

selamat datang di indonesia!

A Guide to Your InternCIPS



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Center for Indonesian
Policy Studies

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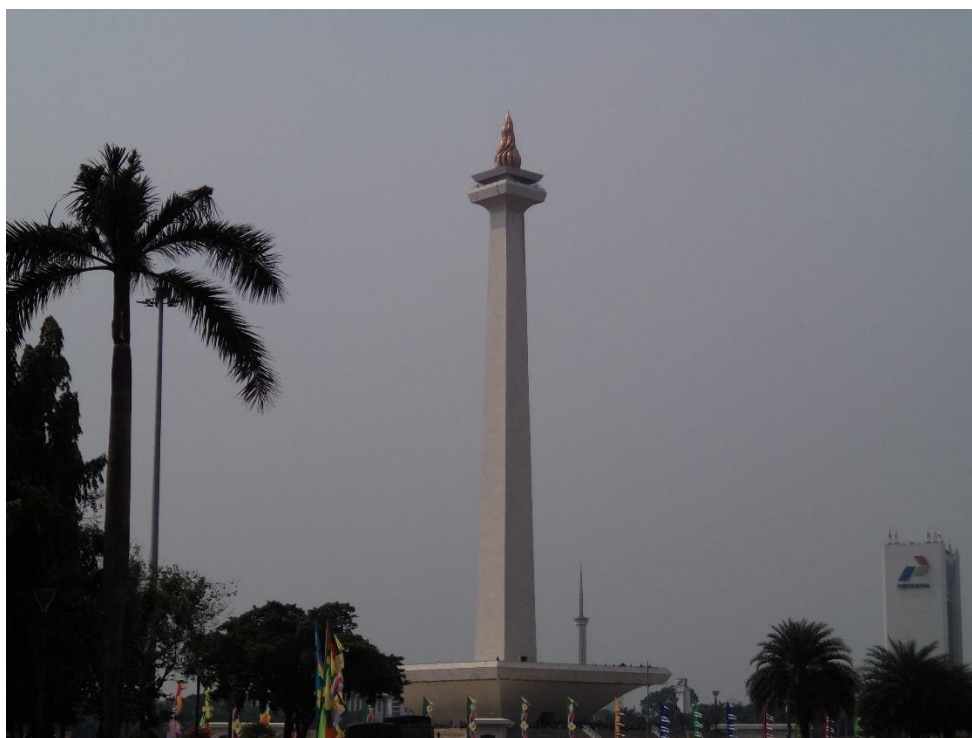
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halo!

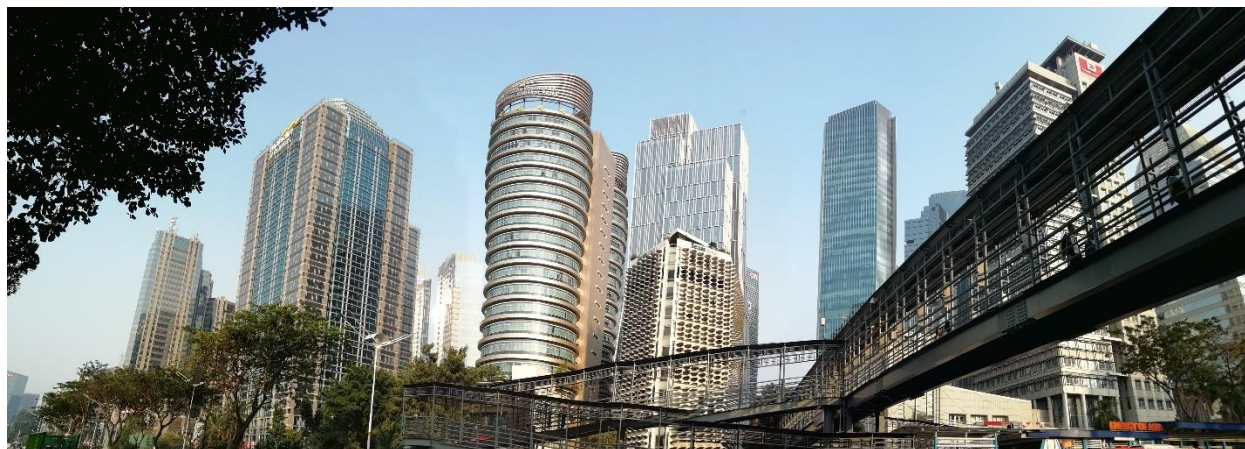
Selamat on your new position as a CAPI Intern to the Center for Indonesian Policy Studies in Jakarta, Indonesia! CIPS is a new & growing think tank with such an exciting atmosphere, you're going to have a great time interning for them as well as living in Indonesia - a truly amazing part of the world.

Living in Jakarta is an amazing experience, however it remains off-the-beaten-track for foreigners and can be a challenging place to navigate, but with the right attitude you can really get the most out of this crazy-but-loveable country. This guide is a collection of information that I discovered from a variety of sources, whether it be from translating decade old websites to chatting with the guy selling fried chicken at the end of my street. I hope this information helps you and enhances your experience in my favourite place on Earth!



Monas (National Monument) in the center of Jakarta

orientation – selamat datang!



Jakarta is the capital of the Republic of Indonesia, the fourth most populated and one of the most diverse countries in the world. The island Java is home to about half of the population in the country and is the most populous island in the world. Jakarta is a sprawling metropolis located on in West Java, and sits just south of the equator.

Greater Jakarta is also known to abbreviation-loving Indonesians as *Jabodetabek*, which combines the names of the cities in the area – and which are home to over 30 million people.

Ja = Jakarta, **Bo** = Bogor, **De** = Depok, **Ta** = Tangerang, **Bek** = Bekasi.

Jakarta itself is split into North Jakarta, East Jakarta, South Jakarta, West Jakarta, and Central Jakarta. The Center for Indonesian Policy Studies office is located in the Grand Wijaya Center complex, in South Jakarta. South Jakarta (or *Jakarta Selatan*) is one of the more affluent parts of Jakarta and is a popular area for foreigners who have come to call Jakarta home. This is a vibrant and diverse part of the city and is a great home base for exploring the city, and the country.

accommodation – tinggal di mana?

During your placement, it is highly recommended you stay in a *kost/kosan*. There is no shortage of them as these accommodations are popular with those who come to Jakarta from around Indonesia for work. With this arrangement, you'll get your own room, with a shared kitchen & living space. They're cheap and

are a great way to get to know some locals, all while still having your own personal space for when you need some time to yourself.

CIPS has compiled a list of 20 suggestions near the office. When looking through them, consider price and location to the office. **If you want to avoid Jakarta traffic, it is highly recommended you pick one within walking distance to CIPS office.** Kebayoran Baru in general, and Blok M or Dharmawangsa in particular, are great areas to live. It's close to the CIPS office, countless malls, great restaurants & lots of street food, plus it's easy to get to Central Jakarta and Kemang. This list of costs is attached as part of this orientation package.

phone

Phones are big in Indonesia, almost everyone has them and are very well connected. You'll want to get a local SIM card, these can be purchased at many locations all throughout the city.

The biggest provider is Telkomsel – its recommended you just go with them. Unlike Canada, wi-fi in Indonesia is not common – and should not be relied upon while you're out and about. This is largely due to the fact that (compared to Canada) data and phone plans are very affordable. Depending on how much data you want your phone should cost you about 60,000-100,000rp / month (\$6-10), this should get anywhere between 5-10gb.

Telkomsel's service stores are called GraPARI – you'll find them in the bigger malls. The first time you go to GraPARI to buy a SIM card **bring your passport** and they'll set you up at one of these stores. After that, you can just top up your credit monthly at any minimarket or through the Grab or Go-Jek apps (here).

Here are some handy apps to install:

Grab & Go-Jek – Essentially Uber, but with motorbikes, this is a convenient way to get around Jakarta. Not just for rides, you can also order food, groceries, even massages or cleaning services.. you'll need a SIM card first, though.

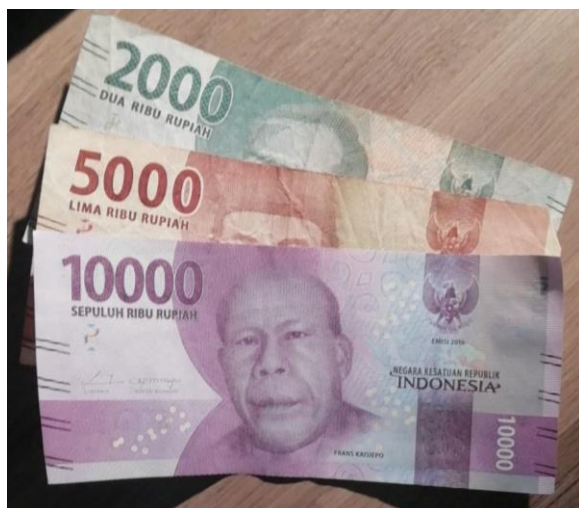
WhatsApp – Essentially mandatory, this is what Indonesians (and much of the world!) uses to communicate, rather than SMS. Requires a phone # to be registered to your account.

Trafi – If you're up to figure out the buses and angkots, this is a handy app that can help you out by showing routes, timetables, and bus locations.

JakartaPost – Indonesian new in English, good to keep updated on what's going on in the city and in the country!

shopping- selamat belanja!

the rupiah



Indonesia's currency is known as the rupiah (roo-pee-ah) and is usually written as either 'rp', or IDR. You're always going to want to have some cash on you, some places will take credit cards (like Western/larger stores and malls) **but do not rely on them** and if places to accept them there's usually a minimum payment of 100,000rp (~\$10).

It's may take awhile to get used to this currency because the prices for things are such high numbers.

When I was in Indonesia it was (roughly) CAD\$1 = 10,000rp, so for example your lunch might cost some huge number like 45,000rp! Make sure to count back your change just in case it gets mixed up.

Regardless of how much Indonesian you learn, be sure to work on remembering numbers.. It will save you a lot of time and money.

coins	bills
100rp – Seratus Rupiah	2000rp – Dua Ribu Rupiah
200rp – Dua Ratus Rupiah	5000rp – Lima Ribu Rupiah
500rp – Lima Ratus Rupiah	20 000rp – Dua Puluh Rupiah
1000rp – Seribu Rupiah	50 000rp – Lima Puluh Rupiah
	100 000rp – Seratus Ribu

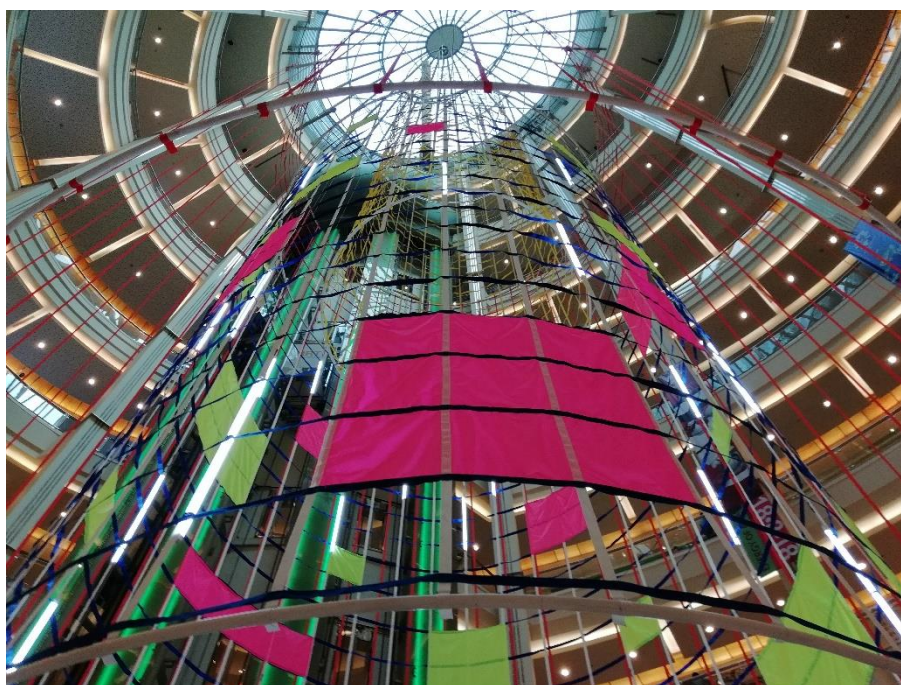
Heads Up! The 2000rp note and the 20,000rp note are both green and look similar – an easy mix up!

malls

You'll notice malls are everywhere in Jakarta. The city does have a growing middle class, and its very popular to go to the mall on evenings and weekends.

To generalize, there are two types of malls in Jakarta. One, which is more traditional, (I'll call it market-style). These usually are made up of small stalls selling various products, ranging from clothing to electronics. These can be a bit overwhelming at first and you won't see many other foreigners here, as prices aren't fixed, and you may be charged much more than going rate. However, its worth trying to shop here once you're more familiar with the country as you can get some great deals and meet some amazing people. If you plan to make a big purchase, maybe bring along an Indonesian friend to get a better price, friendly bartering is encouraged!

There are also new-style malls. These are massive, fancy, expensive and will seem very much like being back home. These malls are huge, and they'll make Mayfair & Uptown look like corner stores. They often are full of stores from around the world, with many from the West, Japan, and South Korea. These malls are often quite similar, but their architecture is interesting, and I recommend checking a few out!



Looking up at the ceiling in the lobby of Pacific Place, one of the fanciest malls in Jakarta

Market Style	New Style
Blok M – Clothing, Electronics, & Food!	Grand Indonesia
ITC Fatmawati - Electronics	Pondok Indah
Thamrin City – Clothes (Western & Batik)	Pacific Place

Just a few malls near the CIPS office that you can check out..

blok m

A special note for Blok M, as this area is only about 10min away from CIPS office is a great place to do shopping, from groceries to souvenirs. Blok M is actually a large area with multiples malls next to one another. Plaza Blok M is sort of a mix between Western and Indonesian stores, Blok M Square is a Market Style mall, and Pasar Jaya is a fancy and expensive mall. This area is worth exploring and includes gyms, movie theatres, is known for its Japanese restaurants and Indonesian street food.

Even if you're not a mall person they are a good place to spend time in, either to escape the madness (or the heat!), find a bargain, get a tasty meal. Note that most malls have movie theatres that show movies in English – another thing you can do after a hard days work!

mini markets



Indomaret, AlfaMart, and KMart are your best friends when in Jakarta. You're never far as these are literally on every corner. They sell the basics, from snacks to cooking oil to noodles to bus tickets and electricity tokens and everything in between.

getting around – mau ke mana?

Getting around is a big challenge in Jakarta. It is often said that Jakarta has the worst traffic in the world, as millions of commuters drive in and out of the city each day from the suburbs for work, and transportation options are crowded and insufficient. Taking a car is a slow, frustrating process and in bad traffic expect even the shortest trip to last an hour or two, or more. Cars, whether it be GoCar, or a taxi are not a great option and it is suggested that you use other options, of which there are many!



walking

Walking is a challenge in Jakarta and is not possible for long distances. Good sidewalks are rare, and often filled with food carts or used as a hangout spot for Indonesians. It's possible to walk around Panglima Polim (from Grand Wijaya to Blok M, for example) but make sure you know where you're going. Streets are generally safe but use common sense.



go-jek and grab



A group of Grab & GoJek Drivers hanging out around Jakarta Kota Train Station, in North Jakarta

A preferred method of getting around Indonesian cities are motorcycle-taxis, known as *ojeks*. GoJek & Grab are two apps that work like Uber, from which you can order a ride. It's easy, cheap, and the quickest way of getting around the city. A ride should cost anywhere from 8000-30,000rp, (80c-\$3) depending on the length of the trip.

These apps can be used for much more than *ojeks*. You can also order cars or Bluebird taxis, which are better for longer trips. Other services include food delivery, grocery delivery, even massages and someone to clean your house. Download these two apps (they're about the same) and take a look! Go-Jek and Grab are powerful tools which will greatly improve your experience, but be safe, always expect your driver to provide a helmet.. and hold on!

Its often hard to meet up with your driver without knowing a bit of Indonesian, so to start off use Grab, which has a built-in translator.

taxis



These can be ordered from GoJek, grab, or Bluebird apps. They can also be found near busy touristy places or malls, or just waved down on the side of the street. For taxis, stick with the Bluebird (or sometimes called Pusaka) company, they're cars are blue. If you need to, Express is not bad, they're cars are white. Always make sure your driver has an ID tag displayed (usually on the left side of the dashboard) **and starts the meter**. Depending on how long the ride is, expect the price to be between 50,000-200,000rp (\$5-20).

bajaj



A row of bajaj-bajaj near Monas in Central Jakarta

You'll probably know bajaj (pronounced baj-eye) as tuk-tuks or rickshaws. They're blue, three-wheel motorbikes with a roof that can carry a couple of people. Its not advisable that you rely on these as a regular transportation. Bajaj can only operate in their local neighbourhoods so its not possible to use them for longer trips. They're also quite expensive when compared to a Go-Jek or Grabbike, (usually around double the price, even for Indonesians). Try them out during your stay however! They are fun to zip around in, but negotiate a price *before* getting in, its usually possible to haggle a little. A short trip should be around 20,000-30,000rp (\$2-3).

public transportation

- trains

There are two train systems, one system that connects different parts of Jabodetabek (Commuter Line), and another that connects Jakarta with other cities in Java (Kereta Api). Commuter Line trains just require a card, which can be bought and loaded up at convenience stores, or at the stations.

If you want to take the Kereta Api trains to other cities in Java, tickets can be bought online [here](#).



- mrt

Although still incomplete when I was there, Jakarta is currently building an MRT system that aims to reduce traffic. This will be very handy, as there is a stop just minutes from CIPS office, and can easily be used to get around the city. More information can be found [here](#).

- trans-jakarta

This is Jakarta's rapid bus system. Usually these buses have their own lanes on busy streets and can avoid the *macet*. Just like Commuter Line trains, they require a card, which can be bought and loaded up at convenience stores or at some bus depots. Heads up, they get pretty crowded!

- angkot

Angkots are little vans that work similar to buses and run small local routes. There are no set timetables and it's quite tricky to figure out the routes. Probably not best to try right away, you can use the Tafi app to help you figure these out. Use caution when using these as a foreigner.

- kopaja

You'll see older buses, usually green or orange & blue colour around. They work like angkots, driving along routes that are tricky to figure out. Indonesians advised me to steer clear of them, they're not always safe and it's recommended you take other transportation options, unless you really know what you're doing.

food – ayo makan!

You'll quickly notice food is everywhere. Indonesian food is the tastiest in the world, and because Jakarta is home to many people from around the archipelago – there is so many varieties – 7 months won't be enough time to try it all! Food can be cheap, and delicious, make sure to stick to cooked things when you first get there, and pay attention to where the locals go, and don't.

CIPS staff will be more than happy to show you the good lunch spots around the office. Try everything at least once! Street food is a must while in Indonesia. It can be found just about *everywhere!*



Some delicious Soto from off the street.. for less than a chocolate bar!

- kaki-lima

Kaki-lima literally means five-feet, two from the cook, three from the cart!

These are the little carts you'll see on the side of the road and they are everywhere. Either stationary, or being pushed around, these serve some of the best Indonesian dishes, and are a cheap, easy, and delicious meal. Definitely try the *nasi goreng*, *mie ayam*, and *bakso*. One portion should cost you around 12,000-20,000rp (\$1-2). Try ordering in Indonesian for a better price!



A typical kaki-lima. This one serving up some Nasi Goreng!

- warung-warung

Meaning “stalls” these can come in the form of a tent or little restaurants on the side of the road. Unlike kaki-lima, these may serve a wide range of dishes, be sure to try different ones out!



A delicious row of warung-warung close to the CIPS office

common streetfood

Nasi Goreng – Fried Rice

Mie Ayam – Noodles with Chicken

Sate Ayam – Barbequed Chicken skewers, in peanut sauce

Ayam Goreng – Fried Chicken

Bakso – Meatballs, usually with noodles

Ketroprak/Gado-Gado – Vegetables, rice, tofu, in peanut sauce (usually Vegetarian)

Nasi Gule Sapi – curry soup & beef

Feeling like something different? No worries, Jakarta is full of all kinds of great restaurants, and it's easy to find anything you want. There are plenty of Western, Japanese, Chinese, Korean, Middle Eastern, and Indian restaurants all over the place!

grocery shopping

Unlike Canada, you may find it's actually cheaper to eat out than to buy food at the grocery store. Prices in grocery stores vary depending on the item (and whether it was imported, or not) and can be similar to prices in back in Canada.

Ranch Market – a higher end grocery store located in Dharmawangsa Mall

Carrefour – a big department store located in Blok M

Papaya Fresh – a medium size grocery store located near Blok M

AllFresh – There's a location in close to CIPS office in Kemang

to do and see – selamat jalan!

As the weeks go on it may feel like there's not a whole lot to do in Jakarta, and it doesn't help that this is the attitude that many Jakartans have about their city. Though it might take some digging and a bit of creativity to keep busy – fear not! There is actually so much to do and see in Jakarta, whether it be after work on just on the weekend. I came across some cool things to do and have shared some ideas with you below. If you need any further information on specifics, feel free to ask me and I'll gladly help! **The ones I have listed are definitely musts!** Check *tiket.com* for all sorts of travel deals and ideas.

jakarta must sees

Sudirman Central Business District – Its fun to walk around the fancy business district and look up at the glittering skyscrapers. Check out fancy shops in Pacific Place, or head over to Gelora Bung Karno Stadium park.

Merdeka Square – The largest square in the world! Home to the National Monument, which you can enter and even take an elevator up to the top, if you're up to wait.

Istiqlal Mosque – The largest Mosque in Southeast Asia is close to Merdeka Square and is worth checking out! Try to find a guide to take you in to fully experience this impressive place of worship.

National Museum – An easy activity to do, the museum makes for a great afternoon after first arriving in Jakarta to get to know a bit more about Indonesian history. Directly across from Merdeka Square.

National Art Gallery – Small but great to check out! Also across from Merdeka Square.

Kota Tua (Old City) – The “touristy” area of Jakarta, centered on Fataillah Square. Check out the Jakarta City Museum, the Ceramic Museum, and the Wayang Puppet Museum, and stop for lunch at the famous Café Batavia.

Mini Indonesia – A slightly odd but interesting theme park to spend a day at. Traditional houses from each of Indonesia’s vastly diverse provinces hold artifacts from all over *Nusantara*.

Ancol Beach Park – Ancol area boasts many attractions other than just the beach (swimming not advised..) But find a friend and hit Dunia Fantasi Amusement Park or the Aquarium!

west java must sees



Thousand Islands – The Thousand Islands (*Kepulauan Seribu*) are a great weekend get-away if the bustle of Jakarta is getting to you, and you just need to relax. There are numerous islands, popular ones being Pari Island or Tidung Island. Try and find a homestay online and spend a weekend on the beach! Ferries can be caught from Ancol Marina. Make sure to do some planning so you don’t miss your boat.

Bogor – A great (and easy) day trip, Bogor is a city just outside of Jakarta. Just take the commuter trainline down and check out the famous Bogor Botanical Gardens!

Bandung - Bandung is another one of Indonesia’s biggest cities, and its proximity to Jakarta makes it a popular weekend get-away. Much less intense, Bandung has a different feel from Jakarta. Known as the “Paris of Java”, is has plentiful amounts of coffee shops (checkout Jalan Braga!) and is much more pedestrian friendly. Its also an important city in modern history of Indonesia, as it hosted the first Asia-Africa conference in 1955, which brought newly independent postcolonial states together and laid the foundations for the Non-Aligned Movement, whose member-nations rejected ‘taking sides’ during the Cold War. Check out the Asia-Africa museum to learn more. Ask around – many CIPS staff are from Bandung and will be happy to help you plan your trip.

National Parks – If you can, try and find a hiking group online – there are many – and go on a hike in nearby *Gunung Halimun Salak National Park*, or *Gunung Gede Pangrango National Park* to see some of the beautiful nature! Definitely a contrast to urban Jakarta, it’s nice to get some fresh air.

bahasa basics

I highly recommend learning as much Bahasa Indonesia as you can during your stay in Indonesia. Many Indonesians do not speak English, and will be quite happy to hear you trying to speak Indonesian. It takes time and work but it is an easy language to pick up and is totally worth it – even knowing the basics will get you far further than you will ever get with just speaking English!

Yes – ya/iya	When - kapan	Belum – not yet
No – tidak (formal) nggak/ga (informal)	Where – mana	Mau - want
I – Saya (formal) aku (informal)	Why – kenapa	Minta – would like (more polite/formal than mau)
You – Anda (formal) kamu (informal)	How – bagaimana (formal) gimana (informal)	Makan – to eat
Thank You – Terima Kasih	to - ke	Pergi – to go
Thanks – Makasih!	from – dari	Cari – to look/search for
Who - siapa	In/at/on - di	Beli – to buy
What - apa	Bisa – can/possible	Bayar – to pay
	Sudah – already	Bicara – to speak

Anda bisa bicara Bahasa Inggris? – Do you speak English?

Bagaimana bilang...? How do you say...?

Siapa nama Anda? What is your name?

Nama saya... My name is

Di mana ...? Where is ...?

Berapa ini? How much is this? (will save you a lot of money if you ask in Indonesian!)

Ada toilet di sini? Is there a washroom here?

Saya minta satu nasi goreng – I would like one fried rice

Tidak pedas ya! – Not too spicy please!