

Survival Indonesian

10 Lessons to Speak Like a Local in Bali



by Maciej Cupial

indonesianbasics.com

FREE EBOOK

Unit 01: Greetings & Introductions (Selamat Pagi)



1. Learning Objectives

By the end of this unit, you will be able to:

- Greet people naturally at different times of the day.
- Introduce yourself without sounding like a robot.
- Understand why we avoid the word "Anda" (You).
- Understand the "Zero Copula" (No "to be").

2. Vocabulary

Indonesian	English	Notes
Selamat pagi	Good morning	Used until ~11:00 AM
Selamat siang	Good day	~11:00 AM to ~3:00 PM
Selamat sore	Good afternoon	~3:00 PM to Sunset
Selamat malam	Good evening	After sunset
Apa kabar?	How are you?	Lit: "What news?"
Baik	Good / Fine	Common answer.
Nama	Name	
Saya	I / My	Safe for everyone.
Mas	You (Brother)	For young males / peers.
Mba	You (Sister)	For young females / peers.
Pak	You (Sir/Father)	For older men / respect.
Bu	You (Ma'am/Mother)	For older women / respect.
Siapa	Who	
Makasih	Thanks	Casual version of "Terima kasih".

Pro Tip: In spoken Indonesian, we often drop the "Selamat" and just say "Pagi", "Siang", or "Malam". It's like saying "Morning!" instead of "Good Morning".

3. Grammar Focus

A. The "No Anda" Rule (Addressing People)

In textbooks, you learn **Anda** = You.

In real life, using **Anda** can sound cold, like a police interrogation.

Instead, Indonesians call people by titles based on age/gender, even strangers.

- **Mas:** Addressed to a male of similar age or younger (e.g., waiter, driver).
- **Mba:** Addressed to a female of similar age or younger.
- **Pak:** Older male / Respected figure.
- **Bu:** Older female / Respected figure.
- **English:** Who are you?
- **Textbook:** Siapa nama Anda? (Stiff)
- **Natural:** Siapa nama **Mas**? (Polite & Friendly to a male)

B. The "Zero Copula" (No "To Be")

Indonesian has no word for "am", "is", or "are".

- *English:* I **am** Budi.
- *Indo:* Saya Budi. (Lit: I Budi)
- *English:* She **is** Sarah.
- *Indo:* Dia Sarah.

4. Dialogue: Meeting a New Friend

Context: Budi (Male) meets Sarah (Female) at a co-working space in Bali. They appear to be similar ages.

Budi: Pagi, Mba.

Sarah: Pagi, Mas.

Budi: Apa kabar?

Sarah: Baik. Mas gimana? (How about you?)

Budi: Baik juga. Makasih.

Sarah: Namanya siapa, Mas?

Budi: Saya Budi. Mba siapa namanya?

Sarah: Saya Sarah.

Budi: Salam kenal, Sarah.

🎧 Listen Online

Scan to hear native pronunciation:



<https://indonesianbasics.com/audio#unit-01>

Audio Notes

(Ambient coffee shop noise)

1. Read the dialogue naturally (informal speed).
2. Note how they drop "Selamat".
3. Note the use of "Mas" and "Mba" instead of "Anda".

5. Cultural Note: "Mau ke mana?"

Often, instead of "How are you?", locals will greet you with:

"**Mau ke mana?**" (Where are you going?)

This is not them being nosy! It is just a friendly greeting, like "What's up?".

- **Safe Answer:** "Jalan-jalan saja" (Just walking around).

6. Exercises

Exercise A: Choose the Right Title

Which word (Mas, Mba, Pak, Bu) would you use for:

1. A young male waiter?
2. An older female shopkeeper?
3. A male taxi driver (older than you)?
4. A young woman at the reception?

Exercise B: Translate to Natural Indonesian

1. (To a young man): What is your name?

◦

2. (To an older woman): Good morning.

◦

3. I am Budi.

◦

4. Thanks.

◦

Unit 02: Numbers, Money, & Basic Bargaining



1. Learning Objectives

By the end of this unit, you will be able to:

- Count from 1 to 1,000,000 (It's easier than you think!).
- Understand prices and handle the Indonesian Rupiah (IDR).
- Ask "How much is this?" naturally.
- Bargain politely in a market setting.

2. Vocabulary

Indonesian	English	Notes
Berapa?	How much / How many?	
Harga	Price	
Uang	Money	
Mahal	Expensive	
Murah	Cheap	
Boleh	Can / Allowed	Key word for permission.
Kurang	Less / Minus	Used to ask for a discount.
Ini	This	
Itu	That	
Satu	One	
Dua	Two	
Tiga	Three	
Empat	Four	
Lima	Five	
Enam	Six	
Tujuh	Seven	
Delapan	Eight	
Sembilan	Nine	
Sepuluh	Ten	Prefix <i>Se-</i> means "One".
Ribu	Thousand	
Juta	Million	

Pro Tip: In spoken Indonesian, "Satu" is often shortened to "*Se-*" when attached to counters.

- Seribu = 1,000 (One Thousand)
- Sejuta = 1,000,000 (One Million)

3. Grammar Focus

A. The Number System (Logic > Memorization)

Indonesian numbers are very logical. Once you know 1-10, you can build the rest.

- 11-19 (Teen): Add **-belas**.

- 11 = **Selelas** (Special case: not "Satu belas")
- 12 = **Dua belas**
- 13 = **Tiga belas**

- **20-99 (Tens): Add puluh.**

- 20 = **Dua puluh**
- 21 = **Dua puluh satu**
- 50 = **Lima puluh**

- **Large Numbers (Currency):**

- 100 = **Seratus** (Se + Ratus)
- 1,000 = **Seribu**
- 10,000 = Sepuluh **ribu**
- 100,000 = Seratus **ribu**
- 1,500,000 = Satu **juta** lima ratus **ribu** (Often just called "Satu setengah juta" - 1.5 million)

B. Asking the Price

Don't say "Berapa harga ini?". It's grammatically correct but stiff.

Natural Ways to Ask:

1. "**Ini berapa?**" (This is how much?) - *Most common.*
2. "**Berapa, Bu/Pak?**" (How much, Ma'am/Sir?)

C. The Art of Bargaining ("Boleh Kurang?")

Bargaining is expected in traditional markets (Pasar), but NOT in supermarkets or malls with fixed prices (Harga Pas).

The Formula:

1. Ask price: "**Ini berapa, Bu?**"
2. Express shock (playfully): "**Waduh, mahal banget!**" (Oh my, so expensive!)
3. Ask for discount: "**Boleh kurang, nggak?**" (Can it be less?)
4. Suggest price: "**Lima puluh ribu, boleh?**"

4. Dialogue: At the Souvenir Market

Context: Sarah wants to buy a Sarong in Bali. She talks to an older female seller (Ibu).

Sarah: Pagi, Bu. Kain ini berapa?

Ibu: Pagi, cantik (beautiful). Itu seratus lima puluh ribu. (150,000)

Sarah: Wah, mahal banget, Bu!

Ibu: Bagus lho, kualitas ekspor.

Sarah: **Boleh kurang, nggak?**

Ibu: Boleh. Mau berapa?

Sarah: Tujuh puluh ribu, ya? (70,000)

Ibu: Waduh, belum dapat, Mba. (I can't do that yet). Seratus pas, deh. (100 flat/fixed).

Sarah: Delapan puluh ribu deh, Bu. Saya ambil dua.

Ibu: Ya sudah. Delapan puluh ribu. Silakan.

Sarah: Makasih, Bu.

Listen Online

Scan to hear native pronunciation:



<https://indonesianbasics.com/audio#unit-02>

Audio Notes

1. Note the tone. It is friendly, not aggressive.
2. "Wah" and "Waduh" are interjections of surprise.
3. "Deh" is a particle used to confirm or settle a deal.

5. Cultural Note: The Currency (IDR)

Indonesian prices look huge because of the zeros!

- ~ \$1 USD = ± Rp 15,000 (fluctuates).
- ~ \$10 USD = ± Rp 150,000.

The "K" Shortcut:

Locals and expats often chop off the last three zeros when talking.

- 50,000 = "Fifty K" or just "**Lima puluh**" (context implies thousands).
- If you see "50k" on a menu, it means 50,000 Rupiah.

6. Exercises

Exercise A: Write the Numbers

1. 15
2. 30
3. 250
4. 1,000,000

Exercise B: Price Check

Convert these spoken prices into written numbers (e.g., 25,000).

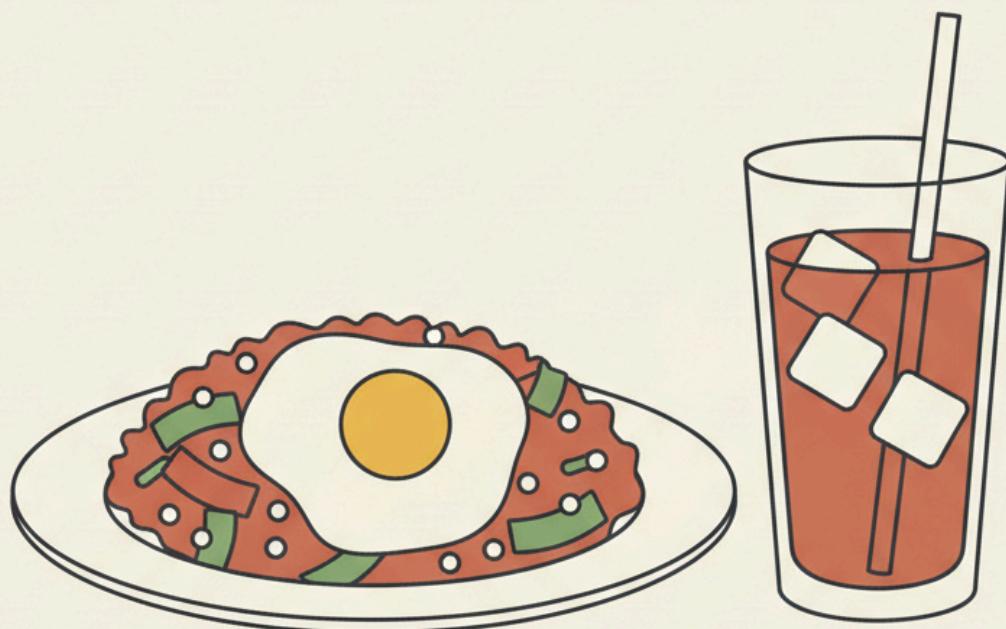
1. Dua puluh ribu.
2. Seratus lima puluh ribu.
3. Tiga ratus ribu.
4. Setengah juta (Half a million).

Exercise C: Bargaining Practice

Translate to Natural Indonesian:

1. How much is this, Sir?
◦
2. Too expensive!
◦
3. Can you lower the price? (Can less?)
◦
4. 100,000, okay?

Unit 03: Food & Dining (Warung Culture)



1. Learning Objectives

By the end of this unit, you will be able to:

- Order food and drinks at a local *Warung* or restaurant.
- Understand basic menus (*Goreng* vs. *Bakar*).
- Ask for "Take away" vs. "Eat here".
- Handle the "Spicy" (*Pedas*) situation.

2. Vocabulary

Indonesian	English	Notes
Makan	To eat / Food	
Minum	To drink / Drink	
Nasi	Rice	The staple of life.
Ayam	Chicken	
Ikan	Fish	
Goreng	Fried	e.g., <i>Nasi Goreng</i>
Bakar	Grilled	e.g., <i>Ayam Bakar</i>
Pedas	Spicy	
Manis	Sweet	Important for tea!
Air putih	Water	Lit: "White water"
Es	Ice	
Mau	Want	Used to order.
Suka	Like	
Enak	Delicious	
Bon / Bill	The Bill	

3. Grammar Focus

A. Ordering: "Saya Mau..." vs. "Minta..."

To order food, you can use two simple structures:

1. **Saya mau...** (I want...) - *Direct & Common.*
 - *Saya mau Nasi Goreng.* (I want Fried Rice.)
2. **Minta...** (Ask for/Request...) - *Polite Request.*
 - *Minta air putih satu.* (Request one water.)

B. Adjectives: The "Yang" Connector

Sometimes you need to be specific.

- **Teh manis** = Sweet tea (Noun + Adjective).
- **Teh tawar** = Plain tea (Unsweetened).

If you want to emphasize a preference, use **Yang**:

- *Saya mau ayam yang bakar.* (I want the chicken that is **grilled**, not fried).
- *Saya mau yang tidak pedas.* (I want the one that is **not spicy**).

C. Negation: "Tidak" vs. "Jangan"

- **Tidak / Enggak**: Simple "No".
 - *Tidak pedas* = Not spicy.

- **Jangan:** "Do not!" (Prohibition/Imperative).
 - *Jangan pedas, ya!* = Don't make it spicy, okay! (Stronger instruction to the cook).

4. Dialogue: Lunch at a Warung

Context: Sarah enters a simple roadside eatery (*Warung*).

Sarah: Siang, Bu. Buka? (Open?)

Ibu: Siang, Mba. Buka, silakan duduk. Mau pesan apa?

Sarah: Saya mau **Nasi Goreng Ayam**, satu.

Ibu: Pedas nggak?

Sarah: **Jangan pedas**, ya Bu. Dikit saja. (Don't make it spicy. Just a little).

Ibu: Oke. Minumnya apa?

Sarah: **Es Teh Manis**, satu.

Ibu: Makan sini atau **bungkus**? (Eat here or wrap/take-away?)

Sarah: Makan sini saja.

Ibu: Tunggu sebentar ya.

Listen Online

Scan to hear native pronunciation:



<https://indonesianbasics.com/audio#unit-03>

Audio Notes

1. "Bungkus" is the magic word for Take-Away.
2. "Pedas nggak?" is a quick way asking "Do you want it spicy?".

5. Cultural Note: Warung Etiquette & Hygiene

1. **The Spoon & Fork:** You hold the **Spoon** in your **Right hand** (to eat) and the **Fork** in your **Left hand** (to push food onto the spoon). You rarely put the fork in your mouth.
2. **The "Kobokan":** If you eat with your hands (common for Pecel Lele or Padang food), you will see a small bowl of water with a lime slice. **Do not drink it!** It is for washing your fingers before and after eating.
3. **Right Hand Rule:** Always eat with your right hand. The left hand is traditionally considered "unclean" (toilet functions).

6. Exercises

Exercise A: Menu Match

Match the dish to the description.

1. Nasi Goreng a. Grilled Chicken
2. Ayam Bakar b. Sweet Iced Tea
3. Es Teh Manis c. Fried Rice
4. Air Putih d. Plain Water

Exercise B: Order Your Meal

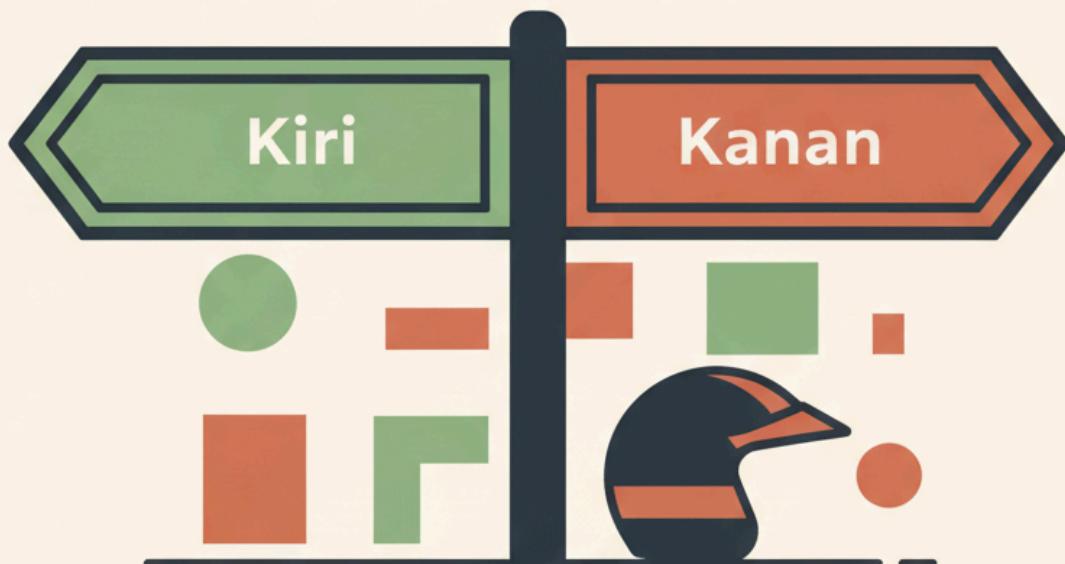
Translate the following orders:

1. I want one Fried Chicken.
o
2. Don't make it spicy!
o
3. Eat here.
o
4. Take away (Wrap it).
o

Exercise C: True or False

1. You should drink the water in the small "Kobokan" bowl. (T / F)
2. "Jangan pedas" means "I want it very spicy." (T / F)
3. "Bungkus" means take-away. (T / F)

Unit 04: Directions & Transportation (Kiri / Kanan)



1. Learning Objectives

By the end of this unit, you will be able to:

- Give directions to a taxi or Gojek/Grab driver.
- Understand basic locations (Left, Right, Straight).
- Ask "Where is...?"
- Navigate typical Indonesian landmarks.

2. Vocabulary

Indonesian	English	Notes
Di mana	Where (is)	
Ke mana	Where (to)	
Sini / Situ / Sana	Here / There / Over there	Distance increases.
Kiri	Left	
Kanan	Right	
Lurus	Straight	
Jalan	Street / Walk / Go	<i>Jalan-jalan</i> = Walking around.
Stop / Berhenti	Stop	"Stop" is universally understood.
Depan	Front	
Belakang	Back / Behind	
Dekat	Near	
Jauh	Far	
Belok	Turn	
Mobil	Car	
Motor	Motorcycle	

3. Grammar Focus

A. Prepositions: Di, Ke, Dari

These are the big three for direction.

- **Di** = At / In (Location). *Di hotel*.
- **Ke** = To (Movement). *Ke pasar*.
- **Dari** = From (Origin). *Dari bandara*.

B. Asking "Where is...?"

Structure: **Di mana [Place]?**

- *Di mana toilet?* (Where is the toilet?)
- *Di mana Pantai Kuta?* (Where is Kuta Beach?)

C. Giving Instructions (Imperatives)

To tell a driver what to do, just use the verb + direction.

- **Belok kiri** = Turn left.
- **Lurus terus** = Go straight continuously.

- Stop di sini = Stop here.
- Stop di depan = Stop at the front.

4. Dialogue: In a Taxi / Grab Car

Context: Budi is taking a Grab Car to his hotel. The driver confirms the location.

Driver: Siang, Pak. Sesuai aplikasi ya? (Good day. According to app?)

Budi: Ya, Pak. Ke Hotel Santika.

Driver: Lewat mana, Pak? (Which way?)

Budi: Ikut Google Maps saja, Pak.

(Some time later)

Budi: Pak, nanti belok kanan di depan ya.

Driver: Oke, siap.

Budi: Masuk gang ini, lalu lurus terus.

Driver: Yang pagar hitam itu?

Budi: Ya, benar. **Stop di kiri**, Pak.

Driver: Oke. Sampai, Pak.

🎧 Listen Online

Scan to hear native pronunciation:



<https://indonesianbasics.com/audio#unit-04>

Audio Notes

1. "Sesuai aplikasi" is the #1 phrase you will hear from Grab/Gojek drivers. It confirms you don't need to explain the destination if it's already set.
2. "Gang" (pronounced 'Gung') is a small alleyway, very common in Bali and Java.

5. Cultural Note: Gojek & Grab (The Super Apps)

In Indonesia, you don't hail taxis on the street much anymore. You use apps like **Gojek** or **Grab**.

- **Gojek/GrabBike:** Motorcycle taxi (Ojek). Fastest way to beat traffic (*Macet*). They provide a helmet.
- **Gocar/GrabCar:** Private car.
- **Gofood:** Food delivery (Life saver!).

Safety Tip: If you take a motorcycle taxi (Ojek), always wear the helmet (*Helm*) properly.

6. Exercises

Exercise A: Navigator

Fill in the blanks with *Kiri*, *Kanan*, or *Lurus*.

1. (Turn Left) Belok
2. (Go Straight) terus.
3. (Turn Right) Belok

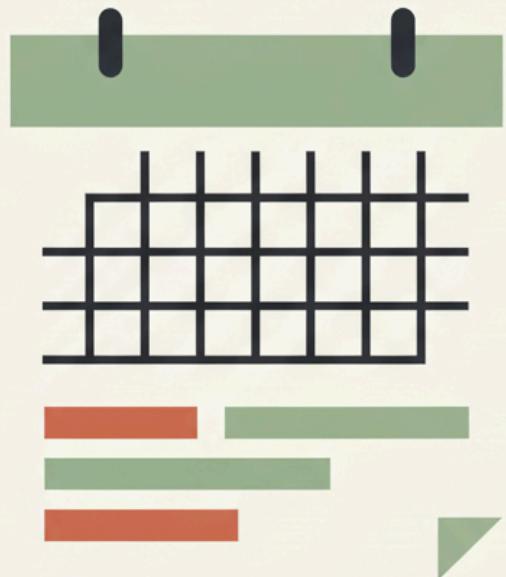
Exercise B: Preposition Practice (Di / Ke / Dari)

1. Saya mau pergi _____ Bali. (To)
2. Saya makan _____ restoran. (At)
3. Saya datang _____ Australia. (From)

Exercise C: Translate

1. Where is the toilet?
○
2. Stop here, Sir.
○
3. Follow Google Maps.
○

Unit 05: Time & Daily Routine (Jam Berapa?)



1. Learning Objectives

By the end of this unit, you will be able to:

- Ask and tell the time.
- Know the days of the week.
- Describe your daily routine.
- Use time markers like "Tomorrow", "Yesterday", and "Now".

2. Vocabulary

Indonesian	English	Notes
Jam	Hour / Clock	<i>Jam berapa?</i> = What time?
Menit	Minute	
Sekarang	Now	
Besok	Tomorrow	
Kemarin	Yesterday	
Hari ini	Today	
Pagi	Morning	
Siang	Day/Noon	
Sore	Afternoon	
Malam	Night	
Bangun	Wake up	
Tidur	Sleep	
Mandi	Shower	
Kerja	Work	
Pulang	Go home	
Buka	Open	
Tutup	Closed	

Days of the Week:

- Senin (Mon), Selasa (Tue), Rabu (Wed), Kamis (Thu), Jumat (Fri), Sabtu (Sat), Minggu (Sun).

3. Grammar Focus

A. Telling Time

Structure: Jam [Hour] + [Minute]

- 08:00 = Jam delapan.
- 09:30 = Jam sembilan (lewat) tiga puluh.
- *Casual:* Jam setengah sepuluh (Half to ten / 9:30).

Note: Indonesians often use the 24-hour clock in writing (20:00) but spoken 12-hour format with "Malam/Pagi" clarification.

- *Jam 8 malam* = 8 PM.

B. Time Markers (Placement)

Time markers usually go at the **beginning** or **end** of a sentence.

- **Besok** saya ke Bali. (Tomorrow I go to Bali).

- Saya ke Bali **besok**. (I go to Bali tomorrow).

C. "Sudah" vs "Belum" (Quick Preview)

When talking about routine, you might be asked: "Have you eaten?"

- **Sudah:** Already / Yes.
- **Belum:** Not yet. (Never say "Tidak" for "Not yet"!)

4. Dialogue: Making Plans

Context: Sarah asks Budi about his schedule for the weekend.

Sarah: Budi, hari **Sabtu** sibuk nggak? (Busy on Saturday?)

Budi: Nggak terlalu. Kenapa?

Sarah: Kita mau ke pantai. Mau ikut?

Budi: Boleh. **Jam berapa** berangkat?

Sarah: Jam delapan pagi.

Budi: Waduh, pagi banget! Saya baru **bangun** jam sembilan.

Sarah: Ya ampun, kebo banget! (Cow/Lazy!). Ya sudah, jam sepuluh ya?

Budi: Oke, jam sepuluh bisa. Sampai ketemu **besok**.

🎧 Listen Online

Scan to hear native pronunciation:



<https://indonesianbasics.com/audio#unit-05>

Audio Notes

1. "Kebo" (Buffalo/Cow) is mild slang for someone who sleeps a lot or is lazy. Friendly banter.
2. Note the negotiation of time.

5. Cultural Note: "Jam Karet" (Rubber Time)

Indonesians are famous for **Jam Karet**. Time is flexible.

- If a party starts at 7 PM, people might arrive at 8 PM.
- If a meeting is at 9 AM, 9:15 AM is often acceptable.
- *Exception:* Flights and Trains are on time! Don't use Jam Karet there.

6. Exercises

Exercise A: What time is it?

Write in Indonesian.

1. 07:00 AM =
2. 12:00 PM =
3. 08:30 PM =

Exercise B: Days of the Week

1. Today is Monday. Tomorrow is
2. The day before Saturday is
3. The "Weekend" is Hari Sabtu dan

Exercise C: Translate

1. I wake up at 6 morning.
o
2. The shop opens at 9.
o
3. Are you busy today?
o

Unit 06: Family & Possession (Punya)



1. Learning Objectives

By the end of this unit, you will be able to:

- Talk about your family.
- Use the verb "Punya" (To Have).
- Use possessive suffixes (-ku, -mu, -nya).
- Ask "Do you have...?"

2. Vocabulary

Indonesian	English	Notes
Keluarga	Family	
Orang tua	Parents	Lit: "Old People"
Ayah / Bapak	Father	
Ibu / Mama	Mother	
Anak	Child	
Kakak	Older Sibling	Gender neutral.
Adik	Younger Sibling	Gender neutral.
Suami	Husband	
Istri	Wife	
Teman	Friend	
Pacar	Boyfriend/Girlfriend	
Punya	Have / Own	
Ada	There is / exist	Often confused with Punya.
Menikah	Married	

3. Grammar Focus

A. To Have: "Punya"

Structure: Subject + Punya + Object

- *Saya punya anjing.* (I have a dog.)
- *Budi punya mobil baru.* (Budi has a new car.)

Negation:

- *Saya tidak punya uang.* (I don't have money).

B. Possessive Suffixes (-ku, -mu, -nya)

Instead of "My book", Indonesian often attaches the pronoun to the noun.

1. **Saya** -> **-ku** (My)
 - *Rumahku* = My house.
2. **Kamu** -> **-mu** (Your - informal)
 - *Namamu* = Your name.
3. **Dia** -> **-nya** (His/Her/Its)
 - *Rumahnya* = His/Her house.

Formal Possession:

For formal situations (using titles), place the title after the noun.

- *Nama Anda* -> *Nama Bapak / Nama Ibu.*
- *Rumah Pak Budi* (Mr. Budi's house).

4. Dialogue: Showing Photos

Context: Sarah shows a photo on her phone to Ibu Wayan.

Ibu Wayan: Ini siapa, Mba Sarah?

Sarah: Ini adikku, namanya Tom.

Ibu Wayan: Ganteng ya (Handsome). Dia **punya** pacar?

Sarah: Sudah. Ini pacarnya, Lisa.

Ibu Wayan: Wah, cantik. Kalau ini?

Sarah: Ini **orang tua** saya. Ayah dan Ibu.

Ibu Wayan: Mba Sarah punya kakak?

Sarah: Tidak punya. Saya anak tunggal (only child).

🎧 Listen Online

Scan to hear native pronunciation:



<https://indonesianbasics.com/audio#unit-06>

Audio Notes

1. Notice the mix of "-ku" (casual/intimate) and "Saya" (neutral).
2. "Ganteng" is for men, "Cantik" is for women.

5. Cultural Note: Family Status

In Indonesia, family is everything. People will often ask you very personal questions early on:

- "*Sudah nikah?*" (Are you married?)
- "*Punya anak?*" (Do you have kids?)

Don't be offended! They are trying to "place" you in the social structure.

- **If Single:** Use "*Belum*" (Not yet) instead of "No". It's more polite/optimistic.

6. Exercises

Exercise A: Possessives

Convert to Indonesian using suffixes (-ku, -mu, -nya).

1. My name =
2. Your (informal) friend =
3. Her husband =

Exercise B: Translate "Punya"

1. I have two children.
○
2. She has a big house.
○

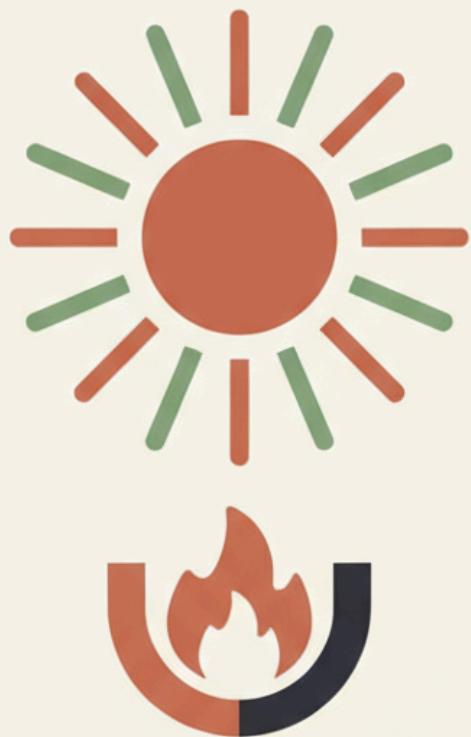
3. Do you have money?

o
.....

Exercise C: Family Tree

1. Your father's wife is your
2. Your younger brother is your
3. Your "Orang tua" are your

Unit 07: Adjectives (Hot/Cold/Spicy)



1. Learning Objectives

By the end of this unit, you will be able to:

- Describe things (Food, Weather, Places).
- Use "Yang" to link Nouns and Adjectives.
- Make comparisons (More than / The most).
- Express feelings (Happy, Tired, Hot).

2. Vocabulary

Indonesian	English	Notes
Bagus	Good / Nice	For things/places.
Baik	Good / Kind	For people/health.
Besar	Big	
Kecil	Small	
Panas	Hot	Weather/Temp.
Dingin	Cold	
Jauh	Far	
Dekat	Near	
Capek	Tired	Pronounced "Cha-pek".
Senang	Happy	
Sakit	Sick / Pain	
Enak	Delicious / Comfy	Used for food OR feeling good.
Baru	New	
Lama	Old (Things) / Long time	
Tua	Old (People)	
Sangat / Banget	Very	<i>Banget</i> is casual (goes after adj).

3. Grammar Focus

A. Word Order: Noun + Adjective

In English: "Big House" (Adj + Noun).

In Indonesian: "**Rumah Besar**" (Noun + Adj). Always flip it!

- *Nasi goreng pedas* = Spicy fried rice.
- *Mobil merah* = Red car.

B. "Yang" (The One That Is...)

Yang is a bridge word. It adds emphasis or distinction.

- *Saya mau teh.* (I want tea - general).
- *Saya mau teh **yang** manis.* (I want the tea **that is** sweet).

C. Intensifiers: "Sangat" vs "Banget"

- **Sangat:** Formal, goes *before* adjective.
 - *Bali sangat indah.*
- **Banget:** Casual, goes *after* adjective.
 - *Bali indah banget!* (Bali is so beautiful!)

4. Dialogue: Complaining about the Weather

Context: Budi and Sarah are walking outside in Jakarta.

Sarah: Aduh, hari ini **panas banget** ya!

Budi: Iya, gila (crazy). Matahari kuat sekali.

Sarah: Kita cari tempat **yang dingin** yuk. Masuk mall?

Budi: Boleh. Mall Grand Indonesia **dekat** dari sini.

Sarah: Jauh nggak kalau jalan kaki?

Budi: Lumayan (So-so). Tapi capek. Naik Gojek saja?

Sarah: Ide **bagus**.

Listen Online

Scan to hear native pronunciation:



<https://indonesianbasics.com/audio#unit-07>

Audio Notes

1. "Yuk" is a casual "Let's". *Makan yuk* (Let's eat).
2. "Lumayan" is a very useful word for "Not bad / So-so / Average".

5. Cultural Note: "Masuk Angin"

Indonesians believe many illnesses are caused by "Trapped Wind" (**Masuk Angin**).

Symptoms: Bloating, fever, flu, feeling unwell.

Cause: Rain, late nights, fans, air conditioning.

Cure: **Kerokan** (Coin scraping on back) or drinking *Tolak Angin* (herbal syrup).

6. Exercises

Exercise A: Flip the phrase

Translate these (Remember: Noun FIRST).

1. Cold water =
2. Big city =
3. Spicy chicken =

Exercise B: Opposites

Find the opposite word.

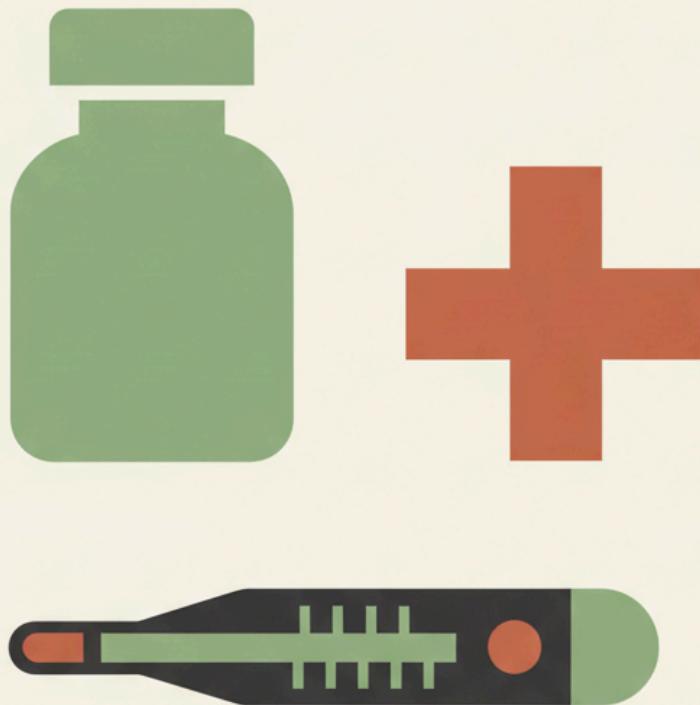
1. Panas ><
2. Besar ><
3. Jauh ><
4. Baru ><

Exercise C: Describe it

Use "Banget" (Very).

1. The food is very delicious.
 - Makanan enak
2. I am very tired.
 - Saya capek

Unit 08: Health & Emergencies



1. Learning Objectives

By the end of this unit, you will be able to:

- Say you are sick or in pain.
- Identify basic body parts.
- Ask for help (*Tolong*).
- Visit a pharmacy (*Apotek*).

2. Vocabulary

Indonesian	English	Notes
Sakit	Sick / Pain / Hurts	
Tolong	Help / Please	Start sentence with this for help.
Dokter	Doctor	
Rumah Sakit	Hospital	Lit: "Sick House".
Apotek	Pharmacy	
Obat	Medicine	
Kepala	Head	<i>Sakit kepala</i> = Headache.
Perut	Stomach	<i>Sakit perut</i> = Stomach ache.
Gigi	Tooth	
Kaki	Foot/Leg	
Demam	Fever	
Muntah	Vomit	"Bali Belly" symptom.
Diare	Diarrhea	
Bahaya	Danger	
Hati-hati	Be careful	

3. Grammar Focus

A. Expressing Pain: "Sakit [Body Part]"

To say something hurts, just say **Sakit + Body Part**.

- *Saya sakit kepala.* (I have a headache).
- *Saya sakit perut.* (I have a stomach ache).
- *Kaki saya sakit.* (My leg hurts).

B. Asking for Help: "Tolong"

Tolong is used for urgent help or polite requests.

- **Tolong saya!** (Help me!)
- **Tolong panggil dokter.** (Please call a doctor).

C. The Passive "Di-" (Brief Intro)

You might see signs like "Dilarang" (Forbidden).

- **Dilarang Masuk** = No Entry.
- **Dilarang Merokok** = No Smoking.

4. Dialogue: At the Pharmacy

Context: Sarah has a stomach ache and goes to an Apotek.

Apoteker: Selamat sore, ada yang bisa dibantu?

Sarah: Sore, Mba. Saya lagi **sakit perut**.

Apoteker: Sudah berapa lama?

Sarah: Dari pagi. Saya juga agak **mual** (nauseous).

Apoteker: Salah makan? (Ate wrong food?)

Sarah: Mungkin. Kemarin makan sambal terlalu banyak.

Apoteker: Ini ada **obat** untuk maag dan diare. Diminum 3x sehari ya.

Sarah: Oke. Terima kasih.

Apoteker: Semoga cepat sembuh (Get well soon).

🎧 Listen Online

Scan to hear native pronunciation:



<https://indonesianbasics.com/audio#unit-08>

Audio Notes

1. "Semoga cepat sembuh" is the standard phrase for "Get well soon".

2. "Lagi" here means "Currently" (Present continuous).

5. Cultural Note: "Bali Belly"

Traveler's Diarrhea is common.

- Prevention: Drink only bottled water (*Air mineral*). No tap water! Avoid ice in street stalls if unsure.
- Cure: Hydration (Kelapa Muda / Young Coconut), Oralit (Electrolytes), and Charcoal tablets (*Norit*).

6. Exercises

Exercise A: Body Map

Translate:

1. Head =
2. Stomach =
3. Foot =

Exercise B: Doctor, Doctor!

Translate the complaint.

1. I have a headache.
◦
2. Please help me.
◦
3. Where is the hospital?
◦

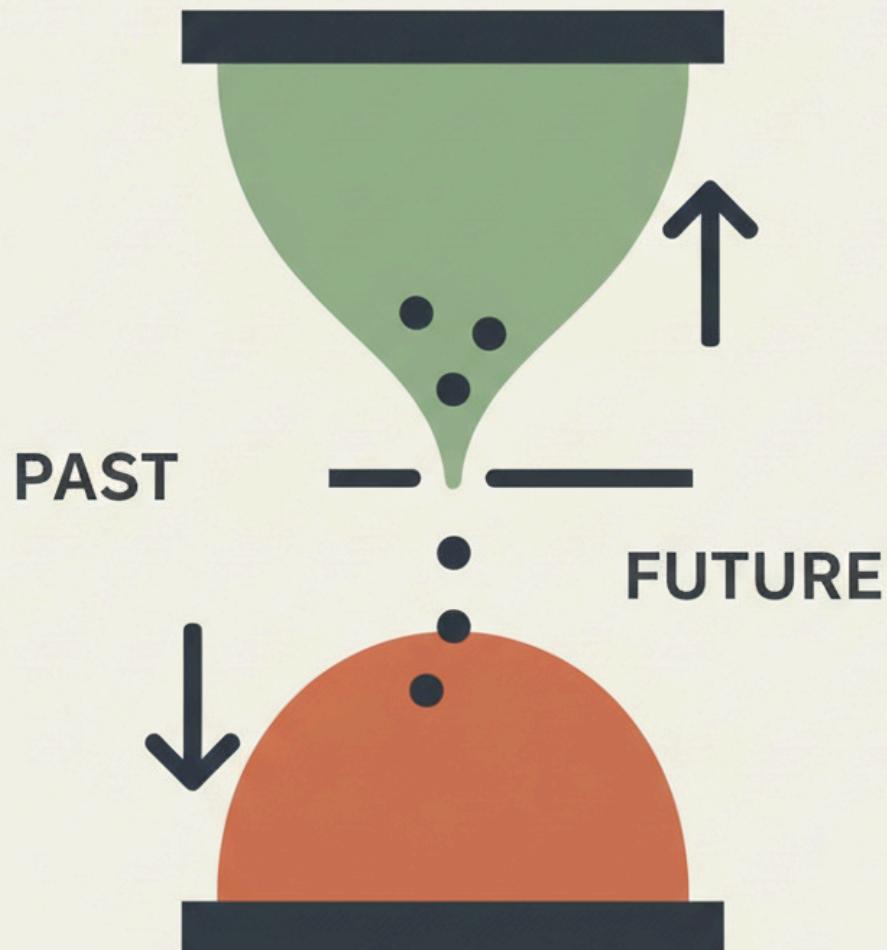
Exercise C: Signs

What do these mean?

1. Hati-hati! =

2. Apotek =

Unit 09: Past & Future (Sudah/Belum/Akan)



1. Learning Objectives

By the end of this unit, you will be able to:

- Talk about the past (Simple).
- Talk about the future (Plans).
- Understand "Aspect" markers (Sudah, Belum, Sedang, Akan).
- Use "Pernah" for life experiences.

2. Vocabulary

Indonesian	English	Notes
Sudah	Already / Done	Past marker.
Belum	Not yet	Negation of <i>Sudah</i> .
Akan	Will	Future marker (Formal).
Mau	Want / Will	Future marker (Casual).
Sedang / Lagi	Currently / -ing	Continuous marker.
Pernah	Ever	Have you ever...?
Tadi	Just now / Earlier	<i>Tadi pagi</i> = Earlier this morning.
Nanti	Later	
Baru saja	Just (very recently)	

3. Grammar Focus

A. The Timeline Markers

Indonesian verbs DO NOT change form (No "go" -> "went"). You just add a marker word **before** the verb.

- **Past:** Saya **sudah** makan. (I have eaten / I ate).
- **Present:** Saya **sedang** makan. (I am eating).
- **Future:** Saya **akan** makan. (I will eat).

B. "Sudah" vs "Pernah"

- **Sudah:** Completed action recently.
 - *Sudah mandi?* (Have you showered?)
- **Pernah:** Experience at any time in life.
 - *Pernah ke Bali?* (Have you ever been to Bali?)
 - *Belum pernah.* (Never).

C. Casual Future: "Mau"

In conversation, **Mau** (want) is often used for "Will/Gonna".

- *Saya mau ke mall.* (I'm going to the mall).

4. Dialogue: discussing Travel History

Context: Budi asks Sarah about her travels in Indonesia.

Budi: Sarah, kamu **sudah** berapa lama di Indonesia?

Sarah: **Sudah** dua minggu.

Budi: Kamu **pernah** ke Jogja?

Sarah: **Belum pernah.** Tapi saya **mau** ke sana minggu depan.

Budi: Wah, asik. Jogja bagus banget.

Sarah: Kamu **sudah pernah** ke Borobudur?

Budi: Sudah sering (Often). Rumah nenek saya di sana.

Sarah: Nanti saya minta tips ya!

Scan to hear native pronunciation:



<https://indonesianbasics.com/audio#unit-09>

Audio Notes

1. Note how "Belum" stands alone as "No" (for "have you ever/already").
2. "Asik" (or Asyik) means Cool/Fun.

5. Cultural Note: "Belum" is polite

If you are single and someone asks "Sudah nikah?" (Married?), always answer "**Belum**" (Not yet), even if you never plan to marry. Saying "Tidak" (No) to marriage sounds too final and can be confusing culturally. "Belum" implies hope and is softer.

6. Exercises

Exercise A: Choose the Marker

(Sudah / Sedang / Akan)

1. Don't disturb him, he is sleeping. (Now)
2. I visited Bali last year. (Past)
3. We go to Jakarta tomorrow. (Future)

Exercise B: Have you ever?

Translate:

1. Have you ever eaten Durian?
○
2. Not yet.
○
3. I have already eaten.
○

Exercise C: Timeline

Arrange these from Past to Future:

(Nanti, Kemarin, Sekarang, Besok)

1.
2.
3.
4.

Unit 10: Social Etiquette & Polite Requests



1. Learning Objectives

By the end of this unit, you will be able to:

- Be super polite in Indonesian.
- Apologize correctly (*Maaf* vs *Permisi*).
- Use "Silakan" (Please go ahead).
- Understand basic social taboos.

2. Vocabulary

Indonesian	English	Notes
Maaf	Sorry	For mistakes.
Permisi	Excuse me	For passing by / getting attention.
Silakan	Please (go ahead)	Offering something.
Tolong	Please (help)	Asking for something.
Boleh	May I?	Asking permission.
Terima kasih	Thank you	
Sama-sama	You're welcome	
Kembali	You're welcome	Short for "Terima kasih kembali".
Tidak apa-apa	It's okay / No problem	Common response to "Maaf".
Hati-hati	Be careful / Safe trip	
Santai	Relax / Chill	

3. Grammar Focus

A. The Three "Pleases"

English has "Please". Indonesian has three, depending on context:

1. **Tolong:** When **asking** for help/items.
 - Tolong ambilkan air. (Please get water).
2. **Silakan:** When **offering** something.
 - Silakan duduk. (Please sit down).
 - Silakan masuk. (Please come in).
3. **Mohon:** Very formal request (Official announcements).
 - Mohon antri. (Please queue).

B. "Maaf" vs "Permisi"

- **Maaf:** Use when you made a mistake, bumped into someone, or are late.
- **Permisi:** Use when passing in front of someone, entering a room, or asking a stranger a question.
 - Permisi, Pak. Toilet di mana?

4. Dialogue: Visiting a Balinese Home

Context: Sarah is invited to Ibu Wayan's house.

Sarah: (Knocking) **Permisi...** Selamat sore.

Ibu Wayan: Eh, Mba Sarah. **Silakan masuk.**

Sarah: Terima kasih, Bu. **Maaf** saya terlambat sedikit. Macet.

Ibu Wayan: **Tidak apa-apa**, santai saja. **Silakan duduk.**

Sarah: Wah, rumahnya bagus sekali.

Ibu Wayan: Biasa saja (Just ordinary/humble). **Silakan diminum tehnya.**

Sarah: Terima kasih, Bu.

Scan to hear native pronunciation:



<https://indonesianbasics.com/audio#unit-10>

Audio Notes

1. Note the repeated use of "Silakan" by the host.
2. "Biasa saja" is a humble response to a compliment. Indonesians rarely agree with compliments directly (that would be arrogant).

5. Cultural Note: Taboos & Body Language

1. **Touching Heads:** The head is sacred. Never pat an adult or child on the head.
2. **Pointing:** Don't point with your index finger. It's rude. Use your **thumb** (right hand) or an open hand.
3. **Feet:** Feet are dirty. Do not put feet on tables. Remove shoes before entering a home.
4. **Hands on Hips:** Standing with hands on hips (Akimbo) signifies anger or defiance (like a Wayang character ready to fight).
Avoid it when talking to police or elders!

6. Exercises

Exercise A: Which "Please"?

(Silakan / Tolong)

1. drink this tea. (Offering)
2. help me. (Asking)
3. come inside. (Offering)
4. close the door. (Asking)

Exercise B: Social Situations

What do you say?

1. You want to ask a stranger for directions.
◦
2. You stepped on someone's foot.
◦
3. You invite someone to sit.
◦

CONGRATULATIONS!

You have finished the **Survival Indonesian Course (A1)**.

Selamat! Anda hebat!

About the Author

Maciej Cupial is a digital nomad living in Ubud, Bali. With a background in four languages (Polish, English, Spanish, German), he knows that traditional learning methods are often too slow for modern travelers.

Need driven innovation: he utilized AI to curate the most essential parts of Bahasa Indonesia, structuring them based on the effective learning frameworks he used to master European languages.

This ebook is the tool he built for himself to speak with locals immediately—fast, logical, and practical.

Learn more at indonesianbasics.com

© 2025 Maciej Cupial. Free to share.