

ORIENTATION

VENUE

MBS Recreation & Training Sdn. Bhd.
Lot 727 & 728, Jalan Kundang, 48050 Kuang, Selangor, Malaysia
Tel: 03-6037 2273

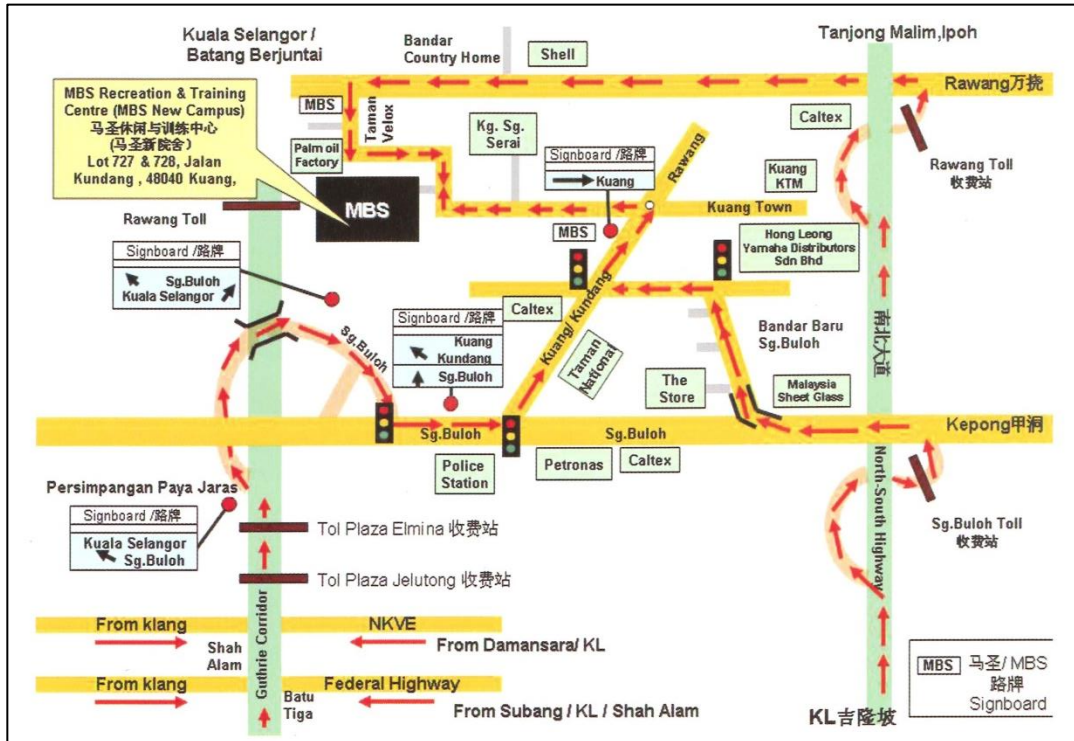
GETTING THERE

By Car: Using NKVE, exit Rawang

GPS Coordinates: (approx.) 3°16'39"N 101°32'13"E

E-Map: <http://en.mbs.org.my/main/map-to-mbs/>

By KTM Komuter: From KL Sentral to Kuang Station (40 minutes), on arrival please call Lana Wong (016-301 1721) for pickup



WORKSHOP REGISTRATION

- Registration starts at 2.00pm with tea on Day 1
- On arrival proceed to Conference Room C8 (facing carpark)

CAMP FACILITIES

Room/Dormitory facilities:

- Air-conditioning
- Blanket, pillow & pillow case, bed sheet
- Attached bathroom/toilet for room; common bathroom/toilet for dormitory

Bring your own:

- Towels, toiletries, slippers
- Water bottle & coffee cup (Hot & cold water is supplied 24 hours at Dining Hall; coffee/tea/Milo sachets during training sessions only)
- Personal medication
- Hat/cap, dark top & track pants/shorts for practical session on Day 3
- Powerbank for charging your notebook/mobile device (optional)

Camp facilities:

- Olympic size swimming pool (wear proper swimming attire when entering pool & bring own towel)
- Indoor sports complex with basketball/volleyball/badminton/table-tennis courts (bring your own equipment)
- Mini convenient store

Check-in: 3.00pm, 23 Sep 2015

Check-out: 12.00pm, 25 Sep 2015

Internet WIFI: Available at Dining Hall (service is not consistent)

USEFUL WEBSITES & CONTACT NOS.

CREST	www.crestmalaysia.org	(T) 03-5638 7299 / 5611 7297
MBS	www.mbs.org.my	(T) 03-6037 2273
Olivia Chan	019-630 8610	
Lana Wong	016-301 1721	
Jerial Chong	013-388 7299	