

BALI

Regenerative Tourism

2024

Ina Slavcheva
Zitem Ziyaev



FOREWORD

We extend our heartfelt gratitude to HZ University of Applied Sciences for giving us the opportunity to participate in the Honours Programme and bring our project to fruition. Our deepest appreciation goes to our mentors, Kees Bal and Joeri Versluis, whose steadfast guidance and unwavering support were present in every step of our journey.

Our time in Bali taught us so much about regeneration and regenerative tourism, thanks to the wonderful people, organizations, and places we encountered and visited there,for which we are very grateful. We would like to clarify that the creation of this book is a passion project, driven by our commitment to regenerative tourism, and its content is not influenced by any financial incentives or sponsorships.

We wish to also express our sincere appreciation to Valeria Stamenova for her expertise in developing our website, as well as to all those who offered their assistance and encouragement along the way.

ABOUT THE AUTHORS



My name is Zitem Ziyaev, and I was raised in Varna, a seaside resort and port city in Bulgaria. I am a double-degree student in Water Management and Global Project & Change Management at HZ University of Applied Sciences in the Netherlands, who's very passionate about exploring and understanding the intricate complexities of our world. My curiosity drives me to explore diverse topics, travel to new destinations, and immerse myself in different cultures. My interests range from editing videos to climate adaptation, and most recently, regenerative tourism! This journey has been nothing short of wonderful, and I'm forever grateful for the chance to make a difference.



My name is Ina Slavcheva I come from Varna, a beautiful coastal city in Bulgaria. I am Civil Engineering Graduate at HZ University of Applied Sciences in the Netherlands where I am also currently following a second degree of Water Management. I have many interests such as art, reading, going out with friends and amongst all I love traveling and exploring new destinations and cultures the most. It was during the third year of my studies that I got to know about the concept of regeneration and regenerative tourism which has shown me that I can also contribute positively to the destination that I am visiting. That is also a big part of the inspiration for this project.

REGENERATION AND THE BOOK

Tourism in Bali, Indonesia, provides significant economic benefits, but it also degrades the environment and threatens local communities' livelihoods. Overtourism has caused water scarcity, environmental damage, and higher living costs. To address these issues, it is necessary to implement regenerative tourism practices that actively restore ecosystems and benefit local communities.

Regenerative tourism is a sustainable way to travel. Its primary goal is for visitors to have a positive impact on their holiday destination, which means leaving it in better condition than they found it. Regeneration is a concept that goes beyond "not damaging" the environment to actively revitalize and regenerate it, resulting in a positive cycle of impacts on local communities and economies.

With this e-book we seek to encourage a shift toward more sustainable and regenerative tourism practices in Bali and beyond, envisioning a world where travel promotes cultural appreciation, environmental conservation, community empowerment, and global awareness.

We aim to provide our readers with an easy and accessible guide to regenerative tourism in Bali. By carefully selecting places and experiences and ensuring an authentic and reliable guide for your journey, we eliminate the need for personal research, making it simple to explore regenerative travel options by simply finding them in the book.

Within our E-book, you'll discover a collection of personally experienced regenerative experiences, ranging from accommodations to bird walks and unique cafés and restaurants. It's a guide crafted with care, aimed at providing you with meaningful regenerative experiences that not only enrich your travels but also contribute positively to the destinations you visit.

Yours Sincerely,
Ina and Zitem

Adoption of zero waste policy
Supporting local farmers by supplying all of their restaurants from them
Reuse of collected plastic waste by turning it into furniture and decor
Raising awareness about pollution and climate change through their learning center and workshops



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SEMINYAK

BADUNG REGENCY





REGENERATIVE DINING

DESA POTATO HEAD

01 About

Desa Potato Head is a cultural center in Bali that includes a resort, beach club, restaurants, and a creative waste lab focused on transforming waste into design objects. Their goal is to achieve zero-waste operations and inspire positive change in the hospitality industry. Initially striving for sustainability, Potato Head has shifted to a regenerative approach, aiming to leave the planet better than they found it. They adopt a circular model, upcycling waste produced at the Desa into furniture, amenities, art, and more. For more information, please visit their official website.



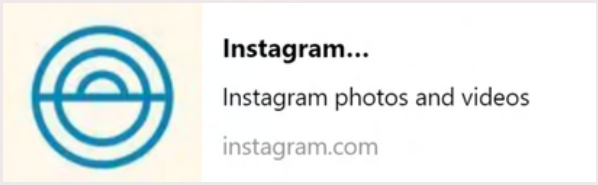
02 Location

- **Jalan Petitenget no. 51B, Seminyak, Kuta Utara Kabupaten Badung, Bali — 80361, Indonesia**

Desa Potato Head is located in Seminyak, a beach resort area in Bali, known for its vibrant nightlife, stylish boutiques, and diverse dining options. It offers a mix of high-end resorts, lively bars, and beautiful beaches, making it a popular destination for tourists seeking both relaxation and excitement.



03 Contact Information







Website | https://seminyak.potatohead.co/

REGENERATIVE EFFORTS

Adoption of zero waste policy

Supporting local farmers by supplying all of their restaurants from them

Reuse of collected plastic waste by turning it into furniture and decor

Raising awareness about pollution and climate change through their learning center and workshops

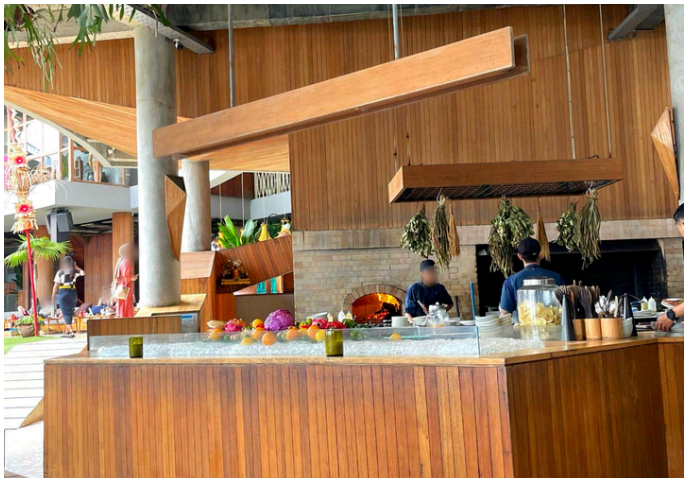
Our Experience

When we first arrived at Desa Potato Head we were immediately greeted by very polite and welcoming staff. Then we saw their learning center that aims to show the extent and effects of pollution from the tourism industry and what strategies the resort has implemented to prevent it. Part of their regenerative efforts include turning collected plastic waste into furniture and decor for their restaurants and hotel. Everything is done onsite in their WasteLab.There is also an art installation created out of 5000 flip-flops found along the shores of the coast,to demonstrate the reality of marine pollution.In addition, all of the produce in their restaurants is locally sourced and they have a zero waste policy.All food lefovers are utilized as compost for farms.It was truly unique and inspiring experience seeing how sustainability and regeneration are possible even at such a popular touristic spot.We had a great time,the food was very tasty and the staff was extremely nice and attentive.

€5.00 — €90.00











KUTA

BADUNG REGENCY





REGENERATIVE EXPERIENCE

SCENTSORYLAB BALI BY KALA SUNARA

01 About

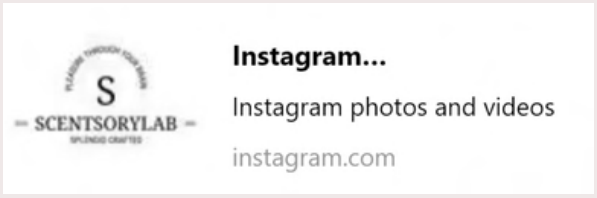
Scentsorylab Bali by Kala Sunara is a locally owned private group company that offers several different workshops in perfume making, as well as body and hair care product creation. Their scents are inspired by Bali's landscapes and cultural heritage. Committed to giving back to the community, Scentsorylab donates a portion of their workshop profits to the Bali Children Foundation, supporting the education and well-being of children in need. For more information, visit their Instagram page.

02 Location

- Jl. Dewi Sartika No.1, Tuban, Kec. Kuta, Kabupaten Badung, Bali 80361, Indonesia

This address is located in the Tuban area of Kuta, which is part of the Badung Regency in Bali, Indonesia. Tuban is a bustling area known for its proximity to the Ngurah Rai International Airport, making it a convenient location for travelers.

03 Contact Information





WhatsApp | +62 851-7501-4052

REGENERATIVE EFFORTS

Connecting people with Balinese culture by educating and helping them to create perfumes that use traditional Balinese essential oils from local suppliers

Donating part of profit to a foundation that invests in children's education

Our Experience

> It was not only a valuable learning experience but also heartening to discover that a portion of their profits supports a foundation dedicated to helping children. The workshop itself was well-organized. It began with an explanation about different essential oils and the fragrance pyramid. Then we were allowed to choose different essential oils we wanted to mix for our perfume making.The choice was hard because there were a lot of oils to choose from all with great fragrances. Afterward, we were guided on how to combine the essential oils and the rest of the ingredients in order to create our perfumes. Each of us made two perfumes and we even did air freshener as a free gift from them. Overall, our experience with them was enriching, fun and meaningful.

€16.00 – €34.00











UBUD

GIANYAR REGENCY





REGENERATIVE EXPERIENCE

ASTUNGKARA WAY

01 About

Astungkara Way is an organization in Bali that focuses on regenerative tourism and cultural immersion. Their mission is to reconnect the two pillars of Bali's economy — tourism and agriculture — demonstrating a model of regenerative transition that can resonate globally. They offer different experiences such as Walking Trails and Farming Experiences that involve connecting visitors to Bali's traditional food and cultural heritage. For further details, please visit their official website.

02 Location

- **Jl. Raya Sibang Kaja No.68, Sibang Kaja, Kec. Abiansemal, Kabupaten Badung, Bali 80352**

Their main office, a bamboo Regenerative Farming Learning Center, is situated amidst the rice paddies of Abiansemal, just a short distance from Green School Bali. Their Farm Experiences take place at their Regenerative Farming Learning Center 1 in Subak Uma Lambing, Bali.

03 Contact Information





Email | contact@astungkaraway.com

REGENERATIVE EFFORTS

Actively engage with local farmers to transition to regenerative farming methods

Raising awareness about the detrimental effects of chemicals such as pesticides and fertilizers on local soils through workshops and classes

Our Experience

We participated in a Half-Day Regenerative Farming Tour at their learning center.It was a very interesting experience for us because we got to learn about the main principles of regenerative farming and the current efforts to transition to growing rice organically without any pesticides or fertilizers.We had a workshop about creating organic compost from materials such as banana threes and already harvested rice stems that have dried up.We were taught how to plant seeds and we also made bracelets from natural beads produced by the local plant Jelly-Jelly.We finished our tour with traditional Indonesian lunch that we prepared together with the locals and had relaxing yoga session after .All of the guides and locals were very nice and eager to show us as much as possible and answer our questions.We had a wonderful day with them that we will always remember.

€30.00









UBUD BOTANY INTERACTIVE

01 About

Ubud Botany Interactive is a locally owned health and beauty shop offering workshops where you can learn about botanicals and create natural products. Immerse yourself in authentic Balinese culture while making your own range of natural body care products from locally sourced plants. These step-by-step workshops help you develop new skills to make all-natural hair and skincare products in the Balinese style. For more details, visit their official website.



02 Location

- **Jalan Kajeng No.32A, Ubud, Kecamatan Ubud, Kabupaten Gianyar, Bali 80571, Indonesia**



03 Contact Information







Website | https://www.ubudbotany.com/

REGENERATIVE EFFORTS

Connecting people with Balinese culture by educating and helping them to create skincare using traditional Balinese products and recipes

Our Experience

We participated in a workshop on how to create Shampoo, Body Scrub, Sunscreen and Balinese Healing Scrub from all natural ingredients that are typical for Balinese culture.We utilized a number of different and interesting techniques during the preparation of each product.The workshop was in a small group of 5 people so the atmosphere was cozy and friendly and everyone got personal attention from the teacher.This workshop was a great way for us to learn more and connect to Balinese culture and their traditional recipes and techniques.

€20.00









BEGAWAN LIFE

01 About

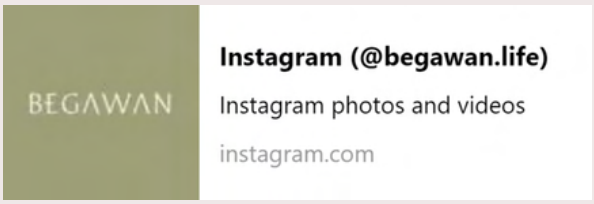
Begawan Life is a foundation in Bali that aims to promote conservation and regenerative practices through various experiences. The foundation has years of experience working with the local community for cultural preservation and transition to regenerative farming practices. They also provide quality progressive education for rural children and have established a breeding and conservation program for the endangered Bali Starling. Experiences offered include engaging in hands-on learning at the Begawan Learning Centre and exploring the cultural significance of the Subak Temple and rice fields. For further details, please visit their official website.

02 Location

- **Begawan Biji Restaurant ,Melinggih Kelod, Payangan, Gianyar Regency, Bali 80572**

The location is set amid regenerative rice fields and permaculture gardens in Bayad Village, 20 minutes from downtown Ubud.

03 Contact Information





Email | hello@begawan.org

REGENERATIVE EFFORTS

Protecting the Bali Starling in their breeding and release center

Providing educational classes to rural children

Adoption of regenerative farming and permaculture practices

Our Experience

“

Our experience with Begawan was nothing short of amazing. From the moment we arrived, we were warmly welcomed by the owners and our guide for the day, Anyssa. Our visit began at their Breed and Release center, where we learned about their critical mission to preserve the endangered Bali Starling. The center follows a meticulous five-step process to ensure these rare birds can safely reproduce and thrive in the wild.

In addition to their conservation efforts, Begawan is deeply committed to improving the lives of the local community. One of their key initiatives is organizing educational classes for rural children, helping to enhance their academic foundations. Interestingly, their newest restaurant, Biji, was born out of a desire to teach these children healthy eating habits by providing them with balanced food during their classes. This initiative eventually led to the expansion of the restaurant, which is now open to the public, allowing them to continue funding their educational program.

Begawan’s community engagement doesn’t stop there. They are also pioneering efforts to assist local farmers in transitioning to regenerative farming methods and reviving traditional Balinese rice cultivation. Begawan actively supports these farmers by providing essential materials, machinery, and a market for their rice, which in turn creates financial security for the farming families. During our visit, we explored their rice fields, the facilities where they sort and clean the rice, and their permaculture sites. We were given detailed explanations at every step, and we left with a lot of new knowledge about their mission.

Begawan is currently working tirelessly to raise awareness about the Bali Starling, the importance of regeneration, and the value of quality education. We highly recommend that everyone visit at least once to experience the meaningful and beautiful work they are doing and to have a delightful meal in their restaurant.

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Our Experience













REGENERATIVE DINING

JUICE JA CAFE

01 About

Juice Ja Café, nestled on Suweta Street in Ubud, Bali, is a cozy cafe dining experience with a focus on fresh, sustainable ingredients sourced from their own organic farm. They offer a menu that includes local homemade favorites and international dishes, aiming to promote sustainable dining practices and support local farmers whenever possible.

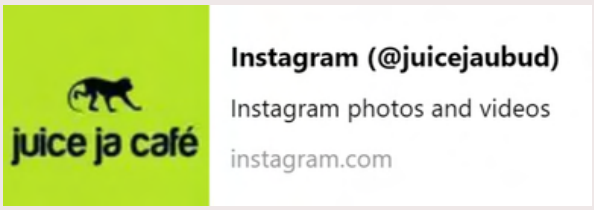


02 Location

- **Jalan Suweta No 49, Ubud 80571**



03 Contact Information





WhatsApp | +62 821-4427-9256

REGENERATIVE EFFORTS

Supporting local farmers by supplying their produce from them

Our Experience

> Upon entering this place, we were warmly greeted by not only the staff but also the welcoming atmosphere of the place itself. Having the expectations of finding a diverse and rich range of juice flavours, we were nicely surprised to find that Juice Ja is not only a healthy cafe but also sells items that are not easily found in supermarkets. From healthy nut butters to gluten-free staples and many more food items, this place left a long-lasting impression on us, especially knowing that they're doing their best to promote sustainable dining practices. We would love to recommend this place to anyone who's looking for a healthy treat but also if you have always wanted to start a cleansing program that is designed to boost your body's immune system, they have it all!

€1.00 — €4.00





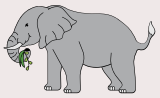




THE ELEPHANT RESTAURANT

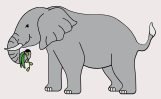
01 About

The Elephant Restaurant, located in Ubud, Bali, is a casual dining spot offering international vegetarian dishes, plus a bar and open-air seating. Dedicated to creating delicious and healthy food that doesn't harm the planet, they strive to be an ethical business. All their dishes are 100% vegetarian, with many options easily adjusted to be vegan and gluten-free. The restaurant comprehensively separates waste, sources chemical-free vegetables and fruits from reliable farmers, and filters their own water for washing produce, further reducing their carbon footprint. They also maintain a permaculture garden behind their sister restaurant's parking area, DUMBO.



02 Location

- **Hotel Taman Indrakila, Jl. Raya Sanggingan, Sayan, Kecamatan Ubud, Kabupaten Gianyar, Bali 80571, Indonesia**



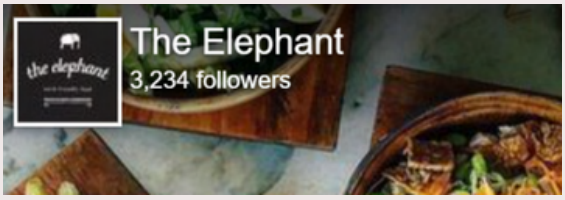
03 Contact Information

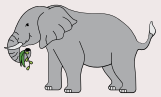


Instagram...

Instagram photos and videos

instagram.com





Website | https://www.elephantbali.com/

REGENERATIVE EFFORTS

Responsible waste management policy

Supporting local farmers by supplying their produce from them

They have permaculture on site that is used in their menu

Our Experience

> Inspired by its model and excited to see the beautiful Tjampuhan Ridge in the cultural heart of Bali, we paid the Elephant Restaurant a visit! To begin with, the restaurant was not only beautifully arranged with different plants but also surprised us with its diverse menu, which was fully vegetarian. With a variety of refreshments, sides, salads, and savory items available, choosing what to try was a bit of a challenge, but everything was very delicious! Knowing that the Elephant aims to create food that is delicious, healthy, and environmentally sustainable, we felt good about our visit. Additionally, it was fascinating to see their permaculture garden and learn that they source organic fruits and vegetables from reliable farmers in Bali. All in all, definitely a place to visit!

€1.00 — €10.00









KAFE UBUD

01 About

Kafe Ubud is a neighborhood restaurant and healthy comfort food cafe located in the heart of Ubud on Jalan Hanoman, Bali. They offer both vegetarian and non-vegetarian menus made from natural, organic, and local ingredients. Their menu features a diverse array of flavorful dishes inspired by global cuisines including Jamaica, India, Australia, Thailand, Italy, and South America. Whenever possible, they use Bali-harvested organic produce that is chemical-free. Many of their vegetables are sourced from Yogi's Garden Farm in Payangan, where they are grown organically or are in transition to organic farming methods.



02 Location

- **Jl. Hanoman No.44B, Ubud, Kecamatan Ubud, Kabupaten Gianyar, Bali 80571, Indonesia**



03 Contact Information





WhatsApp | +62 819-0711-8242

REGENERATIVE EFFORTS

Supporting local farmers by supplying their produce from them

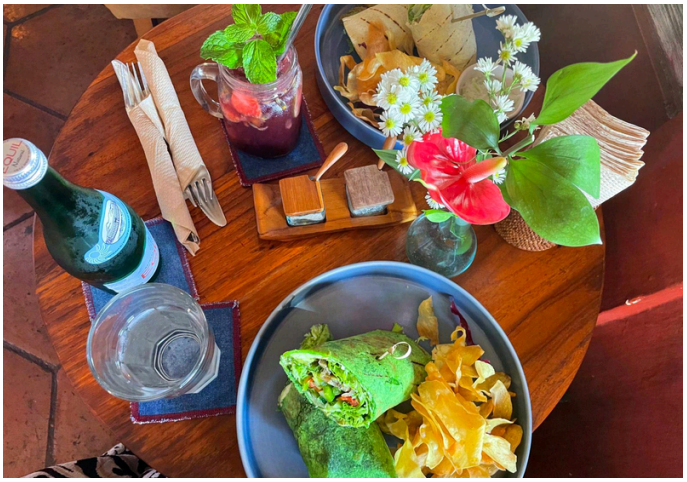
They have permaculture onsite that is used in their menu

Our Experience

A visit to Ubud wouldn't be complete without stopping by this popular spot. Having heard so much about it, we were eager to experience its charm firsthand, and it did not disappoint! The menu was impressive, offering a variety of global flavors to suit everyone, including vegetarians, vegans, and those on keto diets. Plus, there were great cocktails for a delightful night out. What really enhanced the atmosphere for us was their unique concept: a wall adorned with vertically arranged plants and vegetables. Many of the vegetables used at Kafe Ubud are grown at a farm in Payangan, which for us was very important and definitely contributed to our experience!

€1.00 — €10.00









FAIR WARUNG BALE

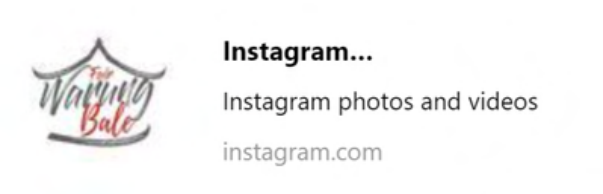
01 About

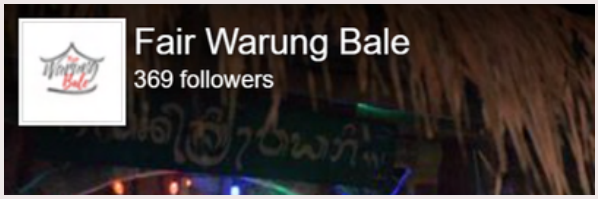
The Fair Warung Bale is a unique dining experience located in Bali and operated by the Bali Sari Foundation that combines delicious cuisine with a profound social mission. It not only offers great meals but also provides free medical care for those in need through its innovative economic model. Every meal enjoyed here contributes directly to funding healthcare services, ensuring that diners support a meaningful cause with every visit. The restaurant's mission is funded through training young people and receiving donations, which directly benefit those in need of medical assistance.

02 Location

- **Jl. Sri Wedari No.6, Taman Kaja, Kecamatan Ubud, Kabupaten Gianyar, Bali 80571, Indonesia**

03 Contact Information





WhatsApp | +62 813-5337-0466

REGENERATIVE EFFORTS

Donating a big part of profit to the Bali Sari Foundation that provides healthcare services to poor people

Our Experience

> A restaurant with an important and valuable mission! Tucked away on a small street amidst the bustling area of Ubud, this eatery offers a cozy atmosphere and great cuisine. Upon arrival, we were delighted to see the bustling crowd, knowing that the restaurant donates all net profits to the Bali Sari Foundation, which helps people in need of medical healthcare. The interior is charming, with photos of children on the walls serving as a reminder that every meal directly contributes to this cause, leaving diners with a sense of fulfillment and purpose.

€1.00 — €5.00





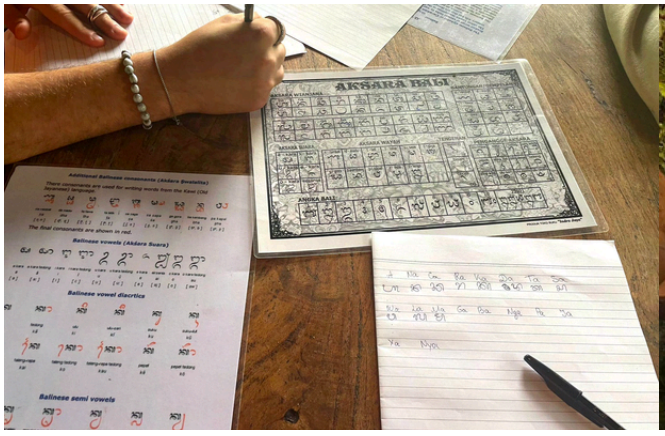






MOUNT BATUKARU

TABANAN REGENCY





REGENERATIVE EXPERIENCE

SARINBUANA ECO LODGE

01 About

Sarinbuana Eco Lodge, nestled on Mount Batukaru's remote slopes, is just a 15-minute walk from a stunning rainforest and 1.5 hours by car from Canggu and Ubud. The lodge offers a range of activities, including guided treks, Balinese cooking classes, wood carving, and calligraphy workshops led by the local community. Guests can also enjoy the natural chemical-free pool and wood-fired steam sauna. Dedicated to regeneration, the lodge uses herbs and spices from its organic gardens and continually plants to support local bird and butterfly populations, among many other things. For more information, please visit their official website.

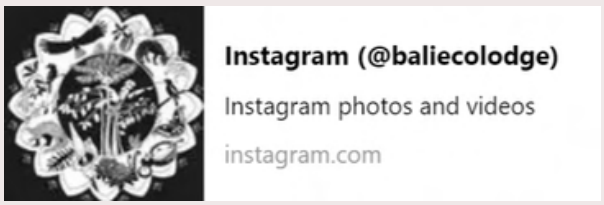


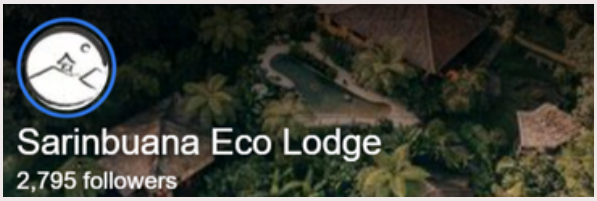
02 Location

- **Jalan Arjuna, Br. Biyahan Desa Wanagiri, Dalang, Kec. Selemadeg Tim., Kabupaten Tabanan, Bali 82152**



03 Contact Information







Website | https://www.baliecolodge.com/

REGENERATIVE EFFORTS

Employing and training local villagers, promoting Balinese culture and traditional skills

Continuous wildlife preservation efforts, including Bali Starling breeding and orangutan rehabilitation (working with Begawan Life)

Focus on supporting local suppliers and reducing imports

Sponsorship of community projects, including education and sports activities for children

Responsible tourism practices with a focus on regeneration over sustainability

Our Experience

Upon arriving at the destination, we were immediately astonished by the lush greenery and stunning landscape. Within minutes, it was clear how many years of effort had been put into this place, with its amazing natural chemical-free pool and the sound of birds chirping all around. After dining at their restaurant, where meals are served with organic herbs from local farmers, we joined a wood carving workshop. To our surprise, it turned out to be harder than we expected! Fortunately, the local guide was incredibly kind and carved two beautiful flowers for us to take home, which we will always remember. Following that, we had another workshop with the same lovely man, who taught us Balinese calligraphy and how to write and spell the different Balinese consonants and vowels. He even wrote a special message of our choice, which we can take home to show our friends and family. All in all, it was an amazing experience that allowed us to immerse ourselves in the lush rainforest of Bali.











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BOOK AVAILABLE IN MULTIPLE LANGUAGES

HTTPS://TINYURL.COM/REGENERATIVE-TOURISM-INA-ZITEM