15th itmss

INTERNATIONAL TROPICAL MEDICINE SUMMER SCHOOL

GUIDELINE BOOK

"THE FIRST AND THE BIGGEST SUMMER SCHOOL IN INDONESIA"

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Welcome to ITMSS

International Tropical Medicine Summer School (ITMSS) is an annual event organized by Muhammadiyah Medical Students' Activities (MMSA) in Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Yogyakarta (UMY). MMSA is a non-political and non-profit organization, affiliates with Center for Indonesian Medical Students' Activities (CIMSA) and International Federation of Medical Students' Associations (IFMSA). MMSA produced the first medical summer school and now become the biggest one in Indonesia, which we called International Tropical Medicine Summer School (ITMSS).

ITMSS is a unique summer school program combining the academic and student's activities. The aims of the summer school are to broaden the students' knowledge in the emerging tropical medicine diseases, able to perform physical examinations, laboratory findings, diagnosis and treatments in the modified Problem Based Learning (PBL) system. ITMSS was first held on 2005, as the **first ever summer school in Indonesia and credited as the leading and the biggest medical summer school**. This year it will be the 15th ITMSS and as usual, it will be held at **Universitas Muhammadiyah Yogyakarta**, on **22nd of July until 9th of August 2019**. Approximately, **40 students** worldwide are welcome to participate in 15th ITMSS 2019, although each country's quota is limited.

This year of 15th ITMSS 2019, we are bringing **"Enrich Your Knowledge on Indonesia's Tropical Medicine: Discover Its Outbreak through Catastrophe"** as our theme and with **two main programs of educational** and **non-educational** (social programs and cultural session). For the **educational** program, the topics are **Dengue Hemorrhagic Fever (DHF)**, **NTDs (Malaria)** and **Tuberculosis (TB)**. Participants will have lectures by experts, tutorials, group discussions, laboratory practice, skills lab, hospital visits, and endemic or non-endemic area visit. As for the **non-educational**, participants will be able to dive in to Yogyakarta's culture by visiting cultural places like **the Sultan Palace (Kraton Yogyakarta)**, **Borobudur Temple**, **Prambanan Temple**, **Ramayana Ballet performances**, **Beach Camp, Rafting,** and many more. Not only that, participants will have a chance to learn **traditional dance** and **music**.

Throughout the program, participants are given an option to stay with host families. The host families are students from the Faculty of Medicine and Health Sciences of Universitas Muhammadiyah Yogyakarta. During your stay, they will provide meals twice a day and transportation for the activities during the program. By that, we hope that it will help the participants to know more about Indonesians and its culture, especially Yogyakarta.

Most of participants said that ITMSS has an unforgettable and precious experience. It's something different that every medical student all around the world should participate.

About Universitas Muhammadiyah Yogyakarta

Universitas Muhammadiyah Yogyakarta (UMY) is a university located in Yogyakarta. Yogyakarta is one of the most beautiful cities in Indonesia and well known by its traditional culture. UMY is one of university owned by the "Center of Muhammadiyah Council", one of the most significant mass organizations in Indonesia. UMY was built on 26th March 1981 based on Letter of Information Number A-1/01.E/PW/1981, and under the supervision of Center of Muhammadiyah Council based on Letter of Decision Center of Muhammadiyah Council Number E/1/1996/1982. On 2012, UMY had 9 faculties, which are: Faculty of Islamic Religion, Faculty of Economy, Faculty of Law, Faculty of Social and Political Science, Faculty of Medicine and Health Sciences, Faculty of Agriculture, Faculty of Technology, Faculty of Language Education, and Magister Program.

As a great university, UMY offers many facilities for its students and academicians:

- Knowledge Learning Center (KLC) Library of UMY with journal collection from PROQUEST and EBSCO
- Center of Language Training of UMY which has center for learning english. It releases qualified
- English programs: English for Public Speaking, English for Learning Purpose, English for Paper Writing, and TOEFL Preparation.
- UMY First which will allow you to connect with internet in a simple way with hotspot and Wi-Fi facility
- Indoor Futsal field and jogging track along university area

Universitas Muhammadiyah Yogyakarta is one of the best private universities in Indonesia, according to Webometrics, July 2011. With its tagline: Muda Mendunia, UMY is ready to be a qualified university to think globally and act locally.

TROPICAL DISEASE:

Why Should the World Know?

Tropical diseases are diseases that occur solely, or principally, in tropical region. In practice, the term is often taken referring to infectious diseases that thrive in hot and humid conditions. The etiology of tropical disease is infection of parasite (bacterium, virus, and fungi). There are so much kind of tropical diseases. Tuberculosis (TB), Dengue Hemorrhagic Fever (DHF), Malaria, and Leptospirosis are some examples of this diseases.

Indonesia, as one of the countries located in tropical regions, is more vulnerable getting affected by infectious diseases in comparison to temperate regions. These diseases can thrive in such regions not only due to social and biological factors, but also due to the environmental factors such as natural disaster that happened. The natural disaster increases the likelihood of the high levels and biodiversity of pathogens, vectors and hosts which undermine the efforts in controlling these disease.

Tuberculosis

Tuberculosis (TB) is an infection, mainly on respiratory system, that caused by Mycobacterium tuberculosis. It is spread through inhaling tiny droplets from the coughs or sneezes of an infected person. The spread of tuberculosis is facilitated by several factors like overcrowding and living in close quarters.

As stated before, Tuberculosis mainly affects the lungs where it is called pulmonary tuberculosis. But, it can also affect any part of the body including bones, brain, womb or the uterus, skin, lymph nodes etc. or may spread widely to other organs as seen in miliary tuberculosis and disseminated tuberculosis.

Dengue Hemorrhagic Fever

Dengue (pronounced den' gee) is a disease caused by any one of four closely related dengue viruses (DENV 1, DENV 2, DENV 3, or DENV 4). The viruses are transmitted to human by the bite of an infected mosquito. DHF is a more severe form of dengue infection. It can be fatal if unrecognized and not properly treated. DHF is caused by infection with the same viruses causing dengue fever. With good medical management, mortality due to DHF can be less than 1%.

NTDs

Neglected Tropical Diseases (NTDs) is considered as neglected/ignored tropical diseases found in many developing countries. This infectious disease is caused by parasites and bacteria. The common case of NTDs is **Malaria** and **Diarrhea**.

Malaria Report (2015) stated that malaria has attacked 106 countries in the world. World Malaria Report (2014) estimated that at least 3.3 million people worldwide are at risk of developing Malaria, with 1.2 million people are at highest risk. It is also reported that 97 countries in the world are still experiencing Malaria transmission. Although the transmission of Malaria in Indonesia is still happening but it is progressively decreasing. The report on basic health research shows that by 2013 there are 57 Malaria

endemic districts where previously in 2010 there were 101 districts that were Malaria endemic area. In 2013, the number of Malaria cases in Indonesia reach up to 343,527 cases. While in 2008 Annual Parasite Incidence (API) is equal to 2,47 per thousand population and there is a significant decrease in the year 2013 which equal to 1,38 per thousand population. Looking at provinces by 2015, it appears that eastern part of Indonesia still has the highest API cases. In West Java, Malaria is a re-emerging disease. According to data from the Provincial Health Office of DIY, there are 95 cases in 2016.

Who Can Enroll in ITMSS 2019?

Student of Faculty of Medicine at Pre-Clinic, Clinic, and Fresh Graduate Students with various knowledge about Tropical Medicine can enroll in International Tropical Medicine Summer School (ITMSS) 2019, held by Muhammadiyah Medical Students' Activities (MMSA), Faculty of Medicine and Health Science, Universitas Muhammadiyah Yogyakarta (UMY).

ITMSS will make you learn about tropical disease, especially Tuberculosis (TB), Dengue Hemorrhagic Fever (DHF) and NTDs (Malaria). ITMSS is not merely the educational event, it's beyonds gaining knowledge and experience regarding tropical medicine.

You may see more information about the application form, documents, term and condition, and other things you should prepare if you want to enroll in 15th ITMSS 2019.

In short, ITMSS is available for **pre-clinic**, **clinic**, and **fresh graduate medical students** who want to learn about tropical medicine, especially tropical medicine in Indonesia.

Program of ITMSS 2019

EDUCATIONAL PROGRAM

A. COMMUNITY BASED

1. Primary Health Care Visit

   This program has a goal to point out tropical diseases in the first line of primary health care. This Program divided into some session which are visiting the primary health care and in the next session participants will be taken directly into the community to see how to point out the tropical disease in the first line of public health.

2. Hospital Visit

   Activities that have goals to show directly about how to point out tropical disease and also explain about the service the community in terms of administrative and managerial hospital in Indonesia.

3. Community Health Center Visit

   Activities that have a goal to show directly to handling the diseases in special services center, such as the center of lungs for TB disease.

4. Community Work and Village Visit

   Social community based on social communities, as a bridge and a tool to realize the awareness of participants to communities in endemic areas. Activities are organized with hope that community and the participants get knowledge at can be applied connected in tropical disease.

B. CAMPUS BASED

1. Pretest

   The first test given in the beginning of skills lab and laboratory practice to know how far the comprehension of participants about tropical diseases.

2. Tutorial

   A group discussion toward several cases of tropical diseases. The discussion is started by a scenario and followed by problem solving collecting opinions from participants of discussion. The discussion is based on a problem that has been lectured, and the result of discussion is to bring concrete understanding in cases of tropical diseases.

3. Lecture

   Lecture of current issue related to tropical diseases which given by the experts.

4. Focus Group Discussion

   Discussion on analysis to the cases found on the program of hospital visit. The participant is divided into some group with one expert of tropical disease

5. Skills Lab

   Activity that emphasizes the skill of implementing examination done to patients. It include the ability of taking the right diagnosis, and proceed it to treatments in curing the patient.

6. Laboratory Practice

   In the Laboratory Practice, the participants will be performing and observing things to deepen their understanding on certain topics in correlation to tropical disease

7. OSCE and MCQ

   OSCE (Objective Structured Clinical Examination) is the final test of skills lab, while MCQ (Multiple Choice Questions) is the final test of the lecture given.

NON-EDUCATIONAL PROGRAM

1. Welcoming Ceremony

   A ceremony to welcome the participants of ITMSS. This event focuses on providing information of ITMSS including the series of events on the summer school as the introduction of the culture of Indonesia.

2. Cultural Session (traditional dance class, traditional music class, cooking class, handicraft session)

   Cultural session is an extra activities to dive in the Indonesian cultures through dancing and music. We're going to provide trainers that will accompany the practice for several times. The result of the practice will be performed at the Closing Ceremony.

3. International Night

   ITMSS facilitate cultural exchange of each participants country through the introduction of country presentation, and sharing of traditional dishes. This event will be held at the evening.

4. Farewell Ceremony

   Farewell ceremony is a closing ceremony for ITMSS participants. It is the final event to close the summer school.

5. Social Program

   a. Tourism

      These include the visit to several tourist destination in Yogyakarta and places around Yogyakarta. For example Malioboro Road, Sultan Palace, Alun-Alun, Jeep Merapi, Ulen Sentalu Museum, Prambanan Temple, Borobudur Temple, Ramayana Ballet, Batik Laweyan and other interesting places.

b. Beach Camp

A night camp on a seashore at one of the beautiful beach in Yogyakarta. The participants will sleep in a tent, spend the time with bonfire and, having barbeque.

SUPPORTING PROGRAM

1. Home stay (host-family)

   Participants of 15th ITMSS 2019 will have the chance to stay with locals. The host family is some of medical students of Universitas Muhammadiyah Yogyakarta living in Yogyakarta.

PLACE of EXECUTION

Hospitals, community health centers and health agencies that have concern for tropical diseases, and has a wide experience of clinical cases related to tropical diseases. This year, we want to work with hospitals, community health centers and local health agencies near the endemic site of tropical diseases related to the main topic of Malaria, DHF and Tuberculosis.

Faculty of Medicine and Health Sciences UMY will be the venue for campus-based events (lectures, tutorials, skills lab, laboratory practice, and exams)

How to Apply

1. **Download** the Application Form within this invitation package or in our website: itmss.umy.ac.id
2. **Fill in the Application Form** in every textbox we provided (**type-written**)
3. Make sure you fill its entirety, and **sign it with written signature**.
4. **Send a color scanned document** of the form to: itmss.mmsa@umy.ac.id
5. You will **receive the email** confirmation from the Official ITMSS 2019 at maximum 48 hours after we received the email.
6. We will send you the **Letter of Acceptance and the document requirement**.
7. In Letter of Acceptance, there will be a Bank Account to **transfer the fee** of ITMSS 2019 as much as € **440** (without social program) or € **590** (with social program)
8. After you completely transfer the fee, we will give you an **invitation letter** to state that **you are officially accepted** as 15th ITMSS student.

Fee & Payment

You have to send us the digital copy of payment no longer than 10 days after you receive the Letter of Acceptance.

International Tropical Medicine Summer School (ITMSS) 2019 Fee is € **440** (without social program) and € **590** (with social program).

*__Fee includes__:

- Summer School academic activities.
- Summer School merchandises.
- 19 days stay at host family.
- Transportation (arrival from airport to home stay, home stay to venue, any transportation needed during arranged educational and non-educational programs, and departure from home stay to airport)
- One cultural program (cooking / dancing / music class)
- 2 Indonesian meals/day during the program.

Fee does not include:

° Tour and social programs (for participants **choosing not to join social program**)

° Bank transfer and/ or correspondent bank charges

° Health Insurance

° Visa and travel

Details of Payment

1. After you accept Letter of Acceptance, you will be given bank account of ITMSS 2019, then you have to pay ITMSS fee as much as € **440** or € **590** in a full amount
2. After you pay the fee, immediately inform us via itmss.mmsa@umy.ac.id
3. Scan the Application for Fund Transfer / Proof of payment [the paper you get from the bank as the proof that you've done the payment (€ **440** or € **590** to ITMSS's bank account number].
4. Send the scanning or digital copy (.jpeg) of Application for Fund Transfer / Proof of Payment for fund transfer to email itmss.mmsa@umy.ac.id in 10 days.
5. If you didn't send the scanning in 10 days, we will remind you to send it in the next 5 days.
6. If after those 5 days you haven't send us your Application for Fund Transfer / Proof of Payment via email, we will list your name as waiting list for ITMSS 2019
7. If you've transferred the fee but you cancel your application as participant of ITMSS 2019, there will be **NO REFUND**.

Housing

As the participant of 15th ITMSS 2019 you will be staying with your host family for 19 days of the program. The host family live in Yogyakarta, usually near Universitas Muhammadiyah Yogyakarta, the main venue of ITMSS. The host families are students from Faculty of Medicine and Health Sciences of Universitas Muhammadiyah Yogyakarta which have been selected by the Organizing Committee of ITMSS 2019.

As your host family, you will be staying with them for 19 days with facilities down below:

1. Bedroom for 19 days as long as you stay as participant of ITMSS 2019
2. Meals twice a day
3. Transportation which includes:

    - Arrival from airport to home stay
    - Home stay to venue of ITMSS 2019
    - Any transportation needed during arranged educational and non-educational programs ITMSS 2019
    - Departure from home stay to airport

Living with your host family will be an interesting experience for you, it offers you a perfect chance to see, feel, and understand a little part of Indonesian culture presented by your host family. Furthermore, by living in house family, you'll feel the real atmosphere of the Indonesian friendliness and the warmth of our locals.

Here we provide you the information about the house and meals you'll likely have during your stay in Yogyakarta.

About the House

BEDROOM

- **Available**
    - Bed, blanket, pillow, and bolster
    - Window
    - Cupboard for clothes
    - Book-shelf
    - Table and chair
- **Not always available:**
    - Air conditioner / electric fan
    - Bedstead
    - Mirror

LIVING ROOM

- **Available:**
  - Table
  - Sofa or chair
  - Rug
- **Not always available**:
  - Wi-Fi
  - TV
- **Note:**
  Some people distinguish living room and family room, as family room is more intense and used to be the recreation and relaxation place within the family.

KITCHEN

- **Available:**
  - Stove
  - Kitchen sink
  - Refrigerator
  - Kitchen shelf
- **Not always available:**
  - Blower
  - Sink

DINING ROOM

- **Common condition:**
  - Dining table inside the kitchen
  - Dining room not in the kitchen
- **Note:**
  Some house doesn't have dining room at all, so they eat in other room like living room.

BATHROOM

- **Available:**
  - Tap (water source)
  - Water-bucket or water-tub
- **Not always available:**
  - Sink
  - Bathtub
  - Water heater
- **Common condition:**
  - Seated toilet or squat toilet
  - Bath / bath-bucket or shower or both
  - Bathroom inside or outside the house / bedroom

LAUNDRY

- **Common condition:**
  - Washing machine
  - Laundry service outside the house

IMPORTANT DATE

Application Form Deadline for the 1st BATCH

14th January – 17th February 2019

Payment Deadline

10 days after you get Letter of Acceptance as Participant of ITMSS 2019. Plus **5 days** to remind you if you haven't paid and send the proof of payment in 10 days

ITMSS Participants' Testimony

The committee organized the best program in the world - good job!! Everyone should join this program because it's such a nice experience! So interesting to learn about tropical medicine and besides that: see the real Indonesia! We went to amazing places and saw beautiful things! Now I've got friends from all over the world (Indonesia, Canada, Switzerland, South Korea, France, Latvia, United Kingdom, Portugal, Czech Republic, Poland and Italy) and hope to see you again some day. I really enjoyed my time; it was soooo special. I will never forget you! Terima Kasih - Thank you - Dankjewel!

Valery van Velsen, Netherland,
Radboud University
Nijmegen: 1st Year Pre Clinic

To me, ITMSS is totally worth it. I have learned a lot. Also, I had a chance to build friendship with many people from around the world. People with different language and culture, but we were getting along well with each other. It seems like a lifetime ago when we were together. On the other hand, I'm so thankful to all the committee of ITMSS. You guys are absolutely amazing. I couldn't imagine my life without you guys during my stay in Yogyakarta. Never ever, saying thank you will be enough for everything you have done for us. Saying goodbye to you was one of the hardest things I have ever had to do. However, I'm surely, we will meet again someday. I cannot thank you enough for coming into my life and opening my mind in so many ways.

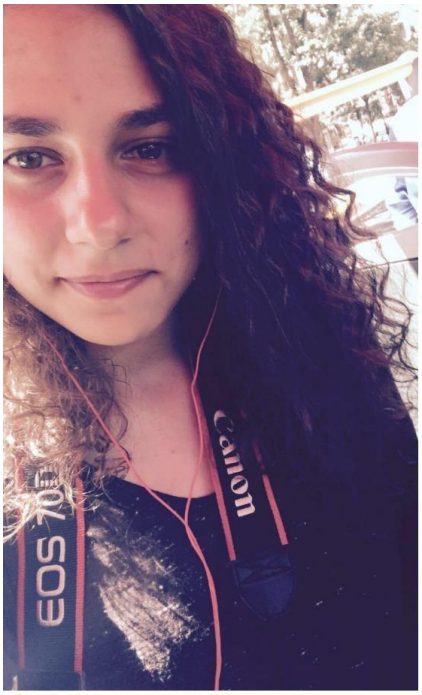
Pheng Pisey, University of
Puthistrata: 7th Year Clinic

This year has been really different for me because I am a participant in this event. It has been really good. I have done a lots and it's so adventurous. The culture are interesting, we did a lot of activity that were interesting. When I first came here, it was like the culture shock for me, because nothing is like back home because the adaptation wasn't perfect. But I was able to adapt in the first 3 hours so it isn't difficult to adapt. So please if you want to come, consider and come here. It's gonna be live changing experience for you, do a lots, and also meet people everwhere.

Abdullah AlAnazi, King Saud
University for Health Science:
2nd Year Pre Clinic

My best experience and the best decision I made was to travel to Indonesia. I met spectacular people who fill your heart with a look or a smile. The tropical medicine course fills all the expectations I had about knowing very deeply about the most common diseases of Indonesia, we learn all about physiopathology, the way of transmission and especially the treatment. My knowledge acquired allowed me to fill gaps in my academic training and above all to help the cure of these diseases in my clinical practice in my last year of medicine.

Alejandro Barros, Universidad San Francisco de Quito: 4th Year Clinic



Rana Al-Najjar, Royal College of Surgeons in Ireland - Bahrain

Our social experience began with our assigned hosts. I will never forget my host, who has treated me with the hospitality of a sister, a sister in medicine, and a sister in life. Our hosts were kind enough to provide our accommodation, food, and transportation which helped facilitate our transition into the parallel world of South East Asia. Moreover, our social lives were fueled by ITMSS International Night, field trip to cultural and historical sites, and sports recreational activities. During International Night, a multitude of cultures came together and represented their countries and cultures to the attendees. We were able to make home cooked meals for everyone to enjoy. Our field trips were full day excursions to beaches, museum, art galleries, and restaurants. The food is delicious and very healthy! I learned martial arts, kayaking, paintballing, and music on this trip, and made many firends from all around the world.

My academic experience was nothing short of an inspiring. The amount of knowledge and skills I gained in such a short time is immense. Our days would start with on-campus lectures followed by Problem-Based Learning Tutorials. The program also provided us with clinical skills teaching in an OSCE setting.

To conclude, Indonesia, especially Yogyakarta, is a magical place. The food, the energy, the people, and the atmosphere, bring about no one has experienced before. The ITMSS progam led me to make friendships and connections with fellow medical colleagues all around the world. The experience I've gained there will be in my memories for the rest of my life, and the hosts have become my second family.

How to Get Indonesian Visa

In accordance with the Regulation of Minister of Law and Human Right of the Republic of Indonesia Number 26, 2013, citizen from 68 countries/region are eligible for obtaining Visa on Arrival (VOA).

This visa can be obtained directly when you are landed at the certain airports and seaport in Indonesia regardless of the purpose of your visits (Business, Tourist, Social). The Visa on Arrival is not a work visa nor a visitation visa. Therefore, it cannot be converted to obtain other immigration permits. The maximum stays permitted for the visa on arrival is 30 days. If you plan to stay longer than 30 days, you need to mention your intention to stay longer. Visa on Arrival can be extended for another 30 days.

The general requirements for Visa on Arrival are:

- Expiration date of the applicants passport must be at least 6 (six) months at the date of entry.
- At least one blank visa page
- Round-trip airplane ticket
- Visa on Arrival fee (refer below)

The fees for Visa on Arrival are:

a. Visa for stay up to 7 (seven) days in several Special Economic Zones (SEZ)= US$ 15,-

b. Visa for stay up to 30 (thirty) days = US$ 35,-

c. Extension of stay for up to 30 (thirty) days = US$35,-

Those 68 countries/regions that eligible to obtain VOA are:

South Africa	Netherland	Fiji	Japan	Lithuania	Oman	Russia
Algeria	Brazil	Finland	Germany	Luxembourg	Panama	Saudi Arabia
USA	Bulgaria	Hungary	Canada	Maldives	France	New Zealand
Argentina	Czech	India	South Korea	Malta	Poland	Slovakia
Australia	Cyprus	England	Kuwait	Mexico	Portugal	Slovenia
Austria	Denmark	Ireland	Latvia	Egypt	Qatar	Spain
Bahrain	UAE	Iceland	Libya	Monaco	China	Suriname
Belgium	Estonia	Italy	Liechtenstein	Norway	Romania	Sweden
Switzerland	Croatia	Taiwan	Seychelles	Tunisia	Armenia	Greece
	Belarus	Timor Leste	Papua New Guinea	Turkey	Andorra	

For more information, visit http://bit.ly/visa-information

About Indonesia and Yogyakarta

Republic of Indonesia (RI) or Indonesia is a country in Southeast Asia, located on the equator and located between the continents of Asia and Australia and between the Pacific and Indian Oceans. Because it lies between two continents and two oceans, Indonesia is also known as the Archipelago Islands (AP). Consists of 17,508 islands, Indonesia is the largest archipelago in the world. Indonesia is an archipelago that stretches from Sabang to Merauke. Indonesia is passed by The Equator line which makes Indonesia has tropical climate with two seasons; the dry season and rain season. This tropical climate makes Indonesia has one of the greatest biodiversity in the world, the second one after Brazil. Start from rain forests, great lakes, long rivers, high mountains, amazing under-water coral, until endless savanna, you can find them all in Indonesia. Every corner in Indonesia has a thing.

With a population of 260 million people in 2010, Indonesia is the fourth most populous nation in the world and the most populous Muslim country in the world, although it is not officially an Islamic state. Indonesia is a republic form of government, the House of Representatives and the president is elected directly. Jakarta is the country's capital. Indonesia borders Malaysia on Borneo Island, with Papua New Guinea on the island of Papua and East Timor on the island of Timor. Other neighboring countries include Singapore, Philippines, Australia, and the union territory Andaman and Nicobar Islands in India.

From Sabang to Merauke, Indonesia consists of distinct ethnic, linguistic and religious groups. The Javanese are the largest ethnic group and most politically dominant. Indonesia's national motto, "Unity in Diversity" ("Different but remains one"), articulates the diversity that shapes the country. Indonesia has 34 provinces including, Yogyakarta (or Ngayogyakarta in local language) in Java Island. Yogyakarta is one of the most famous provinces is Indonesia which is well known not only by Indonesian but also tourists from worldwide because of its beauty of its nature and culture.

Ngayogyakarta or we called Yogyakarta, is founded by Prince Mangkubumi (Sultan Hamengkubuwono I) in 1755 Giyanti result of the Agreement, later it grew into a city rich in culture and arts of Java. That was a centerpiece of the development of art and culture is the empire. A variety of classical Javanese arts such as dance, song, geguritan, gamelan, painting, literature and carvings, developed from the palace and later became folklore. Then, the unity of the community with artistic values so ingrained as Yogyakarta with 395,604 in habitat's soul like never run out of trained artists. Besides the charm of culture, ancient architectural treasures also have its own magic for the tourists. Such as Water Castle, Sultan Palace, Pakualaman Palace, Prambanan, and various museums. Considering the wealth of the culture which Yogyakarta has, Yogyakarta became the Primary Regional Tourism Destination in Indonesia.

A Little Sneak Peek of Yogyakarta

Yogyakarta is a relatively small city, so travelling around town should not be too expensive. If you are traveling by foot, note that a street sign facing you at a corner indicates the name of the street you are entering, not the cross street. The Tourism Authority has maps in English that can be obtained from its offices next to Hotel Mutiara on Jl. Malioboro, at the airport and the train station. Beware that these maps are not to scale.

By Taxi

Yogyakarta's taxis are metered and nowadays most taxi drivers are trustworthy. Flagfall is IDR 6,650 and most trips around the center of town should not cost more than IDR 25,000. If by chance you find a taxi driver that you feel comfortable with and trustworthy, ask for his cellular phone number so that next time you need to travel you can call directly to his cell phone and arrange your travel needs. Most taxi drivers will be more than happy to do this.

By Becak

Traditional three wheeled and pedal-powered cart, known as becak (pronounced beh-chak), which can be found in most part of Yogyakarta. Haggle furiously before getting into the becak be sure to determine whether the price is for a one-way or return (pulang) trip and if you want the driver to wait whilst you conduct your shopping or business. A ride from within the city to the Malioboro shopping precinct should not cost more than IDR 15,000.

By Andong

Traditional horse-pulled carts, known as andong, or dokar, waiting for tourists outside hotspots like the train station, the Kraton and Malioboro Mall. The traditional route is from Malioboro Street to Keraton, and this is where you'll find most andong. Usually, andong opt to take you to shop for fake Dagadu t-shirt in Ngasem area with hefty prices. Then, andong will take you back to your initial journey. The cost for one round trip for andong is IDR 60,000 but they may settle for less. Andong can accommodate up to 5 adult passengers.

By Bus

There are two kind of bus: regular and patas. Patas buses, known as Trans Jogja operate from 6AM to 10PM and stop only at designated shelters. Unlike regular buses, TransJogja is air-conditioned and generally safer. Tickets can be purchased directly at the shelters and cost for single trip is IDR3,600. Be aware that the bus stops are quite far apart, (1-2kms) and not very numerous, and often the bus stops for opposite directions are not opposite each other. If you are planning on travelling this way, expect to still do a fair amount of walking to and from the stops to your destination.

Regular buses normally operate from 6AM to 5PM, and some long routes extend their operation until 9PM. Cost for single trip is IDR4,000 regardless of distance (within the city). Usually on a bus there will be one driver and one helper who will hang from the side of the bus and handle money and try to get passengers. Animated bus route maps are available at Transportation Agency of Yogyakarta website.

By Car or Motorbike

There are several car and motorbike rental agencies just outside Tugu Station near Pasar Kembang Street on the street that runs east-west just south of the station. A near new semiautomatic (clutchless) motorbike can be rented for IDR50,000 for 24 hr; older bikes may come for less, and fully automatic bikes such as a Honda Vario or Yamaha Mio may sometimes cost IDR5,000-10,000 more. Cars can be had rented for around IDR350,000 for 24 hr, or IDR225,000 for 12 hr. A driver can be hired along with the car for another IDR50,000-IDR200,000/day. Prices may vary due to fuel inclusion for a set distance or itinerary.

By Online Transportation

Online transportations still a hit in Yogyakarta, even in 2019. It is an effective vehicle to move you from one place to another. Online transportations that available in Yogyakarta are GOJEK and Grab. In which both of them are providing online motorcycle, car, taxi and courier service. Their services are the instant courier, transport, food delivery, online mart and many more. Online transportations could help you to travel around Yogyakarta with transparent pricing, free shower cap and masker offered. If you want to try them, you can install the application on your smartphone by typing GO-JEK or Grab. The price ranged depend on how far the distance is.

Tourism in Yogyakarta

Kraton Ngayogyakarta Hadiningrat

Kraton of Yogyakarta (formally known as: Keraton Ngayogyakarta Hadiningrat) is a palace complex located in the city of Yogyakarta, Yogyakarta Special Region, Indonesia. The palace is the main seat Sultan of Yogyakarta and his family. It serves as a cultural center for the Javanese people and contains a museum that displays the sultanate's artifacts. It is a perfect place to learn about history, especially Yogyakarta's history.

Tugu Yogyakarta

Tugu Yogyakarta (Gilig golong monument) located on the north side of the old city is a symbol of "unification between the king (golong) and the people (gilig)" (Javanese: manunggaling kawulo gusti). It also symbolizes the final unity of the creator and His subjects. Gate Donopratoro (Gate to Kedaton quarter) means "a good person is someone who is generous and knows how to control his lust" and the two Dwarapala statues, named Balabuta and Cinkarabala, each represent good and evil. The palace's magical artifacts are believed to have the power to repulse evil intention.

Prambanan Temple

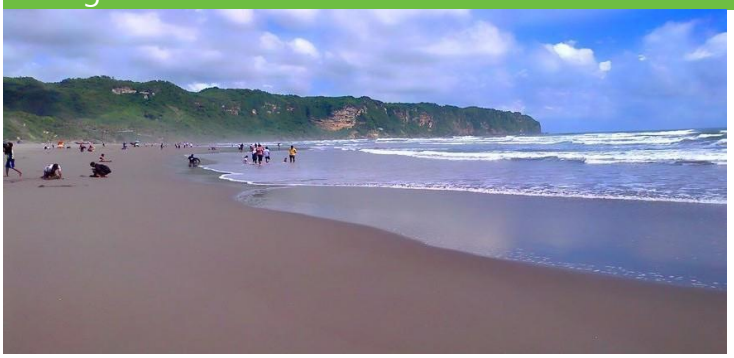
Prambanan Temple Compounds consist of Prambanan Temple (also called Loro Jonggrang), Sewu Temple, Bubrah Temple and Lumbung Temple. Prambanan Temple itself is a complex consisting of 240 temples. All the mentioned temples form the Prambanan Archaeological Park and were built during the heyday of Sailendra's powerful dynasty in Java in the 8th century AD. These compounds are located on the border between the two provinces of Yogyakarta and Central Java on Java Island.

Pasar Beringharjo

Beringharjo market has been the center of economic activity since years ago and its existence has philosophical meaning. The market that had been renovated several times symbolizes stages of human llife that is busily engaged in its economy fulfillment. Furthermore, Beringharjo is also one of the 'four in one' poles (consisting of South Square, Sultan Palace, North Square, and Beringharjo market) symbolizing economy functions.

The area where current Beringharjo market lies used to be forest of banyan trees. Soon, after the foundation of Ngayogyakarta Hadiningrat Kingdom, i.e. in 1758, the area was used a place for economy transaction by the people of Yogyakarta and its vicinities. Only hundreds years later, namely in 1925, the transaction place had a permanent building. The name of 'Beringharjo' was given by Hamengku Buwono IX, meaning that the place where banyan tree (bering) used to grow is expected to bring welfare (harjo). Now, tourists define this place as an enjoyable shopping place where to find various local stuff.

Parangtritis Beach



Parangtritis is a popular tourist beach and village area on the southern coast of Java in the Bantul Regency within the province of the Yogyakarta Special Region. There is a good road to the area which is about 30 km south of the city of Yogyakarta, located just on the border between Bantul and Gunung Kidul regencies.

Parangtritis is sometimes said to be a place to meet the legendary Nyai Roro Kidul (also known as Ratu Kidul) or 'Queen of the South'. Local folklore warns visitors not to wear green clothes or the queen is likely to try to entice the wearer into the ocean to drown. The beach is not really a good swimming beach. Drownings are unfortunately not uncommon at Parangtritis, partly because many Indonesians have never had the opportunity to learn to swim and partly because channels, strong rips and sizable waves often occur off the beach.

Gudeg

Gudeg is a traditional Javanese cuisine from Yogyakarta and Central Java, Indonesia. Gudeg is made from young unripe jack fruit (Javanese: gori, Indonesian: nangka muda) boiled for several hours with palm sugar, and coconut milk. Additional spices include garlic, shallot, candlenut, coriander seed, galangal, bay leaves, and teak leaves, the latter giving a reddish-brown color to the dish. It is often described as "green jack fruit sweet stew". Served solely, gudeg can be considered as a vegetarian food, since it only consists of unripe jackfruit and coconut milk.

Angkringan

Angkringan is a push carts that sell a variety of food and beverages that are commonly found in each side roads in Central Java and Yogyakarta. Angkringan usually covered with plastic tarps and can serve 8 buyers. Operating from the afternoon, it relies on the traditional lighting called senthir. Food sold include cat rice (nasi kucing), 'gorengan' (crisps battered tempeh or tofu), skewered chicken intestines, skewered quail eggs, chips, and other. Drinks sold usually include tea, orange juice, coffee, ginger, and milk. All of them sold at a very affordable price.

Angkringan known as a place without social strata, people comes to angkringan enjoy their food while chatting with another despite not knowing each other on a various things or sometimes discuss serious topics. Cheap price and relaxing place makes this place famous and very popular in the middle of the city as a stopover for hungry driver to eat or simply rest there.

Batik

Batik (Javanese pronunciation: [ˈbateʔ]; Indonesian: [ˈbatɪk]) is a technique of wax-resist dyeing applied to whole cloth, or cloth made using this technique. Batik is made either by drawing dots and lines of the resist with a spouted tool called canting.

The applied wax resists dyes and therefore allows the artisan to colour selectively by soaking the cloth in one colour, removing the wax with boiling water, and repeating if multiple colours are desired.

Many Indonesian batik patterns are symbolic. Infants are carried in batik slings decorated with symbols designed to bring the child luck, and certain batik designs are reserved for brides and bridegrooms, as well as their families. Some designs are reserved for royalties and even banned to be worn by commoners. Consequently, a person's rank could be determined by the pattern of the batik he or she wore. Further study to the geometry of symbolism in Indonesian batik showed the applicability of fractal geometry in traditional designs.

Batik garments play a central role in certain Javanese rituals, such as the ceremonial casting of royal batik into a volcano. In the Javanese naloni mitoni ceremony, the mother to be is wrapped in seven layers of batik, wishing her good things. Batik is also prominent in the tedak siten ceremony when a child touches the earth for the first time. In October 2009, UNESCO designated Indonesian batik as a Masterpiece of Oral and Intangible Heritage of Humanity.

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