

Table of Contents

Section 1: Departure Preparations **5**

- ✚ Where Do I Start?
- ✚ Pre-departure Checklist
- ✚ What Do I Pack?
- ✚ Final Confirmation: 72 – 48 hours before departure
- ✚ Traveling Tips
- ✚ Time Zones
- ✚ Tips on Getting over Jet Lag
- ✚ Flight Delays, Missed Flights, and Other Problems

Section 2: Student Services at INTI **16**

- ✚ INTI International Group of Universities & Colleges
- ✚ Facilities and Social Organizations
- ✚ Pre-departure Information
- ✚ Orientation
- ✚ Registration
- ✚ Post-Orientation Activities
- ✚ Transcripts
- ✚ Accommodation
- ✚ Meals
- ✚ Laundry Services
- ✚ Insurance
- ✚ Campus and Inter-campus Transportation

Section 3: Being an International Student in Malaysia **20**

- ✚ Student Visas
- ✚ Employment
- ✚ Class Attendance

Section 4: Malaysian History **23**

- ✚ Malaysian History
- ✚ Waves of European Influence
- ✚ British Colonization
- ✚ The Coming of Independence
- ✚ An Independent Malaysia

Section 5: Malaysia at a Glance **26**

Section 6: Culture Shock **28**

- ✂ Culture Shock
- ✂ Reverse Culture Shock

Section 7: Malaysia Culture **31**

- ✂ People
- ✂ Religion
- ✂ Language
- ✂ Food – Malay, Chinese, Indian
- ✂ Alcoholic Beverages
- ✂ Cost of Living
- ✂ Education Systems
- ✂ Local Etiquette

Section 8: Practical Matters **36**

- ✂ Money and Currency
- ✂ Banking System
- ✂ Currency Declaration
- ✂ Electricity
- ✂ Postal Services
- ✂ Telephones
- ✂ Public Transportation
- ✂ Taxis/Cabs
- ✂ Tipping
- ✂ Shopping
- ✂ Necessary Vaccines
- ✂ Medical Services – Clinics, Hospitals, Dentists, and Opticians
- ✂ Criminal Penalties
- ✂ Drug Penalties
- ✂ Transportation – Road, Rail, Air
- ✂ Communication

Section 9: Public Holidays, Festivals, and Major Events **42**

Section 10: Malaysian Embassies Overseas **45**

Section 11: Foreign Embassies & Tourism Offices Abroad **48**

Section 12 Simple Phrases in Bahasa Malaysia **56**

Section 13 Additional Information **59**

- ✚ Appendix 1: International Calling Codes and Rates
- ✚ Appendix 2: Currency Exchange Rates
- ✚ Appendix 3: Conversion Table

Welcome to INTI University College (INTI-UC)

We are so delighted that you have chosen to participate in the Student Abroad Program at INTI University College. All of us at INTI extend our warmest welcome to you and we'll do everything we can to make you feel comfortable in your new environment.

This experience will be completely different and new to you, so remember to keep an open mind. Try not to come with expectations based on stereotypes and refrain from comparing everything to your home country. If you wanted everything to be as it were at home, you wouldn't have chosen to study abroad. You are coming abroad for something different, something foreign, something exciting.

To experience your time abroad to the fullest, you must be more than willing to explore new environments – even if it means initial confusion with foods, public transportation, looking to the *right* before you cross the roads, and, of course, getting lost every-so-often. Just remember that you have taken the opportunity to live abroad, so take advantage of it by fully immersing yourself in the new culture and way of life. Living and studying outside your home country will be one of the most significant experiences in your life, so live it to the fullest!

Although Malaysia is in Asia and is quite foreign to most people, many would find it not as disconcerting as preconceived notions may have led them to believe. It is true that Bahasa Malaysia (Malay Language) is the nation's official language; however, English is definitely the first runner up in that category. Native English speakers can heave a sigh of relief for they will find no problems communicating and getting around in the main cities of Malaysia.

Once you have gotten settled, please still feel free to drop by and see us should you need any information, advice, or if you just want to chat. We would love to hear of your great adventures and stories of adapting to make Malaysia your second home. We hope you treat your experience abroad as an education in itself for we all know that education is not only found in books!

So have fun and we look forward to meeting you.

Section 1:

Departure Preparations

Where do I start?

Before you start packing or getting money ready for your study abroad, do some geographical and cultural research from the information packets sent to you, your University's study abroad office, travel agencies (addresses of the main Tourism Malaysia offices in the US are included at the end of this handbook), or travel guides. Find out about the climate and weather (your winter jackets will definitely be taking a break in your closet at home). Try to pack light to make traveling easier. It's a *long* flight to Malaysia with several transits and connections. Having several heavy bags with you will make traveling quite troublesome, not to mention tiring.

Give some thought on whether you plan to travel around Asia before, during, or after your term or year at INTI University College. There will be many opportunities to travel around Peninsula and East Malaysia. You will also find traveling around South East Asia to be quite easy. For instance, Thailand and Singapore are a mere train or bus ride away.

Malaysia imports many foreign products, especially from the US, so finding specific brands shouldn't be that much of a problem.

Words of wisdom...



There are times while you're going through this book that you might feel as though we are being petty and fastidious. But we'd like to over-prepare you rather than under-prepare. You'd be surprised how often we come across students who overlooked passports, lugged their winter-jackets to the equator or brought six pairs of sneakers but only one pair of pants!

So long as this handbook has helped you in any way, then we have done our job!

Pre-departure Check List

Consult your Home University

- ✚ **Course Clearance and Transferable Credits** – Check with your academic advisor of your Home Institution on whether the courses you plan to take at INTI will transfer and fulfill your Home Institution's course and/or graduation requirements. Also check with your academic advisor of your Home Institution as to the minimum grade accepted for transfer credits.
- ✚ **Check the Courses Offered at INTI** – Check to see if INTI will be offering the specific courses during the semester in which you plan to study abroad.

Send the Following Documents back to INTI-UC

- ✚ **Application Form** – Fill in the application form completely and return the required documents (as stated below and on your application form) to INTI at least 1½ months prior to the enrollment date
 - ✚ Completed Application Form (please make sure you sign the form)
 - ✚ Original or Certified True Copy of your Official Transcript
 - ✚ 8 Passport Sized Photograph (required for INTI and for the Malaysian Student Visa Application).
 - ✚ Photocopy of entire Passport, including all blank pages (required for Malaysian Student Visa Application)
 - ✚ 3 photocopies of the first page of your Passport – the page with your photograph and personal information (required for the Malaysian Student Visa Application)
- ✚ **Accommodation Form** – Complete and submit the on-campus accommodation form as soon as possible to ensure that a room is reserved for you upon arrival.
- ✚ **Arrival Form** – Please complete the Arrival Form (available in the folder) with the details of your flight itinerary and course confirmation and fax it over to us at least 2 weeks prior to the expected enrollment date. This will give us enough time to arrange for someone from INTI to pick you up at the Airport. It is a Malaysian Government regulation that a representative from INTI pick you up from the airport to clear your immigration status as an International Student at our College.

Make Arrangements for Payment of your Program

- ✚ **If the Program is arranged through your Home Institution** – If the study abroad program is arranged through your home institution, it will be billed directly to your Home Institution Account. The details of the cost and payment schemes will be made through your home institution. Check with your home institution as to what the fees will cover as well as other fees you will be responsible for and pay during your time abroad.

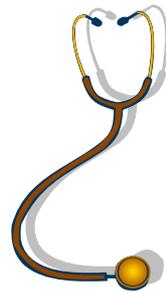
- ✚ ***If you are currently under Financial Aid or Scholarship Scheme*** – please refer to your home institution for more details as to whether the Financial Assistance will encompass a study abroad program.

Health Care and Medical Check-ups

- ✚ ***Update your Immunization Shots*** – you are **not** required to get any vaccines to enter Malaysia. However, you may want to consider getting a Tetanus and/or Chicken Pox vaccine prior to arrival. We'd like to think of it as prevention, prevention, prevention.



- ✚ ***Medical and Dental Checkup*** – Again, INTI does not require students to get a full medical prior to enrollment. But do bring medical records stating prescriptions and/or allergies that we may need to be aware of.



- ✚ ***Prescription Medicine*** – Bring your prescriptions in the original containers. This is just to ensure in case of emergency, someone would know exactly how to assist you.

- ✚ ***Glasses and Contacts*** – An extra pair of disposal contacts, just in case, is always good practice. However, contacts and glasses are easily available in Malaysia.

Health Insurance

- ✚ ***Medical Insurance*** – INTI requires all international students to purchase an insurance policy that covers at least hospitalization and personal injuries. Check with your Insurance Company/Provider to see whether your current policy includes coverage in Malaysia. If it does, you just have to show proof of that coverage to INTI.

- ✚ ***If your Insurance has no Coverage in Malaysia*** – You can purchase insurance from INTI College that covers personal accidents and hospitalization for Ringgit Malaysia (RM) 200, or you may choose to purchase an Insurance Policy from your home country that will include coverage in Malaysia.

Apply for your International Passport

- ✚ ***An International Passport*** – An international passport, of course, is required to travel to other countries, but it is also required to obtain a Student Visa in Malaysia.
- ✚ ***If you already have an International Passport*** – Check the expiry date of your passport. Your passport must be valid for at least 6 months to enter Malaysia.

Applying for a Malaysian Student Visa

The processing of student visas is centralized in Malaysia and cannot be processed in any Malaysian High Commission or Embassy overseas. The application of a student visa is a two-fold process

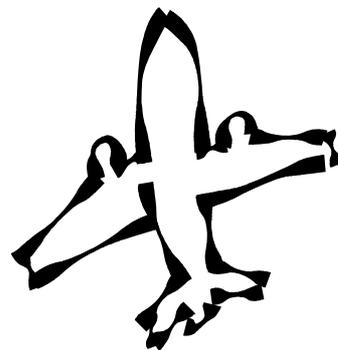
✂️ **Step 1: Prior to Arrival** – International students should submit the required documents (as stated in page 7 under “Send the Following Document..”) at least 1 ½ months prior to the enrollment date. INTI will submit each student’s application to the **State Immigration** for the issuance of the Student Visa Approval Letter. This will take about 3 weeks to 1½ months. This Student Visa Approval Letter will be faxed or sent to you and you **MUST** bring this letter with you when you enter Malaysia.

✂️ **Step 2: Upon Arrival to Malaysia** – Within 2 weeks of arrival into Malaysia, you are **required** to submit the below documents to INTI to obtain a Student Visa Sticker. You will need to pay the relevant processing fees to our International Office who will submit your documents on your behalf. The Immigration Office will take about 6 to 8 weeks to process and issue the sticker. We will collect your passport from the Malaysian Immigration Office when your student Visas have been processed and you can pick up your passports from us.

- ✂️ Original International Passport
- ✂️ Visa Application Fee of RM60.00

Make Travel Arrangements

✂️ **Book a Flight** – Once you know the expected arrival date, begin making travel arrangements. When booking a flight, ask about student discounts that different airlines or travel agencies may offer. Some travel agencies specialize in discounted fares for students (i.e. STA – Student Travel Agency, and Council Travel). There are a number of airlines that frequent to Malaysia. As a student, you enjoy some of the best benefits when it comes to discounts, use them!



✂️ **Luggage Allowance** – Check how much luggage allowance the airline will give you. Be sure to stick to the specified luggage limit. Many airlines will charge exorbitant fees for overweight check-in luggage.



Budgeting your Time Abroad

✂️ **Budgeting** – Be realistic. Don’t just budget for the major expenses such as traveling or shopping, but also include the little details such as calling home, cultural shows, gifts for family and friends.

✂️ **Settle your Finances at Home** – Just a friendly reminder, we want you to be as carefree as possible during your time here; and not have your landlord chase you half across the globe for rent!

✂ **Financing your Time Abroad** – There are many ways in which you can bring money abroad.

✂ **Credit Card** – Everyone’s favorite plastic! You will have to check on whether you are required to get a new pin number to allow access to the Automatic Teller Machines (ATM) abroad. A Visa/MasterCard logo will carry you far. Acceptances of Discover/Diner’s Club are very limited.

✂ **Travelers Checks** –Travelers Checks are a safe way in which to carry money for if stolen or lost, Travelers Checks can be easily traced and cancelled.

✂ **Cash** – Depending on the availability at the banks where you live, try to bring some Malaysian Ringgit with you to last you for the first few weeks upon arrival in case you arrive after the banks have closed or on the weekends. Otherwise, you can always change your money at the Airport upon arrival in Kuala Lumpur.

Read Up about INTI-UC

✂ **Read Up** – Know about your host institution and program before you arrive. Check your Study Abroad Office for more information about INTI.

✂ **Talk to Students** – Find out whether any students from your home institution have been to or know people who have attended INTI. Find out if any other students have studied or are currently studying abroad at INTI.

✂ **Contact INTI College** – Contact the Study Abroad Office at INTI directly for any of your questions. We will be happy to help you.

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MALAYSIA

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What Do I Pack?

What you pack is really quite up to you. Just take note that Malaysia is a tropical country and is about 7 degrees north of the equator. This might be the closest you ever get to the sun, so to speak! ☺ Also take into consideration where you plan to visit before, after and during your time here; and whether they experience winters in those regions.

Take note of the Following before Packing:-

- ✚ **General Tip** – Choose clothes that are durable, comfortable, easy to launder, and will not wrinkle. Again, what do you plan to do here? Lots of trekking? Scuba-diving? Or bird-watching? What you wear should revolve around your activities.
- ✚ **Footwear** – When you travel, you will appreciate and come to value good footwear. So again, good condition, preferably waterproof, and well broken in. You are bound to do some puddle-hopping in Malaysia – a country that has more than 100 inches of rain per annum.
- ✚ **Clothing** – Lightweight summer clothes best suit the Malaysian weather. Unless you plan to travel to other countries during their winter months, keep your winter wear at home.
 - ✚ **Everyday Wear** – Day to day dressing can be casual, but neat. Jeans are common and accepted as everyday wear in Malaysia. The hot weather in Malaysia will naturally make you want to wear the coolest, and for women, the skimpiest of clothing. However, please take note that some places, such as Mosques, require that all visitors adhere to their dress codes. Visitors wearing shorts or knee-length skirts will not be allowed to enter the Mosque. The smaller cities in Malaysia also tend to be more conservative, and visitors should thus dress more conservatively.
 - ✚ **Versatile Clothing** – We suggest variety to mix and match. Bring a formal outfit just in case.
- ✚ **Luggage** – What luggage to bring depends upon what you plan to do and where you plan to go while studying abroad in Malaysia.
 - ✚ **Suitcases** – Just remember that you might have to drag it yourself at some point, with or without wheels; on flat surface or up the stairs. So do not overstuff your suitcases!
 - ✚ **Backpacks** – Backpacks are ideal for it not only allows for freedom of movement, but also leaves you hands free to handle your passport and money. However, remember that clothing packed into backpacks always come out more wrinkled that you can imagine.

How you should Pack -- a few golden rules...

- ✚ **Check the Condition of your Clothes** – Nothing like putting on your favorite pair of jeans that you have towed half across the world to realize the fly doesn't work! We recommend checking zippers, buttons and seams, not necessary in that order.

- ✂ **Save space** – Utilize everything. Use your clothing to cushion anything fragile (i.e. CDs, presents, etc.), roll and stuff garments in corners; and put the heaviest items at the bottom.



Final Confirmation: 72 to 48 Hours before Departure

Final Confirmation

✂️ **Reconfirm your Flight** – Call the airline to reconfirm your flight. Ask whether there have been any changes in your itinerary and contact your host institution to inform them of the changes in your itinerary to make sure that they will pick you up from the airport.

Registration Confirmation

✂️ **Contact your Host Institution** – Contact INTI to confirm that we have received your Arrival form with your flight itinerary. Find out the name of the person who will pick you up from the airport in Malaysia.

Documents to Photocopy and bring with you

✂️ **Photocopy Documents** – Photocopy 2 sets of the below documents. Leave one set with someone at home and carry the second set of copies with you. Make sure you keep the photocopies separate from the original documents.

✂️ Passport

✂️ Student Visa Approval Letter – This is the letter that INTI faxed or sent to you from the Malaysia Government approving your Student Visa Application

✂️ Acceptance Letter from INTI

✂️ **Photographs** – It's a good idea to bring additional passport sized photographs with you in case you find that you suddenly need them.

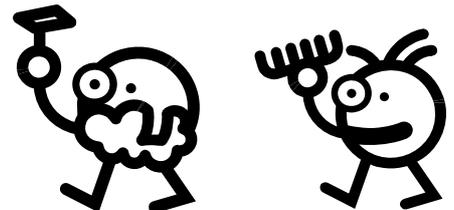
Things you should bring on the Plane with you

✂️ **Books, Music, Entertainment for the Plane** – it's a *long* flight, you will well go mad without some form of entertainment.



✂️ **Toothbrush and Toothpaste** – Some airlines may not provide this for you. Do not, I repeat, **do not** forget this or you will regret it...and so may the person sitting next to you on the plane.

✂️ **Toiletries** – Travel sized moisturizer, contact solution, contact case, glasses, and face cleanser – especially for when you get off the 20 hour flight looking as good as one would under such conditions.



✋ **Change of Clothes** – at least pack a shirt and underwear in your carryon bag just in case your suitcase does not get to where you are.

✋ **Final Tip** – This may seem like a really obvious reminder but we're going to remind you anyway. **Do not let your bag out of your sight.** Also, do not agree to carry anything for someone you do not know – especially through the security checkpoints or onto the planes. I know that it may be the "Good Samaritan" thing to do, and that you may really want to help, but you never know what you're getting into. Did we fail to mention that the possession and/or the distribution of narcotic substances into and in Malaysia is **punishable by death**? You can also request having your luggage checked all the way to Kuala Lumpur International Airport (KUL-airport code).

Traveling Tips

Eat lightly and drink plenty of fluids starting from the day before your trip. Dress in layers to easily adjust to the temperature changes you will experience – this is especially true of the students coming here for the spring semester where it's freezing where you come from and blistering hot in Malaysia.

Keep your passport, travel documents, and money with you at all times. Other important papers such as photocopies of your birth certificate, passport, and correspondence with INTI College and your home institution should be kept in your carryon luggage. Label all your luggage, both check in and carryon luggage with your name, address, and contact number. Pack at least a day's change of clothes in your carryon as an extra precaution, in the event of luggage loss.

As your destination nears, the flight attendants will give you several forms to complete – an Immigration Form, Goods Declaration Form, and Monetary Declaration Form. Items such as fruits, vegetables, drugs, firearms, etc are forbidden. Please ask for further clarifications. Again, for it render repetition -- know that the possession and/or trafficking of any narcotic substance is **punishable by death, regardless of nationality and citizenship.**

Time Zones



Malaysia lies on GMT (+8) and shares the same zone as Hong Kong and Singapore. Time zones get somewhat confusing, especially when you first arrive, but they will begin to make sense after some time. Remember to think of what time you may be calling your friends or family back home because of the differences in time.

Tips on Getting Over Jet Lag

Jet Lag is the norm for the much-traveled person. Many experienced travelers say that people have a tougher time fighting jet lag when flying east as opposed to flying west. Here are a few tips on fighting jet lag as suggested by frequent travelers:

- ✂️ Don't overeat before and during your flight for it will aggravate jet lag
- ✂️ Drink plenty of fluids during the flight. Try to stay away from alcoholic and caffeinated drinks for this will cause dehydration.
- ✂️ Wear loose-fitting comfortable clothes and shoes.
- ✂️ Set your watch to the time of your host-country-to-be as soon as you board the plane. This way, you know when you should try to get some sleep to acclimate to your host country's time zone.
- ✂️ Sleep at the appropriate times. You should try to adjust your sleep schedule to your host-country-to-be rather than taking full advantage of the on-board entertainment. If you arrive at your destination in the morning, make sure you stay up rather than go straight to sleep.

Flight Delays, Missed Flights, and Other Problems

Should you run into problems with the airlines, don't panic. A solution can always be worked out. Should weather conditions or mechanical problems delay your flight which then causes you to miss your connecting flight, the airline should provide an alternate route for you to take. Just go to the check-in counter and talk to a representative from the airline. Usually, they can either put you on the next flight or put you on a different airline leaving at about the same time. If your flight delay is due to the fault of the airline (i.e. overbooking) that causes you to miss a connecting flight, the airline should also provide an alternate route for you. Furthermore, if you have missed the last flight out of that airport due to the fault of the airline, the airline should provide accommodation, some meal expenses, a phone call (to contact the person picking you up), and book another flight for you.

Should there be flight delays or changes in the flight schedules, if at all possible, please contact us with your new arrival information.

Section 2:

Student Services @ INTI

INTI University College and Student Services

INTI International Group of Universities & Colleges

INTI College, a private institution of higher learning was established in 1986. The main campus, known as INTI College Malaysia (ICM) covers an area of 82 acres and is located in Bandar Baru Nilai, Negeri Sembilan, not far from the Kuala Lumpur International Airport (KLIA) and Malaysia's Multimedia Super Corridor. INTI has now expanded to 4 branch campuses in Malaysia (Subang Jaya, Penang, Sabah, and Sarawak), with a total enrollment of over 13,000 students with over 5,000 students at ICM. INTI also has 3 international campuses located in Beijing-China, Jakarta-Indonesia and Hong Kong. In September 2006, INTI received Malaysia's Ministry of Education's approval to be upgraded to university college status. Its new name is INTI University College (INTI-UC).

The American University Program (AUP) at INTI College is the largest of its kind in Malaysia. Since 1991, INTI alone has transferred over 7,000 students to 245 Colleges and Universities in the United States and 9 Universities in Canada.

INTI-UC welcomes international students into its large family. Students from over 32 countries have made INTI College their home. We will assist international students with student's Malaysian student visa applications and problems, enrollment, airport pickup, orientation, accommodation, excursions, individual counseling and advising, and anything else required.

Facilities and Social Organizations

Sports Facilities – Basketball, Volleyball, Squash, Sepak Takraw (a traditional Malaysian game), and Badminton courts, Soccer/Football field, and an Olympic-size swimming pool.

Student Center – College Bookstore, Convenience Store, Photo processing and Photocopying Store, ATM machine, Cafeteria, Gift/Sports Store, Clinic, Hair Salon, a 24-hour Cyber-café, and a MTV Café.

Computers on Campus – Computer labs are available for students' use, free internet in the accommodation blocks

Social Organizations – Adventure Club, Buddhist Society, Chess Club, Editorial Club, INTI Basketball League, INTI Christian Fellowship, INTI International Society, INTI Malaysian Red Crescent Society, INTIMA (Student Government), Karate Club, Leo Club, Nature Club, Photography Club, Volleyball Club, and many others as well as Academic and Cultural Clubs.

Pre-departure Information

Housing and Admission application forms are included in this pre-departure folder. You will find much information on pre-departure, student visas in Malaysia, Kuala Lumpur International Airport, and an arrival form in the Folder. Please read through the information sheets to ensure that you fully understand the different procedures and respond accordingly.

Orientation

Orientation is **required** for all exchange and study abroad students.

Registration

All students must undertake a full academic course load to ensure that they remain under a full-time student status. We highly recommend that you meet with your academic advisor at your home institution to suggest courses that you should take at INTI College. Because you will be transferring credits back to your home institution, it will be crucial to know what courses taken at INTI College can fulfill your graduation requirements at your home institutions.

Post-Orientation Activities

There are many towns and cities around Kuala Lumpur (KL) that can be explored on a day trip. INTI College will arrange trips to different tourist attractions in Malaysia from time to time for international students. These activities are, of course, optional.

Transcripts

Official transcripts can be requested from INTI-UC. Transcript-processing will take one week. Students may choose to request to send the official transcripts directly back to the home institution and/or may choose to apply for a student copy to bring it back with you. The first 2 copies of the transcript will be processed free of charge. After that, a RM5.00 fee will be imposed for each additional transcript requested – whether institution or student copy transcripts. Please note that students must fully withdraw from the college before receiving an official final transcript.

Accommodation

Although all of you will be living in student housing like the Malaysian local students, you will definitely find differences in the system, rules, and regulations, being that Malaysia is quite a conservative country. There are 17 Accommodation blocks designed for double or single occupancy. The Accommodation Office will look into the welfare of the students during office hours and the responsibility is then handed over to the Resident Fellows for the remaining hours of the day. Personal safety is, of course, a concern for residents. Thus, the INTI-UC

offers 24-hour security at all accommodation blocks. Off-campus accommodation is also available.

On Campus Accommodation – The dorms (hostels) are strictly single-ex with options of single or double rooms and air-conditioning or fan. If you opt for a double room and do not have a roommate in mind, the college will arrange for one. The accommodation blocks are within walking distance from the academic blocks. The resident halls have 2 common bathrooms and 2 kitchenettes per floor. Each dorm has a Resident Fellow (much like a Resident Advisor) that a student can go to for emergencies, complaints, and inquiries.

Accommodation Facilities – Activity Rooms, Common Rooms, Dining Hall, Laundry Facilities, Study Rooms, TV Lounge, 24-hour Internet access for computers.

Meals

Meals are available on campus in the Cafeteria and the Dining Hall from 8:00am – 2:00am every weekday. The Cafeteria is also open during the weekend until 11:00pm. You can also grab a quick snack or sandwich from the Bakery (open until about 1:00am) or from the on-campus grocery store.

Insurance

All international students are **required** to purchase personal accident and hospitalization insurance. This insurance policy can be purchased directly from the college and will only cover personal accidents and hospitalization. Each individual student will cover the cost of his or her own general clinic fees.

If you already have an insurance policy at home, please check with your insurance company to find out whether the insurance coverage is valid in Malaysia. If the insurance policy has coverage in Malaysia, you will just have to show the proof to INTI College and you will not have to purchase the college insurance.

Campus and Inter-campus Transportation

INTI's bus service not only runs between the two campuses (INTI-UC and INTI College Subang Jaya – ICSJ), but it also makes a few other stops. The bus will take students from INTI-UC to the off-campus housing areas, to the KTM station (the public trains that will take you to Kuala Lumpur city center and other destinations around Malaysia), the bank, and the grocery store. The bus schedule is available from the General Office and bus coupons can be purchased at the INTI Bookstore (IBC) either on a daily or monthly basis.

Section 3:

Being an International Student in Malaysia

Being an International Student in Malaysia

Like everywhere else, there are a few rules and regulations that you – being an international student in Malaysia – must be aware of and abide by. These rulings are set by the Malaysian Government.

Student Visas

All international students, regardless of nationality, must apply for a student visa. INTI will assist in the Student Visa application once we have received the required documents from you. Please refer to page 8 of this handbook for detailed information.

Employment

International Students are only allowed to work on-campus for a maximum of 20 hours per week during the school semester. However, during holidays and/or long breaks, international students are allowed to work full-time on or off-campus. If you have more questions regarding this matter, please visit

Attendance

To fulfill the student visa requirement, international students must maintain a full time student status while enrolled in classes. International Students are also required to attend all their classes. Should an international student fail to produce a 90% class attendance rate, the Immigration Office will reject any student's application for a Student Visa extension. Furthermore, INTI may bar the student from taking the final exam due to a low attendance.

Section 4:

Malaysian History

Malaysian History

Humans have inhabited present-day Malaysia for as long as 40,000 years.

Between 100BC and 1400 AD, Indian sailors arrived in the Malaysian port and began trading goods as well as culture. The local kings of Malaysia began to integrate governmental and cultural traditions into their own lifestyle. At around 1400AD, a Palembang Prince, Parameswara, founded Malacca. He later turned to Muslim faith, and with the success of his kingdom, Malacca soon became the center of the Muslim faith. Due to the location, Malacca fast became one of the most important ports of South East Asia within a time span of 50 years. Malacca became very influential and expanded into most of the Malay Archipelago.

Waves of European Influence

In 1511, Alfonso de Albuquerque, a Portuguese explorer, captured the city of Malacca. The Portuguese constructed a massive fort in Malacca called *A Famosa* that later, succumbed to the Dutch firepower, and by 1641, the Dutch captured and took over the fort in Malacca, using it mainly for the Spice trade.

British Colonization

During the 18th Century, the British were also active in the Asian region due to trade as well as keeping tabs on the growing French power in the Indian Ocean. The British power and influence grew immensely during this same time. The British secured administration over the Straits Settlements (Singapore, Penang, and Malacca) with the signing of the Anglo-Dutch Treaty of 1824 alongside the founding of Singapore by Sir Thomas Stamford in 1819.

As time passed, the native Malays and the Chinese immigrants hit territorial disputes, which unnerved the British. The British feared trade disruption, and consequently, took control of the peninsular states and at the same time, the Malaysian territories of Borneo fell under the influence of the ever-powerful Muslim State of Brunei. In 1814, the Sultan of Brunei awarded Sir James Brook, an Englishman who helped suppress and curb rebels, with the gift of land and the honorable title of "*Raja of Sarawak.*" Other Sultans of Brunei also granted land to other Europeans in the region. In 1882, the British North Borneo Company purchased the European-held territory in Brunei.

Like all colonizers, the British brought advantages and disadvantages to the country. For the most part, the British brought about modernization by establishing the plantation system, commercializing agriculture, creating the framework of the transportation system, introducing English into the education system, and providing the present day framework of the political system and structure of Malaysia.

The Coming of Independence

The colonial age of the British Empire ended when the Japanese seized the territories of Malaya, Sarawak, and North Borneo in 1941 and 1942. These territories remained under Japanese occupation until World War II came to an end in 1945. The movement towards Independence ran into complications and obstacles due to the emergence of ethnic rivalries. The Malays, Chinese, and Indians were separated due to religious and linguistic differences, as well as other issues.

In the 1950s, the dominating political part that emerged was "the Alliance," a multi-ethnic leadership that ensured separate representation of ethnic groups through three component parties: the United Malay National Organization, the Malayan Chinese Association, and the Malayan Indian Congress. This party experienced an overwhelming victory during the first nationwide election in 1955. The Alliance and the British worked out the political system and structure in which to run Malaysia.

An Independent Malaysia

In 1957, the Federation of Malaysia (now occupying West Malaysia) gained independence from Great Britain.

In 1961, Malaysia's first Prime Minister, Tunku Abdul Rahman, proposed that the Malaysian Federation be comprised of Malaya, Singapore and North Borneo (now consisting of Sarawak, Sabah and Brunei). All but Brunei complied at that time.

Eventually, due to economic, political and racial disputes, Singapore receded from the Federation as well.

Since then, Malaysia has experienced rapid economic growth. By 1993, Malaysia was among one of the world's largest trading nations, exporting to countries such as Japan, the United States, Taiwan, Germany, Great Britain, and South Korea. Malaysia is now a member of most international organizations including the United Nations, Commonwealth of Nations, the World Trade Organization, and the Organization of the Islamic Conference.

Section 5:

Malaysia at a Glance

Malaysia at a Glance

Country

The Federation of Malaysia comprises of West Malaysian Peninsula and the States of East Malaysia (Sabah and Sarawak). Sabah and Sarawak are located in Northern Borneo.

Location

7 degrees north of the Equator

Area

204,907 square miles or 329,750 square kilometers

Population

23 million (est. July 2005)

Capital City

Kuala Lumpur – located in Peninsular Malaysia

Temperature

Ranges from 23°C (70F) in the early morning to 35°C (90F) in the midday, depending on the time of year (with the exception of the highlands, which can expect temperatures that drop to as low as 10°C). Malaysia's climate is characterized by an absence of marked seasons, high rainfall, high average humidity, and high temperatures.

Independence Day

August 31, 1957

National Flag

The Malaysian Flag consists of 14 red and white stripes, a crescent, and a 14-point star. The stripes represent the equal status of the member states in the federation with the Federal Government. The crescent is the symbol of Islam, and the 14-point star symbolizes the unity among the 13 states and the Federal government. Both symbols are yellow in color to represent Malaysian Royalty.

Section 6:

Culture Shock



Culture Shock

Every student living and studying abroad will run into a number of differences that are sometimes humorous, sometimes infuriating, and sometimes, completely confusing and nonsensical. This section will walk you through symptoms of culture shock (an unavoidable syndrome for all who live abroad), tips for getting through culture shock, Malaysian Culture, and cultural differences.

Culture Shock

It is no wonder that culture shock has become a phenomenon of today's world. Almost everyone who studies, lives, or works outside his or her "home country" will experience culture shock to some degree. The term "culture shock" refers to the period of cultural adjustment and includes everything from getting used to the food to something as simple as using the telephone. It refers to the disorientation and anxiety resulting from a loss of all-familiar signs, cues, and symbols of social interaction. These cues include gestures, facial expressions, customs, and norms acquired or unconsciously learned in the course of growing up. Every individual, without realizing, depends upon those cues to feel comfortable and at ease with everyday life.

When an individual enters a new environment or strange culture, the person is suddenly stripped of all familiarity and knowledge of cultural cues. Of course, adjusting to a new culture can be challenging and frustrating no matter how flexible or patient. Every individual differs in the degree in which they experience culture shock. However, there seems to be a general series of stages individuals undergo and deal with culture shock.

👇 **Stage I: Euphoria Stage** – You may feel and experience initial euphoria and fascination with and by being in a new place whereby everything about the new place is exciting and exhilarating. This stage may be as brief as a few days and may last for as long as six months.

👇 **Stage II: Hostile or Aggression Stage** – This stage is often characterized by an acute dislike for anything associated with the location, people, and customs of the host country. You will find something wrong with everything associated to the host country. This stage may last anywhere from 2 weeks to an extended 2 months. You may begin to band with anyone from your home country. You may also feel a general sense of frustration, homesickness, and distress. There may be a sudden yearning for anything that represents home. You may, in fact, begin to glorify your own culture and homeland.

👇 **Stage III: Recovery Stage** – This stage is when you start looking at things in perspective. You slowly succeed in gaining some knowledge and understanding of the language, country, and culture. Humor emerges more and more as you begin to laugh at your own difficult experiences when adapting to your host country rather than the previous display of frustration and anger. This is a sure sign of recovery from the wretched culture shock.

✂ **Stage IV: Adjustment Stage** – In the final stages of cultural adjustment, you may not only accept, but also adopt the customs and way of life of your host country. Of course, the strain and anxiety may return from time to time, but that's completely normal. With complete adjustment, you not only accept the host country's food, habits, and customs, but you also actually enjoy and assimilate them into your everyday routine and lifestyle.

It is the individual who makes the adjustments; the environment remains exactly the same. What has changed is your attitude. Culture shock and the stages of adjustment are very normal. You are not alone. And you can overcome culture shock. After all, an individual is not born with an innate culture, but rather, is born with the remarkable ability to learn, assimilate, and use culture.

Reverse Culture Shock

Just as you had to psychologically prepare yourself for a period of confusion when arriving in a new country, you should also know that you will have to prepare yourself for a smaller degree of this same disorientation period with your return home. This period of readjustment is similar to that experienced when traveling abroad, but will be relatively short-lived. After having experienced living and learning overseas, you would have changed to some degree. Being away from home, you will be unaware of small and/or drastic changes happening at home. Upon your return, you would expect everything to remain the same and would want to pick up where you left off before your time abroad, not realizing that people and things from home, too, change – with or without you.

Immediately after your return, you will probably go through the same stage of euphoria. But as you try to settle back into your old routine of things, you may come to realize that your experience overseas has changed you or your perceptions, assumptions, and ways of doing things. This is absolutely normal and expected. After all, you go abroad for intellectual and personal growth.

Due to your previous experience in dealing with culture shock, your readjustment period will be short. Your experience abroad would have provided you with the psychological tools you need to deal with the challenges of readjusting to your "home" environment.

Section 7:

Malaysian Culture

Malaysian Culture



People

Malaysia offers an eclectic mix of peoples, cultures, and religions. Malays, Chinese, Indian, and Indigenous tribes comprise of the Malaysian peoples. The ethnic Malays, also known as *Bumiputras*, comprise seventy-percent Malaysia's population, the Chinese about 20 percent, the Indians about 10 percent, and a very small minority in the indigenous tribes. Each culture, in its own, has a separate and distinct way of life. Yet, it is the interaction and integration between each group that actually creates the unique fusion that we now call Malaysia.

Religion



Islam is the official religion of Malaysia, but all other religions are practiced freely. Much of the culture of each race stems from religion and religious festivals. Although Islam is the religion celebrated by the majority, you will find that the other festivals and ceremonies hardly pale in comparison. In general, the majority of the Chinese are Buddhist while the Indians are mainly Hindu.

Language

Bahasa Malaysia, spoken by all Malaysians, is the nation's official language. Each race also speaks specific languages indigenous to them – the Chinese speak Mandarin, Cantonese, Hokkien, and other dialects while the Indians generally speak Tamil, Hindi, Punjabi and other dialects. The Bumiputras and the Indigenous peoples generally communicate in Bahasa Malaysia. Despite the combination of different languages spoken all over Malaysia, English is largely spoken in the bigger cities as a means of communication between races and dialects.



Food

Food seems to be the universal language in Malaysia. Everything revolves around the epicurean senses. It has almost become a form of greeting – instead of asking, "How are you?" people tend to ask, "Have you eaten?" Totally different connotations, but yet, in Malaysia, it shows manners and politeness. You hardly see anyone on a diet in Malaysia. Many foreigners will get a shock to find that people eat full bowls of noodles or big plates of rice for breakfast.

You can find all kinds of food, from Italian to Thai to McDonalds. Each culture has food indigenous to race and religion. Thus, be adventurous and try everything! All that can be said

about food in Malaysia is that you'll never go hungry here. However, take note that the serving sizes are quite a bit smaller here than they are in the US. What we lack in quantity, we make up in variety!

👉 **Malay Food** – Malay food tends to border slightly on the spicy side, using blends of spices, ginger, coconut milk, peanuts, and chili to flavor the food. Coconut milk is an essential ingredient in the preparation of most Malay food. The most sought after foods originating from the Malays are *Nasi Lemak* (coconut milk rice with chili and *ikan bilis* – dried anchovies) and *Satay* (barbecued meats, mostly chicken, on skewers, served with spicy peanut sauce, cucumber salad, and sticky rice).

Islam restricts the consumption of pork, the flesh of predatory animals and birds, rodents, reptiles, worms, and animals offered as sacrifice. Slaughtering animals for food must be in accordance to Islamic regulations. Thus people following a kosher diet can trust any food stalls that emphasizes that the food is "*halal*." Halal food refers to both the food and the food preparations.

👉 **Chinese Food** – There are many regional types of Chinese cooking depending upon where in China the people originated from. The Chinese food in Asia differs much from Chinese take-out in Western Countries (there's no Mu Shu Pork and perhaps, much to your surprise, no fortune cookies after every meal). Most of the Chinese food found in Malaysia comes from a Cantonese background.

👉 **Indian Food** – Indian food is easily found all over Malaysia. Indian food has curries ranging from mild to very hot, chutneys, rice, and Indian breads. A popular Malaysian Indian dish is *Chapati*, pan-fried bread with a range of curries to choose from. You can still find restaurants or eateries that serve Indian food on the traditional Banana Leaf rather than on plates. Most Indian food in Malaysian originates from South India.

Hindus, in accordance to religious beliefs, will abstain from eating beef, and some will turn to a completely vegetarian diet.

Alcoholic Beverages

The legal drinking age in Malaysia is 21. Malaysian law is very strict regarding driving while under the influence of alcohol and will often run spot-checks along the major highways during the early hours of Saturday and Sunday. It is very easy to find pubs, bars, and clubs in the bigger cities of Malaysia. However, upon venturing into the smaller, more conservative towns, you will find that it may be quite difficult to get alcoholic beverages. Muslims, according to Islamic law, are forbidden to consume alcoholic beverages.



Cost of Living

The cost of living in Malaysia is very low. You will find that clothes, shoes, and anything else made in Malaysia will definitely fall within your budget. You will also find that eating out is very affordable, with the exception of imported foods. You will also find products imported from overseas, more costly due to the shipping fees as well as the currency exchange rate.



Education System

The Malaysian public school system follows the British Education system. For students studying abroad, it's not so much the difference in system, but more the difference in culture that will be noticeable – especially for those coming from the United States. In Primary or Elementary School, local Malaysian students are taught to listen to the teacher and are not encouraged to question the teacher. Study abroad participants with an American-system background will find this very different.

However, many private colleges in Malaysia are trying to change this system and adopt a more interactive classroom setting. Please do not feel as if you have to fall into this mold. On the contrary, lecturers here want students to participate, but yet find it very difficult to break the students away from their previous training.

Local Etiquette

Just some quick important local etiquette tips to keep in mind while in Malaysia:

- Handshakes are generally very widely accepted among all in Malaysia. However, some conservative Muslim women may choose to acknowledge an introduction with a mere nod and a smile. In this case, a handshake is only appropriate if the woman offers first.
- It is generally polite to call prior to visiting a home.
- You should remove your shoes before entering a Malaysian home – regardless of your host's race or religion. Shoes must also be removed when entering places of worship – Mosques, Indian Temples, and Chinese Temples. Mosques require women to be fully covered and may provide robes and scarves for female visitors. Permission should be sought prior to taking photographs.
- Do not use your forefinger to point – whether it be at an object, place, or person. Rather, the preferred way is using the thumb of the right hand placed on top of the folded four fingers.
- It is not rude to be late for an appointment. Generally speaking, Malaysians have a very relaxed sense of time, and we are thus, known for our “rubber band time”.

- Many Malaysians are superstitious and there is a fascination with lucky numbers (essential for buying favorable numbers in lottery draws). Ask a Malaysian to explain this interest or when they jot down car license numbers at the scene of an accident.
- There is a Chinese word called "kiasu". The English translation means something like "the fear of missing out". This surfaces in many situations - drivers being aggressive on the road, wearing branded clothes and accessories, using mobile phones loudly and piling one's plate the highest at a buffet. What does it all mean? It's about keeping up with the Jones's, it's about, "I'm as good as you", etc. This doesn't mean expatriates have to be kiasu, but being aware of its presence will help you understand many situations.
- As in many Asian countries, Malaysians don't often show anger in public. When others do, many Malaysians are unsure of what to do next. Remain calm, firm and avoid shouting when things do not go your way. Something may be resolved if you are calm, but nothing will be achieved through ranting and raving.
- Many Malaysians do not want to disappoint foreigners so a "yes" may not actually be in the affirmative. If you need a definite answer you might try and talk around a topic for awhile until you determine whether it is a real "yes" or a "no-yes".
- This has a lot to do with "face". Face is another difficult concept to explain but most Malaysians do not like to "lose face" - i.e., they do not want to give the wrong information or to be caught out, no matter what. You can "give face" by being understanding if something goes wrong; by not reminding people of this, by compensating for small mistakes and/or by not making a public spectacle. A difficult one, but very important for surviving in many Asian countries. Try and be a little humble - be honest about your faults and modest about your achievements.

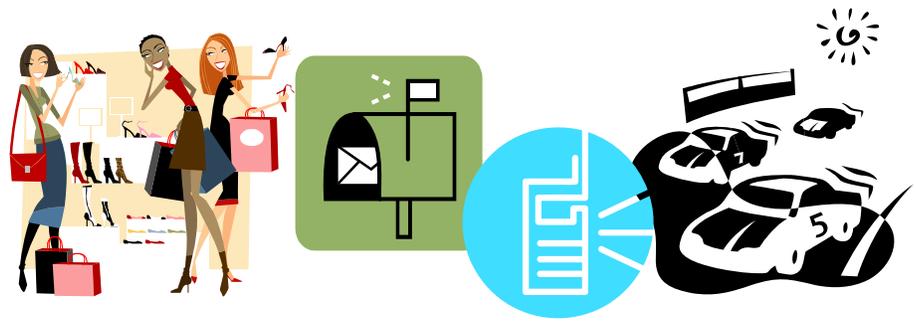
Section 8:

Practical

Matters

Practical Matters

Money and Currency



Currency in Malaysia is expressed in Malaysian Ringgit (RM) and sen (with 100 sen to the 1 Ringgit). The Malaysian currency is differentiated not only by size, but also by color.

Since 1998, the exchange rate has been fixed at RM3.80 to US\$1.00. Because the Ringgit has been fixed to the US dollar, it may not be that easy to find Malaysian Ringgit outside of Malaysia.

Banking System

It's advised that every student should open a bank account while in Malaysia. The banking hours in most states are Monday – Friday, 9:30am – 4:00pm, selective on Saturdays and closed on Sunday. But you will be able to find any services here as you would anywhere else. You will also notice that on dates are written by **day / month / year** in Asia.

Electricity

The electrical current is 220 – 240 volts AC at 50 cycles per second, different from the US's 110 – 125 volts. You should think twice before bringing your electrical appliances with you. Electrical appliances designed for North American will require converters to increase the voltage to the level required. Malaysia's electrical wall sockets all differ in shape from the sockets used in the US, but are generally the same as those used in the UK. Electrical adapter plugs are available to slip over the plug-heads from the US. Generally, the plugs used here fall under two categories:

1. "B" Pattern – 2 round pins, usually bathroom shaver plugs
2. "C" Pattern – 3 regular prongs



Postal Services

Post offices are open from 8:00am-5:00pm Mondays to Fridays, 8:00am-12:00noon on every first and third Saturday of the month, and closed on Sundays.

Mail is delivered daily, Monday through Friday, and on the first and third Saturday of the month. Letters to and from the US can take anywhere from 2 weeks to a month to arrive, depending upon where in the US whereas mail to and from the UK or Australia generally takes about 2 weeks to deliver. A postcard sent internationally, with the exception of nearby Asian countries, will cost RM0.50. Packages sent overseas can be brought to any post office to be weighed and sent. The post office also offers telegrams, telexes, and fax services.

Telephones

Local or international calls can be made from phone booths with card phone facilities, any Telecoms Office (Malaysia's Telephone Company), or from a home phone. You will have to purchase a prepaid phone card to make an international call from a public phone. Discount rates for international calls not only differ from country to country but also differ among different telephone cards. Be sure to check the rates of calling to the desired country before purchasing the phone card.

Public Transportation

There are public buses, trains, and of course, taxis available for people to get around in. From where ICM stands, the KTM Commuter (the trains that takes you into Kuala Lumpur city center), or the bus are the best modes of public transportation. There are also the newly developed LRT (Light Rail Transit) and Monorails are an additional means of getting around downtown KL. From the KTM stops, you can connect to buses, the LRT, or taxis to your destination. Though many people have cars in Malaysia, it is sometimes faster to use the public transportation – especially when you see everyone suffering in the infamous KL traffic!

Taxis/Cabs

Taxis are abundant in the city of KL (with the exception of when you need the taxis the most...they all seem to disappear!). All taxis are required by the law to charge passengers according to the taximeter. Unfortunately there are some cab drivers who still attempt to give tourist and visitors a hard time by refusing to use the meter. Should they refuse, move on to one that will! Tipping is not expected, but of course, appreciated.

Tipping

Tipping is generally not expected in Malaysia. Often, a 10-15% service charge is already included in hotel and restaurant bills. If you feel that the service was exceptionally outstanding and you want to give a show of appreciation, tipping would be appreciated.

Shopping

Like everywhere else, the prices and quality of products depends upon where you go. Types of stores range from department, to bulk, to small, privately owned, to designer. You will find that malls are very modern and plentiful; it is safe to say that shopping may be Malaysian's second-most favorite past time – eating being the first, of course!

Prices in department stores are fixed, so there is no need for bargaining. However, for street side shops, you had better brush up your bargaining skills or be prepared to get overcharged.

One important tip to keep in mind is that there generally is no return policy on any items in Malaysia. If there is a return policy, it is probably only applicable to that particular store and there usually is only a 7-day return policy.

Designer labels and western labels are easily found here. The most common problem you may face when shopping for clothes and shoes is not the price, style, or availability, but rather the size. I'm sure you've noticed that Asians are quite a great deal smaller both in height and bone structure, than their western counterparts.

Sales hit Malaysian shops quite often. The big shopping times are usually in March, August, and December where many stores participate in the nationwide "Shopping Carnival." If that proves to be too little shopping for you, you can also swing down to Singapore in July for the "great Singapore sale."

Necessary Vaccines

If you have a liking for seafood, it is advisable that you get the Hepatitis vaccination series. Yellow fever, Malaria, Dengue fever, and other mosquito related diseases are generally low in infection in Peninsular Malaysia. However, if you plan to travel to isolated, mosquito ridden areas (such as tropical rainforests, etc.) it is advised that you take Malaria pills as well as take precautions against getting mosquito bites.

Medical Services

Medical services are available in most towns and in all cities at government hospitals as well as private clinics and medical centers. Western trained, English speaking doctors and specialists are easily found in Kuala Lumpur and other big cities.

Clinics and Medical Centers

In Malaysia and in most South East Asian countries, patients will visit the doctor for both the consultation and for medicine. Non-prescription drugs are available at pharmacies, supermarkets, and shopping malls. Government hospitals in Malaysia are usually free of charge or will impose a minimal fee. If you are insured and are planning to claim medical expenses from your insurance company, take note that you will have to make the payment first and submit the claims to your insurance company later.

Dentists

Dental services are readily available and like everywhere else, it would be best to make an appointment for whatever services required prior to going to the Dentist. The basic fee you pay for a check-up is pretty standard all over KL (about RM70-90).

Opticians

Should you need to get a pair of contacts or glasses, you can get your eyes checked at the opticians, and you will not be charged the consultation fee of the eye test. You will simply pay for the price for the glasses or contacts.

Criminal Penalties

Malaysia has a relatively low crime rate in terms of assault with weapons. Petty crimes such as pick pocketing, burglaries, automobile theft, and purse snatching, on the other hand, are pretty common – as in all countries. While visiting or residing in a foreign country, regardless of nationality, you are subject to that country's laws and regulations. Your home country or consulate/embassy may be able to offer services and assistance, but cannot offer protection or immunity should you be charged with a criminal offense. Should you violate the law in any way, even unknowingly, you may be expelled, arrested, or imprisoned. The Malaysian criminal code includes a sentence of caning, jail time, and may be as severe as the death sentence for certain crimes.

Drug Penalties



As previously mentioned, Malaysia views the possession and distribution of narcotics as a very serious offence, and thus, strictly enforces the drug laws. There is a mandatory **death sentence for convicted drug traffickers**. Drug offenders are all considered equally, regardless of nationality. Thus, foreigners are also subject to the mandatory sentence should they be convicted of a drug offence. Individuals arrested with the possession of 15 grams (1/2 ounce) of heroin or 200 grams (1 ounce) of marijuana are considered, according to Malaysian law, to be trafficking drugs. For more information, please refer to <http://travel.state.gov/malaysia.html>

Transportation

During the Colonial Period, the British laid down the skeleton of today's road and railroad system that connects the whole of Peninsula Malaysia. Since then, the transportation system has been built to span from Singapore in the south through peninsula Malaysia and all the way up to Thailand in the north.

Road

Remember that people drive on the left side of the road in most countries in Asia. Malaysian highways are among the best in the region. The North-South Expressway extends from Singapore to Thailand, while the East-West highway brings you to beautiful coastal beaches on both ends of the peninsula. Car rental services are easily found. Buses, taxis, and coaches are available for interstate as well as international travel.

Rail

It is also possible to travel within Malaysia as well as from Singapore to Thailand via the railway. The Malayan Railway, Keretapi Tanah Melayu Bhd (KTM) connects the major towns and cities of Malaysia. Should you want to go to Bangkok, you can take the luxurious Orient Express, which makes roundtrips from Singapore, through KL, to Bangkok, and back.

Air

Should you want to travel by air, Malaysia has 5 international airports throughout Malaysia. However the main airport is the Kuala Lumpur International Airport (KLIA) which is located about 45 minutes from the city center. Malaysian Airlines (MAS) is our national airline– it offers both domestic and international flights and is one of the 40-some international airlines frequenting Malaysia.

Communication

The Malaysian press vigorously prints about 45 different daily newspapers in the four main languages of Malaysia (Malay, English, Chinese, and Tamil). The state-run Radio Malaysia operates 6 radio networks, while Television Malaysia operates 2 television networks. There are also many privately run radio stations and 2 private television networks. Both Radio and Television networks run in different languages to suit the peoples of Malaysia.

Section 9:

Public Holidays, Festivals, and Major Events

Public Holidays, Festivals, and Major Events 2006

New Year's Day (January 1st)

Like many other countries worldwide, New Year's Eve and New Year's Day is all about merrymaking at the public squares, hotels, restaurants, and pubs.



Thaipusam (Date varies every year)

Thaipusam is a day of consecration to the Hindu deity, Lord Subramaniam. A big feature of the festival is the carrying of a *kavadi* – a frame decorated with colored papers, tinsels, fresh flowers and fruits as a form of penance. Hindus carrying the *kavadi* make the annual pilgrimage to the caves in Malaysia where the *kavadi* is carried up the 272 steps to the entrance and deposited at the feet of the deity. *Kavadi* carrying begins after sunset. Some devotees will go into a trance and pierce various body-parts with metal hooks, pins, and other objects as an offering to the Gods. The devotees undergoing this offering will not feel pain, nor will they shed a drop of blood or scar. The devotees will return to their ordinary lives, cleansed, the following day. Outside observers may also join in the festivities.

Chinese New year (17th & 18th February - Date varies from year to year)

The Lunar Chinese New Year is one of the most important festivals for the Chinese. It is grandly ushered in with the lighting of firecrackers. Customs run long and elaborate during this time – mandarin oranges for prosperity, flowers, kumquat trees, and splashes of red to decorate all households. In Malaysia, parades compliments the festivities with a street fair of stilt walkers, lion and dragon dances, acrobats, and dozens of decorated floats amidst the clashing of cymbals and the beating of drums. It's an event not to be missed and an opportunity rarely met for foreigners.

Awal Muharram (Date varies from year to year)

Official Holiday. Awal Muharram consecrates the first day of the year in accordance to the Islamic Calendar.

Shopping Carnival (March, August, December)

Shopping establishments in Kuala Lumpur, Johor Bahru, and Penang will participate in this annual two-week extravaganza wherein shops will hold all sorts of bargains and discounts.

Birthday of Prophet Mohammed (Date varies from year to year)

Official Holiday.

Labor Day (1 May)

Official Holiday.

Wesak Day (12 May)

Official Holiday. Sometimes also known as Vesak Day. This is the most important day in the Buddhist calendar as it marks the birth, enlightenment, and death of Buddha. Buddhist devotees will gather in temples throughout the country to offer prayers. Wesak day is also an occasion to offer alms to monks and give free meals to the needy.

Birthday of HM the Yang Di-Pertuan Agong (Date varies from year to year)

Official Holiday. The King's Birthday.

National Day (31 August)

Official Holiday. The country celebrates its independence with parades, shows, and fireworks. Towns and cities throughout Malaysia will be decorated and adorned with lights for the grand occasion. The city in which the parade and show will take place changes from year to year.

Mooncake Fest (Usually either in September or October)

The Chinese Mooncake Festival celebrates the overthrow of the Mongols during the end of the Yuan Dynasty (1206- 1368 AD) in China – legend has it that secret messages of revolt were carried inside the mooncakes to lead the uprising against the Mongol Dynasty. The festival is celebrated with colorful lantern processions on the night of the festival and of course, the Mooncake itself – a round pastry filled with a mixture of sweet lotus nut paste and salted egg yolk.

Deepavali (Date varies from year to year)

Official Holiday. Deepavali is celebrated during the 7th month of the Hindu calendar. Deepavali, also known as the "festival of lights," celebrates the triumph of good over evil. During this festival, Hindu homes are emblazoned with lights or oil lamps called *vikku* to signify the triumph of good over evil and thus, light over darkness. Hindus and Malaysians will visit friends of the Hindu faith to extend well wishes and to partake in the feasting and festivities.

Hari Raya Adil Fitri (Date varies from year to year)

Official Holiday. Hari Raya Puasa officially begins with the sighting of the moon by religious elders in accordance to the Muslim calendar, Syawal. Hari Raya is a celebration that marks the end of Puasa (Ramadan), the Muslim month of fasting and abstinence. Hari Raya begins with early morning prayers at the mosque, then a visit to the cemetery to pray for the departed souls of loved ones. Then comes the feast, the house to house visits, and the festivities.

Christmas (25 December)

Official Holiday. This is celebrated by Christians like any other part of the world with midnight mass and carols (all that is missing is the snow).

Section 10:

MALAYSIAN EMBASSIES OVERSEAS

Malaysian Embassies & High Commissions Overseas (Subject to change)

AUSTRALIA

HIGH COMMISSION OF
MALAYSIA
7 Perth Avenue,
Yarralumla
Canberra ACT 2600
Australia
Tel : (612) 6273 1543 / 1544 / 1545
Fax : (612) 6273 2496
Telex : AA 62032
Email:
malcanberra@netspeed.com.au

CONSULATE GENERAL OF
MALAYSIA
Hyatt Regency Perth
99 Adelaide Terrace
Perth, Western Australia 6000
Tel : (08) 92251234
Fax : (08) 93258899
E-mail:mwperth1@inet.net.au

FRANCE

EMBASSY OF MALAYSIA
2, Bis Rue Benouville
75116 Paris, France
Tel : (331) 4553 1185
Fax : (331) 4727 3460
Telex : 645848 F
E-mail:mwparis@wanadoo.fr

GERMANY

EMBASSY OF MALAYSIA
Klingelhofer Strasse 6,
D – 10785
Federal Republic of Germany
Tel : (030) 88 57 49 0
Fax : (030) 88 57 49 50
Telex : 88 56 83 Malay D
E-mail:mwberlin@malemb.de

JAPAN

EMBASSY OF MALAYSIA
20-16 Nanpeidai-Cho
Shibuya – ku
Tokyo 150-0036
Japan
Tel : (03) 3476- 3840
Fax : (03) 3479-4971
Telex : J 24221
[E-mail:maltokyo@kln.gov.my](mailto:maltokyo@kln.gov.my)

NEW ZEALAND

HIGH COMMISSION OF
MALAYSIA
No. 10, Washington
Avenue, Brooklyn
P.O Box 9422, Wellington
New Zealand
Tel : (644) 801385 2439/ 5659
Fax : (644) 385 6973
E-mail:mwwelton@xtra.co.nz

REPUBLIC OF CZECH

EMBASSY OF MALAYSIA
Washingtonova 25, 110 00 Prague
1
Czech Republic
Tel : (004202) 234 706 611
Fax : (00420) 296 326 192
E-mail:mwprague@mwprague.cz

SOUTH KOREA

EMBASSY OF MALAYSIA
4-1 Hannam-dong
Yongsan-ku, Seoul 140-210
Republic of Korea
Tel : (822) 795-9203
Fax : (822) 794-5488
E-mail:mwsweoul@komet.net

SWEDEN

EMBASSY OF MALAYSIA
Karlavagen 37
P.O. Box 26053
100 41 Stockholm,
Sweden
Tel : (468) 791 7690 / 91 / 92
Fax : (468) 791 8760
Telex : 13416 MWAKIL S
E-mail:mwsthalm@algonet.se

THE NETHERLANDS

EMBASSY OF MALAYSIA
Rustenburgweg 2
2517 KE The Hague
The Netherlands
Tel : (3170) 3506506/(3 lines)
Fax : (3170) 3506536
Telex : 3024 MALAY NL
E-mail:mwhague@euronet.nl

UNITED KINGDOM

HIGH COMMISSION OF
MALAYSIA
45 - 46 Belgrave Square
London SW1X 8QT
United Kingdom
Tel : (4420) 7235 8033
Fax : (4420) 7235 5161
Telex : 262550 WAKLON G
E-mail:mwlondon@btinternet.com

USA

EMBASSY OF MALAYSIA
3516, International Court, N.W.
Washington D.C. 20008
United States of America
Tel : (1202) 572 9700
Fax : (1202) 572 9882
E-mail:mwwashdc@erols.com

**CONSULATE GENERAL OF
MALAYSIA**

313 East, 43rd Street
New York, N.Y. 10017
United States of America
Tel : (1212) 490 2722 / 23
Fax : (1212) 490 8576
E-mail: malnycg@kln.gov.my

**CONSULATE GENERAL OF
MALAYSIA**

550, South Hope Street
Suite 400
Los Angeles CA 90071
Tel : (1213) 892 1238
Fax : (1213) 892 9031
E-mail: mwla@pacbell.net

YEMEN

EMBASSY OF MALAYSIA

P.O.BOX 16157
Sana'a
Republic of Yemen
Tel : (9671) 415 605
Fax : (9671) 416 181
E-mail: mwsanaa@y.net.ye

Section 11:

Foreign Embassies in Malaysia

Diplomatic Foreign Missions in Malaysia (subject to change)

Country AUSTRALIA
Australian High Commission

Head of Mission H.E. James Wise
High Commissioner

Address 6, Jalan Yap Kwan Seng,
50450 Kuala Lumpur

Telephone No 603-2146 5555
603-2146 5787 (after office hours)

E-mail address Not available

Office Hours Monday - Friday : 8.00 am - 12.30 pm, 1.30 pm - 4.30 pm



Country CANADA
Canadian High Commission

Head of Mission H.E. Jean C. McCloskey, High Commissioner

Address 17th Floor, Menara Tan & Tan
207 Jalan Tun Razak
50400 Kuala Lumpur

Telephone No 603-2718 3333

E-mail address klmpr@dfaint-maeci.gc.ca

Office Hours Monday - Thursday - 8.00 am - 4.30 pm
Friday - 8.00 am - 1.30 pm



Country CZECH REPUBLIC
EMBASSY OF MALAYSIA

Head of Mission Her Excellency Dana Hunatova
Ambassador Extraordinary and Plenipotentiary

Address Embassy of the Czech Republic
32 Jalan Mesra,
Off Jalan Damai,
55000 Kuala Lumpur

Telephone No 03-2141-7185

E-mail address kualalumpur@embassy.mzv.cz

Office Hours Monday - Friday: 8.30 am - 4.00 pm



Country DENMARK
Embassy of Denmark

Head of Mission H.E. Leit Mogens Reimann
Ambassador Extraordinary and Plenipotentiary

Address Address 22nd. Floor Wisma Denmark
86, Jalan Ampang
50450 Kuala Lumpur

Telephone No 603-202 2001, 202 2004, 202 2005



E-mail address denmorie@rdembsy.po.my
Office Hours Monday - Friday: 8.30 am - 4.00 pm

Country **FRANCE**
Embassy of the Republic of France

Head of Mission H.E. Jacques Lapouge
Ambassador Extraordinary and Plenipotentiary

Address Address196, Jalan Ampang
50450 Kuala Lumpur

Telephone No 603-248 4122, 248 4235, 248 4318, 248 0516,
E-mail address Not Available
Office Hours Monday - Friday: 8.15 am - 12.45 pm, 1.45 pm - 4.45 pm



Country **GERMANY**
Embassy of the Federal Republic of Germany

Head of Mission H.E. Jurgen Alfred Robert Staks
Ambassador Extraordinary and Plenipotentiary

Address Embassy of the Federal Republic of Germany
3, Jalan U Thant
55000 Kuala Lumpur

Telephone No 603-2142 9666, 2142 9825
603-2148 3989 (Consular Section)

E-mail address contact@german-embassy.org.my
Office Hours Mon – Thurs: 7.30 am - 4.00 pm; Friday: 7.30 am - 2.00 noon

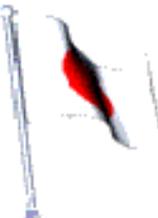


Country **JAPAN**
Embassy of Japan

Head of Mission H.E. Tadashi Imai
Ambassador Extraordinary and Plenipotentiary

Address 11 Persiaran Stonor,
Off Jalan Tun Razak
50450 Kuala Lumpur

Telephone No 03-2142-7044
E-mail address Not available
Office Hours Monday - Friday: 8.30 am - 4.30 pm



Country **KOREA, South (Republic)**

Head of Mission H.E. Lee Young-June
Ambassador Extraordinary and Plenipotentiary

Address No. 9 and 11, Jalan Nipah
Off Jalan Ampang
55000 Kuala Lumpur

Telephone No 603-4251 2336, 4251 5797
E-mail address Not available
Office Hours Monday - Friday: 8.30 a.m. - 4.00 p.m



Country NETHERLANDS,
Royal Netherlands Embassy

Head of Mission H.E. Conrad J. van Tooren
Ambassador Extraordinary and Plenipotentiary

Address Royal Netherlands Embassy
Suite 7.01, 7th Floor
The Ampwalk, South Block
218 Jalan Ampang
50450 Kuala Lumpur

Telephone No 03 - 2168 6200 (General)

E-mail address nlgovkl@po.jaring.my

Office Hours Monday - Friday: 8.00 a.m. - 3.00 p.m.
Consular Hours: 9.00 a.m. - 2.00 p.m.



Country NEW ZEALAND
New Zealand High Commission

Head of Mission H.E. Sarah Anne Dennis, High Commissioner

Address 21st. Floor Menara IMC
No. 8, Jalan Sultan Ismail
50250 Kuala Lumpur

Telephone No 03-2078 2533

E-mail address nzhckl@po.jaring.my

Office Hours Monday - Friday: 8.00 a.m. - 12.30 p.m, 1.00p.m. - 4.00 p.m.



Country SWEDEN
Embassy of Sweden

Head of Mission H.E. Harald Bertil Falth
Ambassador Extraordinary and Plenipotentiary

Address 6th. floor Bangunan Angkasa Raya
123 Jalan Ampang
50450 Kuala Lumpur

Telephone No 603-2148 5433 (4 lines)

E-mail address ambassaden.kuala-lumpur@foreign.ministry.se

Office Hours Monday - Thursday: 8.00 am - 12.30 pm, 1.00 am - 4.00 pm
Friday: 8.00 am - 1.00 pm



Country SWITZERLAND
Embassy of Switzerland Head of Mission

Head of Mission H.E. Dr. Peter A. Schweizer
Ambassador Extraordinary and Plenipotentiary

Address Address16, Persiaran Madge
55000 Kuala Lumpur

Telephone No 603-2148 0622, 2148 0751

E-mail address vertretung@kua.rep.admin.ch

Office Hours Monday, Tuesday and Thursday: 8.00 am - 5.00 pm



Wednesday and Friday: 8.00 am - 2.00 pm

Country **UNITED KINGDOM**
British High Commission

Head of Mission H.E. Graham Fry, High Commissioner

Address 185 Jalan Ampang
50450 Kuala Lumpur

Telephone No 603-2148 2122 - Main Office
603-2148 7122 - Consular Section

E-mail address www.britain.org.my

Office Hours Monday - Friday: 8.15 am - 12.30 pm, 1.15 pm - 4.00 pm
Consular Section: 8.15 am - 1.15 pm, 2.00 pm - 4.00 pm



Country **UNITED STATES OF AMERICA**
Embassy of the United States of America

Head of Mission H.E. Christopher J. LaFleur
Ambassador Extraordinary and Plenipotentiary

Address 376 Jalan Tun Razak
50400 Kuala Lumpur

Telephone No 603-2168 5000

E-mail address Not available

Office Hours Monday - Friday Hours: 7.45 am - 12.30 pm, 1.15 pm - 4.30 pm



Country **YEMEN**
Embassy of the Republic of Yemen

Head of Mission H.E. Dr. Abdul Nasser Ali Abdo Munibari
Ambassador Extraordinary and Plenipotentiary

Address 6 Jalan Kedondong,
Off Jalan Ampang Hilir,
55000 Kuala Lumpur

Telephone No 603-2484036, 603-42522481

E-mail address yemenkl@tm.net.my

Office Hours Monday - Friday Hours: 9:00a.m. – 4:00p.m.



Section 12:

Tourism Malaysia Offices Abroad

Tourism Malaysia Offices Abroad (subject to change)

CZECH, REPUBLIC

Malaysia Tourism Promotion Board
Rossmarkt 11 60311,
Frankfurt Am Main
FEDERAL REPUBLIC OF GERMANY

Tel : 004969 283782/283783
Fax : 0049691-337-9121
Email: mtpb.frankfurt@arcormail.de
URL : [http:// www.tourismmalaysia.de](http://www.tourismmalaysia.de)

FRANKFURT, GERMANY

Malaysia Tourism Promotion Board
Rossmarkt 11 60311,
Frankfurt Am Main
FEDERAL REPUBLIC OF GERMANY

Tel : 004969 283782/283783
Fax : 0049691-337-9121
Email: mtpb.frankfurt@arcormail.de
URL : [http:// www.tourismmalaysia.de](http://www.tourismmalaysia.de)

TOKYO, JAPAN

Malaysia Tourism Promotion Board, 5F Chiyoda Building 1-
6-4, Yurakucho Chiyoda-ku
Tokyo
JAPAN 100-0006

Tel: 00813 3501 8691
Fax: 00 813 350 186 92
Email: mtpb.tokyo@tourism.gov.my
Url: <http://www.tourismmalaysia.or.jp>

SEOUL, KOREA (SOUTH)

Malaysia Tourism Promotion Board, 2nd Floor, Hansung
Building, 47-2 Seosomun-dong, Chung-ku
Seoul EASTERN ASIA
REPUBLIC OF KOREA 100-110

Tel: 00 822 779 4422
Tel: 00 822 779 4251
Fax: 00 822 779 4254
Email: mtpb.seoul@tourism.gov.my, mtpb@user.unitel.co.kr

LONDON, UNITED KINGDOM

Malaysia Tourism Promotion Board
57 Trafalgar Square London
WC2N 5DU
UNITED KINGDOM

Tel : (0044) 20 7930 7932
Fax : (0044) 20 7930 9015
Email : info@tourism-malaysia.co.uk
website: www.malaysiatrulyasia.co.uk

LOS ANGELES, UNITED STATES

Malaysia Tourism Promotion Board
Suite 970, 9th Floor
818 West Seventh Street
Los Angeles,
CA 90017-3432 U.S.A.

Tel : 001213 6899702
Fax : 001213 6891530
Email : malaysiainfo@aol.com
URL : <http://www.tourismmalaysia.com/>

NEW YORK, UNITED STATES

Malaysia Tourism Promotion Board
120 East 56th Street,
Suite 810
NEW YORK 10022

Tel : 001212 754 - 1113/1114/1115
Fax : 001212 754 1116
Email: mtpb.ny@tourism.gov.my
URL: <http://www.visitmalaysia.com/>

STOCKHOLM, SWEDEN

Malaysia Tourism Promotion Board
Klarabergsgatan 35, 2tr
Box 131
10122 Stockholm,
SWEDEN

Tel : 0046-8-24 99 00
Fax : 0046-8-24 23 24
Email : mtpb.stockholm@tourism.gov.my

SYDNEY, AUSTRALIA

Malaysia Tourism Promotion Board
Level 2, 171 Clarence Street,
Sydney, NSW 2000
AUSTRALIA

Tel : 00612 92994441/2/3
Fax : 00612 92622026
Email : mtpb.sydney@tourism.gov.my ,
malaysia@malaysiatourism.com.au

VANCOUVER, CANADA

Tourism Malaysia,
1590-1111, West Georgia Street,
Vancouver, BC Canada
CANADA V6E 4M3

Tel: 604 689 8899
Tel: 1 888 689 6872 (Toll-Free)
Fax: 604 689 8804
Email: mtpb.vancouver@tourism.gov.my
Url: www.malaysiatourism.ca

Section 13:

Simple Phrases in Bahasa Malaysia

Simple Phrases in Bahasa Malaysia

Daily Pleasantries

Good Morning	Selamat Pagi
Good Evening	Selamat Petang
Good Night	Selamat Malam
Goodbye (person staying)	Selamat Tinggal
Goodbye (person leaving)	Selamat Jalan
Yes	Ya
No	Tidak
Please (pleasantries – please sit, please help yourself)	Sila
Please (asking for assistance – please help)	Tolong
Thank you	Terima Kasih
Sorry/Pardon?	Maaf?
Excuse me	Maafkan saya
How are you?	Apa khabar?
I'm fine thank you. And you?	Saya sihat, terima kasih. Dan anda?

Language Difficulties

Do you speak English?	Boleh berbahasa Inggeris?
I understand	Saya faham
I don't understand	Saya tidak faham
Please write	Tolong tuliskan

Directions

Where is/are	Di mana?
Go straight ahead	Jalan terus
Turn left	Belok diri
Turn right	Belok kanan
In front of	Di hadapan
Next to	Di sebelah
Behind	Di belakang
Here	Di sini
There	Di sana

Emergencies

Help!	Tolong!
There's been an accident!	Ada kemalangan!
Please call a doctor	Tolong panggil doktor
Call an ambulance	Panggil ambulans
Stop	Berhenti
Go away	Pergi
I've been robbed!	Saya dirompak!
I'm lost	Saya sesat

Time and Days

When?	Bila?
How Long?	Berapa lama?
What time is it?	Pukul Berapa?

...o'clock
Hour
Week
Year
Tomorrow
Yesterday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Pukul ...
Jam
Minggu
Tahun
Esok
Semalam
Hari Isnin
Hari Selasa
Hari Rabu
Hari Kamis
Hari Jumaat
Hari Sabtu
Hari Ahad

Numbers

½
1
2
3
4
5
6
7
8
9
100
1000

Setengah
Satu
Dua
Tiga
Empat
Lima
Enam
Tujuh
Lapan
Sembilan
Seratus
Seribu

Miscellaneous

How much / How many?
Cheap
Expensive

Berapa?
Murah
Mahal

Signs (in Malay)

Masuk
Keluar
Dilarang Merokok
Buka
Tutup
Tandas
Lelaki
Perempuan
Awat

English translation

Entrance
Exit
No Smoking
Open
Close
Toilet/Bathroom/WC
Men
Women
Danger

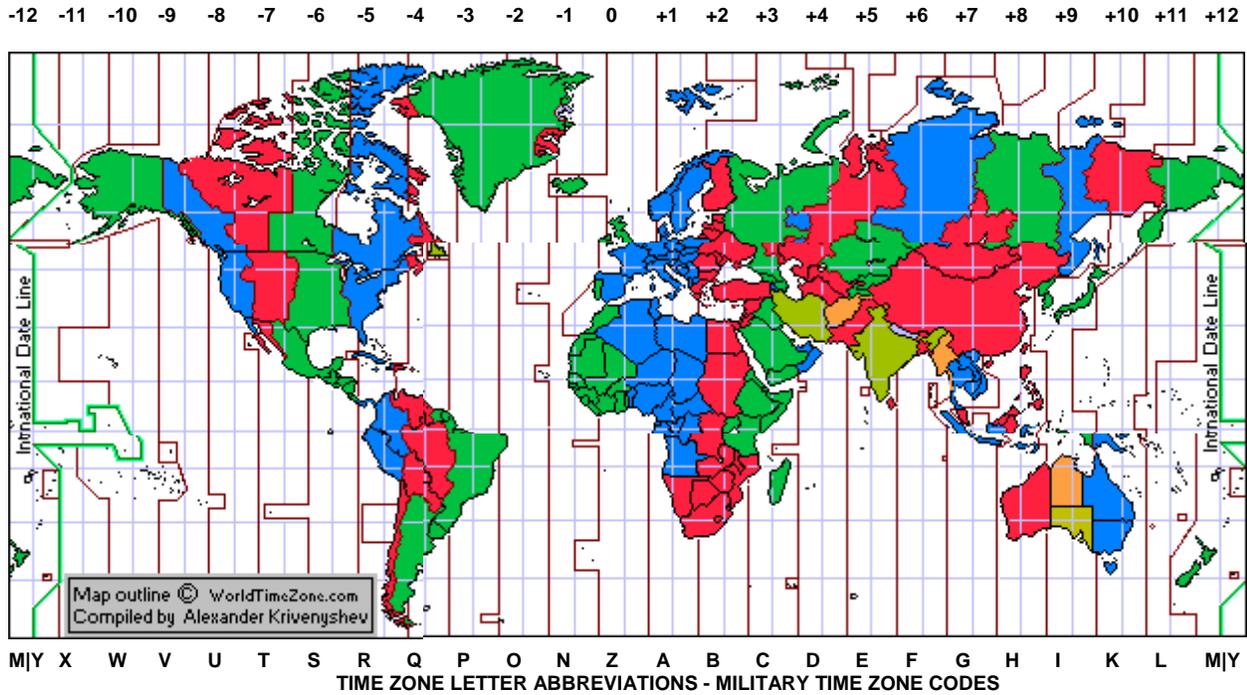
Section 14:

Additional Information

APPENDIX 1

List of International Telephone Country Codes, Time Differences, & Exchange Rates:

WorldTimeZone.com
 WORLD MAP OF TIME ZONES (Standard Time Zones, 2003)



Country	IDD Code	Standard Time Zones
Argentina	54	GMT
Australia	61	GMT +8 GMT +9.30 GMT +10
Perth		GMT +8
Adelaide		GMT +9.30
Melbourne, Sydney		GMT +10
Austria	43	GMT +1
Bahamas	242	GMT -5
Belgium	32	GMT +1
Brazil	55	GMT -3
Cambodia	855	GMT +7
Canada	1	GMT -6
China (People's Republic)	86	GMT +8
China-Taiwan	886	GMT +8
Denmark	45	GMT +1
Fiji	679	GMT +12

Finland	358	GMT +2
France	33	GMT +1
Germany	49	GMT +1
Greece	30	GMT +2
Hong Kong	852	GMT +8
Hungary	36	GMT +1
India New Delhi Dhaka	91	GMT +5.30 GMT +6
Indonesia	62	GMT +7
Ireland (Irish Republic; Eire)	353	GMT
Italy		GMT +1
Japan	81	GMT +9
Kenya	254	GMT +3
Korea, Republic of (South Korea)	82	GMT +9
Malaysia	60	GMT +8
Nepal	977	GMT +5.45
Netherlands	31	GMT +1
New Zealand	64	GMT +12
Norway	47	GMT +1
Pakistan	92	GMT +8
Philippines	63	GMT +8
Singapore	65	GMT +8
Spain		GMT +1
Sweden	46	GMT +1
Switzerland	41	GMT +1
Thailand	66	GMT +7
United Arab Emirates	971	GMT +4
United Kingdom	44	GMT
USA Eastern Standard Central Standard Mountain Standard Pacific Standard	1	GMT - 5 GMT - 6 GMT - 7 GMT - 8
Vietnam	84	GMT +7

APPENDIX 2

Currency Exchange Rates

Malaysian Ringgit		
	1 MYR	in MYR
American Dollar	0.26455	3.78
Australian Dollar	0.357984	2.79342
Brazilian Real	0.579577	1.7254
British Pound	0.153781	6.50273
Canadian Dollar	0.308757	3.2388
Chinese Yuan	2.13746	0.467845
Danish Krone	1.67336	0.5976
Euro	0.224461	4.45511
Hong Kong Dollar	2.0513	0.487497
Indian Rupee	12.127	0.0824607
Japanese Yen	31.6085	0.0316371
Mexican Peso	2.7963	0.357616
New Zealand Dollar	0.376905	2.65319
Norwegian Kroner	1.78053	0.561631
Singapore Dollar	0.447804	2.23312
South African Rand	1.71931	0.581628
South Korean Won	274.101	0.0036483
Sri Lanka Rupee	26.9577	0.0370952
Swedish Krona	2.13587	0.468193
Swiss Franc	0.347434	2.87825
Taiwan Dollar	8.86508	0.112802
Thai Baht	10.9021	0.0917253
Venezuelan Bolivar	567.354	0.00176257

Values subject to the FOREX's fluctuations. Courtesy of www.x-rates.com

APPENDIX 3

Measuring Units Conversion Table

Metric Length Conversions

metric ->

1 millimetre [mm]	
1 centimetre [cm]	10 mm
1 metre [m]	100 cm
1 kilometre [km]	1000 m

imperial

0.03937 in
0.3937 in
1.0936 yd
0.6214 mile

imperial ->

1 inch [in]	
1 foot [ft]	12 in
1 yard [yd]	3 ft
1 mile	1760 yd
1 int nautical mile	2025.4 yd

metric

2.54 cm
0.3048 m
0.9144 m
1.6093 km
1.853 km

Area

metric ->

1 sq cm [cm ²]	100 mm ²
1 sq m [m ²]	10,000 cm ²
1 hectare [ha]	10,000 m ²
1 sq km [km ²]	100 ha

imperial

0.1550 in ²
1.1960 yd ²
2.4711 acres
0.3861 mile ²

imperial ->

1 sq inch [in ²]	
1 sq foot [ft ²]	144 in ²
1 sq yd [yd ²]	9 ft ²
1 acre	4840 yd ²
1 sq mile [mile ²]	640 acres

metric

6.4516 cm ²
0.0929 m ²
0.8361 m ²
4046.9 m ²
2.59 km ²

Volume/Capacity

metric ->

1 cu cm [cm ³]	
1 cu decimetre [dm ³]	1,000 cm ³
1 cu metre [m ³]	1,000 dm ³
1 litre [l]	1 dm ³
1 hectolitre [hl]	100 l

imperial

0.0610 in ³
0.0353 ft ³
1.3080 yd ³
1.76 pt
21.997 gal

imperial ->

1 cu inch [in³]
 1 cu foot [ft³]
 1 fluid ounce [fl oz]
 1 pint [pt]
 1 gallon [gal]

1,728 in³

20 fl oz

8 pt

metric

16.387 cm³
 0.0283 m³
 28.413 ml
 0.5683 l
 4.5461 l

USA measure ->

1 fluid ounce
 1 pint (16 fl oz)
 1 gallon

1.0408 UK fl oz

0.8327 UK pt

0.8327 UK gal

metric

29.574 ml
 0.4731 l
 3.7854 l

Mass**metric ->**

1 milligram [mg]
 1 gram [g]
 1 kilogram [kg]
 1 tonne [t]

1,000 mg

1,000 g

1,000 kg

imperial

0.0154 grain
 0.0353 oz
 2.2046 lb
 0.9842 ton

imperial ->

1 ounce [oz]
 1 pound [lb]
 1 stone
 1 hundredweight [cwt]
 1 long ton (UK)

437.5 grain

16 oz

14 lb

112 lb

20 cwt

metric

28.35 g
 0.4536 kg
 6.3503 kg
 50.802 kg
 1.016 t