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INFORMATION PACKET

IMB BALI RETREAT

Getting to Bali



PASSPORT, VISA & FLIGHT INFO

Passport:

Do you have a passport?

- Yes – Is it valid 6 months past the dates of travel? Yes – excellent! No – see instructions below for new passports & renewals
- No - see instructions below for US citizens

<https://travel.state.gov/content/travel/en/passports/apply-renew-passport/how-to-apply.html>

If you are the citizen of another country, please check with your local government about obtaining an up-to-date passport

If you are a US citizen, we advise you to register with the US State Department STEP Program. The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate. This particular service is tremendously helpful in the event of an emergency.

You can register here: <https://step.state.gov/step/>

Visa:

If you are from one of the 140 countries listed in the link below AND will not be staying in Bali for more than 30 days and have no plans to extend your stay past the 30 days – No need for a visa :)

<https://www.bali.com/visa-indonesia-entry-requirements-bali.html>

If you are planning to stay longer than 30 days, you will have to obtain a visa on arrival for \$35 USD which can extend your stay an additional 30 days.



If you are planning to arrive before this date/time, you will need to coordinate your own airport pick-up and accommodations. Please send us the name & address of your hotel and we will pick you up from your accommodations on March 16th to bring you to the villa.

Flight Information:

Please send flight information to hello@manifestationbabe.com once your travel arrangements have been booked. We ask that you plan to arrive no later than 4pm on March 16, 2019. You are encouraged to fly into Ngurah Rai International Airport (Depensar - DPS). We ask that you purchase your tickets to Bali as soon as possible and send your itinerary to us no later than February 1, 2019.





GROUP OUTINGS

Ubud - We will be taking a bus to another part of Bali called Ubud. While there, we will be visiting the Ubud Monkey Forest. This is a beautiful forest with temples and brimming with monkeys! There will be many opportunities to feed the monkeys and capture beautiful snapshots. Each person will be provided with cash to pay for lunch on your own. After the forest, you will have the chance to wander around the many cute shops in the area. Food, clothing, temples, and art fill this mountainous city, Bali's cultural center. We will finish this day, visiting a fun swing that overlooks the local rice paddies.

Uluwatu & Sunday's Beach Club - We will spend the day laying by the beach eating & drinking to our heart's content. We follow this day of sunshine by visiting the breathtaking views of the temple of Uluwatu, one of the six main temples of Bali that is considered a spiritual pillar.



MARCH
2019

ITINERARY

Manifestation Babe

March 16

Coffee Chat
Candle Lighting
Welcome Dinner

March 20

Yoga
Group Session
Free time

March 17

Yoga
Group Session
Massage/1:1 session

March 21

Yoga
Group Session
Free Time

March 18

Yoga
Group Session
Free Time

March 22

Group outing
Celebration dinner & Gratitudes
Closing meditation & Lantern releasing

March 19

Yoga
Group Outing

March 23

Group hugs & Good byes

Free time - Journaling & time to self-reflect/explore the island on your own.
Packed lunch or lunch money will be provided on group outing days.
Please be advised this schedule may be subject to change.

PACKING LIST

The weather in Bali in April is usually sunny and dry, ranging between 80 - 85 F. Rain can occur anytime of the day and night.

CLOTHING

- Yoga pants & Athletic tops - for 6 yoga classes
- Sports bra
- Light weight hiking pants or comfortable clothes for outings
- Casual beach dress
- Underwear & Bra
- Airy Tanks and T-shirts
- Light rain jacket
- Shorts
- Socks
- Pajamas
- Swimsuit

TOILETRIES

- Toothpaste & Toothbrush
- Shampoo & Conditioner
- Face wash & Shower gel
- Moisturizer
- Sunscreen
- Deodorant
- Feminine products
- Hair brush & hair ties
- Hand sanitizer
- Wet wipes
- Baby Powder - Works as magic for your things and palms for hot weather
- Make Up - Minimal make up is recommended

MISCELLANEOUS

- Sunhat
- Sunglasses
- Bugspray
- Pocket tissues
- Small day bag
- Zip-log plastic bags - for toiletries and swim wear that aren't dry
- Mesh bag - for dirty laundry
- Foldable water bottle
- Global plug in Electronic adapters
- Chargers for all items
- Wallet & Cash
- Copy of Passport & ID

FOR FLIGHT

- Passport & ID
- Airline Confirmation
- Travel pillow
- Wool socks
- Compression socks
- Snacks - Trail Mix, Chocolates, Nuts
- Jacket
- Face wipes
- Ear Plug
- Eye Mask
- Breath mints
- Lip Balm
- Debit/Credit Card

Check with your airlines if soft blanket, tooth paste and tooth brush are provided.
Make sure your bags don't overweigh.
Wear heaviest clothes on flight.

HEALTH

- Activated charcoal
- Anti diarrhea tablets
- Indigestion remedies
- Airborne
- Anti inflammatory drug
- Allergy pills
- Bandaid
- Sleep Aid for jet lag
- Personal meds
- Fiber

SHOES

- Flipflop
- Comfortable walking shoes

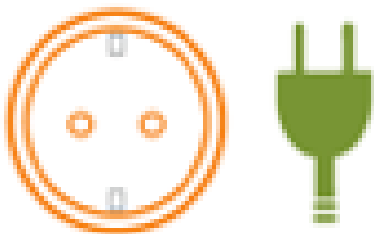
All bedding and towels are provided.
There are blow dryers available as well.
Laundry can be sent out for a small fee.

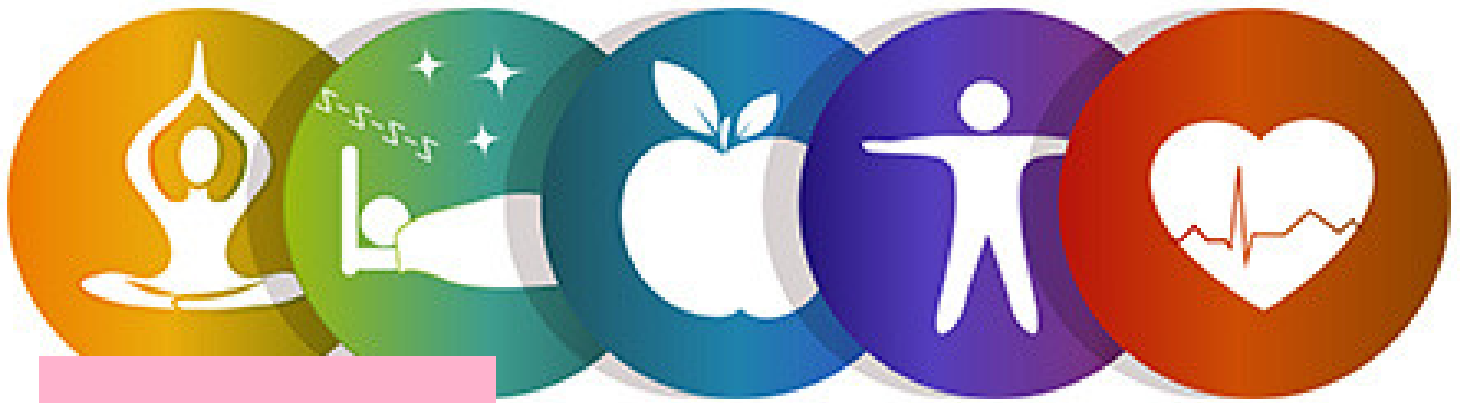


COMMUNICATIONS & ELECTRONICS

The accommodations in Bali are equipped with wi-fi access. This allows for communication with people back home via Skype or WhatsApp. If you would like to receive/make calls and use mobile data from Bali with your international number, we advise you to contact your service provider to find out what their rates are prior to traveling. A third option is to purchase a local SIM card in country and put it into an unlocked cell phone. Having a way to stay in touch with Team MB and your fellow participants can be very helpful!

In order to charge your electronics, you will need a plug adapter. In Bali and Indonesia you can expect the 2 pin socket and plug as used in larger parts of Europe. The pins are round, not flat or rectangular. It is also important to note that the voltage is 230V. The US is 110V. Most electronics like phone and laptop chargers will simply need an adapter. Other items like hair straighteners, blow dryers, steamers, etc. need to be checked if they are 110/220 or just 110. If you try to use these in Bali, they will break from too much electricity.





HEALTH & SAFETY

This section isn't here to worry you, but to help you make informed decisions and to be a prepared traveler!

Immunizations:

Please check the CDC recommendations for travel to Indonesia. We cannot decide if you require these immunizations or not, but if you would like more information you can speak with your physician or visit a travel clinic prior to your trip. Please explore this information earlier than later as some immunizations require a certain amount of time before travel or may require a series. <https://wwwnc.cdc.gov/travel/destinations/traveler/none/indonesia>

Travel Insurance:

While this is not required for your participation in this trip, you may want to explore the option of obtaining travel insurance. Often travel insurance will cover medical expenses, emergency situations abroad, lost luggage, etc. You can view a price comparison here: <https://www.travelinsurance.com/get-quotes/1916424>.

Medical Services:

BALI CLINIC

A place to go for minor illnesses like cold, fever or even Bali Belly, you can see a doctor at the Bali Clinic.

Address: Jl. Laksamana No. 54, Seminyak, Bali

Contact: +62 361 733301 / 733302 / 7847902

BIMC HOSPITALS

This is one of the most recognized hospitals in Bali and caters almost exclusively to foreigners so all doctors and nurses speak English. They have a 24 hour medical center and also a doctor service available on call to hotels or villas in Bali. There is also a pharmacy on-site to fill any prescriptions given.

Address: Jl. By Pass Ngurah Rai, No.100X Kuta, Denpasar, Bali

Contact: +62 361 761263

Food and water in Bali can cause upset stomach aka "Bali Belly." Please exercise caution with what you choose to eat and drink off the street. We advise you to only drink bottled water or filtered water from the villa. Sometimes, adjusting to new food can cause stomach issues as well. It may be helpful to have an antibiotic from your physician for traveler's diarrhea.

It is also very important to bring and use mosquito spray.

In the event of an emergency or issues with documents, you may also want to have the contact information for the nearest consulate.

US Consulate

U.S. Consular Agency Bali

Jalan Hayam Wuruk 310, Denpasar, Bali

Telephone: +(62)(361) 233-605

Emergency After-Hours Telephone: Please contact the U.S. Consulate in

Surabaya: +(62)(811) 334-183

Fax: +(62)(361) 222-426

Email: CABali@state.gov



You will have a couple of afternoons free to explore the area of Seminyak. Below are a couple of recommendations:

Spa Bali

Address: Jl. Camplung Tanduk, Seminyak, Kuta, Kabupaten Badung, Bali 80361, Indonesia
<http://www.spabali.asia/seminyak.php>

Revolver Coffee

Address: Jl. Kayu Aya Gang 51, Seminyak, Kuta, Seminyak, Kuta, Kabupaten Badung, Bali 80361, Indonesia
<https://www.revolverespresso.com/>

Nyaman Art Gallery

Address: Jalan Raya Basangkasa No.88, Seminyak, Kuta, Seminyak, Badung, Kabupaten Badung, Bali 80361, Indonesia
<http://www.nyamangallery.com/>

Seminyak Beach

Palma (Beautiful dresses!)

Address: Jalan Drupadi No.1, Kerobokan Kelod, North Kuta, Badung Regency, Bali 80361, Indonesia
<https://www.palma-australia.com/>

TRAVELING AROUND BALI (PRE & POST RETREAT)

If you decide to arrive early or extend your stay to travel around Bali, there are so many cultural sites, beautiful landscapes and unique adventure experiences for you to embark on. Below, we have listed a few that are sprinkled all over the island.

- Gunung Kawi - one of Bali's oldest and largest ancient monuments
- Pura Taman Ayun - a beautiful water temple
- Setia Darma House of Masks & Puppets
- Bali Botanic Garden
- Scuba Diving
- Surfing
- Cultural performances

For more ideas, visit:

<https://www.lonelyplanet.com/indonesia/bali>





BALI CULTURE

We hope that you will take a few of minutes to read through a couple of the blogs/articles we have included below to familiarize yourself with Balinese culture. It may spark your curiosity and encourage you to view the country though a different lens.

CULTURAL CONSIDERATIONS: WHAT YOU NEED TO KNOW ABOUT THE CULTURE OF BALI:

<https://www.butterfield.com/blog/2015/08/05/cultural-considerations-what-you-need-to-know-about-the-culture-of-bali/>

Murni's in Bali

<http://www.murnis.com/culture/>

Bali History

<http://www.baliglory.com/2012/10/bali-history-about-island-god.html>

In-Depth Guide

<https://www.frommers.com/destinations/bali/in-depth>

USEFUL PHRASES

The local language in Bali is Balinese, however, the most widely used language in Indonesia is Bahasa Indonesian. While staying at the villa and getting around the city, MB encourages you to pick up a few phrases even if it's simply hello or thank you. Demonstrating an attempt to speak a language, is a true form of connecting with people.

Below are a couple of sites to try your hand (or tongue if you will):

Balinese

<http://www.coralreeffish.com/balinese.htm>

Bahasa

<https://travelblog.astadala.com/the-bali-experience/easy-words-and-phrases-that-will-make-you-best-friend-of-the-balinese/>





MONEY & FINANCES

The form of currency in Indonesia is the Rupiah (Rp). You can find out the current exchange rate here: <https://xe.com/>

Cash is the most widely accepted form of payment, however in most places in Ubud and Seminyak you can use credit cards. There are also ATMs located in most of the major streets in Seminyak, which will dispense cash in Rupiah. You are also able to visit exchange places inside the airport and in places around the city, though the rates may not be as great. You won't need much money since all of your food/drink is covered by MB. You may want to exchange in case you want to grab an ice cream or coffee or tip your massage therapist on a visit to the spa.

If you plan to use credit card, please make sure to notify your bank prior to travel to prevent any holds while traveling.

ADDITIONAL INFORMATION

We will be sending out a Photo Release & Liability Waiver via Adobe sign that will need to be digitally signed and submitted. Please look for this in your inbox in the coming weeks! We will also be requesting a digital scan of your passport.

You will also be given access to a private Facebook group to connect with the other amazing women participating in the retreat.

We are SO excited that you have decided to take this amazing journey with Manifestation Babe and can't wait to see what the future holds for you as you relentlessly pursue your dreams. <3

Questions, Comments, Concerns

Please reach out to us at hello@manifestationbabe.com if you have any questions. We are here to help make this a successful journey!

Manifestation Babe™

