

Optional Tour: Full Day Healthcare Delivery Tour
Date: Tuesday, 12th July 2016
Cost: \$150.00

The first part of today's tour encompasses a trip to Sanglah Hospital and includes a tour of the hospital facilities and a discussion on health care delivery. We will also meet Made Sukma Wijaya Nurse Specialist in Wound, Ostomy and Incontinence Care in Dharma Mulia Husada Foundation and Emergency Nursing Lecturer in Nursing Academy Kesdam IX/Udayana, Bali, Indonesia.

Wijaya is a great friend of the Nurses for Nurses Network and we have visited his wound clinic on a number of occasions in the past. Wijaya is noted for his wound care work in the local community and will pass on his information and knowledge to the group.

Following the hospital tour, you will have the afternoon to explore the Sukawati Art Market, Bali's most popular and long-standing art market. Sukawati is where visitors can shop for distinctively Balinese art items such as paintings and sculpted figures, curios, handicrafts and traditional handmade products.

The art market's main building is often packed with shopping holidaymakers and locals sourcing household and daily necessities. It is an alternative, inexpensive and complete shopping destination conveniently situated along most tour itineraries to the central and northern regions of the island.



On the way home we will visit Tanah Lot Temple which means "Land [sic: in the] Sea" in the Balinese language. Located in Tabanan, about 20 kilometres (12 min) from Denpasar, the

temple sits on a large offshore rock which has been shaped continuously over the years by the ocean tide.

Tanah Lot is claimed to be the work of the 16th-century Dang Hyang Nirartha. During his travels along the south coast he saw the rock-island's beautiful setting and rested there. Some fishermen saw him, and bought him gifts. Nirartha then spent the night on the little island. Later he spoke to the fishermen and told them to build a shrine on the rock, for he felt it to be a holy place to worship the Balinese sea gods. The main deity of the temple is Dewa Baruna or Bhatara Segara, who is the sea god or sea power and these days, Nirartha is also worshipped here.

The Tanah Lot temple was built and has been a part of Balinese mythology for centuries. The temple is one of seven sea temples around the Balinese coast. Each of the sea temples was established within eyesight of the next to form a chain along the south-western coast. In addition to Balinese mythology, the temple was significantly influenced by Hinduism.

At the base of the rocky island, venomous sea snakes are believed to guard the temple from evil spirits and intruders. The temple is purportedly protected by a giant snake, which was created from Nirartha's selendang (a type of sash) when he established the island.



There is also a great market nearby to shop for all sorts of souvenirs.