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ACCOMMODATION

Accommodation in Borneo runs the gamut from international-standard hotels to rickety longhouses deep in the jungle. Naturally, in the bigger cities of the coasts, you'll have a wide range of choices. In smaller towns, on outlying islands, and in the hinterlands, you may be limited to very simple lodgings

BOOK YOUR STAY ONLINE

For more accommodation reviews and recommendations by Lonely Planet authors, check out the online booking service at www.lonelyplanet.com/hotels. You'll find the true, insider lowdown on the best places to stay. Reviews are thorough and independent. Best of all, you can book online.

indeed. Sabah and Sarawak have the best range of accommodation, particularly in the upper brackets. Kalimantan has fewer international-standard hotels and resorts. Brunei has the world's most expensive hotel, but beyond that, the range of accommodation is fairly limited.

In terms of cost, Borneo is good value. If you really want to stretch your money and don't mind simple accommodation, you can spend as little as US\$5 per night on accommodation in most places in Borneo, with the exception of Brunei, where you'll have to double that. Upper budget accommodation is also good value, at least compared to many other parts of the world, especially if you book online.

International-Standard Hotels

There are international-standard hotels in Kota Kinabalu, Labuan, Kuching and Bandar Seri Begawan, and hotels of near international standard in most of the other big cities of Borneo. These have all the mod-cons and amenities you'd expect. Booking online is the way to go at most of these places and you'll often get rates half or less than the rack rates – you can often get excellent rooms for less than US\$100 per night, sometimes half that.

Local Hotels

Small local hotels are the mainstay of budget travellers and backpackers across Borneo, and you can generally find a room in one of these places for between US\$10 and US\$15 per night. These simple places are usually run by locals of Chinese ancestry, but Muslim places also exist.

These hotels are generally fairly spartan: bare floors and just a bed, chair and table, wardrobe and sink. The showers and toilets are usually en suite, but may occasionally be down the hall. Your usual choices with these rooms are fan versus air-con and standard versus deluxe. It's often worth paying extra for a deluxe room, as these have often been refurbished recently and are sometimes *much* nicer than standard rooms for only a bit more money – it never hurts to ask if you can see a room.

PRACTICALITIES

- Electrical sockets are 220V AC; 50 Hz. Sarawak and Sabah (Malaysia) and Brunei use UK-style plugs with three square pins. Kalimantan (Indonesia) uses European-style plugs with two round prongs.
- Video recorders use the PAL system, also used in Australia, New Zealand, the UK and most of Europe.
- Brunei, Indonesia and Malaysia use the metric system.

One thing to look for in these local hotels is tile floors. Carpets do very poorly in the tropics and after only a year or two, they take on a dank fug that makes any room unpleasant.

Resorts

There are island and beach resorts of various classes along Borneo's coast and on its offshore islands. Sabah has several excellent seaside resorts right in Kota Kinabalu, as well as two more a short drive up the coast. In addition to these, there are resorts on several of Sabah's offshore islands like Pulau Mantanani, Pulau Manukan, Pulau Tiga, Layang Layang and off of Semporna. Sarawak's most famous resort area is the Santubong Peninsula, just north of Kuching, as well as a few beach resorts in Miri. Kalimantan has several seaside and island resorts along its coast, including the quaint island of Derawan.

Guesthouses & Backpackers

In the major tourist cities of Borneo you will find accommodation specifically designed for foreign travellers on a budget. These places are usually pretty similar, offering a choice of dorm beds or simple private rooms (usually with common bathrooms), a common area, an internet terminal or two, a basic kitchen and, if you're lucky, a rooftop garden for hanging out in the evening. Some of these places rent bicycles and conduct tours of local sights. Dorm rooms in places like these average about US\$5 per night and private rooms run around US\$12. Dorms are the better value here, since you can often get a much better private room in a cheap hotel for about the same price.

Longhouses

Longhouses are the traditional dwellings of the indigenous peoples of Borneo. These communal dwellings may contain up to 100 individual family 'apartments' built under one long roof. The most important area of a longhouse is the common veranda, which serves as a social area. These days there are two main types of longhouse: 'tourist longhouses' and 'authentic longhouses'. While a visit to a tourist longhouse is easily enough arranged it is unlikely to be of much interest. A visit to an authentic, living longhouse is likely to be of more interest. The best place to visit a longhouse is Sarawak or Kalimantan. For details, see boxed text, p32.

Camping

Camping is another good, cheap option in Borneo. Many of the national parks have official campgrounds and a few will permit camping in nondesignated sites once you are into the back country. There are also many lonely stretches of beach along the coast and on islands that are ideal for camping. If you do decide to camp in Borneo, a two-season tent with mosquito netting is ideal. As for sleeping bags, a summer-weight bag or just a bag liner will usually suffice, unless you intend to do some climbing (the mountains of Borneo get colder than you'd imagine).

ACTIVITIES

The name of the game in Borneo is adventure sports: trekking, mountain climbing, diving, snorkelling, river rafting, mountain biking and caving. For information on these sports, see the Borneo Outdoors chapter (p54). Apart from outdoor sports, you can also study the culture of Borneo's indigenous people at various longhouses in Kalimantan, Sabah and Sarawak. You can also study Malay cooking in cities like Kuching (p166).

BUSINESS HOURS

Government offices are usually open Monday to Friday from 8am to 4.15pm. Most close for lunch from 12.45 to 2pm, and on Friday the lunch break is from 12.15pm to 2.45pm for Friday prayers at the mosque. On Saturday the offices are open from 8am to 12.45pm.

Bank hours are generally 10am to 3pm on weekdays and 9.30am to 11.30am on Saturday. Shop hours are variable, although a good rule of thumb for small shops is that they're open

Monday to Saturday from 9am to 6pm. Major department stores, shopping malls, Chinese emporiums and some large stores are open from around 10am until 9pm or 10pm seven days a week.

Kopitiam or *kedai kopi* (Borneo's ubiquitous coffee-shop restaurants) that cater to the breakfast crowd will open very early, well before dawn, but close before lunch. Others (generally the newer ones) will only open later in the morning and stay open until 9pm or 10pm.

In smaller villages, opening hours are rarely set, and you may find a shop unexpectedly closed for a few hours in the afternoon. Don't worry, it'll reopen soon enough.

Bars usually open around dinnertime and close at around 2am.

CHILDREN

Children receive discounts for most attractions and transport at most places in Borneo. Chinese hotels are also a good bargain as they charge by the room rather than the number of people. However cots are not widely available in cheap accommodation. Public transport is comfortable and relatively well organised.

Baby formula and diapers are widely available in Borneo, as is baby food. However, it makes sense to stock up on these items before heading to remote destinations or islands.

Most of the activities in Sarawak are of the outdoors-adventure kind, so if you have a child who prefers shopping malls or television games, they might get bored very quickly. Of course, children who love the outdoors or are inquisitive about their environment and different cultures will have an absolute blast.

CLIMATE CHARTS

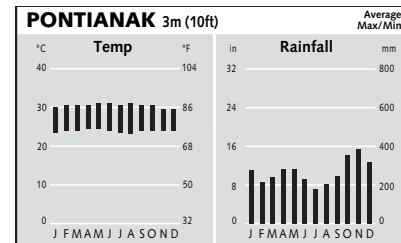
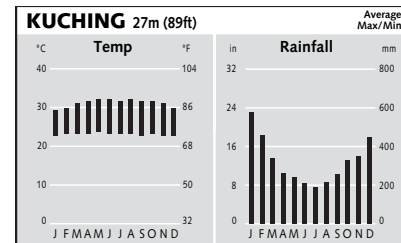
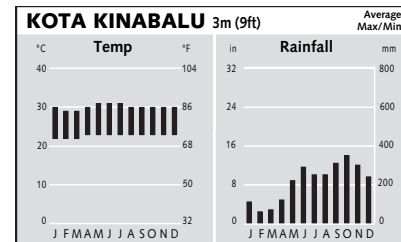
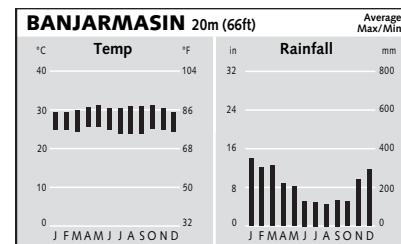
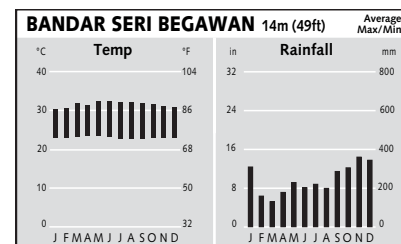
For more information on when to visit Borneo, see Getting Started (p13).

COURSES

Sarawak cooking courses are available in Kuching (p166). In addition, when you stay at a longhouse in Sarawak or Kalimantan, you may have a chance to study local crafts in an informal way.

DANGERS & ANNOYANCES

Borneo is a safe and relatively easy place in which to travel. Brunei is on par with Japan in terms of safety, and Sabah is not far behind, with little to worry about beyond the occasional



opportunistic crime. Most of Sarawak is also very safe for travellers, although towns like Sibul do have a few dodgy areas. Kalimantan is, for the most part, quite safe as well, but there are a few unsafe areas in parts of the bigger cities. As with anywhere else in the world, use your common sense: if a place looks dangerous, it probably is. Never let Borneo's generally laid-back attitude and safe appearance lull you into a false sense of security.

Theft

Purse snatching is relatively common in Kalimantan, Sarawak and Sabah. Usually, a couple of guys ride up to a pedestrian on a (usually stolen) motorcycle and the pillion rider makes the grab. The crime occurs more often on ostentatious locals sporting lots of bling rather than tourists. The greater danger is that the grab causes the victim to fall, causing injury.

Opportunistic crimes can also occur on beaches, in guesthouses and in restaurants and bars. As usual, it pays to take good care of your valuables and to put them in hotel safety deposit boxes when possible.

Violence

While Borneo is generally very safe for travellers of both sexes, physical attacks have been known to occur, particularly after hours and in dangerous neighbourhoods. In small logging camps and villages across Borneo, things can get dodgy when alcohol enters the picture.

The Natural World

Redmond O'Hanlon observed in his book *Into the Heart of Borneo* that, given all the nasty creatures to be found in Borneo, the ideal outfit would be a rubber suit with a pair of steel waders. Fortunately, Mr O'Hanlon was being dramatic. Sure, there are plenty of things that can kill you in Borneo, but if you use a little common sense and take the normal precautions, there is not much to worry about.

There are several species of poisonous snake in Borneo, including the king cobra, so it pays to watch the trail ahead of you and not to put your hand in places you can't see. Malaria and dengue fever are known to occur; for details see p313. There are several dangers on coral reefs, including cone shells, which is another reason never to walk on or touch a coral reef.

Crocodiles are a very real danger in Borneo, and you should exercise caution swimming in rivers even very far inland, and never swim near river mouths. Also, take great care (or simply avoid) walking in marshy areas near the coast or along estuaries. If you swim in the ocean, do it far from river mouths and in clear water.

And, no discussion of dangers and annoyances in Borneo would be complete without a mention of leeches. Fortunately, these fall squarely into the category of annoyances rather than dangers. Yes, leeches are horrible, unpleasant and can make your life hell, but they can't really hurt you beyond drawing a little blood. For more on leeches, see the boxed text p67.

EMBASSIES & CONSULATES Embassies & Consulates in Borneo

EMBASSIES IN BRUNEI

Australia (☎ 222-9435; www.bruneidarussalam.embassy.gov.au; Level 6, DAR Takaful IBB Utama, Jln Pemanaha)

France (☎ 222-0960; www.ambafrance-bn.org; Complex Jl Sultan, Units 301-306, 51-55 Jln Sultan)

Germany (☎ 222-5547; www.bandar-seri-begawan.diplo.de/Vertretung/bandarseribegawan/en/Startseite.html; 2nd fl, Unit 2.01, Block A, Yayasan Sultan Haji Hassanalk Bolkihah Complex, Jln Pretty)

Malaysia (☎ 238-1095; www.kln.gov.my/perwakilan/seribegawan; 61 Simpang 336, Jln Kebangsaan)

New Zealand (☎ 03 2078-2533; www.nzembassy.com/home.cfm?c=23; Level 21, Menara IMC, 8 Jl Sultan Ismail, Kuala Lumpur 50250, Malaysia)

Philippines (☎ 224-1465; www.philippineembassybrunei.net; 17 Simpang 126, Km 2, Jln Tutong)

Singapore (☎ 226-2741; www.mfa.gov.sg/brunei; 8 Simpang 74, Jln Subok)

UK (☎ 222-2231; www.britishhighcommission.gov.uk/brunei; Unit 2.01, 2nd fl, Block D, Yayasan Sultan Haji Hassanalk Bolkihah Complex, Jln Pretty)

USA (☎ 222-0384; bandar.usembassy.gov/index.html; 3rd fl, Teck Guan Plaza, Jln Sultan)

CONSULATES IN KALIMANTAN

Malaysia (☎ 03-732986, 736061; www.kln.gov.my/perwakilan/pontianak; Jln Sultan Syahrir 21, Pontianak; ☎ 8am-4pm Mon-Fri)

CONSULATES IN SABAH

Australia (☎ 088-267-151; www.malaysia.embassy.gov.au; Suite 10.1, Level 10, Wisma Great Eastern Life, 65 Jln Gaya, Kota Kinabalu)

Indonesia Kota Kinabalu ☎ 88-218-600; indocon@indocan.po.my; Lorong Kemajuan, Karamunsing, Kota Kinabalu; Tawau ☎ 089-772-052, 752-969; Jln Tanjong Batu, Tawau

CONSULATES IN SARAWAK

Indonesia (☎ 082-421-734; 6th fl, Bangunan Binamas, Jln Padang, Kuching)

New Zealand (☎ 082-482-177; shazwi69@tm.net.my; Lot 8679, Section 64, Pending Commercial Centre, Kuching)

Embassies & Consulates in Kuala Lumpur

Australia (☎ 03-2146 5555; www.malaysia.embassy.gov.au; 6 Jln Yap Kwan Sweng)

Brunei (☎ 03-21612800; kualalumpur.malaysia@mfa.gov.bn; No 19-01 Tingkat 19, Menara Tan & Tan, Jln Tun Razak)

France (☎ 03-2053 5500; www.ambafrance-my.org; 192 Jln Ampang)

Indonesia (☎ 03-2116 4000; www.kbrikl.org.my; 233 Jln Tun Razak)

New Zealand (☎ 03-2078 2533; www.nzembassy.com/home.cfm?c=23; Level 21, Menara IMC, Jln Sultan Ismail)

Philippines (☎ 03-2148 9989; www.philembassykl.org.my; 1 Changkat Kia Peng)

Singapore (☎ 03-2161 6277; www.mfa.gov.sg/kl; 209 Jln Tun Razak)

Thailand (☎ 03-2148 8222; www.mfa.go.th/web/1830.php?depcode=23000100; 206 Jln Ampang)

UK (☎ 03-2170 2200; www.britain.org.my; 185 Jln Ampang)

USA (☎ 03-2168 5000; malaysia.usembassy.gov; 376 Jln Tun Razak)

Embassies & Consulates in Jakarta

Australia (☎ 021-2550 5555; www.indonesia.embassy.gov.au; Jln HR Rasuna Said Kav C 15-16)

Brunei (☎ 021-3190-6080; www.mfa.gov.bn/overseas_missions/indonesia.htm; Jln Teuku Umar No 9 Menteng)

France (☎ 021-2355 7600; www.ambafrance-id.org; Jln MH Thamrin No 20)

Germany (☎ 021-3985 5000; www.jakarta.diplo.de/Vertretung/jakarta/en/Startseite.html; Jln MH Thamrin 1)

New Zealand (☎ 021-570 9460; www.nzembassy.com/home.cfm?c=41; BRI II Bldg, 23rd fl, Jln Jend Sudirman Kav 44-46)

UK (☎ 021-315 6264; www.britain.or.id; Jln M H Thamrin 75)

USA (☎ 021-3435 9000; www.usembassyjakarta.org; Jln Merdeka Selatan 4-5)

Borneo Embassies Abroad

BRUNEI EMBASSIES ABROAD

Australia (☎ 02-6285 4500; bruneihc@netspeed.com.au; 10 Beale Cres, Deakin, ACT 2600)

France (☎ 01 53 64 67 60; paris.france@mfa.gov.bn; 7 Rue de Presbourg, Paris 75116017)

Germany (☎ 030-206 07 600; berlin@brunei-embassy.de; Kronenstrasse 55-58, Berlin 10117)

UK (☎ 020-7581-0521; london.uk@mfa.gov.bn; 19 Belgrave Sq, London SW1X 8PG)

USA (☎ 202-237 1838; www.bruneieembassy.org; 3520 International Court, Washington DC 20008)

INDONESIAN EMBASSIES ABROAD

Australia (☎ 0-6250 8600; www.kbri-canberra.org.au; 8 Darwin Ave, Yarralumla, Canberra ACT 2600)

France (☎ 01 45 03 07 60; www.amb-indonesie.fr; 47-49 Rue Cortambert, Paris 75116)

Germany (☎ 030-478070; www.indonesian-embassy.de; Lehrter St 16-17, Berlin 10577)

New Zealand (☎ 04-4758 697; www.indonesianembassy.org.nz; 70 Glen Rd, Kelburn, Wellington)

Philippines (☎ 02-892 5061; www.kbrimanila.org.ph; 185 Salcedo St, Legaspi Village, Makati, Manila 1200)

Singapore (☎ 6737 7422; www.kbrisingapura.com; 7 Chatsworth Rd, Singapore 249761)

Thailand (☎ 02-252 3135; www.kbri-bangkok.com; 600-602 Petchburi Rd, Ratchateui, Bangkok 10400)

UK (☎ 020-7499 7661; www.indonesianembassy.org.uk; 38 Grosvenor Sq, London W1K2ZH)

USA (☎ 202-775 5365; www.embassyofindonesia.org; 2020 Massachusetts Ave NW, Washington, DC 20036)

MALAYSIAN EMBASSIES ABROAD

Australia (☎ 02-6273 1543; malcanberra@netspeed.com.au; 7 Perth Ave, Yarralumla, Canberra ACT 2600)

France (☎ 01 45 53 11 85; malparis@kln.gov.my; 2, bis rue Benouville, Paris 75116)

Germany (☎ 030-88 57 49 0; mwberlin@malemb.de; Klingelhoferstr. 6, Berlin 10785)

New Zealand (☎ 04-385 2439; mwwelton@xtra.co.nz; 10 Washington Ave, Brooklyn, Wellington)

Philippines (☎ 02-864 0761; malmanila@kln.gov.my; 10th & 11th Floor, World Center Bldg, No 330, Sen. Gil Puyat Ave, Makati City 1200, Manila)

Singapore (☎ 6235 0111; mwspore@singnet.com.sg; 301 Jervois Rd, Singapore 249077)

Thailand (☎ 02-679 2190; malbangkok@kln.gov.my; 35 South Sathorn Rd, Bangkok 10120)

UK (☎ 020-7235 8033; mwlon@btconnect.com; 45 Belgrave Sq, London SW1X 8QT)

USA (☎ 202-572 9700; malwashdc@kln.gov.my; 3516 International Court, NW, Washington, DC 20008)

FESTIVALS & EVENTS

This section lists major festivals and events that take place annually in Borneo. Needless to say, this list is not exhaustive; ask at local tourist offices or at your accommodation for details on small local festivals and events happening when you're in town. For details on national holidays in Brunei, Indonesia and Malaysia, see p295.

Borneo-Wide Festivals**JANUARY/FEBRUARY**

Chinese New Year Held in January or February depending on the Chinese lunar calendar. In the days leading up to the event, cities will usually have cultural events, but on the day itself, and a few days thereafter, Chinese-run businesses will close up shop for a few days. Chinese New Year's Eve is the occasion of the reunion dinner, and Chinese families will wait until midnight to greet the New Year with a raucous (and illegal) display of firecrackers and fireworks in front of their homes and businesses. Expect lots of food and sweets to be on sale too.

MARCH/APRIL

Easter Held on the first full moon after the vernal equinox. Easter is an important feast for Borneo's many practising Christians, including upriver longhouse communities. Services are held at Christian churches wherever there are sizable Christian communities.

VARIABLE

The Feast of Ramadan (Hari Raya Puasa) Held after the fasting month of Ramadan. On the morning of the feast day, Muslims will pray at the mosque and then visit the graves of departed loved ones. The next few days are spent visiting and receiving family and friends. During the month of Ramadan, special markets are set up selling special food for Muslims for the breaking of their fast at sunset. Since the Islamic calendar is 11 days shorter than the Gregorian calendar, the feast of Ramadan occurs progressively earlier every year. In 2008, it will be held in early October.

DECEMBER

Christmas Christmas, on 25 December, is celebrated by Borneo's Christians in a similar fashion to Christians elsewhere, although there's less emphasis on Santa and his reindeer.

Brunei

Brunei's Muslim majority celebrates the Muslim festivals mentioned above, while the Iban minority observes the same festivals as their counterparts in Sarawak.

Kalimantan**VARIABLE**

Robok-Robok To be held mid-January in 2009, moving two weeks earlier annually. This festival celebrates the founding of Pontianak's Mempawah kingdom with a royal yacht procession, dragon-boat races and terrestrial events.

VARIABLE

Equatorial Culture Festival Held around the vernal and autumnal equinoxes. With participation by Dayak, Chinese and Indonesian communities, this festival involves traditional dancing, singing and competitions.

SEPTEMBER

Erau Festival Held in Tenggarong in late September. This Dayak festival, though touristy, is a chance to see traditional dances and ritual ceremonies and join a vast intertribal party. The festival is usually held in late September for one to two weeks. Tourist offices in Tenggarong or Samarinda can provide upcoming dates.

Sabah & Sarawak

Malaysia has an interesting holiday and festival schedule owing to the heterogeneous nature of its population. Because of the roving nature of Ramadan according to the other calendars, sometimes, the feast of Ramadan can coincide with feast days of the other major ethnic groups, leading to extended holidays for everyone. Recently, when Hari Raya Puasa coincided with Deepavali, the local wits dubbed it Deepa Raya, while the last time it coincided with Chinese New Year, it was called Kongsi Raya (*kongsi* is Hokkien for 'to share'). Information on public events during these festivals can be gotten from the local tourist board.

JUNE

Gawai Dayak (Harvest Festival, 1 June) This is the annual harvest festival for the indigenous peoples of Sarawak (known collectively as Dayaks). It occurs on 1 June to coincide with the rice harvest. The actual date of 1 June was only agreed upon as a consensus date between the different Dayak tribes in the 1950s. During Gawai, members of the Dayak community visit each other in their homes and a lot of eating and *tuak* (rice wine) drinking is done. Many Dayak village communities will also hold community events such as village dances and beauty contests. Because the majority of Dayaks in Sarawak are now Christian, the old animist harvest traditions are fading into obscurity.

AUGUST

Hari Merdeka (National Day) This festival, held on 31 August, commemorates Malaysia's independence from Britain (the word *merdeka* means 'freedom'). There are usually parades and fireworks in major cities.

FOOD & DRINK

There are three main ethnic groups in Borneo: Indonesian-Malays, ethnic Chinese and indigenous peoples. In addition, there is a significant population of people of Indian descent. The food of Borneo perfectly reflects this ethnic mix. Outside the big cities, where you can find a fair bit of Western food, you'll usually be choosing between Malay/Indonesian food and Chinese food when you travel in Borneo.

Malay-Indonesian food typically involves rice dishes with a variety of vegetable and meat, fish, or vegetable dishes for accompaniment, often prepared like a curry. As you head out into the country, your choices will sometimes narrow to two dishes you will come to know very well if you spend any time in Borneo: *nasi goreng* (fried rice) and *mee goreng* (fried noodles).

Chinese dishes are centred on noodles and rice, with steamed buns and simple dim sum making occasional appearances. Chicken rice is a typical dish and it's usually very cheap and reasonably filling. Noodle dishes predominate at breakfast, and you can usually choose dry or in soup. Big cities have excellent Chinese seafood places where you can enjoy locally-caught seafood prepared in the Chinese way.

As you head into the interior and stay with indigenous peoples, you might get to sample some Borneo jungle foods, including deer, monkey, wild boar, river fish and jungle ferns. Needless to say, it will be a culinary adventure and a great story to tell to the folks back home.

While travelling in Borneo, you will probably eat at least half of your meals in Borneo's ubiquitous *kopitiam* or *kedai kopi* (coffee shop restaurants, the former being the Chinese rendering, the latter being the Bahasa rendering). For details on these places, see p41 and the boxed text, p39.

GAY & LESBIAN TRAVELLERS

Homosexuality is a crime in Malaysia, and there's a 'Morality Police Force' going around supposedly investigating incidents of homosexuality in the populace. Apparently they target gay men much more than lesbians. Malaysia is still by and large a socially conservative society and 'out' behaviour is looked upon disapprovingly; we strongly suggest some discretion. Brunei, being an even more devoutly Muslim country, has a much sterner outlook. Homosexuality is not a crime in Indonesia (Kalimantan), but the state is fairly conservative in these matters, so obviously 'out' behaviour is also not a good idea.

**HOLIDAYS
Brunei**

Brunei National Day 23 February
Hari Raya Aidiladha February/March
Muslim New Year (Hizrah) Variable

Royal Brunei Armed Forces Day 31 May
Prophet's Birthday Variable.
Sultan of Brunei's Birthday 15 July
Hari Raya Aidilfitri Variable.

Kalimantan

New Year's Day Celebrated on 1 January.
Muharram (Islamic New Year) Usually late January.
Imlek (Chinese New Year) National holiday from late January to early February.

Good Friday Late March or early April
Paskah (Easter) Late March or early April
Maulud Nabi Muhammed (Birthday of the Prophet Muhammed) Celebrated on one day between late March and early May.

Hari Proklamasi Kemerdekaan (Independence Day) 17 August

Isra Miraj Nabi Muhammed (Celebration of the Ascension of the Prophet Muhammed) Held on one day between late August and mid-September.

Idui Adha Muslim Festival held between December and January.

Hari Natal (Christmas Day) Celebrated on 25 December.

Sabah & Sarawak

New Year's Day 1 January

Awal Muharram Varies but currently in January.

Chinese New Year Varies between January and February.

Federal Territory Day (only in Labuan) 1 February

Prophet's Birthday Varies but currently in March.

Good Friday Varies between March and May.

Labour Day 1 May

Wesak Day Around May

Harvest Festival (Sabah only) 30 and 31 May

Gawai Dayak (Sarawak only) 1 and 2 June

Birthday of SPB Yang di-Pertuan Agong 3 June

National Day 31 August

Birthday of the Sarawak Chief Minister (Sarawak only) 9 September

Birthday of the Sabah Chief Minister (Sabah only) 16 September

Deepavali (Not in Sarawak and Labuan) Around October

Hari Raya Puasa Varies but currently in October.

Christmas 25 December

INSURANCE

Do not travel without travel insurance. Check the fine print of a policy to see if it excludes dangerous activities like diving, mountain climbing, caving etc. If you plan on doing these things in Borneo, you'll want a policy that covers these things. Note that if you want to visit Sabah's Maliau Basin Conservation Area (p154), your plan will have to cover helicopter evacuation.

INTERNET ACCESS

Borneo, despite its image as a wild and remote place, is pretty well wired these days. Internet cafés can be found in the main towns and cities of the coast and, increasingly, even in the smaller towns of the interior. Access is usually quite cheap, averaging around US\$1.50 per hour.

Many Western-style coffee shops (such as Coffee Bean & Tea Leaf and Starbucks) offer free wi-fi access to customers, as do most top-end hotels and a few midrange ones. Backpackers and guesthouses usually have at least one terminal for the use of guests, sometimes for a nominal charge.

Keep in mind that there are plenty of places in Borneo where you can't get internet access of any sort, including several of the offshore islands and huge sections of the interior. If you've got urgent online activity, you'll have to get it done before heading off the map.

LEGAL MATTERS

Drug possession, smuggling or dealing is punishable by death in Brunei and Malaysia, and by harsh penalties in Kalimantan. Illegal gambling and possession of pornography are also punishable by severe penalties in these countries. It is illegal to work without a proper working visa in these countries. Finally, the sale of alcohol is illegal in Brunei and you can only import 12 cans of beer or two bottles of spirits.

MAPS

Getting a hold of accurate and up-to-date maps of Borneo is a real problem, since they often don't exist or are not available to the public. Malaysia still keeps most of their maps classified as a holdover from the Konfrontasi with Indonesia, which happened in the 1960s! Brunei doesn't officially release any of its maps to non-Bruneians and accurate maps of Kalimantan are simply impossible to get.

Periplus publishes *Sabah & Kota Kinabalu* (1:800,000), which is the best map available of Sabah and Kota Kinabalu and should be sufficient to give you the general lay of the land. They also publish *Sarawak* (1:1,000,000), which is the best available map of Sarawak and Kuching. Periplus does not publish a Kalimantan map, so you'll have to do with their Indonesia map if you want something beyond the maps in this book. Likewise, there is no commercially produced map of Brunei.

Drivers may find the lack of detailed maps frustrating, but you can usually make your way around at least Sabah and Sarawak using the Periplus maps mentioned above.

Google Earth is a very useful resource for planning travel in Borneo and it's particularly useful for showing extents of jungle cover, for those planning a trek into the sticks. It also shows river networks and road networks fairly well, particularly in coastal Sabah. Google Earth has very accurate and clear images of Kuching, Kota Kinabalu, Labuan, Pontianak and Bandar Seri Begawan. Indeed, for Brunei, Google Earth is easily the best supplement to the maps in this book.

MEDIA

There are English-language newspapers of varying quality in Brunei, Kalimantan, Sabah and Sarawak. International papers and magazines are available in the bigger cities like Kota Kinabalu, Kuching and Pontianak. Around Kota Kinabalu and Kuching, you can get English-language radio stations, beamed over from Peninsular Malaysia. Once you head into the hinterlands, you probably won't pick up anything of any language without a shortwave radio. Television stations from Jakarta or Kuala Lumpur, with occasional English-language content, can be seen on televisions in hotels around Borneo. Finally, in the first-class hotels around Borneo you can usually get CNN, BBC, Star and other satellite programming.

MONEY Brunei

The official currency is the Brunei dollar (B\$), but Singapore dollars are exchanged at an equal rate and can be used (so don't be surprised if you get Singapore dollars as change – there is no need to raise a fuss).

Banks in the region are efficient and there are plenty of moneychangers. For cashing travellers cheques, banks usually charge around 3% and will only change a maximum of US\$200, whereas moneychangers have no charges (theoretically there should be no limit for moneychangers but travellers may have problems with larger amounts).

Kalimantan

The unit of currency used in Indonesia is the rupiah (Rp). Denominations of 25, 50, 100 and 500 rupiah are in circulation in both the old silver-coloured coins and the newer

bronze-coloured coins. A 1000Rp coin is also minted but rarely seen, and the 25Rp coin has almost vanished. Notes come in 500, 1000, 5000, 10,000, 20,000, 50,000 and 100,000 rupiah denominations.

Sabah & Sarawak

Malaysia's currency is the ringgit (RM or MYR), which is subdivided into 100 sen. Denominations of notes are RM1, RM5, RM10, RM50 and RM100. Coins are denominated into 1 sen, 5 sen, 10 sen, 20 sen and 50 sen pieces.

Malaysians sometimes refer to the ringgit as a dollar, which can be confusing. You can be sure that, unless they are specifically talking about a foreign currency, when they say 'dollar', they mean 'ringgit'.

POST Brunei

Post offices open from 8am to 4.30pm Monday to Thursday and Saturday (8am to 11am and 2pm to 4pm Friday; closed Sunday).

Letters (up to 10g) cost 75c to send to Australia and New Zealand, 90c to the UK, and B\$1.20 to the USA and Canada. An airmail postcard to Malaysia and Singapore is 20c; to most other places in Southeast Asia it's 35c; to the Pacific, Europe, Africa and Australia it's 50c; and to the Americas it's 60c. Aerograms are 45c regardless of destination.

Kalimantan

Post restante is reasonably efficient in Indonesia. Expected mail always seems to arrive at its destination – eventually. Have your letters addressed to you with your surname in underlined capitals, but check for your mail under both your first and family names.

Mail delivered to Australia or the USA usually takes around 10 to 15 days; to Europe it takes up to three weeks. A postcard/letter to the USA costs 5000/10,000Rp; to Australia 7500/15,000Rp; and to the UK 8000/18,000Rp. For anything over 20g, the charge is based on weight. Sending large parcels can be quite expensive. Those weighing a maximum of 7kg can be sent by airmail, or by cheaper sea mail if they weigh up to 10kg.

Sabah & Sarawak

POS Malaysia Berhad (www.pos.com.my) runs an efficient postal system. Post offices are open Monday to Saturday from 8am to 5pm, and are closed on Sundays and public holidays.

Aerograms and postcards cost 50 sen to send to any destination. Letters weighing 20g and under cost 90 sen to nearby Asian countries, RM1.40 to more distant Asian countries, Australia and NZ, RM1.50 to the UK and Europe and RM1.80 to North and South America. Parcel rates vary between RM20 and RM60 per kilo, depending on the destination.

Main post offices in larger cities like Kota Kinabalu and Kuching stock packaging materials and stationery.

SHOPPING

Most large cities will have everything you need, from toiletries and other necessities, to consumer electronics, although the choice may not be as wide as in the large metropolises in Southeast Asia. Bargaining should only be attempted at outdoor markets and in some family-run shops.

Most tourists to Borneo will be looking for bargains in batiks and handicrafts. There should be a wide variety to choose from. Most large cities will have a 'tourist' district with a concentration of shops catering to those interested in the craft market, and there are even items on sale in the longhouses that are part of the homestay circuit. More adventurous travellers might want to venture to weekend markets in search of something off the beaten track, although the chance of finding something truly unique is quite low.

The standard repertoire of handicrafts from Borneo are batik (most batik found in Malaysian Borneo actually originates from Indonesia), *puak kumbu* (traditional Dayak weaving), *songket* (traditional Malay weaving with gold thread), wooden sculpture, your usual collection of tourist-quality blowpipes and, in Kuching, chintzy cat paraphernalia.

The local arts scene has started to come into its own in recent years, with artists fusing local design and a modern sensibility. Ramsay Ong is well known in the Kuching arts scene, and there are charming new art galleries opening up, featuring other lesser names who have been waiting in the wings.

TELEPHONE

You'll be surprised how easy it is to make phone calls in Borneo. These days, due to the prevalence of mobile (cell) phone networks, many travellers opt to bring their own mobile phone to Borneo and buy a local prepaid SIM card (this is only possible if your phone is

BORNEO MOBILE-PHONE FREQUENCIES

- Brunei GSM900
- Indonesia (Kalimantan) GSM900/
GSM1800
- Malaysia (Sabah & Sarawak) GSM900/
GSM1800

not 'locked' – check before arrival). Another option is to buy a cheap mobile phone upon arrival. If you plan on spending a few weeks in the country and making a lot of reservations or social calls, this is probably the easiest way to go. For information on mobile-phone frequencies, see the boxed text above.

Brunei

DST (www.dst-group.com), Brunei's telephone company, runs a fairly efficient telephone service. Unlike Indonesia or Malaysia, SIM cards are not commonly available. The only place to buy one is at the main DST office in BSB (see p222).

Brunei's country code is ☎ 673. From inside Brunei, the international access code is ☎ 00. Within Brunei, there are no area codes.

Due to the prevalence of foreign workers in Brunei, there are many shops in downtown BSB where you can make cheap international phone calls. These places are the easiest and cheapest ways to call overseas. Otherwise, Hallo Kad and JTB are the most common types of phonedcards. They're available from some retail shops in BSB. These can be used in phone booths to make international calls.

Kalimantan

The country code for Indonesia is ☎ 62. When calling Indonesia from overseas, dial ☎ 62, then the area code (minus the first zero), then the number you want to reach.

Telkom, the government telecommunications agency (*wartel*), is the cheapest place to make international and long-distance (*inter-lokal*) phone calls. They are usually open 24 hours, provide Home Country Direct phones and permit collect calls. Private *wartel* are more convenient but slightly more expensive and may not offer a collect call service. When calling home, dial ☎ 001 plus the country code and the area code, minus the initial

zero if it has one, followed by the rest of the number. Midrange and top-end hotels have International Direct Dialing on room phones but are more expensive than the *wartels*. Long distance calls within Indonesia are priced according to zones and charges rise with distance. Include the area code when dialling out of a province.

Public phones or mobile phones are both convenient for travellers. Most public phones use magnetic *kartu telepon* (phonedcards), while newer phones require *kartu chip* with embedded computer chips. Card denominations range from 5000Rp to 100,000Rp and are available widely. International calls cost about the same as from *wartel* phones.

While some travellers may opt to use international roaming with their own mobile phones in Indonesia, buying a local SIM card from one of the big GSM (global) networks and calling with a local number is much cheaper for local calls. Telkomsel and Excelcomindo have the most extensive networks and Telkomsel's simPATI cards are readily available (many Fuji photoshops stock them).

Sabah & Sarawak

The country code for Malaysia is ☎ 60. When calling Malaysia from overseas, dial ☎ 60, then the area code (minus the first zero), then the number you want to reach.

International direct dial (IDD) calls and operator-assisted calls can be made from any private phone. The access code for making international calls is ☎ 00. Call ☎ 108 for the international operator and ☎ 103 for directory inquiries.

The easiest way to call overseas is to buy an international phone card from a convenience store like 7-11, or newsagents. Otherwise, you can make calls from travel agents, guesthouses, hotels, internet cafés and some small businesses that advertise the service.

TIME

Sabah, Sarawak and Brunei are all UTC +8. Thus, Sabah, Sarawak and Brunei are all eight hours ahead of London, 16 hours ahead of US Pacific Standard Time, 13 hours ahead of US Eastern Standard Time and two hours behind Australian Eastern Standard Time.

Kalimantan is divided into two times zones: Indonesian Western Standard Time (UTC +7), which is observed in West and Central

Kalimantan; and Indonesian Central Standard Time (UTC+8), which is observed in East and South Kalimantan.

TOILETS

You'll find a lot of squat style ('Turkish') toilets in Borneo, particularly in public places, while Western-style seated toilets are more common in hotels and guesthouses. Public toilets can be a bit of an adventure. The floors are usually inexplicably flooded with water and the lighting poor, while some spectacular odours lurk in the dark. It is common to find broken cisterns; in this case, there will usually be a large tub of water and a plastic bucket with which you are expected to use as a flushing mechanism by pouring water into the toilet yourself.

Toilet paper will usually not be available so keep a small stash handy in your pocket. In major malls, expect to fork over a 20 sen fee to use the facilities, although don't expect much more in cleanliness for what you pay for. You can pay extra to buy some tissues. In urban areas, it is generally safe to discard used toilet paper into the bowl without causing a disaster unless otherwise stated. This is not so in rural bogs; if there is a wastepaper basket, discard your toilet paper there.

TOURIST INFORMATION

Brunei

Brunei's national tourist body, **Brunei Tourism** (www.tourismbrunei.com), has a useful website, with a host of useful pages under the Visitor Info section of the site. Unfortunately, it doesn't maintain a tourist information office in downtown BSB or at the airport. In fact, there is no tourist information office in BSB, which means that you will have to use hotel desks, travel agencies and anyone else you can collar for a chat as a de facto tourist information office.

Kalimantan

Indonesia's national tourist organisation, the **Directorate General of Tourism** (www.budpar.go.id), maintains a relatively unhelpful website on tourism in Indonesia. This organisation is not the place to have specific questions answered or to plan your trip.

There are local tourist offices in many of Kalimantan's bigger cities, ranging from very helpful to well meaning but hopeless. Where these offices exist, we list them under

the Information heading in each destination chapter. As in other parts of Borneo, your best source of information is often accommodation owners, travel agents and other travellers.

Sabah & Sarawak

Malaysia's national tourist body, **Tourism Malaysia** (<http://travel.tourism.gov.my>), is of limited use to travellers. Its offices both inside and outside Malaysia are long on brochures and short on hard, practical information. Tourism Malaysia and state tourism offices are listed in the destination chapters where there are representatives.

Most cities in Sabah and Sarawak have local tourist information offices where you can often get better, more reliable and up-to-date information. Where these exist, we list them under the Information headings in the destination chapters.

TRAVELLERS WITH DISABILITIES

Borneo has have a long way to go in this regard. Most buildings, public transport, and tourist destinations are not wheelchair accessible, and, in fact, navigating Malaysian cities in a wheelchair can be a very trying experience, due to varying pavement heights and other infrastructure shortcomings. Most tour companies that operate tours into the interior also do not accommodate people with physical disabilities.

VISAS

Brunei

Visitors must have a valid passport, or an internationally recognised travel document valid for at least six months beyond the date of entry into Brunei.

For those travellers wishing to visit for up to 14 days, visas are not necessary for citizens of Belgium, Canada, Denmark, France, Indonesia, Italy, Japan, Luxembourg, the Netherlands, Norway, the Philippines, Poland, Spain, Sweden, Switzerland, Thailand and the Republic of the Maldives. Austrian, British, German, Malaysian, New Zealand, Singaporean and South Korean nationals do not require a visa for visits of 30 days or less. US citizens do not need a visa for visits of up to 90 days. Australian citizens entering by air can get 30-day visas on arrival for B\$30.

Israeli citizens are not permitted to enter Brunei. People of all other nationalities should obtain a visa before visiting Brunei.

Bruneian embassies overseas have been known to give incorrect advice, so you should double check information if in doubt. Visas can be renewed when in Brunei.

Transit passengers are issued a 72-hour visa at the airport, which is enough to see most of the sights, but ties you to travelling by air.

Kalimantan

Indonesia has three visa categories: visa free; visa on arrival (VOA); and visa in advance. Citizens of Brunei Darussalam, Chile, Hong Kong SAR, Macao SAR, Malaysia, Morocco, Peru, the Philippines, Singapore, Thailand and Vietnam do not require a visa for visits of up to 30 days.

Visas on arrival are available from recognised ports of entry in Indonesia. These include ferry ports to/from Sumatra: Penang–Medan, Penang–Belawan, Melaka–Dumai and Singapore–Batam/Bintan. Visas on arrival are not available at land border-crossings. There are two types: a seven-day (US\$10) and a 30-day (US\$25). These are nonextendable and travellers wishing to stay longer must apply for a visa before departure. At present, citizens of 34 nations are eligible for a VOA, including most developed Western countries. Indonesian visa requirements, however, are prone to wild fluctuations, so it is best to contact the Indonesian embassy in your home country for further information. See p292 for embassy and consulate contact information.

If you are not eligible for visa-free or VOA status, or you plan to arrive at a nonapproved port, you need to apply for a 30-day or 60-day visa in advance. Prices vary: check with your local embassy. The main crossings that require an advance visa include the road crossing at Entikong between Pontianak (Kalimantan) and Kuching (Sarawak), between Tarakan (Kalimantan) and Tawau (Sabah). Visas are not extendable and you may not be permitted to board a departure flight with an expired visa without resolving the issue at immigration first.

Proof of onward travel, such as a return or through ticket, is officially required when you arrive, but immigration officials often won't ask. If you don't have one, however, you may be forced to buy one on the spot. You may also be asked to show evidence of sufficient funds (US\$1000). Travellers cheques are

best and credit cards, while not guaranteed, work sometimes.

Sabah & Sarawak

Commonwealth citizens (except those from India, Bangladesh, Sri Lanka and Pakistan), and citizens of the Republic of Ireland, Switzerland, the Netherlands, San Marino and Liechtenstein do not require a visa to visit Malaysia.

Citizens of Austria, Belgium, Czech Republic, Denmark, Finland, Germany, Hungary, Iceland, Italy, Japan, Luxembourg, Norway, Slovak Republic, South Korea, Sweden, the USA and most Arab countries do not require a visa for a visit not exceeding three months.

Citizens of France, Greece, Poland, South Africa and many South American and African countries do not require a visa for a visit not exceeding one month. Most other nationalities are given a shorter stay period or require a visa. Citizens of Israel cannot enter Malaysia.

Nationalities of most countries are given a 30- or 60-day visa on arrival, depending on the expected length of stay. As a general rule, if you arrive by air you will be given 60 days automatically, though coming overland you may be given 30 days unless you specifically ask for a 60-day permit. It's then possible to get an extension at an immigration office in the country for a total stay of up to three months. This is a straightforward procedure which can easily be done in major Malaysian cities (immigration offices are listed in the text).

SARAWAK VISAS

Sarawak is semiautonomous and treated in some ways like a separate country. If you travel from Peninsular Malaysia or Sabah into Sarawak, your passport will be checked on arrival in Sarawak and a new stay permit issued, either for 30 days or for the same period as your original Malaysia entry visa. If you are travelling directly to Sarawak, you will usually be given a 30-day entry stamp on arrival. When you leave Sarawak, your passport will be checked and a departure stamp put in your passport. When you travel from Sarawak to Peninsular Malaysia or into Sabah, you do not start a new entry period, so your 30-day (or longer) permit from Sarawak remains valid.

WOMEN TRAVELLERS

Borneo is a relatively easy and pleasant place for women travellers. You might worry that, due to the fact that Indonesia, Malaysia and Brunei are Muslim countries, it might be necessary to wear headscarves and the like, or that you will suffer from a lot of harassment. Neither of these is case, although you should dress fairly conservatively and do cover up when visiting a mosque (robes and scarves are sometimes provided).

You will generally find that things feel and are much more open and liberal here

in Borneo than in, say, northeast Peninsular Malaysia.

Some women have reported being the object of catcalls and come-ons in Brunei, especially from passing motorists.

As with anywhere else, it pays to use common sense and caution. Do not get lulled into a false sense of security just because everyone seems so relaxed and easygoing. Solo hitchhiking is a bad idea anywhere, and Borneo is no exception. Do not walk alone at night if possible, lock the door to your hotel room and do not accept drinks or food from strangers.

Transport

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GETTING THERE & AWAY

The vast majority of travellers arrive in Borneo by air. Most fly from nearby Asian cities like Bangkok, Hong Kong, Kuala Lumpur or Singapore, but there are also flights to Borneo from Oceania, Europe and the Middle East. You can also reach Borneo by boat from Java (Indonesia) and the island of Mindanao, in the southern Philippines. See the airfares map on pp308-9.

BRUNEI

You can fly to Brunei from cities in Asia, the Middle East, Europe and Oceania. You can also arrive by boat from Sabah or bus/taxi from Sarawak.

Air

ASIA

Royal Brunei Airlines (www.bruneiair.com) Flights from Bangkok, Denpasar, Hong Kong, Jakarta, Kuala Lumpur, Manila, Shanghai and Surabaya to Bandar Seri Begawan (BSB).

Thai Airways international (www.thaiair.com) Has flights from Bangkok to BSB.

EUROPE

Royal Brunei Airlines (www.bruneiair.com) Has flights from Frankfurt and London to BSB.

OCEANIA

Royal Brunei Airlines (www.bruneiair.com) Has flights from Auckland, Brisbane, Darwin, Perth and Sydney to Bandar Seri Begawan.

PENINSULAR MALAYSIA/SINGAPORE

Malaysia Airlines (www.malaysiaairlines.com) Has flights from Kuala Lumpur to Bandar Seri Begawan.

Royal Brunei Airlines (www.bruneiair.com) Has flights from Kuala Lumpur and Singapore to Bandar Seri Begawan.

OTHER PARTS OF BORNEO

Royal Brunei Airlines (www.bruneiair.com) Has flights from Kota Kinabalu (Sabah) and Kuching (Sarawak) to Bandar Seri Begawan.

For more details see p227.

Boat

There are daily ferries from Kota Kinabalu (Sabah) to Pulau Labuan (Sabah), where you can catch onward ferries to Muara, the port of Bandar Seri Begawan. This trip, which can be done in one day, is an easy way to travel between Sabah and Brunei. For details, see p124.

Bus

There are road connections between Kuala Belait and Miri, in Sarawak (see p232). There are also road connections between Bandar Seri Begawan and Limbang, in Sarawak (see p227). For details on crossing between Brunei and the Limbang Division of Sarawak (and onward to Kota Kinabalu in

THINGS CHANGE...

The information in this chapter is particularly vulnerable to change. Check directly with the airline or a travel agent to make sure you understand how a fare (and ticket you may buy) works and be aware of the security requirements for international travel. Shop carefully. The details given in this chapter should be regarded as pointers and are not a substitute for your own careful, up-to-date research.

CLIMATE CHANGE & TRAVEL

Climate change is a serious threat to the ecosystems that humans rely upon, and air travel is the fastest-growing contributor to the problem. Lonely Planet regards travel, overall, as a global benefit, but believes we all have a responsibility to limit our personal impact on global warming.

Flying & Climate Change

Pretty much every form of motor travel generates CO₂ (the main cause of human-induced climate change) but planes are far and away the worst offenders, not just because of the sheer distances they allow us to travel, but because they release greenhouse gases high into the atmosphere. The statistics are frightening: two people taking a return flight between Europe and the US will contribute as much to climate change as an average household's gas and electricity consumption over a whole year.

Carbon Offset Schemes

Climatecare.org and other websites use 'carbon calculators' that allow jetsetters to offset the greenhouse gases they are responsible for with contributions to energy-saving projects and other climate-friendly initiatives in the developing world – including projects in India, Honduras, Kazakhstan and Uganda.

Lonely Planet, together with Rough Guides and other concerned partners in the travel industry, supports the carbon offset scheme run by climatecare.org. Lonely Planet offsets all of its staff and author travel.

For more information check out our website: lonelyplanet.com.

Sabah) see the Across Temburong by Land box text, p234.

KALIMANTAN

Kalimantan has fewer transport connections than Brunei or Sabah/Sarawak. Apart from one flight from neighbouring Sarawak, the only flights to Kalimantan originate from other parts of Indonesia (Java or Sulawesi). You can also reach Kalimantan by boat from Java, Sulawesi and Sabah, or by road from Sarawak.

Air

TO/FROM OTHER PARTS OF INDONESIA To/From Java

Adam Air (www.adamair.co.id) Has flights from Batam, Jakarta, Yogyakarta and Surabaya to Pontianak. They also fly from Batam, Jakarta, Yogyakarta, Semarang and Surabaya to Balikpapan.

Batavia (www.batavia-air.co.id/English) Flies from Jakarta, Surabaya, Yogyakarta and Semarang to Pontianak. They also fly from Jakarta, Surabaya and Yogyakarta to Balikpapan.

Garuda (www.garuda-indonesia.com) Has flights from Jakarta and Surabaya to Pontianak.

Sriwijaya (www.sriwijayaair-online.com) Has flights from Jakarta to Pontianak and Balikpapan.

To/From Sulawesi

Batavia (www.batavia-air.co.id/English) has flights from Makassar, Manado and Palu to Balikpapan.

For more details on air connections, see the Pontianak Getting There & Away section (p241) and the Balikpapan Getting There & Away section (p271).

TO/FROM OTHER PARTS OF BORNEO

Batavia (www.batavia-air.co.id/English) Has flights from Kuching (Sarawak) to Pontianak.

Boat

TO/FROM INDONESIA Java

Pelni (www.pelni.co.id) Has routes that include: Tanjung Priok (Jakarta) to Pontianak; Semarang (Java) to Pontianak and Balikpapan; Surabaya (Java) to Pontianak and Balikpapan; Makassar (Sulawesi) to Balikpapan.

Titian Kapuas (☎ 731187; Jln Usin 3, Pontianak) Has ferries from Semarang and Jakarta to Pontianak.

To/From Sulawesi

Pelni (www.pelni.co.id) Has a route between Makassar (Sulawesi) and Balikpapan.

Prima Vista (☎ 732607; Jln Sudirman 138, Balikpapan) Has ferries between Balikpapan and Pare Pare (Sulawesi), Makassar and Surabaya.

For more details on boat connections, see the Pontianak Getting There & Away section (p241) and the Balikpapan Getting There & Away section (p271).

TO/FROM SABAH

There are boats from Tawau, in east Sabah, to Tarakan in northeast Kalimantan. For details, see p153.

Bus**FROM SARAWAK**

There are several daily buses from Kuching (Sarawak) to Pontianak. For details, see p171.

SABAH**Air****TO/FROM ASIA**

There are flights to Kota Kinabalu from the following Asian cities: Cebu and Manila (Philippines); Guangzhou, Hong Kong and Macau (China); Kaohsiung and Taipei (Taiwan); Seoul/Incheon (Korea); Singapore; and Tokyo (Japan).

TO/FROM PENINSULAR MALAYSIA & SINGAPORE

There are flights to Kota Kinabalu from the following cities in West Malaysia: Kuala Lumpur, Kuala Terengganu, Kuantan, Penang and Johor Bahru (note that it's usually much cheaper to fly to/from Johor Bahru than Kuala Lumpur, so consider taking a bus to/from Johor Bahru). There are also flights from Singapore.

TO/FROM OTHER PARTS OF BORNEO

There are also flights to/from the following cities in Borneo: Bandar Seri Begawan, Bintulu, Kuching, Miri, and Sibü (all in Sarawak).

For details, see p100.

Boat**BRUNEI**

There are boats from Muara (the port of Bandar Seri Begawan) to Pulau Labuan (Sabah), where you can catch a boat to Kota Kinabalu. Due to the difficulty of the overland route from Brunei to Sabah, this is the best way to move from Brunei to Kota Kinabalu (unless you prefer to fly). For details, see p124.

SARAWAK

There are boats from Limbang and Lawas, both in northern Sarawak, to Pulau Labuan (Sabah), where you can catch a boat to Kota Kinabalu. Due to the difficulty of the overland route across the Limbang Division of Sarawak to Sabah, this is the best way to move from Brunei or Limbang to Kota Kinabalu (unless you fly). For details, see p124.

KALIMANTAN

There are boats from Nunukan/Tarakan in Kalimantan to Tawau, in east Sabah. For details, see p153.

THE PHILIPPINES

There are boats from Zamboanga, on the island of Mindanao in the southern Philippines, to Sandakan, in east Sabah. For details, see p138.

Bus

There are road connections between Lawas, in Sarawak's northern Limbang Division and Sipitang, in far southwest Sabah (with daily buses going the whole way north to Kota Kinabalu from Lawas). For details, see p121.

SARAWAK

Many travellers enter Kuching by air from either Peninsular Malaysia or Singapore or Kota Kinabalu, in Sabah, but you can also come overland from Bandar Seri Begawan in Brunei, or from Kota Kinabalu or Sipitang (Sabah) to Lawas.

Air**TO/FROM ASIA**

There are flights from Guangzhou and Hong Kong to Kuching.

TO/FROM PENINSULAR MALAYSIA & SINGAPORE

There are flights from Johor Bahru, Kuala Lumpur, Penang and Singapore to Kuching. There are also flights from Kuala Lumpur to Bintulu, Miri and Sibü.

TO/FROM OTHER PARTS OF BORNEO

There are flights from Bandar Seri Begawan and Kota Kinabalu to Kuching. There are also flights from Kota Kinabalu to Bintulu, Miri and Sibü.

For details, see the Getting There & Away sections of Kuching (p171), Bintulu (p196), Miri (p204) and Sibü (p185).

Boat

There are speedboats from Bandar Seri Begawan, in Brunei to Limbang, in far northern Sarawak; for details, see p227. There are also speedboats from Pulau Labuan (Sabah) to Limbang and Lawas (both in far northern Sarawak); for further details see p124.

BORNEO BORDER CROSSINGS

Travelling between the three countries of Borneo is relatively easy, but you may be surprised to find that there are no legal border crossings in the middle of the island. Instead, all the land crossings are located near the coast. In addition to these, it's possible to travel between the three countries of Borneo by boat along the coast of the island.

Note that some travellers have reported successfully crossing from Sarawak (Malaysia) into Kalimantan (Indonesia) and back in at the Kelabit Highlands, but this is not an official crossing and you risk trouble by attempting this crossing without prior permission from the relevant authorities. Note the following abbreviations: B (Brunei), M (Malaysia), I (Indonesia).

Sabah–Sarawak

There are boats between Pulau Labuan (M), in Sabah, and Limbang (M) and Lawas (M), both in the Limbang District of northern Sarawak. For details, see p124.

Sabah–Brunei

There are boats between Pulau Labuan (M), in Sabah, and Muara (B), the port of Bandar Seri Begawan. Due to the difficulty of the overland route between Sabah and Brunei, this is the best way to travel between Sabah and Brunei (unless you prefer to fly). For details, see p124.

Sabah–Kalimantan

There are boats between Tawau (M), in east Sabah, and Tarakan (I), in northeast Kalimantan. For details, see p153.

Brunei–Sarawak

There are road connections between Kuala Belait (B), in southwest Brunei, and Miri (M), in northeast Sarawak (see p232). There are road connections between Bandar Seri Begawan and Limbang (M), in the Limbang Division of Sarawak (see p227). There are also road connections between Bangar (B), in the Temburong District of Brunei, and Lawas (M), in the Limbang Division of Sarawak (and onward to Kota Kinabalu in Sabah: see the Across Temburong by Land box, p234).

Sarawak–Kalimantan

There are several daily buses between Kuching (M), in southwest Sarawak, and Pontianak (I), in far western Kalimantan, crossing at the Tebedu–Entikong crossing. For details, see p171.

Bus

There are daily express buses from Pontianak (Kalimantan) to Kuching; see p171. There are buses from Kuala Belait (Brunei) to Miri (see p232). There are buses from Kota Kinabalu (Sabah) to Lawas, in far northern Sarawak. For details, see p217.

GETTING AROUND**AIR**

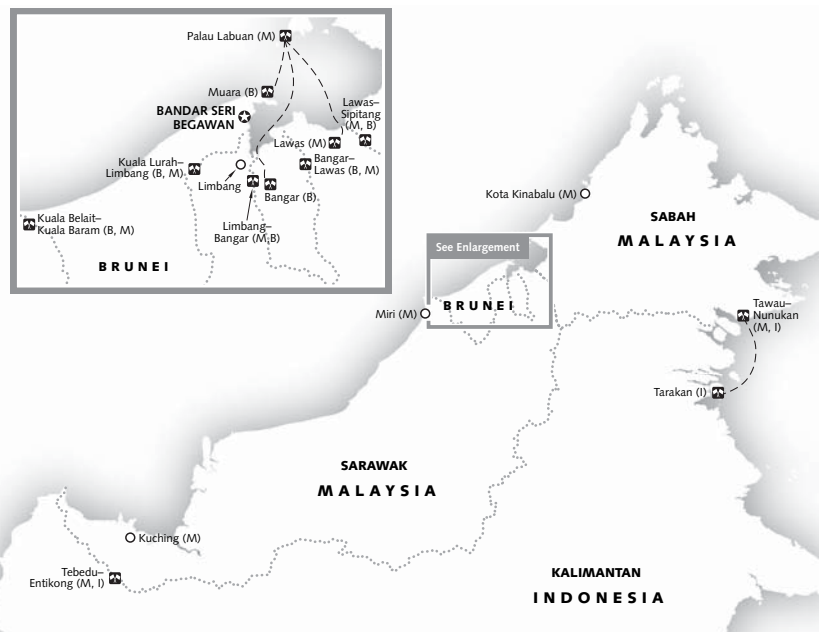
Borneo is covered by a surprisingly extensive network of flights and it's often remarkably cheap to fly around the island. Sometimes, flying is the only practical way to reach a particular destination, as is the case with isolated communities in Sarawak's Kelabit Highlands and the mountainous regions of northwest Kalimantan.

Jet plane, such as Boeing 737s, are usually used for longer flights, say between Kota Kinabalu (Sabah) and Kuching (Sarawak), while shorter flights usually involve smaller propeller planes such as DeHavilland Twin Otters.

Needless to say, there is something incredibly romantic and exciting about buzzing over the Borneo jungle in a light plane. Aerial sightseeing is one of the great highlights of flying around Borneo and few plane journeys will equal the thrill of the Miri (Sarawak) to Gunung Mulu National Park (Sarawak) route, which takes you right past the peak of Gunung Mulu and Batu Lawi.

In most cases, you can buy tickets on relatively short notice, but for a few destinations, including Gunung Mulu National Park, Bario and Ba Kelalan (all in Sarawak), you should buy tickets well in advance. A few of the airlines flying in Borneo have websites where you can

BORDER CROSSINGS



make online reservations, but, in most cases the best way to buy tickets is to go directly to a local travel agency after you arrive. Prices don't vary much between agents, so there's little to be gained by marching from one to another. See the airfares map on pp308-9.

Malaysian Borneo

Air travel within Malaysian Borneo (Sabah and Sarawak) is handled by **Malaysia Airlines** (MAS; ☎ inside Malaysia 1-300-883-000, outside Malaysia 03-515-555; www.malaysiaairlines.com) and **Air Asia** (☎ within Malaysia 03-8775-4000, outside Malaysia 03-8660-4343; www.airasia.com), with rural routes now being operated by **MASwings** (☎ within Malaysia 1-300-88-3000, outside Malaysia 03-7843-3000; www.maswings.com.my), an MAS subsidiary.

Kalimantan

Air travel within Kalimantan is handled by **IAT** (Indonesia Air Transport; ☎ inside Kalimantan 0561-736603, outside Indonesia 62-21-808-70666; www.iat.co.id), **DAS** (Dirgantara Air Service ☎ inside Kalimantan 0561-736407, outside Indonesia 62-0561-736407) and **Kal-Star** (☎ inside Kalimantan 0561-737473, outside Indonesia 62-0561-73747).

Intra Borneo

Batavia (www.batavia-air.co.id/English) has flights between Kuching, in Sarawak, and Pontianak, in Kalimantan.

Royal Brunei Airlines (www.bruneiair.com) flies between Bandar Seri Begawan, in Brunei, and Kuching, in Sarawak, and Kota Kinabalu, in Sabah.

Brunei

There are no commercial flights within Brunei.

BICYCLE

Borneo has a fairly extensive network of paved roads and a variety of roadside terrain, but it's unlikely that Borneo will take off as one of the world's great bike-touring destinations. Several factors contribute to making the island hard going for bike tourers. Few roads have shoulders and roads are crowded with logging trucks and other trucks, some of which drive very fast and rather erratically. Roads are in various states of disrepair, with long sections reverting to dirt or potholes, or under construction. Finally, of course, there's the tropi-

cal heat – Borneo lies right on the equator and the heat, humidity and sun can be merciless.

That said, there is limited scope for bicycle touring in parts of Sabah, especially in the Pegalan Valley (p124). Wherever you bicycle in Borneo, keep in mind that you're in the tropics and the sun can burn exposed skin in a matter of minutes. Likewise, bring plenty of water and take extreme caution with traffic: drivers are not used to seeing bicycles and will give you precious little leeway.

For details on mountain biking in Borneo, see the Mountain Biking section in the Borneo Outdoors chapter (p68).

BOAT

Until the advent of airplanes and 4WD vehicles, boats were the only practical way of covering long distances in Borneo, whether moving up and down the coast or heading into the interior. Boats still play a major role in Borneo transport and you'll almost certainly take a few journeys by boat as you explore the island. Craft run the gamut from large ocean-going ferries, complete with first-class sections and Hong Kong kung fu movies, to leaky dugout canoes propelled by handmade paddles.

Coastal Travel

Ferries and speedboats link various coastal cities and towns in Borneo and they're often the best way to cover a particular leg, sparing you from Borneo's sometimes bumpy or nonexistent roads. The Kota Kinabalu–Pulau Labuan–Muara (Bandar Seri Begawan) route is the best way to move between Sabah and Brunei. Likewise, the Kuching–Sibu ferry takes about half the time of the corresponding bus route. In Kalimantan, boats are the only practical way to get between certain points, like Berau and Tarakan.

Ferries usually cost between a third and a half of the corresponding flight fare. A good example is the Kuching–Sibu route, where the boat costs RM36, while the flight costs RM89. Ferries used on these routes tend to be fairly comfortable, although arctic air-con and the aforementioned kung fu movies can make you wish for an early arrival. Consider bringing a fleece to Borneo for such journeys; a pair of ear plugs may also come in handy.

River Travel

The quintessential Borneo experience is a trip upriver into the island's interior. Despite the

recent increase in 4WD logging roads and rural airstrips, rivers still serve as the main means of access to the interior. Sarawak's Batang Rejang is sometimes called 'The Amazon of Borneo' and a journey upriver is still romantic, despite the lack of intact forest en route. To the north, Sungai Baram is another highway into Sarawak's interior. Kalimantan also has two fantastic river routes into the interior: Sungai Kaupuas, which heads inland from Pontianak; and the mighty Sungai Makaham, which heads all the way inland to near the mountainous border with Sarawak.

On the wider downstream stretches of these rivers, cigar-shaped speedboats are the norm (often mistakenly believed to have been made from used airplane fuselages). These seat up to 60 people, with two cramped seats on either side of a long aisle. It's sometimes possible to sit on the roof of these things, but be warned: the wind will make you forget about the intensity of the sun and you can get a second-degree sunburn in no time.

As you head upriver, you may transfer to smaller boats that seat 10 or fewer and move at a snail's pace. These little craft call to mind the film *The African Queen*, and, despite their slow pace, are a very pleasant way to travel.

Further upstream, in the narrow tributaries, the only craft that can make any headway over the occasional rapids and around the snags are long dugout or plank canoes, powered either by outboard motors or paddles or poles.

Travel on regularly scheduled river boats is quite cheap. Travelling upriver from Sibu to Kapit along the Batang Rejang, for instance, costs around US\$8 for a second-class seat. Hiring boats and boatmen to take you up a distant tributary, à la Redmond O'Hanlon, can cost upwards of US\$100 per day, with fuel being the biggest expense.

BUS

Borneo's coastal cities are connected by a network of cheap, relatively comfortable and relatively safe buses. On longer runs between larger cities, buses are typical modern air-con coaches, while buses to villages around a city are sometimes closer to old-style school buses. Even on the proper coaches, maintenance on amenities such as seat cushions is usually overlooked, the focus being on keeping the aging hulks sputtering and on the road.

DRIVING IN BORNEO

Renting a car and driving yourself around Borneo is an excellent way to see the island, particularly in Sabah and Sarawak. It's easier to drive in Borneo than you might expect, but there are some peculiar features and dangers to look out for. These include:

- Sudden bumps with no warning sign: If you're carrying too much speed, you can suddenly find yourself airborne.
- Sudden end to pavement with no warning sign: Feel like a spot of unplanned off-road driving?
- Getting stuck behind logging trucks and other lumbering vehicles: This may be your most lasting memory of driving in Borneo. Passing these things on hills in a dilapidated old rental is at least as thrilling as climbing Mt Kinabalu.
- Dogs: You'll find them sleeping in the road or loitering beside the road; some are remarkably blasé about cars or they plainly have a death wish.
- Few divided highways: Most roads in Borneo are just two lanes, so you're almost always jockeying to pass.
- Rental cars with tiny engines: Many of the rental cars in Borneo seem to be outfitted with lawnmower engines; take them for a test drive and keep in mind that if you're driving across, say, Sabah, you'll need power to get you over the hills.
- Headlights? Why bother? Most drivers don't use headlights in the rain and seem surprised if you do, often flashing you.
- AWAS: Borneo's most popular road sign, this means 'warning', but you'll often be unable to figure out what the danger is.
- Roundabouts: If you're from a country like the USA, where they don't have such things, you may find these tricky.
- Devilish one-way systems in towns: We thought we'd never escape the town of Kota Belud, in Sabah, and pictured a grim future living out of the car and driving round that town forever.
- Parking in Kota Kinabalu on a holiday: Don't even think of finding a parking place.
- Huge hazards unmarked: How about a nice sinkhole right in the middle of the road? How about one with no warning signs? Welcome to driving in Borneo. This is the reason we strongly advise against driving at night. Where are the AWAS signs when you need them?
- Cows: Behave like Borneo's dogs, which means they consider cars to be intruders on their roads.
- Signs petering out: They'll get you started in the direction of a some place, then they'll magically peter out, leaving you scratching your head.
- Oncoming truck warning: When you approach a large vehicle coming toward you on a two-lane road, assume that there is a car behind it about to dart out and try to pass. Drive with extra caution.

quite easy to explore much of the island by car. However, there are some hazards and peculiarities to keep in mind. For details on these, see the Driving in Borneo box, above.

City driving is generally safe and orderly. In general, traffic is quite sedate compared to the chaos that rules most of Southeast Asia's roads. Motorcycles and scooters tend to forgo the concept of traffic lanes and will squeeze into the space between cars, so keep an extra eye

out when changing lanes. None of the major cities in Borneo are large enough to cause that much congestion, although tailbacks are starting to be a problem in Kuching.

Rules of the Road

Driving is on the left in all three countries that share Borneo. Seat belts are compulsory for the driver and front-seat passenger (there usually are no seat belts in the back

seat). Roundabouts are a common feature on Borneo roads and these can be a little daunting if you're unused to them. The simple rule is this: always yield to those already in the roundabout. And, of course, always look to the right when entering a roundabout, as this is where the traffic will be coming from. Otherwise, traffic signals and signs are all pretty obvious and the rules are similar to those of most Western countries.

Rental

Renting a car to explore Borneo is a good option for those who can afford it, especially in Sabah, where the roads are quite good and the drives quite scenic. You'll appreciate having a car to travel easily from Kota Kinabalu up to Mt Kinabalu or out to Poring Hot Springs, and the trip around the Crocker Range is rewarding. Exploring the east coast of Sabah is also quite easy by car.

You will find car rental companies in the arrivals halls of the larger airports in Borneo. Despite the fact that several companies are usually represented at these counters, you'll often find that they are all just fronts for one large local car rental agency, which makes it very difficult to try to play one off against another. You'll also find car rental agencies in the downtown areas of Borneo's larger cities. If you can't find a car rental agency, you can usually arrange car rental at a local travel agency.

Car rental averages around RM150 per day and RM600 per week in Sabah and Sarawak, although you can often get significantly cheaper prices if you bargain hard or go through a local Chinese businessperson. Rates in Brunei are more expensive, averaging B\$75 per day. Rates in Kalimantan are quite cheap, averaging around 100,000Rp per day, although you'll sometimes find it's cheaper and easier to simply hire a taxi for the whole day.

The most common rental cars in Sabah, Sarawak and Brunei are Protons, which are Malaysia automobiles based on Mitsubishi designs. The humble Proton Wira is often the default (ie cheapest) model. It's usually sufficient for driving around Borneo, but be sure to test the car – you'll want sufficient power to be able to overtake logging trucks and to make it over mountain passes (like the one over the shoulder of Mt Kinabalu). There is nothing quite like the feeling of trying to overtake a

BORNEO DRIVING WORDS

- *Awas*: warning or attention
- *Zon had laju*: speed limit zone
- *Hadapan*: ahead
- *Pekan*: town or city
- *Pusat Bandaraya/Pusat Banda*: city centre
- *Simpang ke*: exit to
- *Selamat datang ke*: welcome to

lumbering logging truck on a hill and realising that the old engine isn't up to the task.

A valid overseas licence is needed to rent a car. An International Driving Permit is usually not required by local car-hire companies but it is recommended that you bring one. Age limits apply, and most companies require that drivers be at least 23 years old.

HITCHING

Hitching is certainly possible in most parts of Borneo. It's usually quite safe for male travellers to hitch, but we don't recommend it for female travellers. Keep in mind that some drivers will expect a small 'tip' or contribution to gas for driving you. At the very least, if they stop for food, you should offer to pay for their meal.

Keep in mind that hitching is never entirely safe in any country in the world, and we don't recommend it. Travellers who decide to hitch should understand that they are taking a small but potentially serious risk. People who do choose to hitch will be safer if they travel in pairs and let someone know where they are planning to go. Women travellers considering hitching in Malaysia should have a look at p301.

LONG-DISTANCE TAXI

In addition to the taxis that serve destinations within a city, some cities also have ranks of long-distance taxis that will do intercity routes and travel to outlying destinations. These taxis are ideal for groups of four, and are also available on a share basis. As soon as a full complement of four passengers turns up, off you go.

Between major towns you have a reasonable chance of finding other passengers to share without having to wait too long, but otherwise you will have to charter a whole

taxi, which is four times the single fare rate (in this book we generally quote the rate for the whole car). As Malaysia becomes increasingly wealthy, and people can afford to hire a whole taxi, the share system is becoming less reliable. Early in the morning is the best time to find other people to share a taxi, or you can inquire at the taxi stand the day before to see when is the best time.

Taxi drivers often drive at frighteningly high speeds. They don't have as many head-on collisions as you might expect, but closing your eyes at times of high stress certainly helps! You also have the option of demanding that the driver slow down, but this is met with varying degrees of hostility. Another tactic is to look for aging taxis and taxi drivers – they must be doing something right to have made it this far!

Full-day charter rates for taxis will run close to US\$100, including gas, in Borneo. Keep in mind that the rate will go up the further you intend to travel. You may be able to negotiate a better rate through the owner of your accommodation or a travel agency. Make sure that all terms are fully agreed upon up front and don't pay anything until the end of the day.

TOURS

Many international tour operators offer tours to Borneo. One international operator with a good reputation and a wide variety of Borneo tours is Peninsular Malaysia based **Ping Anchorage** (www.pinganchorage.com.my). Other tour operators in Borneo:

Berjaya Tour & Travel (www.berjayatour.com) This Kalimantan operator offers tours throughout the state.

Borneo Eco Tours (www.borneoecotours.com) This Sabah-based operator handles a wide range of Borneo tours with an eco angle.

Freme Travel Services (www.freme.com) This Brunei tour operator offers tours to all of Brunei's attractions, both natural and cultural.

Special Interest Tours (www.sitoursborneo.com) This operator, based in Sandakan (Sabah), specialises in wildlife tours in eastern Sabah.

In addition to these, you will find smaller tour operators of all levels of competence and reliability in most of Borneo's main cities. Most guesthouses and hotels have relationships with at least one local tour operator and some run their own in-house travel agencies. It's best to ask other travellers about their experiences with these before plunking down any money.

TRAIN

There is only one railway on Borneo, the Sabah State Railway, which runs from Tanjung Aru, near Kota Kinabalu, to Tenom. It's currently closed for overhaul, and will not reopen until at least the beginning of 2008. There is very little information on the operation of the line but we would imagine that it will continue to be slow (averaging about 30 km/h) and the carriages will continue to have no air-con. The overhaul is supposed to be for stabilising the track against environmental dangers such as mud slides. We hear the route is very scenic, though.

LOCAL TRANSPORT

Bicycle

Within cities, bicycles are becoming a very rare sight, as increased prosperity has brought the creature comforts of gas guzzling to Malaysia. However, some guesthouses rent or lend bicycles to their guests. Out in the country, locals still use bicycles to get around small *kampung* (villages) and, if you can get a hold of a bicycle, this is often a very pleasant way to spend a day.

For details on mountain biking in Borneo, see the Mountain Biking section in the Borneo Outdoors chapter (p68).

Boat

Small motorised and paddle boats are used for short river, bay and ocean journeys in various parts of Borneo. Examples include the trip across the Sungai Sarawak in Kuching; journeys around the Kampung Ayer (Water Village) in Bandar Seri Begawan; trips out to the islands of Tunku Abdul Rahman National Park from Kota Kinabalu and the journey across the Sungai Kapuas in Pontianak. Rates vary tremendously for these journeys – the difference being whether locals use the boats for transport or if the boat is mostly for tourists. Prices are listed in the relevant sections.

Taxis

Taxis are common in Borneo's bigger cities; meters, drivers who use them, and fixed rates, are not. Luckily, you'll find that most drivers in Borneo are quite honest. Just be sure to set the price before starting out and only pay upon arrival. As a rule of thumb, you can count on spending about US\$2 for a typical taxi ride across a typical town in Borneo. We list prices for particular journeys in the various sections of this book.

Health

Dr Trish Batchelor

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There are good medical facilities in the larger cities of Borneo, particularly in Sabah, Sarawak and Brunei. You will have no problem communicating with doctors in Borneo and nurses tend to speak a smattering of English. Pharmacists also tend to speak reasonable English. Of course, as you head into the hinterlands, you will find few if any medical facilities and you will encounter more potential hazards and health risks than in the city.

Travellers tend to worry about contracting infectious diseases when travelling in Borneo, but infections are not nearly as common as you might fear and rarely cause serious illness or death in travellers. Malaria does exist, but outbreaks are usually limited to small upland areas around logging camps. Pre-existing medical conditions, such as heart disease, and accidental injury (especially traffic accidents) account for most life-threatening situations. Of course, there is always a chance that you will fall ill in some way. Fortunately, most common illnesses can either be prevented with some common-sense behaviour or be treated easily with a well-stocked traveller's medical kit.

The following advice is a general guide only and does not replace the advice of a doctor trained in travel medicine.

BEFORE YOU GO

Pack medications in their original, clearly labelled containers. A signed and dated letter from your physician describing your medical conditions and medications, including generic names, is also a good idea. If carrying syringes or needles, be sure to have a physician's letter documenting their medical necessity. If you have a heart condition, bring a copy of your ECG taken just prior to travelling.

If you take any regular medication, bring double your needs in case of loss or theft, and carry these extra supplies separately. You may be able to buy some medications over the counter in Borneo without a doctor's prescription, but it can be difficult to find some of the newer drugs, particularly the latest antidepressants, blood-pressure medications and contraceptive pills.

INSURANCE

Even if you are fit and healthy, don't travel without health insurance – accidents do happen. Declare any existing medical conditions you have – the insurance company will check if your problem is pre-existing and will not cover you if it is undeclared. You may require extra cover for adventure activities such as rock climbing. If your health insurance doesn't cover you for medical expenses abroad, consider getting extra insurance. If you're uninsured, emergency evacuation is expensive: bills of over US\$100,000 are not uncommon.

Find out in advance if your insurance plan will make payments directly to providers or reimburse you later for overseas health expenses (Doctors may expect payment in cash).

RECOMMENDED VACCINATIONS

Specialised travel-medicine clinics are your best source of information; they stock all available vaccines and will be able to give specific recommendations for you and your trip. The doctors will take into account factors such as past vaccination history, the length of your trip, activities

MEDICAL KIT CHECK LIST

Consider including the following in your medical kit:

- **Antibiotics** – consider including these if you're travelling well off the beaten track; see your doctor, as they must be prescribed, and carry the prescription with you
- **Antifungal cream or powder** – for fungal skin infections and thrush
- **Antihistamine** – for allergies such as hay fever; to ease the itch from insect bites or stings; and to prevent motion sickness
- **Antiseptic (such as povidone-iodine or betadine)** – for cuts and grazes
- **Antispasmodic** – for stomach cramps, eg Buscopan
- **Aspirin or paracetamol (acetaminophen in the USA)** – for pain or fever
- **Bandages, Band-Aids (plasters) and other wound dressings**
- **Calamine lotion, sting relief spray or aloe vera** – to ease irritation from sunburn and insect bites or stings
- **Cold and flu tablets, throat lozenges and nasal decongestant** – general medicine
- **Contraceptives**
- **DEET-based insect repellent**
- **Ibuprofen** – or another anti-inflammatory
- **Iodine tablets** (unless you are pregnant or have a thyroid problem) – to purify water
- **Loperamide or diphenoxylate** – 'blockers' for diarrhoea
- **Multivitamins** – consider for long trips, when dietary vitamin intake may be inadequate
- **Permethrin** – to impregnate clothing and mosquito nets
- **Prochlorperazine or metaclopramide** – for nausea and vomiting
- **Rehydration mixture** – to prevent dehydration, which may occur, for example, during bouts of diarrhoea; particularly important when travelling with children
- **Scissors, tweezers and a thermometer** – note that mercury thermometers are prohibited by airlines
- **Sterile kit** – in case you need injections in a country with medical-hygiene problems; discuss with your doctor
- **Sunscreen, lip balm and eye drops**
- **Water purification tablets**

you may be undertaking and underlying medical conditions including allergies.

Most vaccines don't produce immunity until at least two weeks after they're given, so visit a doctor four to eight weeks before departure. Ask your doctor for an International Certificate of Vaccination (otherwise known as the yellow booklet), which will list all the vaccinations you've received.

Proof of vaccination against yellow fever will be required only if you have visited a country in the yellow-fever zone (parts of Africa and South America) within six days prior to entering Malaysia, Brunei or Indonesia. If you're coming from Africa or

South America, check to see if you require proof of vaccination.

The World Health Organization recommends the following vaccinations for travellers to Borneo:

Adult diphtheria and tetanus Single booster recommended if none in the previous 10 years. Side effects include sore arm and fever.

Hepatitis A Provides almost 100% protection for up to a year, a booster after 12 months provides at least another 20 years protection. Mild side effects such as headache and sore arm occur in 5% to 10% of people.

Hepatitis B Now considered routine for most travellers. Given as three shots over six months. Lifetime protection occurs in 95% of people.

Measles, mumps and rubella Two doses of MMR required unless you have had the diseases. Many young adults require a booster.

Polio Only one booster required as an adult for lifetime protection. Inactivated polio vaccine is safe during pregnancy.

Typhoid Recommended unless your trip is less than a week and only to developed cities. The vaccine offers around 70% protection, lasts for two to three years and comes as a single shot.

Varicella If you haven't had chickenpox, discuss this vaccination with your doctor.

These immunisations are recommended for longer-term travellers (more than one month) or those at special risk:

Japanese B Encephalitis Three injections in all. Booster recommended after two years. Sore arm and headache are the most common side effects.

Meningitis Single injection. Recommended for long-term backpackers aged under 25.

Rabies Three injections in all. A booster after one year will then provide 10 years protection. Side effects are rare – occasionally headache and sore arm.

Tuberculosis A complex issue. Adult long-term travellers are usually recommended to have a TB skin test before and after travel, rather than vaccination. Only one vaccine given in a lifetime.

ONLINE RESOURCES

There's a wealth of travel health advice on the internet. For further information:

CDC (www.cdc.gov) Has good general information.

Lonely Planet (www.lonelyplanet.com) A good place to start.

MD Travel Health (www.mdtravelhealth.com) Provides complete travel-health recommendations for every country and is updated daily.

World Health Organization (www.who.int/ith) Publishes a superb book called *International Travel and Health*, which is revised annually and is available online at no cost.

HEALTH ADVISORIES

It's usually a good idea to consult your government's travel health website before departure, if one is available:

Australia www.dfat.gov.au/travel

Canada www.travelhealth.gc.ca

New Zealand www.mfat.govt.nz/travel

South Africa www.dfa.gov.za/travelling

United Kingdom www.doh.gov.uk/traveladvice

United States www.cdc.gov/travel

FURTHER READING

Lonely Planet's pocket size *Healthy Travel Asia & India* is packed with useful information including pretrip planning, emergency first aid, immunisation and disease information and what to do if you get sick on the road. *Travel with Children* from Lonely Planet includes advice on travel health for young children. Other recommended references include *Traveller's Health* by Dr Richard Dawood (Oxford University Press), and *Travelling Well* by Dr Deborah Mills, available at www.travellingwell.com.au.

IN TRANSIT

DEEP VEIN THROMBOSIS (DVT)

Blood clots forming in the legs during plane flights, chiefly because of prolonged immobility, is known as deep vein thrombosis (DVT). The longer the flight, the greater the risk. Though most blood clots are reabsorbed uneventfully, some may break off and travel through the blood vessels to the lungs, where they may cause life-threatening complications.

The chief symptom of DVT is swelling or pain of the foot, ankle or calf, usually but not always on just one side. When a blood clot travels to the lungs, it may cause chest pain and difficulty breathing. Travellers with any of these symptoms should immediately seek medical attention.

To prevent the development of DVT on long flights you should walk about the cabin, perform isometric compressions of the leg muscles (ie contract the leg muscles while sitting), drink plenty of fluids, and avoid alcohol and tobacco.

JET LAG & MOTION SICKNESS

Jet lag is common when crossing more than five time zones; it results in insomnia, fatigue, malaise or nausea. To avoid jet lag try drinking plenty of fluids (nonalcoholic) and eating light meals. Upon arrival, seek exposure to natural sunlight and readjust your schedule (for meals, sleep etc) as soon as possible.

Antihistamines such as dimenhydrinate (Dramamine) and meclizine (Antivert, Bonine) are usually the first choice for treating motion sickness. Their main side effect is drowsiness. A herbal alternative is ginger, which works like a charm for some people.

IN BORNEO

AVAILABILITY & COST OF HEALTH CARE

There are good hospitals in the major cities of Sabah, Sarawak, Brunei and Kalimantan. You will also find clinics catering specifically to travellers and expats in these cities. These clinics are usually more expensive than local medical facilities, but are worth utilising, as they will offer a superior standard of care. Additionally they understand the local system, and are aware of the safest local hospitals and best specialists. They can also liaise with insurance companies should you require evacuation.

Away from the big cities, you will find very little in terms of medical facilities. There may be local doctors in villages, but you will usually have to travel to the nearest city to get proper medical care.

In terms of cost, you will find medical care to be extremely reasonable in Borneo, particularly if you come from the United States. Costs are similar to other Southeast Asian countries. Needless to say, private clinics cost more than public hospitals, but even then, costs for most simple procedures and tests won't break the bank.

Self-treatment may be appropriate if your problem is only minor (eg traveller's diarrhoea), you are carrying the appropriate medication and you cannot attend a recommended clinic. If you think you may have a serious disease, especially malaria, do not waste time – travel to the nearest quality facility to receive attention. It's always better to be assessed by a doctor than to rely on self-treatment.

Clinics catering specifically to travellers are listed under Information in the capital city sections in this book. Your embassy and insurance company will also have contacts for medical facilities.

INFECTIOUS DISEASES

Cutaneous Larva Migrans

Found in Borneo, and caused by the dog hookworm, the rash symptomatic of cutaneous larva migrans starts as a small lump, then slowly spreads in a linear fashion. It's intensely itchy, especially at night, but it's easily treated with medications; it should not be cut out or frozen.

Dengue Fever

This mosquito-borne disease is present in Borneo. As there's no vaccine available, it can only be prevented by avoiding mosquito bites. The mosquito that carries dengue fever bites during both day and night, so use insect-avoidance measures at all times. Symptoms include high fever, severe headache and body ache (dengue was previously known as 'breakbone fever'). Some people develop a rash and experience diarrhoea. The southern islands of Thailand are particularly high risk. There's no specific treatment, just rest and paracetamol – don't take aspirin as it increases the likelihood of haemorrhaging. See a doctor to be diagnosed and monitored.

Filariasis

Filariasis is a mosquito-borne disease, very common in local populations, yet very rare in travellers. Mosquito-avoidance measures are the best way to prevent this disease.

Hepatitis A

This food- and water-borne virus infects the liver, causing jaundice (yellow skin and eyes), nausea and lethargy. There's no specific treatment for hepatitis A, you just need to allow time for the liver to heal. All travellers to Borneo should be vaccinated against hepatitis A.

Hepatitis B

The only sexually transmitted disease that can be prevented by vaccination, hepatitis B is spread by body fluids, including sexual contact. In some parts of Asia up to 20% of the population are carriers of hepatitis B, and usually are unaware of this. The long-term consequences can include liver cancer and cirrhosis.

Hepatitis E

Hepatitis E is transmitted through contaminated food and water, has similar symptoms to hepatitis A, but is far less common. It's a severe problem in pregnant women and can result in the death of both mother and baby. There is currently no vaccine, and prevention is by following safe eating and drinking guidelines while you're travelling in Borneo.

LEPTOSPIROSIS WARNING

In 2000, dozens of participants in an Eco-Challenge event held at Borneo Rainforest Lodge in Danum Valley (Sabah) came down with leptospirosis, apparently from swimming in the Sungai Segama (Segama River) near the lodge. We also have heard reports of more recent cases linked to swimming in this river. At this time, we recommend that you completely avoid swimming, wading in or drinking from that river, regardless of what you're told by the lodge operators.

HIV

HIV is rapidly increasing through much of Southeast Asia, including Borneo, with heterosexual sex now the main method of transmission.

Japanese B Encephalitis

Rare in travellers, this viral disease transmitted by mosquitoes is found in Borneo. Most cases of Japanese B encephalitis occur in rural areas and vaccination is recommended for travellers spending more than one month outside cities. There is no treatment, and a third of infected people will die while another third will suffer permanent brain damage.

Leptospirosis

Leptospirosis is most commonly contracted after river rafting or canyoning. Early symptoms are very similar to the flu and include headache and fever. It can vary from a very mild to a fatal disease. Diagnosis is through blood tests and it is easily treated with Doxycycline.

Malaria

For such a serious and potentially deadly disease, there is an enormous amount of misinformation concerning malaria. You must get expert advice as to whether your trip actually puts you at risk. Many areas, particularly city and resort areas, have minimal to no risk of malaria, and the risk of side effects from the tablets may outweigh the risk of getting the disease. For some rural areas, however, the risk of contracting the disease far outweighs the risk of any tablet side-effects. Remember that malaria can be fatal. Before you travel, seek medical advice on the right medication and dosage for you.

Malaria is not common but present in Borneo, particularly in parts of Kalimantan. In most of Brunei, Sabah and Sarawak, it is not common, and is usually only found in or around lumber camps with significant numbers of migrant workers. One reason for the relative rarity of malaria is the relatively low mosquito population in much of Borneo (if only we could say the same for leeches!). Nonetheless, if you are going to be travelling in the hinterlands of any of the three countries of Borneo, you should consider taking antimalarials. Also, you should get the most up-to-date information on dangerous areas before your trip and as soon as you arrive in country.

Malaria is caused by a parasite transmitted through the bite of an infected mosquito. The most important symptom of malaria is fever, but general symptoms such as headache, diarrhoea, cough or chills may also occur. Diagnosis can be made only by taking a blood sample.

Two strategies should be combined to prevent malaria – mosquito avoidance and antimalarial medications. Most people who catch malaria are taking inadequate or no antimalarial medication.

Travellers are advised to prevent mosquito bites by taking these steps:

- Use a DEET-containing insect repellent on exposed skin. Wash this off at night, as long as you are sleeping under a mosquito net treated with permethrin. Natural repellents such as citronella can be effective, but must be applied more frequently than products containing DEET.
- Sleep under a mosquito net impregnated with permethrin.
- Choose accommodation with screens and fans (if not air-con).
- Impregnate clothing with permethrin in high-risk areas.
- Wear long sleeves and trousers in light colours.
- Use mosquito coils.
- Spray your room with insect repellent before going out for your evening meal.

There are a variety of antimalarial medications available:

Artesunate Artesunate derivatives are not suitable as a preventive medication. They are useful treatments under medical supervision.

Chloroquine & Paludrine The effectiveness of this combination is now limited in most of Southeast Asia. Common side effects include nausea (40% of people) and mouth ulcers. Generally not recommended.

Doxycycline This daily tablet is a broad-spectrum antibiotic that has the added benefit of helping to prevent a variety of tropical diseases, including leptospirosis, tick-borne diseases, typhus and melioidosis. The potential side effects include photosensitivity (a tendency to sunburn), thrush in women, indigestion, heartburn, nausea and interference with the contraceptive pill. More serious side effects include ulceration of the oesophagus – you can help prevent this by taking your tablet with a meal and a large glass of water, and never lying down within half an hour of taking it. Must be taken for four weeks after leaving the risk area.

Lariam (Mefloquine) Lariam has received much bad press, some of it justified, some not. This weekly tablet suits many people. Serious side effects are rare but include depression, anxiety, psychosis and having fits. Anyone with a history of depression, anxiety, other psychological disorders or epilepsy should not take Lariam. It's considered safe in the second and third trimesters of pregnancy. It's around 90% effective in most parts of Asia, but there's significant resistance in parts of northern Thailand, Laos and Cambodia. Tablets must be taken for four weeks after leaving the risk area.

Malarone This new drug is a combination of Atovaquone and Proguanil. Side effects are uncommon and mild, most commonly nausea and headache. It is the best tablet for scuba divers and for those on short trips to high-risk areas. It must be taken for one week after leaving the risk area.

A final option is to take no preventive medication but to have a supply of emergency medication should you develop the symptoms of malaria. This is less than ideal, and you'll need to get to a good medical facility within 24 hours of developing a fever. If you choose this option the most effective and safest treatment is Malarone (four tablets once daily for three days). Other options include Mefloquine and quinine but the side effects of these drugs at treatment doses make them less desirable. Fansidar is no longer recommended.

Measles

Occurring in Borneo, this highly contagious bacterial infection is spread via coughing and sneezing. Most people born before 1966 are immune, as they had the disease in childhood. Measles starts with a high fever and rash and can be complicated by

pneumonia and brain disease. There is no specific treatment.

Rabies

Rabies is present in Kalimantan but not in Sabah, Sarawak and Brunei (although new cases are always possible in any part of the island). This fatal disease is spread by the bite or lick of an infected animal – most commonly a dog or monkey. You should seek medical advice immediately after any animal bite and commence postexposure treatment.

Having pretravel vaccination means the postbite treatment is greatly simplified. If an animal bites you, gently wash the wound with soap and water, and apply an iodine-based antiseptic. If you are not prevaccinated you will need to receive rabies immunoglobulin as soon as possible.

STDs

Among the most common sexually transmitted diseases in Southeast Asia, including Borneo, are herpes, warts, syphilis, gonorrhoea and chlamydia. People carrying these diseases often have no signs of infection. Condoms will prevent gonorrhoea and chlamydia but not warts or herpes. If after a sexual encounter you develop any rash, lumps, discharge or pain when passing urine, seek immediate medical attention. If you've been sexually active during your travels, have an STD check on your return home.

Tuberculosis

While tuberculosis (TB) is rare in travellers in Borneo, medical and aid workers and long-term travellers who have significant contact with the local population should take precautions. Vaccination is usually given only to children under the age of five, but adults at risk are recommended to have TB testing both before and after travelling. The main symptoms are fever, cough, weight loss, night sweats and tiredness.

Typhoid

This serious bacterial infection is spread via food and water and is found in Borneo. It causes a high, slowly progressive fever, a headache, and may be accompanied by a dry cough and stomach pain. It's diagnosed by blood tests and treated with antibiotics. Vaccination is recommended for travellers spending more than a week in the region, or travelling outside

DRINKING WATER

- Never drink tap water.
- Bottled water is generally safe – check that the seal is intact at purchase.
- Avoid ice.
- Avoid fresh juices – they may have been watered down.
- Boiling water is the most efficient method of purifying it.
- The best chemical purifier is iodine. It should not be used by pregnant women or those with thyroid problems.
- Water filters should also filter out viruses. Ensure your filter has a chemical barrier such as iodine and a small pore size, ie less than 4 microns.

the major cities. Be aware that vaccination is not 100% effective so you must still be careful with what you eat and drink.

Typhus

Murine typhus is spread by the bite of a flea, whereas scrub typhus is spread via a mite. Although present in Borneo, these diseases are rare in travellers. Symptoms include fever, muscle pains and a rash. You can prevent typhus by following general insect-avoidance measures. Doxycycline will also prevent it.

TRAVELLER'S DIARRHOEA

Traveller's diarrhoea is by far the most common problem affecting travellers – between 30% to 50% of people will suffer from it within two weeks of starting their trip. In over 80% of cases, traveller's diarrhoea is caused by a bacteria (there are numerous potential culprits), and therefore responds promptly to treatment with antibiotics. Treatment with antibiotics will depend on your situation – how sick you are, how quickly you need to get better, where you are etc. Traveller's diarrhoea is defined as the passage of more than three watery bowel-actions within 24 hours, plus at least one other symptom such as fever, cramps, nausea, vomiting or feeling generally unwell. Treatment consists of staying well-hydrated; rehydration solutions such as Gastrolyte are the best for this. Antibiotics such as Norfloxacin, Ciprofloxacin or Azithromycin will kill the bacteria quickly.

Loperamide is just a 'stopper' and doesn't get to the cause of the problem. It can be helpful, for example if you have to go on a long bus ride. Don't take Loperamide if you have a fever, or blood in your stools. Seek medical attention quickly if you do not respond to an appropriate antibiotic.

Amoebic Dysentery

Amoebic dysentery is very rare in travellers but is often misdiagnosed by poor quality labs in Asia. Symptoms are similar to bacterial diarrhoea, ie fever, bloody diarrhoea and generally feeling unwell. You should always seek reliable medical care if you have blood in your diarrhoea. Treatment involves two drugs – Tinidazole or Metronidazole to kill the parasite in your gut and then a second drug to kill the cysts. If left untreated complications such as liver abscess and abscess in the gut can occur.

Giardiasis

Giardia is a parasite that is relatively common in travellers. Symptoms include nausea, bloating, excess gas, fatigue and intermittent diarrhoea. 'Eggy' burps are often attributed solely to Giardia, but work in Nepal has shown that they are not specific to Giardia. The parasite will eventually go away if left untreated but this can take months. The treatment of choice is Tinidazole, with Metronidazole being a second line option.

ENVIRONMENTAL HAZARDS

Diving

Divers and surfers should seek specialised advice before they travel, to ensure their medical kit contains treatment for coral cuts and tropical ear infections, as well as the standard problems. Divers should ensure their insurance covers them for decompression illness – get specialised dive insurance through an organisation such as DAN (Divers Alert Network; www.danseap.org). Have a dive medical before you leave your home country.

Food

Hygiene standards are relatively high in most of Borneo. However, there is always the risk of contracting traveller's diarrhoea. Ways to avoid it include eating only freshly cooked food and avoiding shellfish and food that has been sitting around in buffets. Peel all fruit, cook vegetables, and soak salads in iodine

water for at least 20 minutes. Eat in busy restaurants with a high turnover of customers.

Heat

Borneo is hot and humid throughout the year. Most people take at least two weeks to adapt to the hot climate. Swelling of the feet and ankles is common, as are muscle cramps caused by excessive sweating. Prevent these by avoiding dehydration and too much activity in the heat. Take it easy when you first arrive. Don't eat salt tablets (they aggravate the gut) but drinking rehydration solution or eating salty food helps. Treat cramps by stopping activity, resting, rehydrating with double-strength rehydration solution and gently stretching.

Dehydration is the main contributor to heat exhaustion. Symptoms include feeling weak, headache, irritability, nausea or vomiting, sweaty skin, a fast, weak pulse and a slightly increased body temperature. Treatment involves getting the victim out of the heat and/or sun, fanning them and applying cool wet cloths to the skin, laying the victim flat with their legs raised and rehydrating with water containing a quarter of a teaspoon of salt per litre. Recovery is usually rapid although it's common to feel weak for some days afterwards.

Heatstroke is a serious medical emergency. Symptoms come on suddenly and include weakness, nausea, a hot dry body with a body temperature of over 41°C, dizziness, confusion, loss of coordination, fits, and eventual collapse and loss of consciousness. Seek medical help and commence cooling by getting the sufferer out of the heat, removing their clothes, fanning them and applying cool, wet cloths or ice to their body, especially to the groin and armpits.

Prickly heat is a common skin rash in the tropics, caused by sweat being trapped under the skin. The result is an itchy rash of tiny lumps. If you develop prickly heat, treat it by moving out of the heat and into an air-conditioned area for a few hours and by having cool showers. Creams and ointments clog the skin so they should be avoided. Locally bought prickly-heat powder can be helpful for relief.

Tropical fatigue is common in long-term expatriates based in the tropics. It's rarely due to disease but is caused by the climate, inadequate mental rest, excessive alcohol

intake and the demands of daily work in a different culture.

Insect Bites & Stings

Bedbugs don't carry disease but their bites are very itchy. They live in the cracks of furniture and walls and then migrate to the bed at night to feed on you. You can treat the itch with an antihistamine. Lice inhabit various parts of your body but most commonly your head and pubic area. They can be difficult to treat and you may need numerous applications of an antilice shampoo such as permethrin. Transmission is via close contact with an infected person. Pubic lice are usually contracted from sexual contact.

Ticks are contracted after walking in the bush. Ticks are commonly found behind the ears, on the belly and in armpits. If you have had a tick bite and experience symptoms such as a rash at the site of the bite or elsewhere, a fever or muscle aches you should see a doctor. Doxycycline prevents tick-borne diseases.

Leeches are found in humid rainforest areas. They do not transmit any disease but their bites are often intensely itchy for weeks afterwards and can easily become infected. Apply iodine-based antiseptic to any leech bite to help prevent infection (see also the boxed text on p67).

Bee and wasp stings mainly cause problems for people who are allergic to them. Anyone with a serious bee or wasp allergy should carry an injection of adrenaline (eg an EpiPen) for emergency treatment. For others, pain is the main problem – apply ice to the sting and take painkillers.

Most jellyfish in Southeast Asian waters are not dangerous, just irritating. First aid for jellyfish stings involves pouring vinegar onto the affected area to neutralise the poison. Don't rub sand or water onto the stings. Take painkillers, and anyone who feels ill in any way after being stung should seek medical advice. Take local advice if there are dangerous jellyfish around and keep out of the water.

Parasites

Numerous parasites are common in local populations in Borneo; however, most of these are rare in travellers. The two rules to follow if you wish to avoid parasitic infections are to wear shoes and to avoid eating raw food, especially fish, pork and vegetables. A number of parasites including strongy-

loides, hookworm and cutaneous larva migrans are transmitted via the skin by walking barefoot.

Skin Problems

Fungal rashes are common in humid climates. There are two common fungal rashes that affect travellers. The first occurs in moist areas that get less air such as the groin, armpits and between the toes. It starts as a red patch that slowly spreads and is usually itchy. Treatment involves keeping the skin dry, avoiding chafing and using an antifungal cream such as Clotrimazole or Lamisil. Tinea versicolour is also common – this fungus causes small, light-coloured patches, most commonly on the back, chest and shoulders. Consult a doctor.

Cuts and scratches become easily infected in humid climates. Take meticulous care of any cuts and scratches to prevent complications such as abscesses. Immediately wash all wounds in clean water and apply antiseptic. If you develop signs of infection (increasing pain and redness) see a doctor. Divers and surfers should be particularly careful with coral cuts as they become easily infected.

Snakes

Borneo is home to many species of poisonous and harmless snakes. Assume all snakes are poisonous and never try to catch one. Always wear boots and long pants if walking in an area that may have snakes. First aid in the event of a snake bite involves pressure immobilisation via an elastic bandage firmly wrapped around the affected limb, starting at the bite site and working up towards the chest. The bandage should not be so tight that the circulation is cut off; the fingers or toes should be kept free so the circulation can be checked. Immobilise the limb with a splint and carry the victim to medical attention. Don't use tourniquets or try to suck the venom out. Antivenin is available for most species.

Sunburn

Even on a cloudy day, sunburn can occur rapidly. Always use a strong sunscreen (at least factor 15 if not more), making sure to reapply it after a swim, and always wear a wide-brimmed hat and sunglasses outdoors. Avoid lying in the sun during the hottest part of the day (10am to 2pm). If you become

sunburnt, stay out of the sun until you have recovered, apply cool compresses and take painkillers for the discomfort. One-percent hydrocortisone cream applied twice daily is also helpful.

TRAVELLING WITH CHILDREN

Borneo is a great place to travel with children. However, there are specific issues you should consider before travelling with your child.

All your children's routine vaccinations should be up to date, as many of the common childhood diseases that have been eliminated in the West are still present in parts of Borneo. A travel health clinic can advise you on specific vaccines, but think seriously about rabies vaccination if you're visiting rural areas or travelling for more than a month, as children are more vulnerable to severe animal bites.

Children are more prone to getting serious forms of mosquito-borne diseases such as malaria, Japanese B encephalitis and dengue fever. In particular, malaria is very serious in children and can rapidly lead to death – you should think seriously before taking your child into a malaria-risk area. Permethrin-impregnated clothing is safe to use, and insect repellents should contain between 10% and 20% DEET.

Diarrhoea can cause rapid dehydration and you should pay particular attention to keeping your child well hydrated. The best antibiotic for children with diarrhoea is Azithromycin.

Children can get very sick very quickly so locate good medical facilities at your destination and make contact if you are worried – it's always better to get a medical opinion than to try and treat your own children.

WOMEN'S HEALTH

Pregnant women should receive specialised advice before travelling. The ideal time to travel is in the second trimester (between 16 and 28 weeks), when the risk of pregnancy-related problems is at its lowest and pregnant women generally feel at their best. During the first trimester there's a risk of miscarriage and in the third trimester complications such as premature labour and high blood pressure are possible. It's wise to travel with a companion. Always carry a list of quality medical facilities available at your destination and ensure you continue your standard antenatal care at these facilities. Avoid travel in rural areas

with poor transport and medical facilities. Most of all, ensure travel insurance covers all pregnancy-related possibilities, including premature labour.

Malaria is a high-risk disease in pregnancy. The World Health Organization recommends that pregnant women do not travel to areas with malaria resistant to Chloroquine. None of the more effective antimalarial drugs are completely safe in pregnancy.

Traveller's diarrhoea can quickly lead to dehydration and result in inadequate blood flow to the placenta. Many of the drugs used to treat various diarrhoea bugs are not rec-

ommended in pregnancy. Azithromycin is considered safe.

In urban areas, supplies of sanitary products are readily available. Birth-control options may be limited so bring adequate supplies of your own form of contraception. Heat, humidity and antibiotics can all contribute to thrush. Treatment is with antifungal creams and pessaries such as Clotrimazole. A practical alternative is a single tablet of Fluconazole (Diflucan). Urinary-tract infections can be precipitated by dehydration or long bus journeys without toilet stops; bring suitable antibiotics.

Language

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WHO SPEAKS WHAT WHERE?

Bahasa Malaysia (also known as Bahasa Melayu, literally 'Malay language') is the official language of Malaysian Borneo (Sabah and Sarawak) and Brunei. It is the native tongue of those of Malay descent in Malaysian Borneo and Brunei. Bahasa Indonesia is the official language of Kalimantan and is the mother tongue of most of the non-Chinese living there. Bahasa Indonesia and Bahasa Malaysia are very similar and if you can speak a little of either, you'll be able to use it across the island.

While almost everyone in Malaysian Borneo will understand Bahasa Malaysia, several dialects of it are spoken in various regions in Borneo, especially in Sarawak and Brunei. Younger speakers will reply to you in standard Bahasa, but older individuals may only speak their particular dialect, which can be quite different from standard Bahasa.

Various dialects of Chinese are spoken by those of Chinese ancestry in Borneo, with one or other dialect serving as the main lingua franca for the Chinese communities in each city. Because Mandarin is the main medium of instruction in Chinese-language schools in Borneo, which most ethnic Chinese attend until at least the end

of their elementary schooling, Mandarin is fairly widely spoken and understood. Most ethnic Chinese, particularly young people, also speak some English.

Each of Borneo's indigenous groups has its own language, most of which are infused with Bahasa words. Except for a few very old people in isolated upriver communities, members of Borneo's indigenous groups all speak Bahasa Malaysia (in Malaysian Borneo or Brunei) or Bahasa Indonesia (in Kalimantan). Quite a few also speak surprisingly good English, which is taught even in very small communities.

You'll find it easy to get by with only English in Borneo, particularly in Sabah, Sarawak and Brunei. English is the most common second language for all of Borneo's ethnic groups and is often used by people of different backgrounds, like ethnic Chinese and ethnic Malays, to communicate with one another.

If you have a knack for languages and want to learn a little of the local lingo to use on your travels, you'll find Bahasa (either Indonesian or Malaysian) to be the most useful and the easiest to pick up. For a comprehensive guide to either language, get a copy of Lonely Planet's compact *Indonesian* or *Malay Phrasebook*.

THE TWO BAHASAS

There are obvious similarities between Bahasa Indonesia and Bahasa Malaysia, to the extent that the two are often identical. We've avoided duplication in this language guide by providing translations in both languages only where the differences are significant enough to cause confusion, indicated by (I) and (M).

PRONUNCIATION

Most letters are pronounced more or less the same as their English counterparts. Nearly all syllables carry equal emphasis, but a good approximation is to lightly stress the second-last syllable. The main exception to the rule is the unstressed **e** in words such as *besar* (big), pronounced 'be-sarr'.

a	as in 'father'
ai	as in 'aisle'
au	a drawn out 'ow', as in 'cow'
c	the one most likely to trip up English speakers; always as the 'ch' in 'chair'
e	a neutral vowel like the 'a' in 'ago' when unstressed, eg <i>besar</i> (big); when it is stressed it's more like the 'a' in 'may', eg <i>meja</i> (table). There's no single rule to determine whether e is stressed or unstressed.
g	always hard, as in 'go'
h	a little stronger than the 'h' in 'her'; almost silent at the end of a word
i	as in 'unique'
j	as in 'jet'
k	as English 'k', except at the end of the word, when it's more like a glottal stop (ie the 'nonsound' created by the short closing of the throat in the expression 'oh-oh!')
ng	as the 'ng' in 'singer'
ngg	as 'ng' + 'g' (as in 'anger')
ny	as in 'canyon'
o	as in 'for' (with no 'r' sound)
r	pronounced clearly and distinctly
u	as in 'put'
ua	as 'w' when at the start of a word

ACCOMMODATION

I'm looking for a ...	<i>Saya cari ...</i>
campground	<i>tempat kemah/kemping (I)</i> <i>tempat perkhemahan (M)</i>
guesthouse	<i>rumah yang disewakan (I)</i> <i>rumah tetamu (M)</i>
hotel	<i>hotel</i>
youth hostel	<i>losmen pemuda (I)</i> <i>asrama belia (M)</i>

Where is there a cheap hotel?

Hotel yang murah di mana? (I)
Di mana ada hotel yang murah? (M)

What is the address?

Alamatnya di mana? (I)
Apakah alamatnya? (M)

Do you have any rooms available?

Ada kamar/bilik kosongkah? (I/M)

I'd like a ...

Saya cari ... (I)
Saya hendak ... (M)

single room	<i>(kamar/bilik) untuk seorang (I/M)</i>
double-bed room	<i>tempat tidur besar satu kamar (I)</i> <i>bilik untuk dua orang (M)</i>

room with two beds

kamar dengan dua tempat tidur (I)
bilik yang ada dua katil (M)

room with a bathroom

kamar dengan kama mandi (I)
bilik dengan bilik mandi (M)

How much is it (per day/per person)?

Berapa harga satu (malam/orang)?

Could you write it down, please?

Anda bisa tolong tuliskan? (I)
Tolong tuliskan alamat itu? (M)

Is breakfast included?

Makan pagi termasukkah?

May I see it?

Boleh saya lihat?

Where is the bathroom?

(Kamar/Bilik) mandi di mana? (I/M)

CONVERSATION & ESSENTIALS

Be Polite!

Pronouns, particularly 'you', are rarely used in Bahasa. A variety of terms relating to a person's age and gender are generally used, and most have a familial tone. Titles and polite forms of address are crucial as they acknowledge the age and status of those participating in the conversation. Using the incorrect form of address can be seen as a sign of disrespect and result in poor communication, especially with officials.

Bahasa Indonesia

Anda is the egalitarian form designed to overcome the plethora of words for the second person. The term *bapak* (father) or simply *pak* is used for an older man, or anyone old enough to be a father; *ibu* (mother) or simply *bu* is the equivalent for an older woman.

To show respect to elders or 'superiors', you should use the words *Bapak* (father) or *Ibu* (mother). If you know the person's name (eg Anungseto or Ninik), you can address them as *Bapak Anungseto* (lit: father Anungseto) or *Ibu Ninik* (lit: mother Ninik). Those of similar age and status to you can politely be addressed as *Saudara/Saudari* (brother/sister). If you're a young woman, expect to be called *Nona* (Miss) by your elders.

Bahasa Malaysia

Kamu is an egalitarian second-person pronoun, corresponding to 'you' in English. The polite pronoun corresponding to English 'I/we' is *kami*. In polite speech, you

wouldn't normally use first-person pronouns, but would refer to yourself by name or form of address, eg *Makcik nak pergi ke pasar* (Auntie wants to go to the market).

When addressing a man or a woman old enough to be your parent, use *pakcik* (uncle) or *makcik* (aunt). For someone only slightly older, use *abang* or *bang* (older brother) and *kakak* or *kak* (older sister). For people old enough to be your grandparents, *datuk* and *nenek* (grandfather and grandmother) are used. For a man or woman you meet on the street you can also use *encik* or *cik* respectively.

Welcome.

Hi. *Selamat datang.*
Hello.
Good morning. *Selamat pagi.* (before 11am)
Hello. *Selamat siang.* (noon to 2pm)
Selamat tengahari. (M)
Selamat sore. (3pm to 6pm)
Selamat petang. (M)

Good evening.

Good night. *Selamat malam.* (after dark)
Selamat tidur. (to someone going to bed)
Goodbye. *Selamat tinggal.* (to one staying)
Selamat jalan. (to one leaving)
Ya.

Yes.

To indicate negation, *tidak* is used with verbs, adjectives and adverbs; *bukan* with nouns and pronouns.

No. (not)

Tidak.
No. (negative) *Bukan.*
Maybe. *Mungkin.*
Please. *Tolong.* (asking for help)
Silahkan. (giving permission)
Terima kasih (banyak-banyak).

Thank you (very much).

You're welcome. *Kembali. (I)*
Sama-sama. (M)
Maaf.
Maaf, ...

Sorry/Pardon.

Excuse me, ... *Tunggu sebentar.*

How are you?

I'm fine. *Apa kabar?*

What's your name? *Kabar baik.*

Siapa nama anda? (I)

Siapa nama kamu? (M)

Nama saya ...

My name is ... *Anda dari mana? (I)*

Where are you from? *Kamu datang dari mana? (M)*

Saya dari ...

I'm from ... *Berapa umur anda? (I)*

How old are you? *Berapa umur kamu? (M)*

I'm ... years old. *Umur saya ... tahun.*

SIGNS

Masuk	Entrance
Keluar	Exit
Buka	Open
Tutup	Closed
Dilarang	Prohibited
Ada Kamar Kosong/ Bilik Kosong (I/M)	Rooms Available
Polisi	Police
Kamar Kecil/Toilet (I)	Toilets/WC
Tandas (M)	
Pria/Lelaki (I/M)	Men
Wanita/Perempuan (I/M)	Women

I (don't) like ...

Good, fine, OK. *Saya (tidak) suka ...*
Good. *Baik.*
No good. *Tidak baik.*

DIRECTIONS

Where is ...?	<i>Di mana ...?</i>
Which way?	<i>Ke mana?</i>
Go straight ahead.	<i>Jalan terus.</i>
Turn left/right.	<i>Belok kiri/kanan.</i>
Stop!	<i>Berhenti!</i>
at the corner	<i>di sudut (I)</i> <i>di simpang (M)</i>
at the traffic lights	<i>di lampu lalu-lintas (I)</i> <i>di tempat lampu isyarat (M)</i>
here/there/over there	<i>di sini/di situ/di sana</i>
behind	<i>di belakang</i>
opposite	<i>di seberang (I)</i> <i>berhadapan dengan (M)</i>

near (to)

far (from) *dekat (dengan)*
jauh (dari)
north *utara*
south *selatan*
east *timur*
west *barat*
beach *pantai*
island *pulau*
lake *danau/tasik (I/M)*
sea *laut*

HEALTH

Where is a ...	<i>Di mana ada ...</i>
chemist/pharmacy	<i>apotik/farmasi</i>
dentist	<i>doktor gigi</i>
doctor	<i>doktor</i>
hospital	<i>rumah sakit (I)</i> <i>hospital (M)</i>
I'm ...	<i>Saya sakit ...</i>
asthmatic	<i>asma/lelah (I/M)</i>
diabetic	<i>kencing manis</i>
epileptic	<i>epilepsi/gila babi (I/M)</i>

EMERGENCIES

Help!	<i>Tolong saya!</i>
There's been an accident!	<i>Ada kecelakaan!</i>
I'm lost.	<i>Saya sesat.</i>
Leave me alone!	<i>Jangan ganggu saya!</i>
Call ...!	<i>Panggil ...!</i>
an ambulance	<i>ambulans</i>
a doctor	<i>doktor</i>
the police	<i>polis</i>

I'm allergic to ...	<i>Saya alergi ... (l) Saya alergik kepada ... (M)</i>
antibiotics	<i>antibiotik</i>
aspirin	<i>aspirin</i>
nuts	<i>kacang</i>
penicillin	<i>penisilin</i>
I'm ill.	<i>Saya sakit.</i>
It hurts here.	<i>Sakitnya di sini. (l) Sini sakit. (M)</i>
antiseptic	<i>penangkal infeksi/antiseptik</i>
condoms	<i>kondom</i>
diarrhoea	<i>mencret/cirit-birit (l/M)</i>
fever	<i>demam panas</i>
headache	<i>sakit kepala</i>
medicine	<i>obat</i>
nausea	<i>mual</i>
sanitary napkins	<i>(tuala/pembalut) wanita (l/M)</i>
sunblock cream	<i>sunscreen/tabir surya/sunblock (l) krim pelindung cahaya matahari (M)</i>
tampons	<i>tampun</i>

LANGUAGE DIFFICULTIES

Do you speak English?	<i>Bisa berbicara Bahasa Inggris? (l) Bolehkah anda berbicara Bahasa Inggris? (l)</i>
Does anyone here speak English?	<i>Ada yang bisa berbicara Bahasa Inggris di sini? (l) Ada orang yang berbicara Bahasa Inggris di sini? (M)</i>
What does ... mean?	<i>Apa artinya/maksudnya ...? (l/M)</i>
I (don't) understand.	<i>Saya (tidak) mengerti. (l) Saya (tidak) faham. (M)</i>
Please write that word down.	<i>Tolong tuliskan kata itu.</i>
Can you show me (on the map)?	<i>Anda bisa tolong tunjukkan pada saya (di peta)? (l) Tolong tunjukkan (di peta)? (M)</i>

NUMBERS

0	<i>nol (l) kosong/sifar (M)</i>
1	<i>satu</i>
2	<i>dua</i>
3	<i>tiga</i>
4	<i>empat</i>
5	<i>lima</i>
6	<i>enam</i>
7	<i>tujuh</i>
8	<i>delapan/lapan (l/M)</i>
9	<i>sembilan</i>
10	<i>sepuluh</i>

A half is *setengah*, pronounced 'steng-ah', eg *setengah kilo* (half a kilo). 'Approximately' is *kira-kira* in Bahasa Indonesia and *lebih-kurang* in Bahasa Malaysia. After the numbers one to 10, the 'teens' are *belas*, the 'tens' *puluh*, the 'hundreds' *ratus*, the 'thousands' *ribu* and 'millions' *juta*, but as a prefix *satu* (one) becomes *se-*, eg *seratus* (one hundred).

11	<i>sebelas</i>
12	<i>dua belas</i>
13	<i>tiga belas</i>
14	<i>empat belas</i>
15	<i>lima belas</i>
16	<i>enam belas</i>
17	<i>tujuh belas</i>
18	<i>lapan belas</i>
19	<i>sembilan belas</i>
20	<i>dua puluh</i>
21	<i>dua puluh satu</i>
22	<i>dua puluh dua</i>
25	<i>dua puluh lima</i>
30	<i>tiga puluh</i>
40	<i>empat puluh</i>
50	<i>lima puluh</i>
60	<i>enam puluh</i>
70	<i>tujuh puluh</i>
80	<i>delapan/lapan puluh (l/M)</i>
90	<i>sembilan puluh</i>
99	<i>sembilan puluh sembilan</i>
100	<i>seratus</i>
150	<i>seratus lima puluh</i>
200	<i>dua ratus</i>
777	<i>tujuh ratus tujuh puluh tujuh</i>
1000	<i>seribu</i>

PAPERWORK

name	<i>nama</i>
nationality	<i>kebangsaan/bangsa (l/M)</i>

date of birth	<i>tanggal kelahiran (l) tarikh lahir (M)</i>
place of birth	<i>tempat kelahiran</i>
sex/gender	<i>jenis kelamin (l) jantina (M)</i>
passport	<i>pasport</i>
visa	<i>visa</i>

QUESTION WORDS

Who?	<i>Siapa/Siapakah? (l/M)</i>
What is it?	<i>Apa itu?</i>
When?	<i>Kapan/Bilakah? (l/M)</i>
Where?	<i>Di mana?</i>
Which?	<i>Yang mana?</i>
Why?	<i>Kenapa?</i>
How/How many?	<i>Bagaimana/Berapa?</i>

SHOPPING & SERVICES

What is this?	<i>Apa ini?</i>
How much is it?	<i>Berapa (harganya)?</i>
I'd like to buy ...	<i>Saya (mau/nak) beli ... (l/M)</i>
I don't like it.	<i>Saya tidak suka.</i>
May I look at it?	<i>Boleh saya lihat? (l) Boleh saya tengok barang itu? (M)</i>
I'm just looking.	<i>Saya lihat-lihat saja. (l) Saya nak tengok saja. (M)</i>
Can you lower the price?	<i>Boleh kurangkan?</i>
No more than ...	<i>Tak lebih dari ...</i>
I'll take it.	<i>Saya beli. (l) Saya nak beli ini. (M)</i>
I'd like to change (money).	<i>Saya (mau/nak) tukar uang (l/M)</i>
What time does it open/close?	<i>Jam berapa buka/tutup?</i>
I want to call ...	<i>Saya mau menelepon ...</i>

this/that	<i>ini/itu</i>
big/small	<i>besar/kecil</i>
bigger/smaller	<i>lebih besar/lebih kecil</i>
more/less	<i>lebih/kurang</i>
expensive	<i>mahal</i>

Do you accept ...?	<i>Bisa bayar pakai ...? (l) Boleh bayar dengan ...? (M)</i>
credit cards	<i>(kartu/kad) kredit (l/M)</i>
travellers cheques	<i>cek (perjalanan/kembara) (l/M)</i>

I'm looking for a/the ...	<i>Saya cari ...</i>
bank	<i>bank</i>
city centre	<i>pusat kota/pusat bandar (l/M)</i>
... embassy	<i>kedutaan ...</i>

food stall	<i>warung</i>
market	<i>pasar</i>
museum	<i>museum</i>
police station	<i>(kantor/stesen) polis (l/M)</i>
post office	<i>(kantor/pejabat) pos (l/M)</i>
public phone	<i>telepon umum</i>
public toilet	<i>WC ('way say') umum (l) tandas awam (M)</i>
restaurant	<i>rumah makan (l) restoran (M)</i>
telephone centre	<i>wartel (l) pusat telefon (M)</i>
tourist office	<i>kantor pariwisata (l) pejabat pelancong (M)</i>

TIME & DATES

What time is it?	<i>Jam berapa sekarang? (l) Pukul berapa? (M) Kapan/Bila? (l/M) Jam/Pukul tujuh. (l/M) Berapa jam? lima jam pagi siang/tengahari (l/M) malam/petang (l/M) malam hari ini esok/besok jam hari minggu bulan tahun</i>
When? (It's) 7 o'clock.	
How many hours? five hours	
in the morning	
in the afternoon	
in the evening	
at night	
today	
tomorrow	
hour	
day	
week	
month	
year	

Monday	<i>hari Senin/Isnin (l/M)</i>
Tuesday	<i>hari Selasa</i>
Wednesday	<i>hari Rabu</i>
Thursday	<i>hari Kamis</i>
Friday	<i>hari Jumat/Jumaat (l/M)</i>
Saturday	<i>hari Sabtu</i>
Sunday	<i>hari Minggu</i>

January	<i>Januari</i>
February	<i>Februari</i>
March	<i>Maret/Mac (l/M)</i>
April	<i>April</i>
May	<i>Mei</i>
June	<i>Juni/Jun (l/M)</i>
July	<i>Juli/Julai (l/M)</i>
August	<i>Agustus/Ogos (l/M)</i>
September	<i>September</i>
October	<i>Oktober</i>
November	<i>November</i>
December	<i>Desember</i>

TRANSPORT**Public Transport**

What time does the ... leave?	<i>Jam berapa ... berangkat? (I)</i> <i>Pukul berapa ... berangkat? (M)</i>
ship/boat	<i>kapal/bot</i>
bus	<i>bis/bas (M)</i>
plane	<i>kapal terbang</i>

I'd like a ... ticket.	<i>Saya (mau/nak) tiket ... (I/M)</i>
one-way	<i>sekali jalan/sehala (I/M)</i>
return	<i>pulang pergi/pergi-balik (I/M)</i>

I want to go to ...	<i>Saya (mau/nak) ke ... (I/M)</i>
the first	<i>pertama</i>
the last	<i>terakhir</i>
ticket	<i>tiket</i>
ticket office	<i>(loket/pejabat) tiket (I/M)</i>
timetable	<i>jadual</i>
airport	<i>bandara (I)</i> <i>lapangan terbang (M)</i>

bus station	<i>terminal bis/stesen bas (I/M)</i>
bus stop	<i>halte bis/perhentian bas (I/M)</i>

Private Transport

I'd like to hire a ...	<i>Saya mau sewa ... (I)</i> <i>Saya nak menyewa ... (M)</i>
bicycle	<i>sepeda/basikal (I/M)</i>
car	<i>mobil/kereta (I/M)</i>
4WD	<i>gardan ganda/4WD (I/M)</i>
motorbike	<i>sepeda motor/motosikal (I/M)</i>

Is this the road to ...?	<i>Apakah jalan ini ke ...? (I)</i> <i>Adakah jalan ini ke ...?</i>
	<i>Inikah jalan ke ...? (M)</i>

Where's a service station?	<i>Di mana pompa bensin? (I)</i> <i>Stesen minyak di mana? (M)</i>
Please fill it up.	<i>Tolong isi sampai penuh. (I)</i> <i>Tolong penuhkan tangki. (M)</i>

I'd like ... litres.	<i>Minta ... liter bensin. (I)</i> <i>Saya nak ... liter. (M)</i>
diesel	<i>disel</i>
petrol	<i>bensin/petrol (I/M)</i>

ROAD SIGNS

Beri Jalan	<i>Give Way</i>
Bahaya	<i>Danger</i>
Dilarang Parkir (I)/ Dilarang Letak Kereta (I/M)	<i>No Parking</i>
Jalan Memutar/ Lencongan (I/M)	<i>Detour</i>
Masuk	<i>Entry</i>
Dilarang Mendahului	<i>No Overtaking</i>
Kurangi Kecepatan (I)	<i>Slow Down</i>
Kurang Laju (M)	
Dilarang Masuk	<i>No Entry</i>
Satu Arah/ Jalan Sehala (I/M)	<i>One Way</i>
Keluar	<i>Exit</i>
Kosongkan	<i>Keep Clear</i>

I need a mechanic.

Saya perlu montir. (I)
Kami memerlukan mekanik. (M)

The car has broken down at ...

Mobil mogok di ... (I)
Kereta saya telah rosak di ... (M)

The motorbike won't start.

Motor tidak bisa jalan. (I)
Motosikal saya tidak dapat dihidupkan. (M)

I have a flat tyre.

Ban saya kempes. (I)
Tayarnya kempis. (M)

I've run out of petrol.

Saya kehabisan bensin. (I)
Minyak sudah habis. (M)

I had an accident.

Saya mengalami kecelakaan. (I)
Saya terlibat dalam kemalangan. (M)

(How long) Can I park here?

(Berapa lama) Saya boleh parkir di sini? (I)
(Beberapa lama) Boleh saya letak kereta di sini? (M)

Where do I pay?

Saya membayar di mana? (I)
Di mana tempat membayar? (M)



Also available from Lonely Planet:
Indonesian and Malay Phrasebooks

Glossary

For terms used in *kedai kopi* and *kopitiams* (Malay and Chinese coffee shops) see the Kedai Kopi section on p41.

ABC – ais kacang, a Malay/Indonesia shaved ice treat
adat – Malay customary law
agama – religion
air – water
air terjun – waterfall
alor – groove; furrow; main channel of a river
ampang – dam
ang pow – red packets of money used as offerings, payment or gifts
APEC – Asia-Pacific Economic Cooperation
arak – Malay local alcohol
arrack – see *arak*
Asean – Association of Southeast Asian Nations
atap – roof thatching
ayam – chicken

Bahasa Malaysia – Malay language; also known as Bahasa Melayu
balai – house or longhouse (Kalimantan)
balian – shaman (Kalimantan)
bandar – seaport; town
batang – stem; tree trunk; the main branch of a river
batik – technique of imprinting cloth with dye to produce multicoloured patterns
batu – stone; rock; milepost
belacan – fermented shrimp paste
belauran – night markets (Kalimantan)
bandung – floating general stores (Kalimantan)
bis kota – intercity bus (Kalimantan)
bobihizan – female priestess in Dayak communities
bomoh – spiritual healer
bukit – hill
bumboat – motorised *sampan* (small boat)
bumiputra – literally, sons of the soil; indigenous Malays
bunga raya – hibiscus flower (national flower of Malaysia)

ces – motorised canoes

dadah – drugs
dagang/daging – beef
dato', datuk – literally, grandfather; general male nonroyal title of distinction
dayak – indigenous peoples of Borneo, used mostly in Kalimantan and Sarawak
dipterocarp – family of trees, native to Malaysia, that have two-winged fruits

dolmen – stone burial markers found in Kelabit areas
dusun – small town; orchard; fruit grove

genting – mountain pass
godown – river warehouse
goreng – fried, as in *nasi goreng* (fried rice)
gua – cave
gunung – mountain

hilir – lower reaches of a river
hutan – jungle; forest

imam – keeper of Islamic knowledge and leader of prayer
ikan – fish
ikat – woven cloth
istana – palace

jalan – road

kain sasirangan – tied-dyed batik
kain songket – traditional Malay handwoven fabric with gold threads
kampung – village; also spelt kampong
kangkar – Chinese village
kapal biasa – river boats (Kalimantan term)
karst – characteristic scenery of a limestone region, including features such as underground streams and caverns
kedai kopi – coffee shop (Bahasa term)
kerangas – distinctive vegetation zone of Borneo, usually found on sandstone, containing pitcher plants and other unusual flora
khalwat – literally, close proximity; exhibition of public affection between the sexes which is prohibited for unmarried Muslim couples
klotok – Kalimantan houseboat
kongsi – Chinese clan organisations, also known as ritual brotherhoods, heaven-man-earth societies, triads or secret societies; meeting house for Chinese of the same clan
kopitiam – coffee shop (Chinese term)
kota – fort; city
kramat – Malay shrine
KTM – Keretapi Tanah Melayu; Malaysian Railways System
kuala – river mouth; place where a tributary joins a larger river
kueh – Malay/Indonesian cakes, often made with coconut (also spelled 'kuih')
kway teow – thick white Chinese noodles

laksamana – admiral
lalapan – raw vegetables (Kalimantan)

langur – small, usually tree-dwelling monkey
laut – sea
lebuah – street
Lebuhraya – expressway or freeway; usually refers to the North-South Highway, which runs from Johor Bahru to Bukit Kayu Hitam at the Thai border
lorong – narrow street; alley
LRT – Light Rail Transit (Kuala Lumpur)
lubuk – deep pool

macaque – any of several small species of monkey
mandau – machete (Kalimantan)
mandi – bathe; Southeast Asian wash basin
masjid – mosque
MCP – Malayan Communist Party
me – noodles
Melayu Islam Beraja – MIB; Brunei's national ideology
merdeka – independence
midin – Borneo edible jungle fern
Molong – Penang hunter/gatherer lifestyle
muara – river mouth
muezzin – mosque official who calls the faithful to prayer

nasi – rice
nasi campur – rice buffet served in Malay/Indonesian restaurants (pronounced 'nah see cham poor')
negara – country
negeri – state

ojek – motorcycle taxi (Kalimantan)
opelet – minibus (Kalimantan)
orang asing – foreigner
Orang Asli – literally, Original People; Malaysian aborigines
Orang Laut – literally, Coastal People
Orang Ulu – literally, Upriver People

padang – grassy area; field; also the city square
pantai – beach
pao – Chinese steamed buns (sometimes filled with meat or sweet bean paste)
parang – long jungle knife
pasar – market
pasar malam – night market
Pejabat Residen – Resident's Office
pekan – market place; town
pelabuhan – port
penghulu – chief or village head
pengkalan – quay
permuda – youth militias active in the WWII period in Indonesia
pondok – hut or shelter

pua kumbu – traditional finely woven cloth
pulau – island
puteri – princess

raja – prince; ruler
rakyat – common people
rantau – straight coastline
rattan – stems from climbing palms used for wickerwork and canes
rimba – jungle
roti – bread
rumah – house
rumah betang – longhouse (Kalimantan)
rumah panjai/rumah panjang – longhouse
rumah walet – Kalimantan birdhouse

sambal – curry sauce or paste
sampan – small boat
sarung – all-purpose cloth, often sewn into a tube, and worn by women, men and children; also spelt sarong
seberang – opposite side of road; far bank of a river
selat – strait
semananjung – peninsula
simpang – crossing; junction
songkok – traditional Malay headdress worn by males
sungai – river
syariah – Islamic system of law

tambang – river ferry; fare
tamu – weekly market
tanah – land
tanjung – headland
tasik – lake
teluk – bay; sometimes spelt *telok*
temenggong – Malay administrator
towkang – Chinese junk
transmigrasi – transmigration (Indonesian government policy)
tuai rumah – longhouse chief (Sarawak)
tuak – rice wine drunk in indigenous communities
tudong – headscarf
tunku – prince

ujung – cape
UMNO – United Malays National Organisation

wartel – public phone office (Kalimantan)
warung – small eating stalls
warung kopi – coffee stall (Kalimantan)
wayang – Chinese opera
wayang kulit – shadow-puppet theatre
wisma – office block or shopping centre

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