



# TRAVELLERS: CARE PROJECTS ON BORNEO ISLAND MALAYSIA

## ADDITIONAL INFORMATION

Split between the Peninsular and the island of Borneo, Malaysia offers a wealth of choice and is an ideal starting point for a trip to South East Asia. From the gleaming sky scrapers of Kuala Lumpur to the rainforests and wildlife of Sabah and Sarawak - there is so much to see and do!

All of our projects are based in Sabah, located in the north east of Malaysian Borneo and surrounded by both the South China and Sulu Sea.

Sabah itself is home to lush tropical rainforests, wonderful sandy beaches, the breathtaking Mount Kinabalu, and a biodiversity of Marine and Wildlife like no other. This includes Borneo's Native and most famous resident – the Orang-Utan! Sabah is one of the last places on earth that you can see these remarkable creatures in their natural habitat.



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

## CARE PROJECT:

Bukit Harapan is a publicly funded residential home near Kota Kinabalu offering care for the underprivileged and helpless community. It serves as a shelter to abused women and children, victims of rape and children with mental and physical disabilities.

Some of the children have multiple disabilities and need close attention most of the time. There is a varied range of disabilities including; Cerebral Palsy, Epilepsy, Attention Deficit Disorder, Learning difficulties, Paralysis and Deafness. The children are given the necessary care and love (some on a one-to-one basis) according to their physical and emotional needs – bathing/washing them, feeding and general care (e.g washing of clothes, room cleaning and sweeping, cooking and playing). The home is constantly alive with the caregivers tending to the needs of the 48 residents, 33 of which are either orphaned, abandoned or have no proper home.

It has always been the goal of Bukit Harapan to aid the helpless so that they may find confidence in life again, see the reason to stay alive, stand on their own feet and forgive those who have hurt them, giving them the chance to look forward to the future.



Each child is given an Individual Education Plan (IEP) according to his or her needs. They then follow a special educational programme that is modified or particularized for those students with special needs, such as learning differences, mental health problems, or specific disabilities (physical or developmental). Modifications can consist of changes in curriculum, supplementary aides or equipment, and the provision of specialized facilities that allow students to participate in the educational environment to the fullest extent possible. Students may need this help to access subject matter, to physically gain access to the

school, or to meet their emotional needs. Support is targeted to the needs of the individual student and can be short or long term.

The home is also engaged in some outreach work to remote communities and a Rural Youth programme to help support individuals in the area and provide them with the skills required to care for those with disabilities.

Bukit Harapan relies heavily on public and private support to run as it supports 48 residents and 16 full-time and live-in staff, who do not have any fixed days off. The home is grateful that many individuals from middle to high-income brackets have been giving their support in the form of donating food essentials and other necessities to run the home. These are anonymous philanthropists who only wish to see the welfare of the home's residents taken care of. However, the home is constantly in need of donors either in cash or kind to ensure the health and well being of its' residents.

To sustain the livelihood of Bukit Harapan a nursery project has recently been initiated with the hope that sales from the plants and orchids will assist in the smooth operation of the home. An orchid mist house has been built with a herb garden in the pipeline. It is also part of the homes 'green' effort to rejuvenate the environment.

### WHAT IS EXPECTED OF YOU:

Only 5 of the 48 residents go to normal schools so one of your main responsibilities will be to provide additional support and care for the children during the day. You'll help by talking, playing and reading with them. You will also assist with mealtimes and some times cleaning up after them. The main mode of communication is Bahasa Malaysia but English is widely spoken and used amongst the staff.

This is a live in volunteer programme, so you'll be accommodated on site and will live, eat and sleep at the home. In this way you'll get to know the staff and children quickly and will become part of the community at Bukit Harapan. You'll be encouraged to join in with all activities and will be fully immersed into Malaysian culture in a very unique environment. This is a challenging but incredibly rewarding placement to take part in.



### DAILY ROUTINE:

08.00 am – 12.00 pm	: Special Education
12.00 pm – 12.30 pm	: Lunch
12.30 pm – 01.00 pm	: Cleaning
01.00 pm – 03.30 pm	: Afternoon Nap
03.30 pm – 03.45 pm	: Afternoon Tea
03.45 pm – 05.00 pm	: Recreational Activities
05.00 pm – 06.30 pm	: Shower
06.30 pm – 07.30 pm	: Dinner
07.30 pm – 09.00 pm	: Free Activity
09.00 pm	: Bed Time

### LOCATION AND FACILITIES:

The home was first established in 1989 and has recently moved to new premises built on land donated by the Sabah State Government. Its new location is just 15 minutes away from Kota Kinabalu. The home now consists of seven residential blocks, with 3 to 4 rooms each, to make up the dormitories for the residents and caregivers. It also has a Sundial school block consisting of five classrooms and an office. The main 2-storey block houses the dining, living, kitchen, laundry and staff room while the upper floor consists of an office, an interview room, visitors' hall, store and bedroom with an ensuite.



### STAFF:

Some of the staff at Bukit Harapan are qualified care-assistants and others are ex-residents who have been successfully rehabilitated. For example;

**Hamid Kassim**, a 47 year-old orphan who is paralysed from the waist down and has been at the home for 15 years. Despite being wheelchair bound, he takes care of the garden, does minor maintenance around the home as well as care for the younger residents. An artistic person with great carpentry skills.

**Jaafar Ali**, a 42-year old orphan who is a slow learner. Jaafar helps in cleaning and sweeping around the compound. He runs errands for the home as well as ferrying children to and from school, pick up vegetables and also buns at night.

**Suzie Yanti Wences** who is 22 and wheelchair bound. She has never had any formal education. She had taught herself to read and write and as of mid March 2007 has started attending formal education in Sekolah Swasta Sri Insan. Suzie who has been a resident for the past 10 years aspires to be a lawyer. She also teaches the younger children in her spare time.

#### **YOUR BACKGROUND:**

Ideally you should have some specific skills in nursing, physiotherapy or working with those with physical or mental impairments. If you don't have any such skills but are very enthusiastic about getting involved please speak to us and we'll be able to confirm whether this placement is suitable for you.

If you have any kind of disability yourself there is a good chance that the home will be able to accept you to volunteer as all of the buildings are wheelchair friendly and accessible.

Please don't forget – You can write to us, telephone our office on +44 (0) 1903 502595, or email us at [info@travellersworldwide.com](mailto:info@travellersworldwide.com) if you have any questions.

#### **INDUCTION / INTRODUCTION TO THE COUNTRY:**

When you arrive you'll be welcomed at the airport by Albert, our Manager in Malaysia. You will spend several days in **Kota Kinabalu** prior to starting your placement. This time will be a familiarisation period so that you can learn about the country and its culture, as well as useful information like how to use the phones, transport system, etc.

#### **BRIEF INTRODUCTION TO MALAYSIA:**



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Whilst the majority of tourists visit peninsular Malaysia, a trip to Malaysian Borneo will be an unforgettable experience and free from some of the hassles that can be encountered in other parts of Asia. Travelling around is easy and cheap and locals are helpful and friendly. Sabah has a laid back charm and elegant beauty that will make any stay in this remarkable country truly worthwhile.

Across the whole of Sabah, Filipinos, along with various ethnic groups and indigenous tribes (For example, Chinese, Bajau, Kadazan, Dusun and Murut) account for over half of the population. Malaysia is "Truly Asia" - a real multicultural society. The official language in Malaysia is Bahasa Malaysia, but due to the fusion of religious and ethnic groups found in Malaysia English is widely spoken.

#### **MONEY - COST OF LIVING:**

##### **CURRENCY: MALAYSIAN RINGGIT (DOLLAR)**

- Can of Coke – 20p
- Reasonably good Malaysian meal - £2- £4
- SUGGESTED POCKET MONEY - £160 per month

Malaysia's position in the tropics means that it is both hot and humid all year round. There is no bad time to visit – the monsoon season is between October and January, but at this time the short but heavy downpours can prove to be a welcome relief! The rest of the year sees endless days of sunshine with temperatures averaging 28 – 32 Degrees Celsius.

#### THE NEXT STEP:

If you would like to join us on one of our exciting projects then please fill in either an online application form at our website ([www.travellersworldwide.com](http://www.travellersworldwide.com)) or one that is attached to our brochure. Once you have booked and confirmed your place we will send you detailed pack information regarding your placement and country.

**I do hope you join us and please do call or email if you have any questions at all about this or any of our other projects – 01903 502595 or email [info@travellersworldwide.com](mailto:info@travellersworldwide.com)**

**If you would like to know more about Travellers in general, or about any of our other projects we run in over 18 countries worldwide, please visit our website at [www.travellersworldwide.com](http://www.travellersworldwide.com)**

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