



COUNTRY

OVERVIEW

& PACKING

GUIDELINES

Indonesia: Arts, Religion, and Social Change
Spring 2024

TABLE OF CONTENTS

COUNTRY OVERVIEW	3
GENERAL INFORMATION	3
CLIMATE AND GEOGRAPHY	3
LOCAL CUSTOMS	3
DIET	4
SAFETY, SECURITY, AND HEALTH	5
HOMESTAYS	6
OTHER ACCOMMODATIONS	6
TRANSPORTATION.....	7
COMMUNICATION.....	7
PHONES AND E-MAIL.....	7
MAILINGS.....	8
MONEY	9
VISITORS AND FREE TIME	10
PACKING GUIDELINES.....	11
LUGGAGE	11
CLOTHING GUIDELINES.....	11
EQUIPMENT	12
COMPUTERS AND OTHER ELECTRONICS	12
GIFTS	13
WHAT YOU CAN AND CANNOT OBTAIN IN COUNTRY	13
ALUMNI CONTACTS	13
PACKING LIST.....	14



COUNTRY OVERVIEW

GENERAL INFORMATION

Indonesia is a sprawling archipelago of approximately 17,000 islands, and spans over 3,000 miles from Sabang, Sumatra to Merauke, Papua. An estimated 6,000 of these islands are inhabited. The five largest islands are Java, Sumatra, Kalimantan (the Indonesian part of Borneo), Papua (shared with Papua New Guinea), and Sulawesi. There are over 273 million residents, making Indonesia the fourth most populous country in the world, and the country with the largest population of Muslims. Indonesia is a republic, with an elected parliament and president. The nation's capital city is Jakarta, located on the island of Java.

Although there are over 700 ethnic languages spoken in Indonesia, Bahasa Indonesia is spoken by nearly 100% of the population. Indonesian is a dialect of the Malay language, and was originally a lingua franca of traders and migrants. It was adopted as the language of Indonesian nationalism at the Bandung Youth Conference of 1928 and became the official language of Indonesia upon Independence in 1945. It remains very similar to Malay, which is rich in adopted words from Sanskrit, Arabic, Persian and Chinese, but has been further enriched with adoptions of words from other languages, notably Javanese, Portuguese, Dutch and English.

Indonesia is rich in natural resources, particularly petroleum, natural gas, and various precious gems and minerals. Likewise, the agriculture sector is strong and varied, producing rice, tea, coffee, spices, rubber, and palm oil. However, it is the service sector that is the largest contributor to GDP at approximately 45%, followed by industry and agriculture.

CLIMATE AND GEOGRAPHY

Bali and Java are located just south of the equator, and the temperature varies from 70° to 90°F year round, though it is somewhat cooler in the hills.

Both islands experience moderate rainfall and high humidity throughout the year, though some relief comes during the dry season, which normally runs



from April/May to September. Rains from October to April (the rainy season) generally come overnight

and in the early mornings, but late afternoon downpours are also common, especially after heat and humidity builds up during the day. The rainy season has been starting later in recent years, sometimes not getting into full swing until mid-February, and has been lasting later in the year, with rain still frequent in mid-June.

[Bali]: AVERAGE HIGH/LOW TEMPERATURES (°F)				
JAN	FEB	MAR	APR	MAY
90/75	87/75	88/75	88/75	87/74
SEPT	OCT	NOV	DEC	
88/69	90/71	91/74	90/74	

You may want to bring a sturdy, folding umbrella for both rain and sun, and a poncho for rainstorms when bike-riding, but both can also be purchased very easily and inexpensively in country. Given the high temperatures, you should be familiar with the warning signs of dehydration and heat stroke. You may want one light-weight jacket for cool nights in the mountains or air-conditioned buildings.

LOCAL CUSTOMS

Balinese and Javanese are expected to be friendly and to greet each other when passing by on the street.

Typical greetings are:

Selamat pagi, mau ke mana?: “Good morning, where are you going?”

Jalan-jalan saja: “I’m just taking a walk.”

The most common Indonesian greetings are very useful:

Selamat pagi: “Good morning”

Selamat siang: “Good afternoon” (10:00am to 2:30pm, or the hot part of the day)

Selamat sore: “Good evening” (3:00pm until nightfall, around 6:30p,)

Selamat malam: “Good night”

Cultural Tips:

- Be friendly and smile a lot
- Be open-minded, lower your expectations
- Go with the flow of Javano-Balinese way of life
- Don’t give and receive with left hand
- Don’t go out at night alone
- Be patient and flexible

DIET

SIT Study Abroad provides experiential learning opportunities where students become embedded in their host community. As such, we strive to accommodate serious food allergies where possible but simply cannot ensure that all dietary restrictions or non-medically mandated diets can be accommodated.



Students are encouraged to participate in the local food culture as a central aspect of daily life. By trying to replicate your diet at home you may miss out on an important part of your host culture. Due to the unique living and learning community central to all SIT programs, we cannot separate food and eating communally (including with your host family) from the program experience. Please consider local diet seriously when selecting your program of

Your



choice.

admissions counselor is a great resource in better understanding the local diet.

Participating in the local food culture is a central aspect of daily life in Indonesia. Special or restricted diets may not always be fully understood by your host family, although they may have previously hosted a student with similar dietary restrictions. By trying to replicate your diet at home, you may miss out on an important part of your host culture.

Rice is the staple grain in Bali and Java, as it is in most of Indonesia. In many Balinese families, the cook prepares the day’s meal for breakfast, and the food is then covered and left out on a kitchen table for the rest of the day because it is believed that cooling and reheating ruins the flavor. Families do also sometimes cook with the student. Javanese families are more accustomed to sit-down meals, with the largest meal served mid-day. This means that it is typical for Javanese to take a siesta from 2 to 4 pm, after which tea and a light snack are served. The evening meal is lighter than the mid-day meal. Meals are generally composed of rice with spicy vegetables, tofu, tempeh, poultry, meat or fish.

It is possible to maintain a vegetarian or vegan diet while in Indonesia, but vegetarianism and veganism are quite foreign to Balinese families. Thus, maintaining a vegan diet is almost impossible and vegetarians must be willing to accept the use of fish pastes and meat stocks mixed with vegetable or tofu dishes for flavor. In addition, for those students interested in keeping Kosher, pork is a popular meat and flavoring in Bali, but is not served in predominantly Islamic Java. Milk and dairy products are rarely used in Indonesian cooking.

In Bali, meals are not social activities like they are in the States, but are generally taken alone in a quiet place. In fact, traditional Balinese compounds do not have a dining room or a place for a kitchen table. As noted above this is not the case in Java where “sit-down” meals are a customary part of life in many households.

SAFETY, SECURITY, AND HEALTH

Maintaining good health is critical to having a successful semester. To help you do that, we have provided [Health Guidelines and Requirements](#) for your program.

It is very important that you read the Health Guidelines and Requirements document as early as possible and examine it with your medical provider. The guidelines include recommended immunizations; a suggested calendar for immunizations and other prophylaxes; and valuable information on how to avoid exposure to common carriers of disease.

SIT no longer requires vaccination to participate on programs except for locations where host country governments require it.

However, we strongly encourage students to be fully vaccinated against COVID-19 per CDC recommendations. SIT continues to closely monitor COVID-19 conditions in each program location and will advise students on any location-specific COVID-19 requirements and regulations prior to and during their program.

Students are thoroughly briefed on safety considerations during in-country orientation and are updated throughout the semester if and when circumstances change. For instance, coming prepared with face masks for personal use if individual venues/location requirements deem in necessary after arrival. For information regarding safety and security, emergency communications, SIT policies, health and personal property insurance, and general program tips, please read the [Safety, Security, and Health Student Handbook](#).

Students must be aware that Indonesia has become extremely strict in prosecuting drug users. Possession, sale or use of narcotics is a capital offense, and courts have been handing out sentences of between 15 and 20 years for possession of minute quantities of designer drugs like Ecstasy. A group of nine young Australians (known as Bali 9) were convicted on drug charges in Spring 2006, three receiving the death sentence and six receiving life imprisonment. This illustrates the deadly serious nature of the Indonesian government's stance on drug use, and their

absolute intolerance for drug use or possession in any amount, of any kind.

It is also important to bear in mind that, in general, Indonesia is not a drinking culture. This is particularly true in rural areas, where religion tends to be a dominant force in public social life, as alcohol is taboo for Muslims to consume. Balinese have a relaxed attitude towards drinking by expatriates and tourists, but frown upon members of their own communities who "stray too far" into the kind of lifestyle that involves frequent partying or going to bars. Homestay families are not accustomed to the kind of student drinking life that is prevalent on many U.S. campuses, although they are aware that American students have an occasional need to "party." We ask students to be sensitive to the values and attitudes of homestay families and program associates and to refrain from "partying behavior" except when gathering in a safe tourist area venue on weekends or other periods of more extended free time.

Another important area of cultural behavior is the non-confrontational attitude that is typical of most Indonesian ethnic groups, including the Balinese. One does not win an argument in Indonesia by raising one's voice, still less by exhibiting confrontational behavior. The norm is to "out-polite" someone who may be exhibiting aggressive behavior in a situation that may be tense for one reason or another. On the other hand, good-natured arguing in a market situation, or teasing among peers is considered quite ordinary. The important thing to remember here is that, while there may be cases where someone is offensive in public (this cannot be avoided anywhere in today's world), the best way to counter that kind of behavior is by ignoring it or giving it as little energy as possible.

There is one area of public experience where students—and Indonesian citizens alike—can experience an aggressive form of behavior that can be disconcerting. This is in the area of public transportation, where drivers of small vans (*bemos*) compete for fares and are often aggressive about demanding higher fares from non-Indonesians. There is an art to dealing with this kind of behavior, which we will do our best to impart early in the program. While this is an area where we still advise a non-confrontational approach to head off possible conflict, it may be that you will have to be more aggressive in bargaining for the price you think is fair. On the other hand, it is not worth getting too excited about an over-payment of one or two thousand rupiah, since it is considered normal

practice for drivers to get “a little extra” for providing their service to tourists. If a group of students are traveling together, it can be advantageous to charter an entire *bemo* (*GrabCar*) for a particular journey. Drivers like this sort of bargain as it allows them to make a little extra and allows the group of passengers to get a fair rate as well, one that they could not get by organizing things through a tour agency.

This being said, Bemos are becoming quite rare and have been replaced with a more modern style of transportation known as “Grabcar or Grabbike” similar to Ubers in the US. Once in country, students can download the Grab App to be more practical for getting around outside the program-arranged activities.

We will discuss LGBTQI, race, and gender issues during the first week of the Orientation Period. These are complex issues, largely due to the fact that social attitudes vary widely between urban and rural areas, and also between ethnic groups. The Balinese public, for example, has very little awareness on LGBTQI issues. However, that does not normally translate into hostility, since tolerance of difference is a positive social value. Few, if any, of our students have experienced any problems concerning their gender or sexual identity; in a few cases these students have had to make concessions in terms of public behavior, but this has much more to do with Indonesian standards of public decorum than on the question of sexual orientation.

International and private health clinics are located throughout Bali and in Yogyakarta, and the SIT program maintains close contact with health facilities in all locations visited on this program.

Counseling and psychiatric care is not as widely available nor utilized in Indonesia in the same way as in the United States. However, there are now several registered psychologists in Bali. In extreme emergencies students may also be able to consult with a Vermont-based SIT therapist by phone.

HOMESTAYS

As many SIT Study Abroad alumni will tell you, the homestay experience can be one of the most rewarding and most challenging aspects of the program. We hope you will come prepared for the experience and committed to moving beyond cultural immersion as you begin to question, distinguish, and analyze the host culture vis-à-vis

your own culture and come to a deeper understanding of both.



Family structures vary in every culture. SIT Study Abroad values the diversity of homestay families, and your family may include a single mother of two small children or a large extended family with many people coming and going all the time. Additionally, please bear in mind that, in many countries, the idea of what constitutes a “home” may be different from what you expect. You will need to be prepared to adapt to a new life with a new diet, a new schedule, new people, and new priorities and expectations.

Each program’s homestay coordinator will be responsible for placing students in homestays. These placements are made first based on health concerns, including any allergies or dietary needs, to the extent possible. **Please note: in order to ensure the best fit for students and families, SIT may make final adjustments to homestay placements after student arrival in country. Therefore, SIT will not provide information about your homestay family before you depart for the program.**

Over the course of this program, you will be staying with three homestay families. The homestay for much of the time spent in Bali will be in the village of Kerambitan, and within a short distance from the program center. Most students will walk to and from classes. The second homestay in Bali will be a short stay with a family during the rural excursion to a village of the Tabanan area. You will also be spending time with Javanese families during a two-week excursion to the Yogyakarta area of central Java, and may also be spending a night or two in a Bugis fishing village of north Bali.

OTHER ACCOMMODATIONS

In addition to the homestays, students will stay in small boarding houses/hotels or tourist camping

facilities. Most accommodations, with the exception of the homestay, are double occupancy with linens, towels, pillows, and basic furniture provided, if appropriate.

You have a wealth of choices for the ISP period, mostly family-run facilities called *losman* or *rumah kos* (like a bed and breakfast). You may choose to stay with a classmate or on your own.

TRANSPORTATION

One of the challenges of running the program in Karambitan is public transportation, which is not available now. If students need transportation, they need to inform program staff who will organize a vehicle for them. During orientation, you will be provided a handout giving more information on local transportation.

This will not be the case during the excursion to the Yogyakarta area of Central Java, where public transportation runs until late at night (typically until about 11 PM in many areas) and starts again very early in the morning. We also provide program transportation during our stay in Yogyakarta.

For students already accustomed to bike riding, renting a bicycle can be a great option for their daily



commuting needs. Helmets are provided by the program in Bali, but may not be of the same quality available in the U.S. Moreover, you are encouraged to bring head or rear LED lights and extra reflectors to supplement the standard safety gear.

In recent years, as public transportation options have changed, motorbikes are becoming one of the dominant forms of transportation in Indonesia and Southeast Asia. As a result of this shift, SIT Study Abroad staff have evaluated the risks and instituted a policy that permits students to travel as a passenger on motorbikes under limited

circumstances and only in certain localities. All students will undergo an orientation to the motorbike culture in Bali and will receive instructions on how to be a passenger on a motorbike ride and visually identify a mechanically sound bike and driver. Students will be required to sign a waiver before using motorbike transportation and may only get a ride on a motorbike while wearing a helmet. Any violation of the waiver and/or policy may result in immediate dismissal from the program.

COMMUNICATION

While you may want to be in regular communication with friends and family from home during the term abroad, please bear in mind that different time zones, unreliable phone lines, and changing program activities can complicate communication.

It's important to be clear with family and friends about your availability during the term. Many students recommend making an appointment to call home or to receive a call. In addition, making or receiving phone calls abroad is cheaper on the weekend in Indonesia. You should also consider the impact of constant communication with friends and family at home on your cultural immersion.

PHONES AND E-MAIL

As part of SIT's commitment to student safety and security, all students are required to have a working cell phone capable of making and receiving both local and international calls, including a data plan so that your phone is operational when you are away from wifi. If needed, during orientation SIT Study Abroad staff can assist students in purchasing a local SIM card, and how to acquire minutes for calls and texting. Full compliance with this policy is expected.

For the first week of the program, you will be located in the village of the orientation site in Bali. Students will have the opportunity to purchase a cell phone and Indonesian SIM card during the first few days of the program. While it sometimes takes a few days to sort out the connection between the US and Bali, generally speaking, it is possible to make cell phone contact with parents or close friends in the USA by the 3rd or 4th day of the orientation period.

We do not recommend that students bring a US cell phone to Indonesia to use during the program as there are frequent problems with US devices being 'locked.' You may, of course, bring along a cell

phone purchased in the USA if it will be useful to you during your further travel after participating in the program in Indonesia. Android phones and iPhones are commonly used by Indonesians now.

During the pandemic, all Indonesian students had to do their schooling remotely so most homestay families, including the village families installed Wi-Fi in their homes. We have also installed high-speed wi-fi at the program center, although there are occasionally some connectivity issues.

Keep in mind the time difference when making or receiving an international call. Bali is 12 hours ahead of the US East Coast, and 13 hours ahead during Daylight Savings Time (April - October). Java is 11 hours ahead of EST, 12 hours during Daylight Savings Time.

Cell phone units, called *pulsa* in Indonesia, will be “eaten up” very quickly by calls made to the USA from Indonesia. Conversely using WA, Facetime, it costs next to nothing in terms of pulsa to receive cell phone calls from the USA. The cheapest form of communication of all, SMS text messaging, is universally popular among students in Indonesia and can work quite effectively for brief communication to the USA or for setting up a time to receive an incoming cell phone call from the USA.

Text messaging, or SMS as it is popularly called in Indonesia, is the most frequent method of communication because of its relative ease and low-cost use (pennies for one domestic text). Most U.S. carriers can send and receive text messages from Indonesia, however, neither Sprint nor pay-per-use phones can transmit text messages to Indonesia. WhatsApp texts can reach people abroad very easily.

A note on telephone numbers: The Country Code for Indonesia is **+62**. Many cell phone numbers begin with 0814, 0815, 0816, 0852, etc. To dial this number from outside of Indonesia you need to **drop the 0** in front and **add +62** in front of the numbers.

If friends and family need to know that you have arrived safely in Indonesia, they may call SIT Study Abroad at (888) 272-7881. This number may also be used to reach the 24-hours a day, 7-days a week emergency on-call service.

Internet access: Internet services including wi-fi are available at Internet Cafes in many major cities and tourist areas of Bali and Java, including Yogyakarta

in Java, and Denpasar and Ubud in Bali. The rates are not exorbitant, but the cost can add up. Many students use the same Internet Cafes for typing assignments and/or their Independent Study Project papers. From long experience, we know that the risks of loss of data through virus infection or sudden loss of power are high at these sites, so we recommend that you back up frequently by sending your work your own email as attachment.

Students should keep in mind that if their family does offer access to their Internet services, the family pays a hefty price per minute and this generous offer should not be abused. The students can come to the program center for using internet anytime.

The SIT program center provides internet access during posted hours.

MAILINGS

Unlike receiving a package here in the US, receiving a package at your program site is usually **expensive** and **problematic**. Customs agents must inspect all packages and you, as the recipient, are responsible for duty and storage fees. In addition, there are cases of items being lost in the mail or taking so long to reach the recipient that the recipient is nearly back in the US by the time the items are received. For these reasons, sending packages should be done only for emergency situations. Additionally, sending valuables is highly discouraged. All medicines including vitamins must be brought with the students since the program cannot receive any packages containing “drugs” of any sort.

For this program, **DHL services are available in country**. Despite cheaper prices, reliance on the US Postal Service is not advised due to delays and unreliability. When given the option, it's always a good idea to send packages certified and with a tracking number that allows the sender to track the package.

If it is necessary for someone to send you mail then posted letters should be sent to the following address:

Student Name

SIT Indonesia Bali Program

Jalan Kakatua No: 11 A

Br. Gerang, Pasekan, Tabanan, Bali

Bali, Indonesia

Phone: +6281246019322 (AD phone)

[Packages should be sent to the following address via **DHL**:]

Student Name

C/O Wayan Ariati

Jalan Sekar

Gang I, No. 8

Kesiman-Kerthalangu

Denpasar Timur 80237

Bali, Indonesia

Phone: +6281246019322 (AD phone)

MONEY

In addition to tuition, SIT Study Abroad program fees cover room and board throughout the program. When room and/or board are not taken with the group, students will be given a stipend to cover related expenses. SIT will cover daily commuting costs, if any, and excursions that are part of the normal program itinerary. During the ISP period, students will receive a stipend for basic room and board only, based on the cost of living at the program base. **Any domestic travel, interpretation services, or supplies necessary for the ISP are the students' responsibility.** Please plan accordingly.

Unlike in some countries in Asia where US dollars are accepted, travelers to Indonesia must use the Indonesian currency, called *rupiah*, for all purchases. Rupiah can be purchased in some large US banks, but it is also very easy to get upon arrival in Bali. You may change U.S. currency or withdraw rupiah from an ATM machine upon arrival inside the international airport in Denpasar or in Indomaret, Kerambitan.

You may choose to use U.S. currency, credit cards, ATM cards, or any combination of the above. U.S. currency may be exchanged at either a bank or an authorized moneychanger. A moneychanger will only accept neat U.S. bills with the new designs. A better exchange rate is given for larger U.S. denominations than small bills. A valid passport may be required to exchange money.

ATM (BCA) machines are several in Tabanan city and other towns throughout Bali and in Java, especially in urban areas like the city of Yogyakarta. Accessing money should not be a problem. Many restaurants, large department stores, and tourist boutiques take major credit cards, such as Visa and MasterCard. A Visa or MasterCard is necessary in case of emergencies, medical or otherwise.

Check current exchange rates:

<http://www.oanda.com/currency/converter/>

If using a debit and/or credit card, you should contact your bank and/or credit card companies regarding your travel plans. If you don't inform these companies that you will be away, they will often assume the card has been lost or stolen and will put an immediate hold on the card. You should also check on costs of withdrawal, as these costs vary and can sometimes be very expensive. Renewing and receiving reissued credit and debit cards while on the program will be an expensive and highly inconvenient process. Before you leave for your program, please check the expiration dates on your cards to ensure that they will not expire while you are abroad. It is also very important that you make photocopies of all your debit/credit card information and leave them with someone you trust in case your card(s) is/are lost or stolen.

Following are suggestions for spending money during the program, including estimates for textbooks, ISP-related expenses, medical expenses, personal spending, and gifts. Figures are based on recent student evaluations, though individual spending habits vary widely and **these costs are averages.**



A suggested total amount of money to budget ranges from **US \$1,200 to \$2,300**. To determine where you might fall in this range, please examine your spending habits during a typical semester at your home school and consider any exceptional expenditures you may have on the program, including travel costs for your planned ISP or a specific personal expense.

Please budget approximately:

Personal spending (from past student suggestions):	\$1,200
Books, printing, supplies:	\$50
Up-front medical costs:	\$300
Potential ISP travel expenses:	\$500
Visa: (2,350,000 IDR for extensions)	~ \$158

COVID-19 Test(s): (may be required for entry, subject to change and cost may vary)	100-250 USD
Cell Phone (simple phone):	\$20-30
Estimated total:	\$2,500

VISITORS AND FREE TIME

SIT strongly discourages and will not provide support for any visitors to students during the term, due to the rigorous nature of the program and the disruption that such visits cause in program flow and group dynamics. Students should be sure that relatives and friends are aware of this policy and that visits are scheduled for dates after the formal conclusion of the program. Students will not be excused from program components to attend to visitors. See the Attendance and Participation section of the [Student Handbook](#).

Please note that any visitors during the course of the program must plan their own independent accommodations; SIT Study Abroad homestay families can accommodate only their assigned student and, due to cultural and contractual

understandings with SIT, should not be asked to host students' guests.

During the program, students follow an intense schedule of classes and field-based learning assignments, even during the ISP. Free time for pursuing an independent interest or hobby during the program will be limited. Your admissions counselor can advise you about particular interests you may have. For example, if you must keep in shape for your next athletic season, or if you play a musical instrument and want to know whether to bring it, we can help you to understand your schedule and any concerns or limitations that may exist. Please note that you will not have a long break during the program, such as Thanksgiving or Spring Break.

Given the current global health situation, SIT advises against independent travel. If a student wishes to travel independently, they must submit a request that will be reviewed by the Academic Director and the Student Health, Safety & Wellbeing Regional Manager. SIT reserves the right to deny independent travel requests. Further details regarding the current independent travel protocols can be found here:

<https://studyabroad.sit.edu/health-safety-and-well-being/risk-management/covid-19-risk-management-protocols/>

PACKING GUIDELINES

LUGGAGE

Please pack lightly and include only necessary items. You should be able to carry all your luggage significant distances on your own. Try to minimize both the number of bags and weight of your bag(s) since you will likely be acquiring more belongings while abroad. It is recommended to check one rolling suitcase and one duffle bag, and bring one backpack as your carry on luggage. The suitcase will mostly stay at your homestay, the duffle bag will be helpful during excursions, and the backpack will be good to have for short excursions and to bring to campus.

If carrying prescription medications, you should carry a letter from your doctor to prevent any concerns at customs or in transit. (Please see the "General Health Tips" section in the [Safety, Security, and Health](#) pre-departure document.) Please check the current requirements of the Transportation Security Administration (<http://www.tsa.gov>) as well as those of the airline on which you are flying for domestic and international baggage restrictions.

CLOTHING GUIDELINES

The weather will be the main guideline in what you will wear. Clothes should be cool and lightweight as long as they are clean and modest. Your clothing should also permit ventilation and full freedom of movement.



University students in Indonesia dress very nicely, almost "preppy," and the importance of dressing neatly cannot be over-emphasized, especially for classes held at Universitas Gadjah Mada in Yogyakarta, Udayana University, and immigration office in Denpasar. In recent years, some more conservative aspects of Indonesian society have loosened so that youth culture is somewhat closer to

that of the West. However, relaxation of the dress code is by no means universal. Dress styles are still largely conservative in Java, and it is now very common to see women of all ages wearing a headscarf, or the more complete head-covering called *jilbab*. Dress styles are much more relaxed in Bali, especially for informal occasions and in tourist areas, but students still dress modestly and with a "preppy"-type look.

In order to work with these aspects of Indonesian culture, we ask that men wear light-weight full-length slacks to all classes, with a short-sleeved shirt that is either button-down or has a polo-style collar. For more informal meetings knee-length shorts are acceptable with a clean, neat t-shirt. Women can choose between light-weight, full-length slacks or a knee-length dress or skirt with blouse. The blouse can be short-sleeved, but must cover the shoulders and have a modest neckline. This dress code is most important in Java, where both Christian and Islamic religions favor more conservative dress styles, but it is also important for attendance of lectures at the Program Center in Bali, or lectures at universities and especially when we go to the immigration in Denpasar for the visa extension. We will ask students to go home and change if they attend a lecture given by one of our university associates in inappropriate dress. We will not announce which lectures require the dress code, assuming that it will be the majority of lectures, but will do our best to alert students to events and lectures that will not require the more formal form of attire.

Halter tops, sleeveless tank tops, etc., are **inappropriate** in and out of the classroom. Jeans should only be worn on informal occasions but past students strongly recommend bringing 1-2 pairs for these occasions. Flip-flops are very handy in Bali and Java for informal occasions, particularly because we have to take off our shoes any time we visit people's houses or enter a temple area. While flip-flops of many types and sizes can be purchased in Indonesia, if you prefer the "Teva" type it may be good idea to bring along one comfortable pair.

There will be formal occasions when we will be required to meet Immigration officials or members of the faculty of our program associates at formal occasions. For these occasions you will need to dress in a more formal style. This means bringing along at least one nice dress and pair of dress shoes or dress sandals for women (Teva sandals are acceptable here), while for men it will be necessary to bring along at least one pair of dress slacks (light-weight), and a neat button-down shirt

(long- or short-sleeved) and good shoes or dress sandals (to be worn with socks) for men.

Don't bring too much of your fanciest clothing though, as Bali can be very dusty in the dry season (June-September) and muddy in the rainy season (Oct-April). During the rainy season it can take quite a while for clothes to dry, so it may be a good idea to make sure some of your clothing is drip-dry. There are commercial washing services available close to the Program Center. However, there may be a few times during activities like the village excursion when you may need to wash a few things by hand in the river. We no longer recommend that students bring a rain jacket, since poncho-like coverings or umbrellas can be purchased in-country very cheaply. Since rain is not cold in Indonesia, even a dousing during a heavy shower is not altogether unpleasant.



You will be asked to purchase *pakaian adat* or traditional ritual clothing early during the semester. This outfit is required when attending many rituals or temple events. Purchasing and wearing *pakaian adat* has always been a part of the fun of our program, and brings with it a wonderful sense of appreciation on the part of local host families, peers and associates.

Wearing hijab for our female students will be a must when we visit the Modern Islamic Boarding school (Pesantren) for female students in Mantingan and Pesantren for male students in UNIDA Gontor, East Java. Wearing hijab is sign of respect toward the Islamic tradition.

EQUIPMENT

You **do not** need to bring bed linens or pillows, though you should consider bringing along one towel. It is not necessary to bring sleeping bags, tents, or other camping equipment. You may bring mosquito nets, but many rooms use electric fans and/or electric mosquito coils as a method of keeping mosquitoes away from your body at night.

If you are a serious photographer using 35 mm equipment, it is a good idea to take along a supply of silica gel to protect your equipment from humidity, as well as negatives and a good flash and/or fluorescent filter. If you are using a digital camera, you will not need to worry about film and developing and can purchase any supplies you may need in-country.

COMPUTERS AND OTHER ELECTRONICS

It is **required** that you bring a laptop computer with silica gel inside the laptop bag. It will, however, be your personal property and responsibility. Before leaving home, remember to back up your computer to the cloud or on a hard drive that you leave at home to safeguard all your data in case your computer is lost or stolen. It is also recommended that you insure your computer, smart phone, and other valuables for full coverage in the event of loss or theft. SIT is not responsible for theft, loss, or any duty tax you may have to pay when you enter the country.

You are not required to submit typewritten assignments other than your Independent Study Project, which can be typed up at a local internet or typing service. These facilities also allow customers to transfer digital photos from cameras to flash drive. You should bring your docking cord if you would like to transfer photos.

When using public computers, you are cautioned to save your work frequently and send it to yourself as an email attachment from time to time. You should also be familiar with anti-virus software and use it regularly.

You should consider bringing a computer sleeve to protect your laptop. This is helpful in keeping humidity away. Silica gel packets are also highly recommended to use when storing and carrying your computer in your backpack. You and your computer will often be in very humid conditions. Storing your computer with silica gel packets will help keep it dry and avoid problems due to moisture and humidity common in the tropics.

Please see the following website for information about electricity, voltage and electrical adapters. <http://www.worldstandards.eu/electricity/>. The

electrical current in Bali is 220v, AC 50 Hz. The plug types used are two-pin plugs.

GIFTS

As you might imagine, it is best to be prepared with a gift to offer your homestay family in gratitude for their hospitality and as a means to share a part of your culture with them. We suggest one or two gifts that the whole family can enjoy. You may also wish to consider gifts for people outside your homestay family. Try to choose gifts that represent you or the part of the country and/or community you live in. Think about what your city, state, or local artisans produce. Draw upon your personal interests or hobbies for ideas. Pack a couple of small gifts for children, such as small games, bubbles, or a Frisbee or T-shirt with US iconic picture. Even if your homestay family does not have small children, chances are that you will engage with children in your homestay community. Once you are on the program and learn more about the local culture, you will discover other ways to thank your family. Remember to bring pictures of your friends and family to share.

The most usual forms of gift-giving involve bringing something back from a place you visit that is distinctive to that region, often in the form of fruit or a special food (this is called *oleh-oleh*, a “bring-back gift”), or passing along a memento (*kenangan*) that represents either your home area or something special to your life that will remind the recipients of you and your visit.

You will be staying in Homestays in Java (about two weeks), Bali (almost two months) and in two sites in rural Bali. If you hope to give gifts to the families you stay with (most importantly for the longer stays in Java and Bali) it will only be possible if you bring a few things that are lightweight. This is why we often recommend textile products (t-shirts, bandanas, tea-towels) or similar light-weight items that bear some logo or other distinctive sign of “being from where you are from”. Illustrated calendars can also fill the bill nicely. Some other suggestions are postcards, mugs, Frisbees, play-doh, playing cards and other souvenirs from your town or university. If at the end of a longer homestay period you feel the need to give a larger gift, there will be things you can choose in the many shopping malls of contemporary Indonesia.

WHAT YOU CAN AND CANNOT OBTAIN IN COUNTRY

Fortunately, you can obtain basically anything you want or need in Indonesia. However, name brand western items may be more expensive than at home, or of limited availability (you might not be able to find the particular brand you like). For women, tampons are expensive and of limited variety. Ready-made clothing and shoes may be more difficult for large or tall people to find here, but tailoring is very cheap and widely used. You will not find much chance to shop for new clothes until after the orientation period ends, but from then on purchase of clothing should be relatively easy. After the shift from Java to Bali, you can take advantage of local tailors to have shirts, blouses or dresses made based on an item of clothing whose style and fit you like.

Your homestay will have laundry facilities enabling you to hand-wash and line-dry your clothes. There are commercial washing services available, but you will not always be in a position to take advantage of those services during the semester.

Since the humidity is high in Bali, bags, shoes might get moldy in you do not use them often, if that the case just put your moldy stuff in the sun to dry out.

ALUMNI CONTACTS

If you have further questions, please contact your admissions counselor and/or ask an alumni contact: <http://studyabroad.sit.edu/admitted-students/contact-a-former-student/>

Don't miss the Packing List on the next page!

These packing guidelines are based on suggestions from past students and your academic director.

PACKING LIST

GENERAL

- Two-week supply of underwear; 100% cotton undergarments are recommended to avoid skin rashes, infections, and other irritations
- One warm sweatshirt or sweater
- Several pairs of moderate-length shorts
- Comfortable walking shoes (Texas or Chacos are ideal)
- Two or more pairs of socks (for light trekking, and for wearing with dress sandals or shoes)
- Bathing suit for the beach (modest), one piece as well as two pieces swim-suits
- Something to sleep in (there's little privacy) and to wear to the bathroom
- 1 pair of jeans
- Flip flops
- Slip on shoes
- Physical activity-friendly clothing (shorts and shirts)
- Clothes for free time (there is free time weekly and weekends off)
- T-shirts

WOMEN

- 3-5 long bottoms (either long skirt or pants)
- 1 long skirt is recommended
- 2-4 collared shirts or the equivalent in formality
- 3-5 modest neckline casual shirts (with sleeves!)
- 3-4 long sleeved shirts

MEN

- 2-3 pairs of lightweight pants
- 3-4 short-sleeved shirts or polo shirts
- One button down shirt with collar for class and official visits;
- 5-6 t-shirts

TRAVEL DOCUMENTS

- Passport
- Yellow WHO Card/International Certificate of Vaccination or Prophylaxis (see the [Safety, Security, and Health](#) document for more information)
- Proof of COVID-19 Vaccination, and booster encouraged
- 2 photocopies of your passport stored separately from your actual passport
- Photocopy of visa (*if applicable*)
- 2 passport photos

- PeduliLindungi App in your phone

HEALTH/TOILETRIES

- An adequate supply of any medication you use regularly, including birth control (drugs for use other than for medical purposes is strictly forbidden on your program and strict penalties are in effect; please bear in mind that while it is theoretically possible to send medications to Indonesia the customs clearance process can take months)
- A list of any medications you are currently taking with the generic name of each (if there is one)
- While there are first-aid supplies available in the Program Center and we do our best to carry an adequate supply on all excursions, it is recommended that you bring along a small first aid kit with band-aids, hydrogen peroxide, moist towelettes, and over-the-counter drugs for minor pain, diarrhea, anti-itching, and motion sickness, hand-sanitizers, as approved by your doctor
- An extra pair of glasses or contact lenses and solution if needed, sunglasses
- Tampons for an entire semester (if applicable)

OTHER IMPORTANT ITEMS

- Insect repellent with 20/30% DEET for skin
- Locks for your suitcases
- A watch
- One good towel
- Sunscreen
- Sunglasses
- Homestay gifts

- Computer sleeve (helpful in keeping humidity away from laptops)
- Silica gel packets – we highly recommend purchasing inexpensive silica gel packets to use when storing and carrying your computer in your backpack. You and your computer will often be in very humid conditions. Storing your computer with silica gel packets will help keep it dry and avoid problems due to moisture and humidity common in the tropics.

OPTIONAL

- Flashlight (can be purchased in-country)
- Several sizes of zip-loc bags
- Swiss army knife (optional, but useful)
- Tape or digital voice recorder for conducting ISP interviews or for studying dance/music; several are available at the Program Center, but not enough for the entire group
- Camera
- Soap/face wash
- Over-the-counter drugs (if needed)
- Small shower caddy
- Small wash cloth
- Index cards (if applicable for language memorization)
- A few movies
- Water bottle
- Travel pillow
- Headphones
- Flash drive
- Band-aids
- Rain jacket/poncho
- Hat for sun protection
- Headlamp
- Tennis shoes for running/hiking



Remember to place all valuable items and any prescriptions in your carry-on luggage while traveling and all sharp items in your checked luggage.