




retreat | recreate
Islands of Indonesia
Textiles and Handcrafts tour: 9 - 24 July 2027

Trip Notes (as at 17 NOV 2026)

Welcome to our very exciting women's tour featuring the islands of Indonesia's East Nusa Tenggara province. We'll visit villages across East Flores, Lembata, Solor and Adonara as we explore the superb textiles, handcrafts and ancient cultural traditions of these less-travelled islands.

This tour will be accompanied by retreat|recreate host, Susan Keeble and our delightful, local, English-speaking tour leader.

These Trip Notes function as your FAQ (Frequently Asked Questions) companion. The Trip Notes should be read in conjunction with the tour itinerary.

- Please carefully and thoroughly **read the entire Trip Notes**.
- **Specific information** can be accessed by clicking on the links below:

Itinerary disclaimer
Is this trip suitable for you?
Health, fitness and mobility
Included activities
Accommodation
Solo travellers and room sharing
Flights to/from Bali pre/post tour
Flights included in the tour
Transport
Meals
Water
Toilets
Workshops and hands-on activities
Safety
Travel insurance
Passports, visas and arrival cards
Money - tipping, tip kitty, spending, commissions etc
Phone and internet
Group leader and host
What to bring
Weather and climate
Emergencies and other issues
A couple of rules
Responsible travel
Travelling on a group trip

Itinerary disclaimer: Some changes to the itinerary may occur due to inclement weather or circumstances beyond our control. While we do our best to prevent this happening, it may be unavoidable. It can also happen with little notice, so please bear with us if we have to make modifications to the itinerary.

Please note this itinerary has been arranged well in advance. Accordingly, we may make slight amendments depending on the planned activities and venues as they are confirmed closer to departure or if any of our activities need to change days or dates. We'll always let you know of any proposed change to the itinerary.

Is this trip suitable for you? This trip is for fit, active (see fitness requirements below), adventurous, curious, textile and handcraft enthusiasts. You don't need to be an artist or an accomplished, experienced textile or handcraft practitioner. If you're curious about the world, have an interest in the art of hand-made, are keen to explore traditional culture, you understand the importance of being a courteous, generous, tolerant group member and you value socially responsible travel, this is the trip for you!

Health, fitness and mobility: Please carefully and realistically consider your mobility, fitness, energy and health when determining if this trip is right for you.

The itinerary is a full one to ensure value for money, however there are some brief free periods. All travellers need to be in good physical health and have good fitness and mobility to participate fully on this trip. This trip is not for you if your health and fitness are compromised or you use mobility aids.

All travellers are required to submit a **Fitness to Travel declaration** together with their Application Form, to ensure all travellers are physically suited to this tour. We reserve the right to decline an application if we deem your fitness or mobility levels to be detrimental to your own and others' satisfactory participation in the tour. The specific physical requirements for this tour are outlined on the Fitness to Travel Declaration and below:

All participants must be able to:

- navigate arrival and departure airports without personal assistance
- carry and manage their luggage throughout the tour, including at airports and on flights included in the itinerary

- embark and disembark mini-vans, passenger ferries and boats without assistance
- manage flights of stairs at a moderate pace without assistance (not all of our hotels have elevators and ground floor guest rooms are not always available and cannot be guaranteed). We'll also climb approximately 460 steps to the 'living culture' village on day 12. Of course, we'll be able to stop a few times to catch our breath and look at the view, but a good level of fitness is required.
- undertake short walking tours and village visits including walking on uneven, hilly, sandy and possibly muddy terrain
- walk at a moderate speed to keep up with the rest of the group
- cope with warm to hot and sometimes humid weather
- stand for extended periods of time in galleries and museums
- be prepared to travel on some rural roads. Some of the roads we encounter may not be maintained in as good condition as those you're used to at home and others do not have concrete/bitumen and can be rough, bumpy and dusty.
- be patient as distances are not indicative of travel times, road conditions can slow us down and journeys sometimes take longer than expected. Road travel is in comfortable, air-conditioned, private mini-buses. On day 15 we'll travel in sedan cars. Regular stops will be made for bathrooms, meals, sightseeing and photographic opportunities.
- use squat toilets as western toilets are not always available at some of the villages we visit and at some road-side stops
- use shower over bath facilities, as walk-in showers cannot be guaranteed
- be prepared to shower in cold water (tepid rather than freezing) as some of our accommodations do not have hot water.
- sleep on a firm mattress on a bamboo bed/platform in a shared room (with an open air bathroom including a western toilet and cold shower) at our simple lodge accommodation on days 12 & 13. Rooms will be shared between 2-5 people from within our group only. Mosquito nets, pillows, sheets and towels are provided. The single supplement does not apply to days 12 & 13
- sit on a low stool or on the floor for some workshops
- be courteous, aware, respectful and observant of local etiquette, traditions, beliefs and customs
- be able to satisfactorily participate in the full tour program as described

This tour offers experiences which are not readily available to the average tourist and as such we will venture off the standard tourist trail. Some of the towns and areas we visit are remote and have little infrastructure. While this is not an adventure tour, a 'sense of adventure' and good degree of flexibility is certainly required.

- The minimum age is 18 years at the time of travel
- If you are prone to motion sickness, you should consider how you might manage this. Sitting by a window and/or using motion sickness bracelets, ginger tablets, Kwell tablets and Travelcalm/Travacalm tablets are measures that have assisted our previous tour participants greatly.
- retreat|recreate is able to provide general advice on mandatory health requirements, however we are not medical experts. It is your responsibility to consult your doctor or travel health expert at least two months prior to departure, for up-to-date medical information or for the latest health, vaccination and anti-malarial requirements and recommendations for your destinations. TMVC clinics are recommended for travellers from Australia and New Zealand. www.traveldoctor.com.au
- You must carry your own personal first aid kit at ALL times - paracetamol, bandaids, anti-nausea pills, hydration salts, RAT tests etc in addition to any personal medications or other requirements (eg spare prescription spectacles). For legal reasons the retreat|recreate host and tour leader are prohibited from dispensing any type of drugs including antibiotics and headache tablets.
- Please ensure that you are personally and adequately prepared as flights, bus trips, lots of walking, warm weather and unfamiliar food can take their toll.
- Medical facilities on the islands are generally quite basic and are limited to the main cities. The standards may be lower than elsewhere in the world.
- Some medications including prescription medications, drugs for ADHD and all cannabis/hemp-based products are illegal in Indonesia. Harsh penalties such as arrest and jail can apply, even if you have a prescription.
- It is illegal to purchase medication online or over the counter in Indonesia without an Indonesian prescription. If you do need to purchase medication, you must ensure you provide a valid prescription from an Indonesian doctor and confirm that it is accepted by the seller before you purchase. Be sure to obtain all necessary medications BEFORE you arrive in Indonesia.
- The more common mosquito-borne diseases are Malaria, Dengue fever, Chikungunya virus, Zika virus, Ross River virus, and West Nile virus, particularly during the rainy season (Dec-April). Less common diseases include Yellow Fever and Japanese Encephalitis. We recommend that you seek medical advice prior to travel regarding medication and vaccination. While travelling, take precautionary measures to avoid insect bites, including always using insect repellent and wearing long, loose-fitting, light coloured clothing.
- As of 2025 retreat|recreate no longer require our travellers to Indonesia to be vaccinated against Covid-19, however we strongly recommend all our travellers are up to date with the recommended Covid-19 vaccination schedule. We also strongly recommend you are up to date with regular vaccinations including flu, tetanus, etc.
- At the time of writing, there is no requirement for travellers entering Indonesia to show proof of vaccination or proof of a negative COVID-19 test. Please continue to check for updates.
- All travellers to Indonesia must complete an electronic ARRIVAL CARD which includes a health declaration form and customs declaration.
- If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.
- We ask all travellers to continue to monitor their health throughout the trip and report any symptoms of any illness to the host and/or guide immediately.
- If you exhibit flu, cold or Covid-like symptoms or any other sign of illness while on tour, you will be required to immediately take precautionary measures, including wearing a mask, to reduce the risk of transmission. Please bring masks and a few combination RAT tests (for Covid-19 and Flu A/B as a minimum.

Included activities are those specifically listed in the itinerary; any marked as optional are at additional cost. Any activities not outlined in the itinerary are at your own expense. None of the included activities are compulsory however if you take time out from the scheduled itinerary and choose not to participate in any of the included activities on this itinerary, the cost of those activities will not be refunded. Of course, we hope and expect that you'll enjoy and participate in our itinerary. We have included some free time periods throughout the itinerary for you to pursue your own interests. We frequently have waiting lists for our tours

and respectfully ask that if you are thinking of booking one of our tours but intend to only participate in small parts of the itinerary, you please reconsider your booking, and allow someone who wants to undertake our complete itinerary and travel as part of the group to take your place.

Accommodation on this trip is on a twin share basis. A single supplement is available at the time of booking if you'd prefer your own room. Single room places are limited. Note however, the single supplement does not apply to our accommodation on day 12 and 13.

Brief descriptions of our intended accommodation venues are below. Not all accommodations are star-rated. All are comfortable, none are luxurious. The names of our accommodation venues will be provided to participants once the group is confirmed and everyone has paid their tour balance. On rare occasions, alternative arrangements may need to be made due to circumstances beyond our control. A similar standard of accommodation will be arranged in these instances.

Day 1 & 2 (2 nights) – Bajawa - business style, AC,
Day 3 (1 night) – Ende - business style, AC
Day 4 (1 night) - Moni - Eco lodge, beautiful surroundings
Day 5, 6, 7 (3 nights) - Maumere – AC, pool, next to beach, 3 star
Days 8 & 9 (2 nights) – Larantuka –AC, pool, beach, 3 star
Days 10, 11, 14, 15 (2+2 nights) Lewoleba, Lembata - business style, central location, AC, swimming pool, cold water only, 3 star
Days 12 & 13 (2 nights) Bamboo Lodge, Lembata - simple accommodation in a spectacular beach-side location. The single supplement doesn't apply to our 2 nights here - all rooms are shared (within our group only) between 2-5 people. Each room has an open air bathroom with western toilet and cold shower. Mosquito nets, bed linen, pillows and towels are provided. Sea breezes provide cooling and the sound of the waves is generally loud enough to drown out the sound of any snoring ;-)

Solo travellers and room sharing:

- Solo travellers may elect to share a twin room for the duration of the tour and we will do our best to pair you up with another solo traveller. Note however that if an uneven number of solo guests request to share, the last to book will need to pay the single supplement.
- Unless twin share travellers book together, we'll rotate our twin share solo guests each time we move hotels so that they each have the opportunity to share with each other.
- If you are considering requesting to **share a twin room** with another solo guest, please consider whether you will be able to cope with another person's potential snoring or different understanding of personal space and quiet. Please be honest with yourself about your capacity to share with a stranger.
- Please also consider your own suitability as a room buddy. All travellers planning to share a room should review our tips and suggestions for successful room-sharing **HERE**

Flights to/from Bali, Indonesia (DPS) are NOT included in the tour cost.

- Please don't book flights until you've received confirmation that you have a place on the tour, have paid your deposit and received confirmation that we have our minimum tour group size and the trip is confirmed as proceeding.
- Information on booking flights and a Travel Details Form will be forwarded for completion once we reach our minimum group size.
- Our tour commences at **8am (TBC) on 9 July 2027 at Denpasar airport (DPS) domestic terminal, Bali.**
- To minimise the risk of missing our group flight due to the possibility of your arrival flight being delayed, rescheduled or cancelled, we strongly recommend that you arrive in Bali at least one day earlier (preferable 2) **ie. on or before 8 July**. We suggest that you also allow time in Bali for recovery from international flights, different time zones and for independent exploration and pursuit of your own interests.
- Our tour concludes at Denpasar airport (DPS) on the afternoon of 24 July. We strongly recommend that you arrange to stay in Bali for at least 2 nights after the tour, to minimise the risk of missing your onward/homeward flight due to the possibility of our flights from Lembata being delayed, rescheduled or cancelled.
- If you are not comfortable booking your own flights or buying travel insurance online, you may wish to consult a travel agent for assistance. Your pre/post-tour accommodation in Bali should be arranged using your preferred travel agent, Airbnb or online sites like booking.com.
- Note too that you will need to make your own way (at your own expense) from your Bali accommodation to Denpasar Airport (DPS) on 9 July (arriving no later than 8:00AM) and from Denpasar Airport to your chosen accommodation in Bali on 24 July.

internal flights and luggage included in the tour cost:

- two flights on Day 1: Bali to Bajawa via Labuan Bajo with 1 x 7kg cabin luggage x 1 and 1 x 20 kg checked luggage
- two flights on Day 16: Lewoleba to Bali via Kupang with **1 x 7kg cabin luggage and 1 x 10 kg checked luggage**

We will need to travel light to ensure luggage is within the limit of included allowance on day 16. See also **What to bring**. Any fees incurred for excess luggage are at each traveller's own expense.

Transport: private air-con vehicles, private boat, passenger ferry

- Road conditions vary: main government roads are generally in excellent condition while others may be narrow, bumpy, without bitumen etc.
- Regular stops will be made for refreshments, bathrooms, sightseeing activities and photographic opportunities.
- Distances don't necessarily reflect the driving time.
- Patience, a sense of humour and sense of adventure are required.

Meals: 15 breakfasts, 15 lunches, 15 dinners are included in the tour price as per the itinerary

- Meals provided in villages are set. Those at our hotels and at restaurants/cafes are either set, buffet style or a la carte.
- Meals are simple, fresh and delicious, comprised mainly of rice, fish and locally grown vegetables and fruit. Chicken, crab and squid are available at some locations.
- Our local tour leader will endeavour to cater for specific dietary requirements however due to limitations on what can be obtained and grown locally, we recommend that you carry extra snacks and supplements in case suitable options are limited or unavailable.
- For those suffering from particular food allergies, our local tour leader will endeavour to disclose to their fullest knowledge the main ingredients in dishes being consumed, however it is your personal responsibility to ensure that you do not ingest any foods to which you are allergic.
- We recommend that you peel fruit and vegetables before eating, and take sensible precautions to avoid travellers' diarrhoea. Our local tour leader will be able to provide more advice in-country.

Water:

- Drinking tap water isn't recommended in Indonesia.
- Please carry your own refillable drink bottle with you each day. Bottled drinking water is readily available for purchase and some of our hotels have filtered drinking water available.
- Avoid ice in drinks outside of major cities.
- We also recommend that you use bottled or treated water when brushing your teeth and rinsing your mouth.
- Travel filter bottles such as Grayl, Fill2Pure or Lifestraw are effective, lightweight and don't add to landfill. https://grayl.com/ https://www.fill2purefilters.com.au/ https://lifestraw.com/

Toilets:

- All our accommodation venues have western toilets, but we are likely to encounter squat toilets at some point during our travels, particularly in public places, villages and road-side stops.
- Toilet paper isn't always provided - we strongly recommend that you carry your own stash throughout your travels. The issue of toilets and what to do with used toilet paper is not always clear.
- Some sewage systems can't handle toilet paper, so if there's a waste-paper basket next to the toilet, that is where the toilet paper goes. If there's no basket, then flush toilet paper (only) down the toilet.

Workshops and hands-on activities: The hands-on handcraft activities included in this itinerary are not formal classes with trained teachers. They're more about genuine person to person interactions, cultural exchange and learning directly from authentic, traditional artisans at their village, work-place or home.

Safety:

- Many national governments provide a regularly updated advice service on safety issues, news, travel restrictions, entry requirements etc involved with international travel. We recommended that you check your government's advice for their latest travel information prior to your departure.
- Our tour leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns.
- We strongly recommend the use of a neck wallet or money belt for the safe-keeping of your money, passport, air tickets and other valuable items. Please leave valuable jewellery at home.
- Not all hotels will have a safety deposit box for storage of valuables. A lock is recommended for securing your luggage.
- Petty theft and Personal Safety - While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristed cities. We recommend that you exercise caution when walking alone and encourage you to walk together and only on main, well-lit thoroughfares at night. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair and wearing a money belt will reduce any chance that your valuables should go missing.
- Seat belts - Please be aware that local laws governing transportation safety may differ from those in your home country. There's a possibility that some of the transport we use may not provide seat belts.
- Fire Precautions - Please be aware that local laws governing tourism facilities differ from those in your home country and not all the accommodations we use may have fire exits, fire extinguishers or smoke alarms.
- Swimming pools – You may stay at hotels with unfenced pools and no life guard on duty.
- Carefully consider your experience and capability before you swim or snorkel. Take care when taking part in any activities in the ocean, river or open water where waves and currents can be unpredictable. It is expected that anyone taking part in water activities is able to swim and has experience in open water. All swimmers should seek local advice before entering the water.
- Your tour leader and host will accompany the group on all included activities, however there are brief free periods for you to pursue your own interests, relax or explore at your leisure. Please note that any activities you undertake that are not part of the itinerary are at your own risk. retreat|recreate make no representation about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time.

Travel insurance

- IS NOT included in the trip price and is mandatory for ALL travellers on ALL retreat|recreate tours.
- We require that, at a minimum, you are covered for medical expenses including emergency repatriation, personal accident and death.
- We strongly recommend that the policy also covers personal liability, cancellation, Covid-19 related scenarios as far as possible, curtailment and loss of luggage and personal effects. Please ensure your chosen insurance policy provides you with adequate coverage for all areas listed above.
- You will not be able to join the tour until evidence of travel insurance and the insurance company's 24-hour emergency contact number have been provided.
- We recommend that you take out travel insurance at the time of booking and **as soon as you pay your deposit** for the expected duration of your trip. Insurers will generally allow you to adjust the dates for which you are covered, however if you extend the period for which you are covered, additional charges will apply. Some insurers may charge an amendment fee. Please be sure to carefully note the circumstances under which your chosen insurer will cover you for cancellation.
- If you have credit card insurance, we require details of the participating insurer/underwriter, the policy number and the 24 hour emergency contact number.

Passports, Visas and Entry requirements are the responsibility of the individual traveller.

- Please ensure the name on your passport matches the name on your booking and airline tickets.
- Your passport must be valid for at least 6 months beyond the duration of your trip and have blank pages for your visa as per requirements for your nationality.
- Indonesian authorities have strict standards with regard to damaged passports. You may be refused entry if your passport has minor tears. torn pages, water damage etc.
- Please note that visa requirements, entry/exit requirements, eligibility and costs can change at any time and with little notice. We recommend all nationalities continue to check with Indonesian Immigration or their nearest Indonesian consulate or embassy or at www.indonesiaimmigration.org for the latest update on **visa and entry requirements** up until their departure.
- Some nationalities may apply for a **'visa upon arrival'**, valid for a stay of up to 30 days. https://allindonesia.imigrasi.go.id/
- All travellers must complete an **electronic ARRIVAL CARD** (including a health declaration and customs declaration) within 72 hours prior to their arrival in Indonesia. After

completing the online form you'll receive a barcode. Save your barcode or print it. The barcode will be scanned by authorities on arrival. Refer to https://allindonesia.imigrasi.go.id/ for full details.

- **Foreign tourists entering Bali are subject to a tourist levy** of IDR 150,000 per person. Cashless payments can be made online at the official website prior to travel https://lovebali.baliprov.go.id/home or upon arrival at designated payment counters at Bali/Denpasar airport.
- **NOTE:** The tourist levy is separate from the 'e-Visa/Visa on Arrival' and the e-Arrival Card.

Money:

- The official currency of Indonesia is the Indonesian Rupiah (IDR).
- The most convenient way to obtain local currency is via ATMs which are available at airports and in the main cities.
- The islands and villages we visit operate mostly on cash. Very few places offer credit card payment facilities.
- As at November 2026: IDR 100,000 = AUD 8.10 = USD 5.50 = EUR 5 = GBP 4.15 = NZD 9.90 = CAD 7.80
- We recommend that you download the XE currency exchange App to your smartphone or use the convert function on your iPhone calculator for easy access to up to date currency exchange rates before and during your travels.

Spending money: The spending money requirements of each traveller will vary. Please consider your own spending habits when allowing for drinks, shopping, laundry, gifts, souvenirs, tipping additional sightseeing and activities etc. All meals are included in the tour cost, however drinks with included meals are not. It's always better to allow for a little more than you think you'll need.

Contingency/Emergency funds: We try to plan for every eventuality, however there are still some things beyond our control. Please make sure you have access to an extra AU$1000 for emergencies (eg. severe weather, volcanic activity, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes, flight cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue, and as a result there may be some extra costs involved.

Gratuities and tips

- Indonesia is not a wealthy country. While tipping may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many destinations.
- Your tour cost **includes** tips for hotel reception, porters, housekeeping and wait staff, drivers, restaurant staff and village meal providers, workshop leaders, specialty guides and other service providers while we travel together.
- Our local guide will tip providers for group activities on behalf of the group. This takes away any stress and uncertainty over inappropriate tipping amounts, having the right cash denominations etc.
- Your tour cost **does NOT include a tip for our local guide.** If you are happy with our local guide's services, a tip would be welcome and is appropriate at the conclusion of the tour.
  You may wish to set this aside in advance. We suggest an amount of IDR 80,000-120,000 per person per day x 16 days = 1,280,000-1,920,000 (preferably payable in IDR) but you are welcome to tip our local guide more or less depending on your perception of the quality of service.
- During your pre/post-tour exploration and free time, you are responsible for your own tipping. We suggest you carry small notes of local currency each day to make tipping easier. Avoid tipping with coins, very small denominations or dirty and ripped notes as this can be regarded as an insult.
- If you're happy with the services provided, a tip - though not compulsory - is appropriate. As a rough guide, we suggest:
  - Restaurants, bars etc: 10-20% of the bill, depending on the service
  - Hotel staff, porters etc: tips are appreciated
  - Guides and drivers: IDR 50,000-100,000 per day depending on your perception of the service.

Commissions: In many countries, the receipt of commissions or kickbacks in exchange for recommending particular shops, services or activities is ingrained in the culture of the tourism industry. Please be assured that if you prefer not to join in on any shopping experiences there is no obligation to do so. If you do attend, be assured you are not under any obligation to buy.

Phone and internet:

- Internet access can be patchy in some areas but is available at most of our accommodation venues except at our beach-side lodge on days 12 and 13. WiFi is sometimes only available at the hotel reception area and not in the guest rooms.
- If you intend to use your mobile phone for keeping in touch with family and friends at home, we suggest that you make sure you have Facebook Messenger, WhatsApp or other WIFI based communication installed and updated before you leave home as your local App Store won't always work in another country. While you're connected to WIFI, calls and messages are free, otherwise you can use your data connection to make calls and send messages using these Apps.
- We'll set up a WhatsApp group in the week prior to departure to enable the tour host to provide the group with updates and reminders each evening for the following day. Please ensure you have WhatsApp installed at least two weeks prior to departure.
- You may choose to purchase a global roaming package from your mobile/cell provider before you leave home so you have access to online maps and can be in contact with the guide, host and fellow guests.
- Other alternatives for use in an unlocked mobile phone (and to be purchased prior to departure) are:
  - An eSIM eg. www.esim.holafly.com/ or www.airalo.com/
  - A travel SIM eg. https://gosim.com/international-sim-card/
  - A local SIM card eg. https://www.simcorner.com

Group leader and host:

- This tour will be fully escorted by a local English-speaking tour leader and retreat|recreate host, Susan Keeble.
- The aim of the tour leader and host is to take the hassle out of your travels and to help you have the best trip possible.
- Our local tour leader will provide information on the areas we travel through, explain cultural customs and traditions and interpret into English when needed.

What to bring: Closer to departure you will receive a list of suggestions for packing. Generally speaking, you should pack as lightly as possible as you will be expected to manage your own luggage and walk with it for short distances. As per the Internal flights section of these Trip Notes, it is important that you **keep your main luggage weight to less than 10kg and hand luggage to less than 7kg** as per the lesser of the included luggage allowances on our Internal flights. It is also essential that you check the weight and dimensions of luggage allowed by the international airlines you'll be flying with.

Basic requirements are:

- One small lockable suitcase with wheels, or a small-medium sized back-pack is ideal.
- A daypack/bag to carry water, sunscreen, phone, medical kit etc. for day trips and to function as an overnight bag on days 12 & 13.
- All luggage should be clearly labelled (on the OUTSIDE)
- Easy to wash and fast-drying clothes are a good choice
- We recommend that you dress conservatively in comfortable loose-fitting clothing in light weight, natural fabrics (eg. cotton/voile which breathe in warm weather) and cover shoulders to mid-calves as a minimum. Local women wear long skirts, sarongs or trousers and high-neck tops/blouses with short or long sleeves (not sleeveless). Please follow their example - no mini-skirts, shorts, plunging necklines or shoestring straps please.
- Clothing that can be layered is the best way to tackle temperature variations

Weather and Climate:
July is one of the driest months of the year across the Nusa Tenggara islands, with an average of just five wet days over the month. it's a great time to visit! Expect plenty of sunshine and blue skies, with temperatures ranging from 23-24C overnight to 27-30C during the day. Bajawa is generally a bit cooler, with an average overnight low of 13-15C and daytime high of 22-24C.

Emergencies or other issues: While we always endeavour to provide you with the best possible holiday experience, due to the nature of travel and the areas we visit, sometimes things may not go quite according to plan. Should any issue occur during the trip, please discuss this with your retreat|recreate host in the first instance so we can do our best to rectify the problem. The next port of call is our local tour leader.

A couple of rules:

- Our philosophy of travel is one of respect towards everyone we encounter and in particular, the local people who make our destinations such special places.
- You must at all times comply with the local laws, customs, foreign exchange and drug and alcohol regulations.
- Any illegal activity including the use of illegal drugs will not be tolerated. Possession or use of these substances is not only against the law but puts the rest of the group at risk.
- If you choose to consume alcohol while travelling, we encourage responsible drinking and expect that you'll abide by the local laws regarding alcohol consumption.
- By travelling with us you are agreeing to adhere to these rules. Your group leader has the right to remove any member of the group for inappropriate behaviour or breaking any of these rules, with no right of refund.
- If you feel that someone is behaving inappropriately while travelling with us, please inform your retreat|recreate host or tour leader immediately

Responsible Travel is all about making good choices. It's about ensuring you have an incredible trip while also having a low impact or rather a positive impact on the local environment, community and economy.

How can you be a responsible traveller?

- Choose to travel with a responsible travel company like retreat|recreate!
- Consider offsetting your flights with organisations such as www.ecologi.com or https://sustainabletravel.org Be responsible for your carbon emissions, provide jobs for local families, improve soil and water quality, restore wildlife habitats and contribute to a sustainable
- For environmental reasons, try to avoid buying bottled water. Fill a reusable water bottle with filtered water instead.
- Say 'no' to plastic bags. A retreat|recreate cloth shopping tote will be provided in your tour welcome pack on Day 1.
- **ALWAYS ask and receive permission before taking photos** of people, including children as well as ancestral and religious sites.
- If you do take photos of children please consider whether it is appropriate to post them on social media as they can end up on the 'wrong' sites. Would you like someone else to publicly share photos of your children/grandchildren?
- Eat at local restaurants, buy from regional artists and support social enterprises so you can contribute directly to local communities and their economy. Supporting local artisans helps keep traditional crafts alive.
- Always be respectful of local customs, traditions, religions, places of worship, traditional ceremonies, religious offerings and culture.
- Standards of dress and behaviour are conservative in many parts of Indonesia, particularly on the islands of East Nusa Tenggara. Dress modestly and respectfully. Upper arms to ankles should be covered, especially when entering places of worship. Our support team will provide us with appropriate sarongs for our village visits. In rural areas women will also need to wear modest clothing when swimming.
- Be an animal-friendly traveller. Only go to venues that respect animals by allowing them to live normally in their natural environment. Steer clear of venues that use animals for entertainment or keep animals in poor and unnatural conditions.
- Always dispose of litter thoughtfully, including cigarette butts.
- When bargaining at markets, stay calm, be reasonable and keep a smile on your face. It's meant to be fun!
- Learn a few words of the local language (Bahasa) and engage with the people around you. A list of basic words and phrases will be provided to participants closer to departure.
- When on community visits or homestays, refrain from giving gifts of money to locals. Please do not give children sweets.

Travelling on a group trip:

- As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group.
- We ask you to be understanding of the various needs and preferences of your group – patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience.
- Remember too that you have responsibilities to the group. If you are requested to be at a certain place at a certain time, please be on time and ensure that you don't keep the rest of the group waiting.
- We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on everyone's part.

Bring a sense of humour and a sense of adventure!
We're going to have a wonderful trip!

Any questions? Just ask!
Email Susan at retreatrecreate@gmail.com