

## ARE FLIGHTS INCLUDED?

No, you must purchase your own flights and travel insurance

## WHICH AIRPORT IN BALI DO I FLY TO?

Denpasar International Airport. The airport is approximately 45 minutes from the hotel.

## WHAT IS REQUIRED TO TRAVEL TO INDONESIA?

Still current at: 18 December 2023 | Updated: 8 December 2023

- Download the Pedulilindungi App.
- We recommend you purchase travel insurance.
- You will need to fill out a declaration form online prior to arrival to Denpasar Airport.
- You will need to purchase a e-Visa on Arrival (VOA) which costs approx. AU\$50.
- To apply for the e-VOA or VOA, you must have an ordinary (non-emergency) passport with at least 6 months of validity from the date you plan to enter (we also recommend having at least 6 months of passport validity from the date you plan to leave Indonesia, to avoid any issues for your departure or onward travel) and a return or onward flight booking to another country.
- You'll be required to complete an e-customs declaration for arrival. You can complete this within 3 days of departure to Indonesia.
- Travel requirements may change at short notice, including travel to Bali and Jakarta by air, land or sea. Contact your travel provider and monitor media for up-to-date details.
- Follow advice on Smart Traveller (for Australians) or your local country travel advice website for any updated information. <https://www.smartraveller.gov.au/destinations/asia/indonesia>

## WHAT TIME SHOULD I ARRIVE FOR THE RETREAT?

We recommend arriving from 3pm for check-in and be ready to get started for the retreat with a meet and greet at 4pm

## WHAT TIME IS CHECK OUT ON THE LAST DAY?

We will start the last day with a sunrise workout and breakfast, then check-out by 11am.

## HOW DO I GET FROM THE AIRPORT TO THE RETREAT?

There are plenty of taxis available at the airport at the exit, it costs about IDR 450.000.

## I'M COMING WITH A FRIEND, DOES THE TWIN SHARE PACKAGE COVER BOTH OF US?

The twin share cost is per person, i.e. if you are coming with a friend you would purchase 2 x twin share packages. If you're coming solo but purchasing the twin share package, you will be roomed with another guest also attending solo.

## IF I COME ALONE, WILL I GET PAIRED WITH SOMEONE IN A ROOM? OR CAN I OPT FOR MY OWN ROOM?

It's completely up to you! Sharing a room is a lot cheaper and is an opportunity to make a new friend. If you don't wish to share a room with someone you don't know yet, then book a single room.

## WHAT LEVEL OF FITNESS DO YOU NEED?

Our training is very holistic and can be tuned up and down depending on your requirements.

## HOW DO YOU BOOK?

Click the BOOK NOW button at the top of the page and pay your deposit to secure your spot!

## DO WE ARRIVE ON THE STARTING DATE OF THE RETREAT OR THE DAY BEFORE?

The retreat doesn't officially kick off until the late afternoon of the first day, so coming on the day of is completely fine!

## HOW MANY PEOPLE ATTEND EACH RETREAT?

15-20 guests and 4 staff

## IS THERE MUCH SPARE TIME?

There's plenty of you-do-you time! It's your retreat!

## DO I NEED TRAVEL INSURANCE?

We still strongly advise getting travel insurance. Here are some key reasons to still get travel insurance:

- Natural Disaster
- Baggage (including any items that may not be covered by your home contents insurance – think electronics or jewellery)
- Liability (if you accidentally injure someone else, damage or lose someone's property)
- Medical expenses including covid-19 cover

#### WHAT KIND OF FOOD DO YOU OFFER?

All meals are included on your retreat. The menu is designed to fuel you for the day's requirements. Everything is made fresh daily and has lots of variety, catering for gluten free, vegetarian, vegan... you name it!

#### DO I HAVE TO PARTICIPATE IN EVERY SESSION?

We encourage guests to take part in all elements of the week but we understand that sometimes you just want to take a break. It's your holiday and totally up to you!

#### CAN I BRING MY CHILD/CHILDREN ON THE RETREAT?

Our programs & events are designed to cater to adults. Therefore, children of any age under 18 are not permitted to be present or partake in any and all activities as per the itinerary as shared by In Balance. The cost of each retreat package only covers one adult.

#### WHAT HAPPENS IF THERE'S ANOTHER COVID-19 OUTBREAK?

Should there be another COVID-19 outbreak that closes borders or prevents you from attending our retreat, then you will receive a full credit for either the rescheduled retreat date, or any other retreat of your choosing.