

# Directory

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## ACCOMMODATION

Accommodation in Indonesia ranges from a basic box with a mattress to the finest five-star luxury corpulent wallets can buy. Costs vary considerably across the archipelago, but in general Indonesia is one of the cheaper countries in Southeast Asia.

Travellers' centres are superb value for food and accommodation; Bali easily has the best standards but prices for midrange and top-end accommodation are high. Accommodation prices don't necessarily increase in outer and more remote provinces, but less competition often means lower standards.

Some hotels have fixed prices and display them, but prices are often flexible, especially in quiet periods. This applies particularly to midrange and top-end hotels, where discounts of 10% to 50% are readily available.

Accommodation reviews in this book are chosen at the authors' discretion and based solely on merit. Lonely Planet receives no payment and reviews are listed in order of price, starting with budget and winding up with the most expensive option in town. Quoted rates are high season (ie May to September and Christmas/New Year) and may drop by as much as 20% during low season. Budget is anything from 20,000Rp to 150,000Rp per room per night; midrange is 150,000Rp to 500,000Rp and top end above that. 'Budget' often consists of a fan-cooled room in a losmen (simple, family-run hotel) or basic hotel, with a bed and shared *mandis* (Indonesian-type bath), although in the main cities like Jakarta and Yogyakarta rooms often come with a private *mandi*. Midrange accommodation is usually in a hotel and you can expect a private *mandi* or Western bathrooms, more comfortable beds with a modicum of furniture, air-con and TV. Of course standards vary greatly depending on where you are. Top end is generally a more comfortable version of midrange, with newer interiors and satellite TV. Luxury resorts in Bali rival those anywhere in the world. Hotel and resort rooms reviewed in this book include a bathroom unless otherwise stated.

All hotels are required to pay a 10% tax to the government, and this may be passed on to the customer, but most cheap hotels either avoid the tax or absorb it into their room rates. Midrange and top-end hotels

### BOOK ACCOMMODATION ONLINE

For more accommodation reviews and recommendations by Lonely Planet authors, check out the online booking service at [www.lonelyplanet.com](http://www.lonelyplanet.com). You'll find the true insider lowdown on the best places to stay. Reviews are thorough and independent. Best of all, you can book online.

## PRACTICALITIES

- English-language press includes the *Jakarta Post* and the *Indonesian Observer*. *Kompas* is a respected Indonesian-language daily out of Jakarta. Others include *Pos Kota*, *Jawa Pos*, *Suara Pembaruan*, *Republika*, *Pikiran Rakyat* and *Media Indonesia*. Popular news and features magazines include *Gatra* and *Tempo*. See also p271 for Bali-specific media.
- Radio Republik Indonesia (RRI) is the national radio station and broadcasts 24 hours a day in Bahasa Indonesia. There are also at least five privately run stations. There is one government TV channel, TVRI, and up to nine commercial channels, depending on your reception and location.
- Videos you buy or watch are based on the PAL system, also used in Australia, New Zealand, the UK and most of Europe. Pirated and genuine DVDs are abundant and most can be played on all-region software, although the picture quality of the former is hit and miss.
- Electricity supply is 220V AC, 50Hz. The sockets accommodate two round prongs, the same as in most European countries. A voltage stabiliser/surge guard is recommended for computers.
- Indonesia uses the international metric system for weights and measures.

have a 21% tax-and-service charge, but not all include it in their advertised tariffs, so ask when checking in to avoid a headache on your way out. Prices in this book include tax unless otherwise stated. Midrange and top-end hotels sometimes 'absorb' the tax if business is slow.

Some useful websites for booking discounted accommodation in Java, Bali and other well-touristed areas:

**Asia Rooms** ([www.asiarooms.com/indonesia](http://www.asiarooms.com/indonesia))

**Bali Hotels** ([www.balidwipa.com](http://www.balidwipa.com))

**Indonesia Hotels Reservations** (<http://indonesia.hotels-reservations.org>)

## Camping

Camping grounds are rare, but there are opportunities for back-country camping. It is important that you camp away from civilisation, unless you want spectators all night.

You can probably do without a sleeping bag below 1000m, but at higher elevations you'll certainly need one. Rain is a possibility even in the dry season, especially as you gain altitude, so bring some sort of tent or rain-fly. You'll also want a mosquito net, to guard against insects and other things that crawl and slither in the night.

## Hostels

Indonesia doesn't have many hostels, mainly because there are so many inexpensive hotels. One exception is Jakarta, where there are a number of places offering dormitory accommodation. There are a hand-

ful of hostels in a few other places, such as Surabaya and Kupang, but it's entirely possible to travel through Indonesia on a tight budget without ever staying in one.

The main thing to be cautious about in hostels is security. Few places provide lockers, and it's not just local thieves you must worry about – foreigners have been known to subsidise their trip by helping themselves to other people's valuables.

If you want to avoid nocturnal visits by rats, don't store food in your room, or at least have it sealed in jars or containers.

## Hotels

Hotels in Indonesia come in different grades of price and comfort. At the bottom end of the scale is the *penginapan* or losmen. *Wisma* are slightly more upmarket, but still cheap. Hotels are at the midrange and top of the scale. A *bintang* (star) rating has been adopted by some hotels, but the only real way of knowing if you're getting what you pay for is by checking the rooms yourself.

The real budget hotels are Spartan places with shared Western bathrooms or *mandis*. Many are good, family-run places catering primarily to travellers, while other cheap places can be real rat-holes. Midrange hotel rooms usually come with private bathrooms and five-star hotels can match the best in the West. Top-end hotels often quote prices in US dollars, but most will happily take rupiah if requested.

## Staying in Villages

In many places in Indonesia you'll often be welcome to stay in the villages. If the town has no hotel, ask for the *kepala desa* (village head), who is generally very hospitable and friendly, offering you not only a roof over your head in a homestay, but also meals. You may not get a room of your own, just a bed.

Payment is usually expected: about the same price as a cheap losmen as a rule of thumb. The *kepala desa* may suggest an amount, but often it is *terserah* ('up to you'), and you should always offer to pay. While the village head's house sometimes acts as an unofficial hotel, you are a guest and often an honoured one. Elaborate meals may be prepared just for you. It's also a good idea to have a gift or two to offer – cigarettes, photographs or small souvenirs from your country are popular. Homestays and village stays are a great way to socialise with families and neighbours, contribute to the local economy and experience life at a much closer level.

In towns where no accommodation is available, you also may be able to stay with the *camat* (district head) or at the local police station. For more information on cultural considerations when staying at villages see the boxed text on p58.

## ACTIVITIES

Indonesia's tumultuous geography lends itself to a range of activities. As a vast archipelago, it encompasses oceans littered with superb diving, snorkelling, swimming and surfing opportunities. Inland, the mountainous peaks, dense jungles and ancient rivers are an adventurer's delight.

### SAFETY GUIDELINES FOR DIVING

Before embarking on a scuba-diving, skin-diving or snorkelling trip, carefully consider the following points to ensure a safe and enjoyable experience:

- Possess a current diving certification card from a recognised scuba diving instructional agency.
- Be sure you are healthy and feel comfortable diving.
- Obtain reliable information about physical and environmental conditions at the dive site.
- Dive only at sites within your realm of experience and engage the services of a certified dive instructor.
- Check your equipment thoroughly beforehand.
- Be aware that underwater conditions vary significantly from one region, or even site, to another. Seasonal changes can also significantly alter any site and its dive conditions.

## Cycling

Cycling in Indonesia is generally a means of transport and as an activity it's limited to a few areas. Yogyakarta and Solo in Java teem with bikes, and hire is possible for around 15,000Rp per day. In Bali there are bicycle tours around Ubud (see p314) and cycling is a popular form of transport around Nusa Lembongan (p346). In Sumatra you can hire bicycles in Danau Toba (p406) for around 25,000Rp per day.

The only place you may be able to purchase a bike in is Java; in Jakarta or Yogyakarta. If you're fit and brave enough to bring your own bike, it's easy enough to carry it on trains and boats when you need to. Buses are another matter however, as they generally don't have sufficient space. See p871 for more information.

## Diving & Snorkelling

With so many islands and so much coral, Indonesia presents all sorts of wonderful possibilities for diving. In some areas diving may not be as good during the wet season, from about October to April, as storms tend to reduce visibility.

If diving is beyond your depths, try snorkelling. Many of the dive sites described can also be explored with a snorkel, and there are beautiful coral reefs on almost every coastline in Indonesia. While you can usually buy or rent the gear, it's best to take your own.

Some of Indonesia's best dive sites include:

**Bali** Padangbai (p334), Nusa Lembongan (p346), Candi-dasa (p338), Jemeluk (p343) and Tulamben (p344). See also the boxed text on p349.

## RESPONSIBLE DIVING

The popularity of diving puts immense pressure on many sites. Consider the following tips when diving and help preserve the ecology and beauty of reefs:

- Do not use anchors on the reef, and take care not to ground boats on coral.
- Avoid touching living marine organisms with your body or dragging equipment across the reef. Never stand on corals, even if they look solid and robust.
- Be conscious of your fins. The surge from heavy fin strokes near the reef can damage delicate organisms. When treading water in shallow reef areas, take care not to kick up clouds of sand. Settling sand can easily smother delicate reef organisms.
- Practise and maintain proper buoyancy control. Major damage can be done by divers descending too fast and colliding with the reef. Make sure you are correctly weighted and that your weight belt is positioned so that you stay horizontal.
- Resist the temptation to collect corals or shells. The same goes for marine archaeological sites (mainly shipwrecks).
- Ensure that you collect all your rubbish and any litter you find as well. Plastics in particular are a serious threat to marine life. Turtles can mistake plastic for jellyfish and eat it.
- Resist the temptation to feed fish.
- Minimise your disturbance of marine animals. In particular, do not ride on the backs of turtles as this causes them great anxiety.

**Java** Pulau Seribu (p119), Pulau Kotok (p120), Carita (p125) and Cimaja (near Pelabuhan Ratu, p134).

**Kalimantan** Pulau Derawan and Pulau Sangalaki (p663).

**Maluku** Banda Islands (p765) and islands around Tobelo (p789).

**Nusa Tenggara** Flores (p543), Alor (p575), Komodo and Labuanbajo (see the boxed text, p546), Gili Islands (see the boxed text, p511), Senggigi (p500), Pulau Moyo (p534) and Sumba (p590).

**Papua** Pulau Biak (p808) and Sorong (p801).

**Sulawesi** Pantai Bira (p681), Togean Islands (see the boxed text, p726), Tukangbesi Islands (p714), Pulau Bunaken (see the boxed text, p740) and Tanjung Karang (p722).

**Sumatra** Pulau Weh (p422).

## Hiking & Trekking

Despite the fact that Indonesia is littered with superb hiking and jungle-trekking regions, hiking is not well established. Information is lacking, and even the national parks often don't have well-maintained trails.

Where there's a will there's a way though, and where demand exists, local guide services have sprung up. The national parks, such as Gunung Leuser in Sumatra (p392), have good hiking possibilities. In Java, the lack of forest means that hiking is mostly limited to short climbs of volcanoes, or Ujung Kulon National Park – Java's largest wilderness area (p128). Hiking in Bali is similarly restricted mostly to volcanoes, such as Gunung Batur (p358).

Gunung Rinjani (p519) on neighbouring Lombok is one of Indonesia's best and most popular hikes (from two to five days). The Baliem Valley in Papua (p816) is one of Indonesia's better-known walking destinations, and Tana Toraja in Sulawesi (p703) is excellent for following the route of traditional villages. In Kalimantan it's possible to trek from the east to west coasts, taking in the Apokayan Highlands (p659) along the way.

Sudden rainstorms are common at high altitudes, and Indonesia is no longer tropical once you get above the 3000m mark. The rain will not only make you wet, but freezing cold. A good rain poncho is essential. Other necessities include warm clothing in layers, proper footwear, sunscreen and a compass. It should go without saying that you must bring sufficient food and water. Don't underestimate your need for water – figure on at least 2L per day, more in extreme heat. It's worth bringing a lightweight kerosene stove (other fuels are less readily available in Indonesia).

## GUIDES

A big decision is whether or not you need a guide. Often you do, but be prepared to haggle over the price. A private guide will typically cost around 100,000Rp to 200,000Rp per day, and more through a travel agency.

## RESPONSIBLE TREKKING

To help preserve the ecology and beauty of Indonesia, consider the following tips when trekking.

### Rubbish

- Carry out *all* your rubbish. Don't overlook easily forgotten items, such as cigarette butts, and make an effort to carry out rubbish left by others.
- Never bury your rubbish: it can take years to decompose and digging encourages erosion. Buried rubbish will likely be dug up by animals, which may be injured or poisoned by it.
- Minimise waste by taking minimal packaging and no more food than you will need. Take reusable containers or stuff sacks.
- Sanitary napkins, tampons, condoms and toilet paper should be carried out despite the inconvenience. They burn and decompose poorly.

### Human Waste Disposal

- Contamination of water sources by human faeces can lead to the transmission of all sorts of nasties. Where there is a toilet, please use it. Where there is none, dig a small hole 15cm (6in) deep and at least 100m (320ft) from any watercourse. Cover the waste with soil and a rock.

### Washing

- Don't use detergents or toothpaste in or near watercourses, even if they are biodegradable.
- For personal washing, use biodegradable soap and a water container (or even a lightweight, portable basin) at least 50m (160ft) away from any watercourse.
- Wash cooking utensils 50m (160ft) from watercourses using a scourer instead of detergent.

### Erosion

- Stick to existing tracks.
- If a track passes through a mud patch, walk through the patch so as not to increase its size.
- Avoid removing the plant life that keeps topsoils in place.

### Fires & Low-Impact Cooking

- Don't depend on open fires for cooking. The cutting of wood for fires in popular trekking areas can cause rapid deforestation. Cook on a lightweight kerosene, alcohol or Shellite (white gas) stove and avoid those powered by disposable butane gas canisters.
- Fires may be acceptable below the tree line in areas that get very few visitors. If you light a fire, use an existing fireplace. Use only minimal, dead, fallen wood.
- Ensure that you fully extinguish a fire after use.

### Wildlife Conservation

- Do not engage in or encourage hunting. Indonesia is full of endangered critters which need all the help they can get to survive.
- Don't buy items made from endangered species.
- Discourage the presence of wildlife by not leaving food scraps behind you.
- Do not feed the wildlife; it can make them dependent on handouts or seriously ill.

## SAFETY GUIDELINES FOR TREKKING

Before embarking on a trekking trip, consider the following points to ensure a safe and enjoyable experience:

- Pay any fees and possess any permits required by local authorities.
- Be sure you are healthy and feel comfortable walking for a sustained period.
- Obtain reliable information about physical and environmental conditions along your intended route (eg from park authorities).
- Be aware of local laws, regulations and etiquette about wildlife and the environment.
- Walk only in regions and on trails/tracks within your realm of experience.
- Be aware that weather conditions and terrain vary significantly from one region, or even from one trail/track, to another. Seasonal changes can significantly alter any trail/track. These differences influence what to wear and what equipment to carry.
- Ask before you set out about the environmental characteristics that can affect your walk and how local, experienced walkers deal with these considerations.

Take some time to talk to your guide to make sure he (Indonesian guides are always male) really understands the route and won't simply help you get lost.

In areas that see a lot of hiker traffic, a system of licensing guides may be in place. If your guide claims to be licensed, ask to see the licence and copy down his name and number. That way, if you encounter some really big problems (eg the guide abandons you on a mountainside), you can report him.

### White-Water Rafting

Sulawesi's Sungai Sa'dan (p703) lures adventure junkies to tackle its 20-odd rapids (some up to Class IV). Rafting agents in Rantepao organise trips down its canyon.

Several adventure companies in Ubud organise trips down the infamous and nearby Sungai Ayung (see p314).

In Sumatra dinghies are swapped for tubes on Sungai Bohorok (p393), where navigating the rapids in a truck tyre is all the rage. Guides in Bukit Lawang also organise trekking and rafting tours in the area (see p392).

In Java, white-water rafting is well established on Sungai Citarak (p134), which churns out Class II to IV rapids.

It may not raise the hairs on your neck, but bamboo rafting down South Kalimantan's Sungai Amandit (p643) is a highlight of touring the area. It's easy enough to organise on your own but several companies in Banjarmasin can do the work for you.

There are also a number of un-rafted rivers in Papua, but tackling these will require

expedition-style preparations – roads are nonexistent, crocodiles will probably find Western cuisine delightful and there may be unexpected surprises like waterfalls.

## BUSINESS HOURS

Government office hours are variable, but are generally 8am to 4pm Monday to Friday (with a break for Friday prayers from 11.30am to 1.30pm), and 8am to noon on Saturday. Go in the morning if you want to get anything done.

Private business offices have staggered hours: 8am to 4pm or 9am to 5pm Monday to Friday, with a lunch break in the middle of the day. Many offices are also open until noon on Saturday.

Banks are usually open from 8am to 4pm Monday to Friday, although they can close as early as 2.30pm. In some places banks open on Saturday until around 11am. Banks in many areas also close during Friday afternoon prayers. The foreign-exchange hours may be more limited and some banks close their foreign-exchange counter at 1pm.

Shops open at around 9am or 10am. Smaller shops may close at 5pm, but in the big cities and in Bali, shopping complexes, supermarkets and department stores stay open until 9pm. Sunday is a public holiday but some shops and airline offices open for at least part of the day.

Restaurants generally open from between 7am and 10am in the morning and remain open until 11pm, or whenever business dries up.

## SURF'S UP *Andrew Tudor & Justine Vaisutis*

Indonesia lures surfers from around the globe, many with visions of empty palm-lined beaches, bamboo bungalows and perfect barrels peeling around a coral reef. The good news is that mostly the dreams come true, but just like anywhere else, Indonesia is subject to flat spells, onshore winds and crowding (particularly in Bali). A little research and preparation goes a long way.

### WHEN TO GO

The dry season (May to September) is more likely to produce solid ground swell, initiated in the Indian Ocean. Trade winds blow from the east or southeast, which means winds are offshore in Bali, from Kuta to Ulu Watu. During the wet season (October to April), trade winds are west or northwest, and are offshore on the other side of Bali (Sanur to Nusa Dua).

Traditionally June to August provides the most consistent and largest swells – and the largest crowds. Outside the high season, it's still possible to find good waves without drop-ins and jostling.

### WHAT TO BRING

On arrival at Denpasar, it pays to carry some Indonesian rupiah as officials sometimes charge a 'surfboard tax' (import duty) for bringing two or more boards into the country – try to refuse to pay.

Indonesia's waves mostly break over shallow reefs and therefore break more sharply. Given this, you'll need to have a few more inches underneath you to avoid getting pitched on the takeoff. Taking a quiver is a good idea. Seven-foot to 7½ft boards are commonly used, but shorter boards are handy for Bali, and you'll need an 8ft board if you're planning on tackling the big swells.

Surfboards can be hired relatively easily on Bali; expect to pay between 30,000Rp and 50,000Rp per day.

### INFORMATION & TOURS

Camps and charter cruises catering specifically to surfers lace Indonesia's coastlines and many advertise their wares on the internet. See the regional chapters for details. For health and safety information see the boxed text, p886.

Useful websites:

[www.globalsurfers.com](http://www.globalsurfers.com) Global online forum for surfers.

[www.indosurf.com.au](http://www.indosurf.com.au) Web links and general info.

[www.island-aid.org](http://www.island-aid.org) Surfer-run aid organisation.

[www.surfaidinternational.org](http://www.surfaidinternational.org) Surfer-run aid organisation.

[www.surftravel.com.au](http://www.surftravel.com.au) Australian outfit with camps, yacht charters, destination information, surfer reviews and more.

[www.surftravelonline.com](http://www.surftravelonline.com) Information on remote Indonesian locations.

[www.wannasurf.com](http://www.wannasurf.com) Surf reports, current conditions and a message board.

### WHERE TO GO

#### Bali

Bali is touted as a surfing mecca. Though getting to the breaks can be an adventure in itself, the rewards at the end of the road can be well worth it.

Ulu Watu on the west coast (p298) is a true surfers' paradise.

The wave has three left-handers. The Peak is a high-tide wave that handles small and big swells, and is in front of the cave. Racetracks, further down the reef, is a hollow wave that starts to work on the mid-tide and gets better as it runs out. It handles up to about 6ft and is very shallow. On a big swell and a low tide, try Outside Corner for a long ride on a huge face.

In the same vicinity, Dreamland (p298) is the latest discovery.

Kuta and Legian Beaches (p276) are two places where beginners can learn how to surf, although waves can get big and sometimes currents are strong, so take care.

Medewi (p355) in west Bali has a long left-hander over a rock-and-sand bottom. Though a long ride, it's not hollow. Like Canggu (p292), the trade winds are onshore, so early morning on a mid- to high tide is the best time for a surf.

Shipwreck at Nusa Lembongan (p346) is so named because of the rusted hull that pokes out of the reef. It's known for its back-door tubes and fast walling sections.

See the Surfing in Bali boxed text (p282) for hot tips.

#### Nusa Tenggara

On Sumbawa's west coast, Scar Reef (p530) is a left-hander that breaks over sharp coral and is usually best on the high tide. If it's small at low tide don't despair, the wave often jacks 2ft to 3ft on the incoming tide.

Aptly named Supersuck (p531) turns inside out and is a tube-rider's dream. The steep takeoff funnels into a long sucking bowl over a shallow reef. Unfortunately, Supersuck requires a big swell to turn on, but in its favour the dry-season winds are mostly offshore.

Yo Yo's (p531), a right-hand reef break, is reasonably deep compared with Supersuck, but the end section gets shallow on a mid- to low tide. Early morning surfs are best.

It's possible to surf year-round at Lakey Peak (p536) on the southeastern coast. It's a classic A-frame peak with a left and a right. It's usually better for holding big swells and providing hollow tube sections. Watch out for surfers trying to backdoor the peak.

Sumba and Timor are gaining popularity. Around southwestern Sumba, Rua (p601) is a good place to head. It's a left-hand reef break and the dry-season trade winds are cross-shore to offshore. Tarimbang (p598) on Sumba's central southern coast also has good waves and Baing (p597) has emerged as east Sumba's surf capital.

#### Lombok

Desert Point (p499) on Lombok's southwest peninsula was recently voted the best wave in the world by one surf-mag poll. A left hollow break of reef and coral this wave reaches 1.5m to 3m on a good day. It's one for experienced surfers.

Kuta (p525) has world-class waves and turquoise water. There are excellent lefts and rights right in front of Kuta's bay as well as the reefs east of Tanjung Aan.

#### Java

Grajagan (G-Land) at Alas Purwo National Park (p261) on Java's southeastern tip is home to what has become a world-famous surfing break. G-Land is a freight train left-hander that has several takeoff sections, monster barrels and speeding walls. From the camp at Pantai Plengkung, the reef stretches east up around the headland as far as the eye can see and, when a ground swell hits and big tubing left-handers line-up all the way round, it's truly a sight to behold.

In West Java, the beaches near Pelabuhan Ratu (see p134) offer some excellent reef breaks and beachies (waves that break over a sand bank). Batu Karas (p156), near Pandangan, has one of the coast's best surf beaches and is a good spot to learn.

For hollow waves head to Pulau Panaitan (p129) in Ujung Kulon National Park. The waves here break over super-shallow coral reef and get faster and more hollow towards the end section. This place is for experienced surfers only.

#### Sumatra

Northern Sumatra's Pulau Nias (p407) is the most-visited surfing destination in the province. The right-hander at Teluk Lagundri is a relatively short wave, but at size is a high and tight tube from takeoff to finish. The outside reef only starts to work on a solid ground swell of about 4ft to 6ft, but holds huge swells and the tubes are perfect. Nearby, Sorake's world-famous right consistently unrolls between June and October (see p410).

An increasing number of surf charters are establishing camps on the Mentawai Islands (p440), which enjoy swells year-round, although they're biggest in the dry season.



## CHILDREN

Travelling anywhere with children requires energy and organisation. Most Indonesians adore children, especially cute Western kids; however, children may find the constant attention overwhelming.

Health standards are low in Indonesia compared to the rest of the world, but with proper precautions, children can travel safely. As with adults, contaminated food and water present the most risks, and children are more at risk from sunstroke and dehydration. It depends where and how you travel. Indonesians may have to take their toddlers on gruelling eight-hour journeys in hot, stuffy buses, but you'd be well advised to take a luxury bus or rent a car. And many adults can comfortably sample warung food, but parents with kids will want to be more careful.

If you're travelling only to the main cities and tourist areas, like the resorts of southern Bali, the malaria risk is minuscule, but it's probably not worth the risk to travel to known malarial areas like Papua or Pulau Nias in Sumatra. For detailed information about travelling with children pick up a copy of Lonely Planet's *Travel With Children*.

## Practicalities

Kid-friendly facilities such as high chairs in restaurants and cots in hotels are generally limited to Bali, which caters well to holidaying families. Bali has a ready supply of babysitters (often called 'babysisters') and plenty for kids to do. Java doesn't have Bali's mega-tourism industry, so it caters less to children, but its well developed with a range of amenities, transport, hotel and food options. Travel outside cities requires patience, hardiness and experience – for both parents and kids.

Nappy-changing facilities usually consist of the nearest discreet, flat surface. Baby wipes, disposable nappies and baby formula are all readily available in cities and big towns but seldom elsewhere.

Breast feeding in public is acceptable in areas such as Papua and Sumatra but virtually unseen in Maluku, Sulawesi or Kalimantan. In parts of Java it's simply inappropriate. The rule of thumb of course is always to take your cue from local mothers with infants.

## Sights & Activities

Travelling in some areas of Indonesia is probably too hard for most people to tackle

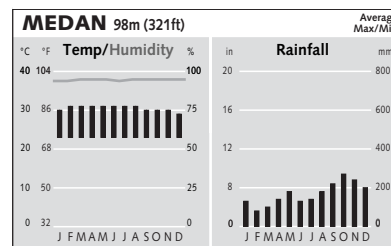
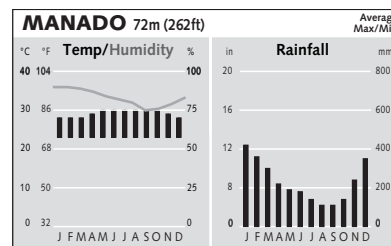
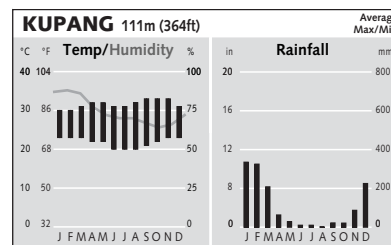
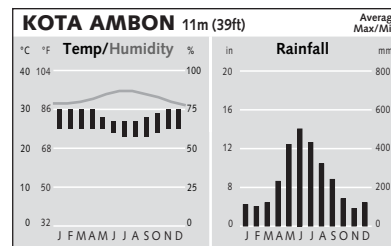
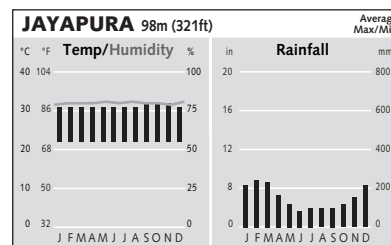
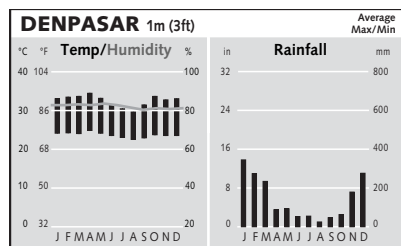
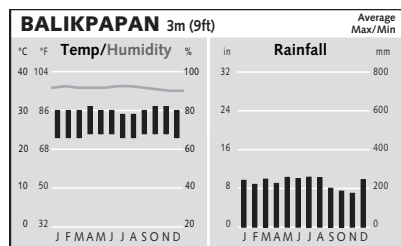
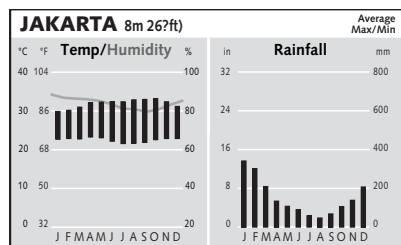
with small children. Transport and facilities are best in Bali and there are plenty of safe beaches suitable for kids. South Bali has most of the island's family-friendly resorts and there are specific activities to keep little tackerers occupied – see p281 for suggestions.

In Java the islands of Karimunjawa (p217) are isolated and some can be difficult to get to but the calm seas and pace make for tranquil family holidays.

The once-heady tourism flux of Sumatra's Danau Toba (p399) has left a legacy of decent infrastructure and families with young kids will find it easy to cope here. It's actually a popular spot for weekend-away expats from Medan and Aceh.

## CLIMATE CHARTS

Straddling the equator, Indonesia tends to have a fairly even climate year-round. Rather than four seasons, Indonesia has



two – wet and dry – and there are no extremes of winter and summer.

## COURSES

Many cultural and language courses are available, particularly in the main tourist areas. Once again Bali takes the lead, offering a little something to just about everyone. Ubud is Bali's culinary capital and there are courses to teach the inquisitive gastronome a thing or two; see p87 for details. Look for advertisements at your hotel, enquire at local restaurants and bars, ask fellow travellers and hotel staff, and check out the tourist newspapers and magazines.

Culture junkies and art addicts are also looked after with a host of courses in Ubud teaching pottery, woodcarving, batik, Bahasa Indonesia and more (see p314 for more information). Short batik courses are popular in Yogyakarta (see p177) and in Solo (p198). Also in Java, dance and art classes are held at the Mangun Dhama Art Centre in Candi Jago (p236).

Many students come to Indonesia to study Bahasa Indonesia. The better private courses can charge US\$15 or more per hour, though many offer individual tuition. Some of the embassies arrange courses, or have information about teachers and language institutes. Courses are offered in Bandung (p142) and Yogyakarta (p177), both in Java.

## CUSTOMS

Customs regulations allow you to bring in a maximum of 1L of alcohol, and 200 cigarettes or 50 cigars or 100g of tobacco.

Prohibited items include narcotics, arms and ammunition, explosives, laser guns, transceivers, cordless telephones and pornography. Film, pre-recorded video tapes, video laser discs or records must be declared and censored. A ban on printed matter in Chinese characters has been lifted, however, customs forms had not been updated at the time of writing. Chinese medicines must be registered with the Indonesian Department of Health in Jakarta.

No restrictions apply on the import/export of foreign currency. You can import/export up to 5,000,000Rp without having to declare it. Amounts between 5,000,000Rp and 10,000,000Rp need to be declared and

anything over 10,000,000Rp requires approval from the Central Bank in Jakarta, or from Indonesian representatives abroad.

## DANGERS & ANNOYANCES Drugs

Indonesia has demonstrated its zero-tolerance policy towards drugs with a spate of high-profile arrests and convictions recently. In 2005 Australian Schapelle Corby captured news headlines around the world when she was arrested in Bali for allegedly smuggling 4kg of marijuana into the country. She received a 20-year prison sentence. In the same year five Australians were caught with several kilograms of heroin strapped to their bodies at Denpasar airport. Along with their accomplices they became known (sensationally) as the 'Bali Nine'. Seven received life sentences (later reduced to 20 years) and two were sentenced to death by firing squad.

Indonesia has also become something of an Asian centre for ecstasy, which fuels the local rave scenes in Bali, Jakarta and other big cities. In August 2005, the Indonesian government announced random raids of nightclubs in Jakarta and Bali and mandatory urine tests for anyone found with drugs. Several foreigners have consequently been arrested and convicted. There is no differentiation between 'personal use' and 'distribution' and even one pill is sufficient to land you in jail for many years. Hotel owners are also required by law to report offenders.

In areas where nightclubs are concentrated, such as Bali, you'll still get plenty of offers. More often than not those 'buddha

sticks' are banana leaves, 'hashish' is boot polish and 'ecstasy' is a multicoloured Panadol. But taking any risks is just stupid.

## Personal Space

You tend to get stared at when in places few foreigners visit, but overall, Indonesians stand back and look, rather than gather around you. Those who do come right up to you are usually kids. The other habit which is altogether ordinary to Indonesians is touching between those of the same gender. The Indonesians are an extraordinarily physical people: they'll hold onto your knee for balance as they get into a bemo, reach out and touch your arm while making a point in conversation, or simply touch you every time they mean to speak to you. All this is considered friendly.

## Safety

In the wake of the 2002 and 2005 Bali bombings (see p281), Indonesians have made ongoing efforts to revive what was already a suffering tourist industry. There has been an increase in security measures at airports and tourist centres and extremist organisations have been closed down or disbanded. It's impossible to say where such attacks will or won't occur, yet the image Indonesia has been tainted with since the bombings – as a terrorism hotspot – has been damaging.

Security issues in Indonesia are often exaggerated by the foreign media, who make it seem like the whole nation is in turmoil. Foreign governments add to the hype with heavy-handed, blanket travel warnings. While it's true that small sections of Indonesia experience flashes of conflict, overall

the archipelago is quite safe. Government travel warnings have the potential to protect travellers from risk, but their impact on local tourism industries is decimating. Maluku in particular is experiencing a burst of growth and calm, and travel there is far easier and safer than ever. Yet the province is still on the 'do not travel' list in many travel advisories.

On the other hand, regional and separatist conflicts remain an ongoing problem in Papua. Western mining companies are targeted by frustrated indigenous people here and also in Nusa Tenggara. But most people know the difference between a multinational and a tourist and conflicts rarely affect travellers.

Of course the best ways to ensure your safety are to keep abreast of the news, plan accordingly and apply common sense. Check official travel advisories (see the boxed text, opposite). Monitor local and international media reports and seek the advice of other travellers and locals. Lonely Planet's Thorn Tree (<http://thorntree.lonelyplanet.com>) is an online travel forum and another excellent source of information.

## Scams

As in most poor countries, plenty of people are out to relieve you of your money in one way or another. It's really hard to say when an 'accepted' practice like overcharging becomes an unacceptable rip-off, but plenty of instances of practised deceit occur.

Con artists are always to be found. Usually those smooth talkers are fairly harmless guides seeking to lead you to a shop where they receive a commission. Just beware of instant friends and watch out for excessive commissions. Yogyakarta's batik salespeople fall into this category.

As the main tourist destination, Bali is the home of many scams. Is it possible for a Kuta moneychanger not to short-change you? Then there's the friendly local who discovers a serious problem with your car or motorbike and urgently gets one of his contacts to fix it for you, for an outrageous amount of money.

An invite to visit a traditional Balinese village from an instant friend may end up with a hard-luck story designed to extract money. It is almost always a con. Indonesia is full of heart-wrenching stories of hardship and poverty, and Bali is better off than

most provinces. Most Indonesians suffer in silence and would never ask for money; consider giving to aid programmes if you want to help.

Another scam involves being invited to someone's house, then introduced to a card game where you can't lose. Of course, you do lose – big time. These gangs move around.

In Jakarta, police impostors searching foreigners for drugs and trying to extract money have been reported.

## Theft

Theft can be a problem. However, if you are mindful of your valuables and take precautions, the chances of being ripped off are small. Most thefts are the result of carelessness or naivety. The chances of theft are highest in crowded places and when travelling on public bemo, buses and trains.

Pickpockets are common, and their crowded bus and train stations are favourite haunts, as are major tourist areas. Compared to most Indonesians, tourists are rich and this attracts thieves. Bali, particularly Kuta, is No 1 in the thievery stakes, closely followed by the other main tourist areas of Yogyakarta and Lombok. The thieves are very skilful and often work in gangs – if you find yourself being hassled and jostled, check your wallet, watch and bag. The Bahasa Indonesia word for thief is *pencuri*. In Kuta, the gangs of small children waving necklaces for sale are notorious pickpockets.

Do not leave your valuables unattended, and in crowded places hold your handbag or day pack closely. A money belt worn under your clothes is the safest way to carry your passport, cash and travellers cheques.

Keep an eye on your luggage if it's stored on the roof of a bus; bag slashing and theft from bags next to you inside the bus are also hazards. Locks on your bags are mandatory – travelling without them is like waving a 'come and get it' banner.

Java and Sumatra are the worst places for theft on buses. Organised gangs board the bus and take the seat behind you. If you fall asleep or put your bag on the floor, they will slash it and be gone with your gear before you know it. The chances of this happening are very slight, but the gangs do target tourists. Economy buses are the worst but travelling deluxe is no guarantee.

### THE BEST ADVICE

If travelling to a potentially risky region of Indonesia check the safety situation with your embassy in Jakarta, or the travel advisory on its website, but bear in mind that these generally take a conservative and overly cautious view.

Government travel advisories:

**Australia** (☎ 1300 139 281; [www.smarttraveller.gov.au](http://www.smarttraveller.gov.au))

**Canada** (☎ 1 800 267 6788; [www.voyage.gc.ca](http://www.voyage.gc.ca))

**Germany** (☎ 030-5000 2000; [www.auswaertiges-amt.de](http://www.auswaertiges-amt.de))

**Japan** (☎ 03-3580 3311; [www.anzen.mofa.go.jp](http://www.anzen.mofa.go.jp))

**Netherlands** (☎ 070 3486486; [www.minbuza.nl](http://www.minbuza.nl))

**New Zealand** (☎ 04-439 8000; [www.mfat.govt.nz](http://www.mfat.govt.nz))

**UK** (☎ 0845 850 2829; [www.fco.gov.uk/travel](http://www.fco.gov.uk/travel))

**US** (☎ 1-888 407 4747; [www.travel.state.gov](http://www.travel.state.gov))

Always lock your hotel-room door and windows at night and whenever you go out, even if momentarily. Don't leave valuables, cash or travellers cheques lying around in open view inside your room. It is wise to keep valuables hidden and locked inside your luggage; better hotels have safe storage facilities.

Report any theft to the police, but without witnesses don't expect action. Bus companies and hotels will automatically deny any responsibility. Reported theft is usually termed *kehilangan*, or 'loss' – you lost it and it is your responsibility to prove theft. Police will provide a report, which is necessary for replacement passports and travellers cheques, and for insurance claims.

Be wary and know where your valuables are at all times – but at the same time remember that the overwhelming majority of Indonesians are honest and will go out of their way to look after a visitor. Out in the villages, far removed from the big cities and tourist areas, theft is a foreign concept.

## DISABLED TRAVELLERS

Indonesia has very little supportive legislation or special programmes for disabled people, and is a difficult destination for those with limited mobility.

At Indonesian airports, arriving and departing passengers usually have to walk across the tarmac to their planes, and that includes Ngurah Rai airport in Bali. Check with airlines to see what arrangements can be made and if they can provide skychairs. Jakarta airport has direct access and lifts, but not all flights use these facilities. International airlines are usually helpful, but domestic flights are much more problematic.

Building regulations in Indonesia do not specify disabled access, and even international hotels such as the Sheraton, Hyatt and Hilton rarely have facilities. Only top-end and upper-midrange hotels have lifts.

Pavements are a minefield of potholes, loose manholes, parked motorcycles and all sorts of street life, and are very rarely level for long until the next set of steps. Even the able-bodied walk on roads rather than negotiate the hassle of the pavement.

Public transport is also difficult, but cars with a driver can be hired readily at cheap rates and are much more common than self-drive rentals. Minibuses are easily hired

but none have wheelchair access. Guides are found readily in the tourist areas and, though not usual, they could be hired as helpers if needed.

Bali, with its wide range of tourist services and facilities, is the most favourable destination for disabled travellers.

For unsighted travellers or those with only limited vision, Indonesia would definitely be a rewarding destination. Music is heard everywhere, Indonesians are always ready to chat, and the exotic smells of incense and tropical fruit linger in the air. With a sighted companion, many places should be reasonably accessible.

There are no Indonesia-specific resources for disabled travellers, however Disability World ([www.disabilityworld.org](http://www.disabilityworld.org)) is a useful website for global trends and progress.

## DISCOUNT CARDS

The International Student Identity Card (ISIC) is useful for discounts on domestic flights, although maximum age limits (usually 26) often apply. Some attractions offer student discounts. Click onto [www.istc.org](http://www.istc.org) for information and details on the application process.

## EMBASSIES & CONSULATES

### Indonesian Embassies & Consulates

Indonesian embassies and consulates abroad include the following:

- Australia** Canberra (☎ 02-6250 8600; [www.kbri-canberra.org.au](http://www.kbri-canberra.org.au); 8 Darwin Ave, Yarralumla, Canberra, ACT 2600) There are also consulates in Adelaide, Darwin, Melbourne, Perth and Sydney.
- Canada** Ottawa (☎ 613-724 1100; 55 Parkdale Ave, Ottawa, Ontario K1Y 1E5); Toronto (☎ 416-360 4020; 129 Jarvis St); Vancouver (☎ 604-682 8855; 1630 Alberni St)
- France** Marseilles (☎ 04-9123 0160; 25 Blvd, Carmagnole); Paris (☎ 01-45 03 07 60; 47-49 Rue Cortambert, 75116 Paris)
- Germany** Berlin (☎ 030-478 070; Lehrter St 16-17, 10557 Berlin); Frankfurt (☎ 69-247 0908; Zeppelin Alle 23); Hamburg (☎ 40-512 071; Bebelalle 14)
- Ireland** Dublin (☎ 353 852 491; 25 Kilvere Rathfarnham, Dublin)
- Japan** Fukoka (☎ 092-761 3031; Kyuden Bldg 1-82, Watanabe-Dori-Chome, Chuo-Ku, Fukuoka-Shi); Osaka (☎ 83-06 6252 9823; 6th fl, Daiwa Bank Semba Bldg, 4-21 Minami Semba 4-Chome, Chuo-Ku); Sapporo (☎ 011-251 6002; 883-3 Chome 4-Jo, Miyayanomori, Chuo-Ku, Sapporo Shi); Tokyo (☎ 03-3441 4201; 5-2-9 Higashi Gotanda, Shinagawa-ku, Tokyo)

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

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

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

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

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

**Singapore** Singapore (☎ 737 7422; 7 Chatsworth Rd, Singapore)

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

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

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

**USA** 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); Washington DC (☎ 202-775 5200; 2020 Massachusetts Ave NW, Washington DC 20036)

## Embassies in Indonesia

It's important to realise what your own embassy can and can't do to help you if you get into trouble. Generally speaking, it won't be much help if whatever trouble you're in is remotely your own fault. Remember that you are bound by the laws of the country you are in. In genuine emergencies you might get some assistance, but only if other channels have been exhausted. If you have all your money and documents stolen, your embassy might assist with getting a new passport, but that's about it.

Most foreign embassies are located in Jakarta and Bali. There are also some in towns close to foreign borders; see regional chapters for details.

## BALI

All telephone numbers take the area code ☎ 0361:

**Australia** (Map pp304-5; ☎ 241118; Jl Hayam Wuruk 88B, Renon, Denpasar) The Australian consulate has a consular-sharing agreement with Canada.

**France** (Map p293; ☎ 285485; Jl Mertasari, Gang II 8, Sanur)

**Germany** (Map p293; ☎ 288535; Jl Pantai Karang 17, Batujimbar, Sanur)

**Japan** (Map pp304-5; ☎ 227628; Jl Raya Puputan 170, Renon, Denpasar)

**Netherlands** (Map p278; ☎ 761506; Jl Imam Bonjol, Kuta)

**Switzerland** (Map p278; ☎ 751735; Kuta Galleria, Blok Valet 2, 12, Jl Patih Jelantik, Kuta)

**UK** (Map p293; ☎ 270601; Jl Tirtanadi 20, Sanur)

**USA** (Map pp304-5; ☎ 233605; Jl Hayam Wuruk 188, Renon, Denpasar)

## JAKARTA

All phone numbers take area code ☎ 021:  
**Australia** (Map pp100-1; ☎ 25505555; Jl HR Rasuna Said Kav 15-16)

**Brunei** (Map p106; ☎ 31906080; Jl Tanjung Karang 7)

**Canada** (Map pp100-1; ☎ 25507800; World Trade Centre, 6th fl, Jl Jenderal Sudirman Kav 29-31)

**France** (Map p106; ☎ 23557600; Jl Thamrin 20)

**Germany** (Map p106; ☎ 39855000; Jl Thamrin 1)

**Japan** (Map p106; ☎ 31924308; Jl Thamrin 24)

**Malaysia** (Map pp100-1; ☎ 5224947; Jl HR Rasuna Said Kav X/6 No 1)

**Myanmar** (Map p106; ☎ 3140440; Jl Haji August Salim 109)

**Netherlands** (Map pp100-1; ☎ 5248200; Jl HR Rasuna Said Kav 5-3)

**New Zealand** (Map pp100-1; ☎ 5709460; BRI II Bldg, 23rd fl, Jl Jenderal Sudirman Kav 44-46)

**Papua New Guinea** (Map pp100-1; ☎ 7251218; 6th fl, Panin Bank Centre, Jl Jenderal Sudirman 1)

**Philippines** (Map p106; ☎ 3100334; phjkt@indo.net.id; Jl Imam Bonjol 6-8)

**Singapore** (Map pp100-1; ☎ 5201489; Jl HR Rasuna Said, Block X/4 Kav 2)

**Thailand** (Map p106; ☎ 3904052; Jl Imam Bonjol 74)

**UK** (Map p106; ☎ 3156264; Jl Thamrin 75)

**USA** (Map p106; ☎ 34359000; Jl Merdeka Selatan 4-5)

**Vietnam** (Map p106; ☎ 3100358; Jl Teuku Umar 25)

## MEDAN

All phone numbers take area code ☎ 061:  
**Australia** (Map p384; ☎ 4157810; Australia Centre, Jl RA Kartini 32)

**Germany** (Map p384; ☎ 4568006; Jl Samanhudi 16)

**Japan** (Map p384; ☎ 4575193; Wisma BII 5, Jl Diponegoro 18)

**Malaysia** (Map p384; ☎ 4531342; Jl Diponegoro 43)

**Netherlands** (Map p384; ☎ 4569853; Jl Monginsidi 45T)

**Norway** (Map p384; ☎ 4570012; Jl Juanda 24)

**Denmark & Finland** (Map p384; ☎ 4553020; Jl Hang Jebat 2)



## FESTIVALS & EVENTS

With such a diversity of people in Indonesia, there are many local holidays, festivals and cultural events.

Regional tourist offices are the best source of information for all national holidays, regional festivals, and many of the music, dance and theatre performances held throughout the year.

Unless otherwise stated, the dates for the following festivals vary from year to year.

### January

**Tabut** (p434) An Islamic festival held in January or February in Pariaman, West Sumatra. Painted effigies, dancing, singing and music.

**Gerebeg** (p177) Java's three most colourful festivals are held annually at the end of January and April and the beginning of November.

### February

**Tai Pei Kong festival** (p736) In Manado, Kienteng Ban Hian Kong, Eastern Indonesia's oldest Buddhist temple, plays host to this magnificent festival every February.

**Pasola** (p603) Nusa Tenggara's biggest festival: vividly dressed teams of horsemen engage in mock, though sometimes bloody, battles. Often coincides with Nyale.

**Nyale** (p525) Huge fishing festival celebrated by the Sasaks of Lombok. Usually February or March.

### March

**Kirab Pusaka** (p198) This festival has been celebrated in Solo on the first day of the Javanese month of Suro (any time from March to May) since 1633.

### April

**Festival Teluk Kendari** (p711) The Kendari Bay Festival turns the capital of Southeast Sulawesi into a frenzy of celebrations with dragon-boat races, traditional music and partying.

**Galungan-Kuningan** (p271) Ten-day festivals held in Balinese temples during full-moon periods in April to May and September to November.

**Gerebeg** See entry under January (above).

### May

**Waisak** (p170) Borobudur flourishes with thousands of pilgrims and the saffron hue of Buddhist monks to celebrate the Buddha's birth, enlightenment and reaching of nirvana.

**Sekaten** (p198) The birth of the Prophet Muhammad is celebrated in the Islamic month of Maurud (from May to July) in Solo, Java. The closing ceremony includes a fair and a huge rice mountain.

### June

**Yogya Arts festival** (p177) Annual festival from 7 June to 7 July, with a wide range of shows and exhibitions.

**Bali Arts Festival** (p303) Month-long festival starting in mid-June, showcasing traditional Balinese dance, music and crafts.

**Danau Toba Festival** (p404) Week-long festival held in mid-June with cultural performances and colourful canoe races.

**Festival Danau Napabale** (p713) Horse combat and kite flying in Latugho, Southeast Sulawesi.

**Jakarta Anniversary** (p109) Fireworks and the Jakarta Fair kick off Jakarta's birthday, celebrated on 22 June but continuing all the way into mid-July.

**Festival of Borobudur** (p170) This Borobudur festival features Ramayana-style dance, folk-dancing competitions, handicrafts, white-water rafting and a whole lot more.

### July

**Tana Toraja funeral festival** (p691) A Sulawesi highlight. Held during July and August, Toraja working throughout the country return home for celebrations and funeral rituals.

### August

**Jayapura Cultural Festival** (p829) In the first week of August, dancers and musicians from around the province converge on Jayapura.

**Bidar race** (p473) Spectacular canoe races held on South Sumatra's Sungai Musi every 17 August (Independence Day) and 16 June (the city's birthday).

**Independence Day** (p109) Jakarta becomes a spectacle of parades and celebrations every 17 August to mark the country's independence.

**Munara Festival** (p808) In mid-August, this festival in central Papua's Pulau Biak features fire-walking, traditional dancing and boat races.

**Baliem Festival** (p826) A celebration of indigenous culture in Papua's Baliem Valley, with mock 'tribal fighting', full traditional regalia, dance and music. Usually 9–14 August.

### October

**Ubud Writers & Readers Festival** (p315) A global festival celebrating the art of writing.

**Asmat Art & Culture Festival** (p838) Held in the Asmat Region of eastern Papua, this festival showcases renowned woodcarving and traditional dancing. Usually in the first week of October.

### November

**Gerebeg** See entry under January (left).

## FOOD

Eating reviews in this book are listed in order of budget, from cheapest to most exp-

## RAMADAN

One of the most important months of the Muslim calendar is the fasting month of Ramadan. As a profession of faith and spiritual discipline, Muslims abstain from food, drink, cigarettes and other worldly desires (including sex) from sunrise to sunset. Exemptions from fasting are granted to pregnant women, the ill or infirm, young children and those undertaking extreme physical labour.

Ramadan is often preceded by a cleansing ceremony, *Padusan*, to prepare for the coming fast (*puasa*). Traditionally, during Ramadan people get up at 3am or 4am to eat (this meal is called *sahur*) and then fast until sunset. Many Muslims visit family graves and royal cemeteries, recite extracts from the Koran, and sprinkle the graves with holy water and flower offerings. Special prayers are said at mosques and at home.

The first day of the 10th month of the Muslim calendar is the end of Ramadan, called *Idul Fitri* or *Lebaran*. Mass prayers are held in the early morning, followed by two days of feasting. Extracts from the Koran are read and religious processions take place. During this time of mutual forgiveness, gifts are exchanged and pardon is asked for past wrongdoings. This is the big holiday of the year, a time for rejoicing, and the whole country is on the move as everyone goes home to be with their families.

During Ramadan, many restaurants and warungs are closed in Muslim regions of Indonesia. Those owned by non-Muslims will be open, but in deference to those fasting, they may have covered overhangs or will otherwise appear shut. Ask around for open restaurants. In the big cities, many businesses are open and fasting is less strictly observed. For night owls the cities come alive for the night meal.

Though not all Muslims can keep to the privations of fasting, the overwhelming majority do and you should respect their values. Do not eat, drink or smoke in public or in someone's house. If you must, excuse yourself and go outside.

Ramadan is an interesting time to travel but it can be difficult. Apart from having to hunt down restaurants and abstain from imbibing in public, the first few weeks are not too restrictive, but travel is a real hassle towards the end of Ramadan.

Around a week before and a week after *Idul Fitri*, transport is chaotic and packed to the gunwales. Don't even consider travelling during this time. You will be better off in non-Muslim areas – eg Bali, east Nusa Tenggara, Maluku or Papua – but even these areas have significant Muslim populations and *Idul Fitri* is a big national holiday of two days' duration for everyone. Plan well, find yourself an idyllic spot and stay put.

Ramadan and *Idul Fitri* move back 10 days or so every year, according to the Muslim calendar.

pensive. Prices vary from region to region of course but in most of Indonesia you can tuck into a simple meal at a warung for around 10,000Rp, spend another 10,000Rp or so for a meal at a restaurant and splurge on dinner and a Bintang beer for 30,000Rp and upwards at the finest restaurants.

Indonesia's vast array of culinary delights and regional specialities are explained in detail in the Food & Drink chapter (p81).

## GAY & LESBIAN TRAVELLERS

Gay travellers in Indonesia will experience few problems. Physical contact between same-sex couples is quite acceptable, even though a boy and a girl holding hands may be seen as improper. 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*; lesbians are *lesbi*.

Indonesia's community of transvestite/transsexual *waria* – from the words *wanita* (woman) and *pria* (man) – has always had a very public profile. Also known by the less polite term *banci*, they are often extrovert performers as stage entertainers and street-walkers. Islamic groups proscribe homosexuality, but such views are not dominant and there is no queer-bashing or campaigns against gays. It pays to be less overt in some orthodox areas though.

Indonesia has a number of gay and lesbian organisations. The coordinating body is **GAYa Nusantara** ([www.gayanusantara.org](http://www.gayanusantara.org)), which publishes the monthly magazine *GAYa*



*Nusantara*. In Kuta, **Hanafi** (☎ 756454; www.hanafi.net) is a gay-friendly tour operator who can also organise tours for visitors. **Utopia Asia** (www.utopia-asia.com) also has an extensive list of gay and lesbian venues throughout Indonesia and the rest of Asia.

## HOLIDAYS

### Public Holidays

Following are the national public holidays in Indonesia. Unless stated, they vary from year to year.

#### January/February

**New Year's Day** Celebrated on 1 January.

**Muharram (Islamic New Year)** Usually late January.

**Imlek (Chinese New Year)** National holiday in late January to early February.

#### March/April

**Good Friday** Late March or early April.

**Paskah (Easter)** Late March or early April.

**Nyepi (Balinese New Year)** Balinese businesses close down for one day usually in April, sometimes in March.

#### April/May

**Maulud Nabi Muhammed** The birthday of the Prophet Muhammed. Celebrated on one day between late March and early May.

**Waisak Day** Marks the Buddha's birth, enlightenment and death. Falls in May.

**Ascension of Christ** May.

#### August

**Hari Proklamasi Kemerdekaan (Independence Day)**

17 August. Independence Day is a national public holiday.

#### September

**Isra Miraj Nabi Muhammed** Celebration of the ascension of the Prophet Muhammed. Held on one day between late August and mid-September.

#### October/November

**Idul Fitri** Also known as Lebaran, this two-day national public holiday marks the end of Ramadan. Held sometime between mid-October and mid-November.

#### December

**Idul Adha** Muslim festival held between December and January.

**Hari Natal (Christmas Day)** Celebrated on 25 December.

### School Holidays

Indonesian school holidays vary slightly from province to province but the following

should give you a good idea of when they fall. 'Winter holiday' usually falls in the first week of March, 'spring holiday' spans two weeks, usually from late April to early May, 'summer holiday' runs from the very end of June to the first week in September. Then there's a mid-term holiday during the last two weeks of October and lastly Christmas holidays from around December 21 to the first week in January.

## INSURANCE

A travel-insurance policy to cover theft, loss and medical problems is essential. There is a wide variety of policies, and your travel agent will have recommendations, but if you're planning to travel to remote areas it's wise to take a policy that will facilitate a speedy evacuation in the event of a medical emergency.

Theft is a potential problem in Indonesia (see p851), so make sure that your policy covers expensive items adequately. Many policies have restrictions on laptop computers and expensive camera gear, and refunds are often for depreciated value, not replacement value.

For information on health insurance, see p879 and for details on car insurance see p876.

## INTERNET ACCESS

Internet cafés continue to sprout up across Indonesia, especially in tourist areas and sizable towns. Rates and server speeds vary: expect to pay between 6000Rp and 15,000Rp per hour (more in hotel business centres), and don't be in a hurry. Rural areas are yet to be connected.

In the more developed areas of Bali and Java you may be able to connect your laptop to a phone line if staying in a top-end hotel. Even better is the gradual spread of wireless connection capabilities, which are cropping up in places as far flung as Central Kalimantan. This is useful only if you have your own laptop and it has wireless internet capabilities.

## LEGAL MATTERS

Drugs, gambling and pornography are illegal, and it is an offence to engage in paid work or stay in the country for more than 30 days on a tourist visa. Being caught with drugs will result in jail and quite probably

a harsh prison sentence (see p850). Generally, you are otherwise unlikely to have any encounters with the police unless you commit a traffic infringement.

Despite claims of reform, corruption is still widespread. Police stop motorists on minor or dubious traffic infringements in the hope of obtaining bribes. Usually there'll be talk about a trip to the police station and lengthy delays, if not court appearances. Don't become impatient or aggressive, or demand your rights. Sit through the lecture and don't offer a bribe – the police may let you off on a warning or will broach the subject after the lecture. If it looks like you will have to go to a station, play the worried tourist and ask if it is possible to pay the fine on the spot. For minor traffic infringements, 50,000Rp is usually plenty, but Balinese police may want more.

In the case of an accident involving serious injury or death, the best advice is to drive straight to the nearest police station, unless you are in an isolated area and can offer assistance. If you hit someone in a village, an angry mob will soon gather. The police may detain you but they will sort it out and you will be safe.

Tourists are unlikely to come across any other problems with officialdom or requests to pay bribes. If you need to report a crime, head to a police station in respectable dress with an Indonesian friend or interpreter in tow. If you find yourself in real trouble with the law contact your embassy or consulate immediately. They will not be able to arrange bail but will be able to provide you with an interpreter and may even be able to suggest legal council.

## MAPS

Locally produced maps are often inaccurate. Periplus produces excellent maps of most of the archipelago and includes maps of the major cities. The Nelles Verlag map series covers Indonesia in a number of separate sheets, and they're usually very reliable. Both series are available in Indonesia and overseas.

The Directorate General of Tourism publishes a free, useful information booklet, the *Indonesia Tourist Map*, which includes maps of Java, Bali, Sumatra and Sulawesi, and a good overall map of Indonesia. Maps of major Javanese, Sumatran and Balinese

cities are easy enough to come by – ask at a tourist office or try bookshops, airports and major hotels. Elsewhere in Indonesia, maps can be hard to find.

Hikers will have little chance of finding accurate maps of remote areas. It's far more useful (and wise) to employ the services of a local guide, who will be able to navigate seemingly uncharted territory.

## MONEY

The unit of currency used in Indonesia is the rupiah (Rp). Denominations of 25, 50, 100 and 500 rupiah are in circulation in both the old silver-coloured coins and the newer bronze-coloured coins. A 1000Rp coin is also minted but rarely seen, and the 25Rp coin has almost vanished. Notes come in 500, 1000, 5000, 10,000, 20,000, 50,000 and 100,000 rupiah denominations.

See this book's inside front cover for exchange rates and p22 for more information about general costs in Indonesia.

There are plenty of options for exchanging money in Indonesia, and it's wise to use all of them: carry some plastic, travellers cheques and some cash.

## ATMS

ATMs are increasingly common throughout Indonesia and most now accept Visa, Mastercard, Maestro and Cirrus. Confirm with your bank at home to ensure you can use ATM facilities in Indonesia, and also ask what charges apply.

ATMs in Indonesia have a maximum limit for withdrawals, sometimes it is 2,000,000Rp, but can be as low as 400,000Rp, which is not much in foreign currency terms. Problems can occur if your bank has a minimum withdrawal limit that is higher than the ATM's maximum. In this case your transaction will be refused.

These days, most large towns have banks with ATMs, but as they often experience downtime it's good to keep your options open.

## Cash & Travellers Cheques

The US dollar and, to a lesser degree, the euro, are the most widely accepted foreign currencies in Indonesia. Australian, British and Japanese currencies are exchangeable in the most touristed areas of Bali and Java. American Express (Amex) are the

most widely accepted travellers cheques. When heading for really remote places, carry stacks of rupiah, as foreign exchange may be limited to US dollars only or simply impossible. Emergency cash in the money belt is a wise stash for Maluku and Papua, where credit cards are rarely accepted anywhere and ATMs are fewer and farther between. Have a mix of notes – breaking even a 20,000Rp note in a warung can be a major hassle out in the villages.

### Credit Cards

If you have a credit card, don't leave home without it. If you are travelling on a low budget, credit cards are of limited use for day-to-day travel expenses, as it is only the expensive hotels, restaurants and shops that accept them (and they're virtually useless in places like Papua and Maluku). However, they are very useful for major purchases like airline tickets (though smaller offices in the backblocks may not accept them).

MasterCard and Visa are the most widely accepted credit cards. Amex is a distant third. Cash can be obtained at Amex agents, usually PT Pacto, in major cities only.

Credit cards can be a convenient way to access money, especially if you always keep your account in the black. Cash advances on Visa and MasterCard can be obtained over the counter at many banks (as well as from ATMs), though some charge transaction fees of around 5000Rp – always ask first.

Cash advances are readily obtainable in the main cities, and many regional towns have banks that accept credit cards, but don't rely on them solely. In more remote areas, you're asking for trouble if all you have is a credit card.

Banks often charge transaction fees for the use of credit cards overseas, often much higher than the 1% commission charged on travellers cheques; check this with your bank.

### Moneychangers

Moneychangers and banks can be very particular about the condition of cash: torn or marked notes are often refused, as are notes more than five years old. Outside the main cities in Java and Bali, exchanging currencies other than US dollars will require more legwork – first to find a bank that will ac-

cept them and second to find one that gives a good rate.

Rates vary, so it pays to shop around. The best rates of exchange are found in Jakarta and Bali. Touristy places have lots of moneychangers as well as banks; banks usually have better exchange rates, though moneychangers may offer the best rates for cash. When changing cash, bigger notes are better – a US\$100 note will attract a better exchange rate than a US\$20 note.

Moneychangers in Bali offer some of the best rates in Indonesia if you don't get short-changed or charged commission. Signboard rates are often a fabrication, and after signing your travellers cheque you may find that a 10% (or higher) commission applies. Be sure to double-check the conversion rate and be aware that some dubious operators even rig their calculators.

Always count your rupiah before you hand over your travellers cheques or foreign currency. Several readers' letters have warned of being short-changed through sleight of hand, particularly in Kuta. A way to avoid this is to count the rupiah in front of the moneychanger. When you are satisfied you have received the correct amount, hand over your currency or travellers cheques. If there are any problems during the transaction, leave with your cash and try another moneychanger.

While the chances of getting short-changed at a bank are perhaps 50 to one, at a Kuta moneychanger the odds are more like 50-50. Moneychangers elsewhere are much less of a problem, but offer lower rates.

### PHOTOGRAPHY & VIDEO

Film is cheap and Indonesia is an incredibly photogenic country, so you can easily whip through large quantities of film. Colour print film is preferred; slide film and B&W film are not as readily available. In Jakarta and Bali you can usually find most types of film and video tape. Fuji is by far the most widely available brand for prints and slides.

Developing and printing is cheap. Colour film costs around 35,000Rp for a roll of 36 and slide costs extra, depending on the brand and make. Slide film can be developed in two or three days, and colour print film can be done the same day through photo-

graphic shops in major towns all across the archipelago. Try a shop out with one roll before you commit all your holiday snaps. The quality is variable but often good.

Digital cameras are fast replacing film, and facilities for users are following suit. Like anything, it's easiest in Jakarta and Bali to transfer digital images onto a CD. Elsewhere facilities are restricted to large cities. The costs varies wildly.

Indonesia and Indonesians can be very photogenic, but whatever you do, photograph with discretion and manners. It's always polite to ask first, and if the person says no, don't take the photo. A gesture, a smile and a nod are all that is usually necessary. Few subjects expect payment but all will appreciate a copy of the photo or at least a glimpse of its digital form.

Lonely Planet's *Travel Photography* offers helpful tips for capturing the visual splendour of Indonesia on film.

### POST

Poste restante is reasonably efficient in Indonesia. Expected mail always seems to arrive at its destination – eventually. Have your letters addressed to you with your surname in underlined capitals, but check for your mail under both your first and family names.

Mail delivered to Australia or the USA usually takes around 10 to 15 days; to Europe it takes up to three weeks. A postcard/letter to the USA costs 5000/10,000Rp; to Australia 7500/15,000Rp; and to the UK

8000/18,000Rp. For anything over 20g, the charge is based on weight. Sending large parcels can be quite expensive. Those weighing a maximum of 7kg can be sent by air-mail, or by cheaper sea mail for parcels up to 10kg.

### SHOPPING

Indonesia is a great place to buy arts and crafts. The range is amazing and the prices cheap.

Souvenir vendors positively swarm around heavily toured places. Off the beaten track, shopping is more relaxed. If you're an art collector, you'll find plenty of chances to stock up on unusual items. Wood carvings are on sale everywhere. Batik and ikat (a form of dyed woven cloth; see p70) attract a steady stream of foreign art enthusiasts. Good pottery is available, mostly on Lombok and in Java. See p72 for an overview.

Bali is a shoppers' paradise, with crafts from all over Indonesia. Jl Legian in Kuta (p286) has kilometres of shops selling crafts, antiques, clothes, shoes etc. Sanur, Ubud and other tourist centres are also worthwhile. Yogyakarta (p183) is the best place to shop in Java, where you can purchase hand-crafted batik, silver, puppets and leatherwork. In Sulawesi, silk from Sengkang is some of the finest in Indonesia and can be found alongside Chinese pottery and Makassar brass work in Makassar (see p678).

*Songket*, which is silk cloth woven with gold or silver (see p71), is painstakingly

### BIZARRE GIFTS FOR AUNTIE

Looking to shock the socks off those removed family members? Indonesia has a couple of quirky curios up its sleeve to satiate daring consumers.

Papua is the leader in this field by way of the penis gourd. Traditionally used by indigenous men in the province's highlands, they are attached to the testicles by a small loop of fibre. Sizes, shapes and colours vary across cultural groups but you can pick one up for around 50,000Rp. This may be a better gift for auntie's new boyfriend and it's bound to add some spice to family reunions. Less risqué gifts from Papua include cassowary-feather head wreaths and bark paintings.

If you actually want to deter annoying family members from reunions then Kalimantan has just the ticket. Once the Dayak weapon of choice for headhunting, the *mandau* is an indigenous machete still slung from the hips of most men in the Kalimantan interior. Today's blades are far plainer and reserved for more domestic purposes, but you can purchase traditional pieces with exquisitely carved wooden handles and bark sheaths. One will set you back around 100,000Rp to 250,000Rp and customs may have a few issues with it, but finding a prominent place to display it at home is worth the effort. Another variety of blade is the kris (see p73), found mainly in Java and Bali.

made into ceremonial sarongs in parts of Sumatra and exquisite examples are up for grabs in Palembang (p474).

Elsewhere in Indonesia you tend to see only locally produced crafts, but of course the price for those items will be much cheaper than in the tourist shops of Bali or Jakarta.

Gastronomes can take some tasty packaged wares home and supermarket chains such as Hero and smaller general stores are well stocked. Look for things that will remind you of your trip such as *sambal* (chilli sauce), *kecap manis* (sweet soy sauce; ABC is a popular brand), sachets of *jamu* (herbal medicine), ready-to-fry *kerupuk* (crackers) and strange-flavoured lollies (candy) such as durian or *asam* (tamarind). A popular treat from the Banda Islands in Maluku is dried nutmeg fruit (see the boxed text, p749). If you can lift it, a *cobek* and *ulek-ulek* (mortar and pestle) is needed for making your own *sambal*. Coconut-shell ladles and handmade wire strainers are other good options. Although big, a rice pot with a built-in colander is another culinary souvenir.

Many foreigners get addicted to Indonesian coffee, which is superb. Both ground coffee and beans can be bought in supermarkets, but the best coffee is bought fresh in markets. Indonesian tea – black, jasmine or green, loose leaf or in bags – is another popular product. And perhaps you'll want to pick up some tea lids to keep your brew warm.

Bali produces a fair amount of alcohol, including rice wine and grape wine, both of which can be found at Denpasar airport as well as local stores.

### Bargaining

Many everyday purchases in Indonesia require bargaining. This applies particularly to handicrafts, artwork and any tourist items, but can also apply to almost anything you buy. As a general rule, if prices are displayed, prices are fixed; if not, bargaining may be possible. The exception is tourist shops, especially those selling artwork, where price tags are often absurdly inflated for the unwary – hard bargaining is always required.

When bargaining, it's usually best to ask the seller their price rather than make an initial offer. As a rule of thumb, your starting

price could be anything from a third to two-thirds of the asking price – assuming that the asking price is not completely crazy, which it can be in tourist areas. Then with offer and counter-offer you move closer to an acceptable price.

A few rules apply to good bargaining. First of all, it's not a question of life or death, where every rupiah you chisel away makes a difference. Don't pass up something that you really want and that's expensive or unobtainable at home because the seller won't come down a few hundred rupiah. Secondly, when your offer is accepted you have to buy it – don't then change your mind and decide you don't want it after all. Thirdly, while bargaining may seem to have a competitive element to it, try to apply it mostly to shopping. It's a mean victory knocking a poor *becak* (bicycle-rickshaw) driver down from 4000Rp to 3500Rp for a ride.

Don't get hassled by bargaining and don't go around feeling that you're being ripped off all the time – too many travellers do. It is very easy to become obsessed with getting the 'local' price. Even locals don't always get the local price. In Indonesia, if you are rich it is expected that you pay more, and all Westerners are rich when compared to the grinding poverty of most Indonesians.

### SOLO TRAVELLERS

Solo travellers will receive little attention in Bali and the more heavily populated areas of Java. Outside of these places however, people are simply curious and a single traveller sporting a backpack will always attract wide eyes and 'hello misters'. The more remote the area the greater the focus. Maluku, Papua, Sumatra and Kalimantan encompass vast areas that are virtually un-touristed. Be prepared for celebrity status. It's generally harmless and a warm smile will surpass the language barrier and elicit the same in return.

Women travelling on their own in these areas may feel less like a celebrity and more like an enigma. For most rural people, the concept of a woman travelling unaccompanied for no reason other than to travel is somewhat unfathomable. Even if you explain that your husband (real or imagined) is at home/in the next town/on the bus in the next street, it still doesn't explain why you aren't at home rearing children. In Su-

matra in particular men are bold and the attention can become more than unwelcome. The best thing to do is simply ignore it and employ common sense. If you've attracted undue attention in daylight don't head out for a beer at night. Be aware of your own personal security. Remote beaches in Papua and Maluku aren't the best places to unwind unless you have a companion in tow. If you're planning a trek into seldom visited territory take the time to research a genuine and reliable guide. See p863 for more information.

### TELEPHONE

Telkom, the government-run telecommunications company, has offices (*kantor Telkom*) in many cities and towns. They are usually open 24 hours, and offer telephone and often fax services. These are the cheapest places to make international and long-distance (*inter-lokal*) phone calls, and they often have Home Country Direct phones or allow collect calls.

Telecommunications agencies in Indonesia, either Telkom or privately run, are called *wartel*, *warpotel* or *warpapotel* and offer the same services. They are often more convenient than Telkom offices, but may be marginally more expensive and usually don't offer a collect-call service.

Domestic calls are charged according to a system of zones – the cost jumps dramatically if phoning other provinces. If making a long-distance phone call inside Indonesia dial the area code (listed beneath town headings in this book) and then the number you want to reach.

### Mobile Phones

Indonesia has a number of GSM (global) networks, including Telkomsel, Satelindo, Excelcomindo, Indosat, Lippo Telecom and Telkomobile. All have wide coverage in Java, Bali and the main regional centres. Telkomsel and Excelcomindo have the most extensive networks.

If your phone company offers international roaming for Indonesia, you can use your 'handphone' (as it's called in Indonesia) and home SIM card while there. Mobile calls are cheap in Indonesia, but check the roaming rates charged by your company. Some charge many times higher than Indonesian companies.

Indonesian telephone companies sell SIM cards that you can plug into your phone. This is usually cheaper, especially if you will be making a lot of local calls, and it will give you a local number. Telkomsel's simPATI cards are readily available in the big cities (many Fuji photo shops stock them).

### Phone Codes

The country code for Indonesia is ☎62. When calling Indonesia from another country dial ☎62, then the area code (minus the zero), then the number you want to reach.

To call another country direct from Indonesia dial ☎001, then the country code, the area code (minus the initial zero if it has one) and the number you want to reach. All top-end and many midrange hotels offer International Direct Dialling (IDD) on room phones, but their surcharges can be hefty. Calls from a *wartel* are cheaper.

### Phonecards

Most public phones in Indonesia use phonecards. The more common ones use the regular *kartu telepon* (phonecard) with a magnetic strip. The newer ones 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*.

### TIME

There are three time zones in Indonesia. Java, Sumatra, and West and Central Kalimantan are on Western Indonesian Time, which is seven hours ahead of GMT/UTC (Greenwich Mean Time/Universal Time Coordinated). Bali, Nusa Tenggara, South and East Kalimantan, and Sulawesi are on Central Indonesian Time, which is eight hours ahead of GMT/UTC. Papua and Maluku are on Eastern Indonesian Time, nine hours ahead of GMT/UTC. In a country straddling the equator, there is of course no daylight-saving time.

Allowing for variations due to daylight saving, when it is noon in Jakarta it is 9pm the previous day in San Francisco or Los Angeles, midnight in New York, 5am in London, 1pm in Singapore and Makassar,

2pm in Jayapura and 3pm in Melbourne or Sydney.

Strung out along the equator, Indonesia has days and nights that are approximately equal in length, and sunrises and sunsets occur very rapidly with almost no twilight. Sunrise is around 5.30am to 6am and sunset is around 5.30pm to 6pm, varying slightly depending on distance from the equator.

## TOILETS & MANDIS

One thing you'll have to learn to deal with is the Indonesian bathroom, which features a large water tank and a plastic scooper. *Kamar mandi* means bathroom and *mandi* means to bathe or wash.

Climbing into the tank is very bad form indeed – it's your water supply and it's also the supply for every other guest that comes after you, so the idea is to keep the water clean. What you're supposed to do is scoop water out of the tank and pour it over yourself. Most of the tourist hotels have showers, and the more expensive ones have hot water and bathtubs.

Indonesian toilets are basically holes in the ground with footrests on either side, although Western-style toilets are becoming more common. To flush the toilet, reach for that plastic scooper, take water from the tank and flush it away.

As for toilet paper, it is seldom supplied in public places, though you can easily buy your own. Indonesians rarely use the stuff and the method is to use the left hand and copious quantities of water – again, keep that scooper handy. Some Westerners easily adapt to this method, but many do not. If you need to use toilet paper, see if there is a wastebasket next to the toilet (that's where the paper should go, not down the toilet). If you plug up a hotel's plumbing with toilet paper, the management is going to get angry.

*Kamar kecil* is Bahasa Indonesia for toilet, but people usually understand 'way-say' (WC). *Wanita* means women and *pria* means men.

## TOURIST INFORMATION

Indonesia's national tourist organisation, the **Directorate General of Tourism** (☎ 021-3838000; www.tourismindonesia.com, www.budpar.go.id; Jl Merdeka Barat 16-19, Jakarta), maintains a head office in Jakarta as well as offices in each

province. They produce some literature but are generally not the place to have specific queries answered.

The usefulness of tourist offices varies greatly from place to place. Offices in tourist meccas such as Bali or Yogyakarta provide good maps and information, while offices in the less visited areas may have nothing to offer at all. They'll always try to help, but many offices are a long way out of town and staffed by career bureaucrats with little interest in or idea of tourism, and unfortunately many don't speak English.

## VISAS

The following information was correct at the time of writing, but Indonesian visa requirements are prone to wild fluctuations so you need to contact the Indonesian embassy in your home country before you plan your trip.

### Study & Work Visas

You can arrange visas for study, short-term research, visiting family and similar purposes if you have a sponsor, such as an educational institution. These social/cultural (*sosial/budaya*) visas must be applied for at an Indonesian embassy or consulate overseas. Normally valid for three months on arrival, they can be extended every month after that for up to six months without leaving the country. Fees apply.

People wishing to study and work in Indonesia must apply directly to the Central Immigration Office in Jakarta (p102) for a Limited-Stay Visa (Kartu Izin Tinggal Terbatas, or *KITAS*). If you're planning to work in Indonesia get your employer to organise your visa – it's a long and complicated process. Local embassies cannot issue these visas unless, and until, special authorisation is given by the Immigration Office in Indonesia. In the first instance though, call your nearest embassy for the most direct avenue. Those granted limited stay are issued a *KITAS* card, often referred to as the *KIMS* card.

The 30-day tourist visa supposedly also covers business travel where the holder is not employed in Indonesia. Visits for conventions or exhibitions are not a problem, but you may be asked a lot of questions if you put 'business' as a reason for travel on your disembarkation card. Inquire at an Indonesian embassy before departure.

## Tourist Visas

Depending on your nationality you may be able to obtain a visa on arrival (VOA) at recognised entry points in Indonesia, which are specific air or sea ports. These include ferries ports to/from Sumatra: Penang–Medan, Penang–Belawan, Melaka–Dumai and Singapore–Batam/Bintan. See the Sumatra chapter (p379) for more information. VOAs are not available at land border crossings. There are two types of VOA; a seven-day (US\$10) and a 30-day (US\$25). Both visas are nonextendable. If you plan to spend longer than 30 days in the country you need to apply for a 60-day visa (US\$35) before your departure.

At the time of writing, citizens of 34 countries were eligible for a VOA, including those from the USA, Australia, Canada, Denmark, France, the Netherlands, Germany, Italy, Japan, New Zealand, South Korea, Taiwan, the UK, Ireland and Switzerland. Full lists can be acquired from Indonesian embassies.

If you are not eligible for a VOA, or if you are arriving at a non-approved port, you need to apply for a visa in advance. These can be 30-day or 60-day and the costs vary from country to country (because they are charged in local currency), so again you need to seek accurate information from your nearest embassy. The main crossings that require a visa to be issued in advance include the road crossing at Entikong between Kalimantan and Sarawak (eastern Malaysia), between Tarakan (Kalimantan) and Tawau (Sabah, Malaysia), and between Jayapura (Papua) and Vanimo (Papua New Guinea). See the Travelling Between Papua & PNG (p799), Kalimantan Un-Visa Run (p608) and East Timor Visa Run (p578) boxed texts for more information.

You may be able to skip all the above if your nationality falls under the visa-free category. For visits of up to 30 days, visas are not required for citizens of these countries: Brunei Darussalam, Chile, Hong Kong SAR, Macao SAR, Malaysia, Morocco, Peru, the Philippines, Singapore, Thailand and Vietnam.

Officially, you must have a ticket out of the country when you arrive. The best answer to the ticket-out requirement is to buy a return ticket to Indonesia or to include Indonesia as a leg on a through

ticket. Medan–Penang and Singapore–Jakarta tickets are cheap, popular options for satisfying this requirement. Although immigration officials often won't even ask to see an onward ticket, if you don't have one you may be forced to buy one on the spot. Jakarta has the worst reputation in this regard, whereas the busy tourist ports of Bali and Batam (Sumatra) cater to short-stay package trips, so you're unlikely to be troubled.

In addition to (sometimes in lieu of) an onward ticket, you may be asked to show evidence of sufficient funds. The magic number is US\$1000. Travellers cheques are best to flash at immigration officials; credit cards sometimes work but are not guaranteed. The immigration officials in Kupang (West Timor) like to see cash, and some have been known to try to extract some of it.

## Travel Permits

Technically, if you're heading to Aceh, Papua or parts of Maluku, you should obtain a special permit from the Indonesian Immigration Office. It rarely translates to necessity though, but checking with your nearest Indonesian embassy before you go is wise.

## Visa Extensions

Tourist visas are not extendible and it is illegal to remain in the country if your visa has expired. Do not simply show up at the airport with an expired visa and expect to be able to board your flight. You may be sent back to the local immigration office to clear up the matter.

If you're already in Indonesia and you want to extend your stay you will need to leave the country and apply for another visa. Embassies where you can do this are limited. The Honorary Consul in Kuching, Malaysia, was not issuing visas at the time of writing (except for residents of Sarawak). If you were planning to cross the border from Kalimantan for this sole purpose it's best to call in advance to see if this has changed. Visas can be obtained from the Indonesian embassy in Singapore.

## WOMEN TRAVELLERS

Plenty of Western women travel in Indonesia either solo or in pairs, and most seem to travel through the country without major



problems. However, women travelling solo will receive extra attention, and some of it will be unwanted. To avoid this, some women invent a boyfriend or, even better, a husband, who they are 'meeting soon'. A wedding ring can also be a good idea, while a photo of you and your 'partner' also works well. Sunglasses and a hat are a good way to avoid eye contact and to stop you feeling so exposed.

While Indonesian men are generally very courteous, there is a macho element that indulges in puerile behaviour – horn honking, lewd comments etc. Ignore them totally, as Indonesian women do; they are unsavoury but generally harmless. There are some things you can do to minimise harassment – the most important is dressing appropriately. Dressing modestly won't stop the attention but it will lessen its severity. In fundamentalist regions such as Aceh in northern Sumatra, it is essential that women cover up as much as possible (including the arms, although a loose-fitting T-shirt which covers the tops of your arms will do). Walk around in shorts and a singlet and you'll be touched, grabbed and leered at by men in the street; cover up and they'll just call out as you walk past.

## WORK

A work permit is required to work in Indonesia (see p862). These are very difficult to procure and should be arranged by your employer.

Official government policy is to hire Indonesians wherever possible. In the past, travellers had been able to pick up work as English teachers, for around 50,000Rp

to 60,000Rp per hour, which used to be reasonable money but now hardly seems worth it. Apart from expatriates employed by foreign companies, most foreigners working in Indonesia are involved in the export business.

There are excellent opportunities for aspiring volunteers in Indonesia. The tragedy of the 2004 tsunami has left a legacy of need in many areas, particularly Aceh. See p419 for specifics.

The following agencies are also useful for long-term paid or volunteer work:

**Australian Volunteers International** (☎ 03-9279 1788; www.ovol.org.au) Places qualified Australian residents on one- to two-year contracts.

**Earthwatch** (☎ 1-800-776 0188; www.earthwatch.org) Headquartered in the US; Places paying volunteers in short-term environmental projects around the globe.

**Global Volunteers** (☎ 800-487 1074; www.globalvolunteers.org; 375 East Little Canada Rd, St Paul, MN 55117-1627 USA) Coordinates teams of volunteers on short-term humanitarian and economic development projects.

**Indonesian Forum for the Environment** (Walhi/ Friends of the Earth Indonesia; ☎ 021-791 9363, 021-794 1672; www.eng.walhi.or.id) Leading forum of nongovernment and community-based groups in Indonesia. Provides volunteer opportunities with grassroots groups.

**United Nations Volunteers** (☎ 228-815 2000; www.unv.org; Postfach 260 111 D-53153 Bonn, Germany) Places volunteers with qualifications and experience in a range of fields.

**Volunteer Service Abroad** (☎ 04-472 5759; www.vsa.org.nz) Organises professional contracts for New Zealanders.

**Voluntary Service Overseas (VSO)** Canada (☎ 1-888 876 2911; www.vsocanada.org); Netherlands (☎ 030 23 20 620; www.vso.nl); UK (☎ 020-8780 7200; www.vso.org.uk) Places qualified and experienced volunteers for up to two years.

# Transport

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### 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.

## GETTING THERE & AWAY

### ENTERING THE COUNTRY

Entering Indonesia by air is relatively simple and straightforward, particularly if you're eligible for a VOA (visa on arrival); see p862 for important information regarding all visas. Numerous sea ports are similarly easy, and if you're arriving by land you'll have no problems as long as you have a valid visa.

### Passport

Check your passport expiry date. Indonesia requires that your passport be valid for six months following your date of arrival. Before passing through immigration you will fill out a disembarkation card, half of which you must keep to give to immigration when you leave the country.

At the time of writing, nationals and passport holders of Israel were not permitted to enter the country unless special authorisation had been granted from the Immigration Office in Indonesia. See p862 for information on visas.

### AIR

Indonesia is well connected to the rest of the world by numerous international airlines. Flights from neighbouring countries also stop in several Indonesian cities. Singapore has some of the cheapest flights to Indonesia so it may be cheaper to fly there and then enter Indonesia by air or ship. From Penang in Malaysia, you can take a short flight or ferry to Medan in Sumatra.

### Airports & Airlines

The principal gateways for entry to Indonesia are Jakarta's **Soekarno-Hatta international airport** (☎ 021 550 5179; ap2\_cgk@angkasapura2.co.id), which sits 35km west of the city centre, and Bali's smaller **Ngurah Rai international airport** (☎ 0361-751011; www.angkasapura1.co.id/eng/location/bali.htm; Jl Raya, Denpasar), which is about 15km south of Denpasar.

Indonesia's national airline, **Garuda** (Garuda Indonesia; ☎ 021-23519999 www.garuda-indonesia.com) flies to various destinations throughout the world.

### AIRLINES FLYING TO & FROM INDONESIA

Airlines servicing Indonesia:

**Air Asia** (airline code AK; ☎ 0361-760116, 0804 1 333333; www.airasia.com)

**Air France** (airline code AF; ☎ 020-6545720; www.airfrance.com)

**Cathay Pacific Airways** (airline code CX; ☎ 021-5151747; www.cathaypacific.com)

**China Airlines** (airline code CI; ☎ 021-2510788; www.chinaairlines.com)

**China Southern Airlines** (airline code CZ; ☎ 0211-5202980; www.cs-air.com/en)

**Continental Airlines** (airline code CO; ☎ 021-334417; www.continental.com)

**Eva Air** (airline code BR; ☎ 021-5205363; www.evaair.com)

**Japan Airlines** (airline code JL; ☎ 021-5723211; www.jal.co.jp/en/)

**KLM** (Royal Dutch Airlines; airline code KL; ☎ 021-2526740; www.klm.com)

**Korean Air** (airline code KE; ☎ 021-5212180; www.koreanair.com)

**Lufthansa** (airline code LH; ☎ 021-5702005; www.lufthansa.com)

**Malaysia Airlines** (airline code MH; ☎ 021-5229690; www.mas.com.my)

**Philippine Airlines** (airline code PR; ☎ 021-5268668; www.philippineairlines.com)

**Qantas Airways** (airline code QF; ☎ 021-2300277; www.qantas.com.au)

**Silk Air** (airline code MI; ☎ 0542730800; www.silkair.com)

**Singapore Airlines** (airline code SQ; ☎ 021-57903747; www.singaporeair.com)

**Thai Airways International** (airline code TG; ☎ 021-2302552; www.thaiair.com)

## Tickets

With a bit of research – ringing around travel agents, checking internet sites, perusing the travel ads in newspapers – you can often get yourself a good travel deal. Generally, there is nothing to be gained by buying a ticket direct from the airline, unless it's via the internet. Many airlines, full-service and no-frills, offer some excellent fares to web surfers. They may sell seats by auction or simply cut prices to reflect the reduced cost of electronic selling.

Generally the cheapest deals for simple one-way and return flights can be found on online travel sites. These booking agencies are best if your dates are fixed and you are unlikely to need any changes. They are, however, no substitute for a travel agent who knows all about special deals, has strategies for avoiding stopovers, can change your dates and times quickly and easily and can offer advice on everything from which airline has the best vegetarian food to the best travel insurance to bundle with your ticket.

Full-time students and people under 26 years (under 30 in some countries) have access to better deals than other travellers.

You have to show a document proving your date of birth or a valid International Student Identity Card (ISIC) when buying your ticket.

Reputable online booking agencies:

**Airline Consolidator** (www.airlineconsolidator.com)

**Cheap Flights** (www.cheapflights.com) Informative, US-based site.

**Cheap Seats** (www.cheapseats.com)

**Cheapest Flights** (www.cheapestflights.co.uk) Cheap worldwide flights from the UK.

**Ebookers** (www.ebookers.com) Europe and UK-based sites

**Expedia** (www.expedia.msn.com) Good for flights from the US, Canada, the UK or Europe.

**Hotwire** (www.hotwire.com) Good site for US and Canadian departures.

**Kilroy Travel** (www.kilroytravels.com) Specialising in departures from the Netherlands and Nordic countries.

**Opodo** (www.opodo.com) Reliable company specialising in fares from Europe.

**Orbitz** (www.orbitz.com) Excellent site for web-only fares.

**Priceline** (www.priceline.com) Online fares from the US and Canada.

**SideStep** (www.sidestep.com) Compares a huge range of fares.

**STA** (www.statravel.com) Prominent in international student travel, but you don't have to be a student; site linked to worldwide STA sites.

**Travel.com** (www.travel.com) US-based site but with global variations.

**Travelocity** (www.travelocity.com) US site that allows you to search fares to/from anywhere.

**Trip Advisor** (www.tripadvisor.com) US-based.

**Zuji** (www.zuji.com) Excellent site for departures from Australasia and the Pacific.

## INTERCONTINENTAL (RTW) TICKETS

Indonesia is a popular stopover on many round-the-world tickets (RTW), which usually include a combination of airlines and permit you to fly anywhere you want on their route systems so long as you do not backtrack. Most tickets are valid for

### DEPARTURE TAX

Airport tax on international flights departing from Jakarta and Denpasar is 100,000Rp. At other airports the charge on international flights is 75,000Rp.

For residents of Indonesia, including foreigners on KITAS (one-year temporary stay/work) visas, a *fiskal* tax of 1,000,000Rp is payable when leaving the country.

up to one year. Many of the following sites enable you to build your own round-the-world trip from departure points around the world:

**Airbrokers** (www.airbrokers.com)

**Just Fares.com** (www.justfares.com) US company.

**Roundtheworld.com** (www.roundtheworldflights.com)

**Travellers Point** (www.travellerspoint.com)

**Usit** (www.usit.ie) Irish company.

**Western Air** (www.westernair.co.uk) UK company.

## Asia

The most popular flight points from Asia to Indonesia include Penang and Kuala Lumpur (Malaysia) to Medan in Sumatra, and Singapore to Jakarta, Denpasar and Balikpapan.

Rough one-way fare estimates including tax are Singapore to Bali US\$160, to Jakarta US\$116; and Kuala Lumpur to Medan or Penang \$180.

Asian-based travel agents:

**Jetabout Holidays** (☎ 65-6734 1818; www.jetabout.com.sg) In Singapore.

**STA Travel** Kuala Lumpur (☎ 603-2148 9800; www.statravel.com.my); Singapore (☎ 65-6773 9188; www.statravel.com.sg)

## Australia

There are several flights a week from Sydney, plus less frequent services from Melbourne and Perth, to both Bali and Jakarta; Darwin and Brisbane flights go only to Bali. Garuda and Qantas are the main carriers, but Malaysia Airlines also operates competitive flights. It costs around A\$900 for a return fare, including taxes, from Sydney to Bali or Jakarta, and from Melbourne to Bali.

The highest demand for flights is during school holidays, especially the Christmas break – book well in advance.

Travel agents are the best places to shop for cheap tickets, but because Bali is such a popular destination, flight discounting is minimal and most agents prefer to sell package holidays. Packages including return airfare with five to 10 days accommodation can cost little more than the price of an airfare alone.

Well-known agencies:

**DWI Tour Australia** (☎ 02-9211 3383; dwitour@bigpond.com)

**Flight Centre** (☎ 131600; www.flightcentre.com.au) Specialists for Bali and Indonesian travel.

**San Michel Travel** (☎ 1800 22 22 44; www.asiatravel.com.au) Southeast Asia specialists.

**STA Travel** (☎ 1300 360 960; www.statravel.com.au)

## Canada

From Canada you'll probably have to fly via Hong Kong or Singapore, or via Europe from the east coast. Return fares including tax from either Vancouver or Toronto to Jakarta or Bali are around C\$1500. Canadian discount air-ticket sellers are also known as consolidators and their airfares tend to be about 10% higher than those sold in the USA.

Useful agencies:

**Pacesetter Travel** (☎ 1800 387 8827, 604 687 3083; www.pacesettertravel.com)

**Travel Cuts** (☎ 1866-246 9762; www.travelcuts.com) Canada's national student travel agency, with offices in all major cities.

## Continental Europe

Generally there is not much variation in airfare prices between the main European cities. The major airlines and travel agents generally have a number of deals on offer, so shop around. Current return fares cost approximately €1250.

Useful agencies:

**Barcelo Viajes** (☎ 902 116 226; www.barcelo-viajes.es) In Spain.

**CTS Viaggi** (☎ 840-501 150; www.cts.it) Student & youth specialist company in Italy.

**NBBS Reizen** (☎ 0900-10 20 300; www.nbbs.nl) Long-standing agent in the Netherlands.

**Nouvelles Frontières** (☎ 0825 000 747; www.nouvelles-frontieres.fr)

**OTU Voyages** (☎ 0820 817 817, 0144 41 38 50; www.otu.fr) French network of student travel agencies; supplies discount tickets to travellers of all ages.

**STA Travel** (www.statravel.com) Offices throughout the region.

**Usit Campus** (☎ 01805-788 336; www.usitcampus.de) Offices in Germany.

**Voyageurs du Monde** (☎ 01 40 29 12 22; www.vdm.com) Based in France.

**Wereldcontact** (☎ 0343 530530; www.wereldcontact.nl) Dutch agency.

## New Zealand

There are no direct flights between Indonesia and New Zealand; however, Air New Zealand, Garuda and Qantas connect Auckland with Denpasar via Sydney, Melbourne or Brisbane. The return economy airfare, including tax, from Auckland to

Denpasar is approximately NZ\$1800, or NZ\$120 more to Jakarta. It's always a good idea to check out deals in the travel section of the *New Zealand Herald*.

Useful travel agents:

**Flight Centre** (☎ 0800 243 544; www.flightcentre.co.nz) Branches throughout the country.

**House of Travel** (☎ 0800 367 468; www.houseoftravel.co.nz) Nation-wide travel agency.

**STA Travel** (☎ 0508 782 872; www.statravel.co.nz)

## UK

There are no direct flights to Indonesia from the UK but there are plenty of airlines offering services via Europe, Asia and/or the Middle East. With so much competition, return fare prices to either Jakarta or Denpasar can get as low as £480, but are usually closer to £600 and have a six-month validity.

Discount air travel is big business in London. Advertisements for many agencies appear in the travel pages of weekend broadsheet newspapers, *Time Out*, the *Evening Standard* and the free magazine *TNT*.

There are plenty of travel agencies worth checking for fares:

**Apex Travel** (☎ 353 1 2418000; www.apextravel.ie) Irish company with cheap online fares and packages.

**Flight Centre** (☎ 0870 499 0040; www.flightcentre.co.uk)

**North South Travel** (☎ 01245 608291; www.northsouthtravel.co.uk) English company offering cheap flights; its profits are channelled into grassroots groups in the developing world.

**STA Travel** (☎ 0870 163 0026; www.statravel.co.uk) Has branches across the country.

**Traillfinders** (☎ 0845 058 5858; www.traillfinders.com) Highly reputable with offices in the UK and Ireland.

**Travel Bag** (☎ 0870 607 0620, 44 20 7136 2856; www.travelbag.co.uk) UK company with online sales as well as offices.

## USA

There are no direct flights from the USA, but there are plenty of options that involve a stopover in another Asian destination, such as Taiwan, Hong Kong, Singapore or Malaysia. If you are travelling from east coast USA, it's easier to travel via either Frankfurt or Amsterdam.

If you are also visiting other parts of Asia, some good deals can be organised (eg, there are cheap tickets between the US west coast and Singapore with stopovers in Bangkok for very little extra money).

Return airfares to Jakarta or Denpasar start from around US\$1100/1600 in the low/high season from the west coast, and around US\$1700/2000 from New York. Recent discounts have seen even lower prices and some real bargains, often via Taipei or Seoul.

San Francisco is the discount-ticket capital of America, although some good deals can be found in Los Angeles, New York and other big cities.

The *New York Times*, *LA Times*, *Chicago Tribune* and *San Francisco Examiner* all produce weekly travel sections in which you will find any number of travel agency ads.

**Airtreks** (☎ 1877 247 8735, 1-415-977 7100; www.airtreks.com) Phone and online bookings for flights, tours and packages.

**STA Travel** (☎ 1800 781 4040; www.statravel.com) Has offices in many major cities.

## LAND

### Border Crossings

There are three possible land crossings into Indonesia. In all instances you must have obtained a visa before you get to the border; see p862 for visa information.

Regular buses between Pontianak (Kalimantan) and Kuching (Sarawak, eastern Malaysia) pass through the border post at Entikong. They take around 10 hours and if travelling from Pontianak, stop at the border in the wee hours until it opens at 9am. You need to get off the bus and clear immigration on either side. See p614 for specifics.

The border crossing between West and East Timor at Motoain was open at the time of research; a visa is required when travelling from East to West Timor. See the boxed text on p578 for details.

The road from Jayapura or Sentani in Indonesia to Vanimo in Papua New Guinea can be crossed, depending on the current political situation. A visa is required if travelling into Indonesia; see the boxed text, p799.

## SEA

There is currently no sea travel between the Philippines and Indonesia.

## East Timor

In theory there are two boats a week between Dili in East Timor and Oecussi in West Timor, but they aren't set up for passengers.

## Malaysia

Regular and comfortable high-speed ferries run the two-hour journey between Melaka (Malaysia) and Dumai (Sumatra) for around 170,000Rp; see p459 for more information. Similar ferries travel between Penang (Malaysia) and Belawan (Sumatra), taking about five hours and costing from RM140. See p388 for specifics.

There are also boats from Pekanbaru (Sumatra) to Melaka, which cost from 215,000Rp and take around eight hours. See p458 for more information.

From Johor Bahru in southern Malaysia, daily ferries run to Pulau Bintan (see p466) in Sumatra's Riau Islands.

In Borneo there are speedboats every day except Sunday between Tawau in Sabah and Tarakan (150,000Rp) and Nunukan (250,000Rp), both in East Kalimantan. Unless you've got a hankering for small and dusty towns, it's best to bypass Nunukan and head directly to Tarakan.

## Papua New Guinea

Daily boats (weather permitting) run between Hamadi Port near Jayapura in Papua, to Vanimo in Papua New Guinea. It's also possible to charter a boat between Jayapura and Vanimo for around 350,000Rp per person. See the boxed text on p799 for more information. A visa is required if travelling into Indonesia.

## Singapore

There are frequent, 25-minute ferries between Pulau Batam in Sumatra's Riau Islands and Singapore (see p463). From Batam, speedboats travel through to Pekanbaru on the Sumatran mainland and Pelniships pass through Batam to and from Belawan (the port for Medan) and Jakarta.

Boats also travel between Pulau Bintan and Singapore (see p467). **Bintan Resort Ferries** (www.brf.com.sg) handles transport between Lagoi and Singapore, with tickets from S\$26.

## Yachts

It's still possible to hop on yachts around Southeast Asia, but luck is a major factor. Yacht owners frequently need crew members – you'll usually be required to contribute for food too. As for where to look – well, yacht clubs, and anywhere that yachts pass

through. People have recently sailed to Indonesia from as far afield as Perth and Hong Kong.

## TOURS

Tours will not run while there are security risks. Most tend to be of the standard packaged variety, but some focus on adventure and trekking in places such as Papua, Kalimantan and areas of Java. There are so many tours that it's impossible to list them here.

Prices vary according to the standard of the accommodation. Some try so hard to maximise luxury and minimise hassles that participants are hermetically isolated from the country. Small groups that provide some independence generally also provide a more worthwhile experience.

**Imaginative Traveller** (☎ 800-316 2717; www.imaginative-traveller.com) UK-based company emphasising sustainable, low-impact tourism.

**Intrepid Travel** (☎ 1300 360 887, 03-9473 2626; www.intrepidtravel.com.au) Australian-based company with similar focus.

# GETTING AROUND

## AIR Airlines in Indonesia

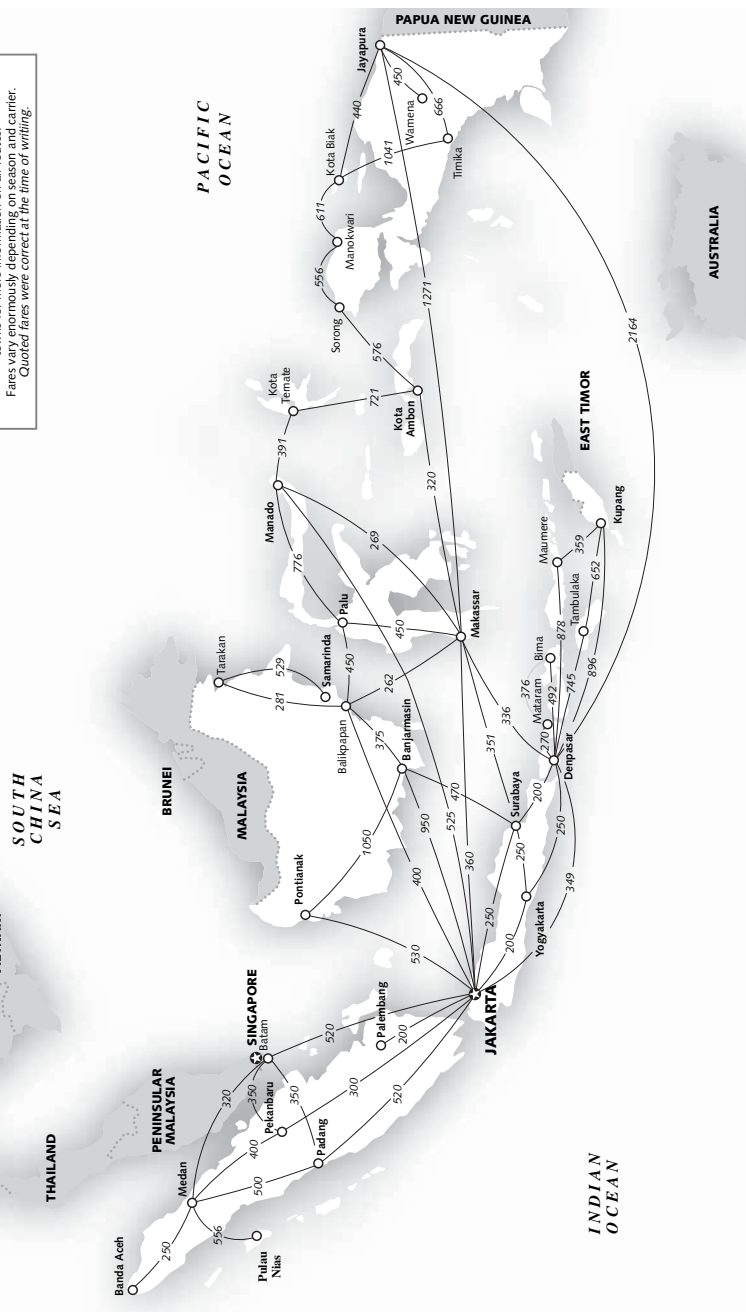
The domestic flight network in Indonesia continues to grow extensively; the schedules are in a constant state of flux and the fares are more competitive than they have ever been. Local carriers servicing small routes tend to operate small and dated aircraft, whereas flights heading to Jakarta, Denpasar or other major cities are usually on larger, newer craft. Prices quoted by airlines and agencies are rarely any different, however visiting a travel agent first can save you time. They know exactly which carrier is flying where and which is the cheapest. Discounting is the exception rather than rule, but a few large travel agents in the main cities may sell tickets at a small discount. Airlines accept credit cards (often with a small surcharge), but don't expect to be able to use them in small offices in the outer islands.

Even if you book on the day of departure, there's a good chance you'll get a seat – but it pays to book as far in advance as possible during Indonesian holiday periods and the



INDONESIA AIRFARES

Some examples of discount one-way economy fares in 000Rp (discounts available on most flights). See individual cities and towns for more information on air routes.  
Fares vary enormously depending on season and carrier.  
Quoted fares were correct at the time of writing.



peak season around August. During these times, flights may be booked on the more popular out-of-the-way routes serviced by small aircraft.

It is *essential* to reconfirm. Overbooking is a problem and if you don't reconfirm at least a few days before departure, you may well get bumped. Expect problems in the outer islands, where flights are limited, communications poor and booking procedures haphazard – you should reconfirm and reconfirm again.

Travel agents overseas can usually include discounted domestic flights with an international ticket if you enter Indonesia with Garuda. However, domestic tickets bought overseas are quoted in US dollars and cost around 50% more than if bought in Indonesia in rupiah, so it is usually just as cheap, if not cheaper, to buy them after you arrive.

Depending on the size of the airlines and where they fly, timetables will vary from accurate, national schedules to hand-adjusted printouts of localised areas or provinces on specific islands. Website information is useful for the bigger carriers but nonexistent for the smaller ones. The best option is to check with local airline offices and travel agents (see regional chapters for contact details) to see what's available.

- Major airlines flying domestically:**
- Adam Air** (☎ 021-6917540; [www.flyadamair.com](http://www.flyadamair.com)) Flies to Sulawesi, Kalimantan, Nusa Tenggara, Bali and Java.
- Batavia Air** (☎ 021-3864338; [www.batavia-air.co.id](http://www.batavia-air.co.id)) Flies to Sulawesi, Kalimantan and Java.
- Bouraq** (☎ 0361-766929) Flies to Sulawesi and Kalimantan.
- Garuda** (Garuda Indonesia; ☎ 021-23519999 [www.garuda-indonesia.com](http://www.garuda-indonesia.com)) Operates between major cities on all islands except Nusa Tenggara.
- Garuda Citilink** (☎ 0807 1 807 807; [www.ga-citilink.com](http://www.ga-citilink.com)) Garuda's little sibling flies to cities in Kalimantan, Bali, Lombok, Java and Sumatra.
- Kartika Airlines** (☎ 0804 1 101 101; [www.kartika-airlines.com](http://www.kartika-airlines.com)) Flies to Kalimantan, Sumatra, Bali and Java.
- Lion Air** (☎ 0804 1 77 88 99; [www.lionair.co.id](http://www.lionair.co.id)) Flies to cities Kalimantan, Maluku, Java, Sulawesi and Sumatra.
- Mandala** (☎ 021 566 5434; [www.mandalaair.com](http://www.mandalaair.com)) Flies to cities in Sumatra, Kalimantan, Sulawesi, Papua, Java and Bali.
- Merpati** (Merpati Nusantara Airlines; ☎ 021-6548888; [www.merpati.co.id](http://www.merpati.co.id)) Flies to major cities on all islands.
- Pelita** (☎ 0361-762248; [www.pelita-air.com](http://www.pelita-air.com)) Flies to Bali, Java and Nusa Tenggara.

**DOMESTIC DEPARTURE TAX**

Domestic departure tax varies from as little as 8000Rp up to 30,000Rp, depending on the airport. On top of the basic fare quoted by airlines, a 10% tax is charged as well as an insurance fee of 2500Rp. Tax and insurance are paid when you buy the ticket, but departure tax is paid at the airport. Baggage allowance is usually 20kg, or only 10kg on the smaller planes, and you may be charged for excess baggage.

**Sriwijaya Airlines** (☎ 021-6405566; Jl Gunung Sahari) Flies to Java, Sumatra, Sulawesi and Kalimantan.

Airlines with smaller networks include De-rama, Dirgantara Air Service (DAS), Wings Air and Kal-Star. Their routes and contact details are listed in applicable destination chapters.

There are some other intriguing possibilities for flying in Indonesia. The mission air services, which operate in places such as Kalimantan and Papua fly to some really remote parts of the interior of these islands and will take *paying* passengers if seats are available. See the respective chapters for details.

**BICYCLE**

The main advantage of cycling is the quality of the experience. You can cover many more kilometres by bemo, bus or motorcycle, but you really don't see much on the way. Bicycles also tend to bridge the time gap between the rush of the West and the calm of rural Asia – without the noise of a motorcycle engine you can hear the wind rustling in the rice paddies or gamelan music as you pass a Balinese village.

The main problems with seeing Indonesia by bicycle are the traffic in Java, and the hills and enormous distances you'll find everywhere. Bali is more compact, and seeing it by bicycle is reasonably popular despite the traffic on the roads. There are also bicycle tours offered in some places such as Solo in Java (see p198). At all the main sights in Java there are bicycle parking areas (usually about 1000Rp), where an attendant keeps an eye on your bicycle. See p842 for more information about cycling in Indonesia.

## BOAT

Sumatra, Java, Bali, Nusa Tenggara and Sulawesi are all connected by regular ferries, and you can use them to island-hop all the way from Sumatra to Timor. These ferries run either daily or several times a week, so there's no need to spend days in sleepy little port towns. Check with shipping companies, the harbour office or travel agents for current schedules and fares.

Going to and between Kalimantan, Maluku and Papua, the main connections are provided by Pelni (below), the government-run passenger line. The increase in competitive airline prices has had a significant impact on many of Pelni's routes and it's difficult to obtain any accurate or solid information about schedules more than a month in advance. Furthermore, Pelni ships generally only operate every two or four weeks, so regular ferries are much more convenient.

## Pelni Ships

Pelni is still the biggest shipping line, with services almost everywhere. It has modern, all air-con passenger ships that operate set routes around the islands, either on a fortnightly or monthly schedule. The ships usually stop for four hours in each port, so there's time for a quick look around.

Routes and schedules change every year and the best place to find accurate information is from a Pelni office, but they may only have schedules for the ships that call at their port. At the time of writing the **Pelni website** ([www.pelni.com](http://www.pelni.com)) was four years out of date, but it's useful for details regarding ports and Pelni offices.

Pelni has four cabin classes, followed by economy class, which is the modern version of deck class. It is sometimes possible to book a sleeping place in economy; otherwise, you'll have to find your own empty space. Mattresses can be rented and many boats have a 'tourist deck' upstairs. Even economy class is air-conditioned and it can get pretty cool at night, so bring warm clothes. There are no locker facilities, so you have to keep an eye on your gear.

First class is luxury-plus, with only two beds per cabin. Second class is a notch down in style, with four to a cabin, but still very comfortable. Third class has six beds to a cabin and 4th class has eight. Each

of these classes has a restaurant with good food, while in economy you queue up to collect an unappetising meal and then sit down wherever you can to eat it. It pays to bring some other food with you.

Economy class is OK for short trips. Fourth class is the best value for longer hauls, but some ships only offer 1st and 2nd or 3rd class in addition to economy. As a rough approximation, 4th class is 50% more than economy, 3rd class is 100% more, 2nd class is 200% more and 1st class is 400% more.

It's best to book at least a few days in advance, although you can book tickets up to a week ahead. Pelni is not a tourist operation, so don't expect any special service, although there is usually somebody hidden away in the ticket offices who can help foreigners.

As well as its luxury liners, Pelni has Perinitis (Pioneer) ships that visit many of the other ports not covered by the passenger liners. The ships are often beaten-up old crates that primarily carry cargo, but they can get you to just about any of the remote islands, as well as the major ports. They offer deck class only, but you may be able to negotiate a cabin with one of the crew.

## Other Ships

There's a whole range of floating tubs you can use to hop between islands, down rivers and across lakes. Just about any sort of vessel can be rented in Indonesia. Fishing boats or other small boats can be chartered to take you to small offshore islands. Some of these boats are *not* reliable and engine trouble can be an occasional problem. Check out the boat before you rent it – it would be nice if it had a two-way radio and a lifeboat, but these are rare.

The longbot (longboat) is a long, narrow boat powered by a couple of outboard motors, with bench seats on either side of the hull for passengers to sit on. They are mainly used in Kalimantan as a standard means of transport.

Outrigger canoes powered by an outboard motor are a standard form of transport for some short inter-island hops, such as the trip out from Manado in northern Sulawesi to the coral reefs surrounding nearby Pulau Bunaken. On Lombok these elegant, brilliantly painted fishing boats,

## PELNI SHIPPING PORTS & MAJOR ROUTES



which look like exotic dragonflies, are used for the short hop from Bangsal harbour to the offshore islands of Gili Air and Gili Trawangan. There are standard fares for standard routes, and you can charter these boats.

Speedboats are not very common, though they are used on some routes on the rivers of Kalimantan or for some short inter-island hops in some parts of Indonesia. They are, of course, considerably faster than longbot or river ferries, but are considerably more expensive. A smaller version is the motorised canoe – also used widely in Kalimantan.

River ferries are commonly found on Kalimantan, where the rivers *are* the roads. They're large, bulky vessels that carry passengers and cargo up and down the water network.

## BUS

Buses are the mainstay of Indonesian transport. At any time of the day, thousands in all shapes and sizes move thousands of people throughout Indonesia. The 'leave-when-full' school of scheduling applies to almost every service, and 'full' sometimes means the aisles are occupied too. In the vast majority of cases, buses are hot, bumpy, banged-up affairs with a lack of suspension that can rearrange your internal organs. The going is generally slow. But they are undoubtedly the best way to meet and socialise with locals. Comfortable coaches also operate on Java, Sumatra and Bali, and relatively comfortable services do the border run between Pontianak in East Kalimantan and Kuching in Malaysia.

Personal safety is an issue, in as much as buses are simply microcosms of whatever's going on outside. Take precautions with your personal belongings and keep your passport, money and any other valuables close at hand, preferably in a concealed money belt.

## Classes

Bus services vary throughout the archipelago but are usually dependent on the roads: eg Java has all types of buses, including luxury air-con coaches that ply the well-paved highways. Luxury buses can also be found on the Trans-Sumatran Hwy and on paved roads in Bali, Lombok and Sumbawa. The

'Wallace Line' for the evolution of buses lies between Sumbawa and Flores, as luxury buses don't operate on Flores or the islands further east. Only small, overcrowded rattlers ply Flores' narrow, potholed roads, as an expensive bus would soon be wrecked on them. Within Indonesia, the further off the beaten track you go, the more potholed that 'track' becomes and the less choice you have in buses.

The most basic buses are ordinary, everyday economy-class (*ekonomi*) buses that run set routes between towns. They can be hot, slow and crowded, but they are also ridiculously cheap and provide a never-ending parade of Indonesian life. If you can get a seat and the road is good, they can be quite tolerable for short distances, especially on the main highways.

The next class up are the express (*patas*) buses. They look much the same as the economy-class buses, but stop only at selected bus terminals en route and (officially) don't pick up from the side of the road. Air-con *patas* buses are more comfortable and seating is often guaranteed. Usually there is no need to book and you can just catch one at the bus terminal in any big city.

Luxury air-con buses come in a variety of price categories, depending on whether facilities include reclining seats, toilets, TV, karaoke or snacks. These buses should be booked in advance; ticket agents often have pictures of the buses and seating plans, so check to see what you are paying for when you choose your seat. In Java, Bali and Sumatra many of the luxury buses are night buses (*bis malam*), travelling the highways when the traffic is lighter.

Bring as little luggage as possible – there is rarely any room to store anything on buses. A large pack with a frame will be difficult to find space for (and often ends up on your lap). Many out-of-the-way places can only be reached by public bus; for real exploration it pays to leave your luggage in storage and travel with a day pack for a few days.

## Costs

Economy-class bus prices vary from region to region and with the condition of the road. The daytime buses that depart early in the morning – carrying chickens, pigs and goats – are usually the cheapest. An

### THE PRICE OF PETROL

In recent years the price of petrol has leapt substantially at irregular intervals, with the price of bus fares following suit soon after. Bus fares quoted in this book have taken these increases into account.

eight-hour journey will cost 50,000Rp to 80,000Rp. By way of comparison, an eight-hour journey on a luxurious, overnight bus will cost 140,000Rp to 200,000Rp.

## Reservations

Vehicles usually depart throughout the day for shorter routes over good roads; for longer routes, you'll have to get down to the bus terminal early in the morning in order to get a vehicle. On bad roads, there'll be fewer vehicles, so buying a ticket beforehand can be a good idea. In many towns and villages, the bus companies have a ticket/reservations office, or there are shops which act as agents (or own the buses). Often, hotels will act as agents or buy a ticket for you and will arrange for the bus to pick you up at the hotel – they sometimes charge a few hundred rupiah for this service but it's easily worth it.

## CAR & MOTORCYCLE Driving Licence

To drive in Indonesia, you officially need an International Driving Permit (IDP) from your local automobile association. This permit is rarely required as identification when hiring or driving a car in Indonesia, but police may ask to see it. Bring your home licence as well – it's supposed to be carried in conjunction with the IDP. If you also have a motorcycle licence at home, get your IDP endorsed for motorcycles too.

## Fuel & Spare Parts

In recent years the price of petrol has leapt substantially at irregular intervals; in 2005 alone it rose by more than 125%. At the time of writing it cost 4500Rp per litre. There are petrol stations around the larger towns, but out in the villages they can be difficult to find. Small roadside shops sell small amounts of petrol; look for signs that read *press ban*, or for crates of bottles with a *bensin* sign. Some of the petrol from these

stands is said to be of dubious quality, so it's probably best to refill whenever you see a petrol station (*pompa bensin*).

## Hire CAR HIRE

The price of car rental will vary according to both location and vehicle. Indonesia has regular car-rental agencies in the large cities such as Jakarta, where a rental costs around US\$100 per day. It's generally cheaper to hire a car and driver for 350,000Rp to 500,000Rp per day. Bali is one of the cheapest places to rent a car; a Suzuki 4WD costs around 80,000Rp to 120,000Rp a day, including insurance and unlimited kilometres. In most cases, the price includes unlimited mileage, but you supply the petrol.

If you are travelling in a group, renting a minibus can be a particularly good deal. The minibuses are sturdy, comfortable, go-almost-anywhere vehicles, and can take up to six people plus luggage in comfort. Car or minibus rental, including driver but excluding petrol, costs 250,000Rp to 300,000Rp per day. Bargaining is usually required. It is harder to find a driver for trips lasting longer than a few days. Negotiate a deal covering food and accommodation for your driver; either you provide a hotel room each night and pay a food allowance or negotiate an allowance that covers both (figure on about 60,000Rp per day). It pays to see what your driver is like on a day trip before heading off on a lengthy expedition.

Major car-rental agencies, including **Hertz** (☎ 021-3907282; www.hertz.com) and **Avis** (☎ 021-3142900; www.avis.com) have offices in the main cities, such as Jakarta, Bandung, Yogyakarta, Medan, Surabaya and Denpasar, but they are more expensive than arranging a vehicle through your hotel or a tourist office.

Travel agencies in the travellers' centres are good places to try for minibus rental. Go to the cheap tour operators – agents in the big hotels will charge big prices.

## MOTORCYCLE HIRE

You'll find that motorcycles are readily available for hire throughout Indonesia. In the tourist centres they can be rented from around 30,000Rp per day, but in most places the locals rent out their own motorcycles

to earn a few extra rupiah. Rental charges vary with the type of bike and the length of hire. The longer the hire period, the lower the rate; the bigger or newer the bike, the higher the rate.

Motorcycles are almost all between 90cc and 125cc, with 100cc the average size. You really don't need anything bigger; the distances are short and the roads are rarely suitable for fast speeds.

Indonesia is not the place to learn how to ride. The main highways are hectic, especially in Java and Bali. Combined with all the normal hazards of motorcycle riding are narrow roads, unexpected potholes, crazy drivers, buses and trucks that claim road ownership, children who dart onto the road, lumbering bullocks, dogs and chickens that run around in circles and unlit traffic at night. Take it slowly and cautiously around curves to avoid hitting oncoming traffic – this may include very large and heavy buses, buffalo, herds of stray goats and children. Keep to the back roads as much as possible, where riding can be pleasurable.

You need to have a licence, especially to satisfy travel insurance in case of an accident, though you'll rarely need to show it.

Some travel insurance policies do not cover you if you are involved in an accident while on a motorcycle. Check the small print.

## 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 rental 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. Your travel insurance may provide some additional protection, although liability for motor accidents is specifically excluded from many policies.

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

The relentless traffic congesting every Indonesian city makes driving an activity for the brave alone, unless you hit the open road. Even then, unless you're on a main highway, expect delays due to potholes and congestion. Finding your way around the main tourist sites on any island can be a challenge, as roads are only sometimes signposted and maps are often out of date.

## Road Hazards

Aside from the above, avoid driving on rural roads after dusk, when spotting human and other living traffic becomes more difficult.

## Road Rules

Indonesians drive on the left of the road (sometimes the right, sometimes the pavement), as in Australia, Japan, the UK and most of Southeast Asia. Indonesia has its fair share of maniacal drivers, including most bus drivers, but there are relatively few accidents. The key is defensive driving. The roads are not just for cars, but also pedestrians, animals, food carts etc.

Driving yourself is not much fun in many parts of Indonesia. It requires enormous amounts of concentration and the legal implications of accidents can be a nightmare – that is if you survive an angry mob should someone be hurt. If you do have an accident, as a foreigner it's *your* fault (see Legal Matters, p856). It is more common and often cheaper to rent a car or minibus with driver.

## HITCHING

Hitching is not part of the culture but if you put out your thumb, someone may give you a lift. Confusion may arise as to whether payment is required or not. On the back roads where no public transport exists, hitching may be the only alternative to walking, and passing motorists or trucks are often willing to help.

Bear in mind, however, that hitching is never entirely safe in any country, and we do not recommend it. Travellers who decide to hitch should understand that they

are taking a small but potentially serious risk. People who do choose to hitch will be safer if they travel in pairs and let someone know where they are planning to go.

## LOCAL TRANSPORT

### Bajaj

These machines are noisy, smoke-belching three-wheeled vehicles with a driver who sits at the front, a small motorcycle engine below and seats for two passengers behind. They're a common form of local transport in Jakarta, but you don't see them very often elsewhere.

### Becak

These are three-wheeled bicycle-rickshaws. Unlike the version found in India where the driver sits in front of you, or the Filipino version with the driver at the side, in Indonesia the driver sits at the rear, nosing your life ever forwards into the traffic.

Many drivers rent their vehicles, but those who own them add personal touches: brightly painted pictures, bells or whirring metal discs strung across the undercarriage.

The becak is now banned from the main streets of some large cities, but you'll still see them swarming the back streets, moving anyone and anything.

Negotiate your fare *before* you get in; and if there are two passengers, make sure that it covers both people, otherwise you'll be in for an argument when you get to your destination. Becak drivers are hard bargainers – they have to be to survive – but they will usually settle on a reasonable fare, around 2000Rp to 4000Rp per kilometre. Fares vary from city to city and increase with more passengers, luggage, hills and night journeys. Hiring a becak for a period of time or for a round trip often makes good sense if you're planning to cover a lot of ground in one day, particularly in large places like Yogyakarta or Solo.

### Bus

Large buses aren't used much as a means of city transport except on Java. There's an extensive system of buses in Jakarta and these are universally cheap, but beware of pickpockets. They usually work in gangs and can empty your pockets faster than you can say '*gado gado*'.

## Dokar

A *dokar* is the jingling, horse-drawn cart found throughout the archipelago. The two-wheeled carts are usually brightly coloured with decorative motifs and bells, and the small horses or ponies often have long tassels attached to their bridle. A typical *dokar* has bench seating on either side, which can comfortably fit three or four people. However, their owners try to pack in three or four families plus bags of rice and other paraphernalia. It's a picturesque way of getting around if you don't get upset by the ill-treatment of animals, but generally the ponies are well looked after. The carts often operate on set runs and payment is per person (1500Rp to 2000Rp). Foreigners may have to charter; 10,000Rp to 15,000Rp should get you just about anywhere around town.

In Java you will also see the *andong* or *dilman*, which is a larger horse-drawn wagon designed to carry six people. In some parts of Indonesia, such as Gorontalo and Manado in northern Sulawesi, you also see the *bendi*, which is basically a small *dokar* that carries two passengers.

## Ojek

There are various other ways of getting around. *Ojeks* (or *ojegs*) are motorcycle riders who take pillion passengers for a bargainable price. They are found at bus terminals and markets, or just hanging around at crossroads. They will take you around town and go where no other public transport exists, or along roads that are impassable in any other vehicle. They can also be rented by the hour for sightseeing (starting at around 20,000Rp to 30,000Rp).

## Taxi

Metered taxis are readily available in major cities, especially in Java and Bali. If a taxi has a meter (*argo*), make sure it is used. Most drivers will use them without fuss but like anywhere there are a few sharks. Elsewhere, meters don't exist and you will have to bargain for the fare in advance. Non-licensed taxis abound and are sometimes the only option; otherwise, opt for the licensed taxis.

At airports, taxis usually operate on a coupon system, payable at the relevant booth before you board the taxi.



## MINIBUS (BEMO)

Public minibuses are used for local transport around cities and towns, short intercity runs, and the furthest reaches of the transport network.

The great minibus ancestor is the bemo, a small three-wheeled pick-up truck with a row of seats down each side, but regular minibuses are more common these days. The word 'bemo' (a contraction of 'becak' – three-wheeled bicycle-rickshaw – and 'motor') is still applied in some cities and certainly universally understood, but you'll encounter a mind-boggling array of names, such as *opelet*, *mikrolet*, *angkot*, *angkudes* and *pete-pete*. Just to make things confusing, they are called taxi in many parts of Papua, Kalimantan and East Java. Often they will be called simply by their brand name, such as Suzuki, Daihatsu or Toyota, but the most popular make by far is the Mitsubishi Colt, therefore 'Colt' is widely used.

Most minibuses operate a standard route, picking up and dropping off people and goods anywhere along the way. This is particularly the case in cities, where one fare applies, regardless of the distance. On longer routes between cities you may have to bargain a bit. Minibus drivers often try to overcharge foreigners and will have no qualms about asking you for triple the amount they just accepted from a local. It's best to ask somebody, such as your hotel staff, about the *harga biasa* (normal price) before you get on; otherwise, see what the other passengers are paying and offer the correct fare.

Beware of getting on an empty minibus – you may end up chartering it! On the other hand, sometimes chartering a bemo is worth considering: if there's a group of you, it can work out cheaper than hiring a motorcycle by the day and much cheaper than hiring a car. Regular bemos carry around 12 people, so multiplying the usual fare by 12 should give you a rough idea of what to pay.

As with all the public transport in Indonesia, the drivers wait until their vehicles are crammed to capacity before they contemplate moving, or they may go *keliling* – driving endlessly around town looking for a full complement of passengers. Often there are people, produce, chickens, baskets and even bicycles hanging out the windows and doors – at times it seems you're in danger of being crushed to death or at least

asphyxiated (there's no air-con on any of these vehicles).

Luxurious, express minibuses operate between the main tourist centres in Bali, Lombok and Sumatra.

## TOURS

A wide range of tours can be booked from travel agents within Indonesia. Most operate in tourist hotspots. Some of the best 'tours' are with local guides, such as the eco-trips to Halimun National Park in Java with Alwi (p132), or treks to Kalimantan's Apokayan Highlands with Suryadi (p659).

You can be certain that taking a tour will work out to be more expensive than going by yourself, but in remote areas the benefit of local dialects and experience is worth it.

Some recommended agencies:

**Bali Adventure Tours** (☎ 0361-721480; www.baliadventuretours.com) White-water rafting along Bali's Sungai Ayung river; p314.

**Bali Eco and Educational Cycling Tour** (☎ 0361-975557) Local company offering mountain biking, cultural and culinary tours around Ubud; p314.

**Earthwatch Institute** (www.earthwatch.org) US-based company offering eco-sustainable tours and activities and volunteer programmes.

**Footprint Adventures** (www.footventure.co.uk) UK-based company specialising in small group trekking tours to Sumatra, Kalimantan, Papua and more.

**Indosella** (☎ 0423-25210; www.sellatours.com) Trekking around Tana Toraja in Sulawesi; p703.

**Kartika Trekking** (☎ 0274-562016) Local agent specialising in trekking trips to Gunung Merapi; p174.

**Mentawai Sanctuary** (☎ 0751-767888; www.mentawai.com) Surf charters island and culture tours around Sumatra's Mentawai Islands; p440.

**Mesra Tours** (☎ 0541-738787; www.mesra.com/tour) Local company offering comprehensive Kalimantan tours including coast-to-coast treks, rafting and river journeys; p649.

**Papua Adventure Tours & Travel** (☎ 0967-586755; www.papuaadventure.com) Local agency specialising in treks in the Baliem Valley and Asmat region; p829.

## TRAIN

Train travel in Indonesia is restricted to Java and Sumatra. In Java, trains are one of the most comfortable and easiest ways to travel. In the east, the railway service connects with the ferry to Bali, and in the west with the ferry to Sumatra. Sumatra's limited rail network runs in the south from Bandarlampung to Lubuklinggau, and in the north from Medan to Tanjung Balai and Rantauparapat.

# Language

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The 300 plus languages spoken throughout Indonesia, except those of northern Pulau Halmahera (Halmahera Island) and most of Papua (formerly Irian Jaya), belong to the Malay-Polynesian group. Within this group are many different regional languages and dialects. Indonesia's national language is Bahasa Indonesia, which is almost identical to Malay, and most Indonesians speak it just as well as their own regional language.

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.

Some Dutch variant spellings also 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 are pronounced 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-last syllable. The main exception to the rule is the unstressed **e** in words such as *besar* (big), pronounced 'be-sarr'.

<b>a</b>	as in 'father'
<b>e</b>	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, <b>e</b> is like the 'a' in 'may', as in <i>becak</i> (rickshaw), pronounced 'baycha'. There's no set rule as to when <b>e</b> is stressed or unstressed.
<b>i</b>	as in 'unique'
<b>o</b>	as in 'hot'
<b>u</b>	as in 'put'
<b>ai</b>	as in 'Thai'
<b>au</b>	as the 'ow' in 'cow'
<b>ua</b>	as 'w' when at the start of a word, eg <i>uang</i> (money), pronounced 'wong'
<b>c</b>	the one most likely to trip up English speakers; always as the 'ch' in 'chair'
<b>g</b>	as in 'get'
<b>ng</b>	as the 'ng' in 'sing'
<b>ngg</b>	as the 'ng' in 'anger'
<b>j</b>	as in 'jet'
<b>r</b>	slightly rolled
<b>h</b>	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'
<b>k</b>	as the 'ny' in canyon
<b>ny</b>	

## ACCOMMODATION

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

### MAKING A RESERVATION

(for written and phone inquiries)

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

<b>Please confirm availability and price.</b>	<i>Tolong dikonfirmasi mengenai ketersediaan kamar dan harga.</i>
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### Where is there 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/per person)?

*Berapa harganya (sehari/seorang)?*

### Is breakfast included?

*Apakah harganya termasuk makan pagi/sarapan?*

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

<b>I'd like a ...</b>	<i>Saya cari ...</i>
<b>bed</b>	<i>tempat tidur</i>
<b>single room</b>	<i>kamar untuk seorang</i>
<b>double-bed room</b>	<i>tempat tidur besar satu kamar</i>
<b>room with two beds</b>	<i>kamar dengan dua tempat tidur</i>
<b>room with a bathroom</b>	<i>kamar dengan kamar mandi</i>

<b>I'd like to share a dorm.</b>	<i>Saya mau satu tempat tidur di asrama.</i>
<b>May I see it?</b>	<i>Boleh saya lihat?</i>
<b>Where is the toilet?</b>	<i>Kamar kecil di mana?</i>

<b>Where is the bathroom?</b>	<i>Kamar mandi di mana?</i>
<b>I'm/we're leaving today.</b>	<i>Saya/Kami berangkat hari ini.</i>

## CONVERSATION & ESSENTIALS

### Be Polite!

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.

<b>Welcome.</b>	<i>Selamat datang.</i>
<b>Good morning.</b>	<i>Selamat pagi.</i> (before 11am)
<b>Good day.</b>	<i>Selamat siang.</i> (noon to 2pm)
<b>Good day.</b>	<i>Selamat sore.</i> (3pm to 6pm)
<b>Good evening.</b>	<i>Selamat malam.</i> (after dark)
<b>Good night.</b>	<i>Selamat tidur.</i> (to someone going to bed)

<b>Goodbye.</b>	<i>Selamat tinggal.</i> (to one staying)
	<i>Selamat jalan.</i> (to one leaving)

<b>Yes.</b>	<i>Ya.</i>
<b>No.</b> (not)	<i>Tidak.</i>
<b>No.</b> (negative)	<i>Bukan.</i>
<b>Maybe.</b>	<i>Mungkin.</i>
<b>Please.</b>	<i>Tolong.</i> (asking for help)
	<i>Silahkan.</i> (giving permission)
	<i>Terima kasih</i> (banyak).

<b>Thank you (very much).</b>	
<b>You're welcome.</b>	<i>Kembali.</i>
<b>Sorry.</b>	<i>Maaf.</i>
<b>Excuse me.</b>	<i>Permisi.</i>
<b>Just a minute.</b>	<i>Tunggu sebentar.</i>
<b>How are you?</b>	<i>Apa kabar?</i>
<b>I'm fine.</b>	<i>Kabar baik.</i>
<b>What's your name?</b>	<i>Siapa nama Anda?</i>
<b>My name is ...</b>	<i>Nama saya ...</i>
<b>Where are you from?</b>	<i>Anda dari mana?</i>
<b>I'm from ...</b>	<i>Saya dari ...</i>
<b>How old are you?</b>	<i>Berapa umur Anda?</i>
<b>I'm ... years old.</b>	<i>Umur saya ... tahun.</i>
<b>I (don't) like ...</b>	<i>Saya (tidak) suka ...</i>
<b>Good.</b>	<i>Bagus.</i>
<b>Good, fine, OK.</b>	<i>Baik.</i>

**DIRECTIONS**

<b>Where is ...?</b>	<i>Di mana ...?</i>
<b>Which way?</b>	<i>Ke mana?</i>
<b>Go straight ahead.</b>	<i>Jalan terus.</i>
<b>Turn left/right.</b>	<i>Belok kiri/kanan.</i>
<b>Stop!</b>	<i>Berhenti!</i>
<b>at the corner</b>	<i>di sudut</i>
<b>at the traffic lights</b>	<i>di lampu lalu-lintas</i>
<b>here/there/over there</b>	<i>di sini/situ/sana</i>
<b>behind</b>	<i>di belakang</i>
<b>in front of</b>	<i>di depan</i>
<b>opposite</b>	<i>di seberang</i>
<b>far (from)</b>	<i>jauh (dari)</i>
<b>near (to)</b>	<i>dekat (dengan)</i>
<b>north</b>	<i>utara</i>
<b>south</b>	<i>selatan</i>
<b>east</b>	<i>timur</i>
<b>west</b>	<i>barat</i>

**SIGNS**

<b>Masuk</b>	Entrance
<b>Keluar</b>	Exit
<b>Informasi</b>	Information
<b>Buka</b>	Open
<b>Tutup</b>	Closed
<b>Dilarang</b>	Prohibited
<b>Ada Kamar Kosong</b>	Rooms Available
<b>Polisi</b>	Police
<b>Kamar Kecil/Toilet</b>	Toilets/WC
<b>Pria</b>	Men
<b>Wanita</b>	Women

<b>beach</b>	<i>pantai</i>
<b>island</b>	<i>pulau</i>
<b>lake</b>	<i>danau</i>
<b>main square</b>	<i>alun-alun</i>
<b>market</b>	<i>pasar</i>
<b>sea</b>	<i>laut</i>

**HEALTH**

<b>I'm ill.</b>	<i>Saya sakit.</i>
<b>It hurts here.</b>	<i>Sakitnya di sini.</i>

<b>I'm ...</b>	<i>Saya sakit ...</i>
<b>asthmatic</b>	<i>asma</i>
<b>diabetic</b>	<i>kencing manis</i>
<b>epileptic</b>	<i>epilepsi</i>

<b>I'm allergic to ...</b>	<i>Saya alergi ...</i>
<b>antibiotics</b>	<i>antibiotik</i>
<b>aspirin</b>	<i>aspirin</i>
<b>penicillin</b>	<i>penisilin</i>
<b>bees</b>	<i>tawon/kumbang</i>
<b>nuts</b>	<i>kacang</i>

**EMERGENCIES**

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

<b>antiseptic</b>	<i>penangkal infeksi/antiseptik</i>
<b>condoms</b>	<i>kondom</i>
<b>contraceptive</b>	<i>kontrasepsi</i>
<b>diarrhoea</b>	<i>mencret/diare</i>
<b>medicine</b>	<i>obat</i>
<b>nausea</b>	<i>mual</i>
<b>sunblock cream</b>	<i>sunscreen/tabir surya/sunblock</i>
<b>tampons</b>	<i>tampon</i>

**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**

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

A half is *setengah*, pronounced 'stenger', eg *setengah kilo* (half a kilo). 'Approximately' is *kira-kira*. After the numbers one to 10,

the 'teens' are *belas*, the 'tens' *puluh*, the 'hundreds' *ratus*, the 'thousands' *ribu* and 'millions' *juta*, but as a prefix *satu* (one) becomes *se-*, eg *seratus* (one hundred). Thus:

<b>11</b>	<i>sebelas</i>
<b>12</b>	<i>duabelas</i>
<b>13</b>	<i>tigabelas</i>
<b>20</b>	<i>duapuluh</i>
<b>21</b>	<i>duapuluh satu</i>
<b>25</b>	<i>duapuluh lima</i>
<b>30</b>	<i>tigapuluh</i>
<b>99</b>	<i>sembilanpuluh sembilan</i>
<b>100</b>	<i>seratus</i>
<b>150</b>	<i>seratus limapuluh</i>
<b>200</b>	<i>dua ratus</i>
<b>888</b>	<i>delapan ratus delapanpuluh delapan</i>
<b>1000</b>	<i>seribu</i>

**PAPERWORK**

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

**QUESTION WORDS**

<b>Who?</b>	<i>Siapa?</i>
<b>What is it?</b>	<i>Apa itu?</i>
<b>When?</b>	<i>Kapan?</i>
<b>Where?</b>	<i>Di mana?</i>
<b>Which?</b>	<i>Yang mana?</i>
<b>Why?</b>	<i>Kenapa?</i>
<b>How?</b>	<i>Bagaimana?</i>

**SHOPPING & SERVICES**

<b>What is this?</b>	<i>Apa ini?</i>
<b>How much is it?</b>	<i>Berapa (harganya)?</i>
<b>I'd like to buy ...</b>	<i>Saya mau beli ...</i>
<b>I don't like it.</b>	<i>Saya tidak suka.</i>
<b>May I look at it?</b>	<i>Boleh saya lihat?</i>
<b>I'm just looking.</b>	<i>Saya lihat-lihat saja.</i>
<b>I'll take it.</b>	<i>Saya beli.</i>
<b>this/that</b>	<i>ini/itu</i>
<b>big/small</b>	<i>besar/kecil</i>
<b>bigger/smaller</b>	<i>lebih besar/lebih kecil</i>
<b>more/less</b>	<i>lebih/kurang</i>
<b>expensive</b>	<i>mahal</i>
<b>another/one more</b>	<i>satu lagi</i>

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

**What time does it open/close?**  
**May I take photos?**

<i>Jam berapa buka/tutup?</i>
<i>Boleh saya potret?</i>

**I'm looking for a/the ...**

<i>Saya cari ...</i>
<i>bank</i>
<i>gereja</i>
<i>pusat kota</i>
<i>kedutaan ...</i>
<i>warung</i>
<i>rumah sakit</i>
<i>pasar</i>
<i>museum</i>
<i>kantor polisi</i>
<i>kantor pos</i>
<i>telepon umum</i>
<i>WC ('way say') umum</i>
<i>rumah makan</i>
<i>wartel</i>
<i>kantor pariwisata</i>

**TIME & DATES****What time is it?**

*Jam berapa sekarang?*  
*Kapan?*

**When?****What time?**

*Jam berapa?*  
*jam tujuh*

**7 o'clock**

*Berapa jam?*

**How many hours?**

*lima jam*

**five hours****in the morning**

*pagi*

**in the afternoon**

*siang*

**in the evening**

*malam*

**today**

*hari ini*

**tomorrow**

*besok*

**yesterday**

*kemarin*

**hour**

*jam*

**day**

*hari*

**week**

*minggu*

**month**

*bulan*

**year**

*tahun*

**Monday**

*hari Senin*

**Tuesday**

*hari Selasa*

**Wednesday**

*hari Rabu*

**Thursday**

*hari Kamis*

**Friday**

*hari Jumat*

**Saturday**

*hari Sabtu*

**Sunday**

*hari Minggu*

**January**

*Januari*

**February**

*Februari*

**March**

*Maret*

**April**

*April*

**May**

*Mei*

**June**

*Juni*

July	Juli
August	Agustus
September	September
October	Oktober
November	Nopember
December	Desember

**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 ...? *Di mana saya bisa sewa ...?*

I'd like to hire a ...	<i>Saya mau sewa ...</i>
bicycle	<i>sepeda</i>
car	<i>mobil</i>
4WD	<i>gardan ganda</i>
motorbike	<i>sepeda motor</i>



Also available from Lonely Planet:  
*Indonesian Phrasebook*

**ROAD SIGNS**

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

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. diesel	<i>Minta ... liter bensin. diesel</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 motorbike 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	<i>susu kaleng</i>
(English-speaking) babysitter	<i>suster (yang bisa berbicara Bahasa Inggris)</i>
highchair	<i>kursi anak</i>
potty	<i>pispot</i>
stroller	<i>kereta anak/dorongan anak</i>

Are children allowed? *Boleh bawa anak-anak?*

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# Health Dr Trish Batchelor

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Health issues and the quality of medical facilities vary enormously depending on where and how you travel in Indonesia. Many of the major cities are well developed, although travel to rural areas can expose you to a variety of health risks and inadequate medical care.

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

Pack medications 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 have a heart condition bring a copy of your ECG taken just prior to travelling.

If you take regular medication bring double your needs in case of loss or theft. 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 anti-depressant 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. If you're uninsured, emergency evacuation is expensive; bills of over 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.) 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.

## VACCINATIONS

Specialised travel-medicine clinics are your best source of information. 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.

## Recommended Vaccinations

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

**Adult diphtheria and 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. Lifetime protection occurs in 95% of people.

**Measles, mumps and rubella** Two doses of MMR required unless you have had the diseases. Many young adults require a booster.

**Polio** Only one booster 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.

**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.

**Meningitis** Single injection. 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** 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.

## MEDICAL CHECKLIST

Consider including the following in your medical kit:

- Antibiotics – consider including these if you're travelling well off the beaten track; see your doctor, as they must be prescribed, and carry the prescription with you
- Antifungal cream or powder – for fungal skin infections and thrush
- Antihistamine – for allergies, eg hay fever; to ease the itch from insect bites or stings; and to prevent motion sickness
- Antiseptic (such as povidone-iodine or Betadine) – for cuts and grazes
- Antispasmodic – for stomach cramps, eg Buscopa
- Aspirin or paracetamol (acetaminophen in the USA) – for pain or fever
- Bandages, Band-Aids (plasters) and other wound dressings
- Calamine lotion, sting relief spray or aloe vera – to ease irritation from sunburn and insect bites or stings
- Cold and flu tablets, throat lozenges and nasal decongestant
- Contraceptives
- DEET-based insect repellent
- Ibuprofen or other anti-inflammatory
- Iodine or other water purification tablets
- Loperamide or diphenoxylate – 'blockers' for diarrhoea
- Multivitamins – consider for long trips, when dietary vitamin intake may be inadequate
- Permethrin – to impregnate clothing and mosquito nets
- Prochlorperazine or metoclopramide – for nausea and vomiting
- Rehydration mixture – to prevent dehydration, which may occur, for example, during bouts of diarrhoea; particularly important when travelling with children
- Scissors, tweezers and a thermometer – note that mercury thermometers are prohibited by airlines
- Sterile kit – in case you need injections in a country with medical hygiene problems; discuss with your doctor
- Sunscreen, lip balm and eye drops

## HEALTH ADVISORIES

Government travel-health websites:

**Australia** ([www.dfat.gov.au/travel](http://www.dfat.gov.au/travel))

**Canada** ([www.hc-sc.gc.ca/english/index.html](http://www.hc-sc.gc.ca/english/index.html))

**New Zealand** ([www.mfat.govt.nz/travel](http://www.mfat.govt.nz/travel))

**South Africa** ([www.dfa.gov.za/travelling](http://www.dfa.gov.za/travelling))

**UK** ([www.doh.gov.uk/traveladvice](http://www.doh.gov.uk/traveladvice))

**US** ([www.cdc.gov/travel](http://www.cdc.gov/travel))

## 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 Indonesia. If you are travelling to Indonesia from Africa or South America you should check to see if you require proof of vaccination.

## INTERNET RESOURCES

There is a wealth of travel health advice on the internet. The following are good resources:

**Centers for Disease Control and Prevention** (CDC; [www.cdc.gov](http://www.cdc.gov)) Good general information.

**LonelyPlanet.com** ([www.lonelyplanet.com](http://www.lonelyplanet.com))

**MD Travel Health** ([www.mdtravelhealth.com](http://www.mdtravelhealth.com)) Complete travel health recommendations for every country.

**World Health Organization** (WHO; [www.who.int/ith/](http://www.who.int/ith/)) Publishes a superb book called *International Travel & Health*, revised annually.

## FURTHER READING

*Lonely Planet's Healthy Travel – Asia & India* is a handy pocket-size 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](http://www.travellingwell.com.au).

## IN INDONESIA

### AVAILABILITY OF HEALTH CARE

It is difficult to find reliable medical care in rural areas, but most capital cities now have clinics catering specifically to travellers and expats. These clinics are usually more expensive than local medical facilities,

but are worth utilising, as they will offer a superior standard of care. Additionally they understand the local system, and are aware of the safest local hospitals and best specialists. They can also liaise with insurance companies should you require evacuation.

If you think you may have a serious disease, especially malaria, do not waste time – travel to the nearest quality facility to receive attention.

Buying medication over the counter is not recommended, as fake medications and poorly stored or out-of-date drugs are common.

Local medical care in general is not yet up to international standards. Foreign doctors are not allowed to work in Indonesia, but some clinics catering to foreigners have 'international advisors'. Almost all Indonesian doctors work at government hospitals during the day and in private practices at night. This means that private hospitals often don't have their best staff available during the day. Serious cases are evacuated to Australia or Singapore.

## INFECTIOUS DISEASES

### Dengue Fever

As there is no vaccine available for this mosquito-borne disease, it can only be prevented by avoiding 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. 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.

### Filariasis

A mosquito-borne disease that is very common in the local population, yet very rare in travellers. Mosquito-avoidance measures are the best way to prevent this disease.

### Hepatitis A

A problem throughout the region, this food- and water-borne 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 Indonesia 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 Indonesia up to 15% 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

Typically, Indonesia has been considered a relatively safe country with respect to HIV/AIDS, with only a few thousand reported infections per year. However, religious and cultural taboos have likely resulted in a systematic underreporting of the problem throughout the country. According to WHO estimates, anywhere from 50,000 to 200,000 are living with HIV in Indonesia. While this is nowhere near as severe a pandemic as in other parts of Southeast Asia, it is high enough for travellers to exercise caution and vigilance.

### Japanese B Encephalitis

While this is a rare disease in travellers, many 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 a third of infected people will die while another third will suffer permanent brain damage.

### Malaria

For such a serious and potentially deadly disease, there is an enormous amount of misinformation concerning malaria. Some parts of Indonesia, 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.
- 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 and Paludrine** The effectiveness of this combination is now limited in most of Southeast Asia, including Indonesia. 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.

**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, including Indonesia.

**Malarone** This 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.

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).

### Measles

This highly contagious bacterial infection is spread via coughing and sneezing. Most people born before 1966 are immune as they had the disease in childhood. Measles starts with a high fever and rash and can be complicated by pneumonia and brain disease. There is no specific treatment.

### Rabies

This potentially fatal disease is 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 postexposure 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 iodine-based antiseptic. If you are not pre-vaccinated you will need to receive rabies immunoglobulin as soon as possible.

### Schistosomiasis

Schistosomiasis is a tiny parasite that enters your skin after you've been swimming in contaminated water – travellers usually

only get a light infection and hence have no symptoms. If you are concerned, you can be tested three months after exposure. On rare occasions, travellers may develop 'Katayama fever'. This occurs some weeks after exposure, as the parasite passes through the lungs and causes an allergic reaction; symptoms are coughing and fever. Schistosomiasis is easily treated with medications.

### STDs

Common sexually transmitted diseases 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 Indonesia, 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 a 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 like 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 local poor quality labs. 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. 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

### Air Pollution

Air pollution, particularly vehicle pollution, is an increasing problem in major cities. If you have severe respiratory problems speak with your doctor before travelling to any heavily polluted urban centres. This pollution also causes minor respiratory problems such as sinusitis, dry throat and irritated eyes. If troubled by the pollution leave the city for a few days and get some fresh air.

### 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.

### 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.

## Food

Eating in restaurants is the biggest risk factor for contracting traveller's diarrhoea. Ways to avoid it include eating only freshly cooked food, and avoiding shellfish or 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 Indonesia 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 ¼ teaspoon of salt per litre. Recovery is usually rapid and it is common to feel weak for some days afterwards.

Heatstroke 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 mental 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. 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 Indonesian waters are not dangerous, just irritating. 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 on whether there are dangerous jellyfish around and, if so, keep out of the water.



### MARINE LIFE TO WATCH OUT FOR

Most venomous fish, including stingrays, stonefish and scorpion fish, are found in salt water. If you do come into contact with these species, it will usually be through stepping on them by accident.

#### Sea Snakes

These beautiful creatures are found throughout coastal Indonesia. They're often inquisitive, although not aggressive. However, their venom is extremely toxic, so give them a wide berth. Symptoms of poisoning may not appear for several hours, and include anxiety and restlessness, dry throat, nausea and, eventually, paralysis.

#### Sea Urchins & Other Stingers

Avoid stepping on sea urchins, as their spines can break off and are very difficult to remove. Some species can cause a severe reaction that may result in paralysis and breathing difficulties. Sometimes this results in an itchy skin rash (sea urchin dermatitis) that can last for several months.

#### Stingrays

These creatures like to lie half-submerged in mud or sand in the shallows. You'll know if you step on one because they whip their tails up in defence. This can cause a nasty ragged wound, but they also have venomous spines which can sometimes be fatal. Shuffle along in the shallows to give stingrays plenty of warning of your approach.

#### Stonefish & Scorpion Fish

With sharp dorsal fins through which they inject a venom, these species are the most dangerous of all venomous fish. They occur throughout Indonesia.

Stonefish are generally reef dwellers, and as their name suggests, they are masters of disguise and lie half-submerged in sand, mud or coral debris. Their stings are extremely painful and may lead to collapse and coma. There is a stonefish antivenin which should be given as soon as possible after the sting. Scorpion fish are very distinctive and much easier to avoid – the chances of being stung by one are remote. There's no antivenin available.

#### Treatment

Hot (nonscalding) water can help break down the toxins in fish venom and can be surprisingly effective at relieving pain from stings. The procedure is as follows:

- If any spines are poking out, try to remove them gently (be sure to protect your hands).
- Wash any surface venom off with water.
- Bathe the wound in hot (nonscalding) water for up to 90 minutes or until the pain has gone, or apply hot packs.
- Wash the wound thoroughly. Once the pain is under control, apply a clean dressing.
- Rest with the limb raised.
- Seek medical help for antivenin if necessary, eg for a stonefish sting.

### Parasites

Numerous parasites are common in local Indonesian populations; 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.

### Snakes

Always wear boots and long pants if walking in an area that may have snakes. First aid in the event of a snakebite involves pressure immobilisation via an elastic bandage firmly wrapped around the affected limb, starting at the bite site and working up towards the chest. The bandage should not

be so tight that the circulation is cut off, and the fingers or toes should be kept free so the circulation can be checked. Immobilise the limb with a splint and carry the victim to medical attention. Do not use tourniquets or try to suck the venom out. Antivenom is available for most species.

### 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. 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.

Urinary tract infections can be precipitated by dehydration or long bus journeys without toilet stops; bring suitable antibiotics.

### TRADITIONAL MEDICINE

Throughout Southeast Asia, traditional medical systems are widely practised. There is a big difference between these traditional healing systems and 'folk' medicine, which is dubious and should be avoided.

All traditional Asian medical systems identify a vital life force, and see blockage or imbalance as causing disease. Techniques such as herbal medicines, massage and acupuncture are utilised to bring this vital force back into balance, or to maintain balance. These therapies are best used for treating chronic disease such as chronic fatigue, arthritis, irritable bowel syndrome and some chronic skin conditions. Traditional medicines should be avoided for treating serious acute infections such as malaria.

Be aware that 'natural' doesn't always mean 'safe', and that there can be drug interactions between herbal medicines and Western medicines. If you are utilising both treatment systems ensure that you inform both practitioners what the other has prescribed.

# Glossary

See p89 for food and drink terms.

**ABRI** – Angkatan Bersenjata Republik Indonesia; the armed forces; now TNI  
**adat** – traditional laws and regulations  
**air** – water  
**air panas** – hot springs  
**air terjun** – waterfall  
**AMA** – Associated Mission Aviation; Catholic missionary air service operating in remote regions of Papua  
**anak** – child  
**andong** – horse-drawn passenger cart  
**angklung** – musical instrument made from different lengths and thicknesses of bamboo suspended in a frame  
**angkot** – or *angkota*; short for *angkutan kota* (city transport); small minibuses covering city routes  
**angkudes** – short for *angkutan pedesaan*; minibuses running to nearby villages from cities, or between villages  
**anjing** – dog  
**arja** – refined operatic form of Balinese theatre  
**Arjuna** – hero of the *Mahabharata* epic and a popular temple gate guardian image  
  
**babi rusa** – pig deer  
**bahasa** – language; Bahasa Indonesia is the national language  
**bajaj** – motorised three-wheeler taxi found in Jakarta  
**bale** – open-sided Balinese pavilion, house or shelter with steeply pitched roof; meeting place  
**bandar** – harbour, port  
**bandar udara** – often shortened to *bandara*; airport  
**banjar** – area of a Balinese village where community activities are held  
**bapak** – often shortened to *pak*; father; also a polite form of address to any older man  
**barat** – west  
**Barong** – mythical lion-dog creature  
**batik** – cloth made by coating part of the fabric with wax, then dyeing it and melting the wax out  
**batik cap** – stamped batik  
**batik tulis** – hand-painted or literally ‘written’ batik  
**becak** – bicycle-rickshaw  
**bemo** – minibus  
**bendi** – two-person horse-drawn cart; used in Sulawesi, Sumatra and Maluku  
**bensin** – petrol  
**benteng** – fort  
**bentor** – motorised becak

**Betawi** – original name of Batavia (now Jakarta); ethnic group indigenous to Jakarta  
**bis** – bus  
**bouraq** – winged horselike creature with the head of a woman  
**Brahma** – the creator; with Shiva and Vishnu part of the trinity of chief Hindu gods  
**bu** – shortened form of *ibu*  
**bukit** – hill  
**bule** – common term for foreigner  
**bupati** – government official in charge of a *kabupaten*  
  
**caci** – a ceremonial martial art in which participants duel with whips and shields  
**camat** – government official in charge of a *kecamatan* (district)  
**candi** – shrine or temple; usually Hindu or Buddhist of ancient Javanese design  
**cenderawasih** – bird of paradise  
  
**dalang** – puppeteer and storyteller of *wayang kulit*  
**danau** – lake  
**dangdut** – popular Indonesian music that is characterised by wailing vocals and a strong beat  
**Departemen Kehutanan** – Forest Department  
**desa** – village  
**dinas pariwisata** – tourist office  
**dokar** – two-person, horse-drawn cart  
**dukun** – faith healer and herbal doctor; mystic  
  
**Gajah Mada** – famous Majapahit prime minister  
**gamelan** – traditional Javanese and Balinese orchestra  
**gang** – alley or footpath  
**Garuda** – mythical man-bird, the vehicle of Vishnu and the modern symbol of Indonesia  
**gereja** – church  
**gili** – islet, atoll  
**Golkar** – Golongan Karya (Functional Groupings) political party  
**gua** – or *goa*; cave  
**gunung** – mountain  
**gunung api** – volcano; literally ‘fire mountain’  
  
**harga touris** – tourist price  
**hutan** – forest, jungle  
  
**ibu** – often shortened to *bu*; mother; also polite form of address to an older woman  
**ikat** – cloth in which the pattern is produced by dyeing the individual threads before weaving

**jadwal** – timetable  
**jalan** – abbreviated to JI; street or road  
**jalan jalan** – to go for a stroll  
**jalan potong** – short cut  
**jam karet** – ‘rubber time’; time is flexible  
**jamu** – herbal medicine  
**jembatan** – bridge  
**jilbab** – Muslim head covering worn by women

**kabupaten** – regency  
**kain** – cloth  
**kaki lima** – mobile food carts; literally ‘five feet’ (the three feet of the cart and the two of the vendor)  
**kala** – demonic face often seen over temple gateways  
**kamar kecil** – toilet; literally ‘small room’; also known as WC (pronounced way-say)  
**kampung** – village, neighbourhood  
**kantor** – office  
**Kantor Bupati** – Governor’s Office  
**karang** – coral, coral reef, atoll  
**kebaya** – women’s long-sleeved blouse  
**kepala balai** – Dayak village head (Sumatra)  
**kepala desa** – village head  
**kepulauan** – archipelago  
**ketoprak** – popular Javanese folk theatre  
**Ketuktilu** – traditional Sundanese (Java) dance in which professional female dancers perform for male spectators  
**kijang** – a type of deer; also a popular Toyota 4WD vehicle, often used for public transport (Kijang)  
**KKN** – Korupsi, Kolusi, Nepotisme; Corruption, Collusion, Nepotism; buzz word of the post-Soeharto reform era  
**kora-kora** – canoe (Papua)  
**kramat** – shrine  
**kraton** – or *keraton*; walled city palace  
**kretek** – Indonesian clove cigarette  
**kris** – wavy-bladed traditional dagger, often held to have spiritual or magical powers  
**krisis moneter** – or *krismon*; monetary crisis  
**kulit** – leather

**ladang** – nonirrigated field for dryland crops; often farmed using slash-and-burn agriculture  
**lapangan** – field, square  
**laut** – sea, ocean  
**Legong** – classic Balinese dance performed by young girls; Legong dancer  
**lontar** – type of palm tree; traditional books were written on the dried leaves of the lontar palm  
**losmen** – basic accommodation, usually cheaper than hotels and often family-run

**MAF** – Mission Aviation Fellowship; Protestant missionary air service that operates in remote regions

**Mahabharata** – venerated Hindu holy book, telling of the battle between the Pandavas and the Kauravas  
**Majapahit** – last great Javanese Hindu dynasty, pushed out of Java into Bali by the rise of Islamic power  
**makam** – grave  
**mandau** – machete (Kalimantan)  
**mandi** – common Indonesian form of bath, consisting of a large water tank from which water is ladled over the body  
**marapu** – term for all spiritual forces, including gods, spirits and ancestors  
**mata air panas** – hot springs  
**menara** – minaret, tower  
**meru** – multiroofed shrines in Balinese temples; the same roof style also can be seen in ancient Javanese mosques  
**mesjid** – *masjid* in Papua; mosque  
**mikrolet** – small taxi; tiny *opelet*  
**moko** – bronze drum from Alor island (Nusa Tenggara)  
**muezzin** – mosque official who calls the faithful to prayer five times a day  
**ngadhu** – parasol-like thatched roof; ancestor totem of the Ngada people of Flores  
**nusa** – island

**Odalan** – temple festival held every 210 days (duration of the Balinese year)  
**ojek** – or *ojeg*; motorcycle taxi  
**oleh-oleh** – souvenirs  
**opelet** – small intracity minibus, usually with side benches in the back  
**OPM** – Organisasi Papua Merdeka; Free Papua Movement; main group that opposes Indonesian rule of Papua  
**ora** – Komodo dragon  
**orang putih** – white person, foreigner; *bule* is more commonly used

**pak** – shortened form of *bapak*  
**PAN** – Partai Amanat Nasional; National Mandate Party  
**pantai** – beach  
**parkir** – parking attendant  
**pasar** – market  
**pasar malam** – night market  
**pasar terapung** – floating market  
**pasir** – beach, sand  
**patas** – express, express bus  
**patola** – ikat motif of a hexagon framing a type of four-pronged star  
**PDI** – Partai Demokrasi Indonesia; Indonesian Democratic Party  
**PDI-P** – Partai Demokrasi Indonesia-Perjuangan; Indonesian Democratic Party for Struggle  
**peci** – Muslim black felt cap

**pegunungan** – mountain range  
**pelabuhan** – harbour, port, dock  
**pelan pelan** – slowly  
**pelawangan** – gateway  
**Pelni** – Pelayaran Nasional Indonesia; national shipping line with a fleet of passenger ships operating throughout the archipelago  
**pemangku** – temple priest  
**pencak silat** – form of martial arts originally from Sumatra, but now popular throughout Indonesia  
**pendopo** – large, open-sided pavilion that serves as an audience hall; located in front of a Javanese palace  
**penginapan** – simple lodging house  
**perahu** – or *prahu*; boat  
**perahu lading** – longboat  
**perahu tambing** – ferry boat  
**pesanggrahan** – or *pasanggrahan*; lodge for government officials where travellers can usually stay  
**pete-pete** – a type of *mikrolet* or bemo found in Sulawesi  
**pinang** – betel nut  
**PHKA** – Perlindungan Hutan & Konservasi Alam; the Directorate General of Forest Protection & Nature Conservation; manages Indonesia’s national parks; formerly PHPA  
**pinisi** – Makassar or Bugis schooner  
**PKB** – Partai Kebangkitan Bangsa; National Awakening Party  
**pondok** – or *pondok wisata*; guesthouse or lodge; hut  
**PPP** – Partai Persatuan Pembangunan; Development Union Party  
**prasada** – shrine or temple; usually Hindu or Buddhist of ancient Javanese design  
**pulau** – island  
**puputan** – warrior’s fight to the death; honourable, but suicidal, option when faced with an unbeatable enemy  
**pura** – Balinese temple, shrine  
**pura dalem** – Balinese temple of the dead  
**pura puseh** – Balinese temple of origin  
**puri** – palace  
**pusaka** – sacred heirlooms of a royal family  
**puskesmas** – short for *pusat kesehatan masyarakat*; community health centre

**rafflesia** – gigantic flower found in Sumatra and Kalimantan, with blooms spreading up to a metre  
**Ramadan** – Muslim month of fasting, when devout Muslims refrain from eating, drinking and smoking during daylight hours  
**Ramayana** – one of the great Hindu holy books; many Balinese and Javanese dances and tales are based on stories from the Ramayana  
**rangda** – witch; evil black-magic spirit of Balinese tales and dances

**rawa** – swamp, marsh, wetlands  
**rebab** – two-stringed bowed lute  
**reformasi** – reform; refers to political reform after the repression of the Soeharto years  
**RMS** – Republik Maluku Selatan; South Maluku Republic; main group that opposed Indonesian rule of southern Maluku  
**rumah adat** – traditional house  
**rumah makan** – restaurant or warung  
**rumah sakit** – hospital, literally ‘sick house’

**saron** – xylophone-like gamelan instrument, with bronze bars that are struck with a wooden mallet  
**sarong** – or *sarung*; all-purpose cloth, often sewn into a tube, and worn by women, men and children  
**Sasak** – native of Lombok  
**sawah** – individual rice field; wet-rice method of cultivation  
**selat** – strait  
**selatan** – south  
**selimut** – blanket  
**semenanjung** – peninsula  
**sirih** – betel nut, chewed as a mild narcotic  
**songket** – silver- or gold-threaded cloth, hand woven using floating-weft technique  
**suling** – bamboo flute  
**sungai** – river  
**surat jalan** – travel permit

**taksi** – common term for a public minibus; taxi  
**taman** – ornamental garden, park, reserve  
**taman laut** – marine park, marine reserve  
**taman nasional** – national park  
**tanjung** – peninsula, cape  
**tarling** – musical style of the Cirebon (Java) area, featuring guitar, *suling* and voice  
**taxi sungai** – cargo-carrying river ferry with bunks on the upper level  
**telaga** – lake  
**telepon kartu** – telephone card  
**teluk** – bay  
**timur** – east  
**tirta** – water (Bali)  
**TNI** – Tentara Nasional Indonesia; Indonesian armed forces; formerly ABRI  
**toko (emas)** – gold shop  
**tomate** – Torajan funeral ceremony  
**tongkonan** – traditional Torajan house with towering roof (Sulawesi)  
**topeng** – wooden mask used in dance-dramas and funerary dances

**uang** – money  
**ular** – snake  
**utara** – north

**wali songo** – nine saints of Islam, who spread the religion throughout Java

**Wallace Line** – hypothetical line dividing Bali and Kalimantan from Lombok and Sulawesi; marks the end of Asian and the beginning of Australasian flora and fauna zones

**waringin** – banyan tree; large, shady tree with drooping branches that root and can produce new trees

**warnet** – short for *wartel internet*; internet stall or centre

**warpostel** – or *warpapostel*; wartel that also handles postal services

**wartel** – short for *warung telekomunikasi*; private telephone office

**warung** – food stall

**wayang kulit** – shadow-puppet play

**wayang orang** – or *wayang wong*; people theatre

**wayang topeng** – masked dance-drama

**Wektu Telu** – religion peculiar to Lombok that originated in Bayan and combines many tenets of Islam and aspects of other faiths

**wisma** – guesthouse or lodge

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