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## Penestanan (Ubud)




Indonesia

You will be accommodated in one of our houses in the village of Penestanan Kaja. Located on the outskirts of Ubud, village life is quintessentially local here and you will get a good chance to see typical Balinese life – roosters crowing and all!



## Penestanan (Ubud)

 All meals included	Yes <sup>(1)</sup>
 Free beverages	Yes <sup>(2)</sup>
 Persons per room	4-8
 Wifi in public areas	Yes
 Laundry facilities	Yes <sup>(3)</sup>
 Safety box	No
 Lockable rooms	No
 Hot shower	Yes
 Private bathroom	No
 Bed linen	Yes
 Towels	No
 Mosquito protection	No
 Fan	Yes
 Air conditioning	No

(1) Three meals (breakfast, lunch and dinner) during the week and two meals (breakfast, dinner) during weekends

(2) Drinking water

(3) There are local laundry services around the village



## Accommodation & Food

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### About the Accommodation

The Balinese place great importance on family and our houses are located amongst Balinese compounds, where you will get the chance to interact with local families and practice your newfound language skills. You can expect to share a room (dormitory style) on single gender basis.

### 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. Tea, coffee and purified water are available at the house. We do not recommend that you drink the tap water.

## Facilities

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Our houses are located in Penestanan village and it will take about 10-15 minutes to reach the center of Ubud.

There are some grocery shops in the village and 24 hours mini mart in Ubud center.

### Shopping

In Ubud there are good grocery stores, 24 hour stores and plentiful small, family run shops where you will be able to find everything that you need.

### Restaurants and Cafes

If you want to eat out occasionally, there is a wide selection of restaurants with high standards of both international and local cuisine. There are several cafes in the village, where you can relax and hang out with other participants in your spare time.

### Swimming Pools

There are two swimming pools, both located a five minute walk from our center.

## Gym

There are several gyms around Ubud area.

## 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

Since the weekends are free, you can go wherever you please. Several popular destinations that you can reach by taxi are:

The Gili Islands, where you will find small resorts and huts for tourists looking to get away from the bustle of Ubud. The islands are a popular destination for snorkelling and diving due to their abundant marine life.

Nusa Lembongan, an island paradise with one of the most clear waters that you will ever see and it is also a place where you can find peace and completely relax. Surfing, diving and snorkeling are amongst the most popular activities that visitors can enjoy.

Lovina, located between the Bedugul mountains and the sea, is popular for dolphin watching, trekking, hot springs and its gorgeous coral reefs.

Sanur, a stretch of beach in Southeast Bali that contains villa resorts and Zen Villas. Historically, it was used as the landing site for the Dutch invasion troops during the Dutch invasion in 1906 as well as being the entry point into Bali for the Japanese during W/WII.

Kuta, a beach known of its surfing opportunities and party atmosphere.

Uluwatu, a temple built at the edge of a 70 meter high cliff at the edge of the sea and inhabited by monkeys.