



MALAYSIA: SCUBA DIVING AND DIVE RESORT MANAGEMENT WORK EXPERIENCE

COLOURFUL AND EXOTIC, MALAYSIA STRETCHES FROM THE PENINSULAR TO THE ISLAND OF BORNEO ... A Wealth of Choice!

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. 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.

WHAT DO YOU GET?

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
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- An opportunity to **make lifelong friends from all over the world.**
- And best of all ... **an unforgettable experience!**



► SUMMARY FACTFILE

Start Dates	All year round - you choose your start and finish dates!
Duration	From 8 weeks and up to 1 year, subject to visa requirements
Requirements	No qualifications needed, just a big dose of enthusiasm!
Price	For up-to-date prices, please check our website www.travellersworldwide.com
What's included	► 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.
What's not included	Flights, Insurance, Cost of Visas (if a visa is required, but we'll provide necessary documents and assistance),
Who can do this Project?	All our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

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PROGRAMME OVERVIEW:

Scuba diving on the shores of the colourful and exotic island of Pulau Tiga off the coast of Malaysia. This is a diving project that includes learning to dive and assisting with the running of a dive centre on the paradise island of Pulau Tiga, the location of TV's "survivor" game show.

The Diving Programme

Just off the coast of northern Borneo lies the tiny island of Pulau Tiga, one of three islands that make up the Pulau Tiga National Park in the South China Sea. Originally formed after a volcanic eruption, Pulau Tiga is a haven for wildlife and ringed by a 7km shallow, healthy coral reef with crystal clear water.

You'll have the opportunity to take the following courses during your project (depending on previous experiences and length of project):

- Open water course and Advanced open water course
- Emergency first aid response course
- Rescue diver course
- Dive master course (optional and subject to certain criteria)

Once qualified, you will practise your diving in Malaysia's tropical waters!

Work Content.

Your daily tasks could vary but the main objectives of this placement are for you to:

- Gain experience of running a water sports centre and, if you are able to stay for a period of three months, have the opportunity to do a total of 60 dives as a prerequisite to the Dive Master Course (you'll need to start the programme with a PADI open water qualification to be considered for this course).
- Assist the Dive Master in the daily running of the centre. Responsibilities include: taking care of the dive centre, guiding and assisting new learners, handling customers enquiries, customer service and reporting to the Dive Instructor
- Develop your diving skills by taking several courses – i.e. PADI Open Water, Advanced Open Water, Emergency First Aid Response, Rescue Diver etc.

Dry Activities: Job responsibilities include looking after the water sports centre, for example; general cleaning (of the centre and the beach), handling customers inquiries, manning the centre, filling up oxygen tanks, cleaning diving equipment, assisting the movements of the boats or assignments set by the Resort Manager (guiding trail walks, assisting water department, assisting other departments), conducting English Classes.

Wet activities: The main activity you will take part in is assisting the Diving Instructor, for example; helping the instructor while conducting diving lessons, supporting and guiding learners, preparing diving gear for lessons, interacting with new learners. You will also be responsible for cleaning and maintaining the diving equipment, and getting the boats and Jet Ski's ready for guests.

This is not a conservation project but you may have the opportunity to participate in the following other activities:

- Monitoring and Surveying Artificial Reef (snorkelling) - replacing and/or repairing damaged coral, continuing the development of the reef, conducting an inventory of the marine life encountered (specifically fish), cleaning underwater rubbish, collecting and replanting coral fragments. Due to the location of Pulau Tiga, heavy winds are common resulting in beach debris.
- Monitoring and Surveying House Reef (snorkelling) - this will involve conducting an inventory of the marine life (fish, coral, giant clams, etc) encountered at the designated area, clearing underwater rubbish, feeding fish, reporting the quality of water (i.e. visibility, under water current, seaweeds, jellyfish, red-tide, etc), reporting any damaged corals
- Developing an Artificial Reef – to form the foundation for planting corals, setting up coral nursery units etc (some of this work will be undertaken as a dry activity)

These activities are not guided by a marine biologist, so your input will not have any academic value. Instead, these activities provide you with the opportunity to be involved in useful work for the centre whilst practising your diving skills. Some of the activities are quite routine and in some respects similar to underwater gardening (for example, clearing underwater rubbish, collecting and replanting coral fragments, etc.) During each of the above activities you



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will dive with other volunteers who are on the placement at the same time as you and will not be supervised by a member of staff from the dive centre.

During your stay you might encounter days when the weather is not suitable for water activities and therefore dry activities will take place.

Once you have gained your PADI Open Water certification you can also proceed with the following courses during your placement:

FIRST MONTH: *Open Water Course, Advanced Open Water Course

Please note, if you already have a PADI open water qualification then you do not need to take this course but you must take with you your log book and PADI certificate. If you have another type of qualification that is not a recognised PADI then you may have to take a refresher course after your arrival.

SECOND MONTH: Emergency First Aid Response Course, Rescue Diver

THIRD MONTH: Dive Master Course. This is optional but you need to let us know before commencing your placement whether you intend to do the Dive Master Course. In order to do the dive master course you must have completed at least 60 dives and reached a high level of fitness and a slow level of air consumption. During this course you will also learn, amongst other things, about customer service, fish and coral identification, reef structure and underwater current movement. If you intend to take the Dive Master Course within a 3 month period then we recommend that you do not start as a complete beginner – it is advisable for you to have at least the Open Water PADI qualification when starting the project.

During the first week of your placement you will have most of the afternoons off. This is to enable you to acclimatise to the tropical weather and to be familiar with the surrounding environment – i.e. the resort and its facilities. During the rest of the placement you will be required to work 6 days per week. Your day off will not usually be over the weekend as this is when the dive centre is at its busiest. If there are several volunteers doing this placement at the same time then you may be able to arrange some of your days off together.

Of your 6 working days you will be expected to spend 3 days doing dry activities and 3 days doing wet activities. You must take your own fins, mask and wet suit (which can be bought locally, if needed) but diving equipment is provided (this includes BCD, regulator and Scuba tanks).

This is not a conservation project but there are some elements of conservation based activities that you can become involved with during your stay (see above). There will be a minimum of 2 volunteers on this placement at any one time and each volunteer must spend a minimum of 2 months on this placement.

Diving is possible all year round although the weather tends to be stormy between June, July and August. All diving is weather dependant.

The resort can accommodate a maximum of 120 people at any one time – its peak occupancy period tends to be from April/May to Sept/October when usually it will be at least 70% full. At other times of the year, occupancy can drop to around 20%. During the Low season, you'll find that the staff have more free time to give 1 to 1 instruction, where as during the high season, you'll have more exposure to customers but more diving will take place in a group.

In order to dive you should take out specialised diving insurance (e.g. Divers Alert Network www.daneurope.org)

LOCATION:

Pulau Tiga is located about 35 nautical miles southwest of Kota Kinabalu. It is reached by first driving 140 kms to Kuala Penyu, a small settlement on the tip of the Klias Peninsula. From here it is 18 kms and a 30 minute boat ride to the island.

Around the island of Pulau Tiga, visibility ranges from 6 to 20 metres and schools of tropical fish can be seen from the surface, even without snorkel equipment. The island's landscape is dramatic, set in the midst of lush rainforest, including mangroves, swamps and lowland forests for eight square miles.

Within this enticing habitat are more than fifty different species of trees, countless plant species and an array of fauna such as macaque monkeys, monitor lizards, sea turtles and many other colourful species and birds. A rich



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variety of marine life can be seen including barracuda, bamboo sharks, cuttlefish and marbled stingray. There are around 132 species of fish representing 62 genera in 32 families.

The Dive Centre that we work with developed a resort on the island in 1998 to accommodate tourists in a variety of wooden cottages. Scuba diving in the marine park is heavenly, but this peaceful destination is also a great place for outdoor activities and other water sports.

If you are not already qualified you will take a PADI Open Water Diver Certification course on your arrival with the resorts water sports centre. Novices can explore the many dive sites once completing the basic PADI qualification. Seasoned divers will find the reefs wonderful and a number of unexplored diving locations are available for day trips.

Although the island doesn't generally attract many international tourists, it has recently become famous for the American TV production of Survivor, a reality TV show where contestants battled it out to be the ultimate survivor, living on a tropical island and competing against each other for a prize of \$1 Million US dollars. On average, the dive school receives 4 to 5 students weekly and there are currently 5 staff working at the dive centre.

Travellers and the Pulau Tiga Resort have partnered together to provide our volunteers the opportunity to do a placement at the Resort's **Water Sports Centre** - to give diving enthusiasts the chance to gain experience in a beautiful setting!

ACCOMMODATION & FOOD:

Pulau Tiga Resort is privately run and has chalets for guests set in a beautiful and quite exotic environment, befitting this beautiful country! There are lovely walkways that run between the accommodation and the various facilities at the resort, surrounded by colourful local flora.

The Resorts' range of facilities is good (see below), but focuses mainly on diving and water-sports, including a jetty set into the tropical beach.

Traditional Longhouse: While on your project, you'll stay in a Malaysian longhouse, where you'll get to experience a taste of living in a traditional style. The Longhouse is traditional in style only - it is a modern facility with a lovely wooden verandah giving beautiful views and is nestled under trees.



The facilities are comfortable, clean and very tropical. You will share your accommodation with other Travellers volunteers with a maximum of three volunteers per room.

Food: Your meals will consist of local cuisine and are provided in the Resort's Restaurant. Meals are taken in the form of a buffet, served daily and usually including two main courses (these are usually a choice or combination of chicken, meat or fish), with local vegetables and salads, followed by fruit. In the very quiet part of Low Season, there may occasionally be no guests at the Resort. At such times you'll take your meals in the staff canteen. Tea, Coffee and Juice is available all day.

Facilities: Pulau Tiga Resort is fairly well equipped in terms of other facilities and these currently include:

- A bar and restaurant area,
- A small shop at reception,
- A volleyball court,
- A football field
- A games room (with pool table) and
- A TV room

During your placement you will have free access to non-motorised water sports equipment, such as Kayaks - a great way to explore some of the island! Jet Ski's are also available for hire. Local staffs are friendly and live on the island - they will often get together for a game of volleyball or football in the evenings. Many of the staff speak good English.

There are also many trails through the undergrowth that you can explore easily and are well worth the effort. One of the features of the island are the several active mud volcanoes can be found around the island, especially at the summit. Here you can cover yourself in volcanic mud for a natural skin cleansing treatment! These are well worth visiting for the view as well as the volcanoes.

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There is a 30 minute boat service from Kuala Penyu to Pulau Tiga which runs twice daily, so you can get on and off the island if needed. In Kuala Penyu there is a hospital, police station, coffee shop, post office, internet connection and some other small shops. There is no nightlife but this can be found in Kota Kinabalu, around 3 hours away by car.

This is a remote island - you can stay in touch with home via Satellite phone or local Sim card, however, there is no internet connection on the island and access to internet off the island can be intermittent. We suggest that you prepare yourself for a remote experience.

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.

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:

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.

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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.

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

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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).

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VOLUNTEER FEEDBACK

"I would advise anyone and everyone to go to Borneo, Malaysia" Elena Cook

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!

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