



Bali Travel & Accommodation Recommendations

Getting there

Location of Alchemy Academy: <https://goo.gl/maps/Gcp1DDryLjy>

Travel and Accommodation

Flying

The airport to fly into is Denpasar, Bali which is about 1 ½ hours from Ubud. Flights direct to Denpasar leave from all major Australian cities and airports.

Airport Pick Up

I recommend arranging your airport pick up with the accommodation you will be staying at. There is also an official taxi stand right after the arrival gate at the airport.

Below are two friendly English speaking Taxi Drivers who are very reasonably priced. They can be contacted directly via email or WhatsApp if you want them to pick you up.

Aby: WhatsApp: +62 822 4781 9428

Putu: E: Putudika81@gmail.com WhatsApp: +62 821 4485 8307

VISA

Visitors from most countries do not require a visa if you are staying 30 days or less. If you think you might want to extend your stay beyond 30 days, you will need to purchase the Visa on Arrival directly at the airport or at the Indonesian embassy in your home country. It will cost around 35 USD and is required to apply for an extension. Immigration rules change in Bali all the time, please check again on the Internet before you book your travel. You must have a passport with a minimum of six months validity from the date of travel and be able to show your return ticket.

Travel Insurance

Purchasing travel insurance is highly recommended for your trip.

Accommodation

Here are some hotels and rooms within walking distance of Alchemy Academy.

Pondok Ayu Shanti Pondok Ayu Shanti

Leo Villa Leo Villa

Balinese Family Compound There is a family next door to the Academy who rent out rooms in their family compound. The price is 15 USD per night. If you would like to reserve a room there or ask them anything you can contact Wayan directly on Whatsapp +62 878-6183-4384

You can also find other accommodation options nearby if you click on the location link below.

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Please note I have not stayed at the above accommodations. They come as recommendations.



What to Bring

- Light, loose comfortable clothing, as it will be hot and humid, we will be providing an apron
- Your favourite Chefs knife and a pairing knife
- Swimwear & hat if you wish to dip into the chlorine free pool during the break
- Non-toxic sunscreen and insect repellent
- A torch and an umbrella are both handy to have
- An electrical adaptor plug or two, for Bali
- Any supplements such as those suggested below
- A stainless steel water bottle to carry with you to refill. Our facility will have clean spring water available.
- A fun can do attitude

Bali Belly:

Most people have heard of the possibility of food and water borne illness in Bali. We will be washing all our organic produce in filtered water. We will be providing clean water for drinking, and bottled water is recommended when away from the venue.

To avoid Bali Belly, there are some supplements that you can bring with you to support your digestive system.

- Betaine Hydrochloride supplements such as Metagenics Metagest or Orthoplex Hydrozyme – most pathogens cannot live in a highly acidic environment, which should be the natural state of our stomach. However, under stress our acid levels may decline and supplementation can assist in killing pathogens before they enter our system. 1 – 2 tablets recommended with meals.
- Probiotics – there is a strain of good bacteria which can prevent Bali Belly and relieve the symptoms should you contract any illness. This is found in a product called Metagenics Ultra-Flora Dysbiosis. Having a bottle of this on hand as both a preventative or treatment is highly recommended.
- Antiseptic hand gel is always a good idea to carry with you for use before eating and after the bathroom. Tissues or wet wipes are also handy to have just in case you visit a bathroom which does not have toilet paper.