



ALEX WILLIAMS

## 14 Day Indonesian Experience.

St Augustine once said “the world is a book and those who don’t travel are only reading one page.” In the opinion of some, this planet is too big and too full of incredible things to waste your days in one place grinding out a 9-5 of repetition and familiarity. To travel is to enrich your existence, to open your mind to ways of life far removed from your own, to put your problems into perspective and make you appreciate the rest of the world outside of your little bubble. You owe yourself a trip to the bodyboarding paradise of Indo, you’ll score the best waves of your life...here’s your chance...

Warm regards, *Rob*

### NEXT DATES

**23rd April to 7th May 2010**

Rob Barbers Bodyboarding School has teamed up with Big Friday to offer you the ultimate pre-summer adventure!

Our 14 day Surfari takes in the very best of both Bali and Nusa Lembongan, with BSA qualified coaches (former British Dropknee Champion Aidan Salmon and British Team coach Rob Barber) and local guides on hand each day this trip is perfect for all abilities. Whether you are a complete beginner looking to ride your first waves in paradise, an intermediate wanting to progress to more challenging breaks, or an experienced bodyboarder looking for an introduction to Indo tube time. This will be the trip of a lifetime - no wetsuit required!

#### Bodyboarding in Bali

Bali is known as the island of the gods for good reason. Each coast is blessed with perfect reef and beach set-ups. Our daily itinerary is flexible to enable us to make the most of the varying swell and wind forecasts. It is likely we will surf most in the morning and evening when the wind is lightest and the sun is less strong.

#### Surfing in Nusa Lembongan

The island of Nusa Lembongan is 20km off the East coast of Bali, just one hours cruise on a traditional Balinese outrigger. This small island with a population of less than 4000 people boasts stunning uncrowded waves and crystal clear waters, perfect for snorkelling, jet skiing, fishing and of course incredible for bodyboarding. It’s a dream location.

#### Accommodation Padang, Padang, Bali

(23 - 29 April - 6 nights)

The first camp location in Balangan is within 10 minutes of the dream breaks of Uluwatu, Padang Padang, Impossibles, Bingin, Dreamland, and Padang Padang.

When you are not bodyboarding you can relax on one of the beautiful uncrowded local beaches, swing in a hammock in our Balinese gardens, chill out with your companions over a Bintang beer, or explore more of the island with a visit to the local temple, a fishing trip, shopping expedition, white water rafting or an outing to Ubud, Kintamani, or Tanalot.

The rooms are a mixture of dorms, twins and doubles in traditional Balinese grass bungalows.

#### Accommodation Nusa Lembongan

(29 April - 5 May - 7 nights)

Our home for 6 nights in Nusa Lembongan is beachside and traditionally Balinese with plenty of communal areas to relax in and out of the sunshine. Again there will be a mixture of dorms, twins and doubles.



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## Accommodation Kuta

(6 May - 1 night)

As our final day of bodyboarding in Nusa Lembongan comes to an end we will hop on a boat back to the mainland for the bright lights of Kuta and our final night stay in a hotel.

We will host a farewell dinner and the next day, depending on your flight schedule, there will be an opportunity to surf Kuta beach or the surrounding breaks before everyone heads off home or on to their next adventure!

## BODYBOARDING TUITION/GUIDING

Our team led by British team coach Rob Barber who will allow us to experience different breaks each day according to the conditions and your ability level.

Beginners will take their first waves on easy beach breaks with a soft sandy landing while for intermediates this is the perfect opportunity to try your first reef break under Rob's watchful eye. There will be plenty of time to improve your skills our team will be happy to provide useful tips.

For experienced bodyboarders our guides are the perfect introduction to all that Indo has to offer. Dawn to dusk you can surf as much or as little as you wish! A team of local guides will be on hand to help you get the very best from the island's conditions each day.

## EATING AND DRINKING

Breakfast is included with your accommodation every day. Evening meals are included except for the 2 nights in Nusa Lembongan when we will explore local beach restaurants.

Lunches are not included but each surf spot has its own Warung (restaurant), where we can sit down to a delicious feast for about £2 per day.

## EXTEND YOUR STAY

We are happy to help with details of other accommodation if you are staying extra days either side of the Surfari, just ask us when you book.

## FLIGHTS

The trip includes arrival and departure meetings to/from Denpasar. You will need to book your own flights, however we can advise you on flights that others are taking, the latest deals that we have discovered, and recommended booking agents.

Please check your baggage, size, number and weight allowance with your airline. Remember to check your airlines' procedure for carrying bodyboards.

## TRIP INCLUDES:

- Airport meeting and departures (Denpasar, Bali)
- 14 nights accommodation (6 nights in Belangan, 7 nights in Nusa Lembongan, 1 night in Kuta).
- Daily surf tuition and guiding tailored to your ability
- Video analysis of your bodyboarding.
- Island hopping to Nusa Lembongan
- All breakfasts
- Some evening meals
- Last night farewell party in Kuta

## PRICE AND BOOKING:

£779 per person. Early booking offers are available!!

If you have any questions about the trip or you would like to book please contact us or call 01637 879571 or 07974729639

Once you confirm that you would like to book we will email you a booking confirmation letter with all the information you need about the trip, what to bring and how to pay. Please check our terms and conditions here: [www.robbbarber.com](http://www.robbbarber.com).

## USEFUL INFORMATION

### CURRENCY

It is difficult to obtain Indonesian Rupiah outside the country. We recommend taking a debit or credit card and using cash points. Our accommodations have safety boxes for passports and cash. You will not need much cash as the trip covers most eventualities, just money for souvenirs, alcohol and lunches and 2 evening meals.

You can exchange sterling cash or traveller's cheques with Balinese money-changers. We recommend taking at least 2 bank cards in case one becomes lost or damaged.

### DOCUMENTS

It is essential that your passport has over 6 months left until it expires (from the date you return to the UK), preferably much longer, or you will be denied entry to Indonesia. A tourist visa must be purchased on entry to the country for \$25. This is valid for 30 days from entry. When entering the country you will be given an entry and exit card. Fill it in and keep it safely tucked in your passport.



If you plan to hire a car or motorcycle you will need an international driving license, which can be obtained from the AA.

It is a good idea to carry photocopies of your important documents (packed separately) and note that it is also easier to carry photocopies of relevant pages from heavy guidebooks etc. We also suggest that you scan copies of your important documents and email them to yourself.

## MEDICAL

Our brainstorm of packing essentials to get you started.

- A couple of well fitting board shorts/bikini/swimming costume
- Rash vests (long and/OR short sleeved)
- A bodyboard (or 2) with at least one stringer or a polypropelene core.( write fragile and topload on bag)
- At least one pair of well fitting flippers that can be worn with neoprene sock if required.
- Flipper savers and at least one leash for your board.
- Shortie wetsuit (optional but protects from sun and rub)
- Beach towel
- Warm water wax
- Travellers cheques/ credit debit card
- Travel itinerary
- Flight tickets
- Any medication required
- Our contact numbers
- Travel insurance documents — (Newquay Insurance offer good deals, 0845 8399325)
- Passport! (WITH A MINIMUM OF 6 MONTHS UNTIL IT EXPIRES)
- Sun Cream (high factor or block)
- Toiletries (inc Vaseline for wetsuit/board/boardies rub) and talcum powder. Place liquids in a separate sealed carrier in case of leakage.
- Blue tac/ear plugs if required.
- Bottle to carry water
- Sun hat
- flip flops

## MEDICAL CONDITIONS

Please inform us of any medical complaints/conditions prior to the trip. We will carry a first aid kit at all times but we advise that you also bring your own containing: scissors, bandages, plasters, antiseptic, sting cream, burn cream, steri-strips, Betadine, pain killers, rehydration sachets.

There is no Malaria on Bali but plenty of mosquitos at dusk. Use Mosquito coils in your room and the local repellent.

The radical change in temperature and diet affects people differently. Maintain a good water intake and a healthy diet. Carry immodium or similar in your medical kit alongside your rehydration sachets.

## TRAVEL INSURANCE

It is essential that you take out a comprehensive personal travel insurance policy. Please check with your insurer that you are covered to surf each day.

## HEALTH, SAFETY, INOCULATIONS

As you travel at your own risk it is your responsibility to be up to date on Foreign Office advisories concerning travel to the region. **You can check these here:**

<http://www.fco.gov.uk/en/travel-and-living-abroad/travel-advice-by-country/asia-oceania/indonesia1>

**Online medical advice for travellers can be found here:**





<http://www.fco.gov.uk/en/travel-and-living-abroad/travel-advice-by-country/asia-oceania/indonesia1?ta=health&pg=5>

and <http://www.doh.gov.uk>

If there are any questions we have not answered just drop us a line.

## RANDOMS

Travelling entertainment — /iPod, books, copy of ThreeSixty (!) etc.

Travel bag, locks and luggage labels.

Swiss Army knife — Ensure all sharp objects are put in your main luggage bag that is to be placed in the hull.

Alarm clock.

Camera, film/memory card and journal.

Mobile phone: change answer phone message on your mobile to say that you're away so text message if possible. Also ring up your service provider and make sure that your phone will work abroad (if you require it).

Pack a couple of bin bags. Often not available in foreign countries, they're handy for transporting wet gear around or protecting your dry kit from the rain.

## FINALLY!

**CHECKLIST** The next thing to do is choose the week/s that you want to spend with us, print out this email, then:

- Arrange your booking by calling or emailing Rob (to check availability),
- Check out Flight prices (booking early means cheaper flights!)
- Read our terms and conditions of booking: [http://www.robbarber.com/coaching\\_holidays-terms.html](http://www.robbarber.com/coaching_holidays-terms.html)
- Pay your deposit or the whole amount in order to reserve your place.

**When you have the relevant info you should then forward:**

- Completed enrolment form.
- Completed flight details form.

## PLEASE POST TO:

Rob Barber, Orca Publications, Berry Road Studios, Berry road, Newquay, Cornwall, TR7 1AT.

Email: [Rob@orcasurf.co.uk](mailto:Rob@orcasurf.co.uk) Mobile: 07974729639. Feel free to contact me with any questions.

Catch up with you soon!

Regards

Rob

ROB BARBER, Manager

ROB BARBER'S Surf and Bodyboarding Coaching Ltd.

**Please check out the info below and follow the instructions to book up.**

(Our terms and conditions of booking are here: [www.robbarber.com/coaching\\_holidays-terms.html](http://www.robbarber.com/coaching_holidays-terms.html).)