

# NIKOI ISLAND

## Children

### ... a few tips



Children of all ages have a great time on Nikoi although the range of activities and the general layout of Nikoi is better suited for children over the age of 4. Free from TV, computers and shopping malls we find children are inspired by a beautiful natural environment where they are free to explore without any fears. There are rope swings, tree houses, beaches to comb, craft workshops, dress-ups for wannabe pirates and mermaids, treasure to find, jungle to explore, crabs to chase and boulders to climb. For older children there are kayaks, paddleboards, windsurfers and sailing boats. The owners of Nikoi all have children so from the initial planning of the development of Nikoi, children's interests have been at the forefront of the layout and design. Below is some more information to make you plan your trip better.

### Food and drink

Our kitchen serves food that is both nutritious and what children enjoy eating. The focus is on using fresh and unprocessed ingredients that are simply prepared. We find that children love our food and we even have parents tucking into the leftovers (particularly the hamburgers). We serve a fixed menu that changes daily and is written up on a blackboard in the morning.

Typical dishes for children include roast chicken, fish and chips, pasta, hamburgers, fresh fruit and freshly baked bread. Our ingredients are purchased from local markets and whilst we cannot certify they are organic, the farming practices in this part of Indonesia are small scale and there is little use of pesticides and fertilisers. If your child has any particular dislikes or allergies then please let our staff know. We have had numerous cases of children with severe nut allergies and the kitchen is experienced with handling this.

Children's meals are usually served separately from adults' meals but if you want to eat with your children then do let our staff know. High chairs and booster seats are available. A children's movie is typically shown after their evening meal and we find this is a great way to help children settle before going to sleep and they are often found dozing in the beanbags before the movie has finished – what a life!

Our water comes from wells on Nikoi that we then filter and run through a UV treatment process. Nevertheless, we would recommend you use the fountain water available at any of the bars. Fresh juices are served at breakfast and water at all other meals. Bottled water is provided in the rooms. If you would like to limit the soft drinks consumed we suggest that you introduce a rule of one canned drink a day and perhaps as a special treat a kids mocktail in the evening. Our experience is that we find the kids are great at policing this rule themselves but feel free to ask our staff to help you with this.

### Swimming

Please do not let your children swim either in the pools or in the ocean unsupervised. Whilst our staff are often on the beach we do not have dedicated beach attendants or lifeguards that will keep an eye on your children for you. Depending on the tides there can be strong currents around the island so please be careful to check before you enter the water. Life jackets are available and we would recommend they be worn by all ages for all water sports activities. We would also recommend you bring reef shoes, crocs or waterproof shoes to wear when swimming or walking around the island.

1° 04' N, 104° 43' E

RELAXED BY NATURE

# NIKOI ISLAND

We provide snorkeling equipment free of charge and Nikoi is an excellent place to learn to snorkel, as the reef is easily accessible from the beach. We have sighted turtles, spotted rays, clownfish (ie Nemo), cuttlefish, an interesting variety of soft and hard corals and of course all manner of reef fish. Visibility varies depending on the season and tides. At very low tides accessing the reef can be difficult so if you or your children are inexperienced then we recommend you avoid swimming and snorkeling at low tide. Our staff can provide information on the tides and the best locations to snorkel. Please do explain to children they should not stand on the coral as not only are they likely to end up with nasty cuts they will damage the coral reef something that takes years to grow back.

## **Toddlers and Babysitting**

Cots with mosquito nets and a fan are available. Please let us know in advance so that these can be set up in advance of your arrival. Our kitchen will be happy to sterilize bottles, heat up milk or infant food. We do not stock infant food nor can we buy fresh milk locally but are happy to refrigerate it if you wish to bring your own. Toddlers should not be left in the rooms unattended. Babysitting can be arranged with advance notice. An hourly charge of S\$10 per hour will apply. Baby monitors could be used although they would need to have a range of 300m. There is no air conditioning in the beach houses but there are overhead fans and additional fans can be provided.

There is a small selection of beach toys and as the floor of the dining and bar areas is sand there are plenty of shaded areas for toddlers to play in the sand. We also have a number of large canvas awnings on the beach that provide shade. Please note our swimming pools are unfenced and some railings and balconies are not safe for toddlers.

## **Safety**

You and your children's safety are of paramount importance to us. If you follow the advice of our staff and exercise sensible precautions then you are sure to have a safe and enjoyable stay. The attraction of a private island is its isolation and even though we have endeavoured to make Nikoi safe for all our guests you will be visiting a remote part of Indonesia where the nearest hospital is over an hour away and the standard of care will not be of western standards. In the unlikely event of an accident we have an emergency procedures plan with a variety of options depending on the nature of the accident. Whilst we do not have any trained medical staff on the island there is an extensive first aid kit. The proximity to Singapore means that helicopter evacuation to Singapore is possible and the contact details for this service are kept on the island.

## **Mosquitoes**

We are fortunate that the sandy soils and sea breezes mean that mosquitoes are rarely a problem. As a precaution we fog and this has helped reduce the population of mosquitoes to a negligible number around the houses and restaurant areas. Even though Malaria is not common in this part of Indonesia, we periodically screen our staff. There is no village or any other residents other than our staff living on the island so there are no means for mosquitoes carrying the malaria parasite to be on the island.

## **Sand flies, snakes and spiders.**

There are no sand flies on Nikoi and as far as we are aware there are no venomous snakes or spiders on Nikoi.

## **More information**

If you have any further questions please email them to [relax@nikoi.com](mailto:relax@nikoi.com)

1° 04' N, 104° 43' E

RELAXED BY NATURE