



# Comfort Senior Experience



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2020-07-02**  
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## 📍 Indonesia - Bali

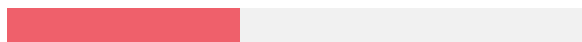
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Culture



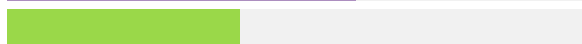
Learning



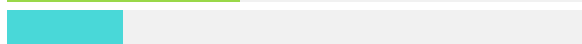
Leisure



Community Engagement



Physical Demand



## Program Description

Designed for those who need more leisure, the Bali Comfort Senior Experience combines three weeks of relaxation and community work. Although similar to the Bali Experience program, its relaxed pace caters to the needs of families travelling with children and older travellers. It allows for interaction with locals and a chance to engage with Balinese culture with activities such as Bali Batik painting and visits to temples and traditional markets such as the Sukawati Art Market.

The program is divided up as follows: Week 1: Introduction to Bali, Week 2: Community Engagement and Week 3: A week of relaxation

This may also be combined with one of our other programs on offer such as the Bali Beach Holiday or the Yoga/Meditation week. Our community engagement programs leave an indelible impression on most participants and as such if you grow to empathize with and love the work done there, we offer you the opportunity for a one-week extension to community engagement on request.

## Program Duration & Availability

**Min duration (weeks):** 3

## Aims & Objectives

To immerse in the Balinese culture while relaxing and experiencing the beauty of the surroundings.

# Schedule

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## Week 1

### Monday

On Monday, you will start your program with an early morning breakfast and then get an introduction about the traditions and culture of Bali. This would include a walking tour on the popular Monkey Street and Ubud market through which you will be able to learn a lot about the local people and their culture. You will then have lunch and receive a proper introduction about Balinese culture. This would support you later on throughout your project as you will learn about the lifestyle of the people and their interaction patterns. Once you receive the cultural lesson, you will have dinner early since you have to set out to a traditional Balinese dance show which would be the last segment of your first day's program.

### Tuesday

On Tuesday after breakfast, you will attend a language class. This class comes in handy especially when you are communicating with the local people. In fact, learning the basics of another language would draw you closer to the culture. After you complete the language lessons, you will have lunch and then go on a three to four hour long walking tour to rice terraces. This would be an amazing experience as you would get a chance to stay close with nature.

### Wednesday

On Wednesday, you will be able to strengthen your language skills by attending the language class after breakfast. After you complete the lessons and have lunch, you will be able to evoke your artistic self by learning to paint in a Batik painting class. Once you come back from the painting class, you will be able to enjoy the delicious welcome dinner prepared for you.

### Thursday

On Thursday, after having breakfast, you will learn to cook typical Balinese food in our cooking class. After learning to cook delicious Balinese meals, you will then have lunch and attend a Balinese flower offering class where you will learn to make a flower offering for the Gods.

### Friday

After having breakfast on Friday morning, you will leave for the spiritual tour where you will visit the popular Pura Tirta Empul which is also known as the holy water temple where you can enjoy a bath in holy waters. After the visit, you will have lunch and attend the project meeting in which you will be able to share your thoughts on the program.

## **Weekend**

Free time for you to relax.

## **Week 2**

### **Monday to Friday**

During the second week of your stay in Bali, you will join the teaching program. During the weekdays, after having breakfast, you will engage in teaching. This teaching program will carry on till the afternoon and you will also enjoy your lunch in the break you get during the teaching program. However, Friday would be special for you as it would be the last day of the teaching program. Therefore, a small farewell party will be arranged for you at the end of the teaching program.

## **Weekend**

Free time for you to relax.

## **Week 3**

### **Monday**

The third week of your comfort experience would start on Monday by a visit to Kintamani - a volcanic area after having your breakfast. Once you reach Kintamani, you will be able to enjoy the views of the beautiful Batur mountain landscapes and spice plantations. You will then come back to your accommodation for dinner.

### **Tuesday**

You will start your day by going to Southern Bali after breakfast and then you will be visiting Jimbaran Beach and the Turtle conservation site in Serangan. After the visit you will have lunch and spend the rest of the time in the beach, freely.

### **Wednesday**

After having breakfast on Wednesday, you will visit Budakeling silver vactorytenggan village and enjoy nature. After lunch you will continue, to visit Goa Gajah Cave Temple.

### **Thursday**

The special activity of Thursday would be the visit to the Sukawati Art Traditional Market after having breakfast. Once you do the paintings, you can spend the day freely.

### **Friday**

On Friday, you will enjoy a Balinese Massage after having breakfast. Since it would be the last day of your program, you will also have a farewell party at the house center after lunch.

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

## Starting Dates

### During 2019

This program starts every week.

### During 2020

This program starts every week.

## Participant Criteria & Requirements

<b>Minimum age:</b>	30
<b>Maximum age:</b>	-
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	On Signup
<b>Resume copy required:</b>	No
<b>Required qualification:</b>	None

### Additional Requirements

There are no further requirements for this program.

## Additional Equipment

No specific equipment required for this program.