

55th ICCA CONGRESS 2016 SARAWAK

13 — 16 NOVEMBER 2016

**ACCOMPANYING PERSONS
PROGRAM**

13TH NOVEMBER 2016 (SUNDAY)

BORNEO JUNGLE CHEF FOR A DAY



8.20 AM Pick up from Pullman Hotel

8.30 AM Pick up from Grand Margherita Hotel (GMH)

Note: *Guests staying at the Riverside Majestic Hotel will need to walk across to GMH for the pick up*

Arrive at BCKK for a short briefing on the Accompanying Persons Programme. Coffee, Tea and cookies are available.

10.00 AM Pick up from BCKK and proceed for a 45 minutes coach ride towards the coast of Damai.

11.00 AM Sarawak Cultural Village at the foothills of Mount Santubong, Damai Beach

Sarawak Cultural Village, 35km north of Kuching, is an award-winning 'living museum' showcasing the unique village lives of four of Sarawak's many indigenous tribes/dayaks. Here, you'll meet Iban, Bidayuh, Orang Ulu and Melanau folk who will demonstrate their own particular talents. You'll experience an authentic Malay town house and a Chinese farmhouse too. All the unique houses are staffed with members of the various ethnic groups in traditional costumes, carrying out their traditional day-to-day activities. But before you get to enjoy their hospitality, you have work to do!

You will attend a **Malaysian cooking class** where you will learn to prepare **Sarawak Laksa**, **Bamboo Chicken** and **Stir Fried Midin** using the beautiful produce you have chosen at the market. Almost every state of Malaysia has its own unique way of preparing Laksa but Sarawak is well known for its delicious spicy broth brimming with vermicelli (noodles), prawns, chicken, egg strips, coriander and bean shoots and seasoned with fresh lime and chilli paste. If you're not a meat eater, simply omit the chicken and/or prawns, although we should tell you that the broth is seafood-based. Travellers from all over the world make a point of seeking out this mouth-watering delicacy when they arrive in Sarawak, which, strange as it may sound, is traditionally eaten for breakfast. Pansoh Ayam (Bamboo Chicken) is a traditional Iban dish, which is also unique to this part of the world. Chunks of chicken are marinated with local herbs and spices and then stuffed into a bamboo log, sealed and then cooked over an open fire. Sarawakian food doesn't get any more authentic than this. And finally Midin is a type of wild fern found only in Sarawak. This beautiful vegetable is so perishable, it cannot be exported, even to Kuala Lumpur. And it is totally and utterly delicious.

1.00 PM Enjoy the food you have prepared accompanied by tangy fresh lime- Calamansi.

3.00 PM Pick up from front entrance and scenic drive back to your hotel where you can rest (briefly) before the vibrant ICCA 2016 Welcoming Ceremony begins.

14TH NOVEMBER 2016 (MONDAY)

ORANG UTAN AND HEADHUNTER EXPEDITION



7.50 AM Pick up from Pullman Hotel

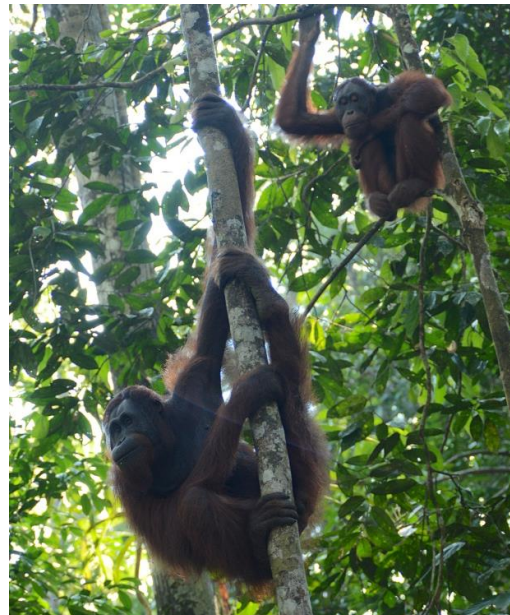
8 AM Pick up from Grand Margherita Hotel

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9 AM Semenggoh Wildlife Centre

The brainchild of the Sarawak Forestry Corporation, the Semenggoh Wildlife Centre was established in 1975 to look after wild animals, which had either be found injured in the forest, orphaned if their parents had been killed or had previously been illegally kept as pets. The sanctuary, which stretches over x hectares of pristine rainforest, is currently home to almost 1,000 endangered mammals, birds and reptiles from dozens of different species. But what brings visitors from all over the world to this beautiful place is the presence of 25--28 amazing orang-utans, or 'people of the forest', who enjoy their freedom here in absolute safety. Every day at 9am and then again at 3pm, visitors are permitted into Semenggoh for one hour to see and learn about these beautiful endangered creatures. If the visitors are lucky and the trees are not fruiting, they will witness these majestic primates descend from the canopy of the forest to be fed by the loyal rangers.

Nothing melts the heart more than the sight of a female orang-utan, with her clinging baby, swinging through the branches of the trees and sometimes even meandering along the paths where the visitors also stroll. If you are really lucky you might catch a glimpse of Ritchie, the dominant male, who is nothing short of awesome.



14TH NOVEMBER 2016 (MONDAY)

ORANG UTAN AND HEADHUNTER EXPEDITION



10 AM You have the opportunity to browse in the Semenggoh's gift shop for T-shirts, books, postcards or toys to bring home to the kids.

10.15 AM Pick up from Semenggoh Wildlife Centre

11 AM Arrive at Annah Rais Longhouse

Sarawak is home to many tribes, the second largest being the Bidayuh (the largest is the Iban tribe). Annah Rais Longhouse is a Bidayuh settlement about 100km south of Kuching, tucked away at the foothills of Borneo Highlands near the mountains marking the border to Kalimantan, a state of Indonesia.

Here you will experience the traditional way of living, learn about the local customs, their headhunting history and enjoy the Bidayuh tribal costumes, music and dance. The Bidayuh are very hospitable and will make your experience unique and fun. A lunch made from local produce direct from the jungles will be served, all naturally organic of course. And you will taste tuak, probably for the first time, which is a rice wine that tastes innocent enough but can pack a punch if you imbibe too much!



2 — 2.30 PM Pick up from Annah Rais to transport you back to your hotel.

Free and easy time to explore the Kuching waterfront, do a little shopping or just relax, especially if you have overdone the tuak, until the evening events begin.

15TH NOVEMBER 2016 (TUESDAY)

ARTS AND CRAFTS, SARAWAK STYLE



9.40 AM Pick up from Pullman Hotel

9.50 AM Pick up from Grand Margherita Hotel

Note: Guests staying at the Riverside Majestic Hotel will need to walk across to GMH for the pick up

Proceed to The Ranee Boutique Suites

10 AM

Craft workshops with Sarawak design elements incorporated and conducted by the local artisans:

1. Marik Empang – bead working
2. Paper Beads – rolling & stringing
3. Batik Painting – waxing & painting

Participation : 8 pax per workshop

Duration : 2 – 2.5 hours per workshop

Participants get to take home the craft item at the end of the workshop sessions.

An introduction to Sarawak dining experience (buffet setting):

1. Welcome Tuak
2. A selection of local main dishes (mix canape style)
3. Assortment of local kuihs, desserts & fruits
4. Hot coffee/tea & cold drink option

3.30 PM Pickup and return to your hotel

Free and easy afternoon before your evening activities kick in.



16TH NOVEMBER 2016 (WEDNESDAY)

RAINFOREST KAYAKING



8 AM Pick up from Pullman Hotel

8.10 AM Pick up from Grand Margherita Hotel

Note: *Guests staying at the Riverside Majestic Hotel will need to walk across to GMH for the pick up*

9 AM Get ready for paradise

45 minutes — 1 hour's drive from your hotel, a pristine wilderness awaits. THE RUCKSACK Rainforest Kayaking, winner of Trip Advisor 2016 Certificate of Excellence, lives up to its reputation as one of Sarawak's top attractions.

The kayak trip (where stringent safety precautions are undertaken by the way) takes you 11km along the Sungai Sarawak Kiri (left tributary of the mighty Sarawak River), flanked by towering limestone cliffs and hidden caves as it winds through the lush rainforest.

You'll be paddling downstream, occasionally through gentle rapids, and marvelling at the exquisite scenery. Even the most inexperienced kayakers will soon get the drift and relax into this amazing journey. It's hard to believe that the city of Kuching is less than an hour away. After paddling the first six kilometres, you'll break the journey to enjoy a traditional Malay lunch of chicken, various vegetable dishes and fresh fruit at a small village. You'll also be taken on a short walk to see the pepper vines, wild oregano and many more indigenous plants.

Then you'll hop back into your kayaks and complete the journey, hopefully spotting local creatures along the way.

After all that paddling, you might like to enjoy a dip in the river and a change into dry clothes before heading back your hotel.

2 – 3 PM

Pickup from Semadang and return to your hotel.

