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新海港海鮮大酒樓有限公司
GRAND PORT VIEW SEAFOOD RESTAURANT SDN. BHD.

金の島
 Diveson Island Resort & Spa
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FROM FRONT PAGE

Penampang on Thursdays and Fridays.
 If you are curious about the people's past and their headhunting prowess then, visit Monsopiad Cultural Village in Kg Kuai Kandazon Penampang. This cultural village promotes the legend of the Kadazan Warrior Monsopiad. He was believed to be a great and strategic fighter who defended his village against marauders in the olden days.
 Or you can have your guide bring you to Kg Nunuk Ragang in Ranau. In this village is a monument to commemorate the origin of the Kadazandusun people. It is believed that the people came from this area but went on a 'Diaspora' after losing a war with another tribe. Legend has it that they would only return after a certain period of time and during that time a great leader would have arisen from among them.
 Interesting.
 While you are there though, visit the Poring Hot Spring on your way back. The Hot Spring is located at Poring. You can take a dip and wash your weariness away with the hot water, or you can shock yourself awake with the cold water on the swimming pool. Later you can take a leisurely walk on the canopy (!). There are many and various interesting sights there.
 There are many interesting things to see and experience in this area; Ranau. So if you feel like you want to stay longer, go to Kundasang and check into the Pine Resort. The Resort rooms are comfortable and the staffs are friendly and helpful. With that and the sight of Mt Kinabalu at dawn when you wake up; you cannot go wrong. Or you can stay with the locals there. There is a homestay programme at Kg Sinisian just nearby. Look for Kohadie's Homestay. The house is comfortable and the family is accommodating. The house is also facing the Mountain.
 Actually there are a lot of interesting places found in Sabah that are just waiting for visitors. Get more information from Sabah Tourism Board, they will be more than happy to assist you.

- PLACES OF INTEREST IN SABAH**
- 1 Kota Kinabalu City - the international gateway to Sabah
 - 1 Tunku Abdul Rahman Marine Park - Malaysia's premier marine park comprises of five islands - Gaya, Sapi, Manukan, Mamutik and Sulug
 - 1 Monsopiad Cultural Village - the house of skulls and legend of head hunter
 - 1 Kinabalu Park - Mt. Kinabalu World Heritage Site
 - 1 Poring Hot Springs - hot springs, rainforest canopy walk
 - 1 Sabah Tea - Visit to Sabah's only tea plantation of organic tea
 - 1 Klias Wetlands - mangrove wetlands, fire flies and proboscis monkeys
 - 1 Tiga Island - island where CBS series "Survivor" was filmed
 - 1 Padas Water Rafting - adventure river rafting
 - 1 Labuan Island - the international garden of Borneo
 - 1 Kota Belud Tamu - traditional Bajau natives sunday market
 - 1 Kudat Rungus Village - visit traditional rungus cultural long houses
 - 1 Tenom - the centre of Murut culture and Sabah Agricultural Park
 - 1 Batu Punggul - jungle trekking and hiking destination
 - 1 Crocker Range Park - Rafflesia research centre and jungle trekking
 - 1 North Borneo Railway - take a journey back in time through steam train
 - 1 Sandakan - the gateway to Borneo's wildlife
 - 1 Sepilok Orang Utan Sanctuary - world famous conservation centre
 - 1 Sukau - lower kinabatangan wetlands, proboscis monkey and wildlife
 - 1 Turtle Islands Marine Park - turtle conservation area which comprises of three islands - Seligaan, Bakkungan Kecil and Gulisan
 - 1 Gomantong Caves - limestone cave, bird nest collection, culture
 - 1 Langkayan Island - a fabulous diving resort of Beluran
 - 1 Danum Valley - Rainforest conservation centre
 - 1 Tabin Wildlife Reserve - Borneo's richest wildlife concentration
 - 1 Tawau Hills Park - a national park of Tawau with hot spring
 - 1 Sipadan Island - world famous diving destination
 - 1 Maliau Basin - Sabah's Lost World
 - 1 Layang-Layang Island - world famous diving destination
 - 1 Simpang Mengayau - tip of Borneo

SABAH TRAVEL & LEISURE GUIDE

Discover The Wonders Of Sabah, Borneo

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NUVIS SABAH is offering a Diploma in Beauty Care, Grooming and Bridal Makeup for interested members of the public.
 According to Razak Russell, a beauty care lecturer with the centre, they hope to promote self-awareness on the students.
 "With the self awareness they will exude confidence when they deal with their guests, clients and customers," he says adding that the training will take about three months.
 "In three months we hope that the trainees will have enough skill in cutting, perming and colouring hair, make up application and the various types of beauty care techniques," he stresses.
 According to him, they can also utilise their knowledge on themselves, ensuring that they look presentable all the time.
 "This is especially recommended for frontliners in the tourism industry, especially those who works at the airport and hotel counters as well as related venues," he says.
 Ani Mohd Ridzuan, the owner of the centre says those who wish to study with Nuvis should be 17 and above, able to speak Bahasa Malaysia fluently and interested in the subject.
 "We will accord them notebooks and file, hair and beauty care utensils, basic cosmetic items for self usage and practical training (with clients)," she says.
 They will present the participants with a recognised diploma after the course, she adds.
 Nuvis, located at Centre Point is a recognised centre appointed by the National Vocational Training Council and is presently attending to six students.

Training beauties to beautify

