Global Teachers Program

Orientation Notebook

Professional Development Program: Singapore & Malaysia
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The Center for International Understanding
The Center for International Understanding’s 2015 professional development program to Singapore & Malaysia is made possible with generous support from the following sponsors:

The Beattie Foundation

The Borchardt Fund of the Triangle Community Foundation

The Mariam and Robert Hayes Charitable Trust

The Carolyn Hunt Teacher Endowment

The James G. K. McClure Fund for Education and Development of the Western North Carolina Community Foundation

The Blanche and Julian Robertson Family Foundation

The Dan Royster Memorial Fund Award

SAS Institute, Inc.

Thank you!
Participant List

Ken Angel, Archer Lodge Middle School, Johnston County
Jessica Bass, Creech Road ES / East Garner ES, Wake County
Melissa L. Bradian, Bethel Middle School, Haywood County
Wendy Britt, Hiwassee Dam High School, Cherokee County
Laura Bryson, Northwest Cabarrus High School, Cabarrus County
Derek Busch, South Stanly High School, Stanly County
Heather Cavender, Githens Middle, Durham County
Lindsay Cooney, Kannapolis Intermediate, Kannapolis City Schools
Art Dominguez, Holly Springs High School, Wake County
James E Ford, Garinger High School, Charlotte/Mecklenburg County
Tracey Green, Willow Springs Elementary School, Wake County
Allison Hahn, Central Cabarrus High School, Cabarrus County
Kerrie Hancock, Providence Day School
Dacia Harris, Asheville High School, Asheville City Schools
Mary Johnson, Grey Culbreth Middle School, Chapel Hill-Carrboro City Schools
Lynda Joyner, Wake County Public Schools, Wake County
Alexandra Mangum, McDowell High School, McDowell County
Crystal B. Medlin, Cedar Ridge High School, Orange County
Matt Merrill, Olympic High School, Charlotte/Mecklenburg County
Angie Morris, Wake County Public School System, Wake County
Grace Park, Chapel Hill-Carrboro City Schools, Chapel Hill-Carrboro City Schools
Robyn Pickering, M.B. Pollard Middle School, Chatham County
Participant List Continued

Kim Price, Wake County Public Schools, Wake County
Allison D. Reid, Heritage High School, Wake County
Heather Roof, Chase Middle School, Rutherford County
Mary Samuels, Carroll Magnet Middle School, Wake County
Dawn Proffitt Silver, East Yancey Middle School, Yancey County
Randy Sienkowski, Providence Day School
Dana Smith, C.W. Stanford Middle School, Orange County
Graham Smith, Durham School of the Arts, Durham County
Carla Sorrell, Holly Grove Year-Round Middle, Wake County
Aimy Steele, Concord Middle School, Cabarrus County
Cassie Thompson, Morgan Elementary, Rowan-Salisbury County
Claudia Walker, Guilford County Schools, Guilford County
Yetta F. Williams, Hall Fletcher Elementary, Asheville City Schools

Staff

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Meredith Henderson, Senior Director of Programs, Center for International Understanding
Julie McGaha, Education Director, Center for International Understanding
Who We Are:

The Center for International Understanding serves North Carolina by promoting awareness, expanding understanding, and empowering action through global education. Founded in 1979, CIU is part of the University of North Carolina System.

Our Vision:

CIU’s programs for business, policy, and education leaders aim to make North Carolina the most globally engaged state in the nation.
Bringing the World to North Carolina

Today’s students — North Carolina’s future leaders — must have the ability to communicate, collaborate, and compete with the rest of the world. The Center for International Understanding prepares Global Teachers to be the change agents who bring global content into the classroom at all levels, across all subjects, and help students build the skills they need to navigate successfully through a globalized and interconnected world.

Educators who participate in the Global Teachers Singapore & Malaysia 2015 program will see international best practices at work and gain strategies for infusing global content into their North Carolina classrooms.

WHAT IS GAINED BY LEARNING FROM SINGAPORE & MALAYSIA?

- An understanding of how STEM is innovatively approached and taught in Singapore
- A new perspective on Urban Education in Singapore & Malaysia
- An enhanced awareness and understanding of a different culture and education system
- A strengthening of connections between North Carolina and Singapore & Malaysia
- A collaborative community of teachers who will use their experiences on this program to implement their learnings in their classrooms and schools
PROGRAM PURPOSE
Singapore, once a small fishing village, is today a bustling multicultural and cosmopolitan city that offers a world-class living environment, populated by high-rise buildings. Singapore consistently ranks among the highest countries for its education and student scores on a variety of measures, especially in the area of mathematics. Singapore commands a strong presence in the world today with its free trade economy and highly efficient workforce. While in Singapore, we will focus on how Singapore’s K-12 educators are innovatively teaching Science, Technology, Engineering and Math (STEM).

Malaysia is a bustling melting-pot of races and religions where Malays, Indians, Chinese and many other ethnic groups live together across a diverse geographical and socioeconomic area. One of Malaysia’s key features is its extreme contrasts and we will further explore the theme of urban education and development in comparison to our time in Singapore.

PROGRAM GOALS

• Learn more about Singapore & Malaysia’s history, culture and education system.

• Gain a better understanding of educational innovation in Singapore with a strong focus on STEM education, technology in the classroom, curriculum and teacher professional development.

• Explore global educational challenges with implications for both North Carolina and Singapore, including education in an urban environment.

• Develop potential partnerships with other schools/programs with a goal of collaboration and incorporation of global perspectives using technology in the classrooms.

PROGRAM PHASES

• March 2014 -- Pre-reading and study

• April 27, 2015, 2015 -- Orientation Global Teachers Program: Singapore & Malaysia

• May-June, 2015 -- 3 Webinars

• July 10-21, 2015 -- Program in Singapore & Malaysia

• October 10, 2015 -- Action Planning
Itinerary (July 10-21st, 2015)

This a draft and is subject to change

Friday, July 10 and Saturday, July 11, 2015
• Travel – NC to Singapore

Sunday, July 12, 2015
• Arrive and transfer to hotel
• Group lunch
• Guided tour of Singapore
• Bumboat ride and group dinner

Monday, July 13, 2015
• Morning presentations at the Singapore Ministry of Education
• Afternoon presentations by iDA's EdVantage and Future Schools Programs
• Evening free

Tuesday, July 14, 2015
• Morning – School visits in two groups to model schools for STEM education
• Group lunch
• Afternoon – Presentation by SINDA followed by a visit to one of their classes
• Evening free

Wednesday, July 15, 2015
• Morning – School visits in small groups
• Lunch in schools
• Afternoon – School visits in small groups
• Evening – Ride on Singapore Flyer followed by group dinner and debriefing session

Thursday, July 16, 2015
• Morning – School visits in small groups
• Lunch in schools
• Afternoon – School visits in small groups
• Evening – Group dinner with school hosts
Friday, July 17, 2015
• Morning – Independent Study
• Lunch on own
• Afternoon – Debriefing session
• Checkout and transfer to airport
• Flight to Kuala Lumpur
• Transfer to hotel

Saturday, July 18, 2015
• Morning – Guided cultural tour; split into two groups for cultural activities (batik painting lesson or pewter bowl making lesson)
• Group Lunch
• Afternoon – Guided cultural tour
• Group dinner

Sunday, July 19, 2015
• Checkout and transfer by coach to Malacca
• Group lunch
• Orientation tour of Malacca
• Group dinner

Monday, July 20, 2015
• Final debriefing session
• Checkout and transfer by coach to Singapore Airport hotel
• Evening free

Tuesday, July 21, 2015
• Travel – Singapore to NC
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Emergency Contact Information

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Singapore
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Sheraton Imperial (2 nights)
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Malaysia
+60 3-2717 9900

Swiss-Garden Hotel (1 night)
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55100 Kuala Lumpur,
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+60 3-2141 3333

Village Hotel Changi (1 night)
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Families may also contact:

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The Center for International Understanding
Most participants on a travel seminar come with camera in hand, eager to photograph their experience for their own memories and to share with friends and family. Photos are a great way to document a travel seminar, but a camera can be a tricky tool to use well. How you use your camera reflects your level of respect for the local people and your long-term commitment to mutual understanding and responsible travel.

Guidelines for Taking Photos on a Travel Seminar:

• **Ask Permission** before you take a photo, even if it is just a smile and a nod toward your camera.

• **Avoid Telephoto Lenses:** It is best to use them only when shooting landscapes, animals or during performances or festivals, when it is difficult to get close to people. Even then try to seek your subject out afterward to tell them you’ve taken a photo and explain who you are.

• **Send copies:** If possible, offer to send a copy if it turns out well and make sure you follow up.

• **Pay Attention to Your Prejudices:** Ask yourself why you feel compelled to take a photo. Ask yourself how you would feel if the situation were reversed: would you feel comfortable having your photo taken by this person in these circumstances?

• **Make Connections:** On your travel seminar, you will have the opportunity to meet and talk with many local people. Take pictures of the friends that you make instead of trying to grab images from strangers on the street.

• **Take pictures of normal things.** Pictures of your room, meals, stores, etc. will help you answer some of the basic questions like “what did you eat?”

• **Your trip leaders,** resource people and fellow participants all form an important part of your experience. Photos of them will help trigger memories and capture the flavor of visits.

• **Get closer and pay attention to details:** The best pictures are ones where the subject is clear and where details help to tell the story. Getting closer (easier when the subject is not a person), can vastly improve your photo.

*Note: these guidelines were modified from an article by Chris Welch, *Tips for Making Better Travel Photos, found in the Minneapolis StarTribune, Sunday July 16, 2000, page G9.*
When we participate in a global study program, we often take the time to learn about the culture we will be visiting. However, it is also important to look at ourselves and what we bring to the experience. One of the key players in the experience is you. It is your eyes that will see, your ears that will hear, and your personal experiences and history that will help you to interpret what you see and hear.

Although we will be meeting in large group debriefing sessions during the course of the program in Singapore and Malaysia, a journal is a great tool to help you reflect on your experience on a day-to-day basis as well as upon your return home.

Before You Go:
It is recommended that you begin your journal before leaving the country. Reflect on your feelings about traveling to Singapore and Malaysia, your reasons for joining this study program, your expectations, and on questions you hope to have answered. Below are some questions to help you get started:

- Why are you taking this journey?
- What are you anticipating most about the program?
- What are you concerned or anxious about?
- What are your assumptions about Singapore/Malaysia, the culture, and the education? How do you expect the country and the people you meet to look, sound, act, etc?
- What are the key questions you would like to have answered in Singapore and Malaysia?

In Country:
While we are in Singapore, you can use your journal to record your journey. Some things to think about are:

- Notes from presentations
- Specific quotes
- Sounds, smells, sights, etc. that you are experiencing
- Questions
- Experiences outside the formal program agenda
- Dreams
- Stories, poems, sketches
- Use your journal to collect mementos, such as pictures, postcards, etc., to share with students and faculty
- Record commitments or intentions to act when you return home

Upon Your Return:
It is important to reread and review your journal after your return home. Continue to reflect on some of your experiences in Singapore and Malaysia and their effect on your life in North Carolina. Some additional questions that may be helpful are:

- What did the experience of traveling to Singapore and Malaysia with this global study program mean to you?
- What are some of the main ideas that you would like to convey to your family, friends and colleagues about Singapore/Malaysia now that you have been there?
- How will this experience impact your professional practice?
- What are some initial ideas that you have for recommendations for North Carolina policy and/or programs based on your experiences?
- What is the most important learning you derived from this experience?
- Bring your journal with you to the follow-up workshop. You may find that you want to refer to it as you begin the next stage of your action-planning.

The Center for International Understanding
Traveling to Singapore? Read This!

Airport Departure Information:
In addition to arriving at the airport two hours before your scheduled flight departure, please allow additional time for the traffic and parking. Carry your e-ticket, itinerary, emergency contact information and valid passport with you in your carry-on bag. When you check-in at the counter or kiosk you can provide your frequent flight information at that time.

Late Arrivals:
Contact the CIU group leader and the Raleigh-based CIU emergency contact person if you are running very late or miss your flight. Make arrangements to leave on the next available flight. Provide the Center’s emergency contact person with your new flight information.

Making a Call:
When calling FROM Singapore or Malaysia to the U.S. dial 00-1, plus area code and phone number (10 digits total). When calling TO a phone number in Singapore from the U.S., dial 011, then 65 (country code), then area code and phone number (10 digits total).

Phone Services:
Check with your cellular provider to inquire about service available and cost of an international plan while traveling. Please note that even if your provider indicates that your cell phone will have service, it may not. Other options for calling include purchasing inexpensive pre-paid phone cards or using Skype via the internet. Skype is a free service calling service that will also allow video streaming, if callers have video cameras.

Singapore:
It is a small island state that is very unique in the region. Not only is it a very young country, but it is a land of immigrants. People from Singapore have three distinct backgrounds: Chinese, Malay, and Indian. Singapore is also one of the most popular and vibrant destinations in Asia with its renowned clean and beautiful garden city and unique cultural diffusion of Chinese Malay, and Indian and European immigrants. Singapore is a very clean, safe and efficient city due to its strictly enforced laws. But diverse racial groups in Singapore retained its own cultural and religious identity including Buddhism, Christianity, Hinduism, Islam, and Taoism, which can cause confusion and sometimes con-

Laws and Regulations:
*Ignorance of the law is not an excuse and you will still be charged according to Singaporean law, be mindful of your surroundings and obey the local laws and customs.*

- Do not chew gum in public, it will get you arrested.
- Do not litter while in Singapore. Laws are strictly enforced to littering.
- Do not smoke in public. Smoking is illegal in public places and can lead to a hefty fine.
- Drug-trafficking in Singapore is an immediate death-penalty offense.
- Do not bring food onto the MRT (Mass Rapid Transport) or any transportation; offenders will be fined up to S$200.
More on Traveling to Singapore

Money and Tipping:

- Currency is the Singaporean dollar also denoted as $ or sometimes as S$. The exchange rate is $1 is equal to S$1.37. The Singapore dollar comes in denominations of S$2, S$5, S$10, S$50, S$100, S$500 and S$1,000. Coins come in 5, 10, 20 and 50 cents and S$1.
- Do not tip, it is not customary in Singapore and is frowned upon by the government.
- Have coins with you, if you need to use public toilets.
- Have cash readily available on you; do not rely solely on your credit card.
- If you care for bargains, Singapore hold sales on major designer labels throughout the months of June-July.

Weather and Geography:

- The weather is tropical and humid year-round. March–July are the hottest months. Temperatures range from 73-90 degrees Fahrenheit.
- Due to the prickly heat: sometimes an itchy rash can occur due to the excessive perspiration trapped under the skin. It occasionally occurs in people who have just arrived in a hot climate. Keep cool, bathe often, dry the skin and use a mild talcum or prickly heat powder or resort to air conditioning.
- Singapore is an island south of Malaysia surrounded by some smaller islands. Singapore is a small, heavily urbanised, island, city-state in Southeast Asia, located at the end of the Malayan Peninsula between Malaysia and Indonesia.

Safety and Security:

Always carry the hotel card and the program itinerary with you. The former will assist taxi drivers and others in getting you to the right place and the latter will insure that you know how to catch up with the group if you should become separated from it. Debit and credit cards should be kept with you at all times and not left at the hotel even if in a locked suitcase. The same applies to airline tickets, passports, and other valuables. It is wise to keep a copy of your passport in a secure place in your luggage. Our hotels will probably have safe deposit boxes either in the rooms or at the reception area. Keep the number, date and place of issuance of your passport and travelers checks separate from the documents.

Cultural Do’s:

- When addressing someone use their title with their last name. do not use their first name unless you are invited to.
- Shake hands for a warm greeting. Be aware that Malays will not always shake hands. Muslims will not shake hands with the person of the opposite sex. Give a slight bow to older Chinese people.
- Remove your shoes while entering a private home, a temple or a mosque.
- Leave a little of your food on your plate when you have finished eating.
- Be conservative in our behavior. Dress conservatively for business functions and dress casual for other situations.
- Stay on the left side of the escalator, the right lane is for people in a rush. Drive on the left hand side of the road as well.
- The Chinese greeting is usually not “Hello” or “How are you?”, but “Have you eaten?” in which you respond “Yes” even if you have not eaten.
**Cultural Don’ts:**

- Do not refuse refreshment if it is offered, it is deemed as impolite.
- Do not touch someone’s head, the head is considered sacred.
- Do not point at someone with your index finger it is considered to be rude.
- Do not discuss religion or politics. Do not make jokes.
- Do not show the bottoms of your feet or use your feet to point, the feet are considered to be dirty and it is an insult.
- Do not open a gift immediately in front of the giver; also do not wrap a gift in white. White is seen to be a color of mourning.
- When around people of **Chinese descent** do not give them a gift that is a clock, a handkerchief or flowers. These gifts are associated with death and funerals. Never accept a gift immediately, refuse the gift 2-3 times before accepting to show that you are not greedy.
- When using chopsticks, never put your chopsticks upright in a bowl of rice as it symbolizes death. It is also considered bad manners to wave you chopsticks about, point them at somebody, or make noise with them. Do not rest ones chopsticks across the dinner plate or bowl of rice.
- When around people of **Malay descent** do not give them alcohol or anything made from pigskin as Malay are Muslim. Give the gift upon departing, not arriving, and use your right hand or both hands to receive presents, never use the left hand only.
- When around people of **Indian descent** do not give alcohol or anything made of leather. Use your right hand to give or receive presents, not your left hand.

**Electricity:**

The electric current is 230 volts. The same as in the United Kingdom, Ireland, Cyprus, Malta, Malaysia and Hong Kong. This 13 amp plug has three rectangular prongs that form an isosceles triangle. You may wish to bring an adaptor, particularly a multi plug adaptor if you have several items to charge each evening. Generally, all hotels provide hair dryers in the rooms and most hotels provide an iron in the room upon request.

**Other Essential Information:**

- Singapore is 12 hours ahead.
- Visa is only necessary if you are staying longer than 90 days.
- Hygiene in Singapore is strictly observed and the tap water is safe to drink.
- You will be able to speak English to Singaporeans, most of whom are fluent in it. Many Singaporeans also speak an additional language, usually Mandarin Chinese, Malay or Tamil.
- The MRT runs from 5:30am until midnight and is relatively cheap public transportation; buses and trams are even cheaper and run from 6am-midnight.
Traveling to Malaysia? Read This!

Malaysia:
Malaysia is one of the most colorful countries in South Asia, which is renowned for its diverse culture and is quickly becoming one of the hottest tourist destinations of South Asia. The country boasts of a heterogeneous society with indigenous people of Malaysia as well as citizens of Indian and Chinese origins. The influence of European, Arab, Persian, and also the British Empire, made Malaysia a truly all-inclusive culture that is rich in variety and is truly global. Although Malaysia is generally a laid back, relaxed place and the people are quite friendly. They do reserve the right to their customs and traditions and visitors should try to observe and follow these practices when they arrive.

Money:
- Currency is Malaysian Ringgit also denoted as $M. The exchange rate is $1 is equal to $M3.49.
- Convert most of your currency when you get into Malaysia, as there is a restriction on bringing in large sums of ringgit (Malaysia’s currency) in or out of the country.
- Be aware that cameras, watches, pens, iPod, perfume, cosmetics and lighters are duty-free in Malaysia. If you are bringing in duty-free items then a deposit is required for the temporary importation, which will be refunded upon departure.
- Have cash readily available on you; do not rely solely on your credit card.
- Credit-card fraud is a growing problem in Malaysia. Use your cards only at established businesses and guard your credit-card numbers closely.

Weather and Geography:
- The weather is tropical, hot and very humid. March –June is its low season, you can avoid the worst rains and humidity. Temperatures range from 77-92 degrees Fahrenheit.
- Due to the prickly heat: sometimes an itchy rash can occur due to the excessive perspiration trapped under the skin. It occasionally occurs in people who have just arrived in a hot climate. Keep cool, bathe often, dry the skin and use a mild talcum or prickly heat powder or resort to air conditioning.
- Located in Southeast Asia, there are two distinct parts to this country. Being Peninsular Malaysia to the west and East Malaysia to the east. Peninsular Malaysia is located south of Thailand, north of Singapore and east of the Indonesian island of Sumatra. East Malaysia comprises most of the northern part of Borneo and shares borders with Brunei and Indonesia.

Electricity:
The electric current is 240 volts. The same as in the United Kingdom, Ireland, Cyprus, Malta, Malaysia and Hong Kong. This 13 amp plug has three rectangular prongs that form an isosceles triangle. You may wish to bring an adaptor, particularly a multi plug adaptor if you have several items to charge each evening. Generally, all hotels provide hair dryers in the rooms and most hotels provide an iron in the room upon request.

Laws and Regulations:
- Ignorance of the law is not an excuse and you will still be charged according to Malaysian law, be mindful of your surroundings and obey the local laws and customs.
- Drug-trafficking in Malaysia is an immediate death-penalty offense.
Cultural Do’s:
• Shake hands with men for greeting, but not for women unless they offer to do so first. The traditional greeting is the salam, which resembles a handshake with both hand, but without the grasp. People often greet visitors by placing their right hand over their left heart to mean “I greet you from my heart”.
• Remove your shoes while entering a private home, a temple or a mosque. It is customary to leave your footwear outside the house.
• Make sure to follow these basic rules if you visit a temple: show respect and remove you hat and shoes. Dress conservatively, no shorts and when sitting never point your feet at a person or an image of Buddha. Also, stand up to show respect when monks or nuns enter.
• When you enter the shrine make sure you do so with your left foot first and when you leave, exit with your right foot leading. This gesture symbolically represents a whole.
• When walking out in a crowd, keep your hands close to yourself, holding in all your garments. Bumping into or brushing against people is not appreciated.

Cultural Don’ts:
• Do not touch the head of an adult. Touching people on the head is considered rude.
• Do not point the forefinger at things. Instead use the thumb of the right hand with four fingers folded under, which is the preferred gesture.
• Do not pound your fist into the palm of the other hand, this is considered to be an obscene gesture.
• Do not kiss in public. Public behavior is important in Malaysian culture, most Malaysians refrain from displaying affection such as embracing or kissing in public.
• Do not be offended if your offer of a handshake is not reciprocated by a Muslim of the opposite sex. In Islam, physical contact of the opposite sex is discouraged.
• Do not discuss ethnic relations or the political system. They are both sensitive subjects.
• Do not drink alcohol; the country’s large Muslim population does not drink alcohol.
• Do not ever get involved in illegal drugs; there is a mandatory death-penalty for trafficking.
• When around people of Malay descent do not give them alcohol or anything made from pigskin as Malay are Muslim. Give the gift upon departing, not arriving and use your right hand or both hands to receive presents never use the left hand only.
• Do not behave in an impatient, annoyed or aggressive manner.
• Do not stand in a swaggering way, with hands on hips.
• A woman should never touch or hand a monk something. Even accidentally brushing against their robes requires that they fast and perform a cleansing ritual.
Cultural Tips for Women:

• The key to travelling with minimum hassle in Malaysia is to blend in with the locals, which means dressing modestly and being respectful, especially in areas of stronger Muslim religious sensibilities such as the northeastern states of Peninsula Malaysia. Regardless of what local non-Muslim women wear, it’s better to be safe than sorry.

• In Malay-dominated areas, you can halve your hassles just by tying a bandanna over your hair (a minimal concession to the headscarf worn by most Muslim women). When visiting mosques, cover your head and limbs with a headscarf and sarong (many mosques lend these out at the entrance). At the beach, most Malaysian women swim fully clothed in T-shirts and shorts.

Other Essential Information:

• Malaysia is 12 hours ahead and their country code is +60
• Visa is only necessary if you are staying longer than 90 days.
• You will be able to speak English to Malaysians, most of whom are fluent in it.
• Rabies occurs in Malaysia, so any bite from an animal should be treated very seriously. In the jungles and mangrove forests, living hazards include leeches (annoying but harmless), snakes (some kinds are highly venomous), macaques (prone to bag-snatching in some locales), orang-utans (occasionally aggressive) and, in muddy estuaries, saltwater crocodiles (deadly if they drag you under).
• Although there are still some places with Asian squat-style toilets, you’ll most often find Western-style ones these days. At public facilities toilet paper is not usually provided. Instead, you will find a hose which you are supposed to use as a bidet or, in cheaper places, a bucket of water and a tap. If you’re not comfortable with this, remember to take packets of tissues or toilet paper wherever you go.
• Theft and violence are not particularly common in Malaysia and compared with Indonesia or Thailand it’s extremely safe. Nevertheless, it pays to keep a close eye on your belongings, especially your travel documents (passport, travellers cheques etc), which should be kept with you at all times.
• Muggings do happen, particularly in KL and Penang, and physical attacks have been known to occur, particularly after hours and in the poorer, run-down areas of cities. Travel in groups and keep your purse or wallet in a safe place.
Fun Facts and Connections!

Singapore is known as the Lion City and its mascot is the Merlion.

Singapore is home to 17 reservoirs and 4 nature reserves, earning it the name City in a Garden.

UNC-CH has had an exchange relationship with the National University of Singapore since 2003 and established a joint degree program with NUS in 2007.

Burroughs-Welcome Fund is supporting a pilot program for six elementary schools integrating Singapore Math concepts into their curriculum. The schools are Eastfield Global Magnet School (McDowell); Gallberry Farm Elementary School (Cumberland); Murphey Traditional Academy (Guilford); North Wilkesboro Elementary School (Wilkes) and Elizabeth Primary School and East Arcadia.

The World Bank has rated Singapore one of easiest places in the world to do business leading many companies to establish regional headquarters there.
Safety and Health Tips

The Center cannot guarantee your safety while traveling but the staff is very conscious of participant safety in planning and carrying out programs abroad. CIU staff:

• Communicate with international counterparts on local safety issues
• Monitor State Department advisories and warnings
• Contact State Department Country Desk or US Consulate or Embassy in country when conditions seem questionable
• Provide you with Emergency Contact Information
• Register your group at the nearest US Consulate or Embassy with a list of participants and the group itinerary

Although there are certain inherent risks in international travel, there are things that you can do to help insure your own safety and that of the group. The Center strongly recommends the valuable suggestions found in the State Department publication, “A Safe Trip Abroad”. Available at: http://travel.state.gov/travel/tips/safety/safety_1747.html and contains some valuable suggestions. In addition, the Center recommends the following actions by participants found on the following pages.

Click the State Department Logo to the left for more specific information about Safety in Singapore! (Also includes Embassy and Consulate Information)
<table>
<thead>
<tr>
<th>TRAVEL SAFETY</th>
<th>BEHAVIOR</th>
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<tbody>
<tr>
<td>• Avoid unregulated modes of transportation.</td>
<td>• Avoid public places where U.S. Americans are known to congregate, for example, Hard Rock Café, American Express offices, etc.</td>
</tr>
<tr>
<td>• Carry the Emergency Contact List and the itinerary with you at all times.</td>
<td>• Don’t draw attention to yourself or the group by talking loudly in public. U.S. Americans in their enthusiasm for their new experiences can seem unintentionally obnoxious to others.</td>
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<tr>
<td>• Carry a card with your hotel or host address written out in the host language for easy reference by host nationals, taxi drivers, etc. A hotel business card or brochure can serve this purpose.</td>
<td>• If you become aware of a dangerous situation or a possible health hazard, contact the group leader immediately.</td>
</tr>
<tr>
<td>• Stay with the group. If you must leave the group, inform the leader or a group member of your whereabouts. Use the buddy system to help insure the safety of all.</td>
<td>• Respect the customs and obey the laws of the host country.</td>
</tr>
<tr>
<td>• Be alert in airports. Don’t leave your bags unattended or agree to watch a stranger’s bag.</td>
<td>• Be on your best behavior. For example, avoid arguments over a restaurant tab, which would call attention to you.</td>
</tr>
<tr>
<td>• Make copies of the picture page of your passport and any other important documents you carry with you (i.e., visas, green card). Give a copy to the Center, leave a copy at home and carry a copy with you.</td>
<td>• Watch out for members of the group.</td>
</tr>
<tr>
<td>• Don’t go anywhere with a stranger.</td>
<td>• Beware of pickpockets. Carry purses securely tucked under your arm. Carry valuables such as passports and tickets in an internal pocket or under your clothing or leave them in the hotel lock box.</td>
</tr>
<tr>
<td>• Travel light. It will simplify check in at airports but it will also make you more mobile in the event that you have to move quickly in an emergency.</td>
<td>• Be alert to your surroundings and those around you.</td>
</tr>
<tr>
<td>• Walk only in well-lighted, populated areas.</td>
<td>• Keep away from political and other demonstrations.</td>
</tr>
<tr>
<td>• Travel with a companion whenever possible; Travel in daylight hours if you must travel alone.</td>
<td>• Be careful of WHO and WHAT you photograph. Always ask permission before taking pictures.</td>
</tr>
<tr>
<td>• Familiarize yourself with the public transportation system to avoid appearing like a vulnerable tourist.</td>
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<tr>
<td>HEALTH</td>
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| • During long international flights, walk around the plane frequently to keep your circulation going and help avoid blood clots. Flex legs, feet and ankles in the seat.  
• Drink lots of water and avoid dehydration by limiting alcohol and caffeine intake.  
• Elastic support stockings may help reduce the danger of blood clots.  
• Carry medicines in prescription bottles with you in carry on luggage. If you may need refills carry prescriptions as well.  
• Take extra pairs of contacts or prescription lenses.  
• Do not buy food on the streets, unless it is commercially packaged.  
• Drink only bottled water unless the CDC guidelines and the program coordinators have indicated that tap water is safe to drink.  
• Follow CDC guidelines and recommendations by program coordinators regarding eating raw fruits and vegetables. | • Be discreet when paying for something.  
• Be cautious when withdrawing funds from ATM’s again being conscious of people around you.  
• Have an emergency financial plan. For example, have a credit card which can be used in the event of unexpected expenses.  
• Carry your HTH health insurance card with you at all times.  
• Consider purchasing individual cancellation insurance, which is not covered by the program fee. |

<table>
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<th>DRESS</th>
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<td>• Dress to blend in with the local culture so as to avoid calling attention to yourself. Avoid American flags, university paraphernalia, tennis shoes, baseball caps, and other clothing that marks you as an American.</td>
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Check Out the Following Websites for Additional Safety & Health Tips

- American Citizens Services- US Department of State
- A Safe Trip Abroad
- US Department of State Travel Warnings
- Health Information for travelers
- Deep Vein Thrombosis
- Traveler’s Diarrhea
Clothes: Business casual clothing will be appropriate for meetings with government officials and site visits. Semi-casual dress will be fine for days when we are sightseeing and traveling. Plan to layer clothing since weather can be changeable and unpredictable. Take clothes which are wrinkle resistant, hand washable, darker colors (to hide dirt), quick drying, interchangeable. Also, don’t worry about wearing the same clothes several times. Others will be doing the same thing!

Luggage: Travel light! You will be handling your own luggage, often in very crowded circumstances. We ask that you limit your luggage to one checked bag and one carry-on bag. Airlines have varying regulations and fees related to baggage; please check your carrier’s website for specifics. Once you pack, walk around the block with your luggage to be sure you are comfortable porting your bags. The Transportation Security Administration (TSA) website is a good resource for and what to pack, along with updates on restrictions: http://www.tsa.gov/stakeholders/travelers.

Liquids: Liquids, gels and/or aerosols in carry-on bags must fit in one clear, re-sealable quart-sized plastic bag. The TSA’s 3-1-1 rule describes specific requirements for bringing liquids through security checkpoints: 3 ounce bottles or less; 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. Plastic bags must be completely sealed and will be x-rayed at the security checkpoint separately.

The following items are allowed, but must be presented to officials at security checkpoints if they are not contained in clear plastic bags or are of greater volume than 3oz.

- Medications (liquid, gel or aerosol)
- Liquids, juices or gels for diabetic passengers who indicate a need for such items to address their medical condition. (A letter from your physician is not necessary).

Packing Tips
### Packing Checklist

- **Passport**
- **Ticket**
- **Debit/Credit Card** (Let your bank know your travel plans to avoid hassles)
- **Cell Phone** (check with your service provider.)
- **Watch/Travel Alarm Clock** (especially if you are not bringing your cell phone, in order to stay on time)
- **Lightweight Flashlight**
- **Medical/health supplies**, including: band-aids, OTC diarrhea medication, Tylenol/Aspirin, etc.
- **Medications in their prescription containers** for the entire trip/copy of prescriptions if you anticipate needing refills
- **Wash-and-dry towelettes or hand sanitizer**
- **Insurance card and claim form** (Provided by CIU staff).
- **Business clothes** for educational programming; casual dress for sightseeing and free time.
- **Raincoat/jacket or umbrella**
- **1 pair of comfortable business shoes**
- **1 pair of comfortable walking shoes**
- **Wash cloth** (these may not be available in the hotels)
- **Earplugs**, especially if you are a light sleeper

- **Cosmetics**
- **Extra pair of glasses or contact lenses, and a copy of your lens prescription**
- **Copy of the first page of your passport** (as well as visas, if applicable) stored separately from your passport
- **Transformer/adapter** if you want to use electrical devices
- **Toilet paper or tissues** for use in public toilets (be sure to have this in your purse or on you when outside of the hotel)
- **Camera/memory card**
- **Journal** for keeping notes and observations.

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**The Center for International Understanding**
The participant program fee covers international health insurance through HTH Worldwide Insurance Services. This policy is valid while abroad, for the dates listed on your HTH Medical Insurance ID card. Should your travel plans go beyond the dates of the program, contact CIU to extend your health coverage. This policy covers health only. You are advised to seriously consider purchasing lost baggage and/or trip cancellation insurance since CIU is not responsible for the cost of missed flights for illness or other reasons.

The Plan features HTH Worldwide’s Global Health and Safety Services—online tools (hyperlink “online tools”) and toll-free assistance to help members manage their health and safety risks, from finding the right doctor to receiving real-time alerts and advice on health and security threats. Visit the HTH website for these resources and for additional information.

Please carry your HTH Worldwide Insurance ID card and claim form with you at all times while traveling abroad in the event of a health emergency.
Ask the CIU program coordinator or local contact person for health care provider suggestions. Or call HTH Worldwide directly for referrals to doctors or hospitals. Once at the health care provider, present the insurance card as proof of coverage.

**PAYMENT:**

Referrals to medical facilities are not intended as payment guarantees but are intended to direct participants to quality medical services. Thus, the participant may still have to pay part of all related expenses and request reimbursement later. If required to pay for all of part of the services, have the doctor sign the claim form provided to you and provide a receipt of payment. You can submit the claim form to HTH Worldwide along with receipts when you return to the U.S.

If the service provider wants to coordinate payment directly with HTH or wants proof of coverage other than the insurance card, the provider should call HTH Worldwide and identity the participant as a member of the University of North Carolina group plan.

**THE PLAN COVERS EMERGENCY MEDICAL EVACUATIONS AND REPATRIATIONS WHICH ARE SUBJECT TO THE PRIOR APPROVAL OF HTH WORLDWIDE INSURANCE SERVICES.**
Did you know?

Singapore has 4 official languages: English, Chinese, Malay and Tamil and a rich history and culture that comes with the many different ethnicities living here.
Did you know?

Malaysia is made up of two main landmasses, Peninsular Malaysia and Malaysian Borneo, they are separated by the South China Sea.
Singapore **Resources**

(Click on the images to learn more)

### Education

[Center on International Education Benchmarking](#)

**MINISTRY OF EDUCATION SINGAPORE**

### Language

[The Economist](#)

[YourSingapore.com](#)
Resources Continued
(Click on the images to learn more)

History

Culture

The Center for International Understanding
**Malaysia Resources**
*(Click on the images to learn more)*

### Education

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<td><a href="#">Kementerian Pelajaran Malaysia</a></td>
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<td><a href="#">Education MALAYSIA</a></td>
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### Language

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<td><a href="#">Insight Guides</a></td>
<td><a href="#">Omniglot</a></td>
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Resources Continued
(Click on the images to learn more)

History

The Rise of Malaysia

Culture

National Geographic

Traditional Malaysian Culture

The Center for International Understanding 35
Non Fiction Books:

Crossroads: A Popular History of Malaysia and Singapore,  
by: Jim Baker

Toward a Better Future: Education and Training for Economic Development in Singapore Since 1965,  
by: Frederickson Birger; Sing Kong Lee; and Chor Boon Goh

CultureShock Singapore!: A Survival Guide to Customs and Etiquette,  
by: Marion Bravo-Bhasin

Teacher and Leader Effectiveness in High-Performing Education Systems. A report by the Alliance for Education and Stanford Center for Opportunity Policy in Education,  
by: Linda Darling-Hammond and Robert Rothman (eds.)

Urban Odysseys,  
by: Janet Tay and Eric Forbes

Searching for the Other Malaysia,  
by: Farish A Noor

A Tiger in the Kitchen: A Memoir of Food and Family,  
by: Cheryl Lu-Lien Tan

Singapore: The Air-Conditioned Nation,  
by: Cherian George

Contentious Journalism and the Internet: Towards Democratic Discourse in Malaysia and Singapore,  
by: Cherian George

From Third World to First: The Singapore Story 1965-2000,  
by: Kuan Yew Lee

Culture Smart Singapore: A Quick Guide to Customs and Etiquette,  
by: Angela Milligan

Politics and Governance in Singapore: An Introduction,  
by: Bilveer Singh
Living the Singapore Dream,
by: Tan Yong Soon and Goh Chok Tong

As I Please,
by: Salleh Ben Joned

There are also a number of good guide books available for Singapore from Lonely Planet, Eyewitness Guides, Frommer, Rough Guides, etc.

Fiction Books:

Fiction can also offer insight into a culture. Below are some Singaporean authors whose works are available in the US:

Philip Jeyaretnam
Lau Siew Mei
Catherin Lim
Tan Hwee Hwee