



## MALAYSIA: CARE AND PHYSIOTHERAPY FOR DISABLED AND ABUSED WOMEN AND CHILDREN IN BORNEO

Split between the Peninsular and the island of Borneo, Malaysia offers a wealth of choice and is an ideal starting point for a trip to South East Asia. From the gleaming sky scrapers of Kuala Lumpur to the rainforests and wildlife of Sabah and Sarawak - there is so much to see and do!

Sabah itself is home to lush tropical rainforests, wonderful sandy beaches, the breathtaking Mount Kinabalu, and a biodiversity of Marine and Wildlife like no other.

### WHAT DO YOU GET?

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
- An in-depth Induction makes you **feel local straight away!**
- A unique insight into another culture – **see it from the inside** in a way you could never do as a tourist.
- An opportunity to **make lifelong friends from all over the world.**
- And best of all ... **an unforgettable experience!**



### ► SUMMARY FACTFILE

<b>Start Dates</b>	All year round - you choose your start and finish dates!
<b>Duration</b>	From 4 weeks and up to 1 year, subject to visa requirements
<b>Requirements</b>	Some experience in care or working with the disabled is desirable. You will need to be a fully qualified Physiotherapist to carry out Physiotherapy care.
<b>Price</b>	For up-to-date prices, please check our website <a href="http://www.travellersworldwide.com">www.travellersworldwide.com</a>
<b>What's included</b>	► Accommodation ► Food ► Meeting you at the Airport ► Transfer to your accommodation ► Transport to and from your project ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support.
<b>What's not included</b>	Flights, Insurance, Cost of Visas (if a visa is required, but we'll provide necessary documents and assistance),
<b>Who can do this Project?</b>	All our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

2A, Caravelle House, 17/19 Goring Road, Worthing, West Sussex, BN12 4AP, UK  
Tel: +44 (0)1903 502595 Fax: +44 (0)1903 708179 Email: [info@travellersworldwide.com](mailto:info@travellersworldwide.com)

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## PROGRAMME OVERVIEW:

**A live-in residential care project to help children with mental, physical and emotional disabilities as well as some young adults and abused women/children. Physiotherapy work is available to those who are fully qualified. The home is close to Sabah's beautiful coastline and around 15 minutes drive from it's thriving capital, Kota Kinabalu.**

### The Care Programme

The home was first established in 1989 and has recently moved to new premises built on land donated by the Sabah State Government. Its new location is just 15 minutes away from Kota Kinabalu. The home now consists of seven residential blocks, with 3 to 4 rooms each, to make up the dormitories for the residents and caregivers. It also has a Sundial school block consisting of five classrooms and an office. The main 2-storey block houses the dining, living, kitchen, laundry and staff room while the upper floor consists of an office, an interview room, visitors' hall, store and bedroom with an ensuite.

At the Centre, the children are given the necessary care and love (some on a one-to-one basis) according to their physical and emotional needs – bathing/washing them, feeding and general care (e.g. washing of clothes, room cleaning and sweeping, cooking and playing). The home is constantly alive with the caregivers tending to the needs of the 48 residents, 33 of which are either orphaned, abandoned or have no proper home.

Some of the children have multiple disabilities and need close attention most of the time. There is a varied range of disabilities including; Cerebral Palsy, Epilepsy, Attention Deficit Disorder, Learning difficulties, Paralysis and Deafness. If you are a qualified Physiotherapist you'll be able to get involved with treatments.

### Work Content.

Only 5 of the 48 residents go to normal schools so one of your main responsibilities will be to provide additional support and care for the children during the day. You'll help by talking, playing and reading with them. You will also assist with mealtimes and some times cleaning up after them. The main mode of communication is Bahasa Malaysia but English is widely spoken and used amongst the staff.

It has always been the goal of Bukit Harapan to aid the helpless so that they may find confidence in life again, see the reason to stay alive, stand on their own feet and forgive those who have hurt them, giving them the chance to look forward to the future.

Each child is given an Individual Education Plan (IEP) according to his or her needs. They then follow a special educational programme that is modified or particularized for those students with special needs, such as learning differences, mental health problems, or specific disabilities (physical or developmental). Modifications can consist of changes in curriculum, supplementary aides or equipment, and the provision of specialized facilities that allow students to participate in the educational environment to the fullest extent possible. Students may need this help to access subject matter, to physically gain access to the school, or to meet their emotional needs. Support is targeted to the needs of the individual student and can be short or long term.

The home is also engaged in some outreach work to remote communities and a Rural Youth programme to help support individuals in the area and provide them with the skills required to care for those with disabilities.

Bukit Harapan relies heavily on public and private support to run as it supports 48 residents and 16 full-time and live-in staff, who do not have any fixed days off. The home is grateful that many individuals from middle to high-income brackets have been giving their support in the form of donating food essentials and other necessities to run the home. These are anonymous philanthropists who only wish to see the welfare of the home's residents taken care of. However, the home is constantly in need of donors either in cash or kind to ensure the health and well being of its' residents.

To sustain the livelihood of Bukit Harapan a nursery project has recently been initiated with the hope that sales from the plants and orchids will assist in the smooth operation of the home. An orchid mist house has been built with a herb garden in the pipeline. It is also part of the homes 'green' effort to rejuvenate the environment

### DAILY ROUTINE:

08.00 am – 12.00 pm : Special Education  
 12.00 pm – 12.30 pm : Lunch  
 12.30 pm – 01.00 pm : Cleaning  
 01.00 pm – 03.30 pm : Afternoon Nap  
 03.30 pm – 03.45 pm : Afternoon Tea  
 03.45 pm – 05.00 pm : Recreational Activities  
 05.00 pm – 06.30 pm : Shower  
 06.30 pm – 07.30 pm : Dinner

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07.30 pm – 09.00 pm : Free Activity  
 09.00 pm : Bed Time

## LOCATION:

All of our projects are based in Sabah, located in the north east of Malaysian Borneo and surrounded by both the South China and Sulu Sea. Sabah itself is home to lush tropical rainforests, wonderful sandy beaches, the breathtaking Mount Kinabalu and a biodiversity of Marine and Wildlife like no other.

This includes Borneo's Native and most famous resident – the Orang-Utan! Sabah is one of the last places on earth that you can see these remarkable creatures in their natural habitat.

Across the whole of Sabah, Filipinos, along with various ethnic groups and indigenous tribes (For example, Chinese, Bajau, Kadazan, Dusun and Murut) account for over half of the population. Malaysia is "Truly Asia" - a real multicultural society. The official language in Malaysia is Bahasa Malay, but due to the fusion of religious and ethnic groups found in Malaysia English is widely spoken.

This is a country where the sun shines, the sea is crystal clear and there are endless coconut, banana and palm trees!

Throughout the whole of Sabah you will find many local "Tamu", meaning market - the variety of fruit, vegetables, plants and handcrafted items on sale at cheap prices has to be seen to be believed! Some of the exotic fruits that you may come across include Rambutan, Mangosteen, Belimbing (or star fruit) and last but not least, the Durian. This green spiky fruit is famous throughout Asia due to its pungent smell - but don't be put off by this as it is actually something of a delicacy(!).

## ACCOMMODATION & FOOD:

This is a live-in volunteer programme, so you'll be accommodated on site and will live, eat and sleep at the home. In this way you'll get to know the staff and children quickly and will become part of the community at Bukit Harapan. You'll be encouraged to join in with all activities and will be fully immersed into Malaysian culture in a very unique environment. This is a challenging but incredibly rewarding placement to take part in.

**Food:** Malaysia is famous for its wide array of delicious food from the multi racial communities prevalent in the country. There is great social interaction amongst Malaysians to go out and 'makan-makan' (to eat) and with the exciting mix of ethnic groups, there is a vast selection to choose from. It's not easy to find authentic Malay food in Malaysian restaurants, though you can take your pick of Chinese, Nyonya (a local variation on Chinese and Malay food - Chinese ingredients, local spices), Indian, Indonesian or (sometimes) Western cuisines.

The variety of wonderful tropical fruits and fruit juices available is huge, and strange sweet concoctions include cendol (sugar syrup, coconut milk and green noodles) and ais kacang (beans and jellies topped with shaved ice, syrups and condensed milk).

## VISAS:

In countries where visas are needed, we'll send you all the necessary forms and information and make the process very easy for you

## FLIGHTS:

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

## INDUCTION ON ARRIVAL:

When you arrive, you will be welcomed at the airport by our Malaysian Organiser, who will take you to your accommodation. During your first few days you will be given an induction so that you can learn about Malaysia and its culture, as well as useful information like how to use the transport system etc.

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## COSTS:

Please see the prices pages of our website [Full Price List](#). The price of this project is a reflection of the following costs:

- ✓ Accommodation
- ✓ Food
- ✓ Meeting you at the airport
- ✓ Transport to and from your project
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ UK administration
- ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations)
- ✓ Project Research/Site Inspection
- ✓ Staff Training/Equipment
- ✓ Donations to worthwhile projects

## HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

For every volunteer, a donation is made by Travellers on your behalf into the **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

## COUNTRY PROFILE:

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This includes Borneo's Native and most famous resident – the **Orang-Utan!** Sabah is one of the last places on earth that you can see these remarkable creatures in their natural habitat.

Whilst the majority of tourists visit peninsular Malaysia, a trip to Malaysian Borneo will be an unforgettable experience and free from some of the hassles that can be encountered in other parts of Asia. Travelling around is easy and cheap and locals are helpful and friendly. Sabah has a laid back charm and elegant beauty that will make any stay in this remarkable country truly worthwhile.

Across the whole of Sabah, Filipinos, along with various ethnic groups and indigenous tribes (For example, Chinese, Bajau, Kadazan, Dusun and Murut) account for over half of the population. Malaysia is "Truly Asia" - a real multicultural society. The official language in Malaysia is Bahasa Malay, but due to the fusion of religious and ethnic groups found in Malaysia English is widely spoken. This is a country where the sun shines, the sea is crystal clear and there are endless coconut, banana and palm trees!

You will be briefed on Malaysian culture and customs soon after your arrival to help you prepare for your placement and dealings with locals. This will be a time to learn about the Do's and Dont's and to ensure you are aware of the possible impact of your behaviour.

Malaysia is a multicultural society, with Malays, Chinese and Indians living side by side. The Malays are the largest community. They are Muslims, speak Bahasa and are largely responsible for the political fortunes of the country. The Chinese comprise about a third of the population. They are Buddhists and Taoists, speak Hokkein, Hakka and Cantonese, and are dominant in the business community. The Indians account for about 10% of the population. They are mainly Hindu Tamils from southern India (they speak Tamil), Malayalam, and some Hindi, and live mainly in the larger towns on the west coast of the peninsular. There is also a sizeable Sikh community. Eurasians and indigenous tribes make up the remaining population. In Sabah there is an even greater proportion of indigenous tribes. Despite Bahasa Malaysia being the official language, when members of these different communities talk to each other, they generally speak English, which was recently reinstated as the language of instruction in higher education.



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As Malaysia is a multicultural society, there are certain different cultural and religious characteristics one needs to recognise.

## THINGS TO DO IN: MALAYSIA

- **Kota Kinabalu** Kota Kinabalu or "KK" (as it is locally known) is the capital of Sabah. KK is home to the International airport and this will be your first point of arrival in Sabah – it's a great place to start your trip and get used to the Malaysian way of life. Although Kota Kinabalu is far less developed than Kuala Lumpur (its' counterpart on the Peninsular), the people are very friendly and the atmosphere here is more relaxed. KK also boasts impressive markets, restaurants and nightlife and is a fun introduction to the wide variety of attractions that Sabah has to offer.
- **Tunku Abdul Rahman Marine Park** Just off the coast it is possible to see an array of beautiful islands which make up the marine park. Exploring the coral reefs and marine life in this underwater world is fascinating and day trips here can be easily arranged - most islands are less than 45 minutes away by boat. Once you arrive you will be amazed at how clear the water is and just how many different fish you can see. There are also many wonderful beaches to be explored on the islands!
- **Semporna Islands Marine Park** There is excellent diving and snorkelling on a number of islands surrounding Sabah. This park, located towards the south of the island, is one of the best. Here you will find Sipadan Island, the most famous within the park and classified as one of the worlds top dive sites. Sipadan is an oceanic island shaped like a mushroom - it was formed by living corals growing on top of an extinct undersea volcano. Due to its geographic position it is at the centre of one of the richest marine environments in the world - both the diving and snorkelling here are outstanding!
- **Turtle Islands National Park** Another must-see trip during your stay in Sabah. The Turtle Islands National Park is a protected marine reserve reachable by boat from Sandakan harbour. Here you can watch up close as turtles come ashore to lay their eggs virtually every night of the year. There is an excellent visitor information centre and tourists even get the opportunity to release baby hatchlings into the sea. The main island with accommodation is Selingan - here you will find the endangered Green and Hawksbill turtles (some measuring one metre in length or more!) coming to lay their eggs
- **Sukau and the Lower Kinabatangan River** This region is unrivalled in terms of wildlife. It stretches for 560 km and is estimated to have the highest concentration of wildlife in all of Malaysia. Taking a river cruise gives you the opportunity to see a variety of animals in their natural environment; birds, reptiles and monkeys of which the most unusual is the proboscis monkey - famous for its long nose and round belly, the proboscis monkey is sociable and active, which means that you are sure to see many of them swinging through the trees along the river bank. If you are lucky, you may even see wild boar crossing the river. This unique environment is a fascinating place to visit.
- **Malaysia Borneo – Sarawak** Sarawak offers ever-shrinking areas of untouched jungle, the chance to visit longhouse-dwelling Dayak tribes and a good system of national parks. The area around the capital city, Kuching, has remote coastal villages, such as Pandan and Sematan, and unspoilt tropical rainforest, beaches and walking trails in the Bako National Park. Longhouses are found along the Rejang River and its tributaries - central and southern Sarawak's 'highway'.

The areas downriver from Kanowit and Song are generally less frequented. In the north-east, the Niah Caves, accessible only by longboat and a 3km (1.86mi) hike, are unforgettable for their rock paintings, forest wildlife, jungle trails and night walks to see the luminous mushrooms. Visitors to Sarawak cannot fail to notice the extent to which logging is affecting the environment and the habitat of the Dayak tribes. Acquainting yourself with the issues surrounding Malaysia's logging practices is recommended before visiting the province.

In Sarawak, Gunung Mulu National Park has a number of spectacular caves, including the 51km long Clearwater Cave, one of the longest in the world. Adventure-caving expeditions can be arranged. The park also has good trekking, especially the four-day hike to the summit of Gunung Mulu (2377m).

## WHY GO WITH TRAVELLERS WORLDWIDE?

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- Your own dedicated Project Co-ordinator to answer all questions prior to, during and after your **trip of a lifetime!**
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our *EXTRANET*, **available from anywhere, 24/7.**
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

### **VOLUNTEER FEEDBACK:**

"It feels so unique to be helping people with a bad start to life, and all this experience is done in a culture I knew nothing about. I have seen how the staff work every day of the week for little money and share a room with the children so get no privacy. They do not ask for holidays and never complain. By living in this environment I have learned how the Malaysians care more about the group than the individual. Also, I have learned how fortunate us Westerners really are, and I hope I will use this information to fully appreciate everything. There are 46 children here, all with a sad story, so it really opens your eyes. It is good because you do not have to be able to speak much of the language with the children, you just need the able to make them laugh and play games.

Imagine walking into a room with lots of children running at you all incredibly happy to see you. For example with me they scream 'Brother' when I walk into a room. They are all happy which is rewarding. This is a worthwhile placement in which you generally make a difference not just to the children but to yourself. You make other people happy, and in return learn a lot about the culture and how fortunate we are in the Western World. I will never forget it and have no regrets." David Llewellyn

### **HOW TO BOOK:**

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

**We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!**

You may also be interested in other courses with Travellers, or do other projects in our other destinations – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

**Make a Difference – Get Involved!**

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