



## Therapy for Therapists

Bali/Ubud 2024

# Travel Tips & Retreat Info

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### ***Welcome!***

Well done. You've made the commitment to give yourself precious time away from your usual schedule. This retreat/training offers the chance to unwind whilst developing yourself in your relationship to self, nature, partner, culture and with your clients. We hope you're looking forward to it as much as we are, and that these tips make it easier for you.

Bright blessings

Nic Morrey & the team

## **Before You Go**

### ***Beware of Global Roaming on your Mobile Phone***

I have heard horror stories of phone bills of over \$2000 being sent to overseas travellers when they leave their phone on. Smart phones these days have airplane mode, which means you won't be connected to your network. I suggest you turn that mode on. You can buy another SIM card in Bali for your Aussie phone, unless the phone is locked into some phone deal. Some people buy a cheap phone. You can get a SIM card at the petrol shop (200 metres) on the left as you head out from the Melati driveway. Alternatively ... you can just not be contactable by phone for a few days! : )

### ***Tell Your Bank You'll Be in Indonesia***

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

It would be helpful in the same phone call to ask them about whether you can have access to your cheque/savings account in Bali. And also how much it costs to do a credit card cash advance! (ie, using your Visa/Mastercard account to get cash out.)

### ***Travel Vaccinations and health tips***

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

Here is a list from Leanne, a past retreat participant who recommends these medical inclusions for a trip to Bali (all totally up to you but provided here with love for your consideration)

- Blackmore's Digestive Bio Balance (a new non-refrigerated probiotic) to take once a day for healthy tummy flora and as a preventative against traveller's diarrhoea/"Bali Belly" (chewable and pleasant tasting)
- Travalan made of lactase and bovine colostrum (one before each meal) as a preventative against Bali Belly
- Gastro Stop/Imodium for inconvenient (safari, touring, rafting) or chronic diarrhoea (recommend only if persists a few days; otherwise rice and bananas may do the trick). Not a bad idea to take a few chewable ones that don't require water in the event of severe vomiting
- Gastrolyte to restore vital electrolytes after heavy exercise or digestive discomfort (really important after even short bouts of diarrhoea)
- Nauseil/Stemetil tablets for nausea and/or vomiting
- Natural drink - Turmeric root, honey lime juice and water to kill unhealthy tummy flora
- Noroxin for bacteria-related high fever, blood or pus in stool associated with severe gastroenteritis
- Simplotan for persistent suspected bacterial gastroenteritis of around a week, particularly accompanied by nausea, vomiting and/or cramps

- Generic all-purpose antibiotic course for suspected upper respiratory infections (URTIs)
- Generic all-purpose antibiotic for sinus infections, throat infections, skin infections and ear infections
- DEET/RID or other mosquito repellent to spray at night (natural non-chemical bracelets infused with repellent are also available)
- Vaginal Thrush medication due to hot humid conditions accompanied by possible high sugar intake on holidays; if guys are prone to jock itch or underarm fungal infections from backpacks, take a tube of Canesten or the generic equivalent
- “Ear Clear” for swimmer’s ear and as a preventative for ear infections prior to flying
- Nasal decongestant (i.e. nose drops) to clear sinus passages before flying and /or “earPlanes” (pressure reducing ear plugs)for air pressure discomfort while flying
- Mild sleeping tablet for overnight flight home if you need to function the next day – I *very occasionally* take Stillnox – gives me a few hours’ sleep in Economy and no hangover (but don’t drink alcohol on the flight!)
- Sunscreen 30+
- Panadol and/or Nurofen
- Meloxicam (Mobic)(strong anti-inflammatory in case of injury/acute pain/inflammation)
- Antibiotic cream for infections and infected insect/spider bites
- Antihistamine for hay fever, hives, or allergic itch
- Mild cortisone cream (e.g. Dermaid 1%) as temporary relief for itching and rashes arising from eczema, dermatitis, soap, detergent, cosmetics and jewellery
- Small clip-top bottle of antibacterial gel e.g. Dettol (a must have).

Personally, all I do is dose myself up with probiotics 4 weeks before leaving, and continue 1 per day whilst there.

### ***Travel Insurance***

We recommend you get travel insurance. All the facilitators we use throughout the program have indemnity insurance and are accredited providers.

### ***What to Pack***

For travel

- \* Passport – **make sure it’s valid for at least 6 months beyond your date of departure, and that you have at least 2 blank pages in it for stamping**
- \* Australian cash to pay the Visa on Arrival (VOA) is \$56 in 2023... Also have \$50 AUD cash to change at airport for your taxi, and exchange more when you get to Ubud at a better rate.... A good rate will be as close as you can get to 10,000 IDR = \$1AUD.
- \* Water bottle – you can’t drink water from the tap in Bali, but we can refill from the retreat Wantalin space.
- Remember you can’t take more than 100ml of liquid with you on the plane
- \* Adapter for any electrical appliances you bring e.g.: phone charger
- \* Umbrella or raincoat – although it’s not monsoon time, there can be rain sometimes
- \* A torch for the night walk back from Sari Organics or Dragonfly (sauna)

*For the retreat*

- \* Journal and pen

- \* Something for the workshop mandala space. We will have a place for visually honouring our commitment in relationship. We invite you to bring something that is meaningful to you. This could be a picture, photo, small piece of art, object or fabric....

#### *Clothes and Footwear*

- \* Clothes for warm weather inc. hat or cap & white top/shirt and sarong for the water blessing
- \* Comfy/stretchy clothes for yoga, dance
- \* Bathers (no need to bring towel – Prashanti will supply)
- \* Sarong (or buy one there; good excuse for shopping)
- \* **BRING YOUR OWN YOGA MAT...** you can buy one in UBUD if you haven't got one.
- \* Sunglasses
- \* Slip on shoes/sandals are handy for going into and out of the workshop space
- \* Sneakers or shoes that are OK for you to get wet when we go white water rafting on the day off

For you to note: Melati Cottages has free wifi access only in their common area / outdoor dining area. Not in the rooms.

## **Arriving in Bali – Visas, Taxis and Tips**

Your 30- days Visa is gained before arrival at <https://come2indonesia.com/online-tourist-visa-indonesia-voa-extension/> For stays of 30+ days, a 60 day visa needs to be obtained prior to leaving your country and the same link above will help with this. With your visa in hand proceed to the next bank of queues to present your passport, VOA and Immigration Card (given out on the plane).

Proceed from here into the baggage claim area, get your luggage and proceed through the customs area with your customs card (given out on the plane as well) ready for inspection.

### ***Getting to Prashanti Yoga Retreat & Eco Hotel from the Airport***

Please note all transport within retreat times is included in the retreat package.

Prashanti will organise a taxi pick up and bike for the last 200 metres to carry your luggage to the door. Email: [prashanti.ubud@gmail.com](mailto:prashanti.ubud@gmail.com) 400,000 IDR = \$40AUD will get you there (1-4 people can use the same cab if arriving on the same flight)...

If you would like to organise for our retreat driver to pick you up, maximum 5 passengers plus bags, email Wayan [kobodriver@yahoo.com](mailto:kobodriver@yahoo.com) with your flight details with at least 1 weeks' notice before arrival. Wayan will have your name on a sign so look out for it. He sometimes gives a cheaper price 350,000IDR = \$35AUD.

Late arrivals are ok at most of the accommodation; the security in charge will welcome you and show you to your room.

Trip Advisor website says *"When you exit the terminal turn to your right and you will find the taxi booth. All taxi fares out of the airport are set price, posted on a notice board inside the booth. Tell the staff at the counter where you are going, pay them the money & you will be given a slip of paper. Within a matter of seconds, your taxi driver will find you, help you with your luggage & take you to the taxi."* If things don't work, take a deep breath, it will be alright. [Click for Trip Advisor Link](#)

### ***Tips and Baggage Handlers***

Carry smaller notes to give tips where appropriate, such as after a massage to the masseuse, baggage handler, or a driver - \$2 is little to us but goes a long way.

It's important to honour our host people and be mindful of their financial poverty. Sometimes (more on the coast near the popular beach spots) some Balinese can be really in your face about trying to get money out

of you, by pressuring you to buy something, for example. Without understanding, it could really piss visitors off and result in them acting unkindly towards the Balinese sellers...

## **Departure Tax –**

There is no longer a departure tax. YAY...

## **Contacting us in Bali**

### ***By Phone***

Messages can be left for me (Nic) at Prashanti Ph: +62 (0) 813 3908 3817 if there is an urgent matter. When we get there we'll create a WhatsApp group on the 19th May for communicating together.

### ***Money Conversion***

If you have internet access, you can always just type the conversion question into your browser, and the answer will pop up immediately, without you having to open a new page.

<https://www.oanda.com/currency-converter/en/?from=IDR&to=AUD&amount=100000>

Currently the conversion rate is IDR- 10,000 = .97543AUD... so almost \$1 dollar AU

### ***Changing Currency***

Don't convert large amounts at the airport in Australia or Indonesia - only enough for taxi or driver.

Better to exchange at the money exchange in Ubud

A lot of places (shops, restaurants, cafes) don't have credit card facilities. Here's advice from a local Aussie expat: *It's going to cost you more if you put things on credit card. 1. Bad exchange rate. 2. Then they charge an overseas transfer fee. 3. A lot of places don't have cc facilities...Golden Rule... Cash is King. Also BINTANG Supermarket is not far from Prashanti which has ATM machines to get cash out. (You can walk there)*

## **Getting around**

### ***Local Costs***

**How much is a local meal?** Depends on where you eat... If you want to drink wine, which Aussies see as the norm, it's a luxury in Indonesia. Avoid it, or drink beer, and you'll be eating great meals at great prices. You can eat for \$10.00 a meal to \$100.00, depending on your choice.

**How much is it to hire a driver for the day, or just one trip?** The going rate seems to be between US\$45- US\$55 a day. We have contacts for a few reliable drivers that are great if you need them.

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

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

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

## Language

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

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

It's nice to try to speak a little Indonesian; people like it when you use their language. Print and use the lonely Planet handy list of phrases PDF available from the [www.integralpsychology.org](http://www.integralpsychology.org) website. A phrase book is a good idea if you like using them.

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

## Massage/Healing

Apart from the massage we will arrange as part of your retreat package, here are a few options to extend the bliss.

**Modena Day Spa** is on Jalan Monkey Forest (west side of the road) before the road starts to curve towards the monkey forest. It's just a moss-covered laneway leading down to this oasis, so watch out for it – although you'll probably have one of their drivers take you there. They offer a range of massages, scrubs, baths, facials and manicure/pedicure, among other things. Really lovely staff.

**Cantika** – good for massage, and just down the road from Melati (Lum Lum is recommended as the best). They also have a second location on the walk to Sari Organics for a calm, rice paddy ambience.

My X recommends the gifted **Men of Double Happiness Massage** are Made and Ketut (this Ketut is also known as Galung), at Spa Hati, Ph: +62 361 977578. The 'Double Happiness' is a two men massage and it is ABSOLUTELY SENSATIONAL...she says; most sensuous and healing at Bali Hai or Sari Spa. Was this why we broke up... Ha...No. It is out on the far road going out of Ubud. To die for!! Email: [wiksketut@gmail.com](mailto:wiksketut@gmail.com) Ph: +62 81236788788

**Ubud bodyworks** You can book via email from Melbourne if you like. [info@ubudbodyworkscentre.com](mailto:info@ubudbodyworkscentre.com) Try to book with Ketut Arsana if he's available.

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

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

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

## Great places to eat – in walking distance

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

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

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

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

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

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

**Pizza Bagus** has Ubud's best pizza. We had them deliver to us when we were staying out of town! Crispy thin crust baked on premises, with pasta and sandwiches – all mostly organic. You can eat at tables inside or outside.

## Things to Do

- Plenty of **dance offerings** in the main street early evening (a personal favourite). The local villages all have their own weekly offering. There's something on every night.
- **Yoga Barn** is really popular. They have a full timetable of yoga, other classes and dance on Friday nights. They're at the other end of Ubud to Melati, but you can always get a driver. <http://www.theyogabarn.com/schedule.html>
- **Hiring a scooter** – main street- note your insurance will most likely only cover you for injuries if you have an Australian motor bike licence.
- **Intuitive Flow Yoga** (walking distance from Prashanti) Very creative yoga sessions
- **Cooking classes** with Casa Luna are a lovely way to socialise and to taste and know more about Balinese food <http://www.casalunabali.com/cooking-school/> . Usually held at our last retreat centre HONEYMOON guesthouse.
- **Great walks:** the ridge and out the back to Penestanan... its the next ridge over from where we'll be staying. You can access the beginning of the trail from the main Campuhan temple. [https://www.tripadvisor.com.au/Attraction\\_Review-g297701-d2662551-Reviews-Campuhan\\_Ridge\\_Walk-Ubud\\_Gianyar\\_Regency\\_Bali.html](https://www.tripadvisor.com.au/Attraction_Review-g297701-d2662551-Reviews-Campuhan_Ridge_Walk-Ubud_Gianyar_Regency_Bali.html)
- **Visit the monkey forest** at the end of Monkey Forest Road (Jalan Monkey Forest). You can buy bananas to feed them, which is fun, as long as you hand over the bananas right away. People get into trouble when they try to keep the bananas from the monkeys, who consider this a ridiculous idea. Once you're a banana-free zone, the monkeys are quite neutral towards you, occasionally curious, if you're quiet and calm around them. We found them to be lovely, gentle creatures. I saw a few other people scream and jerk away when the monkeys tried to get the bananas they were holding, which (understandably) upset the monkeys, who reacted not quite in kind, but almost. To play on the safe side, don't feed the Monkeys as they can and do bite.

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