

QUICK INFO



THIRD COUNTRY TRAINING PROGRAMME 2025

CAPACITY DEVELOPMENT FOR TECHNICAL VOCATIONAL
EDUCATION AND TRAINING (TVET)

RENEWABLE ENERGY AWARENESS THROUGH TVET

1 - 15 OCTOBER 2025

FUNDED BY :

MINISTRY OF FOREIGN AFFAIRS, MALAYSIA & JAPAN
INTERNATIONAL COOPERATION AGENCY

ORGANISED BY :

CENTRE FOR INSTRUCTOR AND ADVANCED SKILL TRAINING (CIAS)



www.ciastr.gov.my

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SELAMAT DATANG

Welcome to the participants of **RENEWABLE ENERGY AWARENESS THROUGH TVET**

Welcome to the Centre for Instructor and Advanced Skill Training (CIAST)

We're delighted to have you with us. As Malaysia becomes your home for the next two weeks, we hope this booklet will be your trusted companion throughout your stay.

About the Programme

This specialised training in Renewable Energy Awareness Through TVET is a collaboration project between CIAST together with Malaysian Technical Cooperation Programme (MTCP) and Japan International Cooperation Agency (JICA), and hosted at CIAST. The course offers a dynamic blend of expert-led lectures, hands-on practical sessions, interactive discussions, and study visits to top training institutions and industries across Malaysia.

What to Expect

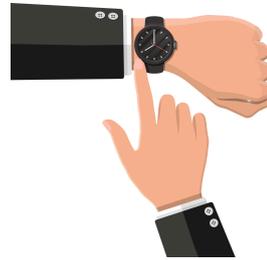
Gain practical skills, deepen your technical knowledge, and engage in meaningful exchanges with peers and professionals. This is more than just a training course—it's a professional journey designed to be both enriching and rewarding.

Enjoy Your Stay

We wish you a productive and enjoyable experience in Malaysia. Welcome aboard!

RULES & REGULATIONS

01



Participants must be punctual at all occasions. If, for an exceptional reason, you will be late, make sure you notify the other person.

02



i. Participants are to dress in practical training attire unless the day's tasks require otherwise.

ii. Participants must always present a clean, professional appearance. Everyone is expected to be well-groomed and wear clean clothing, free of holes, tears, or other signs of wear.

iii. Clothing with offensive or inappropriate designs or stamps are forbidden. Clothing and grooming styles dictated by religion or ethnicity are exempt.

03

Transportation back and forth motion from hotel to institute will moves at 8.15 am every day. Please be ready at the lobby hotel before 8.15 am.



Meals & Coffee Break



WEEKDAYS

- Breakfast ready at the hotel café from 6.30am until 8.00am
- Morning /Afternoon tea break is served at the workshops/classroom (CIAST);
- Lunch will be provided at CIAST.
- Dinner ready at the hotel café from 6:00 pm to 8:00pm

COOKING:



Please be aware that Hotel forbids any cooking activities at any time. Breaking the rules is at your own risk.

WEEKEND AND PUBLIC HOLIDAY

Breakfast, lunch and dinner will be provided at the hotel café.

ALLOWANCE:



Food allowance is provided by the Ministry of Foreign Affairs (MoFA) in accordance with MTCP regulation.



CIAST

SECRETARIATS

For further information, please contact at the following information:

Secretariats,
Research, Innovation and International Division,
Centre for Instructor and Advanced Skill Training (CIAST),
Jalan Petani 19/1, Section 19,
40300 Shah Alam
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CIAST TOP MANAGEMENT



Dr. Mohd Faizal bin Tokenan
Deputy Director
(Training Management)



Ts. Hj. Mohd Manoj bin Hj. Jumidali
Director



Ts. Dr. Aruna binti Ismail @ Abd. Wahab K.M.N.
Deputy Director
(Planning and Development)



Ts. A. Rahmad bin Ngah
Head of Skilled Instructor
Development Programme
(PPK)



Mr. Mohd Nawi bin Isa
Head of Programme Skills
Professional Development
(SPD)



Ts. Mohd Nuzi bin Yaacob
Head of Programme
Electronic Learning and
Multimedia (PEM)



Ts. Dr. Sulaiha binti Ali
Head of Programme
Planning and Training
Development (PPL)



Mr. Azmi bin Mat
Head of Programme Competency
Qualification (KK)



Ts. Dr. Norhayati binti Yahaya
Head of Research, Innovation
and International Division (RII)



**Mr. Ahmad Zahiri bin Abdul
Kadir**
Head of Management
Services Division (BKP)



Mrs. Shamsiah binti Sarkawi
Head of Corporate Division
(BKO)



CIAS

RENEWABLE ENERGY AWARENESS THROUGH TVET

Instructors Team



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CIAS

RENEWABLE ENERGY AWARENESS THROUGH TVET

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List of Participants



1.



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2.



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3.



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CIAS

List of Participants



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6.



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CIAS

List of Participants



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10.



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11.



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12.



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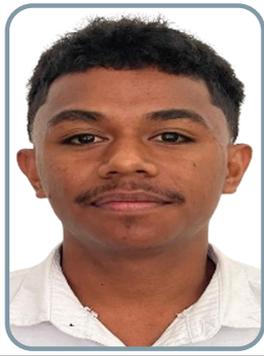


CIASST

List of Participants



13.



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14.



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15



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OPENING CEREMONY



THIRD COUNTRY TRAINING PROGRAMME ON CAPACITY DEVELOPMENT FOR TECHNICAL VOCATIONAL EDUCATION AND TRAINING (TVET) 2025

02 OCTOBER 2025 (THURSDAY)

Auditorium
Centre for Instructor and Advanced Skill Training (CIASST)
Jalan Petani 19/1, Seksyen 19,
40300 Shah Alam, Selangor Darul Ehsan

Time	Programme
02.30 pm	The arrival of Participants and Guests
03.00 pm	The arrival of YBrs. Ts. Zuleah binti Darsong Director General Department of Skills Development Ministry of Human Resources
03.05 pm	Prayer Recitation
03.10 pm	Remarks by Representative from JICA
03.20 pm	Remarks by Ministry of Foreign Affairs, Malaysia
03.30 pm	Remarks and Official Opening by YBrs. Ts. Zuleah binti Darsong Director General Department of Skills Development Ministry of Human Resources
03.45 pm	Participants Introduction Session (Video Playback) & Training Kits Hand-Over
04.00 pm	Photo Session Between YBrs. Ts. Zuleah binti Darsong, Representative of JICA, MoFA Embassy and Participants
04.30 pm	Refreshment - Hi-Tea
05.00 pm	End of Ceremony

CLOSING CEREMONY



THIRD COUNTRY TRAINING PROGRAMME ON CAPACITY DEVELOPMENT FOR TECHNICAL VOCATIONAL EDUCATION AND TRAINING (TVET) 2025

14 OCTOBER 2025 (TUESDAY)

*Mardhiyyah Hotel and Suites,
Persiaran Perbandaran, Seksyen 14,
40000 Shah Alam, Selangor Darul Ehsan*

Time	Programme
3.00 pm	The arrival of Participants and Guests
3.30 pm	The arrival of YBhg. Datuk Azman bin Mohd Yusof Secretary General Ministry of Human Resources, Malaysia
3.35 pm	Prayer Recitation
3.40 pm	Remarks by TCTP Participants' Representative
3.50 pm	Remarks by MTCP Participants' Representative
4.00 pm	Remarks by Japan International Cooperation Agency (JICA), Malaysia Office
4.10 pm	Remarks by Ministry of Foreign Affairs (MoFA), Malaysia
4.20 pm	Remarks and Official Closing by YBhg. Datuk Azman bin Mohd Yusof Secretary General Ministry of Human Resources, Malaysia
4.30 pm	Certificate Hand Over to Participants
4.40 pm	Photo Session Between Secretary General, Ministry of Human Resources, MoFA, JICA and Participants
4.45 pm	Refreshment - Hi-Tea
5.00 pm	End of Ceremony



CIAS

COUNTRY REPORT, PLAN OF ACTION, SHORT VIDEO, SHORT TESTIMONIAL VIDEO AND CULTURAL PERFORMANCE

Participant's presentations on the challenges/issues they are facing in their respective countries and on their Plan of Action are one of the key elements of the course.

1. Country Report (should be presented on Day 1)

Each participant should send the country report as mentioned in the offer letters.

Guidelines for Preparing a Country Report. Country Report (should be submitted throughout the course).

a. Preparation of country report.

- i. Each country must prepare its own report.

b. Presentation Material.

- i. MS PowerPoint is recommended during the presentation.

c. Format of PowerPoint presentation:

i. Slide 1 – Introduction

#Brief introduction of the country.

ii. Slide 2 – Summary of the duties

#Responsibilities of participants' organization/agency.

iii. Slide 3 – Issues and challenges

#Challenges and problems in the participants' respective countries in Renewable Energy Sector.

iv. Slide 4 – Expected outcome of the course

Duration of Presentation: Presentation of the country report can be done by one person or by group. Each country is given a 10-minute session to present their fellow participants and followed by a 5-minute question and answer session.

d. Submission of Country Report

Each participant must upload the report to Google Drive.



Scan to upload



CIAS

2. Plan of Action (PoA) (should be presented in the Action Plan Session & submitted before the course end)

a. Areas to be highlighted:

- Title of the Plan;
- Issues and problems; ways of addressing them; and
- How to apply knowledge/lessons learnt from the course.

b. Speaker: Individual participants

- Presentation Time and Tool: The Plan of Action will be presented toward the end of the course.
- Each speaker is required to present a 10-minutes oral presentation which is followed by a 5-minutes question and answer session.
- It is recommended to use MS Power Point during the presentation.

c. Submission of Plan of Action (PoA):

Each participant must upload the PoA to Google Drive.



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3. Short Video (submitted before the course start)

Creating a short self-introduction video that includes your place of work can be effective for networking, professional profiles, or presentations. Here's a suggested structure and content for your video:

Structure:

a. Opening (5-10 seconds):

Greeting
Your name

b. Main Content (20-30 seconds):

Your current role and place of work
Brief mention of your experience or key responsibilities
Highlight any special projects or achievements

c. Closing (5-10 seconds):

Invitation for further engagement or a closing remark
Thank you and sign-off

d. Submission of short video:

Each participant must upload the short video to Google Drive



Scan to upload



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4. Short Testimonial Video

At the end of the course, participants will be invited to have a short video on their learning in Malaysia.

- a. Spoken in English;
- b. Brief self-introduction (e.g. your name and your job);
- c. What have you learned in Malaysia;
- d. Your opinion on how to use your experience in your country or a region where you work; and
- e. Do you have any good words for us?

5. Cultural Performance

The objective of the cultural performance during the closing ceremony is to celebrate and highlight the rich cultural diversity of the participants, promoting mutual understanding, respect, and appreciation among all attendees. Each country is requested to present one cultural performance.

Time Table

Title of the Course : Renewable Energy Awareness Through TVET

Date : 01 – 15 October 2025

Venue : CIAST, Shah Alam, Selangor, MALAYSIA

*** Note: program dates and times are shown in Malaysia Standard Time (UTC+8:00).**

	Time						
Date	0900 - 1000	1000 - 1010	1010 - 1245	1245 - 1430	1430 - 1530	1530 - 1540	1540 - 1700
Wednesday (01/10/2025)	Arrival at KLIA & Check-In Hotel (Secretariat)						
Thursday (02/10/2025)	Registration & General Orientation (Secretariat)	B R E A K	Institutional Report Presentation (CIAST)	B R E A K	Opening Ceremony (CIAST)	B R E A K	Opening Ceremony (CIAST)
Friday (03/10/2025)	Programme Briefing		CIAST Tour (Corporate CIAST)		Introduction to Renewable Energy Overview of renewable energy sources		Overview of renewable energy sources Renewable energy in sustainable development.
Saturday (04/10/2025)	Free and Easy / Report Preparation & Compilation						
Sunday (05/10/2025)	Free and Easy / Report Preparation & Compilation						

Time Table

Title of the Course : Renewable Energy Awareness Through TVET

Date : 01 – 15 October 2025

Venue : CIAST, Shah Alam, Selangor, MALAYSIA

* Note: program dates and times are shown in Malaysia Standard Time (UTC+8:00).

	Time						
Date	0900 - 1000	1000 - 1010	1010 - 1245	1245 - 1430	1430 - 1530	1530 - 1540	1540 - 1700
Monday (06/10/2025)	Study Tour / Industrial Visit						
Tuesday (07/10/2025)	Fundamentals of hydropower and types of hydropower plants. Design and operation of hydro systems.	B R E A K	Environmental considerations in hydropower development. Case studies of successful hydropower projects.	B R E A K	Biomass Energy Biomass resources and conversion technologies	B R E A K	Design and operation of biomass power plants. Bioenergy applications, Sustainability and environmental impacts of biomass energy
Wednesday (08/10/2025)	Basics of geothermal energy and its sources. Types of geothermal power plants and their operation		Direct uses of geothermal energy. Environmental and sustainability aspects of geothermal energy.		Introduction to Off Grid Photovoltaic System		Simple Sizing of PV Battery System
Thursday (09/10/2025)	Simple Sizing of PV Battery System		Installation, Testing, Commissioning, Operation and Maintenance		Purpose Safety and References Sustainable Energy Development Authority Act 2011 [Act 726].		Sustainable Energy Development Authority Act 2011 [Act 726] and Renewable Energy Act 2011 [Act 725].
Friday (10/10/2025)	Practical Of Solar OFF Grid PV System Installation, Testing, Commissioning, Operation And Maintenance		Practical Of Solar OFF Grid PV System Installation, Testing, Commissioning, Operation And Maintenance		Practical Of Wind Turbine System Installation, Testing, Commissioning, Operation And Maintenance		Practical Of Wind Turbine System Installation, Testing, Commissioning, Operation And Maintenance
Saturday (11/10/2025)	Free and Easy / Report Preparation & Compilation						
Sunday (12/10/2025)	Free and Easy / Report Preparation & Compilation						

Time Table

Title of the Course : Renewable Energy Awareness Through TVET

Date : 01 – 15 October 2025

Venue : CIAST, Shah Alam, Selangor, MALAYSIA

* Note: program dates and times are shown in Malaysia Standard Time (UTC+8:00).

	Time						
Date	0900 - 1000	1000 - 1010	1010 - 1245	1245 - 1430	1430 - 1530	1530 - 1540	1540 - 1700
Monday (13/10/2025)	Practical of Renewable Energy (Solar OGPV System)	B R E A K	Japanese Expert	L U N C H	Action Plan Presentation (Secretariat)		Action Plan Presentation (Secretariat)
Tuesday (14/10/2025)	Post Test & Programme Evaluation		Course summary and conclusion		Closing Ceremony (Secretariat)		Closing Ceremony (Secretariat)
Wednesday (15/10/2025)	Departure to Participants' Countries						

MALAYSIAN TECHNICAL COOPERATION PROGRAMME (MTCP)



The Malaysian Technical Cooperation Programme (MTCP) was first initiated at the First Commonwealth Heads of Government Meeting (CHOGM) in Sydney in February 1978. It was officially launched on 7 September 1980 at the Commonwealth Heads of State Meeting in New Delhi, India, to signify Malaysia's commitment to South-South Cooperation, in particular Technical Cooperation among Developing Countries (TCDC).

In line with the spirit of South-South Cooperation, Malaysia through MTCP shares its development experiences and expertise with other developing countries. The MTCP was first formulated based on the belief that the development of a country depends on the quality of its human resources. The programme forms part of the commitment of the Malaysian Government towards the promotion of technical cooperation among developing countries, strengthening of regional and sub-regional cooperation, as well as nurturing collective self-reliance among developing countries.

The MTCP emphasizes the development of human resources through the provision of training in various areas which are essential for a country's development such as public administration, good governance, health services, education, sustainable development, agriculture, poverty alleviation, investment promotion, ICT and banking. More than 60 short-term specialized programmes are offered by more than 60 MTCP training institutions, many of which are centres of excellence for training. Since its launching, more than 26,000 participants from 139 countries and 2 British overseas territories have benefited from the various programmes offered under the MTCP.

The MTCP has been managed by the Economic Planning Unit, Prime Minister's Department since its inception. In a move to further enable MTCP to spread its wings wider and stronger, the Malaysian Government has decided to transfer the MTCP to the Ministry of Foreign Affairs from 1 January 2010. It is envisaged that emplacing it under the Ministry of Foreign Affairs could provide the synergy and support it requires in line with Malaysia's foreign policy. As the focal point for the MTCP, the Ministry of Foreign Affairs of Malaysia (Wisma Putra) is responsible to formulate policies, fund, coordinate, monitor and evaluate the MTCP programmes.



JAPAN INTERNATIONAL COOPERATION AGENCY

JICA was first established in 1974 under the Japanese Government and later merged with the Overseas Economic Cooperation Operations of the Japan Bank for International Cooperation (JBIC) in 2008. Currently, JICA, an incorporated administrative agency in charge of administering Japan Official Development Assistance (ODA), is one of the world's largest bilateral aid agencies supporting socioeconomic development in developing countries in different regions of the world.

Mission

JICA, in accordance with the Development Cooperation Charter, will work on human security and quality growth.

Vision

Leading the World with Trust

JICA, with its partners, will take the lead in forging bonds of trust across the world, aspiring for a free, peaceful, and prosperous world where people can hope for a better future and explore their diverse potentials.

For more information, please visit JICA official website:

<https://www.jica.go.jp/english>



CENTRE FOR INSTRUCTOR AND ADVANCED SKILL TRAINING

CIAST is an acronym for the “Centre for Instructor and Advanced Skill Training”. The idea of CIAST was first mooted by the Malaysian Government in 1979. Following a joint feasibility study, the construction of CIAST was completed by 1983, with financial assistance from the Japanese Government under the ASEAN Human Resources Development Project and was assisted by the technical and management experts from the Japanese Government via JICA until 1991.

From 1991 till June 2007 the operation of CIAST was totally managed by the Manpower Department, Malaysian Ministry of Human Resources. As of 1st June 2007 the management of the centre has been taken over by the Department of Skills Development of the same ministry with the aims of diversifying the functions of CIAST and exploring new possibilities

CIAST is the forefront institute in the Ministry of Human Resources and as a leading organization in the development and enhancement trainers of skills training in Malaysia. CIAST conducting various courses for participants from other vocational training institutes, domestic industries and international countries and this has been a tradition with the Ministry where human resources are the biggest and most important asset.



TS. HJ. MOHD MANOJ HJ. JUMIDALI

Director

Centre for Instructor and
Advanced Skill Training

The centre offers courses in instructor training, supervisory training and advanced skill training for skills instructors, industrial supervisors and coaches and industrial skilled workers from the private and public sectors as well as international level. Training programs at the centre were conducted by experienced instructors with various technical backgrounds. CIAST has been conducting and offering courses for foreign participants starting with ASEAN Regional Training (ART) since 1988. CIAST has conducted 51 international courses and has trained a total of 544 foreign participants.

Train and bus services from Shah Alam to Kuala Lumpur and vice versa are available



PETUNJUK LEGEND

LALUAN REL RAIL LINES

- 1** KTM LALUAN SEREMBAN
KTM SEREMBAN LINE
- 2** KTM LALUAN PELABUHAN KLANG
KTM PORT KLANG LINE
- 3** LRT LALUAN AMPANG
LRT AMPANG LINE
- 4** LRT LALUAN SRI PETALING
LRT SRI PETALING LINE
- 5** LRT LALUAN KELANA JAYA
LRT KELANA JAYA LINE
- 6** ERL LALUAN KLIA EKSPRES
ERL KLIA EKSPRES LINE
- 7** ERL LALUAN KLIA TRANSIT
ERL KLIA TRANSIT LINE
- 8** LALUAN MONOREL KL
KL MONORAIL LINE
- 9** MRT LALUAN SUNGAI BULOH - KAJANG
MRT SUNGAI BULOH - KAJANG LINE
- 10** KTM LALUAN TERMINAL SKYPARK
KTM TERMINAL SKYPARK LINE

BUS RAPID TRANSIT (BRT)

- BRT LALUAN SUNWAY**
BRT SUNWAY LINE

- Stesen Sambungan
Transfering Station
- Stesen Pertukaran
Transfering Station
- Terminal Rel
Rail Terminal
- Stesen Bas
Bus Station
- Terminal Lapangan Terbang
Airport Terminal
- Medan Kereta
Park and Ride

- Penumpang dipaparkan untuk menggunakan kad MyKad atau Touch 'n Go semasa menggunakan perkhidmatan ini. Kad penumpang yang mempunyai kad MyKad atau Touch 'n Go semasa menggunakan perkhidmatan ini akan dipaparkan dengan simbol perkhidmatan yang sah. Untuk maklumat lanjut, sila hubungi 888-888-888.
- Penumpang yang menggunakan kad MyKad atau Touch 'n Go semasa menggunakan perkhidmatan ini akan dipaparkan dengan simbol perkhidmatan yang sah. Untuk maklumat lanjut, sila hubungi 888-888-888.
- Penumpang yang menggunakan kad MyKad atau Touch 'n Go semasa menggunakan perkhidmatan ini akan dipaparkan dengan simbol perkhidmatan yang sah. Untuk maklumat lanjut, sila hubungi 888-888-888.

- Penumpang yang mahu menggunakan perkhidmatan ini harus menggunakan kad MyKad atau Touch 'n Go semasa menggunakan perkhidmatan ini. Kad penumpang yang mempunyai kad MyKad atau Touch 'n Go semasa menggunakan perkhidmatan ini akan dipaparkan dengan simbol perkhidmatan yang sah. Untuk maklumat lanjut, sila hubungi 888-888-888.
- Penumpang yang menggunakan kad MyKad atau Touch 'n Go semasa menggunakan perkhidmatan ini akan dipaparkan dengan simbol perkhidmatan yang sah. Untuk maklumat lanjut, sila hubungi 888-888-888.
- Penumpang yang menggunakan kad MyKad atau Touch 'n Go semasa menggunakan perkhidmatan ini akan dipaparkan dengan simbol perkhidmatan yang sah. Untuk maklumat lanjut, sila hubungi 888-888-888.

- Penumpang yang mahu menggunakan perkhidmatan ini harus menggunakan kad MyKad atau Touch 'n Go semasa menggunakan perkhidmatan ini. Kad penumpang yang mempunyai kad MyKad atau Touch 'n Go semasa menggunakan perkhidmatan ini akan dipaparkan dengan simbol perkhidmatan yang sah. Untuk maklumat lanjut, sila hubungi 888-888-888.



LALUAN SHAH ALAM BAS SMART SELANGOR

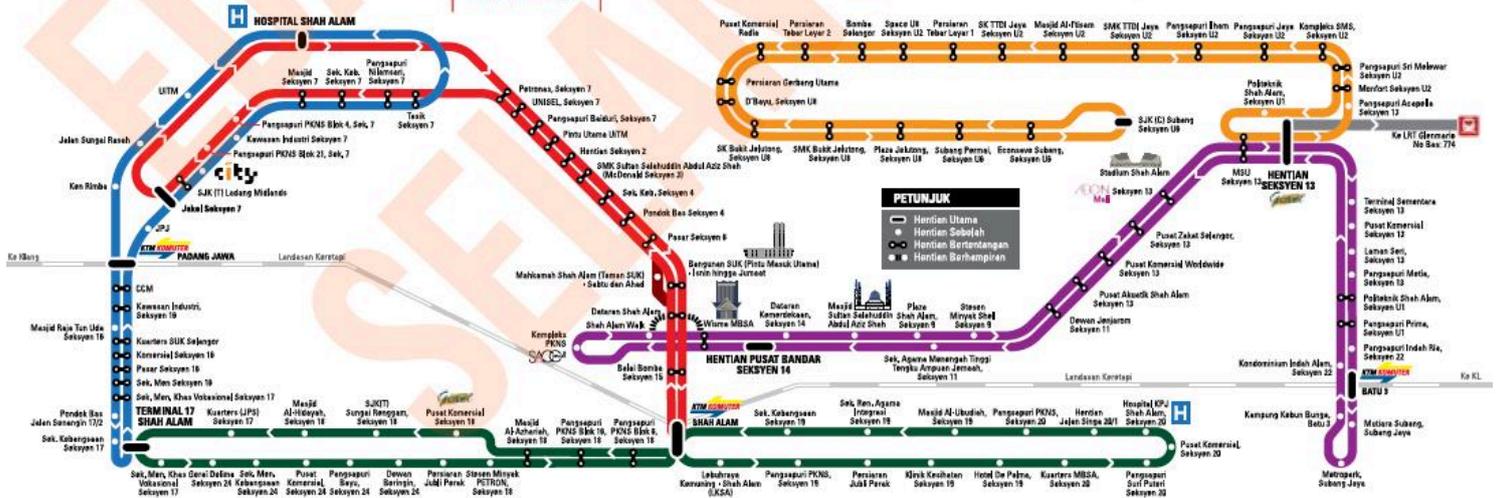


**PERCUMA!!
UNTUK SEMUA**

**Kekerapan Perjalanan
SETIAP 15 MINIT • SETIAP 20 MINIT
(SA01, SA02, SA03, SA04)**

**Waktu Operasi
6.00 PAGI -
10.00 MALAM**

**Beroperasi
7 HARI SEMINGGU**



LALUAN BAS

- SA01** STESEN KOMUTER SHAH ALAM, SEKSYEN 19 (MULA) - SEKSYEN 7
- SA02** HENTIAN PUSAT BANDAR, SEKSYEN 14 (MULA) - SEKSYEN 9, 10, 11, 13, 14, 22 & U1
- SA03** STESEN KOMUTER SHAH ALAM, SEKSYEN 19 (MULA) - SEKSYEN 17, 18, 24, 19 & 20
- SA04** TERMINAL 17 SEKSYEN 17 (MULA) - PADANG JAWA - SEKSYEN 7
- SA05** HENTIAN SEKSYEN 13, SEKSYEN 13 (MULA) - SEKSYEN U1, U2, U8 & U6

CIRI-CIRI BAS

- Berkapasiti sehingga 60 penumpang
- Mesra OKU dan bebas halangan
- Tempat duduk keutamaan
- Sistem Maklumat Penumpang
- Mesra Penumpang
- Perkhidmatan Wifi

HUBUNGI

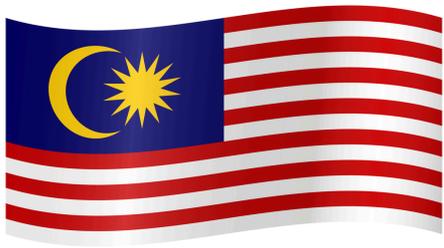
- Bahagian Pengangkutan Bandar,
Majlis Bandaraya Shah Alam**
- ☎ 1800-88-447 (Talian Bebas Tol)
 - ☎ 03-5510 5133 samb. 1614
 - ✉ pkt@mbsa.gov.my
 - 🌐 www.mbsa.gov.my
 - 📍 shahalamcitycouncil
 - 📍 sacitycouncil
 - 📍 sacitycouncil

The bus operating time from 6.00 am to 9.00 pm with frequency of travel is for 15 minutes to get to each stop. the charges is RM 0.90 to all destinations.

For public information, Bas Selangorku going through the government building of the Secretariat Building, Section 5 by a certain time only, starting at 6.30 am to 6.30 pm Monday to Friday only (weekdays). On Saturday and Sunday, Selangor Bus service not through the route to Secretariat Building, Section 5.

Free bus service in the area MBSA covers a distance of 21 km. Service begins at Station Commuter, Section 19 and going through 22 stops, namely:

1. Stesen Komuter, Sekesyen 19
2. Balai Bomba, Sekesyen 15
3. Dataran Shah Alam/ Wisma MBSA, Sekesyen 5
4. Bangunan SUK (Pintu Masuk Utama), Sekesyen 5
5. Pasar Sekesyen 6
6. Pondok Bas Sekesyen 4
7. SK Raja Muda, Sekesyen 4
8. SMK Sultan Salahuddin Abdul Aziz Shah, Sekesyen 2
9. Hentian Bas, Sekesyen 2
10. Persiaran Institut (Pintu masuk utama UiTM), Sekesyen 1
11. Persiaran Institut (Pangsapuri Baiduri), Sekesyen 7
12. Persiaran Institut (UNISEL), Sekesyen 7
13. Persiaran Kayangan (UNISEL), Sekesyen 7
14. Persiaran Bestari (Tasik), Sekesyen 7
15. Persiaran Bestari (Pangsapuri Nilamsari), Sekesyen 7
16. Persiaran Bestari (SK Sekesyen 7), Sekesyen 7
17. Persiaran Bestari (Masjid), Sekesyen 7
18. Persiaran Permai (Blok 4), Sekesyen 7
19. Persiaran Permai (Blok 31), Sekesyen 7
20. Persiaran Permai (SJK (T) Ladang Midlands), Sekesyen 7
21. Hentian Jakel, Sekesyen 7
22. Hospital Shah Alam, Sekesyen 7



ABOUT MALAYSIA



Geography

Malaysia is situated between latitudes two and seven degrees north of the Equator. It comprises 13 states—Kelantan, Terengganu, Pahang, Johor, Melaka, Negeri Sembilan, Selangor, Perak, Penang, Kedah, Perlis, Sabah, and Sarawak—and three Federal Territories: Kuala Lumpur, Putrajaya, and Labuan. The states of Sabah and Sarawak, along with the Federal Territory of Labuan, are located in East Malaysia, while the remaining states and Federal Territories are situated in Peninsular Malaysia.

Area and climate

With an expansive area of approximately 330,534 km² and a warm tropical climate ranging from 23°C to 32°C, Malaysia offers a year-round paradise filled with an endless variety of exciting and unforgettable tourism experiences for every type of traveller.

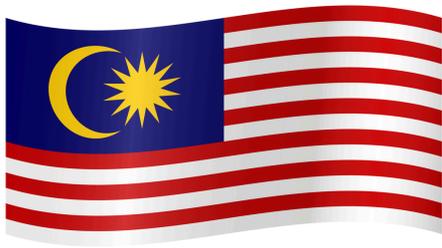
History and economy

The history of Malaysia traces back to the early 15th century with the establishment of the Melaka Sultanate. The nation gained independence as the Federation of Malaya on 31 August 1957 and was subsequently established as Malaysia in 1963 following the inclusion of Sabah and Sarawak.

Manufacturing represents the largest sector of Malaysia's economy, while tourism and primary commodities particularly petroleum, palm oil, and timber also serve as significant contributors to national economic development.

People and culture

Malaysia is a captivating nation with a vibrant, multicultural population. Its rich diversity stems not only from the Malays and various indigenous groups, but also from historical waves of immigration from China, India, Indonesia, and other parts of the world, all of whom have contributed to its multi-racial makeup.



ABOUT MALAYSIA



According to the Department of Statistics Malaysia, the country's population in 2025 is estimated at 34.2 million people. Out of the 30.9 million citizens, Bumiputera (comprising Malays and Orang Asli, or indigenous peoples) make up 70.5% of the population, the Chinese community constitutes 22.2%, Indians account for 6.5%, and other ethnicities represent 0.8%

Malaysia's evolution into a cultural melting pot is clearly seen in its unique blend of religions, traditions, festivals, languages, food, and many other cultural expressions.

Official religion

The official religion in Malaysia is Islam, but other religions including Buddhism, Hinduism and Christianity are practiced freely.

National language

The national language is Bahasa Melayu (Malay), but English is widely spoken. Most Malaysians are multilingual, speaking various languages and dialects, such as Mandarin, Cantonese and Tamil.

ANY INQUIRIES:

MALAYSIA TOURISM PROMOTION BOARD (MTPB) HEAD OFFICE

9th Floor, No. 2, Tower 1,

Jalan P5/6, Presint 5, 62200, Putrajaya,

Malaysia

Tourism info line : 1 300 88 5050 (Working days from 9.00am to 5.00pm)

Phone: +603-8891 8000

Email: enquiries@tourism.gov.my

<https://www.tourism.gov.my>



Explore Malaysia

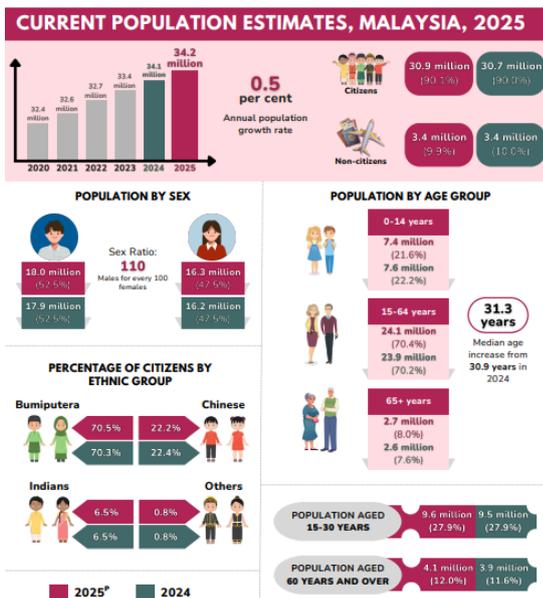


CAPITAL CITY

Kuala Lumpur, officially the Federal Territory of Kuala Lumpur, or commonly known as KL, is the national capital of Malaysia as well as its largest city. It is among the fastest growing metropolitan regions in South-East Asia, in both population and economic development.

AREA

Malaysia is the 66th largest country by total land area, with a land area of 330,534 km².



POPULATION

Malaysia's total population in 2025 is estimated at 34.2 million, up from 34.1 million in 2024, reflecting a growth rate of about 0.9 per cent. The citizen population rose slightly from 30.7 million in 2024 to 30.9 million in 2025, while the non-citizen population remained at about 3.4 million. Citizens account for around 90.1 per cent of the total population, with non-citizens making up the remaining 9.9 per cent.

Note: * Preliminary
1. The state flag used refers to the mid-year population estimates of 2024-2025 based on the Population and Housing Census Malaysia, 2020.
2. The added total may differ due to rounding.

Source: * Current Population Estimates, Malaysia, 2025
Department of Statistics Malaysia (DOSM)



Small Info With Big Impacts to Save your day



The Malaysian Ringgit is the currency unit of the Malaysian currency with the code MYR. Ringgit have banknotes worth RM100, RM50, RM20, RM10, RM5, RM1 and 50 sen (cent) coins, as well as 20 sen, 10 sen, and 5 sen coins. The Name "Ringgit" derived from the Spanish silver money which was widely used in ancient times.

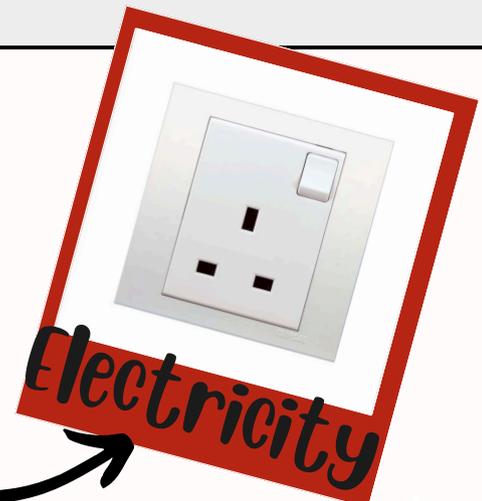
Malaysia has a tropical climate. Malaysia's mean annual temperature is 25.4°C. There is relatively little seasonal variability in average monthly temperature, ranging one degree Celsius between a minimum of 24.9°C in January and maximum of 25.9°C in May. April, May and June are the hottest months of the year.



Malaysian Standard Time (MST; Malay: Waktu Piawai Malaysia, WPM) or Malaysian Time (MYT) is the **standard time** used in **Malaysia**. It is 8 hours ahead of **Coordinated Universal Time** (UTC+08:00). Malaysia does not observe **daylight saving time**.



In Malaysia, the standard voltage is 240V and the frequency is 50Hz with plug G type. You can use your electric appliances in Malaysia if the standard voltage in your country is between 220 - 240 V (as is in the UK, Europe, Australia, and most of Asia and Africa).



Transportation

TRANSPORTATION

E-hailing services are accessible in Shah Alam. You can download in the **Google Play** or **App Store** :



Google Play



App Store



Google Play



App Store

Food Delivery Services

FOOD DELIVERY SERVICE

Food delivery services are accessible in Shah Alam. You can download in the **Google Play** or **App Store** :



Google Play



App Store



Google Play



App Store

Do's and Don'ts

When travelling to Malaysia, it is important to familiarize yourself with the local laws and customs.

This includes understanding the dress codes, tipping etiquette, and appropriate behaviour at religious sites. Here are some guidelines to follow when visiting Malaysia:

- Respect local traditions and practices.
- Handshakes are generally acceptable, but Muslim women may prefer to acknowledge introductions with a nod and a smile.
- It is customary to remove your shoes before entering a Malaysian house.
- Always use your right hand when eating with your hands, giving or receiving something, or during a handshake.

By being informed and respectful of the local customs, you can have a more enjoyable and culturally immersive experience during your visit to Malaysia.

When entering places of worship, such as mosques and temples, it is important to remove your shoes.

Many of these religious sites also provide robes and scarves for female visitors and men wearing shorts. While it is generally allowed to take photographs at these places, it is always courteous to ask for permission beforehand.

Toasting is not a common practice in Malaysia due to the Muslim population's abstinence from alcohol. Moreover, it is advised to refrain from pointing with the right forefinger. Instead, the right thumb can be used by creating a gentle fist with the hand and placing the thumb above it.

Emergency Assistance

Malaysia is equipped with a well-established system to provide immediate help during emergencies. The Auxiliary police, stationed in various regions, are crucial in delivering swift assistance. Here are the essential contact details to remember in case of an emergency:

- For ambulance and police services, dial 999.
- In the event of a fire-related emergency, contact 994.

Useful Malay Phrases

The official and national language of Malaysia is Malaysian, a standardised form of the Malay language. The terminology as per government policy is Bahasa Malaysia (literally "Malaysian language") but legislation continues to refer to the official language as Bahasa Melayu (literally "Malay language").

The useful words below are designed to help make your stay in Malaysia more enjoyable. Although there are quite a few Malay who can speak English, it will be a good idea for you to know some Malay words and expressions, as it will enable you to get to know Malaysia better and feel more at ease with Malay people.

Greeting Vocabulary In Malay

Whenever you travel to any new country, it's always good to know basic introductory phrases so that you can greet people! See some essential phrases in Malay below!

English	Malay
Hi!	hai!
How are you?	apa khabar?
I am good.	saya baik.
What is your name?	siapa nama awak?
Where are you from?	awak dari mana?
Nice to meet you!	selamat berkenalan!
See you tomorrow!	jumpa kamu esok!
Thank you!	terima kasih!
You're welcome!	sama-sama!

Useful Malay Phrases

Malay Single Words

Once you've learned some introductory phrases to get you through your first conversations, it's time to learn some specific words in Malay! Don't worry. It's not too hard!

English	Malay
Me	saya
You	awak
She/Her	dia
He/Him	dia
We	kita
Yes	ya
No	tidak
Like	suka
Don't like	tak suka
Today	hari ini
Yesterday	semalam
Tomorrow	esok

Useful Malay Phrases

Numbers In Malay

English	Malay
One	satu
Two	dua
Three	tiga
Four	empat
Five	lima
Six	enam
Seven	tujuh
Eight	lapan
Nine	sembilan
Ten	sepuluh

Useful Malay Phrases

Malay Vocabulary For Apologies

Sometimes we make mistakes, or something unexpected happens. If that's the case, it's nice to know some apologetic words beforehand.

English	Malay
Excuse me	maafkan saya
I'm sorry	saya minta maaf
No problem	tiada masalah
I understand	saya faham
I don't understand	saya tak faham
No thank you	tidak terima kasih

Common Questions To Ask In Malay

Traveling is an adventure, and adventures spark curiosity. Learn some common questions to ask in Malay here!

English	Malay
What time is it?	pukul berapa sekarang?
What is this?	apakah ini?
How much is it?	berapa harganya?
Do you like it?	awak sukakannya?

Useful Malay Phrases

Transportation Malay Vocabulary

Sometimes we make mistakes, or something unexpected happens. If that's the case, it's nice to know some apologetic words beforehand.

English	Malay
I want to go to...	saya mahu pergi ke...
Airport	lapangan terbang
Taxi	teksi
Motorbike	motosikal
Car	kereta
Hotel	hotel
Market	pasar
Go straight	pergi terus
Turn left	belok kiri
Turn right	belok kanan

Useful Malay Phrases

Malay Restaurant Vocabulary

No matter what your plans are for the day, you need to eat! That's why we've made a shortlist of some essential Malay vocabulary to know about eating!

English	Malay
I would like to order...	saya ingin memesan...
I am hungry	saya lapar
I am thirsty	saya dahaga
I am a vegetarian	saya seorang vegetarian
Allergic/allergy	alahan
Spicy	pedas
Not spicy	tak pedas
Delicious	sedap
Water	air
Rice	nasi
Let's eat!	jom makan
Can I have the bill?	boleh saya dapatkan bil?

