

bed Best entertainment destination
Waterfront Esplanade, Kota Kinabalu
Tel : 088 251901 / 251902

The Biggest Party In The City

World Class Live Band
International DJ

Business & Leisure in the Heart of the City

Address: 7-9-28, Block D, Wisma Sinar, Jalan Tun Fuad Stephens, 88000 Kota Kinabalu, Sabah
Tel: 088-522 888 Fax: 088-522 999

IMPERIAL INTERNATIONAL HOTEL

Little Italy
Pasta & Pizza Corner

DELICIOUS PASTA DISHES,
SUPERB STONE BAKED PIZZAS

Great Italian Hospitality:

DOWN TOWN:
23 Jalan Haji Saman,
Ground Floor (Hotel Capital)
88E13 Kota Kinabalu, Sabah.
Tel: 088-232 231

GUNTER'S GASTHAUS
German Restaurant

SPECIAL PROMOTION!!!
FOR MERDEKA & HARI RAYA
EAT as MANY TIMES as YOU CAN!!!

from **RM 8.88 ++**
Served MON-SAT 11.30am - 1.30pm / 6.30pm-8.00pm
NOT served on Sunday's & Public Holidays...

Address:
Batu 2, Tuaran Road,
Likas.

GERMAN, SWISS CUISINE AT ITS BEST!!!
TEL: 088-217 249,
088-256 425

Sabah's best live seafood Restaurant

"Awarded membership diploma Les Amis D'Escouffier Society"
"Awarded membership of famous chef special committee for china cuisine association"

Welcome To Kota Kinabalu City

PORT VIEW SEAFOOD VILLAGE
不夜天海鮮樓

PORT VIEW SEAFOOD VILLAGE
Lot 10, 11 & 12, Jalan Kemuning (Jln Kluin Road), 1st Floor (Opposite Road),
88000 Kota Kinabalu, Sabah. Tel: 088-241414, 088-241415, 088-241416

DZ HOTEL

46 ROOMS FROM STANDARD SUPERIOR & FAMILY
Rate from **RM65 to RM130**
Tel: **088- 380 045**
Cheap, Comfort & Classy...
We welcome you to DZ HOTEL located at:
Block F, Lot 48, Inanam Business Centre,
Jln Perdagangan, Inanam, Kota Kinabalu,
Sabah, Malaysia
Email: dzhotel@dzuliska.com.my

GRACE HOTEL
Lahad Datu Centre Point, 4678, Jalan Kastam Lama, Lahad Datu.
Tel: 089-881000, 089-866649 Fax: 089-887000, 089 887800
email: grchotel@streamyx.com

Festive Promotion-Promosi Perayaan
Room Rates from **RM80** nett (inclusive of breakfast)
* Terms and conditions apply - Terma dan Syarat

Excellence in Hotel Services Award Winning Hotel
IDD Telephone, Astro, Wifi, In House Movie, Coffee & Tea Making Facility,
24 hour Reception and Security, Safety Deposit Box, Shopping Arcade,
Business Centre, Restaurant, Conference and Banquet Halls,
Laundry Service, Basement Car park.

Keeping cultural heritage through Homestay

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 Beringgis Papar - KK Adventure Park
- 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

This map is endorsed and supported by:

sabahtravelguide.com

Sabah Tourism Board
www.sabahtourism.com

Sabah Chapter of: Malaysia Association of Tours and Travel Agents
www.mattasabah.com

THE WAY TO GET YOURSELF DISCOVERED
For advertising enquiries,
Call 088-230055 (New Sabah Times)
019-840 2911 (William Sabah Travel)



The culture and tradition of the people, notably the Kadazandusun will soon be lost if they are not instilled on the younger generation. Most youngsters have only heard of their community's norms through their grandparents but they have never lived it. Eventually the articulation of this generation where their culture and tradition is concerned will be gone.

A friend suggested that students especially those in secondary schools should be sent for Homestay by their parents, especially those living in the urban and suburban areas.

They should be shown how the local rural populace actually live. This way they will learn and understand their own culture and traditions better; enabling them to talk about it to their guests especially tourists better.

When a student lives with a family in their home and joins in with all the daily routines of the family, they will understand that each errand have higher implications and impacts on their everyday life.

For instance feeding the chicken is a

must or else the chicken will go into the jungle to feed, forget about roosting and the family lose a perfectly good chicken, which in turn could have been sold to buy other food or necessity.

That may sound very mundane but it is important to the family concerned and a good lesson learned by the youngster concerned. It teaches them responsibility.

Homestay is also a great way to make friends and to join in a wide-range of social and sporting activities.

Homestay presents a range of personal and physical challenges which students need to overcome. These challenges will make the student a stronger and more understanding person and provide a solid foundation for their future life. The main challenges are different values, more physical work, being responsible and adapting to different customs.

On values, most youngsters in the urban areas will not finish their rice, if they don't want to. If they are full they just dump their leftovers in the garbage bin. In the rural area and according to local custom,



rice should never be thrown. You should only take enough and if you feel like having some more you add in your rice after you finish your initial helping. You should never throw away rice. Physical work required would be feeding the chicken, taking in the fire wood and washing your own clothes among others.

During a time when paddy harvesting is going on, students on homestay programme will have to take part in the harvesting. They will not be forced to hold the sickle, but they will be encouraged to take part in the general work.

Catching fish and picking vegetables for their dinner is also very educational for these students. They will be able to recognise which sort of plants can be used and which fish can be eaten.

Besides that they should be exposed to cultural dances and songs as well as the people's folklores and legends. This will make them understand further the people's way of life and their own.

For those who come from different ethnic backgrounds, the homestay programme will give them a better insight on their friends' culture and traditions, thereby cementing the harmonious existence among us.

Villages involved in homestay programmes in the State should consider this thoroughly and come up with a package for students during school holidays.