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## OBSERVER <br> D <br> 21 July 2024

## Tours \& Travels



The beautiful, exotic Nusa Penida island lies just 25 kilometers from Bali, the most famous tourist destination in Indonesia. Nusa Penida is a much smaller island than Bali, but it has some of the most amazing scenery in the entire Bali province (which it's part of). We've visited Penida more than a dozen times over the years, but it never gets old. This island is definitely one of the most beautiful places to visit in Indonesia. The island can be visited on a day trip from Bali (same day return), but I think it's better to stay and spend at least a few days sightseeing. There are so many good photo spots, hikes, and other things to do in Nusa Penida! This travel blog will explain what to do in Nusa Penida, how to get there, where to stay, best transport options and tour packages, and some of the top sights to see. I've also included a handy Nusa Penida island map for trip planning!
First of all, ifyou're on a tight schedule or want to skip the extra steps involved in arranging your own trip to Nusa Penida, GetYourGuide has prearranged day trips to Penida, complete with hotel transfer, fast boat tickets, island tour, and same day return to Bali. These tours visit some of the top sights in Nusa Penida island, including Kelingking Beach, Broken Bay, and more. We've used GetYourGuide for lots of day tours and activities around the world, and they're great! Highly recommended.

Where Is Nusa Penida?
Nusa Penida is asmall island located southeast of Bali, Indonesia. The distance from Bali is about 25 kilometers ( 15 miles). Penida has two small neighboring islands sitting right next to it called Nusa Lembongan and Nusa Ceningan, and together these are known as the Nusa islands, but Nusa Penida has become the most famous of the three because of its scenic cliff views and stunning beaches.

## How To Get To Nusa Penida

From Bali, the only way to reach Nusa Penida is by speedboat or ferry, with the speedboat journey taking about 45 minutes or so. There's no airport in Nusa Penida, so the closest place to fly is the international airport in Bali (DPS). You can shop for flights to Bali at Skyscanner. There are a bunch of speedboat
companies in Bali making the trip to Penida daily, and they all depart from Sanur Beach at various times. If you're staying in Ubud, Canggu, Seminyak, Kuta, or elsewhere in south Bali, you can also drive over to Sanur and catch a boat. Some boat companies include a shuttle service from these areas in their total price. I wrote a complete guide on how to get to Nusa Penida with one of these speedboat companies if you want to go there independently and arrange everything yourself. It's more economical than booking a tour package, but also a bit more complicated. The other option is booking a day tour to Nusa Penida with a Bali-based tour company. This can be a good option if you're on a tight schedule or want to skip the hassle.

## Visiting Nusa Penida Island - Tourist Fee

Since 2023, there's now an entrance fee for tourists arriving by boat at Nusa Penida, and it's intended to pay for better infrastructure on the island. You'll pay this in cash when you first get off the boat in Penida, and the fee is 25 k Rupiah for adults and 15 k for children. It gives you entry to all three of the Nusa islands: Penida, Lembongan, and Ceningan. This ticket also gives you entrance to all of the main attractions and beaches on Nusa Penida, so you don't have to pay a second fee at Kelingking Beach anymore, for example. Overall, it's a positive change, because in the past you had to whip out your wallet and pay a small entrance fee at every tourist spot in Nusa Penida. That was a bit tiresome. Nowadays, you pay once at the harbor and you're done.

## Transport: How To Get Around On Nusa Penida

Even though Nusa Penida is a much smaller island than Bali (with about 4 percent of Bali's land mass), it's still not exactly tiny. You can expect to spend hours driving around if you want to see the best sights on each corner of the island. Just like in Bali, you have two main transport options for exploring Nusa Penida: motorbike rental (self drive), or hire a car and private driver. Many of the roads in Nusa Penida are still very rough and narrow, so I don't think motorbikes are a good idea here, although lots of people seem to do it with no issues. Remember to wear a helmet, honk your horn before hills and blind turns, and
be prepared to pull over to the side to let cars pass. There's not a lot of room on the road. When I visit Nusa Penida l've always rented a car with driver (you can book here) because it's safer and more comfortable, and the prices are only a bit higher than what you'd pay in Bali for a full day of driving. Scooters are also easy to rent from your accommodation (or other places) in Penida, and you can expect to pay about 75 k Rupiah ( $(\$ 5$ USD) per day with a full tank of gas. For short taxi trips (like hotel transfers to/from the dock) you can usually arrange those on the spot or with your hotel, although they're not very cost effective. Unfortunately the Grab and Go-Jek ride hailing apps are not yet available in Nusa Penida (only Bali), but maybe that will change eventually.

## What To Do In Nusa Penida <br> \section*{- Kelingking Beach}

The Kelingking Cliff is the most famous view in Nusa Penida, and probably one of the most iconic views anywhere in Bali. This is an incredible 'T-Rex' shaped rock sticking out over the ocean, with perfect turquoise water splashing around it. The first time you look over the edge of the cliff and see this view, it really is breathtaking!
After you're done admiring the scenery at the Kelingking Cliff, there's also a path to go down to the beach at the bottom. The hike down to the beach is a major workout, a bit scary, and takes at least two hours roundtrip, but you're rewarded with one of the best white sand beaches in Nusa Penida Bali.

## - Paluang Cliff Viewpoint

Everyone goes to Kelingking Cliff, but there's another spot located very close to it with its own amazing scenery, called Paluang Cliff. It's just a 5 minute drive from Kelingking. Paluang may not be as well known as Kelingking, but that's part of the appeal. It's a great alternative spot that gives you views of the Kelingking T-rex from the other side, without the crowds. There are swings and photo platforms at the Paluang Cliff, plus a Balinese temple with a quirky car shrine, called the 'car temple' of Nusa Penida.

To be contimued on next issue

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## 7 WAYS

 TO GETMORE OUT OFThere are lots of perks to apartment living it's relatively low-maintenance, convenient and secure so it's not surprising that this compact habitat is becoming a popular choice for more and more Australians. But with less space comes new challenges like how to fit everything in or where to park your car if you're apartment doesn't come with a car space. And, space isn't the only thing you have to sacrifice. Chances of owning a pet in an apartment are low and you'll also have to live without a backyard (for some, this can be a blessing!)

But less space doesn't have to mean compromising on quality of living. Thanks to clever small space living solutions and the rise of the sharing economy, you really can have the best of everything. Here are some easy ways to get more out of apartment living.

## 1. Rent extra storage space

Just because your place has limited storage, doesn't mean you have to throw away the things that don't fit in your cupboards. Jump onto Spacer.com.au and find someone with a spare attic, garage or cupboard and store it there instead. If that's not practical for you, check out these creative storage solutions for small spaces.

## 2. No car space? No worries!

If you've managed to score a pad in a sweet location, chances are you won't actually need a car too often. For those times you do need wheels however, they're only a tap away. For cheaper ride sharing, try Taxify; to share your neighbours' car, try Car Next Door; and to deliver something, get onto Zoom2u. If you have a car space you don't need to can make some extra cash by

## APARTMENTLIVING


renting it out with Parkhound.

## 3. Rent a pet

Who said pets are for life? If you're not allowed pets in your apartment, but you crave animal affection, check out Mad Paws, Australia's largest online pet sitting community. Become a registered sitter and get paid to take a neighbour's dog for a walk, or stay at someone's home while they are travelling and satisfy your craving for puppy/cat/bunny love


## 4. Find your own backyard

Who needs a quarter acre patch of grass when the whole of Australia can be your backyard? For the times you're craving wide open spaces, hop onto Camplify, rent one of the many caravans or RVs on offer and hit the road with your accommodation already sorted. It's likely the people you rent it from will have a bunch of tips for your trip too!

If it's gardening you're into, track down your local community garden via Facebook or a quick Google search. Community
gardens utilise either individual or shared plots on private or public land to provide a communal patch where members of the community can come to grow produce and share gardening knowledge.

## 5. Invest in up-to-date tech

Not only is the latest tech sleeker and more compact than its yester-year counterparts, it can help enhance your quality of living too. If you shop smart, it doesn't need to break the bank with sites such as Catch.com.au offering discounts on apartment living musthaves, such as Google Home and Dyson's V6 Slim Handstick Vacuum, year round.

## 6. Minimise your wardrobe

Gone are the days of dozens of dresses you only wore once cluttering your wardrobe Now you can rent an outfit for that specia occasion, saving you money and saving on storage as well! For a trusted rental source, check out The Volte, WA's top Sharing Economy Business of The Year, as awarded by The Sharing Hub

## 7. Get organised!

Whether it's finding smart storage solutions, chucking out unneeded stuff, or forcing yourself to get better at being tidy, having a clean and organised home is so important when space is limited. If you're someone who just can't seem to keep on top of their belongings, grab a Bluetooth tracker, like Tile, so you can find them quickly and easily.
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# TIPS FOR HASSLE-FREE HOME CONSTRUCTION 

## Carefully Select the Builder:

Before hiring a builder, drive past their previous jobs and speak to the homeowners. Ask if the builder had good follow-through, whether the job was completed on schedule and on budget and if they were pleased with the quality of work. Also, check the builder's relationships with subcontractors and supply houses essentially find out if they pay their bills. A builder who is behind in payments will most likely encounter delays in receiving materials and have a hard time keeping a quality crew.

## Hire a Lawyer:

Have a lawyer review the contract with your builder. Building a home is a
major investment and it's important to make sure all of your bases are covered. A small lawyer fee up-front could save you thousands of dollars should something go wrong during construction.

## Investigate the Area:

Before purchasing land, research the school district and crime rate. Drive around the surrounding area, checking for convenience to interstates, schools, shopping and restaurants.

## Don't Overbuild:

Before finalizing home plans and beginning construction, compare the home you're planning with others on the same street. You never want to be the most expensive house on the block; you won't get your money back when you sell.

Don't Select a Builder Based Solely on Bid: When choosing a builder, don't select the one with either the highest or lowest bid. A high bid doesn't guarantee a superior product and the lowest bid could mean that you'll be hit with extra costs as construction progresses. Often, the low number is to reel you in and the extras
will be tacked on later.

## Hire Locally:

Word-of-mouth references are a good gauge of a builder's reputation. So ask around, then hire the best builder in the community. A wellestablished local builder will have plenty of nearby subcontractors and suppliers to rely on, meaning no costly travel delays while waiting for out-of-town crews and materials.

## Build for Your Future:

When planning your home's layout, think not only about your current lifestyle but also plan for a few years down the road. For older adults, a master bedroom on the ground floor is a smart bet. Also, including a shaft that could one day be an elevator is a good idea. The space could be used as closets now and easily converted to an elevator should the need arise.

## Don't Go With the Latest and Greatest:

Fill your home with technology that will stand the test of time. State-of-the-art features are great but quickly become outdated. Buy products that have been on the market for a year or two. They're less expensive, readily available and any initial kinks and design flaws have been worked out.

## Avoid Trends:

Nothing betrays a home's age like trendy, of-themoment fixtures. Let's say that Brazilian cherry hardwood is all the rage, then it goes out of style making your home look dated. Select fixtures and features that are classic so your home always looks current.
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Dematagoda - 0757222878


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1071 - A.L.F. D. Managama - No. 331,Leyards Broadway, Colombo 14.
Wellawatta - 0717182900
1107 - No. 288, Vijaya Enterprise, Wellawatta.
Colombo 15-0777510 139
1226 - No. 45, Eli House Road, Colombo 15

## Borella - 0777649801 <br> 

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## Galle District

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Galle - 0759699402

Ambalangoda - 0912255744
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## Wattala - 0112937989

1522 - K. Dharmadasa - Dasa Brothers, Supermarket Building, Hendala Junction, Wattala.

## Nilpanagoda - 0778627321



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House \& Property

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here are different types of industrial machinery machining. But before we go deeper into the subject let's talk about what is industrial machinery. Industrial machinery is defined as machines and equipment used by a manufacturer in a manufacturing plant. To make it clear here are some examples of industrial machinery:

## Milling Machines

Horizontal milling machine
Vertical milling machine
5-Axis milling machine
Lathes
CNC Lathes
In this post we explain everything you need to know about the different types of industrial machines and the differences between them.

## Keep reading!

Different Types of industrial machinery To better understand the classification of the different types of industrial machines, you should know that there are different types of machining according to the way they
operate on the workpiece. There are exactly 3 main groups:

## Machining without shaving removal.

 Machining by abrasion.Machining by shaving removal.
We are going to focus on machining by shaving removal. This is a process in which the material is removed or cut with a tool generating a shaving, using several perfectly defined cutting edges or blades.

There are different types of machining by shaving removal depending on the type of machine used in the process. We explain three of them:

Milling: It is the machining operation that consists of turning the cutting tool so that the edges of the culting edge or blade rest on the workpiece. Machine used: Milling machine.
Turning: Consists of turning the workpiece as the main form of movement of the metal against the cutting tool. Machine used:

Drilling: This is the machining operation
in which holes are produced by bringing a rotating cutter with cutting edges at the lower end of the machine into contact with the workpiece to be machined. Machine used: Usually a drilling machine but also a lathe.
So, what are the different types of industrial equipment? As there are many industries and there is specific machinery for each of them. We will focus on those that are mainly used in the metalworking industry. Which needs specific tools that facilitate and improve the process providing accurate and quality results. The most commonly used machines in the metalworking industry are:

## Vertical Machining Centers

This type of industrial machine is characterized by having a rotating head that approaches the workpiece from the top to the bottom. In addition, you can choose between 3,4 or 5 axes, which means that the machine can execute a multitude of processes and work with parts of various formats. To sum up, vertical machining offers great possibilities in the industry thanks to its flexibility and ease of operation.

Horizontal Machining Centers
It stands out for being able to perform multiple operations automatically thanks to the use of the CNC (Computer Numerical Control) system. It is usually used with large and high parts, which require to be machined in several parts. It also requires highly qualified staff for the programming of these machines, although once it is in operation it hardly requires the intervention of operators.

CNC Lathe
It is a lathe that has been designed to manufacture parts automatically and has implemented CNC software that serves to control these automated processes. This soffware uses alphanumeric data following the $Z, X, Y$ axes. Besides, this type of machinery is highly valued in the automotive, medical and aerospace industries because it facilitates the process of obtaining parts, since large quantities are obtained and the precision remains excellent.


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> Teens engaging in competitive sport want that 'extra edge", but is it safe for them to be taking supplements like protein shakes?

## Unregulated and chaotic

Obtaining the "extra edge" and the pressure to win may make teenagers vulnerable to the enticing claims of sports nutrition supplements. The use of protein supplements among teenagers is unregulated and often chaotic.

The Athletic Assistance Programme (AAP) condemns the use of supplements by children and adolescents, and the American College of Sports Medicine (ACSM) condemns the use of creatine in particular la derivative produced by the body from amino acids) by children younger than

18 years.
What about additional protein?
There's a misconception about protein supplements among many consumers. Ingesting more protein doesn't contribute to more muscle mass; excess protein is not used in your body to build muscle, but is stored as body fat.

A competitive teenager's nutritional needs include an adequate intake of energy and high-quality nutrients like protein, and micronutrients like calcium. Staying hydrated is also very important. The intake of sufficient protein together with enough fluid has been identified as ideal for increased muscle mass and muscle recovery after exercise.

A sufficient energy intake relies on a variety of foods. The macronutrient group consists of carbohydrate, protein and fat. High-quality protein food sources include unprocessed meat, fish, poultry, eggs and dairy. Dairy products like milk and yoghurt also contribute to fluid intake.

The recommended dietary allowance (RDA) for protein for non-active adolescents is $0.8-1.0 \mathrm{~g} / \mathrm{kg} /$ day, but active teenagers may need more Protein needs may vary depending on the teenager's growth, maturity and level of activity.
According to the Institute of Medicine (IOM) the daily protein requirement for teens is 34 g for 13 -year-olds, 46 g for
girls aged 14 to 18 and 52 g for boys 14 to 18 . An average protein shake provides approximately 21 g of protein per standard portion.

It is important to note that although protein shakes can help teens meet their protein requirement, dietary supplements are generally not recommended for children and teenagers - their protein requirements should be covered by their diet. For


> Sport activities form a significant part of the lives of many teenage school children.

example, a 100 g grilled chicken breast provides the same amount of protein as a standard serving of protein shake. Protein from food sources also provides additional important nutrients.

## Are protein shakes safe to use?

Dietary supplements are not tightly regulated by the American Food and Drug Administration (FDA), and the US

Anti-Doping Agency reports that protein supplements may be contaminated with prohibited substances and may contain unlisted and unsafe ingredients. In addition, drinking too many high-protein shakes can lead to protein toxicity, metabolic imbalance, or unwanted weight gain. Other side effects associated with excess protein are calcium loss, dehydration and kidney problems. Consuming a healthy, balanced diet is unlikely to lead to an overconsumption of protein.

Benefits of supplementary shakes
Underweight teens who have not managed to gain weight by eating a healthy, balanced diet may benefit from consuming energy- and proteinrich nutrition shakes (not high protein shakes). These shakes are loaded with regulated amounts of essential nutrients, including vitamins and minerals. (We are all individuals with individual needs, and it is therefore recommended that you consult your GP or dietitian before using these products.)

Creating your own shakes and snacks
Teens can rather opt for making protein-rich shakes at home as a way to boost their protein consumption. Blend together milk, yoghurt, fruit and nut butters, such as peanut, almond or cashew butter. Use Greek yoghurt or add powdered milk for an extra boost of protein. You can also use frozen yoghurt instead of regular yoghurt.
@ Internet


## Adam's Bridge

> Adam's Bridge Marine National Park, also known as Rama Sethu Bridge National Park, is situated in Talaimannar village south in Mannar district.

## Distance from Mannar -

## 32.2 km (59minutes)

## Introduction to Adam's Bridge Marine National

 ParkAdam's Bridge Marine National Park, also known as Rama Sethu Bridge National Park, is situated in Talaimannar village south in Mannar district. It surrounds the Sri Lankan section of the Adam's Bridge which is approximately 30 km northwest of Mannar. It was designated as a national park in year 2015. A diversified range of birds and aquatic animals can be seen at this location. It lies on the route of migratory
 birds that visit the country. A variety of fish, turtles and dolphins can be spotted in the sea surrounding the Adam's Bridge Marine National Park.

## History of Adam's Bridge

Adam's Bride is a chain of limestone shoals between the island of Pambalm in India and the island of Mannar in Sri Lanka. This 30 km long bridge separates the Palk Straight from the Gulf of Mannar. Adam's Bridge is evidence of a land connection which existed between Sri Lanka and India in the 15th century. The history of the bridge dates back to the Ramayana which gives it the name "Rama Sethu" or "Rama's Bridge". The bridge is believed to have been built by Rama's 'vanara' army to rescue Seetha from Ravana.

## Getting to Adam's Bridge Marine National Park

From Mannar travel approximately 30 km along the Medawachchiya-Talaimannar Highway up to Talaimannar and furn to Beach Road to reach the Adam's Bridge Marine National Park which is situated in Talaimannar village south in Mannar district.
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