



PARENT TEACHER
ASSOCIATION



WELCOME TO KINABALU INTERNATIONAL SCHOOL

"At Kinabalu International School we are dedicated to providing an excellent education in a caring, respectful environment, challenging students to achieve their full potential as successful world citizens"

GREETINGS FROM THE NEW FRIENDS OF KIS TEAM!

A very warm welcome to the KIS community!

The New Friends of KIS team (NFT) is multi-national and was established by the PTASC in 2015. The PTASC is the steering committee of the PTA.

The NFT's purpose is to help new families settle into the KIS community and KK. We aim to connect you with your child's Class Ambassador within your child's first week at school. The Class Ambassadors (CA) are an invaluable part of the PTA communication and social network. They assist the Steering Committee and teachers with sending and receiving information as well as arranging social gatherings for their class parents to meet off the school premises.

You are welcome to email or WhatsApp for contact details of the NFT members to ratnaarif@gmail.com or +60198625314. If you would like to speak to someone in your own language we can connect you with a representative from your country. Otherwise feel free to approach any one of us (regardless of your country of origin) with questions, requests for advice or perhaps pointers to the best shop to get a product you can't find, etc. We want to help!

For those new to KK, you will find it to be a beautiful place with lots to offer and wonderfully friendly, helpful people! It can, however, be a little hard to find what you need initially. We have collated some information based on the sorts of things we wanted to know when we first arrived. We hope that this helps you.

We encourage you to be involved in PTA events & activities as it is a good way to meet others, whilst also finding out all you need to know about KIS and KK.

For information specific to day to day life at school, we recommend parents read the Essential Information Booklet that is provided to all families at the start of school, as well as the Early Years, Primary and Secondary Handbooks. Extensive information is also available on the school's website: www.kis.edu.my.

Once again - welcome! We hope that this is the start of a very happy time for you and your family, as part of the KIS community.

SELAMAT DATANG DARI NEW FRIENDS TEAM!

Salam Sejahtera dan Selamat Datang ke KIS!

New Friends of KIS Team (NFT) yang terdiri dari ahli-ahli yang berbilang bangsa ditubuhkan oleh PTASC di tahun 2015. PTASC adalah jawatankuasa pemandu Persatuan Ibu Bapa dan Guru (PTA).

Peranan NFT adalah untuk membantu keluarga baru menyesuaikan diri dalam komuniti KIS dan juga KK. Kami akan memperkenalkan anda kepada Class Ambassador yang mewakili kelas anak anda. Class Ambassador adalah sebahagian dari rangkaian komunikasi dan social PTA yang penting. Mereka membantu PTASC dan guru-guru menghantar dan menerima maklumat dan juga menguruskan acara social untuk ibubapa kelas di luar sekolah.

Sila email atau whatsapp ke ratnaarif@gmail.com atau +60198625314 untuk mendapatkan senarai nombor talipon ahli-ahli NFT. Dari senarai, anda berpeluang untuk berhubung dengan ahli NFT yang boleh berbual dalam bahasa anda sendiri. Anda juga boleh bertanya ahli itu, dan sesiapa saja ahli NFT, mengenai tempat untuk membeli barang keperluan dan meminta nasihat berkenaan dengan apa sahaja perkara. Kami ingin membantu anda!!!

Kepada anda yang baru tiba di KK, terdapat pelbagai tempat yang menarik. Orang Sabah juga adalah peramah dan baik! Untuk membeli atau mencari keperluan rumah mungkin susah pada mulanya, dengan itu kami telah mengumpul sedikit maklumat untuk anda. Kami berharap maklumat ini berguna dan dapat membantu.

Kami ingin mengalakkan anda melibatkan diri di dalam aktiviti yang dianjurkan oleh PTASC kerana ia boleh membantu anda untuk berkenalan dengan warga sekolah, dan di samping itu, mendapatkan pengetahuan lanjut mengenai KIS dan KK.

Untuk mendapatkan maklumat kehidupan seharian sekolah , kami ingin menasihatkan anda untuk membaca *Essential Information Booklet , Early Years, Primary and Secondary Handbooks* yang ada diberikan kepada semua keluarga baru . Maklumat yang lanjut boleh diperolehi di laman social sekolah: www.kis.edu.my

Sekali lagi - Selamat Datang! Kami berharap ini adalah permulaan yang gembira dan baik bagi anda dan seisi keluarga sebagai warga komuniti KIS.

Grand Bonjour de l'équipe "des nouveaux amis de la KIS" !

L'équipe « Les Nouveaux amis de KIS » vous souhaite la bienvenue au sein de la communauté de K.I.S.

L'équipe « Les Nouveaux amis de KIS – New Friends of KIS en anglais et NFT pour faire court » rassemble un groupe de personne représentant les différentes nationalités présentes à KIS. NFT a été créé en 2015 par le PTASC, qui est le comité directeur du PTA.

L'objectif du NFT est de vous aider à s'intégrer au sein de la communauté de KIS et de vous aider à découvrir la ville de Kota Kinabalu (KK). Pendant la première semaine de la rentrée des classes, nous vous aiderons à prendre contact avec le parent délégué de la classe de votre enfant (Class Ambassador en anglais). Le rôle du parent délégué est de vous communiquer les informations importantes, soit de la part du PTA soit de la part de l'enseignant de la classe de votre enfant ainsi que d'organiser des rencontres entre les parents d'élèves.

N'hésitez pas à prendre contact avec nous, soit par email (ratnaarif@gmail.com) soit par Whatapps (+60198625314) pour avoir la liste des membres du NFT. Si vous désirez parler à quelqu'un dans votre propre langue, nous pouvons vous mettre en contact avec un représentant de votre pays. Si vous avez des questions sur la vie à KK ou besoins de conseils, n'hésitez pas à nous contacter. Nous sommes là pour vous aider !

Si vous venez d'arriver à KK, vous trouverez que c'est un endroit magnifique avec beaucoup de choses à offrir et des gens merveilleusement sympathiques et serviables ! Cependant, il peut être parfois difficile de trouver ce dont on a besoin au départ. Nous avons réuni des informations qui peuvent être utile à votre installation en Malaisie. Nous espérons que cela vous aidera.

S'impliquer dans les activités et les événements du PTA est aussi un bon moyen de rencontrer d'autres personnes et de découvrir KIS et Kota Kinabalu.

Si vous désirez des informations spécifiques à la vie quotidienne de l'école, nous vous recommandons de lire le livret « Essential Information Booklet » ainsi que les livrets « Early Years, Primary and Secondary Handbooks » qui vous seront remis en début d'année scolaire. Pour plus d'informations, veuillez consulter le site internet de l'école : www.kis.edu.my.

Une fois encore, Bienvenue ! Nous espérons que ce sera le début d'un très bon moment pour vous et votre famille dans la communauté de la K.I.S.

KIS 의 가족이 되신 여러분 매우 환영합니다!

The New Friends of KIS(이하 NFT)는 다국적 구성원으로 이루어졌으며 2015년 PTASC에 의해 설립되었습니다. PTASC는 PTA(Parents-Teacher Association)의 운영위원회입니다.

NFT의 목적은 새로운 가족이 KIS커뮤니티와 KK에 순조로이 정착하도록 돕는 것입니다.

우리는 귀하와 반 대표 부모(CA : Class Ambassador)가 입학 첫 주 안에 연락을 취할 수 있도록 돕습니다 (CA : '학급대사' 는 반의 학부모 대표로서 학교와 교사가 발송한 소식들을 학급의 다른 부모들에게 Whatsapp을 통해 전달하여 도움을 줍니다.) CA는 PTA 커뮤니티와 학교내 사회적 관계망의 매우 귀중한 부분입니다. 그들은 운영 위원회와 교사들이 정보를 주고 받는 것 뿐만 아니라 학급 부모들이 학교 내에서 만날 수 있도록 사교 모임을 주선하는 것을 돕습니다.

NFT 멤버의 연락처를 알고 싶다면 ratnaarif@gmail.com 이나 +60198625314(왓츠앱)로 연락하십시오. 한국어로 누군가와 이야기하고 싶다면 NFT에서 한국인 학부모 대표를 찾을 수 있습니다. 또한 국적과 상관없이 우리 중 누구에게든 자유롭게 질문하거나, 조언을 구하거나, 찾을 수 없는 제품을 구입할 수 있는 최고의 가게를 안내 받을 수 있습니다. 우리는 도와 드리고 싶습니다!

KK에 처음 오신 분들은 많은 아름다운 장소들과 매우 친절하고 도움이 되는 현지인들을 만날 수 있을 것입니다. 현지인이 아니면 필요로 하는 것을 발견하는 것은 처음에는 조금 어려울 수 있습니다. 우리는 우리가 처음 도착했을 때 알고 싶어했던 것들을 바탕으로 정보를 모았습니다. 이것이 당신에게 도움이 되기를 바랍니다.

학교에서 PTA 이벤트나 활동에 참여하는 것 또한 새로운 사람들을 만나는 좋은 기회가 될 수 있으며, 이 또한 KIS나 KK생활에 많은 도움이 될 것입니다.

학교에서의 일상 생활 정보를 위해서, 우리는 처음에 모든 가족들에게 제공되는 Essential Information 소책자와 Early Years, Primary and Secondary Handbooks 를 읽는 것을 추천합니다. 학교 웹사이트에서도 광범위한 정보를 볼 수 있습니다. (www.kis.edu.my.)

다시 한번 - 환영합니다! KIS 가족의 일원으로서 귀하와 귀하의 가족 모두에게 행복한 시간의 첫 출발이 되기를 바랍니다.

来自KIS新朋友的问候！

京那巴魯国际学校（KIS）热情地欢迎您！

2015年，本校家教指导委员会（PTASC）成立了“KIS新朋友”（NFT）这个多元国籍的小组。

“KIS新朋友”成立的目的是协助新学员和他们的家庭成员尽快适应亚庇（哥打京那巴魯）的生活以及融入本校这个大家庭里。在开学的第一周内，我们将会让我们的班级大使跟您联系。班级大使在家教协会跟家长的关系中扮演着重要的角色。他们主要任务包括帮助指导委员会以及老师收发咨询、为家长安排在校交友活动。

欲索取更多有关“KIS 新朋友”的联络资料，欢迎您通过邮件 ratnaarif@gmail.com 或手机 +60198625314 查问详情。如有需要，我们将尽量安排来自您本国的代表用您的母语跟您沟通。我们也会尽力为您提供这城市的日常生活及购物资料。我们会热心协助您的。

如您是初次来到沙巴亚庇（哥打京那巴魯），相信您很快会发觉，这是一座美丽动人，富有人情味及充满喜悦的城市。处处都有带着微笑、善良、热情和乐于助人的居民。虽然如此，您也许需要时间来适应新的环境。有鉴于此，我们特别为您提供了以下资料，帮助您熟悉这个新环境。

我们也鼓励您踊跃参与本校家教会举办的活动。通过这些活动，您很快就会认识大家、融入学校和更了解亚庇（哥打京那巴魯）。

欲知更多有关校园日常生活的详情，我们鼓励您参阅Essential Information Booklet《重要资讯手册》（英语）。每个家庭将会开学时得到这本手册。此外，本校也会分发 Early Years, Primary and Secondary Handbooks《学龄前、小学和中学生手册》（英语）给每位家长。详细资料可见于本校官网www.kis.edu.my

最后，我们再次欢迎您和家人加入KIS这个大家庭，并祝您和家人能在沙巴——风下之乡开启一个欢乐的新旅途。

THE KIS PARENT TEACHER ASSOCIATION (PTA)

The Parent Teacher Association (PTA) comprises of all KIS parents and teachers. The PTA is governed by the PTA Constitution and is administered by a Steering Committee that is elected, by the members of the association, during the annual AGM.

The Steering Committee welcomes all members to get involved with the PTA. Please attend meetings, share your ideas, make suggestions, offer to organise events or start new projects.

Please check the KIS web site for more information about the PTA. You can also check the PTA noticeboard at the school.

NFT COFFEE MORNINGS

We aim to have a New Friends Coffee Morning for newcomers early in each new term, from 8am to 10.00 am. Full details will be advised nearer the time by WhatsApp message from the NFT. Please join us as we would all love to get to know you.

NEED TO KNOW IN KOTA KINABALU

ADVICE

FINDING A HOME

- Popular apartment blocks for expats include the Peak Vista (Likas area) & Jesselton Condos (Damai). The Peak Vista is approximately a 15 minute drive to KIS at 7am and a 25 minute drive back at 3.30pm. Jessleton Condos at Damai are slightly closer. Other condo blocks include:
 - The Peak Condominiums
 - Alam Damai
 - Bayshore Condo
 - The Bay Residences
 - Harrington Suites
 - Jade Residence
- If you are looking for a house, you can check D'Banyan at Sutera Harbour (apparently, Shell, etc. deem this as the most secure complex in Kota Kinabalu) or The Manikar, on Jalan Tuaran.
- Many properties are listed on Mudah (www.mudah.my), including details of a number of agencies. Two known agents are:
 - Ban Loong Estate Agency, AG 52, Wisma Merdeka, Jalan Tun Razak, PO BOX 12064, 88822 KK.
 - Ivy Lim Moi Sin – Real Estate negotiator. Tel 6012 830 3199. Email: limmoisin@yahoo.com

PAYING BILLS

Electricity, mobile phones, internet and Astro TV can all be paid online.

The following bills can be paid at the Damai Payment Counter (located at the right side of the Damai Community Hall main entrance) or at Post Offices.

1. Property assessment bills
2. Vehicle compound fines
3. Electricity
4. Water

Methods of payment accepted:

1. Cash
2. Cheque
3. Credit card

Opening Hours:

Mondays to Thursday: 8am - 12.30pm; 1.30 - 3.30pm

Friday: 8am - 11.30am; 2pm - 3.30pm

DOMESTIC HELPERS

Most Helpers have friends looking for work, so if you are looking for help, the best advice is to ask around. Families will also be able to advise you on the typical rates paid. For full time help you can also use an agency. The majority of Helpers tend to be Filipino or Indonesian. If you wish to sponsor a Helper, the process is much easier and quicker compared to many other countries. And the Helper can work for you whilst the application is processed, which may take around one month. Sometimes your company can help you with the paperwork. This may cost as little as RM800 - to cover the government costs for the visa, processing, etc. and take as little as a week to process. If you use an agency it is likely to cost around RM 2,000 or more. Your Helper will get a permit for 1 year.

It is worth noting that if your Helper is from the Philippines and they are likely to leave Malaysia (e.g., to go for vacation in the Philippines) before the contract ends, you will also need to get an agency to apply to the Philippines Embassy in KL for a verified work contract. This will cost an additional RM1,000 and should take around 2 weeks to process. If you do not do this your Helper will not be allowed back into Malaysia!

DOMESTIC HELPER AGENCIES

- Good Service (MM2H) Sdn. BHD. 2nd Floor, No 11, Jalan Haji Yakob, Kg. Air, KK. Tel 088-223269, 219868. H/P 019-8810985, 016-8382700, 016-8131098, 016-8301772.
- Agensi Pekerjaan Anika - 1st Flr, Lot 12, Block 2B, Penampang Baru. Tel 088 - 727 045. 088 712 835
- Agensi Pekerjaan Colombo – 10th Floor Wisma Merdeka. Tel: 088233894 / 254288

PARKING

You will quickly find that it can be difficult to park in KK! Many double (& triple) park, but beware of this as you are likely to get a fine. If you cannot find a spot your best bet is to park at one of the Malls or hotels.

COUPON PARKING SYSTEM

Kota Kinabalu City Hall (DBKK) operates a Coupon Parking System (CPS). To park in most areas of KK & around you will need to buy and display coupons.

TO BUY COUPONS

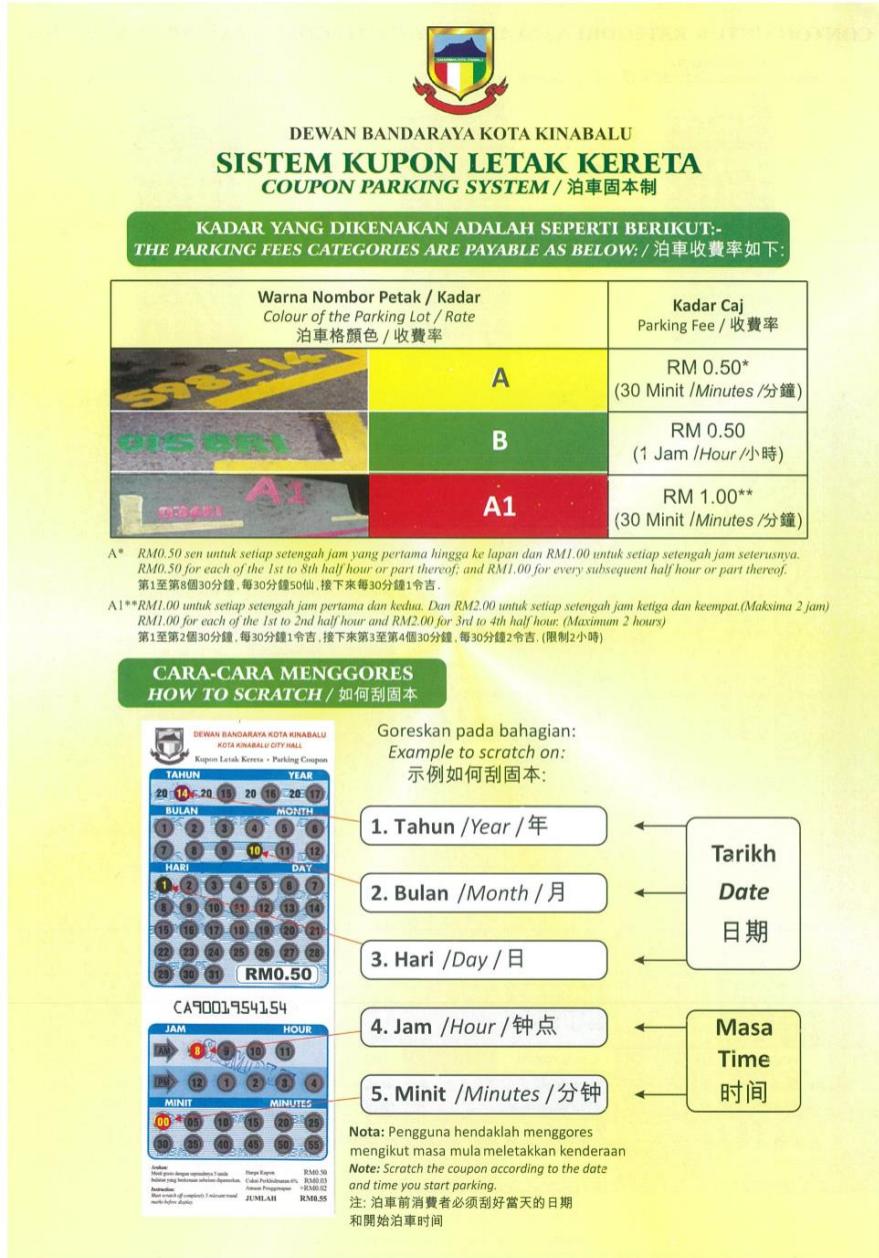
- You can purchase from the attendants who are usually around and very visible (blue jackets) or from the DBKK Parking Collection Booths, or Mobile Sales Counters.

WHICH ZONE ARE YOU PARKING IN?

- There are 3 different parking zones, which dictate how much parking time your coupon gets you! The zones are yellow, green and red.

HOW TO USE COUPONS

- Tear off a coupon and scratch out the current date and time. If you use more than one coupon you need to show consecutive hours. (Example; park at 11.15pm am and stay 2 hours in a yellow zone - scratch off the time on one coupon to show 11.15 and 12.15pm on the second coupon).
- Display your coupon/s on your dashboard. Obviously, you cannot re-use a coupon!



ONLINE PURCHASING

The number of online companies offering reliable delivery to Kota Kinabalu is increasing. Some examples include:

Lazada <http://www.lazada.com.my/> Good site offering a wide range of products and you can trust that parcels will get delivered!

11 Street <http://www.11street.my> - Malaysian web site

Next Direct www.nextdirect.com – UK clothing and homeware company that delivers to KK within 4 working days using DHL (free of charge if you spend over RM 150)

Helpr <https://helprnow.com/ikea-online-shopping/> - Trustworthy IKEA personal shopper, offering reliable delivery from KL.

DRIVING LICENCE RENEWAL

Malaysian License - Go to JPJ off Jalan Bundasan or UTC in Sembulan, Kota Kinabalu. (Google **Jabatan Pengangkutan Jalan Sabah**). It is possible to convert a foreign driving licence to a Malaysian driving licence. Some countries are eligible for automatic conversion whilst others require special approval – further details on the website. For the conversion, you will need to take in your driving licence (must be valid for at least a year, and if it is not in English , must be translated and certified a true copy) passport, copies of your visa & passport, 1 passport size photo (25mm x 32mm). Go to the 1st floor at JPJ and take a number.

Following countries are eligible for automatic conversion;

Australia, Belgium, Brunei, China, Denmark, Egypt, Fiji, Finland, France, Germany, Hong Kong, Iran, Iraq, Italy, Japan, Korea, Laos, Libya, Mauritius, Netherlands, New Zealand, Papua New Guinea, Philippines, Poland, Russia, Singapore, Switzerland, Taiwan , Thailand & Turkey.

BEACHES

Some experts recommend that you do not swim at Tanjung Aru area (due to pollution). It seems, however, that the island beaches and around Nexus and Rasa Ria are OK!

DOG WALKING

There are several areas close to school where you can walk your dogs - including areas you can let them off the leash - especially if you don't mind exploring & going a bit off the paths/roads. So happy exploring!

It is legal to have your dogs on the beach/swim, but very occasionally someone might complain or look unhappy to see you with your dog(s)! There are plenty of quieter areas you can go visit, for example to the far left of the beach at Tanjung Aru; or drive beyond Putatan towards Kinarut. There are lovely stretches of beach around the Rasa Ria area.

PET QUARANTINE

If you are planning on bringing your animals over, they may have to spend 1-4 weeks in quarantine (dependent upon the country they are coming from, & what tests/vaccines they have. Rarely will it be longer than this). Ask the New Friends Team if you need any advice. The good news is that you can visit your animals twice a day if you like; the facility is about 30 mins out of town in Kinarut.

CONTACT INFORMATION

Disclaimer - The following are personal recommendations, based on our experiences. We do not mean to suggest that these are the only companies, experts, etc. that you consider. Nor can we guarantee that any contact details remain current. Where a telephone no / email / address are missing this information should be readily available via the Internet. We suggest that you browse the Internet using the name we provided to ensure you have the most up to date information.

Please do let the NFT know if you want to suggest additions to this document.

USEFUL WEBSITES

- Expats in KK / What's Up in KK Facebook group - you need to be invited to join, so do tell us if you are interested.
- KK's Mommies group - ask to be added.

USEFUL NUMBERS

Police/Ambulance/Fire/ Accidents: 999

Police Hotline HQ KK: 088 221191

Fire Dept: 994

HEALTH RELATED

NB. The list below is by no means comprehensive and is based on personal recommendation of parents.

PAEDIATRICIANS

- Klinik Pakar Kanak-Kanak Dr. Soon. No 66, Lorong Zirafah IOA, Taman Layang-Layang, Luyang. Tel: 088 251 546
- Dr Sharon Chan Pek Suan. KPJ Damai Specialist Hospital. Tel: 088 222 922
- Dr Terry Huang Loon Ger. Kolam Centre, Jalan Lintas. Tel: 088-270 215
- Dr Alvin Khoh. Gleneagles KK. Tel: 088-518810

FAMILY DOCTORS

- Dr Ong at Klinik Jaya, No. 87 1st Floor Block 1, Asia City Tel: 088 255 588
- Dr Kenneth Wu, KPJ Damai Specialist Hospital Tel: 088 222 922
- Dr Juliana Samuel. Klinik Famili. Lot No. 7, Block B, Iramanis Centre. Tel: 088-389 500

GYNAECOLOGIST

- Dr Joseph Lau Hui Lung, Jesselton Medical Centre Tel 088 366 333
- Dr Felice Huang - in Luyang Tel 088 230 011 & also at Gleneagles. Tel: 088-518810

DENTIST

- Dr Alex Lo, (3 Surgeries:- 5th Floor, CPS Tower, Centre Point tel 088 265 215. Damai Plaza 4. Tel 088 26125. Borneo Dental Centre, Lot 5, Jalan Terus, Taman Fu Yen Phase 4. Tel: +60 88-261 819)
- Dr Lawrence Wong from Klinik Wong Nyuk Thien Tel: 088 252 019 in Beach Street (Jalan Pantai)
- Dr Pamela Yong, Smile Orthodontics. www.smileorthodontics.com.my Tel: 088 722 221. Lot 8, Lorong Dalapan, Penampang.
- Dr Victor Tay, DMH Dental Surgery, Lot 17, 18 & 19, Damai Plaza Phase 4, Luyang, Lorong Pokok Kayu Manis 2 <http://www.dmh dental.com/contact-us/> Tel: 088-245 452

DERMATOLOGIST

- Dr J.S. Sidhu, Jesselton Medical Centre, Metro Town. Tel: 088 366 333
- Dr Melinda Tong, Lot 1-1, Block A, Damai Plaza Tel 088 250 275

PHYSIOTHERAPIST / OESEOPATH / CHIROPRACTORS

- Physiocare, Lorong Margosa, Taman Luyang Phase 8. Tel 088 233 998.
- Chiropractor - TAGS Spine & Joint Specialists. Block D, Lot 21, KK Times Square. 088 485 854 / 017 778 1599

OPHTHALMOLOGIST / GLASSES

- Dr Peter Kong, Kong Specialist Eye Centre Lot 405, Kolam Centre Phase 3, Off Jln Lintas. Tel 088 270728
- First Vision Optics & Contact Lens Centre. Lot AG 10, Grd Flr, Wisma Merdeka Phase 1. Tel: 088 245 831/ 088 255831

PRIVATE HOSPITALS

Please visit the websites of the private hospitals which give more detailed and comprehensive description of the medical services provided.

- **Gleneagles Kota Kinabalu**

Location: Riverson@Sembulan
Tel number: 088-518 888
Emergency: 088 518 911
Website: www.gleneagleskk.com.my

- **Jesselton Medical Centre**

Location: Metro Town.
Tel : 088-366 333, 012 8356 136
Emergency: 088 366 399, 012 8356 026
Website: www.jmc.my

- **KPJ Sabah Specialist Hospital**

Location: Jalan Damai

Tel: 088 211333 / 322000

Emergency: 088-322199

Website: www.kpj sabah.com

GOVERNMENT HOSPITALS

- **Hospital Queen Elizabeth**

Location: Jalan Penampang, 88200 Kota Kinabalu, Sabah, Malaysia

Tel: 088 218 166

- **Queen Elizabeth Hospital 2 (QEHB 2)**

Location: Jalan Damai (behind KPJ Specialist Hospital).

Tel: 088-324600

- **Hospital Likas**

Location: Kingfisher

Tel: 088-522 600

PHARMACIES

- Sunlight - Lot 30, Jalan Pantai, 88000. Tel: 088 250 802. Located close to Milimewah superstore. The pharmacist is very helpful/knowledgeable & can order drugs from abroad.
- Cosway - Wisma Merdeka (near Coffee Bean). Tel: 012 80 33 800
Ask for Jemima who runs the pharmacy. She is able to get anything you are likely to need, including from abroad.
- Green Pharmacy – Wisma Merdeka

EATING OUT

COFFEE SHOPS

Near school

- The Coffee Lab : Lot 10, Lorong Berman 3, Taman Soon Kiong, Jalan Kolam
- 33 Café : Lorong Pokok, Taman Khidmat

Damai area

- Adlphi & Co : Damai Plaza
- Relax Coffee Café : Damai Plaza
- Joe Sun : Damai Plaza

Lintas / Hilltop area

- Café Haru : Unit 2, 3S Centre, Hilltop, Luyang : Lorong Juo, Taman Far East
- Scoopee : Lintas Square
- Omma's Oven : Lintas Plaza

Lido Plaza : Jalan Nosoob, Penampang

- The B Side
- The BEAN Café
- Ice Dream Cafe

City

- October Coffee House : Lorong Dewan (Also at Peak Vista 1st floor & Latitude 6, Taman Bunga Raja)
- Nook : Lorong Dewan
- Woo café : Lorong Dewan
- Damn Good Burger – Lorong Dewan
- Chopping Block – Lorong Dewan
- Café 55 : At Tong Hing supermarket, opposite HSBC
- Precio : Plaza Shell (Also in Kompleks BSA, Kolombong)
- Ampersand Specialty Coffee : Jalan Berjaya, Asia City

Other areas

- INCH Café : Perdana Park
- Cana Café : Taman Fortuna, Jalan Penampang
- One Roof Café : Jalan Arkib
- Cat & Mei Café : Jalan Arkib
- Tree Monk : Lintas Jaya Uptownship
- Socialize Café : Metro Town
- Shulamite : Metro Town

*The Coffee Bean and Tea Leaf: Jalan Damai & at Gleneagles Hospital

*Starbucks Coffee: City Mall, Warisan Square, Suria Sabah, Oceanus, & Imago

Note:- Most people in KK call non air-conditioned local food restaurants – “Kedai Kopi” meaning Coffee Shops

RESTAURANTS

TripAdvisor is a good source of information for up to date recommended restaurants, or a local blog is: <http://www.sabaheats.com/>

- Al Fresco's, Magellan Hotel, Sutera Harbour
- Ferdinand's - fine dining. Magellan, Hotel Sutera Harbour
- Spice Island, Marina Club, Sutera Harbour
- Tanjung Ria Kitchen, Hyatt
- The Waterfront -This is a good area to go for food & a drink! Some restaurants will let you order from their menu & deliver to another venue there (for when you don't all want the same type of food!) Particularly recommended are those below, but you may well prefer one of the others there.
 - The Shamrock Irish pub & restaurant. Great fish & chips, steak sandwich, cottage pie etc.
 - Kohinoor Indian
 - Mai Yai Thai,
 - Gusto

Italian

- Little Italy : Jalan Haji Saman
- Peppino : Shangri La Tanjung Aru
- Grazie (Italian) : Suria Sabah
- Gusto : Waterfront
- Basil Garden : Damai

Indian

- Naan : Shangri La Rasa Ria
- Kohinoor Indian: Waterfront
- Mother India : Ground Floor , Oceanus Waterfront
- Sri Latha Curry House : Bandaran Berjaya – famous for banana leaf curry meal
- Jothy's, Lorong Api Api

Japanese

- Sakagura : Oceanus
- Ebizou : Imago
- Nagisa : Hyatt Hotel
- Nishiki : Jalan Gaya
- Aki Sushi : Plaza 333
- Sushi Zanmai : Suria Sabah & Imago
- Sushi Tei : Suria Sabah

Chinese

- King Hu Restaurant, Tanjung Aru, Jalan Pinang. Serves pork, & Peking Duck. Casual dining but good food.
- Shang Palace, Shangri-la Tanjung Aru
- Emperor's Delight, Jalan Pantai, city
- Supertanker, Jalan Bundusan, Penampang
- New Wong Kok Restaurant, Luyang (requires reservation)
- Dragon Palace, Suria

Seafood

- Welcome Seafood Restaurant, Lot G 18, Ground Floor, Kompleks Asia City
- Gayang Seafood Restaurant, Jalan Sulaman
- Alu Alu Kitchen, Jalan Kolombong
- Kampung Nelayan, Bukit Padang

- Big Fish, Marriott Hotel

Fusion / Others

- Party Play Lifestyle Café : Jalan Gaya - have a private room upstairs with fine dining.
- El Centro : Jalan Haji Saman, city
- Chilli Vanilla : Jalan Haji Saman, city
- Meet & Wine : Peak Vista
- Grandchamp's Cave & Shop KK : Peak Vista
- Vino Vino : KK Times Square
- The B Side : Lido Plaza.
- Rustic Stone : Lintas Plaza
- Brass Monkey Café & Bar : Lintas Plaza
- D'Place Kinabalu : Shell Plaza – Traditional Kadazandusun food
- Nando's: Imago
- SOULed Out: Imago
- Morganfield's: Imago
- Grace Point Food Court, Sembulan (close to Sutera Harbour). Covered outdoor facility with many different food stalls.
- Langkah Syabas - Kinarut area. Highly recommended & well worth the 30 minute drive. They do a lovely Sunday Western style roast buffet (11.30am onwards). This is a very relaxing spot on the beach. You can also buy some cheese produced on site whilst you are there.
- Pizza Hut and Santinos both have a good delivery service as well as very economical take away pizza deals.
- Pezzo Pizza: City Mall
- Domino's: Riverson and Bundusan

WINE AND NIGHTLIGHT

- The Marina & Breeze at Sutera Harbour - watch the sunset in a lovely setting overlooking the sea.
- Shangri La Tanjung Aru Resort (STAR) – "Sunset Bar" - a great sunset venue.
- Le Meridian - great cocktails/happy hour 6-9pm.
- El Centro - does Quiz nights, Salsa Nights. Popular with expats.
- Party Play, Jalan Gaya (Gaya Street)
- Shamrock Irish Pub, Waterfront
- Bed, Waterfront
- The Loft, Waterfront

SHOPPING AND GROCERIES

SUPERMARKETS

- Merdeka Supermarket, Jalan Penampang tel 088 216 686. Opens 8am. Selection of organic, local and imported goods.
- Tong Hing, Damai Plaza and Jalan Gaya (opposite HSBC Bank). The latter is the bigger of the 2, has a very nice cafe; also good bread AND other bakery items. Opens at 8 am.
- Lintas Superstore, off Jalan Kolam - Selection of local & imported goods. Opens 9.30am - 10 pm
- City Gourmet, opposite Peak Soho, Signal Hill area.
- City Grocer, 3rd Floor, Suria Sabah
- Giant Supermarket, City Mall, Jalan Lintas
- Everrise Supermarket, Ground floor, Imago
- Sunny's - Tanjung Aru. A more local supermarket, with a small Pharmacy 'Pills & Tabs adjoining - very helpful.
- Survey, Likas and Penampang
- CKS, Khidmat and Penampang

BAKING GOODS

- Consfood – Damai Plaza Tel : 266227
- Pelangi Bakery Shop – Lorong Angsa 6, Luyang Tel: 225 857
- Bake with Me - 3 outlets in KK. Kian Yiap Industrial Estate. Tel :428028 / Lintas Plaza Tel : 231028 / Off Jalan JKR Putatan Tel : 771028
- Sincere Cake Ingredients Shop - Jln Lintas Kepayan. Tel: 711526
- Let's Bake – Jln Lintas Kepayan, Tel: 016 8187667

FISH

- Lido Market (opposite Merdeka supermarket)
- Afternoon market near the Peak Condo
- Frozen Fish shop opposite the Hyatt Regency
- KK market

MARKETS / WET MARKETS / FRUIT AND VEG SHOPS

- Bukit Padang Market, Tun Fuad Stephen park - close to school. Great to get fruit, veg and some meat and fish.
- Market close to Peak Vista - Not open until 10 am and most stalls are shutting up by 4pm.
- Donggongon Market - Tamu Market on Thursdays and Fridays. Also an interesting place to take visitors.
- Shop to the right of Eden Hotel, close to Tong Hing, Jln Gaya. Often has fruit you can't get elsewhere. Stocks some groceries too.

MEAT

- Tong Hing, City Centre
- Heng Seng (frozen imported meat), Damai
- Jetsin (frozen imported meat), Bandaran Berjaya Tel: 256317, WhatsApp +6016 833 0035
- Desa , Damai or Likas
- City Gourmet, The Peak Suites, Signal Hill Park
- City Grocer, Suria
- Pick N Pay, Likas Square

PORK

- Pork Butcher, Lot 12, Block B, Donggongon Square. Peter speaks great English: 016 822 6000. Opens around 6.30 am - 6 pm. You can order specific cuts, etc.
- Lido Market (opposite Merdeka supermarket)
- Waterfront Market (area at back on right thru door)
- Most supermarkets - look for a non-halal area/fridge.

OTHER SHOPPING

SHOPPING MALLS

A useful website to visit in this regard is: <http://sabahbah.com/shopping/>

City Mall is the closest mall to the school; other newer malls include Suria Sabah, Oceanus, Imago and, a little out of town, 1 Borneo. Slightly more old fashioned malls but well worth going to are Centre Point & Wisma Merdeka.

BOOK SHOPS

- Times Bookstore, Suria Sabah
- Popular, at Imago, Centre Point & City Mall
- Borneo Books, Wisma Merdeka

CAMERAS

- Vision Camera Service. Sales & Repair services for Canon, Sony Nikon & Olympus. M-0-22, Ground Flr, City Mall. Tel 088 447252 / 012 355 2393

ELECTRICAL AND ELECTRONIC ITEMS

- For purchases & repairs Karamunsing has several stores - 1st-3rd Floor.
- Ming Hin Enterprise. Mr Raymond Wong. 15, Jalan Padas, Segama Shopping Complex, Block A. (Shop on Lorong Segama/Jalan Tun Razak). Good selection of 'white' goods. Mr Wong speaks excellent English and his after sales service is great. Tel 088 221 305 / 088 256 595. H/P 016 84 55 083.

NAMECARDS / BUSINESS CARDS

- Fotobest, City Mall

PLANTS / NURSERIES ETC

- The Garden Centre kkgardencentre@yahoo.com Tel 088 772800. 15 Km Off Jalan Lok Kawi, Meruntum Industrial Putatan. Lovely nursery and staff! (Close to the Teak Village Warehouse, Raintree Furnishing (who will repair and make furniture to order), so it is worth combining a visit!
- Aaron / Lee lee @ Kinarut Nursery. freelandscapedesigns@yahoo.com Tel 017 816 3839. Smaller business with lovely plants
- Lots of plant stalls at the Sunday Market, Jalan Gaya (open early, with most stalls closing up at around 1 pm)
- Various plants (including orchids) are for sale at Dongongon Market
- The Stone Shop. Viviane, 016-832 3677. 088-733279. 12(c) Jln Pintas Penampang, Dongongon Bypass, Kampung Nosoob, 89507. Good for plant pots, soil, garden accessories, etc.

FOR THE HOME

DECORATIVE ITEMS

- Kaison at Centre Point, Imago and 1 Borneo. Stocks towels, dried flowers, baskets, lights, etc.
- New Style Home Deco. Lot 9-10, Plaza Juta, Mile 4 Jalan Tuaran, Likas. 088 383 111. <http://newstyle.showroom.sabahexpress.com/> Lighting, Bathroom accessories, etc.
- SSF Home at Lot G100 1Borneo & Plaza Shell
- Ashley Furniture Homestore, Suria Inanam

HARDWARE STORES

- Kumpulan Belian, Jln Pulau Pinang, Tg Aru Tel: 088 234810 (nails, small selection of paints, mosquito netting, etc.)
- Hendajaya Likas Tel: 428931 Delivers (sand, angle bars, cement, paint, plywood etc.)
- Hang On Hardware 41A, Ground Floor, Inanam Baru Tel : 088 429312 (screws, drills, etc.)
- Chew Kim Boon & Sons, Gaya Street Tel: 088 221177

FURNITURE

- Teak Village Warehouse, Raintree Furnishing. Putatan area. Will repair & make furniture to order.
<http://www.raintreefurnishing.com/our-showroom/teak-village-warehouse/>
- Ken Fat, Jalan Lintas, Kg Kepayan, 88100 Penampang. Tel: 088 218888 016 8480267 Email: ken_fat_furniture@yahoo.com
- SSF Home 1Borneo & Plaza Shell
- Lane 15, No 1, Jalan Likas Manis, Off Jalan Lintas

- There are several furniture shops at Sadong Jaya; Class Office & Home, Fella , Chan etc.
- Ashley Furniture Homestore, Suria Inanam

USED FURNITURE

Sell & Buy Used Furniture – Coni Wong, Lot 98A/B, Sedco Light Industrial Estate, Phase 2A, Lok Kawi, Off Papar Road Tel : 013 888 6666

SERVICES

ELECTRICAL & ELECTRONIC ITEMS

- MAC & PC Medic - For repairs, parts, virus removal, data recovery, etc. Also iPhone, iPad, & android repairs. Call Terence - 016 812 3830. Does house calls. Speaks great English and is very helpful and professional.

PICTURE FRAMING / GLASS CUTTING

- Friendly Enterprise. (Frames, Glass works , etc.). 7 Jalan Sentosa, Kampung Air. Tel 088 225 058. Celeste 016 810 3141.
- Mee Kwong Wing Kee Enterprise. Glass & Aluminum Fabricator, Frames, Posters. 115 Gaya St. Tel 088 252 393, 215061

PLUMBER

- Mr Wong - 019 850 6119. Speaks good English and is reliable.

SHOE REPAIR

- Merdeka Shoe Repairs. Wisma Merdeka. Lot B222, 2nd Flr, Phase 2.
- Master Shoes. Karamunsing. Lot LG 79 (Lower Ground Flr). Tel 013 8611186. Does handbag repairs, makes leather belts etc.

SOFT FURNISHING – SOFA / CUSHION COVERS / CURTAINS

- Wui Kiong Cushion Enterprise, Bundusan Commercial Centre. (Nr Sidma College, off Jln Bundusan). Tel 019 872 6781. 088 701128. No English, but will get someone to translate.
- City Curtains, Plaza Juta, Likas Tel : 016 810 9818 (Reggie Toh)
- Clarity Systems, Mile 3, Jalan Tuaran Tel : 012 802 8802 (Janet)
- Wah Yoon Trading, Segama Tel: 232 326 (reasonably priced fabric)

WATCH REPAIRS

- Daniel Yun. 014 675 5245 11-5 pm, Mon - Sat. Wisma Merdeka, Phase 2. B207, 2nd Floor

BEAUTY / PAMPERING

FACIALS

- Mandara Spa, Magellan Hotel. pricey but effective, in a lovely facility. They often have specials that make it great value.

- Alice at Lintas Plaza (Carole Franck product). Tel 019 810 5858
- Emily Beauty Therapy Lot 30, Block E, 1st Floor Damai Phase 3, Luyang Tel: 088 263222/0168300017

HAIRDRESSERS

- Ruby at Pacific Sutera Tel: 088 303 900
- Bobby Liaw at Albert Unisex Salon, Lot A238, 2nd floor Wisma Merdeka. 088 244 708 / 012 803 2929. Bobby knows Western hair, does great blonde highlights, etc. Staff also do excellent wash/ b dry & back massage!
- Vincent at Makeover Hair Salon, 2nd Floor, Suria Sabah. Tel: 016 8210233

MESSAGE

- Helen Beauty Reflexology (There are 2 next to each other - it's the one on the right). Block B, Warisan Square. Tel 088 447 172. 088 270 073
- Great sports massages are available at Physiocare (see Physiotherapist above)
- MKK Chi Na Reflexology. Tel 088 71623. Lot 28 Block C, Plaza Utama. Close to Vets - CAMC. Therapist Zhuo is recommended for Chinese massage.
- Neobaya, Jln Kolam, Nr Lintas Superstore (not Plaza). Ask for Annie. Tel 088 21 66 48
- TIYA Spa & Reflexology. KK times Square. www.tiyaspaspa.com.my Tel: 011 10503388 / 088447918

NAILS

- Sunday Pro Nails - Karamunsing, 1st Flr. Tel 088261719
- La Vie. City Mall: Unit M-1-7, 1st Flr. Tracy Ong: 012 868 8933
- Crystal Nail Station (now renamed OPI). KK Times Square. Tel Emily Tan 0163082728

OTHERS

- Sheila Liaw professional make up academy ; make-up, nails, eyelashes etc., Lot 14, 1st Floor, Luyang Shophouse, Phase 8 Jln Kolam Tel; 0128297676
- Gwenda Wong Make up Studio : Make up, kids' face painting & body art, special effects make up (Halloween etc), Plaza 333 Kobusak Commercial Centre Tel:0168105413

MISCELLANEOUS

CINEMAS

- GSC at Suria Sabah
- MBO at Imago

FABRIC (DRESSMAKING & SOFT FURNISHING)

- Jakel Silk House at Kuala Menggatal
- Starlight Textile, Segama, City Centre
- Wah Yoon Trading, Segama, City Centre
- Jamilah Textile, Jalan Sinsuran 088-257 767

FITNESS

- Level Up Fitness, City Mall
- Gym & classes at Marina, Sutera Harbour - member & non-member rates.
- Jesselton CrossFit, BSA
- Stark Gym, Damai Plaza
- Sun Yoga, Taman Khidmat Arcade
- Warrior Boot Camp
- Walk/run around Tun Fuad Stephens Park, Bukit Padang

ICE

- Crystal Ice, Tel 088 751 633. H/P 016 833 8643

WATER

- Delcol Water 088 712399
- Superior Water Enterprise 0168233433
- Aqua Pure Water 088 484485

RECREATION / SPORT

- Swimming lessons at the Marina (Sutera Harbour), Sea Dragons and Blue Marlins (Likas Swimming Pool) and PREPS, Penampang (Eric Chan 0168047543 / Sanc Gan 0168202255)
- Tennis Coach, Sutera Harbour (covered courts) – Tito Latoja. Tel 013 886 7170 email: tlatoja@gmail.com
- Borneo Dream Travel & Tours. Padi training, scuba diving / snorkeling trips, island hopping, etc. Hotline 017 811 8149. info@borneodream.com. www.borneodream.com
- Scuba Junkie. Scuba diving and snorkeling trips. Wisma Sabah. Tel: 088 250049 www.scuba-junkie.com
- Diverse Borneo, a 5 star PADI dive center, Lot G30, Ground Floor, Wisma Sabah, Jalan Tun Razak, Kota Kinabalu. Owner Mark and his team are laid back and friendly +60 88 299262, +60 12 838 1630)
- Riverbug. Rafting. Wisma Sabah Tel: 260 501 <https://riverbug.asia>
- Likas Sports Complex: Taman Cabaran Belia, Kompleks Sukan Likas. Running track around a lake. Paintball. Exercise classes e.g. Zumba (amazingly cheap!!). Tennis, Karate, Swimming, Taekwondo, Football, Gymnastics (and many more) lessons. Sabah Indoor Climbing Centre (climbing wall) behind the main car park. www.sicc.com.my , Tel: Vincent 013 875 7657 / 019 883 7341 email: Vint_82@yahoo.com.my
- **Tunku Abdul Rahman Marine Park** The Marine Park is a cluster of islands (pulau) ; Gaya, Sapi, Manukan, Mamutik and Sulug. Manukan, Mamutik and Sapi host beach activities as well as snorkeling and diving. Manukan facilities are better maintained than the others. There are 3 resorts on Pulau Gaya; Gaya Island Resort by YTL (www.gayaislandresort.com), Bunga Raya Resort (echoresorts.com/bungaraya) and

Gayana Eco Resort (echoresorts.com/gayana). Visitors to these resorts are required to make reservations.

- **Open Daily:** 8:30 -5pm
- **Admission Fee:** Malaysians : Adults - RM 5, Children below 18 & senior citizens – RM3, Children below 6 – free. Non-Malaysian; Adults- Rm20, Children below 18 & senior citizens – RM15, Children below 6 – free
- **Getting There:** 15 – 20 minutes speed boat ride from KK. The departure and arrival for the boat transfers are at Jesselton Point Ferry Terminal. Daily boat transfer; 7:30-5pm.
- **Things to do:** Picnic, swimming, camping, kayaking, paddle boarding, jet skiing, banana boat ride, parasailing, windsurfing, sea-walking, hiking, scuba diving and others
- Special activities: Sea walking at the Pontoon & Sunset Cruise by Borneo Reef World (need pre-booking www.borneoreefworld.com.my). Diving ; prior bookings needed, please see above for numbers. Marine Ecology Research Center (MERC) @ Gayana (<http://www.merc-gayana.com/>) : A day as Marine Biologist packages for kids, Adopt a Coral, Guided Tour – Video presentation, Display room visit, Touch Pool; and Kids and Youth Mariner Activities. Require reservations.
- **Kiansom Waterfalls** is a popular spot. It is 20 kms, 30-40 minutes drive , from KK. Comprise of 7 mini cascades on a hill slope, short walk from the car park. Facilities; changing rooms and toilets. Entrance fee: RM1.50 per person.

HIKING

- **Bukit Gundul:** Located at Sepanggar, near UITM Campus. There are several starting points, the easiest one to find is at Jalan Lokub. The hill is quite steep, so the hike up will be quite a challenge. Also, don't let the nice lush empty fields on top of the hill from afar fool you, it's actually lalang (coarse with sharp blades weedy grass) that's about waist high so be sure to wear trousers! The exhaustion from the hike will be worth it when you reach the peak.
- **Bukit Padang:** Only 5 minutes from KIS. Well paved jogging track, about 2kms round a small lake. There are several trails that lead to the top. Popular place to jog and exercise.
- **Bukit Kopungit:** Located at Jalan Penampang Baru, just after Golden Hill residence , opposite Shan Tao secondary school (you will see many cars park on the side of the road). Easy 1 km hike to the top. At the top you can see the sea and islands just beyond the KK International Airport. Popular during sunset.
- **Bukit Kokol:** One of the best spots for a panoramic view of KK and Mount Kinabalu. Spectacular at sunset and sunrise ! (If you are interested in experiencing tandem paragliding contact Richard via his FB to book <https://web.facebook.com/kotakinabaluparagliding/> Richard is a very experienced paragliding tandem pilot who has worked in Nepal and Korea for 4 years).

- **Bukit Trig:** An easy-going short trail. Located near St. Flora Catholic Church. There are crosses along the trail as it is used for the *Way of the Cross* for the church. At the peak you can see the sea, Mengkabung Bridge and verdant jungle.
- **Bukit Perahu:** Located in Tamparuli. Also known as Bukit Ruihang /St. Veronica. Only 800m to the top but some sections are steep. Wonderful view of Mount Kinabalu at the top.

SOCIAL MEMBERSHIP

- **Kinabalu Yacht Club:** Located right on the beach. Great for those with young children. Amazing sunsets. Small swimming pool. Cheap drinks and food. One Year membership (Temporary Executive):Refundable Security Deposit – RM500, Fee (for one year) : RM2000, Monthly subscription: RM40, Tel : 088 240070, Application must be supported by 2 existing members.
- **Sutera Harbour Resort:** Members can enjoy the facilities on all 3 properties; Magellan, Marina and Pacific. Sutera Marina has a 50M pool. One year membership: RM5,000 Monthly subscription: RM129 Refundable Security Deposit : RM750 Tel: 088 318 888
- **Shangri-La's Tanjung Aru Resort & SPA:** An award winning hotel. Great facilities. Family of four: RM5000 (RM500 for each additional child), Tel : 088 327888

SEWING / CRAFT RELATED

- Jelip Tailoring Articles Centre. Segama Complex. Lot 7 Block B, Jalan Padas.
- Jamilah Handicraft, Sinsuran Complex. Block I, Lot 1-2.

TAXIS

Grab and Uber are widely available and are cheap.

TRAVEL & TOUR AGENTS AND CAR HIRE COMPANIES

- Borneo Dream Travel & Tours. Call: 017 811 8149. info@borneodream.com. www.borneodream.com
- Amazing Borneo
- Popular Express
- Masenang Travel & Tours , Api Api Centre Tel : 268288 / 257390 www.masenangtravel.com.my
- Borneo Trails & Tours, Wisma Sabah Tel : 235900 / 245900 www.borneotrails.com.my
- Down Below Marine & Wildlife Adventures, KK Times Square, Tel : 488 997/485 366 www.downbelowadventures.com
- Mayflower Holidays (Borneo) ,Wisma Sabah Tel : 257 368 www.mayflowerborneo.com.my
- AHSB Rentcar , Wisma Angkatan Hebat , 1Borneo Tel: 448 866
- KK Leisure Tour & Rent A Car Asia City Tel : 234 607, 234 900 , 016 830 0011 malaysiatour2u.com

Log into www.sabahtourism.com to find out travel destinations, activities, calendar of events, accommodation packages and other useful information. The Sabah Tourism office building is the oldest building in KK and located the end of Jalan Gaya (near HSBC). There are travel brochures, maps, etc. for visitors to browse through and take home. The staff at the front office are friendly and always willing to help and answer questions.

FOR OUR PETS

PET HOTEL / BOARDING KENNELS

- Happy Seven's Paw (former Pets Wonderland). Tel 010 982 3306 / 088 723 373, Lot 32, Bundusan Industrial Park, Jalan Penampang, Penampang, 88200
- Furball Heaven Tel 016 813 6188, Lot 7-0, Ground Floor, Lido Plaza, Kobusak, Kepayan, 88300, Dog café (opens from 11am except Thu), Dog Day Care, Dog Grooming, Dog Boarding

PET SHOPS

- Harvest Fish & Pet - By far the biggest (both in size & stock range) in KK. Close to Servay Hypermarket Penampang. Sells cats, dogs, rabbits, fish, reptiles, etc. See web site & for mail order if out of stock at the shop
<http://www.harvestfishandpet.com>
Opens 10am-6pm daily, Tel 016 812 2199, 7 KM, Penampang New Township (Bandar Baru Koidupan), Jalan Penampang, 88300, Penampang, Sabah
- Pinnacle Pets Supply – Pet needs & grooming service,
Damai branch : Tel 088 231 919, 18, Lorong Langkuas, Taman Bornion, 88300, Opens 9am daily, except on Sun from 10am
Lintas Branch : Tel 088 231 919, Lot 4-0 Lintas Plaza 4, Jalan Lintas, 88300, Opens from 9am, closed on Sun
- Paragon Pets – Pet needs & grooming service
Luyang branch : Tel 016 832 3989, Lot 7, Shop 11, Ground Floor, Lorong Margosa 2, Luyang Phase 8, Jalan Kolam, Taman Kinabalu 88300
Bundusan branch : Tel 088 733 189, Lot 56, Block F, Bundusan Square, Jalan Bundusan, 88300, Penampang
- SAMC - pet shop opposite the vet's surgery -Good supplies in cat & dog toys!
- Century Animal Medical Centre pet shop opposite Vet's clinic - also do dog grooming.

VETS

- Dr Gillian, Loch 11 Animal Centre , Plaza Juta , Likas 088 393032
- SAMC (Sabah Animal Medical Centre) No 4 Ground Floor Potong Angsa, Taman Fu Yen Fasa 3 Tel 088 253481/ 255481 Mobile 0198618348
- Century Animal Medical Centre. Qualified in the UK.
Penampang HQ : Lot 25 Ground Floor, Block C, Plaza Utama, Jalan Penampang bypass, Penampang Tel : 731032 / 016 878 1032 (office H/P) /012 218 1032 (Dr Dennis)
Putatan branch Tel : 767 032 Lot 6, Block A, Putatan Central Plaza.