

Directory

CONTENTS

Accommodation	328
Business Hours	330
Children	330
Climate Charts	332
Courses	332
Customs	332
Dangers & Annoyances	333
Disabled Travellers	335
Embassies & Consulates	335
Festivals & Events	336
Food	338
Gay & Lesbian Travellers	338
Holidays	339
Insurance	339
Internet Access	339
Legal Matters	339
Maps	340
Money	340
Photography & Video	341
Post	341
Shopping	342
Solo Travellers	344
Telephone	345
Time	346
Toilets	346
Tourist Information	346
Visas	346
Women Travellers	347
Work	348

ACCOMMODATION

Bali has a huge range of accommodation, primarily in hotels of every shape, size and price. It has great value lodging no matter what your budget.

All accommodation attracts a combined tax and service (called 'plus plus') charge of 21%. In budget places, this is generally included in the price, but check first. Many midrange (but not all) and top-end places will add it on, which can add substantially to your bill.

In this guide, the rates quoted are those that travellers are likely to pay during the high season and include tax. With the ongoing downturn of business published rates are often whimsical at best.

The range of prices used in this book are as follows:

Budget Most rooms cost less than 250,000Rp (less than US\$35) per night.

Midrange Most rooms cost between 250,000Rp (around US\$35) and 800,000Rp (around US\$75).

Top End Most rooms cost more than 800,000Rp (more than US\$75).

Rates are almost always negotiable, especially outside the main peak season, and if you are staying for a few days, or longer, at midrange or top-end places, you should always seek a discount. In the low season, discounts between 30% and 50% aren't uncommon in many midrange and top-end hotels. Note that a high-season surcharge applies in many top-end hotels during holiday periods such as Christmas.

Rates are often given in US dollars (US\$) as opposed to rupiah (Rp), especially at higher-end places. Sometimes rates are in both currencies, meaning you should offer to pay in the one offering the best deal based on current conversion rates.

Camping

The only camping ground on the whole island is at the headquarters of the Taman Nasional Bali Barat at Cèkik in western Bali. It is only useful if you want to trek in the national park, and you will have to bring your own camping and cooking equipment.

Even if you're trekking in the central mountains, or in the national park, you will rarely find use for a tent – there are usually shelters of some sort, and most hikes can be completed in one day anyway.

Hotels

Pretty much every place to stay in Bali and Lombok will arrange tours, car rental and other services. Laundry service is universally available, sometimes for free.

BUDGET HOTELS

The cheapest accommodation in Bali is in small places that are simple, but clean and comfortable. A losmen is a small hotel, often family-run, which rarely has more than about a dozen rooms; names usually include the

PRACTICALITIES

- Current issues of English-language dailies (*Jakarta Post* and the *International Herald Tribune*) and major news magazines can be found at bookshops and minimarts in South Bali and Ubud. Don't buy either newspaper at more than cover price from street vendors, who are also the only source for Australian newspapers, which they sell for outrageous prices.
- Pop radio in Bali often has DJs jamming away in English. Short-wave broadcasts, such as Voice of America and the BBC World Service, can be picked up in Bali. Many hotels and some bars have satellite TV with all the international channels.
- Indonesia uses the PAL broadcasting standard, the same as Australia, New Zealand, the UK and most of Europe; for DVDs you buy here though, be aware that you may need a multi-region DVD player.
- Electricity is usually 220V to 240V AC in Bali. Wall plugs are the standard European variety – round with two pins. Service is usually reliable.
- Indonesia follows the metric system. There is a conversion table for the imperial system on the inside front cover.

word 'losmen', 'homestay,' 'inn' or 'pondok'. Losmen are often built in the style of a Balinese home, ie a compound with an outer wall and separate buildings around an inner garden.

There are losmen all over Bali, and they vary widely in standards and price. In a few places you'll find a room for as little as 40,000Rp, but generally they're in the 50,000Rp to 150,000Rp range. Some of the cheap rooms are definitely on the dull side, but others are attractive, well kept and excellent value for money. A lush garden can be one of the most attractive features, even in very cheap places. The price usually includes a light breakfast, and rooms have an attached bathroom with a shower (cold water only), basin and generally a Western-style toilet and a fan.

Many budget places also resemble hotels and as competition in Bali has heated up, it's not uncommon to find amenities such as pools, hot water and air-con in budget places with rooms under 250,000Rp. Don't expect great levels of service in any of these places – although smiles abound.

MIDRANGE HOTELS

Midrange hotels are often constructed in Balinese bungalow style and set on spacious grounds with a pool. In the less expensive midrange hotels, rooms are priced from about 250,000Rp to 350,000Rp, which includes breakfast and a private bathroom. Midrange hotels may have a variety of rooms and prices, with the main difference being air-con and

hot water versus a fan and cold water. Pools are common.

Upper-midrange hotels normally give their price in US dollars. Prices range from US\$30 to US\$75, and should include hot water, air-con, satellite TV and the like. Rooms at the top price end are likely to have a sunken bar in the swimming pool (usually unattended, but it looks good on the brochure). Many have a sense of style that is beguiling and which may help postpone your departure.

TOP-END HOTELS

Top-end hotels in Bali are world-class. You can find excellent places in Seminyak, Jimbaran, the resort strip of Nusa Dua and Tanjung Bena and Ubud. Exclusive properties can be found around the coast of East Bali and around Pemuatan in North Bali. Service is refined and you can expect décor that seems plucked from the pages of a glossy magazine. Views are superb – whether they're of the ocean or of lush valleys and rice paddies. At the best places you can expect daily deliveries of fresh fruit and flowers to your room. Bali regularly has several places in surveys of top hotels such as those done by *Conde Nast Traveller*.

Although top end in this book usually means a place where the average room costs at least US\$75, you can multiply that by a factor of five at some of the world-class resorts. Great deals for these places can be found from many sources: hotel websites, internet booking services or as part of holiday packages. It pays to shop around.

Long-Term Accommodation

Like frangipani blossoms after a stiff breeze, villas litter the ground of South Bali. Often they land in the midst of rice paddies seemingly overnight. The villa boom has been quite controversial for environmental, aesthetic and economic reasons (see p61). Many skip collecting government taxes from guests which has raised the ire of their luxury hotel competitors.

Most villas are available for longer stays. At the minimum they have a kitchen, living room and private garden, and often two or more bedrooms, so they are suitable for a family or a group of friends.

But many villas go far beyond the norm. Some are literally straight out of the pages of *Architectural Digest* and other design magazines and come with pools, views, beaches and more. Often the houses are staffed and you have the services of a cook, driver etc. Some villas are part of developments – common in Seminyak – and may be linked to a hotel, which gives you access to additional services. Others are free-standing homes in rural areas such as the coast around Canggu.

Rates typically can range anywhere from US\$500 for a modest villa to US\$4000 per week and beyond for your own tropical estate. There are often deals, especially in the low-season. And for longer stays, you can find deals easily for US\$700 a month. Look in the *Bali Advertiser* (www.baliadvertiser.biz) and on bulletin boards popular with expats such as the ones at Café Moka in Seminyak (p120) and Bali Buddha in Ubud (p195).

You can save quite a bit by waiting until the last minute, but during the high season the best villas can book up months in advance. The following agencies are among the many in Bali. **Bali Villas** (☎ 0361-703060; www.balivillas.com) **Elite Havens** (☎ 0361-731074; www.elitehavens.com) **Exotiq Real Estate** (☎ 0361-737358; www.exotiqreal-estate.com) **House of Bali** (☎ 0361-739541; www.houseofbali.com)

Village Accommodation

In remote villages, you can often find a place to stay by asking the *kepala desa* (village chief or headman) and it will usually be a case of sleeping in a pavilion in a family compound. The price is negotiable, maybe about 25,000Rp per person per night. Your hosts may not even ask for payment, and in these cases you should

definitely offer some gifts, like bottled water, sweets or fruit. If they give you a meal, it is even more important to make an offer of payment or gifts. It's a very good idea to take a Balinese friend or guide to help facilitate introductions, and to ensure that you make as few cultural faux pas as possible.

A good way to arrange a village stay is through the JED Village Ecotourism Network, see p348 for details.

BUSINESS HOURS

Government office hours in Bali and Lombok are roughly from 8am to 3pm Monday to Thursday and from 8am to noon on Friday, but they are not completely standardised. Postal agencies will often keep longer hours, and the main post offices are often open every day (from about 8am to 2pm Monday to Thursday and 8am to noon Friday; in the larger tourist centres, the main post offices are often open on weekends). Banking hours are generally from 8am to 2pm Monday to Thursday, from 8am to noon Friday and from 8am to about 11am Saturday. The banks enjoy many public holidays.

In this book it is assumed that restaurants and cafés are usually open about 8am to 10pm daily. Shops and services catering to tourists are open from 9am to about 8pm. Where the hours vary from these, they are noted in the text.

CHILDREN

Travelling with *anak-anak* (children) anywhere requires energy and organisation (see Lonely Planet's *Travel with Children* by Cathy Lanigan), but in Bali the problems are lessened by the Balinese affection for children. They believe that children come straight from God, and the younger they are, the closer they are to God. To the Balinese, children are considered part of the community and everyone, not just the parents, has a responsibility towards them. If a child cries, the Balinese get most upset and insist on finding a parent and handing the child over with a reproachful look. Sometimes they despair of uncaring Western parents, and the child will be whisked off to a place where it can be cuddled, cosseted and fed. In tourist areas this is less likely, but it's still common in traditional environments. A toddler may even get too much attention!

Children are a social asset when you travel in Bali, and people will display great interest

in any Western child they meet. You will have to learn your child's age and sex in Bahasa Indonesia – *bulau* (month), *tahun* (year), *laki-laki* (boy) and *perempuan* (girl). You should also make polite inquiries about the other person's children, present or absent.

Lombok is generally quieter than Bali and the traffic is much less dangerous. People are fond of kids, but less demonstrative about it than the Balinese. The main difference is that services for children are much less developed.

Practicalities

ACCOMMODATION

A hotel with a swimming pool, air-con and a beachfront location is fun for kids and very convenient, and provides a good break for the parents. Sanur, Nusa Dua and Lovina are all good places for kids as the surf is placid and the streets quieter than the Kuta area.

Most places, at whatever price level, have a 'family plan', which means that children up to about 12 years old can share a room with their parents free of charge. The catch is that hotels may charge for extra beds, although some offer family rooms. If you need more space, just rent a separate room for the kids.

As noted in the text, many top-end hotels offer special programmes or supervised activities for kids, and where this isn't the case, most hotels can arrange a baby-sitter.

Hotel and restaurant staff are usually very willing to help and improvise, so always ask if you need something for your children.

FOOD

The same rules apply as for adults – kids should drink only clean water and eat only well-cooked food or fruit that you have peeled yourself. If you're travelling with a young baby, breast-feeding is much easier than bottles. For older babies, mashed bananas, eggs, peelable fruit and *bubur* (rice cooked to a mush in chicken stock) are all generally available. In tourist areas, supermarkets do sell jars of Western baby food and packaged UHT milk and fruit juice. Bottled drinking water is available everywhere. Bring plastic bowls, plates, cups and spoons for do-it-yourself meals.

SAFETY PRECAUTIONS

The main danger is traffic, so try to stay in less busy areas. If your children can't look

after themselves in the water then they must be supervised – don't expect local people to act as life-savers.

On Bali, the sorts of facilities, safeguards and services that Western parents regard as basic may not be present. Not many restaurants provide a highchair; many places with great views have nothing to stop your kids falling over the edge and shops often have breakable things at kiddie height.

WHAT TO BRING

Apart from those items mentioned in the Health chapter (p364), bring some infant analgesic, antilice shampoo, a medicine measure and a thermometer.

You can take disposable nappies (diapers) with you, but they're widely available in Bali and to a lesser degree on Lombok.

For small children, bring a folding stroller or pusher, or you will be condemned to having them on your knee constantly, at meals and everywhere else. However, it won't be much use for strolling, as there are few paved foot-paths that are wide and smooth enough. A papoose or a backpack carrier is a much easier way to move around with children.

Some equipment, such as snorkelling gear and boogie boards, can be rented easily in the tourist centres. A simple camera, or a couple of the throwaway ones, will help your child feel like a real tourist.

Sights & Activities

Many of the things that adults want to do on Bali will not interest their children. Have days when you do what they want, to offset the times you drag them to shops or temples. Encourage them to learn about the islands so they can understand and enjoy more of what they see.

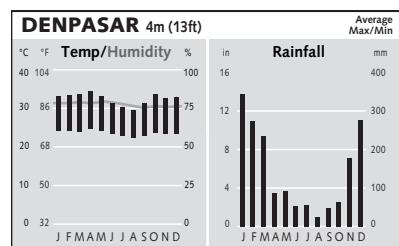
Water play is always fun – you can often use hotel pools, even if you're not staying there. Waterbom Park in Tuban (p102) is a big hit with most kids. If your kids can swim, they can have a lot of fun with a mask and snorkel. Colourful kites are sold in shops and market stalls; get some string at a supermarket.

Other activities popular with kids include visiting Taman Burung Bali Bird Park and Rimba Reptil Park near Ubud (p205) and river rafting (p77). The water sports places in Tanjung Bena (p137) are very popular with the kids.

CLIMATE CHARTS

Just 8° south of the equator, the island of Bali has a tropical climate – the average temperature hovers around 30°C (86°F) all year round. Direct sun feels incredibly hot, especially in the middle of the day. In the wet season, from October to March, the humidity can be very high and quite oppressive. The almost daily tropical downpours come as a relief, but passes quickly, leaving flooded streets and renewed humidity. The dry season (April to September) is generally sunnier, less humid and, from a weather point of view, the best time to visit, though downpours can occur at any time.

There are marked variations across the island. The coast is hotter, but sea breezes can temper the heat. As you move inland you also move up, so the altitude works to keep things cool – at times it can get chilly up in the highlands, and a warm sweater or light jacket can be a good idea in mountain villages such as Kintamani and Candikuning. The northern slopes of Gunung Batur always seem to be wet and misty, while a few kilometres away, the east coast is nearly always dry and sunny.



COURSES

More and more people are finding it rewarding to take one of the many courses available in Bali. The rich local culture and activities make for plenty of opportunities to learn something new. Whether it's exploring a food market, learning basic language skills, delving into the profusion of arts or honing your aquatic skills, you'll find plenty of options to expand your horizons.

Arts & Crafts

The Ubud area is the best place for art courses, see p185. A wide range of courses is available, including batik, jewellery making and painting.

Cooking

See p85 for information on learning how to exploit the fresh flavours of Balinese food for oral pleasure.

Language

Denpasar (p170) and Ubud (p186) have schools for learning Bahasa Indonesia.

Meditation & Spiritual Interests

For the Balinese, everything on the island is imbued with spiritual significance, and this ambience is an attraction for travellers looking for an alternative holiday experience. Ubud (p186) is a good place to go for spiritual enlightenment.

Music & Dance

Denpasar (p165), Sanur (see p139) and Ubud (p174) have schools where you can explore the rich traditions of Balinese music and dance.

Surfing & Diving

See the Bali & Lombok Outdoors chapter for more information on surf (p78) and dive schools (p75).

CUSTOMS

Indonesia has the usual list of prohibited imports, including drugs, weapons, fresh fruit and anything remotely pornographic.

Each adult can bring in 200 cigarettes (or 50 cigars or 100g of tobacco), a 'reasonable amount' of perfume and 1L of alcohol.

Officially, cameras, laptops and tape recorders must be declared to customs on entry, and you must take them with you when you leave. In practice, customs officials rarely worry about the usual gear tourists bring into Bali. Surfers with more than two or three boards may be charged a 'fee', and this could apply to other items if the officials suspect that you aim to sell them in Indonesia. If you have nothing to declare, customs clearance is quick and painless.

There is no restriction on foreign currency, but the import or export of rupiah is limited to five million rupiah. Amounts greater than that must be declared.

Indonesia is a signatory to the Convention on International Trade in Endangered Species (CITES), and as such bans the import and export of products made from endangered species. In particular, it is forbidden to export any product made from green sea turtles or turtle shells. In the interests of conservation,

TRAVEL ADVISORIES

Government departments charged with foreign affairs maintain websites with travel information and warnings for specific countries and regions. It's a good idea for travellers to check the following websites before a trip in order to confirm local conditions. But note that the advisories often are general to the point of meaninglessness and are guaranteed to allow for bureaucratic cover should trouble occur. Once in Bali, travellers may be able to get updated information through the local consulate (p335) or from embassies in Jakarta (p335).

- Australia Department of Foreign Affairs & Trade (www.dfat.gov.au)
- Canada Foreign Affairs (www.voyage.gc.ca)
- New Zealand Ministry of Foreign Affairs & Trade (www.mfat.govt.nz/travel)
- UK Foreign & Commonwealth Office (www.fco.gov.uk)
- US Department of State (www.travel.state.gov)

as well as conformity to customs laws, please don't buy turtle shell products. There may also be some ivory artefacts for sale in Bali, and the import and export of these is also banned in most countries.

DANGERS & ANNOYANCES

It's important to note that compared with many places in the world, Bali is fairly safe. There are some hassles from the avaricious, but most visitors face many more dangers at home. Petty theft occurs but it is not prevalent.

Security concerns have increased since the 2002 and 2005 bombings but these tend to fade after a while. The odds you will be caught up in such a tragedy are low. Note that large luxury hotels which are part of international chains tend to have the best security.

As for all destinations, you might want to check your government's travel advisories before you depart, and listen to local advice when you arrive. For more, see above.

In addition to the warnings following, see p94 for warnings specific to the Kuta region.

Outside the Mataram/Senggigi area on Lombok, emergency services may be nonexistent, or a long time coming. Don't expect an ambulance to collect injured surfers from the southwest coast. The Gili Islands don't have a formal police force.

For information on Bali's notorious dogs, see p68. See p364 for details on international clinics and medical care in Bali.

Begging

You may be approached by the occasional beggar in Kuta, Legian or Ubud – typically a

woman with one or more young child. Pause and they might literally latch on.

Drugs

Numerous high-profile drug cases in Bali and on Lombok should be enough to dissuade anyone from having anything to do with illicit drugs. As little as two ecstasy tabs or a bit of pot has resulted in huge fines and multiyear jail sentences in Bali's notorious jail in Kerobokan. Try dealing and you may pay with your life.

You can expect to be offered pot, ecstasy, crystal meth (yabba), magic mushrooms and other drugs in nightclubs, beaches and while walking along tourist-area streets. Assume that such offers come from people who may be in cahoots with the police. That some foreigners have been able to buy their way out of jail by paying enormous fines (US\$50,000 and up) should indicate that nabbing tourists for drugs is a cottage industry.

It's also worth noting that clubbers have been hit with random urine tests.

Hawkers, Pedlars & Touts

Many visitors regard the persistent attentions of people trying to sell as *the* number one annoyance in Bali (and in tourist areas of Lombok). These activities are officially restricted in many areas but hawkers will still work just outside the fence. Elsewhere, especially around many tourist attractions, visitors are frequently, and often constantly, hassled to buy things.

The best way to deal with hawkers is to completely ignore them from the first instance. Eye contact is crucial – don't make any! Even a polite '*tidak*' (no) seems to encourage them.

Never ask the price or comment on the quality unless you're interested in buying, or you want to spend half an hour haggling. It may seem very rude to ignore people who smile and greet you so cheerfully, but you might have to be a lot ruder to get rid of a hawk after you've spent a few minutes politely discussing his/her watches, rings and prices. Keep in mind though, that ultimately they're just people trying to make an honest living and if you don't want to buy anything then you are wasting their time trying to be polite.

Many touts employ fake, irritating Australian accents, eg 'Oi! Mate!'

Scams

Bali has such a relaxed atmosphere, and the people are so friendly, that you may not be on the lookout for scams. It's hard to say when an 'accepted' practice such as over-charging becomes an unacceptable rip-off, but be warned that there are some people in Bali (not always Balinese) who will engage in a practised deceit in order to get money from a visitor.

Most Balinese would never perpetrate a rip-off, but it seems that very few would warn a foreigner when one is happening. Be suspicious if you notice that bystanders are uncommunicative and perhaps uneasy, and one guy is doing all the talking.

Here is a rundown of the most common scams.

CAR CON

Friendly locals (often working in pairs) discover a 'serious problem' with your car or motorcycle – it's blowing smoke, leaking oil or petrol, or a wheel is wobbling badly (problems that one of the pair creates while the other distracts you). Coincidentally, he has a brother/cousin/friend nearby who can help, and before you know it they are demanding an outrageous sum for their trouble. Beware of anyone who tries to rush you into something without mentioning a price.

EASY MONEY

Friendly locals will convince a visitor that easy money can be made in a card game. Anyone falling for this one is a prime candidate for what happens to fools and their money.

HIGH RATES – NO COMMISSION

In the South Bali area especially, many travellers are ripped off by moneychangers, who use

sleight of hand and rigged calculators. The moneychangers who offer the highest rates are usually the ones to look out for. Always count your money at least twice in front of the moneychanger, and don't let him touch the money again after you've finally counted it. The best defence is to use a bank-affiliated currency exchange or stick to ATMs.

Swimming

Kuta Beach and those to the north and south are subject to heavy surf and strong currents – always swim between the flags. Trained lifeguards do operate, but only at Kuta, Legian, Seminyak, Nusa Dua, Sanur and (sometimes) Senggigi. Most other beaches are protected by coral reefs, so they don't have big waves, but the currents can still be treacherous, especially along the coast running north and west from Seminyak. Currents can also cause problems off the Gilis.

Water pollution can also be a problem, especially after rains. Try to swim well away from any open streams you see flowing into the surf.

Be careful when swimming over coral, and never walk on it at all. It can be very sharp and coral cuts are easily infected. In addition, you are damaging a fragile environment.

Theft

Violent crime is relatively uncommon, but there is some bag-snatching, pickpocketing and theft from rooms and parked cars in the tourist centres. Don't leave anything exposed in a rental vehicle. Always carry money belts inside your clothes; and bags over your neck (not shoulder). Be sure to secure all your money *before* you leave the ATM, bank or moneychanger.

Beware of pickpockets in crowded places and bemo (small minibuses).

Hotel and guesthouse rooms are often not secure. Don't leave valuables in your room. Thieves will often enter through open-air bathrooms, so be sure to fasten the bathroom door. Most hotels offer some form of secure storage, such as in-room safes or central safety deposit boxes for guests – use it.

Many people lose things simply by leaving them on the beach while they go swimming.

On Lombok, theft and robbery are more common. Certainly there are hassles in Kuta, east of Kuta and west of Kuta around Mawi (see p322).

Traffic

Apart from the dangers of driving in Bali (see p359), the traffic in most tourist areas is often annoying, and frequently dangerous to pedestrians. Footpaths can be rough, even unusable, so you often have to walk on the road. Never expect traffic to stop because you think you're on a pedestrian crossing.

The traffic is much lighter on Lombok than in Bali, but there is still a danger of traffic accidents.

DISABLED TRAVELLERS

Bali is a difficult destination for those with limited mobility. While some of the airlines flying to Bali have a good reputation for accommodating people with disabilities, the airport is not well set up. Contact the airlines and ask them what arrangements can be made for disembarking and boarding at the airport.

Bemo, minibuses and buses that provide public transport are not accessible. The minibuses used by tourist shuttle bus and tour companies are similar. Upmarket hotels often have steps and lack ramps for wheelchairs, while the cheaper places usually have more accessible bungalows on ground level. Out on the street, the footpaths, where they exist at all, tend to be narrow, uneven, potholed and frequently obstructed.

The only hotels likely to be set up at all for disabled travellers are the big international chains in South Bali and Ubud. If you're keen to see Bali, your best bet is to contact these hotels and ask them what facilities they have for guests with disabilities. Sometimes this information can be found on their websites.

Bali is an enormously rewarding destination for people who are blind or vision impaired. Balinese music is heard everywhere, and the languages are fascinating to listen to. The smells of incense, spices, tropical fruit and flowers pervade the island, and are as exotic as you could wish for. With a sighted companion, most places should be reasonably accessible.

EMBASSIES & CONSULATES

Indonesian Embassies & Consulates

Indonesian embassies and consulates abroad include the following. For additional information see Indonesia's department of foreign affairs website (www.deplu.go.id).

Australia (☎ 02-6250 8600; www.kbri-canberra.org.au; 8 Darwin Ave, Yarralumla, ACT 2600)

Canada (☎ 613-724 1100; 55 Parkdale Ave, Ottawa, Ontario K1Y 1E5) Consulates: Toronto (☎ 416-360-4020; 129 Jarvis St); Vancouver (☎ 604-682-8855; 1630 Alberni St)
France (☎ 01-45 03 07 60; 47-49 Rue Cortambert, 75116 Paris) Consulate: Marseilles (☎ 04-9123-0160; 25 Blvd, Carmagnole)

Germany (☎ 030-478-070; Lehrter Str 16-17, 10557 Berlin) Consulates: Frankfurt (☎ 69-247-0908; Zeppelin Alley 23); Hamburg (☎ 40-512-071; Bebelallee 14)

Ireland (Honorary Consul; ☎ 353 852 491; 25 Kilvere Rathfarnham, Dublin)

Japan (☎ 03-3441 4201; 5-2-9 Higashi Gotanda, Shinagawa-ku, Tokyo) Consulates: Fukuoka (☎ 092-761-3031; Kyuden Bldg 1-82, Watanabe-Dori-Chome, Chuo-Ku, Fukuoka-Shi); Osaka (☎ 83-06-6252-9823; Daiwa Bank Semba Bldg 6th fl, 4-21 Minami Semba 4-Chome, Chuo-Ku); Sapporo (☎ 011-251-6002; 883-3 Chome 4-Jo, Miyayonomori, Chuo-Ku, Sapporo Shi)

Malaysia (☎ 03-2145-2011; 233 Jl Tun Razak, Kuala Lumpur) Consulates: Kota Kinabalu (☎ 60-088-218-600; Lorong Kemajuan, Karamunsing); Kuching (☎ 241734; 111 Jl Tun Abang Hj, Openg); Penang (☎ 04-2267-412; 467, Jl Burma)

Netherlands (☎ 070-310 8100; 8 Tobias Asserlaan, 2517 KC, The Hague)

New Zealand (☎ 04-4758 697; 70 Glen Rd, Kelburn, Wellington) Consular office: Auckland (☎ 09 300-9000; 2nd fl, 132 Vincent St)

Papua New Guinea (☎ 675-325 3116; 1+2/410, Kiroki St, Sir John Guise Dr, Waigani, Port Moresby) Consulate: Vanimo (☎ 675-857-1371; Sandaun Province)

Philippines (☎ 02-892-5061; 185 Salcedo St, Legaspi Village, Makati, Manila) Consulate: Davao (☎ 63-83-299-2930; Ecoland Subdivision, Davao City)

Thailand (☎ 02-252 3135; 600-602 Petchburi Rd, Phayathai, Bangkok)

Timor Leste (☎ 670-312-333; Komplek Pertamina, Pantai Kelapa, Correios)

UK (☎ 020-7499 7661; 38 Grosvenor Square, London W1K 2HW)

USA (☎ 202-775-5200; 2020 Massachusetts Ave NW, Washington DC 20036) Consulates: Chicago (☎ 312-345-9300; 72 East Randolph St); Houston (☎ 713-785-1691; 10900 Richmond Ave); Los Angeles (☎ 213-383-5126; 3457 Wilshire Blvd); New York (☎ 212-879-0600; 5 East 68th St); San Francisco (☎ 415-474-9571; 1111 Columbus Ave)

Embassies & Consulates in Indonesia

Foreign embassies are in Jakarta, the national capital. Most of the foreign representatives in Bali are consular agents (or honorary consuls) who can't offer the same services as a full consulate or embassy. For some, this means a trek to Jakarta in the event of a lost passport.

BALI

The US, Australia and Japan (visitors from these countries together make up nearly half of all visitors) have formal consulates in Bali. Unless noted, the following offices are open from about 8.30am to noon, Monday to Friday. All telephone area codes are ☎ 0361.

Australia (Map pp166-7; ☎ 241118; www.dfat.gov.au/bali; Jl Hayam Wuruk 88B, Renon, Denpasar; ☎ 8am-noon, 12.30-4pm) The Australian consulate has a consular sharing agreement with Canada, and may also be able to help citizens of New Zealand, Ireland and Papua New Guinea.

France (Map p140; ☎ 285485; Jl Mertasari, Gang II 8, Sanur)

Germany (Map p140; ☎ 288535; Jl Pantai Karang 17, Batujimbar, Sanur)

Japan (Map pp166-7; ☎ 227628; konipdps@indo.net.id; Jl Raya Puputan 170, Renon, Denpasar)

Netherlands (Map pp96-7; ☎ 752777; Jl Raya Kuta 127/Imam Bonjol, Kuta)

Switzerland (Map pp96-7; ☎ 751735; Kuta Galleria, Blok Valet 2, 12, Kuta)

UK (Map p140; ☎ 270601; Jl Tirtanadi 20, Sanur)

USA (Map pp166-7; ☎ 233605; amcobali@indosat.net.id; Jl Hayam Wuruk 188, Renon, Denpasar; ☎ 8am-4.30pm)

JAKARTA

Most nations have an embassy in Jakarta (telephone area code ☎ 021), including the following:

Australia (☎ 2550 5555; www.indonesia.embassy.gov.au; Jl Rasuna Said Kav 15-16)

Brunei (☎ 3190 6080; Jl Tanjung Karang 7)

Canada (☎ 2550 7800; www.international.gc.ca/asia/jakarta; World Trade Centre, 6th fl, Jl Jend Sudirman Kav 29-31)

France (☎ 2355 7600; Jl MH Thamrin 20)

Germany (☎ 3985 5000; Jl MH Thamrin 1)

Japan (☎ 3192 4308; Jl MH Thamrin 24)

Netherlands (☎ 524 8200; Jl HR Rasuna Said Kav 5-3)

New Zealand (☎ 570 9460; BRI II Bldg, 23rd fl, Jl Jend Sudirman Kav 44-46)

Papua New Guinea (☎ 7251218; 6th fl, Panin Bank Centre, Jl Jend Sudirman 1)

Philippines (☎ 310 0334; phjkt@indo.net.id; Jl Imam Bonjol 6-8)

Singapore (☎ 520 1489; Jl Rasuna Said, Block X/4 Kav 2)

Thailand (☎ 390 4052; Jl Imam Bonjol 74)

UK (☎ 315 6264; www.britain-in-indonesia.or.id; Jl. M.H. Thamrin 75)

USA (☎ 3435 9000; www.usembassyjakarta.org; Jl Medan Merdeka Selatan 4-5)

FESTIVALS & EVENTS

Try to obtain a *Calendar of Events* booklet – there are several versions published by the government. It lists every temple ceremony and village festival in Bali for the current (Western) year. You can also inquire at tourist offices or at your hotel.

Balinese Calendars, Holidays & Festivals

Apart from the usual Western calendar, the Balinese also use two local calendars, the *saka* calendar and the *wuku* calendar.

SAKA CALENDAR

The Hindu *saka* (or *caka*) calendar is a lunar cycle that is similar to the Western calendar in terms of the length of the year. Nyepi (see the boxed text, p338) is the major festival of the *saka* year – it's the last day of the year, ie the day after the new moon of the ninth month. Certain major temples celebrate their festivals by the *saka* calendar.

WUKU CALENDAR

The *wuku* calendar is used to determine festival dates. The calendar uses 10 different types of weeks between one and 10 days long, which all run simultaneously. The intersection of the various weeks determines auspicious days. The seven- and five-day weeks are of particular importance. A full year is made up of 30 individually named seven-day weeks (210 days).

Galungan, which celebrates the death of a legendary tyrant called Mayadenawa, is one of Bali's major festivals. During this 10-day period, held every 210 days, all the gods come down to earth for the festivities. Barong (mythical lion-dog creatures) prance from temple to temple and village to village, and locals rejoice with feasts and visits to families. The celebrations culminate with the Kuningan festival, when the Balinese say thanks and goodbye to the gods.

Every village in Bali will celebrate Galungan and Kuningan in grand style. Forthcoming dates are the following:

Year	Galungan	Kuningan
2007	27 Jun	7 Jul
2008	23 Jan	2 Feb
	20 Aug	30 Aug
2009	18 Mar	28 Mar

A GOOD DAY FOR...

Almost every Balinese home and business has a copy of the *Kalendar Cetakan* hanging on the wall. This annual publication tracks the various local religious calendars and overlays them upon your usual 365-day Western calendar. Details are extensive and most importantly, the calendar provides vital details on which days are most fortuitous for a myriad of activities such as bull castration, building a boat, laying a foundation, drilling a well, starting a long trip and having sex. Many Balinese would not think of scheduling any activity without checking the calendar first and this can lead to many inconveniences since many activities are only condoned for a few days a year (except sex which is called for at least 10 days a month – a real marketing tool!).

Bali Events

Besides the myriad of religious festivals, Bali has many organised events which have proven popular with locals and visitors alike. Be sure to confirm that the event will happen.

Bali Art Festival of Buleleng May or June, Singaraja (p259).

Bali Arts Festival Mid-June to mid-July, Denpasar (p170).

Kuta Karnival Late September and early October, Kuta (p104).

Ubud Writers & Readers Festival October, Ubud (p186).

Lombok Events

Many festivals take place at the start of the rainy season (around October to December) or at harvest time (around April to May). Most of them do not fall on specific days in the Western calendar, including Ramadan, so planning for them is not really possible.

Ramadan, the month of fasting, is the ninth month of the Muslim calendar. During this period, many restaurants are closed, and foreigners eating, drinking (especially alcohol) and smoking in public may attract a very negative reaction.

Other occasions observed on Lombok include the following:

Desa Bersih First Thursday in April – a harvest festival held in honour of Dewi Sri, the rice goddess in the region of Gunung Pengsong.

Nyale Fishing Festival Nineteenth day of the 10th month of the Sasak calendar (generally February/March) –

commemorates the legend of a beautiful princess who went out to sea and drowned herself rather than choose between her many admirers – her long hair was transformed into the wormlike fish the Sasak call *nyale*. **Perang Topat** November or December – a harvest festival featuring a mock battle with sticky rice held near Mataram (see p291).

Temple Festivals

Temple festivals in Bali are quite amazing, and you'll often come across them quite unexpectedly, even in the most remote corners of the island. The annual 'temple birthday' is known as an *odalan* and is celebrated once every Balinese year of 210 days. Since most villages have at least three temples, you're assured of at least five or six annual festivals in every village. In addition, there can be special festival days common throughout Bali; festivals for certain important temples and festivals for certain gods. The full moons which fall around the end of September to the beginning of October, or from early to mid-April, are often times for important temple festivals in Bali.

The most obvious sign of a temple festival is a long line of women in traditional costume, walking gracefully to the temple with beautifully arranged offerings of food, fruit and flowers piled in huge pyramids which they carry on their heads.

Meanwhile, the various *pemangku* (temple guardians and priests for temple rituals) suggest to the gods that they should come down for a visit. That's what those little thrones are for in the temple shrines – they are symbolic seats for the gods to occupy during festivals. Women dance the stately Pendet, an offering dance for the gods.

All night long on the island there's activity, music and dancing – it's like a great country fair, with food, amusements, games, stalls, gambling, noise, colour and confusion. Finally, as dawn approaches, the entertainment fades away, the *pemangku* suggest to the gods that it's time they made their way back to heaven and the people wind their weary way back home.

When you first arrive, it's well worth asking at a tourist office or your hotel what festivals will be held during your stay. Seeing one will be a highlight of your trip. Foreigners are welcome to watch the festivities and take photographs, but be unobtrusive and dress modestly.

NYEPI – THE DAY OF SILENCE

The major festival for the Hindu Balinese is Nyepi, usually falling around the end of March or early April. It celebrates the end of the old year and the start of the new one, according to the *saka* calendar, and usually coincides with the end of the rainy season.

Out with the Old Year...

In the weeks before Nyepi, much work goes into the making of *ogoh-ogoh* – huge monster dolls with menacing fingers and frightening faces – and into the preparation of offerings and rituals that will purify the island in readiness for the new year. The day before Nyepi, Tawur Agung Kesanga, is the 'Day of Great Sacrifices', with ceremonies held at town squares and sports grounds throughout the island. At about 4pm, the villagers, all dressed up in traditional garb, gather in the centre of town, playing music and offering gifts of food and flowers to the *ogoh-ogoh*. Then comes the *ngrupuk* – the great procession where the *ogoh-ogoh* figures are lifted on bamboo poles and carried through the streets, to frighten away all the evil spirits. This is followed by prayers and speeches and then, with flaming torches and bonfires, the *ogoh-ogoh* are burnt, and much revelry ensues. The biggest *ngrupuk* procession is in Denpasar (p170), but any large town will have a pretty impressive parade.

...And in with the New

The day of Nyepi itself officially lasts for 24 hours from sunrise, and is one of complete inactivity, so when the evil spirits descend they decide that Bali is uninhabited and leave the island alone for another year. All human activity stops – all shops, bars and restaurants close, no-one is allowed to leave their home and foreigners must stay in their hotels, and even Bali's international airport is closed down. No fires are permitted and at night all buildings must be blacked out – only emergency services are exempt.

Government offices, banks and many shops close the day before Nyepi, and some shops remain closed the day after. For visitors, Nyepi is a day for catching up on sleep, writing letters and remaining on their hotel's grounds or at some family-run places in their rooms. Most places will arrange for meals to be served to guests but should you wander off, the *pecalang* (village police) will politely but firmly send you home.

Future Dates of Nyepi

2007	19 Mar
2008	6 Apr
2009	26 Mar

FOOD

You can eat well with locals for under US\$1 or in touristy places for under US\$5. A fabulous meal prepared by a renowned chef will cost somewhat more but the constant is that at any price range the food is generally very fresh, often quite good and usually much cheaper than you would pay at home. See p85 for details.

In this book, restaurants are listed in order of cheapest to most expensive price for a meal.

GAY & LESBIAN TRAVELLERS

Gay travellers in Bali will experience few problems, and many of the island's most influential expatriate artists have been more-or-less openly gay. Physical contact between same-

sex couples is acceptable and friends of the same sex often hold hands, though this does not indicate homosexuality.

There are many venues where gay men congregate, mostly in Kuta and Seminyak. There's nowhere that's exclusively gay, and nowhere that's even inconspicuously a lesbian scene. Hotels are happy to rent a room with a double bed to any couple. Homosexual behaviour is not illegal, and the age of consent for sexual activity is 16 years. Gay men in Indonesia are referred to as *homo*, or *gay*, and are quite distinct from the female impersonators called *waria*.

Many gays from other parts of the country come to live in Bali, as it is more tolerant, and

also because it offers opportunities to meet foreign partners.

Gay prostitutes are mostly from Java, and some have been known to rip off their foreign clients. Gay Balinese men are usually just looking for nothing more than some adventures, though there is an expectation that the (relatively) wealthy foreign guy will pay for meals, drinks, hotels etc.

On Lombok, gay and lesbian travellers should definitely refrain from public displays of affection – advice that applies to straight couples as well. There are gay-friendly places in Senggigi (p293).

Organisations

Gaya Dewata (☎ 0361-234079; Denpasar) Bali's gay organisation.

Hanafi (see p101) Kuta-based gay-friendly tour operator and guide; good for the lowdown on the local scene.

Utopia Asia (www.utopia-asia.com) Not specific to Bali, but has excellent information about the Bali gay scene.

HOLIDAYS

The following holidays are celebrated throughout Indonesia. Many of these dates change according to the phase of the moon (not by month), and are estimates.

Tahun Baru Masehi (New Year's Day) 1 January

Idul Adha (Muslim festival of sacrifice) February

Muharram (Islamic New Year) February/March

Nyepi (Hindu New Year) March/April

Hari Paskah (Good Friday) April

Ascension of Christ April/May

Hari Waisak (Buddha's birth, enlightenment and death) April/May

Maulud Nabi Mohammed/Hari Natal (Prophet Mohammed's birthday) May

Hari Proklamasi Kemerdekaan (Indonesian

Independence Day) 17 August

Isra Miraj Nabi Mohammed (Ascension of the Prophet Mohammed) September

Idul Fitri (End of Ramadan) November/December

Hari Natal (Christmas Day) 25 December

See Festivals & Events (p336) for additional holidays. The Muslim population in Bali observes Islamic festivals and holidays, including Ramadan. Religious and other holidays on Lombok are as follows.

Anniversary of West Lombok April 17 – government holiday

Ramadan Usually October

Founding of West Nusa Tenggara December 17 – public holiday

INSURANCE

Unless you are definitely sure that your health coverage at home will cover you in Bali and Lombok, you should take out travel insurance – bring a copy of the policy as evidence that you're covered. Get a policy that pays for medical evacuation if necessary.

Some policies specifically exclude 'dangerous activities', which can entail scuba diving, renting a local motorcycle and even trekking. Be aware that a locally acquired motorcycle licence isn't valid under some policies.

INTERNET ACCESS

Internet centres are common anywhere there are tourists in Bali. Expect to pay 200Rp to 500Rp per minute for access. Excellent places can be found in South Bali and Ubud (p175). At these centres you can download your digital camera or burn CDs. You can also network your laptop. Elsewhere, speed varies but is often slow.

Many hotels have internet centres for their guests. In-room broadband access, however, is limited to the newest of the international hotels, as noted in the individual reviews. In South Bali wi-fi access in cafés is increasingly common and is often free.

Internet access on Lombok tends to cost 400Rp to 500Rp per minute. However, outside of Mataram and Senggigi, wherever you go in Lombok, internet access is painfully slow.

LEGAL MATTERS

Gambling is illegal (although it's common, especially at cockfights), as is pornography. The government takes the smuggling, using and selling of drugs very, very seriously. Once you've been caught, and put in jail, there is very little that your consulate in Bali (if there's one) can do for you. You may have to wait for up to six months in jail before you even go to trial. See p333 for additional dire details.

Generally, you are unlikely to have any encounters with the police unless you are driving a rented car or motorcycle (see p350).

Some governments (including the Australian government) have laws making it illegal for their citizens to use child prostitutes or engage in other paedophilic activities anywhere in the world. Foreigners have been prosecuted and penalties are severe.

There are police stations in all district capitals. If you have to report a crime or have other business at a police station, expect a lengthy

and bureaucratic encounter. You should dress as respectably as possible, bring a fluent Indonesian-speaking friend for interpretation and moral support, arrive early and be very polite. You can also call the **Bali Tourist Police** (☎ 0361-224111) for advice. Call ☎ 112 in an emergency in Bali.

Police officers frequently expect to receive bribes, either to overlook some crime, misdemeanour or traffic infringement, or to provide a service that they should provide anyway. Generally, it's easiest to pay up – and the sooner you do it, the less it will cost. You may be told there's a 'fine' to pay on the spot or you can offer to pay a 'fine' to clear things up. How much? Generally, 50,000Rp can work wonders and the officers are not proud. If things seem unreasonable however, ask for the officer's name and write it down.

If you're in trouble, contact your consulate as soon as you can – they can't get you out, but they can recommend English-speaking lawyers and may have useful contacts.

MAPS

For tourist resorts and towns, the maps in this guidebook are as good as you'll get. If you need a more detailed road map of the island, there are some OK sheet maps available in bookshops. The following are examples of good maps that are available. There are many more which are old and/or useless.

- Periplus Travel Maps has a decent *Bali* contour map (1:250,000), with a detailed section on southern Bali, plus maps of the main towns areas. However, the labelling and names used for towns are often incomprehensible. The *Lombok & Sumbawa* map is useful.
- The Periplus *Street Atlas Bali* may be more than you need, but it is more accurate than the sheet map. Again, there are inexplicable omissions.

MONEY

Indonesia's unit of currency is the rupiah (Rp). There are coins worth 50, 100, 500 and 1000Rp. Notes come in denominations of 500Rp (rare), 1000Rp, 5000Rp, 10,000Rp, 20,000Rp, 50,000Rp and 100,000Rp.

Check out the front cover of this book for an idea about current exchange rates of the rupiah. In recent times, the currency has been fairly stable. Many midrange hotels and all top-end hotels, along with some tourist attractions and

tour companies, list their prices in US dollars, although you can usually pay in rupiah at a poorer exchange rate.

US dollars are usually the most negotiable currency.

Many travellers now rely mostly on ATMs for cash while in Bali. It is a good idea, however, to carry some backup funds in case your card is lost or the network goes down (usually just for a few hours).

Always carry a good supply of rupiah in small denominations with you. Throughout the island many will people will struggle to make change for a 50,000Rp note or larger.

ATMs

There are ATMs all over Bali. Most accept international ATM cards and major credit cards for cash advances. The exchange rates for ATM withdrawals are usually quite good, but check to see if your home bank will hit you with outrageous fees. Most ATMs in Bali allow a maximum withdrawal of 600,000Rp to 1.2 million rupiah. Try to avoid ones with a sticker saying '100,000Rp' as that's the denomination you'll get and you'll struggle to break those bills.

Major towns on Lombok have ATMs but there are none on the Gilis.

Banks

Major banks have branches in the main tourist centres and provincial capitals. Smaller towns may not have banks at all or have banks that don't exchange currency. Changing money can be time-consuming.

Cash

Changing money in Bali is not difficult in tourist areas. It's easiest to exchange US banknotes, especially US\$100 bills. However, make certain that your money is new and recent. Older designs and damaged notes will often be refused.

Rupiah bills of 50,000Rp and larger can be hard to break. Always keep lots of small bills for public transport and other services.

Credit Cards

Visa, MasterCard and American Express (Amex) are accepted by most of the larger businesses that cater to tourists. You sign for the amount in rupiah – or dollars – and the bill is converted into your domestic currency. The conversion is at the interbank rate and is

usually quite good, though some banks add various usage and exchange fees which are strictly for their own profit.

You can also get cash advances on major credit cards at many ATMs.

Moneychangers

Exchange rates offered by moneychangers are normally better than the banks, plus they offer quicker service and keep much longer hours. The exchange rates are advertised on boards along footpaths or on windows outside shops. It's worth looking around because rates vary a little, but beware of places advertising exceptionally high rates – they may make their profit by short-changing their customers (see p333). In the Kuta area, you can now find international banks with reliable exchange services (see p99). In hotels, the rates can be up to 20% less than a street moneychanger.

Tipping

Tipping a set percentage is not expected in Bali, but restaurant workers are poorly paid; if the service is good, it's appropriate to leave 4000Rp or more. Most midrange hotels and restaurants and all top-end hotels and restaurants add 21% to the bill for tax and service (known as 'plus plus'). This service component is distributed among hotel staff (one hopes), so you needn't tip under these circumstances.

It's also a nice thing to tip taxi drivers, guides, people giving you a massage, fetching you a beer on the beach etc.

Travellers Cheques

Travellers cheques are getting harder and harder to exchange, especially if they are not in US dollars. The exchange rates offered for travellers cheques are sometimes a little less than for cash, and small denominations usually get a lower rate.

PHOTOGRAPHY & VIDEO

Bali is one of the most photogenic places on earth, so be prepared.

Cameras

You can buy additional memory cards for digital cameras at photo shops in the major tourist centres, but you're really better off bringing what you need from home.

Basic 35mm film is available at reasonable prices – always check the expiry date first. Developing and printing (from film and

digital) is available in tourist areas; it's cheap and good quality.

The best internet places (p339) will allow you to download your photos onto their computers for distribution to lucky friends and relatives worldwide or for burning onto a CD for storage or printing at a photo shop. It's also a good idea to bring along whatever cable your camera requires. The process is easiest for people who carry their own laptops.

Photographing People

Photograph with discretion and manners. It's always polite to ask first, and if they say no, then don't. A gesture, smile and nod are all that is usually necessary.

Restrictions

Military installations are not widespread in Bali, but you should be aware that these are sensitive subjects – in if doubt, ask before you shoot. You are usually welcome to take photos of ceremonies in the villages and temples, but try not to be intrusive. Ask before taking photos inside a temple.

There's one place where you must not take photographs at all – public bathing places. Balinese think of these places as private and do not 'see' one another when they're bathing. To intrude with a camera is very rude voyeurism.

Video

Bring any media you need from home in sealed packages – to avoid a customs search for prohibited material.

POST

Sending postcards and normal-sized letters (ie under 20g) by airmail is cheap, but not really fast. A postcard/letter to the USA costs 5000/10,000Rp (allow 13 days); to Australia costs 7500/15,000Rp (15 days); and to the UK costs 8000/18,000Rp (21 days).

For anything over 20g, the charge is based on weight. Sending large parcels is quite expensive, but at least you can get them properly wrapped and sealed at any post office.

Every substantial town has a *kantor pos* (post office). In tourist centres, there are also postal agencies. They are often open long hours and provide postal services. Many will also wrap and pack parcels.

Have poste restante mail sent to you via the post offices at Kuta (p99) and Ubud (p175).

Mail should be addressed to you with your surname underlined and in capital letters, then 'Kantor Pos', the name of the town, and then 'Bali, Indonesia'. You can also have mail sent to your hotel.

Express companies offer reliable, fast and expensive service.

FedEx (Map p128; ☎ 0361-701 727; Jl Bypass Nusa Dua 100X, Jimbaran) Located south of the airport.

UPS (Map p100; ☎ 0361-766 676; Jl Bypass Ngurah Rai 2005) Has a location near the Bali Galleria.

See opposite for how to ship large items.

SHOPPING

For some people Bali is a destination for shopping, for others it becomes their destiny. You will find a plethora of shops and stalls across the island. You can find everything from a cheap T-shirt and silly wooden carvings of penises to exquisite boutiques with alluring ranges of housewares and fashions by local designers.

Look in Kuta, Legian, Seminyak and Ubud for the widest range of goods, including what seems like millions of bead and necklace shops. Generally, Kuta is the place for huge, chain surf shops and Bintang T-shirts. Towards Legian things get more creative and as you go north through Seminyak shops become more exclusive and air-conditioned.

Western-style department stores and shopping centres in Denpasar and the Kuta area sell a large variety of clothing, shoes, leather goods, toys and scores of bead and necklace shops. Prices are mostly very good because of the low value of the rupiah.

THE ART OF BARGAINING

Many everyday purchases in Bali require bargaining. This particularly applies to clothing, arts and crafts. Accommodation has a set price, but this is usually negotiable in the low season, or if you are staying at the hotel for several days.

In an everyday bargaining situation the first step is to establish a starting price – it's usually better to ask the seller for their price rather than make an initial offer. It also helps if you have some idea what the item is worth.

Generally, your first price could be anything from one-third to two-thirds of the asking price – assuming that the asking price is not completely over the top. Then, with offer and counteroffer, you'll move closer to an acceptable price. For example, the seller asks 60,000Rp for the handicraft, you offer 30,000Rp and so on, until eventually you both agree at somewhere around 45,000Rp. If you don't get to an acceptable price you're quite entitled to walk away – the vendor may even call you back with a lower price.

Note that when you name a price, you're committed – you have to buy if your offer is accepted. Remember, bargaining should be an enjoyable part of shopping on Bali, so maintain your sense of humour and keep things in perspective.

The clothing industry has enjoyed spectacular growth from making beachwear for tourists – it now accounts for around half the value of Balinese exports. Furniture is a growth industry, with contemporary furniture and reproduction antiques being popular.

For details of where to buy arts and crafts, see p55.

The best buys on Lombok are handicrafts, such as boxes, basketware, pottery and hand-woven textiles.

Ceramics

Nearly all local pottery is made from low-fired terracotta. Most styles are very ornate, even for functional items such as vases, flasks, ashtrays and lamp bases. Pejaten (p276) near Tabanan also has a number of pottery workshops producing small ceramic figures and glazed ornamental roof tiles. For details of where to buy ceramics, see p54.

Clothing

A variety of clothing is made locally, and sold in hundreds of small shops in all tourist centres, especially Kuta, Legian and Seminyak. It's mostly pretty casual, but it's not just beachwear – you can get just about anything you want, including tailor-made clothing, and there are many designer shops in Seminyak. Leatherwear is quite cheap and popular.

Fabrics & Weaving

Gianyar (p209), in eastern Bali, is a major textile centre with a number of factories where you can watch ikat (cloth in which a pattern

SHIPPING LARGE ITEMS

It might just be feasible to carry home a few folding chairs or artworks, but generally, if you buy large or heavy items you'll need to have them shipped home. For items that are shipped, you'll pay a 40% or 50% deposit and the balance (plus any taxes or import duties) when you collect the items at home. If possible, arrange for delivery to your door – if you have to pick the items up from the nearest port or freight depot you may be up for extra port charges.

Most places selling furniture or heavy artworks can arrange packing, shipping and insurance. Shipping costs for volumes less than a full container load vary greatly according to the company, destination and quantity – think in terms of around US\$130 plus per cubic metre. Be aware that packing costs, insurance, fumigation and so on are included in some companies' prices but are charged as extras by others.

To get things home quickly and at great expense, see the express freight companies listed under Post, p341.

is produced by dyeing the individual threads before weaving) sarongs being woven on a hand-and-foot-powered loom. Any market will have a good range of textiles.

The village of Tenganan (p225) uses a double ikat process called *gringsing*, in which both the warp and weft are pre-dyed – this is time-consuming and expensive. Belayu (p274), a small village in southwestern Bali is a centre for *songket* (silver- or gold-threaded cloth) weaving. Ubud (p174) is another good place for traditional weaving.

The village of Sukarara (p322) on Lombok is a good place for fabrics.

Furniture

Wood furniture is a big industry, though much of it is actually made in Java and sent to Bali for finishing and sale. Tourists are tempted by contemporary designs and reproduction antiques at much lower prices than they'd find at home. Some of the most attractive pieces are tropical-style interior furnishings. Outdoor furniture made from teak, mahogany and other rainforest timbers is often spectacular and better than you'd get at home for 10 times the price.

Harvesting timber for the local furniture industry and furniture manufacturing involves a high local value-added content and probably has a lesser impact on rainforests than large-scale clearing for export of logs and wood chips, which are much more significant causes of deforestation, and generate a lot less local employment.

The best places to look for furniture are the stores/warehouses along Jl Bypass Ngurah Rai in South Bali and in Kuta (p95). Mas (p174), south of Ubud, is also good. Many of these

places will offer to make furniture to order, but if you're a one-off buyer on a short visit it's best to stick to items that are in stock, so you can see what you're getting.

Gamelan

If you are interested in seeing gamelan (Balinese orchestra) instruments being made, visit the village of Blahbatuh (p173) near Ubud.

In northern Bali, Sawan (p261), a small village southeast of Singaraja, is also a centre for the manufacture of gamelan instruments. Jembrana (p277), in western Bali, makes giant gamelan instruments.

Jewellery

Celuk (p205) has always been the village associated with silversmithing. The large shops that line the road into Celuk have imposing, bus-sized driveways and slick facilities. If you want to see the 'real' Celuk, go about 1km east of the road to visit family workshops. Other silverwork centres include Kamasan (p215), near Semarapura in eastern Bali.

Jewellery can be purchased ready-made or made-to-order – there's a wide range of earrings, bracelets and rings available, some using gemstones, which are imported from all over the world. Different design influences can be detected, from African patterning to the New Age preoccupation with dolphins and healing crystals.

Music & Video

Piracy is a major industry in Bali. CDs and DVDs featuring popular artists and entertainment cost as little as 10,000Rp and are widely sold in tourist areas. Quality is often bad (current release features are made with

hand-held cameras in theatres!), the format may not work with your system and many of the disks are no good to begin with. You really will get what you pay for.

Legitimate DVDs are uncommon but authentic CDs are often sold in the same places offering fakes. They are good value at around 80,000Rp to 90,000Rp. The cost of CDs featuring Balinese and Indonesian artists is generally lower.

Paintings

There are a relatively small number of creative original painters in Bali today, and an enormous number of imitators who produce copies, or near copies, in well-established styles. Many of these imitative works are nevertheless very well-executed and attractive pieces. Originality is not considered as important in Balinese art as it is in the West. A painting is esteemed not for being new and unique but for taking a well-worn and popular idea and making a good reproduction of it. Some renowned artists will simply draw out the design, decide the colours and then employ apprentices to actually apply the paint. This leads to the mass production of similar works that is so characteristic of Balinese art.

Unfortunately, much of the painting today is churned out for the tourist market and much of that market is extremely indiscriminating about what it buys. Thus, the shops are packed full of paintings in the various popular styles – some of them quite good, a few of them really excellent, and many of them uniformly alike and uniformly poor in quality (think doe-eyed puppies in garish colours).

Before making a purchase, visit the museums and galleries of Ubud (p175) to see the best of Balinese art and some of the European influences that have shaped it. At the galleries you will get an idea of how to value truly deserving Balinese paintings.

Sculpture

Balinese stone is surprisingly light and it's not at all out of the realms of possibility to bring a friendly stone demon back with you in your airline baggage. A typical temple door guardian weighs around 10kg. The stone, however, is very fragile so packing must be done carefully if you're going to get it home without damage. Some of the Batubulan workshops will pack figures quickly and expertly, often suspending the piece in the middle of

a wooden framework and packing around it with shredded paper. There are also many capable packing and forwarding agents, though the shipping costs will almost certainly be more than the cost of the article.

Batubulan, on the main highway from South Bali to Ubud (p204), is a major stone-carving centre. Workshops are found further north along the road in Tegaltamu and Silakarang. Stone figures from 25cm to 2m tall line both sides of the road, and stone carvers can be seen in action in the many workshops here.

Wayang Kulit

Wayang kulit (leather puppets) are made in the village of Puaya (p206) near Sukawati, south of Ubud, and in Peliatan (p198) a village near Ubud.

Woodcarvings

As with paintings, try to see some of the best-quality woodcarvings in museums and galleries before you consider buying. Again, many standard pieces are produced in the same basic designs, and craft shops are full of them. Even with a basic frog, hand or fisherman design, some are much better than others. Look for quality first, then look at the price – you may see the same article vary in price by anything from 10% to 1000%!

Apart from the retail mark-up and your bargaining skills, many factors determine costs, including the artist, the type of wood used, the originality of the item and the size. The simplest small carvings start at around 15,000Rp, while many fine pieces can be found for under 100,000Rp; there's no upper limit.

Ubud (p174) and Mas (p206) are good places to look for woodcarvings. For more details on where to buy these arts and crafts, see p55.

SOLO TRAVELLERS

Bali (and to a lesser degree Lombok) is a good place for solo travellers. Both locals and other travellers tend to be open and friendly, making it easy to hook up with others while exploring the island.

Most places to stay have accommodation for single travellers for a price at least a little cheaper than pairs. Women travelling alone should refer to the Women Travellers section (p347).

TELEPHONE

The telecommunications service within Indonesia is provided by Telkom, a government monopoly. All of Indonesia is covered by a domestic satellite telecommunications network. To call any country direct from Indonesia dial 001 plus the country code followed by the number, or make a call via the international operator (☎ 101).

The country code for Indonesia is ☎ 62. The area code for Jakarta is ☎ 021 and for Lombok it's ☎ 0370. Bali has six telephone area codes, listed in the relevant chapters of this book. Phone numbers beginning with ☎ 08 are usually mobile (cell) phones.

Telkom publishes a good phone book for Bali that includes yellow pages in English. Local directory assistance operators (☎ 108) are very helpful and some of them speak English. If you call directory assistance and have to spell out a name, try to use the 'Alpha, Bravo, Charlie' system of saying the letters.

Calling internationally can easily cost from US\$0.25 to US\$1 or more a minute no matter which of the methods you choose to opt for as outlined in the text following.

Some foreign telephone companies issue cards that enable you to make calls from Indonesian phones and have the cost billed to your home phone account. However, the catch is that most public telephones, wartel (public telephone offices) and hotels won't allow you to call the toll-free ☎ 008 or ☎ 001 access numbers needed to use these phonecards or other home-billing schemes, and the few hotels and wartel that do permit it charge a particular fee for doing so.

Internet connections fast enough to support Voice Over Internet (VOI) services like Skype are uncommon. Internet centres that allow this charge 3000Rp or more.

Mobile Phones

The cellular service in Indonesia is GSM. There are several local providers. If your phone company offers international roaming in Indonesia, you can use your own mobile telephone in Bali – check with the company to find out how much they charge.

Alternatively, a mobile phone (called a handphone in Indonesia) using the GSM system can be used more cheaply if you purchase a prepaid SIM card that you insert into your phone in Bali. This will cost about 50,000Rp from shops in the Kuta area

and will give you your own local telephone number. However make certain the phone you bring is both unlocked and able to take SIM cards. Basic phones bought locally start at US\$30.

Usually the person selling you your SIM card will install it and make certain things are working. There is also a requirement that you show some ID so your number can be registered with the government but often busy clerks will suggest you return 'some other time' thus saving you this formality.

Long-distance and international calls from a mobile can be less expensive than through the regular phone system. When you buy your SIM card and usage credit ask about special access codes that can result in international calls for as low as US\$0.25 per minute.

Phonecards

The vast majority of public phones use phonecards. Some use the regular *kartu telepon* (phonecards) with a magnetic strip. Others use a *kartu chip*, which has an electronic chip embedded in it. You can buy phonecards in denominations of 5000Rp, 10,000Rp, 25,000Rp, 50,000Rp and 100,000Rp at wartel, moneychangers, post offices and many shops. An international call from a card phone costs about the same per minute as a call from a wartel.

Telephone Offices

A *kantor telekomunikasi* (telecommunications office) is a main telephone office operated by Telkom, usually only found in bigger towns. Wartel are sometimes run by Telkom, but the vast majority are private, and there's a lot of them. You can make local, *inter-lokal* (long-distance) and international calls from any wartel.

The charge for international calls is the same from all parts of Bali, but may be cheaper in Telkom offices than in private ones. In most areas you dial the number yourself, and the cost increases in *pulsa* – a unit of time that varies according to the destination.

The official Telkom price of a one-minute call is about the equivalent of US\$1 to most parts of the world. Many wartel, however, will charge higher per-minute rates.

You can sometimes make reverse-charge (collect) calls from a Telkom wartel, though most private ones don't allow it and those that do will charge a set fee.

TIME

Bali, Lombok and the islands of Nusa Tenggara to the east are all on Waktu Indonesian Tengah or WIT (Central Indonesian Standard Time), which is eight hours ahead of Greenwich Mean Time/Universal Time or two hours behind Australian Eastern Standard Time. Java is another hour behind Bali and Lombok.

Not allowing for variations due to daylight-saving time in foreign countries, when it's noon on Bali and Lombok, it's 11pm the previous day in New York and 8pm in Los Angeles, 4am in London, 5am in Paris and Amsterdam, noon in Perth, 1pm in Tokyo, and 2pm in Sydney and Melbourne. See the World Time Zones map (p394-5).

'Bali time' is an expression that refers to the Balinese reluctance to be obsessed by punctuality.

TOILETS

You'll still encounter Asian-style toilets in the cheapest losmen around Bali (particularly in the far west). These toilets have two footrests and a hole in the floor – you squat down and aim. In almost every place catering for tourists, Western-style sit-down toilets are the norm. At some tourist attractions in Bali, there are public toilets that cost about 500Rp per visit.

Apart from tourist cafés and restaurants, and midrange and top-end accommodation, you won't find toilet paper, so bring your own. If there is a bin next to the toilet, it's for toilet paper. Where public toilets exist they are often horrible.

TOURIST INFORMATION

The tourist office in Ubud is an excellent source of information on cultural events. Otherwise the tourist offices in this book are largely hit or miss (mostly the latter). It helps to have a specific question and don't bother asking about tourist services like tours. Hotels are often good sources of info.

Some of the best information is found in the many free publications aimed at tourists and expats which are distributed in South Bali and Ubud. These include the following:

Bali Advertiser Newspaper and website (www.baliadvertiser.biz) with voluminous ads and comprehensive information; idiosyncratic columnists.

Bali Tourist Advertiser An informative tourist-oriented companion of the *Bali Advertiser*.

Hello Bali Big and glossy with good features, restaurant and entertainment reviews.

Lombok Times Newspaper and website (www.lomboktimes.com) with tourist news and features.

What's Up Bali Useful weekly brochure with entertainment listings.

Yak Glossy mag celebrating the expat swells of Seminyak and Ubud.

The website **Bali Discovery** (www.balidiscovery.com) has a first-rate Bali news section and a wealth of other island information. Use the handy search feature.

VISAS

The visa situation in Indonesia seems to be constantly in flux. It is essential that you confirm current formalities before you arrive in Bali or Lombok. Failure to meet all the entrance requirements can see you on the first flight out.

No matter what type of visa you are going to use, your passport *must* be valid for at least six months from the date of your arrival.

The main visa options for visitors to Bali and Lombok follow:

- **Visa in Advance** – citizens of countries not eligible for Visa Free or Visa on Arrival must apply for a visa before they arrive in Indonesia. Typically this is a visitors visa, which comes in two flavours: 30 or 60 days. Details vary by country, so you should contact the nearest Indonesian embassy or consulate in order to determine processing fees and time. Note this is the only way people from any country can obtain a 60-day visitor visa.
- **Visa on Arrival** – citizens of over 50 countries may apply for a visa when they arrive at the airport in Bali. There are special lanes for this at immigration in the arrivals area. The cost is US\$25, collectable on the spot. You can pay by credit card or major currency, which will be converted (but it's easiest to hand them the exact amount in US currency). This visa is only good for 30 days and cannot be extended. Note that only EU citizens who carry passports issued by the countries listed opposite can use visa on arrival. You can also obtain a seven-day visa this way for US\$10 but go with the 30-day one unless you know for sure you'll be out of Indonesia in less than seven days. Eligible countries include Argentina, Australia, Austria, Bahrain, Belgium, Brazil, Bulgaria, Cambodia, Canada, Cyprus, Den-

mark, Egypt, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, India, Iran, Ireland, Italy, Japan, Kuwait, Laos, Liechtenstein, Luxembourg, Maldives, Malta, Mexico, Monaco, New Zealand, Norway, Oman, People's Republic of China, Poland, Portugal, Qatar, Russia, Saudi Arabia, South Africa, South Korea, Spain, Suriname, Switzerland, Sweden, Taiwan, The Netherlands, United Arab Emirates, UK and the USA.

- **Visa Free** – citizens of Brunei, Chile, Hong Kong, Macau, Malaysia, Morocco, Peru, Philippines, Singapore, Thailand and Vietnam may receive a nonextendable 30-day visa for free when they arrive at the airport in Bali.

Whichever type of visa you use to enter Bali or Lombok, you'll be issued with a tourist card that is valid for a 30- or 60-day stay according to your visa (if you have obtained one of the coveted 60-day visas in advance, be sure the immigration official at the airport gives you a 60-day card). Keep the tourist card with your passport, as you'll have to hand it back when you leave the country. Note that some travellers have been fined for overstaying by only a day or so (officially it is US\$20 per day for up to 60 days past your visa, after which it can mean jail) or for losing their tourist card.

The vast majority of visitors to Lombok first pass through Bali or another Indonesian city such as Jakarta so they already have tourist cards. There are, however, a few direct flights to Lombok from other countries so in these instances the same visa rules outlined above apply.

Other Requirements

Officially, an onward/return ticket is a requirement for a tourist card (and visitors visa), and visitors are frequently asked to show their ticket on arrival. If you look scruffy or broke, you may also be asked to present evidence of sufficient funds to support yourself during your stay – US\$1000 in cash or travellers cheques (or the equivalent in other currencies) should be sufficient. A credit card in lieu of cash or travellers cheques may not satisfy these requirements, although this is rare.

It's not possible to extend a tourist card, unless there's a medical emergency or you have to answer legal charges. If you want to spend more time in Indonesia you have to

leave the country and then re-enter – some long-term foreign residents have been doing this for years. Singapore is the destination of choice for obtaining a new visa.

There are two main *kantor imigrasi* (immigration offices) in Bali. The **Denpasar office** (Map pp166-7; ☎ 0361-227828; ☎ 8am-2pm Mon-Thu, 8am-11am Fri, 8am-noon Sat) is just up the street from the main post office in Renon. The airport **immigration office** (☎ 0361-751038) has similar hours.

On Lombok, the **immigration office** (Map p289; ☎ 632520; Jl Udayana 2; ☎ 7am-2pm Mon-Thu, 7am-11am Fri, 7am-12.30am Sat) is in Mataram. If you have to apply for changes to your visa, make sure you're neatly dressed, but don't be overly optimistic.

For visa advice and service, many expats in South Bali use the services of **Bali Mode** (☎ 0361-765162; balimode@hotmail.com). Visa extensions (on legally extendable visas) average 400,000Rp to 500,000Rp.

Social Visas

If you have a good reason for staying longer (eg study or family reasons), you can apply for a *sosial/budaya* (social/cultural) visa. You will need an application form from an Indonesian embassy or consulate, and a letter of introduction or promise of sponsorship from a reputable person or school in Indonesia. It's initially valid for three months, but it can be extended for one month at a time at an immigration office within Indonesia for a maximum of six months. There are fees for the application and for extending the visa too.

WOMEN TRAVELLERS

Women travelling solo on Bali will get a lot of attention from Balinese guys, but Balinese men are, on the whole, fairly benign. Generally, Bali is safer for women than most areas of the world and, with the usual care, women should feel secure travelling alone.

Some precautions are simply the same for any traveller, but women should take extra care not to find themselves alone on empty beaches, down dark streets or in other situations where help might not be available. Late at night in the tourist centres, solo women should take a taxi, and sit in the back. Note that problems do occur and it is a good idea to practise the same precautions you use at home.

If you are going to stay in Bali for longer than a short holiday, the **Bali International Women's Association** (BIWA; ☎ 0361-285 552; www.biwabali.org) can prove essential. It was established by

expats to 'foster friendship and mutual understanding' and meets monthly to organise support for local charities. It also works to help members integrate into local life.

Kuta Cowboys

In tourist areas of Bali (and Lombok), you'll encounter young men who are keen to spend time with visiting women. Commonly called Kuta Cowboys, beach boys, bad boys, guides or gigolos, these guys think they're super cool, with long hair, lean bodies, tight jeans and lots of tattoos. While they don't usually work a straight sex-for-money deal, the visiting woman pays for the meals, drinks and accommodation, and commonly buys the guy presents.

It's not uncommon for them to form long-term relationships, with the guy hopeful of finding a new and better life with his partner in Europe, Japan, Australia or the US. While most of these guys around Bali are genuinely friendly and quite charming, some are predatory con artists who practise elaborate deceptions. Many of them now come from outside Bali, and have a long succession of foreign lovers. Be healthily sceptical about what they tell you, particularly if it comes down to them needing money. Always insist on using condoms.

Lombok

Traditionally, women on Lombok are treated with respect, but in the touristy areas, harassment of single foreign women may occur. Would-be guides/boyfriends/gigolos are often persistent in their approaches, and can be aggressive when ignored or rejected. Clothes that aren't too revealing are a good idea – beachwear should be reserved for the beach, and the less skin you expose the better. Two or more women together are less likely to experience problems, and women accompanied by a man are unlikely to be harassed. It is better not to walk alone at night.

WORK

Quite a lot of foreigners own businesses in Bali – mostly hotels, restaurants and tour agencies. To do so legally, foreigners need the appropriate work or business visa, which requires sponsorship from an employer, or evidence of a business that brings investment to Indonesia. Many foreigners are engaged in buying and exporting clothing, handicrafts or furniture, and stay for short periods – within

the limits of a 30- or 60-day tourist card. It's illegal to work if you've entered Indonesia on a tourist card, and you'll have to leave the country to change your visa status. Even if you do get work, typically teaching English, payment is often in rupiah, which doesn't convert into a lot of foreign currency. Under-the-table work, such as dive shop and bar jobs, is typically poorly paid.

Volunteer & Aid Work

LOCAL ORGANISATIONS

Ubud is a hub for nonprofit and volunteer organisations. **Bali Spirit** (☎ 0361-970 992; www.balispirit.com; 44 Jl Hanoman) is part of a café (Kafe, see p196). It has information on a number of non-profit and volunteer groups located in Ubud, including the Indonesian Development of Education & Permaculture (IDEP), Sumatran Orangutan Society (SOS) and Volunteers & Interns for Balinese Education (VIBE) which are listed below. The **Pondok Pecak Library & Learning Centre** (Map p188; ☎ 0361-976 194; pondok@indo.net.id; Monkey Forest Rd) also has info on local charities.

BIWA (see p347) is a useful clearing house for information on local charities.

The following organisations have need for donations, supplies and often volunteers. Check their websites to see their current status.

East Bali Poverty Project (www.eastbalipovertyproject.org) Works to help children in the impoverished mountain villages of East Bali.

IDEP (Indonesian Development of Education & Permaculture; www.idepfoundation.org) A large Ubud-based organisation that works on environmental projects, disaster planning and community improvement. Runs the Bali Cares shop (p198).

JED (Village Ecotourism Network; ☎ 0361-735320; www.jed.or.id) Organises highly regarded tours (p363) of small villages. Often needs volunteers to improve its services and work with the villagers.

PPLH Bali (☎ 0361 281684; www.pplhbali.or.id; Jl Danau Tamblingan 148, Sanur) Located with the Hotel Santai (see p142), organises a broad range of environmental and education programs.

SOS (Sumatran Orangutan Society; www.orangutans-sos.org) An Ubud-based group that works to save endangered species throughout Indonesia.

VIBE (Volunteers & Interns for Balinese Education; www.vibefoundation.org) An Ubud-based group that works to support English-language courses in Bali schools. It regularly needs volunteers to teach English and art as well as manage projects.

Yakkum Bali (Yayasan Rama Sesana; www.yrsbali.org) Dedicated to improving reproductive health for women across Bali.

YKIP (Humanitarian Foundation of Mother Earth; www.ykip.org) Established after the 2002 bombings, it organises health and education projects for Bali's children.

INTERNATIONAL ORGANISATIONS

Another possible source for long-term paid or volunteer work in Bali or Lombok are the following agencies.

Australian Volunteers International (www.australianvolunteers.com) Organises professional contracts for Australians.

Global Volunteers (www.globalvolunteers.org) Arranges professional and paid volunteer work for US citizens.

Voluntary Service Overseas (www.vso.org.uk) British overseas volunteer programme accepts qualified volunteers from other countries. Branches in Canada (www.vso.canada.org) and the Netherlands (www.vso.nl).

Volunteer Service Abroad (www.vsa.org.nz) Organises professional contracts for New Zealanders.

Transport

CONTENTS

Getting There & Away	350
Entering The Country	350
Air	350
Sea	352
Getting Around	353
To/From the Airport	354
Air	354
Bemo	354
Bicycle	355
Boat	355
Bus	356
Car & Motorcycle	356
Hitching	360
Local Transport	360
Tours	361

GETTING THERE & AWAY

Most international visitors to Bali will arrive by air, either directly or via Jakarta. For island-hoppers, there are frequent ferries between eastern Java and Bali, and between Bali and Lombok, as well as domestic flights between the islands. Most people visit Lombok via Bali.

ENTERING THE COUNTRY

Arrival procedures at Bali's airport are fairly painless, although it can take some time for a whole planeload of visitors to clear immigration. At the baggage claim area, porters are keen to help get your luggage to the customs tables and beyond, and they've been known to ask up to US\$20 for their services – if you want help with your bags, agree on a price beforehand. The formal price is 4000Rp per piece.

Once through customs, you're out with the tour operators, touts and taxi drivers. The touts will be working hard to convince you to come and stay at some place in the Kuta area. Most have contacts at a few places, and if you're not sure where you intend to stay, they may be worth considering, but you'll likely pay more

for accommodation if a tout or a taxi driver takes you there without a reservation.

Passport

Your passport must be valid for six months after your date of arrival in Indonesia.

AIR

Although Jakarta, the national capital, is the gateway airport to Indonesia, there are also many direct international flights to Bali and a few to Lombok.

Airports & Airlines

BALI AIRPORT

The only airport in Bali, Ngurah Rai Airport (DPS) is just south of Kuta, however it is sometimes referred to internationally as Denpasar or on some internet flight booking sites as Bali.

The **international terminal** (☎ 0361-751011) and **domestic terminal** (☎ 0361-751011) are a few hundred metres apart. In the first you'll find internet centres and shops with high prices.

International airlines flying to and from Bali regularly change.

Air Asia (airline code AK; ☎ 0361-760116; www.airasia.com) Serves Kuala Lumpur.

Cathay Pacific Airways (airline code CX; ☎ 0361-766931; www.cathaypacific.com) Serves Hong Kong.

China Airlines (airline code CI; ☎ 0361-754856; www.china-airlines.com) Serves Taipei.

Continental Airlines (airline code CO; ☎ 0361-768358; www.continental.com) Service from the US via Hawaii and Guam.

Eva Air (airline code BR; ☎ 0361-751011; www.evaair.com) Serves Taipei.

THINGS CHANGE...

The information in this chapter is particularly vulnerable to change. Check directly with the airline or a travel agent to make sure you understand how a fare (and ticket you may buy) works and be aware of the security requirements for international travel. Shop carefully. The details given in this chapter should be regarded as pointers and are not a substitute for your own careful, up-to-date research.

DEPARTURE TAX

The Departure Tax from Bali and Lombok is 20,000Rp domestic and 100,000Rp international. It's best to have the exact amount for the officer.

Garuda Indonesia (airline code GA; ☎ 0361-227824; www.garuda-indonesia.com) Serves Australia, Japan, Korea and Singapore direct.

Japan Airlines (airline code JL; ☎ 0361-757077; www.jal.co.jp) Serves Tokyo.

Korean Air (airline code KE; ☎ 0361-768377; www.koreanair.com) Serves Seoul.

Malaysia Airlines (airline code MH; ☎ 0361-764995; www.mas.com.my) Serves Kuala Lumpur.

Qantas Airways (airline code QF; ☎ 0361-288331; www.qantas.com.au) Extensive Australian service; plans to rebrand flights to Bali as Jetstar.

Singapore Airlines (airline code SQ; ☎ 0361-768388; www.singaporeair.com) Several Singapore flights daily.

Thai Airways International (airline code TG; ☎ 0361-288141; www.thaiair.com) Serves Bangkok.

Domestic airlines serving Bali from other parts of Indonesia change frequently. The ones listed below serve Jakarta, Surabaya and many more places.

Air Asia (airline code AK; ☎ 0361-760116; www.airasia.com)

Adam Air (airline code KI; ☎ 0361-227999; www.adaair.co.id)

Garuda Indonesia (airline code GA; ☎ 0361-227824; www.garuda-indonesia.com)

Lion Air (airline code JT; ☎ 0361-763872; www.lionairlines.com)

Mandala Airlines (airline code RI; ☎ 0361-751011; www.mandalaair.com)

Merpati Airlines (airline code MZ; ☎ 0361-235358; www.merpati.co.id)

Money

The rates offered at the exchange counters at the international and domestic terminals are competitive, and as good as the moneychangers in Kuta and the tourist centres. There are ATMs in both terminals as well as before and after immigration.

Luggage

The **left-luggage room** (per piece per day 10,000Rp; ☎ 24hr) is in the international terminal, behind the McDonald's near the departures area.

LOMBOK AIRPORT

Lombok's Selaparang Airport (AMI) is just north of Mataram. The airport has hotel reservations desks, cafés, ATMs, moneychangers and internet access.

Airlines flying to and from Lombok include the following:

Garuda Indonesia (airline code GA; ☎ 0370-638259; www.garuda-indonesia.com) Jakarta, Surabaya and Bali.

Lion Air (airline code JT; ☎ 0370-629111, 0370-692222; www.lionairlines.com) Surabaya.

Merpati Airlines (airline code MZ; ☎ 0370-621111; www.merpati.co.id) Flies to Bali and Sumbawa.

Silk Air (airline code MI; ☎ 0370-628254; www.silkair.com) Serves Singapore direct.

Tickets

Deregulation in the Indonesian and the Asian aviation markets means that there are frequent deals to Bali.

ROUND-THE-WORLD TICKETS

Round-the-world (RTW) tickets that include Bali are usually offered by an alliance of several airlines such as **Star Alliance** (www.staralliance.com) and **One World** (www.oneworld.com). These tickets come in many flavours, but most let you visit several continents over a period of time that can be as long as a year. It's also worth investigating Circle Pacific-type tickets which are similar to RTW tickets but limit you to the Pacific region.

These tickets can be great deals. Prices for RTW tickets are usually under US\$2000 – not much different from what you'll pay to Bali alone from North America or Europe.

Asia

Bali is well connected to Asian cities. Lombok is now linked to Singapore.

STA Travel proliferates in Asia, with branches in **Bangkok** (☎ 02-236 0262; www.statravel.co.th), **Singapore** (☎ 6737 7188; www.statravel.com.sg), **Hong Kong** (☎ 2736 1618; www.statravel.com.hk) and **Japan** (☎ 03 5391 2922; www.statravel.co.jp). Another resource in Japan is **No 1 Travel** (☎ 03 3205 6073; www.no1-travel.com); in Hong Kong try **Four Seas Tours** (☎ 2200 7760; www.fourseastravel.com/english).

Australia

Australia is well-served with numerous direct flights from Bali to all major cities.

STA Travel (☎ 1300 733 035; www.statravel.com.au) is a well-known agency for discount fares nationwide. **Flight Centre** (☎ 133 133;

www.flightcentre.com.au) has offices throughout Australia. For online bookings, try www.travel.com.au.

Canada

From Canada, you'll change planes at an Asian hub.

Travel Cuts (☎ 800-667-2887; www.travelcuts.com) is Canada's national student travel agency. For online bookings try the websites listed under USA (right). Replace the 'com' with a 'ca.'

Continental Europe

None of the major European carriers fly to Bali at present. Singapore is the most likely place to change planes coming from Europe, with Bangkok, Hong Kong and Kuala Lumpur also being popular.

FRANCE

Recommended agencies:

Anyway (☎ 08 92 89 38 92; www.anyway.fr)

Lastminute (☎ 08 92 0 50 00; www.lastminute.fr)

Nouvelles Frontières (☎ 08 25 00 07 47; www.nouvelles-frontieres.fr)

OTU Voyages (☎ 08 20 81 78 17; www.otu.fr) This agency specialises in student and youth travellers.

Voyageurs du Monde (☎ 01 40 15 11 15; www.vdm.com)

GERMANY

Recommended agencies:

Expedia (www.expedia.de)

Just Travel (☎ 089 747 3330; www.justtravel.de)

Lastminute (☎ 01805 284 366; www.lastminute.de)

STA Travel (☎ 01805 456 422; www.statravel.de) For travellers under the age of 26.

THE NETHERLANDS

One recommended agency is **Airfair** (☎ 020 620 5121; www.airfair.nl).

New Zealand

Garuda Indonesia has infrequent flights from Bali to Auckland. Otherwise you will have to change planes in Australia or Singapore.

Both **Flight Centre** (☎ 0800 243 544; www.flightcentre.co.nz) and **STA Travel** (☎ 0508 782 872; www.statravel.co.nz) have branches throughout the country. The site www.travel.co.nz is recommended for online bookings.

Other Indonesian Islands

From Bali, you can get flights to major Indonesian cities, often for under US\$50 but

definitely not much more than US\$100. The ticket area at the domestic terminal is a bit of a bazaar. Specials posted in windows often offer great deals. Deals to Jakarta put the price of a plane ticket in the same class as the bus – with a savings of about 22 hours in transit time.

From Lombok, you can get some decent deals but direct service is mostly limited to Bali, Surabaya and Jakarta.

UK & Ireland

From London, the most direct service to Bali is on Singapore Airlines through Singapore. Other transit points include Bangkok, Hong Kong and Kuala Lumpur.

Recommended travel agencies include the following:

Flight Centre (☎ 0870 890 8099; www.flightcentre.co.uk)

Flightbookers (☎ 0870 010 7000; www.ebookers.com)

Quest Travel (☎ 0870 442 3542; www.questtravel.com)

STA Travel (☎ 0870 160 0599; www.statravel.co.uk)

Trailfinders (☎ 0845 05 05 891; www.trailfinders.co.uk)

USA

Continental Airlines is the sole American carrier to serve Bali, however it does so as part of its local Pacific service which means you will hopscotch through Hawaii and Guam on your way. Often quicker connections can be had through any of the major Asian hubs with nonstop service to Bali.

The following websites are recommended for online bookings:

Expedia (www.expedia.com)

Kayak (www.kayak.com)

Orbitz (www.orbitz.com)

STA Travel (www.sta.com)

Travelocity (www.travelocity.com)

SEA

You can reach Java, just west of Bali, and Sumbawa, just west of Lombok, via ferries. Through buses can take you all the way to Jakarta. Longer distance boats serve Indonesia's eastern islands.

Java

When visiting Java from Bali and Lombok, some land travel is necessary.

FERRY

Ferries (adult/child 4300/2900Rp, car and driver 81,500Rp; every 30 minutes) run 24

hours, crossing the Bali Strait between Gili-manuk in western Bali and Ketapang (Java). The actual crossing takes under 30 minutes, but you'll spend longer than this loading, unloading and waiting around. Car rental contracts usually prohibit rental vehicles being taken out of Bali, but it may be possible to take a rented motorcycle across, by arrangement with the owner.

From Ketapang, bemo (small minibuses) travel 4km north to the terminal, where buses leave for Baluran, Probolinggo (for Gunung Bromo), Surabaya, Yogyakarta and Jakarta. There's a train station near the ferry port, with trains to Probolinggo, Surabaya, Yogyakarta and Jakarta. Contact the **Train Information Service** (☎ 0361-227131) for more information.

BUS

To/From Bali

The ferry crossing is included in the services to/from Ubung terminal in Denpasar offered by numerous bus companies, many of which travel overnight. It's advisable to buy your ticket at least one day in advance, at travel agents in the tourist centres or at the Ubung terminal. Note too that fierce air competition has put tickets to Jakarta and Surabaya in the range of bus prices.

Fares vary between operators; it's worth paying extra for a decent seat and air-con. For a comfortable bus ride, typical fares and travel times are Surabaya (120,000Rp, 10 hours), Yogyakarta (180,000Rp, 16 hours) and Jakarta (275,000Rp, 24 hours). Some companies travel directly between Java and Singaraja, via Lovina, on the north coast of Bali.

To/From Lombok

Public buses go daily from Mandalika terminal to major cities on Java. Most buses are comfortable, with air-con and reclining seats. Destinations include Surabaya (179,000Rp, 20 hours), Yogyakarta (272,000Rp, 30 hours) and Jakarta (375,000Rp, 38 hours).

Sumbawa

Ferries travel between Labuhan Lombok and Poto Tano on Sumbawa every 45 minutes (passenger 12,500Rp; motorcycle 32,000Rp; car 253,000Rp). They run 24 hours a day and the trip takes 1½ hours. There are direct buses from Mandalika terminal to Bima (135,000Rp, 12 hours) and Sumbawa Besar (77,000Rp, six hours).

Other Indonesian Islands

Services to other islands in Indonesia are often in flux, although Pelni is reliable. Check for other services at Benoa Harbour.

PELNI

The national shipping line is **Pelni** (www.pelni.co.id), which schedules large boats on long-distance runs throughout Indonesia.

To/From Bali

Three ships from Pelni stop at Benoa Harbour as part of their regular loops throughout Indonesia. *Dobonsolo* with Java, Nusa Tenggara, Maluku and northern Papua; and *Awu* and *Tilongkabila* with Nusa Tenggara and southern Sulawesi. Prices are dependent on the route and the class of travel, and this can range widely in price. Check for details locally but in general fares, even in 1st class, are very low, eg Benoa Harbour to Surabaya on Java is US\$35.

You can inquire and book at the **Pelni offices** in Tuban (Map p103; ☎ 0361-763963; www.pelni.co.id; Jl Raya Kuta 299; ☎ 8am-noon & 1-4pm Mon-Thu, 8am-11.30am & 1-4pm Fri, 8am-1pm Sat) and at Benoa Harbour (Map p128; ☎ 0361-721377; ☎ 8am-4pm Mon-Fri, 8am-12.30pm Sat).

To/From Lombok

Pelni ships link Lembar with other parts of Indonesia. The *Awu* heads to Waingapu, Ende, Kupang and Kalabahi; the *Kelimutu* goes to Bima, Makassar and Papua; and the *Tilongkabila* to Bima, Labuanbajo and Sulawesi. Tickets can be bought at the **Pelni office** (Map p289; ☎ 0370-637212; Jl Industri 1; ☎ 8am-noon & 1pm-3.30pm Mon-Thu & Sat, 8am-11am Fri) in Mataram.

GETTING AROUND

Especially on Bali, the best way to get around is with your own transport whether you drive or you hire a driver. This gives you the flexibility to explore at will and allows you to reach many places that are otherwise inaccessible.

Public transport is cheap but can cause for very long journeys if you are not sticking to a major route. In addition, some places may be impossible to reach.

There are also tourist shuttle buses and these combine economy with convenience.

TO/FROM THE AIRPORT

Bali's Ngurah Rai Airport is immediately south of Tuban and Kuta. From the official counters, just outside the terminals, there are usually hassle-free prepaid airport taxis. The costs are (depending on drop-off point):

Destination	Cost
Denpasar	70,000Rp
Jimbaran	60,000Rp
Kuta Beach	45,000Rp
Legian	50,000Rp
Nusa Dua	85,000Rp
Sanur	85,000Rp
Seminyak	60,000Rp
Ubud	175,000Rp

If you have a surfboard, you'll be charged at least 35,000Rp extra, depending on its size. Ignore any touts that aren't part of the official scheme. Many hotels will offer to pick you up at the airport however there's no need to use this service if costs more than the above rates.

The thrifty can walk across the airport car park to the right (northeast) from the international and domestic terminals and continue a couple of hundred metres through the vehicle exit to the airport road (ignoring any touts along the way), where you can hail a regular cab for about half the above amounts.

If you are really travelling light, Kuta Beach is less than a 30 minute-walk north.

Any taxi will take you to the airport at a metered rate that should be about half what we have listed.

AIR

Garuda Indonesia, Lion Air and Merpati Airlines have several flights daily between Bali and Lombok. The route is competitive and fares hover around about 280,000Rp, although new entrants in the market may offer better deals.

BEMO

The main form of public transport in Bali and on Lombok is the bemo. A generic term for any vehicle used as public transport, it's normally a minibus or van with a row of low seats down each side. Bemo usually hold about 12 people in very cramped conditions.

Riding bemo can be part of your Bali adventure or a major nightmare depending on your outlook at the moment in time. Certainly you

can expect journeys to be rather lengthy and you'll find that getting to many places is both time-consuming and inconvenient. It's rather uncommon to see visitors on bemo in Bali.

On Lombok, bemo are minibuses or pickup trucks and are a major means of transport for visitors.

See p334 for information on pickpocketing on public bemo.

Fares

Bemo operate on a standard route for a set (but unwritten) fare. Unless you get on at a regular starting point, and get off at a regular finishing point, the fares are likely to be fuzzy. The cost per kilometre is pretty variable, but is cheaper on longer trips. The minimum fare is about 4000Rp. The fares listed in this book reflect what a tourist should reasonably expect to pay.

Bemo are justly famous for overcharging tourists, and finding out the *harga biasa* ('correct' fare) requires local knowledge and subtlety. The best procedure is to hand over the correct fare as you get off, as the locals do, no questions asked. To find out the correct fare, consult a trusted local before you get on. Note what other passengers pay when they get off, bearing in mind that schoolchildren and the driver's friends pay less. If you speak Bahasa Indonesia, you can ask your fellow passengers, but in a dispute they will probably support the bemo jockey.

The whole business of overcharging tourists is a bit of a game; bemo drivers and jockeys are usually good-humoured about it, but some tourists take it very seriously and have unpleasant arguments over a few thousand rupiah. Sometimes you will be charged extra (perhaps double the passenger price) if you have a big bag, as you will be taking up space where otherwise a paying passenger could squeeze in.

Make sure you know where you're going, and accept that the bemo normally won't leave until it's full and will usually take a roundabout route to collect and deliver as many passengers as possible. If you get into an empty bemo, always make it clear that you do not want to charter it. (The word 'charter' is understood by all drivers.)

Terminals & Routes

Every town has at least one terminal (*terminal bis*) for all forms of public transport. There are often several terminals in larger

towns, according to the direction the bus or bemo is heading. For example, Denpasar, the hub of Bali's transport system has four main bus/bemo terminals and three minor ones. Terminals can be confusing, but most bemo and buses have signs and, if in doubt, you will be told where to go by a bemo jockey or driver anyway.

To go from one part of Bali to another, it is often necessary to go via one or more of the terminals in Denpasar, or via a terminal in one of the other larger regional towns. For example, to get from Sanur to Ubud by public bemo, you go to the Kereneng terminal in Denpasar, transfer to the Batubulan terminal, and then take a third bemo to Ubud. This is circuitous and time-consuming, so many visitors prefer the tourist shuttle buses or charter vehicle or taxi.

BICYCLE

A famous temple carving shows the Dutch artist WOJ Nieuwenkamp pedalling through Bali in 1904. Bali's roads have improved greatly since then, but surprisingly few people tour the island on a *sepeda* (bicycle). Many visitors, however, are using bikes around the towns and for day trips in Bali and on Lombok; good quality rental bikes are available, and several companies organise full-day cycle trips in the back country, including the following:

Atlantis Adventure (☎ 0361-284312; www.atlantis-adventures-bali.com) Rides start from US\$35.

Bali Bintang (☎ 0361-973138; bintangtours@hotmail.com)

Bali Eco & Educational Cycling Tour (☎ 0361-975557, 081-833 6580)

Popular tours start high up in the central mountains at places such as Kintamani or Bedugal. The tour company takes you to the top and then you ride down relatively quiet mountain roads soaking up the lush scenery and tropical scents. The costs with bicycle, gear and lunch is US\$25 to US\$40.

Some people are put off cycling by tropical heat, heavy traffic, frequent showers and high mountains. But when you're riding on level or downhill, the breeze really moderates the heat.

Multigear mountain bikes make it possible to get up the higher mountains in Bali or on Lombok, but with a bit of negotiating and patience, you can get a bemo or minibus to take you and your bike up the steepest sections.

The main advantage of touring Bali by bike is the quality of the experience. By bicycle you

can be totally immersed in the environment – you can hear the wind rustling in the rice paddies, the sound of a gamelan (traditional Balinese orchestra) practising, and catch the scent of the flowers. Even at the height of the tourist season, cycle tourers on the back roads experience the friendliness that seems all but lost on the usual tourist circuit. Once you get away from the congested south, the roads are more relaxed and the experience sublime.

Lombok is ideal for touring by bicycle. In the populated areas, the roads are flat and the traffic everywhere is less dangerous than in Bali. East of Mataram are several attractions that would make a good day trip, or you could go south to Banyuwangi via Gunung Pengsong and return. Some of the coastal roads have hills and curves like a roller coaster – try going north from Mataram, via Senggigi, to Pemenang, and then (if you feel energetic) return via the steep climb over the Pusuk Pass.

Hire

There are plenty of bicycles for rent in the tourist areas, but many of them are in poor condition. The best place to rent good quality mountain bikes in Bali is in the south and Ubud. On Lombok you can find good bikes in Senggigi.

Ask at your accommodation about where you can rent a good bike, often hotels have their own. Generally prices range from 20,000Rp to 30,000Rp per day.

Touring

See Road Conditions (p359) for more information, and make sure your bike is equipped for these conditions. Even the smallest village has some semblance of a bike shop – a flat tyre should cost about 4000Rp to fix.

The Periplus Bali and Lombok maps are a good place to start your planning. Pick the smallest roads for real peace and remember that no matter how lost you get, locals are always happy to help with directions.

BOAT

Public ferries (adult/child 21,000/14,000Rp) travel nonstop between Padangbai in Bali and Lembar on Lombok. Motorcycles cost 155,000Rp and cars cost 330,000Rp – go through the weighbridge at the west corner of the Padangbai car park. Depending on conditions the trip can take three to five hours.

much to pay for various amounts. Make sure to check that the pump is reset to zero before the attendant starts to put petrol in your vehicle, and check the total amount that goes in before the pump is reset for the next customer.

Tyre repair services can be found in almost every town.

Hire

Very few agencies in Bali will allow you to take their rental cars or motorcycles to Lombok – the regular vehicle insurance is not valid outside Bali.

See Insurance (opposite) for details or rental insurance.

CAR

By far the most popular rental vehicle is a small jeep – they're compact, have good ground clearance and the low gear ratio is well suited to exploring Bali's back roads, although the bench seats at the back are uncomfortable on a long trip. The main alternative is the larger Toyota Kijang, which seats six. Automatic transmission is uncommon in rental cars.

Rental and travel agencies at all tourist centres advertise cars for hire. A Suzuki jeep costs about 100,000Rp per day, with unlimited kilometres and very limited insurance – maybe less per day for longer rentals. A Toyota Kijang costs from around 140,000Rp per day. These costs will vary considerably according to demand, the condition of the vehicle, length of hire and your bargaining talents. It's common for extra days to cost much less than the first day.

There's no reason to book rental cars in advance over the internet or with a tour package, and it will almost certainly cost more than arranging it locally. Look to the tourist centres in Bali and on Lombok for car-hire agencies. In fact rental touts will look for you. Hotels are usually a good source of options.

Shop around for a good deal, and check the car carefully before you sign up. Rental cars usually have to be returned to the place from where they are rented – you can't do a one-way rental, but some operators will let you leave a car at the airport.

Big international rental operators in Bali have a presence and may be worth investigating if you're not travelling on a budget – vehicle quality and condition will likely be of high standard. Typical rates run well more

than US\$60 per day with another US\$40 per day for a driver.

Europcar (☎ 0361-705030; www.europcar.com)

Hertz (☎ 0361-7462627; www.hertz.com)

MOTORCYCLE

Motorcycles are a popular way of getting around Bali and Lombok, locals ride pillion on a *sepeda motor* (motorcycle) almost from birth. Motorcycling is just as convenient and as flexible as driving and the environmental impact and the cost are much less.

Motorcycles are ideal for Lombok's tiny, rough roads, which may be difficult or impassable by car. Once you get out of the main centres there's not much traffic, apart from people, dogs and water buffalo.

But think carefully before renting a motorcycle. It is dangerous and every year a number of visitors go home with lasting damage – Bali and Lombok are no places to learn to ride a motorcycle.

Motorcycles for rent in Bali and on Lombok are almost all between 90cc and 200cc, with 100cc the usual size. You really don't need anything bigger, as the distances are short and the roads are rarely suitable for travelling fast. In beach areas, many come equipped with a rack on the side for a surfboard.

Rental charges vary with the motorcycle and the period of rental – bigger, newer motorcycles cost more, while longer rental periods attract lower rates. A newish 125cc Honda in good condition might cost 30,000Rp to 40,000Rp a day, but for a week or more you might get the same motorcycle for as little as 25,000Rp per day. This should include minimal insurance for the motorcycle (probably with a US\$100 excess), but not for any other person or property.

Individual owners rent out the majority of motorcycles. Generally it's travel agencies, restaurants, losmen (basic accommodation) or shops with a sign advertising 'motorcycle for rent'. In Bali, the Kuta region is the easiest and cheapest place to rent a motorcycle, but you'll have no trouble finding one anywhere tourists regularly visit including on Lombok.

See Insurance opposite for details on rental insurance.

Riding Considerations

Check the motorcycle over before riding off – some are in very bad condition. You must carry the motorcycle's registration papers

with you while riding. Make sure the agency/owner gives them to you before you ride off.

Helmets are compulsory and this requirement is enforced in tourist areas, but less so in the countryside. You can even be stopped for not having the chin-strap fastened – a favourite of policemen on the lookout for some extra cash. The standard helmets you get with rental bikes are pretty lightweight. You may want to bring something more substantial from home.

Despite the tropical climate, it's still wise to dress properly for motorcycling. Thongs, shorts and a T-shirt are poor protection. And when it rains in Bali, it really rains. A poncho is handy, but it's best to get off the road and sit out the storm.

Insurance

Rental agencies and owners usually insist that the vehicle itself is insured, and minimal insurance should be included in the basic rental deal – often with an excess of as much as US\$100 for a motorcycle and US\$500 for a car (ie the customer pays the first US\$100/500 of any claim). The more formal motorcycle and car-hire agencies may offer additional insurance to reduce the level of the excess, and cover damage to other people or their property, ie 'third-party' or 'liability' cover.

CHARTERING A VEHICLE & DRIVER

An excellent way to travel anywhere around Bali is by chartered vehicle. It literally allows you to leave the driving and inherent frustrations to others. If you are part of a group it can make sound economic sense as well. This is also possible on Lombok but less common.

It's easy to arrange a charter: just listen for one of the frequent offers of 'transport?' in the streets around the tourist centres; approach a driver yourself; or ask at your hotel. Many car-hire places will also supply a driver as well.

Chartering a vehicle costs about 350,000Rp to 500,000Rp per day – although this depends greatly on the distance and, more importantly, your negotiating skills. Shorter times – say from Kuta to Ubud will cost less (one to two hours for about 100,000Rp). If you are planning to start early, finish late and cover an awful lot of territory, then you will have to pay more. Although a driver may reasonably ask for an advance for petrol, never pay the full fare until you have returned. For day trips, you will be expected to buy meals for the driver (*nasi campur* – rice with meat and vegetables – and water is standard), particularly if you stop to eat yourself. Tipping for a job well done is expected.

Drivers that hang around tourist spots and upmarket hotels will tend to charge more and are rarely interested in negotiating or bargaining. Beware of tactics like claiming you must hire the vehicle for a minimum of five hours, or assertions that your destination is 'very far' or that 'the roads are very rough'. Agree clearly on a route beforehand.

You can sometimes arrange to charter an entire bemo for your trip at a bemo terminal. The cost is about the same as for chartering a vehicle and you will enjoy the adventure of a bemo without the crowds – or chickens.

Especially with cars, the owner's main concern is insuring the vehicle. In some cases, a policy might cover the car for 30 million rupiah, but provide for only 10 million rupiah third-party cover. Your travel insurance may provide some additional protection, although liability for motor accidents is specifically excluded from many policies. The third-party cover might seem inadequate, but if you do cause damage or injury, it's usually enough for your consulate to get you out of jail.

A private owner renting a motorcycle may not offer any insurance at all. Ensure that your personal travel insurance covers injuries incurred while motorcycling. Some policies specifically exclude coverage for motorcycle riding, or have special conditions.

Road Conditions

Bali traffic can be horrendous in the south, around Denpasar and up to Ubud, and is usually quite heavy as far as Padangbai to the east and Tabanan to the west. Finding your way around the main tourist sites can be a challenge, as roads are only sometimes signposted and maps are often out of date. Off the main routes, roads can be rough, but they are usually surfaced – there are few dirt roads on Bali. Driving is most difficult in the large towns, where streets are congested, traffic can be awful, and one-way streets are infuriating.

Roads in Lombok are often very rough but traffic is lighter than Bali.

Avoid driving at night or at dusk. Many bicycles, carts and horse-drawn vehicles do not have proper lights, and street lighting is limited.

POLICE

Police will stop drivers on some very slender pretexts, and it's fair to say that they're not motivated by a desire to enhance road safety. If a cop sees your front wheel half an inch over the faded line at a stop sign, if the chin-strap of your helmet isn't fastened, or if you don't observe one of the ever changing and poorly signposted one-way traffic restrictions, you may be waved down. They also do spot checks of licences and vehicle registrations, especially before major holiday periods. It's not uncommon to see cops stopping a line of visitors on motorcycles while locals fly past sans helmets.

The cop will ask to see your licence and the vehicle's registration papers, and he will also tell you what a serious offence you've committed. He may start talking about court appearances, heavy fines and long delays. Stay cool and don't argue. Don't offer him a bribe. Eventually he'll suggest that you can pay him some amount of money to deal with the matter. If it's a very large amount, tell him politely that you don't have that much. These matters can be settled for something between 10,000Rp and 60,000Rp; although it will be more like 100,000Rp if you don't have an IDP or if you argue. Always make sure you have the correct papers, and don't have too much visible cash in your wallet. If things deteriorate, ask for the cop's name and talk about contacting your consulate.

Road Rules

Visiting drivers commonly complain about crazy Balinese drivers, but often it's because the visitors don't understand the local conventions of road use. The following rules are very useful.

- Watch your front – it's your responsibility to avoid anything that gets in front of your vehicle. A car, motorcycle or anything else pulling out in front of you, in effect, has the right of way. Often drivers won't even look to see what's coming when they turn left at a junction – they listen for the horn.

- Use your horn to warn anything in front that you're there, especially if you're about to overtake.
- Drive on the left side of the road, although it's often a case of driving on whatever side of the road is available.

HITCHING

You can hitchhike in Bali and on Lombok, but it's not a very useful option for getting around, as public transport is so cheap and frequent and private vehicles are often full.

Bear in mind, also, that hitching is never entirely safe in any country. Travellers who decide to hitch should understand that they are taking a small but potentially serious risk.

LOCAL TRANSPORT Dokar & Cidomo

Small *dokar* (pony carts) still provide local transport in some remote areas, and even in areas of Denpasar, but they're uncommon, extremely slow and are not particularly cheap. Prices start at 4000Rp per person for a short trip, but are negotiable, depending on demand, number of passengers, nearby competition, and your bargaining skills. The tourist price can be high if the driver thinks the tourist will pay big-time for the novelty value.

The pony cart used on Lombok is known as a *cidomo* – a contraction of *cika* (a traditional handcart), *dokar* and *mobil* (because car wheels and tyres are used). They are often brightly coloured and the horses decorated with coloured tassels and jingling bells. A typical *cidomo* has a narrow bench seat on either side. The ponies appear to some visitors to be heavily laden and harshly treated, but they are usually looked after reasonably well, if only because the owners depend on them for their livelihood. *Cidomo* are a very popular form of transport in many parts of Lombok, and often go to places that bemo don't, won't or can't.

Lombok fares are not set by the government. The price will always depend on demand, the number of passengers, the destination and your negotiating skills – maybe 2000Rp to 4000Rp per passenger for a short trip.

Ojek

Around some major towns, and along roads where bemo rarely or never venture, transport may be provided by an *ojek* (a motorcycle that takes a paying passenger). However, with

increased vehicle ownership in Bali, *ojek* are becoming increasingly less common. They're OK on quiet country roads, but a high-risk option in the big towns. You will find them in remote places like Nusa Lembangan and Nusa Penida. *Ojek* are more common on Lombok.

Fares are negotiable, but about 8000Rp for 5km is fairly standard.

Taxi BALI

Metered taxis are common in South Bali and Denpasar. They are essential for getting around Kuta and Seminyak, where you can easily flag one down. Elsewhere, they're often a lot less hassle than haggling with bemo jockeys and charter drivers.

The usual rate for a taxi is 5000Rp flag fall and 2000Rp per kilometre, but the rate is higher in the evening. If you phone for a taxi, the minimum charge is 10,000Rp. Any driver that claims meter problems or who won't use it should be avoided.

The most reputable taxi agency is **Bali Taxi** (☎ 0361-701111), which uses distinctive blue vehicles with the words 'Bluebird Group' over the windshield. Drivers speak reasonable English, won't offer you illicit opportunities and use the meter at all times. There's even a number to call with complaints (☎ 0361-701621).

After Bali Taxi, standards decline rapidly. Some are acceptable, although you may have a hassle getting the driver to use the meter after dark. Others may claim that their meters are often 'broken' or nonexistent, and negotiated

fees can be over the odds (all the more reason to tip Bali Taxi drivers about 10%).

Taxis can be annoying with their constant honking to attract patrons. And men, especially single men, will find that some taxi drivers may promote a 'complete massage' at a 'spa'. Drivers will enthusiastically pantomime some of the activities that this entails. At the very least, insist that they keep their hands on the wheel.

LOMBOK

There are plenty of bemo and taxis around Mataram and Senggigi. In Lombok, **Lombok Taksi** (☎ 0370-627000), also owned by the Bluebird Group, always use the meter without you having to ask; they are the best choice. The only place where you would need to negotiate a taxi fare is if you get in a taxi at the harbour at Bangsal (but not on the main road in Pemenang). See the boxed text, p299 for more details.

TOURS

Many travellers end up taking one or two organised tours because it can be such a quick and convenient way to visit a few places in Bali, especially where public transport is limited (eg Pura Besakih) or nonexistent (eg Ulu Watu after sunset). All sorts of tours are available from the tourist centres – the top-end hotels can arrange expensive day tours for their guests, while tour companies along the main streets in the tourist centres advertise cheaper trips for those on a budget.

BOAT TOURS BETWEEN LOMBOK & FLORES

Travelling by sea between Lombok and Labuanbajo is a popular way to get to Flores, as you get to see far more of the region's spectacular coastline and dodge some seriously lengthy bus journeys and nonentity towns. Typical itineraries from Lombok take in snorkelling at Pulau Satonda off the coast of Sumbawa, a dragon-spotting hike in Komodo and other stops for swimming and partying along the way. From Labuanbajo, it's a similar story, but usually with stops at Rinca and Pulau Moyo.

However, be aware that this kind of trip is no luxury cruise – a lot depends on the boat, the crew and your fellow travellers, who you are stuck with for the duration. Some shifty operators have reneged on 'all-inclusive' agreements en route, and others operate decrepit old tugs without life jackets or radio. The seas in this part of Indonesia can be extremely hazardous, especially during rainy season when trips can be cancelled – and this journey is certainly not one to embark upon with some dodgy set-up.

Given these safety concerns, the well-organised tours on decent boats run by **Perama** (see Gili Trawangan, p305; Mataram, p290; or Senggigi, p298 for contact details) are recommended. Current charges for cabin/deck are 1.5 million rupiah/1.05 million rupiah for the three-day trip to Labuanbajo and one million/700,000Rp for the two-day Labuanbajo–Lombok journey.

LOMBOK ROAD DISTANCES (KM)

Bangsas	---																	
Bayan	57	---																
Kuta	86	143	---															
Labuhan Lombok	101	66	75	---														
Labuhanhaji	157	100	57	39	---													
Lembar	54	121	64	109	77	---												
Mataram	32	96	54	69	64	27	---											
Pemenang	1	56	79	109	105	53	26	---										
Praya	54	121	26	66	39	27	53	---										
Pringgabaya	102	74	83	8	26	102	75	101	62	---								
Sapit	106	47	101	25	43	120	92	119	80	18	---							
Senaru	54	102	140	68	106	116	86	63	117	81	54	---						
Senggigi	18	81	64	79	74	40	10	25	40	88	106	72	---					
Tetebatu	76	120	50	45	32	98	44	75	29	46	63	130	54	---				
		Bangsas																
		Bayan																
		Kuta																
		Labuhan Lombok																
		Labuhanhaji																
		Lembar																
		Mataram																
		Pemenang																
		Praya																
		Pringgabaya																
		Sapit																
		Senaru																
		Senggigi																
		Tetebatu																

There is an extraordinarily wide range of prices for the same sorts of tours. The cheaper ones may have less comfortable vehicles, less-qualified guides and be less organised, but the savings can be considerable. Higher priced tours may include buffet lunch, English-speaking guides and air-con, but generally a higher price is no guarantee of higher quality. Some tours make long stops at craft shops, so you can buy things and the tour company can earn commissions for the tour operator. Tours are typically in eight- to 12-seat minibuses, which pick you up and drop you off.

Tours can be booked at the desk of any large hotel, but these will often be more expensive than a similar tour booked at a tour agency with the price in rupiah. If you can get together a group of four or more, most tour agencies will arrange a tour to suit you. It's much better to create your own tour and itinerary by chartering a vehicle.

Day Tours

The following are the usual tours sold around Bali. They are available from most hotels and shops selling services to tourists. Typically

you will be picked up in the morning along with other travellers at nearby hotels. You may then go to a central area where you are re-distributed to the minibus doing *your* tour.

Prices can range from 20,000Rp to 100,000Rp even if standards seem similar, so it pays to shop around.

Bedugul Tour Includes Sangeh or Alas Kedaton, Mengwi, Jatiluwih, Candikuning and sunset at Tanah Lot.

Besakih Tour Includes craft shops at Celuk, Mas and Batuan, Gianyar, Semarapura (Klungkung), Pura Besakih, and return via Bukit Jambal.

Denpasar Tour Takes in the arts centre, markets, museum and perhaps a temple or two.

East Bali Tour Includes the usual craft shops, Semarapura (Klungkung), Kusamba, Goa Lawah, Candidasa and Tenganan.

Kintamani–Gunung Batur Tour Takes in the craft shops at Celuk, Mas and Batuan, a dance at Batubulan, Tampaksiring and views of Gunung Batur. Alternatively, the tour may go to Goa Gajah, Pejeng, Tampaksiring and Kintamani.

Singaraja–Lovina Tour Goes to Mengwi, Bedugul, Gitgit, Singaraja, Lovina, Banjar and Pupuan.

Sunset Tour Includes Mengwi, Marga, Alas Kedaton and the sunset at Tanah Lot.

Other Tours

There a number of Bali tour operators that offer tours that vary from the norm. Often these can be excellent ways to see things that are otherwise hard for a visitor to find such as religious ceremonies like cremations. Trips to remote areas or villages can be a fine way to see aspects of rural life in Bali. Many come with local guides who take joy in describing customs, how crops such as rice are grown and other details of day-to-day life.

Look to the following tour operators for more creative and inventive tours. Prices span the gamut but tend to be more expensive than the bog-standard tours aimed at tourists.

Bali Discovery Tours (☎ 0361-286283; www.balidiscovery.com) Offers numerous and customisable tours that differ from the norm. One visits a small rice-growing village in the west near Tabanan for hands-on demonstrations of cultivation.

JED (Village Ecotourism Network; ☎ 0361-735320; www.jed.or.id) Organises highly regarded tours of small villages, including coffee-growing Pelaga in the mountains, fruit-growing Sibetan in the east, seaweed farms on Nusa

Ceningan and ancient Tenganan. You can make arrangements to stay with a family in the villages.

Suta Tours (☎ 0361-465249; www.sutatour.com) Arranges trips to see cremation ceremonies and special temple festivals; market tours and other custom plans.

Ubud Tourist Information (Map p188; ☎ 973285; Jl Raya Ubud; ☎ 8am-8pm) They organise simple yet effective cultural tours, especially around special religious events.

Waka Land Cruise (☎ 0361-426972; www.wakaexperience.com) Luxurious tours deep into rice terraces and tiny villages.

Lombok

Some companies organise day tours around Lombok from Bali, which cost US\$100 or more and involve tearing through Senggigi and a few villages by minibus. A longer tour, with more time for sightseeing and relaxing, will be more expensive but more satisfying.

Tours originating on Lombok are based in Senggigi. You can usually book market visits in Mataram, a jaunt out to the Gilis or a trip down the south coast.

Health

Dr Trish Batchelor

CONTENTS

Before You Go	364
Insurance	364
Recommended Vaccinations	365
Required Vaccinations	365
Medical Checklist	365
Internet Resources	366
Further Reading	366
In Transit	366
Deep Vein Thrombosis (DVT)	366
Jet Lag & Motion Sickness	366
In Bali & Lombok	366
Availability & Cost of Health Care	366
Infectious Diseases	367
Traveller's Diarrhoea	370
Environmental Hazards	370
Women's Health	372

Treatment for minor injuries and common traveller's health problems is easily accessed in Bali and to a lesser degree on Lombok (see p285). But be aware that for serious conditions, you will need to leave the islands.

Travellers tend to worry about contracting infectious diseases when in the tropics, but infections are a rare cause of serious illness or death in travellers. Pre-existing medical conditions such as heart disease, and accidental injury (especially traffic accidents), account for most life-threatening problems. Becoming ill in some way, however, is relatively common. Fortunately most common illnesses can either be prevented with some common-sense behaviour or be treated easily with a well-stocked traveller's medical kit.

The following advice is a general guide only and does not replace the advice of a doctor trained in travel medicine.

BEFORE YOU GO

Make sure all medications are packed in their original, clearly labelled, containers. A signed and dated letter from your physician describing your medical conditions and medications (including generic names), is also a good idea.

If you are carrying syringes or needles, be sure to have a physician's letter documenting their medical necessity. If you have a heart condition ensure you bring a copy of your electrocardiogram taken just prior to travelling.

If you happen to take any regular medication bring double your needs in case of loss or theft. In most Southeast Asian countries, excluding Singapore, you can buy many medications over the counter without a doctor's prescription, but it can be difficult to find some of the newer drugs, particularly the latest antidepressant drugs, blood pressure medications and contraceptive pills.

INSURANCE

Even if you are fit and healthy, don't travel without health insurance – accidents do happen. Declare any existing medical conditions you have – the insurance company will check if your problem is pre-existing and will not cover you if it is undeclared. You may require extra cover for adventure activities such as rock climbing. If your health insurance doesn't cover you for medical expenses abroad, consider getting extra insurance. If you're uninsured, emergency evacuation is expensive – bills of more than US\$100,000 are not uncommon.

Find out in advance if your insurance plan will make payments directly to providers or reimburse you later for overseas health expenditures. (In many countries doctors expect payment in cash at the time of treatment.) Some policies offer lower and higher

HEALTH ADVISORIES

It's usually a good idea to consult your government's travel-health website before departure, if one is available:

Australia (www.smarttraveller.gov.au)

Canada (www.phac-aspc.gc.ca/tmp-pmv/pub_e.html)

New Zealand (www.safetravel.govt.nz)

UK (www.dh.gov.uk/PolicyAndGuidance/HealthAdviceForTravellers/fs/en)

US (www.cdc.gov/travel/)

medical-expense options; the higher ones are chiefly for countries that have extremely high medical costs, such as the USA. You may prefer a policy that pays doctors or hospitals directly rather than you having to pay on the spot and claim later. If you have to claim later, make sure you keep all documentation. Some policies ask you to call back (reverse charges) to a centre in your home country where an immediate assessment of your problem is made.

RECOMMENDED VACCINATIONS

Specialised travel-medicine clinics are your best source of information; they stock all available vaccines and will be able to give specific recommendations for you and your trip. The doctors will take into account factors such as past vaccination history, the length of your trip, activities you may be undertaking and underlying medical conditions, such as pregnancy.

Most vaccines don't produce immunity until at least two weeks after they're given, so visit a doctor four to eight weeks before departure. Ask your doctor for an International Certificate of Vaccination (otherwise known as the yellow booklet), which will list all the vaccinations you've received.

The World Health Organization recommends the following vaccinations for travellers to Southeast Asia:

Adult diphtheria & tetanus Single booster recommended if none in the previous 10 years. Side effects include sore arm and fever.

Hepatitis A Provides almost 100% protection for up to a year, a booster after 12 months provides at least another 20 years protection. Mild side effects such as headache and sore arm occur in 5% to 10% of people.

Hepatitis B Now considered routine for most travellers. Given as three shots over six months. A rapid schedule is also available, as is a combined vaccination with Hepatitis A. Side effects are mild and uncommon, usually headache and sore arm. Lifetime protection occurs in 95% of people.

Measles, mumps & rubella (MMR) Two doses of MMR are required unless you have had the diseases. Occasionally a rash and flulike illness can develop a week after receiving the vaccine. Many young adults require a booster.

Polio In 2002, no countries in Southeast Asia reported cases of polio. Only one booster is required as an adult for lifetime protection. Inactivated polio vaccine is safe during pregnancy.

Typhoid Recommended unless your trip is less than a week and only to developed cities. The vaccine offers around 70% protection, lasts for two to three years and comes as a single shot. Tablets are also available, however

the injection is usually recommended as it has fewer side effects. Sore arm and fever may occur.

Varicella If you haven't had chickenpox, discuss this vaccination with your doctor.

These immunisations are recommended for long-term travellers (more than one month) or those at special risk:

Japanese B Encephalitis Three injections in all. Booster recommended after two years. Sore arm and headache are the most common side effects. Rarely an allergic reaction comprising hives and swelling can occur up to 10 days after any of the three doses.

Meningitis Single injection. There are two types of vaccination: the quadrivalent vaccine gives two to three years protection; meningitis group C vaccine gives around 10 years protection. Recommended for long-term backpackers aged under 25.

Rabies Three injections in all. A booster after one year will then provide 10 years protection. Side effects are rare – occasionally headache and sore arm.

Tuberculosis (TB) A complex issue. Adult long-term travellers are usually recommended to have a TB skin test before and after travel, rather than vaccination. Only one vaccine given in a lifetime.

REQUIRED VACCINATIONS

The only vaccine required by international regulations is yellow fever. Proof of vaccination will only be required if you have visited a country in the yellow-fever zone within the six days prior to entering Southeast Asia. If you are travelling to Southeast Asia from Africa or South America you should check to see if you require proof of vaccination.

MEDICAL CHECKLIST

Recommended items for a personal medical kit:

- antifungal cream (eg clotrimazole)
- antibacterial cream (eg mupirocin)
- antibiotic for skin infections (eg amoxicillin/clavulanate or cephalixin)
- antibiotics for diarrhoea include norfloxacin or ciprofloxacin; for bacterial diarrhoea azithromycin; for giardiasis or amoebic dysentery tinidazole
- antihistamine – there are many options (eg cetirizine for daytime and promethazine for night)
- antiseptic (eg Betadine)
- antispasmodic for stomach cramps (eg buscopan)
- contraceptives
- decongestant (eg pseudoephedrine)

- DEET-based insect repellent
- diarrhoea treatment – consider an oral rehydration solution (eg Gastrolyte), diarrhoea ‘stopper’ (eg loperamide) and antinausea medication (eg prochlorperazine)
- first-aid items such as scissors, Elastoplasts, bandages, gauze, thermometer (but not mercury), sterile needles and syringes, safety pins and tweezers
- ibuprofen or another anti-inflammatory
- indigestion medication (eg Quick Eze or Mylanta)
- laxative (eg Coloxyl)
- migraine medication – take your personal medicine
- paracetamol
- steroid cream for allergic/itchy rashes (eg 1% to 2% hydrocortisone)
- sunscreen and hat
- throat lozenges
- thrush (vaginal yeast infection) treatment (eg clotrimazole pessaries or diflucan tablet)
- Ural or equivalent if you're prone to urine infections

INTERNET RESOURCES

There is a wealth of travel health advice on the internet. The **World Health Organization (WHO)**; www.who.int/ith/ publishes a superb book called *International Travel & Health*, which is revised annually and is available online at no cost. Another website of general interest is **MD Travel Health** (www.mdtravelhealth.com), which provides travel health recommendations for every country. The **Centers for Disease Control & Prevention (CDC)**; www.cdc.gov website also has good general information. For further information, **LonelyPlanet.com** (www.lonelyplanet.com) is a good place to start. You can also check the websites of various foreign embassies in Indonesia (see p335).

FURTHER READING

Lonely Planet's *Healthy Travel – Asia & India* is a handy pocket-sized book that is packed with useful information including pretrip planning, emergency first aid, immunisation and disease information and what to do if you get sick on the road. Other recommended references include *Traveller's Health* by Dr Richard Dawood and *Travelling Well* by Dr Deborah Mills – check out the website (www.travellingwell.com.au).

IN TRANSIT

DEEP VEIN THROMBOSIS (DVT)

Deep vein thrombosis (DVT) occurs when blood clots form in the legs during plane flights, chiefly because of prolonged immobility. The longer the flight, the greater the risk. Although most blood clots are reabsorbed uneventfully, some may break off and travel through the blood vessels to the lungs, where they may cause life-threatening complications.

The chief symptom of DVT is swelling or pain of the foot, ankle, or calf, usually but not always on just one side. When a blood clot travels to the lungs, it may cause chest pain and difficulty in breathing. Travellers with any of these symptoms should immediately seek medical attention.

To prevent the development of DVT on long flights you should walk about the cabin, perform isometric compressions of the leg muscles (ie contract the leg muscles while sitting), drink plenty of fluids, and avoid alcohol and tobacco.

JET LAG & MOTION SICKNESS

Jet lag is common when crossing more than five time zones; it results in insomnia, fatigue, malaise or nausea. To avoid jet lag try drinking plenty of fluids (nonalcoholic) and eating light meals. Upon arrival, seek exposure to natural sunlight and re-adjust your schedule (for meals, sleep etc) as soon as possible.

Antihistamines such as dimenhydrinate (Dramamine) and meclizine (Antivert, Bonine) are usually the first choice for treating motion sickness. Their main side effect is drowsiness. A herbal alternative is ginger, which works like a charm for some people.

IN BALI & LOMBOK

AVAILABILITY & COST OF HEALTH CARE

Bali's best public hospitals are in Denpasar and Singaraja. In the first instance, foreigners would be best served in one of two private clinics that cater mainly to tourists and expats.

BIMC (Map p100; ☎ 761263; www.bimcbali.com; Jl Ngurah Rai 100X; ☎ 24hr) is on the bypass road just east of Kuta near the Bali Galleria and easily accessible from most of southern Bali. It's a modern Australian-run clinic that can do

DRINKING WATER

- Never drink tap water.
- Bottled water is generally safe – check the seal is intact at purchase.
- Avoid ice.
- Avoid fresh juices – they may have been watered down.
- Boiling water is the most efficient method of purifying it.
- The best chemical purifier is iodine. It should not be used by pregnant women or those people who suffer from thyroid problems.
- Water filters should also filter out viruses. Ensure your filter has a chemical barrier such as iodine and a small pore size, eg less than four microns.

tests, hotel visits and arrange medical evacuation. A basic consultation costs 600,000Rp.

International SOS (Map p100; ☎ 710505; www.sos-bali.com; Jl Ngurah Rai 505X; ☎ 24hr) is near BIMC and offers similar services at similar prices.

At both these places you should confirm that your health and/or travel insurance will cover you. In cases where your medical condition is considered serious you may well be evacuated by air ambulance to top-flight hospitals in Jakarta or Singapore. Here's where proper insurance is vital as these flights can cost more than US\$10,000.

In Kuta, Nusa Dua and Ubud there are also locally owned clinics catering to tourists and just about any hotel can put you in touch with an English-speaking doctor.

In more remote areas, facilities are basic; generally a small public hospital, doctor's surgery or *puskesmas* (community health care centre). Specialist facilities for neurosurgery and heart surgery are nonexistent, and the range of available drugs (including painkillers) is limited. Travel insurance policies often have an emergency assistance phone number, which might be able to recommend a doctor or clinic, or use its contacts to find one in a remote area.

Health care is not free in Bali, and you will get more prompt attention if you can pay cash up-front for treatment, drugs, surgical equipment, drinking water, food and so on. Try to get receipts and paperwork so you can claim it all later on your travel insurance.

In government-run clinics and hospitals, services such as meals, washing and clean clothing are normally provided by the patient's family. If you are unfortunate enough to be on your own in a Bali hospital, contact your consulate – you need help.

The best hospital on Lombok is in Mataram, and there are more basic ones in Praya and Selong. There are pharmacies in the main towns and tourist centres, but the choice of medicines is limited.

Self-treatment may be appropriate if your problem is minor (eg traveller's diarrhoea), you are carrying the appropriate medication and you cannot attend a recommended clinic. If you think you may have a serious disease, especially malaria, do not waste time – travel to the nearest quality facility to receive attention. It is always better to be assessed by a doctor than to rely on self-treatment.

Outside of tourist centres, buying medication over the counter is not recommended, as fake medications and poorly stored or out-of-date drugs are common. Check with a large international hotel for a recommendation of a good local pharmacy.

INFECTIOUS DISEASES

Bird Flu

Otherwise known as Avian Influenza, the H5N1 had claimed more than 50 victims in Indonesia by mid-2006. Most of the cases have been in Java, west of Bali. The infection was not showing any signs of diminishing and treatment has proven to be very difficult. Travellers to Bali and Lombok – neither of which had had a confirmed case by mid-2006 – may wish to check the latest conditions before their journey. See Internet Resources (see opposite) for some good sources of current information.

Dengue Fever

This mosquito-borne disease is becomingly increasingly problematic throughout Southeast Asia, especially in the cities. As there is no vaccine available it can only be prevented by avoiding mosquito bites. The mosquito that carries dengue bites day and night, so use insect avoidance measures at all times. Symptoms include high fever, severe headache and body ache (dengue was previously known as 'breakbone fever'). Some people develop a rash and experience diarrhoea. The southern islands of Thailand are particularly high risk.

There is no specific treatment, just rest and paracetamol – do not take aspirin as it increases the likelihood of haemorrhaging. See a doctor to be diagnosed and monitored.

Hepatitis A

A problem throughout the region, this food- and waterborne virus infects the liver, causing jaundice (yellow skin and eyes), nausea and lethargy. There is no specific treatment for hepatitis A, you just need to allow time for the liver to heal. All travellers to Southeast Asia should be vaccinated against hepatitis A.

Hepatitis B

The only sexually transmitted disease that can be prevented by vaccination, hepatitis B is spread by body fluids, including sexual contact. In some parts of Southeast Asia up to 20% of the population are carriers of hepatitis B, and usually are unaware of this. The long-term consequences can include liver cancer and cirrhosis.

Hepatitis E

Hepatitis E is transmitted through contaminated food and water and has similar symptoms to hepatitis A, but is far less common. It is a severe problem in pregnant women and can result in the death of both mother and baby. There is currently no vaccine, and prevention is by following safe eating and drinking guidelines.

HIV

HIV is a major problem in many Asian countries, and Bali has one of the highest rates of HIV infection in Indonesia. Official HIV figures in Indonesia are unrealistically low and it's believed the incidence of the disease will increase significantly unless hospital procedures are improved and safe sex is promoted. The main risk for most travellers is sexual contact with locals, prostitutes and other travellers – in Indonesia the spread of HIV is primarily through heterosexual activity.

The risk of sexual transmission of the HIV virus can be dramatically reduced by the use of a *kondom* (condom). These are available from supermarkets, street stalls and drug-stores in tourist areas, and from the *apotik* (pharmacy) in almost any town (from about 1500Rp to 3000Rp each – it's worth getting the more expensive brands).

Japanese B Encephalitis

While a rare disease in travellers, at least 50,000 locals are infected each year. This viral disease is transmitted by mosquitoes. Most cases occur in rural areas and vaccination is recommended for travellers spending more than one month outside of cities. There is no treatment, and one-third of infected people will die while another third will suffer permanent brain damage. Highest risk areas include Vietnam, Thailand and Indonesia.

Malaria

The risk of contracting malaria in Bali is extremely low, but Lombok is viewed as a malaria risk area. During and just after the wet season (October to March), there is a very low risk of malaria in northern Bali, and a slightly higher risk in far western Bali, particularly in and around Gilimanuk. So, if you are staying in budget accommodation anywhere outside of southern Bali, or trekking in northern or western Bali during, or just after, the rainy season, you should consider taking antimalarial drugs and seek medical advice about this. However, it is not currently considered necessary to take antimalarial drugs if you are sticking to the tourist centres in southern Bali, regardless of the season – but confirm this with your doctor prior to departure.

If you are going away from the main tourist areas (Senggigi, the Gilis) of Lombok, or further afield in Indonesia, you should take preventative measures, even though significant progress has been made in reducing the number of mosquitoes in Lombok, and therefore the risk of malaria and other insect-borne diseases. The risk is greatest in the wet months and in remote areas. The very serious Plasmodium falciparum strain causes cerebral malaria and may be resistant to many drugs.

For such a serious and potentially deadly disease, there is an enormous amount of misinformation concerning malaria. You must get expert advice as to whether your trip actually puts you at risk. Many parts of Southeast Asia, particularly city and resort areas, have minimal to no risk of malaria, and the risk of side effects from the tablets may outweigh the risk of getting the disease. For most rural areas, however, the risk of contracting the disease far outweighs the risk of any tablet side effects. Remember that malaria can be fatal. Before you travel, seek medical advice on the right medication and dosage for you.

Malaria is caused by a parasite transmitted by the bite of an infected mosquito. The most important symptom of malaria is fever, but general symptoms such as headache, diarrhoea, cough, or chills may also occur. Diagnosis can only be made by taking a blood sample.

Two strategies should be combined to prevent malaria – mosquito avoidance, and antimalarial medications. Most people who catch malaria are taking inadequate or no antimalarial medication.

Travellers are advised to prevent mosquito bites by taking these steps:

- Use a DEET-containing insect repellent on exposed skin. Wash this off at night, as long as you are sleeping under a mosquito net. Natural repellents such as Citronella can be effective, but must be applied more frequently than products containing DEET.
- Sleep under a mosquito net impregnated with Permethrin.
- Choose accommodation with screens and fans (if not air-conditioned).
- Impregnate clothing with Permethrin in high-risk areas.
- Wear long sleeves and trousers in light colours.
- Use mosquito coils.
- Spray your room with insect repellent before going out for your evening meal.

There are a variety of medications available:

Artesunate Derivatives of Artesunate are not suitable as a preventive medication. They are useful treatments under medical supervision.

Chloroquine & Paludrine The effectiveness of this combination is now limited in most of Southeast Asia. Common side effects include nausea (40% of people) and mouth ulcers. Generally not recommended.

Doxycycline This daily tablet is a broad-spectrum antibiotic that has the added benefit of helping to prevent a variety of tropical diseases, including leptospirosis, tick-borne disease, typhus and melioidosis. The potential side effects include photosensitivity (a tendency to sunburn), thrush in women, indigestion, heartburn, nausea and interference with the contraceptive pill. More serious side effects include ulceration of the oesophagus – you can help prevent this by taking your tablet with a meal and a large glass of water, and never lying down within half an hour of taking it. Must be taken for four weeks after leaving the risk area.

Lariam (Mefloquine) Lariam has received much bad press, some of it justified, some not. This weekly tablet

suits many people. Serious side effects are rare but include depression, anxiety, psychosis and having fits. Anyone with a history of depression, anxiety, other psychological disorder, or epilepsy should not take Lariam. It is considered safe in the second and third trimesters of pregnancy. It is around 90% effective in most parts of Southeast Asia, but there is significant resistance in parts of northern Thailand, Laos and Cambodia. Tablets must be taken for four weeks after leaving the risk area.

Malarone This new drug is a combination of Atovaquone and Proguanil. Side effects are uncommon and mild, most commonly nausea and headache. It is the best tablet for scuba divers and for those on short trips to high-risk areas. It must be taken for one week after leaving the risk area.

A final option is to take no preventive medication but to have a supply of emergency medication should you develop the symptoms of malaria. This is less than ideal, and you'll need to get to a good medical facility within 24 hours of developing a fever. If you choose this option the most effective and safest treatment is Malarone (four tablets once daily for three days). Other options include Mefloquine and Quinine but the side effects of these drugs at treatment doses make them less desirable. Fansidar is no longer recommended.

Rabies

Still a common problem in most parts of Southeast Asia. Rabies is a uniformly fatal disease spread by the bite or lick of an infected animal – most commonly a dog or monkey. You should seek medical advice immediately after any animal bite and commence post-exposure treatment. Having pretravel vaccination means the postbite treatment is greatly simplified. If an animal bites you, gently wash the wound with soap and water, and apply an iodine-based antiseptic. If you are not pre-vaccinated you will need to receive rabies immunoglobulin as soon as possible.

STDs

Sexually transmitted diseases most common in Southeast Asia include herpes, warts, syphilis, gonorrhoea and chlamydia. People carrying these diseases often have no signs of infection. Condoms will prevent gonorrhoea and chlamydia but not warts or herpes. If after a sexual encounter you develop any rash, lumps, discharge or pain when passing urine seek immediate medical attention. If you have been sexually active during your travels have an STD check on your return home.

Tuberculosis

While rare in travellers, medical and aid workers and long-term travellers who have significant contact with the local population should take precautions. Vaccination is usually only given to children under the age of five, but adults at risk are recommended pre- and post-travel TB testing. The main symptoms are fever, cough, weight loss, night sweats and tiredness.

Typhoid

This serious bacterial infection is also spread via food and water. It gives a high and slowly progressive fever, headache and may be accompanied by a dry cough and stomach pain. It is diagnosed by blood tests and treated with antibiotics. Vaccination is recommended for all travellers spending more than a week in Southeast Asia, or travelling outside of the major cities. Be aware that vaccination is not 100% effective so you must still be careful with what you eat and drink.

Typhus

Murine typhus is spread by the bite of a flea whereas scrub typhus is spread via a mite. These diseases are rare in travellers. Symptoms include fever, muscle pains and a rash. You can avoid these diseases by following general insect-avoidance measures. Doxycycline will also prevent them.

TRAVELLER'S DIARRHOEA

Traveller's diarrhoea is by far the most common problem affecting travellers – between 30% and 50% of people will suffer from it within two weeks of starting their trip. In over 80% of cases, traveller's diarrhoea is caused by bacteria (there are numerous potential culprits), and therefore responds promptly to treatment with antibiotics. Treatment with antibiotics will depend on your situation – how sick you are, how quickly you need to get better, where you are etc.

Traveller's diarrhoea is defined as the passage of more than three watery bowel-actions within 24 hours, plus at least one other symptom such as fever, cramps, nausea, vomiting or feeling generally unwell.

Treatment consists of staying well-hydrated; rehydration solutions such as Gastrolyte are the best for this. Antibiotics such as Norfloxacin, Ciprofloxacin or Azithromycin will kill the bacteria quickly.

Loperamide is just a 'stopper' and doesn't get to the cause of the problem. It can be helpful, for example if you have to go on a long bus ride. Don't take Loperamide if you have a fever, or blood in your stools. Seek medical attention quickly if you do not respond to an appropriate antibiotic.

Amoebic Dysentery

Amoebic dysentery is very rare in travellers but is often misdiagnosed by poor quality labs in Southeast Asia. Symptoms are similar to bacterial diarrhoea, ie fever, bloody diarrhoea and generally feeling unwell. You should always seek reliable medical care if you have blood in your diarrhoea. Treatment involves two drugs; Tinidazole or Metronidazole to kill the parasite in your gut and then a second drug to kill the cysts. If left untreated complications such as liver or gut abscesses can occur.

Giardiasis

Giardia lamblia is a parasite that is relatively common in travellers. Symptoms include nausea, bloating, excess gas, fatigue and intermittent diarrhoea. 'Eggy' burps are often attributed solely to giardiasis, but work in Nepal has shown that they are not specific to this infection. The parasite will eventually go away if left untreated but this can take months. The treatment of choice is Tinidazole, with Metronidazole being a second-line option.

ENVIRONMENTAL HAZARDS

Diving

Divers and surfers should seek specialised advice before they travel to ensure their medical kit contains treatment for coral cuts and tropical ear infections, as well as the standard problems. Divers should ensure their insurance covers them for decompression illness – get specialised dive insurance through an organisation such as **Divers Alert Network** (DAN; www.danseap.org). Have a dive medical before you leave your home country – there are certain medical conditions that are incompatible with diving and economic considerations may override health considerations for some dive operators in Southeast Asia.

Food

Eating in restaurants is the biggest risk factor for contracting traveller's diarrhoea. Ways to avoid it include eating only freshly cooked food, avoiding shellfish and food that has been

sitting around in buffets. Peel all fruit, cook vegetables, and soak salads in iodine water for at least 20 minutes. Eat in busy restaurants with a high turnover of customers.

Heat

Many parts of Southeast Asia are hot and humid throughout the year. For most people it takes at least two weeks to adapt to the hot climate. Swelling of the feet and ankles is common, as are muscle cramps caused by excessive sweating. Prevent these by avoiding dehydration and excessive activity in the heat. Take it easy when you first arrive. Don't eat salt tablets (they aggravate the gut) but drinking rehydration solution or eating salty food helps. Treat cramps by stopping activity, resting, rehydrating with double-strength rehydration solution and gently stretching.

Dehydration is the main contributor to heat exhaustion. Symptoms include feeling weak, headache, irritability, nausea or vomiting, sweaty skin, a fast, weak pulse and a normal or slightly elevated body temperature. Treatment involves getting out of the heat and/or sun, fanning the victim and applying cool wet cloths to the skin, laying the victim flat with their legs raised and rehydrating with water containing one-quarter of a teaspoon of salt per litre. Recovery is usually rapid and it is common to feel weak for some days afterwards.

Heat stroke is a serious medical emergency. Symptoms come on suddenly and include weakness, nausea, a hot dry body with a body temperature of over 41°C, dizziness, confusion, loss of coordination, fits and eventually collapse and loss of consciousness. Seek medical help and commence cooling by getting the person out of the heat, removing their clothes, fanning them and applying cool wet cloths or ice to their body, especially to the groin and armpits.

Prickly heat is a common skin rash in the tropics, caused by sweat being trapped under the skin. The result is an itchy rash of tiny lumps. Treat by moving out of the heat and into an air-conditioned area for a few hours and by having cool showers. Creams and ointments clog the skin so they should be avoided. Locally bought prickly-heat powder can be helpful.

Tropical fatigue is common in long-term expats based in the tropics. It's rarely due to disease and is caused by the climate, inadequate rest, excessive alcohol intake and the demands of daily work in a different culture.

Insect Bites & Stings

Bedbugs don't carry disease but their bites are very itchy. They live in the cracks of furniture and walls and then migrate to the bed at night to feed on you. You can treat the itch with an antihistamine. Lice inhabit various parts of your body but most commonly your head and pubic area. Transmission is via close contact with an infected person. They can be difficult to treat and you may need numerous applications of an antilice shampoo such as Permethrin. Pubic lice are usually contracted from sexual contact.

Ticks are contracted after walking in rural areas. Ticks are commonly found behind the ears, on the belly and in armpits. If you have had a tick bite and experience symptoms such as a rash at the site of the bite or elsewhere, fever, or muscle aches you should see a doctor. Doxycycline prevents tick-borne diseases.

Leeches are found in humid rainforest areas. They do not transmit any disease but their bites are often intensely itchy for weeks afterwards and can easily become infected. Apply an iodine-based antiseptic to any leech bite to help prevent infection.

Bee and wasp stings mainly cause problems for people who are allergic to them. Anyone with a serious bee or wasp allergy should carry an injection of adrenaline (eg an EpiPen) for emergency treatment. For others pain is the main problem – apply ice to the sting and take painkillers.

Most jellyfish in Southeast Asian waters are not dangerous, just irritating. Some jellyfish, including the Portuguese man-of-war, occur on the north coast of Bali, especially in July and August, and also between the Gili Islands and Lombok. The sting is extremely painful but rarely fatal. First aid for jellyfish stings involves pouring vinegar onto the affected area to neutralise the poison. Do not rub sand or water onto the stings. Take painkillers, and anyone who feels ill in any way after being stung should seek medical advice. Take local advice if there are dangerous jellyfish around and keep out of the water.

Parasites

Numerous parasites are common in local populations in Southeast Asia; however, most of these are rare in travellers. The two rules to follow if you wish to avoid parasitic infections are to wear shoes and to avoid eating raw food, especially fish, pork and vegetables.

A number of parasites are transmitted via the skin by walking barefoot including strongyloides, hookworm and cutaneous *larva migrans*.

Skin Problems

Fungal rashes are common in humid climates. There are two common fungal rashes that affect travellers. The first occurs in moist areas that get less air such as the groin, armpits and between the toes. It starts as a red patch that slowly spreads and is usually itchy. Treatment involves keeping the skin dry, avoiding chafing and using an antifungal cream such as Clotrimazole or Lamisil. *Tinea versicolor* is also common – this fungus causes small, light-coloured patches, most commonly on the back, chest and shoulders. Consult a doctor.

Cuts and scratches become easily infected in humid climates. Take meticulous care of any cuts and scratches to prevent complications such as abscesses. Immediately wash all wounds in clean water and apply antiseptic. If you develop signs of infection (increasing pain and redness) see a doctor. Divers and surfers should be particularly careful with coral cuts as they become easily infected.

Snakes

Southeast Asia is home to many species of both poisonous and harmless snakes. Although you are unlikely to run into snakes in Bali or on Lombok (you may come across the black-and-white stripy sea snakes on Lombok), assume all snakes are poisonous and never touch one.

Sunburn

Even on a cloudy day sunburn can occur rapidly. Always use a strong sunscreen (at least factor 30), making sure to reapply after a swim, and always wear a wide-brimmed hat and sunglasses outdoors. Avoid lying in the sun during the hottest part of the day (10am to 2pm). If you become sunburnt stay out of the sun until you have recovered, apply cool compresses and take painkillers for the discomfort. One per cent hydrocortisone cream applied twice daily is also helpful.

WOMEN'S HEALTH

Pregnant women should receive specialised advice before travelling. The ideal time to travel is in the second trimester (between 16 and 28 weeks), when the risk of pregnancy-related problems are at their lowest and pregnant women generally feel at their best. During the first trimester there is a risk of miscarriage and in the third trimester complications such as premature labour and high blood pressure are possible. It's wise to travel with a companion. Always carry a list of quality medical facilities available at your destination and ensure you continue your standard antenatal care at these facilities. Avoid rural travel in areas with poor transportation and medical facilities. Most of all, ensure travel insurance covers all pregnancy-related possibilities, including premature labour.

Malaria is a high-risk disease in pregnancy. The WHO recommends that pregnant women do *not* travel to areas with Chloroquine-resistant malaria. None of the more effective antimalarial drugs are completely safe in pregnancy.

Traveller's diarrhoea can quickly lead to dehydration and result in inadequate blood flow to the placenta. Many of the drugs used to treat various diarrhoea bugs are not recommended in pregnancy. Azithromycin is considered safe.

In the tourist areas of Bali, supplies of sanitary products and brands that are familiar are readily available. On Lombok the major brand sanitary towels are not a problem to get hold of and are reasonably priced. Tampons, however, are like gold dust, they are hard to find and super expensive! Try and bring your own from home or stock up on them in Hero supermarket in Mataram or in the supermarkets in Senggigi. Tampax and Lillies are available.

Birth-control options may be limited so bring adequate supplies of your own form of contraception.

Heat, humidity and antibiotics can all contribute to thrush. Treatments are antifungal creams and pessaries such as Clotrimazole. An alternative is a tablet of fluconazole (Diflucan). Urinary tract infections can be precipitated by dehydration or long journeys without toilet stops; bring suitable antibiotics.

Language

CONTENTS

Who Speaks What Where?	373
Bahasa Bali	373
Bahasa Indonesia	374
Pronunciation	375
Accommodation	375
Conversation & Essentials	376
Directions	376
Emergencies	377
Health	377
Language Difficulties	377
Numbers	377
Paperwork	377
Question Words	377
Shopping & Services	378
Time & Dates	378
Transport	378
Travel With Children	379

WHO SPEAKS WHAT WHERE?

Bali

The indigenous language, Bahasa Bali, has various forms based on traditional caste distinctions. The average traveller needn't worry about learning Balinese, but it can be fun to learn a few words. For practical purposes, it probably makes better sense to concentrate your efforts on learning Bahasa Indonesia.

Bahasa Indonesia is the national language, used in the education system and for all legal and administrative purposes. It's becoming more and more widely used, partly because of its official language status and partly because it serves as a lingua franca (a linking language), allowing the many non-Balinese now living and working in Bali to communicate – and avoid the intricacies of the caste system inherent in Bahasa Bali.

A good phrasebook is a wise investment. Lonely Planet's *Indonesian Phrasebook* is a handy, pocket-sized introduction to the language. The *Bali Pocket Dictionary* can be found at a few bookshops in Bali. It lists grammar and vocabulary in English, Indonesian, and low, polite and high Balinese.

English is common in the tourist areas, and is usually spoken very well. Many Balinese in the tourist industry also have a smattering (or more) of German, Japanese, French and/or Italian. A few older people speak Dutch and are often keen to practise it, but if you want to travel in remote areas, and communicate with people who aren't in the tourist business, it's a good idea to learn some Bahasa Indonesia.

Lombok

Most people on Lombok speak their own indigenous language (Sasak) and Bahasa Indonesia, which they are taught at school and use as their formal and official mode of communication. Apart from those working in the tourist industry, few people on Lombok speak English, and this includes police and other officials. English is becoming more widely spoken, but is still rare outside the main towns and tourist centres.

BAHASA BALI

The national language of Indonesia, Bahasa Indonesia, is widely used in Bali, but it isn't Balinese. Balinese, or Bahasa Bali, is another language entirely. It has a completely different vocabulary and grammar, and the rules governing its use are much more complex. It's a difficult language for a foreigner to come to grips with. Firstly, it isn't a written language, so there's no definitive guide to its grammar or vocabulary, and there is considerable variation in usage from one part of the island to another. Bahasa Bali isn't taught in schools either, and dictionaries and grammars that do exist are attempts to document current or historical usage, rather than set down rules for correct syntax or pronunciation.

Balinese is greatly complicated by its caste influences. In effect, different vocabularies and grammatical structures are used, depending on the relative social position of the speaker, the person being spoken to and the person being spoken about. Even traditional usage has always been somewhat arbitrary, because of the intricacies of the caste system.

The various forms of the language (or languages) and their respective uses are categorised as follows:

- Basa Alus is used among educated people, and is derived from the Hindu-Javanese court languages of the 10th century.
- Basa Lumrah (also called Biasa or Ketah) is used when talking to people of the same caste or level, and between friends and family. It is an old language of mixed origin, with words drawn from Malayan, Polynesian and Australasian sources.
- Basa Madia (also called Midah), a mixture of Basa Lumrah and Basa Alus, is used as a polite language for speaking to or about strangers, or people to whom one wishes to show respect.
- Basa Singgih, virtually a separate language, is used to address persons of high caste, particularly in formal and religious contexts. Even the Balinese are not always fluent in this language. It is based on the ancient Hindu Kawi language, and can be written using a script that resembles Sanskrit, as seen in the *lon-tar* (palm) books where it's inscribed on strips of leaf (see the boxed text on p45). Written Basa Singgih is also seen on the signs that welcome you to, and farewell you from, most villages in Bali.
- Basa Sor (also called Rendah) is used when talking with people of a lower caste, or to people who are noncaste.

The different vocabularies only exist for about 1000 basic words, mostly relating to people and their actions. Other words (in fact, an increasing proportion of the modern vocabulary), are the same regardless of relative caste levels.

Usage is also changing with the decline of the traditional caste system and modern tendencies towards democratisation and social equality. It is now common practice to describe the language in terms of only three forms:

- Low Balinese (Ia), equivalent to Basa Lumrah, is used between friends and family, and also when speaking with persons of equal or lower caste, or about oneself.
- Polite Balinese (Ipun), the equivalent of Basa Madia, is used for speaking to superiors or strangers, and is becoming more widespread as a sort of common

language that isn't so closely linked to caste.

- High Balinese (Ida), a mixture of Basa Alus and Basa Singgih, is used to indicate respect for the person being addressed or the person being spoken about.

The polite and high forms of the language frequently use the same word, while the low form often uses the same word as Bahasa Indonesia. The polite form, Basa Madia or Midah, is being used as a more egalitarian language, often combined with Bahasa Indonesia to avoid the risk of embarrassment in case the correct caste distinctions aren't made.

So how does one Balinese know at which level to address another? Initially, a conversation between two strangers would commence in the high language. At some point the question of caste would be asked and then the level adjusted accordingly. Among friends, however, a conversation is likely to be carried on in low Balinese, no matter what the caste of the speakers may be.

Bahasa Bali uses very few greetings and civilities on an everyday basis. There are no equivalents for 'please' and 'thank you'. Nor is there a usage that translates as 'good morning' or 'good evening', although the low Balinese *kenken kebara?* (how are you?/ how's it going?) is sometimes used. More common is *lunga kija?*, which literally means 'where are you going?' (in low, polite and high Balinese).

BAHASA INDONESIA

Like most languages, Indonesian has a simplified colloquial form and a more developed literary form. It's among the easiest of all spoken languages to learn – there are no tenses, plurals or genders and, even better, it's easy to pronounce.

Apart from ease of learning, there's another very good reason for trying to pick up at least a handful of Indonesian words and phrases: few people are as delighted with visitors learning their language as Indonesians. They won't criticise you if you mangle your pronunciation or tangle your grammar and they make you feel like you're an expert even if you only know a dozen or so words. Bargaining also seems a whole lot

easier and more natural when you do it in their language.

Written Indonesian can be idiosyncratic, however, and there are often inconsistent spellings of place names. Compound names are written as one word or two, eg Airsanih or Air Sanih, Padangbai or Padang Bai. Words starting with 'Ker' sometimes lose the 'e', as in Kerobokan/Krobokan.

In addition, some Dutch variant spellings remain in common use. These tend to occur in business names, with 'tj' instead of the modern **c** (as in Tjampuhan/Campuan), and 'oe' instead of the **u** (as in Soekarno/Sukarno).

PRONUNCIATION

Most letters have a pronunciation more or less the same as their English counterparts. Nearly all the syllables carry equal emphasis, but a good approximation is to stress the second to last syllable. The main exception to the rule is the unstressed **e** in words such as *besar* (big), pronounced 'be-sarr'.

a	as in 'father'
e	as in 'bet' when unstressed, although sometimes it's hardly pronounced at all, as in the greeting <i>selamat</i> , which sounds like 'slamat' if said quickly. When stressed, e is like the 'a' in 'may', as in <i>becak</i> (rickshaw), pronounced 'baycha'. There's no set rule as to when e is stressed or unstressed.
i	as in 'unique'
o	as in 'hot'
u	as in 'put'
ai	as in 'Thai'
au	as the 'ow' in 'cow'
ua	as 'w' when at the start of a word, eg <i>uang</i> (money), pronounced 'wong', as the 'ch' in 'chair'
c	as in 'get'
g	as the 'ng' in 'sing'
ng	as the 'ng' in 'anger'
ngg	as in 'jet'
j	slightly rolled
r	a little stronger than the 'h' in 'her'; almost silent at the end of a word like English 'k', except at the end of a word when it's like a closing of the throat with no sound released, eg <i>tidak</i> (no/not), pronounced 'tee-da'
k	as the 'ny' in canyon
ny	

ACCOMMODATION

I'm looking for a ...	<i>Saya mencari ...</i>
campground	<i>tempat kemah</i>
guesthouse	<i>rumah yang disewakan</i>
hotel	<i>hotel</i>
youth hostel	<i>losmen pemuda</i>

MAKING A RESERVATION

(for written and phone inquiries)

I'd like to book ...	<i>Saya mau pesan ...</i>
in the name of ...	<i>atas nama ...</i>
date	<i>tanggal</i>
from ... (date)	<i>dari ...</i>
to ... (date)	<i>sampai ...</i>
credit card	<i>kartu kredit</i>
number	<i>nomor</i>
expiry date	<i>masa berlakunya sampai</i>

Please confirm availability and price.	<i>Tolong dikonfirmasi mengenai ketersediaan kamar dan harga.</i>
---	---

Where is a cheap hotel?

Hotel yang murah di mana?

What is the address?

Alamatnya di mana?

Could you write it down, please?

Anda bisa tolong tuliskan?

Do you have any rooms available?

Ada kamar kosong?

How much is it ... ?

per day	<i>sehari</i>
per person	<i>seorang</i>

one night	<i>satu malam</i>
one person	<i>satu orang</i>
room	<i>kamar</i>
bathroom	<i>kamar mandi</i>

I'd like a ...	<i>Saya cari ...</i>
bed	<i>tempat tidur</i>
single room	<i>kamar untuk seorang</i>
double bedroom	<i>tempat tidur besar satu kamar</i>

room with two beds	<i>kamar dengan dua tempat tidur</i>
room with a bathroom	<i>kamar dengan kamar mandi</i>

I'd like to share a dorm.	<i>Saya mau satu tempat tidur di asrama.</i>
----------------------------------	--

Is breakfast included?	Apakah harganya termasuk makan pagi/sarapan?
May I see it?	Boleh saya lihat?
Where is the bathroom?	Kamar mandi di mana?
Where is the toilet?	Kamar kecil di mana?
I'm/we're leaving today.	Saya/Kami berangkat hari ini.

CONVERSATION & ESSENTIALS

Addressing People

Pronouns, particularly 'you', are rarely used in Indonesian. When speaking to an older man (or anyone old enough to be a father), it's common to call them *bapak* (father) or simply *pak*. Similarly, an older woman is *ibu* (mother) or simply *bu*. *Tuan* is a respectful term for a man, like 'sir'. *Nyonya* is the equivalent for a married woman, and *nona* for an unmarried woman. *Anda* is the egalitarian form designed to overcome the plethora of words for the second person.

To indicate negation, *tidak* is used with verbs, adjectives and adverbs; *bukan* with nouns and pronouns.

Welcome.	Selamat datang.
Good morning.	Selamat pagi. (before 11am)
Good day.	Selamat siang. (noon to 2pm)
Good day.	Selamat sore. (3pm to 6pm)
Good evening.	Selamat malam. (after dark)
Good night.	Selamat tidur. (to someone going to bed)
Goodbye.	Selamat tinggal. (to person staying)
Goodbye.	Selamat jalan. (to person leaving)

Yes.	Ya.
No. (not)	Tidak.
No. (negative)	Bukan.
Maybe.	Mungkin.
Please.	Tolong. (asking for help)
Please.	Silahkan. (giving permission)
Thank you (very much).	Terima kasih (banyak).
You're welcome.	Kembali.
Sorry.	Maaf.
Excuse me.	Permisi.
Just a minute.	Tunggu sebentar
How are you?	Apa kabar?
I'm fine.	Kabar baik.
What's your name?	Siapa nama Anda?
My name is ...	Nama saya ...
Are you married?	Sudah kawin?
Not yet.	Belum.

How old are you?	Berapa umur Anda?
I'm ... years old.	Umur saya ... tahun.
Where are you from?	Anda dari mana?
I'm from ...	Saya dari ...
I like ...	Saya suka ...
I don't like ...	Saya tidak suka ...
Good.	Bagus.
Good, fine, OK.	Baik.

DIRECTIONS

Where is ...?	Di mana ...?
How many kilometres?	Berapa kilometer?
Which way?	Ke mana?
Go straight ahead.	Jalan terus.
Turn left/right.	Belok kiri/kanan.
Stop!	Berhenti!
at the corner	di sudut
at the traffic lights	di lampu merah
here/there/over there	di sini/situ/sana
behind	di belakang
in front of	di depan
opposite	di seberang
far (from)	jauh (dari)
near (to)	dekat (dengan)
north	utara
south	selatan
east	timur
west	barat
beach	pantai
island	pulau
lake	danau
main square	alun-alun
market	pasar
sea	laut

SIGNS

Masuk	Entrance
Keluar	Exit
Informasi	Information
Buka	Open
Tutup	Closed
Dilarang	Prohibited
Ada Kamar Kosong	Rooms Available
Penuh (Tidak Ada Kamar Kosong)	Full (No Vacancies)
Polisi	Police
Kamar Kecil/Toilet	Toilets/WC
Pria	Men
Wanita	Women

EMERGENCIES

Help!	Tolong saya!
There's been an accident!	Ada kecelakaan!
I'm lost.	Saya tersesat.
Leave me alone!	Jangan ganggu saya!
Call ...!	Panggil ...!
a doctor	dokter
the police	polisi

HEALTH

I'm ill.	Saya sakit.
It hurts here.	Sakitnya di sini.
I'm ...	Saya sakit...
asthmatic	asma
diabetic	kencing manis
epileptic	epilepsi
I'm allergic to ...	Saya alergi...
antibiotics	antibiotik
aspirin	aspirin
penicillin	penisilin
bees	tawon/kumbang
nuts	kacang
antiseptic	penangkal infeksi/antiseptik
condoms	kondom
contraceptive	kontrasepsi
diarrhoea	mencret/diare
medicine	obat
nausea	mual
sunblock cream	sunscreen/tabir surya/sunblock
tampons	tampon

LANGUAGE DIFFICULTIES

I (don't) understand.

Saya (tidak) mengerti.

Do you speak English?

Bisa berbicara Bahasa Inggris?

Does anyone here speak English?

Ada yang bisa berbicara Bahasa Inggris di sini?

How do you say ... in Indonesian?

Bagaimana mengatakan ... dalam Bahasa Indonesia?

What does ... mean?

Apa artinya ...?

I can only speak a little (Indonesian).

Saya hanya bisa berbicara (Bahasa Indonesia) sedikit.

Please write that word down.

Tolong tuliskan kata itu.

Can you show me (on the map)?

Anda bisa tolong tunjukkan pada saya (di peta)?

NUMBERS

1	satu
2	dua
3	tiga
4	empat
5	lima
6	enam
7	tujuh
8	delapan
9	sembilan
10	sepuluh

A half is *setengah*, which is pronounced 'stenger', eg *stenger kilo* (half a kilo). 'Approximately' is *kira-kira*. After the numbers one to 10, the 'teens' are *belas*, the 'tens' are *puluh*, the 'hundreds' are *ratus*, the 'thousands' are *ribu* and 'millions' are *juta* – but as a prefix *satu* (one) becomes *se-*, eg *seratus* (one hundred). Thus:

11	sebelas
12	duabelas
13	tigabelas
20	dua puluh
21	dua puluh satu
25	dua puluh lima
30	tiga puluh
99	sembilan puluh sembilan
100	seratus
150	seratus limapuluh
200	dua ratus
888	delapan ratus delapan puluh delapan
1000	seribu

PAPERWORK

name	nama
nationality	kebangsaan
date of birth	tanggal kelahiran
place of birth	tempat kelahiran
sex/gender	jenis kelamin
passport	paspor
visa	visa

QUESTION WORDS

Who?	Siapa?
What?	Apa?
What is it?	Apa itu?
When?	Kapan?
Where?	Di mana?
Which?	Yang mana?
Why?	Kenapa?
How?	Bagaimana?

SHOPPING & SERVICES

What is this?	<i>Apa ini?</i>
How much is it?	<i>Berapa (harganya)?</i>
I'd like to buy ...	<i>Saya mau beli ...</i>
I don't like it.	<i>Saya tidak suka.</i>
May I look at it?	<i>Boleh saya lihat?</i>
I'm just looking.	<i>Saya lihat-lihat saja.</i>
I'll take it.	<i>Saya beli.</i>

this/that	<i>ini/itu</i>
big	<i>besar</i>
small	<i>kecil</i>
more	<i>lebih</i>
less	<i>kurang</i>
bigger	<i>lebih besar</i>
smaller	<i>lebih kecil</i>
expensive	<i>mahal</i>
another/one more	<i>satulagi</i>

Do you accept ...?	<i>Bisa bayar pakai ...?</i>
credit cards	<i>kartu kredit</i>
travellers cheques	<i>cek perjalanan</i>

What time does it open/close?	<i>Jam berapa buka/tutup?</i>
May I take photos?	<i>Boleh saya potret?</i>

I'm looking for a/the ...	<i>Saya cari ...</i>
bank	<i>bank</i>
church	<i>gereja</i>
city centre	<i>pusat kota</i>
embassy	<i>kedutaan</i>
food stall	<i>warung</i>
hospital	<i>rumah sakit</i>
market	<i>pasar</i>
museum	<i>museum</i>
police	<i>kantor polisi</i>
post office	<i>kantor pos</i>
public phone	<i>telepon umum</i>
public toilet	<i>WC ('way say') umum</i>
restaurant	<i>rumah makan</i>
telephone centre	<i>wartel</i>
tourist office	<i>kantor pariwisata</i>

TIME & DATES

What time is it?	<i>Jam berapa sekarang?</i>
When?	<i>Kapan?</i>
What time?	<i>Jam berapa?</i>
seven o'clock	<i>jam tujuh</i>
How many hours?	<i>Berapa jam?</i>
five hours	<i>lima jam</i>
in the morning	<i>pagi</i>
in the afternoon	<i>siang</i>

in the evening	<i>malam</i>
today	<i>hari ini</i>
tomorrow	<i>besok</i>
yesterday	<i>kemarin</i>
hour	<i>jam</i>
day	<i>hari</i>
week	<i>minggu</i>
month	<i>bulan</i>
year	<i>tahun</i>

Monday	<i>hari Senin</i>
Tuesday	<i>hari Selasa</i>
Wednesday	<i>hari Rabu</i>
Thursday	<i>hari Kamis</i>
Friday	<i>hari Jumat</i>
Saturday	<i>hari Sabtu</i>
Sunday	<i>hari Minggu</i>

January	<i>Januari</i>
February	<i>Februari</i>
March	<i>Maret</i>
April	<i>April</i>
May	<i>Mei</i>
June	<i>Juni</i>
July	<i>Juli</i>
August	<i>Agustus</i>
September	<i>September</i>
October	<i>Oktober</i>
November	<i>Nopember</i>
December	<i>Desember</i>

TRANSPORT
Public Transport

What time does the leave/arrive?	<i>Jam berapa ... berangkat/ datang?</i>
boat/ship	<i>kapal</i>
bus	<i>bis</i>
plane	<i>kapal terbang</i>

I'd like a ... ticket.	<i>Saya mau tiket ...</i>
one-way	<i>sekali jalan</i>
return	<i>pulang pergi</i>
1st class	<i>kelas satu</i>
2nd class	<i>kelas dua</i>

I want to go to ...	<i>Saya mau ke ...</i>
The train has been delayed/cancelled.	<i>Kereta terlambat/dibatalkan.</i>

the first	<i>pertama</i>
the last	<i>terakhir</i>
ticket	<i>karcis</i>
ticket office	<i>loket</i>
timetable	<i>jadwal</i>

Private Transport

Where can I hire a ...?	<i>Di mana saya bisa sewa ...?</i>
I'd like to hire a ...	<i>Saya mau sewa ...</i>
bicycle	<i>sepeda</i>
car	<i>mobil</i>
4WD	<i>gardan ganda</i>
motorcycle	<i>sepeda motor</i>

ROAD SIGNS

Beri Jalan	<i>Give Way</i>
Bahaya	<i>Danger</i>
Dilarang Parkir	<i>No Parking</i>
Jalan Memutar	<i>Detour</i>
Masuk	<i>Entry</i>
Dilarang Mendahului	<i>No Overtaking</i>
Kurangi Kecepatan	<i>Slow Down</i>
Dilarang Masuk	<i>No Entry</i>
Satu Arah	<i>One Way</i>
Keluar	<i>Exit</i>
Kosongkan	<i>Keep Clear</i>

Is this the road to ...?	<i>Apakah jalan ini ke ... ?</i>
Where's a service station?	<i>Di mana pompa bensin?</i>

Please fill it up.	<i>Tolong isi sampai penuh.</i>
I'd like ... litres.	<i>Minta ... liter bensin.</i>
diesel	<i>disel</i>
leaded petrol	<i>bensin bertimbal</i>
unleaded petrol	<i>bensin tanpa timbal</i>
I need a mechanic.	<i>Saya perlu montir.</i>

The car has broken down at ...	<i>Mobil mogok di...</i>
---------------------------------------	--------------------------

The motorcycle won't start.	<i>Motor tidak bisa jalan.</i>
------------------------------------	--------------------------------

I have a flat tyre.	<i>Ban saya kempes.</i>
----------------------------	-------------------------

I've run out of petrol.	<i>Saya kehabisan bensin.</i>
--------------------------------	-------------------------------

I had an accident.	<i>Saya mengalami kecelakaan.</i>
(How long) Can I park here?	<i>(Berapa lama) Saya boleh parkir di sini?</i>

Where do I pay?	<i>Saya membayar di mana?</i>
------------------------	-------------------------------

TRAVEL WITH CHILDREN

Is there a/an ...?	<i>Ada?</i>
---------------------------	-------------------

I need a ...	<i>Saya perlu....</i>
---------------------	-----------------------

baby change room	<i>tempat ganti popok kamar</i>
-------------------------	---------------------------------

car baby seat	<i>kursi anak untuk di mobil</i>
child-minding service	<i>tempat penitipan anak</i>

children's menu	<i>menu untuk anak-anak</i>
disposable nappies/diapers	<i>popok sekali pakai</i>

formula (English-speaking)	<i>susu kaleng suster yang bisa berbicara (Bahasa Inggris)</i>
-----------------------------------	--

babysitter	<i>kursi anak</i>
-------------------	-------------------

highchair	<i>pispot</i>
------------------	---------------

potty stroller	<i>kereta anak/dorongan anak</i>
-----------------------	----------------------------------

Are children allowed?	<i>Boleh bawa anak-anak?</i>
------------------------------	------------------------------



Also available from Lonely Planet:
Indonesian Phrasebook

Glossary

For food and drink terms, see Eat Your Words, p91.

adat – tradition, customs and manners

aling aling – gateway backed by a small wall

alus – identifiable ‘goodies’ in an *arja* drama

anak-anak – children

angker – evil power

angklung – portable form of the *gamelan*

anjing – dogs

apotik – pharmacy

arja – refined operatic form of Balinese theatre; also a dance-drama, comparable to Western opera

Arjuna – a hero of the *Mahabharata* epic and a popular temple gate guardian image

bahasa – language; Bahasa Indonesia is the national language of Indonesia

bale – an open-sided pavilion with a steeply pitched thatched roof

bale banjar – communal meeting place of a *banjar*; a house for meetings and *gamelan* practice

bale gede – reception room or guesthouse in the home of a wealthy Balinese

bale kambang – floating pavilion; a building surrounded by a moat

bale tani – family house in Lombok; see also *serambi*

balian – see *dukun*

banjar – local division of a village consisting of all the married adult males

banyan – a type of fig tree, often considered holy; see also *waringin*

bapak – father; also a polite form of address to any older man; also *pak*

Barong – mythical lion-dog creature

Barong Tengklok – portable *gamelan* used for wedding processions and circumcision ceremonies on Lombok

baten tegeh – decorated pyramids of fruit, rice cakes and flowers

batik – process of colouring fabric by coating part of the cloth with wax, dyeing it and melting the wax out; the waxed part is not coloured, and repeated waxing and dyeing builds up a pattern

batu bolong – rock with a hole

Bedaulu, Dalem – legendary last ruler of the Pejeng dynasty

belalu – quick-growing, light wood

bemo – popular local transport in Bali and on Lombok; usually a small minibus but often a small pick-up in rural areas

bensin – petrol (gasoline)

beruga – communal meeting hall in Bali; open-sided pavilion on Lombok

bhur – world of demons

bhwah – world of humans

Bima Suarga – a hero of the *Mahabharata* epic

bioskop – cinema

bokor – artisans; they produce the silver bowls used in traditional ceremonies

Brahma – the creator; one of the trinity of Hindu gods

Brahmana – the caste of priests and the highest of the Balinese castes; all priests are Brahmanas, but not all Brahmanas are priests

bu – mother; shortened form of *ibu*

bukit – hill; also the name of Bali’s southern peninsula

bulau – month

bupati – government official in charge of a *kabupaten*

buruga – thatched platforms on stilts

cabang – large tanks used to store water for the dry season

camat – government official in charge of a *kecamatan*

candi – shrine, originally of Javanese design; also known as *prasada*

candi bentar – gateway entrance to a temple

caste – hereditary classes into which Hindu society is divided. There are four castes: three branches of the ‘nobility’ (*Brahmana*, *Ksatriyasa* and *Wesia*), and the common people (*Sudra*)

cendrawasih – birds of paradise

cengceng – cymbals

cidomo – pony cart with car wheels (Lombok)

cucuk – gold headpieces

dalang – puppet master and storyteller in a *wayang kulit* performance

danau – lake

dangdut – pop music

desa – village

dewa – deity or supernatural spirit

dewi – goddess

Dewi Danau – goddess of the lakes

Dewi Sri – goddess of rice

dokar – pony cart; known as a *cidomo* on Lombok

dukun – ‘witch doctor’; faith healer and herbal doctor; also *balian*

Durga – goddess of death and destruction, and consort of *Shiva*

dusun – local divisions of a village

Dwarpala – guardian figure who keeps evil spirits at bay in temples

endek – elegant fabric, like *songket*, but the weft threads are predyed

Gajah Mada – famous *Majapahit* prime minister who defeated the last great king of Bali and extended

Majapahit power over the island

Galungan – great Balinese festival; an annual event in the 210-day Balinese *wuku* calendar

gamelan – traditional Balinese orchestra, with mostly percussion instruments like large xylophones and gongs; also called a *gong*

Ganesha – *Shiva*’s elephant-headed son

gang – alley or footpath

gangsang – xylophone-like instrument

Garuda – mythical man-bird creature, vehicle of *Vishnu*; modern symbol of Indonesia and the national airline

gedong – shrine

gendang beleq – a war dance; like the *Oncer* dance

gendong – street vendors who sell *jamu*, said to be a cure-all tonic

gili – small island (Lombok)

goa – cave; also spelt *gua*

gong – see *gamelan*

gong gede – large orchestra; traditional form of the *gamelan* with 35 to 40 musicians

gong kebyar – modern, popular form of a *gong gede*, with up to 25 instruments

gringsing – rare double *ikat* woven cloth

gua – cave; also spelt *goa*

gunung – mountain

gunung api – volcano

gusti – polite title for members of the *Wesia* caste

Hanuman – monkey god who plays a major part in the *Ramayana*

harga biasa – standard price

harga turis – inflated price for tourists

homestay – small, family-run *losmen*

ibu – mother; also a polite form of address to any older woman

Ida Bagus – honourable title for a male *Brahmana*

iders-iders – long painted scrolls used as temple decorations

ikat – cloth where a pattern is produced by dyeing the individual threads before weaving; see also *gringsing*

Indra – king of the gods

jalak putih – local name for Bali starling

jalan – road or street; abbreviated to *Jl*

jalan jalan – to walk around

jamu – a cure-all tonic; see also *gendong*

Jepun – frangipani trees

jidur – large cylindrical drums played throughout Lombok

Jimny – small, jeep-like Suzuki vehicle; the usual type of rental car

Jl – *jalan*; road or street

jukung – see *prahu*

kabupaten – administrative districts (known as regencies during Dutch rule)

kahyangan jagat – directional temples

kain – a length of material wrapped tightly around the hips and waist, over a sarong

kain poleng – black-and-white chequered cloth

kaja – in the direction of the mountains; see also *kelod*

kaja-kangin – corner of the courtyard

kaki lima – food carts

kala – demonic face often seen over temple gateways

Kalender Cetakan – Balinese calendar used to plan a myriad of activities

kamben – a length of *songket* wrapped around the chest for formal occasions

kampung – village or neighbourhood

kangin – sunrise

kantor – office

kantor imigrasi – immigration office

kantor pos – post office

Kawi – classical Javanese; the language of poetry

kebyar – a type of dance

Kecak – traditional Balinese dance; tells a tale from the *Ramayana* about Prince Rama and Princess Sita

kecamatan – subdistrict; see also *camat*

kedais – coffee house

kelod – opposite of *kaja*; in the direction away from the mountains and towards the sea

kelurahan – local government area

kemban – woman’s breast-cloth

kempli – gong

kendang – drums

kepala desa – village head

kepeng – old Chinese coins with a hole in the centre

kori agung – gateway to the second courtyard in a temple

kota – city

kras – identified ‘baddies’ in an *arja* drama

kris – traditional dagger

Ksatriyasa – second Balinese caste

kuah – sunset side

kulkul – hollow tree-trunk drum used to sound a warning or call meetings

labuhan – harbour; also called *pelabuhan*

laki-laki – boy

lamak – long, woven palm-leaf strips used as decorations in festivals and celebrations

lambung – long black sarongs worn by *Sasak* women; see also *sabuk*

langse – rectangular decorative hangings used in palaces or temples

Legong – classic Balinese dance

legong – young girls who perform the *Legong*

leyak – evil spirit that can assume fantastic forms by the use of black magic

lingam – phallic symbol of the Hindu god *Shiva*

lontar – specially prepared palm leaves

losmen – small Balinese hotel, often family-run

lukisan antic – antique paintings

lulur – body mask

lumbung – rice barn with a round roof; an architectural symbol of Lombok

madia – the body

Mahabharata – one of the great Hindu holy books, the epic poem tells of the battle between the Pandavas and the Korawas

Majapahit – last great Hindu dynasty on Java

makan Padang – Padang food

mandi – Indonesian ‘bath’ consisting of a large water tank from which you ladle cold water over yourself

manusa yadnya – ceremonies which mark the various stages of Balinese life from before birth to after cremation

mapadik – marriage by request, as opposed to *ngorod*

mata air panas – natural hot springs

meditasi – swimming and sunbathing

mekeprung – traditional water buffalo races

meru – multiroofed shrines in Balinese temples; the name comes from the Hindu holy mountain Mahameru

mobil – car

moksa – freedom from earthly desires

muncak – mouse deer

naga – mythical snakelike creature

ngorod – marriage by elopement; see also *mapadik*

ngrupuk – great procession where *ogoh-ogoh* figures are used to ward off evil spirits

nista – the legs

nusa – island; also called *pulau*

Nusa Tenggara Barat (NTB) – West Nusa Tenggara; a province of Indonesia comprising the islands of Lombok and Sumbawa

nyale – wormlike fish caught off Kuta, Lombok

Nyepi – major annual festival in the Hindu *saka* calendar, this is a day of complete stillness after a night of chasing out evil spirits

odalan – Balinese ‘temple birthday’ festival; held in every temple annually, according to the *wuku* calendar, ie once every 210 days

ogoh-ogoh – huge monster dolls used in the *Nyepi* festival

ojek – motorcycle that carries paying pillion passengers

oong – Bali’s famed magic mushrooms

padi – growing rice plant

padmasana – temple shrine resembling a vacant chair; a throne for the supreme god Sanghyang Widhi in the manifestation of Siwa Raditya

pak – father; shortened form of *bapak*

palungan – shallow trough

palinggihs – temple shrines consisting of a simple, little throne

panca dewata – centre and four cardinal points in a temple

pande – blacksmiths; they are treated somewhat like a caste in their own right

pantai – beach

pantun – ancient Malay poetical verse in rhyming couplets

paras – a soft, grey volcanic stone used in stone carving

pasar – market

pasar malam – night market

pecalang – village or *banjar* police

pedanda – high priest

pekelan – ceremony where gold trinkets and objects are thrown into the lake

pelabuhan – harbour; also called *labuhan*

Pelni – the national shipping line

pemangku – temple guardians and priests for temple rituals

penjor – long bamboo pole with decorated end, arched over the road or pathway during festivals or ceremonies

perbekel – government official in charge of a *desa*

perempuan – girl

pesmangku – priest for temple rituals

pitra yadna – cremation

plus plus – a combined tax and service charge of 21% added by midrange and top-end accommodation and restaurants

pondok – simple lodging or hut

prada – cloth highlighted with gold leaf, or gold or silver paint and thread

prahu – traditional Indonesian boat with outriggers

prasada – shrine; see also *candi*

prasasti – inscribed copper plates

pria – man; male

propinsi – province; Indonesia has 27 *propinsi* – Bali is a *propinsi*, Lombok and its neighbouring island of Sumbawa comprise *propinsi Nusa Tenggara Barat (NTB)*

puasa – to fast, or a fast

pulau – island; also called *nusa*

puputan – warrior’s fight to the death; an honourable but suicidal option when faced with an unbeatable enemy

pura – temple

pura dalem – temple of the dead

pura desa – village temple for everyday functions

pura puseh – temple of the village founders or fathers, honouring the village’s origins

pura subak – temple of the rice growers’ association

puri – palace

pusit kota – used on road signs to indicate the centre of town

puskesmas – community health centre

raja – lord or prince

Ramadan – Muslim month of fasting

Ramayana – one of the great Hindu holy books; these stories form the keystone of many Balinese dances and tales

Rangda – widow-witch who represents evil in Balinese theatre and dance

rebab – bowed lute

RRI – Radio Republik Indonesia; Indonesia’s national radio broadcaster

RSU or RSUP – Rumah Sakit Umum or Rumah Sakit Umum Propinsi; a public hospital or provincial public hospital

rumah makan – restaurant; literally ‘eating place’

sabuk – Four-metre-long scarf that holds the *lambung* in place

sadkahyanan – ‘world sanctuaries’; most sacred temples

saiban – temple or shrine offering

saka – Balinese calendar based on the lunar cycle; see also *wuku*

sampian – palm-leaf decoration

Sasak – native of Lombok; also the language

sawah – individual rice field; see also *subak*

selandong – traditional scarf

selat – strait

sepeda – bicycle

sepeda motor – motorcycle

serambi – open veranda on a *bale tani*, the traditional Lombok family house

Shiva – the creator and destroyer; one of the three great Hindu gods

sinetron – soap operas

songket – silver- or gold-threaded cloth, hand-woven using a floating weft technique

stupas – domes for housing Buddha relics

subak – village association that organises rice terraces and shares out water for irrigation

Sudra – common caste to which the majority of Balinese belong

sungai – river

swah – world of gods

tahun – year

taksu – divine interpreter for the gods

tambulilingan – bumblebees

tanjung – cape or point

tektekan – ceremonial procession

teluk – gulf or bay

tiing – bamboo

tirta – water

toya – water

transmigrasi – government programme of trans-migration

trimurti – Hindu trinity

triwangsa – caste divided into three parts (*Brahmana*, *Ksatriyasa* and *Wesia*); means three people

trompong – drums

TU – Telepon Umum; a public telephone

tugu – lord of the ground

tukang prada – group of artisans who make temple umbrellas

tukang wadah – group of artisans who make cremation towers

udagi – designer of a building, usually an architect-priest

utama – the head

Vishnu – the preserver; one of the three great Hindu gods

wanita – woman; female

wantilan – large *bale* pavilion used for meetings, performances and cockfights

waria – female impersonator, transvestite or transgendered; combination of the words *wanita* and *pria*

waringin – large shady tree with drooping branches which root to produce new trees; see *banyan*

warnet – *warung* with internet access

wartel – public telephone office; contraction of *warung telekomunikasi*

warung – food stall

wayang kulit – leather puppet used in shadow puppet plays; see also *dalang*

wayang wong – masked drama playing scenes from the *Ramayana*

Wektu Telu – religion peculiar to Lombok; originated in Bayan and combines many tenets of Islam and aspects of other faiths

Wesia – military caste and most numerous of the Balinese noble castes

WIB – Waktu Indonesia Barat; West Indonesia Time

wihara – monastery

WIT – Waktu Indonesia Tengah; Central Indonesia Time

wuku – Balinese calendar made up of 10 different weeks, between one and 10 days long, all running concurrently; see also *saka*

yeh – water; also river

yoni – female symbol of the Hindu god *Shiva*

© Lonely Planet Publications. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'