Brunei Clinical School Information Booklet

2011—2012
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The Sultanate of Brunei Darussalam is situated on the northwest coast of the island of Borneo. The capital, Bandar Seri Begawan, lies inland on the Brunei River. Brunei occupies 5,765 square kilometers and is divided into two parts, both of which are surrounded by the Malaysian state of Sarawak. Relatively little of Brunei’s landmass is cultivated and around 60 per cent is covered by primary forest.

Brunei’s coastline stretches for 161 kilometers along the South China Sea. Brunei is one of many nations with outstanding claims regarding South China Sea boundaries, including the Spratly Islands. The average annual temperature is 27.1 °C and the country receives an average of almost 2.9 meters of rain annually.

The population of Brunei is estimated at 401,000. 66 per cent of the population are Malay, 11 per cent are Chinese and approximately 3 per cent of the population are indigenous. Malay is the official language, although English is widely used in commerce, education and government. The local variety of Malay (Kedayan or Bukit Malay) is quite different to standard Malay. Islam is the official religion of Brunei Darussalam.

Brunei is constitutionally an absolute monarchy. It is ruled by the Sultan and Yang Di-Pertuan of Brunei Daussalam, His Majesty Paduka Seri Baginda Sultan Haji Hassanal Bolkiah Mu’izzaddin Waddaulah, the 29th Sultan of Brunei. Brunei achieved self-government in 1959.

Oil and Gas are Brunei’s largest export areas, followed by small scale manufacturing and agriculture.
Rotations available to The University of Queensland MBBS students at Brunei Clinical School are:

**Year 3**
- Medicine
- Surgery
- General Practice (Panaga Health Centre)

**Year 4**
- Paediatrics and Child Health
- Obstetrics and Gynaecology*
* Obstetrics and Gynaecology can only be undertaken by female students

No rotations will be offered during Rotation 4, due to the shortened working hours during Ramadan (August—September), the Islamic month of fasting.
Contacts—to organise your rotation

International Project Officer
Sue-Ellen Hogan
School of Medicine
Herston QLD 4006
Ph: + 61 7 3365 5048
Email: brunei@som.uq.edu.au

- Please submit your application and general inquiries to the International Project Officer

Clinical Years Administration Assistant
School of Medicine
Ph: +61 7 3365 5430
Email: years3and4enquiries@som.uq.edu.au

- For information about your rotation allocation, please contact the Clinical Years Administration Assistant

Australian High Commission
Level 6
Dar Takaful IBB Utama
Jalan Pemancha
Bandar Seri Begawan BS8711
Ph: (673) 223 7312  Fax: (673) 222 1652
Email: austhicom.brunei@dfat.gov.au

- Students are advised to register their stay in Brunei at the Australian High Commission
Contacts—whilst on rotation

RIPAS Hospital Rotations

Assistant Officer
Ms Mahani H Mohidin
Medical Education Unit
Ph: (673) 222 0293
Email: m.mohidin@uq.edu.au

Panaga Hospital (General Practice only)

Academic Coordinator
Dr Christopher Redgment
Shell Petroleum Company Sendirian Berhad
Ph: (673) 3 373 220
Email: Topher.Redgment@Shell.com

On the 15th February 2010 The Government of His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam and The University of Queensland signed a Memorandum of Understanding for Academic Cooperation, concreting their ongoing partnership.
Flights and Arrival

Travel arrangements

Students going on rotation are responsible for the costs of travel to and from Brunei. A return airfare will range between AUD$800 to $1,400*. Usually the earlier flights are booked, the less expensive they are. A number of airlines fly to Bendar Seri Begawan from Brisbane, including:

Royal Brunei Airlines
www.bruneiair.com

Singapore Airlines
www.singaporeair.com

* This information is a guide only, prices will vary depending on the airline and the time of year of the travel

On Arrival

When you arrive at Brunei International Airport, you should take a taxi to RIPAS Hospital (approximately 15 minutes). During office hours you should report to Ms Mahani Mohidin at the Medical Education Centre. If arriving late or on the weekend, see Security at the Inpatient reception in Block 5 and they can direct you to your accommodation.
The University of Queensland carries a Business Travel Policy which covers students of the University. This covers any trip exceeding 50kms from the travellers’ normal place of residence or business premises up to duration of 6 months of any one trip.

Cover shall apply only whilst the traveller is engaged in a trip undertaken for academic or business purposes, including incidental private travel. Associated leisure/private travel means travel taken either side of or during authorised academic trip. The associated travel portion for students is 5 days.

The University of Queensland Student Travel Policy is through:
ACE Insurance Limited
Ph: +61 2 8907 5995 (reverse charges to Australia)
UQ Policy Number: 01PP52920

Please contact the International Project Officer at brunei@som.uq.edu.au to receive a summary of the Student Travel Insurance coverage.

**Medical Attention**
Arrangements have been made for medical students to seek medical attention when needed at the RIPAS Hospital Accident & Emergency Department during their stay in Brunei.
Visa Information

In order for you to participate in training at RIPAS hospital you are required to enter the country on a Professional Visit Pass with a Single Entry Visa.

After your rotation has been approved, your details will be forwarded to RIPAS administration office who will seek approval for your Professional Visit Pass on your behalf. On approval, they will forward you a letter, which should be presented at immigration upon arrival in Brunei. You should then apply for a single entry visa. Staff at the Medical Education Centre at RIPAS will later facilitate a multiple entry visa on your behalf, should you need one.

Students need to have their rotation confirmed at least one month prior to expected departure. On approval of your placement you should provide the following documentation in electronic format:

- A copy of your passport (the page with your details)
- Current address, contact telephone number and email address
- Passport size photo (jpg file)

This documentation should be emailed to the International Project Officer on brunei@som.uq.edu.au.

Please note: An additional two passport size photos will be required by the Hospital when you arrive.

To ensure the visa approval can be processed quickly, students should ensure that:
1. There are enough blank pages in your passport for immigration stamping, at least four blank pages may be required for your travel to Brunei
2. Ensure that your passport is valid for at least 6 months from the date of your travel
3. On arrival, please ensure a Professional Visit Pass is stamped in your passport
Raja Isteri Pengiran Anak Saleha (RIPAS) Hospital

Arrival at RIPAS
During office hours
Report to the Medical Education Centre

Outside office hours
Report to Security at the Inpatient reception in Block 5

Accommodation and facilities
- Accommodation is provided at $30 per week in the Ehsan Apartments on the hospital site in Bandar Seri Begawan
- Apartments are strictly for single sex occupancy, visitors are allowed but not permitted to stay
- Each apartment has four bedrooms with a shared sitting room, kitchen and bathroom. Bedrooms have ceiling fans. Free wireless internet access is available in the apartment.
- The kitchen has a gas cooker and refrigerator
- Visitors are expected to maintain the cleanliness of the apartment themselves during the stay and on departure. Cleaning equipment is provided for students to maintain cleanliness. Cleaning service will be provided Friday mornings.
- Students will be required to pay a refundable deposit for the apartment key (approx. $50)

Fitness
- A sports complex is located behind the apartments including a swimming pool (open 9.00am—7.00pm), tennis court and squash court
- Visitors need to take their own equipment, including towels
- Women must wear a one piece, bikinis are not allowed
Hospital Canteen and Restaurants
- The canteen at the hospital is open from 8.00am to 9.00pm, providing meals costing approximately B$2.00—B$4.00 and snack food for approximately B$1.50
- Chinese and Indian restaurants will cost approximately B$10.00 a head

Hospital Shop
- There is a small shop on the hospital campus which sells basic items such as toiletries, tea and coffee, milk, bread, stationary etc

Hospital Identity Card
- Two passport size photographs are required at RIPAS, one of which will be used for your RIPAS ID badge. You will also need to wear your UQ School of Medicine ID card
- ID Badges must be worn at all time in the hospital

Computer and Internet Access
- Computers are available for email and internet use, however they are in high-demand and it is advisable to bring your own laptop
- Internet access is generally good, there is wireless access in the library and a few other hot-spots around the hospital campus. It is also in the student accommodation
- To access the University of Queensland website and send emails, go to http://my.uq.edu.au. Your SI-Net username and password will be required to log in.
- Personal computers cannot be connected to the library printers. You can save documents to a USB drive and print to the library, users need to provide their own paper for printing

Library
\[\text{Opening hours}\]
\[
\begin{array}{|l|l|}
\hline
\text{Day} & \text{Time} \\
\hline
\text{Mon—Wed} & 8am—8pm \\
\text{Thurs} & 8am—4pm \\
\text{Fri} & \text{Closed} \\
\text{Sat} & 8am—8pm \\
\text{Sun} & 8am—12noon; 2pm—4pm \\
\hline
\end{array}
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- The library is located near Ehsan Apartments
- While the library has an interesting collection of texts, few are aimed at medical students, the library does hold a few editions of Robbins Basic Pathology and some anatomy and physiology texts
- It is recommended that you take some of your texts with you
- A photocopy card can be purchased for approximately B$11 per card for 200 copies
Brunei Mailing Address
Students may check for mail at the Medical Education Centre (MEC) pigeon-hole at Hospital Administration. The MEC will also inform students of any mail which has arrived for them

Please ask senders to address mail to you in the following way:

Mr/Ms Your First and Last Name,
The University of Queensland
Medical Student
C/O Medical Education Centre
RIPAS Hospital
Bandar Seri Begawan
BA1710
Brunei Darussalam

- Letter and package delivery to Brunei can be very slow. It often happens that mail will arrive for a student after they have left the country
- Parcels are not delivered directly to the hospital and need to be picked up from the post office. All parcels are opened for customs inspection at the post office. Using a courier service such as UPS, DHL or FedEx is recommended for fast delivery of packages

Transport from RIPAS Hospital
- The main method of transport in Bandar Seri Begawan is by car. Speed limits may not be observed by all drivers so pedestrians and drivers should be cautious. Police do set speed traps and this should be considered if hiring a car
- Bus services are irregular, however cost is minimal, travelers pay B$1 to catch the purple bus service
- Taxis (teksi) are available, but few in number, phone booking is best
- There are not many footpaths or formal pedestrian crossings
- Visitors can catch a water taxi from RIPAS to the city centre (request to go to “Yayasan”). The cost should be approximately B$1. Agree on a price before you board as avoid being overcharged. Explaining that you are working at the hospital and not a tourist may benefit you in ensuring you are not overcharged
Raja Isteri Pengiran Anak Saleha (RIPAS) Hospital (cont.)

RIPAS Hospital Clinic Information
- RIPAS Hospital is the main referral hospital in Bandar Seri Begawan
- RIPAS is a 550-bed hospital
- Health care is virtually free for all Bruneians
- There is ample opportunity to see clinical signs in the common diseases such as obesity, diabetes, hypertension, ischaemic heart disease and asthma, as well as diseases less commonly seen in Australia such as TB, Thalassaemia and Hydatidiform mole
- Many of the senior staff are UK trained and are excellent, enthusiastic teachers

Working hours
Mon—Thurs  7.45am—12.15pm; 1.30pm—4.30pm
Saturday  7.45am—12.15pm; 1.30pm—4.30pm

Friday and Sunday are not working days

Medical Staff

Chief Executive Officer  Head, Brunei Clinical School
Haji Mohd Jamal bin Haji Tersad  Dr Elizabeth Chong
Ph: (673) 222 2093

Medical Superintendent  Fax: (673) 222 0294
Dr Hj Zulaida Hj Abd Latiff  Email: ripasmec@yahoo.com

Consultants/Senior Staff

Medicine Rotations (including Specialties 1)  Paediatrics and Child Health
- Dr Alice Yong  Dr Elizabeth Chong
- Dr Luke Matthews
- Dr Chong Viu Heng

Obstetrics and Gynaecology  Surgery Rotations (including Specialties 2)
- Dr H Roselina  Dr Kenneth Kok
- Dr Mary Krasu  Dr KG Mamman
- Dr Barbara Thein
Panaga Health Centre

Panaga Health Centre
- Panaga Health Centre in Seria is about a 2-hour drive from Brunei International Airport
- The health centre provides free health care for all Shell staff and dependants and a fee paying service for others. There are approximately 1,200 expatriates in the local area from many countries. The total patient base is approximately 15,000
- Emergency response is a major role
- Offshore facilities have onsite medics who refer patients to Panaga Health Centre as required. The hospital has no inpatient beds
- Other services include:
  - Immunisation and child health checks (twice a week)
  - Health screening and occupational health clinics
  - Pathology, medical imaging and physiotherapy are available onsite
  - Dental services

Accommodation and Facilities
- Brunei Shell Petroleum Company will help arrange for a driver to meet students at the airport and drive them to Panaga
- Accommodation will be provided by the Brunei Shell Petroleum Company at Panaga. An air-conditioned house or apartment, depending on availability, near the health centre
- To comply with the company housing policy, up to two students of the same gender will be allowed to share for each rotation
- The accommodation is close to the beach and a swimming pool
- Most items can be purchased at the local shops which cater for the diverse expatriate community

Clinical Information
- Panaga Health Centre has six medical practitioners

Academic Coordinator
Dr Christopher Redgment O&G (MRCOG); GP
Ph: (673) 337 3220/ 337 3902
Email: Topher.Redgment@shell.com

Medical Staff
Dr Peter Tay Chief Medical Officer
Dr Redgment O&G (MRCOG)
Dr Titus Thomas Physician (MRCP)
Dr Agus Salim GP and Occupational Health Physician
Dr Pervesh Kaur GP
Dr Norazua Ridzwan GP

Opening hours
Primary Care Monday to Friday 7.00am—11.30am; 1.30pm—4.30pm
Saturday and Sunday are not working days

Specialist Clinics (diabetes, medical, asthma, gynaecology, antenatal and postnatal)
Walk in emergency clinic Monday to Friday 7.00pm—8.00pm
Saturday and Sunday 9.00am—11.00am

UQMedicine
Australia's Global Medical School
Cross Cultural Awareness

Foreigners have been living in Brunei for over a century, through the British administrative support prior to independence, and a large foreign workforce.

Bruneians are proud of their culture and tradition, and expect foreigners to respect their religious beliefs and values. A lack of sensitivity or respect can be seen as very offensive and could ultimately jeopardize a student's visit, or the University of Queensland's relationship with the institution.

Some Common Courtesies

Dress
Visitors should observe the local dress code. Revealing clothes are considered to be immodest and socially unacceptable. The average daytime temperature is 28°C. White coats are not required, but you should wear your UQ School of Medicine ID card when in the hospital.

Women
- Skirts should be long or just below the knee
- Long pants are acceptable
- Collarless shirts with short sleeves are acceptable
- No bare midriffs or plunging necklines
- In general, it is best to cover the shoulders and knees at all times when in public
- Only wear a one-piece swimsuit, and cover up until in the pool
- For sports, wear long shorts and a t-shirt; leotard and bike pants at the gym

Men
- Trousers or long shorts and a shirt
- A tie for formal occasions

Formal functions
- When attending formal functions or appointments with senior officials, men must wear suits and women must dress formally in clothes that reach the wrists and ankles

Security
- While Brunei is generally very safe, it is best to stick to well-lit public areas and women are advised not to travel alone after dark

Mosques
- Visitors to holy places should dress modestly
- Women are required to cover their heads, arms and legs before entering a mosque
- Always remove shoes outside
- When inside a mosque, do not pass in front of a person in prayer and do not touch the Qur'an

Handshake
- Soft grip; hands just touch with no “shaking”, followed by a touch to your chest/heart
- Members of the opposite sex tend not to shake hands
Cross Cultural Awareness (cont.)

Gifts
- Gifts, and particularly food, should be passed with the right hand

Entertaining
- When entertaining Muslim associates, make an effort to provide Halal food
- Do not offer pork or alcohol

Ramadan
- During Ramadan, the Islamic fasting month, Muslim people do not eat food or drink from sunrise to sundown
- It is inconsiderate to eat or drink in their presence during this period
- Each sunset during Ramadan is a time for sharing and socialising, with many stalls and restaurants offering special treats and meals during this time

Social interaction
- Avoid showing the soles of your feet to another person
- Crossing your legs when seated is disrespectful
- It is best not to touch anyone, not even a child, on the head
- Do not point or beckon anyone with your index finger as this is considered a crude gesture
- Always point with the thumb and beckon by using a cupped hand, with fingers pointed downwards
- No display of affection with one’s partner is allowed in public. A Muslim person may not be alone in close proximity with a member of the opposite sex, especially if not openly in public and not chaperoned. This constitutes a punishable offence term “khalwat” under the jurisdiction of the religious police

Alcohol
- Brunei is an alcohol free country
- Non-Muslim visitors may take in two bottles of wine or spirits, and 12 cans of beer
- A Declaration Form must be filled in at the border, it is against the law not to complete a Declaration Form
- You should not share or consume alcohol in public, including in restaurants

Controlled Drugs
- Trafficking and illegal importation of controlled drugs are very serious offences. Both offences carry the death penalty in Brunei

Gambling
- Most forms of gambling for money are considered an offence in Brunei
Title and names

- Titles are extremely important in Brunei; even close friends will refer to each other with just the title rather than the first name. Do not be surprised if “Dr David Jones” is referred to as Doctor or Dr David. This is due to the respect accorded to titles, which could be either conferred, earned or associated with rank.

- There is an appropriate form of address for everyone with a position or designation in the royal family, those with royal blood, senior member of the government, and the defense force. This form of address could have been acquired either by virtue of his/her office, title or a combination of both. These people expect to be addressed in the appropriate manner.

- Haji (Hj) for Malay men and Hajah (Hjh) for Malay women is used before the name in recognition of the person having made the pilgrimage to Mecca. The title should never be dropped, even for children.

  \[\text{E.g.} \quad \text{Aminah binti Yusof, after her trip to Mecca, will be formally called Dyg Hjh Aminah binti Yusof and referred to as Hjh Aminah. It would also be acceptable to call her Hajah.}\]

- Member of the royal family carry specific titles attributed to their royalty or rank. Foreign visitors are not expected to be familiar with the correct form of address but they should be sensitive.

  - The sultan and his two consorts should always be referred to as His/Her Majesty, even during casual conversations with Bruneians.

- Malays do not have surnames; the person is known by his/her own name followed by his/her father’s name.

- The Chinese people usually have three names, the first of which is the family name and the second two personal names. Sometimes a Chinese person will have a Christian name; either because they are a Christian or because of a personal preference for such names. The Christian name is usually placed before the family name.
A

Airport Departure Tax
An Airport Departure Tax of B$12 to all destinations must be paid when check-in.

Air-Conditioning
Air-conditioning is standard in most building. Some buildings, especially government and public buildings tend to become quite cold and a light-weight jacket may be required.

B

Business Hours
Business hours are quite variable in Brunei. Some Government offices will open late and close early. Working hours during Ramadan are 7:45am—2.00pm.

Government offices
Monday to Thursday and Saturday 7.45am—12.15pm; 1.30pm—4.30pm

Schools
Most schools will be open Monday to Thursday and Saturday

* Weekends are considered to be on Friday and Sunday

Private companies
Most companies operate:
Monday to Friday 8.00am—5.00pm
Saturday 8.00am—12noon

Banks
Monday to Thursday 9.00am—3.00pm
Friday 9.00am—4.00pm
Saturday 9.00am—11.00am

Shopping centres
Monday to Sunday 10.00am—10.00pm

C

Climate
The climate is tropical with an average daytime temperature of 28°C.

Clothing
Bruneians dress formally in public, when attending formal functions or attending appointments with senior officials. Suits must be worn by men and formally clothing that reaches the wrists and ankles for women. At other times, women should dress modestly and avoid sleeveless outfits and short hemlines.

Credit Cards
Major credit cards such as Visa, Master Card, Diners Cards and American Express are accepted, but not as widely as in Australia, so it is recommended to always carry cash.
A to Z Guide

Currency
The Bruneian dollar (B$) is tied to the Singapore dollar, which is also accepted in Brunei. Coins are issued in the denominations of 1, 5, 10, 20 and 50 cents (sen) and notes in B$1, 5, 10, 50, 100, 1,000, 5,000, 10,000.

Debit Cards
There are many ATMs in Brunei which accept MAESTRO/CIRRUS logo cards for access to Australia accounts. Please contact your financial institution prior to departure to ensure that your credit/debit cards may be used in Brunei.

Drinking water
Tap water is safe to drink, although most people tend to take the precaution of using boiled or bottled water.

Duty-Free Import Allowance
- Two bottles of alcoholic beverage and twelve cans of beer are allowed (for non-Muslim people only), however it must be declared to customs upon arrival.
- 200 cigarettes, 50 cigars or 227 grams of tobacco is allowed
- Perfume in quantities for personal use only are allowed

Dates
Brunei follows the western calendar, although most government notices will also carry the corresponding Islamic date.

Electrical Appliances
Most plugs are 13 amp, 3 pin (UK style)/230 volts, 50 cycles. Any appliances brought from Australia will need adapters.

Emergency contact details
Ambulance 911 or 222 366
Police 993 or 222 333
Fire 995 or 222 555

English Language Newspapers
Two English Language Newspapers are: The Borneo Bulletin and the Borneo Times. The Bulletin has a wider circulation than the Times. Both newspapers are state controlled. Other regional and international publications are also available.

Insurance
Visitors are advised to take out adequate travel insurance when traveling to Brunei. Please review the UQ Student Travel Insurance to consider whether this suits your needs.

Pillows
Some visitors have found the pillows at the RIPAS apartments to be less comfortable than they are used to, and some visitors will bring their own.
Public Toilets
Public toilets can be difficult to find and are often not maintained for cleanliness, or stocked with toilet paper regularly. It is advised that you carry some tissues with you when you go out for use in public toilets.

Prohibited Items
The death penalty applies to anyone caught smuggling narcotics. Books, which are considered offensive to Muslim people, or critical of Brunei, are banned. Videotapes will be inspected, and returned if they are not offensive.

Rental Cars
Car rental can be expensive in Brunei. It is recommended to shop around and ask locals about the better deals.

Radio Programs
The national Radio Television Brunei broadcasts in English on 95.9FM from:
6.00am—9.00am
11.00am—4.00pm
8.00pm—midnight

Rain
Average rainfall is over 2,500mm per year along the coast and almost double in the interior. Rain usually falls as a short-lasting heavy downpour, quite often accompanied by loud thunder and lightening.

Shoes
It is customary to remove ones shoes when entering a Bruneian’s house. It is considered extremely impolite not to do so and is a tradition in Brunei.

Shopping
Selected supermarkets stock produce from Australia such as cheese, milk, canned products, meat and biscuits. Prices for imported products are more expensive than in Australia and you should also take the precaution of checking the expiry date before purchasing an item. Due to the weather and storage conditions, avoid buying food products which are within a few weeks of the expiry date. Temperate fruit and vegetables are flown in from Australia, however you may like to try some of the local greens as well.

Travel Documents
Photocopy important travel documents such as traveler’s cheques and airplane tickets. Store separately to originals and give a copy to someone in Australia.

Taxis
Taxis are few and far between and cannot be hailed from the roadside. Usually taxis must be pre-booked. Metered taxis are available from most hotels and the Airport. The cost of travel from the airport to most hotels is approximately B$20—30. In downtown Bandar Seri Begawan, taxis are located adjacent to the multi-storey car park on Jalan Cator.
Telephone Operator Services

Directory enquiries 113  International call code 00
International operated assisted call 01  International operator, collect call 126
Economy international call 098  Home country direct service 800
Brunei Talking Directory 173

Flight information 233 1747

Taxi services
222 2214
222 6853
239 4885
239 4891

Time
Brunei is two hours behind Brisbane time.

Travel Arrangements
It is essential to confirm your flight out of Brunei, as flights often tend to be overbooked and passengers risk losing their reservation if confirmation is not made within 72 hours before departure. This is extremely critical during the busy holiday periods.

Traveller's Cheques
These can be used mainly at the larger hotels. Retail outlets will not have the facilities to cash them.

Titles and Names
Please see the Cross cultural awareness section of this booklet for complete details.

Vaccinations
Please consult your doctor regarding vaccinations. You do not need to take anti-malarials in Brunei, unless you are intending to travel into the interior jungles or go into areas know to be endemic.
Useful Websites

University of Queensland School of Medicine
http://www.som.uq.edu.au

Brunei Ministry of Health—RIPAS Hospital Information
http://www.moh.gov.bn/aboutus/services/hospital/ripash/n_ripas.htm

Smart Traveller (Department of Foreign Affairs and Trade)
http://www.smartraveller.gov.au/zw-cgi/view/Advice/Brunei_Darussalam

Official Brunei Government website
http://www.brunei.gov.bn

Brunei Press Online

Lonely Planet—Guide to Brunei

Brunei Tourism website
http://bruneitourisms.com/bwn.htm