallies, snappers, batfish**, and even **barracudas** are there to complete your underwater "**meeting list**". Not to mention the friendly assistant of the **dugong**, and a busy colleague, the **turtle**. Down at the sea floors, **giant sea clams** measuring to over one meter in length truly offers one of kind close encounter sensation.



OUTSIDE BALI: RAJA AMPAT



Obviously, there are **a lot of diving and snorkeling spots** to choose from in these vast waters. Among these are at the **Kabui Passage** (the very narrow passage between Waigeo and Gam Island crossed by the renowned British explorer, Alfred Russell Wallace in 1860), around the Arborek Island's Dock, **Sawandarek, Yenbuba, Friwen Wall**, and many-many more.

While its underwater splendors are beyond exceptional, **the landscape above the surface is equally breathtaking**. As if it was carefully designed and placed with such aesthetic, the **rock islets amidst the clear blue water and bright blue sky in Piaynemo** offers some of the most spectacular sceneries on the face of the earth. Looking down from the top of the hill, it almost seems that **Mother Nature** painted her finest artwork and offers a glimpse of paradise. Further at Wayag Island, you will also find an amazing rock islets formation in an even bigger scale.

Aside from its endless fascinating natural attractions, Raja Ampat also offers the distinct hospitality of the Papuan. At the **Arborek Tourism Village**, you can stay at a number of homestays and mingle with the locals whilst observing their daily life and unique traditions. When a group of tourists arrived, they usually perform **a traditional welcome dance right at the dock and entertained the 'guests' with various Papuan folk songs**.





OUTSIDE BALI: RAJA AMPAT

How to Get There?

To get to Raja Ampat you should first take a flight from **Jakarta or Makassar to Sorong**. There are **small aircraft to take you to Waisai, the capital of the district of Raja Ampat**, or alternatively, you can **take a ferry from the port of Sorong to the islands**.

Established in 2012, the **Marinda Airport in Waisai**, the capital town of Raja Ampat Regency served flights to and from the city of Sorong. Wings Air served daily flight between Sorong and Raja Ampat, while Susi Air flight twice a week on Monday and Saturday. Please be advised that Marinda Airport is still under development and expansion and located relatively far from any facilities. So be sure to pack some snacks and drinks as you await your return flights to Sorong.

Alternatively, there are **ferries available to get you from Sorong and Waisai and vice versa**. The ferry trip will take about 2 to three hours.

As the main hub to Raja Ampat, **the Domine Eduard Osok Airport in Sorong** serves flights to a number of major cities in Papua and Indonesia including **Manokwari, Jayapura, Ambon, Makassar, Manado, and Jakarta**.

Garuda Indonesia operates daily flights between Jakarta-Sorong. As do **Sriwijaya Air** and **Nam Air**, Whereas **Batik Air** flies twice daily between Jakarta and Sorong.

For more destination references:

<https://www.indonesia.travel/gb/en/destinations/maluku-papua/raja-ampat.html>

<https://www.stayrajaampat.com/>

<https://rajaampatmarinepark.com/>

<https://rajaampatgeopark.com/>



OUTSIDE BALI: LABUAN BAJO

A Perfect Getaway for Adventurers

On the westernmost tip of the **Island of Flores** sits the **town of Labuan Bajo**. It lies peacefully, with many wonders waiting for you to explore. Labuan Bajo was only a small fishing site, but flourished to become the gateway to many exotic destinations in **East Nusa Tenggara**. Labuan Bajo is known as **the city of sunset**. You can find plenty of out-of-this-world scenic views of the spectacular sky.

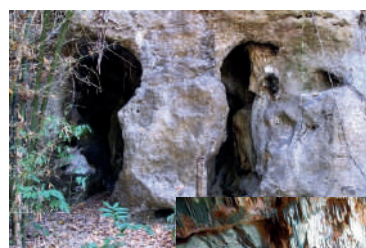


The extraordinary interest among travelers lies in **Komodo Dragons** or locally called ora. It is a valuable alluring factor, showcased in its superb national park.

The Komodo National Park was listed as UNESCO's World Heritage Site in 1991. Both on land and underwater, it is home to fascinating wildlife. The park consists of Komodo Island, Rinca Island, Padar Island, and numerous smaller islands around.

The Mirror Cave is located only 4 kilometers away from Labuan Bajo. The local name for the cave is Goa Batu Cermin. You can see **the reflective stones shine at you** in some parts, hence, the name "Goa Batu Cermin." It translates to "**stone mirror cave.**"

Have you ever **swam in a cave-lake** before? Here's a chance to try it in **Rangko Cave**. Nestled in Ranko Village, this natural wonder presents its **blue water and sunlight shining directly towards its cave lake**. Their stalagmites will surely amaze you as well.





OUTSIDE BALI: LABUAN BAJO

Labuan Bajo can be that ideal getaway with choices of land and sea to explore for some adventurers. Try the **liveboard experience**, where you get to **live onboard the spectacular phinisi boats** for several days, visit gorgeous islands and dive into the stunning wonders of the sea.

One of the most famous islands to visit during your liveboard trip is **Padar Island**. With its outstanding panorama, Padar Island is swiftly becoming a new favorite place for travelers. It showcases rolling hills and **rugged volcanic mountains**. With its grassland and trees covering its terrace, Padar Island boasts its striking savanna hill.





OUTSIDE BALI: LABUAN BAJO

How to Get There?

Labuan Bajo is accessible by air, land, and sea. It's a favorable location as an entry port to Komodo National Park. These are three ways you can reach this paradise:

By Air

You can reach Labuan Bajo from **Komodo Airport**. For direct flights, Transnusa Airlines is your best option. It connects to several major cities, including **Denpasar, Kupang, Ende, and Mataram**. With connecting flights, Labuan Bajo is also connected with **Kalabahi in Alor**. It also connects **Bajawa, Sikka, Manggarai, and Larantuka via Ende, Kupang, Maumere, Ruteng, and Tambolaka**. Please go to its website for more detailed flight schedules.

Overland

An overland trip across the Island of Flores is possible but costly. It connects Labuan Bajo in the westernmost area to its eastern part.

A bus from Denpasar, Bali will take you to a long overland adventure on the bus to Bima, Sumbawa. In Bima, you will resume Sape. There you can **take a ferry** to Labuan Bajo.

By Sea

A convenient option is **joining liveboards, serving Komodo and Flores**. It benefits the traveler's timing and best spots, depending on the tour package.

There are several schedules for a ship to depart to Labuan Bajo. Tilonkabila ship from PELNI cruises from Makassar in South Sulawesi to Labuan Bajo. The Leuser ship departs from Tanjung Perak, Surabaya in East Java. From Benoa seaport in Bali, you can also take the Leuser to get to Labuan Bajo.

Wilis ship departs from Makassar, and takes you from Larantuka in East Flores to Labuan Bajo. Please refer to the PELNI website for detailed information and updates.

For more destination references:

<https://www.indonesia.travel/gb/en/destinations/bali-nusa-tenggara/labuan-bajo.html>

OPTIONAL BALI TOUR

FULL DAY TOUR

Bedugul - Tanah Lot Tour



Start at 9:00 AM with a visit to the serene Ulun Danu Beratan Temple in Bedugul. Enjoy a buffet lunch at Mentari Restaurant. In the evening, explore Tanah Lot Temple and witness a breathtaking sunset. End the day with dinner at a local restaurant and shopping for Balinese souvenirs before returning to your hotel.

Price/pax

USD 60.13 / IDR 975,000 (Min. 2 pax)

USD 50.88 / IDR 825,000 (Min. 8 pax)

Kintamani - Alas Harum Tour

Start at 9:00 AM with a visit to Penglipuran Village, known for its traditional charm and historical significance. Head to Kintamani Highland Village for breathtaking views and a buffet lunch at Grand Puncak Sari Restaurant. In the afternoon, explore Alas Harum Agrotourism with unique photo spots and optional swing activity. In the evening, visit Ubud, enjoy a crispy duck dinner at Bebek Bengil Restaurant, and shop for Balinese souvenirs. Return to your hotel with memories of Bali's cultural and natural beauty.



Price/pax

USD 64.45 / IDR 1,045,000 (Min. 2 pax)

USD 53.97 / IDR 875,000 (Min. 8 pax)

OPTIONAL BALI TOUR

FULL DAY TOUR

South Bali Tour



Start at 9:00 AM with a visit to Tanjung Bena Beach for watersports or relaxation. Enjoy a crispy duck lunch at Bebek Bengil Restaurant in Nusa Dua, followed by a visit to the stunning Melasti Beach. In the afternoon, explore the iconic Uluwatu Temple with its breathtaking sunset views. End the day with a seafood dinner at New Moon Seafood Cafe in Jimbaran and shop for Balinese souvenirs before returning to your hotel. This tour offers a perfect blend of adventure, scenic beauty, and cultural experiences.

Price/pax

USD 66.30 / IDR 1,075,000 (Min. 2 pax)

USD 55.45 / IDR 899,000 (Min. 8 pax)

Rafting - Ubud

Start at 7:30 AM with a thrilling rafting adventure on the Ayung River, complete with professional guides and safety gear. Enjoy a buffet lunch at Sobek Restaurant. Visit Alas Harum Agrotourism for unique photo spots and optional swing activity. Explore the vibrant city of Ubud, then savor a crispy duck dinner at Bebek Bengil Restaurant. End the day shopping for Balinese souvenirs before returning to your hotel. This tour blends adventure, scenic beauty, and cultural experiences in Bali.



Price/pax

USD 82.34 / IDR 1,335,000 (Min. 2 pax)

USD 72.47 / IDR 1,175,000 (Min. 8 pax)

OPTIONAL BALI TOUR

FULL DAY TOUR

West Nusa Penida

Start your day with a 06:30 am pick-up, followed by a scenic fast boat ride from Sanur Harbor to Penida Island. Explore iconic sites like Broken Beach, Angels Billabong, and Kelingking Beach, before indulging in a delicious lunch at a local restaurant. Afterward, return to Sanur Harbor by fast boat, where a delightful dinner awaits at a local restaurant. Retreat to your hotel, cherishing the memories of your Nusa Penida escapade.

Note: This tour is subject to the weather. If the crossing line suddenly closed we will refund the cost based on the 3rd party policy.



Price/pax

USD 82.34 / IDR 1,335,000 (Min. 2 pax)
USD 72.47 / IDR 1,175,000 (Min. 8 pax)

All Packages Include

- Tour as program
- Meal as program
- Entrance fee and tour as program
- Comfortable transportation with English speaking tour driver cum tour guide, for min.8 person
- Mineral water for each person per day

Exclude

- Hotel and breakfast
- Personal expenses
- Travel insurance



Note:

- The price is subject to change without prior notice, due to currency fluctuation and government policy.
- We have not made booking yet for all components in this program.

OPTIONAL BALI TOUR

SHORT TRIP

South Bali Tour



Start at 9:00 AM with a visit to Tanjung Bena Beach for watersports or relaxation. Enjoy a crispy duck lunch at Bebek Bengil Restaurant in Nusa Dua, followed by a visit to the stunning Melasti Beach. In the afternoon, explore the iconic Uluwatu Temple with its breathtaking sunset views. End the day with a seafood dinner at New Moon Seafood Cafe in Jimbaran and shop for Balinese souvenirs before returning to your hotel. This tour offers a perfect blend of adventure, scenic beauty, and cultural experiences.

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Start at 7:30 AM with a thrilling rafting adventure on the Ayung River, complete with professional guides and safety gear. Enjoy a buffet lunch at Sobek Restaurant. Visit Alas Harum Agrotourism for unique photo spots and optional swing activity. Explore the vibrant city of Ubud, then savor a crispy duck dinner at Bebek Bengil Restaurant. End the day shopping for Balinese souvenirs before returning to your hotel. This tour blends adventure, scenic beauty, and cultural experiences in Bali.



Price/pax

USD 82.34 / IDR 1,335,000 (Min. 2 pax)

USD 72.47 / IDR 1,175,000 (Min. 8 pax)



OPTIONAL BALI TOUR

SHORT TRIP

ATV Adventure



Explore rural Bali on an exciting ATV adventure. Meet at the start point for a guided ride through stunning landscapes. With provided amenities and expert guides, discover hidden gems and rugged terrain, ending your journey with unforgettable memories of Bali's beauty. Include: locker, shower, towel, boots, helm, insurance, and local guide.

Embark on a 3-hour VW Safari Fun Ride through Ubud's rural landscape, starting at the meeting point. Visit iconic spots like Tegalalang Rice Terrace and Umah Bali Kuno before returning to the start point. Experience the charm of Bali's countryside and its rich cultural heritage on this unforgettable journey.

VW Safari Fun Ride



White Water Rafting



Embark on an exhilarating white water rafting adventure on Bali's Ayung River. Meet at the start point at 09:30 AM for a safety briefing before paddling through thrilling rapids. Enjoy provided amenities like lockers, showers, and rafting equipment with insurance coverage. Refuel with a buffet lunch at the rafting restaurant before concluding your unforgettable experience.

OPTIONAL BALI TOUR

SHORT TRIP



Paragliding

Embark on an exhilarating paragliding adventure above Timbis Beach in Bali. Meet at the start point and take flight, enjoying panoramic views and capturing memories with a GoPro video. Receive a certificate and insurance coverage for peace of mind. Conclude your adventure with unforgettable memories of soaring through the skies of Bali.

Embark on a magical hot air balloon ride above Bali's stunning rice fields. Enjoy 7-10 minutes of soaring 50 meters high with breathtaking views. Receive a complimentary digital photo to remember the experience. Ideal for 2 adults per ride, with a maximum weight limit of 150 kg.



Hot Air Balloon

Choose between sunrise or sunset departures. Depart with cherished memories of this enchanting adventure.

Ubud Walk




Experience the serene beauty of Ubud with a guided walk starting at Jembatan Cinta. Trek along the Campuhan Ridge Walk and Subak Sok Wayah Ubud for 1.5-2 hours. Enjoy a coffee break amidst the picturesque surroundings before concluding the tour. Depart with rejuvenated spirits and fond memories of Ubud's tranquility.

Contact Person

If you want to fully explore Bali with this tour, please contact

dr. Tanjung Ayu Sumekar

 tanjung.sumekar@fk.undip.ac.id

 +62 812-7704-9894

*before 25 August 2024

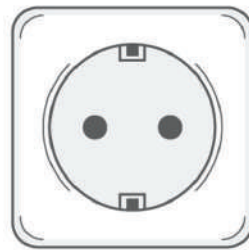


MISCELLANEOUS

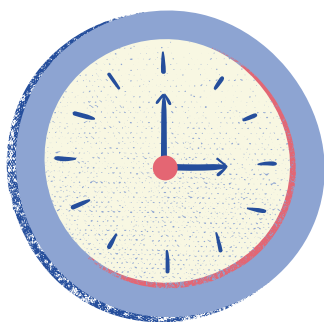
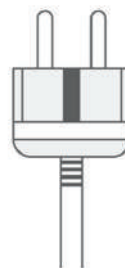
Power plugs and socket



Type C



Type F



Time

GMT +8

London 08:00

Bali 15:00

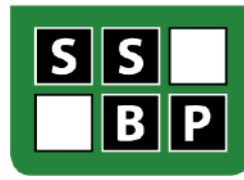
Do not drink tap water!



Cash

Our currency is Rupiah.

We recommend you carry some cash because there are few places that still take cash-only.



SEE YOU IN BALI!

Contact our local committee for more info:

Nydia RB Sihombing

sihombingnydia@lecturer.undip.ac.id

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