



ASRI  
ALAM SEHAT LESTARI

# Visitor Guide

ASRI, Sukadana, Indonesian Borneo

# Introduction

This guide was created to support your trip to 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 ASRI 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 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.

## 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 ASRI 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 ASRI. 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**, known as the 211A visa. This visa application is completed by ASRI using documents provided by you.

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. The application is done online by ASRI.

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. Once your visa application is approved, you have 90 days to use the visa to enter Indonesia.

### Introduction Letter

One requirement for the Social Cultural Visa is a Letter of Introduction from your home institution. You can find a sample introduction letter [here](#) or on the visitor portal. Please avoid language in your introduction letter such as volunteer or consultant. Rather introduce yourself as a learner and part of the the planetary health education exchange program.



## Visa Process

If you going to visit for a week, you can use visa on arrival at the airport and it stays for 30 days (including date of departure and arrival) But, most of visitor coming for education exchange use Social Cultural Visa. Contact Laily@alamsehatlestari.org for more information about Visa on Arrival.

One of the requirements for visiting our program in Indonesia is that you must have the Social Cultural Visa. 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. Make sure that your passport is valid for at least 6 months from the date of your departure from Indonesia. **The visa cost is USD 142 and is included in the visitor fees.**

In Indonesia, the guarantor organization must apply for the visa on the visitor's behalf. In order to ensure this process goes as smoothly as possible, please carefully read this page and follow all of the instructions.

## Application Information

Here is information you will need to provide ASRI for your visa application:

- Your home address, civil status, and occupation
- An introduction letter from your institution (download template [here](#) and read the instructions carefully)
- Scan of your passport cover (make sure the image is clear and legible)
- Scan of the personal identity page in your passport (passport must be valid for minimum of 6 months after departure date)
- A formal picture with white background
- A copy of your round ticket
- Proof of full vaccination against COVID-19 according to the WHO requirements (at least two doses, and at least two weeks since the second dose)
- Health insurance/travel insurance
- In the event that a quarantine is in place: Statement letter that you are willing to quarantine upon arrival to Indonesia until you receive a negative PCR test result (template can be found [here](#))
  - *Please check with the ASRI team for the most updated COVID restrictions*





## 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 (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. 1.5 hours by car).

Round trip transportation from Ketapang to Sukadana is included in your visitor fees. Domestic flights are not 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 ASRI staff. The parts you can do on your own include:

**Accommodations for layovers:** If your flight schedule requires you to stay the night in Jakarta or Pontianak, there are numerous options near the airport, at many different price points. However, there are flights directly from Jakarta to Ketapang (with a brief layover in Pontianak to change planes), so the likelihood of overnighting in Pontianak is low.

**Domestic flights:** Flights to Ketapang through Wings Air can be booked online. We recommend using [tiket.com](https://www.tiket.com) or [traveloka.com](https://www.traveloka.com). If you have trouble booking a domestic flight, please contact Laily ([laily@alamsehatlestari.org](mailto:laily@alamsehatlestari.org)) for assistance.



## Baggage and Airport Tips

Most international flights allow each passenger to take two 50lb bags at no additional cost.

However, domestic flights from Jakarta to Ketapang generally allow 10-20 kg (44 lbs), per passenger.

**Be aware that you may have to pay overweight baggage fees when from Ketapang to Jakarta,**

If you are carrying medical supplies and donations, please contact [Laily@alamsehatlestari.org](mailto:Laily@alamsehatlestari.org) for a travel letter that you can present at the airport to explain the supplies you are carrying are a donation for ASRI.

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, of your visit. Please be as thorough as possible, as this helps our team prepare for any special accommodations.

### Insurance

We are not cover Insurance for visitor, all of you are obligated to have their own insurance.

So far there have never been any critical cases that require special treatment with health insurance, but we recommend that you have it because it is also included in one of the requirements in the documents for applying for a visa. We can recommend that you have AIG (American International Group) insurance



## 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 repellent 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 can't 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.

## COVID-19

### Indonesian Government Requirements

Like the rest of the world, Indonesia has been battling ongoing outbreaks of COVID-19. As of January 2023, there is about a 65% full vaccination rate in Indonesia. **The following requirements have been set in place by the government of Indonesia (these are subject to change):**

- All foreign travelers must be fully vaccinated against COVID-19 (at least two doses, and at least two weeks since the second dose)
- Masks are required in all public areas
- Physical distancing must be observed

Upon arrival, travelers will complete a COVID-19 symptom check, and temperature check. If the traveler has no symptoms and normal If the traveler is symptomatic or has a body temperature above 99.5 F, a PCR test will be taken at the airport. If this test is positive, the traveler must isolate at their residence or a facility approved for COVID-19 isolation.

### ASRI Requirements

In addition to the requirements from the Government of Indonesia, ASRI have developed additional guidelines to ensure staff, patients, visitors, and locals stay safe and healthy.

#### **Upon arrival to Sukadana, please adhere to the following:**

- Wear a mask in all indoors spaces and outdoors when physical distancing is not possible
- Practice physical distancing whenever possible
- Wash your hands frequently (at least 20 seconds with soap and water; hand sanitizer will be available throughout ASRI facilities)
- Cough/sneeze into your elbow or upper arm
- Notify ASRI Clinic staff immediately if you begin to develop any cough/flu/cold symptoms
  - If you test positive for COVID-19, you must isolate for 5 days







## 5. Safety and 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 and civil unrest, 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.*

### 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.





## Road Hazards

**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 bike helmet and use the bike lights when using the bicycles
- Traveling to Sukadana by speedboat goes against our insurance policies and is prohibited.
- If you travel by boat (e.g. Tanjung Puting National Park) outside of the ASRI program please always make sure to ask the staff for life vests and that they are easy to access
- Visitor must wear a helmet when riding a bicycle or motorbike
- Visitors are required to take care of anything that has been loaned and any damage is visitor's responsibility
- Visitors should use a bike light and helmet provided by ASRI.
- All transportation costs outside the visit program are borne by the visitor
- Visitors are required to obey the laws that apply in Indonesia when driving a vehicle and respect the applicable social rules.

## 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. 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, please let ASRI staffs know or Laily, because they will give you recommendation where beach that you can allow to swim.

## 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 and Food

### Accommodations in Sukadana

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

#### ASRI Housing

There are different houses available for visitors and pending on availability, you will stay at one of the other rooms. You will know what the room looks like when you have visitor orientation with Laily.

#### 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

Housing in Sukadana is modest by Western standards. Please take off your shoes prior to entering the house. If you prefer to bring flip flops for indoor use only, you can have those separately with you for use in the shower or bathroom.

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.

Make sure to use your bed net at night to protect yourself against mosquitos. Each of the beds has a bed net. If your bed net has holes in them please do let our coordinator Laily know so we can fix this or replace your bed net.





## 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.

### **Staff lunches are included in your visitor fees.**

On Monday-Friday, all staff and visitors gather for lunches from 12-1 pm.

Breakfast and Dinner are included in your visitor fees, it would be local people cook for you.

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 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 and 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. 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.



## 8. 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:**

- Pre-departure travel advice
- Ground transportation to Sukadana via Ketapang
- Staff time for visit coordination and project management
- Private room in shared housing
- Meals
- 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 ASRI 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 ASRI 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 [Laily@alamsehatlestari.org](mailto:Laily@alamsehatlestari.org). Cancellation date is the date the notice is received by ASRI**

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.

### 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.



## Travel Expenses

Item	Estimated cost (in USD or Indonesia)
Flight to Jakarta	Varies by time of year and place of origin
Hotel - in Jakarta and/or Pontianak	Rp.500.000 - 1.500.000+
Taxi in Jakarta	Rp.100.000 - 200.000 for metered Bluebird taxi from airport to Jakarta Hotel
Flight from Jakarta to Pontianak/Ketapang	Rp.1.200.000 - Rp.1.500.000
Overweight baggage fee	Rp. 300.000 - Rp.1.300.000 per bag (depends on airline & weight)
Meals during travel	Rp. 30.000 - Rp.100.000

## On-site Expenses

Item	Estimated cost (in USD or Indonesia)
Drinks (iced coffe, fresh juice, coconut, etc.)	Rp. 3000 - Rp. 15.000
Meal at a restaurant	Rp. 20.000 - Rp. 40.000/person
New local cell phone	Rp. 500.000 - Rp.1.000.000 (or borrow one from ASRI)
SIM card for phone	Rp. 20.000
Mobile data (8BG)	Rp. 100.000
Pulsa (Credit) for calls/text	Rp. 20.000 - Rp. 100.000
Local handicraft/souvenirs	Rp. 50.000 - Rp. 300.000/each
Groceries/snacks/toiletries/etc	Rp. 50.000 - Rp.150.000/each

Some items may be included in your visitor fees. **Please consult with the HIH and ASRI visitor managers to confirm the details of your visitor fees.**





## Add-On Expenses

### *Entrance to the National Park (Lubuk Baji)*

Item	Estimated cost (in USD or Indonesia)
Rent Car	Rp. 400.000 - Rp.500.000
Tour Guide	Rp. 175.000
Ticket	Rp.175.000 - Rp.240.000/day (during holiday)
Porter	Rp. 150.000
Medical person fee	Rp. 150.000/person/day
First aid	Rp. 50.000

### *Visit University in Pontianak (1 visitor, 1 staff) - 3 days*

Item	Estimated cost (in USD or Indonesia)
Flights Ketapang - Pontianak (round-trip)	Rp. 4.600.000/2 people
Rental car in Pontianak	Rp. 1.500.000/ 3 days
Hotel (2 rooms)	Rp. 776.000/2 nights
Food	Rp. 500.000/3 days
Per Diem staff	Rp. 450.00/ 3 days
Rental car Ketapang-Sukadana	Rp. 1.000.000

*Some items may be included in your visitor fees. **Please consult with the ASRI visitor managers to confirm the details of your visitor fees.***





## 9. 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 Health In Harmony/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 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 ASRI 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.**







## 10. 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 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.

For men, during the work week we suggest long sleeve button-ups with nice slacks. If you go to the pool, we recommend wearing a t-shirt and knee-length shorts for swimming, no bare chest.

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 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. If you wish to bring supplies, please let us know by email ([laily@alamsehatlestari.org](mailto:laily@alamsehatlestari.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 it 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 ASRI 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)



# 11. 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.
- 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.

## **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 ASRI 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.





## 12. Policies

### Causes for Dimissal

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
- Refusal to adhere to governmental and/or ASRI regulations around COVID-19 safety
- Refusal to adhere to ASRI Safety & Security regulations and policies

### 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.



# 13. Resources

## Internal Resources

[Website](#)

[Program Overview](#)

[AIG Assistance Services ID Card](#)

## External Resources

[CDC Health Information](#)

[US Department of State Information](#)

[Smart Traveler Enrollment Program](#)

## Questions?

Email: [Laily@alamsehatlestari.org](mailto:Laily@alamsehatlestari.org)