



Asia

writing from the heart in bali with mary moody



trip highlights

- Trip hosted by Mary Moody
- Memoir writing workshops
- Traditional Balinese cooking class
- Beautifully appointed accommodation
- Traditional Balinese villages
- 4 day pass to the Ubud Readers & Writer's Festival



Trip Duration	12 days	Trip Code: MWB
Grade	Discovery and Cruising	
Activities	Memoir Writing, Cultural immersion, Readers & Writer's Festival	
Summary	12 day trip, 11 nights boutique guesthouse/resort	

welcome to World Expeditions

Thank you for your interest in our Writing from the Heart in Bali with Mary Moody trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

why travel with World Expeditions?

Our vehicles and guides are the best available and to ensure the smooth operation of all trips, our partners in Indonesia continually work with us to improve our itineraries to ensure we are taking the 'paths less travelled'. We have never sought to be the biggest travel company and we proudly guard our independence, which leaves us in a position to really focus on being creative with our small group itineraries, reducing risk and ensuring that our adventures have a minimal impact on the environments and cultures that we come in contact with.



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World Expeditions will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we can not match you up a single supplement will be applicable. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

World Expeditions has access to competitive Economy and Business Class airfares to Denpasar, for a quote please don't hesitate to contact us. The suggested arrival flights for this itinerary are direct flights with Garuda Airlines. Please ask us for details from your capital city.

UBUD READERS & WRITER'S FESTIVAL - 4 DAY FESTIVAL PASSES

At the time of launch of this trip in March, the 2018 Festival Pass costs have not been released. We have based the costs for the Festival Pass on 2017 rates. Should there be any significant increases to the 2018 costs, we reserve the right to adjust the trip price accordingly.

the trip

Everyone has a story to tell. Yet, many of us are daunted by the prospect of getting our story out of our head (and heart) and onto the page - then into print.

Mary's 'Writing from the Heart' program is based on a very personal writing workshop she first developed for the Byron Bay Writer's Festival and the NSW Writer's Centre.

It covers a wide range of issues (legal, emotional and ethical) relating to sensitive story writing; yet is grounded in practical (hands-on) and creative skills that must be acquired to get a personal or family memoir project up and running.

By the end of the ten days, participants will leave armed with a clear and detailed time-line and synopsis of their planned project and a set of disciplines and motivations to enable them to kick start the telling of their story.

Whether the aim is to self-publish, blog or to approach a mainstream publishing company, Mary will be there to offer advice, direction, inspiration and support. She will help you discover your authentic voice.

Based at the stunning Villa Sing Ken Ken in Bali, by the end of the 8 days, participants should leave armed with a clear and detailed time-line and synopsis of their planned project and a set of disciplines to enable them to really kick start the telling of their story.

Whether the aim is to self-publish or to approach a mainstream publishing company, Mary will be there to offer advice, direction, motivation and support.

She will help you discover your authentic voice.

The 8 days will be structured allowing time for group work, some one-on-one time with Mary and some quiet time for thinking and writing. There will also be energy-charging time off with a chance to explore local villages. Villa Sing Ken Ken and its tropical environs will provide the perfect setting and inspiration for creative writing and workshoping.

Following our 8 days at Villa Sing Ken Ken, we will transfer to Ubud for the Ubud Readers & Writer's Festival - one of the world's most celebrated literary and artistic events. More than 150 writers, artists, thinkers and activists from across the world will converge for the 15th Ubud Writer's Festival, to share stories and ideas under the banner of this year's theme, 'Jagadhita' (the world we create). -

This trip is set to challenge, inspire and delight. We hope you can join us.

about your leader/escort

Mary trained as a journalist on Australian Women's Weekly in the late 1960s and spent several years as a reporter and feature writer on various Sydney magazines and newspapers.

In the 1970s she moved to Leura in the Blue Mountains with her young family, and became a passionate organic gardener. She used her journalistic skills to write and edit more than forty gardening books and magazines, and for ten years she was the NSW presenter on the ABC's top rating show Gardening Australia.

In 2000 Mary spent six months living alone in a small room in a medieval town in southwest France. At the end of her sabbatical she bought a nearby village house that she still visits every year. She wrote four memoirs about her experiences as an Australian woman living part time in France, as well as a cookbook and several new gardening books.

Her passions are still family, food, gardening and travel. She leads tours in France and the Himalayas and has written a book and made a film on a local rural French restaurant, 'Lunch with Madame Murat', for the SBS Network.

After the death of her husband David Hannay in 2014, Mary sold the farm where they had lived for 15 years and moved back to the Mountains where she is developing a large garden in an extended family home with her son Ethan, his partner Lynne and their three children. She now has eleven grandchildren.

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trip dates

2018 17 Oct - 28 Oct

fast facts

Countries Visited:
Indonesia

Visas:
Please check visa requirements with your reservations consultant*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Private Groups:
Private group options are not available for this trip

Singles:
Single travellers who are unable to be matched with another single traveller of the same gender, must pay a single supplement on this trip.

Leader:
Expert local leader

*Ask our staff for more information.

at a glance

DAY 1	WEDNESDAY 17 OCTOBER - ARRIVE DENPASAR
DAY 2	THURSDAY 18 OCTOBER - MORNING AND AFTERNOON WRITING WORKSHOPS
DAY 3	FRIDAY 19 OCTOBER - LOCAL TOUR
DAY 4	SATURDAY 20 OCTOBER - MORNING & AFTERNOON WORKSHOPS
DAY 5	SUNDAY 21 OCTOBER - MORNING WORKSHOPS
DAY 6	MONDAY 22 OCTOBER - MORNING WORKSHOP AND AFTERNOON WRITING SESSION. LATE AFTERNOON ASHRAM VISIT
DAY 7	TUESDAY 23 OCTOBER - COOKING CLASS AND FREE AFTERNOON
DAY 8	WEDNESDAY 24 OCTOBER - MORNING DEBRIEF AND AFTERNOON TRANSFER TO UBUD
DAYS 9-11	THURS 25TH - SAT 27TH OCT - UBUD READERS & WRITER'S FESTIVAL
DAY 12	SUNDAY 28TH OCTOBER - TRIP CONCLUDES

what's included

- 7 nights exclusive use of Villa Sing Ken Ken, Bali
- 4 nights Pertiwi Resort & Spa, Ubud (twin share rooms)
- Meals as indicated including 12 breakfasts, 6 lunches, 6 dinners, and afternoon tea on workshop days
- Private transfers Denpasar airport/Villa Sing Ken Ken and Villa Sing Ken Ken/Ubud
- All writing workshops Day 2-8 as outlined in the itinerary
- Excursions as outlined
- Yoga, 35-minute group session each morning at Villa Sing Ken Ken
- 2 x Balinese massages per client (additional massages available at own expense)
- 1 x complimentary Legong Dance performance (Pre-dinner, Day 4)
- 1 x group cooking class
- 4 day Festival Pass for Ubud Readers & Writers Festival
- Government tax and service charges
- Visa on arrival costs
- Trip hosted by Mary Moody

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

detailed itinerary

DAY 1 Wednesday 17 October - Arrive Denpasar

Arrival Denpasar afternoon Garuda flight; met by Mary and representative from Villa Sing Ken Ken. Drive to our Villa and settle into rooms; welcome drinks by the pool and regional dinner.

Note: Best flight from Australia is Garuda as this arrives early afternoon in time to reach destination for orientation followed by dinner. For clients coming from other areas, early afternoon at the airport is also a convenient meeting time.

Your accommodation for the next 7 nights is at Villa Sing Ken Ken

meals: D

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responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

trip grading Discovery and Cruising

Even though our Writing from the Heart trip is graded as a discovery trip, we nonetheless want to keep the 'accent on the active'. We therefore advise that any physical training you complete before undertaking the trip will be to good effect. Remember the fitter you are the more it will enhance your experience.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

DAY 2 Thursday 18 October - Morning and afternoon writing workshops

Early morning swim and yoga stretching.

Morning workshop

Mary explains the evolution of her memoir-writing from a very personal perspective. Looking at the big issues that emerge when committing the events of your life to paper. The joys and the downsides of being honest.

Lunch and swim

Afternoon workshop

What is a memoir? Exploring the genre and discussing the motivations and skills behind various styles of creative life-story writing.

Starting the construction of YOUR life time-line. This is an essential underpinning of structure.

meals: B,L,D

DAY 3 Friday 19 October - Local Tour

Early morning swim and yoga stretching. Optional 1-hour massage.

Local tour. Travel down the Jalan Raya road, stop for refreshments at Warung Tirta Unde (owner, Mayun, is a friend of Puja - has excellent English – his wife also demonstrates weaving in the warung), admire the surrounding market gardens and rice fields and views of Mt Agung; continue over the bridge to the other side of the river to the village of Bukit and walk up to Pura Bukit (temple on the hill). Explore the village of Luah on the way back down, time permitting. Lunch out in Tabola at The Joglo Restaurant (VSKK to arrange for group lunch at Joglo). After lunch Visit the Pelangi weaving workshop in Sidemen, drivers will return to transport group to Pelangi). Stroll home or return by car. Optional late afternoon rice field walk with staff guide.

Lunch out (The Joglo in Tabola - at own expense)

Rice-field walking tour (optional)

meals: B,D

DAY 4 Saturday 20 October - Morning & afternoon workshops

Early morning swim and yoga stretching.

Morning workshop

Looking at ways to trigger our memories. Using our senses (and our research skills) to retrieve even those 'buried' events of our lives. Who owns your memories? How to separate truth from fiction.

Lunch and a swim

Afternoon workshop

Finding your voice. How to project a tone that will captivate your reader. Storytelling from a positive and uplifting perspective.

Late afternoon: starting the one-on-one briefings with Mary.

Legong Dance performance before dinner

meals: B,L,D

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important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 5 Sunday 21 October - Morning workshops

Early morning swim and yoga stretching.

Morning workshop

Where to start? Drawing the reader into the story. The importance of the first paragraph; the first page. Developing good writing habits and disciplines. Overcoming writer's block.

Lunch and a swim.

Afternoon workshop

More one-on-one briefing with Mary allowing time for quiet research and writing.

meals: B,L,D

DAY 6 Monday 22 October - Morning workshop and afternoon writing session. Late afternoon Ashram visit

Early morning swim and yoga stretching.

Morning workshop

Developing your unique writing style. How to write clearly, the use of language and the flexibility of structure. Keeping the reader 'engaged'.

Lunch and a swim

Afternoon workshop

A series of writing exercises that will help you develop word use and become more relaxed (at home) with language. These are FUN!

Late afternoon visits to Ashram followed by dinner out at Subak Tabola (dinner at own expense)

meals: B,L

DAY 7 Tuesday 23 October - Cooking Class and free afternoon

Early morning swim and yoga stretching.

Morning markets, shopping for cooking school

Cooking class – we make our own lunch!

Afternoon recovery and writing. Mary will also be available for one-on-one if required.

Light dinner option

meals: B,L,D

DAY 8 Wednesday 24 October - Morning debrief and afternoon transfer to Ubud

Early morning swim and yoga stretching.

Optional massage

Morning debrief and general discussion.

Farewell lunch

Packing and late afternoon transfer to Ubud for the next 4 nights

Accommodation: Pertiwi Resort & Spa, Ubud (twin share rooms)

meals: B,L

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DAYS 9-11 Thurs 25th - Sat 27th Oct - Ubud Readers & Writer's Festival

A 4 day Festival Pass has been included in the cost of your trip.

There is no set program for this part of the tour.

Attendance at the workshops, talks and events is per your own interests (as at March 2018 it is yet to be released).

Mary is presenting at this years Festival, however will be in touch with the group every day to arrange a meet up for lunch or dinner

Ubud Reader's & Writers Festival:

From humble beginnings in 2004, the Ubud Writers & Readers Festival has evolved into one of the world's most celebrated literary and artistic events – an annual pilgrimage for lovers of literature and conversation.

Bringing together some of the world's most powerful voices in a melting pot of artists, authors, thinkers and performers, the Festival is a platform for meaningful exchange and cross-cultural dialogue. A place where artists and audiences alike can discuss shared inspirations, ideas and concerns, the Festival transcends cultural and geographical borders to create a truly global community.

Across five days, the Ubud Writers & Readers Festival delivers an eclectic program of events – from fiery conversations to intimate literary lunches, gripping live performances to hands-on workshops.

Accommodation: Pertiwi Resort & Spa, Ubud (twin share rooms)

meals: B

DAY 12 Sunday 28th October - Trip concludes

Your trip concludes after breakfast today.

Transfers can be arranged to Denpasar airport (additional cost)

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

country information

The island of Bali, part of Indonesia, lies in the Indian Ocean next to the island of Java. Balinese people are generally very friendly and courteous. The population of around three million; are mostly ethnic Balinese with a Javanese minority. Religion plays an important role in everyday life and most of the population are Balinese Hindus. Minority religions include Islam, Christianity and Buddhism. Rice is Bali's main agricultural crop and the elaborate irrigation systems encourage a cooperative way of life between the rice growers. Bali is also famous for its artisans who produce a vast array of handicrafts, including batik and ikat cloth and clothing, wooden carvings, stone carvings, painted art and silverware. The Balinese are very modest people and conservative dress is essential when travelling, especially for women who should avoid tight tops and pants.

climate

Bali has a tropical climate appropriate to its proximity to the equator. Year round temperatures average approx 31 degrees Celsius. The dry season occurs between the months of May and September and at this time Bali experiences it's lowest humidity. Occasionally rainfall can be expected during the dry season but usually at night or very early morning. The central mountain area is typically cooler than the lower coastal areas, especially in the evenings.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure

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you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

accommodation on the trip

During your Memoir Writing Workshop stage of the trip, Day 1-8, you will be staying at the boutique Villa Sing Ken Ken - www.villasingkenken.com.

Depending on the final makeup of the group, rooms will be allocated accordingly in either the Guesthouse, Bale Suite or Watergarden Suite.

Our group will have the exclusive use of the whole Guesthouse so rest assured your stay will be very comfortable.

The entire villa is surrounded by tropical gardens and features a spectacular infinity swimming pool on the lower level of the property, overlooking breathtaking views.

There are 2 dining areas. The dining terrace situated in the tropical garden adjacent to the guest house will be used for lunch. The dining area with its long table in the poolside villa will be used for the workshops but cleared at the end each day and the area used for dinner.

While we are at the Ubud Readers and Writer's Festival, we will stay at the Pertiwi Resort & Spa (or similar) - www.pertiwiresort.com - in twin share rooms. If you wish to have a single room, this can be arranged. A single supplement will be applicable.

equipment required

A comprehensive gear list is provided in the pre-departure information supplied on booking.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted. While game viewing within a national park could be one example, public bus transfers or specialised transport such as 'tuk-tuk's' could be another. Where seat belts are not provided we strongly recommend that you hold tight to a fixed part of the vehicle at all times.

what's not included

- International Airfares and taxes
- Meals not indicated in the itinerary
- Alcoholic or non alcoholic beverages with meals
- Any optional tours, entrance fees or permits during free time
- Expenditure of a personal nature such as drinks, souvenirs and laundry
- Tips and gratuities
- International Departure tax payable at Denpasar airport (approx AU\$17)
- Travel Insurance (compulsory)

visas

<cat:Countries:visainfo>

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Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

subscribe to our e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.worldexpeditions.com or contact our office.

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how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.