Health In Harmony

Visitor Guide
ASRI, Sukadana, Indonesian Borneo

Photo credits:
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Introduction

This guide was created to support your trip to Health In Harmony's partner organization, ASRI, located in the town of Sukadana, West Kalimantan, Indonesia. It includes information about travel planning, health, food, cultural best practices, what to pack, and more.

Although we have made every effort to be as clear and as informative as possible, we recognize that no compilation of information will be perfectly complete. The Health In Harmony team is here to help and support you, and we are happy to answer any questions you may have.
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1. General Information

About us

Health In Harmony (HIH) and Alam Sehat Lestari (ASRI) are partner organizations, whose programs embrace the links between human health, ecosystem health, and planetary health. The two organizations work hand-in-hand, with ASRI operating the medical, conservation, and economic development programs in Indonesia, and Health In Harmony leading the strategic direction. HIH’s work includes monitoring and evaluation expertise, outreach, impact assessment, and managing education and exchange programs, and we are now spearheading efforts to replicate and scale this impactful model worldwide.

Visitors

Since 2007, we have welcomed nearly 400 visitors to learn from — and contribute to — our integrated medical, conservation, and livelihood programs. Visitors are impressed by the ASRI team’s camaraderie, as well as their tenacity, hope, and ability to make progress in the face of huge planetary health challenges.

There is a lot to gain from visiting ASRI, including a deeper understanding of our work, a stronger commitment to advocate for the health of our planet, and a realization that solutions are possible. Though life-changing and eye-opening, a visit does not come without its challenges. You will want to be prepared for heat, high humidity, and lots of rain. You will also need to be tolerant of changes in plans, delays, and a slower pace of life. In order to ensure the success of your visit, we encourage you to come with flexibility, humility, a sense of humor, creativity, and an open mind.

Share your work

Access to poster and powerpoint presentations as well as project documents from visitors at ASRI help us to create database and continue the great work visitors have contributed to ASRI. It will also create an online resource for the ASRI staff to refer back to after you leave. We would love to see your work from your time at ASRI. Visitors are asked to sign our code of conduct where they agree to share their work within two weeks of return.
2. International Travel Preparations

Flights

From the United States and other locations outside of Indonesia, you should budget two full days of travel to Sukadana. Once you have confirmed your on-site dates with Health In Harmony staff, you will book your international flights to Jakarta (or in some cases to Pontianak—see Domestic Travel section). There are multiple airlines that serve the Jakarta airport, with most of the options arriving in the afternoon or evening. Once you have purchased your flights, please send a copy of your flight itinerary to Health In Harmony. Round-trip international travel arrangements must be made before you can apply for your visa.

Visa Application

The majority of visitors will need to apply for a Social Cultural Visa, either by mail or in person at your nearest Indonesian consulate. Make sure that your passport is valid for at least six months from the date of your arrival in Indonesia and that your passport has blank pages, as your Indonesian visa will take up one full page. Visitors visiting for a few days can acquire a Visa on Arrival upon arrival in Indonesia.

The Social Cultural Visa allows for stays of up to 60 days (including date of departure and arrival), and it covers educational visits, and visits to NGOs. For U.S. applicants, the visa application portal can be found here. Mail-in applications generally take up to two weeks to process. Once your visa application is approved, you have 90 days to use the visa to enter Indonesia.

Invitation Letter

One requirement for the Social Cultural Visa is a Letter of Invitation from an Indonesian sponsor, which is ASRI. Health In Harmony coordinates this process on ASRI’s behalf.

In order to draft the letter, we will need the following information from you:

1. A copy of your passport photo page (make sure the image is clear and legible)
2. A filled out Health & Safety Form (online)
3. The location of the consulate where you will apply (list of U.S.-based consulates here)
4. Your travel dates and itinerary—both into and out of Indonesia
5. An introduction letter from your university or employer (find a template and instructions here)

Language to Avoid on the Visa Application

On the social cultural visa you are not allowed to volunteer or perform any patient treatment. Please avoid language in your introduction letter and visa interview and words such as volunteer or consultant. Rather introduce yourself as a learner and part of the the planetary health education exchange program. You can find a sample introduction letter here or on the visitor portal.
Visa Application Checklist

This is a sample list of what you will need to submit as part of your application. Exact requirements vary by consulate, so please read your consulate’s specific instructions carefully.

- Passport with at least 2 blank visa pages
- 1 copy of your itinerary into and out of Indonesia
- 1 copy of an invitation letter written by your Indonesian sponsor
- 1 copy of the Indonesian sponsor’s ID card
- 1 copy of the online application form
- 1 copy of your most recent bank statement
- 1 recent passport photo
- 1 cashiers check or money order for $50 made payable to the consulate (i.e. Indonesian Consulate General, San Francisco)
- Prepaid self-addressed envelope for the return of your passport

Online Application Information

Here is information you will need when filling out the application:

**General**
- Purpose of Visit: Social
- Visa Type: Single
- Destination Address: Jl. Sungai Mengkuang, Pangkalan Buton
- City: Sukadana
- Province: West Kalimantan
- Zip Code: 78852

**Sponsorship**
- Sponsorship in Indonesia: NGO
- Organization / Government Name: ASRI
- Contact Name: Nur Febriani Wardi
- Position/Title: Executive Director
- Address: Jl. Sungai Mengkuang, Pangkalan Buton
- City: Sukadana
- Province: West Kalimantan
- Zip Code: 78852
- Phone Number: 085349633000

**Other**
- In this section you can leave the return / through plans blank.
3. Domestic Travel Preparations

Getting to Sukadana

Most international itineraries will route you through Jakarta. From Jakarta, there are a couple options for travel, both requiring a full day of travel. The recommended travel route for staff and visitors is:

- Fly from Jakarta to Ketapang, with a layover in Pontianak or Semarang (several hours total, depending on layover time).
- One of the ASRI drivers will meet you at the Ketapang airport and take you to Sukadana (approx. 2 hours).

Round trip transportation from Ketapang to Sukadana is included in your visitor fees.

Arrange on your own

There are some elements of the trip that you can book on your own and others that require assistance from Health In Harmony and/or ASRI staff. The parts you can do on your own include:

**Accommodation for layovers:** If your flight schedule requires you to stay the night in Jakarta, Pontianak, or Semarang, there are numerous options near the airport, at many different price points.

**Domestic Flights:** Flights to Ketapang through Nam Air/Sriwijaya Air, who recently merged with Garuda, can be booked online. If you have trouble booking a domestic flight, we have a Ketapang-based travel agent you can contact—Alex: lexphio@gmail.com.
Baggage and Airport Tips

Most international flights allow each passenger to take two 50 lb bags at no additional cost. However, domestic flights from Jakarta to Ketapang generally allow only 10-20 kg (44 lbs), per passenger. Be aware that you may have to pay overweight baggage fees.

If you are carrying medical supplies and donations, please contact Health In Harmony for a travel letter that you can present at the airport to explain the supplies you are carrying are a donation for ASRI.

If you do not wish to change terminals in the Jakarta airport, Nam Air/Sriwijaya Air domestic flights depart from the international terminal. In general, we recommend leaving some extra time for your terminal transfer, as the airport can be a challenging place to navigate.
4. Health

Please read this section carefully; the tropical climate and ASRI’s remote location can be challenging, and it is important to know the potential concerns and the suggested preventive measures. The advice we give here is a general guide only and does not replace the advice of a health care provider.

General Health

All visitors must have reasonable physical ability, as life in Sukadana necessitates squatting, sitting on floors, cycling as a primary mode of transportation, climbing into and out of boats, and walking in the heat and humidity. If you have an existing health issue, you may find the change in climate, diet, and activities to be difficult.

Each visitor will be given a link to online paperwork to complete, where you will detail your current health concerns, medications, dietary restrictions, and your medical and evacuation insurance for the duration of your visit. Please be as thorough as possible, as this helps our team prepare for any special accommodations.

Medical & Evacuation Insurance

All visitors will be covered under Health In Harmony’s international medical and evacuation insurance for the duration of your visit. Our plan is administered through Gallagher Student Health & Special Risk and covers expenses such as hospital visits, medical evacuation to a high standard of care, and repatriation. In the event of an emergency, Gallagher Global Assistance—a 24/7 travel assistance company—will handle all inquiries in conjunction with the insurance provider and with International SOS, the world’s leading medical evacuation company.

Please make sure to save the policy number (GLM N1428669A) and phone numbers 1-866-693-6873 (Toll-Free) and 1-312-935-9242 (Direct Dial) to your phone.
Visit Your Travel Clinic

Plan ahead. The Center for Disease Control and Prevention (CDC) recommends a travel medicine consultation at least 4-6 weeks ahead of your departure, to receive guidance about your trip and the vaccinations and medications you may need. Although we are happy to provide suggestions, you should defer to the advice of your health care provider. For immunizations, your provider will likely recommend:

- Updates on routine vaccinations (MMR, Tdap, Varicella, Polio, flu)
- Typhoid vaccine
- Hepatitis A vaccine
- Some travelers may consider the Hepatitis B vaccine, rabies vaccine, or Japanese encephalitis vaccine

Hydration

One of the easiest ways keep yourself healthy is to drink plenty of water. We cannot stress enough how important this is! We strongly encourage bringing your own water bottle with you. There are 5-gallon dispensers of water available at all ASRI buildings (including housing) as well as in many restaurants and hotels. Since potable water is readily available, there is no need to bring a filter or water purification tablets.

Travelers' diarrhea

Travelers' diarrhea is the most commonly-reported illness for our visitors. Fortunately, it is rarely life-threatening and it is preventable by hand-washing, drinking purified water, eating thoroughly-cooked food, and eating produce you have peeled or washed yourself. Your health care provider will likely prescribe an antibiotic and give specific instructions about when you should use it. It’s also recommended that you carry a loperamide (eg. Imodium) in case of diarrhea during a flight, car ride, or boat ride.

Mosquito-Borne Diseases

Chikungunya, Dengue, Malaria, and Zika (low risk) are all present in Indonesia. You should be prepared to prevent mosquito bites at all times of day. We recommend:

- Wearing light-colored clothing, long-sleeve shirts, long pants, and a hat – especially during trips into the rain forests and mangroves.
- Using insect repellant containing up to 35% DEET.
- Pre-treating clothing with permethrin (an insecticide).
- Using a mosquito net while you sleep. While staying in ASRI housing, you will be provided with one.

As indicated by the CDC, rural areas of Kalimantan, Indonesia are considered malaria-endemic. Speak with your healthcare provider about an appropriate chemoprophylaxis (preventive medicine) for you. Malarone, Doxycycline, and Mefloquine are all recommended medications for Indonesia.
Tuberculosis

Indonesia has a high prevalence of tuberculosis (TB) and is one of the 22 countries with the highest TB burdens in the world. Risk is generally low for short-term visitors, but visitors who will spend a significant amount of time in the clinic will likely encounter TB patients and are advised to use respiratory protective devices (N95 masks). We encourage you to bring your own supply.

Medications

Please bring any medicines that you normally take, including your prescriptions (antimalarial and anti-diarrheal, plus any others) as well as any over-the-counter medications (including contact solution) and vitamins you know you will want to have. We recommend bringing extras — just in case — because you may not be able to find your preferred medications locally. We strongly recommend that you bring a small personal first-aid kit. Items that visitors have found helpful include: Band-Aids or gauze and tape, alcohol swabs or other disinfectants, pain relievers, antihistamines, antidiarrheals, anti-itch cream, Pepto Bismol, hand sanitizer, a thermometer, and tweezers.

Women's Health

In tourist areas and large cities, you can easily find sanitary products, but they become more difficult to find in more remote areas. Tampons are especially hard to find in Sukadana, so make sure you bring plenty of your own supply. Due to the remote location of our site, as well as the increased risks and special considerations for pregnant travelers, our preference is not to accept visitors who are pregnant. We will only consider these visitors on a case-by-case basis.

Mental Health

Traveling somewhere new (or returning home after traveling) can spark mood changes, depression, anxiety, and uncharacteristic behaviors, or it can worsen symptoms in people who have existing mental illnesses. Talk to your health care provider about your mental health history before your trip, in order to learn strategies to stay mentally healthy and resilient while traveling and upon returning home.
5. Safety & Security

Risks are an inherent part of any travel. To stay safe in Sukadana and the rest of Indonesia, we recommend the same strategies you would use to stay safe in any new place: be cautious, ask questions, learn about the towns/cities you are in, know where the more risky locations are, use common sense, and be aware.

Indonesia experiences periodic acts of political violence, civil unrest, and terrorism, but exposure to this is quite uncommon in Sukadana and the rest of Indonesian Borneo. Visitors should be most vigilant about these issues in Jakarta and other travel hubs. Please review the U.S. State Department website for the most up-to-date travel warnings, advisories, and other precautions.

Crime

In Indonesia, the most commonly-reported crime is petty theft. In order to mitigate this, visitors should be especially cautious with cash and electronics. Do not leave valuables out and unattended. We highly recommend a luggage lock to keep your baggage secure when you are in Sukadana and throughout the country. Most rooms in ASRI housing also contain a locking cabinet.

Another concern for visitors to Indonesia is unwanted attention and harassment against women, particularly when traveling alone. We encourage female travelers to be vigilant of your surroundings and to travel in pairs or groups especially at night.
Road Hazards

Car and motorbike accidents are the primary causes of severe injury to foreign visitors to Indonesia; therefore, we ask that visitors do not drive cars or motorbikes while on site. If you are coming as a group, you will travel by van. If you are coming on your own, you will likely get around by bicycle, provided by ASRI.

To avoid incidents and ensure the safety of our staff and visitors; you are required to follow these guidelines during your stay in Sukadana.

- Always wear a helmet when traveling by motorcycle
- Always wear a bike helmet and use the bike lights when using the bicycles
- Traveling by speedboat goes against our insurance policies. If you do travel by boat, please make sure to wear a life vest.
- Drivers recommended by ASRI should be hired for any ground transportation needs
- All drivers and passengers are required to wear seatbelts
- Long distance night travel is strictly prohibited for visitors

Bicycles

To get around town – from your house to ASRI, beaches, stores, or restaurants – you will be able to borrow a (very basic) bicycle. Cars and motorbikes are generally courteous to cyclists, and because Sukadana is a small town, you will not encounter heavy traffic. ASRI will provide bike lights and a bike helmet. Please make sure to use the bike lights for rides after dark; on the Equator it’s generally dark by 6:00 pm.

Swimming

Though there are many beautiful beaches in close proximity, we prohibit Health In Harmony visitors to swim in the sea, due to the presence of hazardous creatures such as box jellyfish and sea urchins. Several years ago, our founder, Dr. Kinari Webb, was stung and very seriously injured by a box jellyfish in the waters near Sukadana. Box jellyfish venom is considered to be among the most deadly in the world, containing toxins that attack the heart, nervous system, and skin cells. For low-risk swimming, try out the local swimming pool.

Risks for Women

Another concern for visitors to Indonesia is unwanted attention and harassment against women, particularly when traveling alone. We encourage female travelers to be vigilant of their surroundings and to travel in pairs or groups especially at night.
6. Accommodations & Food

Accommodations in Sukadana

Depending on preference and availability, visitors will choose one of these options:

**ASRI Housing**
These are homes with 3+ bedrooms that are shared by ASRI staff and visitors. Houses are separated by gender, although married couples can stay together. The houses are all within a 10-minute bike ride of the ASRI offices.

**Hotel Mahkota Kayong**
This option is for individuals who may desire more privacy. The hotel is located in downtown Sukadana, about a 15-minute bike ride from ASRI. If available, you can borrow a bike from ASRI. In the hotel, there is WiFi and air conditioning.

**ASRI Housing**

Each ASRI house has a bathroom, kitchen, multiple bedrooms and a shared living space. Bedrooms have a bed with a mosquito net, a fan, and wardrobe space for personal belongings. The houses each hire a pembantu, or helper, who does laundry, shopping, cleaning, and cooking for the house.

Depending on where you have traveled, you may be unfamiliar with the bathrooms in Indonesia. A bath or shower is called mandi in Indonesian. Each house will have a large tank of cold water in the bathroom and a small bucket. A mandi is customarily done by scooping water over your body with the bucket, soaping up, and then rinsing off. It is customary to bathe twice a day, in the morning and at night.

Most houses have squat toilets, which you flush using water from the large tank. If you choose to use toilet paper, do not throw it into the toilet, as pipes clog very easily; instead toss it into a trash can. You can also consider going paperless. Simply use the small bucket to get water, use your left hand to thoroughly clean yourself, and then wash your hands really well with soap and water.
Food and Meals

Indonesian cuisine is predominantly rice-based, with meats and vegetables cooked in rich, flavorful sauces. Sambal, or chili paste, is always served on the side. Proteins include seafood and chicken and on occasion beef and goat. It is not hard to find good vegetarian options, as most meals will include freshly-made tempeh or tofu, eggs, and/or vegetable dishes. There will be a wide array of seasonal fruits, though fresh salads and other raw vegetables are not very common.

Breakfasts will be on your own. Most Indonesians eat rice, noodles, soup, or porridge for breakfast. You can find some Western breakfast options such as eggs, cereal, fruit, bread, and instant oatmeal at the local stores, though selection is limited. Coffee is also available locally; Indonesians drink it with the grounds in it, so if you are particular, consider bringing your own French press or filter. Basic black and green teas are available but not herbal or specialty teas.

Staff lunches are included in your visitor fees. On Monday-Friday, all staff and visitors gather for lunches from 12-1 pm. On the weekends, lunches are on your own. If you are staying in ASRI housing, dinners are also included in the visitor fees and will be cooked by your house’s helper on Monday-Saturday. Sunday dinner is on your own.

Sukadana has grown substantially in the past ten years, and with that growth has come some delicious food options! Fresh juices, fresh coconuts, ayam goreng (fried chicken), soto (chicken soup), bakso (meatball soup), and nasi goreng (fried rice) are just some of the delicious drinks and foods to try while you are visiting. If you want a little taste of many different dishes, find one of the padang restaurants, which are buffet-style. If you have a sweet tooth, make sure you try martabak, a delicious, thick pancake with toppings.

Snacks & Special Diets

Please inform us of any specific dietary needs or food allergies as soon as possible, so that they may be accommodated by our staff. You can indicate dietary preferences and food allergies on our online Health & Safety form.

We have had many vegan and vegetarian visitors and are accustomed to these requests. For anyone with limited flexibility in their diet (or with picky tendencies), we highly recommend bringing snacks and other food options from home, as the selection of snacks in Sukadana is not very extensive.
7. Money & Expenses

Currency

The currency is called Indonesian Rupiah (IDR), and it is the only accepted currency in most of the country. The exchange rate fluctuates between 13-14,000 Indonesian Rupiah to $1 U.S. Dollar. We recommend that you obtain at least IDR 2,000,000 ($150 USD) before traveling to Sukadana.

If you already have USD or another currency, it is relatively easy to exchange at the Jakarta airport. Foreign bank notes are often refused if they are too old, crumpled, folded, or stained. You may also be able to exchange money at some larger banks in Pontianak or Ketapang. Most banks will only accept large notes (for example, $50 or $100 USD).

ATMs

As with any international travel, make sure you inform your bank that you will be traveling internationally so that you are able to use your ATM card in-country. In general, you can take out between IDR 1,000,000-3,000,000 ($75-225 USD) per transaction; this will vary by bank. Of course, there are fees associated with ATM withdrawal, and since ATMs charge per transaction, it is best to get the maximum cash amount each time. In one visit, you can usually withdraw the maximum amount multiple times.

One of the most convenient and accessible places to obtain cash is at Jakarta’s airport, just outside baggage claim. ATMs are also readily available in other parts of Jakarta, Pontianak, and Ketapang. There are also two ATMs in Sukadana that accept foreign debit cards.
Visitor Fees

Fees are determined based on the length of time you are staying, as well as the nature of your activities. Please find more information on our visitor fees webpage.

In general, your fees cover the following:

- Medical and Evacuation Insurance
- 24/7 Emergency support that specializes in remote settings
- Ground transportation to Sukadana via Ketapang
- Staff time for visit coordination and project management
- Private room in shared housing
- Eleven meals per week
- Salary for domestic workers who cook, clean, and do laundry
- Facilities, supplies, and bicycle usage

Please note that if you are staying outside of our facilities and accommodations the hotel add-on is an additional $210 per week on the visitor fees as listed on our website.

Cancellation Policy

Cancellation charges reflect the expenses Health In Harmony cannot recover if you cancel, even if you must do so due to illness, injury, visa application issues, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Health In Harmony has incurred in administering your reservation and planning for your visit. As a non-profit, these costs would otherwise be covered by funds diverted from our mission. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

To qualify for any refunds, we must receive notification in writing, by email to info@healthinharmony.org. Cancellation date is the date the notice is received by Health In Harmony.

Please note that any adjustments to the below percentages are up to the discretion of program staff, who will assess extenuating circumstances.
Cancellations & Fees

Individuals

Individuals are required to pay the balance in full at least 14 days prior to departure.

- Cancellations received within 30 days of departure will be charged a 10% administrative fee over the total amount.
- Cancellations received within 14 days of departure receive a refund of 75% of the total amount.
- Cancellations made after this will receive a refund of 60% of the total amount.

Student Groups

Student groups are required to pay a deposit fee of 50% at least 30 days prior to departure. Student groups are required to pay the remaining balance at least 14 days prior to departure.

- Cancellations received within 30 days of departure receive a refund of 80% of the total amount.
- Cancellations received within 14 days of departure receive a refund of 65% of the total amount.
- Cancellations received within 7 days of departure receive a refund of 40% of the total amount.
<table>
<thead>
<tr>
<th>Item</th>
<th>Estimated Cost in Indonesian Rupiah (Rp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Cultural Visa</td>
<td>$50 USD</td>
</tr>
<tr>
<td>Visa extension</td>
<td>$55 USD</td>
</tr>
<tr>
<td>Flight to Jakarta</td>
<td>Varies by time of year and place of origin</td>
</tr>
<tr>
<td>Hotels - in Jakarta and/or in Pontianak</td>
<td>500,000 - 1,500,000+ Rp</td>
</tr>
<tr>
<td>Taxi in Jakarta</td>
<td>100,000 - 200,000 Rp for metered Bluebird taxi from airport to Jakarta hotels</td>
</tr>
<tr>
<td>Flight from Jakarta to Pontianak or Ketapang</td>
<td>600,000 - 1,500,000 Rp</td>
</tr>
<tr>
<td>Overweight fees</td>
<td>300,000 - 1,300,000 Rp per bag; varies by airline and weight</td>
</tr>
<tr>
<td>Meals during travel</td>
<td>30,000 - 100,000 Rp</td>
</tr>
<tr>
<td>Item</td>
<td>Estimated Cost in Indonesian Rupiah (Rp)</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>------------------------------------------------------------------</td>
</tr>
<tr>
<td>Drink such as iced coffee, fresh juice, or fresh coconut</td>
<td>3,000 – 15,000 Rp</td>
</tr>
<tr>
<td>Meal at a restaurant</td>
<td>20,000 – 40,000 Rp/person</td>
</tr>
<tr>
<td>New local cell phone</td>
<td>500,000 – 1,000,000 Rp (or borrow one from ASRI)</td>
</tr>
<tr>
<td>SIM card for phone</td>
<td>20,000 Rp</td>
</tr>
<tr>
<td>Mobile Data (8 gigabytes)</td>
<td>101,000 Rp</td>
</tr>
<tr>
<td>Pulsa (credit) for calls/texts</td>
<td>20,000 – 100,000 Rp</td>
</tr>
<tr>
<td>Local handicrafts / souvenirs</td>
<td>50,000 to 300,000 Rp each</td>
</tr>
<tr>
<td>Entrance Fee to Lubuk Baji in Gunung Palung National Park</td>
<td>165,000/person/day on weekdays; 240,000/person/day on weekends</td>
</tr>
<tr>
<td>Lubuk Baji Guide</td>
<td>100,000 Rp/day</td>
</tr>
<tr>
<td>Lubuk Baji Porter</td>
<td>75,000 Rp/day</td>
</tr>
<tr>
<td>Transportation to Lubuk Baji</td>
<td>350,000 Rp/car; 150,000 Rp/person for ojek</td>
</tr>
<tr>
<td>One-way trip to Ketapang</td>
<td>450,000 Rp</td>
</tr>
<tr>
<td>Round-trip flight to Tanjung Puting National Park from Ketapang</td>
<td>approximately 650,000-700,000 Rp</td>
</tr>
<tr>
<td>Tanjung Puting 3-day, 2-night boat tour</td>
<td>approximately $200-300 USD/person</td>
</tr>
<tr>
<td>Groceries/snacks/toiletries/miscellaneous</td>
<td>50,000 – 150,000/week</td>
</tr>
</tbody>
</table>
8. Electronics

General

ASRI does not have laptops for general use, so you will need to bring your own. The hot, humid climate can be tough on your laptops, cameras, and other electronics, so ensure that you have good-quality waterproof cases for transporting them. Keep in mind that you will be visiting communities that may have very few resources. We suggest you limit the number of electronics you bring, and to be discreet with them – for safety and security reasons as well as cultural and ethical reasons.

Internet

Visitors should be comfortable being “unplugged” at times. Wireless internet is available in ASRI buildings (with the exception of the housing), but it can be slow and unreliable; it goes out when the electricity goes out or when it is raining heavily – both of which happen often. Many visitors appreciate having their own mobile data or personal hotspot for on-the-go and for outside the main ASRI buildings.

Electricity

The electricity in Indonesia is 220V. Laptop computers and most modern electronics do not need converters, but other electrical appliances (shavers, hair-dyers, etc.) are usually voltage-specific and would need a converter; the plugs of all devices will clearly state the range they can handle. For adapters, Indonesia uses type C and F (European style) plugs. You can either bring adapters from home, or they are available in local stores.
Phones

Indonesian cell phones operate on pay-as-you-go plans, and service is relatively inexpensive. The initial cost for a SIM card is about $2 USD. Prepaid vouchers for pulsa, or credit, cost between 50 cents and $10, and are readily available. Pulsa can be used for calls, texting, and mobile data. You can only buy a local SIM card at the Jakarta Airport.

Your options for phones are:

- Bring a globally-unlocked phone and purchase a local SIM card at Jakarta Airport
- Borrow a visitor phone (owned by HIH/ASRI) and SIM card and purchase a local SIM card at Jakarta Airport
- Purchase a new local phone and SIM card; these range in price but you can get a good one for $30-50 USD
- Purchase an international plan on your existing phone

Photography

We encourage all visitors to take photos. We do, however, have some basic rules of photography etiquette that should be observed. Please always ask permission to take a person’s photo. Some people may decline due to cultural or religious beliefs, but we have found that usually the response is positive. Be especially sensitive about asking for permission in the clinic setting. In all situations, we ask that you strive to capture images that give subjects respect and integrity, rather than showing people in difficult conditions.

Access to current photos from visitors at ASRI help us tell the story of this planetary health work to donors in a compelling way and generate the support necessary to sustain the programs. We would love to see your photos from your time at ASRI and share them in our communications. Visitors are asked to sign an agreement prior to departure. By signing the agreement visitors agree that Health In Harmony can use photos for storytelling and fundraising purposes as outlined above and agree that if the purpose of your visit to ASRI is photography, visitors are required to upload photos with two weeks of return.

Social Media

As you share your images and stories from Sukadana, please tag us in posts on Instagram, Twitter, and Facebook. We love reading about the ASRI experience from visitors’ perspectives, and we have seen over and over again that our visitors are some of our best storytellers!

ASRI will be taking photos of visitors in action and asking for testimonials for their social media accounts and website. Please feel free to let an ASRI staff member know if you prefer to not have your photo taken. They will be happy to accommodate and respect your wishes.
9. What to bring

Clothing

Although the weather is hot and humid, people in the region dress modestly. Respect for communities is an important principle at ASRI, and accordingly, we ask all visitors to observe local norms and to also wear conservative attire.

For women, full-length pants (no jeans) or a long skirt, paired with a nice shirt that covers the elbows, is appropriate dress during the week. For visits in the field, women can dress more casually and wear jeans or capris, though shirts should still cover the elbows. During your free time and on weekends, active wear, long shorts (to the knee), and short-sleeve shirts are acceptable. If you go to the pool, we recommend wearing a one-piece suit with a t-shirt and long board shorts or leggings over the suit. In general, culturally respectful clothing means items that are loose-fitting and provide full coverage. This means not wearing any of the following: tank tops, short shorts/skirts, low-cut tops, crop tops, tight yoga pants/leggings, or see-through clothing.

For men, during the work week we suggest long sleeve button-ups with nice slacks — no shorts or jeans. During excursions and field visits, you can wear t-shirts and long pants or jeans. While many male ASRI employees wear short sleeves in a professional setting, we ask that all volunteers wear sleeves that cover the elbow to keep our volunteer standards equal between men and women.

For footwear, bringing a pair of flip-flops or sandals is recommended. All staff members go barefoot in the clinic and inside homes, so you will appreciate something that is easy to slip on and off. We also recommend a lightweight, closed-toe hiking shoe or athletic shoe with traction.

To prevent leeches during walks in the forest, you will want to wear two pairs of long, thin, small-weave socks — one pair under your pants and the second pair over your pants.
Supplies and Gifts

Some visitors generously contribute to our work by bringing necessary program supplies. We keep a wish list of current needs, so if you are motivated to bring supplies, please let us know by e-mail (noor@healthinharmony.org).

Many visitors also bring small gifts or souvenirs — locally known as oleh oleh — as tokens of appreciation for the staff. The aim is to keep is simple and enjoyable to all members of the staff (30+ people). Examples include special items or trinkets from your hometown or chocolates, teas, or other treats to be shared at lunch. Present your gifts to the whole staff at the morning meeting, rather than giving gifts directly to one person.

Under no circumstances should you leave a gift of money for anyone on staff or in the community. Not only could this cause controversy and conflict amongst staff or community members, it goes against our ideas of what empowering, sustainable community development looks like. If you are motivated to do more or give more during or after your visit, the Health In Harmony staff would be very happy to talk about sustainable ways to give.

Packing List

We encourage visitors to pack relatively lightly—both for ease of traveling during the many legs of the journey and to be mindful about how many things you are bringing into communities that may have very little. You will be able to have your clothing washed on a regular basis, but in this humid climate, some items will take 2-3 days to dry.

**Carry-on**

- Passport, one additional form of ID, and a passport copy
- Prescription medications
- Basic toiletries under 3 oz.
- 1 set of clothes in case your bag is lost
- Lightweight jacket or long sleeve t-shirt
- Camera, laptop, and/or other electronics
- Book or e-reader
Checked Bag

- Lightweight shirts, including some nice blouses or button-ups for work days
- Lightweight pants (linen, cotton, or moisture-wicking synthetics), nice slacks, and long skirts for women, if desired
- Casual clothing for weekends, exercise, and lounging around your house/hotel
- Pajamas and/or robe
- Poncho or rain coat
- Lightweight boots or sneakers with traction
- Sandals or flip flops
- Underwear, bras, and socks
- Hat, visor, or bandana
- Small towel (for swimming pool)
- Durable water bottle
- Toiletries over 3 oz. (you can also purchase these locally)
- Toilet paper (you can also purchase it locally)
- Sun block SPF 30 or higher
- Hand Sanitizer
- Insect repellent with at least 30% DEET
- Personal med kit (see Health section)
- Earplugs—mornings and evenings can be noisy!
- Alarm clock or watch
- Headlamp and extra batteries
- External battery for phone
- Dry sacks and/or Ziploc bags in various sizes
- European-style two-pin round plug adapter
- Small gifts (oleh-oleh) for Indonesian colleagues
- Recreational items for downtime (playing cards, games, books, etc)
- Snacks, granola bars, coffee (there is local coffee available as well)
10. Culture

General

We are sure that you will have many wonderful interactions with staff and community members during your visit. It is important that visitors abide by local customs, both to help interactions go smoothly, as well as to help preserve the positive reputation of ASRI in the region. Some tips and insights include:

- Shake hands and give a slight nod when meeting for the first time. If you are a man, only shake a woman's hand if she initiates the greeting.
- Formality and politeness are held in high regard in Indonesia. You will see this manifest in ways such as people dressing very smartly for work and in titles given to people based on age and seniority.
- Showing strong emotions is considered a sign of weakness. This is particularly the case with anger. Being impatient and raising one’s voice are highly unprofessional.
- “Saving face” is very important. If you have questions about someone’s actions or decisions, or if you would like to offer advice or constructive criticism, do so delicately and at an appropriate time—not in front of a group of people.
- Pointing is considered rude; gesture with your whole hand instead. It is also considered rude to face the soles of your feet toward other people while sitting on the floor. Instead, sit cross-legged or fold your legs to one side.
- The left hand is considered unclean. Only pass, receive, or touch things with your right hand. This is particularly important for medicine, food, and money.
- You will find that Indonesians are eager to ask a wide range of questions, without hesitation, about things that you may consider to be personal or private (eg. age, marital status, and religion). This is out of curiosity and stems from having a more communal-based and connected society.
- It will not be uncommon to hear people in Sukadana yell out “bule” which is used as a general term for foreigner or “Hey, mister,” regardless of your gender.
- Indonesians are known for their generous hospitality. Keep in mind that refusing an invitation could be taken as a personal rejection, so try to be delicate.
- Bargaining is a common practice, and it applies to everything except prepared food—prices at restaurants are fixed.
- Indonesia is not a tipping society, but you may wish to tip for excellent service.

Language

Several ASRI staff speak conversational or fluent English; however, the majority of staff and community members do not. Knowing the Indonesian language is not a requirement to visit, but knowing at least some key words and phrases will make you a much more effective and welcomed addition to the team. We have a simple guide for your reference and are happy to provide additional resources upon request.
**Interpersonal Contact**

Sukadana is a conservative area, and public displays of affection between males and females are not culturally-acceptable, even between spouses. (It is not uncommon, however, for people of the same gender to hold hands when walking together, as a sign of friendship). The ASRI houses are designated as either gender-specific or for married couples. To be culturally respectful, it is our policy that visiting unmarried couples do not co-habitate, and instead, that they stay in separate houses. In addition, as an unmarried couple, you should never be alone together in a house. We are not able to make exceptions to these policies, and you will be asked to leave immediately if you do not abide by these guidelines.

**Race & Ethnicity**

Diversity and inclusion are valued at ASRI, and we have welcomed visitors from a broad spectrum of racial identities, ethnic groups, and religions. All foreign visitors are likely to receive stares and questions from community members, and this is usually out of genuine curiosity. Visitors who are people of color may experience more questioning and stares, or confusion about country of citizenship or origin, which could potentially be distressing or challenging. Visitors of Asian descent may be mistaken for Indonesian nationals and may be expected to know the Indonesian language and customs. Ethnically Chinese visitors may experience additional challenges, as instances of discrimination against Chinese Indonesians have become increasingly common. Health In Harmony staff members are happy to talk if you would like additional insight on this topic.

**Sexual & Gender Minorities**

Much of Indonesia is quite strict regarding sexual orientation and gender conformity, and discrimination and non-acceptance of LGBTQ+ identities are common throughout the country. With that said, the country does not criminalize individuals on the basis of their identities or relationship choices. Some LGBTQ+ visitors have chosen to come out to ASRI staff, while others have chosen to come out only to select individuals or have kept their identities private. Please speak with a Health In Harmony staff member if you have additional questions about visiting as a LGBTQ+ individual.

**Alcohol & Drugs**

It is uncommon for people in Sukadana to drink alcohol, and you will never see people drinking in public. If you choose to consume alcohol, please do it in moderation and in your own room. We ask that you do not drink in public because this can negatively impact community members’ perceptions of ASRI. Under no circumstances should you be visibly intoxicated, as this could severely damage our reputation in this region. We also do not allow visitors to smoke or use illegal drugs. As an organization promoting public health, this is critical for our reputation. If it is learned that you are smoking or using drugs while on-site, you will be asked to leave immediately.
11. Policies

Causes for Dismissal

Most visitors enjoy their time in Sukadana with no trouble at all. However, some actions —as mentioned throughout this guide—would subject a visitor to dismissal from our site. Visitors who are dismissed do not receive a refund for their program costs. Reasons for dismissal include:

- Inappropriate disrespectful behavior toward ASRI staff or community members
- Co-habitation of unmarried opposite-sex couple and/or public displays of affection between unmarried people of the opposite-sex
- Smoking; visible intoxication; possession and/or usage of illegal drugs
- Refusal to adhere to the cultural norms regarding dress
- Refusal to participate or engage in the agreed-upon program schedule

Paperwork

You will be asked to fill out our online Health & Safety form where you will submit your medical information and a release and waiver form. In addition, it acknowledges your receipt of this Visitor Guide.
12. Resources

Internal Resources

Website
https://portal.healthinharmony.org/

Planetary Health Curriculum Guide

Program Overview

International Evacuation Insurance ID Card

External Resources

Indonesian Consulate Online Application
https://consular.embassyofindonesia.org/

CDC Health Information

US Department of State Information

Smart Traveler Enrollment Program
https://step.state.gov/step/

Questions?
Email: noor@healthinharmony.org