



*"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."* Mark Twain



# ACHS Presents Aromatic Indonesia

**Aromatic & Herbal Journey through the Spice Islands of Indonesia**  
May 12 - 25, 2014

An Exclusive Travel Experience for ACHS Alumni, Students and Friends  
Indonesia is rich with spices and aromatic and herbal treasures. While staying at excellent hotels, we discover the rich botanical diversity that Java and Bali offer and experience the mysterious, fascinating culture, and history of Indonesia.

Tour membership limited to a maximum number of ACHS Alumni, Students, and Friends.  
[www.achs.edu](http://www.achs.edu)



MELAL MICE  
Meetings Incentives Conventions Exhibitions

DEWAN ARTSIAI INDONESIA

## Day 1 Arrival Jakarta



You arrive in Jakarta early morning or, if you choose to, you could arrive on Sunday night – you will need to add an extra night to the hotel booking.

Based on your flight schedule, we will meet you with a flower garland, chilled towel, and cool water. We can also help you with the arrival visa, immigration, and customs and provide a porter if you need help with your bags after your journey. A private coach will transport you to your hotel – Alila Jakarta, located in the city center, close to the Presidential Palace, Istiqlal Grand Mosque, the Cathedral, and shopping district. Spend the afternoon at the Martha Tilaar Botanical Gardens and see Jamu preparation firsthand (for an optional cost of USD \$45 per person). Tonight we have our welcome reception dinner at a local restaurant. There will be vegetarian options.

## Excursion to Bogor Day 2

### Excursion

After breakfast and morning tour briefing, we start the day with a bus journey in our private coach to Bogor, where we visit the Bogor Botanical Gardens herbarium. Rich with botanical diversity, the gardens date back to 1474 and are known as a centre of botanical research. If we have time, we will also visit the spectacular Presidential Palace.



### Local Flavor

Enjoy lunch at a local restaurant.

### Excursion

In the afternoon, visit the Cicurug Experimental Garden. Learn about the production of nutmeg essential oil – from the tree to the bottle.

### Local Flavor

We relax on our private coach back to Jakarta and enjoy a stop for dinner. Arrive at the hotel around 9 p.m.

## Day 3 Jakarta - Bandung



### Excursion

Check out of the hotel and relax as our private coach takes us to explore the Manoko experimental and research garden managed by the Indonesian Medicinal and Aromatic Crops Research Institute. Learn how the garden is conducting research, conservation, and collection of medicinal and aromatic herbs.

### Local flavor

Enjoy a delicious lunch at a local restaurant. Relax and sightsee along the way as our private coach journeys to the historical city of Bandung, which dates back to 1488. After checking in at the comfortable Sensa Hotel, enjoy a visit to Saung Angklung Udjo with an Angklung Performance. Angklung is a traditional instrument made of bamboo and very famous in Indonesia, especially in West Java. Dinner tonight will be held at a local restaurant.

## Day 4 Bandung - Garut - Bandung



Today our private coach takes us to Garut, a Journey to a sustainable vetiver plantation and explore vetiver essential oil production – from soil to oil.

### Local flavor

Lunch will be served in Kampung Sampireun, the most beautiful resort in this area. Continue the journey by visiting a local vetiver handicraft factory, then back to Bandung. Dinner will be served at a local restaurant on the way. Overnight at Sensa Hotel.

## Bandung - Semarang - Yogyakarta Day 5

### Excursion

We breakfast and check out early to transfer to the Bandung Airport to fly to Semarang – Central Java, where we begin our exploration of Traditional Indonesian Herbal Medicine known as Jamu. Enjoy a tour of the famous Sido Muncul Jamu factory. Founded as a cottage industry in 1940 in Yogyakarta, Sido Muncul has evolved into a successful Jamu company. After lunch, we continue to explore Jamu and visit a home-based Jamu producer. Late afternoon, we head to the small city of Magelang where we enjoy dinner together at the MesaStila, a beautifully renovated wellness retreat, an exclusive vacation destination in Central Java. After dinner we journey to Jogjakarta and check in at The Phoenix Hotel.



## Day 6 Excursion to Klaten and Prambanan Temple



### Excursion

This morning we continue our aroma, herbal, and spice exploration with a journey to Klaten to visit a leading spice exporter, Agro Spices. Learn about the production and export of vanilla, cocoa, coffee, and spices from this area. After lunch in a local restaurant, we journey to our first UNESCO World Heritage Site, the famous 9th-century Hindu Prambanan Temple.

### Local flavor

This evening, we enjoy local cultural dance with our dinner at a restaurant in Jogjakarta.

*"Plunge boldly into the thick of life, and seize it where you will, it is always interesting."*Johann Wolfgang Von Goethe

## Day 7 Excursion to Borobudur Temple



### Excursion

Today, after our breakfast, we journey to the famous Buddhist pilgrimage site of Borobudur. Borobudur is a 9th-century Mahayana Buddhist Temple in Magelang and a UNESCO World Heritage Site. Enjoy lunch at a local restaurant before heading back to our hotel in Jogjakarta. This afternoon, we enjoy a leisurely break or relax to enjoy the hotel facilities. Dinner will be served at the Hotel.

## Jogjakarta – Bali Day 8

We breakfast and check out early to transfer to the Jogjakarta Airport to fly to Denpasar – Bali.

A private coach awaits us and transports us to Puri Bagus located in a beach area of Candidasa. Lunch will be served at a local restaurant. After checking in, the afternoon is free to enjoy the pool and the beach or choose a complementary 90-minute spa treatment. Tonight, we enjoy dinner prepared at the resort.



## Day 9 Excursion to Pasir Putih



Today, after our breakfast, we join a boat tour along Candidasa beach and enjoy a picnic lunch on Pasir Putih – the white beach area. Rest of the day we will have free time to enjoy the pool and your complementary spa treatment, if you missed out yesterday. Dinner will be served at the hotel.

*"Man cannot discover new oceans unless he has the courage to lose sight of the shore." Andre Gide*

## Excursion to Karangasem Day 10

After breakfast depart from the Hotel to visit a Tenganan traditional village, Salak Plantation, Tirtagangga Water Palace, Traditional Chocolate and Soap Factory – all around Karangasem district. Lunch will be served at a local restaurant. Dinner and overnight at Puri Bagus.



## Day 11 Candidasa – Bagus Jati



We breakfast and check out and continue our journey to Bali's Premier health and well-being spa retreat, Bagus Jati, located in the serene mountainous area above Ubud. Some stops will be made at several points of interests, such as the Goa Lawah bat cave temple, Kertagosa Court House, and Gunung Kawi holy spring temple. Lunch is served at a local restaurant. Check in late afternoon.

Tonight we enjoy an organic dinner prepared from the organic gardens of the resort.

## Nature Walk and Spa Treatment Day 12

We start the morning leisurely and, if you choose, you can join the morning yoga session before enjoying your organic breakfast.

After breakfast we will enjoy a nature walk around the resort to the neighboring village. Lunch will be served at the Hotel. After lunch we will join a spa product workshop. Dinner will be served at the resort.

Enjoy a complementary Balinese massage or hair treatment.



"Plunge boldly into the thick of life, and seize it where you will, it is always interesting." Jules the Kiwi

## Day 13 Excursion to Ubud



countryside.

We start the morning leisurely and, if you choose, you can join the morning yoga session before enjoying your organic breakfast.

Today we will travel close by to the town of Ubud. The town was originally important as a source of medicinal herbs and plants; Ubud gets its name from the Balinese word "ubad" meaning medicine, but most recently its claim to fame is from the novel and movie: Eat, Pray Love. Here we enjoy a guided "Bali Herb Walk." After we enjoy lunch together in Ubud, you are free to shop at your leisure. Then we travel back to the Wellness Resort for the Farewell Dinner before a peaceful sleep in the serenity of the Balinese

## Departure Day 14

Early today we transfer to the airport at Denpasar to catch our flight home or, if you choose, you can stay longer and enjoy Bali.



### Your Small Group Tour Highlights

Explore and learn to prepare Jamu... Tour of Bogor Botanical Garden... Excursion to the Manoko experimental and research garden managed by the Indonesian Medicinal and Aromatic Crops Research Institute... Exploration of an experimental nutmeg garden... Journey to a sustainable vetiver plantation and distillery... Flight to the famous Sido Muncul Jamu factory and a home-based Jamu cottage industry... Excursion to the famous Buddhist pilgrimage site of Borobudur and the 9th century Hindu Prambanan Temple... Visit and tour of a leading spice exporter, Agro Spices... Flight to the island of Bali... three-night stay at a beach resort... Boat Tour to Pasir Putih along Candidasa Beach... Excursion to Tenganan village, a traditional Balinese village... Three night stay at an organic wellness retreat in the Balinese mountains... Jamu spa product class... 2 complementary spa treatments... Bali herbal walk.

**Bon Voyage!**

*"The purpose of life is to live it, to taste it, to experience to the utmost, to reach out eagerly and without fear for newer and richer experience." Eleanor Roosevelt*

Day	Itinerary	Hotel	Trip Advisor Stars
1-2 (2 nights)	Jakarta	Alila	4
3-4 (2 nights)	Bandung	Sensa Hotel	4
5-8 (3 nights)	Jogjakarta	Phoenix M Gallery Hotel	4.5
8-11 (3 nights)	Bali	Puri Bagus Candi Dasa	4
11-14 (3 nights)	Bali	Bagus Jati	4.5

**Please Note:**

This trip involves full days of sightseeing and considerable walking, as well as some lengthy coach rides. You should be in good physical condition to enjoy the tour to its fullest.

**Tour Dates: May 12-25, 2014**

An exclusive travel experience by the American College of Healthcare Sciences, 5940 SW Hood Avenue, Portland, Oregon 97239. Phone: (800) 487-8839. Email: studyabroad@achs.edu Website: www.achs.edu

**Tour pricing**

Based on Double Occupancy

USD \$4,960 per person

Single supplement USD \$1,250 – please make this request when booking. (In the event that the participant does not have a pair in sharing the room, the participant will have to pay single supplement charge. Double occupancy is based on first come first served.)

**Included Features**

- Thirteen (13) nights accommodation in Java and Bali in excellent hotels
- Enjoy authentic Indonesian food and an extensive meal program including 13 daily breakfasts,
- 12 lunches and 13 dinners including a special welcome reception and farewell gathering.
- All excursions and transfers by private coach
- Flight ticket from Bandung to Semarang and from Yogyakarta to Bali
- Local English speaking guide
- All Admissions, toll fees, parking fees, and government taxes
- All lunches and dinners include mineral water and soft drinks.
- All organic meals at the Bali's premier Health and Wellbeing Spa Retreat
- 1 workshop/class on jamu spa product making.
- 2 spa treatments at Puri Bagus and Bagus Jati, Bali's premier Health and Wellbeing Spa Retreat

The luggage we recommend due to the combination of air and overland travel is:

- A larger suitcase for checked-in baggage that will not be opened up for the one-to-two night stays
- A cabin size suitcase with your essentials. This should be easy to move around and suitable for one or two night accommodation needs A small backpack

Price subject to be recalculated due to changes of accommodation and program.

**Educational Travel Program Information and Conditions**

Important information is contained, please read carefully. These Terms and Conditions apply to the American College of Healthcare Sciences study abroad programs (the "Program")

**Payment**

After ACHS receives the \$500 deposit per person and Registration Form, you will be sent a confirmation and invoice for the balance. The final payment is due 60 days prior to departure. If reservations are made less than 60 days prior to departure, payment in full is required at the time of booking. If final payments are not received in time, the American College may cancel your reservation and invoke the cancellation fee.

**Passports and Visas**

All Program members must possess a valid passport while travelling. Travelers with a U.S. Passport can take advantage of the Visa on Arrival (VOA) service offered in the Jakarta airport; other travelers may qualify as well. Individuals who do not hold a valid Passport should contact the appropriate consulate of each country included in the Program to acquire any necessary visas. The ACHS Study Abroad Coordinator can also assist you with questions about Visa requirements. Contact [studyabroad@achs.edu](mailto:studyabroad@achs.edu). All passports should contain at least 3 blank visa pages and should be valid for six months after the completion of your Program.

**Travel to Program meeting place**

Transport to the designated meeting place for the Program is not included in the Program. Each student is responsible for all travel arrangements. The College is not responsible for missed Program time or transfer costs caused by travel arrangements, delays, or missed connections. The designated meeting place for the Program is indicated in the tour information.

**Program membership**

These Programs require a blend of adventuresome spirit, physical fitness, walking ability and mental alertness, and a capacity to accept situations as they exist and not necessarily as we would find them in America. If you have health concerns, we suggest that you contact your physician to help determine the suitability of the Program for you. Because of the nature of the Program, we regret that we are unable to accept requests for special diets, itinerary variations, wheelchairs, or individuals who require special assistance.

**Baggage**

All bags are your complete responsibility. You must be able to carry your own bags. College faculty and staff will not be able to assist you with your luggage. The College accepts no liability for loss or damage to baggage or belongings. Again, we require that you obtain Travel Insurance. We also recommend you leave valuable items at home.

Due to limited motor coach storage capacity, each person is permitted one large suitcase not to exceed 70 pounds in weight nor 30"x22"x10" in dimension. In addition, each person is allowed one small piece of carry-on size luggage that does not exceed the dimensions of 17"x14"6".

**Smoking**

We do not permit smoking in motor coaches, at lectures, workshop, or tour locations, or in the proximity of other people on the Program.

**Accommodation**

In the event that there is not a traveler to share your room, the single traveler will have to pay single supplement charge. This pairing condition is based on first come first served. You may request a single room for an extra charge.

**Meals**

See the Program information for meal details. Meal style is locally prepared with fresh produce. Please note that we are unable to accept requests for special menus to meet dietary or religious requirements. A vegetarian option will always be made available.

**Program Price Does Not Include**

Personal expenses including passport and visa fees, alcoholic beverages, optional sightseeing, optional



**Cancellation of Program**

Your deposit must be paid to secure your accommodations. The balance of your fee is due eight weeks before the tour date.

If, for any reason, you wish to cancel your reservation, send written notification to ACHS. Cancellations are effective on the day they are received by ACHS. Please let us know the reason for cancellation. Under NO circumstances will cancellation by telephone be acceptable.

The following cancellation charges come into effect if written notification is received:

- Within five days of registration: No charge
- More than 61 days before departure: Deposit only
- 60 days or less before departure: 100% of total.

We require all travelers to obtain travel insurance.

There are a required minimum number of persons participating in the Program. In the event of the number falling below this requirement, ACHS may be forced to cancel the Program.

Notification of such cancellation will be made 28 days before the date the Program is due to start. In such cases, ACHS will offer an alternative Program the following year or refund all payments made by travelers. ACHS will not be liable for any other costs or damage incurred by participants as a result of such cancellation.

**Changes to Costs**

The costs for our programs are based on known costs and exchange rates prevailing at the time the Program are developed. We reserve the right to adjust the cost of a Program should the value of the US dollar alter substantially. ACHS will absorb the cost of the first 2% of any increase in price. Should changes above 2% occur, they are deemed to be substantial and ACHS will forward an amended invoice showing the adjustment no later than 30 days before the Program starts. Should we be forced to increase the cost of the visit by more than 10% of the total cost, we will, if you wish, cancel your place, and refund all payments made, provided you inform us of your wish to cancel in writing with seven days of the date shown on the amended invoice.

**Changes to the Program**

If we have to make a major change to the Program, it will only be because we are forced to do so by circumstances usually outside our control. In such an unlikely event we will inform you immediately and our objective will be to minimize your inconvenience. We will, wherever possible offer you alternatives as close as possible to the original Program.

**Liability**

ACHS does not accept responsibility for death or bodily injury to students whether caused by negligence or otherwise. ACHS cannot be liable for any medical expenses incurred by you or any loss or additional costs incurred as a result of injury or sickness while attending the Program. You must obtain travel insurance coverage against such circumstances. We cannot be held liable for loss or damage to baggage, personal effects, money, or documents.

Where the College acts in the capacity of an agent for suppliers of travel related services, such as surface transportation, accommodations, meal, tours, etc, it shall not be responsible for breach of contract or any intentional or careless actions or omissions on the part of such suppliers which result in any loss, damage, delay or injury to you or your travel companions or group members.

In addition, the College and its suppliers shall not be responsible for any injuries, damage, or losses caused to any traveler in connection with terrorist activities, social or labor unrest, war, mechanical or construction failures or difficulties, diseases, local laws, climatic conditions, abnormal conditions or developments, or any other actions, omissions, or conditions outside the College's control.

Traveler assumes complete and full responsibility for, and hereby releases the College, its officers, suppliers, agents, employees and representatives, from any duty of checking and verifying any and all passport, visa, vaccination, or other entry requirements of each destination, and all safety or security conditions at such destinations, during the length of the Program.

For information concerning possible dangers at international destinations, contact the Travel Advisory Section of the US State Department. For medical information and requirements, contact the Public Health Service. For VAT tax information and holiday/museum schedules contact the appropriate foreign tourist office.

By embarking on this Program, the Traveler voluntarily assumes all risks involved in such travel, whether expected or unexpected. Travelers are hereby warned of such risks and strongly advised to obtain appropriate insurance coverage against them.

The College reserves the right to withdraw any Program or to make any change in the Program with or without notice that the College determines is advisable, including substitution of accommodations or transportation. If any Program must be withdrawn prior to its beginning date, the College's liability is limited to a refund of monies, if any, received by the College. Further, the College may decline to accept or retain any person on the Program at anytime. Should a person conduct become incompatible with the smooth operation of the Program or adversely affect the safety and enjoyment of the other passengers, then the Program membership will be withdrawn and the College shall be under no liability to such person.

Payment for the Program shall constitute the Passenger's agreement to take the Program pursuant to all terms set forth above. A binding contract shall exist only after the College has accepted the offer in Oregon by sending confirmation of receipt to the Traveler. If there is any dispute between the Traveler and the College, the parties will submit to mediation by a mediator chosen by both parties, and if not resolved by mediation, then by binding arbitration by one arbitrator chosen by a federal judge for the district of Oregon, All proceedings shall occur in Portland, Oregon and Oregon law shall apply. The Traveler agrees to this exclusive jurisdiction and venue in Oregon for resolving all disputes.

The College is not liable for typographical errors and all prices shown are in US dollars.

The Traveler acknowledges that where inconsistent, these Terms and Conditions replace any information or agreements reached before the date of signing these Terms and Conditions. Should the Traveler not wish to proceed on the Program on these Terms and Conditions, the Traveler may withdraw from the Program and receive a full refund of any monies paid to the College for the Program.

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