

A CAPI Intern Guide to Jakarta

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2023



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Introduction



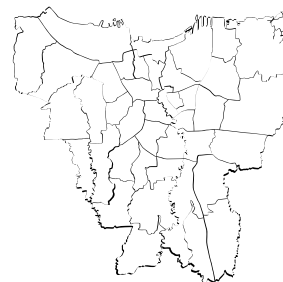
Hello and welcome to Jakarta! Congratulations on your position as a Center for Asia-Pacific Initiatives (CAPI) and a Center for Indonesian Policy Studies (CIPS) intern. I hope you will enjoy your time in Indonesia as much as I have. This guide compiles all of the knowledge and information I have gained over the past six months living in Indonesia. While it is far from a comprehensive guide, I hope it can help you navigate the process of moving abroad to Jakarta and starting your position at CIPS.

Indonesia is the largest Muslim-majority country consisting of over 18,000 islands and hundreds of languages (1). In the 16th century, Indonesia was colonized by the Dutch and it declared its independence on August 17, 1945, just before the Japanese, who had occupied the islands since 1942, surrendered (2). However, it wasn't until 4 years later in 1949 that the Netherlands finally recognized Indonesia's sovereignty. Home to over half of Indonesia's population, Java is the most populated island in the world and is the country's geographic and economic center (3). On Java's northwestern coast lies Indonesia's capital, Jakarta. However, this may not be the case for too much longer as there are currently plans to relocate the nation's capital to East Kalimantan. The reason for the relocation is that Jakarta is sinking into the Java Sea and it is estimated that by 2050 one-third of the city could be underwater (4). Groundwater extraction, overpopulation, and climate change are the main contributors to why Jakarta is sinking so rapidly.

Jakarta, in addition to being the nation's capital city, is also one of Indonesia's 38 provinces. You may hear the Greater Jakarta Metropolitan area referred to as Jabodetabek. This name incorporates the cities and areas surrounding the capital: Jakarta, Bogor, Depok, Tangerang, and Bekasi.

Five administrative cities make up Jakarta, they are

- Jakarta Pusat (or Central Jakarta),
- Jakarta Utara (or North Jakarta),
- Jakarta Barat (or West Jakarta),
- Jakarta Timur (or East Jakarta),
- Jakarta Selatan (or South Jakarta)



Jakarta also has one administrative regency. This regency, made up of a chain of small islands off the coast of Jakarta, is called Kepulauan Seribu (or the Thousand Islands).

CIPS is located in Cilandak, a district in South Jakarta. Due to the notorious traffic in Jakarta, it is recommended that you live within walking distance of the office.

CIPS address:

CIPS Indonesia – Center for Indonesian Policy Studies

Jl. Terogong Raya No.6B, RT.1/RW.6, Cilandak Bar., Kec. Cilandak, Kota Jakarta Selatan, Daerah Khusus Ibukota Jakarta 12430

My fellow intern, Jake, wrote a great blog post on CIPS. He outlines what exactly they do as a think tank, the policy reform process, and what to expect when you start your internship. I will link it here for your reading: [Jake Croker – Blog 4: Welcome to CIPS!](#)

As you will soon be able to tell, I am far from someone who enjoys flying by the seat of their pants. In the case that you are this way as well, I hope that the following information will help you feel a little less overwhelmed. Even if you are not this way, knowing this information may just save you some time, stress, and googling.



Immigration and Customs

The first thing you will do after you land in Indonesia will be to go through immigration and customs. After a day (or two or three) of travelling, the last thing you want is to have a problem when entering the country. To help avoid that, I have put together some information that should help you feel prepared to sail through immigration and customs. Please keep in mind that all of this information provided here is based on my own personal experiences in 2023. I recommend that you verify the specific entry requirements and customs regulations for yourself, as these may change over time or vary depending on individual circumstances.

Documents to Prepare

You should have the following documents prepared and ready to show the immigration officer should they ask.

- Passport valid for at least six months with two free pages
- Proof of return or onward travel ticket
- Proof of travel/health insurance for the duration of your stay
- Letter from CAPI
- Letter from CIPS
- Visa and any other documents your visa requires



Customs Declaration

You will be required to fill out the customs declaration before going through customs. The link to the declaration can be found [here](#). This form can be filled out up to 2 days before you land in Indonesia so it is best to do it either in the airport before your flight takes off or on a layover. After you have completed the declaration, save the created QR code and show that to the officer when you go through customs.



IMEI

IMEI stands for International Mobile Equipment Identity and is a 15-digit number unique to each phone. For a device to be able to connect to cellular service in Indonesia, its IMEI needs to be registered with customs. This is in an attempt to combat the illegal import of mobile devices into Indonesia.

Tourist registration:

Tourists can register their phones at any official office of a mobile provider. You will then receive a tourist sim card. To do this you will need to go to the office with your phone and your passport. However, I would recommend that you register your IMEI with customs instead of taking the tourist route. Apparently, you can get a tourist registration and sim card that is valid for 3 months and can be extended for your additional 3 months. However, this was not the case for Jake and I. We were told that the tourist registration only lasts for as your visa is valid for and it can only be extended once. So, I recommend saving yourself the hassle and just registering your phone with customs when you arrive in Indonesia. I have detailed how to do this below.

Registration with Customs:

You can register your phone's IMEI at customs when you arrive in Jakarta. There is an IMEI section on the customs declaration form so make sure to fill this section out for the phone that you are bringing with you to Indonesia.

An alternative to filling in the IMEI section on your customs declaration is to fill out the form made specifically for IMEI. Please note that you should also fill out this form before going through customs and that it requires the same information as in the customs declaration form.

You can find this form [here](#). Like the customs declaration, this form will also produce a QR code to show the customs officer.

These forms will ask you to provide the following:

- Personal information
- Flight number
- NPWT or tax number (only for residents of Indonesia so do not fill this in)
- Your device's:
 - IMEI
 - Brand and type (ex. Apple, iPhone 14)
 - RAM (you can find this by looking up the make and model of your phone online)
 - Storage capacity
 - Value of the phone*
 - Invoice*

*It is okay to not have an invoice, just don't upload any document for that section. If you do not know the value of your phone, look up your make and model and estimate based on the price of models being sold online.

To find your phone's IMEI:

- Android: Dial *#06# and the IMEI will automatically be shown on the screen
- iPhone: Go to Settings > General > About and scroll down until you see IMEI.
 - Do not copy and paste this directly into the IMEI registration form because the form only allows for 15 characters to be entered but due to the way Apple displays the IMEI, you will lose the last few characters.
 - Instead, copy to notes, delete the spaces, and then copy that into the declaration form.

The IMEI registration is free, however, you may have to pay customs duty on your phone.

- Devices of value less than \$500 USD are subject to no duties.
- Devices of value over \$500 USD have a tax of 40% of the amount over \$500.
 - For example, if your device is valued at \$700 USD, you would have to pay 40% of \$200 which is \$80.
 - My phone was valued above \$500 USD, however, I was not asked to pay duties on it so it appears the officers have some discretion on whether they charge you or not.
- If you do not register your phone within 24 hours of arriving in Indonesia, you will have to pay the 40% tax on the total value of your phone.
 - For example, if your device is valued at \$700 USD, you would have to pay 40% of \$700 which is \$280.

When you go through customs (bea cukai in Bahasa) you will show the officer your QR code produced from the customs declaration form. Make sure to tell the officer that you want to register your IMEI and they should direct you to the customs office. You will have to show the officer the following:

- The phone you are registering
- Your boarding pass
- Your passport
- The QR code
- The invoice (if you have it)

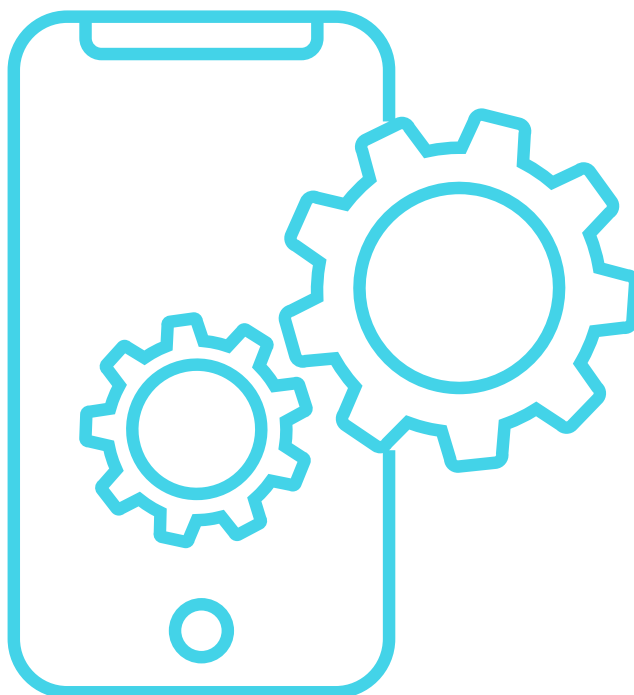
The officer will register your phone and you will be sent a confirmation email. The officer told us that it would take a couple of hours for activation, however, it took a few days for both Jake and me.

You can check the status of your registration [here](#).

If after a week your phone is still not able to connect to cellular service, or if you have any other issues with the registration, you can go to Halim's office at the Halim airport to register or inquire (do not go to the directorate general of the customs and excise office).

The address for Halim's office is: [Kantor Pengawasan Dan Pelayanan Bea Dan Cukai \(KPPBC\)](#).

Here is a short video made by Indonesian Customs on the registration process:
[Easy Way to Register IMEI at Indonesian Airport](#)



SIM Cards

You will want to get a new SIM card in Indonesia. The phone plans here are inexpensive and flexible compared to those in Canada and will cost you much less than roaming on your Canadian SIM. Additionally, many applications require you to have an Indonesian number so having an Indonesian SIM will make this possible.

Because you will be changing numbers, it is important to note which online accounts you have that may require double authentication through your phone number. When making purchases online with your debit or credit card in Asia, your bank may require that you authenticate the purchase with a code sent to the phone number you have on file (likely your Canadian number). This happened to me every time I purchased something from a website that I had not used before while I was in Indonesia. If you still have your Canadian number on file, then you will not be able to receive this phone code and therefore will be unable to complete your purchase. What I did to solve this problem was to add a family member's phone number to my account. This way, I would have the phone code sent to them and then have them forward me the code. The one issue with this is that you have to plan your purchases at appropriate times concerning the time change between Canada and Indonesia. I would also ensure that you have another way to verify your identity with your bank, in case you get locked out of your online banking. For example, some banks offer voice verification or a 4-digit code to verify your identity as an alternative to a code sent to your phone number.

As for your SIM card in Indonesia, I recommend that you buy it from the company Telkomsel. While you can get sim cards and data plans from roadside stalls, you should go to an official mobile provider's office instead. You will need to bring your passport with you to the office.

The closest Telkomsel office to CIPS is located here: [Grapari Telkomsel ITC Fatmawati](#)

The SIM card itself should cost you approximately 50,000 IDR and you will be able to select a plan to go along with it. Do not worry too much about this plan as you can buy more data using the MyTelkomel app. There is a plethora of packages and plans on the app so you can buy as much or as little data, minutes, and messaging as you want. I spent 90,000 IDR every month for 42 GB of data.

Unfortunately, the MyTelkomsel app does not seem to accept Canadian credit cards, however, there are a couple of other ways to load money onto your account.

- You can ask a coworker to top up your account and pay them back in cash.
- You can top up your account in any Indomaret. I prefer to do it this way.
 - Make sure you have cash on you and go to an Indomaret store (there is almost always one in walking distance).
 - On the MyTelkomsel app, click 'Recharge Credit' and choose the amount of money you want to top up your account with. Note that the minimum you can load at an Indomaret is 25,000 IDR so make sure to select an amount equal to or higher than that.
 - Scroll down to 'Merchant' and select 'Indomaret'
 - Click 'Pay'
 - A barcode will pop up and you will show this to the cashier. Note that there is an administration fee of 2,500 IDR.
 - After you pay the amount will be loaded onto your account and you can buy packages with the credit.



Money and ATMS



Indonesia's currency is the Indonesian Rupiah (IDR). Unlike in Canada, you should not expect everywhere to accept payment by card. In Indonesia, QR code payment is very common, almost everywhere uses it, however, if you do not have an Indonesian bank account you can not pay this way. This means that while you are in Indonesia, cash will be your best friend. There are many ATM choices in Jakarta, so in this section, I have laid out some of my recommendations and tips for using them.

Before leaving for Indonesia, check with your bank that your debit card (and credit card) will work in Asia. Also, ask if you need to let them know of your travel so they do not block your card the first time you use it. In the case that they do block your card, you can try calling your bank's regular helpline number on Skype (because you likely will not be able to call long distance with your Indonesian number). I do not know if this will work with all banks, however, this is how I was able to get ahold of my bank while I was in Indonesia.

There are lots of different ATMs in Jakarta, but not all of them will work with your bank/card. You can check by comparing the symbols on your debit card to the symbols on the ATM. For example, if your card had the Interac symbol then it should work at ATMs that also have the Interac symbol.

The most reputable Indonesian ATMs are BCA, Mandiri, and BNI. Out of these three, I would recommend that you use BCA because it has the highest withdrawal limit. Typically BCA has a withdrawal limit of 2,500,000 IDR while Mandiri and BNI have a limit of 1,500,000. You will likely be charged an ATM fee (usually \$5 CAD) each time you use an ATM so you should take out the maximum amount of the money to minimize how often you are paying this fee.

When taking money out at an ATM you should always choose to decline conversion when prompted. Your bank will have a better conversion rate than the ATM so declining the conversion will save you a lot of money in the long term. For example, the conversion shown to me on the ATM is usually a good \$4 or \$5 dollars higher than the amount I pay when I choose to decline the conversion. This same rule applies in-store if paying by credit card and the machine/merchant asks you which currency you want to pay in. Always choose to pay in the local currency (IDR in Indonesia) and not in your home currency (CAD).

You should always be sure to have some cash on you as many places are cash-only in Jakarta. Street food, warungs, and small shops are almost exclusively cash-only. However, there are also some places in Jakarta which are cashless. Some fancier restaurants and malls will not take cash so it is wise to keep your credit or debit card on you.



Transportation

Jakarta is a huge city with traffic that is often referred to as some of the worst in the world. Most streets do not have sidewalks and the pollution, heat, and hectic and loud traffic do not make walking the most pleasant of experiences. Often when walking home from work I would find myself stuck in traffic alongside the cars and motorbikes. I found this a difficult change as I enjoyed going for walks in Canada. Luckily, there are several ways to more easily transit the city.

Grab and Gojek



Grab and Gojek are Uber's equivalents in Southeast Asia. Both are apps you can download on your phone and they have user-friendly interfaces. You can order cars, motorbikes, food, groceries, and more on these apps. Fast and very affordable, Grab and Gojek's motorbike service is the best way to get around the city. Trips should cost between 9,000 IDR and 60,000 IDR depending on the distance, traffic, demand, etc. Grab has a built-in translator which can make it easier to communicate and find your driver. Also, I have found that Grab is usually a little cheaper than Gojek in Jakarta.



When you book a ride, the app will display the driver's name, photo, type of vehicle, and license plate number. When a driver picks you up make sure that the license plate matches what is listed on the app. Occasionally I have had drivers whose vehicle's license plate did not match what was on the app. When this happens, I just make sure that the driver can tell me my name and my destination. On motorbikes, the driver will always provide a helmet for you. You should always wear the helmet and if you reach under/behind your seat there should be a handle for you to hold on to. Oh, and be mindful to always try to get on and off the bike from the lefthand side. This is because the exhaust pipe is located on the right-hand side of the bike and it can give you a pretty nasty burn if you make contact with it.

How to pay for Grab and Gojek? There are a few options.

- Cash
 - Both apps allow you to pay with cash.
 - If you choose to pay this way make sure you have small denominations because often the drivers do not have cash to give you change.
- Credit cards
 - I have been able to pay with my credit card both Grab and Gojek, however, I have heard that some people are unable to pay on Gojek with a foreign card.
- Gopay
 - Only Gojek has this feature.
 - You can top up your Gopay at minimarts (Indomaret, Alfamart, etc) and use this credit to pay for Gojeks, food, online shopping, and topping up your phone plan.
 - Topping up your Gopay is similar to how you top up your credit on the MyTelkomsel app.

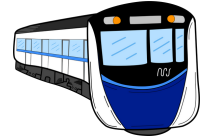
Have fun! Riding on motorbikes is one of my favourite parts about living in Southeast Asia!

Taxis



If you are going to use taxis in Indonesia, Bluebird is the best company. You will easily be able to recognize these by their blue colour. Bluebird drivers should always have their ID tag displayed in their cars and should start the meter when you get in. Like Grab and Gojek, Bluebird has an app you can use to book a taxi, however, you can just hail them as you would a usual taxi. The only time I preferred to use a taxi over Grab or Gojek was on my way home from the airport because I never had to wait to get a taxi. When you exit CGK, follow the signs that direct you to where the taxis line up and there you should see a seemingly endless line of Bluebird taxis. Expect the ride to cost around 200,000 to 300,000 IDR and make sure you have cash to pay the driver.

Public Transportation



With Grab and Gojek being so quick and affordable, I did not use public transportation very often in Jakarta. However, for commuting longer distances, or during rush hour, using public transportation can save you time and money. I like to use Google Maps to navigate public transit systems.

Jakarta Mass Rapid Transit (MRT)

The MRT is the newest addition to the rail system in Jakarta and is a useful way to avoid traffic if you are heading to a location near an MRT station. It only has one line (at least at the time of writing) so it is very easy to navigate. You can buy and reload a card at the MRT station or a minimart. You can ask a CIPS employee to help you the first time you go to buy a card and reloading it on your own will be easy once you know how. The MRT costs 3,000 IDR to enter and 1,000 IDR for every station you pass, to a maximum of 14,000 IDR per trip.

KRL Commuterline

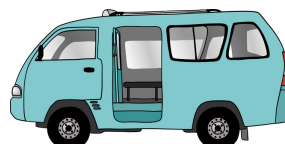
The Commuterline connects all of Jabodetabek (Greater Jakarta) and is the largest rail network in Jakarta. Six lines make up the KRL Commuterline and over 80 stations. You can use the same card on the KRL Commuterline as you use on the MRT. This train system is much more affordable than the MRT, with tickets costing 3,000 IDR for trips up to 25 km and 1,000 IDR for every additional 10 km.

Kereta Api (KAI)

The KAI rail system connects Jakarta with other cities in Java. This is the train system you will use if you want to go to Bandung, Yogyakarta, Surabaya, etc. You can buy tickets online and, as they can sell out (especially on weekends), I recommend booking a couple of weeks beforehand. There are usually three classes of tickets to choose from: economy (ekonomi), business (bisnis), and executive (eksekutif). As the price between classes was usually only a few dollars, I would prefer to take the executive class because of the increased comforts of a reclining chair, more leg room, and a footrest. You can buy tickets on tiket.com or [Traveloka](https://Traveloka.com).

Buses

There are a few bus systems in Jakarta, but I recommend you use Trans-Jakarta as the others are not so foreigner-friendly and may be difficult to navigate. The Trans-Jakarta buses often have their own lane so they can move through the city much faster than taking a car. You can use the same card on the Trans-Jakarta buses as you do for the MRT and the KRL Commuterline.



Accommodation

You will likely stay in a kost throughout your internship in Jakarta. A kost is a boarding house where you will rent a room. Most rooms in kosts will be furnished and have a private ensuite bathroom. The common spaces and kitchen are shared among all the residents. The kost I stayed in also provided a small fridge, an AC unit, and a TV in the room. Wi-Fi was provided as well as three pieces of laundry a day and there was 24-hour security. I paid 2.7 million rupiahs a month, not including electricity.

If you reach out to CIPS, they will be able to help you find some kosts with available rooms near the office. Keep price, distance to the office, and amenities offered in mind when looking through your options.

You will likely not be paying for electricity here the same way you paid it in Canada. In Indonesia, it is common to have to prepay for your electricity. Not knowing this, and then before getting used to this system, there were a few times that I woke up to my lights and my AC not working. If you don't have an Indonesian bank account you will not be able to purchase electricity tokens yourself (I think you can buy them at minimarts but don't quote me on that as I never tried). So, to prepay your electricity you can ask one of your coworkers to pay through their bank and pay them back in cash. To do this you will need the account number of your electricity meter. If you have to pay for your own electricity in your kost, every room will have its own electricity meter. After your coworker has paid, they will be issued a 20-digit number which is your token number. You will then have to input this token number into the keypad on your electricity meter and then the money will be added to the meter. I was able to ask one of the workers in my building to buy my electricity token for me and he was able to input the code into my meter so all I had to do was give him the amount of cash I wanted to prepay with.

The cost of electricity will vary per person, mostly depending on how much you use your AC, but I found that allocating around 100,000 IDR a week to my electricity ensured that my electricity was never cut off. I almost always had my AC on when I was in my room so if you do not use the AC very often your weekly cost could be less.



Places to go in Jakarta

At times, it can feel like there isn't a lot to do in Jakarta, however, I think that Jakarta is a city of hidden gems. I do recommend that you visit Jakarta's attractions in your first month or two here but what is so great about Jakarta is that there are an endless amount of restaurants, bars, malls, and neighbourhoods to explore. Plus, this is where you are most likely to make new friends!

National Monument and Merdeka Square

At 137 meters tall, the National Monument is Jakarta's famous landmark. It is located in Merdeka Square which is one of the largest squares in the world. On a sunny day, you can even take an elevator to the top of the Monument for a view of Jakarta's skyline.

Kemang

Kemang is a neighbourhood in South Jakarta that has a great selection of restaurants and street food, entertainment, and bars.

Istiqlal Mosque

Visit the largest mosque in Southeast Asia! The mosque is located in Central Jakarta and is close to Merdeka Square.

Sudirman Central Business District

From fancy malls to the Gelora Bung Karno (GBK) Stadium, SCBD is a great place to explore on foot (there are sidewalks!).



Kota Tua

Kota Tua is Jakarta's old city, also called Old Batavia. Fatahillah Square is the old city's historical center and is surrounded by Dutch colonial buildings. If you are interested, there are quite a few museums here, including the Jakarta History Museum, Wayang Museum, and the Museum of Fine Art and Ceramics.

Glodok Chinatown

Jakarta's Chinatown is a bustling marketplace home to markets, malls, and temples. You should check out Petak Sembilan Market. The markets here are far less touristy compared to most in Southeast Asia so you will have a much more authentic experience.

Blok M

Blok M is an area that has both Indonesian and Western marketplaces/malls. There are lots of great restaurants around here and a good place to spend exploring an afternoon.

Eastern Promise

Located in Kemang, 'EP' is a popular sports bar and is a great place to meet people.

Serenia Club Mansion

My favourite hidden gem I found in South Jakarta. The highlight of this sports club is its clean and quiet pool that feels like a little oasis from the city. It also has a modest gym, a cafe, and overlooks a soccer field. As of 2023, drop-in rates are 65,000 IDR on weekdays and 90,000 IDR on the weekend. A monthly membership costs 550,000 IDR.



Places to go outside of Jakarta

You should try to get out and explore more of Java when you can! Here are some places I recommend that you should check out. You can check out travel deals and book tickets on [tiket.com](https://www.tiket.com) or [Traveloka](https://www.traveloka.com).

Thousand Islands

My favourite weekend getaway from Jakarta! There are plenty of islands to choose from and you can stay at homestays on the islands. You can spend time at the beach, exploring the islands, snorkelling, or island hopping. Boats will leave from either Kali Adem harbor or Ancol Marina in North Jakarta.



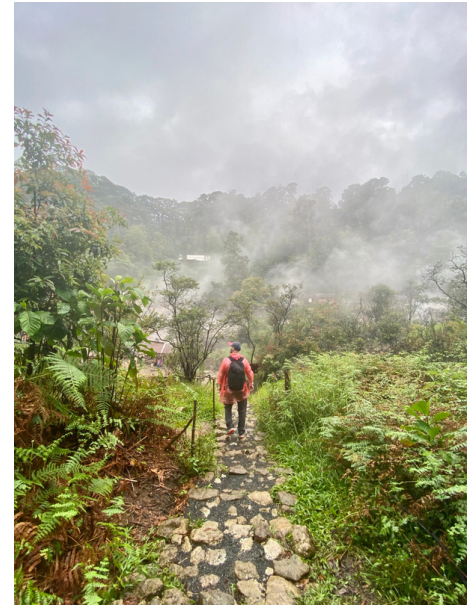
Ujung Kulong

On the westernmost tip of Java, Ujung Kulong National Park is the last natural habitat of the Javan Rhinoceros (5). There are stunning beaches here, snorkelling is better here than in the Thousand Islands (healthier coral), and you will likely see lots of wildlife but be careful of the monkeys who will try to steal from you! I recommend that you book a tour here as getting here yourself may be difficult. I paid 90,000 IDR for a 2-night, 3-day weekend tour that included transportation, lodging, food, and activities.



Bandung

Also called the Paris of Java, Bandung is a refreshing change of pace from Jakarta and is only a few hours away from Jakarta. The best way to get to Bandung is by train, which will take you through some beautiful scenery. Just make sure you book your tickets in advance and bring your passport with you as you will need it to board. Explore Sudirman Street and Braga Street in Bandung and visit the volcanoes, hot springs, and tea plantations around the city.



Bogor

Take a trip to visit the Bogor Botanical Gardens! The KRL Commuterline will take you to Bogor, just try to avoid travelling during peak hours as the trains can get very crowded.



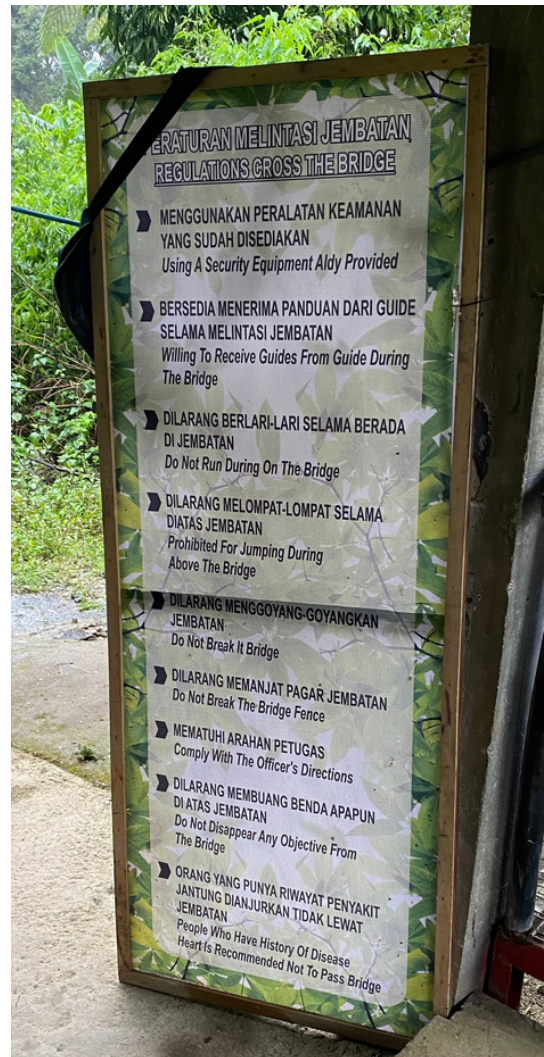
Yogyakarta

Yogyakarta, also referred to as Jogja, is known as a cultural center of Indonesia. The famous Borobudur and Prambanan Temples are located here and are must-sees if you are in the city. The art, culture, natural beauty, and food draw people to this city and if you have a long weekend I can not recommend this destination enough. You can fly to Jogja from Jakarta, however, I recommend taking the train. The railroad will bring you through the beautiful countryside and provide views of numerous mountains and volcanos.



Language

The official language in Indonesia is Indonesian. You may hear it also called Bahasa or Bahasa Indonesia because 'Bahasa' means language in Indonesian. Most Indonesians speak Bahasa Indonesia, however, it is not the local or primary language of most Indonesians. Indonesia has hundreds of languages - you will notice this when you travel from Jakarta to other cities or regions of Indonesia and you no longer recognize the words for 'good morning' or 'thank you'. Javanese and Sudanese are the most common primary languages in Indonesia (6). Bahasa Indonesia is the language that you will hear the most in Jakarta and you can find it on language learning apps like Duolingo. Learning even just the basics of the language will help you a lot in Indonesia. You will find that as you travel away from urban areas, English will be less and less spoken and understood. I took this photo a couple of hours outside of Bandung and the English translation still amuses me.



Useful words/phrases

Hello = Halo
Good morning = Selamat pagi
Good afternoon = Selamat sore
Good evening = Selamat malam
Goodbye = Selamat tinggal
See you = Sampai jumpa
How are you? = Apa kabar?
I'm fine/good = Baik-baik
Thank you = Terima kasih
You're welcome = Sama sama

Excuse me = Permisi
Sorry = Maaf
Yes = Ya
No = Tidak
How much/how many = Berapa
This = Ini
That = Itu
What = Apa
Where = Di mana
Here = Di sini



I want = Saya mau
My name is = Nama saya
To = Ke
From = Dari
And = Dan
Be careful = Hati-hati
Left = Kiri
Right = Kanan
Help = Tolong
Eat = Makan

Drink = Minum
Rice = Nasi
Noodles = Mie
Chicken = Ayam
Duck = Bebek
Fish = Ikan
Fried = Goreng
Sugar = Gula
Salt = Garam
Spicy = Pedas

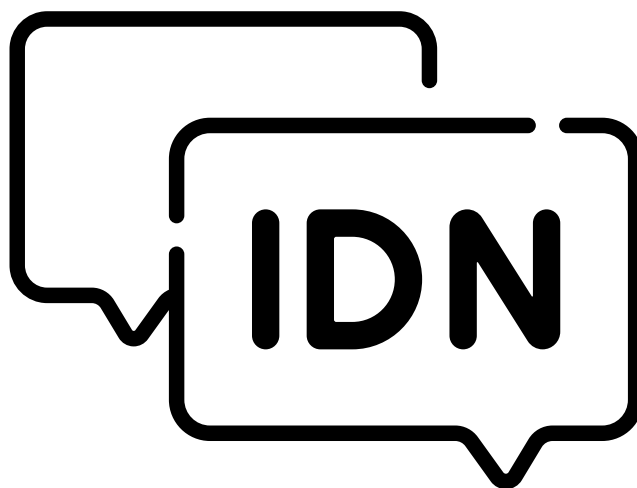
Numbers

One = Satu
Two = Dua
Three = Tiga
Four = Empat
Five = Lima

Six = Enam
Seven = Tujuh
Eight = Delapan
Nine = Sembilan
Ten = Sepul

Eleven = Sebelas
Twelve = Dua belas
Thirteen = Tiga belas
Fourteen = Empat belas
Twenty = Dua puluh
Fifty = Lima puluh
One hundred = Seratus
Two hundred = Dua ratus

One thousand = Seribu
Six thousand = Enam ribu
Ten thousand = Sepuluh ribu
Seventeen thousand = Tujuh belas ribu
Eighty thousand = Delapan puluh ribu
One hundred thousand = Seratus ribu
Four hundred thousand = Enam ratus rib
One million = Satu juta



Food

Jakarta has a rich variety of food that comes from all around the country. The food comes from a mix of influences, like Javanese, Sundanese, Betawi, Padang, Chinese, and Arab so I recommend that you try as many dishes as you can. You can find Indonesian food at upscale restaurants, at small family-owned shops (called warungs in Indonesia), or at the tiny carts and stalls that line the side of the road.

Here are some of my favourite foods and dishes I've tried throughout my time in Indonesia.

Rendang - A dish made from meat that is slow-cooked in coconut milk and spices

Tempe - Made from fermented soybeans

Ayam bakar and ayam goreng - Grilled and fried chicken is a must-try in Indonesia

Nasi uduk - Rice cooked in coconut milk

Fu yung hai - A Chinese Indonesian dish that is sort of like a fried omelette

Batagor - Fried fish dumplings served in peanut sauce

Soto - Traditional soup

Nasi goreng - Fried rice

Sate ayam - Skewered meat in peanut sauce



Making friends in Jakarta



I think that Jakarta is a great city for making friends! This is specifically because it is not a 'touristy city'. Unlike many other big cities in Asia, such as Bangkok, Hanoi, and even Kuala Lumpur, the people you meet (especially other foreigners) are likely to be living and working (rather than just visiting) in Jakarta. This means that you can make friendships that last the entire duration of your internship! My friend group in Jakarta was a mix of Indonesians, and foreigners (or 'bule' in Indonesian) from Australia, Britain, France, The Netherlands, Sweden, and countless more. Some of my friends were only in Jakarta for a few months, and others planned to be there indefinitely. Almost every month I had a going away party to attend. Because people were always coming and going, there was a great incentive to continue making new friends. I genuinely found people excited to meet me and invite me into their friend groups and I did the same when I met new people.

How to meet and make new friends? Well firstly, you have your coworkers at CIPS! CIPS all around is a young organization and their staff reflects that. CIPS also has a domestic internship program for university students and recent graduates who are likely to be around your age. I was invited out to dinners, movies and a bunch more after-work activities with my fellow 'CIPSies'.

Outside of work, sports are a great way to make friends in Jakarta. Almost all of my friends played touch rugby or Australian rules football. If you are into sports, or even just want to try something new, I recommend joining some teams or clubs. Ironically, I did not play these sports (I typically run away when balls are thrown at me), however, I enjoyed cheering on my friends when they played and going out to watch televised sports games with them. I first got introduced to my group of friends at the sports bar Eastern Promise when Jake and I were invited to play rugby with them. Jake met up with them again at said rugby practice and they invited the two of us to go on a weekend trip to Ujung Kulon.



I found almost everyone in Jakarta welcoming and friendly so do not be afraid to strike up a conversation with a stranger when you are out and about! The people I have met throughout my internship have been some of the most interesting, insightful, and smart people I have ever met.

The friends I made in Indonesia were one of the biggest reasons that I had such an amazing experience. My friends allowed me to engage and become involved in the community and to become fully immersed in the present and the place where I was. Through my network, I was asked to participate in a program that connected Malaysian students to English speakers to help them practice their English, I travelled to places around Java that I had never heard of before, tried new foods and activities, and had conversations with people from all over the world. To have such a diverse and dynamic group of friends provided me with much more enrichment throughout my internships than I could have ever had without them. The scariest part of taking this internship for me was the prospect of leaving my community in Canada, knowing that I would have to build a new one for myself in Jakarta. After my six months were up in Jakarta, I found myself worried about leaving. While I was on my internship many of my friends in Victoria had graduated and moved away or had gone on to other things and I realized that I was not returning to the same community I had left. Saying goodbye to my friends in Jakarta felt like I was, once again, leaving my safe, established community for an unknown one. But I think that a hard goodbye is better than an easy one, so for that and all my friends, I am so grateful.



Packing guide



Here are some things that you might not think of that I recommend you consider bringing with you to Indonesia.

Scarf or hair net

- To protect your hair under the helmets on Grab and Gojek bikes

A sarong or two

- To cover your shoulders and knees when entering temples

Tampons or a menstrual cup (if needed)

- Tampons are hard to find here, so try to bring enough for your entire stay

Deodorant

- If you have a preferred deodorant, bring it with you

Sunscreen

- Sunscreen can be expensive to buy in Indonesia and may not be as effective as the ones you buy in Canada

Clarifying shampoo

- Experiencing hair loss (due to the heat, humidity, water quality, etc) in Southeast Asia is fairly common so a good clarifying shampoo may help prevent/reduce this

Activated charcoal*

- You can find this in most drug stores and it can help remedy food poisoning

Antibiotics*

- You can ask your doctor to prescribe you antibiotics to take with you to Indonesia to use in case you get bad food poisoning

Probiotics*

- Taking probiotics can help prevent you from getting sick while travelling

Indonesian Rupiahs

- Having some local currency when you land will help you pay for your visa and taxi to your accommodation without having to worry about finding an ATM

US Dollars

- I like to travel with some USD on me as it is more commonly accepted internationally than CAD and can be useful for paying for visas/other entry requirements or in emergencies



*Consult your doctor before you leave about taking any medications/supplements.

If/when you do buy skincare products in Indonesia (moisturizer, facewash, etc), be careful of skin-whitening products. Be sure to read the labels well and be wary of anything marketed as 'brightening'.

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