



NATURE AND ADVENTURE (NAA)



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PLANETARY HEALTH AND SUSTAINABILITY IN THE TROPICS

Category Package: **NAA**

The Planetary Health and Sustainability Development in the Tropics by Sunway University is a programme designed to explore the rich biodiversity and the innovative sustainable development efforts in Malaysia. The programme aims to offer a comprehensive understanding of the people, their culture, and their interrelationship with the natural ecosystems in the region. It will delve into current and emerging innovative solutions for sustainable living tailored to the diverse communities residing in one of the most vibrant natural ecosystems in the world. This programme aims to instil a value-based solution mindset, empowering participants to tackle the intricate challenges of tropical ecosystems within the framework of planetary health and the United Nations' Sustainable Development Goals (SDG). Through stimulating lectures, interactive discussions, team-based projects, field trips, and hands-on experiences, participants will develop a profound understanding of the delicate balance between human activity, economic development, and the health of our planet. Beyond the boundaries of our most happening campus at Sunway City, one of Malaysia's safest and most sustainable cities on the periphery of Kuala Lumpur, the participant's journey will extend to exploring some of the most breathtaking and exotic landscapes of Malaysia. They will have the opportunity to venture into lush rainforests and other vibrant ecosystems to conduct research and witness real-world ecological, conservation, and sustainability efforts. Additionally, participants will engage with local communities and experts, contributing directly to the promotion of community and environmental well-being in alignment with the SDG.



ACTIVITIES

Participants will experience:

- Nature exploration in the heart of Southeast Asian tropical rainforests in Borneo and may include field trips around Kuala Lumpur and other states in Peninsular Malaysia.
- Immersion in Sustainable Development Goals at Sunway City.
- Development of value-based high-impact innovative solutions for healthier and more sustainable future.



LEARNING SCOPE

Upon completion of the programme, participants will be able to:

- Explain the ecological significance of the diverse tropical biodiversity in sustaining vibrant ecosystems.
- Conceptualize issues and challenges related to planetary health and sustainable development within tropical ecosystems.
- Develop innovative solutions to address the challenges encountered in tropical ecosystems.

DURATION | MONTH

4 - 12 weeks

LANGUAGE PROFICIENCY

Intermediate English
(minimum: CEFR B2 or equivalent)

CREDIT TRANSFER

Eligible for credit transfer
(Subject to the home university's requirement)

Credits earned can be stacked for micro-credential recognition for selected programmes at Sunway University

TARGET GROUP

- University students
- Public and private sector employees

FEES

USD 2850 (4 weeks) or

USD 3400 (6 weeks) per participant

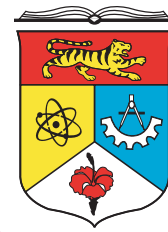
Price inclusive of:

- **ADMINISTRATION**
- **PROGRAMME**
- **FIELD TRIPS**
- **ON CAMPUS ACCOMMODATION**
- **AIRPORT TRANSFERS**
- **MEALS**

*Price subject to change based on duration of the programme;



SUSTAINABLE TROPICAL HERITAGE



UNIVERSITI
KEBANGSAAN
MALAYSIA
*The National University
of Malaysia*

Category Package: **NAA**

This immersive programme offers participants a unique experience of Malaysia's diverse nature and all the culture that is influenced by it. The programme observed tropical heritage through interdisciplinary lenses that mixed lectures, field visits, workshops and dialogue with field experts and local champions. With an emphasis on experiential learning, this programme will provide knowledge and appreciation of nature, linkage to culture and fostering involvement in nature conservation.



ACTIVITIES

Participants will engage in:

- Series of lectures and sharing sessions by the field expert and local champion
- Series of visits to sites that represent singular, traditional and integrated conservation of nature. The area is part of forest reserve, wildlife sanctuary and geopark that host the oldest rock formation, fossil sites, elephant sanctuary and selected ecosystems in Malaysia
- Lab visit to observe the initiative in conserving tropical heritage
- Vibrant cultural heritage linked to nature e.g.: local cultural performances, food and craft demonstrations, workshops and basic training on selected local cultural experiences from dance to batik painting and exploratory activities at the local night market.

LEARNING SCOPE

Upon completion of the programme, participants will gain:

- Information, knowledge and stakeholders needed to be engaged in the conservation of the environment.
- Ability to make basic science observations of nature
- The awareness about nature and the consequences of taking it lightly on human well-being
- Experience in various cultures of the tropic and its linkages to nature.

DURATION | MONTH

3 weeks

LANGUAGE PROFICIENCY

Basic English

FEES

USD 2,200 per participant

Price inclusive of:

- **ACCOMMODATION**
 - **GROUND ARRANGEMENT**
 - **MEALS**
 - **LECTURES AND FIELD TRIPS**
- *NEGOTIABLE AND SUBJECT TO CHANGE**

Note: Minimum of 15, maximum of 30 participants

CREDIT TRANSFER

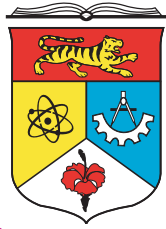
4 credit hours

TARGET GROUP

General Public

*One must be fit for medium to high outdoor activities.





UNIVERSITI
KEBANGSAAN
MALAYSIA

*The National University
of Malaysia*

TASIK CHINI BIOSPHERE RESERVE 360: LAKE, FOREST AND INDIGENOUS EXPERIENCE

Category Package: **NAA**

Tasik Chini Biosphere Reserve 360: Lake, Forest and Indigenous Experience. This package offers experience the awesomeness of Tasik Chini, Malaysia's first biosphere reserve and the second-largest freshwater lake in the country. It is also the home to the Jakun Indigenous People, which offers a rich blend of natural beauty and cultural heritage. Designated a UNESCO Biosphere Reserve in May 2009, Tasik Chini plays a vital role in flood management and supports a diverse ecosystem, including 51 species of lowland forest plants, 15 swamp plants, 25 aquatic plants, and 87 freshwater fish. Visitors can enjoy boat tours of 12 lakes, explore Orang Asli villages, and experience the PPTC Trail, which features unique forest trees and also a valuable resource for researchers and students.



ACTIVITIES

Participants will engage in:

- Tour of forest trails around Tasik Chini Research Centre
- Boat activities for lake tour around Tasik Chini
- Boat ride to visit Orang Asli Village
- Kayak activities for recreation

LEARNING SCOPE

Upon completion of the programme, participants will gain:

- Knowledge on the characteristics, importance, and uses of aquatic plants. Also discover the diversity of fauna including fishes, birds and dragonflies around the lake.
- Experience of learning about water quality in the laboratory and at a natural water resource.
- Information on the lifestyle of Orang Asli Jakun, the indigenous people of Tasik Chini.
- Various cultural experiences and their linkages to indigenous communities

DURATION | MONTH

3 days 2 nights (excluding travel days)

LANGUAGE PROFICIENCY

Basic English

FEES

USD 500 per participant

Price inclusive of:

- **ADMINISTRATION**
- **ACCOMMODATION**
- **GROUND ARRANGEMENT**
- **MEALS**
- **LECTURES AND FIELD TRIPS**
- ***NEGOTIABLE AND SUBJECT TO CHANGE**

Note: Minimum of 15, maximum of 30 participants

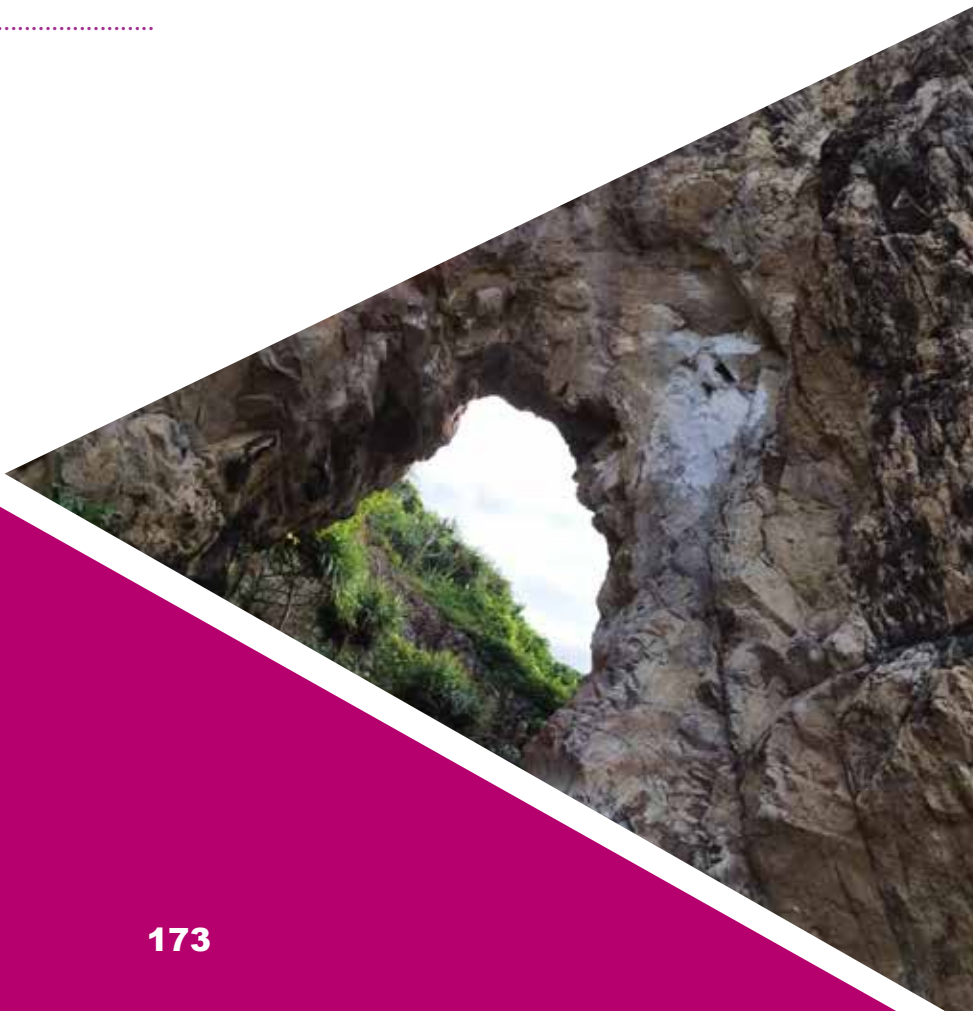
CREDIT TRANSFER

None

TARGET GROUP

General Public

*One must be fit for medium to high outdoor activities.



MARINE ECOSYSTEM 360: THE BEAUTY OF BEACHES AND MARINE LIFE IN MERSING, JOHOR

Category Package: **NAA**

Marine Ecosystem 360: The beauty of beaches and marine life in Mersing, Johor. This package offers participants to explore the beauty of the beaches and marine life in Mersing, Johor. Through this package, participants will explore the tidal of Pulau Mawar spanning nearly one square kilometer, coastal mangrove forests, and unique-erosion platforms and sea stacks. Participants will gain exposure to learn the traditional methods of making local snacks, the *keropok lekor* and *sata*, and experience traditional fishermen's life including activities such as casting nets, using fishing traps, and catching seafood. Additionally, participants will have the opportunity to explore the beauty of the beach at night with nocturnal wildlife while appreciating the role of the moon and stars.



ACTIVITIES

Participants will engage in:

- Tides exploration of Pulau Mawar
- Night beach exploration at Tanjung Resang
- Traditional fisherman's life experience
- Marine nature exploration

LEARNING SCOPE

Upon completion of the programme, participants will gain:

- Experience and knowledge of the tides of Pulau Mawar.
- Ability to learn and make local snacks, such as *keropok lekor* and *sata*, using traditional methods.
- Experience of learning about the traditional fishermen's life, including activities such as casting nets, using fishing traps, and catching seafood
- Deep appreciation for the beauty of the beach at night, along with its nocturnal wildlife, while recognizing the role of the moon and stars.

DURATION | MONTH

3 days

LANGUAGE PROFICIENCY

Basic English

FEES

USD 500 per participant

Price inclusive of:

- **ADMINISTRATION**
- **ACCOMMODATION**
- **GROUND ARRANGEMENT**
- **MEALS**
- **LECTURES AND FIELD TRIPS**
- ***NEGOTIABLE AND SUBJECT TO CHANGE**

Note: Minimum of 15, maximum of 30 participants

CREDIT TRANSFER

None

TARGET GROUP

General Public

*One must be fit for medium to high outdoor activities.



VOLUNTEER PROGRAMME @ SEA TURTLE RESEARCH UNIT (SEATRU)



Category Package: **NAA**

This unique programme will provide opportunities to experience the unique life of green and hawksbill turtles and other wildlife in their natural habitat. The participants will learn how to monitor sea turtle nesting process, identify, measure and tag the different species, nest-labelling activities, analyse hatching success of each nests and learn about the natural predators of turtle eggs and hatchlings. During the programme the participants will be guided and supervised by SEATRU Scientists and trained Research Assistants. This programme is developed to provide assistance to the long-term monitoring, tagging, in-situ egg incubation, research and conservation for sea turtles. The work involved is very similar to the work carried out in many sea turtle conservation programmes throughout the world.



ACTIVITIES

Participants will engage in:

- On-site briefing by SEATRU scientist on sea turtle conservation and research conducted at the Chagar Hutang Turtle Sanctuary
- Night patrols and the monitoring of nesting activities and hatchling
- Marking and tagging for new nests

LEARNING SCOPE

Through hands-on and practical experiences, participants will gain:

- Knowledge on sea turtle conservation at the Chagar Hutang Turtle Sanctuary
- Experience with the process of successful sea turtle hatchling releases

DURATION | MONTH

7 days (April to September)

LANGUAGE PROFICIENCY

Intermediate English

FEES

USD 250 per participant

Price inclusive of:

- **FACILITIES AND EQUIPMENT**
- **ACCOMMODATION AT REDANG ISLAND**
- **VOLUNTEER T-SHIRT**
- **MEALS DURING PROGRAMME**
- **RETURN BOAT TRANSFER TO REDANG ISLAND**
- **CERTIFICATE**

CREDIT TRANSFER

Eligible for credit transfer (subject to the home university's requirement)

TARGET GROUP

General Public



TROPICAL RAINFOREST BIRDWATCHING

Category Package: **NAA**

Introduction to avifauna in Terengganu where participants will be guided by experts and spend time in the field observing birds in the wild.





ACTIVITIES

Participants will engage in:

- Birdwatching at Batu Rakit
- Birding
- A talk on avifauna

LEARNING SCOPE

At the end of the programme, participants will gain:

- Knowledge about species unique to the area, wildlife observation fieldcraft and bird migration in Malaysia.

DURATION | MONTH

1 day

LANGUAGE PROFICIENCY

Basic English

FEES

USD 25 per adult

USD 15 per child

Price inclusive of:

- **MEALS**
- **GROUND TRANSPORTATION IN KUALA TERENGGANU**
- **CERTIFICATE**

CREDIT TRANSFER

None

TARGET GROUP

General Public



STAR GAZING IN THE TROPICS

Category Package: **NAA**

Participants will be exposed to basic astronomical knowledge such as moons, planets, stars, constellations, galaxies and messier objects. They will also have the opportunity to explore the sky using the equipment provided such as binoculars, theodolites and sophisticated telescopes.



ACTIVITIES

Participants will engage in:

- Astronomical basics
- The uses of astronomical equipment
- Star observations

LEARNING SCOPE

At the end of the programme, participants will gain:

- Understanding the basic astronomy education
- Technical skills in handling a telescope
- Knowledge to identify celestial objects

DURATION | MONTH

1 day

LANGUAGE PROFICIENCY

Basic English

FEES

USD 73 per participant

Price inclusive of:

- **MEAL**
- **EQUIPMENT RENTALS**
- **CERTIFICATE**

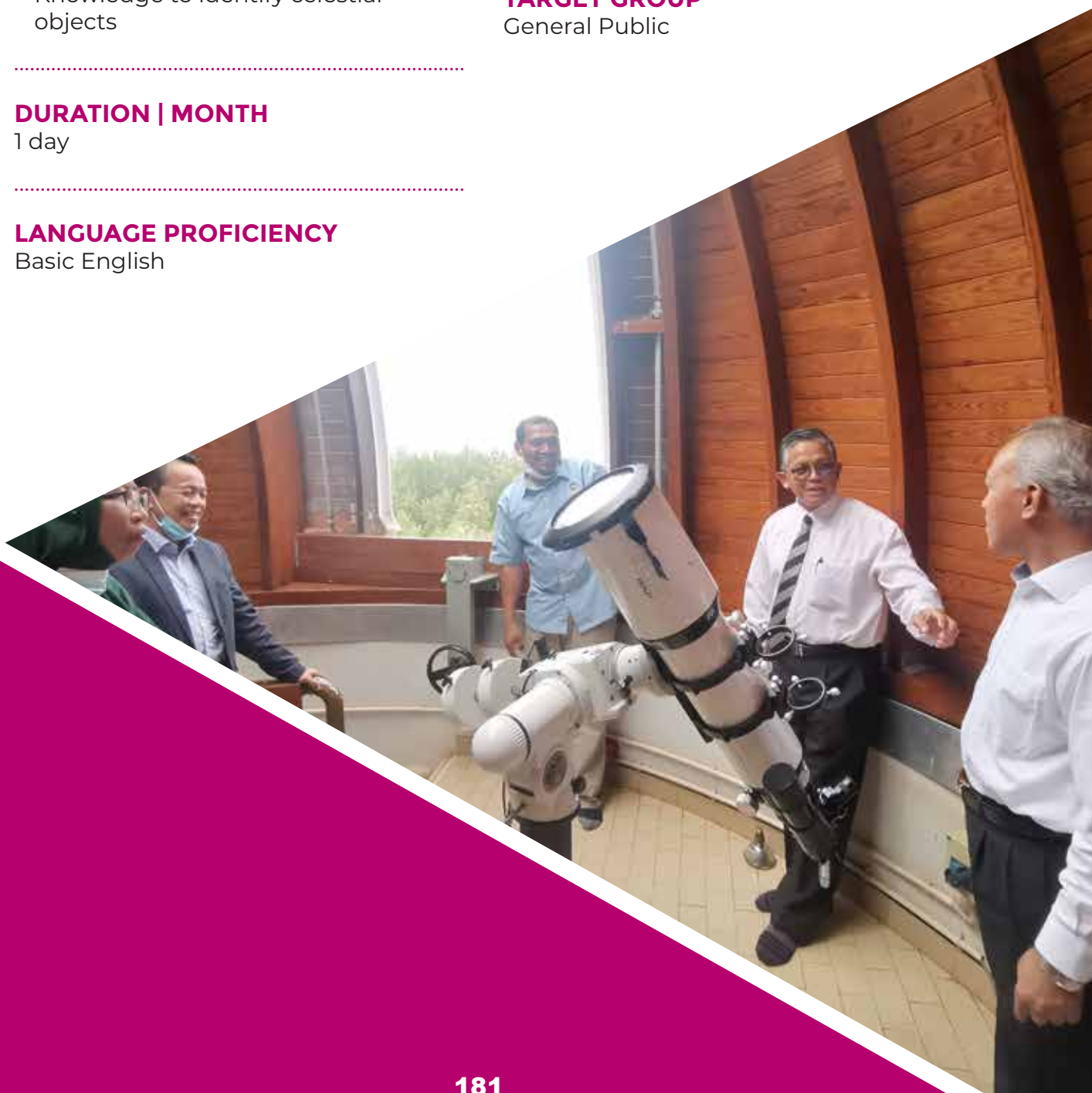
Note: Minimum no. of 6 participants

CREDIT TRANSFER

None

TARGET GROUP

General Public





UPM
UNIVERSITI PUTRA MALAYSIA
BERILMU BERBAKTI

PUTRA
PERTANIAN UNTUK RAKYAT

TROPICAL FOREST TRAIL: WITNESS THE HERITAGE FOR TODAY AND TOMORROW

Category Package: **NAA**

Embark on an adventurous programme offering an immersive journey through the Malaysian Tropical Forest Trail. Participants blend classroom lectures with hands-on forest activities guided by local communities. Theory meets practice as you delve into nature's wonders. Explore Kuala Lumpur alongside the forest, experiencing the vibrant fusion of urban and natural themes. Engage in knowledge exchange, gaining insights into Malaysian biodiversity. This unique tour promises a colorful blend of experiences, ensuring participants a vibrant and enriching adventure.



ACTIVITIES

Participants will engage in:

- Lectures and knowledge exchange
- Academic visits to renowned faculties / centres such as the UPM eDU-PARK® learning package.
- Hands-on session and field trip i.e. Ayer Hitam Reserved Forest (HSAH), a 1182 hectare land of Tropical Rainforest located in the Klang Valley and Blue Lagoon River, one of the most beautiful and crystal clear rivers that only accessible to researchers and visitors through the university.
- Cultural excursion with local residents and BUDDIES to cultural sites and historical places in Kuala Lumpur city.

LEARNING SCOPE

Upon completion of the programme, participants will gain:

- An enhanced understanding of Malaysia's Tropical Rainforest ecosystem.
- Essential forestry skills: conservation and preservation, ethno-botany, navigation skill, river power.
- Life-long learning skills: global perspective, adaptability and flexibility, language acquisition, critical thinking and problem-solving abilities.
- Experiences of Malaysian local cultures, history and heritage.

DURATION | MONTH

7 days (including arrival and departure dates)

LANGUAGE PROFICIENCY

Basic English

FEES

USD 1,000 per participant

Price includes:

- **LECTURE / CLASS**
- **ACCOMMODATION**
- **AIRPORT TRANSFER**
- **GROUND TRANSPORTATION**
- **TRADITIONAL AND CULTURAL ACTIVITIES**
- **EXPERIENTIAL LEARNING FIELD TRIPS**
- **CULTURAL TOURS**
- **WELCOME AND FAREWELL CEREMONY**
- **PROGRAMME CERTIFICATE**

CREDIT TRANSFER

None

TARGET GROUP

General Public

*One must be fit for medium to high outdoor activities.



PERLIS AND LANGKAWI GEO HERITAGE TRAIL

Category Package: **NAA**

Explore Geo Heritage Diversity with our Perlis and Langkawi Geo Heritage Trail which is a meticulously curated programme designed to offer participants an unparalleled exploration of some of Malaysia's most significant geological wonders. Spanning the serene landscapes of Perlis to the enchanting isles of Langkawi, this trail is not just a journey through picturesque landscapes but an educational odyssey that delves into the rich geological, biological, and cultural tapestry of the region. Participants will have the unique opportunity to engage in hands-on fieldwork and ecological expeditions led by expert scientists and environmentalists. These interactive experiences are crafted to deepen participants' understanding of the area's natural heritage and conservation efforts, providing them with insights into the processes shaping these environments. Embarking on this journey, participants will encounter awe-inspiring vistas, unique geological formations, and gain an in-depth understanding of the dynamic interplay between the earth's geological history and the rich biodiversity it supports.



ACTIVITIES

Participants will engage in:

- Geological Fieldwork
- Ecological Expeditions
- Conservation Workshops
- Cultural Immersion
- Research Activities
- Outdoor adventurous activities
e.g. caving adventures,
rock climbing, jungle trekking,
and snorkelling
- Teamwork Activities

LEARNING SCOPE

Upon completion of the programme, participants will be gain:

- Enhanced knowledge and skills in environmental conservation
- Awareness and advocacy for geoheritage and ecological preservation

DURATION | MONTH

9 days

LANGUAGE PROFICIENCY

None

FEES

USD 1,200 per participant:

Price inclusive of:

- **ACCOMMODATION**
- **MEALS (5 TIMES A DAY)**
- **TRANSPORTATION
(GROUND ARRANGEMENT PER
ITINERARY)**
- **CERTIFICATE**

Note: Minimum no. of 20 participants

CREDIT TRANSFER

None

TARGET GROUP

General Public
(18 years and above)



TROPICAL BIODIVERSITY AND SUSTAINABILITY @ PENANG UNESCO BIOSPHERE

Category Package: **NAA**

Our programme is designed to immerse participants in the dynamic ecology of tropical environments, with a focus on tropical biodiversity, ecology, and conservation biology. Through a series of field trips, participants will explore some of the world's most biologically diverse and endangered ecosystems, experiencing firsthand the complexity and beauty of Malaysia's unique tropical landscapes. Participants will deepen their understanding of tropical ecology and develop a greater appreciation for the importance of conservation efforts in preserving these invaluable ecosystems for future generations.

The core objective of this programme is to introduce participants to the study of tropical biodiversity, ecology, and conservation biology. Participants will be provided the hands-on, participatory learning experiences with the richness of Malaysia's diverse ecosystems. Within a supportive learning environment, it will broaden the participants' academic and personal perspectives. The participants will be exposed to a variety of field activities, from studying aquatic insects to understanding orangutan conservation and rehabilitation efforts.



ACTIVITIES

Participants will engage in:

- Conservation Ecology lecture with advancements on Technology and AI.
- A comprehensive Georgetown Heritage Tour
- Penang Hill exploration
- Orangutan and Turtle Conservation Projects.
- Marine and coastal ecosystems at USM Living Lab, Centre for Marine and Coastal Studies (CEMACS).
- The natural beauty of Pantai Kerachut and mangrove ecosystems.
- The Firefly Illumination Experience.
- Traditional Malay dance and *batik canting* (traditional Malaysian textile art).
- Problem-Based Learning (PBL) and structured teambuilding sessions

LEARNING SCOPE

Upon completion of the programme, participants will gain:

- Understanding of sustainable agricultural practices and their impact on the environment
- Appreciation of local cultures towards diversity and richness of traditions in community life
- Understanding of the variety of life forms in different ecosystems and their interdependencies
- Knowledge of ecological principles and application in conservation efforts
- Experience in guided tours organized by buddies in cultural exchange and learning
- Knowledge about marine ecosystems, tropical wildlife and strategies for their preservation
- Experience in the ecological significance of rainforests, mangrove ecosystems and sustainable practices
- Understanding of the challenges and solutions related to human-wildlife interactions

DURATION | MONTH

10 days

LANGUAGE PROFICIENCY

Basic English

FEES

USD 1,250 per participant

Price includes:

- **TUITION**
- **ACCOMMODATION**
- **AIRPORT TRANSFERS**
- **GROUND TRANSPORTATION**
- **MEALS**
- **TRADITIONAL AND CULTURAL ACTIVITIES**
- **EXPERIENTIAL LEARNING**
- **FIELD TRIPS**
- **CULTURAL TOURS**
- **WELCOME AND FAREWELL CEREMONY**
- **CERTIFICATE**

Note: Minimum of 15 participants

CREDIT TRANSFER

Eligible for credit transfer (subject to the home university's requirement)

TARGET GROUP

- High school students
- University Students



INDULGE WITH THE DESSIT DUANU (INDIGENOUS PEOPLE)

Category Package: **NAA**

This programme offers participants a unique opportunity to delve into the dynamic world of culture in Malaysia. Participants of this programme will be immersed in a journey of cultural transfer and ecosystem preservation efforts, gaining a deep understanding of the rich heritage and sustainable practices of the Dessit Duanu indigenous people. Embark on a transformative journey filled with cultural experiences, scenic river cruises, immersive river foraging adventures, insightful socio-education sessions with indigenous communities, hands-on arts and crafts using traditional beads, and meaningful mangrove planting activities. The aims of this programme is to create exposure among the participants focusing on the customs, culture, and traditions of Sungai Layau indigenous people.



ACTIVITIES

Participants will engage in :

- Cultural experience
- River cruise
- River foraging
- Socio-education of the indigenous people
- Arts and craft using beads
- Mangrove planting

LEARNING SCOPE

Through hands-on workshops and practical experiences, participants will gain:

- A deeper understanding of Malaysia's diverse heritage in cultural activities .
- Experience in ecosystem preservation and understand their environmental impact.
- Practical skills acquired from arts and crafts sessions to create traditional beadwork.

DURATION | MONTH

3 days

LANGUAGE PROFICIENCY

Basic English

FEES

USD 370 per participant

Price includes of:

- **ACCOMMODATION**
- **MEAL**
- **GROUND TRANSPORTATION**
- **ENTRANCE FEES**
- **ACTIVITIES**

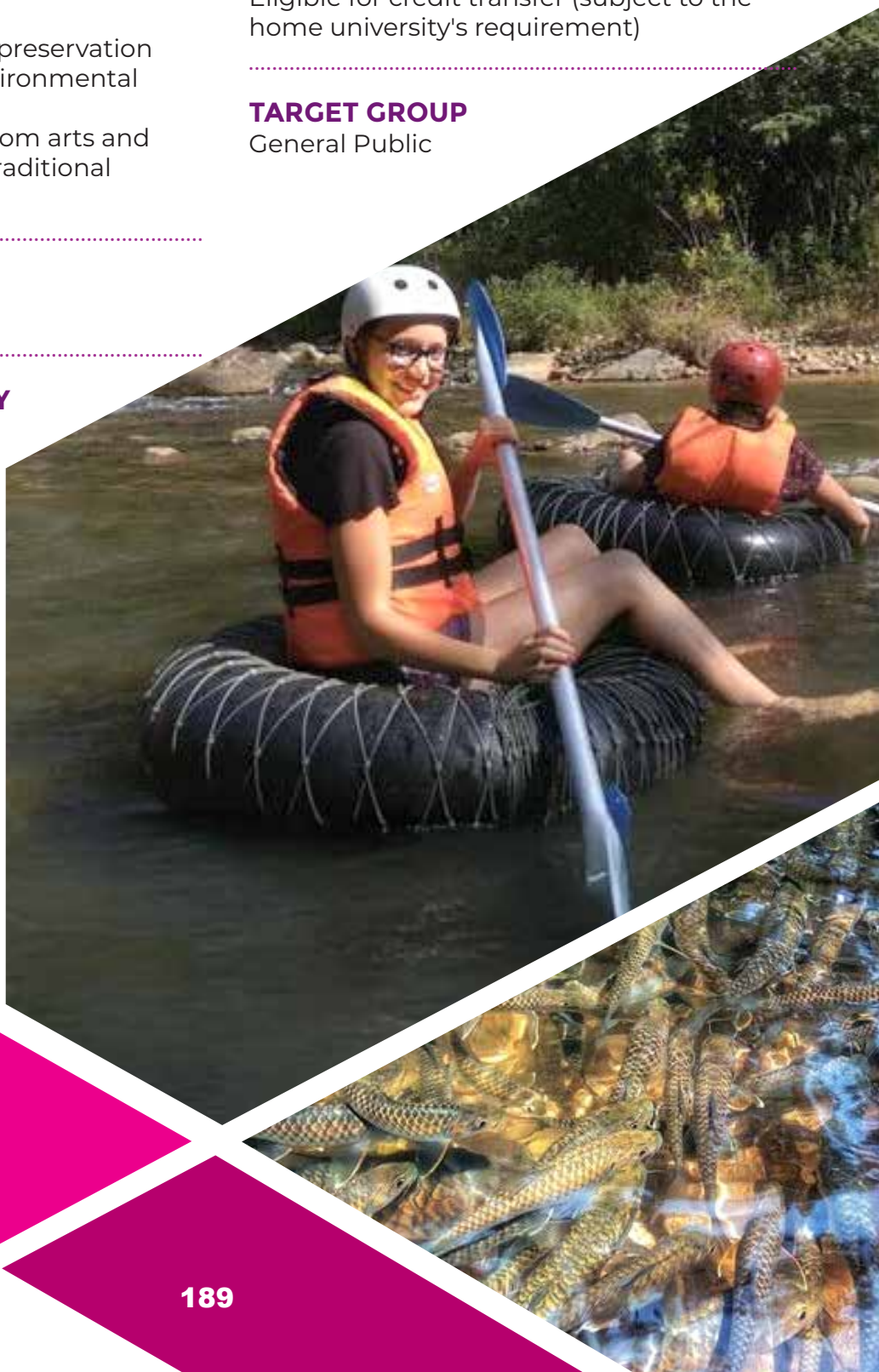
Note: Minimum no. 15 participants

CREDIT TRANSFER

Eligible for credit transfer (subject to the home university's requirement)

TARGET GROUP

General Public





GEOLOGICAL EXPEDITION: FUNDAMENTALS OF GEOLOGY AND EXPLORING NORTH MALAYSIA'S ANCIENT SECRETS

Category Package: **NAA**

This programme provides a comprehensive understanding of key geological concepts, beginning with an introduction to the various types of minerals, rock formations, and the fundamentals of plate tectonics. It further explores geological structures and the processes of deformation, offering explanations on how different forces shape the Earth's crust over time. Participants will also apply core geological principles such as the geological time scale and techniques in geological map interpretation through practical fieldwork, enhancing their ability to analyze and interpret the Earth's dynamic history in real world contexts.



ACTIVITIES

Participants will engage in:

- Lectures / talks
- Visits and Outdoor Activities
- Fieldtrip to Geology Museum Ipoh and Langkawi Cambrian-Permian General Geology, Langkawi Island (UNESCO Global Geopark Heritage Site)
- Visit local night market with participants buddies (UTP signature programme)
- Trip to Kuala Lumpur

LEARNING SCOPE

At the end of the programme, participants will gain:

- Deeper understanding on fundamentals of geology programme.
- Appreciation towards the remnants of ancient environments and the dynamic forces that shaped the landscape.
- An opportunity to engage in discussions on tectonic evolution, sedimentary deposition, and the fascinating interplay between geological and environmental factors.

DURATION | MONTH

8 days

(inclusive of arrival and departure day)

LANGUAGE PROFICIENCY

Basic English

FEES

USD 1,050 per participant

Price includes:

- **TUITION**
- **PROGRAMME MATERIALS**
- **ACCOMMODATION**
- **WELCOMING CEREMONY**
- **EXCURSIONS AND FIELD TRIPS**
- **AIRPORT TRANSFERS**
- **GROUND TRANSPORTATION**
- **ENTRANCE FEE FOR VISITS**
- **BUDDIES ENGAGEMENT AND ASSISTANCE**

Note: Minimum no. of 15 participants

CREDIT TRANSFER

None

TARGET GROUP

General Public





UUM
Universiti Utara Malaysia

TROPICAL TRAILS: EXPLORING THE SERENITY OF SINTOK FOREST

Category Package: **NAA**

Embark on an exhilarating journey into the heart of Sintok Forest in Kedah with "Tropical Trails," an immersive programme designed to reconnect participants with the wonders of nature. Set against the backdrop of the lush virgin forest, this adventure offers a unique opportunity to explore pristine landscapes and engage in a variety of outdoor activities.



ACTIVITIES

Participants will engage in:

- Jungle exploration and survival skills
- Adventure and outdoor challenges
- Nature conservation and environmental awareness

LEARNING SCOPE

Upon completion of the programme, participants will be able to:

- Explore Sintok Forest confidently through skills learned in jungle trekking.
- Apply basic survival techniques in the wild, including fire-making, and resourceful cooking within the natural setting of Sintok Forest.
- Describe environmental conservation for Sintok Forest and similar ecosystems.

DURATION | MONTH

3 days

LANGUAGE PROFICIENCY

Basic English and Bahasa Melayu

FEES

USD 360 per participant

CREDIT TRANSFER

None

TARGET GROUP

General Public





UNIVERSITI
PENDIDIKAN
SULTAN IDRIS
اوتڤرستتي قنديديقن سلطان ادريس

SULTAN IDRIS EDUCATION UNIVERSITY

LET'S CAMP @ UPSI ADVENTURE PARK

Category Package: **NAA**

Join us for an unforgettable 3-day 2-night camping experience at UPSI Adventure Park amidst lush greenery and breathtaking landscapes. This adventure is designed for nature enthusiasts, thrill-seekers, and anyone looking to unwind the great outdoors.





ACTIVITIES

Participants will engage in:

- Wilderness camping
- Hiking, kayaking, ATV riding, high element, abseiling, zipline, whitewater rafting

LEARNING SCOPE

At the end of the programme, participants will be able to:

- Demonstrate essential survival skills and equipment usage and safety for adventurous activities
- Build endurance, coordination, and confidence by tackling physical and mental challenges
- Strengthen communication, problem-solving and leadership skills through team-based activities
- Practice sustainable outdoor ethics, respecting and protecting the environment

DURATION | MONTH

3 days

LANGUAGE PROFICIENCY

Basic English and Bahasa Melayu

FEES

USD 430 per participant

Minimum no. of 10 participants

CREDIT TRANSFER

None

TARGET GROUP

General Public





UNIVERSITI
PENDIDIKAN
SULTAN IDRIS
اونڤوسيتي قنديديقن سلطان ادريس

SULTAN IDRIS EDUCATION UNIVERSITY

EDUFOREST ADVENTURES

Category Package: **NAA**

Embark on an unforgettable journey with EduForest Adventure, where nature comes alive through birdwatching, bug hunts, and immersive rainforest and stream explorations. Engage in hands-on activities that deepen your connection with the natural world and uncover the wisdom of communities who have lived in harmony with it for generations.





ACTIVITIES

Participants will engage in:

- **Birdwatching** - spot diverse tropical birds with expert guides
- **Bug hunt** - explore the fascinating world of insect and small creatures.
- **Rainforest exploration**
- **Stream escape** - relax by clear streams, enjoying nature's serenity and refreshing waters.

LEARNING SCOPE

At the end of the programme, participants will:

- Explore Malaysia's tropical paradise and discover its incredible fauna and lush landscapes
- Learn to spot and identify unique plants and animals while jungle trekking
- Discover how rainforests help sustain our planet and why they are vital to life on Earth
- Reflect on the importance of conservation and sustainable practices in preserving our natural heritage
- Share amazing stories and experiences in nature to inspire environmental stewardship among community

DURATION | MONTH

2 days

LANGUAGE PROFICIENCY

Basic English and Bahasa Melayu

FEES

USD 150 per participant

Minimum no. of 15 participants

CREDIT TRANSFER

None

TARGET GROUP

General Public

SARAWAK NATURE TRAIL: DISCOVERING HIDDEN TREASURES

Category Package: **NAA**

Embark on an unforgettable journey through the diverse landscapes and rich heritage of Sarawak with our immersive programme. Participants will delve into the heart of adventure, nature, and heritage, gaining firsthand experience and knowledge along the way. Thrill-seekers will conquer the iconic Santubong Mount, while nature enthusiasts will marvel at the majestic orang utans in their natural habitat at the renowned Semenggoh Wildlife Rehabilitation Centre. Immerse yourself in the breathtaking beauty of Bako National Park, where lush rainforests meet pristine beaches. Through experiential learning and exploration, participants will develop a deeper appreciation for Sarawak's natural wonders and cultural heritage, fostering environmental stewardship and cultural understanding.

ACTIVITIES

Participants will experience this programme through discovering the hidden treasures of Borneo e.g.:

- Gunung Santubong Hike
- Semenggoh Wildlife Rehabilitation Center (Orang Utan)
- Bako National Park
- Borneo Highlands



LEARNING SCOPE

Upon completion of the programme, participants will be equipped with:

- In-depth knowledge of Sarawak's diverse landscapes, including its rainforests, mountains, and beaches.
- Firsthand experience in adventure activities such as conquering the iconic Santubong Mount, fostering a sense of resilience and determination.
- Understanding of conservation efforts through visits to the Semenggoh Wildlife Rehabilitation Centre and interaction with orangutans in their natural habitat.
- Appreciation for the unique biodiversity of Sarawak, gained through exploration of Bako National Park.
- Cultural immersion and understanding through engagement with Sarawak's rich heritage, including traditional practices and customs.
- Enhanced cultural sensitivity and cross-cultural communication skills, fostering mutual understanding and respect.

- Lifelong memories and transformative experiences that will inspire continued exploration and appreciation of diverse environments and cultures.

DURATION | MONTH

14 days

LANGUAGE PROFICIENCY

Basic English

FEES

USD 1,100 per participant

Price includes:

- **ACCOMMODATION**
- **MEALS**
- **GROUND TRANSPORTATION**
- **INSURANCE**
- **CERTIFICATE**

Note: Minimum no. of 15 participants

CREDIT TRANSFER

None

TARGET GROUP

General Public

