

Taking Course

Prospective International students who would like to learn Bahasa Indonesia while they are in Jember may enroll for a special class in

UPT Bahasa (Language Center):
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BAHASA

ENGLISH

FOOD & DRINK

Part of Indonesia's colorful culture is its exotic cuisines. Indonesian food is an evolution of cultures that have graced the islands. Basic meals include sarapan (breakfast), makan siang (lunch), makan malam (dinner). But it seems like eating is an hourly routine for many Indonesians. Visitors usually comment on how Indonesians love to eat. Makan siang is not only eaten in the afternoon but in any time of the day. Meals are not only important for sustenance, but it has become an event for family and friends to see each other, share and bond.

You can find cuisine from many part of the provinces, since Indonesia consists of many cultures and ethnics. Whether you live in an urban or rural area, you will be able to walk out and to get food at any time of the day or night.

International fast-food outlets such as KFC and Pizza Hut are also found in all major cities and most towns. Most popular among the locals are open-air hawker stalls and food courts, named 'Pujasera'. You can find food courts in every town in the country.

Indonesia food courts generally feature a large variety of foods such as 'sate', meat on bamboo skewers grilled over a charcoal fire served with peanut and soy sauce, usually eaten with rice, fresh cucumber and onion; 'es campur'-a dessert comprising crushed ice topped with sweet syrup and a variety of toppings, with slices of fruits and so on. Rice is the staple food. For lunch and dinner, rice is served with a variety of meat, fish or vegetables cooked in different ways.

A meal consisting of a main dish, dessert and a drink costs about Rp. 15.000 to Rp. 20.000 on average. For restaurants in your area, simply ask your local friends for recommendations.

Great food in Jember

Buying food will not be difficult around of Universitas Jember. Along the streets around the university and down town are rows of restaurant, café, and hawkers. Here are some places to try:

Fast Food Restaurant

KFC Jember	JL. Gajah Mada Jember
CFC Jember	JL. Gajah Mada Jember
McDonals	JL. Hayam Wuruk Jember
Quick Chicken	JL. Jawa Jember
Pizza Hut	JL. PB. Sudirman No. 7 Jember
Toby's	Jl. Jawa Jember
Burger King	Jl. Hayam Wuruk Jember

Restaurants

Bebek Goreng H. Slamet

Ayam Goreng Ananda

Kedai Mie

Kedai Ibuku

Tong Tjie

Legian

Jawa Timur

Ayam Bakar Wong Solo

Lestari

RM. Bu Lanny

Sari Utama

New Sari Utama

Taman Mangli Indah

JL. Karimata No.64 Jember

JL. Gajah Mada No. 213 Jember

JL. Sumatra No. 126 Jember

JL. Riau Jember

Roxy Square Jember

JL. Gajah Mada Jember

JL. Gatot Subroto No. 8 Jember

JL. Karimata No. 7 Jember

JL. Kartini No. 16 Jember

JL. Slamet Riyadi No. 84A Jember

JL. Gajah Mada No. 27 Jember

JL. Hayam Wuruk No. 117 Jember

JL. Hayam Wuruk No. 183 Jember



Café

Coffee Shop Jember

Conato Café

Conato Café

Do Café

Gajah Mada Square Jember

Jl. Gajah Mada Jember

Jl. Hayam Wuruk (Roxy Square)

Jl. Sumatra No. 71 Jember

Bakery/ Dessert & Snacks

Conato Bakery

Glovic Bakery

Wina Modern Bakery

Rotikhoe Bakery

Domino Ice Cream

Bread 9

Jl. Gajah Mada No. 50 Jember

Jl. Ahmad Yani Jember

Jl. Dipenogoro No. 47 Jember

Jl. Dr. Sutomo No. 5 Jember

Jl. Sultan Agung Jember

Jl. Sultan Agung (Golden Market)

Hawkers

Food Terrace

Pujasera Hayam Wuruk

Pujasera PB. Sudirman

Jl. Raya Mastrip Jember

Jl. Hayam Wuruk Jember

Jl. PB. Sudirman Jember

Traditional Markets

Cooking your favorite foods in the comfort of one's home is fun as well as healthy and economical. Foods are available to get in the traditional markets where prices are surprisingly reasonable with a good bargain and offer. There are variety of public markets accessible from Universitas Jember via public transportation.

Aside from getting the freshest product, visiting nearby public markets will give a glimpse of local color too!

There are several traditional markets in Jember. The biggest and favorite markets among locals are "Pasar Tanjung" and "Pasar Kepatihan". A wide variety of foods are available, including fresh vegetables and fruits, seafood, meat and poultry.

Laundry

Having laundry done is easy as laundry shops are easily found nearby the university. Soiled clothes are usually weighed. The cheapest rate is at Rp. 4.000 per kilo up to Rp. 6.000 per kilo. Services vary from washing to ironing, from dry cleaning to pick-ups and delivery.

Travel and Adventure

Indonesia has many gateway places catering to a variety of tastes and budgets. Thousand-year-old rainforests, islands, white-sandy beaches, waterfalls, caves, mountains, and lakes are usually no more than an hour or two away from the cities.

Jember is one of the regencies located in the eastern part of the province of East Java with great tourism potentials. Geographically it borders the Indonesian ocean in the South. Jember has beautiful views along the beach. In the northern and eastern part, there are mountain ranges where spectacular waterfalls can be found. Jember is also famous for its plantations attracting many foreign tourists for its agro tourism. For popular tourist destinations in Jember, please visit www.eastjava.com/tourism/jember/, or www.eastjava.com for other tourist destinations in East Java. You might find some interesting places and some information of hotels and restaurants.

Staying in Touch: Communications

Mobile Phones

Staying in touch with family and friends is easy. Just like many other countries, Indonesia provides a modern service of telecommunication. Mobile phones are available in nearby stores and malls in a varied range of prices. Mobile phones are widely used as a medium of communication with several major network providers such as Telkomsel, Indosat, Smart and XL. SIM cards can be bought at counter shops nearby Universitas Jember.

Landline

You can get a landline installed in your place by applying directly to state service provider Telkom. Unfortunately, payphones are rarely found due to the massive use of mobile phones.

International calls

- Calling through cell phone-country code + area code + number
- Landline- use a budget credit for Telkom phones since its cheaper – country code + area code + number.

Local calls

- Landline to landline – when making local calls no area code is needed. An area code is required for districts and provincial calls (see a list in Telkom's Directories).
- Cellphone to landline – area code + phone number

Internet

Keeping connected with family and friends back home is possible during your stay here in Indonesia, thanks to broadband Internet. Get real time communication through chat and Internet phone calls. You can even upload photos and videos of yourself and the beautiful beaches you are visiting on Facebook and YouTube.

Getting Around: Transportation

Public transportation in Indonesia may not be as convenient as it is in other country especially for the foreigner; it takes some time to get used to it, as there are hardly any maps provided at the stations. You must first familiarize yourself with the route of the public transport before getting into it on your own. Sometimes due to traffic or flooding, some public transport vehicles may choose to cut routes or take on other routes which may cause a problem for unfamiliar foreigners.

Modes of transportation

City and town buses/ minibuses

Bus/minibus services are inexpensive and available in many areas. Other bus services do not always publish their schedules, so the best way to find out what goes where is to ask the people who are waiting for buses at the stations / stops. You could also check with your new colleagues and friends who use bus services.

Inter-city bus services

- Numerous bus companies provide services between most cities and towns in Indonesia.
- They provide cheap and excellent mode of transport for travelling between towns.

- All these buses are air-conditioned except for a very few.
- Always buy your tickets from the counters at the bus station

Note!

Indonesian are a friendly bunch, so be sure to make friends with the locals. They will be happy to show you around and make you feel more at home during your stay here in Indonesia.

Taxis

In most capital cities, taxis come with meters. Do insist on the driver using the meter. If there is no meter in the taxi, make sure to agree on a price before your trip so that there are no unpleasant surprises later on. Ask the locals or other experienced visitors on what reasonable fares should be to your intended destination. Taxis can be flagged down at the side of the road in most places. In most cities, there are also many dialed-taxi companies that can be easily reached by a phone call. For taxi services, from midnight to 6.00 a.m. there is usually a surcharge that could amount to 50% of the fare; so be sure to check how much it will cost when you call or before you board.

Becak

This is something you will see every day in Jember. Becak is actually a tricycle with a seat in front of driver that is used for short, walkable distances. It has a capacity of two passangers. Be sure to agree with prices before you go.

Fare: fare range depend on the distances.

Grab and GO-Jek

You can rent a vehicle to go to a certain destination by ordering it through the Grab / GO-Jek application which can be downloaded via the Google Play Store / App store

Safety when commuting

Getting around Jember is as fun and safe as you make it to be. Below are some tips for a worry-free commute:

- Inform guardian and friends about your whereabouts and who you are with for communication and safety purposes.
- Be aware of the environment and what's happening around.
- Always walk in well-lighted places.

- Avoid wearing expensive jewelry and accessories.
- When inside public transportation, always place cell phones inside the pocket or bag where it is not visible. If you need to use the cell phone while outside, go to a secure place—inside stores, near security guards, near police stations, inside offices, or even in comfort room cubicles.
- Always keep bags close to you.
- When possible, choose morning classes, so you can travel to and from school during daytime when crimes are less prevalent.
- Take down the name and license plates of taxis you are taking and send it via text to parents or friends to keep them informed.
- Follow your instincts. When feeling endangered, respond immediately. Remember that your personal safety is your top priority.
- Another tip: be sure to take drinking water with you to quench your thirst quickly in hot and humid weather in Jember. Also, you should not hesitate to ask for directions in case you lost.

Driving License

You need a license to drive cars and ride motorbikes in Indonesia. If you prefer to drive, street directories can be purchased from major bookshops.

As common in most commonwealth countries, Indonesians has left side traffic and drive on the right.

Driving licenses from foreign countries and also international driving licenses are accepted for use in Indonesia.

Source:<http://www.polri.go.id/banner/berita/90>



**AMBULANCE
MEDICAL CENTER
UNIVERSITAS JEMBER
TLP. 0331 - 333527**

AMB

Keeping Healthy: Hospitals and Insurance

Clinics and Hospitals

Keeping Healthy: Hospitals and Insurance

Clinics and Hospitals

On-campus

Universitas Jember Medical Center (UMC)

UMC is a unit health center located on-campus. Its services include infirmary services for common health and medical problems (fever, headache, abdominal pain, including common emergencies).

RSGM (Mouth and Teeth Hospital) Universitas Jember

RSGM is a dental hospital near campus. Dental care is only available upon request. If you are experiencing pain or have other urgent needs for a dentist, please contact RSGM . they will then assist you with the procedures and the possible fees.

Contact Information:

JL. Kalimantan 37 Jember 68121

Telp: 0331-333536

Off-campus

List of Hospitals near Jember area

Hospital	Address	Contact Numbers
Rumah Sakit Bina Sehat	JL. Jayanegara 3 Jember 68133	0331-425186
Rumah Sakit DKT Jember	JL. PB Sudirman 49 Jember 68118	0331-489207
Rumah Sakit Bersalin Pantj Siwi	JL. RA Kartini 20 Jember 68137	0331-429132
Rumah Sakit PTPN XII	JL. Diah Pitaloka 1 Jember 68133	0331-7756397
RSUD Dr. Soebandi	JL. Dr Soebandi 124 Jember 68111	0331-487441
RSU Kaliwates PTPN XII Persero	JL. Diah Pitaloka 4-A Jember 68133	0331-485967
RSU TNI AD	JL. PB Sudirman 45 Jember 68118	0331-482541
Jember Klinik	JL. Bedadung 2 Jember 68118	0331-487104
RSTP Jember	JL. Nusa Indah 28 Jember 68118	0331-421078
RSUD Kalisat	JL. MH Thamrin 31 Jember	0331-591038
Jember Medical Center	JL. Gajah Mada 206 Jember	0331-483725
RS Utama Husada	JL. Manggar 134 Tegalsari, Ambulu	0336-881187
RSUD Balung	JL. Rambipuji 19, Balung 68161	0336-621595

Source: <http://telpon.info/rumah-sakit/jember/>

Health Insurance

For International exchange students, it is best to avail of an expatriate health insurance even before arriving in Indonesia. An expatriate health insurance is a type of product which insures a legally residing foreigner of his medical expenses in the country.

This can be either travel or medical insurance. This type of product gives you and your loved ones a secured condition because in the event of an accident or the sudden need for evacuation assistance and hospitalization, you are covered.

Health safety

Food and Water

Water supply in Jember and in all the other major cities is considered potable. Bottled water (distilled or mineral) for drinking is available in supermarkets, malls and other commercial areas. Make sure that your bottled water is sealed in temper-proof containers.

To ensure food safety, keep hot foods hot and keep cold foods cold. In buying food, check for damages in the packaging: dented and rusted cans, torn, ripped and leaking containers, cracked and dirty eggs, products with molds, discoloration and infestation, products with lose vacuum packs, and swollen chilled food packages. In addition, extra care must be taken in handling, storing and cooking food. Food must be served or eaten immediately after cooking.

Mosquitoes

According to the Department of Health, *Aedes aegypti*, the day-biting mosquito that transmits dengue, lays eggs in clear and stagnant water found in flower vases, cans, rain barrels, old rubber tires, etc. the adult mosquitoes rest in dark places of the house. It is best to use mosquito repellent to protect yourself.

Common Diseases

During the dry season, food and water-borne diseases are common. This includes Typhoid, Cholera, Hepatitis A, Food Poisoning, Diarrhea, Sore Eyes and Measles. Mosquito-borne diseases are also common, such as Dengue and Malaria. Other common conditions to watch for are sunburn and prickly heat. During rainy season, common diseases include coughs and colts, acute gastroenteritis, skin and eye infections, measles, dengue, leptospirosis, hepatitis A. the Department of Health website (www.depkes.go.id) regularly lists health advisories for public safety.

Drugs Stores Around Jember

Drug stores	Address	Contact Numbers
Apotek Abiath	JL. Kalimantan 81 Jember	0331-336491
Apotek Agung Farma	JL. Sultan Agung 17 Jember	0331-483105
Apotek Aida	JL. Jend Gatot Subroto 3 Jember	0331-424266
Apotek Asifa	JL. PB Sudirman 30 Jember	0331-424142

Drug stores	Address	Contact Numbers
Apotek Bima I	JL. PB Sudirman 66 Jember	0331-426789
Apotek Bima	JL. Gajah Mada 19 Jember	0331-488933
Apotek Bina San Trima	JL. Sunan Muria 10 Jember	0331-488030
Apotek Kimia Farma 121	JL. Letjen Suprpto 71 Jember	0331-321415
Apotek Kimia Farma 241	JL. PB Sudirman 46 Jember	0331-489885
Apotek Kimia Farma 62	JL. Gajah Mada 171 Jember	0331-489020
Apotek Kimia Farma 67	JL. Dr Subandi 60 Jember	0331-483537
Apotek Lativa	JL. Letjen DI Panjaitan 24 Jember	0331-324606
Apotek Sapta Farma	JL. Letjen Suprpto 210 Jember	0331-330000
Apotek Sempusari	JL. Hayam Wuruk 38 Jember	0331-484531
Apotek Sejahtera	JL. Dr Subandi 42 Jember	0331-482776
Apotek Sehat	JL. Untung Surapati 26 Jember	0331-489267
Apotek Rizki Farma	JL. Letjen DI Panjaitan 68 Jember	0331-324492
Apotek Naga Farma	JL. Jend A. Yani 18 Jember	0331-485863
Apotek PT Kimia Farma	JL. Gajah Mada 171 Jember	0331-485424
Apotek Johar	JL. Dipenogoro Jember	0331-487778
Apotek Jember	JL. Gatot Subroto 25 Jember	0331-425403

Drug stores	Address	Contact Numbers
Apotek IBI	JL. KH Agus Salim 20 Jember	0331-324890
Apotek Gama	JL. Gajah Mada 156 Jember	0331-489987
Apotek Buana Farma	JL. Trunojoyo 81 Jember	0331-423632
Apotek Waluyo	JL. Sultan Agung 20 Jember	0331-481885
Apotek Dewi Kasih	JL. KH Ahmad Shiddiq Jember	0331-3054350

Source: <http://telpon.info/apotik/jember/>

Spiritual Needs: Places of Worship



Catholics

Santo Yusup Church

Address: JL. RA. Kartini No. 26 Jember | Contact: 0331-488943

Address: JL. Candradimuka No. 4 Ambulu | Contact: 0336-882233

Santo Yohanes Pengarang Injil

Address: JL. Jend. A.Yani No. 20 Bondowoso | Contact: 0332-421538

Church Santa Maria

Address: Kesilir, Ambulu | Contact: 08124991114

Address: Rambipuji, jember | Contact: 0331-425732

Church Kalisat

Address: JL. DR.Wahidin No. 30 | Contact: 0331-486478

Church Sempolan

Address: Dusun Sepuran | Contact: 0331-486478

Buddhist

Vihara Kwan Im/Pay Lin San/Vihara Adi Padma

Address: JL. Karang Asem, Panti-Jember

Vihara Tik Liong Tian/Tan Hu Cin Jin

Address: JL. Raya No. 6 Rogojampi-Jember

Hindu

Pura Agung Amerha Asri

Address: JL. Mangga 1/27 Jember

Pura Loka Samgraha

Address: Dusun Gunungsari Umbulsari

Pura Widia Iswara Pratidina

Address: Dusun Umbulsari

PuraDwi Dharma

Address: Dusun Sukoreno Umbulsari

Pura Tri Widya Dharma

Address: Dusun Gunungsari Umbulsari

Pura Tirtha Panglipur

Address: Dusun Gunungsari Umbulsari

Pura Luhur Perwitasa

Address: Dusun Sukoreno Umbulsari

Pura Eka Prasetya Shiti Dharma

Address: Dusun Panggul Melati Gumukmas

Pura Wira Satya Dharma

Address: Yonif 509 Sukorejo

Pura 515 Tanggul

Address: Yonif 515 Tanggul

Pura Brigif 09

Address: Dusun Gunungsari Umbulsari

Christian

Gereja Kristen Jawi Wetan

Address: JL. Karimata

Gereja Ekklessia

Address: JL. PB Sudirman 42

Gereja Advent

Address: JL. Kertanegara

Gereja Mawar Saron

Address: JL. Trunojoyo

Gereja Kristen Indonesia

Address: JL. Imam Bonjol

Islam

Masjid Al Hikmah

Address: JL. Kalimantan No. 37 Kampus Tegalboto, Jember

Masjid Jami' Al Baitul Amien

Address: JL. Sultan Agung No. 2, Jember

Masjid Baitul Mutaqin

Address: JL. Halmahera, Jember

Mosque are found around campus and nearby areas.





Since Indonesia has the world's largest muslim community with 87% of the total population, the number of mosques as a sacred place to worship for Muslim are abundant to find.

Norms and habits:

Entering a mosque, temple, or any other sacred places should be done with consideration. Remove your shoes (even if there are no signs) and please be quiet, as most likely there are people praying or conducting religious ceremonies. Your arms and legs should be decently covered, and for women, to visit a mosque, usually a headscarf is required. Women are not allowed to enter the mosque during menstruation, and certain hours on Fridays are meant only for the men. The prayers on Friday afternoon last longer hours as compared to other days, and most mosques will be packed then. This might cause traffic jams.

Financial Matters

1. Opening a bank account

Please visit a bank of your choice to open an account. You will need:

- A copy of passport
- Letter of admission from Universitas Jember
- Statement letter that informed your local address in Jember or a copy of KITAS (Kartu Ijin Tinggal Terbatas) or Temporary Residency Permit.

Several banks located near Universitas Jember at Campus Center are listed below. Please contact the banks or visit their website to learn about opening and maintaining an account.

Bank	Website
BNI 46	www.bni.co.id
BRI	www.ir-bri.com
Mandiri	www.bankmandiri.co.id

2. Money changer

There are two money changers in Jember:

1. PT. HAMDALAH money changer at JL. Ciliwung 45, Jember 68118
2. PT. PRIMA DOLLAR money changer at Pos Office Jember

3. Western Union

Another way of receiving money is through Western Union.

Top 10 Tips

for Studying in Indonesia

1. Be a smart traveler-Before you depart, check the latest information on studying in Indonesia from official website of each University you attend.
2. Register yourself at your own embassy upon your arrival in Indonesia
3. Check your passport validity- Make sure that your passport is valid for the entire time you are in Indonesia. Carry extra passport photos just in case your passport is lost or stolen and you need to replace it while in Indonesia.
4. Organize your money- organize a variety of ways to access your money overseas. Credit cards, traveller's cheques, cash cards or debit cards are widely used in Indonesia. Money changers are also easily available. However, do check with your bank to make sure that your ATM card work overseas. Also check with your bank about the process or cost of transferring money between the accounts in your country and in Indonesia.

TOP 10 TIPS

FOR STUDYING IN INDONESIA

5. **Make copies-** It is a good idea to make 2 or more copies of all important documents- passport, visas, tickets, credit card numbers, insurance policy, academic certificates, etc. before heading off. Leave one copy with someone at home and take the others with you on your travels. However, it is advisable to keep the copies apart from the originals.
6. **Insurance-** Take out comprehensive travel insurance to cover hospital treatment, medical evacuation, and other activities, such as adventurous sports, in which you plan to participate. In any case, the Ministry of Higher Education Indonesia requires all international students to have insurance for the duration of their studies in Indonesia.
7. **Medical Consultation-** Consult your doctor about recommended vaccinations and the necessary health precautions to take. It is also useful to obtain information about your medication (if any) as certain medicines are not allowed in some countries.
8. **Know the Laws-** When you are in Indonesia, local laws apply to you. These include penalties for drug related offences, including possession of even small amount.

9. Find out more about your host University in Indonesia- When you have received approval for admittance and will be enrolling into a University, do some research to keep yourself informed and know what to expect by finding out as much as you can about the university.
10. Useful numbers to know- Prepare a list of useful numbers to know (with one or two numbers which are available after office hours) so that you will have a contact person upon arrival in Indonesia. The numbers may include a person at the university, your embassy in Indonesia, or someone you know well from your country.

ARRIVING AT CAMPUS

When you first arrive at your Campus:

- Go to the International Student Office of the university
- Complete your University registration
- Register for accommodation or seek assistance to find accommodation
- If you have any immigration matters, refer to the International Student Office
- Some universities will insist on registration you have to sit for the EPT (English Placement Test) or other language placement tests.
- Complete your course registration with the respective faculties.
- Be informed about the Commencement of classes

Counseling and advice

When you move to a new country, especially for the first time, it may be a difficult process to fit in, especially when starting studies at a University. Some symptoms of culture shock may be feelings of loneliness, feeling isolated, and withdrawing from social activities, hostility towards other cultures, depression, disorientation, etc.

Do visit the counseling office in your University quickly if you feel that you are experiencing these symptoms.

Source:

<http://siminternasional.worpres.com/2010/09/20/daftar-negara-negara-dimana-sim-internasional-berlaku/#more-11>

<http://telpon.info/rumah-sakit/jember/>

<http://telpon.info/apotik/jember/>

<http://eastjava.com/tourism/jember/map.html>





October 30th to November 12th, 2015



GUIDE BOOK

FOR INTERNATIONAL STUDENT

Published by



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