

# 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 Science, Universitas Muhammadiyah Yogyakarta (UMY). MMSA is non-political and non-profit organization and it has an affiliation with CIMSA (Center for Indonesian Medical Students' Activities) and IFMSA (International Federation Medical Students' Associations). MMSA produced the first medical summer school and now become the biggest one in Indonesia which we called International Tropical Medical 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, diagnose and treatments in the modified Problem Based Learning (PBL) system. ITMSS was first held on the year 2005, as the **first ever summer school has been held in Indonesia** and is currently the **leading** and the **biggest**. This year it will be the 13th ITMSS and as usual, it will be held at the **Universitas Muhammadiyah Yogyakarta** around the period of **31<sup>th</sup> July until 19<sup>th</sup> August 2017**. Approximately **40 students** from worldwide are welcome to participate in ITMSS 2017, though each country's quota is limited.

ITMSS has **two main activities: academic and tourism** (social programs). For the academic activities, the main topics are **Dengue Hemorrhagic Fever (DHF)**, **Leptospirosis** and **Tuberculosis (TBC)**. Participants will be given lectures by experts, have tutorials, forum group discussions, hospital visits to affiliated hospitals, laboratory works, and endemic/non-endemic area visiting. As for the social programs, participants will be able to go to cultural places in Yogyakarta such as **the Sultan Palace (Kraton Yogyakarta)**, **Borobudur Temple**, **Prambanan Temple**, **Ramayana Ballet performances**, **Beach Camp**, and many more.

Throughout the program, participants will stay with host families whom are students from the Faculty of Medicine and Health Science of Universitas Muhammadiyah Yogyakarta. They will be given meals twice a day, and also transportation for the activities. This way, participants are able to know about the people and culture of Indonesia, especially Yogyakarta.

Many participants have said that ITMSS is an experience that cannot be forgotten. Something different that every medical student from all around the world should try.

Regards,

Committee of ITMSS 2017





## About Universitas Muhammadiyah Yogyakarta

Universitas Muhammadiyah Yogyakarta (UMY) is a university located in Yogyakarta, one of the most beautiful cultural cities in Indonesia. UMY is one of university owned and controlled by “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 controlled of Center of Muhammadiyah Council based on Letter of Decision Center of Muhammadiyah Council Number E/1/1996/1982. On 2012, UMY has had 9 faculties: Faculty of Islamic Religion, Faculty of Economy, Faculty of Law, Faculty of Social and Political Science, Faculty of Medicine and Health Science, Faculty of Agriculture, Faculty of Technology, Faculty of Language Education, and Magister Program.

As a great university, UMY offers so 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:

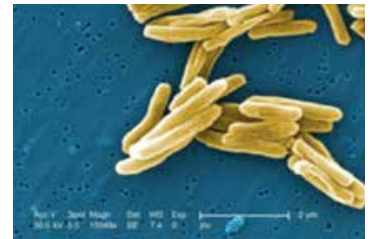
### Why Does The World Should Know?

Tropical diseases are all diseases that occur solely, or principally, in the tropics region. In practice, the term is often taken to refer to infectious diseases that thrive in hot and humid conditions. 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 tropical diseases.

#### 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. Spread of tuberculosis is facilitated by several factors like overcrowding and living in close quarters.

As said 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 humans 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 in a timely manner. DHF is caused by infection with the same viruses that cause dengue fever. With good medical management, mortality due to DHF can be less than 1%.



#### Leptospirosis

Leptospirosis is an infectious disease of humans and animals that is caused by pathogenic spirochetes of the genus *Leptospira*. It is considered the most common zoonosis in the world and is associated with rodents in settings of poor sanitation, agricultural occupations, and increasingly "adventure" sports or races involving fresh water, mud, or soil exposure. Leptospirosis ranges in severity from a mild illness suggesting a viral infection to a multi-system syndrome with unique features. It is characterized by sudden onset of the following; fever (28-40°C), rigors, headache, retro-orbital pain, photophobia, conjunctival suffusion, dry cough, nausea, vomiting, diarrhea, muscle pain localized to the calf and lumbar areas. Indonesia is a country lied in tropical area.



In Indonesia itself, tropical disease is an endemic disease. From WHO survey, Indonesia is included into five countries with the largest number of TB incident cases in 2011. Approximately 230 million people live in Indonesia. In Indonesia, there was a marked increase in human leptospirosis cases between





2003 (85 cases) to 2007 (666 cases). The outbreak in 2007, approximately 93% of the cases were laboratory confirmed and the case fatality rate was 8% (WHO, 2009). Since 1968, DHF first appeared in Indonesia and then the affected areas have enlarged. The areas affected by the disease in 1994 included 237 districts (78% of the total number of districts in the country). This number shows us that tropical diseases are still being health problem in Indonesia.

So, because of this problem, Indonesia, as the endemic country of tropical diseases, always grow the study about tropical medicine. Indonesia is included on one of Tropical Disease Research and Study Center among other centers.



Nowadays, tropical diseases are not only belong to tropical country, but also belong to the world. Tropical disease was studied broadly by doctors around the world since seventeenth and eighteenth centuries. This was happened because many infections which now fall under the “tropical” umbrella were widely distributed in northern Europe and northern America during those centuries. Indigenous *Plasmodium vivax* infection remained present in southeast England well into the twentieth century. Plague, cholera, typhus, and smallpox were major health hazards in Britain, London included, during Victorian era.

In 1978, WHO and UNICEF held an International Conference about “Primary Health Care”. The result of this conference is called “Alma Ata 1978 Declaration”. The Alma-Ata Declaration of 1978 emerged as a major milestone of the twentieth century in the field of public health, and it identified primary health care as the key to the attainment of the goal of Health for All. Primary health care has a major role to make the world health, not only primary health care in developed country but also in developing country. So, all countries in the world have to take this role. This principle also applies to eradicate tropical diseases. This is a duty of the world, not only a duty of the tropical countries, to eradicate tropical disease. Let the world help each other to make healthy world.







## Who can enroll in ITMSS 2017?

**Student of Faculty of Medicine at Pre-Clinic and Clinic Stage** with various knowledge about Tropical Medicine can enroll in International Tropical Medicine Summer School (ITMSS) 2017 which is held by Muhammadiyah Medical Students' Activities (MMSA), Faculty of Medicine and Health Science, Universitas Muhammadiyah Yogyakarta (UMY).

ITMSS is a summer school which will make you learn about tropical disease, especially Tuberculosis (TBC), Dengue Hemorrhagic Fever (DHF), and Leptospirosis. ITMSS is not about collecting score, but it's about gaining knowledge and experience about tropical medicine.

So, it's ok when you're a 1st semester student of Faculty of Medicine who still have no idea about what is tropical disease. ITMSS will be a perfect opportunity for you to learn about tropical medicine. ITMSS also welcome you, the clinical student, who may have had knowledge about tropical medicine and still want to gain your knowledge.

You can see more information about the application form, documents, term and condition, and other things you should prepare if you want to enroll in ITMSS 2017. In short, ITMSS is available for medical student pre-clinic or clinics, who want to learn about tropical medicine, especially tropical medicine in Indonesia.



## Program of ITMSS 2017

### 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 to 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 TBC disease.

##### 4. Community work

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 that can be applied connected in tropical disease.

#### B. CAMPUS BASED

##### 1. Pretest

The first test in the beginning activity to know how far the comprehension of participants about tropical diseases.

##### 2. Tutorial

This discussion consists of some participant, to gain one perception between the participants, and between the participant and the lecturer. This discussion is based on a problem that has been lectured. And the result of discussion is to bring concrete think of the problem in handling tropical diseases.

##### 3. Lecture

Lecture with some newest subject related to tropical disease and given by the experts.

##### 4. Focus Group Discussion

Discussion about a topic that got by participant after analyzed cases from hospital visit. The participant divided into some group with one expert of tropical disease.

##### 5. Skills Lab

Activity that emphasize in skill of doing supporting examination. It is the beginning of taking







right diagnose, and then to take next strategy to handling for the cure of patient.

6. Laboratory activity

Laboratory activity, where the participant does supporting examination, to strengthen the imagine of tropical diseases in diagnose.

7. OSCE and MCQ

Examination as a measure of material that has been gained by participants for about 18 days at the ITMSS. Exam form of MCQ (Multiple Choice Questions) and the OSCE (Objective Structured

## NON-EDUCATIONAL PROGRAM

1. Welcoming Ceremony

A welcoming ceremony for students of ITMSS. This event focuses on providing information about the event ITMSS activity interspersed with other events as the introduction of the culture of Indonesia.

2. Cultural Session (traditional dance class, traditional music class, bela diri class)

Extra activities that facilitate the participants to learn one of the Indonesian cultures through dance, music, or bela diri (Indonesian martial arts), either individually or in groups. The results will be displayed at the Closing Ceremony.

3. International Night

ITMSS facilitate cultural exchange of each country of the participants through the introduction of special food. The event was held in the evening is designed to be a warm event and is expected to strengthen the relationship between the participants and between the participants and the committee.

4. Farewell Ceremony

Closing ceremony for ITMSS participants. The final activity after participants have done both educational and non-educational activities.

5. Social Program

a. Tourism

It's a part of the social program, which we will travel to recreation places in Yogyakarta. For example Malioboro Road, Kraton Yogyakarta, Alun-Alun South, Jeep Merapi, Museum Ulen Sentalu, Candi Prambanan, Candi Borobudur, Sendratari Ramayana, Batik Laweyan and other many places.

b. Rafting

Adventure activities in the water by using a rubber boat that has goal they can enjoy the natural beauty of the area around Yogyakarta.

c. Beach Camp

Overnight activities in beach to release the fatigue during the ITMSS, to introduce the beach



condition in Yogyakarta and also to create bonding between the official committees and the participants

#### d. Cooking Time

Extra activity for participants to cook Indonesian delicious dishes and they could eat the dishes they made.

### SUPPORTING PROGRAM

#### 1. Training Human Resources

It is a support program that aims to improve the quality ITMSS 2017 through increased competence parties concerned in it (the committee, lab assistants and teachers) through several activities such as English language training, cultural, as well as the introduction of tropical diseases, especially Tuberculosis, DHF, and Malaria.

#### 2. Home stay

Participants ITMSS 2017 will stay with medical student of UMY, expected strong relationship between students and the hosting.

### 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 where are in endemic to several tropical diseases with the main topic of Malaria, DHF, and Tuberculosis.



Faculty of Medicine and Health Science UMY as a venue for campus-based events (lectures, tutorials, lab skills, lab work, and exams)



Some of the recreation place that become the characteristic of the city of Yogyakarta and Indonesia as one way to get to know the culture and natural beauty, and also to avoid boredom in learning activities.



## How to Apply

1. Download the Application Form within this invitation package or in our website: [itmss.umsida.ac.id](http://itmss.umsida.ac.id)
2. Fill in the Application Form in every textbox we provided.
3. Make sure you fill in its entirety, and sign it with written signature.
4. Send a color scanned document of the form to: [itmss.indonesia@gmail.com](mailto:itmss.indonesia@gmail.com)
5. You will receive the email confirmation from the Official ITMSS 2017 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 Bank Account to transfer the fee of ITMSS 2017 as much as 420 euro (without social program) or 560 euro (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 13th 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) 2017 Fee is **420 EURO** (without social program) and **560 EURO** (with social program).

\*Fee includes:

- Summer School academic activities
- Summer School merchandises
- 20 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 times daily Indonesian meals

\*Fee does not include:

- Tour and social programs (for participants whom not join social program)
- Health Insurance
- Visa and travel
- **Bank transfer and/or correspondent bank charges**





## Details of Payment

1. After you accept Letter of Acceptance, you will be given bank account of ITMSS 2017, then you have to pay ITMSS fee as much as 420 euro or 560 euro full amount
2. After you pay the fee, inform us via [itmss.indonesia@gmail.com](mailto:itmss.indonesia@gmail.com) immediately
3. Scan the Application for Fund Transfer/ Proof of Payment [the paper you get from bank as the proof that you've done the payment (420 euro or 560 euro) 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.indonesia@gmail.com](mailto:itmss.indonesia@gmail.com) in 10 days.
5. If you don'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 still don't send us your Application for Fund Transfer / Proof of Payment via email, we will list your name as waiting list for ITMSS 2017
7. If you've transferred the fee but you cancel your application as participant of ITMSS 2017, there will be NO REFUND.





## Housing

As the participant of ITMSS 2017 for 19 days, you will stay with your host family. The host family live in Yogyakarta, especially near Universitas Muhammadiyah Yogyakarta where ITMSS 2017 will be held. The host families are students from Faculty of Medicine and Health Science of Universitas Muhammadiyah Yogyakarta which have been selected by Committee of ITMSS 2017.

As your host family, you will live with them for 19 days and you'll get these general facilities:

1. Bedroom for 19 days as long as you stay as participant of ITMSS 2017
2. Meals twice a day
3. Transportation which includes:
  - Arrival from airport to home stay
  - Home stay to venue of ITMSS 2017
  - Any transportation needed during arranged educational and non-educational programs ITMSS 2017
  - Departure from home stay to airport

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





## IMPORTANT DATES

Application Form Deadline	<b>April 19th 2017</b>
Payment Deadline	<b>10 days</b> after you get Letter of Acceptance as Participant of ITMSS 2017. Plus <b>5 days</b> to remind you if you haven't paid & send the proof of payment in 10 days







## ITMSS Participants' Testimony

ITMSS was a unique and unforgettable event I was lucky to experience and one of the greatest moment of my life ever! The activities you organized were amazing. You did such a great job! Congratulations and keep on track!

To the Indonesian students:

I'll never forget your friendliness and generosity! Indonesia is a wonderful place to live, a place full of the most hospitable people ever. I was happily overwhelmed by your friendliness. I'll come back to France my heart full of warm memories and inspiring values.

To the participants:

I am delighted to have met you. I spent such beautiful moments surrounded by your happiness and energy. We shared such enriching discussions as well as laughs and jokes. Hope you'll go back home with smiling memories! Safe travels!

Love you all, guys! Call me whenever you come to Paris!



*Jannet Achour, France, University of Paris-Sud: 3rd Pre Clinic*



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 Pre Clinic*

This one was a wonderful experience, I had a lot of fun, I learn a lot of things that I could never forget, I thanks all all the committee, the participants dan also the host, I'll come again to Indonesia that is wonderful, Thank you ☺

*Camilla Iocca Iole, University of Perugia: 4th Pre Clinic*





I just want to say that all of you have done a wonderful job :)



The experience will definitely change my life. Not just only on a medical student and a professional but also a person. And I do not believe that we will not see each other again. Because I am very sure that we will sooner or later we will meet each other again! :)

Cause I love you all guys, even if I don't remember all your names.

Emotions are more to say. I wish I could explain it more, but I can not. You are all amazing and you have definitely changed my life and my way of seeing things. If you come to Latvia, just give me a call, I will be more than welcome. All the best!

*Laila Plakane, Latvia, University of Latvia: Pre 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 everywhere.



*Abdullah AlAnazi, King Saud University for Health Science: 2nd year preclinic*



This is free weeks guys. It's difficult for me to say because it's the best time in my life to go somewhere like here, This Magic Place. It was the best connection in my holiday about medical stuff like hospital and also connection with social program like grafting that we have today. What you did for me it was the best one. Your organization is on the top level and what I can say that you have advantages and blast here. Every day for me was the best day in Indonesia. Thank you guys, greeting from Polland.

*Bartosz Grzechulski, Poznan University of Medical Sciences, 4th year clinic*







By Minnie Lin's invitation, after a series of struggles, decided to give myself a chance to know other countries of medical students, awareness of Indonesian culture, to participate in 12th International Tropical Medicine Summer School ITMSS Summerschool @ Yogyakarta Indonesia

A few days before departure is very anxious, worried about the physical condition and personal safety, but the fact that all this is superfluous! A lot of fear comes from the fear of unfamiliar environment and do not understand how to interact with foreign people. After the interaction, will love the people and things here. Indonesians are very enthusiastic, always smiling face of foreigners.

20 days of summer school courses have fun, for me the biggest challenge and learning is the language, the University use English for a long time 24 hours a day to read and write are in English, plus the culture of Europe and the United States is not so understanding, so the beginning is almost do not know how and other people dialogue, can only smiling.

However, time is a magical prescription, a few days later gradually dare to use shabby English, hand gestures and others to chat with others (do not understand when to giggle) classroom is also the case, different accents in English a few days ago sounds very difficult, plus a lot of medical terms not learned (all kinds of insects, drugs ...), very frustrating, accustomed to national accent later to be able to guess what the teacher said, the language really good important ah! . .

The summer school the most anticipated every day or social program, the first in the jungle rafting, cave tubing, sitting jeep, sleeping on the beach to listen to the sound of waves, visit the world heritage .... many first experience. But also the first time to know so many friends, interesting German uncle, very nice 'mosquito sisters' of Italy, the super sister like a Greek doll, both inside and outside the Indian girls, there are many friendly Indonesian friends .....

Twenty-day memories too much too full, can not be listed one by one, like this more than 20 days not only because a lot of friends, learned a lot of knowledge and common sense. The most important thing is that these memories will not disappear because of the end of the event, seen, heard and all the impact will continue to advance learning and self-break-through nutrients.

Thank God, thank you for all involved in this or all tangible invisible cheer, officially announced the end of summer sophomore summer XD welcome to meet the junior



*Meggy Zin, National Cheng Kung University: Pre Clinic*





## 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 61 countries and 1 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 applicant's 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 63 countries and 1 region are as follow:

- |                   |                   |                                |                              |
|-------------------|-------------------|--------------------------------|------------------------------|
| 1. Argentina      | 17. Finland       | 33. Maldives                   | 49. Slovak Republic          |
| 2. Australia      | 18. France        | 34. Malta                      | 50. Slovenia                 |
| 3. Austria        | 19. Germany       | 35. Mexico                     | 51. Spain                    |
| 4. Algeria        | 20. Greece        | 36. Monaco                     | 52. South Africa             |
| 5. Bahrain        | 21. Hungary       | 37. New Zealand                | 53. South Korea              |
| 6. Belgium        | 22. India         | 38. Netherlands                | 54. Suriname                 |
| 7. Brazil         | 23. Iceland       | 39. Norway                     | 55. Sweden                   |
| 8. Bulgaria       | 24. Ireland       | 40. Oman                       | 56. Switzerland              |
| 9. Czech Republic | 25. Italy         | 41. Panama                     | 57. Taiwan                   |
| 10. Cambodia      | 26. Japan         | 42. People's Republic of China | 58. Timor Leste              |
| 11. Canada        | 27. Kuwait        | 43. Poland                     | 59. Tunisia                  |
| 12. Cyprus        | 28. Laos          | 44. Portugal                   | 60. Turkey                   |
| 13. Denmark       | 29. Latvia        | 45. Qatar                      | 61. Uni Arab Emirates        |
| 14. Estonia       | 30. Libya         | 46. Romania                    | 62. United Kingdom           |
| 15. Egypt         | 31. Lithuania     | 47. Russia                     | 63. United States of America |
| 16. Fiji          | 32. Liechtenstein | 48. Saudi Arabia               | 64. Luxembourg               |





## 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 in 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, 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 inhabitant'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, Palace Pakualaman, 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 on 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 IDR6,500 and most trips around the centre of town should not cost more than IDR15,000. After dark the minimum fare for a taxi is IDR10,000 even if the meter reads less than IDR10,000. 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. Virtually everyone has a cell phone which is called a "hp" (hand phone) throughout Indonesia, and everyone including all adults use text messaging (sms) extensively. It is best to use text messaging to communicate with drivers e.g. "sudah siap" when you are "ready" to be picked up. "Tolong jemput saya di Hotel XXXX jam XXXXX" = Please pick me up at hotel XXXX at XXX o'clock. Note: "jam" in Indonesian = time, not the sweet jelly you put on your toast.



### 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 10,000.



## By Andong



Traditional horse-pulled carts, known as andong, or dokar, waiting for tourists outside hotspots like the train station, the Kraton and Mal Malioboro. Haggle furiously. The traditional route is from Jl. Malioboro 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 20,000. Usually they ask for IDR30,000 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 TransJogja 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 IDR3,000. Passengers may purchase regular trip cards which cuts per tip cost to IDR2,700, and allows transit to other shelter.

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 traveling 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. Please never bring anything valuable on public buses, pickpockets in buses are now more common than ever before. 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. The helper will usually tap you on the shoulder to indicate you should pay him. If there is no helper you can pay the driver directly. When you are ready to get off a bus, tell the driver or helper "Kiri," which means left. Animated bus route maps are available at Transportation Agency of Yogyakarta website.

## By Car or Motobike

There are several car and motorbike rental agencies just outside Tugu Station near Jalan Pasar Kembang on the street that runs east-west just south of the station. A near new semi-automatic (clutchless) motorbike can be rented for IDR50,000 per 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. Prices are always subject to negotiation and may increase or decrease due to local demand, type and age of vehicle and your individual requirements at the time. Cars are usually rented with drivers and it is strongly advised for foreigners as the roads are extremely busy with all the hundreds of thousands of higher ed students driving motorcycles recklessly around the city. I think you can get a better price than quoted here. In my experience, driving yourself in Bali is fine but not recommended for cities in Java like Yogya or Jakarta. Price of rental doesn't include petrol (gas), parking, entrance fees etc. It is customary to give your driver IDR15,000 during any mealtime stops but he won't expect to eat with you.

### **By GOJEK**

GOJEK is the motorcycle taxi and courier service. Their services are instant courier, Transport, GO-FOOD, GO-MART and much more. The first one is instant courier that can help to delivery anywhere in the city for about 60 minute. GOJEK could help you to travel around Yogya with transparent pricing, free shower cap and masker offered. Delivering your favorite food under 60 minutes if you use GO-FOOD. The last one is GO-MART can shop all your daily needs from your local favourite stores (max IDR1.000.000). If you wanna try GOJEK, you can download the application on your smartphone by typing GO-JEK





## 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.

Kraton means the place where the “ratu” (in English: Queen, in Javanese also mean: King) resides. The word “Keraton” (Keraton is living quarter of the royal family in the palace) (shortened form of ratu/Ka-ratuan) derived from the word

“Ratu” which in Malay means king. The palace was built according to Javanese Philosophy and is shrouded by mysticism. The spatial arrangement of the palace, including the cityscape of the old city of Yogyakarta, including its architecture, direction of buildings, and objects all belongs to the mythological value and belief system of the Javanese. The main street of the old city forms a straight line from Tugu Yogyakarta, Kraton, Mount Merapi to Krapyak Hunting House. The layout mean “the origin of human beings and their last purposes” (Javanese: sangkan paraning dumadi).

The road from Krapyak Hunting House to the palace symbolizes the first creation of men stage to adulthood. The villages surrounding Krapyak Hunting House are named “Mijen” from the word Wiji (seed). Along the way Tamarind and Spanish cherry trees are planted to represent the journey from childhood to adulthood. It then goes to Tugu Yogyakarta and finally ends at the palace, meaning the end of human life and meeting the Creator. And finally the seven gates of Gladhag to Donopratopo means the seven step to Heaven.

### 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 (Khalik) and His subjects. Gate Donopratopo (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.



### Borobudur Temple

The Borobudur Temple Compounds is one of the greatest Buddhist monuments in the world, and was built in the 8th and 9th centuries AD during the reign of the Syailendra Dynasty. The monument is located in the Kedu Valley, in the southern part of Central Java, at the centre of the island of Java, Indonesia.

The main temple is a stupa built in three tiers around a hill which was a natural centre: a pyramidal base with five concentric square terraces, the trunk of a cone with three circular platforms and, at the top, a monumental stupa. The walls and balustrades are decorated with fine low reliefs, covering a total sur-





face area of 2,520 m<sup>2</sup>. Around the circular platforms are 72 openwork stupas, each containing a statue of the Buddha.

The vertical division of Borobudur Temple into base, body, and superstructure perfectly accords with the conception of the Universe in Buddhist cosmology. It is believed that the universe is divided into three superimposing spheres, kamadhatu, rupadhatu, and arupadhatu, representing respectively the sphere of desires where we are bound to our desires, the sphere of forms where we abandon our desires

but are still bound to name and form, and the sphere of formlessness where there is no longer either name or form. At Borobudur Temple, the kamadhatu is represented by the base, the rupadhatu by the five square terraces, and the arupadhatu by the three circular platforms as well as the big stupa. The whole structure shows a unique blending of the very central ideas of ancestor worship, related to the idea of a terraced mountain, combined with the Buddhist concept of attaining Nirvana.

### 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.

While Loro Jonggrang, dating from the 9th century, is a brilliant example of Hindu religious bas-reliefs, Sewu, with its four pairs of Dwarapala giant statues, is Indonesia's largest Buddhist complex including the temples of Lumbung, Bubrah and Asu (Gana temple). The Hindu temples are decorated with reliefs illustrating the Indonesian version of the Ramayana epic which are masterpieces of stone carvings. These are surrounded by hundreds of shrines that have been arranged in three parts showing high levels of stone building technology and architecture from the 8th century AD in Java. With over 500 temples, Prambanan Temple Compounds represents not only an architectural and cultural treasure, but also a standing proof of past religious peaceful cohabitation.



### Pasar Beringharjo

Beringharjo market has been center of economy activity since years ago and its existence has philosophical meaning. The market that had been renovated several times symbolizes stages of human life 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 as 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 '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.

### 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.

Quite large crowds of mainly local tourists visit Parangtritis over weekends and at holidays.

Larger tourist buses as well as various types of cheaper minibuses ply the route to the beach from Yogyakarta. There are local tourist facilities at Parangtritis including parking arrangements, modest hotels which provide visitors with places to change and shower, and small restaurants. Often small ponies or horse-drawn carts can be hired for rides along the beach. Tourists also visit some of the various caves and springs in the cliffs and hills near Parangtritis, such as the Gua Tapan cave and the Beji spring, which are quite close to the beach,

Parangtritis is sometimes said to be a place to meet the legendary Nyai Loro 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. However, gudeg is commonly served with egg or chicken. Gudeg is served

with white steamed rice, chicken either as opor ayam (chicken in coconut milk) or ayam goreng (fried chicken), telur pindang, opor telur or just plain hard-boiled egg, tofu and/or tempeh, and sambel goreng krecek a stew made of crisp beef skins.

### 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.

## Jadah Tempe



This dish is very simple looking. A slice of white, savory and chewy rice cake served with a piece of tempeh bacem [sweet soy cake]. The chewy texture is resulted from glutinous rice, a type of rice that is usually used for Japanese mochi cake. Well, the texture is just like mochi; chewy and sticky but it isn't sweet and the savory fragrance comes from pounded coconut. As it is made from rice, eating just a few slices of this dish will be enough. Jadah tempe is sold everywhere in Jogja, starting from pasar (Indonesian traditional market where many people do their business activities) to food stalls in almost every corner of the city.

## Batik

Batik (Javanese pronunciation: ['bateʔ]; Indonesian: ['batik]) 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 a canting (Javanese pronunciation: [tʃantɪŋ], also spelled tjanting), or by printing the resist with a copper stamp called a cap (Javanese pronunciation: [tʃap], also spelled tjap). 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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