



ASIAN MEDICAL STUDENTS' EXCHANGE PROGRAMME (AMSEP) MALAYSIA

PROMOTIONAL BOOKLET
2019/2020



AMSEP
Asian Medical Students' Exchange Programme



Foreword	3 - 4
A Glimpse of Malaysia	5 - 7
Security Restrictions	8
Participating Universities	9 - 12
Contact Details	12
About AMSEP Malaysia	13 - 15
Delegates' Expectations	16

NATIONAL DIRECTORS OF AMSEP MALAYSIA 19/20

3



CYENA CHAZA ANAK KUTIANG

Universiti Kebangsaan Malaysia (UKM)

FOREWORD

When I was first introduced to the Asian Medical Students' Exchange Program (AMSEP), honestly it is just the greatest thing ever. Imagine, being able to travel and experience the other side of the world (medicine and non-medicine), alongside friends whilst getting the best out of the exchanging partner at a minimum cost, in the eyes of someone who had venture very little, this is a blessing indeed. However, the real luxury is this: having the privilege to be the face of my country, Malaysia and showcase to others what this beautiful nation has to offer.

I hereby, extend the invitation to all, to visit the truly Asia, Malaysia. With a hopeful heart, I wish that you would give her a chance and yourself as well, to experience the people, delicacies, songs, culture, and ultimately, the country as a whole.

I have faith that it will be a one of a kind journey that my team and I, will bring you on.

A stylized, handwritten signature in black ink that reads "Cyena".

NATIONAL DIRECTORS OF AMSEP MALAYSIA 19/20

4



DAVYNA ABYSHA
GUNASEGHARAN

Universiti Malaysia Sarawak (UNIMAS)

FOREWORD

I started out as both a delegate and a host in first year. Little did I know that I began collecting experiences of my own in venturing the means of igniting solidarity and unity with friends from various countries. We live in a world where the yellow brick road has many thorns and this often takes us on many incredible journeys - and for me, AMSEP was one of them.

Malaysia offers one of the best examples of unity in diversity among the nation. Apart from the amazing hospitality she has to offer, I believe the food here deserves a global recognition too!

Herewith, Cyena and I, present you our first publication together that illustrates only a small part of her, Malaysia, that has so much more to offer to you. I hope you enjoy this year's edition of the Promotional Booklet as well as your stay here in my beautiful country.

Selamat Datang!

davynaabysha



Malaysia, Truly Asia

Situated in the midst of the Asia Pacific region, Malaysia enjoys a strategic location and a year-round tropical climate. With 13 states, three Federal Territories and a population that currently stands at more than 32 million, Malaysia combines the best of Asia and is well-known for its diverse cultural landscape, which includes three of Asia's oldest civilisations- Malay, Chinese and Indian - and the unique ethnic communities of Sabah and Sarawak. One of the world's top holiday destinations, Malaysia is filled with a wide variety of unique attractions. Whatever your definition of a fulfilling holiday, Malaysia has all the necessary elements - pristine beaches and breathtaking islands, a rich tapestry of cultures and history, well-preserved heritage treasures, world-class modern facilities, a fascinating collection of flora and fauna, lush and well-maintained nature reserves, a delightful array of mouth-watering cuisine and a long list of shopping hot spots - Malaysia will leave you wanting for more. But do not just take our word for it. Come and discover the many wonders of Malaysia and peel the many layers of this fascinating country. Be prepared to be amazed, because there is just so much more to Malaysia than meets the eye.

A GLIMPSE OF MALAYSIA

6



32, 271, 424

POPULATION (2020)

**RINGGIT
MALAYSIA
(MYR)**

CURRENCY

**BAHASA
MALAYSIA**

OFFICIAL LANGUAGE

ENGLISH

2ND OFFICIAL LANGUAGE



23°C - 32°C

TEMPERATURE

**UTC+8 //
GMT+8**

TIME ZONE



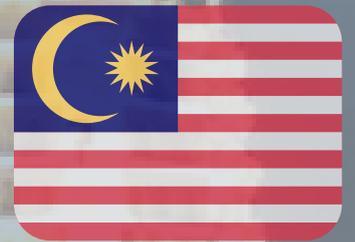


Electricity

In Malaysia, the power plugs and sockets are of type G. The standard voltage is 240V and the standard frequency is 50Hz.

Cultural Etiquette

Due to the predominantly Muslim culture, touching of the opposite gender is avoided. Besides that, both hands are used to give or receive any items as a show of respect. However, the right hand is frequently used for meals if using bare hands, as the left hand is considered to be reserved for bathroom purposes. Moreover, some may refuse alcohol, pork or beef due to religious concerns.



Attire

Formal attire is required within campus when attending academic sessions. You may dress casually out of campus though conservative yet loose clothing is highly encouraged. Shoes should always be removed before entering a Malaysian's host's home or any religious sites of reference.

Notable Laws

Control of Tobacco Product (Amendment) Regulations (2018):

Smoking is now prohibited in eateries and outlets that are air-conditioned.

Dangerous Drugs Act 1952:

Use or possession of drugs including, heroin, morphine, opium, cocaine and cannabis can result in punishments from whipping to imprisonment. For those found to be trafficking drugs shall be subjected to capital punishment.



CURRENCY RESTRICTIONS

Entry: \$10,000 or equivalent

Exit: \$10,000 or equivalent

PASSPORT

- **VALIDITY**

Six months beyond date of arrival

- **BLANK PASSPORT PAGES**

At least one blank page required for entry stamp

- **TOURIST VISA**

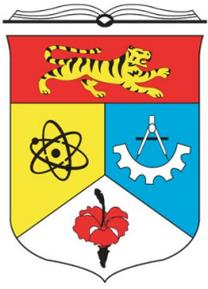
Not required for stays less than 90 days



VACCINATIONS

Short-term tourist vaccinations for Malaysia consist of those against Tetanus, Diphtheria, Hepatitis A and Typhoid. Furthermore, those staying for longer periods will need to consider vaccines against a number of other diseases such as Rabies and Hepatitis B.





UNIVERSITI
KEBANGSAAN
MALAYSIA
*The National University
of Malaysia*

1

Universiti
Kebangsaan
Malaysia

2

Universiti Malaysia
Sarawak



3

Universiti
Tunku Abdul
Rahman

4

Monash
University



MONASH
University



5

Universiti Putra
Malaysia

6

Newcastle
University



Newcastle
University



AMSEP MAHSA

7

MAHSA
University

8

Universiti
Malaysia
Sabah



UMS
UNIVERSITI MALAYSIA SABAH

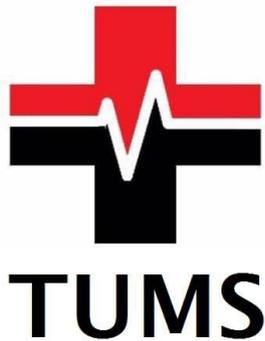


9

International
Medical University

10

Perdana
University



Taylor's University Medical Society

11

Taylor's
University

12

Universiti
Sains
Malaysia



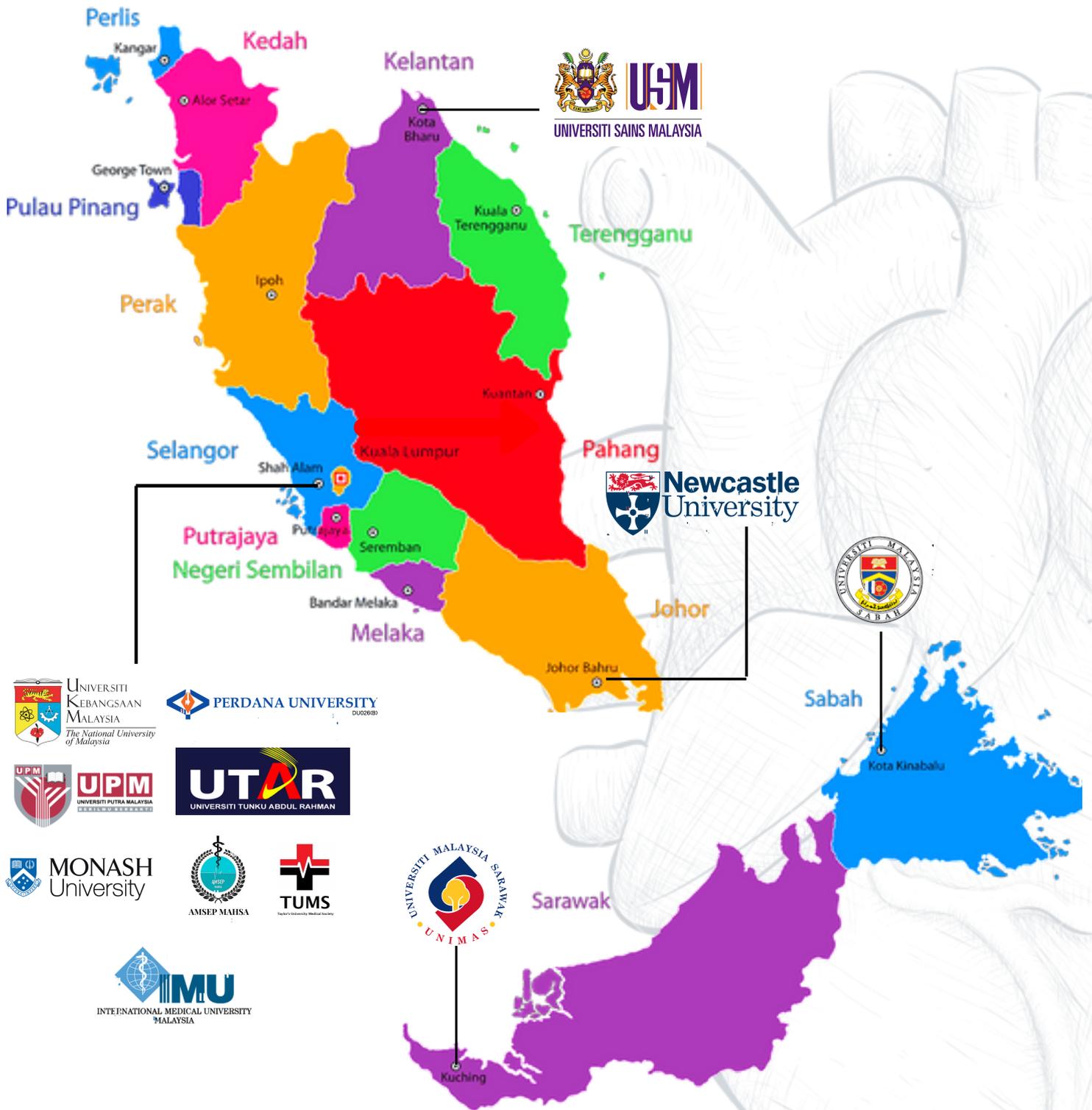


Photo by facts.co Malaysia

CONTACT DETAILS



@amsepmalaysia

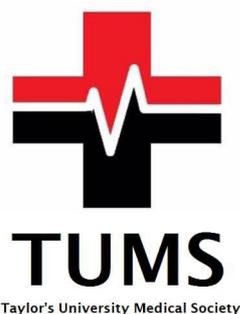


AMSEP Malaysia



amsepmalaysia@gmail.com

HIERARCHY/STRUCTURE

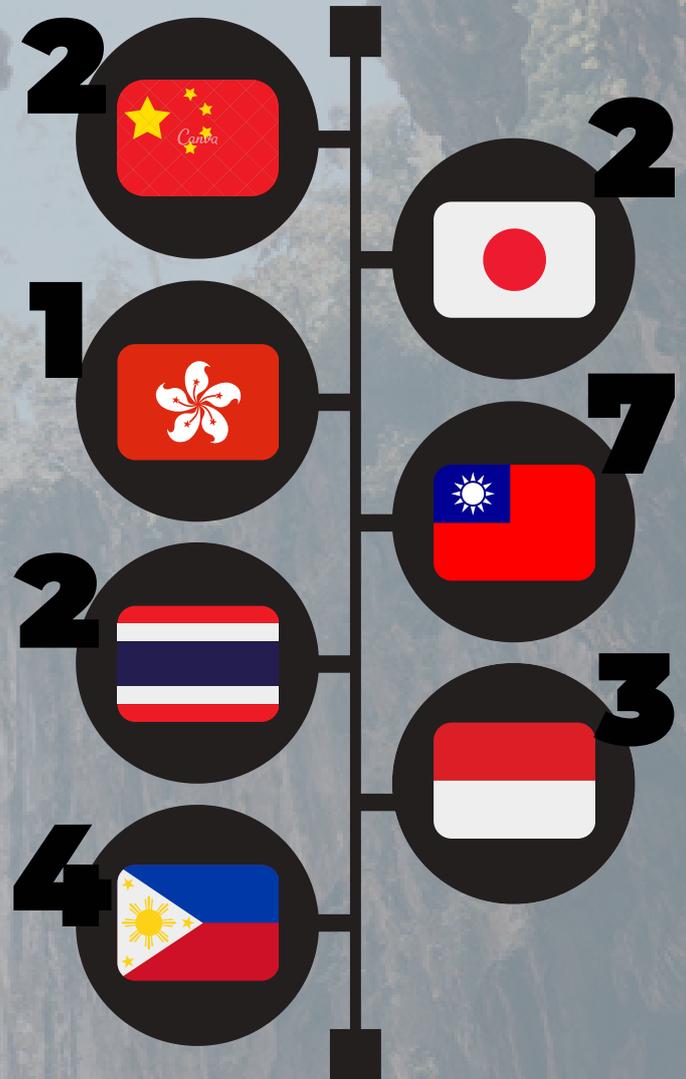


HISTORY OF HOSTING

AS OF MARCH 2020

7

COUNTRIES HOSTED



** The numbers indicate the frequencies of exchange with each country.

AMSEP Malaysia has hosted countries namely Taiwan, Philippines, Indonesia, Japan, China, Thailand and Hong Kong. We look forward to having exchanges with other countries too!

ASPECTS OF HOSTING



ACADEMICS

A minimum of 10 hours are allocated for a standard 7-day exchange, consisting of Problem-Based Learning (PBL) sessions, lab practicals and hospital visits.

SOCIO-CULTURAL

Beautiful beaches, colonial architecture, diverse culture and amazing food - you name it! Explore the variety of adventures and wonders here, in Malaysia.



COMMUNITY SERVICE

On top of that, delegates would be given the opportunity to reach out to the underprivileged in the aim of implementing the awareness of healthcare issues to the community.



CULTURAL DIVERSITY

Multitudes of Asian ethnicity have settled in Malaysia over centuries, forming their own special blends, distinct from their original cultures. The increasing globalization and imports from all around the world have continued to diversify the country. Each culture is expressed and celebrated harmoniously, creating a beautiful living atlas.



CONTINENTAL FOOD

With the diverse cultures that have found a home in Malaysia, the traditional food has become one of, if not the highlight of a trip here. Even in ancient times, Malaysia was a designated stop on the world's spice trade route. As a result, local foods bring together flavors from all over the world to create a special flavor here! Cuisines from all over still continue to flow through this meeting point of the world, so an Indian breakfast followed by a Nyonya lunch and a Malay dinner is totally doable.

TOURIST ATTRACTIONS

The country has a lot to offer to its discerning tourists in terms of the beautiful islands, beaches, quaint towns, heritage sites, and adventure spots. Whether you're looking for nature, architecture, relaxation, or adventure, these places will ensure you have a great holiday in Malaysia. So, make sure you visit all of these Malaysia tourist places on your next trip to the country if you wish to experience the best of what this nation has to offer!

