Oé-Cusse

Things to do & see in Oé-Cusse

Buat ne'ebé atu haree no halo iha Oé-Cusse
Welcome!

On behalf of the Regional Secretariat for Community Tourism, I would like to welcome you to the pristine island of Timor-Leste and the Oé-Cusse region. Next to a bounty of unspoiled natural beauty and kaleidoscopic coral reefs right off its coasts, the still developing Oé-Cusse welcomes visitors with its rich cultural heritage. We invite you to indulge in discovering the culture and lifestyle of the Oé-Cusse (Atoni) community by visiting the town of Pante Macassar, but also by exploring the inland area of the region and meeting the Fonte Sagrada and Oé-Silo communities. While exploring we invite you to enjoy the experience and act as a responsible traveller.

Thank you for being an essential part of community tourism development at this early stage.

Enjoy your stay and your journey!

#travelenjoyrespect #visitoecusse
Oé-Cusse is a coastal enclave in the western part of the island of Timor, separated from the rest of Timor-Leste by Indonesia. Ambeno (Father Beno) is the name of the original kingdom that existed before the colonial period. Oé-Cusse was among the first parts of the island of Timor on which the Portuguese established themselves (approximately 1556), and is thus usually considered the cradle of East Timor.

With a total population of 68,913 people and a land mass of 814 km², this small tropical region has been a territory of dispute throughout its history due to its strategic position. In the 18th century it was a territory of dispute between the Portuguese and the Dutch forces and during World War II it was invaded by Japanese troops. After gaining the independence from Portugal, on 28 November 1975, Indonesian forces invaded Oé-Cusse and stayed there until 1999. All this, added to the geographical isolation in which the district of Oé-Cusse is within Timor-Leste, has made this region develop a rich and unique cultural heritage in the world.

Kona-bá Oé-Cusse

How to reach Oé-Cusse
Reaching Oé-Cusse from Dili, capital of Timor-Leste, is possible in three ways: by land, sea or air. The plane is the best way to reach Oé-Cusse. Every day at 10.00 am (except Sunday) a light aircraft travels along the Dili - Oé-Cusse - Dili route. It is just a 35-minute flight where you can enjoy a spectacular view and if lucky, see some whales in their migratory season.
On the other hand, there are two ferries coming from Dili that arrive in Maohata port in Oé-Cusse four days a week: Laju and Nakroma. This is the main route through which the goods arrive to the region and although it is a long journey, the price of transport is affordable. Finally, the road trip across Indonesian territory can be a good opportunity to explore both sides of Timor island but be careful with the timing of your travel: the Indonesian border closes at 16.00 (Indonesian local time) and Timor-Leste border at 17.00, so it is recommended to arrive there one hour beforehand to make sure you have time to fill up all the paperwork. More info is available at the last page of the brochure.

Internet/mobile phones
Three companies cover the mobile and internet network in Oé-Cusse. Timor Telecom and Telmor are the national companies most used by the local population. This second stands out for having better access in the mountain areas. Finally, there is a third Indonesian company: Telkomcel. For any of them, the payment method is the same: you can buy ‘pulsa’ [a card with a code to recharge your SIM card balance] in most of the shops in Oé-Cusse.

Languages:
Oé-Cusse has an immense linguistic heritage due to the number of influences it has received throughout its history. As in the rest of the country, Tetum and Portuguese are the official languages. However, not everyone speaks the Portuguese and the local language most spoken in Oé-Cusse is Lais Meto (Baiqueno). There is also a fourth language spoken fluently by locals: Indonesian (Bahasana). For its part, English is an active new comer. Sometimes business meetings can be conducted in English to accommodate foreigners, but few people speak it outside of Pante Macassar, the main town in Oé-Cusse.

Transport:
Although there is still no public transportation network, there are several options for getting around the region. The famous ‘moto-taxis’, known by the name of O’Jack, are continuously traveling the roads of Pante Macassar. You can also take a Microlet, small vans that act like minibuses, along established routes daily for a modest price and can take you to any point in the region. However, if you want to explore the highlands of Oé-Cusse, the best option is to book a 4WD tour. More info is available at the last page of the brochure.

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Things to Do and See in Oé-Cusse • Saida maka ita bela halo no hate iha Oé-Cusse

Informasau imparante tebes kona-bá Oé-Cusse

Transport:
Maske rede transporte públiku laiali, iha opasun barat halo viajeni luhihi rejiaun ne’e. Taksi motor nian, mak bolu nu’udar O’Jack, halo viajeni sira luhihi dalam sira Pante Makassar nian. Mós bele uza Mikrolet, komoneto kli’akan mak sai nu’udar autokeru, ne’e uza bolu lanu dalam sira, fatin ruma sira rejiaun ne’e, no folin sai de’it 25 sentavu. Maske, karik hakarak esplora fahoa sira huhi Oé-Cusse, opasun d’ak liu sai atu halo rezerva ba tour 4WD. Bele hetan informasau liu iha pòinha iku sira faheli.

things to do and see in Oé-Cusse • Saida maka ita bela halo no hate iha Oé-Cusse

Ginsa mak bó Oé-Cusse
Bele mai husi Dili, Timor-Leste nia liglipit, to’a Oé-Cusse luhihi rai, tasi ka ár. Atu uza avlon sai nu’udar dali d’ak liu atu mai Oé-Cusse. Loru-lorun, tuko 10 deedee (menus Damilingu), avlon mai husi Dili to’a Oé-Cusse. Ne’e sai nu’udar viajen ha minu 35 de’it 25 sentavu (menus iha Dili), bele bela haree vira d’ak tebes no, karik hetan sorte, haree baleia ruma enkuantu halo mijasaun. Tuir dalan seluk, iha to’a rau ne’e ne’ebé mai husi Dili to’a partu Maohata iha Oé-Cusse lorun haat semano ida: Laju, Lalau no Nakafran. Ne’e sai nu’udar dalan prinsipal luhihi sisa sira mai rejiaun ne’e no, maske viajen sai narik, folin husi transporte bele selu. Ikusmai, viajen ha kareta luhihi Indonésia bele sai oituan d’ak atu haree sorin rau husi illa Oé-Cusse, Timor-Leste maibé hetan kuidadu ha momentu ne’e ne’ebé halo viajen: fronteira husi Indonésia taka tuku 16 (bras huhi Indonésia) na fronteira husi Timor-Leste taka tuku 17, nune’e favor mai dras ila udul atu garante katak ita hetan tempu atu pienux surat sira. Bele hetan informasau liu iha pòinha iku sira faheli.

Lion sira:

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Internet/telemóvel sira

Internet/telemóvel sira
Kompania talu halo kaber-tura ba telemóvel na Internet iha Oé-Cusse. Timor Telecom na Telmor sai nu’udar kompania nasional sira mak papaoasun loka úz liu. Telmor hatudu asesu de’it liu iha fahinu fahoa siha. Ikuisi, mai, bele hetan kompania datoluk iha Indonésia: Telkomcel. Ba kompania rumu, método pagamentu sai hanesan: iha halo “pulsa” [kartaun ho kódigu ne’e bele halo rekarga ba osan ne’e bele halo ha iha Ita-nia SIM card] luhihi taka sira barakliku Oé-Cusse.
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Sunset walks and hiking
Oé-Cusse is known in Timor-Leste for its stunning sunsets. Here we propose two short trails to watch the nightfall from the heights:

Via Sacra:
Located near the monument Lifau, where the Portuguese first landed in 1515. The route wanders through the fourteen crosses allowing beautiful views to be enjoyed over the rice fields that cover the western part of Pante Makassar town.

Fatu-Suba prison:
Located on the hills above Pante Macassar, the ruins of the old Fatu-Suba prison remain as a reminder of what was one of the most emblematic buildings of the town during Portuguese colonization. Later reconverted into the residence for the colony administrator, this short trail constitutes one of the best spots to see the sunset and the stars in Oé-Cusse.

If you prefer a more relaxing sunset experience, Sakato and Mahata beach or Noefefan bridge will always be a good option.

Hiking in Oé-Cusse

Nu’u ba’u – Fonte Sagrada Trail:
Known before the Portuguese colonization as “Nu’uba’u”, is a stunning waterfall, located deep in the jungle about two hours walking from the village of Oé-foko. Be prepared to get your feet wet and please ask permission from locals before entering the area.

Bee-Tudak iha ain-fatin Kutete:
Following the river stream, this trail progresses through a rich and complex eco-system where visitors can enjoy the flora and fauna of the region. The hike takes approximately one and a half hours to the summit, where hikers are rewarded with a panoramic view over Timor-Leste and across the Indonesian border. It is an excellent location to enjoy the sunrise.

Nu’u ba’u – Ain-fatin Fonte Sagrada:
Veiul Malai mutin tia timpu, hatene nu’udar "Nu’u ba’u", hanesai bee-tudak furak lahali-mar, ne’ebé hela iha ai-laran doni no tenke la’a ora’ora ruxi kua Oé-foko. Tenke prepa- ra atu hala ain sira baokon no favar husi autorizasaun husi emo lakal sira uluk hatama areá ne’e.

Bee-Tudak iha ain-fatin Kutete:
Tanba haktuir mota, ain-fatin ne’e hela iha eko-sistema ida mak riku no komplexus ne’ebé baina- ka sira bele hare animál na ai-funan husi relajau ne’e. Ain-fatin ne’e inkuku parte dahuluk husi ain-fatin tomak to’a Kutete, ne’ebé remota iha bee-tudak mak impressionante. Ema sira mak treina ma’as no ambiguau iha bele la’a o ain-fatin hotu to’a Kutete, ne’ebé emo barak mak hala iha 1998 sei hela.

Ain-fatin Pais-Bisae Sunaf:
Ain-fatin Foho Pais hela iha fofo sira Oé-Cusse nian, dos ida koreta nian husi Pante Makassar. Ain-fatin ne’e presízia dras ida ho halu atu bá futun, ne’ebé emo mak bá pasiar bele hetan vista lhuvisi Timor-Leste no aleinde fronteira Indonésia nian. Ne’e sai nu’udar fahin d’ok tebes atu haree lara-so’e.
In Baiqueño language, Bso’ot is the name that refers to the traditional Atoni costume. It is a very colorful regional costume that includes several complements made of silver. The costume versions for men and women are similar. Every element of the costume displays a great cultural and historic importance for the Atoni community.

Sabelu noni: shirt made out of silver coins worn by both men and women. Betí/Tais: traditional skirts that the Atoni people also wear in their daily life. There is a difference in design patterns between Tais for women and men. Women’s Tais possesses smaller symbols, while the men’s Tais (known as Bett) usually incorporates broader motives that represent frightening animals.

Sobe noni: traditional hat made of silver used both by men and women. Sometimes they can include feathers and beads as decoration. Aulok noni: bag made of silver coins which men and women usually use for storing and carrying Mamat (a local plant that Atoni inhabitants usually chew as a cultural habit), tobacco and other personal belongings.

Suna (benas): traditional sword used in Oé-Cusse. It shows that the Timorese have always been farmers and that but also they have the strength of those going to fight.

Inuh (morten marriage necklace): traditional necklace made of orange coral stones used both by men and women. It is a traditional symbol of mature womanhood and marriage exchanged.

Buku-sbeta: ornamental silver band worn on the arm. Pente: comb made of silver that men and women wear to arrange the hair. Sometimes it is decorated with traditional motifs.

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Food that you can find in Oé-Cusse

**Vegetables:** broccoli, white cabbage, cucumber, cauliflower, chicory, eggplant, long beans, green beans, celery, banana flowers, papaya flower, spinach, carrot, pumpkin, potato, sweet potato, onion, tomato, peas, garden asparagus, local chili and mint.

**Taste the local rice organically grown in the region called Mumbramu!**

**Fish:** Langosta, samaá, cocu, saridé, garota, lalosi, ikan terbang (fly fish), tongkol, liuk ou kakatu, garopa ou good fish, gasparia, garing kiki, boel, kadiuk no kombo.

**Fruits:** mango, orange, banana, avocado, pineapple, coco-nut, papaya, jambulaun fruit, jamun, palm fruit, pomegranate, watermelon, durian and guava.

**Drinks that you can find in Oé-Cusse:**

**Tua Sabu:** is the local alcoholic beverage created from the sap of the palm tree. It is usually served during family celebrations such as weddings, christenings or ‘kore metan’ (a traditional ceremony done after a year of the death of one family member).

**Utobe:** traditional Atoni dessert usually served at family gatherings. It is a paste made with cassava and coconut milk, to which you can add sugar and water for a sweeter taste. The special thing about this recipe is that the paste is cooked with bain-marie process (a container holding hot water into which a pan is placed for slow cooking) using traditional pottery.

**Ai-manas:** traditional chili sauce from Timor-Leste. There are different ways to prepare the Oé-Cusse’s ai-manas because each family cooks it to their liking, but the standard recipe usually includes chili, onion, garlic and lemon. The locals use ai-manas to accompany meals.

**Traditional dishes**

**Katupa:** local rice (Mumbramu) cooked in coconut palm leaf. The preparation process starts with scraping the coconut and draining the coconut meat in order to get coconut milk. Then, the rice is cooked with pepper, onion and salt. Finally, the coconut palm leaves cases are stuffed with the rice and the rest of ingredients and cooked in a pan with coconut milk.

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**Pratu tradisionál sira**

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Points of interest in Pante Macassar

Fatin no interes Pante Macassar

1. Korean Memorial: on 6th of March 2003, five UN peacekeepers from Republic of Korea were swept away by a strong river stream and lost their lives in Oé-Cusse. Today, a memorial located in the center of Pante Macassar honors the soldiers who lost their lives, while working for a better Timor-Leste.

2. Colégio Femenino das Madres Missionárias Domínicanas: It was one of the first catholic female schools that opened in Oé-Cusse at the time of Portuguese colonization. Nowadays, this building located at the foot of the hill, this small parish represents a place where the first appearance of Saint Anthony occurred. Even today it is considered the most important and sacred location for Catholics in Oé-Cusse.

3. Old Cemetery in Pante Macassar: The Atoni population accepts death in a much more natural and peaceful way than many western civilizations do. This special and unique relationship with the dead and spirits is reflected in the powerful colors of the old Pante Macassar cemetery in the Santa Rosa area.

4. Igreja husi Nossa Senhora da Rosária: Located at the foothills of Pante Macassar, this church was built by the Portuguese in 1965 as a residence for the Dominican Order. The parish has a special relevance during Easter season, when a massive procession takes place to honor the statue of Saint Anthony.

5. Ruins of King’s Palace of Oé-Cusse: Throughout his reign, the kings of Oé-Cusse had a fundamental role within the social hierarchy of the region. Today, you can visit the ruins of the residence of the king of Oé-Cusse, that was constructed during the early 1900’s, located at the rear front of Pante Macassar.

6. Chapel of Santo António Nispino: The statue of Saint Anthony is currently located at this chapel. It is the second most important chapel for Catholics in Oé-Cusse, where the special celebration is held every year on June 15th, to venerate the saint.

7. Cave of Santo António Polsiba: Located at the foot of the hill, this small parish represents a place where the first appearance of Saint Anthony occurred. Even today it is considered the most important and sacred location for Catholics in Oé-Cusse.

8. Rate tuan iha Santa Rosa: It was in this old building the Portuguese landed in 1515 and began more than 450 years of colonization. It was also set up as the islands’ Portuguese capital.

9. Fatu-Suba: At the time of Portuguese colonization of Timor-Leste, the Old Fatu-Suba prison was one of the most emblematic buildings in Oé-Cusse. Today, you can visit the ruins of these facilities located at the top of a hill above central Pante Macassar and enjoy a stunning sunset with a view over the town.

10. Monumentu Lifau: Lifau marks a very important event in the history of Timor-Leste. It was in this old building where the Portuguese landed in 1515 and began more than 450 years of colonization. It was also set up as the islands’ Portuguese capital.

11. Social Center of Nossa Senhora de Fatima: It was created in October 2003 with the objective of supporting the children whose families did not have the resources and to teach them Portuguese. Today, better known as Community Center of Padiae, the institution has expanded its services and children receive IT and sewing lessons. It also has an agricultural project and a project to reconstruct houses for people without resources.

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Points of Interest

- Korean Memorial
- Dominican Nun’s Boarding School
- Namonde - Old Portuguese Base
- Church of Nossa Senhora do Rosário
- Ruins of Kings Palace of Oé-Cusse
- Chapel of Santo António Nispeno
- Cave of Santo António Polsiba
- Old Cemetery at Santa Rosa
- Old Fatu-Suba Prison
- Lifau Monument
- Social Center of Ns. Sra de Fátima
- Nofetlan Bridge
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- Ruins of Kings Palace of Oé-Cusse
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- Nofetlan Bridge
Points of interest in Oé-Cusse

1. Fonte Sagrada: For the community of Oé-Foko, Fonte Sagrada (Sacred Fountain, in Portuguese language) is a sacred place where important community rituals and ceremonies take place. When visiting, locals ask the ancestors for permission to enter and see the exotic waterfall.

2. Mud Geysers: A landscape of boiling mud awaits you in Oé-Cusse’s central highlands of Oé-Silo – explore the geothermal land and see how it has shaped the surrounding land today. You’ll see a landscape bathed in grey mud, with geysers pouring the steam in the air, as you explore the Oé-Silo mud area.

3. Citrana: Explore the pristine beaches of the most virgin coastline of Oé-Cusse, Citrana. On the way to Citrana make sure to stop at a good viewpoint for whale watching. Migratory season of the Baleen Whales is from October to December. In Citrana visit the Mythical Church. The Citrana inhabitants are proud of their skilled traditional fishermen and good fish, if the opportunity allows try out traditional fishing and tropical fish with locals.

4. Tumin: In 1999, during the violent aftermath of the popular consultation that led to Timor-Leste’s independence, members of the Sakunar militia murdered more than sixty inhabitants of Tumin, Quibeselo and Nibin. Every September each year, locals remember those who lost their lives in one of the bloodiest episodes of Timor-Leste’s history by visiting the commemorative plaque located in the cemetery of the village.

5. Leolbatan: This place represents the highest point of Oé-Cusse with spectacular views over the region. It is in Leolbatan that you can visit the statue of Nossa Senhora da Preginasaun, a duplicate of the statue located on Ramelau Mountain, the highest point of Timor-Leste. Both statues were created in 1965 in Italy and transported to Timor-Leste in 1996. However, the Leolbatan statue needed to wait for twenty-one years to find the ideal location to rest. Renamed by the Bishop of Dili as the “Queen of Oé-Cusse” in its inauguration last October 2017, this mountain represents an important pilgrimage site in the region.
Pontu interesse sira iha Oé-Cusse

1. Fonte Sagrada: Baina kommunidade husi Oé·Foko, Fonte Sagrada sai nu·udar fatin lúlik ne·ébe halø a'adat no serenimãa sira ne·ébe importante ba kommunidade. Baina hiru vizita, ema lokãl sira hužu be bei'ala sira hodi hato·na na harem bee·luuk laiñabain.

2. Geiser Tahu nian: Paisaje ha tahu hborna ne kõlak hein ita iha faha sentrál Oé-Cusse nian naan Oé-Silo – esplora fatin jeo·terminå ne·é no harem oinañ mak farka rai ne·ébe hale·v. Iha harem paísaje mak taka ha tahu malahuk, ha geiser sira mak hasai bee·suar, konforme ita esplora área tahu nian huri Oé-Silo.

3. Citrana: Esplora taci·ibun sira mak saeidouk estrago naran Citrana, Oé-Cusse. Baina hiru Geiser Tahu gane tek kale baire harem did'ak bolele sira ne·ébe ba·mai, Estuaun ba·mai huri Bolele sira entre fulan Outubru na fulan Dezembru, iha Citrana vizita Igreja Mitika. Ema sira mak hela ita Citrana sente arguluu ba sira·niu pesèdañ tradicional sira ha kblit no ikan d'ak, korki iha aparitunade koa atu ba pesak huri ikan frigakal sira ha ema lokãl sira.

4. Tumin: Iha 1999, tuir mai viñenisa mak rezu·iha huri konsulta populára ne·ébe fó ukun rask·an ba Timor·Leste, membru sira huri miliisa Sakunar aha ili duke ema nain neen·nari huri Tumin, Qubesela no Niñin. Fulan Setembru tian·tian, ema lokãl sira hanon kana·bó ema sira ne·ébe huremáte durante epi·zodiu ida mak viñentu liu huri istória Timor·Leste nian taña vizita plaka kamemorativu ne·ébe hela iha knua nia rafe.

5. Leolbatan: Fatin ne·é sai nu·udar Fatin ne·ébe aas ili huri Oé·Cusse no belle hétan vista d'uk tebes ba rejaun ne·é. Iha Leolbatan bele vizita es·tluó huri Nasso Senhora Peregrinasou, kopia huri estluó mak hela iha Faha Ramelou, fatin aas ili huri Timor·Leste. Estluó ruo hala iha Itánu iha tian 1965 na mai Timor·Leste iha tian 1996. Maske estluó iha Leolbatan pressa hein tian ruanu ruo resíni ida atu hétan Fatin d'ak hodi hela. Anu bapu huri Dili bali nia fali nu·udar “Luíral·feto huri Oé·Cusse” bainho hula inaugurasaun iha fulan Outubru tian 2017, faho ne·é sai nu·udar Fatin importante atu hala per·grinasaun iha rejaun ne·é.
Things to Do and See in Oé-Cusse • Saida maka ita bela halo no hare iha Oé-Cusse

**Tais**

It is a textile cloth that represent a form of traditional weaving crafted by women of Timor-Leste. Tais weaving is embedded in the cultural heritage of the people of Timor-Leste, where each region crafts a different style of Tais, and Oé-Cusse takes pride in its special textile cloth called “bet bose” in the local Baiqueno language. “Bet bose” was once made only for kings and products of high value, worn by the President during special ceremonies, but now it is often used by the President during significant cultural events. Tais weaving is embedded in the highlands of Oé-Cusse. Natural cotton is dyed by using a tea of local plants and soaking the material in the clay mud. The process of coloring the cotton takes two weeks. Next to organically grown cotton, locals also tend to purchase material from neighboring countries and use artificial coloring, which creates very colorful Tais. Using the cotton threads, the Tais is made almost entirely by hand, by a special technique transferred orally from generation to generation. A single Tais can take from a couple of days to a year to complete, depending on the complexity of the design and the variety of colors used.

**How is it made?**

The original Tais is made of cotton threads. Some of this cotton is grown in the highlands of Oé-Cusse. Natural cotton is dyed by using a tea of local plants and soaking the material in the tea that turns its color to orange, while the shades of black are achieved by soaking the material in clay mud. The design and patterns of Tais differ from region to region, in Oé-Cusse floral and religious imagery predominates with shades of black, orange, and yellow.

**Try it out**

While in Oé-Cusse we suggest you try out your weaving skills and learn together with locals how to make a Tais. Visit the women’s groups such as the Fitiun Frontera group with a local guide in Oé-Silo and the Bertais Bobola group based in Fonte Sagrada and try on one of our traditional skirts.

**Designs**

The design and patterns of Tais differ from region to region, in Oé-Cusse floral and religious imagery predominates with shades of black, orange, and yellow.

**Igrejo katolikô mós uza Tais enkuwan-tu halo serimónia religião sira iha Timor-Leste.**

Desi ku way na rei sairu te siva ulu hatais during serimónia religião sira iha Timor-Leste, iha liurai sira hatais durante hohi hatais. Local crafts and products Serbisu-liman no produtu sira lokál. Things to Do and See in Oé-Cusse • Saida maka ita bela halo no hare iha Oé-Cusse

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Palm weaving

Palm weaving plays a significant role in everyday life of locals here. Most of the Atoni people in the Oé-Cusse region are subsistence farmers living in traditional houses, and using palm weaving produce such as baskets in their everyday use.

The age-old tradition of palm leaves weaving, locally called Hamon, is usually passed over from grandmother to granddaughter. The process of making it helps preserve Atoni’s culture since the elderly share the knowledge and stories with the younger generations, as they weave together.

**HOMAN AI-TALI**

Atu homan ai-tali sai ni'udor parte importante hna moris ema lokal nian. Ema Atoni barokliu ili rejouan Oé-Cusse sai ni'udor agríficultur substänisa siro ne'ebi hela ili u ma tra-

**Try it out**

Pay a visit to the Fonte Sagrada area with a local guide and see how the women’s group called Amisal in Fonte Sagrada crafts produce from palm leaves. Learn a new skill—palm weaving—and come back home with your own woven souvenir.

**Refined coconut oil**

Atoni people use coconut tree in various ways: the leaves are used to make baskets, the water and milk to drink, the meat is used as food and the shells serve as bowls and musical instruments. Over times locals learned how to make the oil on their own by boiling the coconut milk and getting the refined coconut oil, which is mainly used for body massage purposes.

**How is it made?**

Refined coconut oil in Oé-Cusse is made from coconut meat and coconut milk. The coconut meat is grated to get the coconut milk and then cooked over a low heat until the mixture will be filtered. The resulting liquid is then filtered. Then the refined coconut milk is boiled until the water evaporates, which is followed by draining and getting the pure coconut oil of a very dark yellow color.

**How is it used?**

The skin is the largest organ of human body, and it relies on pores, sweat, and oil glands to stay cool, hydrated, and clean. Coconut oil has been used by the Atoni people as an oil that naturally clears away dirt and dead skin cells. It is also believed to have antibacterial properties, killing off harmful bacteria. Therefore, Atoni use the locally processed refined coconut oil for cleansing skin massages.

**NUU BEEN REFINADU**

Ema sira Atoni nian uzu ai-

**Designs**

Using the palm weaving technique artisans make mats, hats, bigger baskets, small jar-like baskets and envelope style documents and money holders. The color used is mostly the natural beige, and designs tend to be very simple. However sometimes strong colors are used to make smaller diamond shaped jars and baskets of significant importance.

**ENKUANTU HOMAN AI-TALI**

Enkuantu homan ai-tali, saa haloo hape, nhaa hoat siro, nhaa ki’i-koan tipu frasku, envelope bo dokumetu siro na osan-fa-

**Dezenh siro**

Enkuantu homan ai-tali, ema siro hala bii, kapeux, nhaa hoat siro, nhaa ki’i-koan tipu frasku, envelope bo dokumetu siro na osan-fa-

**Koko ne’e**

Bai area Fonte Sagrada bo matadalan lokal na haree oinsa mak lubun feto siro bulu Amisal ili Fonte Sagrada haloo iseru-liman hna hape. Ako naha kahur homan ai-tali - nua mo ima ho rekordasaun ida ili mak halo.

maka’as uzu atu haloo formu frasku ki’i-koan ko na hoo importansi.

**Oinsa mak halo ne’e?**

Halibar ai-tali, hala tiras na tara atu homaran. Ai-tali sempore pesse koe bo il, buat ne’ebi sa ni’udor material tipu atu homaan nhaa melto. Haih atu homaan savir ida huse ai-tali. Badain tuur mai hikor ai-tali hanesan krus na hahi atu homaan tonba ilia ai-tahan siro. Ai-tahan ida-ida hok-

**Fragrance**

Rafiaau tui homan ai-tali, mak bulu Hamon, pisan eisor heli bei-feta bo be-ai-oan. Praseus atu hala ne’e ajuda atu koi kultura Atoni nian tanba ema katous siro hafeho kalesimentu no istiria siro ha ema klasan siro enkuantu siro homaan hamutuk.

**Try it out**

When visiting area of Oé-Silo, ask your local guide to take you to the Fatu Metan women group, located near the border with Indonesia. Here the group of women make refined coconut oil, by using traditional methods.

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Traditional Pottery

Traditional pottery making in Oé-Cusse is relatively common even today, and is mainly done by women. Clay pots are used by Atoni people to cook food, store water, and very often to store local palm wine – Tua Sabu.

**How is it made?**

Clay is used to shape and develop the desired form of a pot. The process is done entirely by hand. After the pot is shaped in the desired form, the drying process starts. Very often drying is done on open fire, during this process the pots are baked. Most of the pots developed after baking remain in beautiful natural terra cotta color, but some are decorated afterwards.

Try it out

Visit a local women group Sanan Ral ni Fonte Sagra da and see what kind of produce they make and try creating one with them.

One day in Pante Macassar

**Whale watching**

Whale watching season in Oé-Cusse usually lasts from October to December. Start your day at a beach front café bar in central Pante Macassar and enjoy whale spotting experience or simply immerse yourself in beauty of the sea and beaches that surround you.

**Sightseeing**

Continue the day by visiting the historical sites of Pante Macassar. If a guided tour please contact tour guide in Pante Macassar located at the center of the brochure.

**Paddleboarding**

If you fancy a day at the beach, paddleboard can be rented at a beach bar in central Pante Macassar – Motixo.

Loron ida iha Pante Macassar


**Kayaking**

For kayak enthusiasts rent out kayaks at – Oé-Cusse Amasat (Mahata beach area) Café del Mar (Central Pante Macassar)

Snorkelling

Explore the rich marine life of coral reefs of Pante Macassar. It is a marine oasis with numerous species of fish, sea turtles, reef sharks and mantas rays. Since a very small number of people visit Pante Macassar, snorkelling here means largely having the place to yourself.

Snorkel gear can be rented at a beach bar in central Pante Macassar – Motixo.

Things to do and see in one day

Buat ne’ebé atu haloo no haree iha loron ida

Whale watching

Sightseeing

Paddleboarding

Kayaking

Snorkelling

One day in Pante Macassar

Whale watching

Sightseeing

Paddleboarding

Kayaking

Snorkelling

Korean Memorial / Memoriál Koreia

GPS: -9.198972, 124.367722

Colégio Femenino das Madres Missionárias Dominicanas / Colégio Feto Missionárias Dominicanas

GPS: -9.200611, 124.369000

Chapel of Santo António Nispeno / Kapela husi Santo António Nispeno

GPS: -9.1964215, 124.3763619

Chapel of Nossa Senhora do Rosário / Irãru sira husi Santo António Polsiba

GPS: -9.197612, 124.3731358

Church of Nossa Senhora do Rosário / Kirik-kuak husi Santo António Nispeno

GPS: -9.200279, 124.3773471

Santa Rosa

GPS: -9.198611, 124.371444

Rate tuan iha Palásiu Liurai Oé-Cusse nian Ruínas

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GPS: -9.197012, 124.384795

Old Cemetery of Santa Rosa / Rate tuan iha Santa Rosa

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Missionárias Dominicanas / Colégio Femenino das Madres Missionárias Dominicanas

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Litur Monument / Monumento Litu

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Social Center of Nossa Senhora da Fama / Komuniti Nossa Senhora da Fama

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Tel: (+670) 7538 6391

Hiking
Tel: (+670) 7538 6391

For visits and guided tours in Oé-Cusse area please contact local guide: Antonio Ribeiro
Tel: (+670) 7534 4248

Contact a local guide: Antonio Ribeiro
Tel: (+670) 75781875

One day in Oé-Silo
Loron i da iha Oé-Silo

Things to Do and See in Oé-Cusse • Saida maka ita bela hala no hare iha Oé-Cusse

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Joao Tabes
Tel: (+670) 75781875

Crecencia Colo
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Tel: (+670) 7538 6391

Passo iho faha
Passo nuto 65 iho Aina-Fo-
Tin Faha no haree vista ba Timor–Leste no Indoné-
Zia. Faha Poi sai nu’udar fatin importante iha istória huıı komunidade Oé-Silo nian. Ne’s sai parte huıı sai ne’ebé ema Indonézia no ema Timor–aan sai hadau malu no Timor–Leste mak manán. Foin doudau, fain-fain ne’e sai nu’udar fatin peregrinaus, liului durante Sesta-Feira Páscoa bainhira ema lokál sai ła’ a ina-fain ne’e sai no halá oin sami animated faha iho fahina nia hulun. Heta informasun liu iha pájina 9!

Sorou Tais
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Seramika Tradisional
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Tips for a Responsible Traveller

HONOUR YOUR HOSTS AND OUR COMMON HERITAGE
- Research your destination to learn about local customs, traditions and social conditions. It’s a great way to build understanding of the local community and excitement for your adventure ahead.
- Learn to speak a few words in the local language. This can help you connect with the local community and its people in a more meaningful way.
- Experience and respect all that makes an international destination different and unique, from its history, architecture, religion, dress and communication codes, to its music, art and cuisine.
- Always ask before taking photographs of other people as their privacy matter as much as yours.

PROTECT OUR PLANET
- Reduce your environmental impact by being a guardian of natural resources, especially forests and wetlands.
- Respect wildlife and their natural habitats.
- Purchase products that aren’t made using endangered natural resources, especially forests and wetlands.
- In protected areas, access only the places open to visitors.
- Reduce your water and energy consumption whenever possible.
- Leave only a minimum footprint and a good impression.

SUPPORT THE LOCAL ECONOMY
- Buy locally-made handicrafts and products.
- Respect livelihoods of local vendors and artisans by paying a fair price.
- Do not buy counterfeit products or items that are prohibited by national/international regulations.
- Hire local guides with in-depth knowledge of the area.

BE AN INFORMED TRAVELLER
- Take appropriate health and safety precautions prior and during your trip.
- Know how to access medical care or contact your embassy in case of an emergency.
- Research well before engaging into volunteerism.
- Choose tourism operators with environmental policies and community projects in place.

The Tips for a Responsible Traveller were developed by the World Committee on Tourism Ethics and are based on the UNWTO Global Code of Ethics for Tourism. The UNWTO Global Code of Ethics for Tourism is a fundamental frame of reference for responsible and sustainable tourism.
### Tour Guides / Matadalan sira

<table>
<thead>
<tr>
<th>Name of Tour Guide Coordinator / Koordenadór Matadalan</th>
<th>Area / Área</th>
<th>Phone number / Númeru Telefone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marcos Elo</td>
<td>Pante Macassar</td>
<td>(+670) 77403874</td>
</tr>
<tr>
<td>Crecencia Colo</td>
<td>Fonte Sagra</td>
<td>(+670) 75344248</td>
</tr>
<tr>
<td>Antonio Ribeiro</td>
<td>Oé-Silo</td>
<td>(+670) 7538 6591</td>
</tr>
</tbody>
</table>

### Accommodation / Fatin atu hela

<table>
<thead>
<tr>
<th>Name of Accommodation / Naran husi Fatin atu hela</th>
<th>Price / Folin</th>
<th>Phone number / Númeru Telefone</th>
<th>GPS location / Lokalizasaun GPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oé-Cusse Amasat</td>
<td>35–55$</td>
<td>(+670) 7723 2350 (+670) 7732 9755</td>
<td>-9.191814, 124.388155</td>
</tr>
<tr>
<td>Alegria Homestay</td>
<td>25$</td>
<td>(+670) 7761 0000</td>
<td>-9.204762, 124.369504</td>
</tr>
<tr>
<td>Hotel Inur Sakato</td>
<td>35–55$</td>
<td>(+670) 7724 0151</td>
<td>-9.199833, 124.367806</td>
</tr>
<tr>
<td>Hotel Rao</td>
<td>15–45$</td>
<td>(+670) 7741 0136</td>
<td>-9.203947, 124.369576</td>
</tr>
<tr>
<td>Jemia Homestay</td>
<td>25$</td>
<td>(+670) 7727 4785</td>
<td>-9.199004, 124.378340</td>
</tr>
<tr>
<td>Enclave Guest House</td>
<td>40$</td>
<td>(+670) 7724 5664</td>
<td>-9.211111, 124.345333</td>
</tr>
<tr>
<td>Janisa Guest House</td>
<td>25–45$</td>
<td>(+670) 7771 4300</td>
<td>-9.202444, 124.376111</td>
</tr>
<tr>
<td>Iramaos Timor Hotel</td>
<td>35–40$</td>
<td>(+670) 7723 5887</td>
<td>-9.203159, 124.369389</td>
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</table>

### Restaurants & bars / Restaurante no bar sira

<table>
<thead>
<tr>
<th>Name of restaurants &amp; bars / Naran husi resaturante no bar sira</th>
<th>Phone number / Númeru Telefone</th>
<th>GPS location / Lokalizasaun GPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moxito Nia Fatin</td>
<td>(+670) 7814 5809</td>
<td>-9.198996, 124.368041</td>
</tr>
<tr>
<td>Maubere Restaurant</td>
<td>(+670) 7750 5024</td>
<td>-9.201122, 124.368848</td>
</tr>
<tr>
<td>Dominican Café</td>
<td>(+670) 7717 3176</td>
<td>-9.200982, 124.369125</td>
</tr>
<tr>
<td>Alegria cocktail bar</td>
<td>(+670) 7761 0000</td>
<td>-9.204762, 124.369504</td>
</tr>
<tr>
<td>Oé-Cusse Amasat</td>
<td>(+670) 7723 2351</td>
<td>-9.191814, 124.388155</td>
</tr>
<tr>
<td>Café del Mar</td>
<td>(+670) 7800 2486</td>
<td>-9.199225, 124.368979</td>
</tr>
<tr>
<td>Restoran Lacmeta One</td>
<td>(+670) 7594 8003</td>
<td>-9.204099, 124.370431</td>
</tr>
<tr>
<td>Nidela</td>
<td>(+670) 7620 8505</td>
<td>-9.205705, 124.362749</td>
</tr>
<tr>
<td>Restoran Cifian</td>
<td>(+670) 7679 9255</td>
<td>-9.201019, 124.372657</td>
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</table>

### Basic Services / Serbisu Báziku sira:

<table>
<thead>
<tr>
<th>Basic services / Serbisu Báziku sira</th>
<th>Phone number / Númeru Telefone</th>
<th>GPS location / Lokalizasaun GPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police / Polisía</td>
<td>(+670) 7731 2391 (+670) 7731 3704</td>
<td>-9.2023914, 124.3720338</td>
</tr>
<tr>
<td>Hospital / Ospitál</td>
<td>(+670) 7825 8667 (+670) 2530027</td>
<td>-9.2054899, 124.3733343</td>
</tr>
<tr>
<td>Fire Department / Bombeira sira</td>
<td>(+670) 2530039</td>
<td>-9.2035438, 124.3703739</td>
</tr>
<tr>
<td>Red Cross / Krís Mean</td>
<td>(+670) 35221688</td>
<td>-9.202258, 124.338335</td>
</tr>
<tr>
<td>BNU Bank (ATM) / Baniku BNU (ATM)</td>
<td>(+670) 2530029</td>
<td>-9.200722, 124.375694</td>
</tr>
<tr>
<td>Banco Nacional de Comércio de Timor-Leste BNCTL (ATM) / Baniku Nacional Komérsiu husi Timor-Leste (ATM)</td>
<td>(+670) 2530052</td>
<td>-9.202111, 124.370722</td>
</tr>
<tr>
<td>Ferry / Ferry</td>
<td>(+670) 7771 8885</td>
<td>-9.187835, 124.392056</td>
</tr>
<tr>
<td>Airport/Aeroport</td>
<td>(+670) 7725 4597</td>
<td>-9.198629, 124.352895</td>
</tr>
<tr>
<td>Regional Secretary of Community Tourism/Sekretaria Rejionál huși Turizmu Komunidade</td>
<td>(+670) 7696 0738</td>
<td>-9.198972, 124.355500</td>
</tr>
</tbody>
</table>
### Basic vocabulary English/Tetum
Vocabulario básico Inglés/Tetum

<table>
<thead>
<tr>
<th>English</th>
<th>Tetum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello</td>
<td>Olá/Haló</td>
</tr>
<tr>
<td>Goodbye</td>
<td>Adeus</td>
</tr>
<tr>
<td>Yes</td>
<td>Sin/Diak/Los</td>
</tr>
<tr>
<td>No</td>
<td>Lae</td>
</tr>
<tr>
<td>Excuse me (for interrupting)</td>
<td>Kolisensa</td>
</tr>
<tr>
<td>Sorry (it’s my fault)</td>
<td>Diskulpa</td>
</tr>
<tr>
<td>Please</td>
<td>Favór ida/Halo favór/Port. favór</td>
</tr>
<tr>
<td>Thank you (very much)</td>
<td>Obrigadu/a [barak]</td>
</tr>
<tr>
<td>You’re welcome</td>
<td>La [iha] buat ida</td>
</tr>
</tbody>
</table>

### Greetings - Kumprimentos

- **Good morning**: Bondia
- **Good afternoon**: Boarardi
- **Good evening/night**: Boanofi

### Goodbyes - Despede Malu

- **See you soon/later**: Atelogu
- **See you tomorrow**: Atenanhá

### Making conversation - Dada Lia

- **What’s your name?**: Ita nia naran sa/saida?
- **My name is...**: Hau nia naran...
- **I’m pleased to meet you**: Prazér konhese ita
- **How are you?**: Diak ka lae?
- **Fine, thanks. And you?**: Diak, obrigadu/a, ita diak ka lae?
- **Where are you going?**
  - Going home: Ba nebê?
  - To the market: Ba merkadu
Regional Secretary of Community Tourism

RAEOA & ZEESM TL
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Oé-Cusse Ambeno
Timor-Leste

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