

Indonesia



PRE-DEPARTURE INFORMATION

The many attractive flavors of Indonesia include hospitable people, beautiful scenery, great cultural and natural diversity, and the enthusiastic expertise of our guides. As always, JOURNEYS trips reflect the principle of environmentally responsible tourism that promotes inter-cultural understanding and leaves the natural beauty of the land undisturbed. The goals of the JOURNEYS traveler are to experience Indonesia without harming the environment and to have an authentic taste of life on the islands.

The Republic of Indonesia is an archipelago of more than 14,000 islands extending 3,000 miles along the equator from the mainland of Southeast Asia to Australia. The archipelago forms a natural barrier between the Indian and Pacific Oceans, making the straits between the islands strategically and commercially important. Indonesia's main islands are Sumatra, Java, Flores, Sulawesi (formerly Celebes), Kalimantan (the Indonesian part of the island of Borneo), and West Papua (formerly, Irian Jaya, the western part of the island of New Guinea).

GETTING READY FOR YOUR TRIP

Passports

- ❖ Passports are required of U.S. Citizens to enter
- ❖ Must be valid for at least 6 months after your trip – if not, apply or renew immediately
- ❖ Keep a copy of the picture page of your passport in a separate place while traveling
- ❖ Carry an extra passport photo in case you need to apply for a quick replacement

Visas

- ❖ Visas are required for U.S. citizens, and can be obtained on arrival.
- ❖ The general requirements for visa on arrival are: Expiration date of the applicant's passport must be at least 6 (six) months at the date of entry, have round-trip airplane ticket, and fees. The fees for visa on arrival for a stay up to 30 (thirty) days = US\$ 25
- ❖ Nationalities of other countries please inquire with the embassy regarding visas
- ❖ For up-to-date visa information, travelers may contact the Embassy of the Republic of Indonesia: 2020 Massachusetts Ave., N.W., Washington, D.C. 20036 (202) 775-5200; www.embassyofindonesia.org
- ❖ Indonesian Consulates are located in Los Angeles (213) 383-5126, San Francisco (415) 474-9571, Chicago (312) 595-1777, New York (212) 879-0600, and Houston (713) 785-1691
- ❖ If you would prefer to get your visa prior to departure, we strongly recommend using a visa/passport service such as G3 Visas & Passports. Contact us for appropriate forms or visit their website: www.g3visas.com
- ❖ To get your permit for Irian Jaya, we will need a scanned copy (or color photocopy) of your passport and a recent photograph, size 4 x 6 cm, at least 6 weeks before your departure.

Transit through Australia

- ❖ Travelers will also need to obtain a visa for transit through Australia if you plan to fly through or stop there. American and Canadian citizens no longer need a visa stamp to travel to Australia as tourists but must obtain an Electronic Travel Authority (ETA) through their travel agent or airline.
- ❖ If Journeys has issued your tickets, we can take care of the ETA for you at no charge, at your request.
- ❖ For further information about Australian visas or the ETA, contact the Embassy of Australia in Washington, D.C., at 1-800-242-2878 or at their website at <http://www.austemb.org>

Health, Immunizations

- ❖ Some immunizations are highly recommended, but none are required for entry
- ❖ Recommended standard immunizations include: Typhoid, polio, tetanus, MMR, hepatitis A & B
- ❖ A vaccination certificate for yellow fever is required for entry, if arriving from other infected countries
- ❖ Rabies has been present recently in Bali, see CDC advisory
- ❖ Malaria prevention is strongly advisable - Malaria risk is present throughout Indonesia, year-round. Risk is minimal in major cities, but prevalent in rural areas and most areas our trips visit.
- ❖ SEEK INDEPENDENT MEDICAL ADVICE from your physician or local travelers health service
- ❖ For the latest recommendations for immunizations or malaria prevention contact the Center for Disease Control in Atlanta, Georgia: 800-311-3435, or visit their website: <http://www.cdc.gov/travel>
- ❖ Many universities have immunization clinics that can assist you
- ❖ Biting insects are generally less prevalent than in North American temperate summer environments
- ❖ Poisonous snakes are present in some areas, but seldom seen.

Time Difference

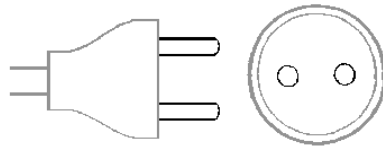
- ❖ Indonesia has three time zones, divided by region
- ❖ Standard time in West Indonesia, which includes Bali, Java, Lombok, and Sumatra, is 7 hours ahead of Greenwich Mean Time (+7 GMT)
- ❖ Central Indonesia, includes Kalimantan, Nusatenggara, and Sulawesi, is +8 GMT (same as China)



- ❖ East Indonesia, includes Maluku and West Papua, it is +9 GMT (same as Japan)
- ❖ When it is 9 PM in Bali & Jakarta, it is 9 AM (EST) in New York City, and 6 AM (PST) in Los Angeles, the same day
- ❖ Because all the islands are either on or very close to the equator, the days are always about the same length. Sunrise will generally come around 5:30 or 6:00 and sunset at 5:30 or 6:00, depending on how far from the equator you are. There is little or no twilight, and both sunrise and sunset arrive quite early.

Electricity

- ❖ Electricity is 230 V, 50 Hz in many places, but some are still on 127 V.
- ❖ The best policy is to check with your guide or the hotel personnel before plugging in any appliance about which you have any doubt. Most electronic chargers automatically adjust to voltage.



- ❖ As a general rule, the sockets fit two, recessed round prongs, European style, with no grounding hole, and you may also find rectangular pronged plug outlets in larger hotels.

ARRIVAL

Entry

- ❖ You will most likely arrive Indonesia by air in Jakarta or Denpasar, Bali.
- ❖ You will be greeted at the airport arrivals area by a JOURNEYS representative, holding a sign with your name on it, and transferred to your hotel. You may find it convenient to exchange some money at the airport bank upon arrival.

Customs

- ❖ You should have little or no difficulty getting through Customs in good time.
- ❖ Indonesian Customs have some rules that sound rigorous, but they are not known for being tough on foreign visitors, particularly those from the West.
- ❖ These items are prohibited: weapons and/or ammunition, pornography, narcotics, radios (with one exception), TVs, fresh fruit or vegetables - plus Chinese medicines and anything printed in Chinese characters. Tourists are permitted to bring in one music player or radio, and it must be taken out on departure. Developed film, prerecorded video tapes, or anything that might be used to smuggle pornography may be held until it can be screened by the "Censor Board."
- ❖ As to value of possessions, the official rule is that personal belongings taken into the country are not to exceed US\$250 in value, but a tourist's camera, which would tend to put one's possessions way over that amount, doesn't seem to be considered in the total by Customs officers.

GETTING ALONG AS A VISITOR

Food & Restaurant

- ❖ Drink only bottled drinks, and avoid tap water, fountain drinks. Bottled water is cheap and abundantly available.
- ❖ Don't buy food from street vendors or stalls
- ❖ Special diet or meal requests cannot always be guaranteed, but you will usually find local guides and other people to be very helpful in trying to meet your needs, and meals are generally well-balanced.
- ❖ Plenty of fresh seafood, fruit, and vegetables are available throughout Indonesia.
- ❖ Rice is a main staple in the local diet, and foods with the word nasi in front of it means it includes rice.



- ❖ Indonesian food is greatly influenced by Chinese traditions, the meat dish in particular, but some foods are purely Indonesian. Chinese dishes tend to feature pork while Indonesian dishes will not, as Muslims believe pork is unclean.
- ❖ When one thinks of Indonesia, one thinks of spices, and Indonesians are most adept at creating dishes that entice the senses with a combination of textures and flavors (hot, sour, spicy, sweet).
- ❖ Some of the best tea in the world is grown on the mountain slopes because the cooler air slows growth and increases flavor. There are two types of processed teas: a black which is fermented and a green which is not.
- ❖ Here, too, you will find the best coffees in the world. Coffee drinkers will really enjoy this country!

Money and Currency Exchange

- ❖ The unit of currency in Indonesia is the Rupiah, issued in 1,000, 2,000, 5,000, and 10,000, 20,000 and 100,000 notes
- ❖ It is a good idea to bring newer dated US or Euro currency that has no rips, marks, folds, or holes and preferably has been issued after 2001.
- ❖ When you exchange money, ask for small bills as merchants may not have change for a large bill.
- ❖ US dollars are widely accepted in exchange for rupiah. Canadian dollars may be a bit more difficult. A recent exchange rate was US\$1.00= IDR 9,000.
- ❖ The most convenient place to exchange money (the airport, the hotel, etc.) can also be the most costly. You'll receive the best exchange rate money changers in tourist towns, especially in Bali. If you are on a multi island trip, we suggest you change cash to Rupiah at money changing shops in Bali.
- ❖ Credit cards are usually accepted in most large hotels, restaurants, and department stores in the bigger cities. However, using credit cards to obtain cash or as an ATM card may be a problem. Often merchants add 5-10% to the local price on credit card purchases in addition to up to 21% tax and service charges.
- ❖ Be aware that you may need to show your passport when using a credit card. Also, many credit card companies are now charging a 3%+ surcharge on all foreign currency purchases (purchases of goods made outside of the US). Check with your credit card company before you travel as the charges change frequently without notice and vary with card and destination. Also, be sure credit card issuer is aware that you may be using your card outside of the country. On balance, we find that credit cards are more costly and more problematic to use in Indonesia than most Asian countries and you might consider having at least \$500 in cash for instances in which the credit card is not accepted.
- ❖ International departure tax from Jakarta and Denpasar is 150,000 rupiahs, or about \$16 US (subject to change) and is typically not included on an e-ticket.
- ❖ Departure tax on domestic flights fluctuates between IDR 5,000 and 20,000

Tipping

- ❖ Tips given in appreciation for above average or special service are at your discretion.
- ❖ It is always your decision whether or not to tip at any time.
- ❖ A service charge of 10% (in addition to a 11% Government Tax) is added to the bill in most leading hotels and restaurants. When it is not included, a tip between 5 to 10% of the bill is appropriate, depending on the quality of services.
- ❖ Airport porters and hotel bellboys are usually tipped \$1-2 (equal to IDR 10,000 to IDR 20,000)
- ❖ Taxi drivers receive about the same amount as a tip.
- ❖ City tour guides usually receive about \$2-4 per person/per day as a tip in a mall group
- ❖ Local guides, adventure or special interest guides usually are tipped from \$4-8 per person/per day in a group of 2-4 and about \$3-4/ person/day if the group is 8 or more.
- ❖ Anytime you especially appreciate someone particularly informative or helpful, an extra tip is always gratefully accepted.

Emergency Services

- ❖ In remote areas, you will be isolated from modern medical facilities, so attention to preventative medical



matters is vital. JOURNEYS assumes no responsibility for medical care.

- ❖ Although doctors are fewer and less well-trained than in the United States, adequate routine medical care is available in all major cities.
- ❖ Emergency services and care for major medical illnesses is limited outside major cities
- ❖ Prevention of injury is always the best policy.
- ❖ Your guide will advise you in the case of urgent medical need during your tour
- ❖ If you have purchased travel insurance most medical costs are likely to be covered. Your insurance policy includes an emergency assistance number, probably through a collect call to the USA where a representative can offer a referral to competent medical assistance in your area. Save your receipts.
- ❖ Travel with a copy of your insurance policy in an accessible location with other travel documents.

SPECIAL REMARKS

People & Social Norms

- ❖ You will find the people very friendly and welcoming
- ❖ It is best to ask permission before taking portrait photos. If in doubt, ask your guide
- ❖ In some traditional or strongly Islamic areas taking pictures of people or women in particular may be taboo, and in other areas family portraits are highly valued. If in doubt, ask the guide.
- ❖ Always ask permission before photographing the inside of churches, mosques, or temples. It is highly unlikely that you will be refused. All over Indonesia, it is never a good idea to take pictures of ports, military installations, and railroad stations.
- ❖ Like most Asians, Indonesians have strong feelings about being touched on the head. The head is the center of the soul, and it is grievously offensive to be touched there.
- ❖ It is also bad manners to reach out with the left hand to give or receive something.
- ❖ It is very good manners for both men and women to shake hands when being introduced or greeting someone.
- ❖ It's rude to point the soles of your feet at a person as the feet are considered to be the lowliest part of the body. Along the same lines, it is not acceptable behavior to point your toes.
- ❖ When hailing a taxi, you should extend your right hand with your fingers pointing downwards and avoid crooking your index finger or pointing with your forefinger. If you must point, you should use your right thumb.
- ❖ Avoid blowing your nose in public (especially loudly).
- ❖ You should wait until you are given permission to partake of a meal. Also remember to give permission when hosting, as this is the accepted norm.
- ❖ Sometimes it's best for divorced westerners to keep their marital status to themselves. To many Indonesians, the idea that anyone would not want to be married is ridiculous, and divorce is shameful. Relationships will go more smoothly if you let them assume you are married or planning to be, or that your missing spouse is dead. Widowhood seems less tragic to Indonesians than divorce.
- ❖ Indonesians of the opposite sex do not openly demonstrate affection for each other as do Westerners. Indonesians of the same sex tend to touch, link arms, or hold hands with their peers, behavior that is uncommon in western society. No close dancing or other expression of intimacy ever occurs between people of the opposite sex, especially lovers, and would be considered shameful behavior. They are a very conservative people, and you should keep this in mind.
- ❖ Aggressive gestures and posturing during conversations with people may be misread as being rude and insulting. Anger is not openly displayed. Usually, the more serious the topic, the lower the voice, as loud voices are particularly offensive and will draw unwanted attention to the speaker.
- ❖ If you are in doubt about proper or respectful behavior, ask your guide.

Time

- ❖ Relax and enjoy the easy-going rhythm of Indonesia
- ❖ Do not expect everything to happen on time; remember that in some places time is not as important as it is back home, and there is often little concern for punctuality



- ❖ Despite best efforts, departures and arrivals could be a little before or after the time given. This applies particularly to aircraft movements. Operating requirements, weather and terrain sometimes present problems, and on these occasions, to ensure your safety, flight times may vary

Restroom Facilities

- ❖ It is a very good idea to carry your own small supply of toilet paper. In cities where there are flush toilets you will usually find a wastebasket next to the toilet - most sewage systems can't handle paper.

Safety

- ❖ Observe the same precautions taken at home
- ❖ Do not flaunt a bulging wallet, lock unattended vehicles, do not leave baggage unattended in public
- ❖ Make use of security facilities provided for valuables in your accommodation and on the boat
- ❖ In towns, the best place to carry your passport and money is in a pouch worn around the neck inside of the shirt or in a money belt around the waist
- ❖ It is highly recommended that you buy travel insurance that covers your baggage before you leave
- ❖ Don't take anything you can't afford to lose or can't replace

Shopping

- ❖ Markets offer a wonderful opportunity for shopping for native arts and crafts. Carvings, jewelry, metalwork, paintings, batiks, weavings, ceramics, unusual musical instruments, and an assortment of other native handicrafts are available.
- ❖ Many villages specialize in their own crafts using wood, horn, feathers, shells, and whatever is at hand.
- ❖ Quality pottery is available at attractive prices, especially in Java.
- ❖ What can probably be considered the world's greatest collection of traditional textiles can also be found in Indonesia. Each island or region has its own unique patterns and designs used to express their art.
- ❖ Their love of animals as a theme is expressed in their work with batik, a process which is hand done using a wax-resist-dye method.
- ❖ Upscale stores in Jakarta and other cities have well-made clothing at extremely cheap prices. As a general rule, Indonesian-made clothing comes only in smaller sizes, but these are in sizes large enough to fit westerners. There are even jackets and other winter clothing.
- ❖ A favorite of many shoppers in Indonesia is the excellent coffee. In addition to commercially packaged coffees, whole coffee beans or stone-ground coffee can be purchased in the markets.
- ❖ Bartering is the norm and is expected of you. Ask your guide for tips on local bartering.
- ❖ Remember that what is only a few dollars to you may mean a great deal to the average seller or artisan. Never barter unless you intend to buy.
- ❖ English language books are best purchased in airports.

Climate and Weather

- ❖ Although Indonesia has an equatorial climate, with days all the same length and the weather generally hot and wet, the mountains and volcanoes do make a difference.
- ❖ The upland areas provide some contrast to the constant heat of the lowlands. Those who travel up into the hills and mountains will find that it can be very chilly at night.
- ❖ There are no distinguishable "seasons" as westerners think of them, and the climate is much the same the year round, but Indonesians divide their year into "hot" and "wet" seasons. The hot season generally runs from May to October; the wet season runs from November to March or April. But, Indonesians often refer to global warming as having a profound recent effect on rain fall and temperature anomalies which have been typical in recent years.
- ❖ Because of the humidity, it is actually always wet. In the "wetter" season, an umbrella or poncho is helpful.

Equipment & Packing

- ❖ A good goal is to fit everything into a single piece of checked luggage and a carry-on daypack
- ❖ You should be capable of independently transporting your own luggage at airports, docks, hotels and



onto other transport, though assistance may sometimes be available.

- ❖ We recommend a durable, water-resistant, soft duffel bag or lightweight soft-sided suitcase as your checked luggage. Hard suitcases are not practical due to space limitations.
- ❖ A small backpack or hip-pack is ideal for carrying bottled water, camera, extra sunblock, etc, while on excursions where the terrain requires your hands to be free.
- ❖ Choose a distinctive, easily identified bag, and use a JOURNEYS luggage tag for bag identification by staff, and your name and address should be also indelibly affixed inside the luggage.
- ❖ Be aware that weight limits on checked luggage for domestic flights are generally 20 kg/44 lbs per person, though we recommend packing as lightly as possible, especially if traveling on charter flights where weight limits could be as low as 15kg/35lbs total for luggage.
- ❖ You may want to bring an extra smaller, collapsible (lockable) duffel, to leave items in a city hotel while you are on an excursion or to use on your return for souvenirs
- ❖ If you travel with an iPad or computer be sure to pack it in a moisture proof bag and padded case. Wi-Fi is available in many hotels though it is sometimes a paid service.

Clothes

- ❖ Generally, you do not need “good” clothes in Indonesia, and casual clothes are appropriate
- ❖ Skimpy clothing, shorts, and even slacks can be offensive in a Muslim country, particularly if worn in the mosques, temples, churches, or on formal occasions.
- ❖ Women may wish to take some long-sleeved blouses and longer than ordinary skirts, and also take one wrinkle-proof dress, skirt or pair of light pants which is easy to wash and can be dressed up or down.
- ❖ Shorts are not appropriate for women unless in a hotel or on a river trip.
- ❖ Shorts and short-sleeved shirts are fine for men on most occasions. You will not need a tie or suit coat. Most Indonesian men do not wear shorts, but most tourist men do.
- ❖ Lightweight & light colored, fast-drying clothes will help keep you cooler. Also keep in mind that synthetic fabrics dry faster than natural fibers like cotton, especially in humid areas, so you can pack less if you are able to wash and dry your clothes easily.
- ❖ Some hotels may have laundry services, but you will probably need to wash out some clothes en route

CLOTHING & EQUIPMENT SUGGESTIONS CHECKLIST

Pre-Departure Tasks

- Obtain or renew passport
- Buy travelers checks in low denominations
- Evaluate and obtain trip cancellation, baggage and medical insurance
- Consult with physician for immunizations and prescription medicine recommendations
- Break-in primary footwear
- Make final payment to JOURNEYS at least 60 days before trip departure

Clothing

- Lightweight hiking boots or comfortable athletic or walking shoes
- Sport sandals with Velcro strap
- Extra shoes, flip-flops or sandals that can be worn in water
- Shorts
- Comfortable, lightweight pants
- Nicer pants or skirt
- Lightweight long-sleeve shirt
- T-shirts, short sleeve shirts and/or tank tops
- Sweater or Light jacket
- Rain gear - poncho or jacket and pants
- Sun hat or cap with wide brim



- Bandana
- Swim suits
- Socks
- Sleepwear & under clothes

Personal Items

- Sunblock (waterproof, high SPF)
- Lipbalm with SPF
- Insect repellent with 50% DEET content
- 2 spare passport photos (in case of lost passport)
- Wrist watch and/or travel clock
- Sunglasses (with strap, case)
- Extra eyeglasses/contacts
- Money belt or pouch for valuables
- Small flashlight with extra batteries
- Copies of all important documents
- Day pack (can also serve as an airline carry-on bag)
- Camera, memory cards, film, batteries, charger
- Lead bag/containers to protect film in X-ray machines
- Binoculars (lightweight)
- Plug adapter (if needed)
- Soft duffel with shoulder strap or durable suitcase
- Luggage tags
- Ziploc-type bags for packing shampoo or other liquids
- Stuff sacks or plastic bags for organizing inside luggage (also useful for dirty laundry)
- Thread, needles, safety pins for minor repairs
- Small packable umbrella

Personal First Aid Kit

- Aspirin or other pain killer
- Cold relief tablets, antihistamine, cough drops
- Band-aids, gauze pads
- Antibiotics
- Prescription medicines
- Aloe gel or lotion in case of sunburn
- Anti-diarrhea medicine
- Antibiotic cream/ointment
- Supply of feminine hygiene items
- Motion sickness tablets
- Earplugs

Essential Items For Your Carry-On Bag

- Passport
- Domestic and international air tickets or E-receipts
- Travelers checks, money and credit cards
- Insurance certificates
- Address and telephone number of emergency contact
- Prescription medicines
- Extra set of underclothes
- Toiletries in small leak-proof bottles
- Camera gear, film and other valuables



Optional Items

- Address book, writing paper, or journal, pen/pencil
- Map
- Video camera
- Phrase book
- Small washcloth
- Wet wipes/moist towelettes and Kleenex
- Favorite snack foods (pre-packaged)
- Pictures of your house and family

