



SUMMER



pacific  
discovery  
inspiring educational adventures

# Bali Summer Program

ISLAND HOPPING, CONSERVATION,  
AND SURFING

[www.pacificdiscovery.org](http://www.pacificdiscovery.org)

# Overview

**Snorkel, surf, and savor Indonesian cuisine while learning how to make a difference during this summer program in Bali!**

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Experience catching a volcano sunrise, snorkeling through crystal-clear reefs, and a transformational surf camp during your Bali Summer adventure. The surf camp will take you from wobbling your way to shore, to riding through barrels like a pro. You'll also have the chance to volunteer at Scholars of Sustenance, an international food rescue foundation, helping reduce food waste and support communities in need. In between the excitement, unwind at a serene yoga retreat, and explore the vibrant local cafes.

A Nusa Penida day trip will be one of the highlights of this program. Nusa Penida is the largest of the three Nusa Islands that are off of the southeast coast of Bali. It draws in visitors with its breathtaking blue waters, so many different shades you'll lose count, and its incredible underwater life from manta rays to loads of colourful fish and its out-of-this-world viewpoints. On Nusa Penida you'll find secluded beaches and be able to gaze over the edge of cliffs, climb to waterfalls, and explore the roads through the jungle. Palm trees and lush greenery line the roads and waves crash against the islands edges, leaving you in awe and with plenty of things to do in Nusa Penida.





## Sample Itinerary

*\*\*This is a guide to what you can expect to do on program.  
The order in which the activities occur might vary\*\**

## WEEK 1 | FOOD BANK, MANGROVE RESTORATION & CULTURAL ACTIVITIES

This week, we will get hands-on with valuable volunteer work at a local charity organization that aims to reduce food waste. They do this by rescuing good condition excess food from hotels and cafes and turning it into delicious, nutritious meals for orphanages and other people in need. We will help them by packing and distributing these meals, supporting efforts to ensure no one in Sanur goes hungry. We have one more day of volunteering ahead of us - this time helping on a mangrove and coral regeneration project nearby. We then make our way to the rolling rice paddies of Tabanan on the Southwest Coast. We stretch our legs in the middle of these rice fields hidden from the rest of the world and stumble upon local villages, a honey farm, and friendly locals along the way. Aside from some of the most beautiful natural scenery on the island, Tabanan also hosts a lot of spiritual and cultural heritage like the local royal palace, which was built in 1343 and is open for us to explore.

We'll continue to immerse ourselves in the rich Balinese culture by getting hands-on making various Balinese cakes and flower arrangements, learning how to prepare our favorite Balinese dish, and might even get an introduction into Balinese traditional dance!

## WEEK 2 | SURF CAMP & SPIRITUAL UBUD

It's time to head to Padang Padang to improve upon our surfing skills. This won't be just a throwaway surf lesson, but a 4-day surf camp. We spend our days learning about the perfect body positioning and techniques and we'll be catching waves again in no time. When not on our boards, we will have time to relax by the pool, catch epic sunsets, and join in on some yoga practices offered by the camp. By the end of the week, we will be feeling confident enough to stand up, turn, and even look the part when walking along the beach with our surfboards.

At the end of the week, we say goodbye to the beaches of Uluwatu and hello to the rice paddy fields of Ubud! Ubud is located in the mountainous area of Bali and is well known as a spiritual hub, making it an appealing destination for yoga practitioners. We will take in the unique atmosphere, wander past Hindu temples and markets, and visit a monkey forest that houses more than 300 long-tailed Macaques!



## WEEK 3 | NUSA PENIDA COMMUNITY VOLUNTEER AND EXPLORATION

Last on the program is a community focused trip to the Instafamous Nusa Penida. The beaches and the views on this tiny island just off the Bali coast are incredible - make sure to have your camera handy! Here, we work with an organization called Friends of the National Parks Foundation (FNPF) that manages holistic conservation & community development programs on the Balinese Hindu island. They'll teach us about the Bali startling conservation work being done on the island, build nests, weave baskets, and give our time helping out amongst the local communities that call this island home. In our free time we will relax into "island time", explore the scenic sites, and wade in the crystal blue waters.

## WEEK 4 | YOGA RETREAT & VOLCANO SUNRISE HIKE

These last 4 weeks have been packed and full-on! Now it's time for a little self care. A yoga retreat will open up our eyes to relaxation, meditation, and the need to slow our lives down. As well as enabling self-reflection, yoga increases strength, balance, and flexibility. We will spend our days nestled into the rice paddy fields of Ubud - a great oasis away from the lively city center. Here we will spend 4 days practicing different styles of meditations and yoga poses while learning about how to incorporate these practices into our daily lives. We will also manage to fit in a sunrise hike up to Batur Volcano. Mount Batur is an active volcano located northwest of Mount Agung and is considered to have some of the best views on Bali. We will meet our guides for an evening overnight hike to get us a bit closer to the summit, and away from the crowds as we set up our little camp for the night. The next morning we will wake before the sun and get to the rim of the volcano for a gorgeous sunrise view over the surrounding countryside, lakes, and crater at the summit.

It's time to head back to the mainland where we will spend our last few days enjoying what Bali has to offer and start program wrap. What a journey it has been! We will have traveled through and gotten to know two countries on the other side of the world, learning more about the world and ourselves.



# Program Highlights

- Sights, sounds and smells from the colorful local markets in Ubud
- Rewarding conservation service-learning projects
- Raft the rivers of Bali
- A yoga and meditation journey in Ubud
- Hands-on waterway restoration and cleaning project
- Surf Camp on the shores of Bali famous for its sandy beaches and big surf breaks.
- Trekking to the top of Bali's volcano for an epic sunrise
- Community focused trip to Nusa Penida
- Rest days on idyllic white-sand beaches with the option to swim and snorkel
- Delicious local cuisine and the Bali cafe culture
- Informal lectures and discussions on history, culture, society and environment
- Very personalized small-group experience, maximum of 14 participants
- Experienced Pacific Discovery program instructors supported by local guides





## COUNTRY INFORMATION

Indonesia consists of over seventeen thousand islands with a population of over 267 million people; making it the world's 4th most populous country. Indonesia sits on the ring of fire creating a string of volcanoes that run through some of its main islands. It has resulted in fertile soils, a factor in historically sustaining high population densities of Java and Bali. This grouping of islands is also home to a variety of wildlife such as the Sumatran Tiger, Rhinoceros, Orangutan and the Asian Elephant.

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## CLIMATE

**Indonesia:** Jan-Feb temperature - Average min/max 78/82°F Oct-Nov temperature - Average min/max 75/80°F

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## MEALS

Food is undoubtedly a highlight when travelling in Asia and throughout there will be the opportunity to eat authentic Asian food. Special dietary requirements and vegetarians are catered for. Breakfast, lunch and dinner are included in the program cost. Any snacks are at an additional cost, which we recommend budgeting around \$10 per day for.

Most meals are eaten out at restaurants due to the local culture and accommodation. An average day on program would consist of the following:

- Breakfast: fruit, toast, eggs
- Lunch: noodles, curries, rice dishes like Nasi Goreng
- Dinner: noodles, curries, rice dishes like Nasi Goreng

Camping meals will be adjusted to the cooking equipment at hand

Bali has a wonderful cuisine fusion of traditional Balinese flavours, tropical fruit and coconuts, and with so many ex-pats living on the island, western food is also readily available.

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## TRANSPORT

We will be traveling in our own group van with a luggage trailer for the duration of this program.



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