

IBSN – International Business Studies Network > SEA

UDAYANA UNIVERSITY, Denpasar, Bali, Indonesia

UNIVERSITY OF APPLIED SCIENCES AND ARTS DORTMUND, Germany

1. Studies Abroad on Bali

- 1.1 Our Concept
 - 1.1.1 Target Group / Admission Requirements / Acceptance
 - 1.1.2 Founder and Idea
 - 1.1.3 Composition
 - 1.1.4 Empowerment
 - 1.1.5 Courses
 - 1.1.6 Admission Requirements
- 1.2 Study abroad at the Udayana University
 - 1.2.1 University and Campus
 - 1.2.2 Lecturers and Employees
 - 1.2.3 Fact Sheet
 - 1.2.4 Semester Dates

2. Life on Bali

- 2.1 The Island of Bali
- 2.2 Freetime / Culture / Sport
- 2.3 Costs and Money Transfer
- 2.4 Communication
- 2.5 Health

3. Communication and Contact

- 3.1 Contact

1. Studies Abroad on Bali

1.1 Home/Our concept

IBSN is a co-operation of Prof. Dr. Stephan Passon (Germany) and the Udayana University Denpasar (Bali, Indonesia).

Aim

With this qualification offensive you have the opportunity to get a feeling for the emerging markets within a one-semester study abroad. The study is comparable with a “studium generale” and targets every interested student who defines the world markets of tomorrow not just over industrial nations.

Costs

The total costs for one semester are about 4.800 €; flight, tuition fees, bed & all meals included.

Application Deadline

Application deadline for the summer semester is January 15th, for the winter semester June 15th.

1.2 Target Group / Admission Requirements / Acceptance

Target group

This programme targets every student of economic sciences at any university. Ideally, you are in your main study period and have decided on a major (e.g. marketing, foreign trade etc.)

It is also suitable for students of other faculties which are related to economic sciences and to alumni as well.

Admission requirements

- Field of studies: current or completed study of economic sciences at any international, accredited university
- Sufficient English skills. You should be able to follow a course held in English, write several case studies and hold presentations

More information about this topic is provided at the page “Admission requirements”.

Acceptance

For the course achievements during the semester, a total of 30 Credit Points can be acquired.

Requirements for this are:

- attendance of min. 75 %
- written tests at the end of the semester

The participation and marks of every subject will be certified (international scale).

At several universities, an integrated semester abroad is intended.

Since 1999, this programme at the Udayana University is accepted by every university without restriction.

Each student should inquire information of his/her home university whether the acquired course achievements in Indonesia are accepted, e.g. in form of a learning agreement.

Important: Just your home university is responsible for the acceptance, not IBSN.

Hint: In our Infopool you can find several files to download as well as a number of links! Basically we recommend the complete text package.

1.2 Founder and Idea

History of this programme

In the 90s, over 80 managers and professors followed the invitation of the German Marketing Association and held a meeting in Düsseldorf. Their aim was to optimize the education of students to meet the new job specifications of the manager of tomorrow. These are:

- quick studies
- good grades
- soft skills
- foreign language skills
- studies abroad

Parallel to that, the Working Association of Marketing Professors took on this topic and discussed about the necessity on the one hand and about the problems on the other. The BDI – Bund Deutscher Industrie – demanded not to forget the markets of tomorrow and thus, the idea of creating studies in emerging markets developed. This idea should also be a solution for the insufficient professional qualification of the students in reference to these countries which presents itself especially through lacking or insufficient intercultural competencies.

As an answer to the requirements of the industry to the alumni in reference to the internationality of studies and the sensitivity for other cultures and markets, a “studium generale” was conceived.

Already in 1997, the first 15 students flew to China and in 1999 the first 22 to Indonesia. By now, a great number of students from different universities from all over Germany has participated in this programme. TV and radio stations as well as the press have reported about this initiative.

The founders of this offensive were Prof. Dr. Egon Heil (University Rosenheim) and Prof. Dr. Stephan Passon (University Dortmund), who now co-ordinates both IBSN studies (Indonesia and China).

1.3 Composition

Duration

The studies comprise one semester. This semester consists of 12 courses per lesson plan. The duration is a total of 15 weeks which follows this timeline:

- 6 weeks of courses/seminars/excursions
- 2 weeks of break for individual internships/language/etc.
- 6 weeks of courses/seminars/excursions
- 1 week of exams

3 days a week, there are courses and seminars. The fourth day is for course-related excursions. These are constant parts of the programme.

- total of course hours: 228
- workload: 908 hours
- total of Credit Points: 30
- compulsory attendance of at least 75 %

Exams

At the end of the studies, there is one written exam for each course (100 min). The results are certified set out by international standards.

Dress code

The Indonesian universities emphasize correct dress code. This means: no shorts, not denim-jeans, no slippers, no t-shirts, no mini-skirts:

- shirt with collar
- no low-necked blouses
- long trousers or skirts
- wear a name plate/sticker

1.4 Empowerment

Empowerment

This programme includes project work to optimize the studies and to train social competencies and decision making.

1. Joint knowledge
2. Joint thinking
3. Joint feeling
4. Joint acting
5. Joint responsibility

Your active participation in one of the following teams is expected:

Team	Function
-------------	-----------------

Team 1	Coordination
Team 2	Cashier & Traffic
Team 3	Guest Lectures
Team 4	Excursion Marketing
Team 5	Excursion Culture
Team 6	Sport
Team 7	Charity
Team 8	Creativity + Public Relations
Team 9	Evaluation + Quality
Team 10	Communications, Documentation

The Empowerment-Teams are arranged and announced about one month before the studies start. The arrangement takes your preferences which you can choose during the application into consideration. During the first week of the studies, a team leader is elected.

The success of your stay abroad depends on how effectively you/your team work. There are weekly Operation Meetings for the team leaders. They should provide transparency about all activities and a mutual constructive influence. Additionally, you will write a weekly report and a final report at the end of the semester.

For the job descriptions of the teams, please see our Infopool.

1.5 Courses

Subjects

The following subjects are offered Udayana University and taught during the IBSN:

- South East Asia Economies
- Finance + Investment
- Business Management

- Marketing Management
- Cross Cultural Management
- Bahasa Indonesia (after 6 weeks you will communicate!)
- Excursions & Case Studies are constant parts of the syllabus

Guest lecturers from different fields (trade, service, administration) complete this studium generale. For the content of the courses, please see our Infopool.

The courses are held from Monday to Wednesday from 8:00 a.m. h to 2:00 p.m. On Thursday, there are course-related excursions.

Attention: please always demand a receipt when handing in assignments.

Course language

Course language is English. Please consider that Indonesian professors are holding the lectures. Though many of them have studies abroad, their English is often hard to understand. It will take some time to get used to that.

At the start of the semester, there is an English language test. The result shows you how well you do in English. You can attend additional English courses during your stay (150€ per 10 block periods in a small group).

1.6 Admission Requirements

Admission requirements

- students and alumni of any international, accredited university
- field of studies: economic sciences or related subjects
- completed basic studies à students in their main studies or alumni
- we welcome all nations (valid passport required)
- good command of English
- physical fitness
- motivation and initiative, social competencies, tolerance, esp. open-mindedness towards foreign cultures
- respect of the state law and compliance with the university's rules

When you are interested in an additional qualification through a stay in an emerging market, this programme is just right for you!

You go for it!

1.2 Study abroad at the Udayana University

1.2.1 University and Campus

The Udayana University in Denpasar is a state university and was founded in 1962. It belongs to the top 20 renowned universities of Indonesia.

The old campus is situated in the east of Denpasar (about 11 km from Kuta Beach). The new campus Jimbaran is situated in the south of Bali at the peninsula Nusa Dua and is about 250 hectare.

At the Udayana University, over 1.600 professors teach at 9 faculties: law, medicine, economics including business management, agricultural economics, literary sciences, engineering and mathematics. Beyond that, there are programmes in art, ethnology and tourism.

Faculty of Economics

This faculty was founded in 1967 and spreads over both locations. The lectures of the IBSN are held at the new campus in Jimbaran.

The Faculty of Economics offers two main studies: management and economics. In the field of management, there are specializations in marketing, production, human resources and finance.

The Udayana University accepts only 10 % of its applicants. At the end of their studies, they get the "Sarjana Diploma S1/S2". For this, you need at least 144 ECTS from 48 subjects. Sarjana 2 equals the German diploma. Just 12 (of 412) universities are certified for this grade.

Since 1998, the Udayana University offers an MbA Programme as well.

At the moment, about 2.400 students are enrolled at the Faculty of Economics.

Attention: The Udayana University is listed at the **ZAB** and meets the **DAAD** standards.

1.2.2 Lecturers and Employees

The Udayana University employs over 1,600 lecturers. 126 professors are supported by 180 senior lecturers, 966 lecturers and 463 junior lecturers. A great number of professors have studies abroad, e.g. in Australia, BelgiumCanada, France, Germany, Japan, India, Netherlands, New Zealand, Philippines, Singapore, Thailand, UK und the USA.

Student-faculty ratio

Responsible for the IBSN programme with about 200 students per semesters, are 16 lecturers.

1.2.3 Fact Sheet

- founded in 1962
- 9 faculties
- about 1,600 lecturers, 126 professors
- 15,000 students
- 2 locations: Denpasar and Jimbaran

1.2.4 Semester Dates

For the exact dates please see: Courses and Deadlines

We recommend to plan a stay of about 16 weeks (15 weeks of study)

Summer semester:

- lectures start in the first week of April
- lectures end in the second week of July
- application deadline: 15th of January

Winter semester:

- lectures start in the second week of September
- lectures end in the second week of December
- application deadline: 15th of June

At the Saturday before the beginning of the lectures, there will be a **Welcome Party** at the beach of Jimbaran.

Elongation of your stay

If you want to stay longer in Asia to discover the other countries individually, we recommend doing this in the dry season (June – October).

2. Life on Bali

2.1 The Island of Bali

The Indonesian archipelago has 13,677 islands. The capital Jakarta is located on the island Java. The entire population of the Republic of Indonesia amounts to approximately 240 million residents.

The island Bali is located in the heart of the group of islands; 8 degrees to the south of the equator on 115 degrees of eastern length. In addition, Bali belongs to the group of the small Sunda-islands.

The island of Bali (5,501 km²) is of volcanic origin and has 4 big volcanoes (the biggest one is Gunung Agung and reaches a height of 3,412 m). A greater plane is located in the south, which has at the same time the highest population density. The north of Bali, its centre is the former capital Singaraia, is thinly populated.



Currently, 3,4 million residents live on the island of Bali, of whom 90% are Hindu. The capital of the island of Bali is Denpasar, which forms a large unit with the villages Kuta, Legian and Keroborkan. Bali consists of a total of 8 administrative districts (Badung, Gianyar, Bangli, Tabanan, Klungkung, Karangasem, Buleleng and Jembrana), but additionally Denpasar is its own administrative district. Economically, the tourism is the principal source of income. Moreover, Bali exports coffee, dried seaweeds, tuna and spices (predominantly vanilla). With regard to self-sufficiency, the cultivation of rice is of the utmost importance (“green belt” in the south of the mountains).

Climate

From May to September is dry season. During the day the temperature is about 29-30°C and during the night, it is approximately 25°C. These midsummer-like but agreeable temperatures are optimal for a semester abroad.



The rainy season from October to April has hardly higher temperatures, but most Europeans suffer from the high humidity of approximately 95%. Usually, the sun is shining, but there are short, heavy showers several times a day. With regard to the choice of the accommodation, the investment in air-condition might be advisable for those who suffer from the tropic temperatures of this season.

Because of the proximity to the equator, the sun shines relatively regularly from 6.30 am to 6.30 pm. In the south of Bali the water temperature is about 27°C.

2.2 Freetime, Culture and Language

For travelling planning we recommend the intensive reading of relevant literature, for example: Lonely Planet Bali, Lonely Planet South East Asia, Lonely Planet Indonesia, Indonesien Handbuch, DuMont "Visuell Bali" and to get in the right mood: Vicky Baum "Leben und Tod auf Bali" (TB), Oka Rusmini "Erdentanz". For the orientation on-location we recommend the Bali-Straßenatlas by Periplus.

Pay attention on...

GOs und NO-GOs auf Bali:

- The head of a person is considered as holy and therefore should not be touched.
- When pointing at objects, avoid that your hand is above the head of a Balinese.
- Don't point at objects with the forefinger. This is regarded as insulting. Use the right thumb for pointing.
- Take or give things only with your right hand.
- Never point at something with your foot.
- Swimming clothes are regarded as improper!
- Put on appropriate clothes, when you are not on the beach.
- Nude bathing is deprecated.
- Don't take photographs of local residents swimming.
- You have to wrap a cloth (for example:

Sarong), which covers your knees, around your waist, when you visit a temple.

- When you are requested to donate to the temple: 1,000 to 5,000 Indonesian rupiah are sufficient.
- During the menstruation, women are not authorized to visit temples (blood on the holy floor is a taboo).
- Avoid standing next to a sitting person, certainly not next to a priest or a dignitary.
- You are welcome during prayers/ ceremonies, but you should remain in the background.
- When privately invited to a ceremony/wedding, hand over a present.
- For visiting temples, weddings, cremations and other religious or official events, it is recommended to wear a Sarong.

Time

The island of Bali has the central-Indonesian time. Towards the CET, the clocks have to be moved 7 hours (or 6 hours towards the European summertime) hand forward. Because of the proximity to the equator, the sunrise is at 6.30 am and the sunset is at 6.30 pm. The local population lives and works according to this biorhythm.

Traffic regulations

Driving on the left is in force on the island of Bali. For motorcycling there is compulsory wearing of a helmet. The local motorcycling helmets are constructed very simple and do not correspond the German Technical Inspection Agency (TÜV) norms. There are no traffic regulations like the European ones. Most of the Indonesian road-users are not (sufficiently) insured.

Attention! The Balinese style of driving is very risky and requires getting used to it, but quickly to learn.

Free Time

The island of Bali offers a lot of free time activities. Experience the colourful celebrations or be delighted by the mysterious dances. Discover the beauty of the innumerable temples, the green rice terraces, climb up onto one of the highest volcanoes or relax on one of the breath-taking beaches!

Those who want to do sport will not be disappointed. The island of Bali offers many opportunities for sporting activities, for example: golf, surfing, sailing with Balinese outrigger boats, rafting, trekking, going snorkelling and diving.

Piece of advice: Obtaining the SSI diver certification is possible for IBSN students with 50% discount. > www.tauch-terminal.com



Study Trips of Bali

There are many travelling opportunities on Bali (Ubud, Padang Bai, Nusa Dua, Nusa Penida, Lovina, Singaraja and many more). Moreover, you can visit the close islands for reasonable travelling expenses: a simple trip to Lombok, by ferry or speed boat to Gilis, to the famous volcano Bromo on Java by bus

Culinary

South East Asia is a culinary adventure. The Indonesian cooking is varied and offers on each island different delicacies. Fresh Seafood is an essential part of the Indonesian cooking. Besides typical restaurants and simple Warungs (Bistros), there is a large number of markets at night, where the most different local delicacies are offered at small fast food stalls.

Moreover, there is a multitude of different cooking offered, which are for student quite affordable: Thai, Chinese, Japanese, French and Italian.



Nightlife

The nightlife of Bali, especially the one in Kuta, is very vibrant: cafés, pubs, discotheques – there is something for anyone. Maybe too much – if you want to be not only present on campus (attendance!) but also capacious (exams!).

Language

The official language in the whole Indonesian archipelago is Bahasa Indonesia. It is relatively easy to learn because of the simple grammar. The language course is a

constant lecture of our IBSN programme with five lectures per week and it has been the most popular course. The language of the island of Bali is Balinese (consisting of 3 languages). Most residents also speak English.

Place names

English	Bahasa Indonesia
Waterfall	air terjun
Hill	Bukit
Memorial	Candi
Lake	danau
Village	desa
Mountain	Gunung
Forrest	Hutan
Street	Jalan
River	Sungai
Town	Kota
Port	Labuhan
Sea	Laut
Market	Pasar
Beach	Pantai
Island	Pulau
Temple	Pura
Palace	Puri
Garden	Taman
Bay	Teluk
holy Water	Tirta
Tourist	Wisata

Words & phrases

English	Bahasa Indonesia
yes	Ya
no	Tidak
thanks	terima kasih
you're welcome	Kembali
Sorry	Ma' af.
Good Morning	selamat pagi
Hello	selamat siang (tagsüber) selamat sore (nachmittags)
Good Evening	selamat malam
Good Night	selamat tidur

Welcome	selamat datang
How much is that?	Berapa harganya?
Is/Are there ...?	Apa ada ...?
That's too expensive!	Terlalu mahal!
.... cheap! murah!
Okay	Baiklah/Ya
beautiful	Bagus
I (don't) speak Indonesian.	Saya (tidak) -bisa Bahasa Indonesia
Where to?	Ke mana?
I'm from Germany.	Saya () dari Jerman.
slow	pelan-pelan
a little bit	sedikit-sedikit
enough	Cukup
I (don't) know.	Saya (tidak) tahu.
May I take a photo?	Boleh saya mengambil foto?

2.3 Costs and Money Transfer

Overview

Attention: Please notice that the following costs depend on the exchange rate.

The total costs for the semester abroad (16 weeks), including flight, stay and tuition fees, are at least 4,800 €.

In detail, these are the minimum basic costs during the stay:

Subject	Cost	
Outgoing and return flights	app. € 460 -950,-	(self booking / arrangement)
Tuition fees	€ 1.360,-	(due 2 months before semester)
Single room	app. € 1200,-	(self booking / arrangement)
Food	app. € 850-1050,- (8-10 €/day)	(self arrangement)
Transportation	app. € 240,-	(self arrangement)
Surfboard	app. € 200,-	(self arrangement)

Not including visa fees, vaccination, health insurance, learning material, excursions as well as any sort of personal expenses (e.g. diving, pubs + clubs, shopping, air conditioning, laundry, tourist excursions, etc.).

What you get for your money:

American Breakfast	from € 1,80
Noodle Dish	from € 1,20
Fish + Chips	from € 2,50
Nasi Goreng	from € 0,50
Mie Goreng	from € 0,50
Milkshake	from € 1,00
Pancake	from € 1,00
Beer	from € 1,50
Waterr 1l	from € 0,25
Surfboard/day	from € 1,00
Rent a car	from € 7,00
Public Bus	from € 0,20
Cab (per km)	from € 0,40
Fuel	from € 0,35
Diesel	app € 0,35
Accommodation - Losmen	from € 8,00
Disco	from € 5,00
Health Massage	from € 1,50
Luxury Dinner	from € 10,00
Boat > Flores (3 days)	from € 60,00

Hint: The tuition fees for the participants of IBSN (= foreign students) differ from those of the Indonesian students. Depending on the field of studies, they pay between 500 US\$ and 3,000 US\$.

Scholarships/BAföG

The ISBN studies on Bali meet every standard of the Amt für Ausbildungsförderung. Basically every German student can file for BAföG. Last semesters' experiences show that those who already receive BAföG are likely to get AuslandsBAföG as well. For more information about BAföG, please see our Infopool.

On the way on Bali

Motorbike

For most residents on Bali, a motorbike is their everything. Costs are about 3 € per day or 50 € per month.

Alternatively you can go by car. But among our students, cars are not popular because they are slower in the Indonesian traffic. Costs for a car are about 7 € per day or 160 € per month.

Cabs are very cheap on Bali: about 0.40 €/km. To be on the safe side: a driver demands about 9 € per day.

Bikes can be rented. In case you don't have a motorbike, we recommend buying a bike (about 80 €). For quality reasons, please bring the lock from home.

Hint: In case you decided on a motorbike or car, you should consider that this requires a valid international driver's license. When driving a motorbike you have to wear a helmet.

How to get money

The legal currency is the Indonesian Rupiah, in everyday language often called "Rup/Rups". There are coins (50, 100, 200, 500, 1000) and bills (1000, 2000, 5000, 10000, 20000, 50000, 100000).

Cash and traveler checks can be exchanged. Next to Rupiah, Euro, US Dollar and credit cards are accepted in touristic centers. It is way cheaper to exchange the money in Indonesia than in Germany. You can find banks mostly in the south of Bali (opening hours: Mo-Sa 8.00 a.m. – 6 p.m.). Some money changers are opened until 12 p.m.

Cash machines can be found almost anywhere and at any time. We recommend .comdirect and DKB. If the withdrawal of money is billable, you will be noticed before. Usually, a withdrawal is limited to 100 €. In case you want to withdraw more money, just repeat the process.

A credit card is indispensable.

In case of loss (which we don't wish you), always have the telephone/fax number or e-mail address of the charging bank with you. You have to report the loss in Germany and will be told the corresponding bank in Indonesia.

Bookings

Airlines

You are responsible for booking the flights you need. Please plan stops in Bangkok, Kuala Lumpur, Singapore or Hong Kong. Please remember that you can stay max. 6 months in Indonesia.

Accommodation

In the whole archipelago there are many forms of accommodation: from guest houses (Losmen) to 5-star luxury hotels. Due to our experience, we recommend the following forms:

Shared stay (WG) in a villa

These are very popular amongst our students. 3 to 15 students form a group and rent a villa. This opportunity offers you a high amount of comfort for a relatively cheap price. The prices should be negotiated with the landlord.

Most groups are organized before the start of the semester on platforms like Facebook.

For more information see www.BaliConsult.com.

Losmen/Hotel

For those who want to book their accommodation when they arrive on Bali, we recommend to rent a room in a Hotel in Kuta/Legian/Seminyak and then look for other opportunities. Kuta offers a wide range of cheap hotels.

Bungalows

Various categories are offered. Prices start at 8 € per night. If you wish a bit more comfort, you should calculate with 10-25 € per night. Depending on the bungalow, there might also be a pool included. Walking distance to the beach: about 5-15 minutes.

Family stay

Staying in an Indonesian family during your semester abroad is a great experience. The university will help you choosing a family. The costs vary but are cheaper than a stay in a hotel or villa. You should be aware that a family stay differs from a hotel or villa stay. You won't have as much freedom because you will be involved in the family live intensely. The integrative factor of this sort of stay is very high and offers you the possibility to immerse in the real life of an Indonesian family full of daily ceremonies and culture.

Laundry

There are laundries everywhere in Kuta which take care of your laundry within 8-24 hours for very low prices. Almost in every villa, there is a laundry-partner who takes your laundry and brings it back after 2-3 days. Your landlord will give you his phone number. In less touristic areas like Denpasar, there are even cheaper offers. But there, you have to anticipate changes in colour and size.

In our Infopool, you find a **list of recommended hotels**. You can book a room via fax or at your arrival and then decide where to live for the whole stay. Basically, it is no problem to book within a short period of time.

You also find an **evaluation of villas**.

2.4 Communication

Communication/Access to media

For more information please see our Infopool

Phoning locally: mobile and fixed network

On Bali, mobile phones are widespread.

The cheapest and most common form is to buy a local SIM card at a local shop. These cards are available with balances from 2 € and can be charged at different places without problems. Two of the most reliable providers are XL and Simpati. They have cheap tariffs either for phoning or for SMS. In case you don't yet own a local SIM card, you can use your German provider (don't forget the international extension +62 for Indonesia).

International Communication

There are 3 different ways for international communication:

1. **Skype, MSN, ICQ and other.** The cheapest communication with Germany/Europe goes via Skype or other messengers. If you don't bring your own laptop, you find the necessary equipment in any internet café.
2. **Local providers.** We recommend using the local providers XL and Simpati. There are no problems with the communication to Germany, neither with calling nor with SMS. The quality of the connection is way better than via internet, but it's a lot more expensive. A call to Germany costs about 1 € per minute.
3. **Telephone card.** Another possibility to reach your European home. There are different providers as well. You can buy the cards in any mobile shop. The connection quality is very good and a phone call to Europe is about 0,20 € - 0,30 € per minute.

Hint: We recommend using a robust, shock and water proof cellphone in Bali everyday life. Our experiences show that many phones have landed in swimming pools or become defective by humidity or sand. The same goes for laptops.

Internet/Personal Computer/Laptop

Basically: since the whole communication with the IBSN goes via internet, you use an email-address which is not hosted by your home university but by an independent provider. Our experiences show that email account hosted by universities cause problems when opening attachments.

Forum: There are many forums and online discussions which are dedicated to your programme. The most important one is probably on Facebook. Topics around studies and the planning/organization of the stay abroad are discussed (e.g. shared flats, announcements, etc.). There are also alumni of the IBSN who share their experiences and give useful advice concerning the student life on Bali.

Internet: If you have a laptop, we recommend you taking it to Bali. You will be able to do university homework from home and to handle the communication with Germany/Europe more easily.

There is a variety of different ways to use WLAN on Bali:

- in clubs (Warungs). JP's Warung, Warung Ocha, Dunkin Donuts shops and other clubs/cafés in Kuta, Legian and Seminyak are very popular for this purpose. Small supermarkets offer you the possibility as well.
- at the Udayana University. WLAN there is for free. Every student gets a password for the internet access which is limited to 2 hours per day.
- with a WLAN card. You can purchase these cards everywhere. Tariff is about 4 € per hour.
- with a UMTS surfstick. We recommend this for those who wish more independency and flexibility when using the internet. For the daily use, it is sufficient. It costs about 20 € per month and is offered by providers like XL, Telkomsel and Simpati.
- in some villas. Please consult your landlord for more information.
- in internet cafés. Very popular amongst students is "Global Xtreme" in Kerobokan where you cannot just surf but also print, fax, read books and buy snacks and drinks. Costs are about 0,50 € per hour.

Mail

There are post offices nearly anywhere.

If you want to mail something, a standard letter is about 2,50 €. It takes about 3 weeks to reach its destination. An express letter which reaches Germany within 5 days costs 7 €.

The official post office near the Bintang Supermarket is very popular. There, you find English-speaking staff which even helps you packing. The price for parcels depends on their weight and is about 35 € per 10 kilos (average delivery time 8 – 10 weeks). There are also private logistic companies which will take care of your parcel.

2.5 Health

Please also see our Infopool for further information

Pharmacies in Indonesia

Any standard medicine can be bought in Indonesia without recipe for low prices.

Water

Basically, you should only drink bottled water! You should also use it while brushing your teeth. This water can be bought in any sizes. For a longer stay, we recommend buying cans of 5, 10 or 19 liters. Costs are about 0,20 € per liter, 0,50 € per can or 1,50 € per gallon.

Please remember that you stay in a tropic environment! Your fluid loss is enormous and you should always drink about 3 liters per day. Additionally, doctors recommend salt to stabilize your circulation.

Against persistent cases of diarrhea you should not just partake of Immodium and electrolytes but also bring Perenterol from Germany. These bacteria help building an intact gut flora.

Sick? Accident? Emergency?

On Bali, there are various hospitals with international staff. The doctors there have mostly studied in Australia. The pay is cash or with credit card. Thus we recommend always taking your credit card and a copy when visiting a hospital or in case of an emergency. You should also carry a copy of your international insurance and of your passport.

In case of an accident, don't wait for an ambulance but go by cab in one of the following clinics:

RS Prima Medika

Tel: + 62 361 236 225

Address: Jl. P. Serangan No.9X, Denpasar, Bali

RS Sanglah Denpasar

Tel: + 62 361 225 482

Address: Jl. Diponegoro Denpasar Bali

RS Kasih Ibu Bali

Tel: + 62 36 123 3036

Address: Jl. Teuku Umar 120, Denpasar, Bali

[SOS Medika Klinik Bali](#)

Tel: + 62 361 710 505; + 62 361 720 100

Address: Jalan By Pass Ngurah Rai 505X, Kuta, Bali

Vaccinations

It makes sense to be vaccinated widely (e.g. tetanus, polio, diphtheria, hepatitis A+B). You have to start at least 6 weeks before you leave to Indonesia. Please consult a doctor for more information.

We recommend placing an international insurance and a well filled first-aid kit.

3. Communication and Contact

3.1 Contact

Administration

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