

Bali

Colourful culture, picturesque scenery, spiritual lifestyle and a tropical state of mind.

Bali is home to a range of stunning and diverse landscapes with everything from lush tropical forests and pristine crater lakes to vast stretches of exquisite beach and volcanic mountains. With a wide range of historical attractions, a unique heritage and coral rich azure oceans, Bali will be sure to enchant you.

Health and Fitness Travel Insider

“Unspoilt natural beauty is only one part of Bali’s charm. The culture, the people and the spiritual heritage are the real lures of this island.”

Paul Joseph, Managing Director

Passport

Before flying make sure to check that your passport has plenty of time before it expires. Your passport must be machine readable, have two blank pages and be valid for at least 180 days at the time of your visa application.

Before flying make sure to check that your passport has plenty of time before it expires. Your passport will need to be valid for at least 6 months from your day of arrival in Bali. However, we always recommend leaving at least 6 months validity on your passport.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/indonesia/entry-requirements>

Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

Less than 30 days: Citizens of the UK entering Bali do not need a visa for visits up to 30 days. Most other nationalities can also do the same. To see if you are eligible for visa free entry on arrival or for a tourist and transit visa on arrival check here:

<https://www.gov.uk/foreign-travel-advice/indonesia/entry-requirements>

More than 30 days: If you choose to stay more than 30 days you should apply for a visa before you travel. We advise applying for your visa at least one month in advance of your holiday to allow room for error. A 60-day visa will be valid for three months, currently costing £133.

You can apply for your travel visa here: <https://consular.indonesianembassy.org.uk/visa/>

Flights

From the UK: please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to Bali from the UK require a transfer and the total flight duration is around 17 hours (via Doha). The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

From other countries: please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).

Health & Fitness

— T R A V E L —

Location

Time Difference: GMT +8

Capital City: Denpasar

Currency: Rupiah (most places take US Dollar)

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

Airport

You will be flying into **Ngurah Rai International Airport (DPS)**, Bali. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no. Taxi drivers are also likely to offer their services and can be quite persistent. It is best to approach this offer in the same manner.

Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/destinations/asia-east/indonesia>

The standard of local medical care can be poor and some medical tests can't be done reliably. Good medical care can be very expensive and in remote areas attention for serious injuries or illness is likely to be unavailable. You may require expensive medical evacuation costing up to tens of thousands of pounds. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

Language

The majority of people in Bali speak Indonesian, and only a small number still speak Balinese. Here are some useful phrases in Indonesian:

Basics		Food and Drink	
Hello	Halo	Could I have...?	Saya mau...
How are you?	Apa kabar?	Water	Air
Fine	Baik-baik saja	Tea	Teh
Thank you	Terima kasih	Coffee	Kopi
Never mind	Sudahlah	Beer	Bir
What's your name?	Saipa nama anda?	Milk	Susu
My name is...	Nama saya...	Iced water	Air es
Sorry/excuse me	Maaf/ Permisi	Noodles	Mie, bihun, bakmie
I can't speak Indonesian	Saya tidak berbicara indonesdai	Fish	Ikan
Can you speak English?	Dapatkah anda berbicara bahasa inggris?	Prawn	Udang
Do you understand?	Kau mengerti ?	Egg	Telur
I don't understand	Saya tidak mengerti	Rice	Nasi
Where is the toilet?	Di manakah kamar kecil?	Fruit	Buah
How much is it?	Berapa harganya?	Very delicious	Sangat lezat
What's the time?	Jam berapa?	I don't want	Saya tidak ingin
Very expensive	Sangat mahal	Not too spicy	Tidak terlalu pedas
The bill please	Tagihan Silahkan	No sugar	Ada gula
See you later	Sampai jumpa		
Goodbye	Selamat tinggal		

Numbers		Directions	
One	Satu	I want to go...	Saya ingin pergi
Two	Dua	Where is...?	Mana...?
Three	Tiga	Turn left	Kiri
Four	Empat	Turn right	Kanan
Five	Lima	Go straight	Langsung
Six	Enam	Stop here	Berhenti di sini
Seven	Tujuh	Slow down	Memperlambat
Eight	Delapan	Be careful	Berhati-hati
Nine	Sembilan		
Ten	Sepuluh		
Twenty	Dua belas		
Thirty	Dua puluh		
Forty	Tinga puluh		
Fifty	Empat puluh		
One Hundred	Seratus		
One Thousand	Seribu		

Places

Airport	Bandara	Police Station	Kantar Polisi
Bus station	Stasiun bus	Hospital	Rumah Sakit
Embassy	Kedutaan	Toilet	Toilet

Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

Police: 112

Ambulance: 118

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.