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ACCOMMODATION

Accommodation in Indonesia ranges from a basic box with a mattress to the finest five-star luxury resorts. Costs vary considerably across the archipelago, but in general Indonesia is one of the better bargains in Southeast Asia.

Travellers' centres have plenty of reasonably priced food and accommodation; Bali has the highest standards and whether you want to spend US\$5, US\$50 or US\$500 per night you will get excellent value. 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 both in person and online.

Accommodation reviews in this book are chosen at the authors' discretion and based solely on merit. Reviews are listed in order of price, starting with budget and winding up with the most expensive option, unless otherwise stated. Quoted rates are high season (May to September and Christmas/New Year) and may drop by 20% or more during low season.

The range of prices used in this book is based on the average price per night in high-season rooms at a property (except in Bali):

Budget Less than 200,000Rp.

Midrange Between 200,000Rp and 700,000Rp.

Top End More than 700,000Rp (more than US\$70).

On Bali and the nearby Gili Islands off Lombok the prices, which are often quoted in US dollars, are as follows:

Budget Less than 280,000Rp (less than US\$30).

Midrange Between 280,000Rp (around US\$30) and 1,100,000Rp (around US\$120).

Top End More than 1,100,000Rp (more than US\$120).

'Budget' often consists of a fan-cooled room in a losmen (simple, family-run hotel) or basic hotel, with a bed and shared *mandi* (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 bathroom,

BOOK YOUR STAY ONLINE

For more accommodation reviews and recommendations by Lonely Planet authors, check out the online booking service at www.lonelyplanet.com/hotels. You'll find the true, insider low-down 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 impressive new *Jakarta Globe*. *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 the boxed text, p262, for Bali-specific media.
- Radio Republik Indonesia (RRI) is the national radio service and broadcasts 24 hours a day in Bahasa Indonesia. There are also numerous privately run stations. There is one government TV service, TVRI, and many private stations, which have a variety of energetic and often flamboyant programs. Satellite TV is common in tourist hotels.
- 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 you usually get what you pay for with the former.
- Electricity supply is 220V AC, 50Hz. The sockets accommodate two round prongs, the same as in most of Europe.
- Indonesia uses the international metric system for weights and measures.

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 have a bathroom unless otherwise stated.

All hotels charge a 10% government tax, although many cheap hotels either ignore the tax or absorb it into their room rates. Midrange and top-end hotels have a 21% tax-and-service charge (called 'plus plus'), 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.

For hotels, especially midrange and top-end places, you can often find the best deal by shopping around online. Some hotels offer internet deals on their websites; many more work with agents and brokers to sell their rooms at discounts off the published rates.

Besides the main internet travel bookers such as Expedia, Orbitz and Travelocity, the following sites often have good rates on rooms in Java, Bali and other well-touristed areas.

- www.asiarooms.com
- www.balidiscovery.com
- www.directrooms.com
- www.hotelclub.net
- www.otel.com
- www.zuji.com

Camping

Camping in national parks is popular among Indonesian youth, though formal camping grounds with power and other facilities are rare. Outside of the parks, camping is unknown, and villagers will regard campers as a source of entertainment.

A sleeping sleeve or just a sarong will be sufficient for the lowlands, but you must be properly equipped to camp at higher elevations. Late-afternoon or night rain is common in mountain areas all year round, which can pose a danger of exposure to the inexperienced or unprepared. 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 places offering dormitory accommodation. There are a handful of hostels in a few other places, but it's easy 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 rip off 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.

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 (50,000Rp in Java) 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, ask at the local police station or your vaguely official-looking office. Oil-palm plantations generally have accommodation for visiting employees. Act friendly and don't mention rainforest conservation. For more information on cultural considerations when staying at villages, see the boxed text, p55.

Villas & Long-Term Accommodation

Luxury villas are popular accommodation on Bali, although they are not without their environmental costs in terms of water usage and placement amidst once pristine rice fields. Many villas are literally straight out of the pages

of *Architectural Digest* and other design magazines, and come with pools, views, beaches and more. Often the houses are staffed and you have the services of a cook, driver etc.

Rates typically range anywhere from US\$500 per week for a modest villa to US\$4000 per week and beyond for your own tropical estate. There are often deals, especially in the low season. For longer stays, you can find deals easily for US\$800 a month. Look in the *Bali Advertiser* (www.baliadvertiser.biz). If your tastes are simple, you can find basic bungalows among the rice fields in Ubud for US\$200 a month.

The following agencies are among the many in Bali.

Bali Tropical Villas (☎ 0361-732 083; www.bali-tropical-villas.com)

Bali Ultimate Villas (☎ 0361-857 1658; www.bali-ultimatevillas.com)

Bali Villas (☎ 0361-703060; www.balivillas.com)

House of Bali (☎ 0361-739541; www.houseofbali.com)

ACTIVITIES

Indonesia's volcanic, archipelagic geography creates a wide range of adventure opportunities. The many seas hold superb diving, snorkelling, swimming and surfing venues. Inland, the rugged peaks, dense jungles and rushing rivers are an adventurer's delight.

Cycling

Cycling in Indonesia is generally a means of transport, now booming in popularity as petrol prices skyrocket. Lowland towns such as Yogyakarta and Solo in Java teem with bikes, and bicycles are gaining popularity in Bali. Lombok has good roads for bikes.

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.

You can enjoy bike tours in Ubud (p313). In most tourist centres you can rent city bikes for around 15,000Rp per day, and organised tours on midrange mountain bikes are available in Bali and Java.

You can purchase a good-quality, locally manufactured mountain or road bike in most major cities. Be sure to buy a model with quick-release wheels to make it easier to squeeze the bike onto public transport if required. See p848 for more information.

Diving & Snorkelling

With so many islands and so much coral, Indonesia presents wonderful possibilities for diving. In some areas, frequent storms reduce visibility during the wet season (October to April).

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:

Bali Padangbai (p331), Nusa Lembongan (p301), Candidasa (p335), the Amed area (p339) and Tulamben (p341). See also the boxed text, p303.

Java Pulau Seribu (p118), Pulau Kotok (p119), Carita (p122) Ujung Kulon National Park (p133) and Cimaja (near Pelabuhan Ratu, p139).

Kalimantan Pulau Derawan and Pulau Sangalaki (p649). **Maluku** Banda Islands (p756) as well as Saparua (p751) and Ambon (p742).

Nusa Tenggara Flores (p532), Alor (p561), Komodo and Labuanbajo (see the boxed text, p531), Gili Islands (see the boxed text, p497) and Senggigi (p488).

Papua Raja Ampat Islands (p782).

Sulawesi Pantai Bira (p667), Togean Islands (see the boxed text, p697), Tukangbesi Islands (p722), Pulau Bunaken (see the boxed text, p712) and Tanjung Karang (p693).

Sumatra Pulau Weh (p409).

Hiking & Trekking

Hiking, at least in areas near large towns, is a popular activity among Indonesian youth, but infrastructure is minimal at best. The national parks often have good hiking opportunities.

Some highlights:

Bali Bali's central volcanic spine (p348), Bali Barat National Park (p347) and around Munduk (p354).

Java Gunung Halimun National Park (p139) and Ujung Kulon National Park (p133).

Kalimantan Pegunungan Meratus (p631) and the Apokayan Highlands (p650).

Nusa Tenggara Gunung Rinjani (p506) and Gunung Tambora (p523).

Papua Baliem Valley (p801)

Sulawesi Tana Toraja (p679)

Sumatra Gunung Leuser (p417) and Mentawai Islands (p425).

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.

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.

Sudden rainstorms are common at high altitudes, and Indonesia is no longer tropical once you get above the 3000m mark. Death from exposure is a real possibility, so a good rain poncho is essential. Other necessities include warm clothing in layers, proper footwear, and sunscreen. With mobile network coverage extending even into wilderness areas, you should take a GPS-equipped cell phone along with your map 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

Hikers, both local and tourist, frequently run into serious problems in the Indonesian wilderness. It is strongly recommended to hire a competent guide even for short treks near population centres. However, you must 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. 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.

For more on selecting a guide, see opposite.

Watching Wildlife

For the best places in Indonesia to see its vast and diverse range of wildlife, see p125

White-Water Rafting

Sulawesi's Sungai Sa'dan (p680) lures adventure junkies to tackle its 20-odd rapids (some up to Class IV). Rafting agents in Rantepao organise trips down its canyon.

Several Bali-based adventure-tourism operators run trips down the Ayung and the Telegawaja Rivers. Both are suitable for rafting novices and families (see p313).

In Sumatra dinghies are swapped for tubes on Sungai Bohorok (p382), 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 p382).

In Java, white-water rafting is well established on Sungai Citarak (p139), 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 (p630) 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 unrafted rivers in Papua, but tackling these will require expedition-style preparations – roads are

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 obtain 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.
- 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.
- Strongly consider hiring a guide. There are often good ones available in Indonesia who have invaluable local knowledge.

A CONSUMER GUIDE TO GUIDES

A guide can make or break a trip. Here are some tips for choosing one. Some travellers report disappointing trips with cheap guides, but high fees alone don't guarantee satisfaction.

First, quiz the guide about the itinerary. That can begin by email or telephone, also providing a sample of their ability in your language. (Be aware that guides using email may have a helper, often their child, handling that correspondence.) The guide should be able to offer a range of destination and transport options, and tell you which options are best for you and why. Listen to their ideas, and see if they listen to yours.

The guide should also inform you of local festivals and other events worth a detour or longer stay, and weather or travel conditions that may impact your plans. Also ask where the guide is from and about their relatives in the area you'll visit. Family ties can mean a chance to get an inside look at how people really live.

Regarding fees, guides usually offer package prices and should be able to roughly itemise trip costs. Make sure you're clear on what's included in the package, particularly regarding transport and food. Fixed expenses such as transport and the guide's lodging and food mean you'll get a better price per person travelling in a group of two or more.

Some guides offer the option of charging you only their fee (250,000Rp to 500,000Rp per day) while you pay other expenses directly; good guides will get you the local price, or close to it, for those items. Under this arrangement, guides may raise their fee for additional travellers multiplying chances of mishaps.

Most importantly, meet the guide before finalising any trip. (If you're dealing with a tour agency, insist on meeting the guide you'll travel with, not the head of the agency.) Get a feel for their language ability and their style. Discuss the trip and expectations with the guide – and see if they're someone you'd like at your side under frequently fantastic, often challenging conditions.

nonexistent, crocodiles will probably find Western cuisine delightful and there may be unexpected surprises like waterfalls.

BUSINESS HOURS

Government office hours are roughly 8am to 3pm Monday to Thursday and 8am to noon on Friday, but they are not completely standardised. Post offices are open from about 8am to 2pm Monday to Friday; in tourist centres, the main post offices are often open longer and/or on weekends. Banking hours are generally 8am to 2pm Monday to Thursday, 8am to noon Friday and 8am to about 11am Saturday. The banks enjoy many public holidays.

In this book it's assumed that restaurants and cafes are usually open from about 8am to 10pm or 11pm daily in touristed areas. Elsewhere, things close by 9pm. Shops and services catering to tourists are open from 9am to about 8pm (as early as 5pm other places). Where the hours vary from these, they are noted in the text.

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 developed 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 an air-con 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.

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

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 go 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 in 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.

Useful websites:

www.globalsurfers.com Global online forum for surfers.

www.indosurf.com.au Web links and general info.

www.island-aid.org Surfer-run aid organisation.

www.surfaidinternational.org Surfer-run aid organisation.

www.surftravel.com.au Australian outfit with camps, yacht charters, destination information, surfer reviews and more.

www.surftravelonline.com Information on remote Indonesian locations.

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 (p291) 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 1.8m and is very shallow. On a big swell and a low tide, try Outside Corner for a long ride on a huge face.

Nearby Bingin is one of several excellent and currently very hot surf spots here.

Kuta and Legian Beaches (p269) are two places where beginners can learn how to surf, although waves can get big and sometimes currents are strong, so take care.

Medewi (p345) in west Bali has a long left-hander over a rock-and-sand bottom. Though a long ride, it's not hollow. Like Canggu (p284), 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 (p301) 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 boxed text, p273, for hot tips.

Nusa Tenggara

On Sumbawa's west coast, Scar Reef (p517) 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 0.6m to 0.9m on the incoming tide.

Aptly named Supersuck (p518) turns inside out and is a tube-rider's dream. The steep take-off 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 (p518), 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 (p523) 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 (p587) 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 (p584) on Sumba's central southern coast also has good waves, and Baing (p584) has emerged as east Sumba's surf capital. Lombok

Tanjung Desert (Desert Point; p487) 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 (Lombok; p512) 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 (p254) on Java's southeastern tip is home to what has become a world-famous and world-class surfing break. G-Land is a freight train left-hander that has several take-off 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 p139) offer some excellent reef breaks and beachies (waves that break over a sand bank). Batu Karas (p160), near Pandangaran, has one of the coast's best surf beaches and is a good spot to learn.

For hollow waves head to Pulau Panaitan (p134) 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 (p395) 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 take-off to finish. The outside reef only starts to work on a solid ground swell of about 1.2m to 1.8m, but holds huge swells and the tubes are perfect. Nearby, Sorake's world-famous right consistently unrolls between June and October (see the boxed text, p400).

An increasing number of surf charters are establishing camps on the Mentawai Islands (p428), which enjoy swells year-round, although they're biggest in the dry season.

to do. Java doesn't have Bali's mega-tourism industry, so it caters less to children, but it's 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.

Breastfeeding in public is acceptable in areas such as Papua and Sumatra but virtually unseen in Maluku, Sulawesi and 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 tuckers occupied – see p274 for suggestions.

In Java the islands of Karimunjawa (p218) 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 influx of Sumatra's Danau Toba (p388) 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

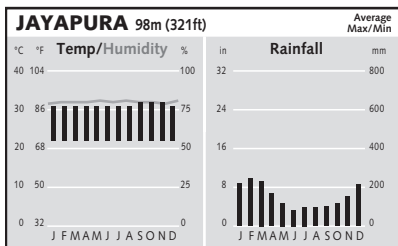
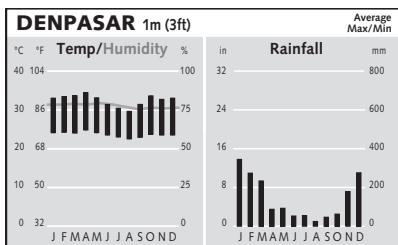
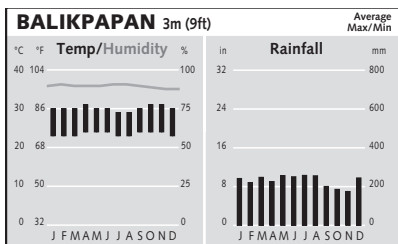
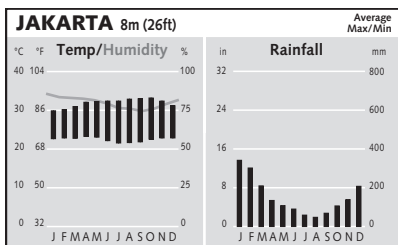
Sitting atop the equator, Indonesia tends to have a relatively even climate year-round. Rather than four seasons, Indonesia has two – wetter (roughly April to September) and drier (roughly October to March) – and there are no extremes of winter and summer. See p20 for more information.

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 p85 for details. Look for advertise-

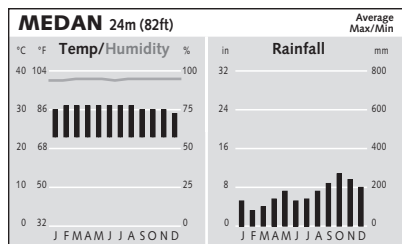
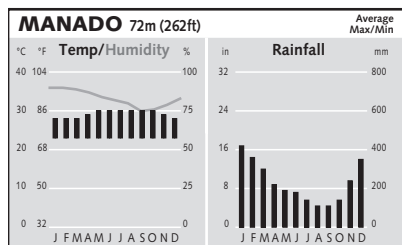
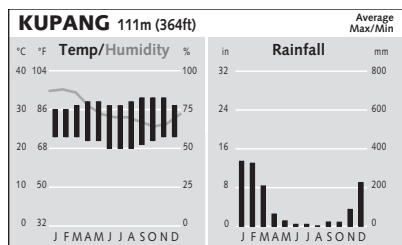
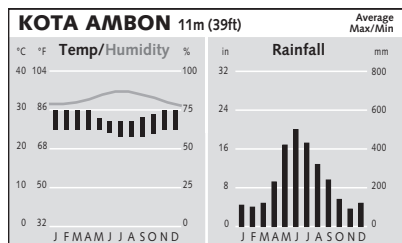
ments at your hotel, enquire at local restaurants and bars, ask fellow travellers and hotel staff, and check out the tourist newspapers and magazines.

Culture vultures and art addicts are also looked after, with a plethora of courses in Ubud teaching painting, woodcarving, batik, textile and more (see p313 for more information). Short batik courses are popular in Yogyakarta (see p182) and in Solo (p201).



Also in Java, dance and art classes are held at the Mangun Dhama Art Centre in Candi Jago (p238).

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 Yogyakarta (p182) in Java.



CUSTOMS REGULATIONS

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

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

Surfers with more than two or three boards may be charged a 'fee', and this could apply to other items if the officials suspect that you aim to sell them in Indonesia. If you have nothing to declare, customs clearance is usually quick.

There is no restriction on foreign currency, but the import or export of rupiah is limited to 5,000,000Rp. Amounts greater than that must be declared.

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

DANGERS & ANNOYANCES

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

It's best to avoid buying arak, the locally produced fermented booze made from rice or palm. Several people died in Bali after a producer tried to stretch a batch with what turned out to be a deadly chemical.

Drugs

Indonesia has demonstrated its zero-tolerance policy towards drugs with a spate of high-profile arrests and convictions. Australian Schapelle Corby captured news headlines around the world when she received a 20-year prison sentence for smuggling marijuana. 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 is now a major supplier of ecstasy, both for export and to fuel the local rave scenes in Bali, Jakarta and other big cities.

Random raids of nightclubs in Jakarta and Bali and mandatory urine tests for anyone found with drugs occur regularly. Private parties on Bali have also been raided, and hotel owners are required by law to report offenders. The law does not provide for differentiation of substance types or amounts. Whether found with a full bag of heroin or a few specks of marijuana dust in your pocket, you will be in very serious trouble.

In areas where nightclubs are concentrated, such as Bali, freelance entrapment of tourists is a lucrative vocation.

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 that 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, as is the highly personal questions you will be asked by everyone. Interrogating a total stranger about their origin, age, and marital status is considered polite, and a refusal to answer is regarded as discourtesy.

Safety

Security in touristed areas increased after the 2002 and 2005 Bali bombings but has since tended to fade. The odds you will be caught up in such a tragedy are low. Large luxury hotels that are part of international chains tend to have the best security, though they also make the most tempting targets, as shown in Jakarta in 2003 and 2009.

Security issues in Indonesia are often exaggerated by the foreign media, who portray rambunctious protest rallies and minor incidents of civil unrest as nationwide pandemonium. 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.

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), keeping in mind they often seem to suggest you not leave home. Monitor local and international media reports and seek the advice of other travellers and locals. Lonely Planet's Thorn Tree (www.lonelyplanet.com) is an excellent source of information from travellers on the ground.

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.

As the main tourist destination, Bali is the home of many scams. And there are continuing reports of short-changing money-changers. But you should always be aware of any local who appears out of nowhere the instant you get a flat tyre. As always, trust your common sense, as most Indonesians you meet in such situations are genuinely trying to help.

Hard-luck stories are common in tourist areas and are a recognised way to make money. But most Indonesians suffer in silence and would never ask for money; consider giving to aid programs if you want to help.

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 bemos, buses and trains.

Pickpockets are common, and crowded bus and train stations are their favourite haunts,

as are major tourist areas. Compared to most Indonesians, tourists are rich and this attracts thieves. The Bahasa Indonesia word for thief is *pencuri*.

Most precautions are simple common sense and should be practised worldwide: 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.

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.

DISCOUNT CARDS

The International Student Identity Card (ISIC) is useful for discounts on some domestic flights, although maximum age limits (usually 26) often apply. A few attractions offer student discounts. Check out www.istc.org for information and details on the application process.

EMBASSIES & CONSULATES

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.

Foreign embassies are located in Jakarta; Bali and Medan have many consulates. 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 pp298-9; ☎ 241 118; www.dfat.gov.au/bali; Jl Tantular 32, Denpasar; ☎ 8am-noon, 12.30-4pm Mon-Fri) The Australian consulate has a consular sharing agreement with Canada, and may also be able to help citizens of New Zealand, Ireland and Papua New Guinea.

France (Map p286; ☎ 285 485; consul@dps.centrin.net.id; Jl Mertasari, Gang II 8, Sanur)

Germany (Map p286; ☎ 288 535; germanconsul@bali-ntb.com; Jl Pantai Karang 17, Batujimbar, Sanur)

Japan (Map pp298-9; ☎ 227 628; konjpdps@indo.net.id; Jl Raya Puputan 170, Renon, Denpasar)

Netherlands (Map p272; ☎ 752 777; Jl Raya Kuta 127, Kuta)

Switzerland (Map p272; ☎ 751 735; swisscon@telkom.net; Kuta Galleria, Blok Valet 2, 12, Kuta)

UK (Map p286; ☎ 270 601; bcbali@dps.centrin.net.id; Jl Tirtanadi 20, Sanur)

USA (Map pp298-9; ☎ 233 605; amcobali@indosat.net.id; Jl Hayam Wuruk 188, Renon, Denpasar; ☎ 8am-4.30pm) A consular agent.

OFFICIAL ADVICE

It is always worthwhile to check with official government sources before visiting Indonesia in order to check current travel conditions and the overall safety situation. But bear in mind that government sources generally take a conservative and over-cautious view. It's also worth following news sources in order to get a realistic picture.

Government travel advisories:

Australia (www.smarttraveller.gov.au)

Canada (www.voyage.gc.ca)

New Zealand (www.mfat.govt.nz)

UK (www.fco.gov.uk/travel)

US (www.travel.state.gov)

Jakarta

All phone numbers take area code ☎ 021:

Australia (Map p98; ☎ 2550 5555; www.indonesia.embassy.gov.au; Jl HR Rasuna Said Kav 15-16)

Brunei (Map p104; ☎ 3190 6080; Jalan Teuku Umar 9, Menteng)

Canada (Map p98; ☎ 2550 7800; www.geo.international.gc.ca/asia/jakarta/; World Trade Centre, 6th fl, Jl Jenderal Sudirman Kav 29-31)

France (Map p104; ☎ 2355 7600; www.ambafrance-id.org; Jl Thamrin 20)

Germany (Map p104; ☎ 3985 5000; www.jakarta.diplo.de; Jl Thamrin 1)

Japan (Map p104; ☎ 3192 4308; www.id.emb-japan.go.jp; Jl Thamrin 24)

Malaysia (Map p98; ☎ 522 4947; www.kln.gov.my/perwakilan/Jakarta; Jl HR Rasuna Said Kav X/6 No 1)

Netherlands (Map p98; ☎ 524 8200; www.indonesia.nlembassy.org; Jl HR Rasuna Said Kav S-3)

New Zealand (Map p98; ☎ 2995 5800; www.nzembassy.com; 10th fl, Sentral Senayan 2, Jl Asia Afrika No 8)

Papua New Guinea (Map p98; ☎ 725 1218; 6th fl, Panin Bank Centre, Jl Jenderal Sudirman 1)

Singapore (Map p98; ☎ 2995 0400; www.mfa.gov.sg/jkt; Jl HR Rasuna Said, Block X/4 Kav 2)

Thailand (Map p104; ☎ 390 4052; www.thaiembassy.org/Jakarta; Jl Imam Bonjol 74)

UK (Map p104; ☎ 2356 5226; www.ukinindonesia.fco.gov.uk; Jl Thamrin 75)

USA (Map p104; ☎ 3435 9000; www.usembassyjakarta.org; Jl Merdeka Selatan 4-5)

Medan

All phone numbers take area code ☎ 061:

Australia (Map p372; ☎ 415 7810; Australia Centre, Jl RA Kartini 32)

India (Map p372; ☎ 4531308; Jl Uskup Agung)

Japan (Map p372; ☎ 457 5193; Wisma Bll 5, Jl Diponegoro 18)

Malaysia (Map p372; ☎ 453 1342; Jl Diponegoro 43)

Netherlands (Map p372; ☎ 456 9853; Jl Mongin-sidi 45T)

USA (Map p372; ☎ 451 9000; Jl MT Haryono A-1, Uni Plaza)

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 (p422) An Islamic festival held in January or February in Pariaman, West Sumatra. Painted effigies, dancing, singing and music.

Gerebeg (p183) Java's three most colourful festivals are held annually at the end of January and April and the beginning of November.

Cap Go Mei (p606) Chinese New Year celebration in Chinese-majority Singkawang.

February

Tai Pei Kong festival (p706) In Manado, Kienteng Ban Hian Kong, Eastern Indonesia's oldest Buddhist temple, plays host to this magnificent festival every February.

Pasola (see the boxed text, p589) Nusa Tenggara's biggest festival: vividly dressed teams of horsemen engage in mock, though sometimes bloody, battles. Often coincides with Nyale.

Nyale (see the boxed text, p513) Huge fishing festival celebrated by the Sasaks of Lombok. Usually February or March.

March

Kirab Pusaka (p201) 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.

Equatorial Culture Festival (p599) Around the March (and September) equinoxes, with traditional dancing, singing, and competitions.

April

Festival Teluk Kendari (p719) 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 (p263) Ten-day festivals held in Balinese temples during full-moon periods in April to May and September to November.

Gerebeg See above.

Legu Gam (p730) In Ternate, a weeklong annual celebration leading up to the sultan's birthday on April 13th.

May

Waisak (p174) 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 (p201) 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 (p183) Annual festival from 7 June to 7 July, with a wide range of shows and exhibitions.

Bali Arts Festival (p296) Month-long festival starting in mid-June, showcasing traditional Balinese dance, music and crafts.

Danau Toba Festival (p392) Week-long festival held in mid-June with cultural performances and colourful canoe races.

Festival Danau Napabale (p721) Horse combat and kite flying in Latugho, Southeast Sulawesi.

Jakarta Anniversary (p107) 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 (p174) This Borobudur festival features Ramayana-style dance, folk-dancing competitions, handicrafts, white-water rafting and a whole lot more.

Lake Sentani Cultural & Art Festival (p793) A few days around 20 June.

July

Tana Toraja funeral festival (see the boxed text, p676) A Sulawesi highlight. Held during July and August, Toraja working throughout the country return home for celebrations and funeral rituals.

August

Bidar race (p465) Spectacular canoe races held on South Sumatra's Sungai Musi every 17 August (Independence Day) and 16 June (the city's birthday).

Independence Day (p107) Jakarta becomes a spectacle of parades and celebrations every 17 August to mark the country's independence.

Baliem Festival (see the boxed text, p811) A celebration of indigenous culture in Papua's Baliem Valley, with mock 'tribal fighting', full traditional regalia, dance and music. Usually 7 August to 12 August.

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 wrongdoing. 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.

October

Ubud Writers & Readers Festival (p314) A global festival celebrating the art of writing.

Asmat Art & Culture Festival (p815) 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 p830.

December

JiFFest (Jakarta International Film Festival; p107) Indonesia's premier film festival takes place in early December.

FOOD

Eating reviews in this book are listed in order of budget, from cheapest to most expensive. 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 15,000Rp or so for a meal at a restaurant and splurge on dinner and a Bintang beer for 30,000Rp and upwards. You can spend much more in major cities and Bali and – especially in the latter – enjoy cuisine that is simply excellent.

Indonesia's vast array of culinary delights and regional specialities are explained in detail in the Food & Drink chapter, p79.

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. However, in Bali and Jakarta, police and social organisations are cracking down on suspected paedophiles, and several foreigners have been extradited or have received lengthy jail terms. 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 extroverted 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.or.id), which publishes the monthly magazine *GA Ya Nusantara*. In Kuta, **Hanafi** (☎ 0361-756454; www.hanafi.net) is a gay-friendly tour operator. **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) The island of Bali closes down for one day, usually in March, sometimes in April; it's a cultural marvel, albeit a quiet one.

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 the Christmas holiday runs 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, most sold online; 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 p828), so make sure that your policy covers expensive items adequately. Many policies have restrictions on laptops and expensive camera gear, and refunds are often for depreciated value, not replacement value.

Worldwide travel insurance is available at www.lonelyplanet.com/travel_services. You can buy, extend and claim online anytime – even if you're already on the road.

For information on health insurance see p856, and for details on car insurance see p852.

INTERNET ACCESS

Indonesia is somewhat wired, but speed varies from blindingly fast to painfully slow. All sizeable population centres have at least one warnet (public internet facility) where you can update your blog for 3000Rp to 5000Rp an hour. Wi-fi is increasingly available in hotels and cafes in larger towns and tourist centres. At these places you can download your digital camera, burn CDs or chat on Skype. You can also network your laptop.

Elsewhere in Indonesia, speed varies but is often painfully slow. Expect to pay 300Rp to 500Rp per minute; centres are common anywhere there are tourists. Several national telecommunications operators have set up 3G networks, and BlackBerry and iPhone services are available in most towns and tourist areas.

Many hotels have internet centres for their guests. In tourist areas, in-room wi-fi access is moving down the price chart in availability, but watch out for places with high charges pegged to time or data use (we tried one where two emails exhausted the 80,000Rp connection allowance). Most are free or cheap. In South Bali, Ubud, Jakarta and Yoga, wi-fi access in cafes is increasingly common and is often free.

LEGAL MATTERS

Drugs, gambling and pornography are illegal, and it is an offence to engage in paid work without a formal working permit. Visa length of stay is strictly enforced, and many a careless tourist has seen the inside of an immigration

STOPPING CHILD-SEX TOURISM IN INDONESIA

Unfortunately, Indonesia has become a destination for foreigners seeking to sexually exploit local children. A range of socio-economic factors render many children and young people vulnerable to such abuse and some individuals prey upon this vulnerability. The sexual abuse and exploitation of children has serious, life-long and even life-threatening consequences for the victims. Strong laws exist in Indonesia to prosecute offenders and many countries also have extraterritorial legislation which allows nationals to be prosecuted in their own country for these intolerable crimes.

Travellers can help stop child-sex tourism by reporting suspicious behaviour. In Bali, call the **Women and Children Care Unit** (☎ 0361-226 783 ext 127) of the Bali police. Elsewhere in Indonesia, reports can be made to the **Anti-Human Trafficking Unit** (☎ 021 721 8309) of the Indonesian police. If you know the nationality of the individual, you can contact their embassy directly.

For more information, contact the following organisations:

ECPAT (End Child Prostitution and Trafficking; www.ecpat.org) A global network working on these issues, with over 70 affiliate organisations around the world. Child Wise (www.childwise.net) is the Australian member of ECPAT.

PKPA (Center for Study and Child Protection; ☎ 061 663 7821 in Medan, Sumatra) An organisation committed to the protection of Indonesia's children and the prevention of child-sex tourism.

detention facility. Being caught with drugs will result in jail and quite probably a harsh prison sentence (see p827). Generally, you are otherwise unlikely to have any encounters with the police unless you commit a traffic infringement.

Despite claims of reform, corruption remains a fact of life, as police salaries and operational budgets are woefully inadequate. Most police officers are actually embarrassed about having to solicit bribes to buy petrol for their patrol vehicle, so if you are pulled over for a dubious traffic infringement, be polite and respectful as the officer lectures you and then suggests an alternative to a trip to the police station and a courthouse date. Generally, 50,000Rp is usually plenty, but the Balinese police seldom settle for less than 100,000Rp.

On the other hand, the police will leap to protect a foreigner in genuine difficulty. 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. The police may detain you, but they will sort it out and you will be safe from possible reprisal.

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 be able to suggest legal counsel.

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 reliable although they can be dated for places such as Bali. Both series are available in Indonesia and overseas.

Free tourist maps of major Javanese, Sumatran and Balinese cities can be found in hotels but are of highly variable quality and usefulness.

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 50Rp, 100Rp, 200Rp and 500Rp are in circulation in both the old bronze-coloured coins and the much more common, newer aluminium models. A 1000Rp coin is also minted but rarely seen. Notes come in 500Rp, 1000Rp, 5000Rp, 10,000Rp, 20,000Rp, 50,000Rp and 100,000Rp denominations. For change in amounts below 50Rp, expect to receive a few sweets.

See this book's inside front cover for exchange rates and p20 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, an ATM card and cash.

ATMs

ATMs are common in larger towns and cities on the main islands of Indonesia; most now accept Visa, Mastercard, Maestro, Plus and Cirrus. Confirm with your bank at home to ensure you can use ATM facilities in Indonesia, and also ask what charges or service fees apply.

ATMs in Indonesia have a maximum limit for withdrawals; sometimes it is 2,000,000Rp, but it can be as low as 400,000Rp, which is not much in foreign-currency terms, especially if you want to get large amounts to limit service charges.

Many ATMs have a sticker that specifies whether the machine dispenses 50,000Rp or 100,000Rp notes. When possible go with the former as the latter are always hard to break.

There have been several instances of ATM fraud in tourist or business areas, so try to select a machine in a bank branch or heavily guarded area.

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. Few people carry any travellers cheques these days and many banks won't exchange them. When heading for really remote places, carry stacks of rupiah, as foreign exchange may be limited to US dollars 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 uncommon. 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 are travelling on a low budget, credit cards are of limited use for day-to-day travel expenses, as it is only non-bare bones hotels, restaurants and shops that accept them (and they're virtually useless in places like Papua and Maluku). In touristed areas and Jakarta you'll find plenty of opportunities to use plastic. Credit cards are useful for major purchases like airline tickets (though smaller offices in the backblocks may not accept them) or care-free stays in better hotels.

MasterCard and Visa are the most widely accepted credit cards. Amex is a distant third. Cash advances are possible at many ATMs or banks. If you'll be off the main track, check with your card issuer to find out where you can get cash. Remember, however, that in more remote areas you're asking for trouble if all you have is a credit card.

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 accept them and second to find one that gives a good rate, but also be aware that in places like Papua and Maluku there may be no place to exchange money.

Rates vary, so it pays to shop around. The best rates of exchange are found in Jakarta and Bali. Touristy places have lots of money changers as well as banks. When changing cash, bigger notes are better – a US\$100 note may 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 fall for any of many schemes*. Signboard rates are often a fabrication, and after signing your travellers cheque or forking over your notes 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

rig their calculators; short-changing is rampant at non-bank exchanges and bars are filled with travellers moaning about being fleeced by a moneychanger (often they thought they could outwit the pro, ha!).

Always count your rupiah first before you hand over your money. Only when you are satisfied that 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 travellers cheques and try another moneychanger.

Moneychangers outside touristed areas are more likely to be honest, although it is best to sacrifice a bit of the exchange rate and use a bank, which are usually completely honest. Better yet, use an ATM, knowing that the rate is closer to the real exchange rate and doesn't come with hidden 'costs'.

To check bank exchange rates, go to the website of BNI (www.bni.co.id), a large Indonesian bank.

PHOTOGRAPHY & VIDEO

Digital cameras are easily accommodated in the main tourist areas. Photo shops are ubiquitous, and all now stock memory cards and batteries, and will download your images and burn them onto a CD or make prints. Warnet also offer download and burn services. More esoteric regions, however, may offer little support. Your best bet is to carry some extra memory so you'll never be caught short of pixels.

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.

Blank video cassettes are only found in major tourist centres. Be sure that any charger for your video camera will work with the local electricity.

POST

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

For anything over 20g, the charge is based on weight. You can send parcels up to 20kg and you can get them properly wrapped and sealed at any post office.

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

Have poste restante mail sent to you at major post offices. It should be addressed to you with your surname underlined and in capital letters, then 'Kantor Pos', the name of the town, and then the name of the island and 'Indonesia'. You can also have mail sent to a hotel.

Express companies such as FedEx and UPS can be found in Bali and Jakarta and offer reliable, fast and expensive service.

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. Woodcarvings are on sale everywhere. Batik and ikat (a form of dyed woven cloth; see p68) attract a steady stream of foreign art enthusiasts. Good pottery is available, mostly in Lombok and Java. See p70 for an overview.

Bali is a shoppers' paradise, with crafts from all over Indonesia. Jl Legian in Kuta (p283) has kilometres of shops selling crafts, antiques, clothes and shoes. Sanur, Ubud and other tourist centres are also worthwhile. Yogyakarta (p188) is the best place to shop in Java, where you can purchase handcrafted batik, silver, puppets and leatherwork. In Sulawesi shopping is not great, but you might find some woodcarvings or betel-nut bags you like.

Songket, which is silk cloth woven with gold or silver thread (see p69), is painstakingly made into ceremonial sarongs in parts of Sumatra, and exquisite examples are up for grabs in Palembang (p466).

Kalimantan is also good for *songket* and excellent for sought-after Dayak rattan backpacks. In Nusa Tenggara, West Timor, Alor and Sumba have some spectacular naturally dyed ikat for sale.

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.

You can take some tasty packaged wares home; 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. If you can lift it, a *cobek* and *ulek-ulek* (mortar and pestle) is needed for making your own *sambal*.

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. In coffee-growing areas such as Bali, highland markets adjacent to plantations offer the best-quality beans. 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.

Bargaining

Many everyday purchases in Indonesia require bargaining. This applies particularly to handicrafts, artwork and any tourist items, but it 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 that's expensive or unobtainable

at home because the seller won't come down a few hundred rupiah. Second, 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. Third, 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 these places, however, people are simply curious and a single traveller sporting a backpack will always attract wide eyes and various forms of 'hello'. The more remote the area the greater the focus. Maluku, Papua, Sumatra and Kalimantan encompass vast areas that are virtually untouched. Be prepared for celebrity status; be prepared for lots of photos. 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 Sumatra 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 p841 for more information.

TELEPHONE

To call any country direct from Indonesia dial ☎ 001 plus the country code followed by the number, or make a call via the international operator (☎ 101). The country code for Indonesia is ☎ 62. Area codes are listed at the start of each city and town in this book. Phone numbers beginning with ☎ 08 are mobile (cell) phones.

The telecommunications service within Indonesia is provided by Telkom, a government monopoly. Local directory-assistance operators (☎ 108) are helpful and some of them speak English. If you call directory assistance and have to spell out a name, try to use the 'Alpha, Bravo, Charlie' system of saying the letters.

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

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

Internet Calling

Internet connections fast enough to support Voice Over Internet (VOI) services like Skype are now common in the most popular parts of Bali, Jakarta and other modern areas. Some internet centres are hip to this and some allow it, while others add a surcharge for the call to your connection time (perhaps 3000Rp per minute). If you're staying at a place with fast wi-fi in the room, you're really set.

Mobile Phones

There are several local cell/mobile phone service providers, including Telkomsel and Pro XL. If your phone company offers international roaming in Indonesia, you can use your own mobile telephone in Indonesia – but check rates (often outrageous) with the company.

Alternatively, a mobile phone (called a handphone in Indonesia) using the GSM system (but not the North American GSM system) can be used cheaply if you purchase a

prepaid SIM card in Indonesia. This will cost about 50,000Rp and will give you your own local telephone number. However, make certain the phone you bring is both unlocked and able to take SIM cards. Basic phones bought locally start at US\$20.

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

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

Phonecards

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

Telephone Offices

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

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

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

TIME

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. 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 summer or daylight-saving time, when it is noon in Jakarta it is 9pm the previous day in San Francisco, midnight in New York, 5am in London, 1pm in Singapore and Makassar, 2pm in Jayapura and 3pm in Melbourne and 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

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, especially in Bali and Jakarta.

Indonesian toilets are basically holes in the ground with footrests on either side, although Western-style toilets are common in tourist areas. 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 pissed.

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 **Ministry of Culture and Tourism** (☎ 021-383 8167; www.budpar.go.id; Jl Merdeka Barat 17, Jakarta), maintains a head office in Jakarta as well as offices in each province. Its website is a good source of links; otherwise, you won't find it overly useful.

Most tourist offices in Indonesia offer little of value, although they at times make up for the dearth of material with a surfeit of enthusiasm. One notable exception is the tourist office in Ubud, Bali (p307), which is an excellent resource. Another is the excellent office in Yogyakarta (p178).

TRAVELLERS WITH DISABILITIES

Indonesia has very little supportive legislation or special programs for disabled people, and it's 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. Check with airlines to see what arrangements can be made and if they can provide skychairs. Airports at Bali and Jakarta have 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 chain hotels often don't have facilities.

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 (sidewalk).

Public transport is also difficult, but cars with driver can be hired readily at cheap rates and are much more common than self-drive rentals. Minibuses are easily hired, but none has 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 travellers with disabilities.

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) is a useful website for global trends and progress.

VISAS

Visas are the biggest headache many travellers face in their Indonesian trip. They are not hard to obtain, but the most common – 30 days – is awfully short for such a big place. Many travellers find even the 60-day visa restricting.

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

The Department of Foreign Affairs website (www.deplu.go.id) has links to Indonesian embassies and consulates worldwide where you can find the latest up-to-date visa information.

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 (p100) for a Limited-Stay Visa (Kartu Izin Tinggal Terbatas, or KITAS). If you're planning to work in Indonesia your employer will need to organise your visa – it's a long and complicated process. 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.

Tourist Visas

Depending on your nationality you may be able to obtain a visa on arrival (VOA) at recognised entry points in Indonesia, which comprise 15 airports and 21 sea ports. These include ports for ferries to/from Sumatra: Penang–Medan, Penang–Belawan, Melaka–Dumai and Singapore–Batam/Bintan. See the boxed text, p369, for more information. VOAs are not available at land border crossings, including the one from East Timor. There are two types of VOA; a seven day (US\$10) and a 30 day (US\$25). Both visas are non-extendable. To get a 60-day visa you have to apply through an embassy or consulate before your departure.

At the time of writing, citizens of 63 countries were eligible for a VOA, including those from Australia, Canada, France, Germany, Ireland, Japan, the Netherlands, New Zealand, the UK and the USA.

If you are not eligible for a VOA, or if you are arriving at a non-approved port or crossing overland, 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 boxed text, p779, 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 Singapore and a smattering of other countries.

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 usually won't ask to see an onward ticket, if you don't have one you may be forced to buy one on the spot.

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. Credit cards and travellers cheques can usually substitute for cash.

Citizens of Israel and several other countries will need special visas that are difficult to obtain. However, it's an urban myth that a stamp from Israel in your passport will cause problems.

Travel Permits

Technically, if you're heading to 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 30-day visas on arrival are not extendable 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 and you could be in deep trouble. However, if you genuinely cannot leave before your visa expires because of illness or a flight reservation problem, you can get a short extension if you report to immigration *before* your last legal day.

If you're already in Indonesia and you want to extend your stay you will probably need to leave the country and apply for another visa. The Indonesian embassy in Singapore is popular. See also the boxed text, p564, for more info.

However, another route to visa renewal has emerged: travellers have reported being able to extend a 60-day tourist visa if they can find an Indonesian willing to act as their sponsor. This can be done 30 days at a time for up to six months. However, there's a fair amount of paperwork involved, so first check with an immigration office to find out the latest details.

VOLUNTEERING

There are excellent opportunities for aspiring volunteers in Indonesia. Third World poverty and the tragedy of the 2004 tsunami have created need across the archipelago.

See the boxed text, pp406–7 for details on ways you can help the ongoing recovery in Banda Aceh, Sumatra.

Bali is a hub for many charitable groups and NGOs, including the following.

Friends of the National Parks Foundation

(☎ 0361-977 978; www.fnppf.org; Jl Bisma 3, Ubud)

Main office in Bali. Has volunteer programs in and around Tanjung Puting National Park in central Kalimantan.

JED (Village Ecotourism Network; ☎ 0361-737447; www.jed.or.id) Organises highly regarded tours (see the boxed text, p330) of small villages. Often needs volunteers to improve its services and work with the villagers.

ProFauna (☎ 0361-424731; www.profauna.or.id) A large nonprofit animal-protection organisation operating across Indonesia; the Bali office has been aggressive in protecting sea turtles. Volunteers needed to help with hatchery releases and editing publications.

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

Yakkum Bali (Yayasan Rama Sesana; ☎ 0361-247363; www.yrsbali.org; Denpasar) Dedicated to improving reproductive health for women across Bali.

YKIP (Humanitarian Foundation of Mother Earth; ☎ 0361-759544; www.ykip.org) Established after the 2002 bombings, it organises health and education projects for Bali's children.

Papua has **Peace Brigades International** (www.peacebrigades.org) for people committed to working for human rights and 'positive peace building'. It is also active in Jakarta.

On Sulawesi, the following are always looking for support.

Borneo Orangutan Survival Foundation (BOS; www.orangutan.or.id) Accepts volunteers for its orangutan and sun bear rehabilitation and reforestation programs at Samboja Lestari between Balikpapan and Samarinda.

Kalaweit Care Centre (☎/fax 0536-322 6388; www.kalaweit.org) Accepts volunteers (not visitors) for rehabilitating ex-captive gibbons.

Kalimantan also has volunteering possibilities with the **Borneo Orangutan Survival Foundation** (BOS; volunteers@sambojalodge.com), a project that promotes reforestation and rehabilitation at Samboja Lestari.

International Organisations

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

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

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

Global Vision International (www.gviusa.com, www.gvi.co.uk) Organises short-term volunteer opportunities doing things like primate research in Sumatra (you pay costs); offices in Australia, the UK and the US.

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

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

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, whom 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.

Women travelling alone in Bali are common, especially in Ubud.

WORK

A work permit is required to work in Indonesia (see p839). These are very difficult to procure and need to be arranged by your employer. Apart from expatriates employed by foreign companies, most foreigners working in Indonesia are involved in the export business.

Transport

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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 p839 for important information regarding all visas. Numerous sea ports are similarly easy; if you're arriving by land you'll have no problems as long as you have a valid visa.

Passport

Your passport *must* be valid for six months after your date of arrival in Indonesia. 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. See p839 for information on visas.

AIR

Indonesia is well connected to the rest of the world by numerous 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 (p115) and Bali's Ngurah Rai International Airport (p266), which is 15km south of Denpasar.

AIRLINES FLYING TO & FROM INDONESIA

Airlines serving Indonesia include:

AirAsia (airline code AK; www.airasia.com) Serves a wide range of Indonesian destinations from Kuala Lumpur plus Bali and Jakarta from Bangkok and Singapore.

Cathay Pacific Airways (airline code CX; www.cathay-pacific.com) Serves Bali and Jakarta from Hong Kong.

China Airlines (airline code CI; www.china-airlines.com) Serves Bali and Jakarta from Taipei.

Emirates (airline code EK; www.emirates.com) Serves Jakarta from Dubai.

Eva Air (airline code BR; www.evaair.com) Serves Bali and Jakarta from Taipei.

Firefly (airline code FY; www.fireflyz.com.my) Serves major cities on Sumatra from Kuala Lumpur and Penang in Malaysia.

Garuda Indonesia (airline code GA; www.garuda-indonesia.com) Indonesia's national airline serves Bali and Jakarta from Australia and points across Asia.

Japan Airlines (airline code JL; www.jal.co.jp) Serves Bali and Jakarta from Tokyo.

Jetstar/Qantas Airways (airline code QF; www.qantas.com.au) Serves Bali and Jakarta from Australia.

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 only and are not a substitute for your own careful, up-to-date research.

KLM (airline code KL; www.klm.com) Serves Jakarta from Amsterdam.

Korean Air (airline code KE; www.koreanair.com) Serves Bali and Jakarta from Seoul.

Lion Air (airline code JT; www.lionair.co.id) Fast-growing Indonesian budget airline serves airports across the country from major Asian cities.

Lufthansa (airline code LH; www.lufthansa.com) Serves Jakarta from Frankfurt.

Malaysia Airlines (airline code MH; www.mas.com.my) Serves Bali and Jakarta from Kuala Lumpur.

Merpati Airlines (airline code MZ; www.merpati.co.id) Serves Dili in East Timor from Bali.

Pacific Blue (airline code DJ; www.flypacificblue.com) Offshoot of Australia's Virgin Blue, serves Bali from several Australian cities.

Philippine Airlines (airline code PR; www.philippineairlines.com) Serves Jakarta from Manila.

Qatar Airways (airline code QR; www.qatarairways.com) Serves Bali from Doha.

Royal Brunei (airline code B; www.bruneair.com) Serves Bali and Jakarta from Bandar Seri Begawan.

Silk Air (airline code MI; www.silkair.com) Serves numerous Indonesian destinations from Singapore including Balikpapan and Lombok.

Singapore Airlines (airline code SQ; www.singaporeair.com) Numerous flights to Bali & Jakarta daily.

Thai Airways International (airline code TG; www.thaiair.com) Serves Bali and Jakarta from Bangkok.

Tiger Airways (airline code TR; www.tigerairways.com) Singapore-based budget carrier serving Jakarta, Padang et al.

Tickets

Check websites to get an idea of airfares to Indonesia. Don't just limit yourself to major sites either, search for 'Indonesian airfares' and you may well find sites belonging to small travel agents who specialise in Indonesian travel.

It can also be worth checking with travel agents for comparison's sake. However if you have plans that include flying to places beyond the busy hubs of Bali and Jakarta then a travel agent may well find ways to produce an itinerary that's cheaper than online. Airline websites are also worth checking as they may have specials not sold elsewhere.

Online sites to consider:

Booking Wiz (www.bookingwiz.com) Offers up searches of all other major airfare sites.

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

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

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

DEPARTURE TAX

Indonesian airports usually charge a departure tax to passengers flying out. This charge varies by airport (roughly 50,000Rp to 150,000Rp but confirm in advance) but is payable in cash.

Kayak (www.kayak.com) Good price comparison site.

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

Orbitz (www.orbitz.com) A full-service site for people in North America.

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.

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

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

ROUND-THE-WORLD TICKETS

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

Searching for 'round-the-world' tickets will yield vast numbers of online agencies who combine legs from a variety of airlines. These tickets can be great deals. Prices for RTW tickets are often under US\$2000 – not much different from what you'll pay for the flight to Bali alone from North America or Europe.

Asia

Indonesia is closely linked to most of Asia. A plethora of airlines serves Bali and Jakarta. But newer budget carriers like AirAsia and Lion Air serve a huge range of Indonesian cities from major Asian cities.

Australia

Australia is well served with numerous direct flights from Bali and Jakarta to all major cities on multiple carriers, including Garuda Indonesia, Jetstar/Qantas and Pacific Blue.

CLIMATE CHANGE & TRAVEL

Climate change is a serious threat to the ecosystems that humans rely upon, and air travel is the fastest-growing contributor to the problem. Lonely Planet regards travel, overall, as a global benefit, but believes we all have a responsibility to limit our personal impact on global warming.

Flying & Climate Change

Pretty much every form of motor travel generates CO₂ (the main cause of human-induced climate change) but planes are far and away the worst offenders, not just because of the sheer distances they allow us to travel, but because they release greenhouse gases high into the atmosphere. The statistics are frightening; two people taking a return flight between Europe and the US will contribute as much to climate change as an average household's gas and electricity consumption over a whole year.

Carbon Offset Schemes

Climatecare.org and other websites use 'carbon calculators' that allow jetsetters to offset the greenhouse gases they are responsible for with contributions to energy-saving projects and other climate-friendly initiatives in the developing world – including projects in India, Honduras, Kazakhstan and Uganda.

Lonely Planet, together with Rough Guides and other concerned partners in the travel industry, supports the carbon offset scheme run by climatecare.org. Lonely Planet offsets all of its staff and author travel.

For more information check out our website: lonelyplanet.com.

Canada

From Canada, you'll change planes at an Asian hub for Bali and Jakarta.

Continental Europe

KLM and Lufthansa link Amsterdam and Frankfurt respectively with one-stop, same-plane service to Jakarta. But a huge number of airlines, from Emirates to all the major Asian carriers, offer connections between major European cities and Jakarta, and often Bali as well.

New Zealand

From New Zealand you will have to connect through Australia or an Asian hub.

UK

Options to fly to Jakarta and Bali from London (or Manchester) involve connecting through a major hub *somewhere* in Asia. The range of choices is myriad. The budget carrier AirAsia now offers cheap flights from London to Kuala Lumpur that connect to flights to Indonesia.

USA

The best connections are through any of the major Asian hubs with nonstop service to Bali and Jakarta, although residents of the

East Coast may find shorter routings via Europe or the Middle East. No US airline serves Indonesia.

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 p839 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, buses 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 p601 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 p564 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, p779.

SEA

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

East Timor

There is a regular ferry service between Dili in East Timor and Oecussi which borders West Timor. If crossing into Indonesia from here you will have to have organised your visa already in Dili.

Malaysia

Regular and comfortable high-speed ferries run the two-hour journey between Melaka (Malaysia) and Dumai (Sumatra); see p451 for more information. Similar ferries travel between Penang (Malaysia) and Belawan (Sumatra), taking about five hours. See p377 for specifics.

There are also boats from Pekanbaru (Sumatra) to Melaka, which take around eight hours. See p450 for more information.

From Johor Bahru in southern Malaysia, daily ferries run to Pulau Bintan (see p458) in Sumatra's Riau Islands.

Ferries connect Tarakan and Nunukan in East Kalimantan with Tawau in Sabah daily except Sunday, see p653 for details. Speedboats run daily between Nunukan and Tawau.

Papua New Guinea

There are no longer any regular boats.

Singapore

From Batam, speedboats travel through to Pekanbaru on the Sumatran mainland. Otherwise, Pelni ships pass through Batam to and from Belawan (the port for Medan) and Jakarta.

Boats also travel between Pulau Bintan and Singapore. Service includes **Bintan Resort**

Ferries (www.brf.com.sg), which handles transport between Lagoi and Singapore (p459).

Yachts

It's 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.

TOURS

Most tours 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. Tours will not run while there are security risks.

Again, your best bet is to search the internet using the names of places in Indonesia you wish to visit plus words describing your interest and the ever-vital 'tour'. Many of the volunteer agencies listed in the Directory (p840) offer tours that for a fee combine travel with doing good.

A few recommended tour companies include the following:

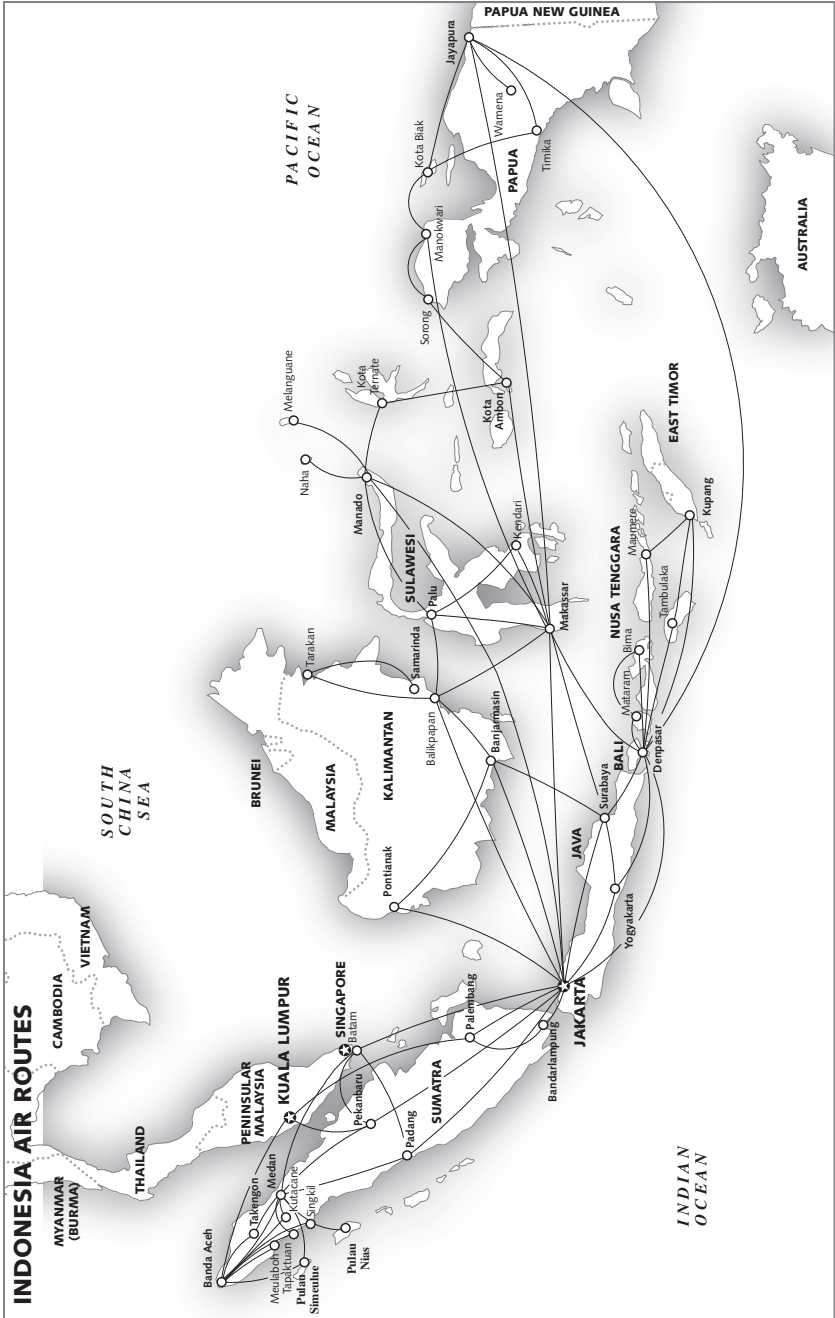
Earthwatch Institute (www.earthwatch.org) US-based company offering eco-sustainable tours, activities and volunteer programs.

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

INDONESIAN AIRLINE SAFETY

There's no way around it: Indonesia's airlines do not have a good safety record. Flying conditions are often challenging (monsoons, volcanic eruptions etc), safety standards can be lax and the airlines themselves run in a less-than-professional manner. Although the major carriers have made improvements, at the time of writing all notable Indonesian airlines were on a 'black list' of airlines banned by the EU (www.ec.europa.eu/transport/air-ban/list_en.htm) from its airspace because of safety concerns.

Should you be worried? The odds of a fatal flight in Indonesia are very small, even if they are higher than First World carriers. When possible, pick a major airline over a smaller one and in really remote locations, feel free to do your own inspection of the plane and crew before you fly.



DOMESTIC DEPARTURE TAX

Indonesian airports typically charge a departure tax to passengers flying out. This charge varies by airport (averaging 50,000Rp but check in advance) but is payable in cash.

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 ecotourism focus.

Sustainable Travel International (www.sustainabletravelinternational.org) Umbrella organisation lists numerous companies offering ecologically focused and volunteer-type tours and travel.

GETTING AROUND

AIR

Airlines in Indonesia

The domestic flight network in Indonesia continues to grow extensively; schedules and rates are in a constant state of flux. Local carriers servicing small routes tend to operate cramped and dated aircraft, whereas flights to Jakarta, Bali and other major destinations are usually on larger, newer craft.

The larger Indonesian-based carriers have websites listing fares, however it may be hard, if not impossible, to purchase tickets over the internet from outside Indonesia because of restrictive laws that limit sales to local credit cards. You may have to call the airline in Indonesia – or better, if the option exists, an office outside of Indonesia. Note that you may not reach anyone on the phone who speaks English.

Another option is to enlist the services of one of many travel agents listed in major cities in this book. Sometimes the best way to get a ticket for travel within Indonesia is to simply go to the airport and compare prices at the various airline offices. Many airlines are strictly cash-based, and offer last-minute deals if there are empty seats.

Even if you book on the day of departure, there's a good chance you'll get a seat – except on major holidays and school vacation periods (see p20). 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.

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 include the following (many more local ones are listed in relevant sections of the destination chapters):

Air Asia (airline code AK; www.airasia.com) Fast-growing Malaysian-based budget carrier with a web of Indonesian domestic flights.

Batavia Air (airline code 7P; www.batavia-air.co.id) Serves numerous destinations; has the enigmatic slogan: 'Trust us to fly!'

Garuda Indonesia (airline code GA; www.garuda-indonesia.com) The national carrier serves numerous cities, it is often the connecting airline shown on travel websites.

Lion Air (airline code JT; www.lionair.co.id) Fast-expanding budget carrier that has a web of service across the archipelago. It carried the most passengers in 2008.

Mandala Airlines (airline code RI; www.mandalaair.com) Serves major routes.

Merpati Airlines (airline code MZ; www.merpati.co.id) Serves many smaller Indonesian cities, in addition to the main ones.

Sriwijaya Air (airline code SJ; www.sriwijayaair-online.com) Serves Java, Kalimantan, Sumatra and Sulawesi.

TransNusa (airline code TGN; www.transnusa.co.id) Good for flights within Nusa Tenggara and for flights from Denpasar to places like Labuanbajo.

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 regions of the interior of these islands. They will take paying passengers, but only if seats are available at time of takeoff. See the respective chapters' Getting There & Around sections for details.

BICYCLE

If reasonably fit, and with a bit of preparation and a ton of common sense, a cyclist will enjoy an incomparable travel experience almost anywhere in the archipelago. The well-maintained roads of Bali, Lombok, East Java and South Sulawesi are suitable for cyclists of all ability levels, while the pros can head for the hills along the length of Sumatra or Nusa Tenggara.

The two primary difficulties are the heat and traffic. Resting during the hottest hours of the day remedies the first, and you can avoid most traffic problems by keeping to back roads or even jumping on a truck or bus to cover really dangerous sections. The third annoyance, being a constant focus of attention, you just have to get used to.

You can rent bikes fairly easily on Bali and other tourist centres such as Yogyakarta, just ask at your accommodation. Rates range from 15,000Rp to 50,000Rp per day. However in places like Papua, bikes for hire are as common as snowballs.

Bicycling is gaining popularity among the Indonesian middle class, and bicycle clubs will be delighted to aid a foreign guest. **Bike to Work** (www.b2w-indonesia.org.id) has an extensive national network. Many tourist areas, particularly Bali, Lombok and Yogyakarta offer organised, vehicle-supported bicycle tours; one good resource is www.ridingtheringoffire.com. 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 p819 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 (right), 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, air-con passenger ships that operate set routes around the islands, either on a fortnightly or monthly schedule. The ships – most rather modern – 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) was three years out of date, but it's useful for details regarding ports and Pelni offices. It's important to note that Pelni only serves some routes once a month, so confirm all details more than once when planning your trip.

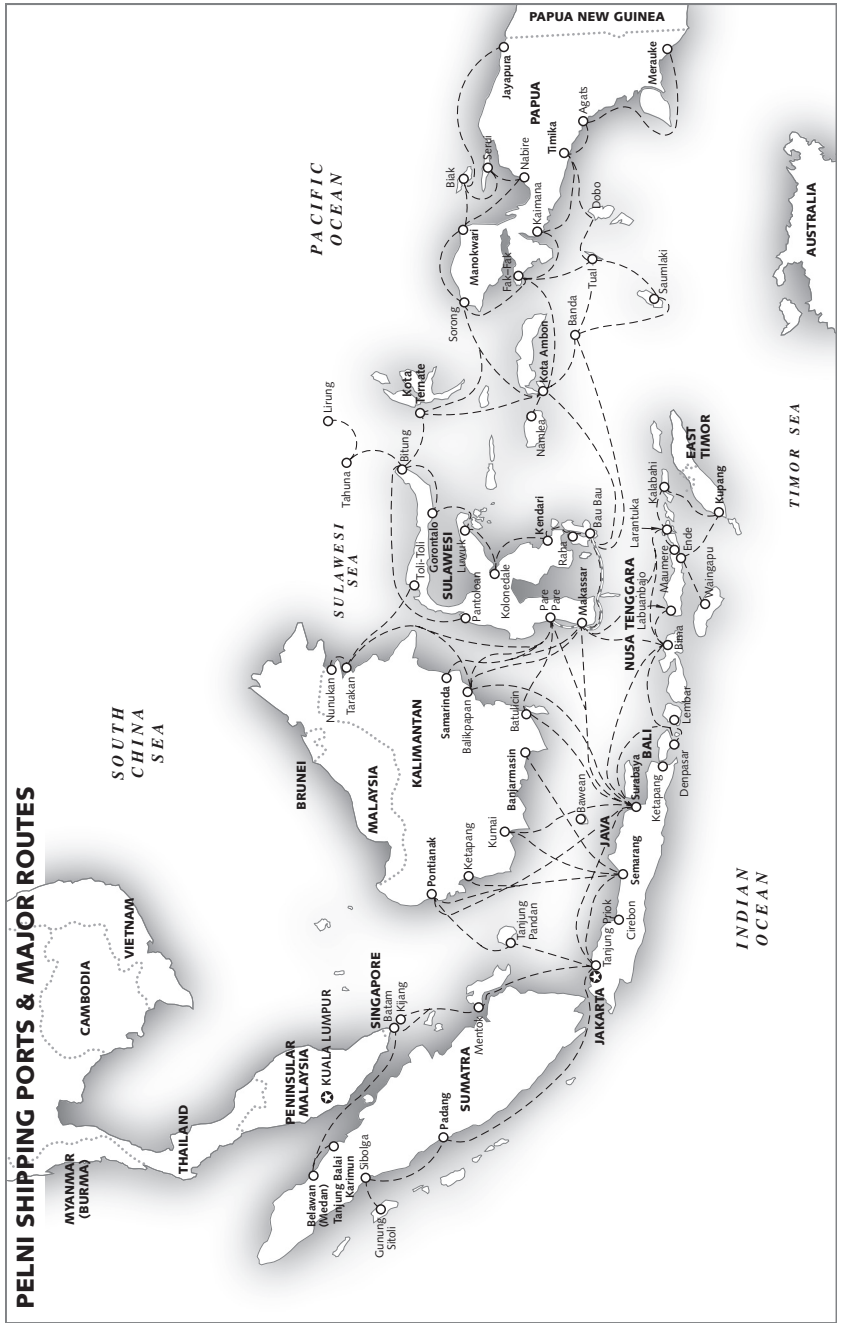
Pelni has four cabin classes, followed by economy class, which is the modern version of deck class. It is sometimes possible to book a sleeping place in economy; otherwise, you'll have to find your own empty space. Mattresses can be rented and many boats have a 'tourist deck' upstairs. Even economy class 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 comfortable, 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 decent 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, although fares are such that 1st is still relatively cheap; 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.

PELNI SHIPPING PORTS & MAJOR ROUTES



TRANSPORT

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 North Sulawesi to the coral reefs surrounding nearby Pulau Bunaken. On Lombok these elegant, brilliantly painted fishing boats, 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 of buses 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.

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're 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 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 (or 'executive' 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 eight-hour journey will cost 50,000Rp to 100,000Rp. By way of comparison, an eight-hour journey on a luxurious, overnight bus will cost 150,000Rp 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 ve-

hicles, so buying a ticket beforehand can be a good idea. Luxury buses should be booked in advance. 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/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.

GUIDEBOOK ADVENTURES

The authors of this book had some real adventures while researching.

Maluku *Mark Elliot*

Getting so drenched on a 50km *ojek* ride in Tanimbar that I stopped halfway to ring out my underwear in the driver's home village.

Getting so swamped by waves trying to reach Molana that I had to turn back and charter a bigger boat.

Papua *John Noble*

Returning from Papua's Arfak mountains to Manokwari, there was no traffic on the mountain road. I started walking – 26km to the main road, maybe I could do it before dark. Then along came a clapped-out 4WD with people hanging off the back. I was given a privileged place in the front, half of one buttock on a seat. We broke down seven times in the 50km to Manokwari. Eventually the driver extracted the fan belt, cut a piece out of it, and fixed it back together with wire. We rumbled into Manokwari at dusk. Better than walking? I wasn't sure.

Nusa Tenggara *Adam Skolnick*

I was suspicious of our knock-off VW van almost immediately. The paint job made it look shiny and new, yet it struggled to make it up to 60km/hr. Nevertheless, we set out from Soe for remote Temkessi village, and three hours later we were stuck in the mud. We hopped *ojeks* to continue up the steep, crumbling ridge. Soon villagers appeared waving and smiling, and when we finally walked the last 500m through a keyhole in the rocks we arrived in the most breathtaking village I've ever seen.

Java *Iain Stewart*

Jakarta is a sweaty, polluted metropolis not geared to walking – pavements are either nonexistent or have canyonesque cracks, and are usually blocked by *kaki lima* (mobile food carts) and street hawkers. I really didn't want to walk the kilometre or so from Kota up to Sunda Kelapa in the midday sun, so when a cyclist with an extra back seat strapped to his Dutch-era bike offered me a ride I quickly agreed. His first price? 3000Rp. He got a tip.

Fuel & Spare Parts

After decades of subsidies, fuel prices are now adjusted to reflect international oil prices. At the time of writing premium petrol cost 5500Rp per litre (still cheap by Western standards). The opening of the domestic fuel market to foreign operators has spurred national oil company Pertamina to build full-service outlets (*pompa bensin*) throughout the archipelago. Where no formal stations exist, roadside shops fill the gap by selling litres of petrol with a slight markup; look for signs that read *press ban*, or for crates of bottles with a *bensin* sign. Some vendors step on their product with the zeal of a drug dealer, so they should only be used as a last resort.

Hire

CAR HIRE

The price of car rental will vary according to both location and vehicle. Indonesia has 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. Minibus rental, including driver but excluding petrol, costs 350,000Rp to 700,000Rp or more per day depending on distance to be travelled. 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** (☎ 021 390 7282; www.hertz.com) and **Avis** (☎ 021 314 2900; 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 there 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. 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 out a motorcycle may not offer any insurance at all. Ensure that your personal travel insurance covers injuries incurred while motorcycling.

Road Conditions

The relentless traffic congesting every Indonesian city makes driving an exhausting activity. On the open road, 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 side 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.

Considering the relatively small cost of a driver in relation to the total rental, it makes little sense to take the wheel yourself. Driving requires enormous amounts of concentration and the legal implications of accidents can be a nightmare, as a foreigner – it's *your* fault (see *Legal Matters*, p833).

HITCHING

Hitching is not part of the culture but if you put out your thumb, someone may give you a lift. 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. If you snag a ride in a late-model sedan or SUV expect to be treated to a meal, otherwise you should at least offer to pitch in for petrol.

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, with you riding point.

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 need 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 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 etc. 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'll 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 North Sulawesi, you also see the *bendi*, which is a small *dokar* that carries two passengers.

Ojek

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 are the preferred method for navigating Jakarta traffic. 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 is 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 hot spots. Some of the best tours are with local guides, such as the ecotrips to Halimun National Park in Java with Alwi (p137) or treks in the forests of South Kalimantan with Tailah (p626).

You can be certain that taking a tour will work out to be more expensive than if travelling independently, but the benefit of local dialects, in-depth local knowledge and experience is worth it. You will find local tour companies listed throughout this book and their offers will be readily apparent in tourist centres.

A few to consider contacting in advance:

Baliem Valley Resort (www.baliem-valley-resort.de) Offers challenging trips to destinations like Carstensz and the Korowai/Kombai region, and also general Baliem Valley tours in Papua.

Biak Paradise Tours (☎ 0981-23196; www.discoverpapua.com; Hotel Arumbai, Jl Selat Makassar 3, Kota Biak, Biak) A Biak-based operator that offers a wide range of tours in many parts of Papua.

Expedition Jungle (0813 7060 7035; www.expeditionjungle.com) North Sumatra travel, tours and jungle treks.

Jaker (☎ 0293 788 845; jackpriyana@yahoo.com.sg) A group of guides and local activists based in the small settlement of Borobudur.

Laszlo Wagner (www.eastindonesia.info) An experienced Hungarian-born writer offers tailor made trips around Maluku and Papua.

Papua Trekking (www.papuatrekking.com) Czech-based company specialising in the most challenging destinations such as Carstensz, Mamberamo, Asmat and Korowai/Kombai in Papua.

You can also travel around Indonesia – especially between Bali, Lombok and Flores – by charter sailing boats. The website **Indonesia Traveling** (www.indonesiatraveling.com) has a good page of links to dozens of boats for hire.

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.

The railway's **Train Information Service** (☎ 0361 227 131; www.kereta-api.com) has more information; on the site, both 'Jadwal' (schedule) and 'Info KA' can point you to schedules. For complete details of trains on Java, see p95.

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.

Many visitors 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 when travelling in Indonesia. 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 medicines 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 antidepressant drugs, blood-pressure medications and contraceptive pills.

INSURANCE

Even if you are fit and healthy, don't travel without health insurance – accidents do happen. Declare any existing medical conditions you have – the insurance company *will* check if your problem is pre-existing and will not cover you if it is undeclared. 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 provide 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.

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

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

Required Vaccinations

The only vaccine that is 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 either 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 **World Health Organization** (WHO; www.who.int/ith/) publishes a superb book called *International Travel & Health*, which is revised annually and is available online at no cost. Another website of general interest is **MD Travel Health** (www.mdtravelhealth.com), which provides travel health recommendations for every country. The **Centers for Disease Control & Prevention** (CDC; www.cdc.gov) website also has good general information. For further information, **LonelyPlanet.com** (www.lonelyplanet.com) is a good place to start. You can also check the websites of various foreign embassies in Indonesia (see boxed text, below and p829).

FURTHER READING

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

HEALTH ADVISORIES

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

Australia (www.smartraveller.gov.au)

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

New Zealand (www.safetravel.govt.nz)

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

US (www.cdc.gov/travel/)

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 immediately 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 is active 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 'break-bone fever'). Some people develop a rash and experience diarrhoea. There is no specific treatment, just rest and take paracetamol – not aspirin as it increases the likelihood of haemorrhaging. See a doctor to be diagnosed and monitored.

Filaria

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.

EATING HEALTHY

Ironically, roadside warung can be the best option for travellers worried about gastric distress. Soups on the boil for hours and overcooked vegetables have about as much bacteria as vitamins. Midrange hotel coffee shops and mass-market tourist restaurants tend to be the worst offenders. Tips for the gastronomically paranoid include:

- Drink only hot tea or coffee and bottled water, which is available anywhere.
- Try to eat lightly cooked food such as gado gado early in the day, before it has had a chance to sit in the sun.
- In a restaurant, do not feel shy about checking out the kitchen. Fortunately, many warung and restaurant kitchens are open to the dining room.
- Stay away from Western food, particularly salads, in areas with few foreigners. Most Indonesian food is bought, cooked and served on the day, while Western ingredients may sit around for a week or more.
- Look for food served on banana leaves and other disposable wrappings, and is eaten with your fingers. Food is only as clean as the plate and utensils.

Hepatitis A

A problem throughout the region, hepatitis A is a food- and water-borne virus that 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 anti-malarial 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 disorders, 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 headaches. 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 prevaccinated you will need to receive rabies immunoglobulin as a matter of urgency. Rabies is now present in Bali's stray dog population, yet another reason to be wary of these often ill-tempered critters.

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.

DRINKING WATER

- Never drink tap water.
- Bottled water is generally safe – check the seal is intact at purchase.
- Avoid ice (although on Bali ice comes from bottled water plants and is safe).
- Avoid fresh juices – they may have been watered down.
- Boiling water is the most efficient method of purifying drinking water.
- The best chemical purifier is iodine. It should not be used by pregnant women or those 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.

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 (TB)

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, and should 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.

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 sweat-

ing. 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 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 or 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 a quarter 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 anti-histamine. 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

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 are found 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 antivenine 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 antivenine 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.

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, as well as 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 on to 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.

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. Antivenine 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 percent 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 transport 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.

Language

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Most of the 700-plus languages spoken around Indonesia belong to the Malayo-Polynesian group. Within this group are many different regional languages and dialects. Indonesia's national language is Bahasa Indonesia, which is very similar to Malay, and most Indonesians speak it just as well as their first language (for more on local languages, see boxed text, p870).

Like many languages, Bahasa Indonesia has a simplified colloquial form and a more developed literary form. It's considered one of the easiest 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 Bahasa Indonesia phrases: few people are as delighted with visitors learning their language as Indonesians – they'll 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 the local language.

Written Bahasa Indonesia is equally easy for English speakers to master. Note, however, that there are sometimes inconsistent spellings of place names. Compound names are written as one word or two, eg Airsaniih

or Air Saniih, Padangbai or Padang Bai. Words starting with 'Ker' sometimes lose the 'e', as in Kerobokan/Krobokan. Some Dutch-influenced spellings also remain in common use, with *tj* instead of the modern *c* (as in Tjampuhan/Campuan), and *oe* instead of the *u* (as in Soekarno/Sukarno).

For lots of useful culinary terms and phrases on eating out, check out p85.

PRONUNCIATION

Most letters are pronounced more or less the same as their English counterparts. Nearly all syllables in a word carry equal emphasis, but a general rule 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'.

Vowels

a	as in 'father'
ai	as in 'Thai'
au	as the 'ow' in 'cow'
e	as in 'bet' when unstressed (and sometimes hardly pronounced at all, as in the greeting <i>selamat</i> , which sounds like 'sla-mat' if said quickly); like the 'a' in 'may' when stressed, as in <i>becak</i> (rickshaw), pronounced 'bay-cha'
i	as in 'unique'
o	as in 'hot'
u	as in 'put'
ua	as 'w' when at the start of a word, eg <i>uang</i> (money), pronounced 'wong'

Consonants

c	always as the 'ch' in 'chair'
g	as in 'get'
h	a little stronger than the 'h' in 'her'; almost silent at the end of a word
j	as in 'jet'
k	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'
ng	as the 'ng' in 'sing'
ngg	as the 'ng' in 'anger'
ny	as the 'ny' in 'canyon'
r	slightly rolled

MAKING A RESERVATION

(for written and phone inquiries)

**I'd like to book ...
in the name of ...
date
from ... (date)
to ... (date)** *Saya mau pesan ...
atas nama ...
tanggal
dari ...
sampai ...*

**credit card
number
expiry date** *kartu kredit
nomor
masa berlakunya sampai*

**Please confirm
availability and
price.** *Tolong dikonfirmasi
mengenai ketersediaan
kamar dan harga.*

ACCOMMODATION

I'm looking for a ... *Saya mencari ...*
camp site *tempat kemah*
guest house *rumah yang disewakan*
hotel *hotel*
youth hostel *losmen pemuda*

Where is a cheap hotel?
Hotel yang murah di mana?

What is the address?
Alamatnya di mana?

Can you write it down, please?
Anda bisa tolong tuliskan?

Do you have any rooms available?
Ada kamar kosong?

How much is it (per day/person)?
Berapa harganya (sehari/seorang)?

Is breakfast included?
Apakah harganya termasuk makan pagi?

one night *satu malam*
one person *satu orang*
bathroom *kamar mandi*
room *kamar*

I'd like a ... *Saya cari ...*
bed *tempat tidur*
**room with a
bathroom** *kamar dengan kamar mandi*
**room with a
double bed** *tempat tidur besar satu kamar*
**room with two
beds** *kamar dengan dua tempat
tidur*
single room *kamar untuk seorang*

**I'd like to share a
dorm.** *Saya mau satu tempat tidur di
asrama.*

May I see it?
Where is the toilet?
**Where is the
bathroom?**

**I'm/We're leaving
today.**

*Boleh saya lihat?
Kamar kecil di mana?
Kamar mandi di mana?*

Saya/Kami berangkat hari ini.

CONVERSATION & ESSENTIALS

Pronouns, particularly 'you', are rarely used in Bahasa Indonesia. 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 (you).

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

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

Yes. *Ya.*
No. (not) *Tidak.*
No. (negative) *Bukan.*
Maybe. *Mungkin.*
Please. *Tolong.* (asking for help)
Silahkan. (giving permission)

Terima kasih (banyak).

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

DIRECTIONS

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

SIGNS

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

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

HEALTH

I'm ill.	<i>Saya sakit.</i>
It hurts here.	<i>Sakitnya di sini.</i>
I'm ...	<i>Saya sakit ...</i>
asthmatic	<i>asma</i>
diabetic	<i>kencing manis</i>
epileptic	<i>epilepsi</i>
I'm allergic to ...	<i>Saya alergi ...</i>
antibiotics	<i>antibiotik</i>
aspirin	<i>aspirin</i>
bees	<i>tawon</i>
nuts	<i>kacang</i>
penicillin	<i>penisilin</i>

EMERGENCIES

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

antiseptic	<i>penangkal infeksi/antiseptik</i>
condoms	<i>kondom</i>
contraceptive	<i>kontrasepsi</i>
diarrhoea	<i>mencret/diare</i>
medicine	<i>obat</i>
nausea	<i>mual</i>
sunblock cream	<i>tabir surya</i>
tampons	<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 Bahasa Indonesia?***Bagaimana mengatakan ... dalam Bahasa Indonesia?***What does ... mean?***Apa artinya ...?***I can only speak a little (Bahasa Indonesia).***Saya hanya bisa berbicara (Bahasa Indonesia) sedikit.***Please write that word down.***Tolong tuliskan kata itu.***Can you show me (on the map)?***Anda bisa tolong tunjukkan pada saya (di peta)?***NUMBERS**

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

A half is *setengah*, pronounced 'steng-er', 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 the 'millions' *juta*, but as a prefix *satu* (one) becomes *se-*, eg *seratus* (one hundred).

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

PAPERWORK

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

QUESTION WORDS

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

SHOPPING & SERVICES

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

this	<i>ini</i>
that	<i>itu</i>
big(ger)	<i>(lebih) besar</i>
small(er)	<i>(lebih) kecil</i>
more	<i>lebih</i>
less	<i>kurang</i>
expensive	<i>mahal</i>
another/one more	<i>satu lagi</i>

Do you accept ...? credit cards travellers cheques

*Bisa bayar pakai ...?
kartu kredit
cek perjalanan*

What time does it open/close? May I take photos? Can you take a photo of me?

*Jam berapa buka/tutup?
Boleh saya potret?
Bisa saya minta tolong
dipotretkan?*

I'm looking for a/the ...

bank
church
city centre
... embassy
food stall
hospital
market
museum
police
post office
public phone
public toilet
restaurant
telephone centre
tourist office

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

TIME & DATES

What time is it?	<i>Jam berapa sekarang?</i>
It's (seven) o'clock.	<i>Jam (tujuh).</i>
At what time?	<i>Jam berapa?</i>
At (seven).	<i>Pada jam (tujuh).</i>
How many hours?	<i>Berapa jam?</i>
five hours	<i>lima jam</i>
What date is it today?	<i>Tanggal apa hari ini?</i>
It's (18 October).	<i>Tanggal (delapanbelas Oktober).</i>

in the morning
in the afternoon
in the evening
today
tomorrow
yesterday
day
week
month
year

*pagi
siang
malam
hari ini
besok
kemarin
hari
minggu
bulan
tahun*

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

*hari Senin
hari Selasa
hari Rabu
hari Kamis
hari Jumat
hari Sabtu
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?
boat/ship *Jam berapa ... berangkat/ datang?*
bus *kapal*
plane *bis*
kapal terbang

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

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

first *pertama*
last *terakhir*
ticket *karcis*
ticket office *loket*
timetable *jadwal*

Private Transport

Where can I hire a ...? *Di mana saya bisa sewa ...?*
I'd like to hire a ... *Saya mau sewa ...*
4WD *gardan ganda*
bicycle *sepeda*
car *mobil*
motorbike *sepeda motor*

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

Please fill it up. *Tolong isi sampai penuh.*
I'd like ... litres. *Minta ... liter bensin.*

diesel *disel*
leaded petrol *bensin bertimbal*
unleaded petrol *bensin tanpa timbal*

ROAD SIGNS

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

I need a mechanic. *Saya perlu montir.*
The car has broken down at ... *Mobil mogok di ...*

The motorbike won't start. *Motor tidak bisa jalan.*

I have a flat tyre. *Ban saya kempes.*
I've run out of petrol. *Saya kehabisan bensin.*

I had an accident. *Saya mengalami kecelakaan.*

Can I park here? *Saya boleh parkir di sini?*

How long can I park here? *Berapa lama saya boleh parkir di sini?*

Where do I pay? *Saya membayar di mana?*

TRAVEL WITH CHILDREN

Is there a/an ...? *Ada ...?*

I need a ... *Saya perlu ...*
baby car seat *kursi anak untuk di mobil*
baby change room *tempat ganti popok kamar*
babysitter (who speaks English) *suster (yang bisa berbicara Bahasa Inggris)*
child-minding service *tempat penitipan anak*

children's menu *menu untuk anak-anak*
discount for children *diskon khusus anak*

formula *susu kaleng*
highchair *kursi anak*
potty *pispot*
stroller *kereta anak*

Do you have disposable nappies/diapers?

Ada jual popok sekali pakai?

Do you have painkillers for infants?

Ada jual obat penawar sakit untuk bayi?

Are children allowed?

Boleh bawa anak-anak?

Are there any good places to take children here?

Ada tempat yang cocok untuk anak-anak di sekitar sini?

LOCAL LANGUAGES

As you travel throughout the archipelago, don't forget that Bahasa Indonesia is a second language for 90% of Indonesians. More than 700 *bahasa daerah* (local languages) rank Indonesia second only to Papua New Guinea in linguistic diversity. As a visitor, you'll never be expected to speak any local languages, but there's no doubt that locals will appreciate your extra effort.

Here are some useful basic phrases in Balinese (which has around four million speakers in Bali) and Javanese (spoken by about 80 million people in Java). Note that these languages don't have phrases for greetings like 'hello' or 'goodbye'. Another interesting feature of both languages is that they have three distinct language 'levels' – the differences are related to the social status of the speaker. In the following phrases we've used the 'middle level' understood by all Balinese/Javanese speakers.

For a more extensive selection that also includes Benuaq, Bugis, Galelarse, Jani, Minang, Sasak, Sundanese, Toba Batak and Toraja, plus a handy language map of Indonesia, get a copy of Lonely Planet's *Indonesian Phrasebook*.

Balinese

How are you?

Kenken kabare?

Thank you.

Matur suksma.

What's your name?

Sire wastene?

My name is ...

Adan tiange ...

I don't understand.

Tiang sing ngerti.

Javanese

How are you?

Piye kabare?

Thank you.

Matur nuwun.

What's your name?

Nami panjenengan sinten?

My name is ...

Nami kula ...

I don't understand.

Kula mboten mangertos.

Do you speak Balinese?

Bisa ngomong Bali sing?

I speak a little Balinese.

Tiang bisa akidik.

What do you call this in Balinese?

Ne ape adane di Bali?

How much is this?

Ji kude niki?

Which is the way to (Ubud)?

Kije jalan lakar kel (Ubud)?

Do you speak Javanese?

Sapeyan saged basa Jawi?

I speak a little Javanese.

Kula namung saged basa Jawi sakedhik.

What do you call this in Javanese?

Napa namine ing basa Jawi?

How much is this?

Pinten regine?

Which is the way to (Kaliurang)?

Menawi bade dateng (Kaliurang) langkung pundi, nggih?



Also available from Lonely Planet:
Indonesian Phrasebook

Glossary

See p86 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, like a *bemo*

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 - wild deer-like pig

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 - local division a Balinese village consisting of married adult males

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 horse-like 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

colt - minibus

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 *Jl*; 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

kav - lot, parcel of land

kebaya - women's long-sleeved blouse

kepala balai - Dayak village head (Sumatra)

kepala desa - village head

kepulauan - archipelago

ketoprak - popular Javanese folk theatre

Ketuktulu - 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-Suharto 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 *krisman*; monetary crisis

kulit - leather

ladang - nonirrigated field for dry-land 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 minibus, like a bemo

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

PHKA - Perlindungan Hutan & Konservasi Alam; the Directorate General of Forest Protection & Nature Conservation; manages Indonesia's national parks; formerly PHPA

pinang - betel nut

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 Suharto 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

sembako - Indonesia's nine essential culinary ingredients: rice, sugar, eggs, meat, flour, corn, fuel, cooking oil and salt

semananjung - 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 - besides the Western definition which often applies, in some places this can be a small minibus like a *bemo*

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 (e)mas - gold shop

tomate - Torajan funeral ceremony

tongkonan - traditional Torajan house with towering roof (Sulawesi)

topeng - wooden mask used in dance-dramas and funerary dances

tuak - homemade fermented coconut drink

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 - simple eatery

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