



Deadline for Submission of Abstracts

15 January 2008

Deadline for Guaranteed Hotel Accommodation
31 December 2007

Deadline for Early Bird Registration
15 January 2008

Date of the Congress 20 – 22 March 2008

Pre-Congress Workshops
19 March 2008

Opening Ceremony 20 March 2008

Congress Banquet 21 March 2008

Closing Ceremony
22 March 2008

College of Surgeons

Academy of Medicine of Malaysia

COUNCIL 2007/2008

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Message from the President College of Surgeons, Academy of Medicine of Malaysia



It is my pleasure to welcome you to the joint scientific meeting of the College of Surgeons, Academy of Medicine of Malaysia with the 11th Congress of the Asian Association of Endocrine Surgeons. This is the second time Malaysia is hosting the Congress of the Asian Association of Endocrine Surgeons and it provides us a wonderful opportunity to meet and network with the international community. The choice of the venue in Kota Kinabalu, Sabah could not be better. The facilities in the Magellan Sutera, Sutera Harbour Resort are

superb. Water sports is readily available, scuba diving in the nearby islands is exciting, the sea food is marvelous and eco tourism is at its best in Sabah.

The Organising committee has assembled a group of very eminent speakers from around the world to enlighten us on the "New Frontiers in Endocrine Surgery." We hope you will enjoy these scientific sessions. Apart from these, there will be workshops on "The art of writing a good paper" and "Training the trainer sessions" on Assessment and examination of trainees. In addition to the usual free paper sessions, we also have the Ethicon prize for the best free paper presented by a young Malaysian surgeon.

The Organising Committee has on purpose left an afternoon free for tours and leisure. This time is meant for all delegates to unwind and enjoy the pleasures that Sabah has to offer. This meeting is, after all, meant to be a good combination of knowledge acquisition and leisure.

I wish to take this opportunity to invite you to join us in Sabah for this meeting and I have no doubt you will bring back pleasant memories of this meeting with you.

Lum Siew Kheong

Message from the Congress President 11th Congress of the Asian Association of Endocrine Surgeons



It gives me great pleasure to welcome you on behalf of the organizing committee to join us in the 11th Congress of the Asian Association of Endocrine Surgeons (AsianAES). The AsianAES is a regional organisation to promote the exchange of knowledge and advancement in Endocrine Surgery. Since the establishment of the AsianAES in 1986, this is the second time in its 20 years history that Malaysia is chosen to host this biennial Congress. The first was in 1998 in Kuala Lumpur.

A comprehensive, educational and stimulating three-day program has been prepared under the theme "New Frontiers in Endocrine Surgery". Eminent and renowned international as well as regional speakers are participating in the meeting to share their expertise; there are seven plenary lectures, six symposia and six free paper sessions on various topics. The Yoshide Fujimoto Prize and John Farndon Award will be awarded to the best free paper and poster presentations respectively. In addition, a pre-congress workshop has also been organised to encourage interaction among young surgeons interested in research and publication.

I hope that your attendance at the meeting will prove to be a valuable experience, not only academically beneficial but also socially rewarding. This congress will also be the platform to foster better understanding and cooperation among endocrine surgeons in this region. We hope to make new acquaintances as well as strengthen and renew old friendships. Once again, your participation in this exciting event is very much appreciated. I am looking forward to meeting you personally.

Noor Hisham Abdullah

Organising Committee

Freda Meah

Honorary Advisor

Siew-Kheong Lum Harjit Kaur David Siew-Kit Choon Andrew Kean-Beng Gunn
Andrew Kean-Beng Gunn
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Jasmi Ali Yaakub Nor Aina Emran Rohaizak Muhammad
Arulanantham Sarojah Sarinah Basro
Loon-Guan Chew Naqiah I Anita Bhargawi
Imisairi Abd Hadi
Yew-Teck Cheong
Normayah Kitan Mohd Husain Rohana Ahmad

International Advisory Committee

AUSTRALIA Leigh W Delbridge

Robert Parkyn

CHINA Zheng-Yan Wu

HONG KONG Chung-Yau Lo

INDIA Saroj K Mishra

JAPAN Shiro Noguchi

Takao Obara Kazuo Shimizu Hiroshi E Takami

KOREA Cheong-Soo Park

MALAYSIA Noor Hisham Abdullah

SINGAPORE Khee-Chee Soo

SRI LANKA Ranil Fernando

TAIWAN Chen-Hsen Lee

Invited Faculty

AUSTRALIA

Leigh W Delbridge Ian Gough Robert Parkyn

EGYPT

Amr Mohsen

GERMANY

Andrea Frilling

HONG KONG

Chung-Yau Lo

HUNGARY

Geza L Lukacs

INDIA

Amit Agarwal Saroj K Mishra

JAPAN

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KOREA

Cheong-Soo Park

MALAYSIA

Freda Meah Jasmi Ali Yaakub Rohaizak Muhammad Malik Mumtaz

SINGAPORE

Wei-Keat Cheah Khee-Chee Soo

SRI LANKA

Ranil Fernando

SWEDEN

Goran Akerstrom

TAIWAN

Chen-Hsen Lee

THAILAND

Suchart Chattinibul

UK

Tom Lennard

USA

Orlo H Clarke Quan-Yang Duh William B Inabnet Ronald Nishiyama Gregory Randolph Norman Thompson

Pre-Congress Workshops 19 March 2008 1400 - 1800 hrs

1 The Art of Writing a Good Paper

An interactive session with three eminent speakers and editors of renowned journals.



- 1. Principles of getting started, ethical considerations and editorial process **Ian Gough (Australia)**
- 2. How to get a paper presented and published Quan-Yang Duh (USA)
- 3. Requirements of a journal and corresponding with authors Chung-Yau Lo (Hong Kong)

Learn the art of writing a good paper. Guaranteed to be extremely interesting and useful. Highly recommended to all especially trainees and undergraduates.

Training the Trainers: Assessment and Examination Techniques



Cheng-Har Yip
P Kandasami
Tom Lennard
Siew-Kheong Lum
Azad Hassan
Mohd Nor Hassan
Zulkifli Md Zainuddin
Rohaizak Muhammad
Yushak Abdul Wahab



- 1. Setting exam questions and marking them
- 2. Conducting the viva voce and clinical examination Do's and don'ts
- 3. The role of examiners' meetings
- 4. Unbiased continuous assessment of surgical training
- 5. Being a good supervisor

Programme Summary

Time Date	19 March 2008, Wednesday	20 Marc	h 2008, T	hursday
0800 - 0830			Plenary 1	
0830 - 0900				
0900 - 0930	REGISTRATION	OPENI	NG CERE	MONY
0930 - 1000	REGIOTRATION	35 th A	M Ismail C	Pration
1000 - 1030				
1030 – 1100		C	Coffee / Te	а
1100 – 1130		Norman	Thompson	Lecture
1130 - 1200			Plenary 2	
1200 - 1230		C		1
1230 - 1300		S)	ymposium	1
1300 - 1330		LUNC	н ѕүмро	SIUM
1330 - 1400		(Joh	ınson & Johns	son)
1400 – 1430			Plenary 3	
1430 - 1500				
1500 – 1530	PRE-CONGRESS	Yoshide	Ethicon	Free
1530 – 1600	WORKSHOPS	Fujimoto Prize	Prize	Papers
1600 – 1630				
1630 - 1700		C	offee / Te	а
1700 - 1730				
1730 – 1800		S	ymposium	2
1800 – 1830				
1830 - 1900				
1900 – 2200	WELCOME DINNER	F	ree & Eas	5 y

Programme Summary

Date Time	21 March 2	008, Friday	22 March 20	08, Saturday	
0800 - 0830	Plenary 4		Plenary 6		
0830 – 0900					
0900 - 0930	Free Papers	Video Session	Free	Video Session	
0930 – 1000		1	Papers	2	
1000 - 1030					
1030 - 1100	P	oster Viewing	& Coffee / Te	a	
1100 - 1130	Plen	ary 5	Plen	ary 7	
1130 – 1200					
1200 – 1230	Symposium 3		Symposium 4		
1230 – 1300					
1300 - 1330	Lunch				
1330 – 1400			LUNCH SY	MPOSIUM	
1400 - 1430					
1430 – 1500					
1500 – 1530	Eraa	& Easy	Sympo	sium 5	
1530 – 1600		·			
1600 – 1630	То	urs			
1630 – 1700			Sympo	sium 6	
1700 – 1730					
1730 – 1800			CLO	SING	
1800 – 1830			Coffe	e / Tea	
1930 – 2230	CONGRESS	S BANQUET			

Programme

19 March 2008, Wednesday

0800 – 1300	REGISTRATION
1400 – 1800	PRE-CONGRESS WORKSHOPS 1. The Art of Writing a Good Paper 2. Training the Trainers: Assessment and Examination Techniques
1900 – 2200	Welcome Dinner

20 March 2008, Thursday

0800 - 0830	PLENARY 1 Thyroid tumor diagnosis: Fashion, fact and fiction Leigh W Delbridge (Australia)
0830 - 1030	Opening Ceremony
	35 th A M Ismail Oration Freda Meah
1030 - 1100	Coffee / Tea
1100 – 1130	NORMAN THOMPSON LECTURE Evolution of endocrine surgery: Past, present and future Norman Thompson (USA)
1130 – 1200	PLENARY 2 Iodine deficiency disorders and diseases of iodine excess; Nodular goiters and dyshormonogenetic goiters: Personal observations and comments Ronald Nishiyama (USA)

1200 – 1300	SYMPOSIUM 1 Parathyroid Surgery
	 Surgical treatment of multiglandular parathyroid disease Goran Akerstrom (Sweden) Reoperative parathyroid surgery lan Gough (Australia) Focused minimally invasive parathyroidectomy under cervical block Chung-Yau Lo (Hong Kong)
1300 - 1400	LUNCH SYMPOSIUM (Johnson & Johnson) New Techniques and Approaches in Endocrine Surgery
	 Sutureless thyroid surgery Quan-Yang Duh (USA) Transaxillary endoscopic thyroidectomy Suchart Chattinibul (Thailand)
1400 – 1430	PLENARY 3 Thyroid pathology and molecular biology Orlo H Clarke (USA)
1430 - 1630	Yoshide Fujimoto Prize
1430 - 1630	Ethicon Prize
1430 - 1630	Free Papers
1630 – 1700	Coffee / Tea
1700 – 1830	SYMPOSIUM 2 New Technology in Endocrine Surgery
	 New technology in endocrine surgery Quan-Yang Duh (USA) New paradigms in the management of thyroid cancers Orlo H Clarke (USA)
	 PET technology in endocrine oncology Geza L Lukacs (Hungary) Screening and prophylactic surgery for endocrine tumors Andrea Frilling (Germany)
Evening	Free & Easy



21 March 2008, Friday

0800 - 0830	PLENARY 4 Treatment of gastroentero-pancreatic neuroendocrine tumors in MEN1 patients M Immamura (Japan)
0830 - 1030	Free Papers
0830 - 1030	VIDEO SESSION 1 Minimally Invasive Thyroid Surgery 1. Gasless video assisted neck dissection Kazuo Shimizu (Japan) 2. Endoscopic thyroid surgery: Infraclavicular approach Amr Mohsen (Egypt)
1030 – 1100	Poster Viewing & Coffee / Tea
1100 – 1130	PLENARY 5 Strategies in the management of pancreatic endocrine tumors Goran Akerstrom (Sweden)
1130 – 1300	SYMPOSIUM 3 Adrenal and Pancreas
	 Adrenal surgery lan Gough (Australia) Adrenal cortical carcinoma Tom Lennard (UK) Pancreatic endocrine tumor Chen-Hsen Lee (Taiwan) Management of incidentalomas Andrea Frilling (Germany)
1300 - 1330	Lunch
1330 - 1800	Free & Easy
	Tours
1930 – 2230	Congress Banquet

	22 March 2008, Saturday
0800 - 0830	PLENARY 6 Surgical management of renal hyperparathyroidism Yoshihiro Tominaga (Japan)
0830 - 1030	Free Papers
0830 - 1030	VIDEO SESSION 2 Minimally Invasive Adrenal Surgery
	 Laparoscopic adrenal surgery Wei-Keat Cheah (Singapore) Laparoscopic and hand assisted laparoscopic adrenalectomy for large adrenal mass Jasmi Ali Yaakub (Malaysia) Laparoscopic pancreatic surgery William B Inabnet (USA)
1030 – 1100	Poster Viewing & Coffee / Tea
1100 - 1130	PLENARY 7 Phaeochromocytoma Tom Lennard (UK)
1130 – 1300	SYMPOSIUM 4 Thyroid Cancers
	 An update on management of medullary thyroid cancer Hiroshi E Takami (Japan) Extent of thyroidectomy for thyroid cancer Shiro Noguchi (Japan) Cervical node dissection: Prophylactic or therapeutic? Khee-Chee Soo (Singapore)
	4. Anaplastic thyroid carcinoma: A therapeutic dilemma Cheong-Soo Park (Korea)
1300 - 1430	LUNCH SYMPOSIUM Management of Thyroid Disease
	 Thyrogens Radio iodine therapy for benign and malignant thyroid

disease Malik Mumtaz (Malaysia)



1430 - 1600

SYMPOSIUM 5

Endocrine Surgery in Developing Countries

- 1. Primary hyperparathyroidism in India Saroj K Mishra (India)
- 2. Childhood differentiated thyroid cancers Rohaizak Muhammad (Malaysia)
- 3. Thyroid surgery in Sri Lanka Ranil Fernando (Sri Lanka)
- 4. Reoperative thyroid surgery Amit Agarwal (India)

1600 - 1730

SYMPOSIUM 6

Surgical Techniques/Tricks and Tips in Thyroid Surgery

- 1. Ultrasonography in minimal invasive parathyroid and thyroid surgery Robert Parkyn (Australia)
- 2. Thyroid surgery under Local Anaesthesia William B Inabnet (USA)
- 3. Recurrent Laryngeal nerve injury Repair and reanastomosis Akira Miyauchi (Japan)
- 4. Laryngeal nerves: Neural anatomy and monitoring Gregory Randolph (USA)

1730 - 1800

Closing

1800 - 1830

Coffee / Tea

Congress Information

CONGRESS SECRETARIAT

Joint Surgical Meeting

19 Jalan Folly Barat 50480 Kuala Lumpur, Malaysia

Tel: (603) 2093 0100, 2093 0200 Fax: (603) 2093 0900

Email: acadmed@po.jaring.my

CONGRESS VENUE

The Magellan Sutera Sutera Harbour Resort

1 Sutera Harbour Boulevard, Sutera Harbour 88100 Kota Kinabalu, Sabah, Malaysia Borneo

Tel: (088) 318 888 Fax: (088) 303 338 Email: sutera@suteraharbour.com.my Website: www.suteraharbour.com

OFFICIAL TOUR AGENT

Sea Quest Tours & Travel Sdn Bhd

1 Sutera Harbour Boulevard, Sutera Harbour Resort

Kota Kinabalu, Sabah, Malaysia

Tel: (088) 248 006, 230 943 Fax: (088) 230 945

Contact Persons:

Lillian Agama (Mobile: 019 852 7996. Email: lillian@seaquesttours.net)
Alex Wong (Mobile: 019 870 0666. Email: alexwong@seaquesttours.net)

HOTEL ACCOMMODATION

The Magellan Sutera	Deluxe Room Garden View RM 420 nett per room per night
	Deluxe Room Sea View RM 460 nett per room per night
The Pacific Sutera	Deluxe Room Golf View RM 370 nett per room per night
	Deluxe Room Sea View RM 400 nett per room per night

Extra bed @ RM 115 nett per bed per night (Subject to availability).

The above room rates quoted are inclusive of 10% service charge, 5% government tax and inclusive of breakfast.

For room reservations, please contact the hotel directly.

Congress Information (Continued)

REGISTRATION FEES

CONGRESS • 20 - 22 March 2008					
Category	On or before 15 January 2008		15 Janua	ter ary 2008 n Site	
	Overseas	Local	Overseas	Local	
Asian AES/AMM Member	USD350	RM450	USD400	RM500	
Non Asian AES/AMM Member	USD400	RM500	USD450	RM550	
Trainee/Nurse/Allied Health Professional	USD200	RM250	USD250	RM300	
Accompanying Person	USD150	RM250	USD150	RM250	

				/ /	
PRE-CONGRESS WORKSHOPS • 19 March 2008					
Category	On or before 15 January 2008		After 15 January 2008 or On Site		
	Overseas	Local	Overseas	Local	
The Art of Writing a Good Paper	USD100	RM100	USD120	RM120	
2. Training the Trainers: Assessment and Examination Techniques	USD 50	RM 50	USD 70	RM 70	

Day Project ration (after 15 January 2009 or On Site)	Overseas	Local
Day Registration (after 15 January 2008 or On Site)	USD200	RM200

REGISTRATION SCHEDULE

Registration will begin on 19 March 2008 (Wednesday) at lobby of The Magellan Sutera. The schedule is as follows:

1500 – 1800 hrs 0730 – 1800 hrs 0800 – 1330 hrs 0800 – 1300 hrs 20 March 2008, Wednesday 21 March 2008, Friday 22 March 2008, Saturday

For Workshop registrants, registration begins at 0830 hrs on 19 March 2008 (Wednesday)

Congress Information (Continued)

PAYMENT METHOD

All payments are to be made in USD or RM.

Payments can be made via credit card or telegraphic transfer to:

Name of Account : Asian Association of Endocrine Surgeons

Name of Bank : CIMB Bank Berhad

Address of Bank : Plaza Damansara, Bukit Damansara, Kuala Lumpur

Account Number /: 1471-0001666-05-2

Swift Code : CIBBMYKL

1. By bankdraft (USD) / Cheque (RM) payable to "Asian Association of Endocrine Surgeons"

2. By credit card (VISA, MasterCard)

Payment should be sent with the completed registration form to the Congress Secretariat. On-site registration may be paid in cash or credit cards.

DATE AND VENUE

The Congress will be held on 20 to 22 March 2008 (Thursday to Saturday) with a pre-congress workshop scheduled on 19 March 2008 (Wednesday). All sessions will take place at The Magellan Sutera, Sutera Harbour Resort.

OFFICIAL RECEIPT

An official receipt will be issued upon payment of the registration fee. Please present the official receipt at the registration desk to obtain your registration package.

ENTITLEMENTS

Registered delegates will be entitled to:

- participate in all scientific sessions
- visit the exhibition
- coffee and tea
- lunch
- receive a set of official publications
- attend the Opening Ceremony
- attend the Congress Banquet

DISCLAIMER

Whilst every attempt will be made to ensure that all aspects of the Conference published in this announcement will take place as scheduled, the Organising Committee assumes no responsibility should any of these fail to materialise for any reason.

Congress Information (Continued)

Registered accompanying persons will be entitled to:

- attend the Opening Ceremony
- attend the Congress Banquet
- shopping tour
- Sabah Craft Center

Overseas registered delegates will be entitled to one complimentary tour on 21 March 2008 (Friday). Please select your tour as indicated in the registration form.

OFFICIAL LANGUAGE

The official language of the meeting will be English. There will be no simultaneous translation.

TRADE EXHIBITION

An exhibition will take place at the ballroom foyer of The Magellan Sutera, Sutera Harbour Resort. A wide variety of sponsorship opportunities are also available for your consideration. To tailor the best possible sponsorship package for your company, please feel free to contact the Congress Secretariat.

CONGRESS SECRETARIAT

Joint Surgical Meeting

19, Jalan Folly Barat, 50480 Kuala Lumpur

Tel: (603) 2093 0100, 2093 0200, 2092 5262 Fax: (603) 2093 0900

Email: secretariat@asianaes.org

CERTIFICATE OF ATTENDANCE

A certificate of attendance will be issued at the time of registration to delegates who have pre-registered. For on-site registrants, a Certificate of Attendance will be available at the end of the Congress. No certificate will be issued after the Congress.

BADGES

Coloured badges given upon registration will be used during the Congress. For identification purposes and admission to the session halls, participants are requested to wear their badges.

CANCELLATION OF REGISTRATION

Provided notification of cancellation is received on or before 15 February 2008, 50% of the fee will be refunded. No refund will be made for cancellations received after 15 February 2008.

Scientific Programme Information

PLENARY LECTURES / SYMPOSIA

Seven Plenary Lectures, six Symposia, two Luncheon Symposia and two Video Sessions are arranged on various topics from screening, diagnosis and treatment to new technologies in endocrine surgery for the three-day programme.

FREE PAPER SESSIONS

These Free Paper Sessions are allocated 10 minutes (8 minutes presentation and 2 minutes discussion) for each presentation. Since the programme is tight, presenters of papers are earnestly requested to adhere to the allocated time.

The Yoshide Fujimoto Prize, established in honor of Professor Yoshide Fujimoto, will be awarded to the best oral presentation. The Yoshide Fujimoto Prize will be presented during the Congress Banquet.

POSTERS

All posters are required to be put up before 0800 hrs on 20 March 2008 (Thursday). All posters are available for viewing from 20 to 22 March 2008 (Thursday to Saturday).

The John Farndon Award was established in memory of the late Professor John Farndon. This year, ten abstracts will be selected as finalists for the John Farndon Award. A Poster Review Session will take place between 1030 to 1100 hrs on 21 March 2008 (Friday). The Review Panel will assess the displayed posters during this period of time and decide the John Farndon Award. Authors should be present during the review session. The John Farndon Award will be presented during the Congress Banquet.

ABSTRACTS

All abstracts are printed in the Abstract Book and will be printed in an issue of the Asian Journal of Surgery.

Deadline for submission of Abstracts

15 January 2008

Scientific Programme Information Ethicon Prize

The Ethicon Prize is an award for the best original scientific or clinical paper submitted by young surgeons in Malaysia for presentation at the Annual Scientific Meeting of the College of Surgeons, Academy of Medicine of Malaysia. This award, started in 1989, will hopefully encourage a high standard of research and scientific presentations among young surgeons.

The Prize

A specially engraved basic surgical instrument set and cash to a total value of RM2,000 donated by Ethicon.

Regulations

- 1. The competition is open to all young surgeons and surgical trainees currently working in Malaysian hospitals who are below 35 years old as on 1 January 2008.
- 2. The work submitted may be from any surgical specialty, and it may take the form of clinical trials, surveys, retrospective studies, laboratory experiments or any other form of unpublished original work.
- 3. The bulk of the work which are submitted must be performed by the author himself/herself even though he may have done the work in conjunction with other doctors or agencies either locally or overseas. However, the work must be carried out in Malaysia.
- 4. The author himself/herself should present the paper at the Annual Scientific Meeting of the College in March 2008 if the paper is selected for the finals.
- 5. The author must submit a signed declaration of his/her age, that his/her paper has not been published or presented elsewhere and the presenter has done most of the work.

Procedure

- 1. Four copies of the completed paper and an abstract must be submitted to the Congress Secretariat, 19 Jalan Folly Barat, 50480 Kuala Lumpur by 15 January 2008. Please follow the guidelines for the submission of the abstract.
- 2. The Scientific Committee shall assess the papers submitted and shortlist a maximum of four papers to be presented at the Annual Scientific Meeting of the College.
- 3. The shortlisted papers will be presented by the authors at a special session of the Annual Scientific Meeting of the College in March 2008.
- 4. A panel of three judges shall decide on the winner after all the shortlisted papers have been presented.
- 5. The judges' decision is final and the award shall be presented during the Annual Dinner of the College.

Privileges

Authors whose papers are shortlisted for presentation shall be accorded the following privileges:

- 1. Complimentary registration
- 2. Hotel accommodation for the duration of the conference (for those outside Sabah)
- 3. Travel expenses (for those outside Sabah)

Social Programme

OPENING CEREMONY

20 March 2008 (Thursday) 0830 - 1030 hrs

The Opening Ceremony of the Congress will take place at the Ballroom, The Magellan Sutera, Sutera Harbour Resort.

CONGRESS BANQUET

21 March 2008 (Friday) 1930 - 2230 hrs

The Congress Banquet will be held at the Ballroom, The Magellan Sutera, Sutera Harbour Resort. The function is complimentary for all fully registered delegates and accompanying persons.

TOURS

21 March 2008 (Friday) 1330 - 1800 hrs

(for Registered Overseas Delegates only)
Local delegates can join the optional tours at their own cost.

CLOSING CEREMONY

22 March 2008 (Saturday) 1730 - 1800 hrs

The Closing Ceremony of the Congress will be held at the Ballroom, The Magellan Sutera, Sutera Harbour Resort.

Tour Information

OFFICIAL TOUR AGENT

Sea Quest Tours & Travel Sdn Bhd (257764-K)

1 Sutera Harbour Boulevard Sutera Harbour Resort Kota Kinabalu, Sabah, Malaysia

Tel: (6088) 248006, 230943, 230992

Fax: (6088) 230945

Email: info@seaquesttours.net Website: www.seaquesttours.net

Tours • 21 March 2008

For Registered Overseas Delegate only (Please select one only)

No	Tours	Duration
1	Kota Kinabalu City Tour & lunch in @mosphere	///1230/- 1700
2	Monsopiad Cultural Village & lunch	1215 - 1630
3	Manukan Island & lunch	1215 - 1700
4	Batik & Pottery & lunch in @mosphere	1230 - 1700

For information on optional pre and post-conference tours, please refer to:

Website: www.seaquesttours.net

Tour Information (Continued)

Tours for Registered Overseas Delegates

1 Kota Kinabalu City tour

1230 hrs

Depart from the lobby. Lunch is served at the @mosphere modern dining revolving Restaurant on the 18th floor of the Tun Mustapha Tower. Take in splendid views of the surrounding land and sea as you dine. Continue to Signal Hill, and from this vantage point, take in a birds'-eye view of the commercial center and the offshore islands. Photo-stop at the Atkinson Clock Tower and Likas City Mosque. Get to know Kota Kinabalu better by visiting the Sabah State Museum and its Heritage Village. This provides an insight into the culture and history of Sabah's indigenous peoples. Visit the Handicraft Centre and Dried Foods Market, and other shopping options. Return to your hotel by 1700 hrs. (lunch)

2 Monsopiad Cultural Village

1215 hrs

Depart from the lobby. Lunch is served in Lembah Impian. Continue to Monsopiad Cultural Village to learn of the history of ritualistic head-hunting among the tribes of North Borneo. The cultural showcase is about the great warrior Monsopiad, visit the House of Skulls to view some of his trophies. A cultural performance will display the traditional dances and costumes of the Kadazan-Dusun tribes. Visit the market in Penampang, see native products such as betelnut, rice-wine, gingers, yams and seasonal sago palm grubs. Herbs and roots are sold at this market for traditional medicine. Return to your hotel by 1630 hrs. (lunch)

3 Manukan Island

1215 hrs

Depart from the marina jetty for a boat cruise to Manukan Island in the Tunku Abdul Rahman Park. Enjoy a BBQ lunch by the beach for swimming and snorkeling. Free at leisure to take optional sea sports such as jetski, parasailing or banana boat. Return to Marina Jetty by 1700 hrs. (lunch)

4 Batik and Pottery

1230 hrs

Depart from the lobby. Lunch is served at the @mosphere modern dining revolving Restaurant on the 18th floor of the Tun Mustapha Tower. Take in splendid views of the surrounding land and sea as you dine. Two cottage industries are featured in this tour. Learn from the masters how to paint your own piece of batik, and after the wax is boiled away and the dye is fixed, you can take it with you. At the Pottery, try to "throw" a pot on a potters' wheel, and after your masterpiece is baked in the kiln for a day, you can take it with you too. Return to your hotel by 1700 hrs. (lunch)