

SOUTH EAST ASIA SUPERVISOR ACADEMY & LEADERSHIP RETREAT

AREA GUIDE



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GENERAL INFORMATION

CLIMATE

Malaysia enjoys a tropical climate with warm weather all year round. Temperatures in the lowlands range from 21°C (70°F) to 32°C (90°F). The highlands are cooler, where temperatures range between 15°C (59° F) to 25°C (77°F). Annual rainfall varies from 2,000mm to 2,500mm.

VISA

Visitors to Malaysia must hold a valid passport or travel document with a minimum validity of six months beyond the intended visiting period. Most nationalities do not require visas for social or business visits.

CREDIT CARD USE

It safe to use credit card as a method of payment in Malaysia – however it is recommended that you only use your card when paying at established mass outlets.

CUSTOMS

Malaysia is very accustomed to Western traditions; however visitors to the country should try to observe some local practices.




- ④ Handshakes are generally acceptable for both men and women, however handshakes must be initiated by women towards men and some Muslim women may acknowledge men with a smile and nod of their head.
- ④ The traditional greeting in Malaysia is “Salam,;” it resembles a handshake. A man offers both hands, lightly touches his friends outstretched hands and then brings his hands to his chest. This has the meaning of “I greet you from my heart.” The visitors should reciprocate the “Salam” if it is offered to them.

CUSTOMS Cont...

- ④ It is polite to call before visiting a home and shoes must always be removed when entering a Malaysian home.
- ④ Drinks are generally offered to guests and it is polite to accept them.
- ④ The right hand is always used when eating with one's hand or giving and receiving objects.
- ④ The right forefinger is not used to point at places, objects or persons. Instead, the thumb of the right hand with four fingers folded under is the preferred usage.
- ④ Shoes must be removed when entering places of worship such as mosques and temples. Some mosques provide robes and scarves for female visitors. Taking photographs at places of worship is usually permitted but always ask permission beforehand.
- ④ Toasting is not a common practice in Malaysia. The country's large Muslim population does not drink alcohol.

SHOPPING

SHOPPING MALLS

- ④ Mid Valley Mega Mall → This is a very popular mall and is one of the largest in South East Asia. It is located near Bangsar and faces the Federal Highway, the mall has an area that is 4.5 million square feet in total, which consists of the mall, office blocks, a boulevard and two hotels. Its anchor tenants include big department stores and hypermarkets such as Jusco, Metrojaya and Carrefour. There also two large food courts while the boulevard area has some nice international restaurants. Its retail outlets include fashion, electronics, computers, gifts, souvenirs, groceries, appliances and much more. Many famous designer brands have shops here, as well as popular names in watches and diamonds.

- ④ Suria KLCC → The Suria KLCC shopping mall is nestled between, the Petronas Twin Towers. It is an up-market shopping mall and the choice and standard of shops reflect its classy atmosphere. The mall has six levels of retail outlets that include big names in categories fashion and accessories. These include Marks & Spencer, Tiffany & Co, DKNY, Calvin Klein and Polo. The Malaysian Philharmonic Orchestra Theatre is also located inside, along with a nice range of cafes, dining establishments and Cineplex theatres. The mall is connected via a tunnel to Aquaria KLCC and a LRT station.

- ④ Times Square → Located in Bukit Bintang, it is one of the latest shopping malls to be built in the Klang Valley. It is 3.4 million square feet with an adjoining hotel and office block; this gives it the appearance of a modern, European-like twin tower block. The mall accommodates up to 1,000 retail outlets with 65 of them being restaurants. In addition, there is an indoor theme park called the 'Cosmo's World Theme Park' and a massive 2D and 3D cinema theatre dubbed the 'Imax Experience'. Stores within the building range from fashion to toys and books to musical instruments.


SHOPPING MALLS

⬇ Bukit Bintang and Sungai Wang Plaza → These two plazas are located in Bukit Bintang and remain one of KL's most popular shopping malls for its sheer number of establishments and trendy shops with a culture for bargaining. These two malls are the place to look for wild and unorthodox fashion with a distinct Chinese flavor. You can also get a good number of electronics, especially cell phones and other mobile accessories.





⬇ Lot 10 and Starhill → They are located in Bukit Bintang, the Lot 10 shopping centre is a popular haunt for mid-market shoppers. The main tenant is Isetan, a Japanese department store that stocks a good range of goods from groceries to electronic appliances and clothes to tools, many of them being Japanese brands. Next door is the Starhill Plaza, an up-market shopping centre. The plaza has a distinct level of luxury and class in its trimmings, décor and choice of shops which include famous designer brands in watches, jewellery, fashion and leather good.



⬇ Pavilion → The Pavilion Kuala Lumpur is the latest shopping mall to open in the Bukit Bi ntang area. This posh and trendy shopping mall has a European design and contemporary environment, with classic grey hues to the walls. At seven storeys-high, the Pavilion has over 1.37 million sq ft of shopping space with an exciting array of designer brands and fashion goods among the retail outlets. The bottom floor has a wide range of dining outlets that include local food and international cuisine housed in fancy restaurants and posh food courts.



MARKETS

- ④ China Town → The famous Petaling Street is Kuala Lumpur's Chinatown – a vibrant marketplace for Chinese-centric goods such as medicines and herbs to more contemporary items like fashion accessories and electronic products. It is affectionately called 'Chee Chong Kai', which means 'Starch Factory Street', Petaling Street. It is open from early afternoon to late at night, most famous among its goods are pirated products, ranging from the latest movies on DVD to China-made 'Rolex' watches and 'Versace' jeans to imitation Ray-bans. Don't forget to haggle as no price is set in stone. The prices are raised extremely high but you can bargain them all the way down, sometimes to more than half the price. Besides shopping, a number of Chinese al-fresco restaurants are situated at an intersection of Petaling Street. These are popular places for tourists to eat at night.
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- ④ Central Market → The Central Market of 'Pasar Seni' is located in Jalan Hang Kasturi where the Putra LRT station lies. The complex's history goes all the way back to 1888 where it was once a wet market. Over time, it continued to expand until it became a permanent structure that housed all sorts of traders. Towards the end of the 70s', the centre was remade into a centre for culture, arts and handicrafts. Today, visitors can browse a wide range of shops that retail traditional goods such as Batik, embroidery carvings, souvenirs, sculptures, clothes and other interesting items. On the ground floor, visitors can request local artists to paint caricatures of them or even make full-blown portraits. There also some restaurants and cafes inside the building.
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SIGHT SEEING

- ① Little India → Kuala Lumpur's own Little India is found along Masjid India Street which is near Jalan Tunku Abdul Rahman. A short stretch of Indian shops are the trademark of this place, retailing traditional Indian goods such as milk, breads, flower garlands and Bollywood music. A riot of colours, from the saris hanging from shops to the snacks and sweetmeats on sale from roadside stalls. Little India is a treasure house of sights, sounds and aromas, Find fresh milk, various Indian breads and delicious mouth-watering fare from the numerous eateries. What better opportunity to sample Indian cuisine at really affordable prices.
- ② Batu Caves → The Batu Caves are located north of Kuala Lumpur city and are part of Selangor state. The large limestone hill is shaped like one big mound, where the middle part holds the main cavern with 272 steps leading up to its entrance. Predominantly a religious site of worship for Hindus, the main cave has a few altars and statues. Walking past them will lead you to an opening in the roof of the hill, where sunlight filters in through into the cave. Along the way up the steps, there is another cave, which is called the 'Dark Cave'. This is a cave with restricted access as it holds a diverse range of fauna, such as spiders, bats and snakes. However, there are tours available to enter and explore the 2-km Dark Cave.
- ③ The National Museum → Also known as 'Muzium Negara', it is located just outside the Kuala Lumpur Lake Gardens, and is Malaysia's main museum. The building itself is a mix of traditional Malay and modern architecture, built in 1963. Outside, a restored old railway train greets visitors along with other old transportation vehicles such as the very first Proton Saga car, bullock carts and a vintage automobile. The museum consists of two wings that house a variety of exhibits, dioramas and galleries which include historical relics and artifacts, cultural items, arts and handicrafts, flora and fauna, weapons and currencies.



HERBALIFE. EVENTS

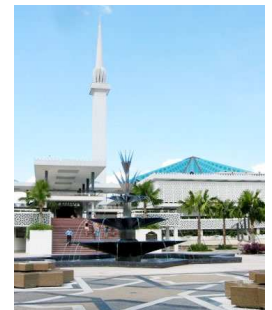
④ The National Library → located in Jalan Tun Razak, it is a repository for locally-written and international books of an academic nature. The library is most often used by avid readers, students and researchers as a resource centre. The library, which has several floors, divides its collection of more than 6,500 books into Malaysiana, Rare Collection, Manuscripts, Serials, General, Media Resources, United Nations and National Collections. Other facilities include a photographic studio and web browsing stations.



④ The National Art Gallery → The National Art Gallery located along Jalan Sultan Hishamuddin. It was established in the former Majestic hotel, which itself is a historical building built in 1932. It houses a number of galleries that range from permanent exhibits to temporary ones. The permanent collection amounts to over 2,500 art pieces, featuring the work of local and international artists. From time to time, educational workshops, competitions and seminars are organized.



④ The National Mosque → The National Mosque is located near the Kuala Lumpur Lake Gardens. Opened in 1965, the mosque is elegantly designed with contemporary interpretations of traditional Islamic art and calligraphy. Its unique feature is the umbrella-like roof which is cast in a blue hue. Visitors are required to remove their shoes as well as dress appropriately before entering.



RESTAURANTS AND DINING

MALAY FOOD

- ④ Restaurant Ala'ddain Kebab
Middle Eastern Cuisine (Traditionally Home Cooked)
No. 23D, Jalan Sultan Ismail, 50250 Kuala Lumpur
Amar : 012 - 667 8840 - Ali : 012 386 3801
- ④ Restaurant Poolside
Micasa Hotel Apartments, 368B Jalan Tun Razak, KL - Tel: (603) - 2161 8833
- ④ Restaurant Nelayan
Taman Tasik Titiwangsa, Jalan Temerloh, KL - Tel: (603) - 4022 8400
- ④ Restaurant Seri Melayu
1 Jalan Conlay, KL - Tel: (603) - 2145 1833
- ④ Restoran Sri Putra Dataran
Dataran Merdeka, KL - Tel: (603) - 2694 3411
- ④ Restaurant Kajang Satay
Kajang Town. (Just after the bridge, turn left from tol kajang)
- ④ The Kapitan's Club
35 Jalan Ampang, KL - Tel: (603) - 3201 0242

CHINESE FOOD

- ④ Restaurant Penang Street
No. 132, Jalan Bukit Bintang, 55100 Kuala Lumpur - Tel : (603) - 2141 5900
- ④ Fu Gui Restaurant
Hotel Istana, Jalan Raja Chulan, Kuala Lumpur - Tel : (603) - 2141 9988
- ④ Restaurant Happy Palace
2nd Floor, Campbell Shopping Complex, Jalan Dang Wangi, Kuala Lumpur
Tel: (603) - 2692 7607 Restaurant Hunan Garden
- ④ Crown Princess Hotel
Jalan Tun Razak, Kuala Lumpur - Tel: (603) - 2162 5522

INDIAN FOOD

- ④ Bombay Palace (reservations recommended)
388, Jalan Tun Razak, Kuala Lumpur - Tel: (603) - 2145 7720
- ④ Restaurant Passage Through India
4, Jalan Delima, off Bukit Bintang, Kuala Lumpur - Tel: (603) - 2145 0366
- ④ Restaurant Saffron
5, Jalan Sri Hartamas 7, Taman Sri Hartamas, Kuala Lumpur - Tel: (603) - 6201 1375
- ④ Restaurant Taj Crown Princess Hotel
City Square Centre, Jalan Tun Razak, Kuala Lumpur - Tel: (603) - 2162 5522
- ④ Restaurant Raju
Jalan Gasing, Next to La Salle Secondary School - Great Indian Food.
- ④ Restaurant Bangles
60A, Jalan Tuanku Abdul Rahman - Tel: (603) - 2145 7720
- ④ D'Tandoor Restaurant Menara Kuala Lumpur
Lot 6 & 7, Upper Ground Floor, Jalan Punchak, Off Jalan P. Ramlee, 50250 Kuala Lumpur
Tel: (603) - 2021 2020, Fax: (603) - 20720202

SEAFOOD

- ④ Restaurant Caribbean
98 Jalan Burhanuddin Helmi, Taman Tun Dr. Ismail, KL - Tel: (603) - 7727 6933
- ④ Restaurant Kedai Makanan Laut Kebun Kelapa
1352, Kalan 19, Kawasan 10, Pandamaran, Klang - Tel: (603) - 3168 4451
- ④ Restaurant Batu 8 Kapar Seafood
162, Batu 8, Jalan Kapar, Klang - Tel: (603) - 3250 0716
- ④ Restoran Port Klang Seafood
1351, Jalan Nipah, Pandamaran, Klang - Tel: (603) - 3168 7445
- ④ Chef Rasa Sayang Sharkfin Restaurant
104-106 Jalan Imbi, KL - Tel: (603) - 2144 1193
- ④ Citydiners Seafood Centre
20 Jalan Perak, KL - Tel: (603) - 2144 1128

GETTING AROUND KUALA LUMPUR

- ④ Taxi → Cabs, which are colored red and white, can be flagged down from almost every point in the city. There are the normal taxis, which use cars like Proton Wiras, Iswaras and Sagas, and premier taxis, which uses Renault MPVs. Taxis are required to use a meter to charge passengers, but you will find that in KL, not many cabbies adhere to the rule. The premier taxis, on the other hand, do stick to the correct meter charges. Hence, be aware of overcharging and insist on the cabbie using the meter. Irresponsible cab drivers can be reported to the authorities by taking down their personal details, which is stamped in bold on their car's left side of the dashboard; a requirement for taxis by law.
- ④ Buses → Buses are a cheaper method of travel around the city. There are bus stops located in every where in Kuala Lumpur that will take you to a variety of places, including adjoining areas in Selangor state. However, during the morning rush hour and evening exodus, the buses can get very cramped, it is advisable to avoid these times where possible. Rapid KL, a government-sanctioned company, is the main bus service provider in the city. Their buses are coloured white with red stripes and use a slot where you put in coins to get a ticket. Alternatively, you can purchase monthly passes to use Rapid KL buses. Other private companies serving some routes around KL include Metrobus and Setara Jaya. These use the traditional conductor who goes around the bus collecting fares and dispensing tickets according to destination.
- ④ Putra LRT Train → The new 16 km elevated monorail, the People-Mover Rapid Transit (PRT), runs south from Jalan Tun Razak near the Jalan Pekelling bus station, to end on the south-western outskirts of the city at Kampung Pasir. Along the way, it passes the Golden Triangle. The monorail is connecting with the Putra LRT as well as the Star LRT at various stations in the city.
- ④ Monorail Train → The Monorail is the latest light rail transit system to be incorporated in Kuala Lumpur. The entire route is only about 9 km-long and the trains are considerably shorter and smaller, consisting of only two cars each. It also rides on thin, dual elevated beams rather than tracks. Its purpose is to serve the busiest routes in the Golden Triangle and provide quick and efficient transport between adjacent commercial areas. The Monorail uses the same ticketing system as STAR and PUTRA. The Monorail starts from Pekelling and ends in KL Sentral.



SEE YOU ALL IN MALAYSIA!