

Meet Move Eat presents:

Gone to Bali - See Ya!

Your guest booklet for 14–20 June 2027

With your MME hosts Lis and Bry.

Welcome

You've said yes to seven days and six nights of moving, eating and meeting wonderful people at Mimpi Menjangan Resort in Bali. This booklet covers everything you need to organise before you leave home: passport, visa, arrival card, tourist levy, flights and how we all meet up on Day 1.

Your retreat at a glance

Dates	Monday 14 June to Sunday 20 June 2027 (6 nights / 7 days)
Where	Mimpi Menjangan Resort, Bali - Menjangan Resort - natural hot springs & culture escape in West Bali
Meeting point	To be confirmed, likely a spot in Legian
Meeting time	10.30am, Monday 14 June, 2027
Returning to:	To be confirmed, likely a spot in Legian

Returning time	By 4pm, Sunday 20 June, 2027
Cost	$2,500 per person (excludes airfares, travel insurance, alcohol and sundries) See itinerary (item 11) and inclusions (item 12) below.
Deposit	$550 due **10 December, 2026:** **Direct debit** LB Flower & BL Morgan BSB: 834-472 Acc: 879392815 Reference: Bali – and your full name
Balance	$1,950 due **05 March 2027**

Your checklist and timeline

When	What to do
As soon as you can	Check your passport to ensure it has 6 months validity (see below) and book your flights
By 10 December 2026	Pay your $550 deposit
By 05 March, 2027	Pay your $1,950 balance
Early 2027	Book travel insurance
April–May 2027	Apply for your e-Visa on Arrival (optional but recommended)
Before 11 June 2027	Pay the Bali Tourist Levy online
From 11 June 2027 (within 72 hours of landing)	Complete the All Indonesia Arrival Card
Monday 14 June 2027	Meet the group at 10.30am

1. Passport

- Your passport must be valid for **at least six months from the day you arrive in Bali**. For this trip, that means it should not expire before **14 December 2027**. Check yours today, because renewing can take several weeks.
- Take a photo of your passport photo page and keep a copy somewhere separate from your passport (email it to yourself).

2. Visa

Australian passport holders **cannot** enter Indonesia visa-free. You need a Visa on Arrival (VoA) or the electronic version (e-VoA).

- **Cost:** IDR 500,000, roughly AUD $45–50.
- **Length of stay:** 30 days, which comfortably covers our 7 days.
- **Option A: e-VoA (recommended).** Apply online through The Official eVisa website for Indonesia at least 48 hours before you fly. You'll receive a QR code, so save a copy on your phone and print one as backup. Many travellers find this saves a long queue on arrival.
- **Option B: VoA at the airport.** Pay at the counter at Ngurah Rai (Denpasar) airport and queue before immigration. We prefer Option A - to skip the queue.

Scam warning: Only use official Indonesian government websites (addresses ending in .go.id). Lookalike sites charge $80–150 for the same service.

Heads up: Indonesian authorities have discussed changing visa fees and possibly allowing visa-free entry for some countries. We'll let you know if anything changes before June 2027, and you should also check the Australian Government's Smartraveller page for Indonesia a few weeks before you fly.

3. All Indonesia Arrival Card

Everyone entering Indonesia must complete this free digital form.

- **When:** within 72 hours before you arrive. For a 14 June arrival, that means from 11 June.
- **Cost:** free. Any site that asks you to pay is a scam.
- You'll receive a QR code to show with your passport at immigration. Screenshot it, as airport wifi can be unreliable.

4. Bali Tourist Levy

- **Cost:** IDR 150,000 per person (roughly AUD $14–15).
- **How:** pay online through the official Love Bali website or app before you leave home, or at the payment counters at the airport. Paying in advance means one less queue.
- Keep the receipt or QR code on your phone.

5. Booking your flights

Please book your own flights. Your destination airport is **Ngurah Rai International Airport, Denpasar (DPS)**.

- **Direct flights:** Virgin Australia and Jetstar both fly direct from **Coolangatta** and **Brisbane**.
- **Other departure cities:** flights usually connect via Melbourne or Sydney.
- **Match your times to our transfers.** Before you book, check the arrival and departure times in Denpasar against the group transfer times below.

Arriving: Our group meets in Legion (location TBC) at 10.30am on Monday 14 June. Allow time to clear immigration, collect your bags and travel from the airport to Legian, which can take an hour or more

depending on traffic. Many guests choose to land the afternoon or evening before and stay a night in Legian or surrounds. If you do arrive on the day, aim to land well before 8am.

Departing: We aim to be back in Legian (location TBC) by 4pm on Sunday 20 June. Allow time to reach the airport and check in for an international flight (about three hours before departure), so an evening departure is the safest choice.

Arrive early or stay on? You may wish to arrive in Bali a day or two before the retreat, or stay a little longer afterwards. Before you book your flights, raise it in the WhatsApp group to see what others are planning. You may be able to share time together before or after the retreat.

We'll confirm exact times and the meeting point in the WhatsApp group once final arrangements are locked in.

6. Meeting point and transfers

- **Meeting point:** [Name and address to be confirmed, likely in Legian]
- **Time:** 10.30am, Monday 14 June 2027
- **Group transport** Private car transfer to Mimpi Resort Menjangan (organised by us) takes approximately 5 hours, including a 1-hour lunch stop, and the return journey follows the same pattern. We will return you to the same spot in Legian (TBC) by 4pm on Sunday 20 June.
- If you're running late on the day, message the WhatsApp group straight away.

7. Airport transfers to Legian

Legian is roughly 9–11 km from Ngurah Rai Airport. The drive usually takes 20–45 minutes, and longer in heavy traffic. Please make your own way to our Legian meeting point, and share your plans in the WhatsApp group so guests landing at similar times can split a car.

Option	Approx. cost to Legian	Good to know
Pre-booked private transfer	From about AUD $15–35 per car	Driver waits in arrivals with your name on a sign and tracks your flight. Fixed price, easiest after a long flight.
Bluebird metered taxi	About IDR 150,000–220,000 (AUD $15–22)	Trusted, metered, with a desk at the airport. The fare rises in traffic. Make sure the meter is running and the taxi really is Bluebird.
Grab or Gojek (app)	Often cheaper than a taxi	Download and set up the apps before you leave home. Follow the signs to the designated ride-hailing pick-up area, as the exact spot has changed over time. Compare both apps, as prices can differ.
Airport counter or touts in arrivals	Often 3–6 times the fair price	Politely decline unmetered offers from people approaching you in the terminal.

Tips

- Keep a little rupiah handy for tolls, parking or tips.
- Prices are approximate and change with traffic and season.

8. Money and currency exchange

Bali uses the Indonesian rupiah (IDR). As a rough guide, IDR 100,000 is about AUD $10, and the largest note is IDR 100,000, so you'll carry a lot of notes.

Where to change cash

- Use banks (such as BCA, Mandiri or BNI) or well-known authorised money changers, for example BMC (PT Bali Maspintjinra) or Central Kuta Money Exchange. Licensed bureaus display their licence and rates.
- Hotel counters are safe but usually give weaker rates.
- Check the buying rate on the board, count your notes slowly before you leave the counter, and keep your receipt.
- Change a small amount first, and only what you expect to spend as cash.

ATMs and cards

- ATMs at banks, malls and resorts are generally safer than standalone machines on the street or in minimarts. Watch for skimming devices and cover your PIN.
- If the ATM offers to convert the amount to Australian dollars, choose to be charged in rupiah (IDR), because your own bank usually gives the better rate.
- ATMs often give a better rate than changing cash, but check your bank's international withdrawal and card fees first.
- Tell your bank you're travelling. Take at least two cards, and keep one separate from your wallet.
- Cards are widely accepted at larger venues, but small shops, markets and drivers usually want cash.

9. Phone and SIM cards

An eSIM is the easiest way to get mobile data in Bali, because you can buy and install it before you leave and be online as soon as you land.

Setting up an eSIM

1. Check that your phone supports eSIM and is **not carrier-locked**. Most recent iPhones and many Android phones do. If you're unsure, ask your phone provider.
2. Buy a Bali or Indonesia travel eSIM from a reputable provider (for example Airalo or Holafly) before you fly. Check that the plan covers Indonesia and gives enough data for 7 days, and whether the validity period starts on install or on first connection.
3. Install it at home on wifi by scanning the QR code or using the provider's app. Save the QR code and instructions in case you need to reinstall.
4. On arrival, switch the eSIM on, set it as your data line and turn on data roaming for it only.

5. Keep your Australian SIM active for calls and text messages, such as bank security codes, but turn off data roaming on that line to avoid bill shock.

Other options

- A physical tourist SIM is sold at the airport and at shops in Seminyak. It usually costs a bit more and takes a little time to set up.
- Wifi is common in cafes and accommodation but can be patchy, so mobile data is a useful backup for maps, rides and the WhatsApp group.
- Check international roaming rates with your phone provider if you plan to use your Australian plan instead.

10. Travel insurance

Travel insurance isn't a visa requirement, but it is strongly recommended for everyone. Please check that your policy covers medical care and cancellation, and send us your policy details closer to the trip.

You may wish to check your credit card - it may already provide travel insurance.

11. Your itinerary

14-20 June 2027 | 6 Nights, 7 Days

Day 1: Monday 14 June, Arrival

- **9:30am:** Meet at central location in Legian (TBC)
- **10:30am - 3:30pm:** Private car transfer to Mimpi Springs (approx. 5 hours, including 1-hour lunch stopover)
- **3:30pm:** Check in, settle into your room, explore the resort and relax
- **6:30pm:** Celebratory Welcome Dinner
- **8:00pm:** Yin Yoga

Night 1: Mimpi Springs

Day 2: Tuesday 15 June, Culture & Connection

- **5:30am:** Optional meditation
- **6:30am:** Sunrise Flow Yoga
- **7:30am:** Canang Sari Workshop. Create a traditional Balinese daily offering using woven palm leaves and symbolic flowers
- **8:30am:** Buffet breakfast

- **11:00am - 3:00pm:** Village walk and guided hike. Explore local villages and enjoy lunch at a local warung
- **3:00pm:** Own time (massage, swim, journal)
- **5:00pm:** Restorative Yoga
- **6:30pm:** Dinner at the resort
- **8:00pm:** Pranayama & Meditation

Night 2: Mimpi Springs

Day 3: Wednesday 16 June, Menjangan Island

- **5:30am:** Optional meditation in the Shala
- **6:30am:** Sunrise Yoga
- **8:00am:** Buffet breakfast
- **10:00am - 3:00pm:** Menjangan Island Tour. A half-day adventure exploring one of Bali's most beautiful islands, including snorkelling and lunch
- **4:30pm:** Slow Flow Yoga. A gentle flowing practice to stretch, breathe and restore after the day's adventure
- **6:30pm:** Dinner
- **8:00pm:** Stargazing & Yoga Nidra

Night 3: Mimpi Springs

Day 4: Thursday 17 June, Restore & Reflect

- **5:30am:** Optional meditation
- **6:30am:** Sunrise Yoga
- **8:00am:** Buffet breakfast
- **10:00am - 1:00pm:** Balinese Cooking Demonstration. Discover traditional flavours and cooking techniques using fresh local ingredients, followed by lunch
- **1:30pm:** Free time
- **5:30pm:** Hatha Yoga
- **7:00pm:** Dinner at Warung
- **8:30pm:** Stargazing & Yoga Nidra

Night 4: Mimpi Springs

Day 5: Friday 18 June, Exploring the West Bali National Park & Temples

- **5:30am:** Optional meditation in the Shala
- **6:30am:** Sunrise Yoga
- **8:00am:** Buffet breakfast
- **9:00am - 3:00pm:** Exploring West Bali National Park and temples
- **3:00pm:** Free time at the resort (relax in the hot springs, massage, swim, journal, read)
- **6:30pm:** Dinner
- **8:00pm:** Meditation

Night 5: Mimpi Springs

Day 6: Saturday 19 June, Markets, Salt & Pearls

- **5:30am:** Village traditional market, salt farm and pearl farm tour (approx. 3.5 hours)
- **9:00am:** Late breakfast
- **10:00am - 4:00pm:** Own time (swim, treatment, shop, cycle, walk, read, hike, explore)
- **4:00pm:** Closing Practice. A gentle session celebrating movement, gratitude and new beginnings
- **7:00pm:** Farewell Dinner
- **8:30pm:** Yin Yoga

Night 6: Mimpi Springs

Day 7: Sunday 20 June, Departure

- **5:30am:** Optional meditation
- **6:30am:** Sunrise Yoga
- **8:00am:** Buffet breakfast
- **11:00am:** Late check-out and departure
- **1:00pm:** Lunch at a warung en route
- **4:00pm:** Arrive Legian (TBC). Guest farewell

This itinerary is subject to change. Activities, timings and venues may be adjusted due to weather, local conditions, availability or other circumstances beyond our control. Every effort will be made to provide advance notice of any changes and to offer comparable alternatives. All activities are optional.

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12. Inclusions

- ☐ Your own private Standard Patio Room with ensuite at Mimpi Resort Menjangan
- ☐ All meals:

  Breakfast daily x 6
  Lunch daily x 7
  Dinner daily x 6

- ☐ Return transport from central Legian to the resort (4 hours each way)
- ☐ Morning and evening yoga sessions in our own Shala
- ☐ Morning and evening meditation sessions in our own Shala
- ☐ Menjangan Island Tour including snorkelling
- ☐ Village Traditional Market, Salt Farm and Pearl Farm Tour
- ☐ Exploring the West Bali National Park & Temples
- ☐ Balinese Cooking Demonstration
- ☐ A traditional Balinese massages at the resort
- ☐ Access to a Grand Courtyard Villa with private hot spring and pool for group get-to-gethers

13. Cancellation policy

We are waiting onMimpi Resort Menjangan to provide their updated terms and conditions including their cancellation policy.

For the purposes of securing the accommodation and shala, Meet Move Eat (LB FLOWER & BL MORGAN) will offer a 100% refund of your deposit up to and including 4 February 2027.

As soon as we hear back from Mimpi Resort Menjangan and clarify the final details, we will add our cancellation policy in an updated version of this booklet.

14. Deposit and balance

A deposit of $550 is required by **10 December, 2026** and secures your place on the retreat. The balance is due on **5 March 2027.** Please let us know asap if you are unable to meet these dates.

15. Staying in touch

Once deposits are received, we'll set up a WhatsApp group for flight details, visa questions, sharing information and last-minute updates.

Quick links to bookmark

- Indonesian immigration e-Visa on Arrival (official .go.id site) - https://evisa.imigrasi.go.id/
- All Indonesia Arrival Card (official .go.id site) - All Indonesia
- Love Bali tourist levy (official site or app) - Welcome to Bali, the Island of Gods - Love Bali
- Smartraveller: Indonesia travel advice - Indonesia Travel Advice & Safety | Smartraveller
- Mimpi Resort Menjangan

For seven days and six nights, Mimpi Resort Menjangan will be home: a 5.5-hectare oasis built directly on the holy, healing hot springs of Banyuwedang. Balinese locals have journeyed here for centuries, and you can soak in the same naturally mineral-rich waters at a toasty 46.4°C.

Our days begin with sunrise yoga and optional meditation, and close with yin, restorative and yoga nidra under the stars. In between, we'll explore: weave a traditional canang sari offering, walk through local villages, dine in the resort and local warungs, snorkel around Menjangan Island, learn the secrets of Balinese cooking, and hike West Bali National Park on a temple and monkey-spotting adventure.

We'll also wander a traditional market and visit a salt farm and a pearl farm. There's plenty of free time too, for a massage, a swim or a good book. Long shared meals, from the welcome dinner to our farewell feast, are where the comradery grows and the stories we'll be telling for years begin to take shape.

We can't wait to share this week with you - to meet, move, eat and get seriously social!

See you in Bali!

Lis and Bry
Meet Move Eat

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