

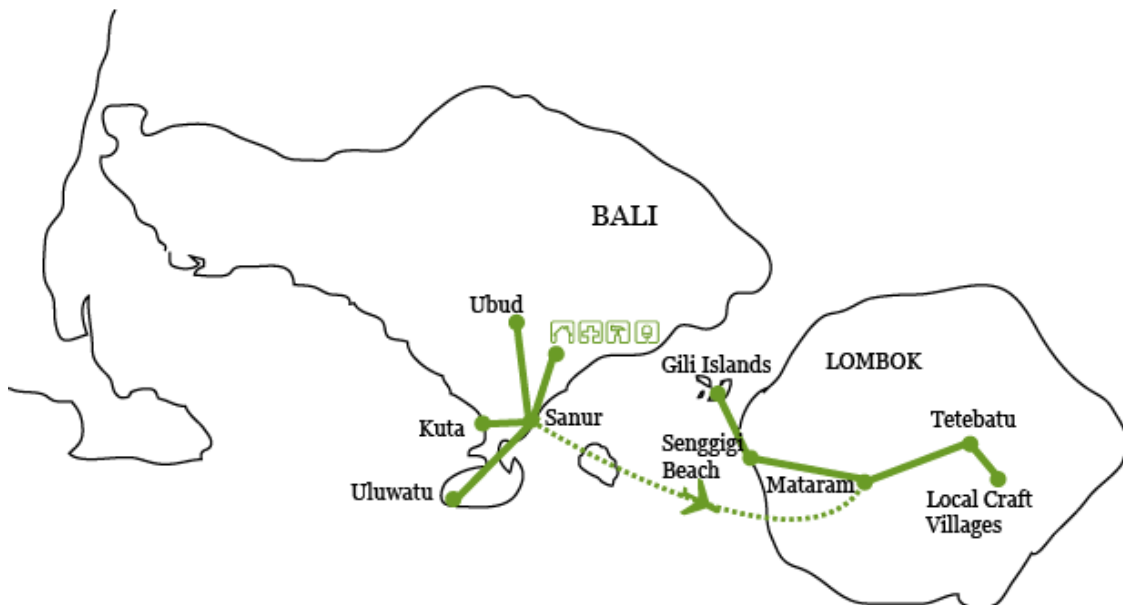
ID003 Dynamic Duo 15 Days

Your “Taste of Volunteering” Project:



House building/Other Construction, Repairs & Renovations, IT/Administrative Work, Medical

You will be helping at Yakkum, a foundation for the rehabilitation of physically disabled children or young adults, and you can help with constructing specialist bathroom facilities for them, or assisting with IT or admin work in the office. If you have surgery, physiotherapy or counselling skills these would be very helpful as well.





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Trip Highlights:

- Volunteering with the disabled people of Bali
- Sanur Beach
- The artistic town of Ubud
- Luxury boutique villa on Senggigi Beach, Lombok
- The mountain resort of Tetebatu
- Gili Terawangan island - relax, sunbathe, swim, snorkel, horse ride or explore
- Luxurious hotel in Bali
- Spa and massage treatment

Day by Day Itinerary:

- Day 1 Arrive in Bali, transfer to your hotel
- Day 2 Morning free; Afternoon tour of southernmost tip of Bali (B,D)
- Day 3 Balinese village and Ubud tour (B,L)
- Day 4 Morning free; Fly to Lombok, transfer to your luxury hotel (B)
- Day 5 Lombok villages tour (B,L)
- Day 6 Drive to Bangsal and boat to Gili Terawangan island (B)
- Day 7 Day at leisure for relaxing, sunbathing, swimming, snorkelling (B)
- Day 8 Transfer to mainland Lombok; Fly to Bali, transfer to hotel (B)
- Day 9-11 Volunteer Project (B,L)
- Day 12 Volunteer Project in the morning; Transfer to Sanur, sightseeing (B,L)
- Day 13 Morning free; Spa excursion in the afternoon (B)
- Day 14 Free day; Farewell dinner (B,D)
- Day 15 Transfer to the airport; Fly home (B)

B = Breakfast, L= Lunch, D = Dinner

Trip Description:

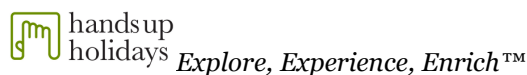
Day 1

You are met at Bali airport by your tour guide, and transferred to your luxury hotel, with the rest of the day at leisure.

Day 2

The morning is free to orientate yourself around the Sanur area; you can swim, sunbathe, relax or walk around.

In the mid-afternoon, we set out for the southernmost tip of Bali, to the Pura Luhur Temple at Uluwatu. We should see monkeys scampering around the cliff-side overlooking the Indian Ocean, and enjoy the views of the ocean and a superb



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sunset (weather permitting). The spectacular Kecak Dance, an hour long excerpt from the famous Ramayana epic, is later performed by a chorus of men seated in concentric circles around an oil-burning candelabra, while the dance and story takes place inside the circle. A seafood barbecue dinner follows on the sands of Jimbaran Bay before returning to your hotel.

(B,D)

Day 3

8.30am: We depart for a tour to a Balinese village, with a stop at a 'Banjar' (meeting hall for the local village council), and see the Kulkul alarm drum. We also enter a Balinese house compound with traditional kitchen, sleeping pavilions and house temple, and visit the home of a silver-smith in his cottage industry workshop and showroom.

We then walk through rice fields and observe the Subak irrigation system, traditional planting or harvesting (depending on the season). At Mas village, we see a woodcarving workshop. We have lunch in Ubud, where we visit an artist's studio, a museum and the local markets, before returning to the hotel at approximately 4.30pm.

The evening is at your leisure.

(B,L)

Day 4

After breakfast at the hotel, you have the morning free to swim and relax, then have an early lunch (not included in the price) before transferring to the airport for the 25 minute flight to Lombok, Bali's sister island and nearest neighbour.

The domestic departure tax is: Rp10.000, to be paid at airport in rupiahs.

You are met and greeted on arrival in Mataram, Lombok, by your new tour guide, and transferred to your luxury hotel on Senggigi Beach.

The remainder of the day is at leisure for orientation around Senggigi Beach.

(B)

Day 5

After breakfast at the hotel, at 8.30am we depart for a full day sightseeing. Your tour sets off to the mountain resort of Tetebatu, with visits to villages renowned for their handicraft expertise. We walk through villages, rice fields and plantations to see the local way of life, and observe the differences in life between Bali and Lombok. We drive to Banyumulek, a village of traditional Lombok pottery makers; Sukarara, a village known for its unique Lombok style weavings, and on to Tetebatu, where lunch is served. On the return trip to the hotel, we visit



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Narmada, the attractive former summer palace of the Balinese Raja who ruled western Lombok up till the turn of the century.

(B,L)

Day 6

Maybe an early morning swim before breakfast?

We drive to the harbour for the boat ride to the small island of Gili Terawangan with stops en route at Sidemen to see cottage industry palm sugar production, the Pusuk Monkey forest, then to Segenter, a traditional village, and then a coffee break at Montong Pal. At the harbour, we take a simple traditional boat across to Gili Trawangan island, and check in to our boutique luxury accommodation.

(B)

Day 7

You have the day at leisure for total relaxing, sunbathing, swimming, snorkelling, exploring Gili Terawangan.

(B)

Day 8

The morning is at your leisure for more swimming, sunbathing, and relaxing, followed by an early lunch (not included in the price).

At 12.30pm we transfer from Gili Terawangan by public boat to mainland Lombok, and on to the airport for your return flight to Bali (airport departure tax from Lombok Rp10.000, payable in Rupiahs only, on the spot).

Upon arrival in Bali, we transfer to a 3* hotel near your Volunteer Project.

(B)

Day 9

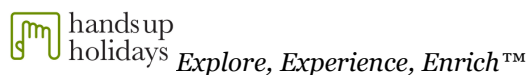
After an early breakfast at the hotel. today you get down to work!!

Around 8.30am, we transfer to one of Yakkum Bali's centres in Karangasem, to assist in various activities, in accordance with your own skills and interest. You will be helping at Yakkum, a foundation for the rehabilitation of physically disabled children or young adults, and you can help with constructing specialist bathroom facilities for them, or assisting with IT or admin work in the office. If you have surgery, physiotherapy or counselling skills these would be very helpful as well.

(B,L)

Days 10 and 11

Your volunteering work continues.



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(B,L)

Day 12

Your volunteering work continues in the morning, and in the early afternoon we set off back to Sanur. *En route* we visit Tenganan village (home of the indigenous pre-Hindu Balinese) and the Kerta Gosa (an ancient Court of Justice where Kings of bygone days meted out various punishments for crime. Unique ceiling paintings in these buildings depict among other things the various punishments to be handed out in hell, for various sins committed).

(B,L)

Day 13

The morning is at leisure, to relax after your days of volunteering, and enjoy the luxury hotel's facilities.

In the early afternoon, you are picked up for the ultimate relaxation treatment, an experience that will awaken your senses, health, and encourage peace of mind, for an heavenly treatment lasting 2.5 hours. This exotic experience begins with a gentle body exfoliation using a blend of granular herbal plant extracts. The skin is then buffed to a smooth feel with a Balinese "polish", known as boreh, and followed by a cooling yogurt body mask to nourish the skin. This is followed by a soothing soak in a tropical floral essential oil bath. A health tea known for its internal detoxification properties is offered as you relax. Last but not least, enjoy an hour of aromatherapy massage, using foot reflexology and lymphatic drainage techniques designed to help strengthen the body's own healing potential. What could be a better way to spend an afternoon after your volunteering?

If you like, we could take a taxi to Kuta in morning, for shops, beaches, and experiencing life in Bali's 'fast lane', with its hard sell (cost not included for transport this day). We would then pick you up in Kuta for the pampering experience.

(B)

Day 14

You have the full day left for leisure, for last minute shopping, swimming, or enjoying the hotel facilities. We have a farewell dinner in the evening.

(B,D)

Day 15

Free time until check out (checkout time is 12noon). You are transferred to Bali airport where your trip ends.



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International airport departure tax of Rp100.000 must be paid in Rupiahs, so money should be set aside for this.

(B)

Comfort Level: 4/5

Accommodation is in luxurious hotels (10 nights), and excellent 3* tourist hotels (4 nights).

Activity Level: 2/5

Min. Travellers per Group: 2

Max. Travellers per Group: 12

Police Check Required? Yes