



ACHP2019

International Conference

7th Asian Congress of
Health Psychology (ACHP)
19-21 SEPTEMBER 2019



Programme Book



UMS
UNIVERSITI MALAYSIA SABAH

(Faculty of Psychology and Education, &
Faculty of Medicine and Health Sciences)

Organizer:



Nurturing the Passion to Care

(Department of Psychology)

In Joint Collaboration with

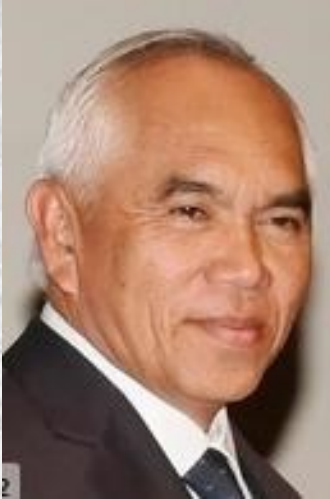


Japanese
Association of
Health
Psychology
(JAHP)

Korean Health
Psychology
Association
(KHPA)

WELCOME MESSAGE

YBHG. DATUK DR. YUSOF YACOB
MINISTER OF EDUCATION AND INNOVATION
SABAH



BISMILLAHIRRAHMANIRRAHIM.

I am highly honored with the opportunity given to welcome all delegates and scholars participating in the 7th Asian Congress of Health Psychology (ACHP) 2019, which is jointly organized by Universiti Malaysia Sabah (UMS), Cyberjaya University College of Medical Sciences (CUCMS), and the Asian Society of Health Psychology (ASHP).

Realizing the role of health psychology in contributing to individuals' well-being, Malaysia has made mental health as part of its important national agenda. Unfortunately, public awareness of this issue in our country is still limited. It is indeed timely, with this Congress, that stakeholders can come together to this platform and make it a medium where research can be translated into application to benefit our people.

Lastly, I would like to express my appreciation to the members of the 7th ACHP 2019 Organizing Committee for their tireless efforts in organizing this Congress. I wish everyone an enlightening congress, and hope you enjoy the rich culture and beauty of nature in Sabah.

YBHG. DATUK DR. YUSOF YACOB
MINISTER OF EDUCATION AND INNOVATION
SABAH

WELCOME MESSAGE

YBHG. PROFESSOR DATUK DR. TAUFIQ YAP YUN HIN
VICE-CHANCELLOR
UNIVERSITI MALAYSIA SABAH



BISMILLAHIRRAHMANIRRAHIM.

It gives me a special pleasure to address the presenters and participants in the 7th Asian Congress of Health Psychology (ACHP) 2019, which is organised collaboratively between Universiti Malaysia Sabah represented by Faculty of Psychology and Education and Faculty of Medicine and Health Sciences, together with Cyberjaya University College of Medical Sciences (Department of Psychology), and the Asian Society of Health Psychology (ASHP).

This Congress is an attempt for experts to further explore how mental, emotional, and social issues affect a person's physical well-being, and to investigate what factors can ensure healthy lives and promote well-being for all and at all ages. Hopefully, this Congress will bring together scholars in the field of health psychology so that we realize together the challenges that lie in the path of the welfare of our community, and constitute the beginning of a long cooperation among fellow researchers.

Finally, I would like to take this opportunity to express my deepest gratitude to the Faculty of Psychology and Education, and the Faculty of Medicine and Health Sciences for making this Congress a success. I would also like to wish all presenters and participants, especially our international guests, a great experience in this Congress and a wonderful stay in Sabah.

YBHG. PROFESSOR DATUK DR. TAUFIQ YAP YUN HIN
VICE-CHANCELLOR
UNIVERSITI MALAYSIA SABAH

WELCOME MESSAGE

PROFESSOR DR. MOHAMMAD SAFFREE BIN JEFFREE
DEAN
FACULTY OF MEDICINE AND HEALTH SCIENCES
UNIVERSITI MALAYSIA SABAH



BISMILLAHIRRAHMANIRRAHIM.

It is a great pleasure for the Faculty Medicine and Health Sciences to participate in organizing the 7th Asian Congress of Health Psychology (ACHP) 2019 held here in Kota Kinabalu, Sabah.

The definition of health includes “physical, mental, and social well-being”. Of these elements, the mental well-being has been misunderstood and often forgotten. Good mental health goes hand in hand with peace, stability and success. It is of paramount importance that mental health promotion be

in the public health policies of all countries.

Therefore, ACHP 2019 is an important platform for psychologists and those involved in related fields to share their knowledge and expertise for the betterment of the nation as well as the region. With the theme of “Health, Happiness and Quality of Life”, we hope to gather more input and research to propagate current knowledge as well as issues by professionals in their field of expertise to benefit all individuals involved.

Finally, I would like to express my gratitude to the presenters as well as the Organizing Committee for their enthusiastic contribution to the success of this Congress. To our guests, please take the opportunity to explore the beauty and serenity of Sabah while you are here.

PROFESSOR DR. MOHAMMAD SAFFREE BIN JEFFREE
DEAN
FACULTY OF MEDICINE AND HEALTH SCIENCES

WELCOME MESSAGE

**PROFESSOR DR. ISMAIL IBRAHIM
DEAN**

**FACULTY OF PSYCHOLOGY AND EDUCATION
UNIVERSITI MALAYSIA SABAH**



BISMILLAHIRRAHMANIRRAHIM.

I am pleased to extend a warm welcome to all researchers and practitioners participating in 7th Asian Congress of Health Psychology (ACHP) 2019. It is a special honor for us in the Faculty of Psychology and Education to host and participate in organizing this Congress that serves as a ground for psychologists, scholars and researchers to share their knowledge and exchange innovative ideas and research findings in the field of health psychology and its impact on our societies.

As a matter of fact, health psychology lacks adequate attention and awareness amongst the public, especially on issues of mental health including mental illness that could be dangerously silent and affect people's quality of life. Thus, through this Congress which adopts a timely theme of Health, Happiness and Quality of Life, we can contribute to spreading and increasing public awareness of this serious issue.

I am especially thankful to the Organizing Committee for their commitment and dedication for bringing this conference to fruition. I also wish to express my appreciation to all keynote speakers, presenters and participants for their valuable contribution to this Congress. I hope that you will have a chance to enjoy the beauty and diverse cultures of Sabah.

**PROFESSOR DR. ISMAIL IBRAHIM
DEAN**

**FACULTY OF PSYCHOLOGY AND EDUCATION
UNIVERSITI MALAYSIA SABAH**

WELCOME MESSAGE

PROFESSOR DR. KYOKO NOGUCHI

PRESIDENT ASIAN SOCIETY OF HEALTH PSYCHOLOGY (ASHP)



Dear Colleagues,

It is a great pleasure for me to welcome you to the 7th Asian Congress of Health Psychology organized in Kota Kinabalu, Sabah, Malaysia.

On behalf of the Asian Society of Health Psychology, I would like to express my sincere gratitude to Professor Dr. Rosnah Ismail and those who have worked so hard on the preparations for this Congress.

The expectations for health psychology have been increasing in the recent years. Health psychology is relevant to many aspects of our lives, such as assisting children and adolescents in their development, supporting elderly people who go through physical and cognitive changes. Additionally, psychological perspectives contribute to addressing many social issues, including the control of crime, and mental health support for victims of crime and natural disasters.

I hope that this Congress, with the theme of Health, Happiness and Quality of Life, will offer an excellent opportunity for all of us to exchange information on the latest advances in health psychological research, and to interact with specialists in various areas.

I believe that health psychology will bring us hope to work together for our future, bridging gaps, including cultural differences, in changing societies.

PROFESSOR DR. KYOKO NOGUCHI

PRESIDENT,

ASIAN SOCIETY OF HEALTH PSYCHOLOGY

WELCOME MESSAGE

PROFESSOR DR. ROSNAH ISMAIL
CHAIRPERSON ACHP2019



Dear Colleagues,

On behalf of the 7th ACHP 2019 Organizing Committee, I would like to extend my warmest welcome to all distinguished keynote speakers and participants from all over the Asian countries and the world. My heartfelt thanks go to the Asian Society of Health Psychology (ASHP) which has trusted UMS and CUCMS to host this 7th ACHP 2019 in Kota Kinabalu, Sabah.

The field of health psychology primarily focuses on promoting health, prevention and treatment of disease and illness. Therefore, this Congress provides an opportunity for all to learn more about exciting developments, research findings as well as applied work in the area of health psychology. The ACHP 2019 Congress' theme Health, Happiness and Quality of Life deals with both research and practice, which will be reflected in the keynote lectures, symposium, workshops, and oral and poster sessions. Our concern in health psychology is on understanding how psychological, behavioural, and cultural factors contribute to physical health and illnesses.

My sincere appreciations go to all keynote speakers, workshops and symposium organizers, presenters, as well as the Organizing Committee for their valuable contributions to the success of this Congress. I wish everyone an enjoyable and fruitful Congress. We hope you have time to explore beautiful places in Sabah.

PROFESSOR DR. ROSNAH ISMAIL
CHAIRPERSON ACHP2019



About Malaysia

To know Malaysia is to love Malaysia. A bubbling, bustling melting pot of races and religions where Malays, Indians, Chinese and many other ethnic groups live together in peace and harmony.

Multiculturalism has not only made Malaysia a gastronomical paradise, it has also made Malaysia home to hundreds of colourful festivals. It's no wonder that we love celebrating and socialising. As a people, Malaysians are very laid back, warm and friendly.

Geographically, Malaysia is as diverse as its culture. Malaysia is divided into 13 states and 3 Federal Territories, separated by the South China Sea with 11 states and 2 federal territories (Kuala Lumpur and Putrajaya) in Peninsular Malaysia and two states and 1 federal territory (Labuan) in East Malaysia.

One of Malaysia's key attractions is its extreme contrasts. Towering skyscrapers look down upon wooden houses built on stilts, and five-star hotels sit several metres away from ancient reefs. Cool hideaways are found in the highlands that roll down to warm, sandy beaches and rich, humid mangroves.

For the perfect holiday full of surprises, eclectic cultures and natural wonders, the time is now, the place is Malaysia



About Sabah

Situated on the beautiful island of Borneo, Sabah is one of the thirteen states which Malaysia is made of. Sabah is the second largest state in Malaysia and shares the island of Borneo with Sarawak, Brunei, and Indonesian Kalimantan.

Ideal for backpackers, Sabah is richly blessed with nature diversity, unique cultures, fun adventure, beautiful beaches, and fantastic cuisines for the adventurous taste buds. We have it all, from the world's largest flower - the Rafflesia, one of the highest mountains in South East Asia - Mount Kinabalu, to one of the world's top dive sites - Sipadan Island.

Not only will you be amazed by the places to see and things to do here, you will also be treated with unique Sabahan hospitality. Explore the unique culture and tradition of Sabah and get ready to experience sweet memories to last a lifetime!



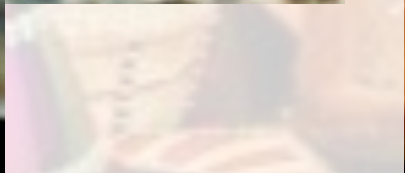
About Universiti Malaysia Sabah

Universiti Malaysia Sabah (UMS) was established on 24th November 1994. His Royal highness the Yang DiPertuan Agong Proclaimed the establishment of UMS under Section 6(1) of the Universities and University Colleges Act 1971.

The ninth university in Malaysia expanded rapidly since the early days of its inception. The management office that started activities at the Ministry of Education, Kuala Lumpur later on shifted to Kota Kinabalu. Teaching and research commenced in 1995 in rented buildings. The physical development of permanent campus on a 999 acre piece of land began in earnest in August 1995. The University's occupation of the permanent campus started in 1999 and completed in 2000. In the meantime, the government also granted approval to UMS to set up a branch campus in the Federal Territory of Labuan. Years that followed the acquisition of building facilities for teaching, learning and research have witnessed the emergence of an increasing number of schools, centres and units.

Since its birth, the development of UMS is progressing at a tremendous pace, and the university is fully committed to achieving the highest standards of quality in both academic and non-academic activities. This means pursuing continuous improvement and being satisfied with nothing less than the best practice.

Universiti Malaysia Sabah strives to achieve academic excellence in various fields by gaining international of the society and recognition through learning and teaching, research and publications, social services and a balanced specialization of knowledge and personality development of students resulting in high productivity and quality in context of the society and the nation.



ACHP2019 PROGRAM SCHEDULE

Thursday, 19 September 2019

Venue: Faculty of Medicine and Health Sciences, UMS

1.00-2.00pm : Conference Registration

2.00-4.00pm : Workshop 1:
Workshop on Collaborative Management of Psychotic Symptoms
Associate Professor Dr. Wendy Shoesmith,
Dr. Loo Jiann Lin
Dr. Nicholas Pang Tze Ping

Workshop 2: Enabling Communities for Positive Health Promotion
Professor Dr. Nov Rattan Sharma
Associate Professor Dr. Balan Rathkrishnan

4.00pm : Coffee Break



ACHP2019 PROGRAM SCHEDULE

Friday, 20 September 2019

Venue: Faculty of Medicine and Health Sciences, UMS

- 7:30-8:15am : Registration | On-Site-Payment |
Seating in Auditorium Faculty of Medicine and Health Science
- 8.10am : Arrival of the Universiti Malaysia Sabah (UMS) Top Officials
- 8.20am : Arrival of the UMS Vice-Chancellor
YBHG. PROFESSOR DATUK DR. TAUFIQ YAP YUN HIN
- 8.30am : Arrival of the Minister of Education and Innovation of Sabah
YBHG. DATUK DR. YUSOF YACOB
- 8.35am : Opening Ceremony
Malaysia National Anthem
Welcoming Address by the:
1)President of Asian Society of Health Psychology (ASHP 2019)
PROFESSOR DR. KYOKO NOGUCHI
2)Minister of Education and Innovation of Sabah
YBHG. DATUK DR. YUSOF YACOB
- 9.30-10am : Coffee Break
- 10.00-10.45am : Keynote 1: The Impact of Psychosocial Factors on Back Pain
Professor Dato' Dr. Mohammad Abdul Razak (MAL)
- 10.45-11.30am : Keynote 2: Reactions to Mental Illness in Sabah
Associate Prof. Dr. Wendy Shoemith (UK/MAL)
- 11.30 -2.00pm : Lunch & Friday Prayers
- 1.30-2.00pm : Poster Presentation 1
- 2.00-4.00pm : Symposium
- 2.00-4.00pm : Workshop 3: Systematic Treatment Selection: 8 Core Evidence
-Based Principles into Clinical
Applications Including Evidence from Taiwan and Japan
Professor Dr. Satoko Kimpara – (JAPAN/USA)
- 2.00-2.45pm : Keynote 3: The New Research Area of the Psychology of
Sustainability and Sustainable Development and the New
Pillar of the Psychology of Harmonization in Promoting Health
and Well-Being with the Environment and in Different
Environments: Empirical Results
Professor Dr. Annamaria Di Fabio (ITALY)
- 2.45-3.30pm : Keynote 4: Mental Health Promotion Through Branding
Strategies: Promotion Beyond Prevention
Professor Dr. Koji Takenaka (JAPAN)
- 3.30-6.00pm : Concurrent Session 1

Saturday, 21 September 2019

Venue: Faculty of Medicine and Health Sciences, UMS

8.30-9.15am : Keynote 5: Secrets of Long Life, Health and Happiness:
Psychological, Neurobiological and Cultural Perspectives
Professor Dr. Uichol Kim (SOUTH KOREA)

9.15-10.00am : Keynote 6: Asian Perspectives related to the Importance
of Happiness for Comprehensive Health
Associate **Professor Dr. Yoshiyuki Tanaka (JAPAN)**

10.00-10.30am : Coffee break

10.30-11.15am : Keynote 7: Emotion Regulation and Cognitive
Enhancement in Daily Life – Arts of Chinese language
Professor Dr. Buxin Han (CHINA)

11.15-12.00pm : Keynote 8: Changing Care Programs of the Aged Disabled
Persons in the South Asian Countries
Professor Dr. Anwarul Hasan Sufi (BANGLADESH)

12.00-1.00pm : Lunch

1.00-1.45pm : Keynote 9: Challenge for Fostering Organization Health
and Employees' Well-Being in Japan: Development of the
Comprehensive Health Check for Workers (CHCW)
Questionnaire
Professor Dr. Akira Tsuda (JAPAN)

1.45- 2.15pm : Poster Presentation 2

2.15-5.00pm : Concurrent Session 2

5.00pm : Closing Ceremony

B3

B4

B2



MAP LAYOUT
Faculty of Medicine and Health Sciences, UMS

KEYNOTE SPEAKER HIGHLIGHT



ACHP2019 KEYNOTE SPEAKER :

PROFESSOR DATO' DR. MOHAMMAD ABDUL RAZAK (MALAYSIA)

BIOGRAPHY

A trained orthopaedic surgeon specialist, Professor Dato' Dr. Mohamad Abdul Razak has served as the director of Hospital Universiti Kebangsaan Malaysia and the president of the Malaysian Orthopaedic Association, the latter from the year 1996 to 1998. He is also a visiting registrar of the Orthopaedic Department at Edinburgh University, in addition to being registrar and spinal injury fellow at the Southport Spinal Injuries Centre in Liverpool. He had received seven Gold Awards in research, with four Silver Awards, and recipient of best paper award, the Mahmood Merican Award for Orthopaedics. He was also formerly the Deputy Vice-Chancellor (Student and Alumni Affairs) at Universiti Kebangsaan Malaysia (National University of Malaysia). Professor Dato' Dr. Mohamad Abdul Razak has brought his considerable experience of medical sciences, management and education to helping the university position itself as a committed partner in helping students achieve their career dreams. His relentless drive for best in quality has been a guiding force that has made the university a MQA SETARA Tier-5 institution with an ISO 9001:2008 QMS certification from SIRIM. His mission is to contribute to society by helping to produce excellent individuals who will prosper and excel in serving humanity.



PAPER TITLE

THE IMPACT OF PSYCHOSOCIAL FACTORS ON BACK PAIN

ABSTRACT

Back pain is a widespread condition whose significant is overlooked. It is one of the most common symptoms affected human being. There is growing consensus that psychosocial factors play a role in the development of back pain. Studies have shown about 90% of populations have experienced back pain in their lifetime. Patients normally scored significantly higher on scales for depression, anxiety, and distress after the onset of chronic back pain than before the onset of back pain. Patients also reported a reduction in work hours and income, as well as a breakdown in interpersonal relationships, including marital and conjugal relations. Psychosocial factors are easily being measured by practitioners which leads to chronicity and long-term poor prognosis of the clinical problem. Active psychosocial interventions are required in certain percentage of patients to ensure complete interdisciplinary pain rehabilitation in this group of population.

CONTACT DETAILS

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Cyberjaya University College of Medical Sciences
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KEYNOTE SPEAKER HIGHLIGHT

ACHP2019 KEYNOTE SPEAKER :

PROFESSOR DR. ANNAMARIA DI FABIO (ITALY)

BIOGRAPHY



Annamaria Di Fabio, Ph.D., is Full Professor of Work and Organizational Psychology at the Department of Education and Psychology (Psychology section) of the University of Florence, Italy where she is also director of two International Research and Intervention Laboratories: Cross-Cultural Positive Psychology, Prevention, and Sustainability (CroCPosPP&S); Psychology for Vocational Guidance, Career Counseling and Talents (LabOProCCareer&T). Her research interests are focused on work and organizational psychology, vocational, career counseling psychology and decent work/decent lives, psychology of individual differences,

emotional intelligence, positive psychology in a primary and cross-cultural prevention perspective, also promoting the new area of the psychology of sustainability and sustainable development.

She is author of more than 200 peer reviewed articles and books/book chapters and she was responsible for many editorial book series. She was invited in many international scientific conferences both as keynote speaker and as chair and discussant. She has international agreements and collaborations for research activities with many universities and institutions all over the world (Australia, Canada, China, France, India, Malaysia, New Zealand, Japan, Spain, South Africa, South Korea, UK, USA, Vietnam). She is Associate editor of *Personality and Individual Differences (PAID)* (Elsevier) since 2017, Associate editor of *Frontiers in Psychology/Organizational Psychology* (Frontiers since 2015), Co-editor of *Orientation Scolaire et Professionnelle (CNAM-INETOP)* since 2009, editor in chief of *Counseling Italian Journal of Research and Intervention (Erickson)* since 2008, one of the editor of *Sustainability Science (Springer)* since 2016, guest editor of the special issue "Psychology of Sustainability and Sustainable Development" for *Sustainability (MPDI)*. She is member of many international associations. Recently she was elected in the Board of Directors of the IAAP (International Association of Applied Psychology). She organized several International Conferences at the University of Florence (Italy) and in the latest years she is particularly committed to advancing a cross-cultural perspective for healthier societies fostering healthy organizations.

ACHP2019 KEYNOTE ADDRESS

PAPER TITLE

THE NEW RESEARCH AREA OF THE PSYCHOLOGY OF SUSTAINABILITY AND SUSTAINABLE DEVELOPMENT AND THE NEW PILLAR OF THE PSYCHOLOGY OF HARMONIZATION IN PROMOTING HEALTH AND WELL-BEING WITH THE ENVIRONMENT AND IN DIFFERENT ENVIRONMENTS: EMPIRICAL RESULTS

ABSTRACT

The psychology of sustainability and sustainable development (Di Fabio, 2017a, 2017b; Di Fabio & Rosen, 2018) constitutes a new research area in the transdisciplinary field of sustainability science focusing on psychological processes. This research area answers to sustainability issues introducing psychological contributions both enhancing the trans-disciplinary perspective and enlarging the concept of sustainability through this innovative perspective. A perspective exclusively based on the ecological and socio-economic environment was overcome, seeking to improve the quality of life of each human being with and in the different environments. This approach overwhelms the traditional framework based on the three “Es” (economy, equity, ecology) and the traditional definition of sustainability centered on “avoiding” something, in terms of exploitation, depletion, and irreversible alteration. It developed a new definition based on “promotion” of something, in terms of enrichment, growth, and flexible change. Psychology of sustainability and sustainable development also presents a new axis of psychological reflection on what is really sustainable for individuals in the several environments (natural, personal, social, organizational... environments) and also for the environment/environments. In this framework, the Psychology of harmony as harmonization (Di Fabio & Tsuda, 2018) constitutes a pillar for a new research area in the psychology of sustainability and sustainable development, considering harmonization in geographical and temporal perspectives, including meaningful construction processes from the past, to the present, and into the future using reflexivity processes at the individual, group, community, social, and national levels. The innovative psychology of harmony as harmonization offers promising perspectives for research and intervention with the aim to individuate and foster new strengths from a preventive perspective promoting health and well-being with the environment and in different environments. Empirical results of the more recent studies on the new research area of psychology of sustainability and sustainable development were presented.

CONTACT DETAILS

Professor Dr. Annamaria Di Fabio,
Department of Education and Psychology,
University of Florence, Italy
Email: adifabio@psico.unifi.it

KEYNOTE SPEAKER HIGHLIGHT



ACHP2019 KEYNOTE SPEAKER :

PROFESSOR DR. KOJI TAKENAKA (JAPAN)

BIOGRAPHY

Dr. Takenaka graduated from the School of Education, Waseda University, in 1975. He completed his doctoral program at a graduate school of Boston University in 1990. He earned a Doctor of Education from Boston University, and a Doctor of Psychology from Kyushu University. He took up his current position in April 1997 after serving as an assistant professor at Kwansai Gakuin University, at Okayama University, and at the School of Human Sciences, Waseda University. His areas of specialty are health psychology and applied health science. He also serves as President of the Japanese Association of Health Psychology and a Board Member of the Japan Society of Stress Management.

PAPER TITLE

MENTAL HEALTH PROMOTION THROUGH BRANDING STRATEGIES:

ABSTRACT

Japanese society currently has high rate of suicide as well as worksite, community, and school absenteeism due to stress. Thus, prevention and promotion certainly play important roles in order to mitigate these hazardous outcomes from stress. The purpose of my presentation is to introduce the process of development and efficacy of our mental health promotion brand, “ABC Activities for Mind.” The ABC Activities consist of three parts: Act, such as doing mentally, physically, and socially active behaviors; Belong, such as belonging to formal or informal groups; and Challenge, such as doing volunteer work, helping others, and doing small challenges. This campaign strongly recognizes that when these behaviors are incorporated into people’s daily lives, they help obstruct negative ruminations that may lead to mental health problems or disorders. Health branding can raise recognition and dissemination of these behaviors by developing a specific logo and a slogan, which emphasize simple instructions and recommendations. The campaign brand makes people become more proactive (act in anticipation) about their mental health. Also, people who are in a support position can be aware of approaches to help others maintain good mental health. The campaign does not regard the issue of mental health as a disease that requires medical care; rather, it is a model that encourages preventive action that can be done in everyday life and allows a person to devote attention to oneself. Specific content and significant research results from the ABC Activities for Mind campaign will be shown in my presentation.

CONTACT DETAILS

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KEYNOTE SPEAKER HIGHLIGHT



ACHP2019 KEYNOTE SPEAKER :

ASSOCIATE PROFESSOR DR. YOSHIYUKI TANAKA (JAPAN)

BIOGRAPHY

Yoshiyuki Tanaka is Associate Professor in the department of Psychology at Kyoto Tachibana University. His address health psychology and clinical psychology. His research focuses on the subjective well-being, stress, health, and those relationships. He has been supported by JSPS KAKENHI (the Grant-in-Aid for Scientific Research by Japan Society for the Promotion of Science), and several Grants for research from companies. He has been vice-chairperson of the Committee for International Relations and the Committee for Journal Edition at Japanese Association of Health Psychology.

PAPER TITLE

ASIAN PERSPECTIVES RELATED TO THE IMPORTANCE OF HAPPINESS FOR COMPREHENSIVE HEALTH

ABSTRACT

Yoshiyuki TANAKA (Kyoto Tachibana University, Japan) & Akira TSUDA
(Kurume University, Japan)

Flourishing of positive psychology in recent decades is finding numerous knowledge that indicated several benefit of one's happiness and related emotions etc. on his/her comprehensive health. However, most of such knowledge is originated from Western researches. As Tsuda (2016) noted, when the research paradigms of mainstream Western psychology were exported to non-Western countries, many scholars and practitioners of non-Western countries found them to be inappropriate to understanding the local population on some levels. Higher average levels of depression were reported in university students from Asian country (Steptoe et. al., 2007) and aspects of the symptoms were different compare to Westerners, for example. In comparison with these negative aspects, the positive side of humanity including happiness is much more contingent upon indigenous culture. Japanese students. Moreover, the difference of the effect on a stress-management program between SWB and PWB was also confirmed; SWB helps restrain unhealthy behavior and cognition, while PWB is useful to develop actual positive behavior (Tanaka, Tsuda, & Horiuchi, 2013).

CONTACT DETAILS

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KEYNOTE SPEAKER HIGHLIGHT



ACHP2019 KEYNOTE SPEAKER :

PROFESSOR DR. UICHOL KIM (SOUTH KOREA)

BIOGRAPHY

Uichol Kim, Ph.D., Professor , College of Business Administration, Inha University, Korea (2005-present). He has taught at the Department of Psychology, Chung-Ang University (1995-2005), Department of Social Psychology, University of Tokyo, Japan (1994) and Department of Psychology, University of Hawaii at Manoa, USA (1988-1994) and was a visiting professor, Stanford University (2004). He is Senior Advisor Asia, Global Peter . Drucker Forum, Honorary Professor, Gratia Christina College, Hong Kong, International Advisory Board Member of Business School, National Institute for Development Administration, Thailand, and Board Member of Bachelor of Human Sciences in Psychology Programme, International Islamic University and for Bachelor in Community Empowerment, Universiti Malaysia Kelantan, Malaysia. He has been recognized as the second most cited Social Scientist in Korea (2016) and was recognized as Outstanding Research Professor at Inha University (2011) and Chung-Ang University (2002).

PAPER TITLE

SECRETS OF LONG LIFE, HEALTH AND HAPPINESS: PSYCHOLOGICAL, NEUROBIOLOGICAL AND CULTURAL PERSPECTIVES

ABSTRACT

This presentation provides a theoretical, conceptual and empirical of review of research on long life, health, and happiness from psychological, neurobiological and cultural perspectives. The first part of the presentation reviews the neurobiological studies that examine the factors that influence long life and health. The second part of the presentation reviews the psychological and cultural factors literature of the factors that influence life-satisfaction, quality of life and happiness among adolescents, middle-aged and elderly samples, with a specific focus on the role of social support and efficacy beliefs. The third part of the presentation reviews factors that influence stress and depression and ways to alleviate their detrimental effects. The fourth part of this presentation introduces community-based healthcare system that can promote health and quality of life for ageing society. With ageing of modern society, the health care costs are increasing dramatically, while satisfaction with healthcare delivery has been decreasing. These reviews indicate that we must move away from the traditional medical model that focused on the biological basis of long life, health, and happiness since they have limited effectiveness, increase costs and with a low patient satisfaction. The secrets of long life, health, and happiness is based on maintaining healthy lifestyle, close and supportive relationships, viable communities and healthcare system that can provide psychological, relational and cultural support as well as providing medical and healthcare support.

CONTACT DETAILS

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KEYNOTE SPEAKER HIGHLIGHT



ACHP2019 KEYNOTE SPEAKER :

PROFESSOR DR. ANWARUL HASAN SUFI (BANGLADESH)

BIOGRAPHY

Board Member of International Association of Applied Psychology (IAAP), Professor Dr Anwarul Hasan Sufi is the Director of the Mental Health Center of Rajshahi University and former Chairman of Rajshahi University Psychology Department started his teaching career as a Lecturer in the Department of Psychology of Rajshahi University in 1981 and became Full Professor in 1999. He obtained his Ph.D. degree from Rajshahi University in 1992 on 'Psycho-bio-social factors of mental retardation in Bangladesh' and did Post Doctoral in Manchester University in 1994 on 'aging of the mentally handicapped persons'. As one of the pioneer researchers in the field of developmental disabilities, he studied the problems and prospects of handicapped persons in many countries of Asia, Europe and America since 1982. He served as the First Director of Bangladesh National Institute for the Mentally Retarded during 1988- 1990. He is the founder of the SIVUS Institute Bangladesh which is providing volunteer professional service to a large portion of mentally handicapped persons in Bangladesh.

PAPER TITLE

CHANGING CARE PROGRAMS OF THE AGED DISABLED PERSONS IN THE SOUTH ASIAN COUNTRIES

ABSTRACT

With the advancement of medical science and public health care programs, the life span of the developmentally disabled persons significantly increased in the South Asian countries. New issues are being experienced by the caregivers and concerned professionals those were not perceived earlier. The nature, number and seriousness of the problems are different in relation to the clinical types, degrees of disabilities and socioeconomic conditions. There are differences in the expectations, available services, and perceptual patterns of the concerned families. The caregivers, especially the mothers, are facing newer problems which were not perceived earlier. Health, housing and social security issues are of serious concerns. The researcher analyzed the chronological changes of care giving of such persons in the western countries and predicts the challenges to be faced in the South Asian countries.

CONTACT DETAILS

Professor ANWARUL HASAN SUFI, PhD
Director, Mental Health Center
Department Of Psychology
University Of Rajshahi

KEYNOTE SPEAKER HIGHLIGHT



ACHP2019 KEYNOTE SPEAKER :

PROFESSOR DR. BUXIN HAN (CHINA)

BIOGRAPHY

Buxin Han is professor of psychology at the Institute of Psychology, Chinese Academy of Sciences (IPCAS), Beijing, China. He received his PhD from IPCAS in 1993. His research focused on the psychology of ageing, cultural psychology of religion, and color perception. He has published over 200 scientific articles in Chinese and international journals, while supervising over fifty students for master and/or doctor degrees. He has been on the editorial boards of eight key journals of psychology in China (e.g., *Acta Psychological Sinica*) and reviews manuscripts for Chinese and international Journals. He was elected as a BoD member (2006-2014) and Secretary-General (2014-2018) of the International Association of Applied Psychology (IAAP); BoD member (2005-2019), President-Elect (2019-2022) of and IAAP liaison (2006-2018) to the Asian Psychological Association (APsyA). He received the Distinguished Award issued by the International Union of Psychological Science (IUPsyS, 2004), China Associations of Science and Technology (CAST, 2006), and the IAAP (2018). He has organized annual Sino-American Bilateral Conference on Cultural psychology of Religion since 2007; chairing the annual International Workshop for Young Psychologists in Frontiers of Psychology, which was supported by the CAS, since 2018.

PAPER TITLE

EMOTION REGULATION AND COGNITIVE ENHANCEMENT IN DAILY LIFE – ARTS OF CHINESE LANGUAGE

ABSTRACT

Emotion regulation and cognitive enhancement have been key areas of psychological research and development of application techniques. These have also been the key areas of traditional practices of healthy cultivation for daily life in China for thousands of years, in the forms of poetry, calligraphy and couplets, painting, seal cutting, etc., in serving rituals, ceremonies, and decorating public and private places. Given the denominational bias of philosophical opinions, namely Taoism emphasis on human-nature correspondence and harmony, Buddhism focus on inner peace and separating from secular world, and Confucianism focus on taking the social responsibility through personal cultivation and development, there are apparently similar psychological processes for healthy development in all these practices. All forms of language arts work together for cultivating Chinese with the scholarly integrity and creativity from early childhood to late life, from social role executive to private solitude. Basic concepts (e.g., Yin & yang 阴阳, theory of five elements, he - optimal vs. suboptimal harmony, second order desire and emptiness -kong 空, savoring-pin wei 品味, relational vs. non- relational cognition, etc.), theories (mindfulness, symmetry vs. symmetry breakdown, emotion refinement technique from Confucius point of view and its inspiration on the enlighten of cultivation and on the development of social relationship and intimacy, dual process theory, etc.), and mainstream empirical studies on the physical and mental effects of those practices were introduced. Learning resources for the arts of Chinese language (calligraphy, seal cutting, couplets, poetry), image (either calligraphy or painting) producing, and physical integrative exercising, were also provided for audience to some extent.

CONTACT DETAILS

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KEYNOTE SPEAKER HIGHLIGHT



ACHP2019 KEYNOTE SPEAKER :

PROFESSOR DR. AKIRA TSUDA (JAPAN) BIOGRAPHY

Akira Tsuda has been a Kurume University professor since 1992. He continues teaching and studying efforts on indigenous and cultural psychological aspects of stress, health and well-being from the point of view of a biopsychosocial approach. He has functioned widely in leadership positions for the Professional Board for Psychology, as well chief-in editor for high quality scientific journals. He has been given numerous awards and honors as a researcher and service to the profession. He has published more 200 professional publications and 50 book chapter papers. His latest passion is helping to create effective stress management intervention program through deep learning by Artificial Intelligence (AI).

PAPER TITLE

CHALLENGE FOR FOSTERING ORGANIZATION HEALTH AND EMPLOYEES' WELL-BEING IN JAPAN: DEVELOPMENT OF THE COMPREHENSIVE HEALTH CHECK FOR WORKERS (CHCW)

ABSTRACT

Regardless of Japan's established economy and social security, well-being perceived among Japanese people is not considered high enough. Japan's well-being ranking in World Happiness Report 2017 issued by Sustainable Development Solutions is 51st among OECD. High suicide ratio, low birth ratio, and death caused by over working are perceived as major serious issues in Japan. Currently, Japanese government institutions such as the Ministry of Health, Labour and Welfare (MHLW) has started taking strong initiatives to tackle these issues. They urges firms to take responsibility for employees health and well-being by implementing new regulation, and creating evaluation and recognition system for best practices of companies to receive managerial and economic benefit. Especially, MHLW's effort, a government campaign "Work Style Innovation" are focused around reducing working hours and establishing work life balance, thus decent work. Under such Japanese government's series of efforts, common consensus that companies should have responsibilities for employees health has started forming among executives of companies. New managerial concept so called "Kenkou Keiei - Health Management" is becoming common term among business people.

CONTACT DETAILS

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WORKSHOP 1 SPEAKERS HIGHLIGHT



**Associate Professor
Dr. Wendy Diana Shoesmith**

BIOGRAPHY

Wendy Diana Shoesmith is an Associate Professor in University Malaysia Sabah. She is also a Psychiatrist in the Faculty of Medicine & Health Sciences, Universiti Malaysia Sabah. She obtained her MRCPsych as a psychiatry from the Royal College of Psychiatrists, UK, MBChir as a clinical medicine from University of Cambridge, UK.

CONTACT DETAILS

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Dr. Loo Jiann Lin

BIOGRAPHY

Dr. Loo Jiann Lin is a psychiatrist and the Head of Department of Medical Education, Faculty of Medicine and Health Sciences in Universiti Malaysia Sabah (UMS). He is also the founding president of the Young Asia Pacific Psychiatrists Network, which is a chapter under Pacific Rim College of Psychiatrists.

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**Dr. Nicholas
Pang Tze Ping**

BIOGRAPHY

Nicholas Pang is a psychiatrist and lecturer practicing in Universiti Malaysia Sabah, Kota Kinabalu, Malaysia. He graduated with an MBBS from Newcastle University and completed his Masters of Medicine (Psychiatry) at Universiti Putra Malaysia.

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nicholas@ums.edu.my

PAPER TITLE

COLLABORATIVE MANAGEMENT OF PSYCHOTIC SYMPTOMS

ABSTRACT

Psychotic illness can have a profound effect on the life of people affected by it and the treatment offered has a significant effect on outcome. Research shows that patients treated by specialist teams known as 'Early Intervention for Psychosis Teams' do better. In these teams, biomedical, psychological and social approaches are integrated together and healthcare professionals from different backgrounds work together to help the patient to create a life that they want for themselves. In the Malaysian healthcare setting most patients with psychosis are treated with a purely biomedical approach, which means that many patients are not reaching their full potential. This is mainly due to a lack of psychologists and other therapists in the Ministry of Health. Better collaboration between health service staff and other people that can help, such as school and college counsellors, is likely to improve outcomes. This workshop will be a hands-on skill training session, focussing on some brief psychological interventions that are used in 'Early Intervention for Psychosis Teams' and have been adapted for use in the Malaysian healthcare setting. These interventions can be done quickly and help patients to stay well, reduce their risk of relapse and pursue the things that are important to them. These interventions can be done by psychologists, counsellors and healthcare staff that have been trained in these methods. We will also consider ways of collaborating with staff in the health service for the best possible outcomes for patients.

WORKSHOP 2 SPEAKERS HIGHLIGHT



Professor Dr. Nov Rattan Sharma

BIOGRAPHY

Dr. Nov Rattan Sharma is a Professor at Maharshi Dayanand University, India. He received his PhD at Maharshi Dayanand University, Haryana, India, 1987. He received PGDGC at Annamalli University, Annamalli, India, 1996. He published more than 181 articles in different journals. He published 12 Books.

CONTACT DETAILS

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**Associate Professor
Dr. Balan Rathakrishnan**

BIOGRAPHY

Dr. Balan Rathakrishnan is Associate Professor in Faculty of Psychology and Education, University Malaysia Sabah. He specialized in youth and community development program in UMS. He also won World Inventor Award from Korea in 2013 in field of research and education category for social sciences. His research focuses on youth, creativity, innovation and intervention for social problems for youth.

CONTACT DETAILS

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ENABLING COMMUNITIES FOR POSITIVE HEALTH PROMOTION

ABSTRACT

Health is a personal asset which is desired by every living organism. However, she/he is personally responsible for her/his health status, but community may play an important role of the catalyst. Maintenance and promotion of Health are interlinked. Developing countries cannot afford the clinical model of health due to shortage of infrastructural facilities and expertise human resource. Promotional model of health is more viable and economical as it not only reduce the treatment cost but also enhance positive substance in the various dimensions of health. Health in itself may be a positive term but positive health include those concepts which always focus on growth and betterment. Pursuit of happiness in present, hope and optimism for future along with a significant level of satisfaction from the past life. These are the three major dimensions of positive health. Health professionals may develop workable strategies at the level of an individual and community. There may be many communities e.g where you live and where you work. Psychological programme may be designed to enable these communities to reinforce the personal positive health. The authors will delineate all such issues during the presentation while conducting the workshop.

Many psychological researchers and practitioners aim to promote the wellness of individuals and communities. Community psychology has a rich theoretical tradition related to building competencies and promoting adaptive functioning. Many of these theories, however, have limited empirical support. Recently, the field of positive psychology has pushed for research investigating three areas related to optimal psychological functioning: positive emotions, positive character traits, and positive institutions. Although this call for research has advanced the study of individual well-being, positive psychology researchers have largely ignored positive institutions.

WORKSHOP 3 SPEAKER HIGHLIGHT

ACHP2019 WORKSHOP SPEAKER :

PROFESSOR DR. SATOKO KIMPARA (U.S.A)

BIOGRAPHY



Dr. Kimpara graduated from Yokohama National University, Japan, and received her master's from Oregon State University, doctorate from Palo Alto University (PAU). She trained at the Shyness Clinic supported by Palo Alto University and Stanford University, and completed her internship at University of North Carolina, Chapel Hill, Counseling Wellness Services and her Postdoctoral Fellowship at AACI Adolescent Alcohol & Drug Program in San Jose,

California. She is currently a licensed psychologist, clinical supervisor, STS cross-cultural researcher, and Systematic Treatment Selection (STS) Training Director. Her research interests include the STS cross-cultural studies, which is currently in the cross-cultural validation phase in several Asian countries.

ACHP2019 WORKSHOP

PAPER TITLE

SYSTEMATIC TREATMENT SELECTION: 8 CORE EVIDENCE-BASED PRINCIPLES INTO CLINICAL APPLICATIONS INCLUDING EVIDENCE FROM TAIWAN AND JAPAN

ABSTRACT

There frequently is a disconnect between what is taught in classes by research faculty and what is taught in clinical practice. I will present an integrative model of Systematic Treatment Selection (STS) and 8 empirically driven clinical principles in order to incorporate this gap and to enhance outcome of psychotherapy. The 8 core principles that we apply to supervisory training were selected from a larger list of principles (e.g., Beutler, Clarkin, & Bongar, 2000; Castonguay & Beutler, 2006; Castonguay, Constantino, & Beutler, in press). These principles were selected because they were the most robust and best researched of those extracted from contemporary research. This workshop demonstrates a brief summary of STS and these 8 principles in clinical applications as an integrative model of supervision training. At the end, the cross-cultural findings of STS studies in Taiwan and Japan will be reported. The results support our past STS studies, as well as the idea of individualism vs. collectivism in line with the works of Markus and Kitayama (1991) and Hwang (2009).

CONTACT DETAILS

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THINGS TO DO IN THE DISTRICT OF SABAH



ESTIMATED COST PER PERSON (USD)	
Tuaran	24 RM
Kosau	98 RM
Kuching	98 RM
Tawau	255 RM
Tambunan	85 RM
Semporna	265 RM
Beaufort	135 RM
Papar	90 RM
Lahad Datu	404 RM
Kuala	100 RM
Kuala Penyu	114 RM
Moresbun	36 RM
Kota Kinabalu	75 RM
Beaufort	57 RM
Sipitang	115 RM
Kota Marudu	110 RM
Pitas	98 RM
Tawau	140 RM
Muarau	365 RM



Website : www.sabah.com Facebook : <https://www.facebook.com/SabahMalaysiaDistro> Twitter : <https://twitter.com/sabahdistro> Instagram : <https://www.instagram.com/sabahdistro/>

THINGS TO DO IN THE DISTRICT OF SABAH

<p>1 KOTA KINABALU</p> <ol style="list-style-type: none"> Amazing Love and Sea Tango Sunset Cruise Tanjung Anu Beach Sunset View UMS Eco Campus Tunku Abdul Rahman Marine Park Coral Flyer Borneo Reef World Museum Sabah Layang Layang Island Resort Gaya Street Sunday Market Handicraft Market & Night Market Heritage Trail KK Wetland Sepanggar Island Ulu Kinsom Waterfall Bongkud Hill & Waterfall Homestay Desa Cinta Kobuni Kota Kinabalu Mosque Puh Toh Si Chinese Temple Mari Mari Cultural Village Kokol Hill Sigal Hill Helang Hill Sabah Administrative Building and Tun Mustapa Tower Sutera Harbour Golf and Country Club Sabah Golf and Country Club North Borneo Cruises Sunset & Night Cruise 	<p>4 KUALA PENYU</p> <ol style="list-style-type: none"> Pulau Tiga (Survivor Island) Rumbia Information Centre Tamu Kuala Penyu Sewangan Palm Beach Cabin Borneo Kuala Penyu Homestay Tempurung Beach Satu Luang Beach Mangrove Forest <p>5 SIPITANG</p> <ol style="list-style-type: none"> Esplenade Sipitang Long Pasia Adventure Tourism Kaban Traditional Dayak Lundeyeh Longhouse Merintaman Beach <p>6 BEAUFORT</p> <ol style="list-style-type: none"> Kilas Wetland Weston Wetland Garama Wetland Starcevlch Memorial Stone Borneo Golf and Country Club Sri Serbang River Cruise and Homestay Bongawan Kota Kilas Homestay Homestay Kampung Saeta Pisping Beach, Membakut 	<p>8 PENAMPANG</p> <ol style="list-style-type: none"> Salt Trail Tagal Tinopik Park, Kg. Notoruas Kanagi Riverside Retreat & Recreation KDCA Cultural Village Lingahi Museum Fook Tet Kung Temple Debuk Peter J. Mojuntin Memorial St. Michael Church Monsopiad Heritage Village Tamu Donggongan Sabah Park Sub Station Inebong Kibambangan Eco Tourism <p>9 TUARAN</p> <ol style="list-style-type: none"> Lingangkit Cultural Village Borneo Kellybays Dallit Bay Golf and Country Club Crocodile Farm Tuaran Sabancı Leisure Rides Kelapa Bakar, Jalan Sulman Tuaran Panorama View Sambah Riverside Tamu Tuaran Peak Of Hope Traditional Lotud House & Tree House Lotud Museum Tembara Rivercruise
<p>2 PUTATAN</p> <ol style="list-style-type: none"> Jborneo Cultural Village Petagas War Memorial Lok Kawi Wildlife Park Simundu Hill 	<p>7 TENOM</p> <ol style="list-style-type: none"> Padas White Water Rafting Sabah Agriculture Park Padas Farmstay Ye Foh Tenom Coffee Fatt Choy Resort Murut Cultural Centre Marais Centre, Kuala Tomani Tenom Tourist Information Centre Yong Farmstay Rundum Highland Tamu Tenom 	<p>10 TAMPARULI, TUARAN</p> <ol style="list-style-type: none"> Chanleek Borneo Gallery Tagal Kg.Potulidong, Kiulu Kiulu Farmstay Zip Borneo, Kiulu Kiulu White Water Rafting Tamparuli Bridge Rumah Terbalik & 3D Wonders Museum Shilim Camp Murug Turug Eco Tourism Kondis Point Camp Site Potulidong Village Riverside Trekking Mera Kera Eco Tourism Tandem Paragliding Ruhliang Hill
<p>3 PAPAR</p> <ol style="list-style-type: none"> Dinswan Island Kawang Forest Centre Borneo Cultural Village Papar River Rafting Mandalpau White Water View and Fish Pond Tagal Kinolosodon, Ulu Kinaris Mondikot Deer Camp Koposikon Homestay Kinanukan Hill and Teinting Beach 		

THINGS TO DO IN THE DISTRICT OF SABAH

<p>11 RANAU</p> <p>a) Poring Hot Spring b) The Quail Hill c) Tagai Sq, Merol, Luani Village d) Tandem Paragliding Lohan e) Tukad Goniale f) Ranau Rabbit Farm g) The Last POW Camp & Memorial Kenipir h) Bomboon, Berakau Villages i) Sabah Tea Garden j) Lugas Hill, Waang Village</p>	<p>14 KENINGAU</p> <p>a) Crocker Range Park b) Whitewater Rafting, Pogasin River c) Keningau Weekly Timu d) Evergreen Livestock Farm e) Keningau World War Two Memorial f) Keningau Oath Stone g) Keningau Heritage Museum h) Malanot, Lugas, Ting and Kikran Hill i) Teram Bandukan</p>	<p>17 TAMBUNAN</p> <p>a) Mount Tusnadi b) Mahua Waterfall c) Salt Trail d) Mat Sator Fort Museum & Mat Selih Monument e) Reflesia Information Centre f) Minduk Sirung Trail, Gunung Alab g) Mount Wekid, Kg. Suneuron h) Batu Gong, Kg. Golibong i) Tambunan Golf and Country Club j) Sinurambi Viewing Point k) Tambunan Tourist Information Centre l) Tagai Mensorung</p>
<p>12 KUNDASANG, RANAU</p> <p>a) Pekan Nabalu b) Panar Laban Route (Kota Belud Trail) c) Kinabalu National Park d) Kundasang War Memorial e) Desa Cattle Dairy Farm f) Mount Kinabalu Golf Club g) Arnab Village h) Wala Tokou Homestay i) Meslou Adonis Homestay j) Meragang Pyramid and Tinorindak Hill k) Kundasang Mount Valley Recreation & Resort</p>	<p>15 KOTA MARUDU</p> <p>a) Sorimam Sub-Station b) Tamu Kota Marudu c) Tabilung Cultural House d) Panorama Paradise Resort e) Mount Cochrane Forest Reserve f) Marudu Bay Homestay, Kg. Goshen g) Teringal Beach h) Sharif Osman Historical Tomb i) Buyat Legendary Lake j) Tambun Island k) Sabah Banana Factory l) Marudu Kacang Panggang m) Saupena Hill</p>	<p>18 BELURAN</p> <p>a) Bakong Bakong Waterfall b) Langkayan Island c) Beluran Stamp Park</p>
<p>13 NABAWAN</p> <p>a) Batu Punggal b) Tamu Nabawan c) Orou Sapulut d) Ous Tinehes</p>	<p>16 TONGOD</p> <p>a) Moliau Basin Conservation Area b) Imbak Canyon Conservation Area c) Centre of Sabah Trekking</p>	<p>19 TELUPID</p> <p>a) Tawai Rainforest Camp & Tawai Waterfall b) The Tuay & Zudin Death March Gallery c) Buffalo & Deer Farm</p>

3

THINGS TO DO IN THE DISTRICT OF SABAH

<p>20 KOTA BELUD</p> <p>a) Kempung Kuala Abai b) Nenamen and Kg. Temau River Cruise c) Kadamaian Community Based and Rural Tourism d) Utsukan Cove e) Mantanani Island f) Parang Meking, Kg. Sissal Jaya g) Daster Weaving Handicraft Workshop Kg. Rampayan Laut h) Anyaman Berdang, Kg. Pangkalan Abai i) Tamu Kota Belud j) Taburan Beach</p>	<p>23 PITAS</p> <p>a) Supirak Island b) Berunggas Hidden Myths c) Floating Island, Kg. Makubang d) Piniapat Hill</p>	<p>27 LAHAD DATU</p> <p>a) Danum Valley Conservation Area b) Tabin Wildlife Reserve c) Taliwos Forestry & Recreational Area d) Kawag Danum Rainforest Lodge e) Mount Silam f) Silam Coast Conservation Area g) Ruby Lagoon h) Darvel Bay i) Marabung Forest (Trekking) j) Tomblisan Island k) Pulau Sula Eco Tourism l) Tanjung Labian m) Blue Ring Reef</p>
<p>21 KUDAT</p> <p>a) The Tip of Borneo b) Kalamitu Beach c) Serwing Jemel Beach d) Berigi and Baimbangan Island e) Tun Mustapha Marine Park f) Kudat Golf & Marina Resort g) Melangin Resort h) Rivers Resort i) Tajau Laut Guesthouse j) Hibiscus Villa k) Dreamland Beach Holiday</p>	<p>24 KUNAK</p> <p>a) Binuzung Mud Pool b) Medai Waterfall c) Medai Cave d) Japanese Tunnel – WWII e) Sungging Hot Spring f) Tasik Implan, Mootyn g) Oldest Coconut Tree in Borneo h) Telaga Tuhai i) Ancient Tingkayu Artifact j) Sikumpat & Tabawan Island (Diving Site) k) Darvel Lagoon Kg. Hampilan</p>	<p>28 SEMPORNA</p> <p>a) Tun Sekaran Marine Park b) Sipadan, Mabui, Kapalai, Pom Pom, Sibiga, Tibunan Mats and Motosing Island c) Tun Sekaran Museum d) Bukit Tengkorak Archeological Site e) Semporna Proboscis River Cruise f) Seafood Hub</p>
<p>22 MATUNGGONG, KUDAT</p> <p>a) Maranjak's Rungus Longhouse Lodge and Beads Making, Kg. Bawanggazo b) Beads Making, Kg. Tinggol c) Honey Bee Farm, Kg. Gombizau d) Gong Factory, Kg. Sumangkap e) Terongkong Beach f) Parang meking and Coconut Shell craft in Kg. Tamburuan and Kg. Pinawantai g) Gornaming Hill</p>	<p>25 SANDAKAN</p> <p>a) Seplok Cyang Utan Rehabilitation Centre b) Borneo Sun Bear Conservation Center c) Wildlife Sanctuary, Dukau d) Sandakan Heritage Trail e) Gomantong Cave f) Selingan and Lankayan Island g) Labuk Bay h) Libaran and Behata Island i) Sim Sim Ikan Bakar</p>	<p>29 TAWAU</p> <p>a) Tawau Hills Park b) Bukit Gemok Forest Reserve c) Teck Guan Cocoa Museum and Cocoa Village d) Tawau Tanjung Market e) Tawau Hot Spring f) Betty Bell Tower g) Belung River Eco Resort h) Sipadan Mangrove Resort i) Tawau Heritage Trail j) The Peaks k) Shan Shui Golf & Country Club</p>
<p>26 KINABATANGAN</p> <p>a) Kinabatangan River (Wildlife Experience) b) Agop Batu Tulug Cave c) Kopel Homestay</p>		

4

Best places to visit in Kota Kinabalu

(1) Kota Kinabalu City



Kota Kinabalu City Day Tour, Sabah @ Flat 17% Off

★★★★★ 27 ratings

5.0

🕒 2 Hours | 🕒 30 Minutes | 📍 Kota Kinabalu

- ✔ Malaysia's off-beaten destination
- ✔ Get bird's eye view of the city skyline
- ✔ Witness the magnificent Malaysian countryside
- ✔ Pick up and Drop off Included



Hiranya Shukla



5.0

This is an offbeat but one of the most wonderful destinations in Malaysia. Enjoyed here a lot!

PLEASE VISIT WEBSITE TO BOOK

<https://www.thrillophilia.com/tours/kota-kinabalu-city-tour>

Trip Starting From: Kota Kinabalu

Trip Location: Kota Kinabalu

Situated in the enticing island of Borneo, Kota Kinabalu city is a one-stop destination for peace seekers. The city has derived its name from its highest hill, Mount Kinabalu. Whether you want to explore its cultural treasures like Kota Kinabalu City Mosque or delve into its rich history at Sabah Museum, this city has everything that makes it a traveler's delight. While the exquisite architectural design of City Mosque will leave you in praise for the Islamic architecture, the 30-story building of Tun Mustapha will give a sneak peek into the modern infrastructure of the city.

Apart from being a hub for historical monuments and architectural wonders, Kota Kinabalu city tour also encompasses a visit to scenic spots such as Signal Hill Observatory Platform where you can steal away a moment of solitude.

If you want to grab an antique as a souvenir of Kota Kinabalu trip, don't forget to visit the swarming streets of Handicraft Market. This market has emerged as the favorite spot for shopaholics and art lovers.

About the activity:

-Pick up from the hotel at 9:00 am and start with a pleasant morning drive around Kota Kinabalu.

-Your first stop will be the Filipino Market, which is a major tourist attraction and shopping spot in the KK city center.

-After that, you will be visiting the Floating Mosque, which is the most outstanding pieces of architecture in Sabah.

-As the tour progresses, your next destination will be the Poh Toh Tze Buddhist temple.

-After visiting the Buddhist temple, your next stop will be at "Cocoa Boutique" - a famous chocolate factory.

-Your last destination of the tour will be Signal Hill, which is the highest point in the city from where you get a good view of Kota Kinabalu.

-Back to the hotel.

Pick-up time and location:

Kota Kinabalu city North: 9:00 am

Kota Kinabalu city center: 9:00 am

Kota Kinabalu city South: 9:00 am

Airport area: 8:45 am

1Borneo area: 9:00 am

Outskirt area: 8:30 am



Signal Hill

Note: Minimum 2 persons are required to book the tour.

Best places to visit in Kota Kinabalu

(2) Kinabalu Park & Poring Hot Spring



Kinabalu Park & Poring Hot Spring Tour, Sabah @ Flat 15% Off

★★★★★ 23 ratings

5.0

⌚ 9 Hours | 📍 Kota Belud, Kota Kinabalu

- ✔ Malaysia's first UNESCO World Heritage Site
- ✔ One of Malaysia's most beautiful parks
- ✔ Home to thousands of bird and animal species
- ✔ Pick up and Drop off Included



Chitraksh Pandey



5.0

It was indeed a very different experience for me especially the visit to the Butterfly farm.

PLEASE VISIT WEBSITE TO BOOK

<https://www.thrillophilia.com/tours/kinabalu-park-poring-hot-spring>

Trip Starting From: Kota Kinabalu

Trip Location: Kota Kinabalu

About the tour:

Visit the national park that surrounds Mount Kinabalu on a Kinabalu Park & Poring Hot Spring Tour and experience Malaysia's first UNESCO World Heritage Site. This day tour for a personalized experience, so you have plenty of time to hike nature trails, soak in mineral-rich pools, tour the rainforest canopy, and enjoy Borneo scenery at its most dramatic.

The main highlights of the Kinabalu Park & Poring Hot Spring Tour are:

Kinabalu Park: Kinabalu Park is Malaysia's first World Heritage Site, which is also the center of plant diversity for Southeast Asia. It features more than 5,000 vascular plant species and also boasts fauna as well.

Poring Hot Spring: A visit to Kinabalu Park will never be perfect without swinging by Poring hot springs. Here, you can de-stress and soak away the sores and aches of your muscles in the spring's hot sulphuric minerals.

Nabalu Market: It is a famous market where you can find a rich variety of local products like fruits, vegetables, snacks, and handicrafts while enjoying the spectacular view of Mount Kinabalu.

Itinerary:

08:15 am: Pick-up from your hotel.

10:00 am: Stopping at Nabalu Market to buy local handicrafts and fruits.

10:15 am: Depart to Poring Hot Spring

11:00 am: Upon arrival, uphill walk through the Borneo tropical rainforest to the 41m high tree-top Canopy Walkway bring you back to nature. Hear the chirping calls of birds and insects that will surely relieve the stress of hectic city life.

12:30 pm: Lunch at a local restaurant.

1:30 pm: Proceed to Kinabalu park.

15:00 pm: Depart for Kota Kinabalu.

17:00 pm: Transfer back to the hotel.

Pick-up Time and location:

Kota Kinabalu city North- 8:00 am

Kota Kinabalu city center: 7:50 am

Kota Kinabalu city south: 7:50 am

Airport area: 7:45 am

1 Bornea area: 8:20 am

Outskirt area: 8:50 am

The camera/video fee is not included.



Best places to visit in Kota Kinabalu

(3) Kiulu White Water River Rafting



Kiulu White Water River Rafting, Sabah @ Flat 18% Off

★★★★☆ 38 ratings

4.0

🕒 5 Hours | 🕒 45 Minutes | 📍 Tamparuli, Kota Kinabalu

- ✔ Money Safe Guarantee
- ✔ Best Price Guarantee!
- ✔ Verified Reviews



Aishani Bhat

★★★★☆

4.0

Our guide was superb and knowledgeable. He was funny yet professional. In all, it was an amazing experience. Would definitely recommend!!

PLEASE VISIT WEBSITE TO BOOK

<https://www.thrillophilia.com/tours/kiulu-white-water-rafting>

Trip Starting From: Kota Kinabalu

Trip Location: Kota Kinabalu

About White water rafting:

- Kiulu Water Rafting is great for beginners as well as for children, thus a great activity for bonding with friends and family.
- A trained guide will lead you through the many rapids and cascading river water. Experience the 7km long rafting trip in Borneo.
- Learn the basics of paddling for a couple of hours before you deep dive into serious white water rafting
- After a memorable white water rafting savour delicious Barbecue lunch offered with a hint of local flavour on the banks of the river.
- The endpoint is an extremely scenic site with sufficient place for shower and change along with mouth water food.
- Enjoy Hotel pick-up and drop to and from the Hotel
- Get an adrenaline rush indulging in the Kiulu Rafting on the gushing waters of Kiulu.

About Kiulu:

The Sabah gateway is dotted with pools and rapids filled with adventure and excitement. The Kiulu Water Rafting is one of the most sought after outdoor activities that tourists and locals prefer to indulge into due to its different levels on offer for every outdoor enthusiast. Paddling through deep pools, overcoming rapids and exploring the picturesque beauty of the river banks punctuated with foliage is worth a watch

Itinerary:

8:00am hotel pick up to Kiulu river (about 1.5-2 hours)

10:30am arrive at river rafting start point

Safety briefing and signing of Liability Release Form

11:00am rafting starts

1.5-2 hours of rafting to end point

1:00pm arrive at the end point and have BBQ lunch

1:45pm depart for hotel

Pick Up Information:

Airport & surrounding areas: 7:45am

Kota Kinabalu city area: 8:00am

1 Borneo area: 8:30am

The operator will reconfirm your pick up time again before the trip

Please arrive at the pick up location 10 minutes before the scheduled pick up time

As this is a shared transfer, please be patient in cases of unforeseen delays along the pick up route



Best places to visit in Kota Kinabalu

(4) Tunku Abdul Rahman Island



Day Trip to Tunku Abdul Rahman Island With Boat Snorkeling Experience

★★★★★ 40 ratings

4.0

🕒 7 Hours | 📍 Kota Kinabalu

- ✔ Discover Sabah in a 4-way island visit
- ✔ Snorkel in the crystal waters
- ✔ Cruise along the charming emerald sea
- ✔ Delight in a local style lunch

Trip Starting From: Kota Kinabalu

Trip Location: Kota Kinabalu

Get ready to spend a day which will be filled with thrill and fun while you enjoy a trip to this amazing island and relish the boat snorkeling experience. You will be stepping into a different world as you embark on the beautiful islands of Manukan, Mamutik, Sapi, and Gaya islands. you will get to snorkel in crystal waters and witness the beauty of marine life. You will be refreshed when the tropical breeze will touch your face while you aboard a double-deck catamaran on the way to dreamy Gaya Island. You will be delighted as you will be savoring local style lunch by the beach alongside spectacular oceanic views.

Itinerary:

8:15am-8: 30 am: Pick up from the hotel

8:40 am: Depart for Sutera Harbour Marina Jetty

9:00 am Arrival at the jetty for the boat ride to first snorkeling point

9:20am-9: 50 am: Arrive at the first snorkeling point and snorkeling activity

10:00 am: Proceed to the next snorkeling point

12:00 pm: Transfer to Gaya Island for lunch (guests can visit other islands at their own expense)

12:30 pm: Relax on the beach or enjoy more water activities on-site free and easy, optional activities available onsite

1:30 pm: Depart back to the jetty

3:00pm-3: 30 pm: Drop off to the hotel



Best places to visit in Kota Kinabalu

(5)Day Trip To Mari Mari Cultural Village In Kota Kinabalu



DAY TRIP TO MARI MARI CULTURAL VILLAGE IN KOTA KINABALU, MALAYSIA

★★★★☆ 28 ratings

4.5

🕒 4 Hours | 📍 Inanam, Kota Kinabalu

- ✔ Money Safe Guarantee
- ✔ Impeccable Quality Assured
- ✔ Verified Local Operator

Trip Starting From: Kota Kinabalu

Trip Location: Kota Kinabalu

About the Activity:

- Mari Mari village is located about 25 minutes away from the city. The journey will take you to long roads surrounded by a rich spectrum of greenery and overarched by wild blue skies.
- Get picked up from your hotel in Kota Kinabalu at around 11 AM and embark to explore the ancient village and acquaint yourself with its culture and tradition.
- During your tour visit each tribe's traditional house and do some in house activities and stopover at demo in huts.
- Enjoy a lip-smacking traditional Malay lunch in the afternoon, followed by the cultural performance and pantomime show.
- In the evening, bid a primordial farewell to the village and head back to Kota Kinabalu and get dropped off to your hotel at around 7 PM.



Useful telephone numbers (Kota Kinabalu City)

Emergency	999
Fire & Rescue Dept (Sembulan)	088 - 218422 / 211837 / 994
Queen Elizabeth Hospital	088 - 218166
Sabah Medical Centre	088- 424333
Karamunsing Police	088 - 242111
Kota Kinabalu City Police	088 - 241161 088 - 221191 (Hotline)
Kepayan Police Headquarters	088 - 212222
Menggatal Police	088 - 492222
Yayasan Sabah Ambulance	088 - 250555
Sabah Electricity Sdn Bhd	088 - 282699 /233027 088 - 233034 /233036
Public Works Department	088 - 244333
Water Department	088 - 711767
K K International Airport Operator	088 - 238555

Operator	088 - 239500
Hotline	088 - 210011
Rubbish Collection	088 - 426499
Sewerage	088 - 224621
Grass Cutting	088 - 457921
Street Lighting	088 - 239540
Public Health	088 - 251892
Taxi Service - Jalan Pantai Station	088 - 251863
Taxi Service - Kampung Air Station	088 - 253282
Pemadam / Anti-Dadah	088 - 225376 / 224977
Sabah Women Organisation (SAWO)	088 - 238000
M'sian Welfare Centres Council - Senior Citizens Telecare	1-800-880981 (toll free)
Daily Express Newspapers Hotline	088 - 256080 / 256422

Health and Safety

DEHYDRATION AND SUNBURN

The sun is strong throughout the year in the country. Proper care against sunburn must be constantly taken. Dehydration and loss of salt through perspiration are two other common problems for the unprepared traveller. Drink plenty of fluids and replace your salt loss and remember that alcoholic drinks make dehydration worse, not better. Make sure you pack clothing suitable for a warm humid climate.

MOSQUITOES

Due to the constant humid climate, mosquitoes tend to be present throughout the year. The three most significant diseases transmitted by mosquitoes are Malaria, Dengue Fever and Japanese B Encephalitis. To repel mosquitoes, ticks and other arthropods, apply an insect repellent containing DEET to your skin or clothing. The risk of malaria for most tourists visiting Peninsular Malaysia is extremely small. There is insignificant risk in Kuala Lumpur, Penang and other major cities. However, in East Malaysia, the risk of malaria is present throughout the year. Even in these regions, the risk is mainly off the coastal plains and towards the border areas. Generally, prophylaxis is recommended for those visiting Sabah or Sarawak.

FOOD

Generally, the level of food hygiene throughout the country is high. However, make sure your food and drinking water are safe. Food from street vendors should be treated with care. Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. If possible, avoid tap water, fountain drinks, and ice cubes. Bring along iodine tablets and portable water filters to purify water if bottled water is not available. Also, wash your hands often with soap and water. As an extra precaution, bring along anti-diarrhoea medication and an antibiotic prescribed by your doctor to self-treat moderate to severe diarrhoea.

READ MORE

<http://www.malaysia.travel/en/sg/about-malaysia/practical-info/dos-n-donts>

Do's and Don'ts

- Malaysia is generally a laid back and relaxed place. However, we do have our own customs and visitors should try to observe these practices when they arrive. Some common courtesies and customs are as follows:

Although handshakes are generally acceptable for both men and women, some Muslim ladies may acknowledge introductions to gentlemen by merely nodding and smiling. A handshake should only be initiated by ladies. The traditional greeting or *salam* resembles a handshake with both hands but without the grasp. The man offers both hands, lightly touches his friend's outstretched hands, and then brings his hands to his chest to mean, "I greet you from my heart". The visitor should reciprocate the *salam* .

- It is polite to call before visiting a home.
- Shoes must always be removed when entering a Malaysian home.
- Drinks are generally offered to guests. It is polite to accept.
- The right hand is always used when eating with one's hand or giving and receiving objects.
- The right forefinger is not used to point at places, objects or persons. Instead, the thumb of the right hand with four fingers folded under is the preferred usage.
- Shoes must be removed when entering places of worship such as mosques and temples. Some mosques provide robes and scarves for female visitors. Taking photographs at places of worship is usually permitted but always ask permission beforehand.
- Toasting is not a common practice in Malaysia. The country's large Muslim population does not drink alcohol.

READ MORE

<http://www.malaysia.travel/en/sg/about-malaysia/practical-info/dos-n-donts>

Electricity in Malaysia

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

Power plug adapter needed in Malaysia?

In Malaysia the power plugs and sockets are of type G. Check out the following pictures. When living in Malaysia you don't need a power plug adapter in Malaysia. Your power plugs fit.

Voltage converter needed in Malaysia?

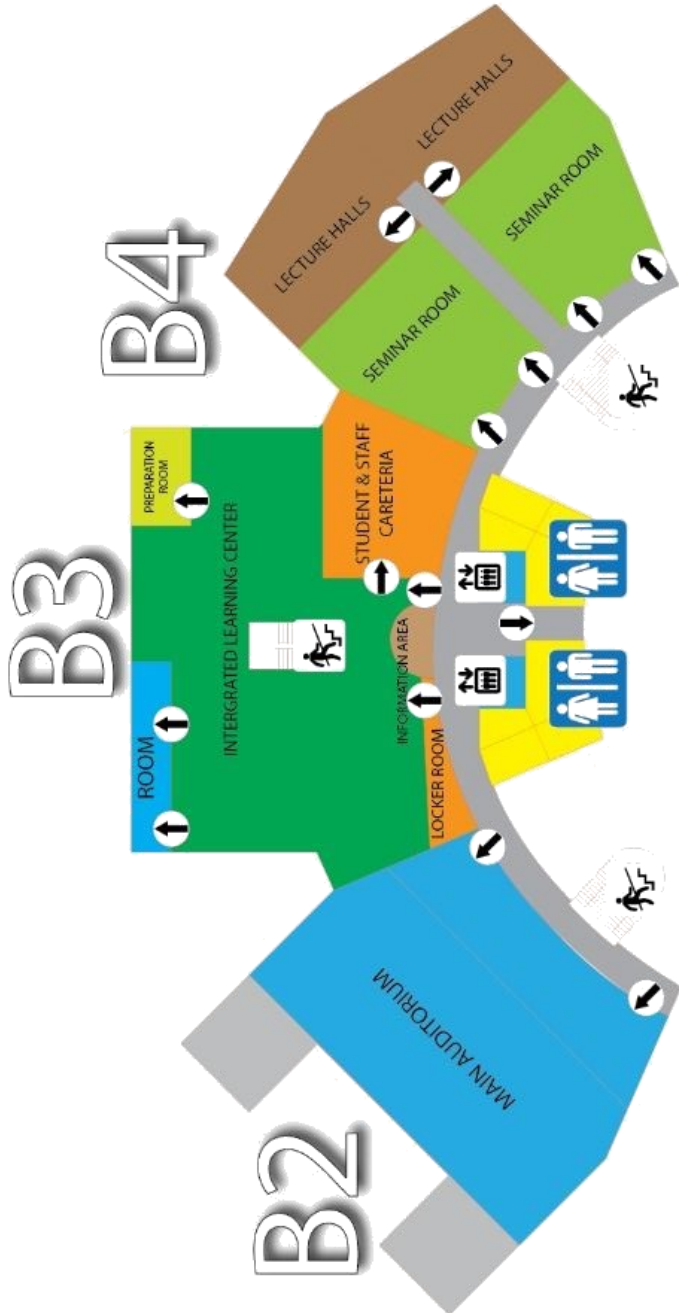
In Malaysia the standard voltage is 240 V and the frequency is 50 Hz. You can use your electric appliances in Malaysia, because the standard voltage (240 V) is the same as in Malaysia. So you don't need a voltage converter in Malaysia, when living in Malaysia.

To be sure, check the label on the appliance. Some appliances never need a converter. If the label states 'INPUT: 100-240V, 50/60 Hz' the appliance can be used in all countries in the world. This is common for chargers of tablets/laptops, photo cameras, cell phones, toothbrushes, etc.



MAP

Faculty of Medicine & Health Sciences
Universiti Malaysia Sabah



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(Cyberjaya University College of Medical Sciences)

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Nur Arinna Athirah binti Abdul Rashid
Adi Edry Faris Bin Faris Mahida
Mohamad Aiman bin Saadun
Nur Far'Ain Nabilah binti Abdul Hadi
Nurlina Khalidah binti Haza Hilmy
Alyia Khalysa Binti Aizatul Azhar
Fathirah Hakimi bt Md Tajul Iskandar
Ahmad Luqman bin Khairi
Mohamad Shakir Irfan bin Ismadi
Vichitra A/P P. Kalaiselvan



ACHP2019 | BUS SCHEDULE 1BORNEO <—> ACHP2019



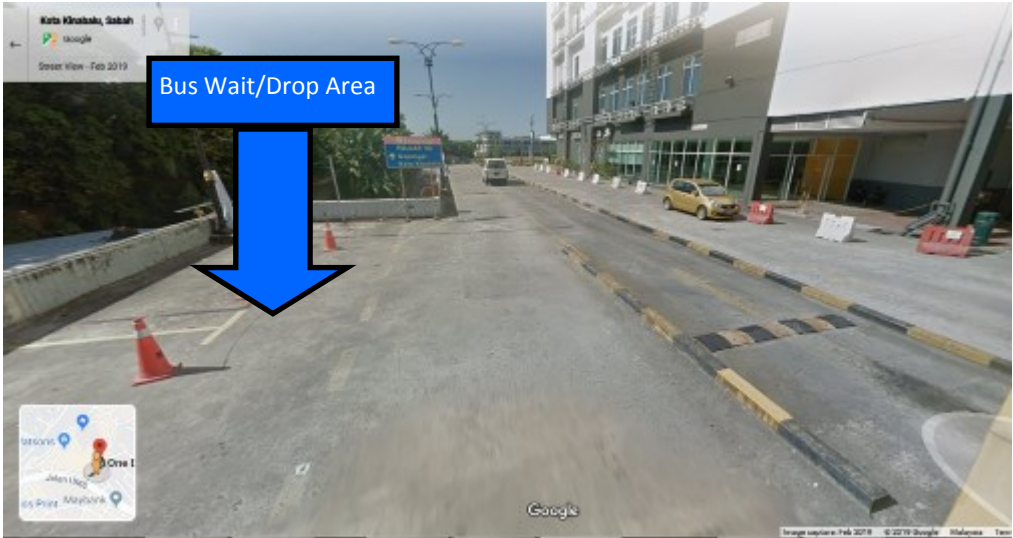
LOOK FOR ME
(SIGNAGE)



ACHP2019 Bus Wait/Drop Area

CLICK ME TO FIND SPOT (1BORNEO HYPERMALL, KK, SABAH)

<https://www.google.com/maps/@6.0350188,116.1305154,3a,75y,216.59h,71.25t/data=!3m6!1e1!3m4!1sa6vWB-T3gKoYc3GtAvMacA!2e0!7i13312!8i6656!5m1!1e1>



Bus Wait/Drop Area



ACHP2019 | BUS ROUTE 01

1BORNEO ←→ ACHP2019

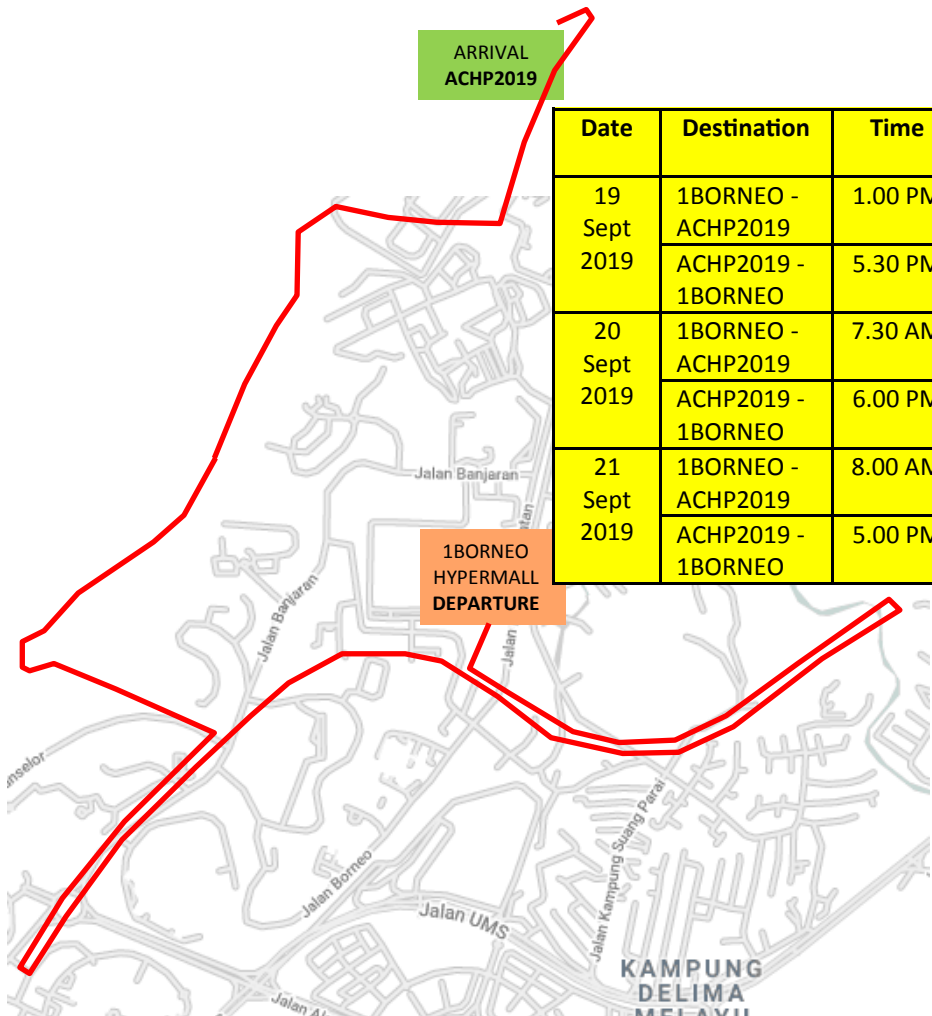


1BORNEO HYPERMALL, KOTA KINABALU, SABAH, MALAYSIA

ARRIVAL
ACHP2019

Date	Destination	Time
19 Sept 2019	1BORNEO - ACHP2019	1.00 PM
	ACHP2019 - 1BORNEO	5.30 PM
20 Sept 2019	1BORNEO - ACHP2019	7.30 AM
	ACHP2019 - 1BORNEO	6.00 PM
21 Sept 2019	1BORNEO - ACHP2019	8.00 AM
	ACHP2019 - 1BORNEO	5.00 PM

1BORNEO
HYPERMALL
DEPARTURE



ACHP2019 | BUS SCHEDULE

HOTEL LE MERIDIEN <—> ACHP2019



LOOK FOR ME
(SIGNAGE)



ACHP2019 Bus Wait/Drop Area

CLICK ME TO FIND SPOT (HOTEL LE MERIDIEN, KK, SABAH)

<https://www.google.com/maps/place/Le+M%C3%A9ridien+Kota+Kinabalu/@5.98,116.0714368,20.25z/data=!4m8!3m7!>

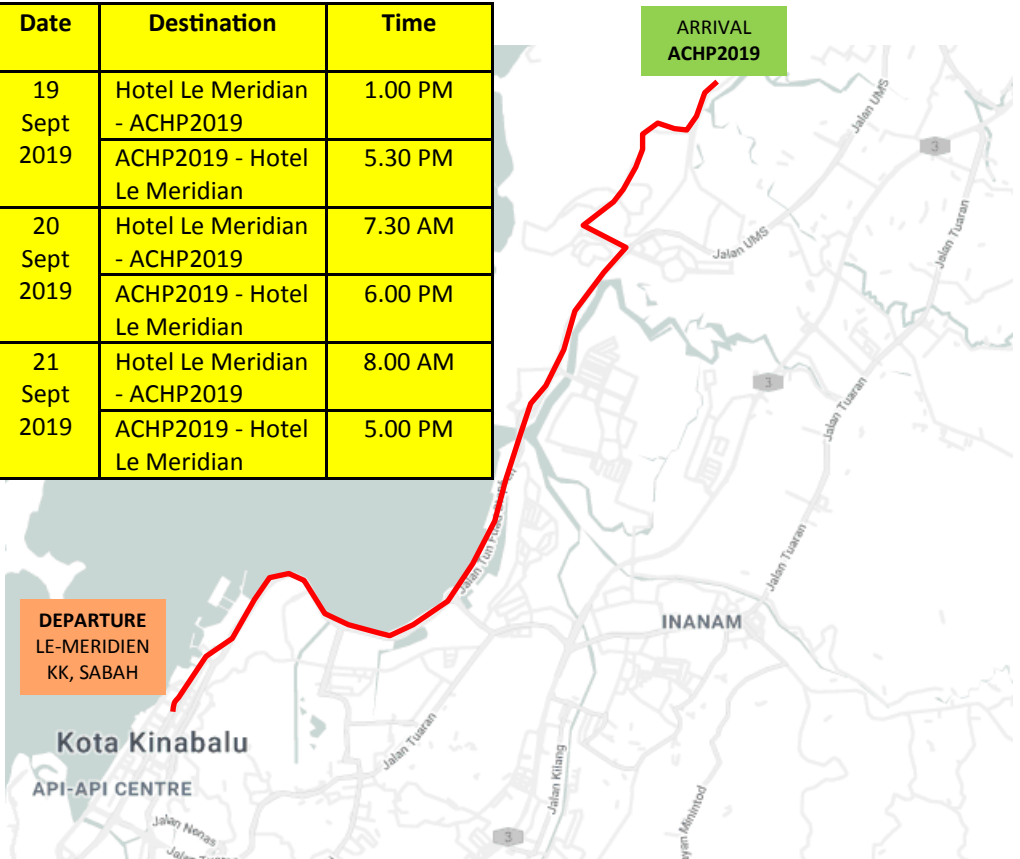


ACHP2019 | BUS ROUTE 02

HOTEL LE MERIDIEN <—> ACHP2019



Date	Destination	Time
19 Sept 2019	Hotel Le Meridien - ACHP2019	1.00 PM
	ACHP2019 - Hotel Le Meridien	5.30 PM
20 Sept 2019	Hotel Le Meridien - ACHP2019	7.30 AM
	ACHP2019 - Hotel Le Meridien	6.00 PM
21 Sept 2019	Hotel Le Meridien - ACHP2019	8.00 AM
	ACHP2019 - Hotel Le Meridien	5.00 PM



NOTES

NOTES

ACHP2019
Kota Kinabalu
Sabah
Malaysia