

HEALING & TRAVELING

**7 DAYS
6 NIGHTS**

**@ HILDA
HOLISTIC
HOUSE.**

**JAKARTA,
CAPITAL
CITY, THE
LAND OF
ISLAM**

\$1600 USD



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HISTORY

THE ENTRY OF ISLAM
INTO BATAVIA
(JAKARTA).

MENTAL HEALTH & COACHING

EMOTIONAL,
PSYCHOLOGICAL, AND
SOCIAL WELL-BEING.

TADABBUR ALAM

PRIVATE TIME FOR
REFLECTION AND
PRAYER

OVERVIEW

Healing & Traveling by bisniswisata.co.id provides spiritual experiences to Muslim converts which are designed with tour packages to provide an in-depth and supportive experience for converts, especially ways to manage stress, anxiety and feelings that may arise during the conversion process.

The itinerary and activities are designed to be more connected to faith and provide the ability to manage mental and emotional health after moving to become a Muslim/Muslimah

The package costs US\$1600/person aimed at the Muslim convert segment from various parts of the world for 7 days/6 nights excluding air transport costs from their respective countries.

Those interested are advised to arrive in Jakarta, Indonesia by morning flight, be picked up at Soekarno-Hatta Airport and immediately tour according to the itinerary. On Sunday, you will be taken back to the airport to return to your respective countries or continue your journey to other parts of Indonesia. Payment is completed 7 days before arrival via Bank Mandiri, account number: 1270010696613 DRA HILDA SULISTYO

Participants are advised to arrive by morning flight arriving in Jakarta. Schedule of activities from Monday - Sunday.



ITENERARY - DAY 1

1. PICK UP FROM AIRPORT & PAY A VISIT TO ISTIQLAL MOSQUE JAKARTA:

The Istiqlal Mosque in Jakarta has several important functions:

- **Place of Worship:** This mosque is the main place for carrying out the five daily prayers, Friday prayers and other religious services for Muslims.
- **Center for Religious Activities:** Apart from prayer, the Istiqlal Mosque is also a center for other religious activities such as recitations, lectures and religious discussions.
- **National Symbol:** As the largest mosque in Southeast Asia, the Istiqlal Mosque also functions as a symbol of national pride and a representation of religious tolerance in Indonesia.
- **Religious Tourist Attraction:** This mosque is often visited by tourists, both from within and outside the country, who are interested in its architecture and history.
- **Large Event Venue:** The Istiqlal Mosque is also often used for large events, including celebrations of Islamic holidays, conferences and social activities.
- **Education Center:** This mosque has facilities for religious education, such as a madrasa, library and Islamic education classes.



2. (13.00) LUNCH TIME : RESTAURANT

3. (14.00) VISIT SUNDA KELAPA HARBOUR

- History:

The entry of Islam into Batavia (now Jakarta) was part of the process of spreading Islam in the archipelago which began in the 13th century until the 16th century. Here are some main points about the entry of Islam into Batavia:



ITENERARY - DAY 1



- **Traders and Scholars:** Islam was first brought by traders from Gujarat, India, as well as from the Middle East and China. They came to the archipelago to trade and spread Islamic teachings.
 - **Islamic Kingdom in Java:** Along with the increasing influence of Islam in the archipelago, Islamic kingdoms began to emerge in Java, such as the Kingdom of Demak. These kingdoms played an important role in the spread of Islam in the surrounding region, including Batavia.
 - **Fatahillah and the Conquest of Sunda Kelapa:** One of the important events in the history of Islam in Batavia was the conquest of Sunda Kelapa (the old name of Batavia) by Fatahillah in 1527. Fatahillah, who came from the Demak Sultanate, changed the name of Sunda Kelapa to Jayakarta, which later known as Jakarta.
 - **Role of Local Ulama:** Local ulama also play a major role in spreading Islamic teachings through education, da'wah and building mosques. They taught Islamic values to the local population and helped integrate Islam into the daily lives of the Batavian people.
 - **Dutch Influence:** Even though the Dutch later took control of Batavia and founded a modern city there in 1619, the influence of Islam remained strong among the native population. Mosques remain standing and Islamic religious practices continue to be carried out by the community.
- The process of spreading Islam to Batavia reflects the dynamics of interactions between traders, ulama and Islamic kingdoms in the archipelago, as well as how Islam spread through various social, economic and political channels.
- 4. (18.00) check-in at Hilda Holistic House (homestay)**
- 5. (19.00) Dinner**



ITENERARY - DAY 2

FULL MENTAL HEALTH TREATMENT & COACHING.

Mental health refers to a person's state of emotional, psychological, and social well-being. This influences how we think, feel, and act in facing life. Good mental health helps us handle stress, relate well to others, and make healthy decisions. Here are some important aspects of mental health:

- **Self-Awareness:** Recognizing and understanding our own feelings, thoughts and behavior.
- **Stress Management:** The ability to manage the stress and pressures of daily life in a positive and constructive way.
- **Social Relationships:** Have healthy and supportive relationships with other people, including family, friends, and coworkers.



- **Mental Resilience:** Able to recover from difficulties, be adaptive to change, and remain positive in facing challenges.
- **Life Balance:** Maintaining a balance between work, free time, rest and other activities that are enjoyable and satisfying.
- **Achievement and Productivity:** Feeling satisfied with personal achievements and being able to work productively and efficiently.
- **Self-Acceptance:** Accepting yourself with all your weaknesses and strengths, and having a positive view of yourself.

Mental health problems, such as depression, anxiety, and bipolar disorder, can affect many aspects of a person's life. It is important to seek professional help if you are experiencing mental health problems.

Support from family and friends, as well as medical and therapeutic interventions, can help in the recovery and management of mental health conditions.

ITENERARY - DAY 2



1. (07.00) BREAKFAST : INDONESIAN CULINARY, "NASI UDUK"
2. (10.00) ISLAMIC MENTAL HEALTH
3. (12.00) LUNCH: THE MOST DELICIOUS RENDANG
4. (14.00) COACHING TIME
5. (16.00) MASSAGE TIME
6. (19.00) DINNER: BAJAMBA STYLE

History:

Makan Bajamba, or Makan Barapak, is a communal eating tradition originating from Minangkabau culture in West Sumatra, Indonesia. This tradition has several important characteristics and meanings:

- **Togetherness and Mutual Cooperation:** Eating Bajamba involves many people sitting together in one place, usually on a mat, showing the values of togetherness and mutual cooperation.

- **Traditional Dishes:** The food served usually consists of typical Minangkabau dishes such as rendang, curry, grilled fish and various vegetables. This food is served on a large plate placed in the middle and eaten together.
- **Traditional Ceremonies:** Makan Bajamba is often held at various traditional ceremonies and important events such as weddings, circumcisions, big holidays and religious events.
- **Social and Cultural Values:** This tradition reflects the social and cultural values of the Minangkabau people, such as respect for guests, respect for food, and the importance of close social relationships.
- **Rituals and Procedures:** Before eating, there is usually a ritual or prayer together. The host or traditional figure often provides a greeting or advice before the meal begins.
- **Symbol of Unity:** Makan Bajamba also functions as a symbol of unity and solidarity in the community, strengthening relationships between community members.

The Bajamba eating tradition is not only about eating together, but also about strengthening social ties and maintaining the rich cultural heritage of the Minangkabau.



ITENERARY - DAY 3-5



DAY 3 - TADABBUR ALAM: ONE DAY TOUR @ PANTAI INDAH KAPUK (PIK)

1. (10.00) VISIT THE NATURE TOURISM PARK MANGROVE FORREST

Visit Al Hikmah Mosque for Personal Reflection: Private for reflection and prayer, enjoy the tranquility of natur. Praying time.

Visit Ecopark/ PIK 2

2. (16.00) PIK THEMATIC CULINARY



DAY 4 : ONE DAY TOUR BANDUNG SHORT TRAINING PRAYER MOVEMENT & CITY TOUR

SENAM PERKASA (Breathwork Yoga), a series of relaxation poses designed to help balance the body and mind.

Exploring Physical, Emotional, Spiritual Health and Harmony, AI, & Sexuality. At Senam Perkasa Center we research and develop programs based on philosophy and applications regarding the human body so that we get real evidence that it is useful. Helping to maintain and optimize health so that it remains in top condition.

The programs we provide are simple, logical, effective and efficient. It can be applied anytime, anywhere and by anyone who really wants to get a better quality of life.

1. (7.00): DEPART FROM HALIM STATION WITH WHOOST TO BANDUNG

2. (10.00): LEARN ABOUT SENAM PERKASA INDONESIA

3. (15.00): BANDUNG CITY TOUR

4. (19.15): DEPART FROM BANDUNG TO JAKARTA.

DAY 5 :

1. (9.00): MUALAF CENTER INDONESIA PEDULI

2. (14.00): TAMAN MINI INDONESIA INDAH

3. (18.00): JAKARTA BY NIGHT

ITENERARY - DAY 6&7

DAY 6:

1. (10.00): VISIT MOSLEM FASHION CENTRE, THAMRIN CITY

2. (14.00): VISIT OLD CITY JAKARTA, FATAHILLAH MUSEUM

Kota Tua Jakarta, often referred to as "Old Batavia," is a historic area in Jakarta featuring Dutch colonial architecture and is one of the city's main tourist destinations. Some of the functions and attractions of the Old City of Jakarta include:

- **Historical Tourism:** This area is full of historical buildings from the Dutch colonial era, such as the Fatahillah Museum, Wayang Museum, and Toko Merah.
- **Cultural Center:** Old Town is often the location of cultural events, art exhibitions and festivals. It is a center for creative and artistic activities, attracting artists and visitors from various places.
- **Recreation Spots:** There are many cafes, restaurants and souvenir shops in this area, making it an ideal place to relax and enjoy the historical atmosphere.
- **Education:** With its many museums and historical sites, Kota Tua is an important place for historical and cultural education, both for tourists and students.
- **Photography and Documentation:** The unique colonial architecture and classic atmosphere make Kota Tua a favorite place for photographers and filmmakers.
- **Historical Preservation:** The Old City of Jakarta functions as an effort to preserve historical and cultural heritage, providing insight into Jakarta's past and its development over the centuries.
- **Tourism Development:** As one of the main destinations in Jakarta, Kota Tua also plays a role in developing the tourism sector, attracting local and international visitors.

3. (19.00): FAREWELL PARTY AT HOMESTAY



DAY 7:

1. (4.30) COMMUNITY TIME:

Going to mosque for congregational prayer Sholat Subuh (early in the morning) at Masjid Nurul Mahmudah.

2. DROP OFF TO AIRPORT

