Welcome

My Journey to Borneo allows donors to see Health In Harmony in action as we conserve vital ecosystems, improve access to quality healthcare, and generate sustainable livelihoods. We are passionate about the work we do and excited to share it with you!

The highlight of the trip will be visiting our sister organization Alam Sehat Lestari (ASRI) in the remote town of Sukadana, bordering the incredible Gunung Palung National Park in Borneo. You will shadow patient visits, plant trees, harvest vegetables alongside farmers, and enjoy dinner in ASRI staff members’ homes - making genuine connections in this unforgettable place. After our time at ASRI, you will travel on traditional klotok boats through the Tanjung Puting National Park. During this leisurely voyage, you will be surrounded by stunning views and see orangutans in their natural environment.

We are excited that you are interested in this life-changing, meaningful adventure to see the beauty of Indonesia, while experiencing hope for the future of our planet.
Please note that the following itinerary is subject to change, dependent on need (weather, closures, security) or travelers' interests. We appreciate your flexibility during the trip!

**August 5**

All guests will arrive at Soekarno Hatta International Airport (CGK) in Jakarta, Indonesia and will be greeted by Health In Harmony staff. We will stay at Ibis Styles Jakarta Airport which is located 10 minutes from the airport. Guests can get some rest and explore Jakarta if they like.

**August 6**

The group will travel from Jakarta to Ketapang where a driver from ASRI will pick you up and bring you to Sukadana, West Borneo, where our sister organization Alam Sehat Lestari (ASRI) is located.
August 7 - 9

These will be busy, engaging days where you will gain a holistic understanding of ASRI's planetary health programs.

- Hike in Lubuk Baji, a part of Gunung Palung National Park, and one of the most important pockets of primary rainforest on the island of Borneo
- Shadow medical staff and see them provide compassionate, high-quality care in a resource-limited setting
- Plant seedlings to restore the orangutan habitat
- Feast on a farm-to-table meal grown by sustainable agriculture program participants
- Witness ASRI chainsaw buyback program where we buy back the chainsaw from a logger and support them in developing a small business
- Learn more about Health In Harmony’s Radical Listening approach
- Enjoy time for relaxation and reflection at the local beach and explore the town of Sukadana by bike
August 10

On August 10 we will fly from Ketapang to Semarang late afternoon and spend the night in Semarang. The following morning we will fly to Pangkalan Bun to visit Tanjung Puting National Park.

August 11 - 12

We will fly from Semarang to Pangkalan Bun in Central Borneo where you will visit Tanjung Puting National Park. We will board a traditional klotok riverboat, and be surrounded by breathtaking rainforest scenery.

The boat transports you to multiple orangutan rehabilitation sites. While active rehabilitation is no longer taking place at these sites, feedings still occur each day, with many opportunities to see the great apes up-close. Onboard the boat, you will enjoy a tranquil journey, incredible food and hospitality, and knowledgeable guides.

We will fly back to Jakarta late afternoon the following day on August 12 where we will stay at the Ibis Styles Hotel near Jakarta airport. There we will have dinner with the group.

August 13

Trip concludes in Jakarta.
Costs

The cost of My Journey to Borneo is $9,500 per person, with a minimum of 4 travelers required in order to run the trip. We require a $500 deposit to reserve your spot and the full cost is due in full no later than one month before the trip begins.

$500 of the program cost is tax deductible per person.

Payment and registration can be completed on the Health In Harmony website.

These fees cover travel costs, accommodation, lodging, domestic flights, emergency medical and evacuation insurance, administrative costs, highly experienced and personalized guides, and a donation that goes directly to the work happening in Borneo.

Cancellation Policy

The final registration date is July 1, 2022. Please see Event Policies on the Journey to Borneo portal for refund and cancellation policies.
**Included**

- Personal highly experienced travel guide that will accompany the group during the trip and support with trip logistics
- Online visitor portal where you can find travel documents and checklists
- Urgent and emergent medical expenses
- Evacuation and repatriation insurance
- Hotel accommodations
- Domestic travel within Indonesia (air, land, and boat)
- All entrance and activity fees
- All meals and snacks
- Purified water
- Gratuities
- Partner and staff costs, including two guides who will provide comprehensive logistical support throughout the trip
- Custom trip planner, which includes packing tips, weather insights, health and safety briefings, and reading materials to prepare you for your experience
- Donation to HIH and ASRI programs

**Not Included**

- International airfare
- All baggage costs
- Alcoholic beverages
- Personal expenses
- Souvenirs
**Arrival and Departure**

As mentioned above, participants will be responsible for making round-trip flight arrangements to Soekarno Hatta International Airport (CGK) in Jakarta. Arrival and departure details will be finalized after we have all participants’ flight information.

If you have questions about flight arrangements or want to confirm a flight before purchasing, please reach out to us. Once you have purchased your flight, please send us your itinerary so we have your information on file. Also make sure to send a copy of your passport.

Additional travel (optional)— in our experience, most travelers have wanted to extend their travel time to visit Bali or elsewhere in Indonesia. The Health In Harmony staff is available to help you should you need guidance in making these arrangements.

**Passport and Visa**

It is required that your passport be valid for at least six months after the dates of our trip. If your passport will expire in less than six months from your intended arrival, you will need to apply for a new one prior to the trip.

A visa is not required for U.S. citizens; however, proof of return or onward travel is required.
Climate

Be prepared for heat and rain. Borneo has a tropical climate with temperatures ranging from 72-90°F (22-32°C) and a humidity level of about 80%. We intentionally schedule these trips in the “drier” season, but downpours can happen any day of the year.

Because rain and inclement weather are always possible, the chance that routes and/or activities in this itinerary need to be changed accordingly is inherent. Your guides will ensure that you are kept abreast of any changes or alternate plans, and that your experience is still the best possible.
Health

You will have to submit our online confidential health form, where we will ask you to detail your current health concerns, allergies, medications, and dietary restrictions. This form is only accessible to our medical staff. We ask that you be as thorough as possible, as this helps our team plan and prepare for any special accommodations.

Please bring any medicines that you normally take, including your prescriptions as well as any over-the-counter medications and vitamins you know you will want to have.

Immunizations

The Centers for Disease Control and Prevention is a great resource for country-specific health and safety recommendations. Please check out their Indonesia information here. You should plan to get a travel medicine consultation at least 4-6 weeks ahead of your departure to receive guidance about your trip and the vaccinations and medications you may need. Although we are happy to provide suggestions, please defer to the advice of your healthcare provider. You can likely expect the following:

- Updates on routine vaccinations (MMR, Tdap, Varicella (chickenpox), Polio, Influenza)
- Typhoid vaccine
- Hepatitis A vaccine
- Some travelers may consider Hepatitis B
- Some travelers may consider Rabies

Health In Harmony requires that all visitors be fully vaccinated against COVID-19.
Mosquito-Borne Illnesses

Chikungunya, Dengue, Malaria, and Zika (low risk) are all present in Indonesia. Chikungunya, Dengue, and Zika are caused by daytime mosquitoes, while Malaria is caused by nighttime mosquitoes; therefore, you should be prepared to protect yourself at all times of day. To prevent mosquito bites we recommend the following:

- Wear light-colored clothing, long-sleeve shirts, long pants, and a hat - especially during trips into the national parks.

- Use insect repellant; adults and children can safely use repellents containing up to 35% DEET.

- Before coming to Sukadana, pre-treat clothing with the insecticide permethrin.

- If air-conditioning is not present, use a mosquito net while you sleep (these are provided).

- As indicated by the CDC, rural areas of Kalimantan, Indonesia are considered malaria-endemic. Speak with your healthcare provider about an appropriate chemoprophylaxis (preventive medicine) for you.

Other

Traveler’s Diarrhea is the most common cause of illness during travel. Fortunately, it is rarely life threatening and it is preventable by hand washing, drinking purified water, eating thoroughly cooked food, and eating produce you have peeled or washed yourself. We will do our best to help prevent this by carefully choosing what we eat-drink, but in the event of illness, your healthcare provider will likely prescribe an antibiotic and give specific instructions about when you should use it.
COVID-19

Like the rest of the world, Indonesia has been battling ongoing outbreaks of COVID-19. As of February 2022, there is about a 50% vaccination rate. The following requirements have been set in place by the government of Indonesia (these are subject to change):

- All foreign travelers must be fully vaccinated against COVID-19 (at least two doses, and at least two weeks since the second dose)
- All travelers arriving from international destinations must present evidence of a negative COVID-19 test (PCR) from no more than 72 hours prior to arrival in Indonesia
- Masks are required in all public areas
- Physical distancing must be observed

Before traveling to Indonesia, you must complete the electronic health alert certificate (e-HAC):

Please download “Peduli Lindungi” app in your Apple Store or Android Play to complete the e-HAC. You will receive a unique barcode at the end of the process and will have to show it upon check-in and arrival.

If you are traveling with family, you are only required to create one account. For example, if a parent is traveling with his/her children, the parent is required to put his/her dependent information under his/her name.

The quarantine requirements change frequently so please check the following resources while making your travel plans:

- Indonesian Embassy
- Garuda Airlines (domestic airline)

Health In Harmony will send out a COVID update one month and one week prior to travel.
The majority of visitors to Indonesia do not experience any issues with safety and security, but risks are an inherent part of traveling. Living and traveling in an unfamiliar environment, having a limited understanding of the language and culture, and being perceived as wealthy or "other" are some of the factors that increase risk while traveling.

Please review the U.S. State Department website for the most up-to-date travel warnings, advisories, and other precautions. We recommend enrolling in the Smart Traveler Enrollment Program (STEP), a free service to allow U.S. citizens and nationals traveling abroad to make the nearest U.S. Embassy or Consulate aware of your trip. Be sure to keep a copy of your passport and other travel documents both at home and with your belongings. We will carry one copy for each group member as well.

Petty crimes - such as pick pocketing and theft - occur throughout the country. Travelers should take this into consideration and be especially cautious with cash, as well as electronics such as computers and cameras. Do not leave valuables out and unattended. We highly recommend a luggage lock to keep your baggage secure, and we recommend that you keep all valuables in your carry-on luggage during transit.
Drinking plenty of water is one of the easiest ways to stay healthy during the trip. Group leaders will ensure that potable bottled water is readily available, so there is no need to bring filters or water purification tabs. Because most of the water is from five-gallon dispensers, we suggest that you bring your own water bottle, so that you can refill it throughout the day.

Drinking alcohol is very uncommon in Sukadana, and it is often not available for purchase. If you do choose to consume alcohol in Sukadana, we ask that it be in the privacy of your hotel room.

The food in Indonesia is usually a highlight for travelers! The cuisine is predominantly rice based, with meat and vegetable sides, usually cooked in rich, flavorful sauces. Sambal (spicy chili paste) is always served on the side. Proteins include seafood and chicken, and on occasion, beef and goat. It is not hard to find good vegetarian options, as most meals include freshly made tempeh or tofu, boiled or fried eggs, and vegetables.

There will be seasonal fruits available, though fresh salads and other raw vegetables are not common. Please be sure to inform HIH of allergies or restrictions well in advance of the trip.

It is important to note that during your time in Sukadana, you will be an honored guest at meetings and in people’s homes. It is polite to always accept food and drinks when they are given to you, even if you do not eat/drink the whole portion.
We will stay at some of the nicest accommodations available, although they will be quite modest compared to Western standards. Accommodations on the wooden klotok boat at the end of the trip will include a shared sleeping deck and shared bathroom. Please come with an adventurous spirit!

Most of your accommodations - with the exception of the klotok boat - will have Western showers. Indonesians living in rural areas bathe by scooping water over the body with a small bucket, soaping up, and then rinsing off.

Most Indonesians use “squat toilets,” and you will encounter them during the trip. If you are nervous about using a squat toilet, don’t be! Ask how to use them. You will need to “flush” these toilets with a small bucket of water, which will be provided in every bathroom. Indonesians generally use water instead of toilet paper, so you will need to carry your own supply with you. Small tissue packages are great to have, as are a bar of hand soap and a bottle of hand sanitizer.
The electricity in Indonesia is 220V. If you are purchasing a new item, consider buying one that works on both 110V and 220V. Laptop computers and many other small appliances do not need converters. Simple two-prong adapters are available in many stores as well as in Sukadana, and you will be glad to have one. It is not unusual for the power to go off several times a week and, at times, for several hours. Consider bringing a battery pack with you.

Wifi will be available at ASRI and at hotels; however, service can be slow and/or temperamental. Basic services like email should work fine but you should not count on any activities that require downloading or significant data transfer.

On the boat trip in Tanjung Puting, there will be times when phone and Internet service is completely unavailable. For phones and wifi, Health In Harmony staff usually 1) bring an unlocked smart phone and purchase a sim card and data package; or, 2) purchase a phone, sim card and data package in Indonesia. Health In Harmony staff can assist you with this, or we can do this beforehand, on your behalf.

Due to humidity and rain that can come without warning, we recommend electronics be stored in waterproof bags or containers (Ziploc bags are fine!). The rule of thumb we follow: if you care about it - protect it!
Indonesian currency is called Rupiah (abbreviated as Rp), and the exchange rate is approximately 14,000 Indonesian Rupiah to $1 U.S. Dollar. The exchange rate does fluctuate, so be sure to check online and verify it before you travel.

Although most expenses (including gratuities) are covered in the trip fee, most travelers appreciate having cash on hand for souvenirs, extra snacks, or other personal expenses. Rupiah are most easily obtained by ATM withdrawal, and one of the most convenient places to obtain cash is at the Jakarta airport, just outside the baggage claim. ATMs are also readily available in other cities we will visit, such as Ketapang and Pontianak.

Most ATMs charge by the transaction, not the amount withdrawn, so it is best to get the maximum cash permitted for each transaction. You can usually withdraw the maximum amount multiple times. Check how much your bank charges for international withdrawals. Definitely notify your bank and credit card company that you will be traveling, where and when.
Language

A handful of ASRI staff members speak conversational English, but the majority of staff and community members do not. It is highly recommended that you learn a few key phrases prior to coming to Borneo. Previous visitors have enjoyed the free audio courses provided by the site Learning Indonesian. The site also has a podcast, so you can download the lessons (approximately 7-15 minutes each) and listen at your own pace.
In general, shake hands and give a slight nod when meeting for the first time. If you are a man, only shake a woman's hand if she initiates the greeting.

The left hand is considered unclean, so try to pass, receive, or touch things with your right hand.

Pointing is considered rude; gesture with your whole hand instead.

If you see someone is staring at you, it's probably just because they are curious!

You'll find that Indonesians may ask you a wide range of questions without hesitation, about things that you may consider to be “personal” (e.g. age, marital status, and religion).
Indonesian people have a very strong sense of community, and you will notice that they rarely do things or go to places alone.

It will not be uncommon to hear people in Sukadana yell out “bule” which is used as a general term for foreigner. You will also hear people, especially children, yell “Hello, mister” - regardless of your gender.

Indonesian people are known for their generous hospitality. Keep in mind: refusing an invitation or food/drink could be taken as a personal rejection, so be delicate.

Indonesian people are conscious of personal cleanliness, and most people bathe twice per day.

You will often be sitting on the floor for discussions. It is considered rude to face the soles of your feet toward other people. It is preferred to sit cross-legged or to fold your legs to one side.

Indonesia is not a tipping society. Although a small tip for extremely good service is welcomed, it is not expected. Health In Harmony staff will provide gratuities on behalf of the group for the Tanjung Puting National Park boat tour.

Photographs are generally OK (in fact, many people love having their picture taken) but you should ask first.

Be mindful of flashing around valuables - theft is not the issue so much as privilege.
Packing

Culturally Appropriate and Functional Clothing

Although the weather is hot and humid, modesty is extremely important. Sukadana is a conservative, majority-Muslim area, and respect for community beliefs is an important principle at ASRI. Culturally appropriate clothing means items that are loose fitting and modest. The general rule of thumb is that elbows and knees should always be covered. For women, full-length pants (no jeans) or a long skirt, paired with a nice shirt that covers the elbows, is appropriate dress during the week. During your free time and on weekends, active wear, long shorts (to the knee), and short-sleeve shirts are acceptable. If you go to the pool, we recommend wearing a one-piece suit with a t-shirt and long board shorts or leggings over the suit.

For men, during the work week we suggest long sleeve button-ups with nice slacks — no shorts or jeans. If you go to the pool, we recommend wearing a t-shirt and knee-length shorts for swimming, no bare chest. We ask that all volunteers wear sleeves that cover the elbow to keep our volunteer standards equal between men and women.

In addition, you should also take into account your comfort. We encourage you to bring functional, quick-drying, light, breathable clothes. We will be doing a variety of activities, from hiking to planting seedlings to shadowing in the clinic, so “multi-purpose” clothing is recommended. In the privacy of your hotel room, loose shorts and t-shirts, and light summer dresses are okay. Many participants appreciate having a sarong for a variety of uses, from towel to cover-up. Although you will not need anything very fancy, please bring at least one outfit for “dressing up,” such as a tunic, long dress or skirt, or nice slacks.

Footwear

Flip-flops and sandals are the footwear of choice at ASRI. Indonesians go barefoot in the ASRI buildings and inside homes, so you’ll appreciate something that is easy to slip on and off. You will also want a pair of athletic shoes or lightweight hiking shoes.

It is likely that we will encounter areas with leeches on this trip. You can minimize your contact with them by wearing two pairs of thin, tightly woven socks and then tucking your pants into them when hiking in the forest. Trip guides will let you know when it might be appropriate to do so.
Packing List

Clothing and Gear

- Modest and comfortable attire
- Dresses/t-shirts/long shorts
- Light robe/sleeping clothes
- Sandals or flip-flops
- Comfortable walking shoes
- Rain jacket or Poncho
- Sun or baseball hat
- Handkerchief or bandana
- Sunglasses
- Small backpack for excursions
- Waterproof bags/Ziploc bags

Travel Items

- Passport and 1-2 printed photocopies
- Cash for incidentals
- Sunscreen and insect repellent
- Toiletries
- Personal first aid kit and prescription medications
- Hand sanitizer and small bar of soap
- Headlamp or flash light and extra batteries
- Water bottle
- Ear plugs and eye mask
- Individual tissue packs and wet wipes
- Sarong or light towel
- Small gifts for ASRI staff

Technology

- Camera and unlocked smart phone
- Adapter for plug-ins and backup battery pack
FAQ

What is the goal of this trip?

We want you to see first-hand how we design solutions that save lives, livelihoods, and ecosystems. We aspire to be global influencers and educators, and we are thrilled to be able to share our model - and this incredible place - with you.

Why should I join this trip?

Whether you are an existing, longtime supporter or have never heard of us before, there are many reasons to join this trip! Our planet is facing many pressing challenges, and the trip exposes you to an approach that prioritizes community needs and demonstrates impact. You will see - and engage with - our programs, have conversations and form genuine connections with our patients and participants, experience the incredible beauty of the rainforest, and see orangutans and other creatures in the wild. This Journey is also an adventure with a purpose - it's an investment in Health In Harmony's programs and the future of planetary health.

Is this trip right for me?

The Health In Harmony and ASRI teams make every effort to ensure the group's comfort throughout the Journey, but we recognize this trip is not right for everyone. Past participants have described some elements of this trip as “camping plus.” For example, you will be exposed to hot sun, high humidity, rain, and mosquitos. You should have reasonable physical ability and be comfortable occasionally using squat latrines and taking bucket showers. Those who have a spirit of adventure, and are not intimidated by long car rides, new foods, and changes in plans will get the most out of this trip.

Contact Us

If you have additional questions feel free to contact us at travel@healthinharmony.org
Journey to Borneo.

Travel with a purpose.