



What to do as a facilitator?

1. Read through this entire guide and working module. A briefing will be conducted before the programme, so please do not be overly worried if you are unsure of what Projek Kalsom will involve
2. Send a picture of yourself to [pictures@projek-kalsom.com](mailto:pictures@projek-kalsom.com) by 1<sup>st</sup> August. Picture must be of something inspiring eg graduation picture; or something interesting you've done eg visit Paris. This is for *Success Skills 3: Get the Picture* and for the website
3. Everything for the modules will be prepared, except for sessions which involve talking about your course and sponsor (3.4 Career and funding). Booths will be open, so you may wish to prepare items. Examples from previous years include medical students bringing stethoscopes, architecture students bringing blueprints. Be creative! If your tuition fees are paid for by your parents, the session is still relevant ie prepare to talk about your experience etc
4. Charge your camera. It's set to be a fun and memorable experience!

Parties involved:

- 224 form four students from Setiu. Shall be referred to as 'participants'
- 60+ University students. Shall be referred to as 'facilitators'

Venues:

- Accommodation: Kampung Langkap, Setiu, Terengganu with foster families. Roughly 3 facilitators will be assigned to one foster family. Questions regarding the accommodation can be directed to Logistics Manager 1, Firdaus at 017-8468374
- Programme with participants: at SMK Pelong, Setiu, Terengganu. Transport by bus will be provided daily as detailed in the itinerary. During free time, facilitators may wish to rest at the school's dormitories which will be open. There will also be cars and vans commuting and on stand-by for the convenience of facilitators. It takes 10 minutes to drive from Kampung Langkap to SMK Pelong
- Note on the area: for a map of the area, kindly follow the link [here](#)



Pejabat UKEC  
Jabatan Penuntut Malaysia  
30-34 Queensborough Terrace  
London W2 3ST  
[www.projek-kalsom.com](http://www.projek-kalsom.com)



Checklist of items to bring:

1. Enough shirts and trousers for the duration of the programme. As the programme will involve a home-stay at the local village, decent clothing is much preferred. Please refrain from bringing shorts higher than knee level or sleeveless shirts. Attire during the programme is casual
2. 2 pairs of sporting attire – for *gotong-royong*, *mini-sports* and picnic at a waterfall
3. 1 pair of swimming attire (for picnic at waterfall. This is optional)
4. 1 set of towel and toiletries. During the day, the hostel is open should you wish to rest. For this, another set of towel and toiletries is optional
5. A small gift for your foster family as a token of appreciation
6. Celcom sim card. Unfortunately, other network providers do not provide access within the area. Maxis has an on-off service, for which we cannot guarantee that there will be service during the programme. But you are welcome to give it a try
7. Snacks and mineral water. Food will be provided 5 times a day, except for morning of 4<sup>th</sup> August (Wednesday)
8. Money
9. Insect repellent
10. 1 set of bed sheet and pillow cover for your stay at Kampung Langkap. During the day, the hostel is open should you wish to rest. For this, another set of bed sheet and pillow cover is optional
11. Flip-flops and nice comfortable walking shoes
12. If you are a medical student, there will be a hands-on chance for you to take blood pressure, BMI and blood pressure of the villagers. If you wish to bring your own items eg stethoscopes, you are welcomed to do so

Important dates:

- 3<sup>rd</sup> August 2010 (Tuesday): Departure from Putra Bus Station (beside PWTC. Nearest *komuter* is Putra. Nearest Star LRT station is PWTC) at 10:30pm. Expected arrival time is 6am, 4<sup>th</sup> August. The bus will make a stopover at a mosque to let Muslim participants to do Subuh prayer. Afterwards, we will have breakfast in Kuala Terengganu. Those who need a lift from Kuala Terengganu will join us then. We will pick you up at Wisma Yayasan Terengganu at half past 8.
- 8<sup>th</sup> August 2010 (Sunday): Departure from Balai Raya Kampung Langkap at 12:30pm. Estimated time of arrival is 8:30pm at Putra Bus Station



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Additional notes:

- The school is a no smoking zone. Kindly refrain from smoking within the school compound.
- A free t-shirt will be given to all facilitators. Kindly ensure that you wear them at least during the opening and closing ceremony. If you wish to wear them during other times, please ensure they are washed first :p



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