



Rice fields outside Ubud

# Midwifery in Bali and Lombok

2 – 14 June 2024





Magnificent Gunung Rinjani, Lombok

**Experience lesser-travelled Bali and Lombok on this bespoke midwifery study tour. Explore the beauty of the region, where temples and shrines nestle amongst emerald-green rice terraces, magnificent Mt Rinjani towers above pristine gilis (islands) and spirituality infuses everyday life.**

The midwifery visits provide real insight into midwifery, childcare and health provision in Bali and Lombok. 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, a local hospital in Lombok that provides both public and private midwifery care, and a traditional birth attendant in Lombok. Through meetings, talks, a seminar and visits, this tour will provide a unique educational opportunity to learn about midwifery within different cultures in Bali and Lombok.

## 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 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 50 publications including peer reviewed high ranking journal articles and book chapters and has co-edited two books. Her latest book *Stories in Midwifery* is an insightful interactive multi-media learning resources for provides students and midwives alike.

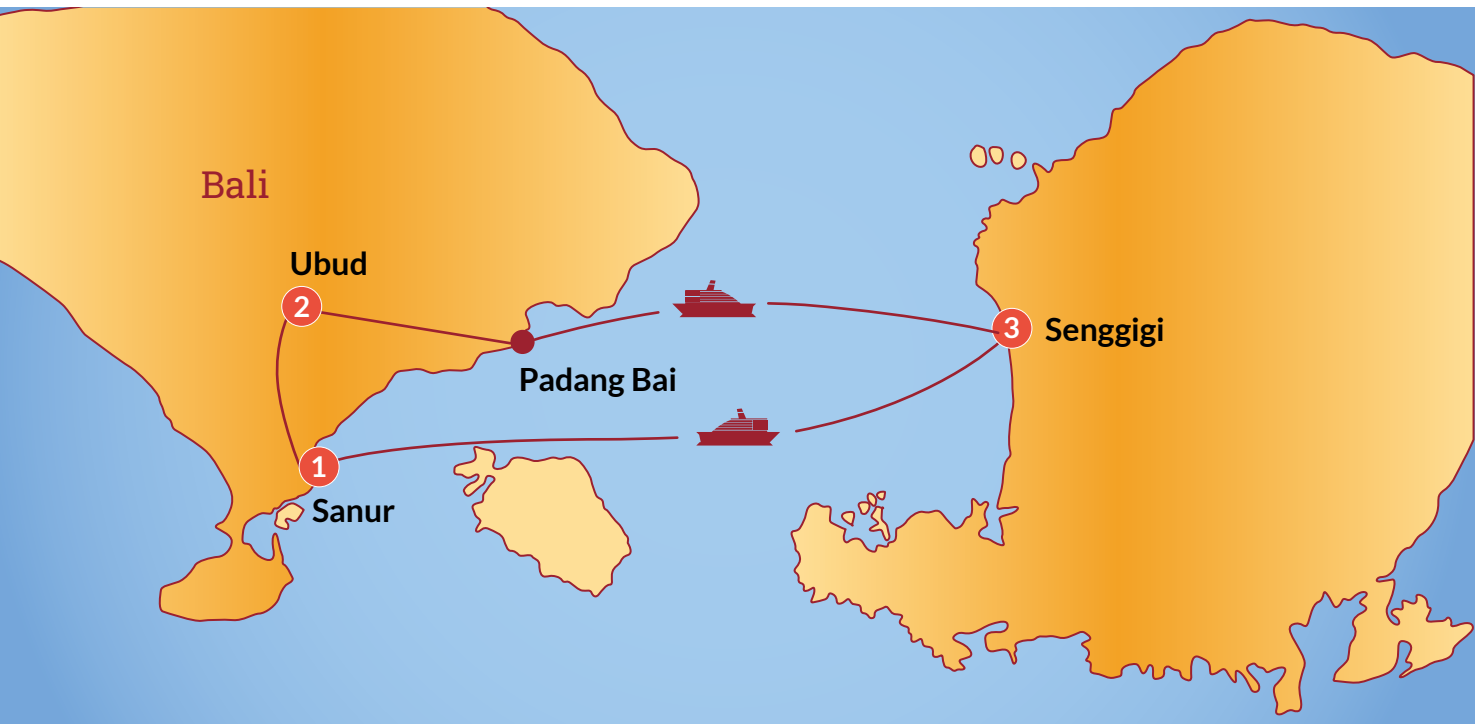


Allison is an elected Midwifery Director on the Board for the Australian College of Midwives, the peak professional body for midwives. Internationally, Allison is a member of the Trans-Tasman Midwifery Education Consortium and the Quality Maternal Newborn Care Alliance. Allison is an Associate Editor 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 one midwifery journal in the world and the 10th for nursing and midwifery.



Harvesting rice in Lombok

4 nights Sanur – 3 nights Ubud – 4 nights Lombok - 1 night Sanur



## Day 1: Sanur (Sun, 2 June)

D

**Pm:** Arrive and transfer to your hotel on the coast in Sanur.

**Eve:** Welcome dinner with the group.

## Day 2: Sanur (Mon, 3 June)

B D

**Am:** Meet with the Midwives Association of Bali for an overview of midwifery in Indonesia at the Politeknik Kesehatan Kartini Bali.

**Pm:** Take a tour of the campus and learn about their Gentle Birth Method.

## Day 3: Sanur (Tues, 4 June)

B L

**Am:** Return to the Politeknik Kesehatan Kartini Bali to gain insight into their peer-to-peer learning program.

**Pm:** Visit 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 4: Sanur (Wed, 5 June)

B L D

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

**Pm:** Visit Yayasan 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.

Sanur at sunrise



### Day 5: Sanur / Ubud (Thurs, 6 June) B L

**Am:** Take part in a cycle ride\* 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 continuing to Ubud and checking in to the hotel. Luggage is transferred directly to Ubud.

### Day 6: Ubud (Fri, 7 June) B D

**Am:** Full day visit to the Community Health and Education and Childbirth Centres of the NGO, Yayasan Bumi Sehat, which provides holistic healthcare. 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.'

**Eve:** Option to see traditional Balinese dance.

### Day 7: Ubud (Sat, 8 June) B L

**Am:** Walk through the Monkey Forest before driving the short distance to Ubud Palace and the local market.

**Pm:** Explore central Ubud and at leisure.

### Day 8: Ubud / Lombok (Sun, 9 June) B D

**Am:** Drive to the port and take the morning ferry to Lombok.

**Pm:** Arrive and transfer to the hotel.

### Day 9: Lombok (Mon, 10 June) B D

**Am:** Full day trip to visit Gili Sudak, a small island off the coast away from the tourist trail. It provides good amenities, including a restaurant, with options to relax on spoiled beaches and go snorkelling.

### Day 10: Lombok (Tues, 11 June) B L

**Am:** Visit Kebon Roek Market and an NGO involved in midwifery practice and comparative midwifery data.

**Pm:** Following lunch, visit the Permata Hati Hospital.

### Day 11: Lombok (Wed, 12 June) B D

**Am:** Full day trip to east Lombok for views of Mount Rinjani. Take a walk in the paddy fields and see cultivation of local spices and fruits. Visit a local clinic in Kotaraja and meet a traditional birth attendant.

**Pm:** Buffet lunch at the weavers' cooperative and see rattan basketry. Return to the hotel and take part in a Midwifery Seminar Bali and Lombok – 'Comparative Midwifery in Indonesia'.

### Day 12: Lombok / Sanur (Thurs, 13 June) B D

**Am:** Drive to the port and take the morning ferry to Bali.

**Pm:** Arrive and transfer to the hotel. Take part in a 'Lessons Learnt' meeting.

**Eve:** Farewell dinner.

### Day 13: Sanur (Fri, 14 June) B

**Am:** Depart Bali after breakfast.

**All itineraries subject to change according to local conditions.**

\* Those not wishing to cycle will make an alternative visit and meet the group for lunch.





Puri Mas Beach Resort pool

## Hotels

### **Mercure Hotel (Sanur)**

A comfortable and welcoming hotel with spacious rooms amidst lush, well maintained gardens. The Mercure Hotel has direct access to a beautiful beach, as well as two lovely pools.

### **Best Western (Ubud)**

This comfortable, spacious hotel is situated in a peaceful area within walking distance of Ubud centre. It has a two-level infinity pool, a spa and very good restaurant and bar.

### **Puri Mas Beach Resort (Senggigi, Lombok)**

Puri Mas started life as the dream home of a Dutch Indonesian family and later became a hotel in distinctive Indonesian style, with meandering pathways between buildings and traditional art in the rooms and gardens.



Mercure Hotel, Sanur (top); Best Western, Ubud (above)



**The cost of the tour is \$3,448 per person sharing**

**The cost with a room to yourself is \$4,088**

**Costs exclude international flights and transfers. Please contact us if you would like help organising your flights.**

**The cost includes:**

- The services of a tour leader (Allison Cummins)
- 12 nights' accommodation in twin-bedded rooms with private facilities in medium grade 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 (one in Bali and one in Lombok)
- All transport services and taxes within Bali and Lombok, including one arrival and departure transfer.

**The cost excludes:**

- International flights
- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits
- Travel insurance
- Visa (if required)

At the market in Lombok (top); Traditional Sasak weaving, Lombok; A baby and grandmother in Denpasar (above)

# 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.



The rice terraces of Bali (top); Traditional Balinese dance; Meru Towers, Ubud; Traditional fishing boats, Lombok (above)

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