



Orang utans, Semenggoh, Sarawak

Ophthalmology Study Tour to the Malay Peninsula, Singapore and Borneo

22 July – 2 August 2021

This tour precedes the APAO 2021 Congress
in Kuala Lumpur (2 – 5 August 2021)



Jon Baines
tours



The colourful streets of Malacca

Explore the Malay Peninsula, Singapore and Borneo to experience the history, culture and wildlife of the region, alongside a wide-ranging professional itinerary that examines local ophthalmology and eyecare. Learn about the background to the fast-developing area of eyecare in three very different regions in Malaysia, including the particular challenges of reaching Indigenous populations in remote areas, and the government-supported medical tourism industry.

From Kota Kinabalu travel to the riverine city of Kuching and the vast jungles of Borneo. Continue via Singapore to the colonial charms of Malacca, finishing in the modern city of Kuala Lumpur. Along the way enjoy the blend of European heritage with Malay, Chinese and Indian culture and cuisine.

The tour has been designed to finish in Kuala Lumpur to coincide with the start of the APAO 2021 Congress (2 – 5 August 2021).

Tour Leader

Professor Christopher Liu OBE is based in Brighton. Born in Hong Kong, Christopher came to England aged 15 to study before entering medical school in London. He is widely travelled and enjoys introducing western delegates to exotic cultures. He has led the Royal College of Ophthalmologists Study Tours to China in 2004 and 2014, Egypt 2006, Syria in 2007, Cuba in 2012, Japan in 2017 and Vietnam and Cambodia in 2019. Christopher has been president of the Medical Contact Lens and Ocular Surface Association, British Society for Refractive Surgery and the Southern Ophthalmological Society. He has also been Honorary Secretary of the United Kingdom and Ireland Society of Cataract and Refractive Surgeon and Council Member of the Royal College of Ophthalmologists. Christopher Liu was appointed OBE by the Queen in her 2018



New Year's honours list and was recently appointed Honorary Treasurer and Trustee of the Royal College of Ophthalmologists. He is current president of the Brighton and Sussex Medico-Chirurgical Society. Read Christopher's [recollections of leading JBT tours here.](#)

“Thoroughly enjoyed our trip on both an educational and personal level. Christopher Liu and Vivienne were great hosts and our fellow travellers too.”

Pauline MacEwen, Ophthalmology in Japan, 2017



Singapore skyline



Itinerary 22 July – 2 August 2021

B = Breakfast **L** = Lunch **D** = Dinner

3 nights Kota Kinabalu – 3 nights Kuching – 2 nights Singapore – 2 nights Malacca
– 1 night Kuala Lumpur

Day 1: Kota Kinabalu (Thur, 22 Jul) **B**

Am: Arrive or join from the pre-tour extension and transfer to the Kota Kinabalu Hilton, with its rooftop swimming pool with a sweeping view of the city. Settle at leisure before dinner in the hotel.

19th-century shop houses overlooking Sarawak River with a period feel.

Pm: Discover the charms of this riverine city, established by Sir James Brooke. Visit the excellent ethnographic museum to learn about the beliefs, medicine and customs of the peoples of Sarawak. Visit Fort Margherita to see the Brooke Gallery and learn of the life and legacy of the 'White Rajahs' of Sarawak.

Day 2: Kota Kinabalu (Fri, 23 Jul) **B L**

Am: Take a boat out to the beautiful coral islands of the Tunku Abdul Rahman Marine Park, known for their pristine white beaches, clear water and coral reefs. Visit the islands and relax, swim or snorkel. Return to Kota Kinabalu mid-afternoon.

Eve: After dinner at the Junk Restaurant, there is the option to explore the local area with its interesting old shops, cafés, art and bars.

Pm: Ophthalmology visit and lectures at Synergy SEC.

Day 5: Kuching (Mon, 26 Jul) **B L**

Am: Drive to Bako village and take a boat to Bako National Park, keeping watch for crocodiles and sea eagles. Explore the trails where nineteenth-century naturalist Alfred Russel Wallace did much of his work on evolutionary biology, alongside a spectacular coastline. It is common to see the local proboscis monkeys, silvered langurs (monkeys), long-tailed macaques, wild boar, monitor lizards and many species of birds.

Day 3: Kota Kinabalu (Sat, 24 Jul) **B L**

Am: Take the beautifully restored North Borneo Railway, pulled by a magnificent Vulcan steam engine, along the only stretch of railway line in Borneo, passing coastline, mangroves and rice fields.

Pm: Enjoy a delicious tiffin lunch on board. Finish your journey early afternoon and return to the hotel. At leisure.

Pm: Buffet lunch in the park and return to Kuching.

Day 4: Kota Kinabalu / Kuching (Sun, 25 Jul) **B D**

Am: Fly to Kuching, a relaxed city on the Sarawak River and the capital of Sarawak. Check into the riverfront Rane Boutique Hotel, an elegant hotel in two converted

Eve: Sunset cruise with a drink before dinner.

Day 6: Kuching (Tues, 27 Jul) **B L**

Am: Visit the Semenggoh Wildlife Centre to view semi-wild orangutans in a natural

setting. Visit Anah Rais longhouse in Bidayuh village and learn about the culture of the Land Dayaks.

Pm: Lunch at the village. Later visit the Specialist Eye Centre and the highly effective mobile cataract service.

Day 7: Kuching / Singapore (Wed, 28 Jul) B D

Am: Fly to Singapore. Check into the Swissotel Merchant Court, a comfortable and well equipped 4-star hotel located by Clarke Quay.

Pm: Walk to Clarke Quay Jetty to take a river cruise on the Singapore River.

Eve: Disembark at Fullerton Bay Hotel to have dinner at Clifford Pier before seeing the Marina by night.

Day 8: Singapore (Thur, 29 Jul) B L

Am: Explore the rich cultures and colonial history of Singapore, seeing the Raffles Hotel, Singapore Cricket Club, the old Supreme Court Building and the orchid garden.

Pm: Lunch at a dim sum restaurant in Chinatown before visiting the Singapore National Eye Centre to hear lectures or at leisure.

Eve: Option of seeing the extraordinary Gardens by the Bay *son et lumiere* show.

Day 9: Singapore / Malacca (Fri, 30 Jul) B D

Am: Drive to Malacca and check into the boutique Puri Melaka Hotel, a charming 3-star boutique hotel in the heart of the old town. The hotel is a carefully restored

Peranakan house which retains its beautiful façade and décor.

Pm: Orientation tour and at leisure.

Day 10: Malacca (Sat, 31 Jul) B L

Am: Explore historic Malacca, a trading entrepot whose heritage is reflected in its well-preserved Portuguese, Dutch and British architecture. Take a walking tour to St. Paul's Hill for panoramic views of the straits and the old town. See the Portuguese Fort de Santiago, the ruins of St. Paul's Church and Dutch Square. Walk down Harmony Street to 'Antique Row'.

Pm: Enjoy a traditional Peranakan lunch, a blend of Chinese, Malay and Portuguese flavours, and take a boat ride on the Malacca River. Listen to lectures or at leisure.

Day 11: Malacca / Kuala Lumpur (Sun, 1 Aug) B D

Am: Drive to Kuala Lumpur and transfer to the EQ Hotel, a stylish central 5-star hotel. It is Green Building Index (GBI) Gold-certified, making it among the most energy-efficient buildings in the city.

Pm: Sightseeing tour exploring the history of Kuala Lumpur, which reflects its Malay, Chinese, Indian and British heritage. Visit the Central Market.

Eve: Farewell dinner.

Day 12: Kuala Lumpur (Mon, 2 Aug) B

Am: Depart or join the APAO 2021 KL Congress (2 – 5 August) or take extension.



Western Clownfish in Tunku Abdul Rahman Park, Kota Kinabalu, Sabah.



Shangri La Resort, Kota Kinabalu

There is a pre- and a post-tour extension:

Kota Kinabalu: pre-tour extension

Shangri-La Rasa Ria Resort and Spa is a peaceful 5-star luxury resort, surrounded by 400-acres of nature reserve with a long sweep of soft sand beach. Perched on the edge of tropical wilderness, this is a superb choice for wildlife encounters, excellent food and service and dozens of land-based or aquatic activities. It is also possible to organise a day trip to visit UNESCO World Heritage site Kinabalu National Park, home to magnificent Mount Kinabalu, and Poring Hot Springs, sulphur baths surrounded by beautifully landscaped tropical gardens. Others might want to visit the war memorials or climb Mount Kinabalu (which requires a good level of fitness).

Banjaran Hot Springs Resort: post-tour extension

Banjaran Hotsprings Retreat is Malaysia's first luxury natural hot springs wellness retreat and is something very special, set amongst spectacular natural beauty. Stay in your own Lake Villa with a private plunge pool and hot tub, surrounded by pristine water and foliage, with a terrace overlooking the lake. Unwind in the beautiful geothermal hot springs amidst limestone hills, verdant rainforest, ancient caves and cascading waterfalls for the ultimate in seclusion and relaxation. It is also possible to extend in Penang to experience its vivid history, beautiful architecture, colourful street art and delicious cuisine.

Please contact us to discuss options – we can arrange costings on request.



Banjaran Hot Springs Resort



Anah Rais longhouse, Sarawak (top); Bako National Park; Proboscis monkey, Bako National Park, Sarawak; Kuala Lumpur skyline (above)

**The cost of the tour is
US \$3,906 per person
(excluding international
flights and transfers)**

The cost includes:

- The services of an experienced tour leaders (Professor Christopher Liu)
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and heritage hotels, a jungle lodge and a luxury spa

Single supplement: US \$693

- Breakfast and lunch or dinner daily
- All admission fees
- Services of local English-speaking national guides throughout
- All transport services and taxes
- Kota Kinabalu – Kuching and Kuching – Singapore flights
- All tips

The cost excludes:

- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits
- Travel insurance
- Visa (if required)

NB: Due to the nature of the tour, places are strictly limited. All itineraries are subject to change according to local conditions.

Flights

Please contact Jon Baines Tours in London on **020 7223 9485** or in Melbourne on **03 9343 6367** if you require assistance with booking your flights.

Clarke Quay, Singapore



About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.



Proboscis monkey, Bako National Park, Sarawak (top);
North Borneo steam train; Gardens by the Bay, Singapore;
Food market, Malay District, Kuala Lumpur (above)

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