

Travel Tips & Retreat Info

Step into Womanhood Mother Daughter Retreat

Ubud, Bali 2019



Step into
Womanhood

Information for retreat participants

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Please note info provided is a guide only, and is as current and correct as we can make it. Updated 22/3/16

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Welcome!

Well done! You've made the commitment to give yourselves precious time away from your usual schedule which, seeing as you're women, will no doubt be full of responsibilities and deadlines. Going on this retreat is a gift. We hope you're looking forward to it as much as we are, and that these tips make it easier for you.

Bright blessings

Janoel Liddy and Rosemary Colston

Before You Go

Beware of Global Roaming on your Mobile Phone

I have heard horror stories of phone bills of over \$2000 being sent to overseas travellers when they leave their phone on. Smart phones these days have airplane mode, which means you won't be connected to your network.

I suggest you find out with your phone company what the story is for use of your mobile overseas.

It is very handy to have a local SIM card in your phone when you're there, so you can call local restaurants, your driver and so on. (See note under Bintang Supermarket on buying a SIM card.)

If you are on a phone purchase plan, you can't just buy a SIM card in Bali for your Aussie phone. The phone needs to be 'unlocked'. Some people buy a cheap phone... We'll be using the Viber app, with which you can text for free on the Wifi network. Only drawback is that you need to be in a free Wifi spot!

Or you can just not be contactable by phone for a few days... ;)

Tell Your Bank You'll Be in Indonesia

Sometimes banks block payments on credit cards in foreign countries because they are worried your card has been stolen and gone on holiday with the wrong person. Notify your bank you'll be in Indonesia. Also:

It would be helpful in the same phone call to ask them about whether you can have access to your cheque/savings account in Bali. I've found some Australian banks and some Indonesian banks allow cheque/savings access – you need to test a few, don't just give up and go for credit card cash payments after the first try!

Also ask your bank how much it costs to do a credit card cash advance! (ie, using your Visa/Mastercard account to get cash out.)

Travel Vaccinations and Health

We recommend acting on this. It's worth checking out what your doctor or local travel vaccination centre has to say about vaccinations. Travel vac centres offer to bulk bills and you just pay for vaccines. Here's an example: <http://www.travelvaccinationhealthcare.com.au/>

Probiotics a couple of months before you go: Some people recommend taking probiotics before you leave, so your body can build up some resistance to unusual foods.

Travel Insurance

We recommend you get travel insurance. All the contractors we use throughout the program have insurance and are accredited providers, but it's best to have your own so you know you're covered for any travel problems like lost luggage or medical assistance.

What to Pack

For travel

- * Passport – **make sure it's valid for at least 6 months beyond your date of departure, and that you have at least 2 blank pages in it for stamping**
- * Aust cash to convert when in Bali, Ubud (avoid converting at airports, see *Money, Cash, Currency*)
- * Water bottle – you can't drink water from the tap in Bali. We'll have bottled water for your refills.
 - o Remember you can't take more than 100ml of liquid with you in the cabin of the plane
- * Adapter for any electrical appliances you bring eg: phone charger
- * Umbrella or raincoat – although it's not monsoon time, there can be rain sometimes
- * Torch or a torch app on your smart phone

For our retreat program

- * Journal and a lovely pen with which you enjoy writing
- * A small symbolic item for the workshop space. We will have a place for visually honouring women. We invite you (mother and daughter) to bring something that represents womanhood to you, if you feel inspired to AND you remember! This could be a picture, photo, artwork, object or fabric...
- * Yoga mat if you like to use your own. (Or you can buy them over there.)

Clothes and Footwear

- * Red outfit (both of you) to wear for our Red Feast on the last night
- * White clothes, including a long-sleeved top (and not shorts), for the temple blessing ceremony
- * Clothes for warm weather, including cap/hat
- * Comfy/stretchy clothes for yoga and dance
- * Bathers (no need to bring towel – Melati will supply)
- * Sarong (or buy one there; good excuse for shopping)
- * Sunglasses
- * Slip on shoes/sandals are handy for going into and out of the workshop space
- * Sneakers or shoes that are OK for you to get wet during white water rafting

Buying Duty Free before you go

Note that the Australian government has a new policy for buying duty free items for overseas travel. You can now claim the GST (or WET for wine) if you buy \$300 or more in a store. You need to bring the good and the associated invoice with you to make a claim at the airport. [More info Aust govt customs website.](#)

Arriving in Bali – Visas, Taxis and Tips

Visa for tourists

Visa rules have changed for Australians entering Bali. The Indonesian Government has introduced visa-free short visits (30 days) for Australians (see Entry and exit). US citizens were granted visa-free status in 2015.

Your passport must be valid for a minimum of 6 (six) months from the date of entry into Indonesia.

After [more than a year of backflips](#), Indonesian President Joko Widodo signed the official decree into law adding Australia to a list of 169 countries with “visa exemptions”.

Getting to Melati from the Airport with our Drivers

Cost for a taxi from airport to Penestanan (Melati Cottages) is about 330,000 Rupiah [AUD \$33.60].

Visitors in Bali usually use drivers. It's best to arrange your own to collect you from the airport, rather than walking outside and being approached by a bunch of people all offering you their services. If you email and arrange ahead, they'll have your **name, flight number and arrival time**, will confirm your flights' arrival time and wait at arrivals for you holding a sign with your name on it, then drive you to Melati Cottages in Penestanan, which is next to Ubud. If you're nervous about arranging this, we're happy to help you.

If you arrive late at night, Melati have security staff who are in charge when the reception staff go home, and they will welcome you when you arrive.

Drivers We Recommend

Drivers can do airport pick-up/drop-off, take you on day outings (eg to Green School or the water temple), drive you to another destination (e.g. Sanur, Candi Dasa...) or wherever you want to go in Bali, really.

Some visitors to Bali really bond with their drivers and remain loyal to them throughout their stay, others simply find whoever's closest at any given moment. In Ubud, the most common approach you will receive on the street is local drivers smiling at you and asking "Taxi? Taxi?" They are not usually insistent, and if you smile and shake your head, that will be the end of the conversation.

Your driver is usually a great source of local information. If you have any other questions about Bali such as attractions, culture and where to get things, they can help with this as well as getting you out and about.

Here are some driver options we recommend:

Melati Cottages Drivers are easily booked during your stay simply by walking up to reception and asking them to get a driver. It helps if you book in advance (eg at breakfast you let them know you'd like to visit water temple at 2.00 pm). You can also book airport pick up/drop off with them.

Melati's phone number: +62 361 974 650 or email: melaticottages@yahoo.com: You can Skype them via their website, too. www.melaticottagesubud.com

Other drivers we like

<p>Ketut Adiguna</p> <p>Brother of Melati Cottages' owner. Well educated and a great communicator.</p>	<p>+62 811 3860 84</p>	<p>Ad164na@yahoo.com</p> <p>Good with email response as well as What's App. 350,000k airport pick up</p>
<p>Ketut 'Mr Free Hug' Puspawan</p> <p>(You don't have to hug after the first trip, but we liked it!) A small and sweet man.</p>	<p>+62 813 3853 9235</p>	<p>Best to use What's App; he is usually very quick to respond! He is also on Facebook. 350,000k airport pick up</p>
<p>Dewa Oka (Call him Oka)</p> <p>Very friendly and helpful, good with explaining Balinese culture.</p>	<p>+62 852 3799 8328 or on What's App: Oka's son: +6282266576432</p>	<p>300,000 airport pick up to go to Melati Cottages</p>
<p>Made Murah</p> <p>Based in Penestanan (the village where Melati Cottages is). He has been highly recommended to us by a couple who have been holidaying at Melati (and having him drive them) for years.</p>	<p>+62 813 3759 7859</p>	<p>murahmade@gmail.com</p> <p>Facebook: Made Mardana</p>
<p>Wayan Hot Chili</p> <p>He is a bit of fun! Rose said he had all the car singing the Kecak song on the first trip!</p>	<p>081 338 558 586</p>	<p>Facebook: Wayan Hotchilli (but I don't think he uses it much; best to call him when in Ubud for local driving.</p>

Catching a Taxi from the Airport if you can't find our drivers

[Cost for a taxi from airport to Penestanan (Melati Cottages) shouldn't be more than 400,000 Rupiah which is around AUD \$40, and generally 350,000 Rupiah or around A\$35]

Trip Advisor website says *"the taxis at the airport is not Bluebird but are the Ngurah Rai Airport Taxi Service. When you exit the arrivals terminal, turn left and you will come across the taxi booth. The fares are on a signboard in front of the booth. Tell the taxi booth man where you want to go and pay the fare."* Posted 18/12/13 on Trip Advisor

Within a matter of seconds, your taxi driver will find you, help you with your luggage & take you to the taxi. They should be in a blue-patterned uniform shirt. If things don't work, take a deep breath, it will be alright. [Click for Trip Advisor Link](#)

Tips and Baggage Handlers

Don't let the bag porters at the airport grab your bags.

When Rose arrived at Bali for the first time, she was stung for a tip by a 'baggage handler'. Offering to carry her bags although not her taxi driver, he expected a 'tip' for this seemingly generous action. Rose only realised on reflection the situation she was put in, and now considers it her \$20 educational experience.

If you like to give a tip, carry smaller notes to give tips where appropriate, such as after a massage to the masseuse, baggage handler, or a driver - \$2 is little to us but a lot to them.

It's important to honour our host people and be mindful of their financial poverty. Sometimes (more on the coast near the popular beach spots) some Balinese can be really in your face about trying to get money out of you, by pressuring you to buy something, for example. Without understanding, it could really irritate visitors and result in them acting unkindly towards the Balinese sellers... A smile and a clear 'no thanks' is easy enough to let them know you're not interested, and they generally respect a clear no.

Perhaps we shouldn't be pushing our values, but we just believe that good decisions are based on good information. So we thought we'd give you our good info!

Departure Tax now included in your flight payment

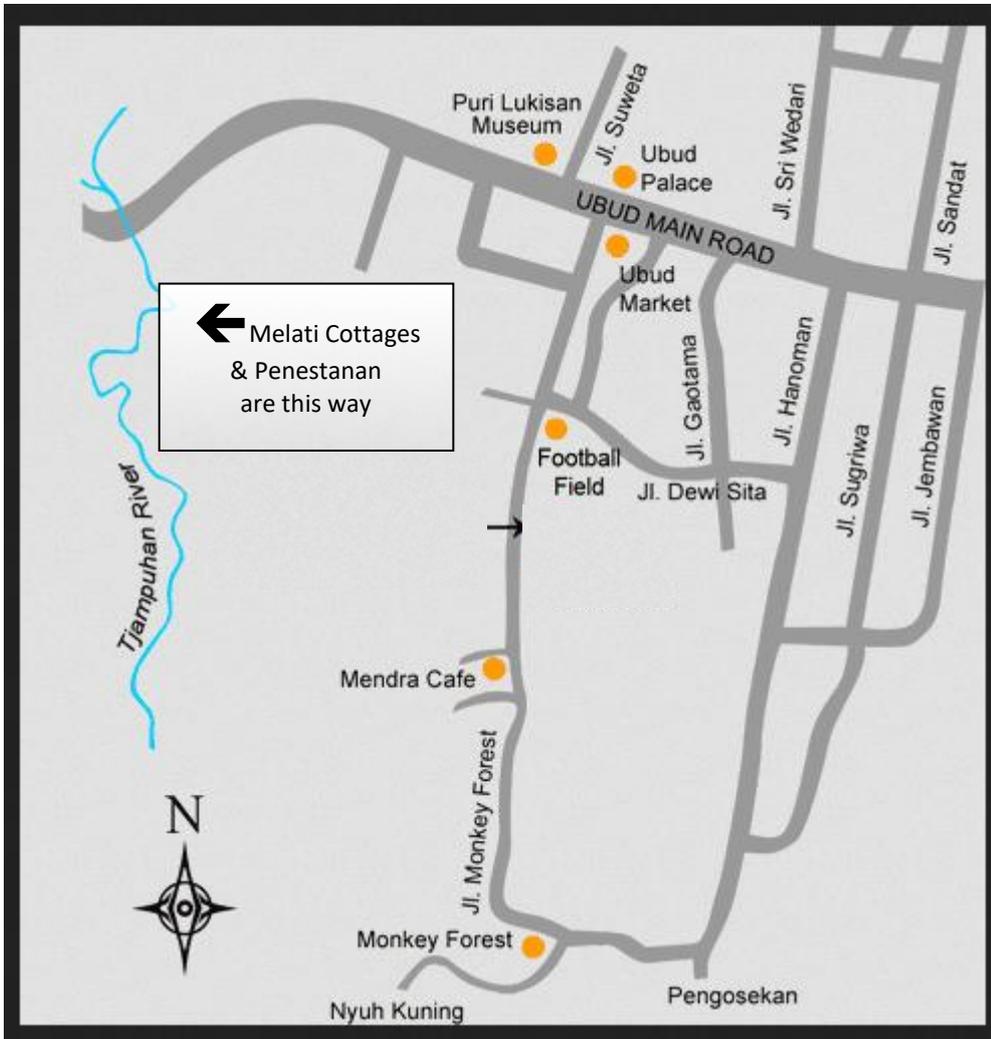
Previously, there has been a departure tax of 200,000 IDR [around A\$20.00] per person, payable on departure from Indonesia.

As of Feb 2015 the 200,000 rupiah pp departure tax is included in the price of your air ticket.

Map of Ubud (Simple, to get your bearings)

The Ubud Market, bursting with stalls on the corner of Monkey Forest Road and Jalan Raya (Jalan means Road in Indonesian) is pretty much the centre of town. The grand Ubud Palace opposite it is also a good landmark. Note Casa Luna on the map – great French pastries and good coffee as well as top traditional.

Monkey Forest Rd is actually a loop (you can't see on this map), and becomes Jalan Hanoman. This whole loop is great fun for shoppers, has the Monkey Forest at the bottom of the loop (well worth a visit, just don't hide bananas – feed them to the monkeys straight away!) and also where Modena Day Spa is located.

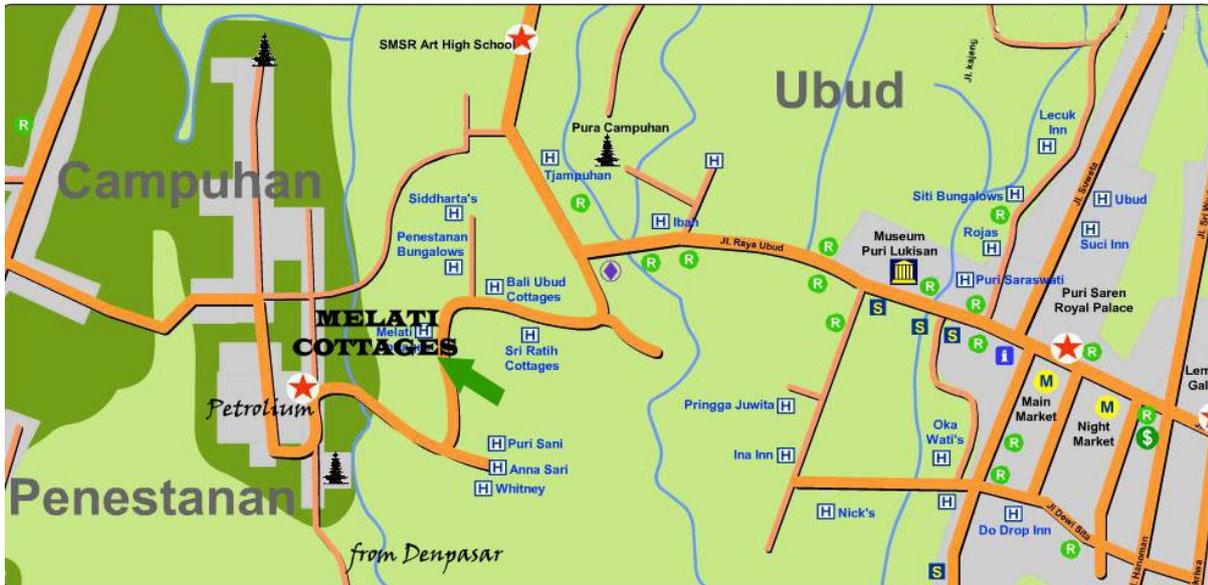


Map for finding Melati Cottages

Melati is in Penestanan, the neighbouring village which has become part of Ubud as the area has grown in popularity and size. It's around 15 minutes walk from the centre of town (Ubud) on the island of Bali.

Address: Jalan Penestanan - Ubud – Bali **Email: melati@melati-cottages.com** **Ph: 62 361 974650**

General directions: Go through Ubud town, heading east. You'll go down a hill, cross an old bridge and go through a cutting. Straight after the cutting, take a road that does a sharp left (almost doubles back, in fact). Head up the rather steep hill (not too long if you're walking!), go past a few properties and cafes and the occasional rice paddy. Melati is on the right hand side, but is not directly on the road. When you see the Melati sign, you enter down a narrow driveway that goes past a rice paddy on your right.



Contacting us in Bali

Please note: Melati Cottages have free wifi access only in their common area in the outdoor dining space. Not in the rooms.

We've found that email is more reliable than phone networks in Ubud. However, we can only check email in wifi areas, so there may be a delay in receiving messages. Take a deep breath and relax. You'll be on Bali time!

By Phone

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By Phone

Janoel will be available on her mobile (or by email) in Ubud from Thurs 28 June.

You can call from Australia: +62 and then the number I'll give you, minus the first 0

Or when in Bali: I'll give you the number, which will start with 08...

You can also contact us on What's App – see below.

Text us by What's App– Free Apps on iPhones that use Wifi, not phone network

No ads, a free app. Networks that work off wifi, so you don't need to have your phone switched on and run the risk of a huge 'global roaming' fee from your phone company. It only connects you to others with the same app, though. It's like Skype, but for texting.

The app syncs with your mobile contact list, automatically detecting which of your contacts have What's App.

However, you need to be in a free wifi spot to send/receive. Many cafes and restaurants offer this.

Money, Cash, Currency

Money Conversion

If you have internet access, you can always just type the conversion question into your browser, and the answer will pop up immediately, without having to open a new page. Beware browsers may not always work, though. So here's a guide to converting in your head.

Currently, in April 2015, the conversion rate is:

Aust \$1.00 = 13337.00 Indo Rupiah, so roughly 13,300 Rp

Eg: A\$30 = 400,140 Rp

The other way may be easier for you to do the maths (I find it easier).

If you see a price listed as: 400.000 Rp = A\$30

Don't get confused by the decimal point being before the 3 zeroes. Sometimes they put them before four zeroes, too! Eg 12.0000. This is their way of putting in a comma the way we do for thousands. More examples:

80.000 Rp = A\$ 7.83

500.000 = A\$ 48.94

150.000 = A\$14.68

(So at the moment*, if you take off the last 4 decimal places, you'll have a quick estimate, just over the exact conversion.)

**Current at 8 April 2015*

Changing Currency and using Cash

Don't convert at the airport in Australia or Indonesia – if you have to, just do enough for taxi/driver to Ubud.

Better to exchange at the money exchange in Ubud near Casa Luna (set back from the street front a little) on Jalan Raya, one of the main streets of Ubud. Or your driver will be able to take you to a reliable exchange place. We can trust that our drivers will take you to a reputable place.

A lot of places (shops, restaurants, cafes) don't have credit card facilities. Here's advice from a local Aussie expat: *It's going to cost you more if you put things on credit card. 1. Bad exchange rate. 2. Then they charge an overseas transfer fee. 3. A lot of places don't take card...Golden Rule... Cash is King.*

Green School Tours – Optional

This place is called the Greenest School on earth, and takes an inspirationally different approach to learning. Many international families come to live in Ubud so their children can attend the school. They do a great tour. People say that it's a must-see (not just us!), although I have seen some bad reviews online, too, so if you're interested, check it out. Here's the link for you to have a look at the website:

www.greenschool.org

Campus Guided Tours Mon – Fri: 9 am – 10 am **Sat – Sun** 10:30 am – 11:30 am (Extended tours also poss.)

Cost: Adults 190,000 IDR and Students 120,000 IDR Children 6-12 60,000 IDR.

To Book: Book online or ask the Melati staff at reception, and they will book it for you.

Extra Nights at Melati

If you are thinking of arriving early or staying longer, you can get a better rate than their advertised prices. It's less than the standard room rate (minimum US\$70) because you're with us! In 2016 our rate for a double room (2 people) was around US\$55 [about Aust \$75.00] + 15% Tax & service, which includes breakfast for both of you. Tell us the extra dates that you'd like, and we'll book them for you. You can pay Melati when you are there. We haven't had 2016 dates quoted, but they're likely to be similar.

This rate includes breakfast. Menu for the breakfast is a buffet, not a la carte. Coffee or tea, fruit salad, bread (toast), eggs (they rotate the style of eggs, eg scrambled, omelettes). You can ask for sweet black rice, which I love! For juice there is an extra charge. A la carte is available each day if you'd like something different.

Getting around

Local Costs

How much is a local meal? Depends on where you eat... Drinking wine, which Aussies see as the norm, is considered a luxury in Indonesia. Avoid it, or drink beer, and you'll be eating great meals at great prices. You can eat for A\$20.00 a meal to A\$100.00, depending on your choice.

We have a list of local faves for you that are recommended by us, family or friends who know Ubud.

How much is it to hire a driver for the day, or just one trip? Going rate seems to be between US\$50-US\$60 [A\$67-\$81] a day. However, a one-off trip to get into town is much cheaper. We have contacts for reliable drivers that we and our friends and family have engaged when in Ubud. Melati reception can also organise a driver for you.

See Drivers We Recommend on page 5

Scooters in town

Scooters are also a big part of local Ubud transport. If you are adventurous (and/or in a desperate hurry, as scooters move through traffic faster than cars), it is possible to hire either a scooter for you to ride yourself, or hire a scooter and driver. Insist on wearing a helmet if you do. We are not recommending this option, as we can't guarantee your safety, we are just letting you know that it is available. There is a place just down the road from Melati, near the Japanese café, that has a whole lot of scooters out the front.

Shopping

Look around for other options before you plunge straight into buying – at the market you'll probably come across at least 4 stalls selling the same bags you saw at the entrance (they often charge more at the outside stalls – look out!).

Get into the habit of bargaining; it's expected! After they offer you a price, suggest a much lower one. But remember to not be too bloody minded about it as well because debating over an extra 10c is silly when it is not much to us but is a lot to them. You can approach the exchange of money as an opportunity to feel like a rich person - which is easy to do there given the cost of everything - by being generous because you can.

From our experience, mostly you can't bargain in shops. Some items are heaps cheaper than in Australia, but some (like good yoga clothes) aren't much less. Let us know if you find a great score, though!

Local Supermarket

Bintang Supermarket in Campuhan is walking distance from Melati Cottages, but also a super short taxi ride away. You can get most things you can imagine wanting from a supermarket there, including local SIM cards or SIM card top ups. Just ask the people at the front desk (before the checkouts even) for this and how to. I also found some great presents in cultural curios – at supermarket prices - that the Balinese hadn't thought to sell to tourists in the market stalls. Bonus!

Massage/Healing

Cantika – good for massage, and just down the road from Melati (Lum Lum is recommended as the best masseuse). They also have a two other locations. One is on the walk to Sari Organics for a calm, rice paddy ambience. The other is in the Penestanan area, 10 minutes from Melati cottages, which is a recent and beautiful addition to their group. Here you and a partner, friend or daughter can lie on a bed each in the one open-air room, opening onto tropical greenery as you relax with a shower or bath afterwards. Heavenly! We use Cantika for your complimentary day spa session.

Karsa Spa is out of town – from memory, half an hour from Melati, but the view is incredible, they have stunning gardens and the service is great. I loved their pedicure. Massage, as with anywhere, depends on who you have. Rose's masseuse was amazing, mine was average. Rooms are great. Plus we love their complimentary herbal teas! *You need to book ahead as they book out.*

The gifted **Men of Double Happiness Massage** are Made and Ketut (this Ketut is also known as Galung), at Spa Hati, Ph: +62 361 977578. The 'Double Happiness' is a two men massage and it is, we have been told, absolutely sensational; most sensuous and healing at Bali Hai or Sari Spa. It is out on the far road going out of Ubud. To die for!! Email: wiksketut@gmail.com Ph: +62 81236788788

Ayurvedic massages <http://www.balibotanica.com/ayurvedabody.html>

The Chankra Dhara massage at Bali Botanica is heaven on earth, as is the full day; great either on the day you arrive to clear out stress, or last day..the lunch that you have was the most superior meal I have had in Bali.

Tibetan bells sound healing (on the bend after the Yoga Barn)

Where to eat – in order of walking distance to Melati

Bayu's Kitchen is almost immediately next door to Melati (turn right out of the driveway as you exit). It's a reasonably priced, simple but yummy restaurant run by Bayu. They offer a range of healthy, yummy food; grills, salads, soups, Indonesian and Thai foods. Once you get their phone number, they will also deliver food to you at Melati Cottages for no extra cost. Bayu is the Javanese partner of Steve Castley, an expat Aussie, and Bayu & Steve live behind Bayu's kitchen (up the driveway). The Bali Writers' Club meets regularly at Bayu's Kitchen.

Little Cafe opposite Melati Cottages: A great little Japanese cafe, for lunch; clean organic tasty treats. A favourite for SJ, a Melati holidayer. On Tuesdays, there is also a gorgeous organic market.

Kue Chocolaterie, Bakery and Cafe is a little further down the road on the way to Ubud, maybe 5 minutes walk from Melati on Jalan Raya Penestanan, Penestanan. They have a lovely calm atmosphere to drift away in.

Element Restaurant on the Penestanan road not far from Kue has remarkably good fine dining meals, and divine desserts. We just love the menu author's writing style, eg: *"Succulently fresh fillets of fish delivered at breakneck speed from the coast"*!

Bubus Restaurant in Penestanan is a lovely place to eat regularly – always healthy food and warm hearted family.

Go exploring! You'll also find a few other **local Penestanan cafes** in the rice fields will deliver too. The other cafes are accessible on foot up the pathway that leads out of Melati Cottages' back gate (turn right at reception and keep going until you've gone up 2 flights of steps leading to a path), and well worth the exploring walk to find them. The **Yellow Flower** is a rewarding gem to find.

Sari Organics is an organic farm and open air restaurant that has been going since the seventies, and is definitely an attraction of the region. They are surrounded by rice paddies and their own produce fields. It's a beautiful 20 minute stroll to get there. The healthy but tasty organic food with perfect-photo views make it a worthwhile visit, even if the walk weren't so gorgeous.

Casa Luna is easy to find on Jalan Raya Ubud, before you get to the market from Melati. It's a great mix of Indonesian and French food. Divine vanilla slices, but also fabulous Nasi Goreng – best of both worlds. Janet de Neefe and her Balinese husband run this – she also runs a cookery school, which is popular (see note below in Things to Do). She's also a well-known author, writing about Balinese life, love, food and family.

Japanese restaurant opposite Casa Luna has been recommended to us. Our friend enjoyed the teriyaki fish – and there is a better room downstairs.

Indus is a large and stylish restaurant on the outskirts of town (near Bintang Supermarket) run by the Casa Luna team, more formal and set up to cater for larger groups. Some say this place has the best food in Ubud. Ananda is building a new restaurant next door. There are walks in the paddy fields opposite Indus.

Clear Cafe on Jalan Hanoman (west side of the street) is new and an absolute must - in Jalan Hanoman, architecture and drinks/food sensational, according to a friend of ours. They explain they offer "natural raw, vegan and seafood cuisine inside a design playground without the loss of your wallet's weight".

Kafe (Jalan Hanoman 44b, west side of the street) has an organic menu and is always busy. It's a place to meet your cool friends and be seen being healthy – and cool. Coffee, juices, house-made natural soft drink. Breakfasts and lunches have great salads and burritos, with many raw items. It's also a few doors down the street from the best **yoga clothes shop** I've come across anywhere.

French café opposite the market – good for lunch if you too are a lover of french culture

Pizza Bagus has Ubud's best pizza. They're good and they deliver! Crispy thin crust baked on premises, with a pasta and sandwiches – all mostly organic. You can eat at tables inside or outside. I'm pretty sure Melati reception have a copy of the menu, if you feel like pizza delivered to your room or the pool.

Things to Do

- Plenty of **traditional dance performance offerings** in the main street early evening. The local villages all have their own weekly offering. There's something on every night. We especially recommend you see a **Kecak Fire and Trance Dance** performance – usually all the men (young and old) of a village have their own version of a traditional Hindu story told in the Balinese way.
- **Great walks:** the ridge and out the back of Melati.
- **Yoga Barn** is really popular. They have a full timetable of yoga, other classes and dance on Friday nights. They're at the other end of Ubud to Melati, but you can always get a driver.
- **Traditional music performances** – You can book for this at Tourist Information on the main street, or ask Melati staff to tell you about them and book for you.
- **Cooking classes** with Casa Luna are a lovely way to socialise and to taste and know more about Balinese food <http://www.casalunabali.com/cooking-school/>
- **Intuitive Flow Yoga** (walking distance from Melati). Very creative yoga sessions.
- **Personalised tour service** with Ketut Sukra. He checks his email every couple of days now. He runs a very personalised tour service and can take you to quite private temples and festivals that most people would never know about and I think maybe pickup service. He is an absolutely beautiful person, let him know that I am a friend of Vijoletas, if you happen to meet him.
- **Great hillside village to visit:** Sideman
- **Visit the monkey forest** at the end of Monkey Forest Road (Jalan Monkey Forest). You can buy bananas to feed them, which is fun, as long as you hand over the bananas right away. People get into trouble when they try to keep the bananas from the monkeys, who consider this a ridiculous idea. Once you're a banana-free zone, the monkeys are quite neutral towards you, occasionally curious, if you're quiet and calm around them. We found them to be lovely, gentle creatures. I saw a few other people scream and jerk away when the monkeys tried to get the bananas they were holding, which (understandably) upset the monkeys, who reacted not quite in kind, but almost.

Other Questions about Travel in Bali

<http://www.balispirit.com/> is a good reference. Bali Spirit is very popular annual festival.

Answered on the Trip Advisor website: [Click here for the Trip Advisor Link](#)

- Things to do in Bali
- Day trips
- Where should we eat today
- Where are Bali's Best Beaches?
- Rough Guide to Market prices and popular fixed price shops
- What are the penalties for riding without a helmet/correct licence?

Use of electronic devices/social media

We will be on retreat together, and taking a break from our daily habits.

While we are not removing ourselves entirely from other people, eating and sitting in silence as some people do on other retreats, we ask that you take time out from your usual screen habits, if you are a frequent user. By this, we mean both mothers and daughters!

When we begin, as a group we'll agree on timing that works for all of us. Wifi is available in reception, but not always in the rooms, so this can help with setting regular times on and off.

This is a great opportunity to allow yourself space for being creative; who knows what you might dream up?

Language and communicating

Most Balinese know some English, and many are really fluent. They are generally warm and friendly, and are confident with eye contact.

They'll often use a calculator to bargain prices with you.

It's nice to try to speak a little Indonesian; people like it when you use their language. We'll have a handy list of phrases for you in the retreat book. A phrase book is a good idea if you like using them.

Thank you = **Terima kasih** [*terri-mah ka-see*, with a little breath of h at the end]

Greetings – they really do change depending on the time of day:

Good morning = **Selamat pagi**

Good day = **Selamat siang**

Good afternoon = **Selamat sore** [*sorray*]

Good evening/night = **Selamat malam**

Sorry = **Maaf**

Excuse me = **Permisi**

How much is it? = **Berapa harganya?**

There is also the Balinese language, but probably easier to stick with learning a little Indonesian!

The End... And The Beginning

If you think of any other information that would be useful to share for future travellers, please let us know. Likewise if you find any mistakes or misinformation in this guide, which has been put together based on our personal experiences and the help of a few handy websites.

We wish you a sublime Bali experience. See you there!

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