

PENANG, MALAYSIA

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| ARRIVE: | WEDNESDAY | 22 OCTOBER | 0800 |
| DEPART: | SUNDAY | 26 OCTOBER | 2000 |
| ON-SHIP TIME: | SUNDAY | 26 OCTOBER | 1800 |

The Semester at Sea Field Program has a strong academic component. Faculty members develop field requirements that constitute 20% of the contact hours for each course they are teaching. As part of these field requirements, all Semester at Sea faculty design and lead field trips that integrate with their course work. The Faculty-Directed Practica (FDPs) for Malaysia are listed below.

PEN01 KEK LOK SI TEMPLE [FDP: FARES] (0930-1230 Wednesday, 22 October) Minimum 20 / Maximum 35 (PRICE: \$11.00 + OOPEX)

In the village of Ayer Itam, this temple complex is one of the most important and largest Buddhist temples in Malaysia. On the way up to the temple you will pass a turtle pond. Hundreds of turtles stick out their long necks and wait for *kangkong*—a green vegetable sold by dealers nearby. For the Chinese, the turtle is a symbol of long life. The pagoda is built in three different styles: the lower according to Chinese design, the middle section is Thai-Buddhist, and the upper level's spiral shape is Burmese. In the upper section, which is closed to visitors, real treasure is guarded including a Buddha relic made of pure gold, diamonds, and silver coins. This temple visit will focus on the complex, its site, and its sacred objects. During this practicum, participants will reflect on the diverse elements present in the temple, where Mahayana Buddhism and traditional Chinese rituals blend into a harmonious whole, both in the temple architecture and artwork as well as in the daily activities of worshippers. Religious and national ideas will be referenced to the texts that will be read in "The Nobles" and "Space as Literature" and will also give an introduction to elements of East Asian literatures. Please note: A minimum of RM5 (approximately US\$1.50) is required to visit the pagoda.



PEN02 WALKING TOUR OF STRAITS CHINESE HERITAGE [FDP: BUTLER] (0930-1330 Wednesday, 22 October) Minimum 15/Maximum 30 (PRICE: \$35.00)

The old city of George Town in Penang preserves an extraordinary wealth of traditional Chinese architecture, of a sort that is rapidly disappearing elsewhere in the Chinese world. On this walking tour we will explore clan houses, mansions and a Chinese Buddhist temple with a knowledgeable guide. This practicum will be of particular interest to students of architectural history, Asian art, museum studies and Chinese culture. A 10-minute walk from the pier is the oldest Chinese settlement in Penang. We will see houses on stilts situated in a row of seven jetties. Many lived off the bustling port activities during the Straits Settlement era. We will walk to Cannon Square to see the majestic *Khoo Kongsi* (clan house), a masterpiece of intricate architecture and wall carvings that depict ancient stories. Adjacent to it is *Yap Kongsi*, another clan house with similar ancestral worship and virtues. We will enjoy a trishaw ride, which is a unique breed of 3-wheel vehicle, to *Peranakan* Mansion. This was the home of a former Straits tycoon. It has since been turned into a museum that displays priceless Straits antiques which tell of the history of the area. We will continue to *Kuan Ying Teng*, the oldest Chinese temple in Penang. We will also stop at *Cheong Fatt Tze* Mansion. Also known as the "Blue Mansion," this is the only UNESCO recognized Chang Dynasty building outside China. We will continue on to *Chung Keng Kwee* Mansion located on Penang Road and learn more of the Straits Chinese history. The walk back to pier, about two kilometers, will be at leisure.

PEN03 TROPICAL ORCHARD AND SPICE GARDEN [FDP: WORKS] (0930-1430 Wednesday, 22 October) Minimum 20/ Maximum 60 (PRICE: \$35.00)

The only tropical fruit orchard in north Malaysia is located in the northwestern tip of Penang Island on a 42-hectare site overlooking the Straits of Malacca. The orchard is cultivated with not only local fruit trees like durian, rambutan and mangosteen but also tropical plants from other Asia-Pacific regions such as macadamia, figs, dragon fruit and black guava. There is a section planted with Malaysia's main crops such as rubber trees, oil palms, cocoa and peppers. We will have the opportunity to taste the available fruits and study the origin of the fruits and the water irrigation system of the orchard. Proceed to the nearby Tropical Spice Garden to study the species that led to the founding of Penang in 1786 by Captain Francis Light of the East India Company. The Spice Garden is planted with some 500 species of plants and has the only spice museum in the region. Lunch is included at the Spice Café.

PEN05 FRUIT, VEGETABLE AND SPICE MARKET EXPLORATION [FDP: YODER] (1000-1230 Wednesday, 22 October) Minimum 10/Maximum 20 (PRICE: \$21.00)

This FDP will introduce us to the wide variety of unfamiliar Asian food products and their uses. It will also provide the opportunity to observe the marketing aspects of the local food system. After a group briefing about the types of products we may encounter and the types of observations and interview data expected of us, the group will travel to a local fresh produce market. We will explore the market in pairs, making purchases and asking the sellers brief questions. The group will reassemble, after about 90 minutes, to share produce and discuss findings, probably with the aid of two or three local sellers.

PEN06 ETHNIC COMMUNITIES IN MALAYSIA [FDP: DUBINER, O'NEILL & SCOTT] (1000-1500 Wednesday, 22 October) Minimum 20/Maximum 40 (PRICE: \$36.00)

Malaysia is a country of great ethnic, linguistic, cultural and religious diversity. Malays comprise approximately 60% of the population, about 30% are ethnic Chinese and nearly 10% are ethnic Indian. The three major ethnic dialects are Hokkien, which is of Chinese origin and only spoken in Penang; Tamil, which is of Indian origin; and Malay or Bahasa Melayu but spoken in a regional dialect, known commonly as *mamak*. This trip will visit communities of these three major ethnic groups in order to compare their similarities and differences. Lunch will be prepared by one of the local communities. A visit to the Penang State Museum will also be included in this practicum.

In this practicum, participants will have an opportunity to utilize important concepts such as historical context, historical remembrance and reconstruction and continuity and change. Participants will also explore concepts such as the impact of colonialism, demographic shifts as a consequence of the Columbian Exchange, and the consequences of European imperialism. The aim of this FDP is to relate the historical information about the connections between ethnic communities and the larger national Malaysian experience to the historical remembrance and reconstruction of these connections as well as to emphasize the importance of examining continuity and change when viewing historical events. We will also relate the historical information about Malaysia to the broader concept of "the aggravation of racial and ethnic tensions".

PEN07 INDIGENOUS INDUSTRIES NEAR PENANG: RUBBER, PALM OIL AND RICE [FDP: KAPLAN] (1000-1630 Wednesday, 22 October) Minimum 15/Maximum 30 (PRICE: \$40.00)

We will meet with the on the challenges of getting products to the market and their international sales efforts as well as agricultural practices, labor issues, exports and price fluctuation. Agriculture is the largest sector of the Malaysian economy, although its relative importance has declined in recent years. Natural rubber continues to be an important part of the economy, but palm oil now overshadows rubber as the 'golden' crop. Palm oil is a vegetable oil used for a variety of purposes including cooking oil and margarine. Malaysia is the world's number one palm oil producer. The first stop will be at a rubber plantation to observe, first-hand, how rubber trees are grown and latex is tapped and processed. We will then visit a palm oil plantation to witness the harvest and observe a demonstration of how fruits are being processed into edible products for export. On the return to Penang, a stop will be made at a rice mill to study the harvesting, drying and packaging process of the paddy rice. (Box lunches from the ship will be provided.)

PEN08 MAK YONG PERFORMANCE [FDP: VASEK] (1230-1530 Wednesday, 22 October) Minimum 15/Maximum 25 (PRICE: \$22.00)

We will meet Dr. Hardy Shafi who will give us a lecture on *Mak Yong Kelantan* – a traditional Malay theatre form currently in practice. Students in their final year at Universiti Sains Malaysia will present their end-of-semester thesis performance. A faculty member at the university is considered one of the most accomplished *Mak Yong* performers in Malaysia.

PEN09 INTERNATIONAL SCHOOL OF PENANG [FDP: SOBEY] (1230-1600 Wednesday, 22 October) Minimum 8/Maximum 12 (PRICE: \$26.00)

We will travel to the International School of Penang (Uplands) to meet the students and teachers to see how they learn. Then it is our turn to lead a learning activity! This is a great opportunity to learn more about the Malaysian way of life and schooling by being a part of it for a few hours.

PEN10 VISIT TO A DRUG REHABILITATION CENTER [FDP: CARGILL] 1300-1700 Wednesday, 22 October) Minimum 15/Maximum 30 (PRICE: \$29.00)

In 2002, statistics indicated there were 22,000 drug addicts in Malaysia. Many of them are unemployed, and some are low-ranking civil servants. This trip provides an opportunity to learn about the source of narcotic supply to Malaysia, an analysis of the cause and situation, and the course of action taken by the authorities in their efforts to control drugs. The trip includes a site visit to a rehabilitation center as well as the opportunity to meet with a clinical psychologist or psychiatrist at the facility.

PEN11 WELCOME RECEPTION AND SHADOW PUPPET PERFORMANCE [FDP: BENTON-GRONER] (1900-2200 Wednesday, 22 October) Minimum 50/Maximum 160 (PRICE: \$37.00)

The reception will be held at Universiti Sains Malaysia in Penang and will include a live performance of traditional shadow puppets. Unlike the three-dimensional Bunraku puppets of Japan, these puppets that developed in Indonesia and Malaysia tell their story with the aid of images cast on a screen. After the performance, you will have a chance to meet the performers and to interact with the Malaysian students. Local snacks and beverages will be served

PEN13 PRIME COMMODITIES OF MALAYSIA – RUBBER, PALM OIL AND RICE [FDP: TIMKO & WORKS] (0830-1500 Thursday, 23 October) Minimum 15/Maximum 30 (PRICE: \$40.00)

On our visit with a local plant manager, we will focus on agricultural practices, labor issues, exports and price fluctuation. Agriculture is the largest sector of the Malaysian economy, although its relative importance has declined in recent years. Natural rubber continues to be an important part of the economy, but palm oil now overshadows rubber as the ‘golden’ crop. Palm oil is a vegetable oil used for a variety of purposes including cooking oil and margarine. Malaysia is the world’s number one palm oil producer. The first stop will be at a rubber plantation to observe, first-hand, how rubber trees are grown and latex is tapped and processed. You will then visit a palm oil plantation to witness the harvest and observe a demonstration of how fruits are being processed into edible products for export. On the return to Penang, a stop will be made at a rice mill to study the harvesting, drying and packaging process of the paddy rice. (Box lunches from the ship will be provided.)

PEN14 PULAU PAYAR MARINE PARK [FDP: SOBEY] (0830-1600 Thursday, 23 October) Minimum 20/Maximum 30 (PRICE: \$98.00)

Pulau Payar or Payar Island is located about 60 nautical miles north of Penang Island. It is the only gazetted marine park off the west coast of Peninsular Malaysia. The crystal clear water is reputed to support a multitude of colorful marine life and large species of corals. The place is ideal for snorkelling and study of near shore marine life. The highlight of which is the feeding of baby sharks. Facilities available include glass bottom boat and an underwater observatory. Scuba diving can be arranged but at an extra cost. Buffet lunch is served on the floating

pontoon. The journey is by a high-speed 150-seater catamaran taking approximately one hour each way.

PEN22 RELIGIONS OF MALAYSIA [FDP: ZELENSKI] (1300-1800 Thursday, 23 October) Minimum 20/Maximum 80 (PRICE: \$29.00)

Malaysia is a multi-ethnic country, and freedom of worship is one of the country's main principles. This practicum will visit a variety of religious institutions in Penang and provide information on this forum of multiculturalism and the roles religion plays for Malaysians. First visit the *Kuan Yin Teng* or Goddess of Mercy Temple. Built in 1800, it is believed to be the oldest Taoist temple in Penang. Nearby is the Sri Mariamman Temple, a Hindu temple, which was built in 1883. Among the priceless possessions of this temple is a statue of Lord Subramaniam which is normally used to lead a chariot procession during the Thaipusam Festival. Next, visit the Anglican Church, one of the oldest landmarks in the country. It was built in memory of Captain Francis Light, the founder of Penang. Proceed to the modern State Mosque which took four years to complete and can accommodate 5,000 people. (Please note: Even though you will not be able to enter the praying hall, the mosque visit is subject to the approval of the State Islamic Authority. Ladies must have dress covering their knees in order to enter the mosque.) The last stop is Kek Lok Si Temple, one of the largest Buddhist temple complexes in Southeast Asia, and reputed to be one of the most beautiful. The seven-story pagoda is a mixture of Chinese, Thai and Burmese architecture and craftsmanship.

PEN35 SERVICE VISIT: ST. JOSEPH HOME [FDP: WERNET] (1400-1700 Sunday, 26 October) Minimum 20/Maximum 80 (PRICE: \$11.00)

On this visit to St. Joseph Orphanage in Penang, you will meet and interact with the residents, who are 46 children between the ages of 3 and 17. You may also talk with orphanage personnel about the problems of poverty and child care in Malaysia. During this practicum to the St. Joseph Home, make sure to pay attention to how poverty impacts child care in Malaysia. After your visit, reflect on how poverty experienced in childhood affects individuals as they grow into adults. You will be provided with coloring books, picture books or other materials to aid your interaction with the children. These materials will be donated to the orphanage upon your departure.

The remaining trips in the Semester at Sea Field Program provide a variety of opportunities for students to enhance their overall study abroad experience. Students can visit sites of historical and cultural interest; learn about local environmental, political, economic and social issues; interact with local university students and other residents; become involved in community service; explore what is unique in each country; and enjoy some recreational activities.

PEN00 DIPLOMATIC BRIEFING (On arrival, Wednesday, 22 October) Attendance is mandatory.

A representative from the U.S. Consulate in Penang will provide information about the current political, social and economic situation in Malaysia as well as on the status of relations between the United States and Malaysia. Safety and security considerations for traveling in Malaysia will also be discussed.

PEN04 PENANG ISLAND ORIENTATION (0930-1630 Wednesday, 22 October) Minimum 20/Maximum 160 (PRICE: \$37.00)

George Town is the capital of the island and state of Penang. As one of the largest islands in the Strait of Malacca, it was a hideaway for pirates and later a base for the British East India Company. George Town became one of the most cosmopolitan cities in Southeast Asia. Sir George Leith, governor in the early 1800s wrote, "There is not, probably, any part of the world where there is so small a space, so many different people assembled together, or so great a variety of languages spoken." In Penang, Malays comprise about 30% of the population. Nearly two-thirds of the population of Penang is Chinese, most of whose ancestors immigrated during the 19th and early 20th centuries. The Chinese are mainly urban and possess considerable economic power. Malaysians of Indian descent make up approximately 9% of the population. Their ancestors came from India, Pakistan and Sri Lanka around the end of the 19th century and worked primarily as laborers on rubber plantations.

This orientation to the colorful life in and around George Town begins with a visit to *Khoo Kongsi* (clan house), and continues to *Chor-su Kong* Temple (Snake Temple), where poisonous snakes adorn the altars. Drive through the quaint countryside in *Balik Pulau*, where spices like cloves and nutmeg led to the founding of Penang in 1876. Stop at the Butterfly Farm, the largest in this region. Pass the tourist belt of *Batu Ferringhi* and have a late lunch at a local Chinese restaurant. Then visit the *Kek Lok Si* Temple and Pagoda devoted to the 'Ten Thousand Buddhas'. Enjoy a walk through the Botanical Gardens, where monkeys roam freely. Before returning to the pier, make a brief stop at Fort Cornwallis.

PEN12 BORNEO AND SEPILOK ORANGUTAN ADVENTURE (0800 Thursday, 23 October – 2130 Saturday, 25 October) Minimum 20/Maximum 36 (PRICE: \$1,182.00)



Divided by the South China Sea from mainland Peninsular Malaysia, is the island of Borneo. Sarawak and Sabah are the two Malaysian states on the island. Sabah is located in the northeast section of the island and its capital, Kota Kinabalu, serves as the gateway to the state's amazing natural attractions. A two-hour ride away is Mount Kinabalu Park and the 4,095-meter high Mount Kinabalu – the pride of Sabah. The Orangutan Rehabilitation Centre, the world's largest of its kind, is located at Sepilok, a 20-minute drive from the town of Sandakan, and the rare Proboscis Monkeys are found along the river bank of Kinabatangan River in Sukau.

ITINERARY:

Day 1: Depart the pier for the Penang Airport for your flight to Borneo. Upon arrival, have lunch and transfer to the hotel for check-in. In the afternoon, proceed to Gaya Island for Jungle Trekking. Return to the hotel for dinner and overnight. (L, D; Shangri-La Hotel)

Day 2: Transfer to the airport for your early morning flight to Sandakan. Upon arrival, proceed to Sukau by river boat. Arrive and check-in at the river lodge. Enjoy lunch and in the evening, search for Proboscis Monkeys and other wildlife along the Kinabatangan River. Return to the lodge for dinner and overnight. (B, L, D; Kinabatangan Riverside Lodge)

Day 3: Depart for the Sepilok Orangutan Rehabilitation Centre and meet these remarkable creatures in their natural habitat as they learn to survive once more in the teeming jungles of Borneo. A raised wooden walkway takes you to the observation deck where orangutans slowly emerge from the rainforest to be fed by the rangers. Following the visit, proceed to Puh Jyh Shih, a Buddhist Temple in Sandakan. After lunch, transfer to the airport for the return flight to Penang. (B, L)

PEN15 SINGAPORE (0830 Thursday, 23 October – 1800 Saturday, 25 October) Minimum 20/Maximum 80 (PRICE: \$1,026.00)

It is only since World War II that Malaysia, Singapore and Brunei have emerged as three separate independent countries. Prior to World War II, they were all loosely combined as a British colony. Today, Singapore is an amazing island city-state. With its luxurious hotels, superb shopping centers, excellent communications and transportation, cleanliness and orderliness, Singapore offers the visitor all the comforts of the West in a lush and exotic tropical setting. At the same time, the Asian factor is alive and well with an interesting blend of Chinese, Malay and Indian cultures.

In today's global tumult, Singapore is a country that enjoys full employment and stability with extremely low rates of crime, pornography, drug use and pollution. With its unique blend of open economics, authoritarian politics and social engineering, Singapore is attracting attention as a model modern society. Singapore boasts Asia's highest standard of living after Japan. Hefty penalties are enforced on human foibles such as littering (\$1,000), failing to flush a public toilet (\$250) or eating on the subway (\$500). Furthermore, the sale of chewing gum, except for therapeutic value, has been banned!

ITINERARY: Based on evaluations from past participants, this trip has been designed to allow a fair amount of free time to explore Singapore on your own. To save money and maximize free time, most meals are not included. You must bring your passport on this trip.

Day 1: Transfer to Penang Airport for your 70-minute flight to Singapore. Upon arrival in Singapore, enjoy the 'Footsteps of Raffles' tour. Begin from the place where it all began – at Raffles Landing Site, where Sir Stamford Raffles is believed to have first stepped ashore in 1819. Continue to an exhibition that traces the history of the Singapore River. Next, stop at Raffles Hotel, where hives of activities for the high society took place in the 1800s. Here enjoy some light refreshments and board a 'Bumboat' for a cruise along the historic Singapore River. Disembark at Clarke Quay. Please note: you are not allowed to wear shorts, sandals without socks, slippers, clogs or flip-flops. After the tour, proceed to the hotel for check-in. The evening is free for independent activities. (Riverview Hotel)

Day 2: Join the morning's expedition to Sentosa. Sentosa, an island of peace and tranquility, is just minutes away from the main Island of Singapore. Visit Images of Singapore, where you will experience the colorful culture and vibrant heritage of Singapore, retold through life-size figures, animatronics and special effects. The beauty of a whole different world beneath the seas will overwhelm those who opt to visit Underwater World and the Dolphin Lagoon. Here you can watch pink dolphins perform their natural antics such as spy-hopping, tail-flapping and vocalization. Take a scenic cable car ride from Sentosa to Mount Faber where you can see the beautiful landscape of the city. Your tour ends with lunch at the new VIVO City Complex. Return to the hotel and enjoy the rest of the day at your leisure. (B, L; Riverview Hotel)

Day 3: The morning is free to explore Singapore on your own. After lunch at the hotel, transfer to the airport for your return flight to Penang. (B, L)

PEN16 FISH FARM AND MANGROVE SWAMP (0930-1630 Thursday, 23 October) Minimum 20/Maximum 36 (PRICE: \$44.00)

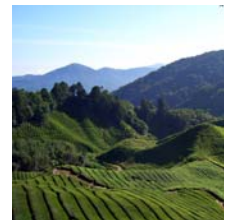
Fish farming, or aquaculture, is a good alternative to open-sea fishing for the fishermen living along the sheltered coastal areas of West Malaysia, where a large mass of mangrove swamp exists. This day trip begins with a one-hour bus ride across Penang Bridge to Kuala Sepetang. Visit the Matan Mangrove Forest by foot and study the different species of mangrove wildlife, including migratory birds and mud crabs. Adjourn to the nearby charcoal factory and witness the process of turning mangrove woods into charcoal. Proceed to lunch at nearby Taiping Town. Afterwards, take a 15-minute boat ride to visit a fish farm and see the harvesting of cockles at the river mouth.

PEN17 PENANG KAMPUNG HOMESTAY (0930 Thursday, 23 October – 1700 Friday, 24 October) Minimum 20/Maximum 40 (PRICE: \$166.00)

Experiencing a homestay in a traditional village, or *kampung*, is perhaps one of the fastest and easiest ways to get to know Malaysia and its people. Visitors will discover that things here move at a slightly different pace, and for those who relish the quiet calm of the rustic life, this is possibly as good as it gets. Live with your hosts, eat with them, be a part of their family. When you return home, take with you a memorable cultural experience and the friendships of a family happy to welcome you whenever you return to Malaysia!

PEN18 CAMERON HIGHLANDS (0930 Thursday, 23 October – 1600 Saturday, 25 October) Minimum 20/Maximum 70 (PRICE: \$317.00)

At a height of 6,600 feet above sea level, Cameron Highlands is a towering plateau where flowers and vegetables grow in abundance. Beautiful roses are known to abound here. Temperatures range from 45°-75° F, providing a pleasant alternative to the sultry lowlands. A geographer would enjoy the changing terrain with the waterfalls, jungle streams and mountains. A biologist would treasure the unusual plant and animal life, which is a distinct attribute of the Cameron Highlands. This fertile region is also the center of Malaysian tea production.



Day 1: Depart by motorcoach for Cameron Highlands (approximately four hours) by way of Penang Bridge and the countryside of Perak. Stop for lunch in Ipoh, the capital of Perak, which is known worldwide as a tin-rich valley. Arrive in Cameron Highlands in the afternoon to explore the cool highlands at your leisure. Enjoy dinner at the

hotel. (L, D; Heritage Hotel)

Day 2: Assemble in the lobby for a briefing on your full-day jungle adventure. Board 4-wheel-drive vehicles and travel through the Cameron Highlands. Enjoy a short trek into a cloud forest to search for the carnivorous pitcher plants. Proceed to the top of Gunung Brinchang which, at 6,666 feet, is the highest point in Peninsular Malaysia that is accessible by road. Continue your journey to authentic Orang Asli settlements and enjoy a welcome ceremony, introduction to medicinal herbs and handicrafts and a blowpipe demonstration. After a picnic lunch at the Hendrop area, visit the hot springs. Enjoy a short trek into the forest in search of animal footprints. Animal tracks generally found include elephant, Sambar deer, tapir and wild boar. Visit the Sungai Palas Boh Tea Factory to observe the processing of tea before returning to for dinner and overnight. (B, L, D; Heritage Hotel)

Day 3: After breakfast, check out of the hotel and visit the morning market, flower gardens and vegetable farms before descending from the mountain. Lunch will be provided on the way back to Penang. (B, L)

PEN19 TAMAN NEGARA, MALAYSIA'S NATIONAL PARK (0930 Thursday, 23 October – 1900 Saturday, 25 October) Minimum 20/Maximum 60 (PRICE: \$382.00)

Malaysia's National Park, Taman Negara, is the site for this trip. Located in central Malaysia, it contains one of the oldest forest areas in the world with a vast and varied collection of flora and fauna. Some of the world's strangest insects and reptiles are found here. The profusion of plant growth has yet to be completely classified. Over 1,000 species of orchids are known to exist here. There are no roads to or inside the park; travel is by river only. To get to the destination, take a five-hour bus ride to Jerantut and then another (1½ hour-ride) to Kuala Tahan for a short boat ride across the river to Taman Negara.

ITINERARY:

Day 1: Depart for Jerantut and Kuala Tahan by coach. Cross the Tembling River by boat to Taman Negara. A video on Taman Negara and/or a Jungle Night Walk will be arranged after dinner. (Box L, D; Taman Negara Resort)

Day 2: In the morning explore Taman Negara during a trek through the jungle, including a canopy walk. At Teresik Hill, enjoy a magnificent view of Mount Tahan, the highest mountain in Peninsular Malaysia at 2,178 meters. Descend on a different trail stopping at the Lubok Simpon Water Hole for a swim and rest. A packed lunch will be provided. After dinner, try an animal 'vigil' at the tree house and spot rare animals like tiger and tapir – if you are lucky. (B, L, D; Taman Negara Resort)

Day 3: After breakfast, depart by boat downstream to Kuala Tembling. Following lunch there, continue the journey by motorcoach back to Penang. (B, L)

NOTE: All participants should plan to take the following items: light comfortable shoes, a hat, a light raincoat, flashlight, tennis shoes, swim wear and insect repellent. Binoculars would be useful. You do not need to bring a sleeping bag.

PEN20 LANGKAWI GEOPARK (1000 Thursday, 23 October – 1730 Friday, 24 October) Minimum 20/Maximum 40 (PRICE: \$474.00)

Langkawi is an archipelago of 99 islands located approximately 100 nautical miles north of Penang in Kedah State in Northern Malaysia. Known for its folklores and legends, Langkawi remains an ideal place to study the life of typical villagers and nature as the island is still very much covered by tropical jungle. Part of the island has been recently recognized by UNESCO as a geology park where million year-old drop stones and limestone formation are found. Rice, the main staple food in Langkawi and all of Malaysia, is under constant government development and research. The trip will explore the geological sites of the island and also to observe the process of rice planting with a visit to Laman Paddy, a rice museum and paddy cultivation center.

ITINERARY:

Day 1: Transfer to the airport for the 30-minute flight to Langkawi. Upon arrival, proceed to explore the Geology

park in Tanjung Rhu, accessible by boat through the thick mangrove forest. Afterwards, visit a fish farm and experience the rare opportunity of watching a school of wild eagles being fed, some from just a few feet away from the boat. Proceed for lunch, and then visit Laman Paddy, the rice museum. Tour the paddy cultivation center and paddy field where farmers and water buffalos are at work. In the evening, check in at the hotel for dinner and overnight. (L, D, Holiday Villa)

Day 2: Following a late morning check-out; proceed for lunch at a local village. Enjoy a cable car ride with exhilarating views of the island before transferring to the airport for the return flight to Penang. (B, L)

PEN21 KUALA LUMPUR (1030 Thursday, 23 October – 1800 Saturday, 25 October) Minimum 20/Maximum 150 (PRICE: \$329.00)

Kuala Lumpur, or ‘Garden City of Lights’, is the capital city and gateway to Malaysia. KL (as it is almost universally known) is a federal territory directly under the control of the central government. Greater KL, with a population close to two million, forms the powerhouse of the Malaysian economy. Despite its rapid development, Kuala Lumpur has managed to maintain historical edifices and lush greenery. Colonial buildings stand proudly in the center of town, and lively Chinatown (with its street vendors and night markets) can be found in the heart of the city. You will also see fine examples of Moorish architecture in contrast with the new Petronas Twin Tower that is the tallest building in the world.

Day 1: Depart by motorcoach for Kuala Lumpur (approximately four hours) by way of the 13.5-kilometer Penang Bridge. Along the way, observe picturesque paddy fields, Malay *kampongs* (villages) and oil palm plantations. Arrive in Kuala Lumpur in the late afternoon. In the evening, enjoy a *Selamat Datang* (Welcome) Malay dinner with cultural show at the Sri Melayu Restaurant. (L, D, Swiss Garden Hotel)

Day 2: After breakfast, depart for a city orientation. Drive by the Petronas Twin Tower, the Jamek Mosque, Sultan Abdul Samad Building and the Railway Station. Continue through Chinatown; then drive by the Royal Palace. Enjoy a brief visit to the National Museum, the Lake Garden and the National Monument. Then go up the 421-meter Kuala Lumpur Tower for a bird’s eye view of the city. End your city orientation with lunch in town. In the late afternoon, proceed for the Firefly Phenomenon in Kuala Selangor, and watch thousands of fireflies blinking in the dark as the boat cruises along the river bank. Enjoy dinner at the local riverside restaurant before returning to the hotel. (B, L, D; Swiss Garden Hotel)

Day 3: The morning is free for you to enjoy at your leisure. Check out of the hotel before having lunch at a local restaurant and then proceed by motorcoach for your return journey to Penang. (B, L)

PEN23 EAST COAST CULTURAL EXPERIENCE (1600 Thursday, 23 October – 2030 Saturday, 25 October) Minimum 20/Maximum 30 (PRICE: \$482.00)

The eastern coast of Malaysia is diverse – spanning different life styles, customs and social activity. Explore the areas of Kota Bharu, Terengganu and Kuantan. Situated in the northeastern part of Peninsular Malaysia, Kota Bharu is the capital of the Kelantan state. In Malay, Kota Bharu means “new city”. As a majority of the population is Muslim, Kota Bharu has been declared “Kota Bharu, the Islamic City” – a title given to a city which observes Islamic principles in every aspect of daily life. Half of the population of Terengganu lives in urban areas while the other half lives in rural areas. Since many Indian and Chinese migrants did not settle in the Terengganu region, many traditional Malay influences are dominant, such as kite-flying and top-spinning contests. Kuantan, the state capital of Pahang, is a melting pot of Malay, Chinese, Indian and other races.

Day 1: Depart the pier by coach to Kota Bharu via the East West Highway (seven hours), traveling over 235 miles of changing terrains and lifestyles. The state of Kelantan, translated as “Land of Lightning”, is a veritable treasure trove of delights, rustic fishing villages, verdant paddy fields & palm-fringed beaches. It is also the most traditional state in Malaysia in respect to Malay culture and handicrafts. Upon arrival, the evening is free at leisure. (Box L, D; Renaissance Hotel)

Day 2: In the morning after check-out get ready for another day of cultural experience covering another 235 miles. Visit the morning market of Kota Bharu before traveling south to Terengganu, passing through quaint villages and idyllic beaches. In Kuala Terengganu, visit the “floating” mosque and the cottage industries like *kris* (Malay dagger)

making and *songket* (gold and silver threads) knitting. After lunch, continue the journey to Kuantan, passing the picturesque fishing village of Kemaman and the colorful village of Cherating. Tour Cherating Village, witness monkeys plucking coconuts and see kite making before arriving at the hotel for dinner and overnight. (B, L, D; Swiss Garden Resort)

Day 3: In the early morning explore Lake Chini, a jungle adventure known for its mystery. Riddled with facts and fiction, a sunken Khmer City, and a mythical *naga* (dragon), Lake Chini remains an attraction for the nature lover with a spirit of adventure. This natural lake is located southwest of Kuantan, surrounded by mountains and primary rainforest. Enjoy the beauty and serenity of the lake and Chini River with an outboard motorboat. Lining the narrow and winding Chini River through the nature reserve are many old and interesting species of tropical trees which form a canopy, underneath which is an abundance of epiphytes of wild orchids and ferns. Wild animals, like monkeys, squirrels and lizards; and birds, like kingfishers, are a common sight. When in season, the spectacular beauty of pink lotus flowers in full bloom is an added bonus. Continue to the Orang Asli aboriginal village to witness their way of life and see their skill with the blow-pipe, still used for hunting. Enjoy a picnic lunch by the lakeside. In the late afternoon, transfer to the airport for the return flight to Penang. (B, L)

PEN24 PENANG NATIONAL PARK (0800-1600 Friday, 24 October) Minimum 15/Maximum 30 (PRICE: \$37.00)

Just as Muka Head's antique lighthouse still guides ships safely to port, Penang National Park shines like a beacon of hope for preserving natural heritage. The park is located in the northwestern corner of Penang Island on what resembles an outline of a face. Many trails are situated on hilly terrain at heights of more than 75 meters. Challenging but interesting, these trails offer the visitor to Penang National Park an opportunity to experience the park's many facets and habitats, including wilderness areas. An array of flora and fauna greets visitors along the trails. Vegetation varies from beach coastal forest dominated by dipterocarps, to commercial and medicinal species, to ferns, palms, pitcher plants, meromictic flora, climber, fungi and mangrove. Apart from fish, insects, mammals and resident birds, migratory birds frequent the mangrove swamps and mudflats.

The three-hour walking trail begins from Telok Bahang and continues to Muka Head, past Monkey Beach and into Pantai Kerachut. Here the only meromictic lake – where fresh water from the island's stream meets sea water – is found. The sandy beach is also the resting place of the Green Turtles, which come ashore between the months of April and September. Return via a different trail before sunset. (Box lunches from the ship will be provided.)

PEN25 TELUK BAHANG NATURE TOUR (0900-1530 Friday, 24 October) Minimum 15/Maximum 60 (PRICE: \$43.00)

Visit the Tropical Agro Farm in Teluk Bahang and take a farm tour of some 140 species of tropical fruits and spices. Later visit Penang's only arboretum and learn of the origin and by-products of various trees. Adjourn to the Penang Butterfly Farm, a sanctuary for over 120 species of rare and exotic butterflies. The farm is complete with a hatchery and a "Preserved Butterflies of the World" museum. Enjoy lunch at the nearby Tropical Spice Garden before proceeding on a tour of the garden planted with some 500 living specimens of plants and spices of the tropics.

PEN26 DRAMA OF NYONYA CULTURE (1000-1300 Friday, 24 October) Minimum 20/Maximum 30 (PRICE: \$50.00)

"Nyonya" or "Peranakan" is Straits Chinese culture deriving from a blend of the old Malay and Chinese traditions of the 18th century. The performers of this dying art are mostly the 3rd to 5th generation of Nyonya. The venue is the historic Dr. Sun Yat Sen Traditional House Museum. The authentic Straits Chinese interior, with an internal courtyard garden, serves as a wonderful setting for the drama. There will be a short tour of the surrounding heritage houses after the show, besides some time for cultural interaction with the performers. The show is organized exclusively for Semester at Sea participants.

PEN27 TEMPLES AND MOSQUES (1000-1500 Friday, 24 October) Minimum 20/Maximum 40 (PRICE: \$35.00)

This trip will explore the ethnic diversity and religious variety of Penang and Malaysian society. Stops will include two Chinese shrines, a mosque, a Hindu temple and a Buddhist temple. The Goddess of Mercy Temple is the oldest Chinese temple in Penang. The second Chinese shrine is Chor-su Kong Temple, better known as the Snake Temple because of its dedication to the cult of *negas* (snakes). Also visit a mosque used by the Malay Muslim majority of Malaysia, a Hindu temple dedicated to the deity Shiva and a Burmese Buddhist temple. Please note: Visitors can only view the interior of the mosque from outside the prayer hall. Slip-on shoes with socks are recommended for visiting the temples. Shorts are not appropriate attire for this trip. A Malaysian lunch will be included.

PEN28 KAMPUNG MENGKUANG TITI (1000-1530 Friday, 24 October) Minimum 20/Maximum 40 (PRICE: \$41.00)

Set amidst golden-green paddy fields, swaying coconut trees, canopies of rubber trees and oil palm fronds, this village had its humble beginnings in the early 1800s. It is located 32 kilometers (approximately one hour) from George Town via Penang Bridge. Today, Kampung Mengkuang Titi, with its 800 residents, still retains its rustic traditional charm and way of life. The plantation can be best described as a small holding area where various crops are planted to provide additional sources of income for the villagers. Arrive at the village and proceed with a village orientation – visiting the rubber plantation where you can try your hand at rubber tapping, walking through an oil palm plantation and studying the cottage industries such as the making of local sponge cake or the cultivation of bean sprouts. You may also try the *mengkuang* (straw) weaving tool. Adjourn for a traditional Malay lunch at the village community hall. In the afternoon, enjoy a traditional *Boria* performance by the villagers where you can participate and learn a few steps of Malay traditional dances. An afternoon tea will be prepared by the villagers before your departure for Penang.

PEN29 PENANG ARTS AND CRAFTS (1000-1500 Saturday, 25 October) Minimum 15/Maximum 30 (PRICE: \$30.00)

This trip enables you to discover and learn about the arts and crafts originating from Penang – the cultural melting pot of Malaysia. Visit the Ya Hong Art Gallery in Batu Ferringhi to learn from the inventor and grandmaster, Chuah Thean Teng and his sons, the unusual technique of Batik painting, using wax and dye. A few of his paintings have been recognized by UNESCO as original masterpieces of abstract arts. Also try a hand at producing your own hand-drawn handkerchief or scarf. After lunch, test your skills after viewing the coconut-craft demonstration. Take yours home as a souvenir.



PEN30 HEALING POWER OF QI GONG (1400-1700 Saturday, 25 October) Minimum 15/Maximum 40 (PRICE: \$43.00)

You will visit the *Yap Qi-Gong* Centre for a rare insight into the ancient Chinese martial art of *Qi Gong* (internal energy) which is an effective treatment for ailments from a simple sprained ankle to arthritis and strokes. The *Qi Gong* Master will explain how the use of an internal force known as *Qi* can cure certain ailments. *Qi Gong* exercise and treatment techniques will be demonstrated. Drinks and light snacks will be available during the session. Master Yap is the founder of CFQ *Qi Gong* and co-author of the book True Stories of Qi Gong Healing published in North America.

PEN31 TRISHAW HERITAGE TRAIL (1400-1700 Saturday, 25 October) Minimum 20/Maximum 40 (PRICE: \$43.00)

The trishaw, commonly known as “The King of the Road”, is an open-fronted three-wheel vehicle with the passenger seated in front, and the peddler behind. It is similar to the rickshaw found in Hong Kong and Viet Nam. There are about 200 trishaws in Penang, scattered mainly around the George Town area.

This three-hour afternoon trip is specially organized for participants to experience a trishaw ride, and gain insight into the heritage of inner George Town. Before the trail begins, there will be an opportunity to pedal the trishaw for a short distance before taking the ride as passengers. Various heritage sites include the Carpenter's Guild, the Cheong Fatt Tze Mansion, the Khoo Kong Si and Doctor Sun Yat San's residence, among others.

PEN32 TAIPING ZOO AND NIGHT SAFARI (1800-2300 Saturday, 25 October) Minimum 20/Maximum 80 (PRICE: \$49.00)

Drive by coach (approximately one hour), via the Penang Bridge, to the town of Taiping located on the mainland. Along the way, there will be a stop at a local seafood restaurant for dinner. The Taiping Zoo is located in a lovely natural setting in Taiping Lake Gardens, close to the foot of Larut Hill. The beautiful natural setting with streams, lakes and an abundance of flora gives the zoo a unique advantage of being able to use nature at its best. Similar to the Singapore Night Safari, but on a smaller scale, the Taiping Night Safari is the first of its kind in Malaysia. In an effort to maintain the experience of a natural environment, nocturnal animals are displayed using special lightings similar to moonlight. Visitors will be able to experience this environment similar to wildlife habitats where the sounds made by numerous creatures can be heard. This provides the opportunity for visitors to appreciate and value the treasures of nature while enjoying oneself. Visitors are required to minimize all sounds, including speech, so that the sounds of the night creatures can be heard. Please note: flashlights and flash photography are not permitted during the Night Safari as this will disturb the animals on display. The journey back to Penang will end with a ten-minute ferry ride from Butterworth to George Town.

PEN33 PENANG HILL AND BOTANICAL GARDENS (1000-1600 Sunday, 26 October) Minimum 15/Maximum 40 (PRICE: \$30.00)

The Penang Botanical Gardens, more than 100 years old, are very well-designed and maintained. Most of the botanical gardens found in South and Southeast Asia were established during the 19th century to serve as laboratories for experiments on economic plants. In many cases, plants were imported from other tropical regions, and a surprising number of the plants commercially cultivated in Southeast Asia (as well as most of the flowering trees lining the roads of Penang) are not native to the region. The gardens are also home to macaques (monkeys), as well as to numerous plants and birds native to Malaysia. Search for these macaques while exploring the Botanical Gardens. After visiting the gardens, travel up Penang Hill by tram and enjoy the cool, refreshing climate and the fantastic view at the summit. (Box lunches from the ship will be provided.)

PEN34 SERVICE VISIT: CHESIRE HOME (1400-1600 Sunday, 26 October) Minimum 20/Maximum 80 (PRICE: \$11.00)

Opening its doors in 1978, Chesire Home was established to help the physically handicapped adjust to life, to be independent and to take their place in society among the able-bodied. On this visit to the Penang Chesire Home, you will meet and interact with its 56 residents between the ages of 13 to 30. Spend the afternoon befriending the home's residents and have the opportunity to purchase their hand-made crafts.