The following itinerary is a working document and is subject to change. (revised 7/10/2019)

**January 10**

**Departure from the U.S.**

- Students will depart on flights booked individually to Bali.

**Meals Included:**
- Per airline

**January 11**

**Arrival and Acclimation in Ubud**

**Saturday**

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!

**Meals Included:**
- Per airline

- Transportation from the airport to the hotel will be arranged based on the most common arrival time of all students (luggage truck included).
- Meet your guide and board your private coach at the airport.
- Check in to your hotel.
- Enjoy a free afternoon and evening.

**Ubud Accommodations:**
- [Evitel Hotel](1 of 8)

**January 12**

**Welcome to Ubud (City Overview & Welcome Dinner)**

**Sunday**

- Breakfast available at hotel
- Guide will conduct a [Health and Safety Orientation](#) at the hotel.
- Board coach and depart with guide for full day of sightseeing (due to restrictions in Ubud, multiple 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 Kandel, 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.
- Depart hotel via private coach for group dinner
- 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.
<table>
<thead>
<tr>
<th>January 13</th>
<th>Ubud: Healthcare Visits</th>
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</table>
| **Monday** | Breakfast available at hotel  
|            | Meet guide and board your private coach for a full day of visits. |
| **Meals Included:**  
| Breakfast at the hotel | **Healthcare Theme TBA - Visit 1**  
|                        | *Note: Themes for company visits are presented here as examples and will be developed in collaboration with your university. A typical visit includes a management discussion, leadership speaker, facility tour and/or presentation.*  
|                        | Sourced by WorldStrides' Global Academic Team. |
| **Ubud Accommodations:**  
| [Evitel Hotel](3 of 8) | **Healthcare Theme TBA - Visit 2**  
|                        | Sourced by WorldStrides ISA Custom Programs |
|                      | **Stop for lunch on your own during your visits.** |
| | **Return to your hotel. Enjoy a free evening.** |

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<th>January 14</th>
<th>Ubud: Healthcare Visits</th>
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| **Tuesday** | Breakfast available at hotel  
|            | Meet guide and board your private coach for a full day of visits. |
| **Meals Included:**  
| Breakfast at the hotel | **Healthcare Theme TBA - Visit 3**  
|                        | Sourced by WorldStrides ISA Custom Programs |
| **Ubud Accommodations:**  
| [Evitel Hotel](4 of 8) | **Healthcare Theme TBA - Visit 4**  
|                        | Sourced by WorldStrides ISA Custom Programs |
|                      | **Stop for lunch on your own during your visits.** |
| | **Return to your hotel. Enjoy a free evening.** |

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<tr>
<th>January 15</th>
<th>Ubud: Healthcare Visits</th>
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| **Wednesday** | Breakfast available at hotel  
|            | Meet guide and board your private coach for a full day of visits. |
| **Meals Included:**  
| Breakfast at the hotel | **Healthcare Theme TBA - Visit 5**  
|                        | Sourced by WorldStrides ISA Custom Programs |
| **Ubud Accommodations:**  
| [Evitel Hotel](5 of 8) | **Healthcare Theme TBA - Visit 6**  
|                        | Sourced by WorldStrides ISA Custom Programs |
|                      | **Stop for lunch on your own during your visits.** |
| | **Return to your hotel. Enjoy a free evening.** |

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<th>January 16</th>
<th>Ubud: Healthcare Visits</th>
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| **Thursday** | Breakfast available at hotel  
|            | Meet guide and board your private coach for a full day of visits. |
| **Meals Included:**  
| Breakfast at the hotel | **Healthcare Theme TBA - Visit 7**  
|                        | Sourced by WorldStrides ISA Custom Programs |
| **Ubud Accommodations:**  
| [Evitel Hotel](6 of 8) | **Healthcare Theme TBA - Visit 8**  
|                        | Sourced by WorldStrides ISA Custom Programs |
|                      | **Stop for lunch on your own during your visits.** |
| | **Return to your hotel. Enjoy a free evening.** |
January 17  |  Ubud: Free Day
---|---
**Friday** |  
- Breakfast available at hotel
- Enjoy a free day to explore Bali on your own, or with classmates!

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

**Ubud Accommodations:**
- [Evitel Hotel](#) (7 of 8)

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January 18  |  Ubud: Cultural Visit
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**Saturday** |  
- Breakfast available at hotel
- Meet your guide and board coach for half day of sightseeing (due to restrictions in Ubud, multiple coaches will be used).

**Subak Gulian 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 school children 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 rice-fields 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 and come to a nearby village temple by the rice field and do a simple blessing conducted by a village local priest (entrances included).

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

- Meet your guide and board coach for transfer to evening cooking class

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

**Balinese Cooking Class**
Embark 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 19

**Sunday**

**Meals Included:** Breakfast at the hotel

- Breakfast available at hotel
- 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 (luggage truck included).
- Students will depart on flights home, booked individually.

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**A Note about Confidentiality:** This document contains proprietary work product of WorldStrides ISA and is presented in good faith. The recipient(s) agree(s) to protect the confidentiality of this proposal subject to any state laws that require certain information to be made publicly available if requested. The proposal should not be sent to a third party without informing WorldStrides ISA and gaining consent.

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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

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**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.
- Customized pre-departure packets for students; Binder for faculty

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