



The rice terraces of Bali

Midwifery in Bali

4 – 10 June 2023

Preceding the ICM Congress in Bali

11 – 14 June 2023



Jon Baines
tours



Rice fields outside Ubud

Experience lesser-travelled Bali on this midwifery study tour. Explore the beauty of this island, where temples and shrines nestle amongst emerald-green rice terraces and spirituality infuses everyday life.

The midwifery visits provide real insight into midwifery, childcare and health provision in Bali. After independence, the Indonesians largely followed the Dutch model, where trained, qualified midwives provided the majority of health care and support to mothers. After a period when childbirth became more medicalised, the midwifery profession has since grown and developed. There are now over 200,000 midwives across

Indonesia. The village midwife (bidan desa) is the backbone of maternity care in Indonesia, linking traditional midwives (dukuns) with the centralised maternity hospitals.

The study tour includes a wide range of visits including to the Midwifery Association of Bali, a teaching hospital, clinic, NGOs and a yoga centre. Through meetings, talks, a seminar and visits, this tour will provide a unique educational opportunity to learn about midwifery in Bali. At the end of the tour there is the opportunity to extend to take part in the 33rd International Confederation of Midwives Triennial Congress in Bali from 11-14 June 2023.

Tour Leader

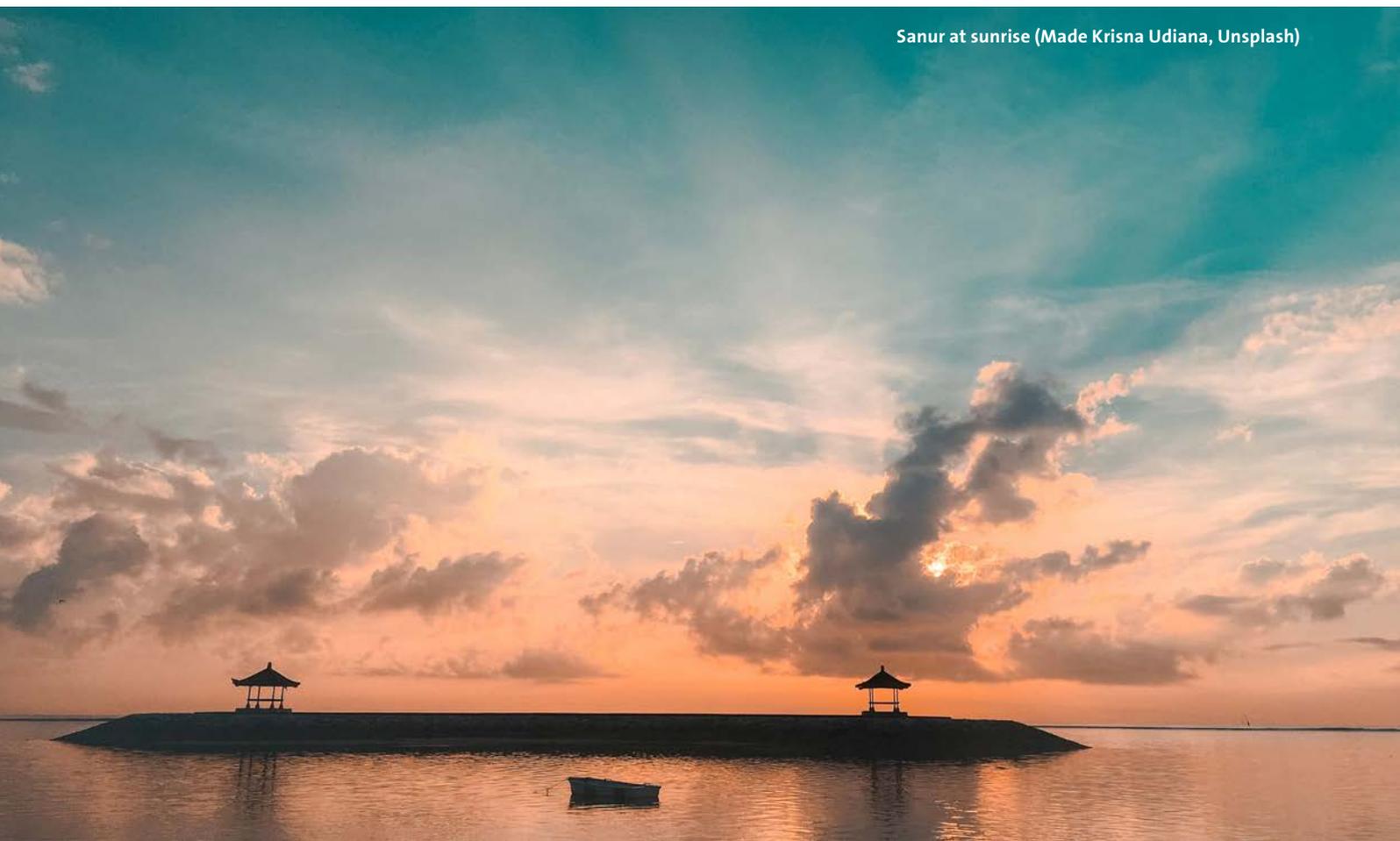
Allison Cummins is a high-profile academic who is passionate about education and research. Allison is Associate Professor in Midwifery at the University of Newcastle; in her role as Discipline Lead in Midwifery she has implemented a new, innovative curriculum and increased the visibility of the profession of midwifery.

Allison has built a body of research around midwifery models of care and graduate transitions. Her reputation in this area has led to international research opportunities attracting funding and invited keynote addresses. Her current projects focus on the experience of women during the pandemic based on models of maternity care, outcomes for women with anxiety and depression who receive midwifery continuity of care, and evaluating innovative midwifery models of care known as midwifery antenatal and postnatal services (MAPS). Allison has over 30 publications including peer reviewed high ranking journal articles and book chapters and has co-edited two books.



Allison is an elected Midwifery Director on the Board for the Australian College of Midwives, the peak professional body for midwives. Internationally, Allison is a member of the Trans-Tasman Midwifery Education Consortium and the Quality Maternal Newborn Care Alliance. Allison is an Associate Editor of the midwifery journal Women and Birth International (WOMBI) that publishes relevant research on all matters that affect women and birth. WOMBI is ranked the number 1 midwifery journal in the world and the 10th for nursing and midwifery.

Sanur at sunrise (Made Krisna Udiana, Unsplash)



3 nights Sanur – 2 nights Ubud – 1 night Sanur

Day 1: Sanur (Sun, 4 June) **D**

Pm: Arrive and transfer to Sanur and the Segara Village Resort on the coast and meet with the tour leader and group.

Eve: Welcome dinner

Day 2: Sanur (Mon, 5 June) **B D**

Am: Meet with the Midwives Association of Bali for an overview of midwifery in Indonesia at the Politeknik Kesehatan Kartini Bali. Take a tour of the campus and learn about their gentle birth method and peer-to-peer learning.

Pm: Visit Denpasar RSUP Teaching Hospital, a large tertiary referral teaching hospital that partners with Udayana University and provides midwifery degrees. The hospital is known for its strong teamwork with doctors and philosophy of 'tat twam tasi' or 'treat someone as you want to be treated.'

Day 3: Sanur (Tues, 6 June) **B L**

Am: Visit Rumah Sehat Madani Clinic, Denpasar, which provides maternal and general healthcare to disadvantaged families.

Pm: Visit Yayasanana Rama Sesana to meet their team of skilled educators comprising doctors, nurses, midwives and outreach workers, dedicated to the task of improving the health of low-income women in Bali through education.

Day 4: Sanur / Ubud (Wed, 7 June) **B L D**

Am: Take part in a cycle ride.* Bikes will be tested and adjusted at the starting point, with a safety briefing before setting off on a route with beautiful rice field views. See a sacred village temple, traditional Balinese compounds and an 11th century temple used for special ceremonies and deep meditation.

Pm: Enjoy a traditional homemade lunch in a local home before being transferred back to the hotel. Check into the Arma Resort. Luggage is transferred directly to Ubud.

* Those who do not wish to cycle will be driven to Ubud.

Day 5: Ubud (Thurs, 8 June) **B L**

Am: Visit the NGO Yayasan Bumi Sehat, which provides holistic health care at their Community Health and Education and Childbirth Centres. Learn about their work providing holistic medicine, pre- and post-natal care, breastfeeding support, infant, child and family health services, nutritional education, pre-natal yoga and 'gentle, loving natural birth services.'

Pm: Walk through the Monkey Forest before driving the short distance to Ubud Palace and the local Market. Explore central Ubud and visit the Yoga Barn.

Eve: Option to see traditional Balinese dance.

Day 6: Ubud / Sanur (Fri, 9 June) **B D**

Am: Drive to Sanur via Taman Ayun, a traditional Balinese style temple that appears to be floating on the large fishpond surrounding it. Stop at Jatiluwih where beautiful rice terraces unfold from mountains to the coast.

Pm: See Tanah Lot Temple, perched on a rock accessible only at low tide. Check into Segara Village Hotel and relax.

Eve: Farewell dinner.

Day 7: Sanur (Sat, 10 June) **B**

Am: Depart Bali or take part in the ICM Congress 11 – 14 June 2023.



Hotels

Segara Village Hotel in Sanur is a beautiful beachside resort with traditional style villas, set in lush tropical gardens with two swimming pools.

Arma Museum and Resort in Ubud is a tranquil Balinese style resort in lush tropical gardens. It has the feel of a temple retreat, with a seamless balance between modern comforts and the natural environment.



The cost of the tour per person sharing is US \$1,596

The cost of the tour with a room to yourself is US \$2,058

The cost includes:

- The services of a tour leader (Allison Cummins)
- Six nights' accommodation in twin-bedded rooms with private facilities in first-class, medium grade and boutique hotels
- All professional talks, meetings and visits
- Breakfast and lunch or dinner daily
- All admission fees and tips
- Services of an English-speaking national guide
- All transport services and taxes (excl. transfers)

The cost excludes:

- Flights
- Meals not mentioned
- Drinks with meals
- Arrival and departure transfers
- All optional excursions, tours and visits
- Travel insurance
- Visa (if required)

Extend to attend the ICM Triennial Congress in Bali from 11 – 14 June 2023



Balinese dancer

Segara Village Hotel (top left);
Arma Resort; Sanur (bottom left)

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Meru Towers, Ubud (top); Baby and grandma in Denpasar (Motrek Bali, Unsplash); Tanah Lot Temple (above)



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