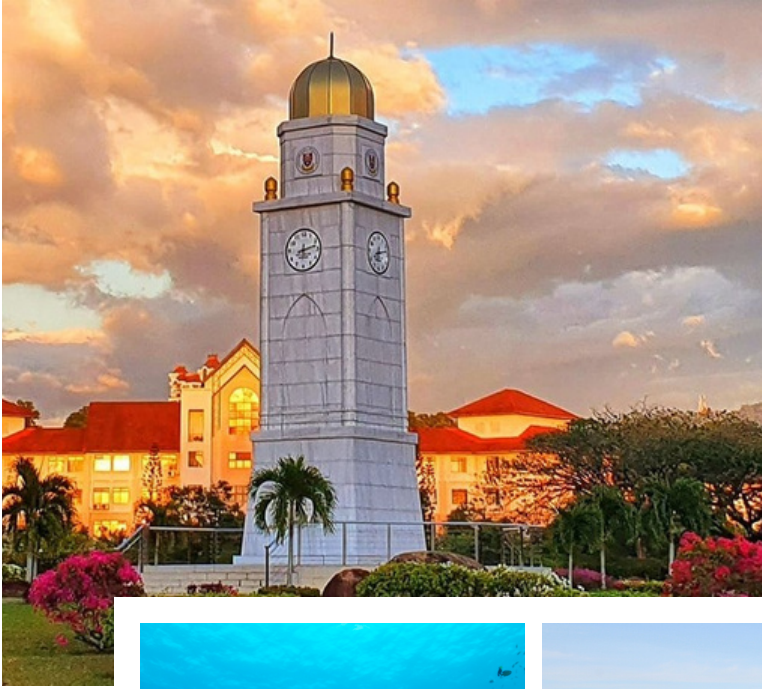




UMS
UNIVERSITI MALAYSIA SABAH

RISE @ BORNEO

Revive * Immerse * Share * Engage
@ Borneo



Experience the natures and cultures

RISE @ Borneo offers a unique experience in the heart of Borneo. The program introduces the history, culture and heritage of Sabah, the Land Below the Wind. In addition to academic modules, campus events and field trips, Universiti Malaysia Sabah invites you to revive, immerse, share and engage in the beauty of Borneo!

12 days programme for USD700*
(min 20 pax)

*Inclusive of academic workshop and cultural experience, does not include accommodation.

Learning Scopes:

- Understanding and appreciation of Malaysian languages, cultural heritage and traditions.
- Interactive communication and social interaction skills.

Activities

- Cultural workshop
- Local cultural experience
- Farm stay experience
- Nature experience
- Island experience

Get in touch now for more information

globalmobility@ums.edu.my



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Overview

RISE @ Borneo offered at Universiti Malaysia Sabah aims to cultivate future leaders with a global mindset; and a deep appreciation of culture and heritage. The young scholars participating in this program will experience the unique culture and traditions of Sabah, a melting pot of over 30 ethnic groups. The program is designed in line with the SDG goal to promote inclusive societies and enhance global partnership through knowledge sharing for sustainable development.

Modules

Revive amidst the beauty of nature in Sabah. The program provides opportunity to experience the natural world first-hand. Discover the rich biodiversity of Borneo at the Kinabalu Geopark (UNESCO Global Geopark). From the highest peak in South East Asia, Mount Kinabalu, to the deepest ocean at Tunku Abdul Rahman Marine Park, this program enhance awareness on conservation and sustainable use of biodiversity.

Immerse in the local culture for an ultimate local experience. Participants will be introduced to local and indigenous culture and traditions. Explore cultural village, unleash your creativity in a local craft workshop, make music with traditional musical instruments, perform traditional dances and prepare local cuisines.

Share your culture, experience and reflection in a safe environment with the support of academic staff, facilitators and buddy members. Academic modules will be delivered in a flexible approach allowing for group discussion, interaction and presentation. Learn a new language, gain new knowledge and network.

Engage with local communities, address social challenges and contribute positively. Bring global perspectives into the work we do with local communities. Participate actively in the world beyond the classroom, fostering personal growth, empathy, and a deeper understanding of societal issues. Foster meaningful relationships and build lifelong friendships. Opportunities to collaborate, communicate, connect and build trust, which are essential life skills.

12 days programme for USD700*
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RISE @ Borneo - Universiti Malaysia Sabah

Program Schedule

Day	Morning	Afternoon	Evening
1	Arrival – pick-up from Kota Kinabalu International Airport		
2	<ul style="list-style-type: none"> -Welcoming ceremony -RISE @ Borneo Program Briefing -Lecture: Study at UMS -Lecture: Role of UMS as a higher education provider in Malaysia, history and way forward -Visit UMS Museum 	<ul style="list-style-type: none"> -Lecture: Pottery in Sabah: History and technique -Workshop: Traditional pottery making 	<ul style="list-style-type: none"> -Individual reflection report
3	<ul style="list-style-type: none"> -Lecture: Marine ecosystem and conservation Lecture: Sea turtle in Borneo and conservation -Visit UMS Aquarium 	<ul style="list-style-type: none"> Lecture: Fresh water fish: breeding and feeding -Visit UMS Fish Hatchery 	<ul style="list-style-type: none"> -Individual reflection report
4	<ul style="list-style-type: none"> -Lecture: Overview of Malaysian Economy Lecture: Financial system in Malaysia -Group Discussion 	<ul style="list-style-type: none"> -Lecture: Traditional Musical Instrument of the Indigenous -Workshop I: Introduction to Sompoton 	<ul style="list-style-type: none"> -Campus tour including UMS Pink Mosque and sunset at UMS -Activity: Beach cleaning
5	<ul style="list-style-type: none"> -Lecture: Small medium enterprises and contribution to economy -Group Discussion 	<ul style="list-style-type: none"> -Workshop II: Sompoton instrument Optional: Gamelan experience 	<ul style="list-style-type: none"> -Interaction with UMS students -Practice session for sompoton
6	<ul style="list-style-type: none"> (On Sunday)* -Visit to Gaya Street market (local food, crafts, plants etc) -Visit Handicraft Market -Optional: Island experience 	<ul style="list-style-type: none"> -Kota Kinabalu city tour including Atkinson Clock Tower, Signal Hill Observatory, Sabah Museum, Sabah Art Gallery 	<ul style="list-style-type: none"> -Sunset at Tanjung Aru Beach -City night tour
7	<ul style="list-style-type: none"> -Lecture: Economic activities in rural Sabah -Visit Tambunan Mahua Waterfall, Rafflesia Centre 	<ul style="list-style-type: none"> -Depart to Ranau 	<ul style="list-style-type: none"> -Camping in farmstay

8	-Lecture: Introduction to Kinabalu Geopark-UNESCO Global Geopark -Visit Kinabalu Park, UNESCO World Heritage Site	-Visit Desa Cattle Farm -Visit Kundasang War Memorial	-Activity: Sharing
9	-Lecture: Customs and beliefs of indigenous communities -Visit Tagal Fish Spa -Visit Sabah Tea Farm	-Depart to Kota Kinabalu	-Leisure time
10	Lecture: Traditional culture and dances in Sabah Visit: Mari-Mari Cultural Village	-Lecture: Work and culture in Malaysia -Performance rehearsal	-Individual reflection
11	Lecture: Sustainable tourism and livelihood Visit: Local community and/or small medium enterprises	-Preparation for closing ceremony	-Closing ceremony and dinner -Sompoton performance -Sharing of experience
12	Depart Kota Kinabalu		

*Participants may bring their traditional costume for closing ceremony.

For more information and enquiries, please email: globalmobility@ums.edu.my

RISE @ Borneo – 马来西亚沙巴大学

项目清单

日程	上午	下午	晚上
1	抵达-从亚庇国际机场接机		
2	<ul style="list-style-type: none"> -欢迎仪式 -RISE @ Borneo 项目简介会 -讲座：沙巴大学的学习情况 -讲座：沙巴大学是马来西亚的高等教育机构，它的历史和未来发展方向 -参观沙巴大学博物馆 	<ul style="list-style-type: none"> -讲座：沙巴的陶器：历史与技术 -研讨会：传统陶器制作 	-个人总结报告
3	<ul style="list-style-type: none"> -讲座：海洋生态系统和保护措施 讲座：婆罗洲的海龟和保护措施 -参观沙巴大学水族馆 	<ul style="list-style-type: none"> 讲座：淡水鱼：繁殖和喂养 -参观沙巴大学鱼类孵化场 	-个人总结报告
4	<ul style="list-style-type: none"> -讲座：马来西亚经济概览 讲座：马来西亚的金融体系 -小组讨论 	<ul style="list-style-type: none"> -讲座：本土传统乐器 -研讨会 I：萨朴顿简介 	<ul style="list-style-type: none"> -校园之旅，包括沙巴大学粉红清真寺和日落 -活动：清理海滩
5	<ul style="list-style-type: none"> -讲座：中小企业对经济的贡献 -小组讨论 	<ul style="list-style-type: none"> -研讨会 II：萨朴顿乐器 自选项目：佳美兰体验 	<ul style="list-style-type: none"> -与沙巴大学学生互动 -练习萨朴顿的课程
6	<ul style="list-style-type: none"> (周日) * -参观加雅街市场（当地美食、手工艺品、植物等） -参观手工艺品市场 -自选项目：岛屿游览 	<ul style="list-style-type: none"> -亚庇之旅，包括阿特金森钟楼塔、信号山天文台、沙巴博物馆、沙巴艺术美术馆 	<ul style="list-style-type: none"> -丹绒亚路海滩日落 -城市夜游
7	<ul style="list-style-type: none"> -讲座：沙巴农村的经济活动 -参观坦布南马华瀑布、莱佛士中心 	<ul style="list-style-type: none"> -启程前往拉瑙 	-在农舍露营

欲了解更多信息和咨询，请访问 [email:globalmobility@ums.edu.my](mailto:globalmobility@ums.edu.my)

8	-讲座：京那巴鲁地质公园介绍-联合国教科文组织世界地质公园 -参观京那巴鲁公园，联合国教科文组织世界遗产遗址	-参观德萨牧场 -参观昆达桑战争纪念馆	-活动：分享
9	-讲座：土著居民的习俗和信仰 -参观塔加鱼疗 -参观沙巴茶园	-启程前往亚庇	-休闲时间
10	讲座：沙巴的传统文化和舞蹈 参观玛丽-玛丽文化村	-讲座：马来西亚的工作与文化 -表演排练	-个人思考
11	讲座：可持续性的旅游业与民生 参观：当地社区和中小型企业	-筹备闭幕式	-闭幕式和晚宴 -歌舞表演 -经验交流
12	离开亚庇		

*参与者可携带传统服装参加闭幕式。