



# BALI ART RETREAT GUIDE 2020

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2020

ART AT HEART

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# FLIGHTS

## Tickets

Flights are:

*Outgoing* VA0041

Departs BNE 8:10am Sat 28 Mar  
Arrives DEN at 12:25pm

*Returning* VA0042

Departs DEN 10:10pm Sat 4 Apr  
Arrives BNE 5:45am Sun 5 Apr

## Flight comfort

The return flight is overnight so if you want to have a good sleep, bring:

- earplugs
- eye mask
- pillow
- socks
- compression socks
- cardigan etc

Make sure to hydrate well on flights.

If you have a crystal or Qlink pendant these are great to cope better with airplane EMF's (radiation) after long flights.

Notes:

- Flight lasts 6 hours or so
- International flight requires us to be there 2 hours beforehand (for large group)
- We need to leave the gallery at 5:30am
- Group transport is possible — share costs — see Land transport (next page)

## In-flight Food

Virgin international short haul economy flights come with a complementary meal and drink. Additional premium foods and drinks can be purchased from their retail menu.

[www.virginaustralia.com/au/en/experience/on-board-the-flight/on-board-menu/international-short-haul/](http://www.virginaustralia.com/au/en/experience/on-board-the-flight/on-board-menu/international-short-haul/)

## Time Zone

Bali is two hours behind Brisbane. For example, when it's 3pm in Bali, it's 5pm in Brisbane.

## Luggage

- Checked baggage max weight per person is 23kg for Virgin Short haul International. [www.virginaustralia.com/au/en/plan/baggage/checked-baggage/#international-short-haul](http://www.virginaustralia.com/au/en/plan/baggage/checked-baggage/#international-short-haul)
- Carry-on baggage max weight per person is 7kg. [www.virginaustralia.com/au/en/plan/baggage/carry-on-baggage/](http://www.virginaustralia.com/au/en/plan/baggage/carry-on-baggage/)

- I have a weighing handle to use before leaving Brisbane on the Sat morning. I will take it and have it in Bali for checking your bags in the rooms before we leave again.

## Carry-on Luggage & Security

- Max capacity 100ml for liquid/aerosol/gel in carry-on
- No sharps in carry-on
- [www.virginaustralia.com/au/en/about-us/security/security-awareness/](http://www.virginaustralia.com/au/en/about-us/security/security-awareness/)
- Special medical needs e.g. diabetes syringes — you will need to pre-arrange this yourself with Virgin. More info here: [www.virginaustralia.com/au/en/plan/specific-needs-assistance/medical-conditions/](http://www.virginaustralia.com/au/en/plan/specific-needs-assistance/medical-conditions/)

## Land Transport

You will need to pay for transport to and from Brisbane Airport. We will cover your airport transfers to and from the accommodation in Bali.

### Gallery to Brisbane Airport

We can organise a single bus to take everyone with their luggage to the airport together. This is optional, but it will be a hoot. We will share the costs of this.

- Recommend gathering here at the gallery at around 5am to load up the bus.
- Your loved ones can either drop you here, or you can park your car here on the property for the week.
- You can use our weighing handle to check your bags
- Our transport leaves at 5:30am sharp.
- To book your share of group transport to Brisbane airport, please pay \$30 per person today
- If you don't show up on time, you will have to make your own way to the airport
- Your transport booking is non-refundable

### Denpasar Airport to the Resort

From the airport to Beji, it is about one hour's drive depending on the traffic. We will arrange the transport for those on the main flight from the Denpasar airport to Beji. The cost of this transport is covered in your package.

### Resort to Denpasar Airport

- We will arrange your car transport from the accommodation to Denpasar airport (this is included in your package if you are flying on the main flight).
- Checkout in the rooms is by noon on Saturday the 6<sup>th</sup>, but the flight is not until the evening, so you will need to pack your bags ready for the airport that morning.
  - If you need late checkout the rate is 50% of the daily room rate
- During the afternoon we will have a short shopping tour to enjoy the last afternoon before moving to the airport.
- Wear comfortable clothing for the day but have your overnight kit for the plane at the top or in a separate bag. There are changing rooms at the airport where you can freshen up and change clothes.

- The flight leaves at 10:10pm (international check-in at 8pm). We love using the [T/G Lounge](#) which has a small fee to enter but it is very comfortable, supplies snacks and drinks, and even offers a foot massage. If you use this lounge, always watch for your own flight calls. Don't depend on the T/G staff to alert you.

## Brisbane Airport to Gallery

- We can arrange a bus transport so you can share the costs
- To book your share of group transport from the Brisbane airport, please pay \$30 per person
- The bus will take you back to the gallery where you can pick up your car, or message your best friend while you are on the bus, to get them to pick you up, then relax and nap til you arrive back at the gallery

## ACCOMMODATION

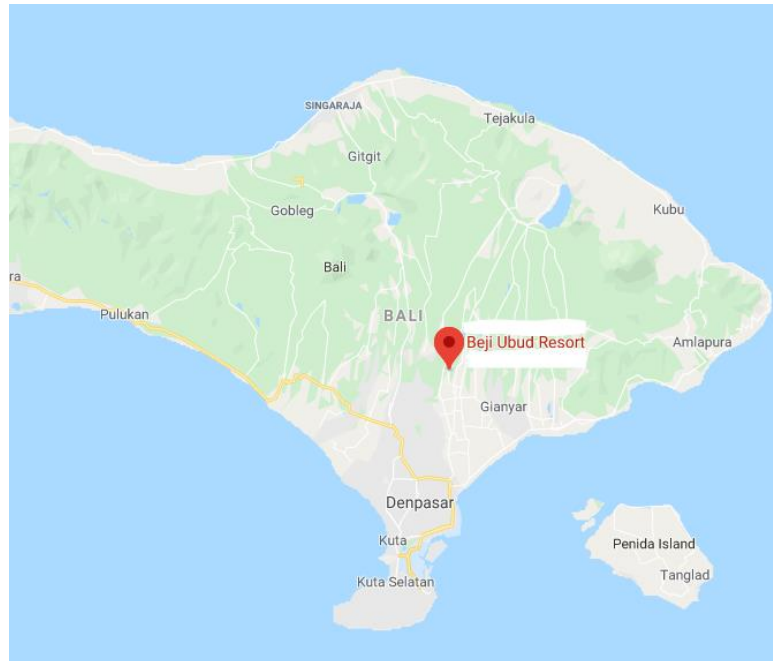
### Location

Beji Resort is in Ubud, in the South Penestanan district.

Address:  
Jl. Raya Sanggingan,  
Kedewatan,  
Ubud,  
Gianyar,  
Bali 80571, Indonesia

Phone Number:  
+62361-971166

[Beji Resort on Google Maps](#)



### Rooms

Everyone will get their own, separate room.

The Deluxe Garden Rooms we've books will offer you a spacious bedroom surrounding by a tropical lush garden. A large size of the bathroom would give you a space to refresh your body.

The room is air-conditioned and features a safety deposit box and a seating area. A mini fridge and an electric kettle are also available. En suite bathroom comes with a shower, a hairdryer and free toiletries.

There is a communal pool in the middle of the rooms.

### Safes

There is a small safety deposit box in each room. Please use this for storing your passport and money.

### Water

In general, avoid drinking tap water in Bali, or water from any unknown source. Always check when you buy water in bottles that the seal on the lid is intact.

In the rooms, jugs of clean drinkable water are supplied. We recommend using this water for cleaning your teeth.

The water in the taps at Beji is pretty good but better to be safe.

## Meals

A light breakfast is included.

Other meals are not included in your package. You can order anything you like from the Beji restaurant.

The meals are really affordable. The restaurant offers a range of breakfast, lunch and dinner in a wide range of cuisines. They can cater for most dietary requirements.

For our final evening dinner, we have planned a special meal, which would be lovely to do as a group.

This is optional, and in order to book them in we need to have them paid today so we can reserve the numbers.

- Join as at the Bridge Restaurant over a spectacular canyon. Deposit fee A\$15 per person to book. Meal is *a la carte* so the prices vary. Last time Phil and I really lashed out there, it was around A\$90 for the night (two people, 3 courses plus cocktails).

## Contacting each other while in Bali

We recommend using WhatsApp while in Bali. If you are happy to share your mobile phone number, I can set up a group in WhatsApp to keep you up to date with what activities are happening and you can communicate with each other directly between rooms.

For more info on WhatsApp see the Tech section.

You can also use Facebook Messenger if you are already familiar with using that.

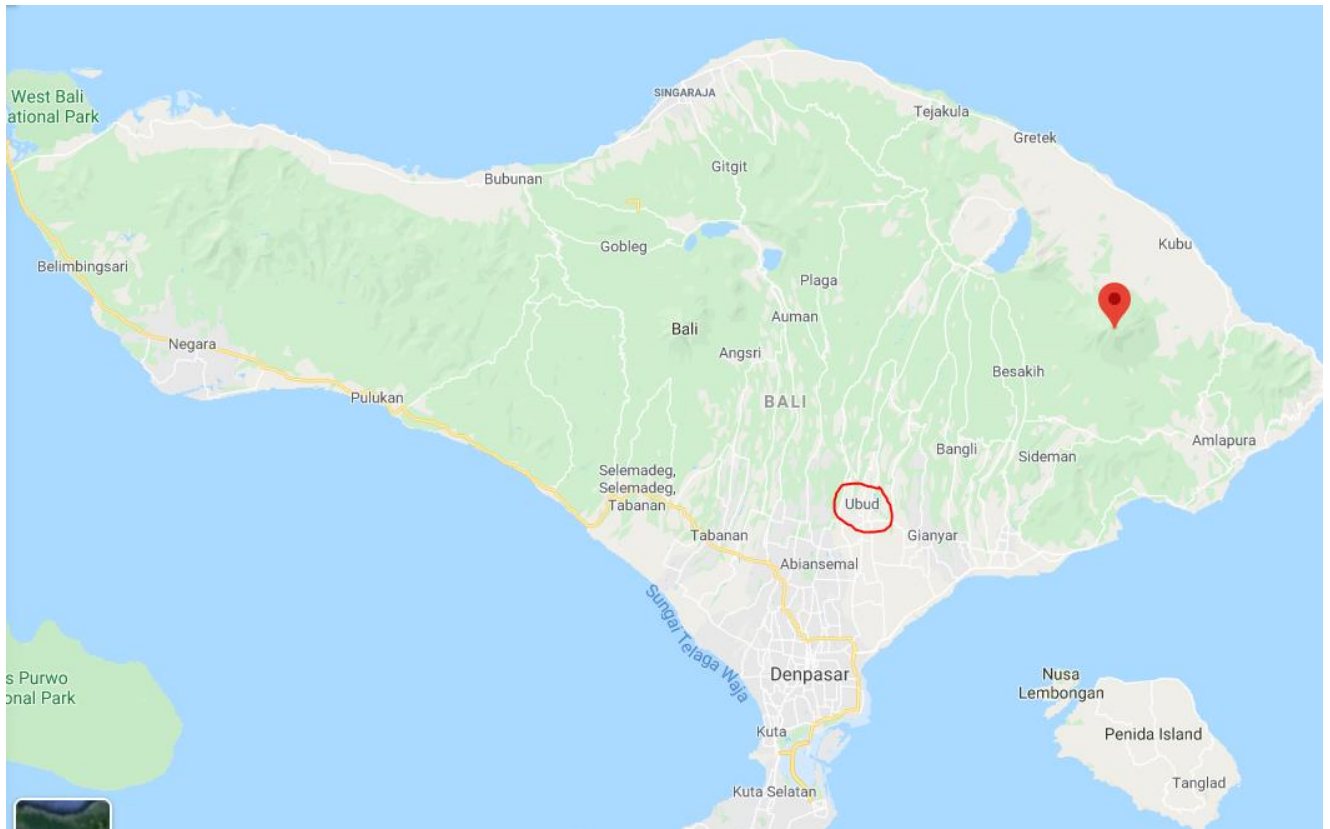
Contact Jacqui/Phil while onsite with WhatsApp or Facebook Messenger.



## INSURANCE

Most insurance policies do not cover the Agung volcano, which has been hiccuping for the last couple of years.

Mount Agung is a long way away from Ubud!



## THE RETREAT PROGRAMME — WORKSHOPS & TOURS

### Your Tour Leaders

Jacqueline Hill: Multi-award winning artist and teacher

Phil Child: (Jacqui's husband) Sculptor & photographer, assisting on Workshop and Tour

### General Daily Structure

#### Dawn Walk

There is a dawn walk available for whoever would enjoy a walk, on some of the mornings before the workshops. These walks run from 5am (that's 7am Brisbane time!) to be back in plenty of time for breakfast at 7am. The early morning light is the best for photography, which you can use for painting inspiration. Bring your phone or digital SLR camera.

#### Breakfast

In general, we will try to all eat breakfast together in the restaurant, where the activities for the day will be shared, and we can notify you of any changes to the planned schedule (for example due to weather etc).

#### Morning Workshops

After breakfast, we will have a DELIGHTFUL morning art session, enjoying creativity and learning and fun in the beautiful environment. We'll have a break for morning tea.

After morning tea, we will continue sketching and painting.

#### Lunch

Lunch can be enjoyed together, or you can go out to lunch somewhere in Ubud.

#### Afternoon

In the afternoon you can choose to relax in your own room or do your own exploring.

There is a spa in the resort and also a very special spa nearby we will introduce you to that you can treat yourself at!

#### All-day Tours

On some days there may be a full day tour. We will have fun sketching and painting on location as well as sight-seeing and enjoying ourselves! On these longer tours we will have a chance to stop for an hour or two in one location to paint.

## Evening

Assembling for dinner together will be a wonderful time to share the stories of the day with each other.

We'll all gather together for dinner at Beji, or on some nights we will go out to a restaurant for dinner. You always have the option to dine out at night, wherever you want.

### Phones, Telstra etc

Don't forget you are travelling to another country so you will have to arrange something new with your phone to be able to use it in Indonesia.

It used to be exorbitantly expensive to switch on Telstra international roaming, but recently they have set up a deal where you can switch your account over to international very easily.

At [www.telstra.com.au/international-roaming](http://www.telstra.com.au/international-roaming), Indonesia is listed as one of the countries this is available in.

You will see an option called **International Day Pass**. For only \$10 per day you get unlimited talk and text. On each day, you will only be charged the \$10 if you use the service on that day at least once.

If you are going to use internet (for example for using emails, viewing websites, banking etc) then the Day Pass only provides for 200MB of data per day. If you go over, they add another 500MB for another \$10, and this will stay around for 31 days.

We found this plan is a really affordable way to get basic messaging or banking while overseas

### Wifi

Wifi is available in the resort, Beji give you the password. But don't expect super fast internet! This is your chance to unplug and switch off.

### Using WhatsApp

**WhatsApp** is a free app, available on iPhone and Android, and all it needs is a mobile phone number to text/phone/video someone or share pictures etc.

It uses internet rather than phone lines to call people (a bit like skype) but works really well on mobiles.

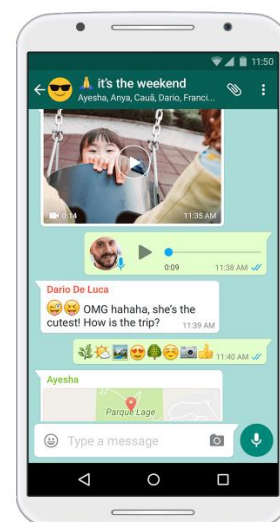
If you can connect to wifi at Beji, or at free wifi coffee shops, this would let you use internet so then WhatsApp will work.

AppStore

[itunes.apple.com/us/app/whatsapp-messenger/id310633997?mt=8](https://itunes.apple.com/us/app/whatsapp-messenger/id310633997?mt=8)

Google Play

[play.google.com/store/apps/details?id=com.whatsapp](https://play.google.com/store/apps/details?id=com.whatsapp)



## Internet

If you sign up for a Telstra International Day Pass, you can use basic Internet wherever you get a phone signal. Take care not to do too much surfing that uses a large volume of data, or you will incur more fees. You may get lucky, but don't depend on getting super fast internet.

At Beji, in some spots you may get a Wifi signal, but the internet is not really super fast.

At some coffee shops and other locations around Bali, you may be able to log in to their free wifi. These are usually not secure wifi networks, so it's best to avoid using these for things like online banking.

## Power point plugs

In Bali, they use the 2 pin socket and plug used in most of Europe. The pins are round, not flat or rectangular.

- Voltage: 230 V
- Frequency: 50 Hz
- Power sockets: type C / F



Australia uses the same standard voltage as Bali. This means appliances and devices you use here are okay to use with Bali plugs.

Beji will have some plug adapters available, but if you want to plug in a few devices we suggest you bring your own adapter and maybe a power board.



## ABOUT BALI

### Money

In most places you can use a credit card. A little Indonesian cash (Rupiah) would be good to have on hand, for drivers, markets, etc. The resort takes cards for all your meals or extras.

Make sure to advise your bank that you will be in Bali for the week. Banks often block international transactions if you don't tell them to expect it.

Trip Advisor veterans advise that you only need to exchange a maximum of A\$100 before you go, to take into Bali. Apparently the exchange rates in your destination village in Bali will offer better exchange rates than in Australia,

### Exchanging Money

If you have a discount card for Travel Oz, apparently they are fairly competitive with Travelex, so check in with both. You can find both at Indooroopilly Shoppingtown, on the bottom level just up from Coles.

Remember, airport is worst place to exchange money!

Rupiahs are approx 10,000 to one Aussie dollar (very roughly) so you just drop the last 4 digits.

### Keeping Your Money Secure

Things to be aware of to keep your money safe:

- Body wallet
- Scan proof card holder
- Pickpockets
- Skimmers
- Use the room safe

**Body wallet:** Invest in a body wallet to keep your cash and cards safe — bum bags or open handbags won't be safe enough. Make sure your money is as close to your body as possible at all times.

**Scan proof card holder:** Make sure your wallet is RFID Protected to keep your cards safe from scammers as you walk the streets. RFID stands for "radio-frequency identification" and is the method credit cards use to transfer information to EFTPOS machines.

**Pickpockets:** Be wary of pickpockets. They often work in pairs. One will distract you, sometimes crying or holding a baby and asking for your help, while the other steals from you. If someone is getting your attention, stay aware of where your wallet is.

**Skimmers:** Always get your cash out at a trusted bank or establishment to avoid being hit by skimmers. You can ask the resort managers to take you to the nearest trusted bank.

**Room safe:** Each room has a small safe. We recommend that you only take what money and cards you need for each day and leave the rest in your room safe.

**Tipping:** Bali is used to a lot of Australian tourists and so there is no expectation of tips. Of course, if you really appreciate a particular worker, feel free to tip.

## Safety

Whenever you go overseas, it is good to register with [smartraveller.gov.au](https://smartraveller.gov.au) before you go.

Check with your GP before you go about **vaccines**. The important vaccines to be up-to-date with are the standard Tetanus and Hepatitis A, but we recommend talking to your GP about vaccines for Ubud, which is an inland Balinese town.

For many years there have been incidences of rabies with the animals. Always avoid touching any dogs, cats or monkeys. If you ever get bitten, seek medical assistance straight away.

Take care with the monkeys at Monkey Forest as they can steal your glasses, camera, phone, wallet, food or anything loose. They can on occasion be aggressive (but this is rare). The safest bet is to always keep a little distance away.

Mosquitoes come out at dusk, just like in Australia. Keep the doors closed, wear repellent or light a mosquito coil.

## Clothing

Bring very lightweight and cool clothing to suit very warm days. Casual comfortable cool clothing is the go.

Comfy walking shoes or, even better, walking sandals, are a must. We will have optional tours to some amazing special spots in Bali that involve a bit of walking, and a few stairs.

It is always wise to also take a cardigan and long pants (like lightweight leggings) just in case. You may not ever wear them!

The accommodation and restaurants are VERY relaxed and casual. We're offering a dinner at a nice restaurant on the last night as an option, where you could dress up a bit more, but still comfortably cool.

Some temples require legs to be covered. Most temples requiring this will provide you with a sarong to borrow, at the entrance.

## Culture

Hindu rather than Muslim, which most of the other the Indonesian islands are.

If you come across beautiful little baskets of flowers, rice and incense on the paths, these are "offerings" made by the Balinese ladies early in the morning.

## Weather

In March, Bali is usually warm and humid with occasional short rain showers.

## Visa

Bali and Australia have an agreement that no Visa is needed. But your passport needs to have at least 6 months left on it and be undamaged.



## Language Tips

English	Bahasa Indonesia	Pronunciation
Please	silakan	<u>see</u> luck un
Thank you	terima kasih	<u>tre</u> mer cussy
How are you?	apa kabar?	upper cubbar
Well	baik baik	bike bike
Good, Great	bagus	bar-guss (rhymes with puss)
Where are you from?	dari mana?	<u>dar</u> ee <u>mar</u> ner
I'm from Australia	mana Australia	
May I?	boleh?	boll eh (rhymes with meh)
<b>Numbers:</b>		
1	satu	
2	dua	
3	tiga	
4	empat	
5	lima	
6	enam	
7	tujuh	
8	delapan	
9	sembilan	
10	sepuluh	
11	sebelas	
12	duabelas	
20	dua puluh	
100	seratus	
Thousand 1 000	seribu	

<b>Ten thousand 10 000</b>	sepuluh ribu	
<b>Million 1 000 000</b>	juta	

The locals will be very pleased to hear you speak their local Balinese language!

<b>English</b>	<b>Balinese</b>	<b>Pronunciation</b>
<b>No worries, not a problem</b>	sing ken ken	

## CHECKLIST BEFORE YOU LEAVE

You may not need all of these things, we've just added them as a prompt for you, just in case 😊

Have you packed your:

- Passport
- Tickets
- Insurance policy
- Phone
- Money
- Medication & prescription
- Sunglasses
- Sunblock
- Hat
- Camera gear for photography
- Mobile phone
- Lightweight clothes for warm climate
- Comfy walking shoes or sandals
- Swimming togs
- Warm cardigan for flight
- Neck pillow for flight
- Earplugs & face mask for overnight flight
- Everything you need for a 6 hour flight
- Safe body bag for valuables or RFID protected wallet
- Small closable bag for walking tours & markets

Have you checked:

- No sharps in carry on gear
- Bottles of liquid less than 100ml in carry on gear

Have you:

- Exchanged money (you only need around A\$100)
- Checked your phone plan for overseas internet access
- Told your bank you will be in Bali
- Registered with [smartraveller.gov.au](http://smartraveller.gov.au)
- Installed the photo apps on your phone
- Downloaded all the books you want to read on your Kindle
- Installed WhatsApp on your phone