

### Key information

<b>Course site:</b>	Danum Valley, Sabah
<b>Course dates:</b>	1 <sup>st</sup> to 30 <sup>th</sup> October
<b>Meeting place:</b>	To be announced, Kota Kinabalu 30 <sup>th</sup> September, 18:30
<b>Visa fee:</b>	\$50 US dollars – Single entry tourist visa
<b>Contact Person:</b>	Dr Glen Reynolds, Danum Valley Field Centre

### Danum Valley Field Centre

Danum Valley Field Centre (DVFC) is generally accepted as the foremost tropical rainforest research station in South East Asia. The Centre was set up in 1986 for the purposes of research, education, training and wilderness recreation. The station is located on the border of the Danum Valley Conservation Area which is part of a 10,000km<sup>2</sup> forest concession administered by the Sabah Foundation, a charitable organisation which uses income from its activities to finance welfare, education and conservation initiatives in Sabah. The area is one of the most extensive and significant lowland primary forest protected areas in tropical Asia,

The DVFC is located at 117°48.75' E and 5° 01' N on the east coast of the Malaysian state of Sabah, Borneo Island. The station lies on the edge of the 438 km<sup>2</sup> Danum Valley Conservation Area (an area of Class I protected rain forest) which itself lies within the Ulu Segama Forest Reserve, as part of the ca. 10,000 km<sup>2</sup> Yayasan Sabah Forestry Concession. Danum Valley Conservation Area (DVCA) is a Class I (Protection) Forest Reserve located on the western side of the upper reaches of the Segama River in Southeast Sabah, and is the largest remaining area of undisturbed lowland dipterocarp forest in Sabah. The nearest major town is Lahad Datu on Sabah's southeast coast; approximately 2-hour drive (81 km) away.

**For more information on the course site and the TBA course see: -**

<http://www.tropical-biology.org/training/courses/where%20are%20the%20tba%20courses/borneo.htm>

### Facilities

- You will sleep in a four-bed dormitory (bedding provided) and share common toilet and washing facilities.
- The water supply comes from rainfall and is stored on site. A daily shower should be available and most days the water is even hot!
- The station has a communal eating area and veranda, a library, and a laboratory.

- The field station has electricity from 7.30am to 12.00pm. However, power failures do occur – usually when you least expect them – so you should bring a good torch for black outs and night time forays into the forest.
- Meals are served buffet-style in the rest house dining area.
- Packed lunches can be provided if ordered one day before.
- Coffee and tea are available free of charge in the dining area.
- Drinking water is available in the dining hall.

DVFC provides research laboratories, as well as a computer room, mini library, solar drying room and other facilities. Our access to these facilities will be explained upon arrival.

The DVFC library is well stocked and up to date with books covering a broad range of natural history, forest management, conservation and other related topics. It is available for use by all researchers and research-related visitors. All titles are held on an MS Access database. Danum theses and books which are no longer in print are kept in a locked case – if you need help, please seek assistance from the Research Assistant.

### **Communications**

DVFC is equipped with emergency VHF radio facilities, telephone, public telephone, e-mail and fax. Mobile phone reception at the field station is not available at present; however, please remember that, if this situation changes before the course, there is a **strict TBA policy that phones should not be used during timetabled activities.**

### **Climate**

Our course is scheduled after the height of the south-westerly monsoons; however, come prepared to get wet! For fuller details of the climate at Danum, see the websites on p.13; daily records have been kept since 1985 and are available at the field centre.

### **Safety & Do's and Don'ts**

The Centre has a first aid kit and a Helipad for emergency evacuations. Visitors are advised to get their own insurance before visiting DVFC.

Some of the basic do's and don'ts, which will help to make your stay more enjoyable and safe, include:

- Upon arrival, pay careful attention to the briefing given to you by DVFC staff.
- Please write down your name at the notice board if you are going into the forest without a DV Ranger, stay on the trails so that you don't get lost!
- Take a water bottle with you in the forest and torch and spare batteries if you are going out at night.
- Do not take anything from the forest including flowers, leaves, insects, wood etc. Remember that this is a special protected area and it is our responsibility to care for it wisely.
- Having a responsible attitude and not dropping litter ANYWHERE. All litter should be disposed of in the bins provided at DVFC, or taken home with you.
- Remember that you are in a Centre where scientists are carrying out research. Please respect this privilege and respect the areas which are restricted for scientists' use only.

**Our address in Borneo:**

**Tropical Biology Association  
Danum Valley Field Station  
PO Box 60282  
91112 Lahad Datu  
Sabah, MALAYSIA**

**For emergency messages please contact the TBA Cambridge office**

## **Specific health information**

As well as the health information found in the general course guide, there are a few health issues specific to Danum Valley:

**Leeches:** Leeches are not harmful (i.e. not known to carry or transmit disease) but their bites are potentially irritating. **The best way to avoid leeches is to wear leech-proof socks** and we will ensure that these are available for you.

Kota Kinabalu can get hot, so you'll need to keep well hydrated. However, don't be tempted to drink tap water or drinks with ice in them, as this water may not be very clean. Only buy mineral waters that come in sealed bottles; use only bottled water for cleaning your teeth.

## **Arriving in Malaysia**

### **Passports, visas and entry cards in Malaysia**

Make sure you have a **VALID** passport and tourist **VISA** (if applicable) before you travel. If you do not have one then please get one **AS SOON AS POSSIBLE**.

### **Visa requirements**

**We strongly recommend that you check with the Malaysian Embassy in your own country to find out whether you need a visa or not and how much it will cost.**

The following is the current advice taken from the website for the South East Asia Rainforest Research Program (SEARRP) which is based at Danum Valley: -

### **Entry visa requirements**

**Scientists from the UK, Switzerland and most Commonwealth and ASEAN countries are able to enter Malaysia on a regular tourist visa and upgrade this to a Visit Pass Professional on arrival in Sabah. Scientists from other nations, including the EU, should check with their nearest Malaysian Embassy or Consulate if it is necessary to obtain a Single Entry Visa before entering Malaysia.**

**All participants: If you have difficulties obtaining a VISA please contact the TBA Cambridge office AS SOON AS POSSIBLE**

If you do need a visa it is important that you check the duration of the VISA; your visa must be valid for the entire time you will be in Malaysia. **Your passport should be valid for at least six months after you arrive in Malaysia.**

**Whether you need a visa or not, when you enter Malaysia, you will be given a standard entry card to fill out.** Recent experience indicates that you should make sure that you make the length of the stay that you require very clear at airport immigration; **remember that a stamp for '1 month' is not sufficient and will mean that an extension will be needed.**

When filling in visa forms and entry cards, you **MUST** state that you are a TOURIST on the card. You will also need to give your address in Malaysia, which will be:

**Danum Valley Field Station PO Box 60282, 91112 Lahad Datu, Sabah, MALAYSIA**  
**Our contact person here is: - Dr Glen Reynolds**

### **Meeting up with the TBA in Sabah**

**The rendezvous or meeting place for ALL TBA course participants is:**

**TO BE ADVISED**

**At 18:30, 30<sup>th</sup> September**

**Please make sure you get to Kota Kinabalu before the course begins. We will be travelling to Danum Valley very early the next morning.**

**Further information will be sent to you before your course starts.**

TBA will provide a meal and accommodation the night before the course begins and on the last night of the course. Your course co-ordinator will provide details of the accommodation well in advance of the course start date.

### **Arriving in Sabah by air**

**Kota Kinabalu** is the capital of Sabah and has an international airport with regular flights coming in from Kuala Lumpur and other destinations such as Hong Kong, Singapore, Tokyo, Manila, Bangkok, Taipei and Brunei.

### **Kota Kinabalu Airport**

The TBA will circulate everyone's flight details so that you can try to meet up with people on your flight. **Please send the TBA your flight details as soon as possible.**

The TBA will endeavour to meet all flights depending on our schedule (if you are arriving very early/leaving well after the course to do independent travelling you should make your own arrangements). If we have told you we will meet your flight look out for the TBA sign.

### **Getting from Kota Kinabalu airport to the city centre**

A taxi costs around RM 30 (approx. \$8US/6.50 euros), and takes only ten minutes to the city centre, situated 8 kilometres (5 miles) away. There is no bus service at the airport, but you can catch a bus at the main road to the city centre that will cost RM 1,50.

### **Useful information**

- The official language is Bahasa Malaysia (Malay). English is widely spoken.
- The time in Sabah is + 8 hours GMT.
- Most of the shops and offices you will want to visit are concentrated in a fairly small area in the centre of the city. The **Post Office** is on one of the main streets parallel to the sea (see map 3), as are the banks and foreign exchange bureaux (Forex).

- Visitors are recommended not to travel round Kota Kinabalu at night. Take private hires (private taxis) if you are unsure of where you are going.
- The currency is Malaysian Ringgit (RM), international code: MYR. 1 USD is approximately 3.6 MYR (January 2009). Travellers' cheques and foreign currencies can be exchanged at banks and hotels. All major credit cards types – VISA, Diners Club, American Express and MasterCard – are accepted in many places, but smaller boutiques prefer cash.

### **Where to stay in Kota Kinabalu**

We will provide accommodation in Kota Kinabalu for the **night before and the last night of the course**. We leave Kota Kinabalu very early on the morning of the start date of the course, so you **need to be in Kota Kinabalu the evening before the start of the course** at the very latest. If you arrive earlier than the night before your course, let us know if you want us to book accommodation at the course rendezvous. If you choose to arrive earlier to do independent travelling, consult a travel guide for information on accommodation or the following web page: -

<http://www.kotakinabalu.com/cmarter.asp?doc=2468&node=2738>

### **Getting to the field centre**

- **Getting from Kota Kinabalu to Danum Valley with the TBA**

We will be travelling from Kota Kinabalu to Danum Valley by bus and returning by air. The bus journey will take approximately 8 hours and include a stop for lunch.

- **Getting to Danum Valley**

Three flights operate daily between Kota Kinabalu and Lahad Datu.

Transport to and from Danum Valley, using the Field Centre's or Royal Society vehicles, will be arranged in advance. The field centre is easily accessed by road and the journey takes approximately 3 hours from Lahad Datu.

# Maps

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## 1. Location of Sabah



## 2. Location of DVFC, Lahad Datu & Kota Kinabalu





## References

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### General reading

Travel guides are a good way to gain an overview of Malaysia, its geography and places of interest. The best two are probably the **Malaysia, Singapore & Brunei guide** by Lonely Planet, which is rather general, and the specific Lonely Planet guide which covers **Borneo**.

### Useful websites

<http://www.searrrp.org/danum.cfm>

<http://www.ysnet.org.my/Maliau/Danum/location.htm>

<http://www.kotakinabalu.com/cmarter.asp?doc=367&node=2742>

### Academic references

Please contact the Course co-ordinator at the Cambridge office ([courses@tropical-biology.org](mailto:courses@tropical-biology.org)) for a list of books and published papers that will provide useful background reading on tropical forests, and research in both Danum and SE Asia in general.

### Past projects

Examples of past student projects and published work undertaken during TBA courses at Danum will be available shortly on the TBA website.

**If you have any further queries, please contact us at:**

**Tropical Biology Association**

**Department of Zoology**

**Downing Street**

**Cambridge**

**CB2 3EJ**

**UK**

**Tel: +44 (0)1223 336619**

**Fax: +44 (0)1223 336676**

**E-mail: [courses@tropical-biology.org](mailto:courses@tropical-biology.org)**