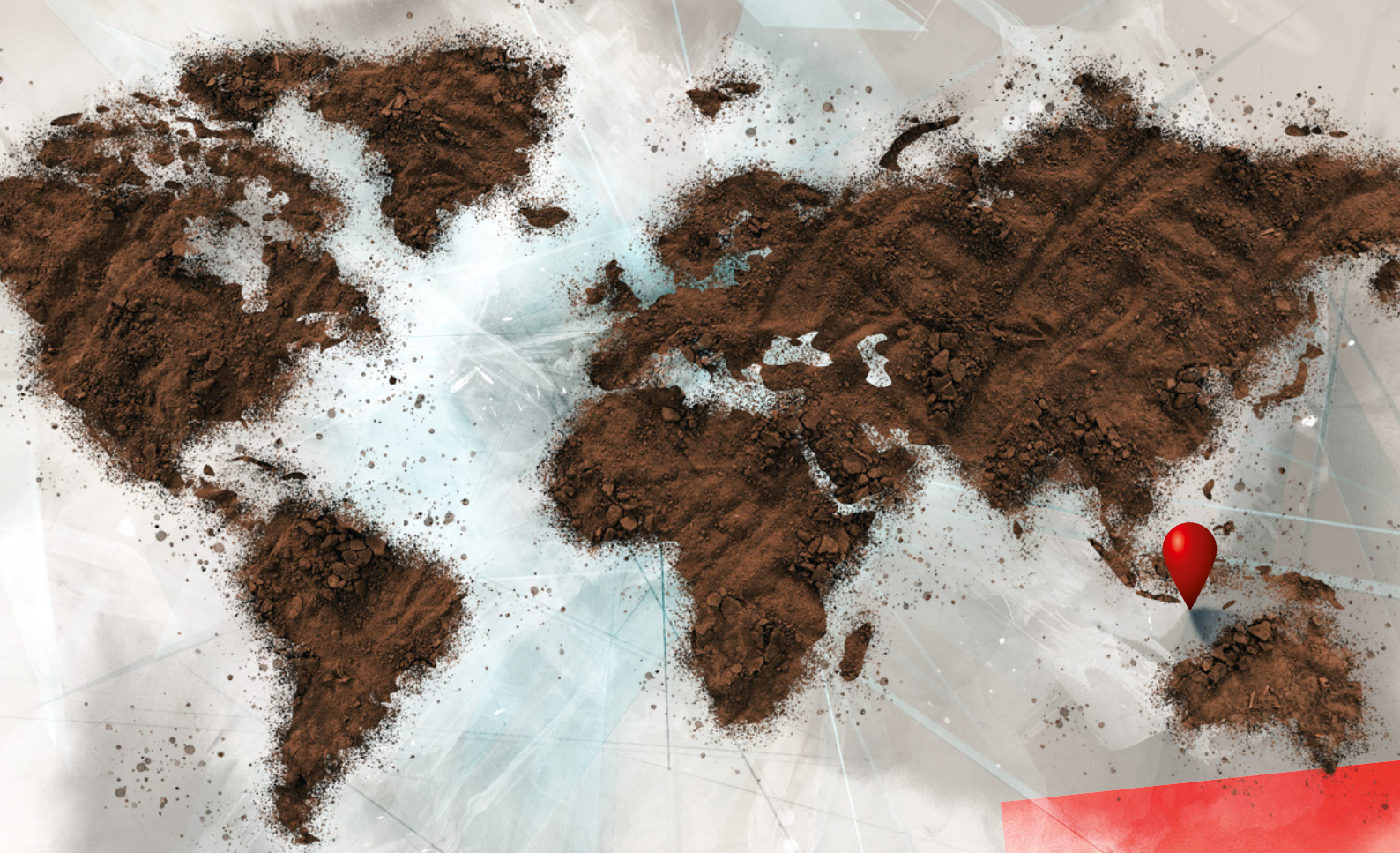


2024 FIM MOTOCROSS WORLD CHAMPIONSHIP

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MXGP



2024

**TRAVELLER'S
GUIDE**

FOR MXGP IN INDONESIA

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1 GENERAL INFORMATION



Officially the Republic of Indonesia, Indonesia is situated between the Indian and Pacific oceans, it is the world’s largest island country, more than 18,000 islands, from tiny islets not much bigger than a palm tree to the mighty expanse of Borneo, shared with the Malaysian provinces of Sabah and Sarawak and the kingdom of Brunei. Draped languidly across the equator, Indonesia is a series of emerald jewels scattered across a broad expanse of tropical sea. This is one of the world’s great adventures in waiting – hidden away in dense jungles on secret islands are tribes almost untouched by the outside world and animals hardly known to science. The third most populous nation on earth has an incredible legacy of peoples, cultures and geography just waiting to be explored.

Many come specifically to discover their own island paradise, complete with white-sand beaches, swaying palms and emerald waters. Offshore are some of the world’s best dive sites, swarming with huge sunfish, giant rays, sharks, porpoises, turtles and a blindingly colourful array of tropical fish. For others, the attraction is cultural. A fascinating range of civilisations have grown up on these tropical islands from animist tribes in remote jungle villages to the elaborate Hindu kingdoms of Bali and Java. In Indonesia, timeless temples jostle for space with golden-domed mosques and beach resorts crowded with sun-seekers and surfers. The surf resort of Kuta has become one of the world’s favourite tropical escapes, and the beach party raves through till dawn every day of the week.

Best of all, flights and ferries link all of the islands, so you can island-hop right across the archipelago, stopping only when you find your own perfect piece of Southeast Asia.

West Nusa Tenggara is one of the provinces in Indonesia which consist of Lombok and Sumbawa as the islands’ regency. West Nusa Tenggara is mostly surrounded by the ocean, therefore a deep-sea fishing is important as they develop the marine aquaculture and freshwater fisheries. Included as one of the major manufacturers and suppliers of livestock and seeds to the needs of various regions in Indonesia.



➤ **Lombok** is known for beaches and surfing spots, particularly at Kuta, Central Lombok (Kuta is 1.5 hour away from Mataram city with driving). The provincial capital city is located in Mataram. There are some several tourism spots in Mataram such as Senggigi, Kuta, and their famous Gillis island. The motor-vehicle-free Gili Islands (Gili Trawangan, Gili Air and Gili Meno) offer more beaches, reefs for diving and snorkeling, and a sea turtle hatchery (Gili island is 1 hour away from Mataram city and can be approach by boat for 15 minutes).



Senggigi is well known as the oldest and most famous resort area in Lombok. Senggigi is covered with white sandy beaches and safe swimming areas. Culinary attraction, bars, and other tourism destination is located in all Senggigi coastal road.



LOCAL TIME IS INDOCHINA TIME, GMT/UCT + 7 HOURS.

2 KEY FACTS

- **AREA** 1,922,570 (742,308 sq miles)
- **POPULATION** 279,798,049
- **POPULATION DENSITY** 151 per sq km
- **CAPITAL** Jakarta
- **GOVERNMENT** Republic
- **HEAD OF STATE** President Joko Widodo since 2014
- **ELECTRICITY** 230 volts AC, 50Hz but 127 volts is still used in some areas.
Plugs used are European-style with two circular metal pins.

3 USEFUL TELEPHONE NUMBERS

Indonesia Country Code	+62
Medical Emergency	119
Ambulance	118
Police	110
Firemen	113

AIRLINES

- Sriwijay Air & Nam Air
- Lion Air
- Garuda Indonesia
- Citilink
- Batik Air
- Air Asia

4 HEALTH AND SAFETY

HOSPITALS LOCATED IN LOMBOK

SILOAM HOSPITAL MATARAM

Address **Jl. Majapahit No.10,
Pagesangan, Kec.
Mataram, Kota Mataram, Nusa Tenggara Barat**
Phone **(0370) 600 1100**

RUMAH SAKIT UMUM DAERAH PROVINSI NTB

Address **Jl. Prabu Rangkasari,
Dasan Cermen,
Kota Mataram, Nusa Tenggara Barat**
Phone **(0370) 750 24 24, (0370) 750 42 88**

RUMAH SAKIT UMUM DAERAH KOTA MATARAM

Address **Jl. Bung Karno No.3,
Pagesangan Tim., Kecamatan Mataram,
Kota Mataram, Nusa Tenggara Barat**
Phone **(0370) 640 774**

RISA SENTRA MEDIKA

Address **Jl. Pejanggih No.115,
Cilinaya, Kecamatan Cakranegaran,
Kota Mataram, Nusa Tenggara Barat**
Phone **(0370) 62 55 60**

HOSPITALS LOCATED IN JAKARTA

RUMAH SAKIT MITRA KELUARGA KEMAYORAN

Address **Jl. HBR Motik, RT.13/RW6,
Kb. Kosong, Kec. Kemayoran, Kota Jkt Utara
Daerah Khusus Ibukota Jakarta 10630**
Phone **+62 21 654 55 55, (0370) 600 11 00**

PORT MEDICAL CENTRE HOSPITAL

Address **Jl. Enggano No10, RT.8/RW.16,
Tj. Priok, Kota Jkt Utara,
Daerah Khusus Ibukota Jakarta 14350, Indonesia**
Phone **+62 21 4390 23 50**

ROYAL PROGRESS HOSPITAL

Address **Sunter Paradise 1,
Jl. Danau Sunter Utara, RT.6/RW12,
Sunter Agung, Tj. Priok, Kota Jkt Utara,
Daerah Khusus Ibukota Jakarta 14350, Indonesia**
Phone **+62 21 640 02 61**

PHARMACIES LOCATED IN LOMBOK

K-24 PEJANGGIK PHARMACY

Address **Jl. Pejanggih No.109, Cilinaya, Kecamatan
Cakranegara, Kota Mataram, Nusa Tenggara Barat**
Phone **(0370) 63 89 51
+62 812-8655-0994**

KIMIA FARMA 234 PHARMACY

Address **Jl. Selaparang No.53,
Cakranegara Timur, Kecamatan Cakranegara,
Kota Mataram, Nusa Tenggara Barat**
Phone **0811 3800 7804**

MATARAM MEDIKA PHARMACY

Address **Jl. Catur Warga No.13, Mataram Timur, Kecamatan
Mataram, Kota Mataram, Nusa Tenggara Barat**
Phone **0818 0520 4605**

VACCINE RECOMMENDATIONS

DISEASE	RECOMMENDATION	WHEN TO SEE A DOCTOR
Diphtheria	Vaccination recommended	3 months before travel
Hepatitis A	Vaccination recommended	2 weeks before travel
Hepatitis B	Vaccination recommended	2 weeks before travel
Malaria	Vaccination sometimes recommended*	
Rabies	Vaccination sometimes recommended**	1 month before travel
Tetanus	Vaccination recommended	
Typhoid	Vaccination recommended	10 days before travel
Yellow fever	Not required***	
Cholera	Vaccination sometimes recommended	
Japanese Encephalitis	Vaccination sometimes recommended	

* The risk of malaria varies according to area - check before travel.

** There is a risk of rabies throughout Indonesia, in particular in Bali.

*** A yellow fever vaccination certificate is required from travellers coming from infected areas

Recommendations that are marked “Vaccination sometimes recommended” should be considered as “Vaccination strongly recommended” if a person is travelling frequently or spending extended time in that country.

All travellers are advised to ensure that tetanus and polio vaccinations are kept up to date.

Recommendations do change from time to time and it is important to discuss your personal requirements with your doctor.

Complete Covid Vaccination Certificate is requested to enter the country.

Health insurance to include emergency repatriation cover is strongly advised. Adequate routine medical care is available in all major cities, but emergency services are generally inadequate outside major cities. The best public hospitals are found in Jakarta, where the ratio of medical staff to general population is much higher and clinics catering specifically to foreigners can be found. Doctors and hospitals often expect immediate cash payments before any treatment is given, so it is advised that you have travel insurance before travelling to Indonesia. The number for medical emergencies is 119; for ambulance services call 118. Although medical costs are relatively cheap, drugs can be expensive.

FOOD AND DRINK

Water used for drinking, brushing teeth or making ice should have first been boiled or otherwise sterilised. Drinking bottled water is advised. Milk is unpasteurised and should be boiled. Powdered or tinned milk is available and is advised. Avoid dairy products that are likely to have been made from unboiled milk. Only eat well-cooked meat and fish. Vegetables should be cooked and fruit peeled.

OTHER RISKS

Vaccinations for tuberculosis, meningitis and Japanese B encephalitis are sometimes recommended. There is a real risk of heatstroke; visitors to Indonesia should avoid the midday sun, remember to drink lots of water and apply sun cream. Travellers should also take care to acclimatise slowly when travelling to high-altitude areas, to avoid altitude sickness.

5 VISA AND PASSPORT REQUIREMENTS

PASSPORTS

To enter Indonesia, a passport valid for at least six months from the date of entry is required by all nationals referred to in the chart above.

VISAS

	PASSPORT REQUIRED	RETURN TICKET REQUIRED	VISA REQUIRED
Australian	Yes	Yes	Yes
British	Yes	Yes	Yes
Canadian	Yes	Yes	Yes
Other EU	Yes	Yes	Yes
USA			

Visas are not required by nationals referred to in the chart for touristic stays of up to 30 days. Nationals not referred to in the chart are advised to contact the embassy to check visa requirements for Indonesia.

VISA NOTE

An onward ticket is required:

- For longer stays, or for non-touristic stays, you should apply for a visa in advance.
- For a list of entry ports (sea, land and air) where you may arrive without a visa, check the embassy website.

(➔ www.indonesianembassy.org.uk in the UK).

Visitors who out-stay their visa will be fined IDR 300,000 per day. Visitors staying longer than 60 days risk large fines and may face deportation or imprisonment.

TYPES AND COST

- Visa on arrival US\$ 33 / 31 €
- Advance visa (tourist/business) £ 40
- Multiple-entry business visa £ 80

VALIDITY

- **Visa on arrival 30 days**
- **Tourist/business visa : 60 days**
- **Multiple-entry business visa : one year**

APPLICATION TO

Either on arrival at a designated port of entry or in advance at the consulate (or consular section of embassy).

TEMPORARY RESIDENCE

For visits of up to one year, you must apply to the nearest Indonesian Embassy for a temporary stay permit.

WORKING DAYS

If you apply in advance, visa processing usually three to five days from receipt, but it can take up to two months for nationals whose applications need to be referred to the Immigration Office in Indonesia.

EXTENSION OF STAY

You can extend a 30-day visa on arrival for a further 30 days at a cost of US\$ 35.

6 EMBASSIES INFORMATION IN INDONESIA

In Indonesia there are 133 foreign embassies and consulates.

Visit HERE ➔ <https://embassy.goabroad.com> you will be able to find the embassy you require in alphabetical order.

7 CURRENCY AND BANK INFORMATION

CURRENCY INFORMATION

€ 1 = Rp 17.58 (Rupiah)

£ 1 = Rp 20.61

US\$ 1 = Rp 16.23

CREDIT CARDS

American Express, MasterCard, Visa, Diners Club and Eurocard are widely accepted in Jakarta and the main tourist areas. In more remote areas, it is best to carry cash in small denominations. ATMs are available in towns and at airports.

ATM

ATMs are available in cities and larger towns but be aware that many have a maximum withdrawal limit which can be as high as Rp 3,000,000 or as low as Rp 400,000. This can be overcome by putting your card again but be careful as you may be hit with a bank fee each time.

TRAVELLERS CHEQUES

There is limited merchant acceptance but they can be exchanged at banks and larger hotels, although they are becoming less common and more difficult to exchange. To avoid additional exchange rate charges, travellers are advised to take traveller's cheques in US Dollars. American Express is the most widely accepted.

BANKING HOURS

Mon-Thurs 0800-1400;

Fri 0800-1200;

Sat 0800-1100 (some branches).

CURRENCY RESTRICTION

The import and export of local currency is limited to Rp 5,000,000, amounts more than that must be declared. The import and export of foreign currency is unlimited. However, amounts exceeding the equivalent of Rp 100,000,000 must be declared.

CURRENCY EXCHANGE

Although there should be no difficulty exchanging major currencies in the main tourist centres, problems may occur elsewhere. Watch out for on the street money changers who may try to trick visitors out of their cash. The easiest currency to exchange is the US Dollar. Do not accept notes with a lot of visible wear and tear as these may not be accepted by merchants.

INDONESIA DUTY FREE

The following goods may be imported into Indonesia by travellers over 18 years of age without incurring customs duty:

- 200 cigarettes or 25 cigars or 100g of tobacco
- 1L of alcoholic beverages
- Gifts up to a value of US\$ 250 per person or US\$ 1,000 per family.

BANNED IMPORTS

Prohibited and restricted goods include narcotics, firearms and ammunition, air guns, sharp weapons, explosives, pornography, animals, fish, plants, films and video recordings.

BANNED EXPORTS

It is forbidden to take tortoise shells, crocodile skins or ivory out of the country.

8 FOOD AND DRINKS IN INDONESIA

Whilst **Indonesia cooking** has some similarity to the cuisines of nearby Thailand and Malaysia, its history as a key stop on the spice route means the diet has been highly influenced by the trading empires of Spain, the Netherlands, Portugal and China.

The staple diet for most Indonesians is nasi (rice), but this is swapped on some islands with other starchy foods such as noodles, corn, sago, cassava and sweet potatoes. Coconut milk is used extensively in sauces and soups. Indonesians like their food highly spiced, with an emphasis on ingredients such as lime leaves, lemongrass, tamarind, cloves, cinnamon and chilli. Be wary of the tiny and fiery hot red and green peppers included in salads and vegetable dishes. Seafood is a regular feature on menus and many dishes are flavoured with shrimp paste, known as *terasi* or *belacan*.



FOOD AND CULINARY

Lombok is well known for its:

- **Sate Rembiga**; a beef satay with a taste of savory, sweet, and spicy flavors
- **Pelecing Kangkung**; made from a blanched water spinach, served cold with a special chilli sauce as a topping made from chilli and tomatoes. It's served with bean sprouts, grated coconut, and string beans
- **Ayam Taliwang**; a grilled chicken served with chilli paste called *sambal*
- **Sate Bulayak**; a meat skewer topped with Sasak special chili paste served with rice cakes (*lontong*) in spiral-shaped sugar palm leaves.
- **Nasi Balap Puyung**; is a steamed rice served with shredded chicken, chilli paste, soybean, and shredded fried meat (*abon*)
- **Bebalung**; is a cow ribs soup flavored with chilli and some Sasak special spices usually served with *lontong*
- **Beberuk Terong**; is a chopped purple eggplants mixed with tomatoes and other spices topped with lime juice.



9 RESTAURANTS & CAFES

LOCATED IN LOMBOK

▶ DAPOER SASAK

Address **Jl. Udayana, Pejarakan Karya,
Kecamatan Ampenan,
Kota Mataram, Nusa Tenggara Barat 83123.**

Phone **08190700 1000**

ROEMAH LANGKO MATARAM

Address **Jl. Langko No.68, Pejeruk, Kecamatan Ampenan,
Kota Mataram, Nusa Tenggara Barat**

Phone **(0370) 63 0080**

TALIWANG IRAMA III

Address **Jl. Ade Irma Suryani no.10, Mataram, Lombok, Nusa
Tenggara Barat**

Phone **(0370) 62 31 63**

BEGIBUNG CAFE

Address **Jl. Pejanggik Mataram Mall 2, Lantai 1, Mataram,
Lombok, Nusa Tenggara Barat**

Phone **(0370) 63 1226**

SATE REMBIGA IBU SINNASEH

Address **Jl. Wahidin Sudirohusodo no. 11B, Rembiga,
Mataram, Lombok, Nusa Tenggara Barat**

Phone **+62 819 1799 1747**

SEAFOOD IKAN BAKAR 99

Address **Jl. Subak III No.10, Cilinaya,
Kecamatan Cakranegara,
Kota Mataram, Nusa Tenggara Barat**

Phone **+62 819 3313 8188**

SEAFOOD LAGUNA RESTAURANT AMPENAN

Address **No, Jl. Yos Sudarso Gg. Dahlia No.1A, Ampenan
Tengah, Kota Mataram, Nusa Tenggara**

Phone **+6281999682925**



RESTORAN TALIWANG H. MOERAD

Address **Jl. Pelikan, Pejanggik, Kecamatan Mataram, Kota
Mataram, Nusa Tenggara Barat**

Phone **08180920 3816**



TIPS

10% is normal unless service charge is already included in a restaurant bill.

Drinking age: 18 Years Old

10 RESERVATIONS

➔ **SEL - Sport & Events Logistic** is the Official Carrier and Travel Agency of the FIM Motocross World Championship, for any reservation or information request you may contact your reference person in SEL:

SEL TRAVEL OFFICE:

Email ➔ travel@sel.it

Mobile +39 011 3981202

MAIN CONTACT PERSON:

Stefano Viero

Mobile +39 348 2324353

11 TRACK INFORMATION



TRACK INFORMATION (LOMBOK) + ROAD DIRECTIONS NARRATIVE

RACE TRACK

Name Selaparang Circuit
 Address Jl. Laksda Adisucipto No. 1,
 Rembiga, Kecamatan Selaparang,
 Kota Mataram, Nusa Tenggara Barat 83124
 GPS coordinates -8.56070995331, 116.095001221°
 Welcome Centre -8.56070995331, 116.095001221°
 Website ➔ www.mxgpindonesia.com
 Email ➔ info@carstengroup.com

ORGANIZER

Name PT. Carsten Group Indonesia
 Phone +62 812 1333 7765 (Diaz Rahmah)
 Email ➔ info@carstengroup.com

LOCAL PRESS OFFICER

Name Baiq Yulia
 Phone +62881037820221
 Email ➔ baiqyulia@carstengroup.com

NATIONAL FEDERATION

Name **IMI**
 Phone **+6221 2854 3060**
 Website **imi.co.id**
 Email **imionline@imi.co.id**

TOURIST BOARD

Name **Dinas Pariwisata Provinsi Nusa Tenggara Barat**
 Address **Jl. Langko No.70, Pejeruk, Kecamatan Ampenan, Mataram, Nusa Tenggara Barat**
 Website **<http://www.disbudpar.ntbprov.go.id>**

AIRPORTS

Name **LOP - Lombok International Airport**
 Distance **37 km**
 Address **Jalan Bypass Bandara International Lombok, Tanak Awu, Kecamatan Pujur, Lombok Tengah, Nusa Tenggara Barat**
 GPS Coordinates **-8.452900°, 116.163500°**
 Phone **(0370) 615 7000**
 Website **www.lombok-airport.co.id**

ROAD DIRECTIONS



DIRECTIONS

From Soekarno Hatta International Airport in Jakarta, take direct flight to Lombok International Airport.

Once you arrived at Lombok Airport, take ground transportation by car to Selaparang Circuit which approximately 45 minutes from the airport to Circuit.

