



BALI DISCOVERY

July 12 - 23, 2024

Program Itinerary



DAYS 1-7 : UBUD

Ubud is a thriving village in central Bali that is considered the cultural capital of this tiny island. It is famous as an arts and crafts hub, and much of the village and nearby areas consist of artists'

workshops and galleries. Here you find remarkable architectures well as historical museums, artists, and an array of interesting cafes, local foods, and non-stop ceremonies. The word Ubud comes from the Balinese word for medicine, so it is here that people flock for healing energies, good spirits, meditation, yoga, artistry, and indigenous knowledge.



DAY 1 (D)

- ◆ Arrive into Denpasar, Bali in the afternoon and head to your hotel in Ubud.
- ◆ Settle into the hotel, freshen up, and relax.
- ◆ Enjoy your first taste of Balinese cuisine during a special welcome dinner at a delicious local restaurant.
- ◆ Evening free.

DAY 2 (B, L, D)

- ◆ Morning orientation to Bali, focusing on practical, helpful tips for your time on the island as well as an introduction to Balinese culture and philosophy.
- ◆ Enjoy lunch together as a group.
- ◆ Venture out into Ubud village for a team Scavenger Hunt and learn more about Balinese culture through interacting with the local community and enjoy some free time.
- ◆ Delicious meal together at a local Indonesian restaurant.
- ◆ Evening free.



DAY 3 (B, L, D)



- ◆ Explore Samuan Tiga Temple, the temple of “the meeting of the three.” Here you’ll learn more about the 3 main gods of Hinduism and the philosophy behind the design of all Balinese temples and have a Hindu Theology discussion with an expert.
- ◆ Participate in a Sisyua Upanayana welcoming ceremony.
- ◆ Have lunch together.
- ◆ Join in a fun introductory cultural workshop in a village banjar, or community center. We invite teachers of traditional Balinese gamelan music, Legong dance, woodcarving, and offering making to give participants an introduction to each of these disciplines. All of the activities you’ll try are central to Balinese culture, and there is no better place to experience them than right in the banjar.
- ◆ Enjoy dinner as a group.
- ◆ Evening free.

DAY 4 (B, L, D)



- ◆ Stroll through winding paths in the lush jungle and through terraced rice paddies on an herbal walk to learn about Bali’s native plants and how they’re used for traditional medicine, food and body care products.
- ◆ Experience a purification ceremony at the Gunung Kawi holy spring temple, considered a sacred site to purify the soul and mind by the Balinese people.
- ◆ Indulge in a delicious lunch above panoramic views of the Mount Batur volcano. The volcano and beautiful surrounding Lake Batur are located in Kintamani, a district of the Bangli Regency in central Bali.
- ◆ Take a break along the drive at a coffee plantation and try many unique varieties of coffees and teas grown there.
- ◆ Put on your special Balinese outfit to attend an exclusive Royal Palace tour & dinner at the Blahbatuh Palace. Members of the Blahbatuh Royal Family will meet personally with your group and spend an evening in fascinating discussions about issues facing Bali and its culture in the 21st century.
- ◆ Evening free.

DAY 5 (B, L, D)



- ◆ Go to rice paddies and learn more about Subak, a Balinese life philosophy in action which also has a UNESCO world heritage designation. Learn about how Balinese farmers maintain the water irrigation system, explore the subak temples and ceremonies, and discover the process from planting the rice to harvesting. This experience will be led by Five Pillars, a social enterprise focusing on sustainable tourism and impact travel that provides inspiring and responsible travel experiences showcasing the beauty of rural communities, cultures, and natural environments of Bali.
- ◆ Have lunch at Subak Experience.
- ◆ Visit to a local Women's Center where you'll join a gentle yoga class and hear about the founder's dream to create a space where Balinese women can support each other and learn new skills. You will also have an exclusive dinner here with the community members
- ◆ Evening free

DAY 6 (B, L)



- ◆ Try your hand at making some delicious traditional Balinese and Indonesian dishes in a cooking class with Ubad Ubud.
- ◆ Enjoy your culinary creations from the cooking class for lunch.
- ◆ Take an art workshop on the traditional wax-drawing and dyeing techniques of Bali batik fabrics. Your instructor will guide you through the process of applying hot wax to a stenciled design on a fabric canvas, then apply colored dyes to the patterned fabric. Finish the day with your new batik creation to take home with you!
- ◆ Dinner on your own.
- ◆ Take in a spectacular evening performance of traditional Balinese Legong dance

DAYS 7-10 : PEMUTERAN



Pemuteran is a small fishing village on the northwest coast of Bali. It lies between a gorgeous mountainous region to the south and Menjangan Island in the north, an area considered one of the top dive sites in the world. Pemuteran has the largest area of shallow coral reefs in Bali and is easily accessible, free of strong currents and waves making it perfect for swimming, snorkeling and diving. Pemuteran is home to the largest artificial coral reef project in the world, and the village's model of community-based tourism and conservation has been recognized by the United Nations.



DAY 7 (B, L, D)

- ◆ Head to Pemuteran, sightseeing along the way.
- ◆ Lunch together.
- ◆ Settle into your accommodations in Pemuteran.
- ◆ Dinner together.
- ◆ Evening Free.



DAY 8 (B)



- ◆ Experience a presentation on the Biorock Coral Restoration Project, an amazing initiative using technology to speed the growth of coral reefs.
- ◆ Snorkel over the coral restoration project.
- ◆ Lunch on your own.
- ◆ Visit a local turtle hatchery where they are working toward increasing the number of sea turtles in Bali's oceans.
- ◆ Dinner on your own.
- ◆ Go on a special night trip to Melanting Temple, Bali's temple for prosperity.

DAY 9 (B, L)



- ◆ Kapu Kai - Hawaiian Cleansing Ceremony
- ◆ Head out on a boat trip to Menjangan Island, a small island that is home to one of the world's most biodiverse array of coral reefs and marine life in the world. Spend the morning snorkeling over the reefs.
- ◆ Lunch on the island.
- ◆ Join a beach clean up on Menjangan Island.
- ◆ Head to a different side of the island for another opportunity to snorkel over another diverse coral site.
- ◆ Dinner on your own.
- ◆ Evening free.

DAYS 10-12 : SANUR



Sanur is a seaside town in southeast Bali made up of a long stretch of beach with calm, shallow waters. Colorful jukung fishing boats rest on the sand and a paved path snakes along the beach for several kilometers. Sanur is home to great restaurants (many with live music), a wide variety of shops, and a relaxed atmosphere despite being closer to the major cities of south Bali. It's a perfect spot to pick up last-minute gifts, lounge by the beach or the pool, explore sights along the beach walkway, and enjoy a final sunset dinner.



DAY 10 (B, L)

- ◆ Head to Sanur, stopping at a waterfall along the way.
- ◆ Lunch together.
- ◆ Arrive in Sanur, settle into hotel and go exploring.
- ◆ Dinner on your own.
- ◆ Evening free.

DAY 11 (B, L, D)

- ◆ NGO Scholars of Sustenance Service Activity Making food for those in need - distributing food to families that live near a waste dump.
- ◆ Lunch together.
- ◆ Afternoon free.
- ◆ Final sunset dinner together on the beach.





DAY 12 (B)

- ◆ Free time for last minute shopping, relaxing and walks on the beach boardwalk.
- ◆ Time to prepare for the journey home, and reflect on the memories you created!
- ◆ Head to Airport.



ACCOMMODATION & TRANSPORT



SAMPLE ACCOMMODATION



UBUD: OM HAM RESORT AND SPA

Om Ham Retreat is a peaceful oasis for those looking to relax and appreciate the natural beauty of Bali. The rooms are surrounded by productive rice paddies, creating a serene environment to return to after a day of exploring in Bali. Om Ham is a quick drive from the heart of Ubud, serves healthy and organic food in their restaurant (much of it grown in their own garden), offers daily yoga classes, and has an on-site spa.

PEMUTERAN: TIRTA SARI BUNGALOWS

Tirta Sari offers beautiful beach-side bungalows dotted among flourishing gardens. It is centrally located in Pemuteran, making it easy to explore the village or the beach in just a short walk. With a stunning mountain backdrop, refreshing pool, extremely helpful staff, and on-site spa, you will spend your whole stay in Pemuteran relaxed, enchanted, and smiling.



SANUR: ABIAN HARMONY

Abian Harmony is located a quick walk from Sindu beach and Semawang beach in Sanur, where you can watch dazzling sunrises each morning and sunsets behind Mount Agung each evening. At the beach you can meander along to boardwalk and browse the shops or have a meal in any of the great restaurants right on the seashore. The modern, spacious rooms at Abian Harmony are situated around a large swimming pool, perfect for cooling off after exploring the Sanur area! Abian Harmony is about a 25-minute drive from the airport, making it a convenient place to stay before saying farewell to Bali to fly home.



TRANSPORT



We use 12-15 passenger air-conditioned mini-buses while traveling the island to ensure participants' enjoyment, comfort, and safety.



INCLUSIONS & CONDITIONS



SCHEDULE OF ACTIVITIES

- ◆ The activities listed above are based on availability and program scheduling considerations, and are subject to change.
- ◆ The hotels listed above are samples that reflect the quality and style of hotels that will be used on this program. Participants will be informed of the finalized hotels when they have been selected.
- ◆ There are often special ceremonies and rituals that happen on the spur of the moment. We will make every effort to accommodate unplanned events that will add evermore to this spectacular trip.

PROGRAM FEE

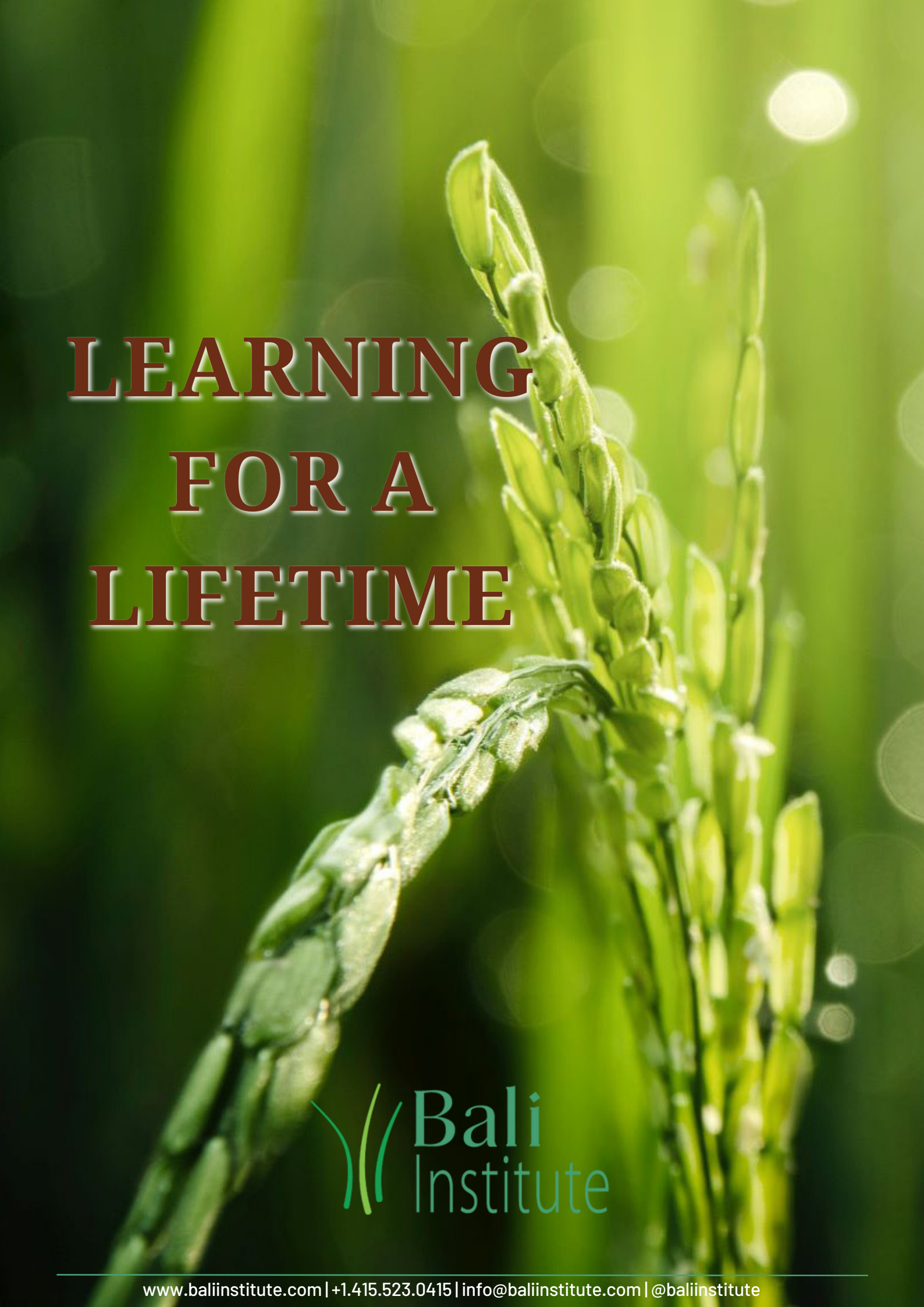
- ◆ Full tour Fee: \$1,850/participant
- ◆ Single room supplement: \$500

SERVICES INCLUDE

- ◆ 11 nights, double-occupancy in boutique Balinese-owned accommodations.
- ◆ All transportation in air-conditioned buses and vans throughout the program for activities listed on the itinerary.
- ◆ Airport transfer on the start and end date of the program.
- ◆ All breakfasts, 9 lunches, and 7 dinners.
- ◆ English speaking tour guide(s) and coordination team.
- ◆ All activities listed on final program itinerary are included in the per person ground costs, including entrance fees, lectures and donations.
- ◆ Gratuities for local guides and drivers.
- ◆ Customized program booklet for all participants with itinerary, program descriptions and other useful information.
- ◆ 24/7 Medical and emergency staff support for the entire duration of the program
- ◆ Special gifts including sarong, sash, and journal.

SERVICES DO NOT INCLUDE

- ◆ Visa costs (if applicable)
 - ◆ Airfare
 - ◆ Trip cancellation, lost baggage, or medical insurance
 - ◆ Laundry and personal items
 - ◆ Meals not included in itinerary above
 - ◆ Optional activities outside of the program itinerary
 - ◆ International phone calls
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LEARNING FOR A LIFETIME

 Bali
Institute