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# Lombok



Indonesia

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## Lombok

 All meals included	Yes <sup>(1)</sup>
 Free beverages	Yes <sup>(2)</sup>
 Persons per room	4-6
 Wifi in public areas	Yes
 Laundry facilities	Yes <sup>(3)</sup>
 Safety box	No
 Lockable rooms	No
 Hot shower	Yes
 Private bathroom	Yes
 Bed linen	Yes
 Towels	No
 Mosquito protection	No
 Fan	Yes
 Air conditioning	No

(1) Three meals per day during weekdays and two meals per day on weekends

(2) Water, tea, coffee and milk

(3) At an additional fee



## Location

Approximately 35 kilometers east of Bali at its closest point, lays the island of Lombok (80 km by 70 km) populated mostly by the Sasak people. Lombok is an Indonesian island east of Bali and west of Sumbawa known for picturesque beaches and prime surfing area. The motor-vehicle-free Gili Islands, off Lombok's west coast, offer more beaches, reefs for diving and snorkeling, and a sea turtle hatchery. It differs considerably from its neighboring islands, with lots of wide-open spaces and unspoiled beaches, and much less traffic and pollution. The island's northern area is dominated by the remarkable bulk of Gunung Rinjani, and trekking at least part of the way up is the reason many travelers come to Lombok. Lombok does not receive as much display as its hugely popular neighbor Bali. Nevertheless, many Indonesians prefer vacationing in Lombok over Bali for many reasons: prices for accommodation, food and attractions are often a good deal cheaper, and the island's scenic spots are still unmolested by the gated villa developments, cheap cocktail bars and souvenir shops that have spread across so much of Bali, at least for now.

## Accommodation & Food

### About the Accommodation

Participants will stay at our Centre in Senggigi. The accommodation is dorm style with bunk beds. There is an refrigerator in the house which can be used by the participants.

### Food Arrangements

Indonesian food is tasty and diverse and you can expect to experience a myriad of flavors and meals during your stay. Typical dishes included Mie Goreng (fried noodles and vegetables), Nasi Goreng (fried rice and vegetables) or Gado Gado (mixed vegetables with a satay sauce). For those who do not eat meat, Indonesian cooking uses a lot of tofu and tempeh (soybeans), some western dishes would also be available. Breakfasts are varied and include pancakes, fresh fruit, toast etc.

## Facilities

ATMs: There are many ATMs in Senggigi center which is about a 10 minute drive from the house.

- Personal Sim card for your mobile: You can buy at the local shop.

## Mandatory Orientation Day

On the Monday of your first week at this location, you will join our orientation day, to familiarize you with the surroundings as well as local culture. Your program will continue as usual from Tuesday onward throughout the rest of the week.

## Schedule

- Welcome, introduction to Indonesia, House rules, Code of Conduct and handling of documents
- Culture Lesson
- Lunch
- Project meeting and Preparation

## Activities & Events

No scheduled activities outside the program.



## Sights & Surroundings

You can visit beaches, go diving, surfing, trekking, visit historical temples and handicraft villages.

Senggigi - Lombok's traditional tourist area Senggigi enjoys a fine location along a series of exotic and extensive bays, with light-sand beaches sitting pretty below a backdrop of jungle-clad mountains and coconut palms. The Senggigi area spans 10 km of coastal road; the upscale neighborhood of Mangsit is 3 km north of central Senggigi. The point at central Senggigi has good waves for surfers. This place has a colorful reef which provides shelter to a variety of marine life and exquisitely shaped corals and makes it a perfect place to snorkel. In the late afternoon a blood-red setting sun sinks into the surf next to the giant triangular cone of Bali's Gunung Agung. Most travelers arrive in Senggigi because many hotels are located over here. It's also great for going out at night or eating. One of the most popular surf spots for locals and tourists alike is Senggigi Beach. At this beach the vendors and locals aren't pushy at all but you can have a nice small talk with locals.