

# Opportunity Indonesia

2011

## New ASEAN Chair

Indonesia - Singapore  
Getting Closer through  
People-to-People Ties

Investment Indonesia:

## Opening New Corridors of Economic Growth

Enchanting Indonesia  
Enticing Singaporeans

### Special Features

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A Special Publication by  
The Embassy Of Indonesia In Singapore

# Back To Basics

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surrounded by verdant atmosphere.

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amidst the bamboo leaves, the chirping  
of the birds, the faint rush of the river

As a country with over 350 cultural ethnic groups, the cultural diversity of Indonesia deserves to be explored. Discover unique cultures and witness traditional life in Indonesia with a visit to one of the many traditional local villages where residents maintain indigenous cultures, living just as their ancestors did centuries ago. Spread throughout Indonesia, traditional villages offer the chance to experience something uniquely Indonesian, places where traditional beliefs and rituals, practices still dominate daily life. The traditional communities and cultural groups who live in these villages still practice their ethnic rituals, customs, produce exotic arts and crafts and wear traditional clothes. The main attraction of these villages is the chance to see and experience distinctive cultures which remain free from influences of modernisation. A visit to a traditional village is an unforgettable experience and offers the rare opportunity to embrace a purely village atmosphere.

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- Madobak Ugai Matotonan Village
- Saung Angklung Udjo Village
- Sauwandarek Tourism Village
- Sawingrai Village
- Lingga Village

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# » CONTENTS

OPPORTUNITY INDONESIA 2011 ISSUE



**02** PUBLISHER'S NOTE

**04** CHARGÉ D' AFFAIRES A. I. MESSAGE

**06** ASEAN TIES

- › Indonesia Takes the Helm as ASEAN Chair
- › Connectivity & Cooperation: The Way Forward

**10** INDONESIA ■ SINGAPORE

- › Getting Closer Through People-To-People Ties

**14** INDONESIAN ECONOMY

- › The Indonesian Economy: All Indications Pointing Upward
- › A Prime Time for Investors In Indonesia

**18** INVESTMENT INDONESIA

- › The Development Plan
- › Opening New Corridors of Economic Growth

**23** PERSONALITY FOCUS

- › Revamp of Business Laws Provides a More Appealing Investment Environment
- › Ibu Nevi - Working Hard to Help Others Find the Right Paths

**26** CULTURAL HERITAGE SHOWCASE

- › Enchanting Indonesia Enticing Singapore

**35** PRODUCTS FEATURE

- › Eclectic Indonesian Jewellery & Costumes All Set to Charm Singapore

10

18

26

36

**36** INDONESIAN CUISINES

- › Bandung Delights
- › Quick Palate Pleasers, á La Indonesia

**39** A HEALTHY BUSINESS

- › Fresh Produce for Nutrition and Profit

**40** AFTER HOURS

- › Leisure in Indonesia

**48** PHOTO FEATURE

- › The Year in Pictures

**+** SPECIAL FEATURES

**29** YOGYAKARTA: TRAVELLER'S CHOICE

**42** SINGAPORE MEDICAL TOURISM

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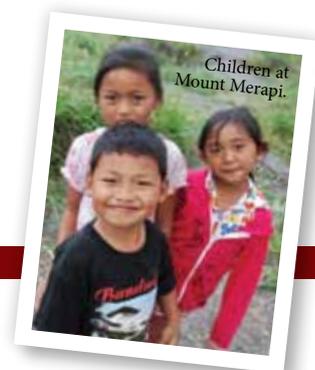
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# PUBLISHER'S NOTE

OPPORTUNITY INDONESIA 2011 ISSUE



**W**elcome to the 2011 edition of Opportunity Indonesia. While commemorating the National Day of Indonesia, through this publication we celebrate Indonesia's economic growth, its stability, its commitment to ASEAN and thriving Indonesian - Singapore bilateral ties. On the ground, all these factors are having many far reaching effects and helping in deepening people-to-people ties and opening new doors across myriad segments.

This year Indonesia assumed the Chair of ASEAN. Throughout its Chairmanship, Indonesia aims at creating a "People-Oriented and People-Centred ASEAN". While working on this edition of Opportunity Indonesia, we discovered many avenues of people working together to achieve this.

According to a recent report by IMF, "Indonesia is experiencing strong economic growth, supported by solid exports and investment." The overall investment climate in Indonesia continues to be very attractive and accessible to foreign investors. With the availability of fiscal incentives to attract foreign investors, no limitation on the value of investment, the possibility for foreign investors to wholly own their investment in almost all sectors, and the simplified investment approval process, the advantages for foreign investors to get involved in Indonesia are plenty. According to Indonesia's Investment Coordinating Board, Singapore is Indonesia's top foreign investor, with a cumulative total of US\$1.14 billion in 142 projects. Trade between the two countries also hit about \$68 billion last year. The Indonesia Investment Promotion Centre

Singapore (BKPM), with its office in Suntec, has been facilitating Singaporeans keen on investing in Indonesia.

We bring you a report on this year's annual showcase of "Enchanting Indonesia", organised by the Embassy of Indonesia in early July, which brought together 1,000 delegates and thousands of Singaporeans.

Our special supplement on Yogyakarta reveals this region's beauty and resilience. Although devastated by the eruption of Gunung Merapi in 2010, the area continues to attract with creative tourist options of "Village Tourism", "Gamelan lessons" combined with the breath-taking Temples of Borobudur and Prambanan.

Spotted as a signature attire of Indonesians, Batik is slowly but surely making its way to the couture collection and the wardrobes of the rich and the trendy. At Singapore's Marina Bay Sands Alleira, through its flagship store strives to preserve and popularise Indonesia's batik culture both to Singaporeans and international travellers that visit the island. In addition, with 150 workers producing up to 2,000 outfits monthly, their effort has a far reaching social impact.

The vastness of the Indonesian landscape and its proximity to Singapore makes it an excellent source for fresh vegetables and fruits. It offers umpteen opportunities both for consumers and entrepreneurs. In recent years, a large variety has been making their way to the shelves of many supermarkets in Singapore.

Many Singaporeans and expatriates continue to patronise various islands in the archipelago to relax and unwind. Well-priced golfing, spa, and cuisine options in Jakarta, Bandung, Yogyakarta, Surabaya, Bali, Lombok, Bintan and Batam abound and are a great draw.

For Indonesians, shopping, investment and medical tourism are some of the reasons that lure them to Singapore. Ranked the sixth best in Asia by the World Health Organisation, in 2000, many Indonesian patients make their way to Singapore to take advantage of the island's health care and medical services. Language, personal touch and regular flight connections are some of the reasons why Indonesians are at ease in Singapore while seeking medical attention.

Looking at all these sectors and opportunities it is indeed a great time to travel or do business in Indonesia.

We all enjoyed putting this edition together and hope you will enjoy reading it. Happy reading!

**Nomita Dhar**  
Editor-in-Chief



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# CHARGÉ AFFAIRES A. I.



Message by

**Kenssy D. Ekaningsih**

**O**n the auspicious occasion of the Republic of Indonesia's Independence, I extend my warm greetings and congratulations to all fellow citizens living here. As we celebrate yet another Independence Day, we offer our homage to all our freedom fighters who made the ultimate sacrifice on the altar of independence. Today, we remember our freedom fighters and salute them with great reverence. We express our gratitude to the farmers and scientists, workers and entrepreneurs and all the others who are engaged in transforming our country into a modern, developed nation.

Indonesia, a vast polyglot nation, has weathered the global financial crisis relatively smoothly because of its heavy reliance on domestic consumption as the driver of economic growth. During the recession, Indonesia outperformed its regional neighbours and joined China and India as the only G20 members posting growth. Having

reached a per capita GDP of \$3,000, the Indonesian economy has shown more signs of becoming an extremely dynamic economy. Gross domestic product in Southeast Asia's largest economy increased 5.7 percent in the three months to March 31 2010 from a year earlier. Inflation may range between 4.9 percent and 5.3 percent in 2011.

The government made economic advances under the first administration of President Susilo Bambang Yudhoyono, introducing significant reforms in the financial sector, including tax and customs reforms, the use of treasury bills, and capital market development and supervision.

Indonesia's debt-to-GDP ratio in recent years has declined steadily because of increasingly robust GDP growth and sound fiscal stewardship. Indonesia is showing strong economic performance. Growth in the fourth quarter of 2010 exceeded expectations and was well above the average quarterly growth for the last ten years. The World Bank's growth forecast for 2011 has been upgraded to 6.4 percent, moving up to 6.7 percent in 2012. Balance of payments inflows are strong and foreign direct investment has increased, reaching record levels.

While foreign investors have been flocking to Indonesia because of its booming economy, we see Singapore as playing a vital role in the growth of our economy. The relationship between Singapore and Indonesia is emergent. Between the two countries, the trade volume is over US\$30 billion.

According to Indonesia's Investment Coordinating Board, Singapore is Indonesia's top foreign investor, with a cumulative total of US\$1.14 billion in 142 projects. Trade between the two countries also hit about \$68 billion last year. At the same time, Indonesia's non-oil and gas exports to Singapore are the highest in the region.

The development of economic corridors in Indonesia is based on the potentials and advantages inherent in each region throughout Indonesia. Each of the economic corridors will be focused on developing a number of main economic activities in accordance with their respective advantages.

Through these corridors, Indonesia is hoping to draw Singapore investors to play a bigger role in the tourism, transport and other industries in each region, so that Singapore's strengths in services can be leveraged to fully develop the potentials available. There is more scope for Singapore to develop the Batam-Bintan-Karimun special economic zones for tourism and other services.

The most important aspect of our bilateral relationship is the greater understanding between our people. Therefore, it is also important to underline our ties beyond established areas such as trade, investment and tourism, and to extend our cooperation in other fields, such as social and cultural, education, human resource development and youth. I am confident that the years ahead will see a deepening of our relations and broadening of our cooperations.



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# Indonesia Takes The Helm as ASEAN Chair

At a key moment in the history of the Association of Southeast Asian Nations, Indonesia has assumed the chair of this increasingly important association. As ASEAN's largest nation, Indonesia is set to bring forth new programmes and initiatives to pave the way for further integration of the member countries and increased ASEAN influence on the international scene.



(APSC); ASEAN Economic Community Council (AEC); ASEAN Socio-Cultural Community Council (ASCC); ASEAN Foreign Ministers' Meeting (AMM); ASEAN Economic Ministers' Meeting; ASEAN Defense Ministers' Meeting; and ASEAN Ministerial Meeting on Transnational Crimes.

The theme of Indonesia's Chair is 'ASEAN Community in a Global Community of Nations'. This particular theme was selected to support the success of ASEAN Community 2015. The establishment of ASEAN Community in 2015 will create a bigger responsibility for ASEAN. The Association will be required to boost its collective contribution in managing various global issues and challenges. This will act as a positive contribution to the global community of nations.

**A**s of January 1, 2011, Indonesia took on the mantle of ASEAN's chair, a role which runs until the end of the year. President Yudhoyono of Indonesia officially announced Indonesia's Chairmanship at the Closing Ceremony of the 17th ASEAN Summit in Hanoi, Vietnam on October 30, 2010. On that occasion, the Indonesian President also delivered the vision and mission to be carried out during Indonesia's tenure as the next ASEAN Chair.

In 2011, Indonesia is determined to bring once again concrete and useful contributions through 'ASEAN Beyond 2015' initiatives. While maintaining the continuity of the process to establish the ASEAN Community 2015, Indonesia will also push its vision forward to go beyond the ASEAN Community.

The ASEAN Community will be the focus in the development of regional architecture. It will take on the form of a regional order with the emphasis on 'dynamic equilibrium' as reflected in the latest East Asia Summit (EAS) with the strategic inclusion of the United States and the Russian Federation in the fold.

According to the Directorate of Politics and ASEAN Security, "Throughout 2011, Indonesia will continue its efforts to create a People-Oriented and People-Centered ASEAN. All the results and benefits obtained by ASEAN must be perceived as real by the ASEAN community at large."

During its tenure, Indonesia will host the 18th ASEAN Summit, the 19th ASEAN Summit and EAS, along with a series of meetings, including the ASEAN Political Security Community Council



Throughout 2011, Indonesia will continue its efforts to create a People-Oriented and People-Centered ASEAN.

The basic shape of the logo during Indonesia's term as ASEAN Chair is a *gunungan wayang* (a triangular shape), which represents the three pillars of ASEAN Community, with the hope that it will encourage a mutually beneficial cooperation. The logo and theme of Indonesia's Chair was launched during the 17th ASEAN Summit.

Indonesia's active participation in ASEAN's ebb and flow is based on its own experience in the geo-political and geo-economic perspective. Indonesia always strives to take ASEAN onto a higher plane. In 1967, Indonesia was one of the 'founding countries' that signed the Bangkok Declaration that marked the establishment of ASEAN. In 1976, in the midst of the global constellation during the Cold War, Indonesia brought forth a strong foundation for ASEAN through the Bali Concord I.

In 2003, once again, Indonesia managed to provide a strong foundation for transforming ASEAN into a rule-based and community-oriented organization through Bali Concord II. The latest ASEAN transformation is in line with the development in Indonesia and also with Indonesia's interest. In fact, many of the Association's transformations were influenced by the multi-faceted progress achieved by Indonesia in its journey as a nation.

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# Connectivity & Cooperation: The Way Forward

## Highlights of the 44th ASEAN Foreign Ministers Meeting in Bali, Indonesia

The 44th ASEAN Foreign Ministers' Meeting (44th AMM) held in Bali, Indonesia, in July 2011 brought together ASEAN Foreign Ministers for a comprehensive deliberation of issues related to the three priorities of Indonesia's Chairmanship of ASEAN this year and followed up on the 18th ASEAN Summit, in addition to allowing an exchange of views on regional and international issues.

Several important issues were discussed, such as the establishment of an ASEAN Institute for Peace and Reconciliation; ASEAN Connectivity; Implementation of the Declaration on the Conduct of Parties in the South China Sea (DOC); ASEAN Community Building – Annual Targets for 2011; and the ASEAN Fair. A possible arrangement for an ASEAN Common Visa for Non-ASEAN nationals would be considered under the topic of ASEAN Community Building and Implementation of the ASEAN Charter. The endorsement of a standardized format for the ASEAN Security Outlook (ASO) was also discussed. Once the ASO is endorsed and compiled in 2012, it will become an integral part of the ASEAN Regional Forum Annual Security Outlook (ARF ASO) and bring ASEAN a step closer towards achieving the ASEAN Political-Security Community in 2015.

The ASEAN Post Ministerial Conference + 1 Session with China, held in Bali, discussed the progress of ASEAN-China cooperation in maintaining peace and stability, as well as economic and social development in the region. The Meeting discussed further implementation of the Plan of Action (PoA) for 2011-2015 adopted by the leaders at the 13th ASEAN-China Summit in 2010. The Ministers noted that the PoA has been implemented through various programmes of activities, including eleven priority areas of cooperation, namely agriculture; information and communication technology; human resource development; Mekong Basin Development; investment; energy; transport; culture; public health; tourism; and environment.

The Meeting noted that strengthened ASEAN-China cooperation was reinforced by the launching of the ASEAN-China Virtual



Centre at the 13th ASEAN-China Summit in October 2010. In this regard, the Meeting looked forward to the operationalisation of the ASEAN-China Center by the end of 2011 in Beijing.

The Meeting deliberated on activities to celebrate the 20th Anniversary of the Establishment of ASEAN-China Relations. To this end, the Ministers appreciated the ASEAN-China Foreign Ministers' Road Trip from Thailand and Laos to China in January 2011 and other commemorative activities, such as the 3rd ASEAN-China Young Entrepreneurs Association Forum in Jakarta from April 19 – 23 2011; the ASEAN-China Youth Leaders' Symposium in Cambodia from June 25 – 27 2011; the Seminar on Enhancing Connectivity between ASEAN and China in Vietnam on July 5 2011; the Seminar on Strengthening ASEAN-China Cooperation in the Field of Non-Traditional Security in the Context of Enhanced Connectivity in Vietnam on July 6 2011; a cultural performance on "Experiencing China" in Indonesia in July 2011; the successful launching of the "Year of Exchange and Friendship"; and also looked forward to the implementation of the ASEAN-China Youth Caring and Sharing Programme in November 2011.

# Congratulations and Best Wishes to the People and The Republic of Indonesia on their 66<sup>th</sup> National Day



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# Getting Closer Through People-To-People Ties



Meetings reflected sectors of cooperation and culture exchange, bilateral trade and investment relations are very strong, as Indonesia is one of Singapore's key trading partners. According to the Indonesian National Investment Coordinating Agency's (BKPM) recent figures, "Singapore was the top foreign investor in Indonesia in the first three months of 2010," said Singapore's Ambassador to Indonesia Ashok Mirpuri.

When President Susilo Bambang Yudhoyono and Prime Minister Lee Hsien Loong met in May 2010, they also agreed to set up six bilateral economic working groups to strengthen economic links. "The six working groups include cooperation in the areas of the Batam, Bintan and Karimun Special Economic Zone, investments, air connectivity, cruise tourism, manpower and agribusiness."

Indonesia is a very attractive investment destination for Singapore businesses, Ambassador Mirpuri said, adding that through a long engagement with Indonesia, Singapore businesses have developed a good working knowledge of the business opportunities and environment here.

As a result, it is not just the larger Singapore companies that have a presence in Indonesia. Many small and medium enterprises, even retail outlets, also have successfully made their foray into the Indonesian market.

People-to-people ties form the basis of bilateral relations between Indonesia and Singapore. "We have to continue to strengthen such ties. One way we have been doing so is that of educational exchanges and cooperation."

Every year, the Singapore Government gives out scholarships to Indonesian students to pursue their high school and undergraduate studies in Singapore institutions. These students live in Singapore, make Singaporean friends and, when they return to Indonesia at the end of their studies, these friendships and relationships remain, the Ambassador said.

"It is important that the younger generation of Indonesians and Singaporeans are familiar

and comfortable with one another," he noted.

Other ways of strengthening people-to-people links are the arts and culture exchanges between Indonesia and Singapore. It is not uncommon for Singapore arts and culture groups to perform in Indonesia and vice-versa.

The Asian Civilisations Museum in Singapore featured an exhibition on 'Sumatra: Isle of Gold' which ran till November 2010. Such exchanges will increase the exposure of the two countries to other cultures and traditions, and will serve to strengthen people-to-people relations.

Indonesia and Singapore are also each other's top tourist destinations and the availability of flights from Singapore to various Indonesian cities and destinations means that the number of travellers from both sides will continue to grow.

According to Ambassador Mirpuri, Singapore and Indonesia are close neighbours with a long and shared history of cooperation. People-to-people ties and interactions run deep.

There is also extensive cooperation in many fields, such as trade, health, education, defence and the environment. "Our leaders share a broad strategic vision of the relationship as their Indonesian counterparts, one based on partnership and cooperation for mutual benefit," Ambassador Mirpuri said.

In May 2010, President Susilo Bambang Yudhoyono and Prime Minister Lee Hsien Loong met for a retreat in Singapore. The two leaders share a very good relationship, and are committed to strengthening the ties between Indonesia and Singapore.

The two leaders share a very good relationship and are committed to strengthening the ties between Indonesia and Singapore.

There is also a common understanding between Indonesia and Singapore on the importance of regional cooperation and economic integration through ASEAN. "This vision and meeting of minds has provided an impetus for both sides to work closely and comfortably together on many issues. We are confident that this partnership will continue to grow and strengthen," the Ambassador concluded.

## Top Level Officials Bolster Bilateral Relations

### Indonesia and Singapore Meet Chinese Defense Minister

The Indonesian and Singaporean counterparts met Chinese State Councilor and Defense Minister Liang Guanglie on bilateral military ties on the sidelines of the first ASEAN Defense Ministers' Meeting Plus (ADMM-Plus).

At the meeting held in October 2010 with Indonesian Defense Minister Purnomo Yusgiantoro, Liang said the Chinese military

stood ready to work with the Indonesian military to expand cooperation and lift bilateral military ties to a new high.

Purnomo said Indonesia would like to strengthen cooperation with China in defense consultation, military training, humanitarian assistance and other regional and international issues.

When meeting with Singaporean Deputy Prime Minister and Defense Minister Teo Chee Hean, Liang said China and Singapore had experienced progress in defense cooperation in the past two decades.

China was willing to strengthen exchanges and coordination with Singapore within the framework of the ADMM-Plus and contribute to regional peace and stability.

Teo said Singapore and China had boosted cooperation in high-level military exchanges, policy dialogue and other fields in recent years. Singapore expected the two sides to strengthen understanding and trust, expand cooperation, and continuously advance bilateral military ties, he added.



Congratulations & Best Wishes  
to Indonesia on its

*66th National Day*



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### Introductory visit of Minister for Foreign Affairs K Shanmugam to the Republic of Indonesia

In June 2011, Singapore's Minister for Foreign Affairs K Shanmugam was in Jakarta, Indonesia for his introductory visit and met with Foreign Minister Marty Natalegawa. Both Ministers reaffirmed the warm relations and long-standing cooperation between Singapore and Indonesia. The Ministers noted the good progress made in the bilateral boundary negotiations, exchanged views on other matters of mutual interest, and were encouraged that both countries share common perspectives on key regional developments and ASEAN's priorities.

Following the meeting with the Foreign Minister, Minister Shanmugam made a courtesy call on President Susilo Bambang Yudhoyono. The President expressed satisfaction at the current state of bilateral relations and discussed with Minister Shanmugam ways to strengthen the relationship, especially in the area of economic cooperation. Minister Shanmugam was then hosted to a dinner by Foreign Minister Marty Natalegawa.

### Technical discussions on maritime boundaries between the Republic of Indonesia and the Republic of Singapore in the eastern part of the Strait of Singapore

The delegations from the Governments of Singapore and Indonesia held the inaugural round of technical discussions on maritime boundaries between their two countries in the eastern part of the Strait of Singapore in June 2011 in Singapore. The meeting was held as a follow-up to the decision by Foreign Ministers of the two countries to begin the process of delimiting their boundary in the eastern part of the Strait of Singapore between Changi and Batam. Then Foreign Minister George Yeo and Foreign Minister Marty Natalegawa had agreed to do so when they met on 30 August 2010 in Singapore, and also to exchange Instruments of Ratification of the Treaty between the Republic of Singapore and the Republic of Indonesia relating to the Delimitation of the Territorial Seas of the Two Countries in the Western Part of the Strait of Singapore.

At this first round of technical discussions, the delegations discussed relevant technical issues and various organisational arrangements for future conduct of the discussions, including regular meetings to be held alternately between the two countries.

### Lunch hosted by Minister for Foreign Affairs K Shanmugam for Governor of South Sulawesi, Syahrul Yasin Limpo



Minister for Foreign Affairs K Shanmugam hosted a lunch for South Sulawesi Governor Syahrul Yasin Limpo and members of his delegation at the Ministry of Foreign Affairs. Minister Shanmugam and Governor Syahrul discussed ways to enhance economic cooperation and strengthen tourism links between Singapore and South Sulawesi. The Governor was accompanied by the Chief of Police of South and West Sulawesi, the Chief Justice of the South Sulawesi High Court, the Regent of Pangkep, senior military commanders and senior officials from South Sulawesi. Minister of State for Foreign Affairs Masagos Zulkifli and officials from the Ministry of Foreign Affairs also participated in the lunch.

Governor Syahrul was visiting Singapore from 1 to 2 June 2011 in conjunction with the launch of Garuda Airlines' direct flight connection between Singapore and Makassar. While in Singapore, Governor Syahrul also met with Minister for Trade and Industry Lim Hng Kiang, as well as officials from the Ministry of Health and the International Enterprise Singapore.

### A statement made by Senior Minister of State for Foreign Affairs, Zainul Abidin Rasheedat, at the 4th Bali Regional Ministerial Conference on people-smuggling, trafficking in persons and related transnational crime

He said it was good to be back attending the Bali Process to deal with the troubling issues of people-smuggling and trafficking in persons. Singapore supports the Bali Process, which has been a useful catalyst for action among its members. Singapore also supports the efforts by the co-Chairs, Indonesia and Australia, to bring together states from within and outside this region to promote cooperation and understanding in dealing with the serious issues of people-smuggling and trafficking in persons.

Rasheedat went on to say, "Singapore has actively participated in the Bali Process activities. One of their most recent involvements is the hosting of a Workshop on Immigration Aspects of Seaport Security mid-last year in Singapore, on which we presented the outcome of the Bali Process Senior Officials' Meeting earlier this month. This was attended by 45 participants from 19 countries and focused on capacity-building and core competencies. We find such activities useful opportunities for enforcement agencies to network amongst themselves and exchange information on various topics."



“The Bali Process has worked well largely because it is a voluntary, non-binding, member-driven process that is oriented towards operational cooperation. The Regional Cooperation Framework that we are discussing today is an example of such non-binding proposals that interested states might find useful and opt to participate in.

“Besides the Bali Process, Singapore is also an active participant in regional and international efforts to address trafficking in persons. We regularly share relevant information with foreign counterparts on trends concerning the abuse of travel and identification documents, people-smuggling, and best practices against trafficking. Such regional and international efforts complement Singapore’s domestic measures to deter and detect the movement of illegal immigrants. We have robust laws to prosecute those who traffic people, including laws

“The Bali Process has worked well largely because it is a voluntary, non-binding, member-driven process that is oriented towards operational cooperation...”

are committed to continue working closely with our foreign partners in the regional and international arena, such as the Bali Process, to deal with these transnational challenges. We appreciate the cooperation of our closest neighbours, Indonesia and Malaysia, to combat the problems of people smuggling and trafficking in persons. I share the sentiments of Dato Seri Hishammuddin Tun Hussein on this issue.”

against exploiting minors for commercial sex outside of Singapore. At the same time, we recognise that victims of trafficking require our help. Thus, we have in place a comprehensive process to ensure that assistance is extended to identified victims of trafficking.

“Singapore recognises that despite our best efforts, it will not be possible to eradicate the problems of people smuggling and trafficking in persons on our own. We

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# The Indonesian Economy: All Indications Pointing Upward

As economic growth in Indonesia continues at an unmistakably robust pace, foreign investors are poised to profit along with Indonesians themselves. A look at the recent economic past, the vigorous present and solid prospects for the future provides an encouraging scenario for the Indonesian economy and those who wish to play a part in this exciting growth.

The “Article IV” mission is an annual visit by an IMF team to all member countries to hold discussions and gather information on economic policies. At the conclusion of the 2011 Article IV Consultations Mission to Indonesia, Milan Zavadjil, Senior Resident Representative of the International Monetary Fund (IMF) in Indonesia, indicated strong growth signals for the country.

“An IMF mission led by Thomas Rumbaugh, Division Chief in the Asia and Pacific Department, visited Jakarta from July 7-21, 2011 to conduct the 2011 Article IV Consultation discussions. The team exchanged views with the government on global economic developments and the Indonesian economic outlook. Based on these discussions, the team will prepare a staff report scheduled to be presented to the IMF’s Executive Board in late September.

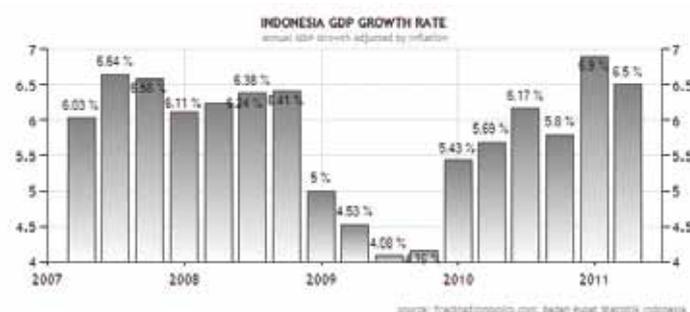
“Indonesia is experiencing strong economic growth, supported by solid export income and investment. Recent falls in food prices and the postponement of a planned reduction in fuel subsidies have reduced immediate inflationary pressures. Sales and production indicators remain solid, while measures of business and consumer confidence continue to improve.

“Global market sentiment is likely to remain volatile in the period ahead. Despite this, world output growth is expected to be maintained, supported by the better performance of emerging market economies like Indonesia. In particular, the growth of Asian economies remains robust. As a result, many central banks in the region are signalling that further rate hikes may be necessary. A key risk to the near-term outlook would be a sharp increase in global risk aversion arising from the Euro Zone. However, given strong fundamentals and relatively low dependence on external demand, the downside risks for Indonesia appear to be limited.

“The government, business players, and investors should optimally utilize the wide investment opportunities in Indonesia. China and India has at present a great interest in investing in Asia, including Indonesia, and this trend should be used as best as possible. Asia is on the rise. Indonesia at present is a ‘darling’ to investors who are now aware that Indonesia has enormous potential.”

Director of Quvat Management in Singapore, Thomas T. Lembong, World Economic Forum on East Asia (WEF-EA)

“Indonesian GDP growth is projected to remain robust at around 6½ percent in 2011-12. Increases in both foreign and domestic investments are supporting growth, while accelerating credit growth and expected reductions in energy subsidies should push core inflation modestly higher this year and into 2012. Although the external current account is projected to move into deficit next year, the overall balance of payments





## “Many international investors have a bullish interest in investing in Indonesia”

Trade Minister Mari Pangestu,  
World Economic Forum on East Asia (WEF-EA)

will remain in surplus as capital inflows - which are shifting more toward foreign direct investment - continue. There are no signs of any misalignment in the exchange rate, and export growth is strong (including in manufacturing). In this context, continued flexibility of the exchange rate will help buffer volatile inflows.

“The government intends to increase the pace and quality of economic growth in the medium-term through a sustained increase in infrastructure

investment and improvements to the business climate. Implementation of financial sector reforms and improvements to the supervisory framework would enhance financial system stability, promote capital market development, and widen the domestic investor base. Strengthening investor confidence will be an important factor in propelling the markets forward.

“The 2011 budget is consistent with the government’s firm commitment to fiscal sustainability and strong public finances. However, increasing fuel subsidies are distorting the structure of the budget. Therefore, fiscal policy needs to be re-oriented away from subsidies and towards infrastructure and social spending. Continued efforts are also needed to raise the tax revenue ratio from its current low level to provide greater fiscal space through broadening tax bases and increasing tax compliance.

“Bank Indonesia (BI) has used a range of instruments to contain price pressures, including increasing its policy rate in February and raising reserve requirements. Planned reductions in energy subsidies, when they occur, will feed into core inflation, and BI will need to act decisively to contain inflationary expectations and limit the pass-through of fuel prices to generalized inflation. Indonesian banks continue to be profitable and well capitalized. The strong GDP growth outlook suggests vulnerabilities remain low. To strengthen the framework for financial stability, the adoption of the Financial System Safety Net (FSSN) law remains a top priority.

“A lack of infrastructure remains one of the biggest constraints to boosting Indonesia’s growth potential. Significant improvements to the regulatory framework are needed to support infrastructure spending and public-private projects. Social safety nets should be increased and better targeted towards vulnerable groups, while increased and more effective education and health spending will be needed to promote improvements in human capital and generate more equitable growth.”

# 8

## Economic Pointers



1 > Indonesia's economy grew at 4.5 percent in 2010 and economists predict growth could hit 6.5 percent this year, a revised estimate from six per cent, according to its central bank.

2 > Economic growth continues to be driven in part by the rapid population growth. According to the Central Statistics Agency in Indonesia, the population stood close to 238 million in 2010, with its annual growth rate averaging 1.49 per cent over the past few years.

3 > Stanford University professor Donald K. Emmerson said: “Indonesia amounts to a demographic sweet spot. “... (The) band of individuals who are either young adults or mature adults who are economically productive is going to expand and remain remarkably high as a proportion of the total population for some time to come.”

4 > Prof Emmerson cautioned, however, that “Indonesia has the temptation to reject foreign investment to place foreign investment on a lower level and to privilege domestic investors.”

5 > But international investors' interest in Indonesia is not likely to be dampened as sentiment regarding the country's level of corruption has improved.

6 > Its ranking in the global corruption perceptions index, which measures the perceived level of public-sector corruption in 178 countries around the world, improved to 110 last year, from 126 in 2008. Indonesia's position stood at 111 in 2009.

7 > Fitch Ratings financial institutions director Alfred Chan said: “Corporate governance is likely to be a priority, given that it is riding on a strong positive momentum.”

8 > Going forward, experts said foreign investors will continue to stay invested in Indonesia as long as they are compensated by comparatively higher rates of return.

# A Prime Time for Investors In Indonesia

Reflecting the overall strong performances and vitality of the Indonesian economy, the investment picture in the region's largest country is also increasingly bright.



## Investment Facilities in Indonesia

**INDUSTRIAL ESTATES** - Industrial estates are available in almost all provinces of Indonesia. The large-scale industrial estates are found in Jakarta, West Java (Bekasi, Karawang, Purwakarta), Banten (Tangerang, Serang), Central Java (Semarang, Cilacap), Yogyakarta (Piyungan), East Java (Surabaya, Gresik, Sidoarjo, Pasuruan, Probolinggo), North Sumatera (Medan), West Sumatera (Padang), Lampung, Riau (Batam Island, Bintan Island), South Sulawesi (Makassar), and East Kalimantan (Bontang) .

**BONDED ZONES** - 'Bonded Zone' means a zone with particular boundaries within which the processing of goods and materials, construction designing, engineering activity, sorting, preliminary inspection, final inspection and packing of imported goods and materials from the other areas within Indonesian Custom Territory (Daerah Pabean Indonesia Lainnya/DPIL) are carried out, mainly for export.

On the importation of goods and/or material for the production process in a Bonded Zone, certain facilities can be granted, such as postponement of import duties; excise free; while the value added tax (PPN), sales tax on luxury goods and income tax shall be waived.

Foreign Investment (PMA) as well as Domestic Investment (PMDN) Companies,

Limited Companies of Non PMA/PMDN and Cooperatives with legal status are able to obtain approval as an Operator of a Bonded Zone and Companies Operating in Bonded Zones.

Operators of Bonded Zones (Penyelenggara Kawasan Berikat/PKB) are to be a limited company; a cooperative with legal status; or a foundation which owns, controls, manages and provides facilities and infrastructure in the interest of other parties in the Bonded Zone it operates on the basis of an agreement.

Meanwhile, Companies Operating in Bonded Zone (Pengusaha Didalam Kawasan Berikat/PDKB) are to be limited companies or cooperatives undertaking a processing of goods and materials in a Bonded Zone.

Operators of Bonded Zones (PKBs) include areas in Jakarta (Cakung, Marunda and Tanjung Priok operated by the government), Bogor, Purwakarta, Karawang, Semarang, Pasuruan, Medan, Mojokerto, Bintan Island, Aceh, and Batam Island while there are some 426 Companies Operating in Bonded Zone (PDKBs).

**"From our roadshows in various countries, we heard that foreign investors in general consider Indonesia prospective enough for investment"**

BNI President Director Gatot M Soewondo

## Investing in Indonesia's Commodities

The following commodities and industries are open to investment and invite foreign participation:



## RISING Foreign Investment

**1** Foreign direct investment (FDI) in Indonesia rose 11.6 percent in the first quarter of 2011 from a year before, as strong economic growth and abundant natural resources attracted investors.

**2** FDI from January to March was 39.5 trillion rupiah (US\$4.6 billion), up from 35.4 trillion rupiah in the first quarter of 2010, the country's investment board (BKPM) said in its statement.

**3** The BKPM has forecast a 15 percent rise in total investment this year to 240 trillion, with foreign money accounting for 65 percent of that.

**4** Last year, foreign investment into Indonesia reached a record 148 trillion rupiah, 71 percent of total investment.

**5** Standard & Poor's upgraded Indonesia's sovereign rating to one notch away from investment grade this month, following Fitch and Moody's earlier this year.

**6** Southeast Asia's largest economy has been a hot destination for foreign investors in the past two years due to its resilient economic growth.



**PRIMARY COMMODITIES** - Coal, gold, coffee, coconut, corn, mercury, frozen rock, limestone, ore, aqua culture, marine culture, clove, pork, beef, phosphate, peat moss, sugar, carpet industry and rattan carpet, gem stones, cashew, green pea, peanut, kaolin, timber, wood, laminated board, soybean, quartz crystal, pepper, patchouli, paddy, quartz, rhizome, rattan, lemon-grass oil, tea, copper, tobacco, black tin, sweet potato, cassava, and zircon.

**SECONDARY COMMODITIES** - Coco fibre industry, raw rubber industry, wooden furniture industry, rattan furniture, peanut snacks, volatile oil, coconut oil, fruit processing, chicken processing, beef processing, sugar, frozen fish, integrated coconut industry, palm oil industry, pacheoli oil, chemistry, canned fish, canned pineapple, rubber glove, cocoa processing, coffee processing, green tea, caragean flour, and fish flour.

**TERTIARY INDUSTRIES** - Tourism, hotels, restaurants, independent investment management professionals (Baron).

## Investing Options

Foreign investors moved more funds into Indonesian stocks in March, buying a net 4.92 trillion rupiah (US\$543 million) of shares after selling 1.58 trillion rupiah in the first two months of this year, according to data from the Jakarta stock exchange.

The Indonesian rupiah has risen 3.6 percent in value this year, the second-best-performing currency in Asia, according to data compiled by Bloomberg. A strong rupiah and low inflation have helped the central bank keep its key interest rate at a record low of 6.5 percent, calculated to support Southeast Asia's biggest economy.

Indonesia's stock market index, the Jakarta Composite Index, broke its record high earlier this week as it reached 3013.40 points, bringing its total gains this year to 19 per cent, the highest among Asia's 10 largest markets.

Indonesia managed to avoid recession during the global downturn, unlike some of its more export-reliant neighbors. Both Singapore and Hong Kong were in recession earlier, as were Malaysia and Thailand.

## Exchange Traded Funds (ETFs) Investing In Indonesia

The Market Vectors Indonesia (IDX) Fund: The Index provides exposure to publicly traded companies that are domiciled and primarily listed in Indonesia, or that generate at least 50 per cent of their revenues in Indonesia. The fund has now more than doubled since its launch, outpacing the S&P 500 and outperforming BRIC countries. IDX consists of the 28 securities included in the Market Vectors Indonesia Index, a benchmark that tracks the performance of companies that are based in or generate at least half of their revenues from Indonesia. IDX charges an expense ratio of 0.71%. The IDX is much more focused on energy and commodities that are rallying globally as the U.S. dollar falls and inflation alarm signals begin to sound.

# TAP into the resources and opportunities in Indonesia and Singapore through FTZ



## Strategic Location for Global Manufacturers and Global Market.

Batam, Bintan and Karimun Islands, Indonesia, situated in the Straits of Singapore and Malacca, are strategically located at the confluence of four international shipping lanes - Trans-Pacific shipping lanes, Intra-Asia, Europe - Far East and South East - Australia - and have become the centre of trade, industry, transshipment and logistics.

To create an attractive investment destination, the Indonesian President Susilo Bambang Yudhoyono declared the region a Free Trade Zone (FTZ) and Free Port for 70 years in 2009.

In a bid to improve the flow of investment in the region, the two countries entered an economic agreement to tap on the competitive production costs and abundant land in Indonesia and the pro-business investment climate and connectivity to the global market in Singapore.

## Investment in FTZ Batam, Bintan and Karimun

Located on the world's busiest shipping lines, the Bintan, Batam and Karimun FTZ offers a spate of opportunities for foreign investors by way of:

- › Cheap land and production costs;
- › Fiscal benefits;
- › Legal certainty (FTZ-FP BBK for a period of 70 years) and a conducive investment climate;
- › Ease of logistics

## The Benefits to Foreign Investors are:

- 1 Easy and cheap logistics because of the Singapore Port Authority (PSA), which is the largest container port in ASEAN/ and Asia;
- 2 Good business network for global opportunities;
- 3 Singapore provides a positive spillover effect for industrial activities and trans-shipments that are not accommodated;
- 4 Ease of obtaining raw materials and services, because Singapore is the trade, trans-shipment and logistics centre in the ASEAN region and serves as a gateway to global markets;
- 5 Good business climate and attractive tax system.

# The Development Plan

The development of the Six Economic Corridors in Indonesia is based on the potentials and advantages inherent in each region throughout Indonesia.

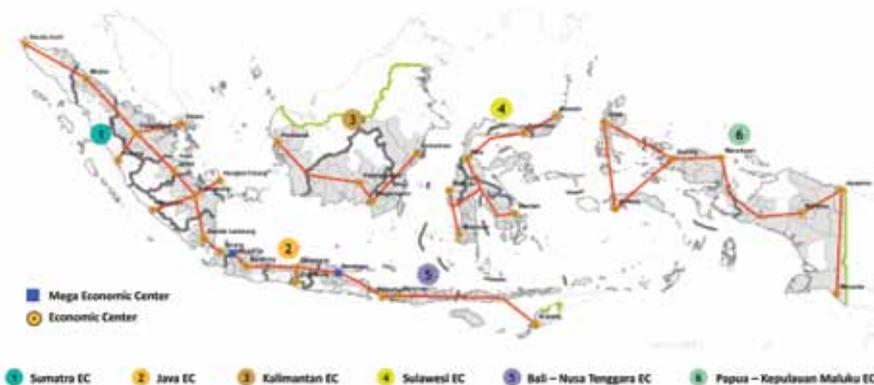


Each of the economic corridors will be focused on developing a number of main economic activities in accordance with their respective advantages. A number of indicated investments up to 2014, including main infrastructures, were identified based on the consultation with all stakeholders.

## Posture of Indonesia Economic Corridor

The development of economic corridors in Indonesia is based on the potentials and advantages inherent in each region throughout Indonesia. As a country consisting of thousands of islands and located between two continents and two oceans, the Indonesian archipelago has a unique combination of economic potentials with specific major islands or regions having their own strategic future-role in achieving Indonesia's 2025 vision. By taking into consideration these potentials and strategic roles of each major island, six economic corridors have been identified, as depicted on the map below.

The prime purpose of MP3EI is to enable Indonesia to become



a developed and prosperous country with a National GDP of around USD 4 – 4.5 Trillion by 2025 and thus become the 9th largest economy in the world. To achieve this goal, approximately 82 percent, or equivalent to USD 3.5 Trillion, will be targeted as a contribution to GDP from economic corridors.

By implementing the MP3EI, Indonesia's overall GDP is expected to grow more rapidly and broader, both for areas within the six economic corridors and for areas outside the corridors. By applying MP3EI, the annual national GDP growth will be approximately 12.7 percent nationally, with regional growth within the corridor at 12.9 percent. Growth in the areas outside of the corridors would also increase by 12.1 percent as a result of the spillover effects of economic development within the corridor areas.

Under the MP3EI, the growth of Java Economic Corridor will be pegged against the RPJMN. This will enable the rest of the five Economic Corridors to grow at a higher growth rate, to reduce the dominance of the island of Java and allowing increased growth of the rest of Indonesia by 2025.

The MP3EI development focuses on eight main programs, namely the development of Agriculture, Mining, Energy, Industry, Maritime, Tourism, Telecommunication, and Development of Strategic Zones. These eight primary programs consist of 22 main economic activities which are designed based on the inherent potential and strategic value of each of the corridors.

The development of Economic Corridors



THE DEVELOPMENT THEMES OF EACH CORRIDOR IN THE ACCELERATION AND EXPANSION OF ECONOMIC DEVELOPMENT ARE AS FOLLOWS:

### Sumatra

Center for Production and Processing of Natural Resources and as Nation's Energy Reserves

1

### Java

Driver for National Industry and Service Provision

2

### Kalimantan

Center for Production and Processing of National Mining and Energy Reserves

3

### Sulawesi

Center for Production and Processing of National Agricultural, Plantation, Fishery, Oil & Gas

4

### Bali and NT

Gateway for Tourism and National Food Support

5

### PAPUA and KEP. MALUKU

Center for Development of Food, Fisheries, Energy, and National Mining

6

requires a large amount of power supply. Under MP3EI, the additional power supply needed in Indonesia by the year 2025 is projected to reach about 90,000 MW.

To support the development of the main economic activities within the corridors, the total investment which will be implemented during 2011 - 2014 has been identified at about IDR 4,000 Trillion. The government will contribute around 10 percent of this cost in the form of basic infrastructure provision, such as roads, seaports, airports, railways, and power generation. The remaining will be provided by state-owned enterprises, private sector, and through public-private partnership (PPP).



  
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# Opening New Corridors of Economic Growth

Indonesia is pushing ahead with a program to spread major economic development in regions which have hitherto missed out on the country's robust growth. The government has now targeted six new economic corridors across the country for development and crafted a spate of programs, incentives and careful subsidies to assure success for this grand strategy.

**A**cceleration and expansion of Indonesia's economic development are based on the development of existing and creation of new growth centres. This development strategy is essentially an integration of the sectoral and regional development approaches. The purpose of developing new growth centres is to optimize agglomeration advantages, to explore regional strengths, and to reduce spatial imbalance of economic development throughout the country. As part of this strategy, each region will develop its own specific local products.

The development of economic growth centres will be managed through the development of industrial clusters and special economic zones (SEZ). This will be accompanied with increased and improved connectivity between the centres of economic growth (major cities) and main industrial clusters supported by improved infrastructures including roads, seaports, airports, power, water, and other related infrastructures. In all, growth centres and connectivity are the building blocks of Indonesia Economic Corridors. Increasing the economic potential of the region through the economic corridors has become one of the three main pillars of MP3EI.

In order to accelerate and expand economic development, it is necessary to create new economic regions outside of the existing economic growth centres. The government will provide special incentives to support the development of these centres, especially those located outside of Java, and particularly to businesses that are willing to finance the construction of supporting facilities and infrastructures. The aim of providing such incentives is to encourage businesses to build long-term perspectives in the development of the new economic growth centres.

These incentives shall include: favourable taxation and customs policies, labor regulations, and licensing developed in consultation with the private sector. In order to avoid enclaves in these growth centres, the central and local governments will encourage strong linkages between growth centres and its surrounding industrial areas. The new economic growth centres may be in the form of large-scale Special Economic

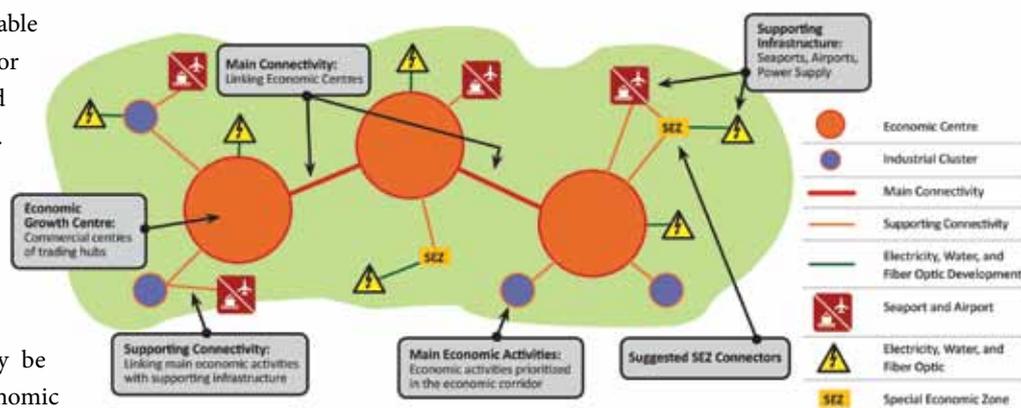
Zones (SEZs) expected to be developed in each economic corridor conforming to the local potentials and specializations of each region.

Development of economic corridors is similar to regional development aimed at creating an integrated and sustainable economic base. However, the development of the six economic corridors give greater emphasis to economic development as follows:

- Indonesia Economic Corridor will emphasize the increase of productivity and value-adding on natural resource management through the expansion and creation of a sustainable upstream and downstream activity chain;
- Indonesia Economic Corridor will focus on diverse and inclusive economic development, which connects corridors with other regions to develop opportunities based on local potential and specialization;
- Indonesia Economic Corridor emphasize sectoral and regional development synergies to enhance national, regional and global comparative and competitive advantages;
- Indonesia Economic Corridor emphasizes integrated economic development between transportation and logistics, as well as communications and information systems to open regional access;
- Indonesia Economic Corridor will be supported with fiscal and non-fiscal incentives.

## Social Security and Poverty Reduction

The government will assume more responsibility towards implementing a social safeguard system to ensure the benefits of





Improve employment and industrial relation regulations to be supportive of both employers and employees.

economic development are widely shared among the people. Therefore, the government will provide:

- › Social safeguards in the form of targeted economic assistance for the poor, and in the form of universal social insurance for the public;
- › Economic assistance can be executed in the form of subsidies and cash transfers targeted to the poor;
- › Universal social insurance will be implemented through the combination of private and community funding.

The strategies for poverty alleviation are based on a broad framework of creating new employment opportunities. In line with this, the following efforts are required:

- › Improving the availability and access to education and skills training to increase national productivity;
- › Creation of formal employment opportunities that protect national workers and are implemented based on industrial relations that support fairness between workers and employers;
- › Protection of Indonesian workers, as part of the social safeguard framework, is given to both formal and informal sectors;
- › Improve employment and industrial relation regulations to be supportive of both employers and employees;
- › Poverty alleviation is a coordinated effort between the government and the society, in which each plays specific roles;
- › The role of society and businesses should be directed toward partnerships with local governments to solve the real problems of poverty specific to a certain region;
- › Businesses can help to reduce poverty by focusing on specific areas through the implementation of corporate social responsibility (CSR) programs;
- › The central government further coordinates the activities of government, communities and regions.

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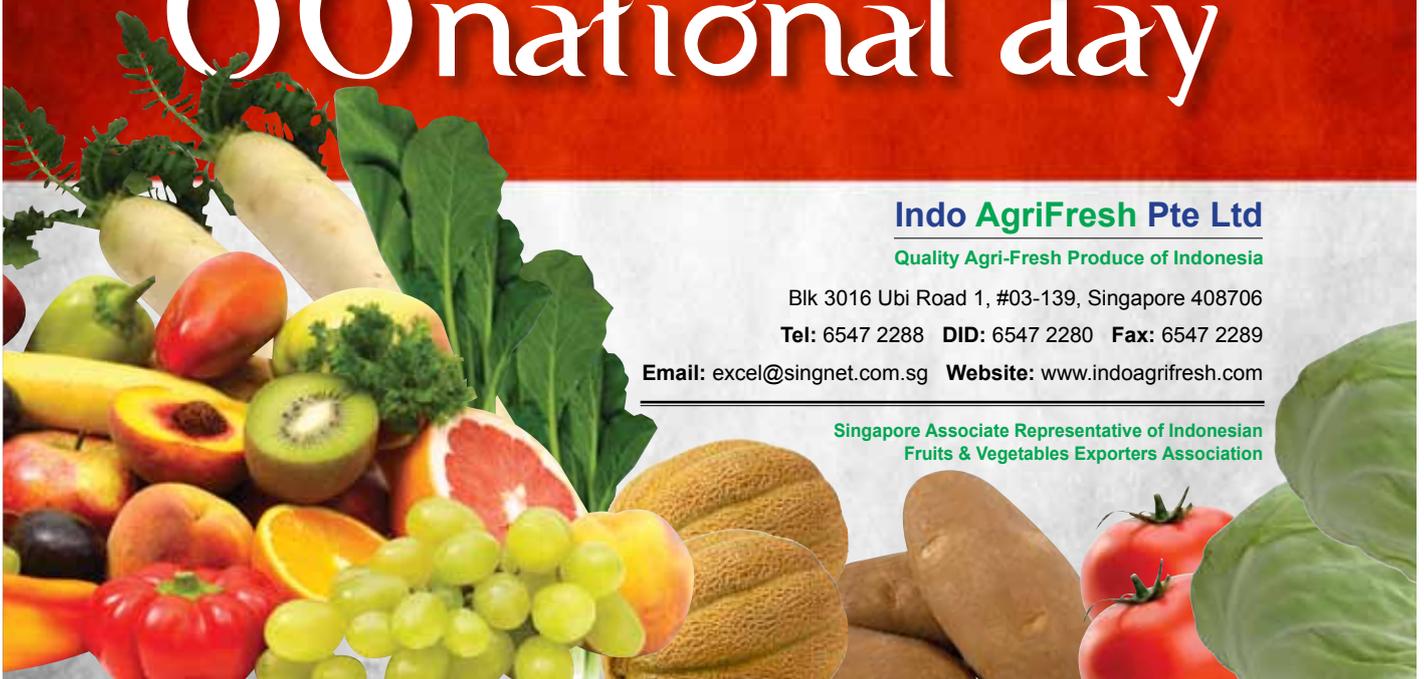
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Singapore Associate Representative of Indonesian  
Fruits & Vegetables Exporters Association



# Revamp of Business Laws Provides A More Appealing Investment Environment

The recent changes in Indonesia's Business laws are significant for their impact on Singapore businesses and companies operating in Indonesia. An interview with Kelvin Chia Partnership, a commercial law firm established in Singapore with strong regional capabilities in Indonesia, highlights some of these changes that need to be taken note of.

## What are the latest changes in Indonesia business laws that are expected to have a positive impact on Singapore businesses in Indonesia?

One of the recent changes is the issuance on May 25 2010 of a new investment negative list under Presidential Regulation No. 36 of 2010 concerning the List of Business Fields Closed and Business Fields Conditionally Open to Capital Investment ("DNI"). As part of Indonesia's commitments to the Declaration of ASEAN Economic Community, the new DNI has provided for certain conditions to increased foreign capital ownership by investors from ASEAN member countries in specified industries, such as the sea transportation sector, particularly for overseas sea transportation for passenger and cargo.

Apart from the privileged treatment on percentage of foreign capital ownership for ASEAN member countries, the new DNI also has such key favorable provisions as:

- › Any investor intending to expand its business in the same business field but in a different location does not have to establish a new business entity or obtain a new business permit, unless determined otherwise by decree;
- › The restrictions under the DNI do not apply to indirect capital or portfolio investments where transactions are made on the



domestic capital markets, and

- › Certain business fields have been opened to increased foreign participation as follows:
  - the siklamat and saccharine industries are now open to foreign investment subject to obtaining certain licences;
  - foreign capital ownership for public works industries in construction has been increased from 55 per cent to 67 per cent;
  - electricity generation of up to 10MW can be carried out in partnerships, whilst foreign capital ownership in the business of electricity generation of greater than 10MW has been set at a maximum of 95 per cent;
  - foreign capital ownership in hospital services, specialist doctors clinics, and laboratories has been increased from 65 per cent to 67 per cent, and the location of the businesses are now permitted Indonesia-wide; and
  - the culture and tourism sectors in filming service (e.g., film studio, film processing laboratory, dubbing facilities, and printing and film reduplication) are now open to foreign capital of up to 49%.

## What are the changes in the double taxation avoidance regulations in Indonesia, and how will they affect Singapore tax residents?

On November 5 2009, the Director General of Taxation issued

Regulation No. PER-62/PJ/2009 regarding Prevention of Abuse of Agreements on Avoidance of Double Taxation. The regulation defines the transactions which may be considered as an abuse of the agreement on avoidance of double taxation as follows:

- › transactions that do not have economic substance but are designed with a structure/scheme merely for the purpose of taking benefit from the agreement on avoidance of double taxation;
- › transactions with a structure/scheme containing a legal form that is different from its economic substance for the purpose of taking benefit from the agreement on avoidance of double taxation; and
- › transactions where the income recipient is not the beneficial owner of the economic benefit.

In respect of DTAs, the regulation provides that if a payee intends to claim withholding tax benefits under a relevant DTA, it must submit an application for a certificate of domicile in a timely manner. The certificate is a standard form issued by the Indonesian tax authority and must be filled in and signed by the payee and then certified by the foreign competent authority of the jurisdiction where the payee is a tax resident. The certificate form is required to be submitted before each payment is made by an Indonesian payer to the payee, otherwise the treaty benefit may not be availed of or, subject to certain conditions, a late submission may only entitle the payee to a refund.

### Are there any other recent changes in Indonesia business laws that Singapore businesses in Indonesia need to take note of?

The following recent Indonesian regulations should also be noted by Singapore businesses in Indonesia:

#### Immigration Law

On May 5 2011, the new immigration law was issued by the

Indonesian government. This law covers a range of basic matters relating to immigration, including entry to and exit from Indonesian territory, travel documents, visas, stay permits, etc. The law represents a material positive change in the treatment of foreigners married to Indonesians. These foreigners will be allowed to live in Indonesia without a work sponsor. They and the children born out of the marriage will be entitled to a form of permanent residence permit (KITAP) once the marriage has lasted for two years. Until the marriage has lasted for two years, a temporary stay permit will be available (KITAS). Foreigners seeking to access the benefits of these provisions will need to sign an “integration statement”, the contents of which are yet to be discussed.

#### Public Private Partnership

As part of its commitment to enhance acceleration of infrastructure development and to improve the credit worthiness of infrastructure projects, at the end of 2010, the Indonesian government issued Presidential Regulation No. 78 of 2010 concerning Infrastructure Guarantee in Public Private Partnership between Government and Business Entity and its implementing regulation, Ministry of Finance Regulation No. 260/PMK.011/2010 concerning Guidelines of Guarantee Implementation in Public Private Partnership between Government and Business Entity.

In addition, Government Regulation No. 94 of 2010 (dated December 30 2010) concerning the Calculation of Tax Income and Income Tax Settlement in the Recurring Year was also issued, whereby a new taxpayer conducting a new investment which is a pioneer industry and does not receive any facility under Article 31A of the Income Tax Law (Law No. 7 of 1983 as amended by Law No. 36 of 2008) could be granted an exemption facility or a reduction of corporate income tax in accordance with Law No. 25 of 2007 on Investment.

The new immigration law covers a range of basic matters relating to immigration, including entry to and exit from Indonesian territory, travel documents, visas, stay permits, etc.



If you have any question on the above information or require definitive legal advice, please contact Kelvin Chia Partnership at [marlon.wui@kcpartnership.com](mailto:marlon.wui@kcpartnership.com)

*The points and opinions contained in this article are those of Kelvin Chia and not the official position of the Indonesian embassy.*



# Ibu Nevi - Working Hard to Help Others Find the Right Path

This native of Java who now calls Sumatra home has been devoting her time and energies to improving the physical, moral and spiritual health of her fellow Sumatrans. We caught up with her on her recent visit to Singapore.

**T**he wife of Governor Irwan, Ibu Nevi is a social worker gathering other wives in government office to help in the local communities. Born and educated in Jakarta, she married in western Sumatra, where she now lives with her family. She works tirelessly in educating poor children, upgrading women's skills and teaching them to support their husbands in their businesses, and promotes SMEs. She imparts fish eating programmes to children for better nourishment and health.

Ibu Nevi and a delegation of 19 fellow female social workers visited Singapore to learn about leadership, discipline, safety, convenient transport systems and cleanliness.

She was impressed with the city's museums and plans to create a national museum in West Sumatra showcasing the local heritage, such as the Bunga Dahlia, a flower which was brought by the Dutch colonialists.

## What do you want Singapore to know about you?

I want to spread the message of unity. I also want to impart, Indonesian and Sumatran culture and food to the people of Singapore.

## What is the role of women in Minang (Sumatran) society?

While the man of the house is the leader as he earns an income and protects the household, the woman and mother is a supporting pole. She is expected to teach her children well, especially in having good relationships, honesty, and practicing modesty, decency, respect for parents and so on. The women of Minang play a very important role both before marriage, after marriage, during childbirth and in raising children.

## What values should she uphold?

Good qualities should be an inheritance. When a woman does not remember her role, there is mismanagement in

almost all areas of life. There is an increase in social ills, now common, such as gambling, drugs, prostitution, stealing and corruption in higher authorities. Decorum, modesty, good manners and culture have to be embedded in the younger generation. Sadly, this is not happening anymore. So the role of the Minang woman is to remember these values and instil them in her family and her society.

## Tambuah Mas wishes Indonesia a Happy 66th Independence Day

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# Enchanting Indonesia Enticing Singapore

Bringing cultural heritages closer to the world.



Every year, Enchanting Indonesia brings the beauty of the enthralling provinces of Indonesia right to the doorstep of Singapore. An annual event that showcases the cultural heritage from over 15 Indonesian provinces, it lived up to its name this year, when thousands of visitors were awed by the two-day show at the Civic Plaza, Ngee Ann City from the 2nd to 3rd of July.

Enchanting Indonesia was organized by the Embassy of the Republic of Indonesia in Singapore and supported by more than 1,000 delegates from the participating provinces as well as numerous companies and related entities. Several industries promoted their services, including airlines, tour operators, hospitality, hotels and events organisers. In addition, the tourism exhibition also gave a platform to various handicrafts, batik, traditional clothes and agri-products to display their products directly to the Singapore buyers.

The theme of Enchanting Indonesia 2011 was Cultural Heritage, evident in the ambience, stage decorations and the exotic performances. Cultural workshops highlighting music and art such as batik were

organised and several visitors participated to get a first-hand feel of Indonesian culture. Musical instruments from across provinces, such as the *angklung*, *gamelan* and *kulintang* were displayed to convey the diverse ethnic cultures that form a part of Indonesia.

Dance performances were rendered in sessions throughout the day and added much zest and life to the show. Some of the prominent dances were the *reog* dance that is known for the ability of the dancers to don a 60-kilogram mask in the shape of a *barong* while performing stunts. The stage also came alive with the unique *saman* dance, known as “1,000 hands dance” from Aceh, the *piring* dance, the *rancak gendang* drum ensemble among many other dance performances from the Indonesian archipelago.

A food gallery with authentic Indonesian cuisine drew a huge crowd. Visitors sampled traditional recipes such as the *gudeg jogja*, *gado-gado* and *soto*. Food and beverage stalls were thronged by tourists and visitors.

Another highlight of Enchanting Indonesia this year was the



promotion of the Visit South Sulawesi - 2012, in which several fabulous events will be organised in the province throughout next year to uncover its tourism potential.

The cultural evening on 2nd July, was marked by several dignitaries. Kensy Dwi Ekaningsih, Chargé D' Affaires A. I. of the Indonesian Embassy, stated that with direct flights from Singapore to all the 15 provinces of Indonesia, new and exciting opportunities in travel and tourism have arisen. Guests of Honour - Triyono Wibowo, Vice Foreign Minister of Indonesia, and Halimah Yacob, Singapore's Minister of State for Community Development, Youths and Sports, were entertained by remarkable dance and cultural performances. Mrs Yacob stated that Indonesia's rich cultural heritage serves as an instrumental aspect in establishing Southeast Asia as a world-class tourist destination. The final performance was an interactive *angklung* orchestra that captured visitors with its melody. Over 600 *angklung* were distributed for visitors to join in playing songs and as souvenirs - a gesture of Indonesian hospitality.



Reog Ponorogo Dance.

## Batik Goes International

Batik-inspired fashion brand stamps its artistic prints on the international fashion scene with the opening of the first Alleira boutique.

Alleira marked its foray into the international fashion scene with the official launch of its much anticipated flagship boutique at The Shoppes at Marina Bay Sands on Friday, April 29 2011.

The occasion was graced by Alleira Batik's brand ambassador, Annisa Pohan, Los Angeles-based actress and host Kelly Vaughn, as well as local personalities Linda Black, Oli Pettigrew, Cynthia Lee-MacQuarrie and Jacintha Abisheganaden.

Over 100 guests and members of the media indulged in details of the visual feasts: a gallery display of specially curated dresses, donned by famous personalities such as Ms Universe and Annisa Pohan; an exclusive live demonstration on the art of batik-making; and a spectacular fashion presentation featuring contemporary prints fused with a touch of heritage from Alleira's ready-to-wear,

cocktail and bespoke couture collections.

The show opened with a lovely, heartwarming scene; Annisa Pohan walking down the runway with her two-year-old daughter, Almira Tunggadewi Yudhoyono, dressed in a vibrant hued dress from Alleira kids, while Annisa glowed in a long, flowy chiffon gown from Alleira cocktail collection. A magical shawl demonstration rounded off the day's program, showcasing the various ways to instantly dress up or change the tone of an outfit with an Alleira printed silk shawl, much to everyone's delight.



The soul of **ALLEIRA's** collection and design is modern, with Eastern accents in terms of colour, pattern and texture. Alleira is proud to share contemporary prints inspired by batik painting techniques with the world as the modern woman now looks beyond regular styles and seeks quality fabric. Alleira International presents for the first time its Spring/Summer 2011 women's ready-to-wear and cocktail collections in Singapore. This collection explores unique prints mixed with solids; clothing that reflects individualism and showcases the beauty and versatility of contemporary prints fused with a touch of heritage.



The Shoppes at Marina Bay Sands,  
L1-67 Tel: 6688 7977  
Opening Hours: 10am to 11pm Sunday  
to Thursday, 10am to 12 midnight Friday,  
Saturday and eve of public holidays.



# ALLEIRA

*Our stores are located at:*

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*The Shoppes at Marina Bay Sands  
(South Wing)  
Level 1 Unit 67  
T: (65) 6688 7977*

*Malaysia, Kuala Lumpur  
Bangsar Village II*

*Upper Ground Floor, Lot UGF-5  
T: + 603 22017708*

*W: [alleirabatik.com](http://alleirabatik.com)*

# YOGYAKARTA TRAVELLER'S CHOICE

Whether it is nature, architecture, culture, shopping, food, spas or golf that lures you to a destination, Yogyakarta, on Java Island, provides ample reasons for you to visit. So we bring you glimpses of why Yogyakarta is a traveller's choice.



MERAPI

TOURISM VILLAGE

CULTURE

ACTIVITIES

# MERAPI: STORY OF SURVIVAL

Yogyakarta, also known as Jogja, made headlines the world over when Mount Merapi erupted in October last year. While rehabilitation work is still in progress, during their recent visit, NOMITA DHAR and VALERIUS REZA BOENAWAN discovered life is steadily though slowly returning back to normal.

**L**anding at Adisucipto (or Adisutjipto) International airport, we headed straight to the foothills of Mount Merapi. Before we could pay homage to the world famous architectural wonders of Borobudur and Prambanan, we had to pay our respects to those who had lost their lives to the October eruptions of Mount Merapi, or Mountain of Fire.

Here we were, taking a first-hand look at the trail of destruction that had taken with it people, plants and livestock within 20 kilometres of the mountain, leaving a virtual dead zone in its wake. On this day, Merapi was silent and was hidden behind the clouds, and glimpses of life, though sporadic, were telling a tale of survival.

In the village of Desa Pangukrejo, we spotted a newly reconstructed mosque, temporary tourist shacks and posters hailing the bravery of Mbah Maridjan, “the gate keeper”, who had lost his life during the eruption. We noticed many travellers taking a motorcycle ride to the house of Mbah Maridhan, whose house, though still soot-laden, was an addition to the “must-see” list.

Some 320 residents were killed by pyroclastic ash that spewed down the slopes of the heavily populated mountain and thousands were displaced. The months following the eruption saw more homes and farms swept away by raging waters from rivers swollen with lava.

As we were assessing the situation, we were followed by three happy village children: Wina (8), Endang (8) and Wida (6), students of SDN Pangukrejo (government elementary school).

While pointing towards Merapi, they described its wrath as “a flowing smoky red river that shook the ground, breaking our houses and school.” Now back in school after a five-month break, these children with their toothless smiles conveyed how they had forgotten the mayhem and were upbeat despite everything.

These children were either oblivious to the threat or had honed a spirit of a survival through generations of living on the edge, under the “Mountain of Fire”.





# GAMELAN: MUSIC IS IN THE AIR

If you were to ask who our host was throughout our stay in Indonesia, I would certainly say the notes of *gamelan* music in the air. The reverberating notes and signature sound of *gamelan* made tourists like me feel welcome, feel at home...

**W**hether your stay in Jogjakarta is a hotel or a home-stay programme, a friend's house, a restaurant or the foothills of Borobudur temple, Indonesians welcome you to their hearts and soul through music and dance. It takes just half-an-hour of practice with a master and you become a new member of the *gamelan* family.

At the foot hills of the Borobudur temple at Manohara, after witnessing the most splendid sunrise, it was the cords of *gamelan* that attracted a large group of Japanese tourists. And just after their first session they were playing for an audience.

Intertwined in day-to-day life, many opportunities are being created to keep the art form alive, current and thriving. One such initiative is Yogyakarta's sixteenth

Gamelan Festival (YGF), an annual international festival. This sixteenth annual gathering during the three days in July this year provided a platform for *gamelan* lovers to perform, discuss and enjoy.

Themed "Therapy for Life", the festival brought together eleven groups of performers from Indonesia, Japan, Taiwan, Malaysia, and United States. Over 500 *gamelan* players, dancers, and musicians involved in the classic and contemporary genre of *gamelan* arrangements played during the event. From Indonesia, the participants were from Solo, Madura, Ungaran, and Yogyakarta.

Held for the first time in 1995, the Yogyakarta Gamelan Festival was pioneered by the late Sapto Raharjo and his Gayam 16 Community. More than 30

countries have joined the event since then. It is not merely a music festival featuring *gamelan* musical instruments, but more than that, it also presents music from every instrument that blends into the 'spirit' of *gamelan*.



## PAK TJOKRO (COKRO): HOMAGE TO THE MASTER



**D**uring our visit, we had the honour and special privilege to visit the house of K. P. H. Notoprojo, one of the most celebrated names in Javanese *gamelan*. His home is both a residence for young artists and a site of regular performances

and gatherings of some of Java's best *gamelan* artists. Dancers were practicing to the beats of the *gamelan* step-by-step perfecting their moves for show time, at Prambanan that evening.

Revered for his contribution to spreading the appreciation and knowledge of Javanese *gamelan* around the world, Pak Tjokro's name is celebrated in the world of Javanese music as a composer and a missionary of a special kind, who was instrumental in spreading the art form throughout the world.

He died in Yogyakarta on August 30, 2007, at the age of 104 in the reckoning of years in the Javanese calendar.

During his lifetime, he led the Paku Alaman palace *gamelan* as well as

the *gamelan* for the Radio Republik Indonesia Yogyakarta, and taught *gamelan* in universities around the world, such as CAL Arts and UCLA. He was also a noted composer and rebab performer. On March 9, 2004, he received the Nugraha Bhakti Musik Indonesia Award.

In addition to playing in the court *gamelan*, he played with other famous *gamelan* groups, such as Daya Pradangga, and served as *gamelan* musical director at the radio station MAVRO (Mataramsche Vereeniging Radio Omroep) from 1934, Radio Hosokyoku from 1942-1945 during the Japanese occupation of Indonesia, and RRI Yogyakarta after independence.

# THE INSIDER'S VIEW OF PENTING SARI

Albert Einstein once complained, only half in jest, that: "God has punished me for my life-long contempt for authority by making me an authority." Lately, I feel I am being punished for my contempt for tourists (as opposed to culturally aware travellers) by being transformed into a tourist attraction.

**E**arlier this year, I moved into a bungalow on the outskirts of Penting Sari, a village on the slopes of Mount Merapi near Yogyakarta, to finish my upcoming book. Situated on a riverbank on the outskirts of the community, tree-shaded and preternaturally tranquil, it seemed the ideal writing retreat. Ideal, except for a few minutes each morning, when I hear the bullhorn of a tour guide approaching along the path. I prepare myself to step onto my terrace, for I know that in a moment he will announce to the gaggle of visitors he leads: "On the right we have the *joglo*, the community pavilion where we stage cultural performances. And on the left is the bungalow of Jeremy Allan, a writer from Canada. Come out, Mr Jeremy, and meet our guests."

I cheerfully tolerate this interruption for some very important reasons. Four decades ago, some villagers in Bali opened their homes to overseas visitors, initiating a form of grass-roots cultural exchange (and an important financial resource) that still flourishes in the shadow of multi-story hotels and fortress-walled villas. The strong communal bonds of Balinese communities and their exceptional ability to assimilate (or summarily reject) foreign cultural influence allowed a level of intimate personal contact with middle-class urban westerners that could, and did, prove problematic in other areas of the archipelago.

A generation later, educational



Jeremy Allan

opportunities, global satellite television, and, of course, the Internet has brought the wide world into the remotest villages. Those foreigners who appear in flesh are treated not as strange creatures from beyond the known world, but as largely familiar figures, albeit with some strange customs and behavior. The time has come to repeat Bali's successful experiment in village-level tourism in other areas.

In Penting Sari, I have the opportunity to participate in the development of this new tourism paradigm. Penting Sari is uniquely suitable as a model for a number of reasons. The astounding fertility of Merapi's volcanic soil brings prosperity, and, most importantly, the opportunity for every child to attain their desired level of education in the nearby university town of Yogyakarta. Their parent's generation, though mostly traditional farmers, have an impressive grasp of the modern world. I selected my 3G provider on the advice of one such farmer, as we chatted while he took a short break from plowing his rice field to let the oxen rest. He uses a smartphone for Facebook chats with his daughter working overseas.

Besides education and familiarity with the modern world, traditional Javanese culture, specifically *gotong royong*, mutual aid is a key to the success of Penting Sari. As in a Balinese tourism-oriented village, coordination of tourist visits is through voluntary efforts by the residents themselves, allowing more than ninety



percent of the money generated through home-stay rentals, meal catering, and souvenir sales to remain in the community. All contribute, however they can, to the welfare of their neighbors.

My contribution, as a resident of Penting Sari, is to train a core team of university students in proper interaction with foreigners, English language ability and other tourism-related skills. These students will then take the lead in disseminating this knowledge throughout the community. This is an ironic reversal of the usual career path of an informal-sector resident expat. They often start their life in Indonesia teaching English conversation while they acquire the skills, experience and contacts needed to build a career. I am only now teaching my first English conversation classes, though for a fee (Rp.0 /hr) miserly even by the standards of the local industry. But the knowledge that I am making a practical contribution to community prosperity and village empowerment is payment enough. And, my income from teaching English makes my book royalties seem a fortune in comparison.

The astounding fertility of Merapi's volcanic soil brings prosperity and, most importantly, the opportunity for every child to attain their desired level of education in the nearby university town of Yogyakarta.

# TOURING YOGYAKARTA

Javanese culture, art, music comes alive at the various villages of Yogyakarta that are now investing all their energy into promoting tourism, with each one offering its own diverse attributes.

**A**gricultural tourism is top on their agenda, with every village organizing activities like shepherding and breeding cattle, ploughing and cultivating fields, planting and harvesting, and sometimes even cooking in traditional Javanese methods.

Tembi, which is located south of Yogyakarta, is famous for its craftsmen; a cultural house in the village displays a collection of its handicrafts, art, weapons and other cultural objects. Kebon Agung village has a variety of musical performances for its tourists. *Karawintan/Gamelan*, a performance played with traditional instruments and *Macapat*, a Javanese song or poem, are some popular performances enacted by the villagers.

The attraction at Tanjung village on the other hand, is a *Joglo* house which has been standing for over 200 years; the village head also uses the premises for village governance. Brayut village meanwhile, is known for its beautiful mountain view and cold climate. Batik making and organic gardening are some of the activities tourists can partake in here.

Kelor village is perfect for rain lovers, situated at a height of 700 metre DPL; it sees an average rainfall of 3.070mm every year. A river and fish pond in the village affords activities like camping, river cruise, fishing and trekking, providing adventure in a rural setting. At Kembang Arum, salak picking from trees lining the yards of residents is a popular activity. Villagers also organize games like catching fish with bare hands, running on stilts to make tourists stay eventful.

Sambi, which is surrounded by the Merapi Mountain on one side and layered fields on the other, teaches tourists the art of making traditional herbal medicine, along with fun activities like milking cows, etc.

Ketingan is branded 'the village of Egrets', a village resort that has on offer egret and heron colonies along with its countryside beauty. Alternatively, Srowolan village is famous for its springs, which help meet the residents water needs.

Pagerharjo village is known for its tea and oil plantation, while Jetak Sidoakur is the official cultural and environmental village. Dotted with plastic waste in the past, the village is green and clean today and can teach even the most coveted environmentalist a lesson in waste management and reforestation.

Locals in all these villages open their homes to tourists, giving them a real opportunity to immerse in Javanese culture.



## PRAMBANAN TEMPLE



Prambanan is a masterpiece of Hindu culture of the tenth century. The slim building is an example of beautiful architecture of the time. It was constructed during the reigns of two kings, Rakai Pikatan and Rakai Balitung. Soaring up to 47 metres (5 metres higher than Borobudur temple), the foundation of this temple has fulfilled the desire of the founder to show Hindu triumph on Java Island. This temple is located 17 kilometres from the city centre, in an area dominated by a beautiful park. Legend has it that the temple was built in one night by one Bandung Bondowoso, to prove his love for a local lovely maiden. But this legend has a dark ending: feeling cheated by his lady love, Bondowoso turned her into the last of the temple's one thousand statues.

## BOROBUDUR TEMPLE



This famous Buddhist temple in Magelang, Central Java, dates back to the 8th and 9th centuries. This colossal temple was built between AD 750 and 842: 300 years before Cambodia's Angkor Wat and 400 years before work had begun on the great European cathedrals. At the beginning of the 11th century AD, because of the political situation in Central Java, divine monuments in that area, including the Borobudur Temple, became completely neglected and given over to decay. It was built in three tiers: 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 surface area of 2,500 sqm. Around the circular platforms are 72 open-work stupas, each containing a statue of the Buddha.

# EDITOR'S PICKS

When visiting an area on business or holiday, you always like to know the best places to dine and pursue free-time activities. Here we recommend three things to try in **Yogyakarta**.

## MERAPI GOLF

GOLFING ON THE PEAKS OF YOGYAKARTA



Sitting at 800 metres above sea level, with just the perfect climate and the most breathtaking panoramic view of Mount Merapi with the hinterland of Yogyakarta and the Indian Ocean, golf here is exciting. The stunning design of Merapi Golf Course is truly a masterpiece of a golf course.

Open to the general public, this 18-hole, 6370 meters, par 72 course is located only 30 minutes drive from the ancient city of Yogyakarta. The stunning design of Merapi Golf Course blends the natural beauty and the freshness of mountainous weather and the challenging hilly landscape with its volcanic rocks. Each hole is carefully planned and positioned, and is distinctly laid out with its own difficulties, serving a superb test for your golf skills.

Golf tours are available. An example of a one-day tour includes a visit to showcase the natural surrounding of Merapi Volcano with playing golf as the main programme. Enjoy the challenge of playing 18-hole golf at Merapi Cangkringan Golf Course, which is located on the Cangkringan Hill. A two-day package offers one-night accommodation on a twin-sharing basis including daily breakfast; return transfer airport/train station to your hotel by private air-conditioned coach or car; return transfer hotel; one guide; green fee, caddy fee and golf cart, twin-sharing. A three-day golf tour includes all of the above with a two-night hotel accommodation and two rounds of golf on the premium 18-hole course.

### Pt. Merapi Gelanggang Wisata

Jl. Golf No. 1 Kepuharjo-Cangkringan,  
Kab. Sleman, Yogyakarta 55281  
Tel: +62 274 896176

## RIVERSIDE VIEW

The restaurant owner Suryadi was a tour guide before this. While he was travelling, most of the restaurants he had been to were indoor restaurants, so he wanted to create something different, which is this restaurant by the river. Called Kali Opak (Opak River), it is quiet, and close to nature where birds sing and the water flows. The restaurant is popular with locals and tourists. The staff are mostly family members. Opposite the restaurant, Mr Suryadi has an art & culture centre that showcases *wayang* and *gamelan* playing.

### Kali Opak Resto

Ngablak 007/031  
Bokoharjo, Prambanan  
Sleman - Yogyakarta  
Tel: +62 274 783 0251



## MUSHROOMING SUCCESS

Owner Ratidjo HS, 68, has been selling mushroom seeds to farmers since 1968 and established this eatery in 2008. According to him, there are three reasons Indonesians don't eat mushroom: 1) they are scared of poison; 2) they don't know how to cook them; and 3) they don't know the advantages of consuming the fungus. He started by selling door to door for the first 3 years while experimenting with a menu and recipes. Once he learnt that locals liked mushrooms to consume, he set up a small warung with one table in 2006, and in 2008, opened the restaurant officially. Currently there are 130 employees. The restaurant serves 200 kg of mushrooms every day. There are 20 types of mushrooms offered, and 20 types of menus. The specialities: Sate Jamur (Mushroom satay), Tongseng Jamur (Mushroom with Javanese Curry), and Jamur Asam Manis (Mushroom with sweet and sour sauce).

### Jejamuran Restaurant

Jl. Magelang Km 10  
Yogyakarta, Java, Indonesia  
Tel: +62 274 868170



*H. S. Silver*

The silver necklace with blue sapphire stones is the epitome of fashionable Indonesian jewellery and is a must-have for all jewellery aficionados.



# Eclectic Indonesian Jewellery & Costumes All Set to Charm Singapore

Take a peek into Indonesian culture, traditions and dexterity with this brand new range of grand products.

*H. S. Silver*

A symbol of the Indonesian Gamelan orchestra, this silver gong could be the perfect, stylish, and very Balinese addition to your living room.



*Alleira*

Each outfit of the recently launched Alleira Bespoke Couture Collection is individually hand printed, painted and crafted by Indonesian craftsmen, making each piece unique. These exquisite batik silk fabrics come in different shades, hues and patterns and are made adhering to Alleira's stringent quality benchmarks.

*Foundation Jewellers*

Crafted in a combination of Chinese, Malay and Indo-European styles, these *Kerosangs* (brooches traditionally worn by Nyonyas on their kebayas) in Chinese inspired gold and diamond floral motifs are versatile jewel pieces known for their complex design and ornamental charms.

*Alleira*

Intricately hand painted by Indonesian artisans using traditional batik wax drawing technique, these elegant silk scarves has been woven using age-old Indonesian skill and method.



# Bandung Delights



Soda  
Gembira

Not many people know about this exciting cuisine of West Java.



**B**andung, the capital of West Java province, has a wealth of traditional dishes and cuisines. From various foods sold by street vendors to royal cuisine, you'll find something to enjoy.

The locals in West Java are called Sundanese and they have many contributions to Bandung food. Their food tends to be bland unless you add the fiery *sambal dadak* (chilli and other ingredients ground together) to your dish. *Nasi timbel* is steamed rice formed into a roll inside a banana leaf, and goes very well with *sambal dadak*. Usually a sweet-sour vegetable soup called *sayurasa* accompanies *nasi timbel*.

There are a lot of salads and vegetables in the Bandung and Sundanese diets. A dish with raw vegetables called *lalapan* with cucumbers, tomatoes, coriander leaves, eggplant, cabbage, lettuce, and so on is, again, eaten with the famous *sambal dadak*.

One of the most well known dishes as mentioned above is *nasi timbel*, which consists of *lalapan*, *sambal dadak*, a piece of fried chicken, fried beancurd, fried *tempeh*, and a slice of *jambal* (salted fish). You can also add *gepuk* (slices of beef, mixed in traditional herbs, then fried), *pepes* (main ingredients such as fish, chicken, mushroom, mixed with crushed and blended herbs, folded into a banana leaf, then steamed), sauteed greens, and others. *Nasi timbel* is a favourite among locals and visitors. Another favourite is *Batagorbaso tahu goreng*, which literally means fried meatballs and beancurd. It is made with minced fish and beancurd and is accompanied with a special peanut sauce.

Save room for sweets and dessert. *Pisang molen*, an Indonesian traditional pastry filled with banana and cheese, is delicious after a meal or for a snack. Then there's brownies *kukus* (steamed brownies) and *escendol*, made of ground rice, palm sugar and coconut milk, and perfect for a hot day. For a colder day, try the *bandrek* or *bajigur*.

Bandung also offers various milk products, most notably yoghurt. Basically there are two kinds of yoghurt in Bandung - the thin one, and the thick one (French style). Hot snacks include *gehu-toge tahu* - (beancurd with beansprouts and vegetables filling), *pisang goreng* (fried banana), *cireng-aci goreng* - (fried tapioca), and many more. You might be interested in trying other snacks, such as *nangka*

*goreng* (fried jackfruit), *peuyeum goreng* (fermented cassava, fried), *nanas goreng* (fried pineapple), and so on. *Ketan bakar* (roasted sticky rice) and *jagung bakar/rebus* (roasted/boiled corn) are also recommended. All this goes perfectly with a cup of coffee or tea.

Although not of Bandung origin, *nasi goreng* (fried rice) is always a favourite. The ingredients vary according to people's preference. Sometimes the rice is mixed with seafood, chicken and vegetables, mutton and vegetables, salted fish, and so on.



## Fast Facts Bandung

Indonesia's fourth largest city and West Java's capital.

### SUNDANESE CULTURE

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**Hotels, transport, sights:** useful information at [www.lonelyplanet.com](http://www.lonelyplanet.com)

### WHERE TO EAT

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<http://www.bumbudes.com/>

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#### Simei

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East Point Mall

Tel: 6787 8199 Fax: 6788 2565

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219 Bedok Central #01-130

Tel: 6383 8199 Fax: 6447 9232

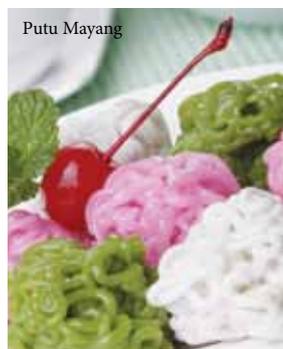


# Quick Palate Pleasers, á la Indonesia

Eating our way through Indonesia allows us to appreciate the significance of this vast country as a cultural crossroads where different ethnic groups, religions, art forms and basic foodstuffs interact to produce various delicious items. Here we look at the widely popular *Jajan Pasar*, or small, snack-like treats.



Srabi



Putu Mayang



Kue Ku



Klepon

**J**ajan pasar can be small appetizers or even entire meals. They are composed of a lot of courses served all together, and can be enjoyed as full meals or in-between-meal snacks.

*Jajan pasar* can be divided into two types: salty and crunchy treats or sweet. Fried bananas make delicious snacks, especially when served with peanuts or nutmeg.

*Klepon* is basically a rice dumpling stuffed with shaved palm sugar and rolled in fresh shredded coconut. *Srabi* is made from rice flour with coconut milk, plain shredded as an emulsifier. Every province in Indonesia boasts varying *Srabi* recipes, corresponding to local tastes.

Another famous Indonesian snack is *Putu*. There are two types: *Putu Bambu* (made from salted coconut-milk with a lump of palm-sugar in the centre and then steamed in a container made from bamboo shoots) and *Putu Mayang* (made from steamed rice-cake pressed through a perforated mould, then sprinkled with shredded coconut and palm sugar).

Steamed snacks are very popular in Indonesia. Most are made from sticky rice, rice flour and cassava or cassava flour. Additional flavourings come from the available natural resources, such as palm sugar as sweetener, pandanus leaf as a colouring agent, and grated coconut or mashed soybean as fillers. One widely popular steamed snack is *Wajik*, made from sticky rice steamed with palm sugar to produce its brown colouring.

*Kue Ku* is also worth trying. It is filled with sweet, smoothly mashed soybean. Originally, *Ku* was coloured red, flat and round with banana leaf as the base, but today, it comes in the form of different coloured fruits.

And when you think of Indonesian snacks, you immediately think of the rich coffees of Indonesia. In fact, Sumatra happens to be a producer of one of the world's finest coffees.

Sumatra began producing Arabica coffee in the 18th century when Dutch colonialists first introduced the beans to the northern region of Aceh, around Lake Tawar. Coffee is still widely produced in these northern regions of Aceh, as well as in the Lake Toba region to the southwest of Medan.

The quality of the picking, preparation and processing of the beans determines the coffee's character. Sumatra coffee is now often sold as Mandheling, named after the Indonesian ethnic group that was once involved in coffee production, not the region.

Sumatra coffee is available as a unique, semi-washed product and rarely as fully-washed coffees. Semi-washed coffees are best described as wet-hulled, and have more body and character. In this process, the parchment coffee (the green seed with the parchment shell still attached) is very marginally dried, then stripped of the outer layer, revealing a white-coloured, swollen bean. The drying process is completed on the ground as the seed quickly turns to a dark colour.

The grading of Sumatra coffees can be confusing. Many lots are standard, traditional Grade One grades that result in their classic, rustic, earthy flavours. But there are many super-grade lots, the so-called Triple-Pick coffees. These can be complex and intense, or sometimes more refined and broader in their overall range of flavours.

Next time you're at the supermarket or a café, try the Sumatran coffee blends – you will be delighted by their taste, body and character.



# Fresh Produce for Nutrition and Profit

An Indonesian businessman brings the bounty of his country's fresh produce to Singapore, which is a kind of second home to him. Here, this leading Indonesian fruit and vegetable importer-exporter looks at the greens scene and the opportunities it offers to both consumers and other entrepreneurs.

It's no wonder that Liem Kim Kie's business links Indonesia and Singapore, as he has deep-rooted ties to both countries. Born and raised in Kebon Jeruk, Jakarta, Mr Liem came to Singapore in 1975 to pursue his studies.

Liem worked in his family business for about one year before returning to Singapore, where he took his MBA from NUS in 1983. Other than this agriculture products company in Singapore, he also runs a car tyre rim business in Indonesia and an electronics factory in China.

Liem was a key figure in an initiative undertaken by Indonesian Ambassador Wardana in August 2009 for the Indonesian Fruits & Vegetables Exporters Association. After several months of planning, the Association was inaugurated in November 2009. Prior to that time, there was a spate of Indonesian importers and exporters in Singapore, but all of them operated on their own; the Association was created to bring them together into closer cooperation for mutual benefits of all. Basically, the association's purpose is to help its members to penetrate Singapore markets and increase their stake in that growing market.

His own company, Indo AgriFresh Pte Ltd, aims to be a world-class supplier of fresh Indonesian fruits and vegetables. Committed to the highest standards of fresh food safety and quality, Indo AgriFresh works to increase public awareness here in Singapore and



beyond, of the quality and varieties of Indonesian fresh produce.

As a man who knows the business environment well in both Singapore and Indonesia, Liem rates the current opportunity for business success in his homeland as "excellent!". In particular, he would advise investors and companies to come to Indonesia with the following goals: to buy a piece of land for agriculture; to do contract farming; to engage in food processing, such as setting, supplying, packaging, etc; to enter into joint ventures. Liem points out that "Indonesia has the most fertile land in this region (South East Asia)."



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# Leisure in Indonesia

Relax and Unwind!

## Golf

Golfing in Indonesia gives you a choice of many different environments that basically range from city golf to golf in mountainous areas or golf at courses that are fringed by white sandy beaches and waving palm trees.

Indonesia has at least six major regions where the golf is of high standard, namely Jakarta, Bandung, Yogyakarta, Surabaya, Bali & Lombok, and Bintan & Batam.

Added plus points for golfers are the friendly, mostly female caddies that assist you in playing your best and most enjoyable round of golf. On the green, they'll give you a read that will make your putt sink for par or better.

The Damai Indah Golf in Jakarta recently hosted the Indonesian Open tournament in July 2011.



Indonesia has at least six major regions where the golf is of high standard...

### Try These!

**Bintan Lagoon Resort - Bintan**  
Jl Indera Segara Site A12  
Lagoi, Bintan Utara  
Bintan 29155 - Riau Islands

**Cepu Golf Club - Central Java**  
Jl Sorogo No 1  
Cepu - Central Java

**Bali Handara Kosaido  
Golf & Country Club**  
Desa Pancasari, Bedugul  
Singaraja - Bali

More at [www.indogolf.com](http://www.indogolf.com)

There are approximately 200 spas scattered across Indonesia.



## Spa

From traditional treatments to holistic approaches to international therapies, spas in Indonesia are of high quality and attract many tourists and locals. Their locations in attractive landscapes (from beaches to mountains to nature parks) and exciting cities are an added perk.

There are approximately 200 spas scattered across Indonesia. The best-known Indonesian spa treatment is traditional massage or aromatherapy.

Indonesian spa treatments normally also offer traditional drinks made of herbs and roots, known locally as *jamu*. Most Indonesians believe that *jamu* is a powerful remedy to alleviate light ailments such as fatigue, headaches, aching bones or chills.

### Try These!

**Lorin Business Resort & Spa - Solo**  
47 Laksda Adisucipto Street Street  
City 57135 Central Java

**Day Spa Hotels & Destination Spas in Java  
- West - Bandung**  
9-15 Hegarmanah Setiabudhi Street  
Bandung 40141 West Java

**The Laguna Resort & Spa, Nusa Dua - Bali**  
The Laguna Spa & Villa  
Kawasan Pariwisata Nusa Dua Lot N2, Bali

**Spa at Maya - Bali**  
Maya Ubud Resort & Spa  
Jl. Gunung Sari Peliatan  
PO Box 1001 Ubud, Bali

## Nightlife

There is no shortage of fun and nightlife in Indonesia. From clubs at resort hotels to winebars and cafés, there is always something to entertain you. Apart from drinking and dining, cultural shows are often performed at the resorts. In this environment, you can sit back and enjoy the buffet and experience some of Indonesia's ancient and unique forms of dance and performance, a highlight being the intricately designed traditional costumes.

Tourists can be found knocking back beers in Bintang in one of the cafés at the Jalan Jaksa, a popular choice due to its chilled-out ambience and appealing prices in Jakarta. Kenanag is considered to be a fashionable area favoured by trendy young professionals and media types.

### Try These!

#### Golden Crown - Kota, Jakarta

Popular with Indonesians, this club has one huge Techno Kota room and a lounge with live music and house/progressive DJ.

**Glodok Plaza 5th-9th FL, Pinangsia Raya St., Pinangsia Village**

#### M Bar Go - Kuta Beach, Bali

M Bar Go is one of the fancy hip hop clubs in Kuta, dedicated to a younger clientele. Every Friday and Saturday night the place is full.

**Legian Street.**

#### Happy Cafe - Senggigi, Lombok

This is a popular haunt with locals and expatriates who come to enjoy the live entertainment and sushi bar.

**Jalan Raya Senggigi, Lombok**

There is no shortage of fun and nightlife in Indonesia.



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# Indonesians Tap on Singapore's Medical Achievements & World Class Facilities

This supplement is sponsored by  
Raffles Hospital



treatment and recovery, international patient service staff like Ibu Yumnizar, who has been with the hospital since its opening, are here to support them.

"Kami menempatkan diri sebagai pasien. We lend a listening ear and offer comfort and support. By doing so, we help our fellow countrymen as they go through the consultations and treatment in the hospital," shares Ibu Yumnizar.

Says Mr Lawrence Lim, General Manager, Raffles Hospital, "We have a large team of patient service officers in Singapore and our representative office - Raffles Medika Indonesia - in Jakarta to support our patients from Indonesia. They assist our patients

with booking of medical appointments, obtaining letters of guarantee from insurance companies, and arranging social visit visas, connecting flights and accommodation for patients and their companions."

In addition to private individuals, many Indonesian companies both in Singapore and in Indonesia, also count as partners of Raffles Hospital. These companies look to the hospital to provide medical services - from health screening to medical evacuation - to cater to the needs of their employees or clients.

## Orchard Road and Beyond

In tandem with the expanding needs of its patients, Raffles Hospital is planning its next stop in the heart of the shopping and tourist belt of Orchard Road. Plans are in the pipeline to set up a Raffles Specialist Centre by 2012 in the Thong Sia Building, opposite the Paragon Shopping Centre. A wide range of specialist medical and diagnostic services will be available in this Centre.

In addition, Raffles Hospital will also be expanding on its main campus at North Bridge Road by constructing an additional block. This will enable the hospital to expand its existing services as well as develop new facilities and services.

"We are confident that with these developments," says Mr Lim, "Raffles Hospital will be well placed to meet the changing healthcare needs of our patients, providing the highest standard of care and service that characterises the Raffles experience."

## NEXT STOP: RAFFLES HOSPITAL, SINGAPORE

Since the 1960s, Singapore has been a familiar destination for Indonesians for healthcare. The proximity, similarity in cultures, and the long-standing relationship between the two countries, coupled with the increase in direct flights from many parts of Indonesia in the recent years, have made Singapore an even more attractive medical destination.

For many Indonesians, Raffles Hospital has become their hospital of choice. Every day, Indonesians from Jakarta, and from Medan to Surabaya, and from Balikpapan to Makassar, come to the hospital for health screening, to seek treatment or a second opinion.

Located in the heart of Singapore city, Raffles Hospital is a private tertiary general hospital offering services in a wide range of medical specialties. Specialist services are provided through its cluster of 20 one-stop specialist centres including the Aesthetics, Cancer, Eye, Heart, Orthopaedics, Surgery, Traditional Chinese Medicine, and Women's & Fertility Centres.

As demonstration of its commitment to patient safety and clinical quality, Raffles Hospital is Joint Commission International (JCI) accredited and ISO 9001:2001 certified.



## Group Practice Model

Raffles Hospital is unique in Singapore in that it is the largest private hospital built around the group practice model, where the medical specialists are staff of the hospital.

"As a group, we provide co-ordinated team-based care," explains Prof Walter Tan, Medical Director, Raffles Hospital.

For our patients, the group practice model means they have access to the best skills for their medical treatment and care. For patients with multiple diagnoses, our specialists work as a multi-disciplinary team to integrate their care.

Adds Dr Tan, "Our patients can also be assured of consistency of the medical charges, as our specialists follow a fixed schedule for charging of their professional fees."

## Home Away From Home

To allow patients to focus on their



# Getting a Better Grip on Heart Disease

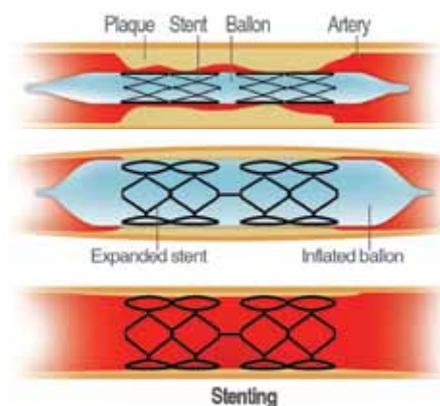
Coronary artery disease (CAD) is one of the leading causes of death in the world, accounting for one in three deaths.

CAD occurs when cholesterol plaque accumulates in the heart's arteries, gradually constricting blood flow and bringing about symptoms such as chest pressure or pains.

Over time, the plaques can rupture and blood cells can find themselves lodged in these "holes" resulting in a complete blockage of blood flow to the heart, causing a heart attack.

## Stenting To Prevent A Heart Attack

When a patient's heart disease has not progressed to the stage of a heart attack, interventional therapies such as an angioplasty may be able to help stem the problem.



Traditionally, angioplasties are performed by inserting a catheter into the femoral artery located close to the groin. Using X-ray, arteries with blockages are identified and these can be then be treated by inserting a stent as shown above.

However, angioplasties with femoral artery access pose some risks such as internal bleeding of the abdomen or even rupturing of the artery. Patients also need to lie flat for 6 hours after the procedure to prevent bleeding of the access point.



These problems can be overcome, however, with use of radial artery access in the wrist. Says **Dr Alvin Ng Chee Keong, Consultant Cardiologist, Raffles Hospital**, "Up to 80% of all complications

involving cardiac catheterisation procedures are usually due to the femoral access. Radial access eliminates these risks by making the procedure safer and less invasive for patients."

"Convenience is another boon as patients can mobilise immediately after the procedure. Radial artery access is also ideal for patients unsuitable for femoral access angioplasties such as obese patients."

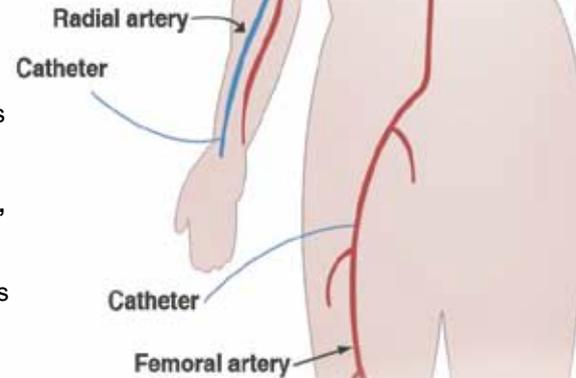
One grateful beneficiary of the radial artery access method is 67 year old Indonesian Ibu Tjong Njik Yan who discovered from her local doctor that she had CAD after having suddenly experienced chest pains and pressure. Wanting more information, Ibu Tjong was recommended by Raffles' representative office in Jakarta - Raffles Medika Indonesia - to go to Raffles Hospital for a consultation.

After cardiac catheterisation at Raffles Heart Centre, she learnt that she had a 95% blockage in her heart artery, placing her at great risk of a heart attack. On Dr Alvin Ng's recommendation, Ibu Tjong underwent a stenting procedure using radial artery access. She felt no pain during the procedure and recovered quickly after.

Today, thanks to the timely intervention, Ibu Tjong is safely at home and symptom free.

## Improving Life Expectancy After A Heart Attack

Sometimes, however, interventional therapy may be too late as a patient may have already suffered a heart attack. Despite having survived the heart attack, a patient's heart is usually weakened and cannot function as optimally as before,



thus leading to more problems. To improve life expectancy after such a traumatic event, doctors may implant an Automated Implantable Cardioverter-Defibrillator (AICD) into patients.

The AICD is a device that monitors and corrects episodes of irregular heartbeat. It is able to adjust the pace of irregular heartbeats and can even reset the heart's rhythm if need be.



**Dr Razakjr, Consultant Cardiologist, Raffles Hospital** says, "Patients in the at-risk category should install an AICD. Due to the unstable nature of the heart once it has been weakened or subjected

to disease, you will not know when the next heartbeat may or may not be normal. An AICD installed is akin to having life insurance."

"With its team of cardiac specialists, Raffles Heart Centre offers a comprehensive range of services and procedures. The continuous upgrading of medical services and practices reinforces Raffles Heart Centre's status



as a popular one-stop location for all of a patient's heart needs." says **Dr Ng Wai Lin, Consultant Cardiologist, Raffles Hospital**.

# Put A Stop To Joint Pain

## Reduced Knee Pain, Improved Mobility

At 71 years old, Mrs Teng was still very active in sports - playing badminton, cycling and practising tai chi regularly.

However, all these came to a halt when she started to feel a continuous sharp pain in her knees. The pain continued to worsen until a stage that she could not even walk a short distance. It was then she went to the doctor and found out through an X-ray that she had knee arthritis.



Fortunately, two of her husband's friends who had had surgeries for their knee arthritis at Raffles Hospital recommended her to consult **Dr Lim Lian Arn, Consultant Orthopaedic Surgeon, Raffles Hospital.**

Before arriving in Singapore, the Indonesian staff from Raffles Hospital's International Patients Centre assisted Mr and Mrs Teng to settle all their administrative and immigration issues for their trip. This helped put them at ease and allowed them to concentrate on preparing themselves mentally for the treatment.

Like Mrs Teng, most people assume that having pain in the joint is a normal process of ageing, and they just have to learn to live with it. "However, prolonged pain in the joints is an indication of joint cartilage damage, and should be evaluated early. If left untreated, joint deformity and pain can lead to a reduction in patient mobility," says Dr Lim.

Our joints are involved in almost every activity we do. When the joint becomes diseased or injured, the resulting pain can limit our mobility and interfere with our daily activities. Although the causes of joint pains are diverse, age is the most common reason for the "wear and tear" of joints, especially in the knee and spine. This is also known as degenerative joint disease. Other causes of joint pain include inflammatory arthritis, traumatic injuries or joint infections. The most common cause of joint pain is arthritis and the commonest type of arthritis is osteoarthritis, which usually affects larger joints, example at the knees and hips.

Management and treatment of joint pain include medication, physiotherapy, modification of lifestyle, weight loss and joint supplements. Once all conservative approaches have been exhausted, surgical intervention may be required to restore the normal physiologic function of the affected part.

In Mrs Teng's case, she was recommended by Dr Lim to go for a knee replacement surgery. On the third day after her surgery, she could start to do some walking exercises. A week later, she shared, "I feel confident and am not afraid to walk now." The surgery has not only helped to reduce the pain in her joints but more importantly, improved her mobility.

## Permanent Relief for Back Pain

Besides joint pain in the knees, experiencing back pain is also common among adults. The pain can vary from mild and short lived to severe and chronic. As people age, bone strength and muscle elasticity start to decrease. Most back pain is caused by an injury or trauma such as excessive stress to the back, but the pain may also be caused by arthritis or disc disease, osteoporosis or other bone diseases in the spine.

Patients with multiple disc-degeneration stages often suffer from intense pain. Although earlier forms of spinal fusion procedures help to relieve the pain to some measure, the relief is usually short term.

A new spinal fusion technique, known as hybrid fusion can now provide patients with a permanent pain relief and Raffles Hospital is one of the pioneering users of this technique in Asia Pacific.

According to **Dr David Wong, Consultant Orthopaedic Surgeon, Raffles Hospital,** "Hybrid fusion can protect the adjacent spinal level from further degenerating and provides a long-term effect. With a short downtime of just five days, patients can now experience less pain and look forward to regaining their mobility faster."



Don't let severe joint pain limit your activities. If you have not experienced adequate relief through medication and other conservative treatments, seek professional treatment for the pain relief you long for and gain the ability to improve your quality of life.

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# When an Expanding Waistline Brings Trouble

With increasing affluence and adoption of modern diets and lifestyles, obesity is no longer as uncommon and has emerged to become a challenging health issue.

Most of us know that the ideal way to lose weight is through regular exercise and healthy eating. While this may sound simple enough, many still find this an insurmountable task due to various reasons.



According to **Dr Stanley Liew, Consultant Endocrinologist, Raffles Hospital**, successful diets focus on slow achievable weight loss. To maintain a lower body weight, changes in diet and lifestyle must

continue indefinitely. For some, food may have nothing to do with the weight issue. Certain medical conditions such as thyroid condition and other hormonal disorders can lead to weight gain. Seeing an endocrinologist can help screen for these conditions. "Your doctor will closely monitor your progress then modify and intensify the therapy or medication, if necessary," says Dr Liew.



"Obesity is associated with more than 30 medical conditions such as heart diseases, joint problems and high blood pressure. Preliminary data shows that weight loss of about 10% of body weight, for persons who

are overweight or obese, can improve some obesity-related medical conditions," shares **Dr HG Baladas, Consultant General Surgeon, Raffles Hospital**.

He adds, "For people in the obese category who have tried but failed to lose weight, bariatric ('baria' for weight and 'tric' for treatment) solutions like intra-gastric balloon, lap sleeve gastrectomy and lap band surgery are available."

## Intra-gastric Balloon

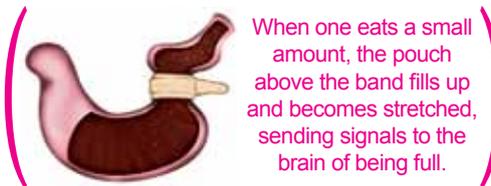
An intra-gastric balloon procedure involves passing a soft silicon balloon through the mouth into the stomach. The balloon fills the stomach so that the patient feels full after eating just a small amount. This procedure is only temporary, and the balloon is usually removed after six months. It is useful as an aid to weight loss and must be used together with a prescribed diet and behaviour modification programme.

## Lap Sleeve Gastrectomy

Lap sleeve gastrectomy is a procedure during which about 60% of the stomach is removed. It is permanent and restricts one's food intake due to the reduced stomach size but allows for normal digestion and absorption of nutrients.

## Lap Banding

Lap banding is a safe procedure that can help the severely obese lose weight effectively. It is like a diet permanently enforced by a surgically restricted stomach. It is a laparoscopic operation in which a hollow silicon band is clipped around the upper part of the stomach, thereby decreasing one's intake of calories and causing drastic weight loss.



The band is removable, adjustable and does not permanently alter the anatomy. More significantly, it is one of the least invasive obesity operations because neither the stomach nor the intestine is cut. It is also a long-term weight loss option with over 90% effectiveness.

Dr Baladas advises, "To qualify, one must be aged between 16 and 65, has a Body Mass Index (BMI) of more than 30 with co-morbidities, or more than 37.5 without co-morbidities."

"My patients have lost from 20kg to 70kg gradually after the lap band surgery. I think that the most amazing thing about it is its ability to transform lives," he adds.

And transforming lives is what our dedicated team of doctors can hope to achieve by providing professional and effective weight solutions to help our patients achieve healthier and happier lives.

## Lap Band Success Story

**Mr Rudy Hidayat, 54 years old Indonesian Businessman**

Mr Rudy Hidayat experienced numerous health conditions in the past. He used to have a BMI of 33 and weighed 95kg. He had chronic diseases such as asthma, hypertension, high cholesterol and fatty liver. He was also a heavy smoker.

In 2007, Mr Hidayat underwent a lap band surgery at Raffles Hospital. He lost 8kg during the first three months after the surgery and adopted a healthy lifestyle like exercising regularly, eating healthily and quitting smoking.

Today, he weighs 72kg and has a healthy BMI of 24.9. His health condition no longer bothers him and every aspect is under good control.

"I feel like a changed person!" exclaims Mr Hidayat. "My health improved tremendously and people say that I look younger than my age."

Dr Baladas recalls, "I'm happy to see that Rudy is healthy and having a good quality of life. He is also one who eagerly shares his experience with people who are in his shoes; telling them that obesity-related health conditions can be largely improved."





# Take Charge of Your Breast Health

**B**reast cancer in women has seen a sharp rise in recent years, making it currently the leading cause of cancer in women globally. Thankfully, breast cancer can be cured if detected early. "Cure rates in Raffles Hospital for breast cancer can be as high as 90%," says **Dr Donald Poon, Consultant Medical Oncologist, Raffles Hospital.**



Treatment depends on many factors, including the type of cancer and the extent to which it has spread. Treatment options for breast cancer include surgery to remove the cancer tumour or, in some cases, mastectomy in which the entire breast is removed, radiation therapy, hormonal therapy, and/or chemotherapy.

## Breast Conserving Surgery



"Breast cancer no longer equates to losing one's entire breast. Surgical treatment can be tailored for best survival and cosmetic outcomes," says **Dr Felicia Tan, Consultant General Surgeon, Raffles Hospital.**

"We are able to treat breast cancers with breast-conserving surgery, which removes the cancerous tumour without causing significant deformity to the breast."

With advances in technology, most breast lumps can be removed with minimally invasive methods, such as the vacuum assisted breast biopsy. This allows for small breast lumps to be removed through a needle inserted under image guidance. Unlike core needle biopsy, which involves separate needle insertions to remove multiple samples, the new probe is inserted

only once to remove multiple samples. Small breast lumps can be completely removed using this. This procedure can be done in the clinic under local anaesthesia without the need for hospital stay.

## New Procedure

For tumours in the breast that are too small to be felt, the common method involves locating the tumour by a wire guide with reference to radiographic scans (eg: ultrasound and mammogram). Problems with this method include a 30% to 40% miss rate, longer procedure time (translating to higher cost), and pain to the patient.

A new procedure called radioisotope occult lesion localisation (ROLL) allows for these pre-cancerous or cancerous lumps to be localised accurately and painlessly through injection of a radioactive tracer using fine insulin needles. With the use of a gamma probe, Dr Tan is able to localise the lesion during surgery and, based on the remnant tracer activity, ensure that the lump is removed surgically with a proper margin of resection. Dr Tan is the pioneer of ROLL in the region and introduced the procedure to Singapore in 2011.

## Immediate Breast Reconstruction

If mastectomy is required, the hospital offers immediate breast reconstruction surgery that is done at the same time as the mastectomy. "Immediate reconstruction has psychological



and aesthetic benefits", says **Prof Walter Tan, Consultant General Surgeon & Plastic Surgeon and Medical Director of Raffles Hospital.** "It restores the patient's body image. It

also allows the surgical team to plan the surgery to preserve the most breast skin.

With immediate breast reconstruction, the patient avoids the risks of a second operation."

## Targeted Therapy

For late stage cancer, the advent of targeted therapy has improved survival in stage four breast cancer patients by adding years of good quality life. Targeted therapy allows anti-cancer drugs to zoom in to destroy cancer cells while sparing the normal cells of the body.

Major advances in cancer chemotherapy have been achieved over the years, increasing the cure rate as well as the average survival of cancer patients. These improvements give us cause for optimism in our relentless pursuit of better cancer treatment.

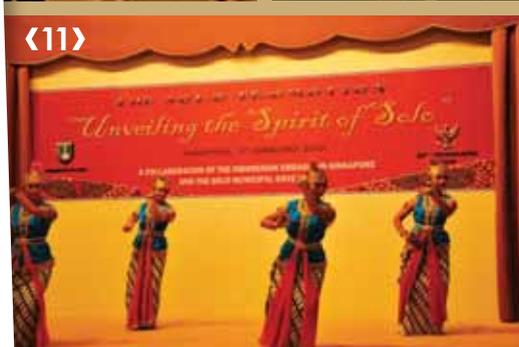
In addition, patients of Raffles Hospital have an option of obtaining a second opinion review by a cancer specialist from Memorial Sloan Kettering Cancer Center in New York under a special affiliation between the two institutions.

In keeping with its philosophy of team-based care, Raffles Hospital avails to cancer patients a range of patient support services such as pain management, counselling services, and Traditional Chinese Medicine to meet their medical, emotional, and psychosocial needs.

"Be vigilant but not anxious about any breast symptoms that you may experience. Any lump in the breast should be investigated by a breast specialist, bearing in mind that three in four lumps are non-cancerous. It is important that we also treat benign conditions, as some may be pre-malignant lesions that will become cancerous in time," advises Dr Felicia Tan.

# The Year In Pictures

It has been an eventful time for both Indonesia and Singapore, and their bilateral relations. Here are some pictorial highlights of the past 12 months.



1. Official ceremony celebrating Indonesia's National Day in 2010.
2. Indonesia Minister of Foreign Affairs Dr R. M. Marty M. Natalegawa and Former Singapore Minister of Foreign Affairs George Yeo exchanging copies of bilateral treaties signed in August 2010.
3. Dignitaries pose for official photos at the ASEAN gala evening.
4. Opening for the Central Java Promotions in February of this year.
5. Hands criss-crossed in solidarity and friendship at the second GCC, ASEAN.
6. At the Makasar Promotion.
7. In late April, the West Sumatran Promotion was a highlight of the diplomatic social calendar.
8. Current Chargé D' Affaires A. I. to Singapore, Kensity D. Ekaningsih at Table Top session on bilateral tourism activities.
9. Former Indonesian Ambassador Mr Wardana is honoured at a farewell reception for his distinguished service.
10. Flying the flag of Indonesian culture and performing arts at the 2011 Chingay festival.
11. Another impressive demonstration of Indonesian performing arts: folk dancers at the Solo Surakarta Promotions.

# Our Heartiest Congratulations and Best Wishes to The People and The Republic of Indonesia on their 66<sup>th</sup> Anniversary of Independence



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