

STUDENT GUIDE FOR PREPARING TO TRAVEL TO MIRI MALAYSIA

PRE-DEPARTURE GUIDE



CONGRATULATIONS

Congratulations! Curtin University (Curtin) is delighted for you to participate in the Curtin Academy International Interdisciplinary Industry Study Tour Program — Miri, Malaysia (Round 1) (the Program) under the Australian Government's New Colombo Plan (NCP). NCP launched in 2014 and aims to lift knowledge in Australia of the Indo-Pacific by supporting Australian undergraduates to study and undertake internships in the region. The strategic objective of NCP is to strengthen Australia's regional standing by building a diverse cohort of Australian alumni with deeper IndoPacific knowledge, capability, and connections.

The program will run in Miri, Malaysia for two weeks from **25 November 2022 to 10 December 2022**. The cost of the program is anticipated to be approximately AUD\$3,100 and will include return airfares, accommodation in Miri, Host Program fees, in-country transport for program activities, social and cultural program activities, and some meals. It will not include additional spending money or any other expenses.



Australian Government



NEW COLOMBO PLAN

Connect to Australia's future - study in the region

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FOREWORD

Congratulations and Welcome to the 2022 Curtin Academy International Interdisciplinary Industry Study Tour Program

We are pleased that you will be joining part of this program, which is funded by the Department of Foreign Affairs and Trade as part of the New Colombo Plan initiative. As background, the Curtin Academy is a group of Curtin academics who are recognised experts in learning and teaching and whose focus for 2022 has been on enriching student experience.

This program is the first Curtin University mobility program to provide students with the important triple “I” experience of an international interdisciplinary industry focused research study.

The program will see 240 Curtin students and 20 staff from various Faculties (Health Science, Business and Law, Science and Engineering, and Humanities) travel to either Malaysia or Singapore in late 2022 or early 2023. As a student and part of this experience, you will be co-partnering in a consortium with educators and thought leaders from the Curtin Academy, Curtin Malaysia, Curtin Singapore and other industry experts.

In teams, you will engage in the Design Thinking process to explore a “hot-topic” that exists and develop a solution or prototype as the outcome of your investigation into that hot-topic. Your team will present this suggested outcome to local industry as a pitch at the conference on the final day of the program. This pitch will form a major part of your assessment for the unit WORK2005.

There is an opportunity for some students to become Student Leaders within the program and for all students to become stewards of their own learning journey.

The program has been supported by an amazing team, throughout the year, including the Curtin Academy Executives and

- Mr Chris Leong,
- Ms Nikki Fairhurst,
- Ms Madeline Ayoub
- Dr Sherry Bawa Curtin Fellow
- Ms Christina Chong and the
- Curtin Academy Executive Officer Ms Stephanie Bruce

We hope that you look forward to this program and adventure, and enjoy the learning experience that lies ahead!

Kind regards,



Associate Professor Rachel Sheffield
Chair, Curtin Academy and Program Lead

GETTING READY

There are important things you should arrange before you travel to Miri Malaysia. This section includes information, a packing guide, and two of pre-travel checklists to help you travel smoothly.

Research Miri — Disclaimer

We have done our best to identify the main considerations for you against our program calendar, however we may not have thought of everything.

The information in this booklet is correct at the time of preparation.

With international travel, laws, plans and other things, things do change. You are intelligent adults, and you are stewards of your own learning journey. You should perform your own due diligence and conduct your own enquiries into where we are going, what risks are present and what you might need. Making these enquiries will prepare you for travel.

What to bring

The temperature in Miri during November and December is Low 24°C/High 31°C, with high relative humidity. November and December are the rainy season, and it is likely to rain most days. Therefore, it is important to pack clothes that fit accordingly. We ask you to bring formal attire and formal shoes for the dinner and to meet with industry partners during your travel. Furthermore, there will be some trekking activities, therefore we would also recommend bringing more than one pair of casual shoes. Please see page 9 & 10 for a complete checklist on what to bring.

Medicine

If you need regular medicine for a medical condition (like diabetes, asthma, or eczema), you will need to bring this with you (you will need enough to last you at least 15 days while we travel), with a letter from your doctor and your medical history. Please note that you **must** tell us of any medical conditions you have **ASAP** (if you have not already). We need to ensure your safety and it can impact insurance (see page 11 for more information on insurance).

You should also bring medicine in case you get sick (like Panadol, nurofen, throat lozenges etc). When abroad, the same brands may not be present and sometimes this pre-thought about what medication you might need can be helpful in the event that you do get unwell.

Money

It is a good idea to bring about AUD \$500 in cash for unexpected or immediate expenses as well as avoiding additional conversion charges when using your debit/credit card while abroad on every transaction. Do not expect to spend the entirety of the AUD \$500; the recommended amount is to cover additional costs not directly associated with the NCP such as snacks, personal excursion activities, use of laundry facility, and shopping. The program is responsible for your flights, accommodation, emergencies, and some of your meals as outlined in the itinerary.

You can change foreign currency at the airport, shopping district currency exchanges or at any bank.

Can I bring food?

Malaysia has rules about bringing food and other items like traditional medicine, plants, and organic material into and out of country to protect their environments. In many cases, these items will be confiscated at the airport, so you should try to avoid bringing them with you, and always declare what you do bring on your incoming Passenger Card. Malaysia has specific requirements about entering goods and items. Please see [here](#) for further information about excepted and prohibited items.

BEFORE YOU PACK

Australian Passport

You must travel on your Australian passport. This is what your airline ticket and other things are linked to. You are travelling as Australian citizens and representatives of Curtin.

Check your Australian passport's expiry date and ensure it is valid for at least six months following our intended return date (i.e., six months from 10 December 2022).

We recommend you take a photo of your Australian Passport, so you have a digital copy in case it gets lost or stolen. Australian Passports can be stored in the safety deposit box in your room at our accommodation.

Visas and proof of program participation

Australian Passport holders will receive a visa-on-arrival into Malaysia. Your Passport will be stamped when we land in Malaysia at the airport. This allows you to stay for up to 90 days.

You will need to show Malaysian immigration proof that you are attending this program on arrival at the airport. You will need to bring the Offer Letter from Curtin with any itinerary (such as this document).

Payment

Your participation in this program is contingent on your signing and providing all relevant documentation as well as paying the AUD \$100 student contribution. If you are unsure whether you have completed all these, please contact CA-NCP@curtin.edu.au

Flights / Accommodation

Flights have been booked via Malaysia Airlines and travel dates are Friday, 25 November 2022 (flight departs at 2:25am), arriving back in Perth on Saturday, 10 December 2022 (at 1:25am). You will receive your plane tickets the week that we leave (we must pass traveller information to the airline on 17 November 2022). As mentioned previously, flights cannot be changed. We have secured apartments at Imperial Hotel Miri. We recommend you research the apartment hotel, its amenities and what is nearby. You will be staying in apartments with 2–3 other students.

Timing your airport arrival

Arriving at the airport in time will ensure a smooth travel experience with the Curtin group booking. Please arrive at Perth International Airport by 11 30 pm Thursday 24 November 2022. You need to arrange your own transport to Perth airport.

Your health

Your medical history is important to consider when travelling. You should check with your doctor for a letter that includes the technical name of and reason for any medicine you are planning to bring or may need to buy while overseas. A documented medical history will ensure you get proper care in an emergency. You are responsible as well for receiving any necessary vaccinations prior to departure that is a personal expense.

Required Apps / Subscriptions

Smarttraveller

1. You must read the information about travel to Malaysia on the Smarttraveller.gov.au website.
2. You must subscribe for Smarttraveller alerts for Malaysia. This can be done via Smarttraveller.gov.au website.

International SOS App

3. As Curtin students, you must download and install the 'International SOS' app. This is a requirement of Curtin University.

MySejahtera App

4. You must download and install the 'MySejahtera' app which Malaysia uses to indicate COVID-19 risk status, which may be checked when entering premises, such as shopping malls.

WhatsApp

5. Download and install 'WhatsApp'. We will create a group for everyone to easily communicate while on tour.

DFAT Go Global NCP Modules

You will need to complete the above before we depart. This information will be circulated separately.

Banking

It is important to notify your bank that you are about to travel and arrange to either access money while overseas or make charges in foreign currency. Otherwise, there might be a temporary block on your account which will limit your access to finances. Please note that EFTPOS facilities in Malaysia may not be as present as they are in Australia. We again recommend you bring some cash to use and to limit additional bank charges.

Mobile phones

You will need to be contactable while overseas to receive updates on our activities, to generally be safe and to communicate in the event of an emergency. We recommend you explore your options to use your phone while overseas. Ask your mobile phone carrier if your phone will work in Miri Malaysia. You might need to upgrade your plan to accommodate international calls or roaming data. You may also like to consider whether you will obtain a Malaysian SIM card. Curtin staff will advise more about SIM cards upon arrival.

Clothes

Please revise the packing checklist thoroughly on Page 8 to ensure you have packed the necessary items.

PRE-TRAVEL CHECKLISTS

Getting ready to travel

1. Australian Passport — valid for at least six months after 10 December 2022
2. Digital copy of your passport stored safely and left with family
3. Offer Letter from Curtin with itinerary (such as this document)
4. Obtained medications and medical history / doctor's letter (if required)
5. Obtained at least AUD\$500 additional spending money
6. Registered for Smarttraveller.gov.au updates for Malaysia
7. Downloaded and installed the 'International SOS' app
8. Downloaded and installed the 'MySejahtera' app
9. Downloaded and installed 'WhatsApp'
10. Received your flight information (will be provided the week we travel)
11. Notified your bank that you will be travelling and potentially making transactions in Malaysia
12. Checked your mobile phone service availability and charges in Malaysia
13. Stored the emergency contacts on your personal devices
14. Curtin University Student ID

What to pack

The below is a guide to what you should pack. Again, think about anything else that you might require. We do not accept responsibility for any items that are lost or stolen.

Hand Luggage

- 1 x change of clothes (in case luggage is lost)
- 1 x light blanket or jacket (planes get cold!)
- Face mask

Clothing

- 2 x semi-formal outfits (We will be visiting industry / attending conferences so you need to be presentable / professional)
- 1 x semi-formal footwear
- 2-3 x active wear outfits (We will be going on treks and otherwise exploring Miri)
- 1-2 x enclosed active footwear
- 1-2 x casual outfits
- 1 x casual footwear

- 1 x rain jacket / poncho
- Small beach towel
- Bathing / swimsuits
- 1 x hat
- 1 x sunglasses

Toiletries

- Toothpaste / toothbrush
- Hairbrush / hair ties
- Shampoo / conditioner
- Deodorant
- Face masks
- RAT tests
- Medication in case you get sick, i.e. Panadol / Nurofen, throat lozenges, cold n flu
- Sunscreen
- Bug repellent
- Nail clippers
- Band-Aids
- Small medical kit

Other

- Notebook / pens
- Laptop / laptop charger
- Phone / phone charger
- Headphones (compatible with your personal devices)
- International travel adaptor (type G; see image below)
- Reusable water bottle (the program centres on sustainability and you should limit use of plastic water bottles)
- A coffee keep cup (for the coffee addicts among us!)



YOUR EXPERIENCE

It is important that you know your rights and responsibilities. You have rights as a student which aim to protect you. You also have a number of responsibilities while travelling to Malaysia. Below are a few things you may wish to consider that will protect you and those around you.

Taking care of your health and safety

You must always travel with others and never alone.

You must always keep Curtin staff and your peers informed of your whereabouts. This is particularly important when you are not engaged in a formal program activity. It is important to let them know if you ever get lost while you are out, or feel unsafe. **If you are lost, the ISOS application can track your coordinates (press the track now button in the app).** If you have any concerns regarding your experience in Miri Malaysia, please let Curtin staff know as soon as possible.



Your rights and responsibilities

It is your responsibility to adhere to the [Student Conduct](#) Guide and [Student Charter](#) provided by Curtin University and behave accordingly. It is also your responsibility to comply with all the requirements presented by staff members during your travel including (but not limited to) adhering to itinerary scheduling and completing tasks to the best of your abilities.

Curtin's corporate [travel insurance policy](#) will apply if the conditions in Curtin's [Travel Procedures for Students](#) are met.

Students are required to comply with all relevant country and local laws and regulations that apply in Australia, in the Host Location or at any other place where any part of a Program occurs. You must make yourself aware of and comply with the DFAT's:

- [Child Protection Policy 2017](#)
- [Preventing Sexual Exploitation, Abuse and Harassment \(PSEAH\) Policy 2019](#)
- [University Foreign Interference Taskforce – Guidelines to Counter Foreign Interference in the Australian University Sector 2019](#)

This also includes understanding the reporting obligations under these policies. DFAT and Curtin has a zero-tolerance approach to child exploitation, child abuse and sexual exploitation, abuse and harassment.

Emergencies

If you are lost or feeling unsafe, or are concerned, you must notify a member of the Curtin staff immediately. The Curtin staff is there to help you 24 hours a day, 7 days a week including weekends. The staff contact information can be found in the Resource Kit page 14.

Please save the following contact information for emergencies on your personal mobile device.

For all emergencies, life-threatening situations, or serious injuries:

Emergency call in Malaysia: 085-433730

Fire Station: 994

Police in Miri Malaysia: 085-433222

If you are involved in an emergency, you must always notify the Curtin staff.

ABOUT MIRI, MALAYSIA

The program will be based in and around the town of Miri which is the second largest city in Sarawak. It has a population of over 300,000 inhabitants.

Take this chance to explore the spectacular rainforests and alpine meadows of Miri. The National Parks have their own distinct attractions: Gunung Mulu is teeming with caves and limestone formations; Niah was the discovery site of prehistoric human remains; Lambir Hills features stunning waterfalls and wildlife; and Loagan Bunut is ideal for hiking and birdwatching. Visiting this country for our program exposes you to the diverse culture and people of the country, as well as the breathtaking views.



Cultural Sensitivity

Malaysia is a multi-cultural society. The main ethnic groups are the native Malays as well as large populations of Chinese, and Indians. When visiting the country it is clear that the ethnicities retain their religions, customs and way of life. The most important festivals of each group are public holidays.

As members of such a multicultural society, Malaysians are generally very attentive towards how they respectfully interact with people of all backgrounds. There are cultural norms and taboos that inform what people generally believe to be appropriate and inappropriate behaviour. This is related to the Malay concept of 'budi' by which politeness and respect are considered essential to human interaction. The word does not have a direct English equivalent but can be generally understood to describe attributes such as one's wisdom, virtue, etiquette and morality. In this way, one can see that Malaysian politeness and etiquette have a strong ethical basis.

Greetings in a social context will depend upon the ethnicity of the person you are meeting. In general, most Malays are aware of Western ways, so the handshake is normal. There may be slight differences though and a few things to bear in mind include:

Malay women may not shake hands with men. Women can of course shake hands with women. Men may also not shake hands with women and may bow instead while placing their hand on their heart.

AIRPORT ACTIVITIES

There is some layover time at the airport in Kuala Lumpur, so please use this time to exchange money and have a snack. At the airport in KL, you can complete the Sustainable Development Goals ('SDGs') Challenge Hub. A link to SDGs Challenge Hub allows you to explore the Sustainable Development Goals, particularly in the context of Malaysia.

Pay attention to some of the SDGs that Malaysia has so far achieved, as well as the SDGs that require further progress.

<https://challenge.curtin.edu.au/dashboard/#hub/100132>

Sign in using your Curtin student ID and password.

WHEN YOU ARRIVE

You will arrive at 16:20 pm (Malaysian time) to Miri Malaysia. Once we arrive at the accommodation at Imperial Hotel, there will be a group check in alongside an orientation for money exchange, emergency contacts, and an on-site induction.

Imperial Hotel Miri is set next to Permaisuri Imperial City Mall in Miri. All rooms are air-conditioned and free WiFi is accessible throughout. Imperial Restaurant opens for lunch and dinner, which specializes in Asian, local and western dishes. Coffee and light meals can be enjoyed at Permaisuri Coffee House.



Nearby Locations

Pelita Park
Hornbill Nature Reserve
Miri City Fan Park
Selera



Nearby Restaurants

Starbucks Ha
Shi Sushi
KFC
Madli's

Laundry on site

The hotel provides an on-site laundry service. We do; however, recommend gathering your laundry alongside your roommates to reduce costs.

Where will you go?

The itinerary for Miri Malaysia (**scan the QR Code for detailed map**) is composed of cultural activities, conferences, and leisure time.

A summary of places you will visit include:

- Muhibbah Tamu Markets
- Heritage Centre
- Temple visits
- Waterfront
- Mega Mall
- Boat Club
- Niah Caves
- Miri City Council
- Miri Port



Industry

You will be meeting with Industry during your travel and at the conferences held on Days 3 and 4 (28 / 29 November). Below is a list of some industry speakers you will encounter at the conferences with their area / organisation:

- Tan Sri George Chan (Pro Chancellor, Curtin Malaysia)
- Prof Simon Leunig (Pro Vice Chancellor, Curtin Malaysia)
- YB Dato Sri Lee Kim Shin (Minister of Transport, Sarawak State)
- YB Adam Yii Siew Sang (Miri Lord Mayor)
- A/Prof Tek Yew Lew (Curtin Malaysia)
- Ms Margarita Naming (Sarawak Biodiversity Centre, Kuching)
- Mr Iqbal Abdollah (Future Ocean Borneo)
- Ms Celine Lim (Save River)
- Ms Juvita Wan (The Tuyang Initiative, MYY living arts)
- Ms Wendy Teo (Betterment Lab, Kuching)

RESOURCE KIT

Meet the staff!

Rachel Sheffield

Dr Rachel Sheffield is an Associate Professor in the School of Education at Curtin University, Australia and is a passionate science educator and the Chair of the prestigious Curtin Academy that supports and celebrates excellent teaching. Dr Sheffield's research interests include women in STEM through her STEMInists community. Research grants has seen her travel to India, Indonesia and Malaysia supporting pre-service teachers, teachers and primary students (steminists.weebly.com/). She is also interested in PBL and design thinking and is currently exploring environmental sustainability in education.



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Stephanie Bruce

Ms Stephanie Bruce is a Sessional Academic within Curtin Law School and Editorial Consultant for several scholarly academic journals including the Australian Tax Review and the Curtin Law and Taxation Review. She has a keen interest in legal research / writing, corporate insolvency and dare she say it, tax. Stephanie is currently pursuing her Master of Laws at the Australian National University. She is also the Executive Assistant for the Curtin Academy and has been your main point of contact for Curtin Academy.



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Chris Leong

Chris holds a Bachelor of Applied Science (Architectural Science) and a Master (Coursework) in Architecture from Curtin University, Australia. His area of interest and research focuses on the nexus between cognition and tactility, design thinking process, digital mind mapping, and modelling of creative concepts. As a skillful designer and digital fabricator, he is regularly invited to design, develop and craft creative projects in both public and private sectors.



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Nikki Fairhurst

Miss Nikki Fairhurst has a Bachelor of Education (Primary) and a Master of Philosophy (Education) from Curtin University, Australia. She is a passionate educator, and through her school leadership relating to STEM education and inquiry learning models, was awarded her Level 3 Teacher status and the 2021 United Nations Associated of Australia WA Division's (UNAAWA) Primary Teacher Award. Nikki has now commenced her PhD at Curtin University and is a sessional tutor for pre-service teachers.



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Ben Milbourn

Dr Ben Milbourn is Senior Lecturer-Occupational Therapy, Curtin School of Allied Health-Curtin University. Ben trained as an occupational therapist (OT) in the United Kingdom (UK), working in New Zealand, Australia mental health and disability contexts. Ben is deputy director of Curtin Autism Research Group (CARG) and the Autism Academy for Software Quality Assurance (AASQA). Ben is interested in research working alongside autistic individuals to promote social inclusion, well-being and positive mental health. Ben is passionate about co-produced research and developing strengths-based programs in the community. Ben has also worked with the autistic community to co-produce photo voice outputs. Ben has been successful in public, industry and teaching research grants as well as presenting his research outputs at international and national conferences. Was responsible for development and roll out of the "talk to me" mental health mass open online course (MOOC) <https://www.youtube.com/watch?v=82L6h10Pqa4> , since 2020, the course has enrolled over 60,000 users. Ben was also part of the team to develop a strengths-based program for autistic adolescents. This program won a prestigious national award from the Business/Higher Education Round Table (BHERT) and the 2022 WA Premier Science Award for harnessing and recognising the special talents and dedication of autistic young people.



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Wahseem Soobratty

Dr Wahseem Soobratty is a senior lecturer within the Accounting Discipline of the School of Accounting, Economics and Finance, Faculty of Business and Law, Perth, Western Australia.

Currently, Wahseem is the Unit Coordinator for the Financial Decision Making Common Core unit. Prior, Wahseem was the Unit Coordinator for the Introduction to Accounting Common Core unit, and was in this role for over 6 years.

Wahseem is also currently also the Undergraduate Course Lead for the Accounting Discipline within the School.

Wahseem has over 10 years of teaching experience at the university level in both undergraduate and postgraduate units. Prior to joining Curtin, Wahseem was an Auditor at KPMG Perth

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Madeline Ayoub

Mrs. Madeline Ayoub is an environmentalist and has a Masters in Sustainability and Climate Policy. She is currently researching in the area of environmental sustainability for her PhD in terms of Education and pedagogical approaches. She has already had a paper published on sustainability and sustainable education.

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Relevant Links

Curtin Academy

Please follow the following link to find out more about Curtin Academy, the host and organiser of the program.

<https://www.curtinacademy.com/>

CA-I³SP Website

You can find a summary of the New Colombo Plan at the following link:

<https://www.curtinacademy.com/newcolumboplan>

Please use the link below to access the program's website which includes a traveler's portal on the connect page with further information about your travel with links to questions and answers boards, and itinerary guides available.

<https://ca-i3sp.weebly.com/>

QR Code

Please use the following QR Code to ask questions about the program, activities, and other information.

