

SHORT TERM MOBILITY PROGRAMME

INDIGENOUS KNOWLEDGE

The Bidayuh Community of Annah Rais



There are nearly 30 different ethnicities in Sarawak alone. Our diverse populations live together harmoniously, creating a valuable treasure trove of cultural and linguistic knowledge waiting to be discovered, understood, and preserved.

It is this authentic, diversity-filled environment that will nurture a holistic, global mindset. Whilst many turn their gaze towards the trendiest technology; we believe that to grapple with the future, you need to learn from the present and connect to the past.



Aims and Objectives

01

Discover the indigenous people (specifically the Bidayuh) in Sarawak and their ways of life.

02

Explore real-life community problems and propose possible solutions to the problems.

#GlobalHeart
#GlobalHome
#GlobalFuture



Objectives With Mapped SDG Goals

01

SDG 3: Good health and well-being

- To discover the way of life of a Bidayuh community and allow exchange of healthy lifestyle from both the participants and the community.

02

SDG 11: Sustainable cities and communities

- To create awareness about the real-life issues faced by the Bidayuh community and to propose suitable solutions to the issues.

03

SDG 17: Partnerships for the goals

- To encourage cooperation between participants as global citizens and the indigenous community for a sustainable future.



Proposed duration

9 days

Location

Universiti Malaysia
Sarawak (UNIMAS)

Annah Rais Village

Theme

Indigenous Knowledge –
Bidayuh Community

#GlobalHeart

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Target Participants:

20-25 participants

Fees

USD 1,000 per person

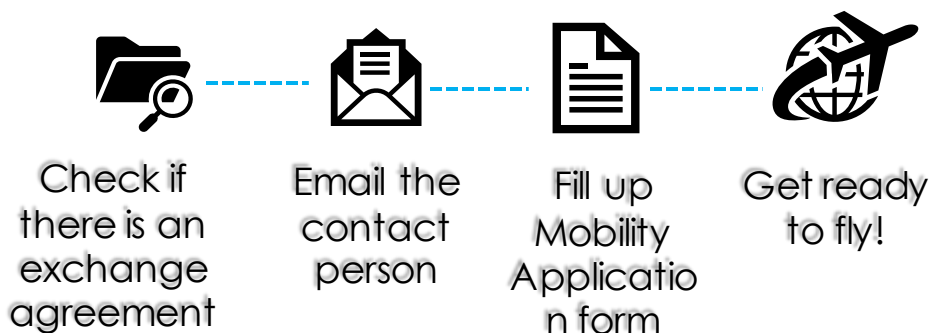
Eligibility

To be eligible to enroll for these courses, students must have the following:

- i. Currently enrolled as an undergraduate student in a university with credit transfer arrangements with UNIMAS.
- ii. 2nd or 3rd year students



Application Procedures:



Transfer of Credit:

- Credits will be awarded to students who have successfully completed the courses.
- As credit transfer policies vary among universities, you are advised to check with your home university if the credits you earn in the course that you enroll in at UNIMAS can be transferred over to your home university.
- Transfer of credit formula:
 - 40 SLT (Student Learning Time) = 1 credit

Themes / Title:

- Day 1** : *Siramat Nog ki Kuching, Sarawak*
- Day 2** : Introduction to Sarawak Indigenous Communities
- Day 3** : Getting to know the Bidayuh Culture & Language
- Day 4** : “Bidayuh Way of Life”
- Day 5** : “One with the Community”
- Day 6** : Excursion - Visit to Sarawak Cultural Village
- Day 7** : Bidayuh Arts & Craft
- Day 8** : Sharing Session & Closing Ceremony
- Day 9** : Siramat ponu!

**Modules are subject to change at any time*

Detailed Itinerary:

Day	Activities
Day 1 Siramat Nog ki Kuching, Sarawak!	<ul style="list-style-type: none"> • Arrival • Check-in/ Housekeeping • Briefing & Ice Breaking • Welcoming Dinner
Day 2 Introduction to Sarawak Indigenous Communities	<ul style="list-style-type: none"> • Campus Tour • Session 1: Introduction to Sarawak Indigenous Communities (Lecture) <ul style="list-style-type: none"> a) Belief System and Religion b) Family and Kinship c) Arts & Culture d) Food & Festival e) Social and Cultural Changes Session 2: Group Activities Games & Quiz on Sarawak Indigenous People Leisure Time: Kayak at UNIMAS Lake
Day 3 Getting to know the Bidayuh Culture & Language	Session 3: Getting to know the Bidayuh Culture & Language (Lecture) Session 4: Bidayuh Culture & Language Explorace Leisure: Futsal
Day 4 “Bidayuh Way of Life”	Session 5: “Bidayuh Way of Life” Visit Bidayuh Community – Kampung Annah Rais Experiencing the daily life of Bidayuh community Session 6: Hands-on Experience - Cooking “Manok Pansuh” (Chicken in Bamboo) Sharing Session

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Detailed Itinerary:

Day	Activities
Day 5 “One with the Community”	Session 7: “One with the Community” CSR with Kampung Annah Rais Community Session 8: Group Activity (Video Production) – “My Stay with the Bidayuh community at Kampung Annah Rais, Sarawak” Free & Easy
Day 6 Excursion - Visit to Sarawak Cultural Village	Session 9: Visit to Sarawak Cultural Village Explore other Indigenous Tribes in Sarawak – Dance, Food, Traditional Houses, Arts & Crafts
Day 7 Bidayuh Arts & Crafts	Session 10: Bidayuh Arts & Crafts (Tutorial) Types of traditional Bidayuh Arts & Crafts Significance of Bidayuh Arts and Crafts Session 11: Hands-on Experience - Making Bidayuh Bead Necklace Leisure Time: Walking around the Campus
Day 8 Sharing Session	Sharing Session & Group Presentation Closing Ceremony & Dinner
Day 9 Siramat ponu!	Check-out and depart to KLIA

**Modules are subject to change at any time*

A photograph of a traditional wooden house with a thatched roof, surrounded by lush greenery and red flowers. The house is made of dark wood and has a steep, conical roof. A wooden staircase leads up to the entrance. The background is filled with dense foliage and trees.

Module Outcomes

Understand more about the local ethnicities in Sarawak as they immerse themselves in the local culture and way of life.

Learn basic local dialects and encourage the exchange of cultural knowledge.

Give back to the community through a community engagement session.

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