

OS Bali Handbook

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WHAT IS THIS THING?

The OS (Oh Sh#!) Bali Handbook is an online resource to support Green School families, teachers and staff who have stayed in Bali during the coronavirus pandemic. It is a repository of concise information and a helpful guide for planning and preparing. Much of this information is already floating around the online ether (WhatsApp, Facebook, and so on), so we're not trying to reinvent the wheel. This is simply an effort to consolidate, clarify, and easily share what already exists. It is not intended to be legal advice and each family must make decisions that are best for them, based on information from multiple sources.

The OS Bali Handbook is a dynamic document, which will be regularly updated to ensure it's as accurate as it can possibly be. If something appears out-of-date, incomplete, incorrect, or downright missing please send a direct WhatsApp message to Charlie Scott (+1 416 909 6465). It's highly recommended that you save a PDF version of the OS Bali Handbook to your phone or other device every week or so. That way you'll be able to access it even if the wifi conks out. Numbers listed in this Handbook are typically WhatsApp numbers, but often double as phone numbers too.

While the OS Handbook was created with the Green School community in mind, please feel free to share it with anyone who may find it helpful.

Three Key Things

We're in the middle of a weird, overwhelming, unpredictable, confusing, and yes, unprecedented situation. It seems like nothing is certain and it's hard to know what to do. But we can be fairly sure these three things are worth doing:

1. **Keep your balance**

We all reserve the right to periodically panic, freak out, or get a little down. That's normal. But it's not ultimately that helpful. Do whatever you need to do to stay healthy and relaxed, patient and positive. Go for a swim, meditate, binge-watch Netflix, talk to a friend (or stranger), whatever works for you.

2. **Think of others**

You are not in this alone. There are over 135 Green School families still in Bali; an extraordinary collection of capable, compassionate, characterful people. Turn to them with your offers of support or calls for help. As importantly, remember that we're guests on this magical island of millions. The people of Bali deserve our respect, appreciation, and support. Be mindful of the more vulnerable in our community: the single parents with young kids; those further from home; those newer to Bali; those in local villages less used to tourists; those with language

barriers; those who may have been less integrated in our community social activities. Reach out.

3. **Plan & prepare**—If you have a plan you can always change it. But if you haven't bothered to think ahead then, well, sooner or later you're going to wish you had. Take the time to plan and prepare for as many scenarios as you can—the good, the bad, and the ugly.

Eagle-Eyes, Nit-Pickers & Know-it-Alls

You are welcome here. This Handbook is truly a community effort—a reflection of our collective knowledge and the contributions of many. It needs your eyeballs and ideas to stay accurate and relevant. Spot a spelling mitsake? Hyperlinks not linking? Is there a number or description that's inaccurate or unhelpful? Useful information missing? Flaw in the formatting? Please let us know (WhatsApp: +1 416 909 6465 or Email: charlie@ditoui.com) and we'll consider updating the Handbook accordingly. Just one request—please keep your comments constructive.

Eagle-eyes, nit-pickers, and know-it-alls are welcome. But moaners, groaners, and complainers are not. Thank you.

COMMUNICATION

WhatsApp

There is a dedicated WhatsApp group (**OS Bali**) for GS families, teachers, and staff who are still in Bali. This is the primary way for the group to communicate need-to-know information and updates on a daily basis. It is not a forum for chit chat or humour (there are lots of other groups for that). Please ensure anything you post to OS Bali is clear, concise, factual and relevant.

Google Docs & Maps

There are two online reference documents:

- **OS Bali Family List**—a regularly updated list of everyone who's still in Bali
- **OS Bali Map**—a Google map which shows where people live

Both of these are Google documents, so you'll need an invitation in order to access them and a Gmail address to access the map. This ensures they stay private and are not viewable to the general public. These documents are 'view' only. To request an invite or edits please send a WhatsApp message to Charlie Scott (+1 416 909 6465).

Facebook

There is no OS Bali Facebook page. The fewer the channels the better.

Google Translate

The excellent [Google Translate](#) site is an easy and effective way to translate foreign language documents. The process is very easy. Save the document as a picture in your gallery. Then use Google Translate to translate into whatever language you want. You can either choose to translate every word in the picture or highlight only the section you want to translate. Don't forget to select *from* what language you want to translate as well as the language you want the document translated *into*.

No Electricity = No Wifi

If you should happen to lose electricity or internet access, remember that online documents will not be accessible. Any critical documents should be printed, or at least saved to a device as a PDF.

Mobile Phones

Now, more than ever, your mobile phone is a key piece of kit. Remember what an indispensable tool it is and treat it accordingly. A few tips:

- **Keep it safe**
Phones can get lost or stolen anytime, anywhere. At times like this it's extra important to keep it close and treat it carefully.
- **Keep it charged**
Anytime you're near a charger, plug the phone in. Better still, invest in a portable charger.
- **Keep it topped up**
Many data and calling plans expire after 30 days. You don't want to get caught out, so set reminders for yourself and keep it well stocked with data.

International News

There are endless great sources for international news. A few recommendations for reliable information:

- [The Guardian](#)
UK news source with excellent international coverage. Their mobile app is both excellent and free (but take note that your donations will help them maintain high standards of journalism).
- [Quartz](#)
Online outlet for global news. Original reporting and aggregation of top stories from other media sources. They too have an excellent app and several daily e-newsletters, including one exclusively for coronavirus coverage.

Local News

Accurate local news is harder to come by and often requires translation. While it has not always been the case, there is press freedom in Indonesia. But, like anywhere, it doesn't always mean that what you read is factual and correct. Google Translate has a function which lets you upload a picture of, say, a government declaration, and it will scan and translate the content. Pretty nifty. Some local resources:

- [Kompas](#) is Indonesia's largest national Bahasa Indonesian newspaper
- [Antara](#) is the official government-owned media channel, but again it is in Indonesian
- The largest English-language news sources are the [Jakarta Post](#) and the [Jakarta Globe](#)

- There are other sources that have temporarily removed paywalls, such as [Coconuts Media](#) (Asia wide)
- If radio is your thing, Wikipedia refers to Global FM Bali based in Denpasar
- [The Indonesian Ministry of Foreign Affairs](#)
- [The Indonesian Ministry of Health](#)

FOOD & WATER

Drinking Water

Ensure you have enough drinking water for at least two weeks (ideally **one month or more**). One option is to stock up on jumbo water bottles. A better option is to buy a Nazava brand water filtration system, which uses simple and very effective replaceable ceramic filters. There are several Nazava models of varying sizes, almost all of which are independent systems (i.e. *not* connected to your sink). Their standalone systems have two stacking plastic water reservoirs. Fill the top reservoir with tap water (yes, for real), water flows slowly through the ceramic filter into the bottom reservoir which has a small faucet. Super simple, very effective. The Nazava Riam model (approx. cost 600 000 IDR) is ideal for a family of 2-6 people. Nazava water filtration systems are available at Bali Buda stores or they can be ordered directly from Jeroen van Overbeek (WA: +62 812 36772842) at [Social Impakt](#), the local dealer, and delivered to your home. Your filter will likely be getting a lot more use than normal, so remember to clean it weekly. Nazava filters last a ridiculously long time (up to 3 years and 7000 litres of water, depending on source water quality), but it's always good to have a back-up filter.

Food Supply at Home

It's highly recommended that you have enough food at home to be entirely self-sufficient for a minimum of two weeks—a **one month supply** is ideal. Stores and restaurants may be closed at any time and supply levels are totally unpredictable. Every family has different tastes so there's no definitive list of items. Whatever your shopping list looks like, you'll want to include the following:

- **Rice**
- **Pasta**
- **Dry beans & pulses**
- **Dry fruit & berries**
- **Salt**
- **Tomato sauce**
- **Stock for soups & sauces** (frozen or dry cubes, powder, whatever)
- **UHT Milk** (does not require refrigeration)
- **Olive oil**
- **Tinned tuna**
- **Coffee & tea**
- **Cereals & granola**
- **Gummy bears** (those little devils are packed with Vitamin-G)

Grocery Delivery

Below is a list of places that deliver top notch fruit, vegetables, and dry goods. Scroll down to the next section for a list of restaurants that deliver prepared food.

- [Bali Direct](#)
Organic, fresh and packaged food delivery. Bali's online whole foods store and home delivery service that brings the best groceries, organic greens and natural health products from local producers to your doorstep.
- [Island Organics](#)
Clean, freshly delivery locally grown organic vegetables and free range eggs
- [Bali Buda](#)
Healthy, organic food. Several locations around Bali. Delivery available direct & through GoJek.
- [Zero Waste](#) (+62 878 6230 5959)
Bali's first bulk food store, provides organic and non-organic food products as well as eco friendly products that are unpackaged and plastic free. Delivery through GoJek possible, pre-order online. Two locations (Ubud & Kerobokan).
- [Alive Wholefoods](#)
Local healthy grocery store in Canggu. As of March 23, 2022 they have reduced hours and are limiting in-person shopping. However, pick up and delivery orders can be arranged (direct or through GoJek)
- [Temuku Pupuan](#)
Organic farm that delivers baskets of seasonal vegetables to your door (Ubud & South Bali, three times per week—Mon, Wed & Fri).
- [Bali Jiwa](#)
Wide range of organic and natural products. Fresh produce, pantry products, dairy, meat, and eggs. Good source for grains and pulses. Order on their website before 3:00 pm for delivery the next day.
- [Baked](#) (+62 813 3821 3519)
Fantastic bakery in Canggu. Delivery direct or GoJek.
- [Starter Lab](#) (+62 812 3829 0930)
Regarded by many as one of the best bakeries in Bali. Across the street from Samadi Market. At present, they are baking limited amounts for pickup only. To order, send them a WhatsApp message with:
 1. Name
 2. Email
 3. Order (country, seeded, rosemary, danish rye, or baguette only)
 4. Pickup date
 5. Choose bank transfer (BCA) or credit card via PayPal
 6. They will confirm order by email
 7. Send screenshot of payment

8. Pickup only during designated times (10-12 pm & 2-4 pm)

- [Farine Sourdough Bali](#) (+62 821 4692 929)
Outstanding sourdough bread and other excellent baked goods, including bagels and English muffins. GoShop or pick-up.
- [Bali Sustainable Seafood](#) (+62 821 4500 6002)
Wild caught and harvested fish & seafood using low-impact sustainable methods. Bali Sustainable Seafood works with local fisherman and ethical small-scale fisheries around Indonesia. Order direct from their website for home delivery.
- [Gioia Cheese](#) (+62 877 0103 6668)
Ethical and responsible Indonesian cheese company started by two Italians. Great selection of handmade organic soft and hard cheeses, including a burrata that's so good it'll make you weep. Seriously delicious. Delivery available through GoFood (look for 'KM0 Kerobokan', their partner boutique in Berawa). Ask about special packages (i.e. a whack of cheeses for 500k) they may have on offer.
- **8 Degrees Artisan Cheese** (+62 812 4606 5746)
Artisanal cheeses (specialize in Persian and feta) and yoghurts, handmade in Bali using milk from grass-fed single-herd cows. No additives, no hormones, and no antibiotics—just heaps of healthy and delicious flavour. Free delivery for orders over 200 000 IDR. This business is owned by GS parent, Lisa Steny.
- **Gelato Experience** (+62 812 3786 9291)
Delicious gelato (cups and sticks), free delivery.
- [Wow Booze](#)
Online bottle shop selling quality wines, spirits and beer. 24/7 delivery service almost everywhere in Bali. Bank transfer only. Let the self-medicating begin.
- **Mukesh** (+62 815 5873 4889)
Supplies Indian Groceries (lentils, beans, flour, spices & rice)
- **Ketut the Coconut King** (+62 813 3760 3586)
Fresh coconut delivery. 10k normal, 15k cold. Ubud only.
- [Hungry Bird Coffee Roasters](#) (+62 898 6191 008)
Coffee Bean delivery
- **Bali Raspberry** (+62 813 3859 9889)
Fresh local raspberries delivered to your door. Yum-my. Delivery to Ubud 1-2 times a week, 3 times a week to Canggu.
- [Be Chocolat](#) (+62 822 3741 4584)
Top notch chocolates. Adored by many in the GS community.

Restaurants for Pick-up & Delivery

Some restaurants have temporarily closed, but many are still open and many of them deliver—either directly or through GoFood (one of the features on the [GoJek](#) app) or Grab Food. Keep in mind that whilst the kitchen at your favourite restaurant may be following great hygiene practices, your delivery driver may not have the same awareness. Be mindful of

packaging, using your own utensils, safely transferring food, and avoid using cash. Check Instagram for full menus and updates. For many it's ideal to pre-order via WhatsApp.

- **Multiple Locations**
 - [Monsieur Spoon](#)
 - [Bali Buda](#)
Full menu. Delicious roast chicken meal w/ sides serves 4 people 319k (order 24 hrs in advance). Direct & Gojek.

- **Canggu**
 - [Milk & Madu](#) (+62 851 0278 1872)
Much loved Berawa restaurant. Selection of delicious, healthy food. And seriously *yummazing* pizza. Takeaway, direct order & GoJek.
 - [Ji](#) (+62 812 3965 2695)
Japanese and Asian fusion. 20% off for GoJek orders
 - [Cibo](#) (+62 812 3671 5490)
Deli, sandwiches, fresh pasta. Direct & Gojek.
 - [Living Food Lab](#) (+62 811 3801 958)
Juices, meal packages, full menu. Direct & GoJek.
 - [Alma Tapas Bar](#) (+62 819 9910 5888)
Spanish. Direct & GoJek.
 - [Synkonoah](#) (+62 812 3794 3389)
Full menu, plus Sunday roasts for 150k, bottles of wine. Direct & GoJek.
 - [Souq Organic Cafe](#) (+62 822 3780 1817)
Pot pies, sandwiches, quiche, organic meat
 - [Mason](#) (+62 857 9250 5028)
Higher end Western-style restaurant. GoJek.
 - [Go Vegan Bali](#)
 - **Shady Shack**
Healthy salads and assorted dishes. GoJek
 - **Pescado**
40% off for GoJek orders
 - **Island Wok & Island Bagels**
Take away & GoJek
 - [Lacalita](#)
Muy bueno Mexican. Direct delivery & GoJek.
 - [Copenhagen Bakery](#)
Heavenly cinnamon buns and flaxseed buns. Direct order & take-away.
 - [Rise & Shine](#)
GoJek
 - [Betelnut](#)
GoJek
 - **Ninie's Kitchen** (+62 821 4401 4777)

Private kitchen, not a restaurant. Scrumptious baked goods, curries, and other dishes. Menus available on Instagram ([Baking](#) & [Meals](#))

- [Tacos Aqui](#) (+62 877 5550 6173)
Tacos and burrito restaurant in Umalas. Pick-up & direct delivery.
- [Cafe Couscous](#)
Moroccan-inspired vegetarian. Takeaway, direct delivery & GoJek.
- [Via Emilia](#)
Artisan Italian kitchen. Known for their high-quality handmade pasta and sauces.
- [Cafe Vida](#)
Organic restaurant. Direct delivery & GoJek.
- [Motion Cafe](#) (+62 811 399 9411)
Healthy, delicious food. Direct delivery & GoJek.

- **Ubud**
 - [Honeymoon Bakery](#)
Sourdough & bakery
 - [Mother](#) (Nyuh Kuning)
Full menu as of Apr 3
 - [Sage Vegetarian](#) (Nyuh Kuning)
 - [Cilantro Tacos](#) (outside Nyuh Kuning)
Delivery & take-away
 - [Pizza Bagus](#)
 - [Alchemy](#)
Raw, vegan, organic. Take-away.
 - [Kebun Bistro](#)
French. Take-away.
 - [Casa Luna](#)
 - [Lacasita](#)
Mexican
 - [Seniman Coffee](#)
One of Bali's best sources for coffee. Excellent pastries and sandwiches too.
Direct delivery.
 - [Habitat](#)
Special delivery menu
 - [Cloud Nine](#)
Korean
 - [Bella by Sage](#)
Vegan Italian

Grocery Stores

- [Pepitos](#)

Bali's largest premium grocery store chain. Locations all over the place. Currently open, well supplied, and operating as usual.

- **[Frestive](#)**
Smaller chain, similar to Pepitos. Several locations (usually a banana throw from a Pepitos). Currently open, well supplied, and operating as usual.
- **[Canggu Station](#)**
Excellent small food store in Berawa (near Finn's Recreation Club in Berawa). High quality, and surprisingly diverse, selection of dry goods, fruit & vegetables, cheeses, fresh & frozen meats and fish.
- **[Tiara Gatsu](#)**
Probably the largest grocery store in the Canggu area. Popular with locals. Not as fancy as the ones listed above, but a good selection of everything and generally a bit less expensive than Pepitos. A good place to buy basics in larger quantities. Quite a good homewares section upstairs as well.
- **[Bintang Supermarket](#)**
Big supermarket in Ubud.

HEALTH & HAPPINESS

Start by Staying Healthy

This is not a good time to be injured or ill—not with Covid-19, not with a broken ankle, not with anything. Hospitals and clinics may become overwhelmed, medical supplies could run low, and let's be honest, healthcare in Bali isn't world class at the best of times. So, do everything you can to stay healthy and stay away from hospitals. Some easy breezy tips:

- Get a lot of sleep
- Drink tons of water
- Eat well
- Be extra careful on your scooter
- Step up mosquito bite protection (to avoid Dengue)
- Avoid activities that carry a moderate or high risk of injury
- Don't do anything stupid

Wobble Zone

We are living through an intense, fast-changing, hugely unpredictable period. Everything is going to be fine, but some days it can all be too much. At some point, or many points, you are bound to wobble. When you feel yourself getting knocked off balance pick up the phone and connect with someone you trust and feel comfortable with. Share your wobble with them and let them help you find your feet again. While you can, and should, be sharing your thoughts openly and regularly with your family members, it's equally important to check in with friends outside your immediate family circle.

Information & Perspective

There is a lot of information out there—a firehose of email updates, WhatsApp messages, Facebook posts, and assorted media. It's too much to swallow. And yet, we are all thirsting for information that is clear, concise, factual, and relevant. Below are some suggested sources for health-related information and perspective:

- [World Health Organization \(WHO\)](#)
Lots of great Covid-19 related advice for the public.
- [Center for Disease Control \(CDC\)](#)
Detailed planning guide to prepare for Covid-19 outbreaks.
- [Bali Province Covid-19](#)

Government website launched by the Province of Bali. It provides information about Covid-19, including up-to-date stats on the number of cases in Bali. Some sections in English, others not.

- [Bali.com](#)
Excellent website with lots of Coronavirus related information, including emergency numbers, current travel restrictions, and links to other informative websites.
- [Indonesian Ministry of Health](#)
National site with official numbers, updated daily. The site is in Bahasa Indonesian so it can be hard to navigate and understand if you don't speak the language. The 'Corona Virus Update' section has detailed numbers by province.
- [Dr. James Maskalyk](#)
Toronto-based emergency medicine and trauma physician, accomplished author, and truly extraordinary human. Listen to his daily Facebook Live discussions for candid commentary from the frontlines.
- Helpful [article](#) about self-treating mild cases of Covid-19 at home
- [Covid Visualizer](#)
Interactive global map that shows the updated count of Covid-19 cases in every country. Works well on both mobile phones and computers.
- [NHS](#)
Lots of great information from the UK's National Health Service, including [top tips](#) to help if you're worried about coronavirus.

Hospitals in Bali (Covid-19)

As of March 24, 2020, the Bali government designated the following hospitals to handle Covid-19 cases:

- Sanglah General Hospital (Denpasar)
- Sanjiwani Gianyar Hospital (Gianyar regency)
- Tabanan General Hospital (Tabanan regency)
- Buleleng Regional General Hospital (Buleleng regency)
- Wangaya General Hospital (Denpasar)
- Bali Mandara Hospital (Denpasar)
- Mangusada Regional Hospital (Badung regency)
- Udayana University Hospital (Badung regency)
- Negara General Hospital (Jembrana regency)
- Klungkung Regional General Hospital (Klungkung regency)
- Pratama Giri Emas Hospital (Buleleng regency)

Hospitals in Bali (General)

For treatment that is *not* related to Covid-19 consider the following hospitals:

- [Siloam Hospitals Denpasar](#)
Siloam Hospitals operates several hospitals and clinics in Indonesia. Their largest facility in Bali, Siloam Hospitals Denpasar (on Sunset Rd in Kuta), is a 104-bed hospital fully equipped for medical emergencies and trauma. They serve both the local and international community. In the past, this hospital has been a popular choice for GS families.

Local Doctors

- **Dr. Angga** (+62 856 3998 227)
General physician, well-regarded by many GS families. He does house calls, including blood tests.
- **Dr. Ristie** (62 812 3838 570)
General physician
- **Dr. Made** (+62 813 3855 0770)
General physician for house calls, good for IV drips

Remote Medical Consultation

- **Dr. Changa** (+44 7418 466336)
A former GS parent, Dr. Changa Kurukulratne now lives and practices family medicine in Sri Lanka. Although you cannot meet with him in person, Dr. Changa offers a fee-based remote medical consultation service that is used, and highly respected, by many current GS families. As a specialist in infectious diseases, internal medicine, and tropical medicine, Dr. Changa's relevant experience and gracious manner make him a superb resource. Whether it's to ask about an unusual skin rash or involve him as an extra layer of outside expertise when receiving treatment locally, his consultation service brings peace of mind to worrisome medical situations. There are two ways to work with Dr. Changa:
 - \$100 USD/month (6-month minimum)—This is basically like having a private doctor on 24/7 speed dial. With this service you can reach out to him anytime about any medical issue for you or your family.
 - \$180 USD single issue consultation—This service provides you with access to Dr. Changa for a single, specific medical issue. For example, if you're bitten by a spider and it gets nasty, you'd be able to turn to Dr. Changa for advice and guidance for the time it takes to get the issue resolved.

Dentist

- **Dr. Suscripto** (+62 813 3846 6585)
- [ARC Dental Clinic](#)

Wellbeing & Alternative Medicine

- **Dr. Tjok Gede** (+62 815 5806 6997)
Health scientist and homeopathic physician based in Ubud. His clinic is still open and able to serve the community either face-to-face or by video call. Most of his work is through homeopathic and herbal medicines. His website is www.tirtausada.com (includes relevant recent articles). He recently posted this [video](#) which has some helpful guidance and information.
- **Dr. Peggy Marienfeld** at [Bali Healing](#)
Highly regarded natural healthcare centre on Batu Bolong near Old Man's Beach. Wide range of services, including naturopathy, live blood tests, allergy testing & treatment, traditional Chinese medicine. Online consultation available.
- **Andy** (+62 812 3826 3166)
Acupuncture, herbal medicine, osteopath. Based in Canggu, but often in Ubud.
- **Dr. Bobbi** (+62 812 4652 3817)
Acupuncture. Very experienced and established in Bali. Based in Ubud.
- **Rachel** (+62 812 3831 6586)
Osteopath
- **Natalie** (+62 878 6142 4744)
Osteopath
- **Zhanna Mikinberg** (+1 646 361 9646)
Acupuncture, reiki, and clinical hypnotherapy. GS parent.
- **Tunjung** (+62 813 3888 5287)
Balinese healer who does energy work
- **Miki Massey** (+62 877 0154 7214)
Reiki healing treatments and distance reiki. Reiki is a Japanese healing and balancing modality where universal life force energy is transferred from the palm of the practitioner into the client to restore physical, mental and emotional balance. The Reiki energy does not act on the body, the clients' natural healing process will use the Reiki to recalibrate and heal itself.
- **15 Fit**
This boutique fitness studio in Umalas is no longer offering group classes. However, owners Peter and Yvette Manuel have come up with Covid-19-friendly creative fitness solutions including one-on-one private training and solo workout circuits in their studio, home equipment rental (spin bikes, TRX units, weight sets), and online spinning videos.
- **Blessed Yoga**
Online yoga classes. 39 GBP/mo for unlimited monthly yoga classes (96 classes per month).

Natural Homemade Antibiotic

Fancy making your own remedy? This recipe is based on ingredients and techniques shared by [You Healing](#) and ethnobotanist [Dale Millard](#). Use it as a daily immune booster, or anytime you're feeling feeble. If you're feeling well, consume ½ tsp a day. If unwell, consume 1-3 tbsp, 3-5 times a day until you feel well again.

- 700ml (24oz) apple cider vinegar
 - ¼ cup finely chopped onion
 - ¼ cup finely chopped garlic
 - 2 fresh green chilis, or whatever gentle chilis you have around
 - ¼ cup peeled & grated ginger root
 - 2 tbsp grated, fresh horseradish
 - 2 tbsp turmeric, peeled & finely chopped
1. Mix all ingredients in a glass container
 2. On day two, strain the chopped materials out of the mixture
 3. Store in the fridge for up to two weeks

GS Mommas & The Magical Brazilians

GS parents Carol Da Riva, Paolo Martis, and alumni parent Pauline O'Brien have been working with herbal medicine gurus from Brazil, Indio and Mauricio, to prepare various plant-based tinctures and tonics. These remedies can help with everything from boosting the immune system to treating Covid-like symptoms (i.e. coughing, fever, lung inflammation). Contact Carol Da Riva (+62 813 5368 0783) for details.

Home First Aid Kit

It's always a good idea to have a basic first aid kit at home—doubly so at a time like this. A list of suggestions:

ITEM	USE
Acetaminophen/Paracetamol (i.e. Tylenol Extra Strength)	Fever & pain
Ibuprofen/Neurofen	Fever & pain. NOTE: Current advice suggests AVOID in suspected COVID-19 cases
Hydrogen Peroxide	Wound disinfection

Benadryl Antihistamine	Allergies, allergic reactions
Lumbria	Dengue, Typhoid, fever
Bactoderm Cream	Topical antibiotic
Arnica Cream	Topical cream for bruises
Sterile water	Wound cleaning
Iodine	Wound disinfection
Bandages	Assorted sizes
Cough syrup	
Digital In-Ear Thermometer	To measure fevers (normal temperature is less than 37.5 C)
Pulse Oximeter	A finger device that records blood oxygen percentage (normal is above 97% in a healthy child/adult)

Other Resources & Things to Think About

- **Prescription medication**—Ensure you have enough for a minimum of 6 months. Order more (or arrange shipping from abroad) if needs be.
- **Rehydration**—If someone does get sick it’s extra important to keep them well hydrated. Rehydration powder, Pocari Sweat, and coconut water, are all easy items to stock at home.
- **Asthma Inhalers**—It has been suggested by some medical experts that small, handheld pump inhalers (often prescribed to people with asthma) are a simple and effective way to temporarily alleviate moderate breathing difficulty associated with Covid-19. Other medical experts strongly advise against the use of inhalers, unless you’ve been specifically prescribed one by a doctor. Some members of the GS community have such inhalers. Let’s leave it at that.
- **Hand sanitizer**—Make sure you have lots on hand, so to speak. A few great sources:
 - [Bali Balance](#) has a high quality hand sanitizer (265 ml for 200k IDR), which can be purchased (small quantities or bulk) and delivered through GoShop. For maximum impact buy sanitiser with 70% Ethanol content or greater.
 - [Bodhi Tree Essentials](#) produces natural soaps and hand sanitizer spray. This local business is owned by GS parent, Diana Halim.

- **Face masks**—Ibu Wayan (+62 819 1646 5396) is making washable cotton face masks (20k IDR/each). Contact her directly to order and arrange pick up or delivery.
- **Medical Equipment Supplies**—[Sanidata](#) is Bali's leading medical supply company. Good resource for hand sanitizer, medical equipment, and medical oxygen. Pre-order by email or WA.

THIS & THAT

Supporting Bali

What can you do for Bali? Ask yourself that question every day and see what sort of creative, compassionate action you can take. The size of the gesture doesn't matter. When things are difficult, and they are going to be exceptionally difficult for many in Bali, any and everything you can do to help is going to have a positive impact. Bali has given us all so much to be thankful for. It has spoiled us all rotten. It deserves our thoughtfulness, our care, and our unflinching generosity. Some things you can easily do to help Bali:

- Be aware and sensitive to the situation. Respect the wishes of local authorities (i.e. if they say the beaches are closed don't go for a walk on the beach) and consider how your behaviour and actions may be perceived.
- Keep paying your staff (driver, housekeeper, gardener, and so on) whether they're working full-time, part-time, or not at all
- Keep supporting local businesses. They need you. And frankly, you need them.
- Ask around and see who needs help. Maybe your local banjar has started a local food bank you can support. Maybe you can pick up some extra groceries for your neighbour. Don't wait for someone to ask you. Ask them.
- Tip lavishly
- Wear a face mask and keep a safe distance from people when you're out and about
- Check in regularly with your staff to see if they need help (i.e. blood tests, medicine, food)
- Donate to [BAWA](#) (Bali Animal Welfare Association), a remarkable organization that provides care and support for rescue animals—dogs, in particular. The sudden departure of so many foreigners and the strained economic situation has led to a dramatic rise in animals in desperate need of care and food.
- Provide staff (and anyone you'd like to help) with hand sanitizer, face masks, and Vitamin C
- Keep smiling. It's so simple, smiles generate smiles. Sure, you'll probably never be as good at smiling as the Balinese, but you can try.

Go, GoJek, Go!

It's almost like GoJek's delivery and transportation service was purpose-built for a situation like this. Whatever you need to move (a person, a package, a bagel), GoJek is the dreamy answer to your coronavirus nightmares. Their most popular services in a nutshell (all found on the same GoJek app):

- **GoRide & GoCar**—Moving people by scooter and car
- **GoSend & GoBox**—Moving packages big and small
- **GoFood**—Restaurant food delivery
- **GoMed**—Buy medicines, vitamins, etc. from licensed pharmacies
- **GoShop**—Yes, they'll basically go shopping almost anywhere for you
- And the list goes on. See their [website](#) or app.

Visas

The visa situation is generally murky and constantly evolving. Do not assume anything you hear is 100% correct or will be implemented as written. It's best to consult with as many reliable sources as possible before taking any action (or inaction).

For those families who do not currently use Ganesha Legal Service (visa@ganeshabaliconsulting.com) located at Green School, you may find that they are able to offer additional support in the days ahead. Their exceptional team is working flat-out to help and meet regularly with the head of Immigration in Denpasar.

We do need to be mindful that in a world where countries are locking borders to citizens, we are still guests in Indonesia. No matter how much we contribute to the economy, how long we have been here, whether we have a multi-entry or not, this is not likely to be a factor in decision making. Resist the temptation to debate the logic of any decision as even the concept of logic differs from culture to culture. The advice of longer term families is that if you are not getting the outcome, engage an Indonesian in a position of influence to manage the communications for you. This is where Ganesha can help.

As of this time (see version date on front page of this Handbook) this is what *appears* to be the current visa situation:

- Indonesia has recently developed an immigration policy which grants an Automatic Stay Permit Extension for foreigners who cannot return to their country due to the COVID-19. As of this time, it is unclear if those who arrived before February 5, 2020 will be treated in the same way as those who arrived after. According to the notification posted by Immigration (aka *Imigrasi*):
 - Applicants do not need to come to the immigration office to apply
 - There are no fines
 - The emergency stay permit is free of charge
- Visas On Arrival (VOA) are no longer available for foreigners arriving in Indonesia
- In theory, it is still possible to apply for a visa at an Indonesian embassy or consulate outside of Indonesia. However, many Indonesian embassies are reportedly closed or difficult to contact. In other words, don't count on this as a viable option.

- They will only let you into the country if you have a Kitas
- Remember that even if you obtain a visa to enter, you may face barriers boarding in your home country, particularly if there are travel bans in place

Internal Travel

Notwithstanding that we should all be staying still, the Indonesian government is currently drafting a regulation that will enable provincial lockdowns. Moreover, some provinces have been applying their own lockdown rules already. We are hearing reports of ports being closed, boats not allowed to dock, police turning back tourists who arrive on planes, and more. You may find that even though you may be able to get somewhere, you might not be able to get back, especially if the whole of Indonesia imposes restrictions on movement.

Money

In uncertain times there's nothing quite like cash. Expect ATMs and banks to be unreliable. ATMs can easily run out of cash, bank cards can get lost or damaged, and banks may limit the amount you can access (or may periodically close altogether). It's strongly advised that you have the IDR equivalent of at least \$1000 USD in cash, at home. The more the merrier. It's not going to rot or grow stale. It should go without saying that you'll want to keep it somewhere exceptionally safe, perhaps in 2-3 different locations around the house. Banks in Indonesia are secured by a government guarantee of your deposits, so there is no need to go withdrawing all of your money, but it makes sense to have enough for an extended emergency. We also know that cash is a source of virus transmission, so wash your hands after you use it.

HOUSING

Know Your House

How well do you know your house? Can you find the electrical panel and circuit breaker? Do you know where the wifi box is? How does the electricity get paid? Do you have a generator? Where does the garbage go? Many of us have been spoiled by a level of domestic help to the point that we've probably become a little oblivious to the way our houses actually operate. Now is the time to pay attention and get to know your house.

Domestic Help

In the interest of minimizing social contact and limiting the spread of infection, it is strongly recommended that you do not have any domestic help in your house for the time being. It's not fair to anyone. What is fair, and is also strongly recommended, is that you continue to pay your staff their full salary. It's vital that we continue to support the community that so graciously supports us. As for domestic help who do not enter interior living spaces (i.e. pool keeper, gardener), it should be fine for them to continue working as normal. But please use your good judgement and make their health a top priority.

Wifi

Ensure your wifi is working well and come up with a plan if it happens to stop working. Tethering to mobile phones is one easy solution, at least on a temporary basis.

Electricity

There's a strong possibility someone has graciously been coordinating your electricity payments for you. Now that you're at the helm of your home, make sure you know how the pulsa (aka pre-paid credit) electricity top ups work. It can be purchased in mini marts as well as online. You will need to know the name of the account holder as well as the meter number.

Where is the meter located? If there are multiple meters, which ones are attached to which services (i.e. water pump)? Whenever possible, pre pay for extra electricity in advance in case you can't do it later. Consider purchasing a small solar panel charger enough to charge a phone), in case you lose power.

Gas

If you have a gas cooktop or hot water it's a good idea to buy a spare gas tank. Or at the very least, know where to get one if it runs out. If you cook off electric, consider purchasing a small camping gas burner and spare fuel canisters. A small BBQ is another prudent (and delicious) purchase. If your house has a generator, fill it up with fuel and make sure it works.

Water Supply

Don't overlook the critical importance of drinking water. Understand where your home water comes from. Are you on town water? Do you have a well? Do you have a gravity fed tank so you are not relying on electricity to pump the water to your tap every time you turn it on? See the 'Food & Water' section above for specific recommendations on a water filtration system. As a back-up, back-up plan it's not a crazy idea to think of how you could gather and store rainwater at home. It could be as simple as buying an extra large plastic bin and placing it near the roof downspout.

House Sharing

Consider that circumstances may arise whereby sharing one residence with another family (or two) may boost morale as well as help with day-to-day life and security. Discuss options with friends well in advance and honestly address concerns and considerations.

Checklist of Essential Items

- Candles
- Matches/lighter
- Flashlight
- Water container

SAFETY & SECURITY

Know Your Neighbourhood

If you don't already, now would be a very good time to get to know your neighbourhood. The people and places immediately around you are going to be more important than ever. Spend a few hours understanding where you live. At a minimum, you should be able to answer these questions:

- What's my address?
- Who are my neighbours?
- How do I contact them in an emergency? How do they contact me?
- Where is the nearest medical clinic?
- What are the various roads that will take me to/from my house?
- What are the nearest places to buy food?

Register With Your Banjar

Your local banjar is a critically important part of Balinese social fabric. It's a very good idea to register with them, so they know you're there. Either approach them directly or ask your landlord for help.

There are two banjar heads, or *Kelian* (pronounced 'klian') in each village. One is responsible for administrative matters and the other for religious matters. They tend to play a very active role in the community and like to know who is in the village at any given time. It's always a good idea to make contact with your banjar and introduce yourself when you move into a village. If you haven't already done that, now would be a good time. Some of our families are being proactive with their banjar heads and sharing information, purchasing supplies (i.e. cleaning alcohol and sanitisers). It's certainly not a requirement but small gestures help build relationships.

You should also ensure that you have the phone number of your local *Pecelang* (village security). There is no central police 911 or 000 in Bali and while there are tourist police, you'll probably find the Pecelang more immediate and effective.

Register With Local Police

Technically, it's a requirement that visitors to Bali register with their local police station. You may be able to do this online, and there may be a small fee payable. You are usually registered for the duration of your visa, so you may need to do it regularly if you don't have a kitas.

Mind Your Valuables

Bali is typically such a safe place that it's easy to get cavalier about leaving valuables lying around. Computers, phones, cash, jewelry, passports—take constant care to keep such small and valuable items stored safely, especially if your house is open-sided or remote. This is *not* a suggestion that petty theft will suddenly spike. But it is a reminder to be more vigilant about safeguarding your valuables.

Private Security

How you feel about security in the home is a personal thing. Some homes may already employ private security guards or night watchmen. Others live in family compounds where visitors would need to pass by homeowners, so security requirements are a lot less. If you are leaving your home unattended for an unknown period, it would be wise to think about the arrangements you put in place, especially if you are returning or have not officially handed your villa back to your landlord. Do you have security cameras? Can you pay a staff member to come check it regularly for you? Can you have a friend come and stay? Empty expat villas are a target at the best of times, even more so when communities are pushed further into disadvantage.

CCTV Cameras

Closed Circuit Television (CCTV) cameras are an option if you feel the need for a heightened level of security for your villa. But remember these are not a guarantee of perfect security and they do not usually work if the power is out. Someone has recommended the following installer: Putu (+62 813 3752 9499).

Transportation

You're probably moving around way less than normal, which is good news for everyone. Still, you never know when you're suddenly going to need to get somewhere. Some transportation tips:

- Keep scooters and cars fully fuelled or charged
- If you have any concerns about the safety of your scooter, consider parking it somewhere more secure
- Park your car with the front facing out. If you need to leave in a hurry you won't want to be doing an eleven point turn.
- A bicycle is a great back-up plan. Just make sure the tires are always pumped up.

Print & Prep Essential Documents

Prepare a document that captures all of your essential information and print one copy for each family member. Also a good idea to give a copy to a close friend here in Bali. You never know when wifi or electricity may be down, so information stored on computers, phones, or even Google, may be impossible to retrieve when you most need it. You may find later that printing or copying stores are closed, so have a hard copy of your documents, photocopies of passports and perhaps a couple of passport photos should you need them, already printed. Printing is currently available through [Tinta Printing](#) (world-class colour and B&W photo printing as well) in Umalas, [Blackwood Ideas](#) in Pererenan, and [Artha Dharma Copy & Printing](#) in Ubud. A starter list of information to include on this document:

- Full names & birthdates of family members
- Passport & drivers license scans
- Travel and/or health insurance details including the contact number in the event of emergencies
- Indonesian embassy or consulate for your home country
- Family members or friends (on and off island) to be contacted in the event of an emergency
- Emergency contact numbers and addresses for local doctors and hospitals

Do Some Oh Sh#! Planning

Odds are Bali will remain a place of calm and civility. And food will most likely remain readily available. But one never knows. Try and think three or four steps ahead of today's situation. What if the airport closed for six months? What if there was a serious increase in theft? What if you couldn't leave your house for a week? What if you had to race to the airport in the middle of the night to catch an evacuation flight? Sorry, those were stressful questions. But hey, anything is possible. If you plan and prepare *now* for various scenarios that could happen in the future, you'll sleep much better at night.

Register With Your Embassy/Consulate

All foreigners in Indonesia should register with their nearest embassy or consulate. That way your country will know where and how to find you in the event they need to send you important messages. At the end of this Handbook you'll find a list of known embassies and consulates, their contact details, and, where available, information on how to register with a number of countries. If there's no direct link to a registration page, it is highly recommended to call or email your embassy or consulate to let them know you are here with your family. Do this today, it'll take just a few minutes.

EDUCATION & ENTERTAINMENT

There has never been a better or more exciting time for online learning. Unless you're a parent (sorry, someone had to say it). But seriously, this is a very cool opportunity to try some of the phenomenal online tools and resources that have seemingly appeared out of nowhere.

Green School Everywhere

The Green School online learning program is scheduled to restart on April 6, 2020 and will operate for a period of at least one month. Stay tuned to GS announcements for more detail.

Routine is Vital

Now that you no longer have the luxury of *lovingly* pushing your kids out the door on weekday mornings, the onus is on you to establish a new routine. A routine is different from a schedule. The former suggests a reliable, understandable rhythm to the day, whereas the latter smacks of precise and hard-to-stick-to timelines. Seeing as we're all new to this home schooling business, let's go with the routine approach. Take some deep breaths.

Okay, now take some more.

Do your best, ask your kids to do their best, and it'll all be fine. In fact, you'll probably look back on this period years from now and remember it as a very special time with your kids.

Amazing Online Resources

- [Audible Stories](#)
“For as long as schools are closed, we're open. Starting today, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone or tablet.”
- [Free online museum visits](#)
- [TED Ed](#)
TED-Ed's commitment to creating lessons worth sharing is an extension of TED's mission of spreading great ideas. Within TED-Ed's growing library of TED-Ed animations, you'll find carefully curated educational videos, many of which represent collaborations between talented educators and animators nominated through the TED-Ed website.
- [Great Big Story](#)

Great Big Story is a global media company devoted to cinematic storytelling. Headquartered in New York, with a bureau in London, their studios create and distribute micro docs and short films, as well as series for digital, social, TV and theatrical release.

- [Kurzgagt Science Youtube](#)
A small, passionate team who want to make science look beautiful. Because it is beautiful.
- [Imagination Soup](#)
This is a place where parents, librarians, and teachers can find good children's books as well as engaging learning ideas, resources, and community.
- [18 Educational, Wellness websites for kids in quarantine](#)
- Daily Doodle hosting by [Mo Williams](#)
- Fun & engaging [list of daily activities](#) to do with kids
- [Brainfeed](#)
Videos on Brainfeed are great for children 7 years and older, tweens, teens, and even addictive for adult-kids. Powered by passionate curators, parents and educators, videos are selected to be age-appropriate for young children, and are screened for inappropriate content.

Math Resources

- [Khan Academy](#)
Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. They tackle math, science, computer programming, history, art history, economics, and more.
- [IXL Math](#)
Math content to support any lesson with more than 4500 skills
- [Math Antics Youtube](#)
Math lessons with visuals
- [Prodigy Math](#)
Math + game = kids love this one

Screen-Free Fun

Having a hard time getting the kids off those damn screens? You're not alone. Nagging sort of works, but a better solution is to come up with an appealing alternative. Some suggestions:

- Baking (cookies, pie, cake)
- 1,000 pieces puzzles
- Board games
- Card games

- Involve kids in cooking meals
- Invent some games for the swimming pool
- Make some art (i.e. sketch one another after dinner, design a dream house)
- Walk on the beach or through rice paddies (assuming they're open)
- Read a book
- Brain puzzles, Sudoku, crossword
- Listen to podcasts
- Have a dress-up disco party
- Write a journal or letters to friends
- Walk the dog

ASSORTED REFERENCE INFO

Pet Movers

Leaving Bali and looking for someone to help you figure out how to take your pet with you? Try these people:

- **Groovy Pet Transport** (+62 217 233301)
- **Arya's Pet Mover** (+62 878 2549 2506)

Embassy & Consulate Listings

Australia

[Australian Consulate-General in Bali](#)

+61 262 6111111

[Australian Embassy Jakarta](#)

+62 212 5505555

+61 262 613305 (emergency consular service Canberra 24h)

Click [here](#) to register with embassy

Belgium

[Embassy of Belgium in Indonesia](#)

Email: jakarta@diplobel.fed.be

+62 213 162030

Brazil

[Embassy of Brazil in Jakarta](#)

+62 215265656

Canada

[Embassy of Canada in Indonesia & Timor Leste](#)

+62 21 2550 7800 (Collect call: +1 613 996 8885)

Email: sos@international.gc.ca

Click [here](#) to register with embassy

Croatia

[Embassy of the Republic of Croatia in the Republic of Indonesia](#)

+62 215 257822

+62 215 257611

Email: jakarta@mvep.hr

Czech Republic

[Embassy of the Czech Republic in Jakarta](#)

+62 811 9245 663

France

[Ambassade de France a Jakarta](#)

[Agence consulaire de Denpasar](#) (Bali)

+62 361 473 0834

Email: consul@dps.centrin.net.id

Germany

[German Embassy Jakarta](#)

+62 213 985 5000

(emergencies only, mobile phone:.) +62 811 152 526

Honorary Consul in Bali

+62 361 288535

+62 361 282009

Email: sanur@hk-diplo.de

Hungary

[Embassy of Hungary Jakarta](#)

+62 215 203459

Email: mission.jkt@mfa.gov.hu

Email: consulate.jkt@mfa.gov.hu

India

[Embassy of India Jakarta](#)

+62 212 522299

Email: info.jakarta@mea.gov.in

[Consulate General of India](#)

+62 361 259500

+62 361 259502

Email: cg.bali@mea.gov.in

Email: cons.bali@mea.gov.in

Click [here](#) to register with embassy

Ireland

[Embassy of Ireland, Indonesia](#)

+62 212 8094300

Email: jakartaem@dfa.ie

Italy

[Ambasciata d'Italia Jakarta](#)

+62 213 1937445

+62 815 181 1344 or +39 06 36225 (Emergency only)

Email: consolare.jakarta@esteri.it

[Consolato Onorario in Denpasar](#)

+62 361 701005

Email: denpasar.onorario@esteri.it

Click [here](#) to register with the embassy

Netherlands

[Dutch Embassy in Jakarta](#)

+31 68238 7796 (WhatsApp only, general consulate questions)

+62 215 248 200 (general consulate questions)

Email: jak@minbuza.nl

Honorary Consulate in Bali for the Netherlands

+62 361 754 898

+62 812 3880 880 (WhatsApp: Simon Purwa, Honorary Consul Netherlands in Bali)

Email: dutchconsulate@kcbtours.com

Click [here](#) to register with the embassy

Norway

[Embassy Norway Indonesia](#)

+62 212 965 0000

Email: emb.jakarta@mfa.no

Norwegian Consulate in Bali

+62 361 28222

Email: norwegianconsulatebali@yahoo.com

Click [here](#) to register with the embassy

Portugal

[Embassy of Portugal in Indonesia](#)

+62 21 319 08030

+62 811 8333 777 (Emergency)

Email: jakarta@mne.pt

Russia

[Russian Embassy Jakarta](#)

+62 21 522 2912

+62 21 522 2914

Email: rusemb.indonesia@mid.ru

Honorary Consul Bali

+62 851 0079 1560

Email: bali@russiaconsul.com

Click [here](#) to register with the embassy

Slovakia

[Embassy of Slovak Republic Jakarta](#)

+62 213 101 068

+62 213 151 429

+62 816 783 043 (Emergency only)

Email: emb.jakarta@mzv.sk

South Korea

Embassy of the Republic of Korea in Indonesia

+62 21 296 72555

Spain

[Embassy of Spain in Jakarta](#)

+62 21 314 2355

Honorary Consul in Bali

+62 361 975 726

Email: espana_bali@blueline.net.id

Switzerland

[Embassy of Switzerland in Indonesia](#)

+62 21 525 6061

Email: jakarta@eda.admin.ch

Honorary Consulate of Switzerland Bali

+62 361 264 149

Email: bali@honrep.ch

Click [here](#) to register with the embassy

Turkey

[Turkish Embassy in Indonesia](#)

+62 215 256250

+62 215 264143

+90 312 2922929 (Emergency hotline)
Email: embassy.jakarta@mfa.gov.tr

United Kingdom

[British Embassy in Indonesia](#)

[British Consulate in Bali](#)

+62 212 3565200 (Emergency)

USA

[US Embassy Jakarta, Indonesia](#)

+62 215 0831000

Email: JakartaACS@state.gov

US Consular Agency in Bali

+62 361 233605

+62 215 0831000 (After hours)

Email: CABali@state.gov