



# A STUDENT EXCHANGE GUIDE

**BUDDIES ASSOCIATION UPM  
X  
ASIA EXCHANGE**



# TABLE OF CONTENT



Welcome Message by Buddies Association

---

Introduction to Malaysia

---

Accommodation and Living Essentials

---

Essential Services

---

Mobile Apps

---

Must Visit Places

---

Food and Dining

---

Life with Buddies

---

Contact Information

---

# WELCOME MESSAGE



***Dear Exchange Students,***

***Welcome to Malaysia and to your new adventure at Universiti Putra Malaysia (UPM)! We, the Buddies Association, are here to make your transition as smooth and enjoyable as possible. Whether it's navigating campus life, adjusting to a new culture, or making friends, we are here to guide and support you.***

***Malaysia is a country rich in diversity, culture, and warm hospitality, and we encourage you to explore, learn, and experience it all. Throughout your stay, we hope you embrace the Malaysian way of life, from tasting local delicacies to joining our exciting student activities.***

***If you ever need help, don't hesitate to reach out to us. We've got your back!***

***Safe travels, and see you soon!***

***-Buddies Association UPM***



# INTRODUCTION TO MALAYSIA

## Quick Facts:

- Official Name: Malaysia
- Capital City: Kuala Lumpur
- Official Language: Malay but English is widely spoken
- Currency: Malaysian Ringgit (MYR)
- Time Zone: GMT+8
- Major Religions: Islam, Buddhism, Christianity, Hinduism

## Cultural Diversity

- Malaysia is known for its multicultural society, consisting of Malays, Chinese, Indians, and indigenous communities. This diversity is reflected in the languages, food, festivals, and traditions.

## Climate and Weather

- Malaysia has a tropical climate, meaning it's hot and humid all year round. Expect temperatures between 25°C – 35°C with occasional rain. Bring light clothing and an umbrella!





# ACCOMMODATION AND LIVING ESSENTIALS

## ON-CAMPUS

- More affordable,
- Closer to university
- Modest living conditions
- Restricted by curfew, 12 am

## OFF-CAMPUS

- Varying rental price
- Accessible by public transport
- Nicer living conditions
- More independence and freedom

## OFF-CAMPUS OPTIONS NEAR UPM

## MEDICINE & CLINICS

- University Health Centre (PKU UPM)
- Private clinics nearby (Google Maps)

*Note : Bring your own medicine with a valid prescription from your Doctor, in English or with translation*

## MEDICINE GUIDE

# ESSENTIAL SERVICES

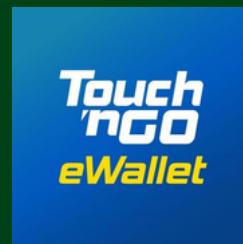
## GROCERY STORES



## MOBILE NETWORKS



## E-WALLETS



## PHARMACY



# MOBILE APPS

## NAVIGATION



## E-HAILING/CAB



## ONLINE SHOPPING



## FOOD DELIVERY





# MUST VISIT PLACES



- Kuala Lumpur: Petronas Towers, Batu Caves, Bukit Bintang.
- Penang: George Town, street food, beaches.
- Melaka: Historical landmarks, Jonker Street.
- Langkawi: Tropical island, waterfalls, sky bridge.
- Borneo: Rainforests, diving spots, orangutans.
- Islands : Redang, Sipadan, Pangkor, Perhentian





# FOOD AND DINING



- *Note : Always request for less spicy or “kurang pedas” because Malaysian food are spicy by default.*



# LIFE WITH BUDDIES

## TRIPS



## CASUAL HANGOUTS



## CULTURAL PROGRAMS



## FESTIVAL CELEBRATIONS





# CONTACT INFORMATION



PUTRA International Centre, UPM



buddiesprogramme.upm@gmail.com



+017-5247311 (HEERTI)



@buddiesasc.upm



# THANK YOU & WELCOME TO UPM

