Working Itinerary – Track 1  
(Exercise and Nutritional Sciences)

The following itinerary is a working document and is subject to change. (revised 6/27/2018)

<table>
<thead>
<tr>
<th>January 11</th>
<th>Departure from the U.S.</th>
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<tbody>
<tr>
<td><strong>Friday</strong></td>
<td>▪ Students will depart on flights booked individually to Bali (optional group flight will be priced when air itineraries become available).</td>
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<tr>
<td>Meals Included:</td>
<td>Per airline</td>
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<table>
<thead>
<tr>
<th>January 12</th>
<th>Arrival and Acclimation in Ubud</th>
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<tbody>
<tr>
<td><strong>Saturday</strong></td>
<td>Welcome to Bali! This breathtaking and culturally diverse island region is home to serene landscapes of terraced rice paddies, thousands of ornate temples, and luxurious spas fit for paradise. Ubud is the cultural pulse of Bali, a place to soak in the cuisine and artisanal crafts – and maybe even squeeze in a trip to the fascinating macaque Monkey Forest Sanctuary!</td>
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<td>Meals Included:</td>
<td>Per airline</td>
</tr>
<tr>
<td>Ubud Accommodations:</td>
<td>Evitel Hotel (1 of 8)</td>
</tr>
<tr>
<td>▪ Transportation from the airport to the hotel will be arranged based on the most common arrival time of all students (two transfers included).</td>
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<tr>
<td>▪ Meet your guide and board your private coach at the airport. Check in to your hotel.</td>
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<tr>
<td>▪ Enjoy a free afternoon and evening.</td>
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</tbody>
</table>
January 13

Sunday

Welcome to Ubud (City Overview & Welcome Dinner)

- Prior to tour, guide will conduct a health and safety briefing at the hotel. Evitel Hotel is happy to offer complimentary use of their meeting room for a 1 hour briefing—set up will be class room style with microphone (without projector and screen).
- Board coach and depart with guide for full day of sightseeing (due to restrictions in Ubud, three coaches will be used).

Tour of Ubud!

Start the day to visit Ubud Palace, home of the Ubud Royal family, with beautiful Balinese traditional houses. Originally founded by Ida Tjokorda Putu Kandélé, who ruled from 1800 – 1823, it is set in the center of Ubud. After the palace you will cross the road to visit the renowned Ubud market. This market forms the economic center of Ubud and has been featured in numerous films, while remaining critically important to the local community.

Drive via the amazing rice terraces of Tegalalang to a little north of Ubud to visit the Holy spring Temple, which the locals call Tampak Siring, regarded as a purification Temple. The temple and its two bathing pools have been used by the Balinese for over a thousand years in order to promote good health and prosperity, as the spring water is said to have the power to cure all sorts of ailments from physical conditions to black magic spells. The Balinese people carry out regular purification ceremonies here. On the return journey, stop at Goa Gajah in Bedulu. Often referred to as the Elephant Cave, it was established in the 9th century as a sanctuary for Buddhist monks. The facade of the cave is noted for its interesting carvings and ornate relief (entrances to rice terraces, Siring Temple, and Goa Gajah included).

- Stop for lunch on your own during your tour.
- After tour, return to your hotel.
- Taste the local cuisine with a Welcome Dinner, featuring delicious local specialties and a Balinese traditional dance show (guide and coach transportation provided).
- Return to the hotel.

January 14

Monday

Ubud: Healthcare Visits

- Meet guide and board your private coach for a full day of visits.

Meals Included:
Breakfast at the hotel

Ubud Accommodations:
Evetel Hotel (3 of 8)

The Bali Children Project (or similar) – Healthcare Visit 2

The Bali Children’s Project is a non-profit charity registered in USA and Indonesia. The organization originated in the early 1990s, when Joyce Satt and John Cooke recognized children unable to access school. They saw a cycle of rural poverty driven by lack of education, especially for young girls.

We are dedicated to help children in Bali escape poverty through education. Please help us create better futures (donations included).

- Stop for lunch on your own during your visits.

Yayasan Bumi Sehat (or similar) – Healthcare Visit 1

Bumi Sehat Foundation International is a 501(c)(3) nonprofit organization registered in the United States of America. Our mission is to provide access to quality healthcare to families; and kind, hygienic and culturally appropriate childbirth to traditionally under-represented populations. Towards these goals, we provide health services, emergency care, education services and environmental programs. We are devoted to working in partnership with people to improve the quality of life and to build peace - one mother, one child, one family at a time (donations included).

- Return to your hotel. Enjoy a free evening.
**January 15**

**Ubud: Healthcare Visits**

- Meet guide and board your private coach for a full day of visits.

**Meals Included:**
- Breakfast at the hotel

**Role Foundation (or similar) – Healthcare Visit 3**

*Rivers, Oceans, Lands, Ecology (R.O.L.E.) Foundation is a not-for-profit humanitarian organization based in Bali, whose aims are to promote environmental awareness and empower women.*

The Women’s Skills Education Program presents a free community centre providing classes for literacy, English language, basic life and work skills, and vocational skills to local women in need, allowing them to access employment and achieve a sustainable income. The R.O.L.E Foundation has already helped 843 women through the graduation and employment process.

Students will have the chance to interact with the students, learn how unused soap from hotels can be recycled to be given to poor communities in need of hygienic products, practice how to make Jamu, the traditional herbal medicine of Indonesia, pass on your knowledge in a computer class to teach the students some basic computer skills (e.g. PowerPoint presentations), or give an English lesson focusing on basic grammar, conversation and pronunciation to the students.

- Stop for lunch on your own during your visits.

**Retirement Home Tresna Werda Wana Seraya (or similar) – Healthcare Visit 4**

*Tresna Werda Wana Seraya is a residential care that provide around-the-clock nursing care for elderly people. This care is a government-owned nursing home that has been established since October 25, 1975. The nursing home was established to accommodate poor and abandoned elderly, to prevent the occurrence of neglect and violence both physically and psychologically. (donations included).*

Students will learn about its social work, especially in the field of gerontology.

Return to your hotel. Enjoy a free evening.

**January 16**

**Ubud: Healthcare Visits**

- Meet guide and board your private coach for a full day of visits.

**Meals Included:**
- Breakfast at the hotel

**Kupu Kupu Foundation (or similar) – Service Learning Project Visit**

*Kupu-kupu Foundation help improve lives by assisting with medical care, medicines, physiotherapy and surgical operations. We provide wheelchairs and other physical aids and adapt facilities to be easier to use by people with disabilities.*

They provide transport disabled children to and from school and help disabled people become more independent by selling and promoting handicrafts that they make. The foundation also work to increase awareness in the local community of the challenges faced by people with disabilities

Group will visit the foundation to learn about its vision and mission. Students will learn about its social work, especially in the field of handicapped children’s informal education. On this occasion the students can do volunteer work for the handicapped children such as entertain them, teach them how to study English, etc.

- Stop for lunch on your own during your visits.

- Return to your hotel. Enjoy a free evening.
January 17

**Ubud: Service Learning Project**

- **Thursday**

  **Meals Included:**
  Breakfast at the hotel

  **Ubud Accommodations:**
  *Evitel Hotel* (6 of 8)

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  - Stop for lunch on your own during your visits.
  - Return to your hotel. Enjoy a free afternoon.

January 18

**Ubud: Free Day**

- **Friday**

  **Meals Included:**
  Breakfast at the hotel

  **Ubud Accommodations:**
  *Evitel Hotel* (7 of 8)

- **Enjoy a free day to explore Bali on your own, or with classmates!**
January 19

Saturday

Meals Included:
Breakfast at the hotel
Dinner (cooking class)

Ubud Accommodations:
Evitel Hotel (8 of 8)

Ubud: Cultural Visit

- Meet your guide and board coach for half day of sightseeing (due to restrictions in Ubud, three coaches will be used).

Subak Guliang Village

This excursion takes you away from the tourist crowds of Ubud to a traditional Balinese village approximately 1 hour away. A guide from the community will be waiting to greet you and take you on a fascinating insight into the lives of the village.

Your first stop will be at the local primary school (subject to school holiday) where you will have the opportunity to learn about the differences between education in Bali and education back home. Groups may be particularly interested to hear about the school uniform rules, the weekly early morning tasks schoolchildren must do and the songs they learn.

Your tour continues at the traditional home of a local family where you will have the chance to interact with the local family and learn about the traditional Balinese customs of family life. You will then enjoy a stroll through the village. The walk ends at the ricefields surrounding the village where you will have a demonstration on some of the stages of rice growing and you will have the opportunity to try planting rice under the guidance of a local farmer.

You will have an opportunity to join a workshop for making an offering basket and preparing a simple offering. Once finished with this preparation, put on your sarong & sash (included) and come to a nearby village temple by the rice field and do a simple blessing conducted by a village local priest.

- Stop for lunch on your own during your tour.
- After tour, return to your hotel and get ready for dinner.

- Enjoy preparing your own dinner! Take a cooking class to learn more about the local flavors.

Balinese Cooking Class

Embrace on a culinary adventure unlocking the secrets of authentic Balinese cooking, utilizing traditional ingredients and preparation methods, in a fully equipped community village kitchen. Visit traditional market near Ubud where you can pick from fresh herbs & spices, crisp vegetables and choice cuts of meat, before heading off on guided ‘padi’ expeditions.

Upon your return to Laplapan village, you will be warmly welcomed and expertly guided by your host, Puspa, who will help you to discover how to create your very own delicious authentic Balinese dishes.

- Taste the local cuisine with a Farewell Dinner, enjoying the dishes you learned to make (guide and coach transportation provided).
- Return to your hotel.

January 20

Sunday

Meals Included:
Breakfast at the hotel

Return Home

- Spend your morning free exploring Ubud (depending on flight time).
- Check out of the hotel.
- Transportation from the hotel to the airport will be arranged at the most common departure time for all students.
- Meet your guide to load luggage and transfer by coach to the airport for your return flight home (two transfers included).
- Students will depart on flights home, booked individually (optional group flight priced separately).

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Throughout your tour
As part of our commitment to quality and value, we’ve included the following:

- English-speaking, trained professional tour guides
- Wireless internet access in hotels, unless otherwise noted
- Entrances for cultural sites, unless otherwise noted
- Gratuities for meals, guides, and drivers –
- Transportation in safe, clean motorcoach, including:
  - Intra-city transportation, as listed in your itinerary
  - Airport transfers for two (2) most common arrival time and two (2) most common departure time
  - Meal transfers, as noted
  - Transfers to visits within city limits (note visits outside city limits may incur additional costs)
  - As noted - Full day = 8 hours; Half day = 4 hours

We thought of that too!

- One non-alcoholic drink at all included meals

Before your program departs

- Customized online registration portal to manage student registration, payments, dietary and health information collection, roommates, etc.
- Destination guide books
- Customized pre-departure packets for students; Binder for faculty

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