

## MAH-ATI 10th Sabah Hospitality Fiesta 10-11 November

The Malaysian Association of Hotels (MAH) and the Asian Tourism Institute (ATI) will be jointly organizing the 10th Sabah Hospitality Fiesta. This annual event will be showcasing hospitality, tourism and culinary skills of budding talents in the industry. Students will pit against each other in various competitions such as fruit carving, bartending, themed bed-making, themed table setting and pastry-making. Come and witness these young talents in actions at the Asia City Complex.

The Closing Dinner will be held on 11 November at Shangri-La's Tanjung Aru Resort at 6:30pm. Contact the organizers to purchase tickets.

For more information on the event, please contact Mr. Najmi Abdullah, Director of Studies at tel. no.088-253 732 / 242 633 / 252 633 or e-mail najmi@ati.edu.com

## Kiulu 4M Challenge, 2 December

Challenge your physical abilities and have a splashing good time during the Kiulu 4M Challenge in December! This much-awaited annual race features four traditional activities/ survival skills of the natives of Sabah which all begin with the letter "M" in the Kadazandusun language. The 4 M's are challenging events that participants must complete in sequence: manangkus (running for 6 km), mamangkar (bamboo rafting for 5 km), manampatau (swimming with a length of bamboo for 1.3 km) and mamarampanau (bamboo stilt-walking for 0.2 km).

Since its debut in 1996, the race has become a much-anticipated annual event, attracting adventure enthusiasts from all over. The competition has several categories, including the

X-treme 5M, the Mixed Open and Junior Open. Come and cheer for your favourite team. It's all happening right here in Kiulu!

For further information, please contact the Organising Chairman, Mr. Ariffin Gadait at tel. no +6088-225752 / +6019 862 4585 or e-mail to:Ariffin.Gadait@sabah.gov.my, Ariffin.Gadait@sabah.gov.my. Visit the website at <http://www.geocities.com/k4mc/index.html>

## Bamboo Music Festival 28 November



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Head to Tamparuli in November to witness the Bamboo Music Festival – a celebration that highlights the melodies of bamboo instruments, unique to this part of the world. The famed Kinabalu Bamboo Orchestra will be performing songs on various bamboo-based instruments, including the sompoton (a bamboo aerophone), bungkau (a harp jaw) and tagunggak (a hollow bamboo idiophone). Don't miss other exciting events such as the rampanau (bamboo stilt-walking) race, bamboo raft-building competition and a rampanau parade. This is a great chance to learn more about and purchase local bamboo-based handicraft and musical instruments. It's all happening this month at the Bamboo Music Festival in Tamparuli. See you there!

For more information, please contact Jane Thing at tel. no 013 866 5612 or Wendy Guntarik at 013 878 3238

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