

CHILDREN... A FEW TIPS

Children of all ages have a great time on Nikolalthough the range of activities and the general layout of Nikol is better suited for children over 4 years old. 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, treasure to find for wannabe pirates and mermaids, 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 or 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 market 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 dislike or allergies then please let our staff know. Ou kithchen is experienced with preparing food fo children with severe nut allergies.

Children's meals can be either served separately from adult meal or you can eat with your children. High chairs and booster seats are available. A children's movie is typically shown after the 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 rainwater and wells on Nikoi that we filter. We recommend that you do not drink the tap water and instead use the fountain water available at any of the bars or bottled water in the rooms. Fresh juices are served at breakfast and water at all other meals. 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. We make a lot of our own sodas and these will be a healthier option to the canned versions.

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 wear reef shoes, crocs or waterproof shoes when swimming or walking around the island. Our watersports team have a selection of reef shoes in most sizes.

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

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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 are they likely to end up with nasty cuts and will damage the coral reef something that takes years to grow back.

Toddlers and Babysitting

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 (UHT is available) 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 \$\$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. 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 is not of western standards.

In the unlikely event of an accident we have an emergency 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. We control mosquitoes using a unique trap that means we do not need to spray insecticide. Malaria is not common in this part of Indonesia. Whilst Dengue is prevalent like it is in Singapore it is rarely seen outside the main towns. There is no village or any other residents other than our staff living on the island so there is no possibility for mosquitoes to transmit the Malaria parasite or the Dengue virus.

Sand flies, snakes and spiders.

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

More information

lf you have any further questions please email them to relax@nikoi.com

















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