Welcome to University of Malaya

This is the first university in Malaysia, it was established in 1905. The University is situated on a 750 acre campus in the southwest of Kuala Lumpur, the capital of Malaysia set on beautiful grounds with vast expanse of green. It has an extensive selection of flora and fauna within its own Botanical Garden (Rimba Ilmu). But not too far from the bustling and vibrant life of Kuala Lumpur.

Students who come to this university can combine the experience of academic work at a first class University with the opportunity of getting to know intimately the vibrant life of Kuala Lumpur.
The Department of Social and Preventive Medicine in the Faculty of Medicine is located on a hill overlooking the suburb of Petaling Jaya. The atmosphere here is informal and friendly and our students tell us that they enjoy the time they spend here. We are particularly concerned with helping international students integrate well with the University community and this handbook is a practical form of assistance.

This handbook has been prepared as a reference guide for international students. The information it contains will help you through the transition from your country to Malaysia and, by setting out the opportunities and facilities available at the University of Malaya, should make your stay here both flourishing and enjoyable.

Information about courses and academic facilities at the University of Malaya is contained in the University’s Prospectus; you’ll be able to get more information from the Institute of Postgraduate Studies website at http://ips.um.edu.my/.

It is impossible to anticipate everything that you need to know in advance in this handbook. If you have any queries we will be pleased to help in order to make your stay at the University of Malaya productive and enjoyable.

The information contained in this handbook was correct at the time of going to press. You can also find out more about the Department of Social & Preventive Medicine from the department’s website at http://spm.ummc.edu.my/
Living outside of one’s home country is a cultural shock. The term ‘culture shock’ refers to the period of cultural adjustment and may include 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. Cues such as gestures, facial expressions, customs, and norms are acquired in the course of growing up.

When an individual enters a new environment or strange culture, the person is suddenly stripped of all familiarity and knowledge of cultural cues. Adjusting to a new culture is challenging and frustrating no matter how flexible or patient you are. Every individual differs in the degree in which they experience cultural shock.

Cultural shock is unavoidable. Instead of trying to avoid it, you can find ways to alleviate the difficulties and frustrations that come with cultural shock. Take note that it is not that people in Asia are unfriendly or don’t want to talk to you; they are generally shy and less likely to make the initial move to talk to you. Once the ice is broken, Malaysians are very curious and want to get to know you and your country better.

The following tips are to help you get through the psychological and emotional aspects of culture shock.

- Have a positive attitude and be open-minded
- Be curious and have a strong sense of humour
- Have strong self-esteem and be able to cope with failure
- Be flexible and adaptable
- Take advantage of the services the University offers.
- Exercise and keep active.

Remember that all international students, whether in Malaysia or elsewhere, should share what they are going through. Living in a foreign country will open new doors, introduce new ways of thinking, and provide the opportunity to make friends from all walks of life.
Preparation prior to travel is the most important part of your journey as this will reduce the hassle of travelling. So in this section we will try to give you as much information for a safe and pleasant journey.

**Obtaining Permission to enter Malaysia**

Genuine students from abroad undertaking a full-time course of study are welcome to enter Malaysia and remain for the period of their studies on the basis that they are expected to leave Malaysia when their studies are completed. Prospective students should apply to the Malaysian Embassy, Consulate or High Commission abroad in order to obtain entry clearance before travelling to Malaysia. For more information you can browse the Ministry of Foreign Affairs website at http://www.kln.gov.my/.

**Finance**

Students attending the University are expected to provide a financial guarantee to confirm that they are able to meet the cost of the fees and maintenance for the duration of their course. Grants and scholarships are difficult to obtain in Malaysia.

It is of the utmost importance to you that you consider carefully the financial implications of studying in Malaysia so that you do not suffer unnecessary hardship or anxiety. At present, the estimated cost of living expenses for a single student is approximately USD300-350 per month (the inflation rate for Malaysia is less than 4% per year). This is expected to cover living expenses, accommodation, clothing and study materials such as books and stationaries. Academic fees are not included in this cost.

If the Government of your country has restrictions on the amount of money you are allowed to take out of the country, you will need to make the necessary arrangements in good time to ensure that the money is available for transfer to Malaysia before your departure.

**Transferring Money to Malaysia**

There are several methods of transferring your money, and you may wish to discuss convenience and cost with your own bank either at home or in Malaysia before deciding which system to use. The money must be deposited in the remitting bank in your home country or placed directly in the appropriate central bank before any currency transactions can take place. Note that bank accounts are only in Ringgit Malaysia (RM) - there is no US dollar account available.

**Bankers Draft**

These are instructions from your home bank to credit a bank in Malaysia with a specified amount of money in sterling or another currency. You can use that amount to open a bank account. This is a reliable but often slow form of transfer.

**Mail or Telex Transfer**

Money is transferred between banks, the telex system being safer and quicker but more expensive.

You will need some money to cover your expenses for the first few days, so you are advised to bring some cash and travellers’ cheques with you.
Malaysia covers an area of about 336,700 square kilometres. There are 13 different states, namely Perlis, Kedah, Penang, Perak, Selangor, Negri Sembilan, Melaka, Johor, Pahang, Terengganu, Kelantan, Sarawak and Sabah on the island of Borneo, and three Federal Territories of Kuala Lumpur, Putrajaya and Labuan. Malaysia has many seaports and international airports. It is situated in South East Asia; its neighbours are Brunei, Thailand, the Philippines, Singapore and Indonesia. The country’s time is eight hours ahead of Greenwich Mean Time (GMT) and 16 hours ahead of United States Pacific Standard Time.

Arrival by Air

The main international point of entry into Malaysia is the Kuala Lumpur International Airport (KLIA) in Sepang. For those using the low cost airlines; your point of entry may be the Low Cost Carrier Terminal (LCCT), situated next to KLIA.

Immigration Control

All passengers arriving at a Malaysian port of entry are checked through Immigration Control.

Customs & Excise

When you arrive in Malaysia you will pass through Customs. You will have to pay charges on any items which exceed the Customs Allowances. If you have more than the Customs Allowances, you must declare them to a customs officer. Do not try to hide goods; anything which is not properly declared may be confiscated and severe penalties can be imposed on anyone breaking Customs regulations. Customs officers may stop travelers to carry out random checks.

Prohibited and Restricted Goods that may not be imported into Malaysia include controlled drugs (such as opium, heroin, morphine, cocaine, cannabis, amphetamines, barbiturates and LSD); firearms, ammunition and explosives; counterfeit coins and bank notes; indecent and obscene books, magazines, films and other articles; radio transmitters. Do not attempt to smuggle drugs or any animal into Malaysia. Never carry bags through Customs for someone else. Be warned that Malaysia has very severe punishment for drugs trafficking which carries a mandatory death sentence.
Vaccination Requirements

A valid yellow fever vaccination certificate is required from travellers over 1 year of age who are coming from a yellow fever endemic country or have visited a yellow fever endemic country during the past six months. The period of validity is 10 years beginning 10 days after vaccination. Travellers without a valid yellow fever vaccination certificate will be quarantined upon arrival in Malaysia.

Money

There is no limit to the amount of money you may bring into the country. Malaysian currency is denominated in ringgit and sen. If there is difficulty to change money before entering Malaysia, bringing travellers cheques, credit cards, and some US dollars will ensure that money will not be a problem upon arrival in Malaysia. Credit cards are widely accepted among department stores, hotels, restaurants, and travel agencies.

Coins exist to the value of 1 sen, 5 sen, 10 sen, 20 sen, and 50 sen (the 1 ringgit coin has been removed from circulation; do not accept it as a legal tender). Notes are to the value of RM1 (Ringgit Malaysia), RM2, RM5, RM10, RM50 and RM100, (we used to have RM500 and RM1000 which have also been removed from circulation). They are in different colours and sizes for easy identification.

Travel from the Airports

When you are flying in by airlines other than low-cost carrier, you will most likely fly into the Kuala Lumpur International Airport (KLIA). From the airport, the easiest but not the least expensive way to Kuala Lumpur is to use a taxi. Purchase a fixed rate taxi coupon in the Terminal and board the taxi at the designated taxi area. Avoid touts who may be present to tempt you to use their “cheaper” taxis.

Alternatively, use the bus. While it is much cheaper, it will require one to be familiar with the bus routes. The Express Rail Link (ERL) provides the fastest service which will take you 28 minutes from KLIA to the KL Sentral Station in the city. Current charges is RM35.00 one-way for adults.

Those of you who are flying in to KL by AirAsia will be arriving at the Low Cost Carrier Terminal (LCCT) in KLIA. It is located 20km away from the KLIA Main Terminal Building (MTB). From this terminal the least expensive way to KL is to use the SkyBus, which will take you to KL Sentral Station for less than RM10.00. The other method is by taxi which will take you directly to your destination. For this you will have to purchase a fixed rate taxi coupon at the Terminal.
Visa Requirement

On arrival at the airport, you will be given a temporary visa for one month. To get the student visa valid for one year, contact the administration officer at the Institute of Postgraduate Studies (IPS). While in Malaysia, always carry your passport with you.

Travel Abroad and Re-admission

Before travelling abroad to any country other than your own, you should check the visa requirements of countries you intend to visit. Also check to ensure that neither your passport nor leave to remain in Malaysia will expire while you are away. It is always a good idea to carry documents to show the immigration officer on your return to Malaysia with evidence that you are a full-time student with adequate financial support.

Extending leave to remain in Malaysia

Many students will be granted leave to remain in Malaysia for the duration of their course; however, some students will be granted leave to remain for shorter periods. If you require to stay longer than the time limit you have been given, you must apply to the Immigration Department for an extension of stay before the expiry date stamped in your passport. Otherwise you may have some difficulty in obtaining an extension, and you could lose your right of appeal if your application is refused.

To renew your leave to remain, you are required by the Immigration Department to complete an application form to stay in Malaysia. Note that applications will only be valid if the appropriate form is submitted, fully completed, with all the relevant documents requested on the form.

You must provide:

- A passport-sized photograph of yourself
- Passport-sized photographs of any dependents aged 16 or over who want to stay in Malaysia with you
- Your unexpired passport or travel document and those of your dependents
- Evidence that you have the financial resources to maintain and accommodate yourself and any dependents without recourse to public funds
- If a relative or friend provides your accommodation or gives you money, a letter from them confirming that they are willing to do so
- Evidence of attendance on that course from your School of Studies
- Evidence of enrolment on the course for which you are seeking leave to remain
- For sponsored students, evidence of current sponsorship or that a sponsoring authority consents to you continuing to study in Malaysia
- Evidence of permission to work if you are working.

The form should be returned to the Immigration Department at the address on the form. If you require help in completing the form, our staff will be pleased to help you.

Extensions of stay may be refused for one or a number of reasons, if, for example, you are not enrolled on a full-time course, you do not have sufficient money to pay the fees and maintain yourself, you have had recourse to public funds, you have worked without permission or broken other conditions of leave, etc. Note that a maximum period of twelve months extension may be granted to a postgraduate student to write up a thesis unless there are exceptional compelling circumstances for a longer period to be needed.
The Married Student

If you are married, there are some very important factors which must be taken into consideration before you decide whether or not to bring your family with you.

First, is your grant/stipend adequate to support both yourself and your family? Too many students in the past have tried unsuccessfully to budget for a family on a single person’s allowance. You will need to be certain that you have additional funding to provide for all the extra financial demands that an attendant family will bring i.e. accommodation, food, clothing, travel and entertainment.

The University has a small amount of accommodation available for students accompanied by their families, but waiting lists are long and it is unlikely that you will be allocated University accommodation within your first year. You should not assume that it will be easy to find a house to rent and for this reason you are strongly advised not to bring your family with you, nor to make arrangements for them to travel, until you are certain that they will have somewhere to live. You will also have to ponder about the medical services for your family, as the University only provides free services for registered students.

Medical Services

As a registered student with the University you are covered by the medical services provided at the Students Health Clinic in the University. Other Medical services are also available at University Malaya Medical Centre (UMMC), private hospitals, private clinics, Government Hospitals and Government Clinics. These services are provided at a fee, and the charges depend on the type of medical service and also the location of the services. Students should consult the Student Health Clinic in the first instance except for emergencies. A referral letter is useful to seek treatment at the UMMC.

Accommodation

When you first arrive in the country, you will need temporary accommodation until you have settled in. In the University, the Rumah Universiti provides comfortable and affordable accommodation at less than RM100.00 per night. Other hotels are also available outside the University to suit various needs and budgets.

The administration officer at the Institute of Postgraduate Studies (IPS) will be able to assist with your accommodation needs. It will be advantageous to do so early as you will be competing with other students for limited places. University accommodation in the form of residential colleges, though severely limited, may be available. To apply, you should include supporting letters from the Department of Social and Preventive Medicine.

Accommodation outside the campus is variable in quality, distance and cost. Rents vary between RM 700 and RM 1,500 per month for a two or three bedroom property. In addition to rent, which is normally paid monthly in advance, a deposit (equal to three months’ rent) will be required; water and electricity will be charged separately. You may need to provide your own bed linen and cooking utensils.
Telephones

Telephone kiosks are to be found at all airports, seaports, railway and bus stations, post offices and in the streets. Instructions for use are given inside the kiosks. Public payphones can be of different types, accepting coins, phonecards and, in some cases, credit cards. Phonecards may be purchased from convenient stalls. The long-distance code for Malaysia is 60. International Direct Dialling (IDD) is available throughout Malaysia. Full details of dialling codes are given in the Phone Book. Dial 103 if you need assistance from the Operator. Charges will vary according to distance, length of call and the time of day when the call is made.

Mobile phone services are available in all cities, towns and on highways. The three mobile phone providers are Celcom, Maxis and Digi. Foreigners can also purchase mobile phones and pre-paid phone cards to make local or international calls. All pre-paid phone users must registered their number with the provider before they can make phone calls, this can usually be done during the time of the purchase of the phone card and they will need your passport.

International calls can be made through any mobile phones with sufficient credits. Long distance calls are usually cheaper during off-peak hours (the actual hours depends on the country you wish to call) and at the week-ends. But the cheapest way to call overseas is through VOIP (Voice over IP), the phone cards for which are available easily from convenient stalls and mobile telephone stalls. The almost free way to call overseas is through internet telephony.

To get directory information or an operator, dial ‘103’. The country code for calling into Malaysia is ‘60’ followed by the city code (‘3’ for Kuala Lumpur / Petaling Jaya) and the phone numbers (7 or 8-digit number). An outgoing call from Malaysia can be initiated by first dialing ‘00’ followed by the country code, then the area code and last the telephone number required.

Electrical equipments

The electrical supply is 220-240 volts AC at 50 cycles per second. Generally, the plugs used here fall under two categories: ‘B’ Pattern - 2 round pins usually bathroom ‘shaver’ plugs and ‘C’ Pattern - 3 regular prongs. As such, you should check for compatibility before bringing your electrical appliances with you. If you buy or bring electrical appliances or equipment with you, make sure that they are connected to a plug fitted with a fuse of the correct rating.

Public Transport

In Kuala Lumpur city and its surrounding also known as the Klang Valley, there are taxis, buses and rail transport system. The KL rail system consists of the Light Rail Transit (LRT), KTM Kommuter and the KL monorail. Currently RapidKL has been assigned by the government to provide an integrated public transport system in the Klang Valley incorporating rail and bus services. You can purchase the RapidKL Monthly Travel Card for convenient transportation within KL.
There is a regular bus service which connects the University campus with the rest of the city throughout the day, but note that bus services may be less frequent during the evenings, on Sundays and public holidays. The RapidKL bus No. 632, connects the University with the Universiti LRT Station (Kelana Jaya Line). The Kelana Jaya Line will connect you to KL Sentral station where there is connection for KTM Kommuter, KL Monorail and the KTM inter-city rail service and the Masjid Jamek LRT Station where you'll be able to transfer to the other LRT line (Ampang & Sri Petaling Line).

Malaysia Airlines is the flagship carrier of the country and it provides extensive domestic and international networks. While in Malaysia, you may opt for AirAsia the no-frills airline, which also flies to some regional destinations. The cheaper though much slower way to see the country is to use Malaysian Railways (KTM). This would also be better, as you will be able to enjoy the country side scenery along the way.

Traffic rules
An International Driving Licence will be required for foreigners to drive in Malaysia. You will need to read the Malaysian Highway Code and remember that in Malaysia we drive on the left and overtake on the right. It is compulsory for front seat passengers to wear seat belts, and for motor-cyclists to wear crash helmets. There are also strict laws about drinking and driving; so if you intend to drive it is best not to drink any alcoholic drinks for several hours before driving. Please obey the traffic laws and speed-limits while driving as penalties include heavy fines and even jail sentences.

Food and drinks
Food is the foremost priority in the life of a Malaysian. Instead of asking “How are you?” the Malaysians ask “Have you eaten?”
You can choose from smart restaurants for special celebrations, informal cafés, western-style fast food outlets and roadside hawker stalls. Alternatively you can phone for a pizza to be delivered to your door. To ensure that food is prepared in the Islamic way, check that the restaurant is certified ‘halal’. The average meal costs from RM 3 to RM 10.

The average Malaysian should be able to tell you where their favourite chicken rice, char kuey teow, roti canai, nasi lemak or asam laksa stall is situated. Malay and Indian food are hot and spicy while Chinese food is more delicate. As these foods are probably alien to you, do try them out when you come to Malaysia.

As diversity is the name of the game, variety is the spice of life with foods from all over the world available within a stone’s throw. Malaysians are not a fussy lot when it comes to food so there are roadside stalls, 5-star restaurants, and everything else that comes in between.

Banking

The normal banking hours are from Monday to Friday from 9.30 am to 4.00 pm. Some branches do stay open later and a few also open on Saturdays and Sundays. Beside the bank counters, most banks have electronic banking that will fulfil most of your banking needs; some banks even have Internet banking. If you would like to bank through the Internet please ensure that it is a secure website and uses encryption technology (e.g. https) and the site has a trusted security certificate. You should never access a banking site from an e-mail link. There is a bank and ATM facilities in the campus situated at the Perdanasiswa building.

Mails and Packages

Post offices open from 8.00 am to 5.00 pm daily except Sundays and public holidays (except Kedah, Kelantan and Terengganu which are closed on Fridays and public holidays). The main post office of Kuala Lumpur is open from 8:00 am - 6:00 pm daily. There is a post office in the campus, situated at the Perdanasiswa building.

Mail is delivered daily, Mondays through Saturdays. Letters overseas may take anywhere from 1 to 2 weeks to arrive, depending on where they go. A postcard sent internationally, with the exception of nearby Asian countries, will cost RM 0.50. Packages sent overseas can be brought to any post office to be weighed and sent.

All phone, electricity, and water bills can be paid at the post office. The post office also offers telegram, telex, and fax services.

You can also use other local or international courier services for sending of mail and packages.
Life on campus is about more than just study, there are a wide variety of activities available to keep anyone occupied, they include food outlets, shopping, banking, arts and sporting facilities.

Food Outlets

Within the Faculty of Medicine and University Malaya Medical Centre there are a few eateries worth mentioning, and these will be the few that you will be going to while in the faculty. They are:

- Cafeteria at Faculty of Medicine level 3, located next to the Medical Library, which offer cooked meals at reasonable cost.
- Foot Court located at UMMC level 2 which has a wider selection of food.
- Delifrance Restaurant located at UMMC level 1 (main lobby), which offers a choice of western food.
- Restaurant next to the Sixth College where you can enjoy a-la-carte Malay dishes.

There are also numerous food outlets within the university. Most of them are located near the main library; for example Rumah Universiti and food stalls at Baktisiswa and Perdanasiswa.

Perdanasiswa

Within the University there are a number of services available for the convenience of students and staff. Most of the services are located at the Perdanasiswa buildings just next to the main library.

Services available at the Perdanasiswa are:

- Bank
- 24-hr Auto-teller machines (ATMs)
- Travel Services - airline tickets, tours, etc.
- POS Malaysia
- Bookstore
- Experimental Theatre
- Food stores
Sports Facilities:
The University also offers various sports venues to cater for all types of sports and recreational activities.

- Swimming pool
- Tennis court
- Football grounds
- Basketball courts
- Netball Courts
- Futsal courts
- Jogging track
- Water sport activities
- Gymnasium

Museum of Asian Art
The Museum of Asian Art is home to over 2,000 pieces of ceramics from Malaysia, Thailand, Khmer, Vietnam, China, Japan, India and Iran. It is renowned for housing the largest collection of water vessels in the world, as well as stone carvings and Islamic art collections from other Asian countries.

Universiti Malaya Symphony Orchestra (UMSO)
The UMSO was inaugurated by HRH Sultan Azlan Muhibuddin Shah, the Chancellor of the University of Malaya. It is an artistic first for higher learning institutions in Malaysia. The 120-member strong orchestra consisting of the University’s most talented students and staff has given several well-received concerts and recitals.

Rimba Ilmu (Botanical Gardens)
Rimba Ilmu or The Botanical Garden was established in 1974 out of a need to study and conserve the immense diversity of plant life found in the Malaysian tropical rainforest. Rimba Ilmu sits in a valley on the University of Malaya campus. Rimba Ilmu, through the utilization of its resources and support facilities, also works towards promoting environmental awareness among the campus community and the general public. It has various special collections ranging from those of medicinal plants, wild orchids, palms, pandan, tropical fruit trees, gingers, aquatic plants, wild citrus relatives to rare and endangered plants in need of conservation.
The Weather
The weather in Malaysia can be extremely changeable, wet and windy one moment, humid and sunny the next. You will need an umbrella, at all times of the year. Temperatures normally range from 22-32°Celsius. While the country experiences high temperatures, bring some sweatshirts or sweaters to keep you warm in the libraries or lecture theatres which can get quite cold, as these are fully air-conditioned.

Your clothing
Generally, light-weight clothes like short-sleeve shirts or T-shirts are used and cotton is most suitable. Minimise exposure of legs and arms in places of worship and rural areas. More formal occasions require the use of ties and jackets, or Malaysia's official attire, the Batik. For classes male students are expected to wear office clothing, which is a tie with long sleeves and long pants, and female students below knee dresses. If not sure what to wear, ask the host.

Social Customs in Malaysia
Malaysia is proud to be multi-racial and multicultural. There is a diverse lot with people of Malay, Chinese, Indian, Sikh, Portuguese, Dutch, Eurasian and many other ethnic origins. You will find that people generally respect each other and are aware of the different cultural practices. Get to know the different nuances of each race, as well as what has converged and come to be known as true Malaysian culture.

As a result of the different races gathered in this country, many different languages are spoken. Bahasa Melayu (the Malay language) is the predominant language but English, Mandarin, Cantonese, Hokkien, Hakka, Tamil and Hindi are also widely spoken. All academic programmes conducted by the Faculty of Medicine, University of Malaya are in English but you will find different students speaking various tongues during their ‘hang-out’ times. Also peculiar to Malaysians is ‘Manglish’ or Malaysian English - a curious combination of all the different languages spoken in Malaysia and English.

Just as there are many peoples and languages, different religions are practiced in Malaysia. The official religion is Islam but there are many Christian and Catholic churches, Buddhist and Hindu temples in addition to the mosques.

Generally Malaysians are shy but friendly, tolerant and understanding, and have a long tradition of welcoming visitors from overseas. Developing close relationships may take some effort; Malaysians are usually quite willing to talk casually, but that does not imply a firm commitment to friendship. Women are independent and accustomed to entering public places unaccompanied. Men and women mix easily, although this does not necessarily imply a willingness to enter into a deeper relationship. Perhaps the easiest way to make friends at University of Malaya is to join in as many activities as possible.

If you are invited into someone's home it is usual (but not essential) to take a small gift such as chocolates or flowers or, even better, a souvenir.
from your own country. Try to arrive on time, as it is considered rude to be late, particularly if a meal is served. If you are unexpectedly delayed or are unable to attend be sure to let the host know. R.S.V.P. on a written invitation means that you are expected to reply stating whether or not you will be attending the function.

Smoking is banned in theatres, in most public buildings and public transport, including University of Malaya. Before smoking in public, it is advisable to check that smoking is permitted and that your companions do not object.

Attitudes towards work may be different from those with which you are familiar. Some international students are accustomed to greater and more specific direction in what to read and write. In Malaysia, lecturers tend to treat the subject broadly, expecting you, the student, to conduct deeper research and study on your own using the course reading lists and the library catalogue. If you are not sure how to go about this, do not hesitate to discuss any problems with your adviser. Every student is allocated an adviser. Your adviser, a member of faculty, is there to help you with any difficulties relating to your work and to your personal well-being.

Leisure Activities

Although the courses offered by the Department of Social and Preventive Medicine are very hectic and demanding, but our foreign students still have time to enjoy themselves during their stay here.

There are a few tourist spots which the students can explore during holidays or the weekends. There are hill resorts like the Cameron Highlands, Fraser’s Hill, Genting Highlands and Berjaya Resorts. There are also Theme parks like. Berjaya Time Square, Sunway Lagoon, Mines Wonderland (Kuala Lumpur), Desa Water Park (Kuala Lumpur), Wet World Water Park (Shah Alam), A’Famosa Water World (Melaka) and Genting Highlands Resort. There are Public parks like Taman Jaya (next to Taman Jaya LRT station), Taman Aman (next to Paramount LRT station) and KLCC park (next to KL twin towers).

For those who love nature there are nature retreats; e.g. Taman Negara, Endau Rompin National Park, and Matang Forest Reserve, and Zoo Negara, and KL Bird Park.
**Shopping**

Shopping has also become one of the main pastimes for Malaysian and foreigners alike. Kuala Lumpur offers many shopping spots which can cater for a wide range of budgets and fancies.

They include shopping centres in and around Kuala Lumpur; e.g. Suria KLCC, Mid-valley Mall, Starhill Plaza, Lot 10, Ampang Park, Berjaya Times Square, City Square, BB Plaza, Sungai Wang Plaza, The Mall, Imbi Plaza, Plaza Low Yatt, Bangsar Shopping Complex, Sri Hartamas, One Utama, The Curve, Ikano Power Centre, Subang Parade, Sunway Pyramid, IOI Mall and the Mines Complex.

Street shopping is best in Jalan Masjid India where you can find ethnic Indian and Malays items; Petaling Street which is also known as Chinatown where you can find a good selection of clothing, Central Market the cultural cum handicraft centre for locals and tourists and Jalan Tuanku Abdul Rahman where you will be able to find a good selection of textiles. Not to forget the Pasar Malam which means “Night Market”, these market opens at most housing estates one specific night a week.

**Legal Advice**

Malaysian common law guarantees due process of the law to all persons, including overseas visitors. International students and their dependants are subject to the same laws as Malaysian citizens (with the exception of immigration, voting and citizenship) and are guaranteed the same protection of the law and the same civil rights. As a foreign student you have the constitutional right to express your views and to propagate and publish ideas (popular or unpopular) provided they are not illegal or an incitement to break the law and as long as you conduct yourself in a peaceful and orderly manner with due consideration for others.

**Useful Addresses and Telephone Numbers**

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<th>Hotels and Accommodation:</th>
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<tr>
<td><strong>Rumah Universiti</strong></td>
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<tr>
<td>University Malaya</td>
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<tr>
<td>Kuala Lumpur</td>
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<tr>
<td>Tel: +603-79560286</td>
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<tr>
<td><strong>Shah’s Village Motel</strong></td>
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<tr>
<td>No. 3 &amp; 5 Lorong Sultan</td>
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<tr>
<td>46200 Petaling Jaya</td>
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<tr>
<td>Selangor, Malaysia</td>
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<tr>
<td>Tel: +603-79569322</td>
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<tr>
<td>Fax: +603-79557715</td>
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<tr>
<td>website: <a href="http://www.shahsresorts.com">www.shahsresorts.com</a></td>
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<tr>
<td><strong>Hotel PJ De Inn</strong></td>
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<tr>
<td>No 4 &amp; 6, Jalan 8/1E,</td>
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<tr>
<td>Petaling Jaya,</td>
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<td>46050, Selangor</td>
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<td>Darul Ehsan Malaysia</td>
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<td>Tel: +603-79553535</td>
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<td>Fax: +603-79550318</td>
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<tr>
<td><strong>Hotel Lisa De Inn</strong></td>
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<tr>
<td>2, Jalan Harapan (17/47),</td>
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<td>46400 Petaling Jaya</td>
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<td>Selangor, Malaysia</td>
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<td>Tel: +603-79553636</td>
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<tr>
<td>Fax: +603-79551117</td>
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<tr>
<td><strong>Hotel Simgahsana Petaling Jaya</strong></td>
</tr>
<tr>
<td>Persiaran Barat,</td>
</tr>
<tr>
<td>Off Jalan Sultan, P.O. Box</td>
</tr>
<tr>
<td>512, 46760 Petaling Jaya,</td>
</tr>
<tr>
<td>Selangor, Malaysia</td>
</tr>
<tr>
<td>Tel: +603-79562100</td>
</tr>
<tr>
<td>Fax: +603-79542041</td>
</tr>
<tr>
<td>e-mail: <a href="mailto:salesreservation@hspj.com.my">salesreservation@hspj.com.my</a></td>
</tr>
<tr>
<td>website: <a href="http://www.hspj.com.my">www.hspj.com.my</a></td>
</tr>
<tr>
<td>Crystal Crown Hotel, Petaling Jaya</td>
</tr>
<tr>
<td>12, Lorong Utara A, Off Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia, Tel: +603-79584422</td>
</tr>
<tr>
<td>Fax: +603-79587223</td>
</tr>
<tr>
<td>e-mail address: <a href="mailto:cchpj@crystalcrown.com.my">cchpj@crystalcrown.com.my</a></td>
</tr>
<tr>
<td><strong>Hotel Hilton Petaling Jaya</strong></td>
</tr>
<tr>
<td>No 2 Jalan Barat,</td>
</tr>
<tr>
<td>46200 Petaling Jaya,</td>
</tr>
<tr>
<td>Selangor, Malaysia</td>
</tr>
<tr>
<td>Tel: +603-79559122</td>
</tr>
<tr>
<td>Fax: +603-79559090</td>
</tr>
<tr>
<td>website: <a href="http://www.hilton.com">www.hilton.com</a></td>
</tr>
<tr>
<td><strong>Eastin Hotel</strong></td>
</tr>
<tr>
<td>13, Jalan 16/11,</td>
</tr>
<tr>
<td>Pusat Dagang Seksyen 16,</td>
</tr>
<tr>
<td>46350 Petaling Jaya,</td>
</tr>
<tr>
<td>Selangor, Malaysia</td>
</tr>
<tr>
<td>Tel: +603-76651111</td>
</tr>
<tr>
<td>Fax: +603-76659999</td>
</tr>
<tr>
<td>e-mail address: <a href="mailto:info@eastin.com">info@eastin.com</a></td>
</tr>
<tr>
<td>website: <a href="http://www.eastin.com">www.eastin.com</a></td>
</tr>
<tr>
<td><strong>Hotel Armada, Petaling Jaya</strong></td>
</tr>
<tr>
<td>Lorong Utara C, Seksyen 52,</td>
</tr>
<tr>
<td>46200 Petaling Jaya,</td>
</tr>
<tr>
<td>Selangor, Malaysia</td>
</tr>
<tr>
<td>Tel: +603-79546888</td>
</tr>
<tr>
<td>Fax: +603-79568088</td>
</tr>
<tr>
<td>e-mail: <a href="mailto:armada@armada.com.my">armada@armada.com.my</a></td>
</tr>
<tr>
<td>website: <a href="http://www.armada.com.my">www.armada.com.my</a></td>
</tr>
</tbody>
</table>
Cititel Mid Valley
Mid Valley City, Lingkaran Syed Putra, 59200 Kuala Lumpur, Malaysia
Tel: +603-2296 1188
Fax: +603-2283 5551
e-mail: info@cititelmidvalley.com
website: www.cititelmidvalley.com

Boulevard Hotel
Mid Valley City, Lingkaran Syed Putra, 59200 Kuala Lumpur, Malaysia
Tel: +603-2295 8000
Fax: +603-2287 8551
e-mail: infokul@blvhotel.com
website: www.blvhotel.com

Hotel Hilton Kuala Lumpur
3 Jalan Stesen Sentral, 50470 Kuala Lumpur, Malaysia
Tel: +603-2264 2264
Fax: +603-2264 2266
website: www.hilton.com

Le Méridien Kuala Lumpur
2 Jalan Stesen Sentral, Kuala Lumpur Sentral
50470 Kuala Lumpur, Malaysia
Tel: +603-2263 7888
Fax: +603-2263 7222
e-mail: reservations.lmk@lmeridien.com
website: www.millenniumcourt.com

Refer to the Yellow pages in the Telephone Directory for more information

Other addresses and telephone numbers
Tourism Malaysia – www.tourism.gov.my
Malaysia Ministry of Foreign Affairs - www.kln.gov.my
Kuala Lumpur International Airports - www.klia.com.my
Express Rail Link - www.kliaekspres.com
KL Sentral - www.klsentral.com.my
Low Cost Carrier Terminal KLIA - klia.com.my/LCCTerminal
Immigration Malaysia - www.imi.gov.my
Custom Department Malaysia - www.customs.gov.my
RapidKL (Kuala Lumpur Integrated transport system) - www.rapidkl.com.my
Bank Negara Malaysia (Malaysian Central Bank) - www.bnm.gov.my
Pos Malaysia - www.pos.com.my
University of Malaya Medical Centre – www.ummc.edu.my
University of Malaya – www.um.edu.my

Emergency numbers
Ambulance/police 999
Accident/natural disasters 991
Fire services 994 or +60 (3) 7782 4444
Red Crescent +60 (3) 4257 8122
St. John’s Ambulance 03-9285 1576

Taxi services
Radio taxi 03-2693 6211
KLIA Limousine 03-8787 3675/03-9233 8080
Breakdown Service / Fault Reporting

Tenaga (Electricity)  15454
Telekom (Telephone)  100

Diplomatic Missions

American Embassy  03-2168 5000
Australian High Commission  03-2146 5555
British High Commission  03-2170 2200
Canadian High Commission  03-2718 3333
Embassy of the Republic of China  03-2142 8495
Embassy of the Islamic Republic of Iran  03-4251 4824
Embassy of Japan  03-2142 7044
Indonesian Embassy  03-2116 4000
Royal Embassy of Saudi Arabia  03-4257 9433
Singapore High Commission  03-2161 6277
Embassy of Sudan  03-4256 9104/03-4252 5631
High Commission of India  03-2093 3510

Useful addresses and telephone numbers

Others - refer to the Telephone Directory or phone Telekom Enquiry (103)
Map of University of Malaya

- UM Main Entrance
- PJ Entrance
- University Malaya Medical Centre
- Faculty of Medicine
- Faculty of Dentistry
- Faculty of Built Environment
- Faculty of Engineering
- Faculty of Business & Accountancy
- Faculty of Economics & Administration
- Faculty of Education
- Faculty of Arts and Social Sciences
- Faculty of Languages & Linguistics
- Faculty of Science
- Academy of Malay Studies
- Faculty of Computer Science & Information Technology
- Academy of Islamic Studies
- Rimba Ilmu
- Institute of Postgraduate Studies
- Centre for Foundation Studies in Science
- Faculty of Law
- University Malaya Specialist Centre
- Library
- Dewan Tunku Chancellor
- Chancellery / Administration
- Examination Building
- University Guest House
- Universiti LRT Station
- Museum of Asian Art
- Perdanasiswa & Cultural Centre
- Asia-Europe Institute (AEI)
- Sports Centre
- 9th College
- 3rd College
- 4th College
- 7th College
- 8th College
- 10th College
- 5th College
- 11th College
- 12th College
- 1st College
- 2nd College
- 6th College
Layout Plan of Faculty of Medicine

A: Dean's Office (Level 5), Printing Unit & Security
B: MD Lab 1 (lab 1-4)
C: Depts of Physiology & Anatomy
D: Clinical Skill Lab, MD Lab 1, Computer Lab & Anatomy Resource Centre
E: MD Lab 1 & Anatomy Gross Lab
F: Depts of Pharmacology & Biochemistry
G: MD Lab 2, Med Illustration, Exam Hall, Cafeteria
H: Dept of SPM, MD 3, Electron Microscopy, Postgraduate wing
I: Dept of SPM, Dept of SPM Postgraduate Secretariat, Lecturer Halls
J: Dept of SPM, Dept of SPM Postgraduate Secretariat, Lecturer Halls
K: Lecture Halls
L: Animal Experimental Lab
M: MD Lab 2, Medical Museum, Med Library
N: Depts of Parasitology, Med. Microbiology, Pathology and Mortuary
P: Depts of Allied Health Sciences, Pharmacy & Lecture Halls - Jemerlang & Seruntum

Bahasa Melayu (Ba-ha-sa Me-la-yu) or the Malay Language is the official language of Malaysia. It is an Austronesian language which is also spoken by people from southern Thailand, the Philippines and Singapore.

In sentence construction, the structure is subject-verb-object: Saya (I) suka (love/like) memancing (fishing).

The first greeting you will encounter when you enter Malaysia is Selamat Datang which means Welcome, the direct translation is safe coming (Se-la-mat da-tang).

The adjective Selamat (Se-la-mat) which means safe is used quite often in combination to form greetings,

Good morning Selamat pagi
Good afternoon Selamat tengahari
Good evening Selamat malam
Safe Journey Selamat jalan

The adjective Sila (Si-la) which means please is also used in combination to form greetings,

Please come in, please sit down, please eat, please drink, please eat, please drink.

Selamat pagi (Selamet-pagi) Good morning
Selamat tengahari (Selamet-tengahari) Good afternoon
Selamat malam (Selamet-malam) Good evening
Sila masuk (Si-la-masuk) Please come in
Sila duduk (Si-la-du-duk) Please sit down
Sila minum (Si-la-mi-num) Please drink
Sila makan (Si-la-ma-kan) Please eat
Sila petang (Si-la-pe-tang) Please come.

The structure of the Malay Language is subject-verb-object.
Here are some of the pronouns used to describe people:

saya (sa-ya)  I/me
awak (a-wak)  you
kamu (ka-mu)  you/you all
kita (ki-ta)  we

Forming questions is quite easy, by combining the questions words (adjectives) with the noun.

apa (a-pa)  what/how
bila (bi-la)  when
di mana (di ma-na)  where
siapa (sia-pa)  who/what
mengapa (me-nga-pa)  why
yang mana (yang ma-na)  which
bagaimana how
berapa (be-ra-pa)  how much

Another usual greeting is “Apa khabar?” which means “How are you?”, the direct translation is what (a-pa) news (kha-bar). Here are some more examples of questions:

Apa nama awak?  What is your name?
Mana anda hendak pergi?  Where do you want to go?

Di manakah tandas?  Where is the toilet? – tan-das (toilet)

The reciprocated reply is “Khabar baik” which means “I am fine”, direct translation is news (kha-bar) is good (ba-ik).

Nama saya …  My name is …
Saya hendak pergi ke …  I want to go to … – ke (to)
Tandas berada di sana.  The toilet is there – ber-a-da (is), di sa-na (there)

Here are some common words and phrases:
satu (sa-tu)  one
se  one
dua (du-a)  two
anda (an-da)  you
tiga (ti-ga)  three
empat (em-pat)  four
lima (li-ma)  five
enam (e-nam)  six
tujuh (tu-juh)  seven
lapan (la-pan)  eight
sembilan (sem-bi-lan)  nine
(se-pu-luh)  ten
(sebelas (se-be-las)  eleven
belas (be-las)  .teen
lima belas  fifteen
seratus (se-m-tus)  hundred
seribu (se-ri-bu)  one thousand
sejuta (se-ju-ta)  one million
sifar (si-far)  zero
puluh (pu-luh)  ten
lima puluh  fifty
ratus (ra-tus)  hundred
lima ratus  five hundred
ribu (ri-bu)  thousand
lima ribu  five thousand
juta (ju-ta)  million
lima juta  five million

bas (bas)  bus
kerja (ke-re-ta-pi)  rain
tandas (tan-das)  toilet
hospital (hos-pi-tal)  hospital
bank (bank)  bank
pejabat (pe-ja-bat)  office
pos  post
pejabat pos  post office
(kedutaan (ke-du-ta-an) embassy
(wang  money
du-it)  money
Isnin (Is-nin)  Monday
Jumaat (Ju-ma-at)  Friday
Ahad (A-had)  Sunday
minggu (ming-gu)  week

Sabtu (Sab-tu)  Saturday
Ahad (A-had)  Sunday
Ahad (A-had)  Sunday

Sabtu (Sab-tu)  Saturday
Ahad (A-had)  Sunday
Ahad (A-had)  Sunday

Sabtu (Sab-tu)  Saturday
Ahad (A-had)  Sunday
Ahad (A-had)  Sunday

Sabtu (Sab-tu)  Saturday
Ahad (A-had)  Sunday
Ahad (A-had)  Sunday

Sabtu (Sab-tu)  Saturday
Ahad (A-had)  Sunday
Ahad (A-had)  Sunday

Sabtu (Sab-tu)  Saturday
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Sabtu (Sab-tu)  Saturday
Ahad (A-had)  Sunday
Ahad (A-had)  Sunday

Sabtu (Sab-tu)  Saturday
Ahad (A-had)  Sunday
Ahad (A-had)  Sunday

Sabtu (Sab-tu)  Saturday
Ahad (A-had)  Sunday
Ahad (A-had)  Sunday
<table>
<thead>
<tr>
<th>Malay Word</th>
<th>English Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>lapangan (la-pan-gan)</td>
<td>fields</td>
</tr>
<tr>
<td>lapangan terbang</td>
<td>airfields/airport</td>
</tr>
<tr>
<td>minum (mi-nun)</td>
<td>drink/to drink</td>
</tr>
<tr>
<td>minuman (mi-nu-man)</td>
<td>beverage/drinks</td>
</tr>
<tr>
<td>makan (ma-kan)</td>
<td>eat/to eat</td>
</tr>
<tr>
<td>makanan (ma-ka-nan)</td>
<td>food</td>
</tr>
<tr>
<td>barang (ba-rang)</td>
<td>things/item</td>
</tr>
<tr>
<td>kedai (ke-dai)</td>
<td>shops/store</td>
</tr>
<tr>
<td>kedai makan</td>
<td>food store</td>
</tr>
<tr>
<td>rumah (ru-mah)</td>
<td>house</td>
</tr>
<tr>
<td>tempat (tem-pat)</td>
<td>place</td>
</tr>
<tr>
<td>tidur (ti-dur)</td>
<td>to sleep/sleep</td>
</tr>
<tr>
<td>hotel</td>
<td>hotel</td>
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<tr>
<td>restoran (res-to-ran)</td>
<td>restaurant</td>
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<tr>
<td>stesen (ste-sen)</td>
<td>station</td>
</tr>
<tr>
<td>bas stesen</td>
<td>bus station</td>
</tr>
<tr>
<td>polis (po-lis)</td>
<td>police</td>
</tr>
<tr>
<td>polis stesen</td>
<td>police station</td>
</tr>
<tr>
<td>mahal (ma-hal)</td>
<td>expensive</td>
</tr>
<tr>
<td>murah (mu-rah)</td>
<td>cheap</td>
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<tr>
<td>sangat (san-gat)</td>
<td>very</td>
</tr>
<tr>
<td>sangat mahal</td>
<td>very expensive</td>
</tr>
<tr>
<td>perpustakaan</td>
<td>library</td>
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<tr>
<td>pengurup wang</td>
<td>money changer</td>
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<tr>
<td>waktu (wak-tu)</td>
<td>time</td>
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<tr>
<td>hari (ha-ri)</td>
<td>day</td>
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<td>sekarang (se-ka-rang)</td>
<td>now</td>
</tr>
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<td>esok (e-sok)</td>
<td>tomorrow</td>
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<tr>
<td>semalam (se-ma-lam)</td>
<td>yesterday</td>
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<tr>
<td>pukul ... (pu-kul)</td>
<td>... o'clock</td>
</tr>
<tr>
<td>pensyarah (pen-sya-ra)</td>
<td>lecturer</td>
</tr>
<tr>
<td>kuliah (ku-li-ah)</td>
<td>lecture</td>
</tr>
<tr>
<td>dewan (de-wan)</td>
<td>hall</td>
</tr>
<tr>
<td>dewan kuliah</td>
<td>lecture hall</td>
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<tr>
<td>tolong (to-long)</td>
<td>help</td>
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<tr>
<td>Faculti (Fa-cul-ti)</td>
<td>Faculty</td>
</tr>
<tr>
<td>Perubatan</td>
<td>Medical/Medicine</td>
</tr>
</tbody>
</table>

Sekarang pukul berapa?  What is the time now?
Sekarang pukul lima pagi  It is 5 am
Dimanakah kedai makan?  Where is the food store?
Berapakah harga barang ini?  How much is this item?
Bolehkah anda tolong saya?  Can you help me please?
Di manakah hospital terdekat?  Where is the nearest hospital?
Di manakah Fakulti Perubatan?  Where is the Faculty of Medicine?