

# EXPLORE LABUAN, MALAYSIA

"Tearl of Borney, Where Business Ee leisure Meets"



#### EXPLORE LABUAN

This Edition December 2015

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#### 探索纳闽岛

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### How To Get There / 如何到达这里

#### By Air

Labuan is well-linked by air. It is accessible from Kuala Lumpur International Airport (KLIA), from Kota Kinabalu International Airport (KKIA) and Miri Airport in Sarawak. Labuan is served by Malaysia Airlines, MAS Wings as well as Air Asia.

#### By Sea

The Labuan International Ferry Terminal receives ferries from Sabah, Sarawak and Brunei Darussalam. The journey from Kota Kinabalu, Sabah takes about 3 hours, from Sarawak (Lawas and Limbang) about 2 hours and from Brunei Darussalam about one hour. Visitors from Sabah can also board the ferry that capable of accommodating vehicles from Menumbok jetty. The journey takes about 2 hours from Menumbok to Labuan.

#### Getting around Labuan

Getting around Labuan is relatively easy. The island's excellent road network links Labuan's main town with other parts of the island. It just takes about an hour to go around the island by road. Car rental is popular in Labuan but alternatively, 24 hour Call Taxi Services are also available.

#### 航空

<mark>搭乘飞机可以</mark>轻松抵达纳闽岛。吉隆坡国际机场(KLIA)、亚庇国际机场(KKIA)和砂拉越米里机场都有飞抵纳闽岛的航班。可选择搭乘马来西亚航空、马来西亚之翼航空和亚航的航班。

#### 海路

还可以从沙巴、 砂拉越和文莱搭乘轮渡前往纳闽国际客运码头。从沙巴哥打京那巴鲁出发,大约需要3个小时,从砂拉越(老越和林梦)出发,大约需要2个小时,从文莱出发,约一小时。来自沙巴的游客还可以在Menumbok码头搭乘渡轮(可容纳车辆)。从Menumbok到纳闽岛约需2个小时。

#### 游览纳闽岛

游览纳闽岛相当容易。岛上的公路交通网四通八达,连接纳闽岛主城和岛上的其他地区。通过公路 环岛一周仅需约一个小时。在纳闽岛,租车服务很受欢迎,此外也可以使用24小时出租车叫车服务。

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# Must Do

不容错过纳闽岛活动

#### Malaysia's Only Water Village Homestay

Standing entirely on stilts in the water, the Water Village of Kampung Patau-Patau II is a must-visit when you are in Labuan. Stroll along the wooden walkways that link the houses and observe the lifestyle of the community. Traditionally, these people were fishermen, sallors and traders origin from Brunel. They still continue their traditional lifestyle and practice Brunel adat-adat (traditions) in their daily lives.



#### 马来西亚特有的水上民宿

巴賽巴賽I(Kampung Patau-Patau II)水上村完全建在水上,是游览纳闽岛的必到之处。漫步在住房之间的木制人行道上, 感受这个社区的生活方式。这里的居民在传统上都是渔民、水手以及来自文莱的商人。他们在日常生活中仍然延续着他们传统的 生活方式和文莱的传统(adat-adat)劳作方法。



#### **Duty Free Shopping**

Duty free goods such as imported textiles, illquors, chocolates, and cigars are much sought-after in Labuan. Most of the stores around the Island sell imported goods. Go to Jalan OKK Awang Besar and Financial Park, you will be spolled for choices. For fresh seafood, just go to the wet market and during weekend, Labuan Walk is filled with stalls offering great bargains for handlcrafts, local delicacles, agricultural produce and many more.

#### 免税购物

进口约织品、酒类、巧克力和雪茄等免税商品在纳甸岛都广受欢迎。 岛内的大部分商店都出售进口商品。前往 Jalan OKK Awang Besar和金融公园,保证让您满载而归。如果想购买新鲜的 海产品,可在周末的时候前往纳闽岛步行街,这里遍布各种 摊位,提供物美价廉的工艺品、地方风味小吃、农产品等。

1

## History Trail <sub>历史古迹</sub>

#### Peace Park

This memorial park is located at the scenic village of Layang-Layangan, it is dominated by a huge memorial mound surrounded with landscaped gardens and pavilions. It was built to commemorate the end of World War II and a renunciation of wars. This park is the only peace park built in Malaysia by Japanese for the cause of peace.

#### 和平公园

这座纪念公园位于风景界部的拉块拉块安(Layang Layangan)村庄内。其焦点在于内部的一个巨大的纪念土城,四局是风景如画的园林和事台。这座公园是为了纪念第二次世界大战结束和拥弃战争而建造的,也是日本为和平事业在马来阿亚建造的唯一一处和平公园。



#### Surrender Point

Located next to the Peace Park, Surrender Point marks the apot where Japanese Army surrendered to the Australian 9th Division on September 9, 1946 following the end of Japanese Occupation and marking the end of World Wer II in Borneo. A bronze plaque placed on a slab of granite commemorates the historical event.

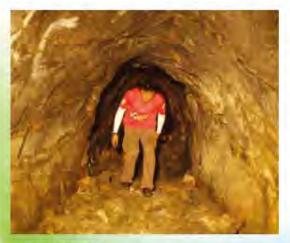


#### 松底点

投降点就位于和平公园旁边,日据时代结束后,日军于1945年 9月9日在此处向使大利亚第9前投降,同时它也标志着第二次 世界大战在美罗洲的结束。人们在花岗岩石板上放了一块青铜牌 要来纪念这一历史事件。

#### Tanjung Kubong Tunnels

There are many mysterious tunnels and mining well at Tanjung Kubong. These tunnels are network of underground tunnels constructed in the mid-19th century for coal-mining purpose. The construction began in 1847 and ended in 1811 after a series of casualties. The closing of Tanjung Kubong coal also marked the demise of Port Victoria as the bustling port for Lebuan's coal industry.



#### 古邦南地下開建

古邦湾拥有很多神秘的整備和矿井。这些都是19世纪中部为了 果特而最近的地下避道网络。建设由于1847年,于1911年一家列 人员伤亡事件后纯束。维多利亚特普思纳闽岛州美行业的医学 第四,而古邦特殊矿的关闭也拿味着维多利亚港的投票。



#### Asia's Largest War Cemetry

Lebuan War Memorial, Asia's largest war correctory is located along Jatan Tanjung Batu. It is constructed and maintained by the Commonwealth War Graves Commission. This place pays tribute to the \$,906 soldiers who deci during World War II for the liberation of Borneo. This memorial was visited regularly by War Veteran groups, especially from Australia. Every year on Sunday nearest to November 11, locate and foreigners, war veterans, familias of the decessed and officials from the High Commissioner's office come to Labuan for Remembrance Day Caramony.



TripAdvisor Traveller's Choice Award 2015

2015年TripAdvisor條行者能选大奖

#### 亚洲最大的战争基地

位于Julan Tarjung Batu的的胸心中纪念意,是可附近大的战争 並他,这座战争纪念园由联邦战争激地委员会建设和城护、这里 长配着二战器间为解放他罗姆而相性的3.90%名录人。二战物兵团 体会定线器的放政的企念员,尤其是来自使大利亚的老兵团体。 每年最低近11月11日的星期日,当地人和外国人。二战地兵、 物性者家庭以及高级专员办事处的官员会像来的问题,参加 纪念日位式。

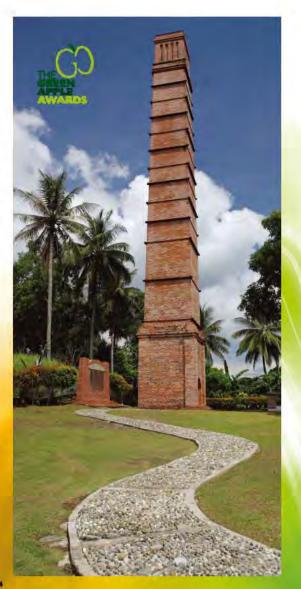
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#### Archeological Mystery "The Chimney"

Looming 106 feet high, the Chimney is one of Labuan's landmark. It was once believed to be a ventilation shaft. However, later findings revealed no traces of smokes or burning to suggest its use as a chimney. Other theories suggest that it could have been a former lighthouse or bell tower. Constructed with 23,000 pieces of red bricks Victorian Edifice imported from London, the structure sits firmly on a large tract of limestone rock containing rich kaolin or white porcelain clay, which provided its strong foundation. In 2013, the Chimney was honoured with the "Green Apple Awards" for the Bullt Environment and Architectural Heritage which makes Labuan the Green World Ambassadors in 2014.

#### 考古之謎"烟囱"塔

烟囱塔(Chimney)高106英尺,是的闽岛的地标性建筑之一。 这座烟囱塔曾经被认为是一座通风井。然而,后来的调查显示其 内部并没有烟或能烧过的痕迹,也就是说它并没有被当成烟囱使 用过。其他的理论认为它可能是一座过去的灯塔或钟塔。这座 建筑采用从伦敦进口的23,000块绿多利亚时代的红砖建造而成, 位于一片广阔的石灰岩上,其中富含高岭土或白瓷土,为这座 建筑提供了坚实的基础。2013年,烟囱塔荣获"人为环境和建筑 遗产"级苹果大类,并于2014年成就了纳闽岛"绿色世界大使"



#### Tee Off with Mother Nature

Rejuvenate your mind after the stressful business meeting and head off straight to the new Labuan International Golf Club (LIGC) where the 18-hole course sits amidst over 200 acres of lush landscapes on a raised ground overlooking the South-China Sea. It boasts a first class practice facilities with 16-bey driving range, practice greens and a bunker. Saujana Scape and Greens Sch Bhd (SSGSB) in collaboration with renowned Australian designer Paralow and Winter Golf Course Deelgn responsible for the design and development of LIGC. SSGSB also currently manages LIGC since it was opened in August 2013.



在繁张的商务会议之后,前往新疆的纳闽岛国际高尔夫俱乐部(LIGC)尽情挥而汗水。这是一座18洞高尔夫球场,占地200多英亩,可停酿南中国海的美景。这里还设有一处16隔间的高尔夫球场对场、练习果岭和沙坑等一流的练习设施。Saujana Scape and Greens Sdn Bhd(SSGSB)与澳大利亚著名设计公司Parslow and Winter Golf Course Design合作,负责以同C球场的设计和开发。LIGC自2013年8月开业以来也一直由SSGSB负责管理。



#### Papan Island

A tiny islet with 10.52 hectares in size is a favourite weekend getaway and campatte for locals and tourists alike, it was originally used as a lighthouse base in 1895. The taithful lighthouse steered passing vessels into Victoria Harbour until after WWII when the Allied Forces used it as a temporary detention camp for the Japanese prisoners of war.

这座小岛只有10.52公顷,是当地人和游客最喜欢的周末度假场所和舞营地。1895年时,这座小岛最初被用作灯塔基地。思诚的灯塔指引过柱船只驶向维多利亚港,直到二战时盟军部队将这里作为一处关押日本战俘的陷时监牢。

#### Labuan Central Market

A newly opened Labuan Central Market located at the downtown Labuan offer varieties of shops selling textiles, clothes, pearls, handicrafts and many more. Enjoy your shopping experience with ease and comfort inside the air conditioned building.

新开业的纳闽岛中央市场位于纳闽岛市中心,这里有各种各样销售纺织品、衣服、珍珠、手工艺品等商品的店铺。您可以在空调开放的建筑内舒适地尽情享受购物的乐趣。





#### Longest Sunset View United Nation Beach

Located on the western coast of Labuan, "The Glorious Sunset", one thing that visitors should not missed when you stroll along the UN Beach. You can view the sunset at the 9km beach stretch from Batu Manikar to Sungai Miri. This place won the "Clean Beach Award" from United Nation Environment Program in 2008. In 2015, UN Beach was listed in 101BestBeaches.com as one of the best beaches in Asia.



#### 最长的日落美景 联合国沙滩

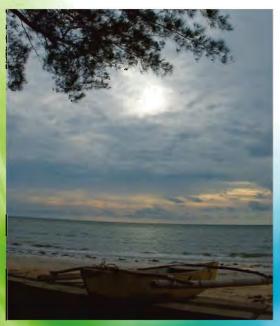
前往纳闽岛西海岸,漫步在联合国沙滩上,欣赏"辉煌的日落",这是游客绝对不可错过的美景。从巴杜玛妮卡(Batu Manikar)到双溪美里(Sungai Miri),绝延9公里的沙滩都是欣赏夕阳的好去处。2008年,这处地点赢得联合国环境规划署"清洁海滩大奖"。2015年,联合国沙滩入选101BestBeaches.com亚洲最佳海滩。

# Popular Beaches Along The UN Beach 联合国沙滩中最受欢迎的海滩

#### 1. Pancur Hitam Beach

A popular spot to relax, Pancur Hitam Beach oozes with tropical charm with its shady trees and golden sands. There were a plenty of food stalls for the sunset viewers to spend their time while waiting for the sun to disappear from the horizon.

班珠希淡海滩是一处休闲放松的好去处,这里拥有金色的沙滩, 绿树成荫,充满热带风情。另外还为欣赏日落的游客提供丰富的 小吃摊,让游客们可以一边看着太阳从地平线消失,一边享用 各色美食。



#### 2. Layang-Layangan Beach

This beach is where the House of Culture and Arts is located. Most of the cultural activities will be held at the mini auditorium inside the building. Along the beach and surrounding area, visitors may visit the Peace Park, Surrender Point or enjoy some beach activities with family and friends. There are also food stalls served Labuan's famous satay, grilled chicken wings and many other local delights.



这处海滩是文化艺术馆的所在地。大部分文化活动都在这栋建筑 内的小礼堂举行。游客可以沿着海滩游览周边地区,包括和平 公园和投降点,也可以与家人和朋友一起享受一些海滩活动。 这里还设有一些小吃摊,提供纳闽岛著名的沙爹、烤鸡翅和其他 的许多当地美食。





#### Labuan Museum and the History Square

The exhibit displays the history and culture of Labuan. It covers the pre-historic era of Labuan during Brunel Sultanate, British Colonial Day, World War II, Japanese Occupation, Independence Day and the Declaration of Labuan as Federal Territory. Outside the museum, there are four old flame of the forest trees planted by the Chinese, Malay, Indian and European communities in 1953 to mark the coronation of Queen Elizabeth II. Various stone plaques in the square record historical events in Labuan. One announced the changing of the island's name from Labuan to Maidashima, by order of General Tojo who passed through Labuan in 1943. Another commemorated both the landing of the 9th Division Imperial Australian Forces on 10 June 1945 in Labuan. And also a plaque to commemorate the 1846 handing over of Labuan by the Brunei Sultanate to the British.

#### 纳闽岛博物馆和历史广场

这里展览着纳闽岛的历史和文化。其展品内容涵盖纳闽岛文莱苏丹国的史前时期、英国殖民地时期、第二次世界大战、日据时期、独立日以及纳闽岛宣布成为联邦直辖区之后的发展。博物馆的外面有四棵大树,这些树是1953年由华人、马来人、印度人和欧洲人社区为了纪念女王伊丽莎白二世加冕而栽种的。广场上不同的石窟记录了纳闽岛的历史事件,其中一个记录了纳闽岛曾在1943年根据途经此地的东条将军的命令改名为前田岛,另一个则为了纪念皇家澳大利亚军队第9师于1945年6月10日在纳闽岛登陆,还有一个是纪念1846年文莱苏丹国将纳闽岛移交给英国。

#### Dataran Labuan

This place is where most of the island's events and celebrations being held. Labuan's flag together with other 13 flags of other states in Malaysia as well as a taller flagpole carrying the Malaysian flag fly high on the raised stage in the square. On April 16, 1984, Labuan was proclaimed the second Federal Territory of Malaysia.





这里是大多数纳闽岛活动和欢庆典礼的举办地。广场上飘扬着 纳闽岛岛旗和马来西亚其他13个州的旗帜以及位于更高旗杆上的 马来西亚国旗。1984年4月16日,纳闽岛被宣布成为马来西亚的 第二个联邦直辖区。

#### **Financial Park**

This 17 storey complex serves as one of the landmarks and the commercial heartbeat of the Island. The complex is self-contained with areas for working, living, shopping, leisure and convention. It features a two-floor podium and three office towers. The podium has more than 100 commercial and retail outlets, including a supermarket and department store, boutiques and food courts.

#### Labuan International Sea Sports Complex

Occupying 2.5 hectares of waterfront along JalanTanjung Purun, the Labuan International Sea Sports Complex plays host to the annual Labuan International Sea Challenge and other beach and water-based activities. An architectural marvel, the complex consists of three structures that are interconnected to a main viewing plaza which include the Marine Museum, offices, restaurant and food stalls.

#### 金融公园

这片17层的综合建筑群是纳闽岛的标志性建筑之一,也是这座岛屿的商业中心。该综合建筑群设有工作、生活、购物、休闲和会议区,其中包括两层高的裙楼和三栋办公楼。裙楼中设有100多个商业和零售店,包括超市和百货商场、精品店和美食广场。





#### 纳闽岛国际海上运动馆

纳闽岛国际海上运动馆占地2.5公顷,位于Jalan Tanjung Purun 海滨,这里是一年一度的纳闽岛国际海洋挑战赛以及其他沙滩和 水上活动的举办地。这处建筑群包含了三处与主观景大楼相连 的建筑,堪称一处建筑奇迹,主观景大楼内设有海洋博物馆、 办公室、餐厅和美食摊位。

#### Marine Museum

This museum was set up to preserve the precious marine heritage of the ident. It testures 16 galleries and emong the highlights are artifacts from the ship-works, live and preserved zooplankione, molado, araile, fish, reptime, conie and equatic plants. Correspondent witer a ship, visitore enter the museum through a malei bridge and are exposed to marine appartures dispirating many kinds of marine its.

这座博物馆成立的目的是保护这座岛屿争员的海洋程序。其中有 18个场情,展现层包括扩展、活的以及保护完好的保护电像、 软体影像、蜗牛、鱼类、风行动物、通道和水生性参考。影响 经过一个型型建筑后,通过一个全局标进入路物情,即可至达 是完合的简单生命的水散物。





# Other Attractions <sup>其他景点</sup>

#### Bird Park

The Labuar Bird Park houses a sizeable number of birds in its three dome-shaped evieries. It is loosted at Tergung Russing cooosile with the Chimney.

#### **可能公司**

的同時で調公園設有三个個田亭乌台,其中有四件で成。 で商公園 位于古典等,在國際提出の何。

#### **Botanical Gardens**

About 5 minutes' drive from Labuan town, the Botanical Garden is a well-trimmed recreational park with old trees and beautiful landscaping. It was previously the grounds of the Government Houses locally known as "Bumbung 12". It was built in 1852, the house was a long and low structure with an interesting roof design. Within the garden lie two graveyards that are believed to be the oldest on the island. One of them dates back to 1847, and is the final resting place of Commander James A. Gordan of HMS Wolf. The other grave is that of Sergeant Adam C. Sutherland of the Royal Marlnes.

植物园距离纳闽镇约5分钟车程,是一座修剪得整齐的休闲公园,有很多古老的树木和美丽的景观。这里之前曾是政府官邸的土地,当地人称之为"Bumbung 12"。这座官邸始建于1852年,是一栋瘦长、低矮的建筑,房顶设计很有特色。植物园里有两座墓地,据信是纳闽岛上最古老的墓地。其中之一可追溯到1847年,是英国海军Wolf号舰长James A. Gordan的安息地。另一座是皇家海军陆战队中士Adam C. Sutherland的墓地。





#### Marine Parks

Situated 2km off the southern part of Labuan island, this park encompasses 10sq km of pristine waters and 3 secluded islets namely Kuraman, Rusukan Besar and Rusukan Kecil. There are long stretches of sandy beaches, reef atoll, mangrove, island tropical jungle and quiet tidal pools await you.

#### 海洋公园

海洋公园位于纳闽岛南面2公里处,包括10平方公里的原始水域和3座僻静的小岛,分别是古拉曼岛(Kuraman)、鲁苏干柏沙岛(Rusukan Besar)和鲁苏干柯基岛(Rusukan Kecil)。这里有绵延的沙滩、环礁、红树林、热带岛屿丛林和安静的潮汐池,等着悠去探索。

#### Ship Wrecks Diving Sensation

World War II and post war shipwrecks make Labuan an attractive site for wreck diving. It can be arranged with the professional dive operators. Labuan has four famous shipwrecks namely American, Australian, Cement and Blue Water Wrecks. Among all wrecks, Cement Wreck was dubbed as the most beautiful, colourful and photogenic wreck.

第二次世界大战和战后的沉船使纳闽岛成为一处非常具有魅力的沉船潜水胜地。专业的潜水中心可以帮您安排潜水之旅。纳闽岛有四个著名的沉船潜水点,即美国军舰残骸潜水点(American Wreck)、澳大利亚货船残骸潜水点(Australian Wreck)、水泥船残骸潜水点(Cement Wreck)和蓝水残骸潜水点(Blue Water Wreck)。在所有残骸潜水点中,水泥船残骸是最美丽、最丰富多彩、最上镣的残骸潜水点。





#### Kina Benuwa Eco-Tourism

It is a pristine mangrove forest located on the lower Kina Benuwa River stretching over 97,604 hectares. It inhabits the southern end of the Island. This conservation area is dedicated to the protection of the fragile eco-system and its rich biodiversity.

这是一处原始的红树林,位于京那贝努瓦(Kina Benuwa)河下游,绵延97,604公顷。这处自然保护区位于纳闽岛的最南端,致力于保护脆弱的生态系统及其丰富的生物多样性。

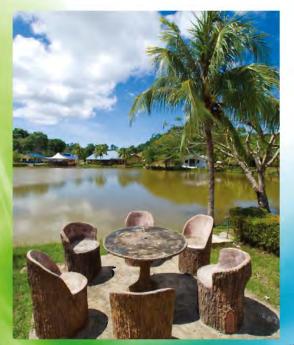
#### Homestay Labuan

When you are in Labuan, consider staying at a homestay as part of your experience with the local cultures. Modest and laid back, these homestays are situated in the village or kampong, where you will feel like one of the locals as you participate in the village life.

到访纳闽岛时,可以考虑住在民宿内,这将成为您体验当地文化不可或缺的一部分。这里的民宿谦逊低调、悠然自得,位于小村庄之中,让您可以像这里的村民一样体验美好的乡村生活。



The clean, alluring and fun Sungai Labu homestay is situated about 12km from the town centre. The one thing that visitors will notice and appreciate is the tranquility of the village and friendliness of the locals. Staying at Sungai Labu homestay ensure an eventful trip for locals and visitors alike, as there are lots of activities offered on the daily package, which includes accommodations and meals. The additional package includes preparing traditional food, making ambuyat (local food made of rice flour), netting the traditional way, cycling around the island and cultural shows of the Kadayan tribe.





清洁、迷人、充满乐趣的双溪拉布(Sungai Labu)民宿距离市中心约12公里。这里拥有宁静的乡村,而且当地人非常友善,肯定让游客流连忘返。双溪拉布(Sungai Labu)民宿可以为本地和外地游客安排丰富多彩的活动,这里的日常旅游套餐除了住宿和餐饮外还包含很多活动。额外的旅游套餐包括制作传统美食,例如制作硕强糊(ambuyat)(采用米粉制作的一种当地美食),以及传统撒网捕鱼、自行车环岛游和克达岩(Kadayan)部落文化展。

#### 2. Bukit Kuda Homestay

If you prefer to be closer to the nature, head to Kampung Bukit Kuda, which translates to "Village of The Horse Hill", where the majority of the locals are of Kadayan heritage. The Kadayan groups are one of the many ethnic tribes from Sabah and they are well known for their craftsmanship and hospitality, guaranteeing a fun and eventful trip when you are in Labuan. Bukit Kuda homestay is 8km away from the city and situated in the middle of Labuan Island. Public transports provide easy access from Bukit Kuda homestay to the downtown of Labuan and it offers attractive packages for individuals and groups which include accommodation, meals and fun yet attractive activities.



如果您更喜欢接近大自然,可前往武吉古达村(Kampung Bukit Kuda),可直译为"马山村",大多数当地人都是克达岩(Kadayan)后裔。克达岩(Kadayan)族裔是沙巴众多民族部落之一,他们的手工艺品和热情好客非常出名,保证您在纳闽岛开心欢乐、丰富多彩。武吉古达(Bukit Kuda)民宿距离市中心8公里,位于纳闽岛的中央位置。搭乘公共交通工具可从武吉古达(Bukit Kuda)民宿轻松抵达纳闽岛市区,这里为个人和团队提供丰富的旅游套餐,包括住宿、膳食以及好玩又有吸引力的各式活动。

#### 3. Patau-Patau II Water Village Homestay

Water village in the city, if you like the sea, 3km trip away from the city takes you right up to the water village of Patau-Patau II water village homestay. Here, the homestay offers an unforgettable experience of staying among the Brunei Malays and familiarizing oneself with local activities such as fishing and netting right at the front door. This homestay appeals to all those who want to experience the waves breaking below the floorboards and the sea-faring lifestyle of the Brunei Malays. With few package options to fulfill your needs, they all include accommodation, meals, activities such as the cultural shows, local games and added fishing activities at the nearby islands.

如果您喜欢大海,从城市出发仅需3公里即可抵达巴套巴套II (Patau-Patau II)水上村民宿。在这里,您可以与文莱马来人住在一起,在门口即可了解垂钓和捕鱼等当地活动,这些民宿肯定可以给您带来难忘的经历。这里的民宿吸引着希望体验到海浪在地板下拍打以及文莱马来人海上生活方式的人们。他们提供多种体验套餐,可满足您的各种需求,包括住宿、膳食和活动,例如文化展、本地运动会以及附近岛屿的捕鱼活动等。



# Must try 必须尝试

#### **Local and Traditional Delicacies**

The most renowned local desert is "Coconut Pudding", which is unique to Labuan. Good coconut puddings can be found in most of the restaurant in Labuan.

You may also want to try various local kulh, pastries, and cakes at the weekend market known locally as Pasar Tani (Saturday and Sunday) from morning till afternoon. Try kelupis and lamban (a food made from pulut rice and coconut milk wrapped with either coconut leaves for lamban or nyirik leaf for kelupis), jelurut (a sweet and creamy colored local kuih wrapped with nipah or coconut leaf) and batik cake.

Another local food in Labuan is punjung (made from rice flour), a little cone-sized dessert with green jelly-like filling wrapped in banana leaves. Don't forget to try pulut panggang, made from glutinous rice and dried shrimp. This pulut panggang is wrap by banana leaves and grilled to cook.

Ambuyat is a famous staple food derived from Brunei-Malay community. It is made of sago starch and it can be eaten together with other dishes and as a replacement of rice. It is tasteless but the taste of ambuyat comes from variety of savouries such as mango sambal or curries.





#### 当地和传统美食

最著名的当地美食是"椰子布丁",这是纳闽岛的特有美食。 在纳闽岛的多数餐厅都可以找到美味的椰子布丁。

此外,从早到晚,您都可以在周末市场(在当地被称为Pasar Tani,每周六和周日开放)品尝各种当地粿糕、糕点和蛋糕。您可以品尝一下Kelupis和Lamban(采用糯米饭和椰奶制作的一种美食,Lamban的外面裹椰子叶,Kelupis的外面裹上尼里叶)、Jelurut(一种当地的香甜奶色粿糕,外面裹有尼帕叶或椰子叶),以及巴迪蛋糕(Batik Cake)。

纳闽岛的另一种当地美食是Punjung(由糯米粉制成),这是一种绿色的果子冻似的面糊,外面用香蕉叶包裹成圆锥形。别忘了尝一下Pulut Panggang,这是一种采用糯米和虾米制作的美食。Pulut Panggang外面裹有香蕉叶,通过烧烤制作而成。

硕莪糊(Ambuyat)是一种源自文莱马来社区的著名的主食。 硕莪糊采用沙谷粉制作而成,可以代替米饭与其他菜肴一起 食用。沙谷粉本身是无味的,但硕莪糊的味道源自各种调味品, 例如芒果叁巴或咖喱。

#### **Anjung Ketam**

Visit to Labuan would not be complete if you do not stop by to Anjung Ketam. You would be expecting a flower crabs or while stocks last. The catches are straight from the sea to the kitchen and to your dinner plates. Anjung Ketam opened as early as 4.30pm or earlier upon request. Advance booking are strongly recommended because it always fully booked. For different taste from the local cooks, we recommend you to try fried chili crab, steamed crab or butter crab.



不去安绒吉胆(Anjung Ketam)的纳闽岛之旅是不完整的。您将可以在此品尝美味的花蟹。所有食材都直接从大海到厨房,再到您的餐盘之中。安绒吉胆(Anjung Ketam)下午4:30 就开门营业,而且应要求还可以更早提供服务。因为总是客满,所以强烈建议提前预订。如果想体验一下当地的不同口味,我们推荐您尝试一下辣椒炒餐、清蒸蟹或黄油酱。

#### Coastal Fishing

This activity is popular and well known as "mengail" among the locals. Most of the weekends or free times are spent with friends or family members for coastal fishing around the island.

#### 近海船钓

这项活动非常流行,当地人称之为"mengail"。大部分的周末 或空闲时间都可以与朋友或家人一起在海岛附近沿海垂钓。



# Multi-cultural Places Of Worship 多元文化的宗教场所



Jamek An'Nur Mosque Jamek An'Nur清真寺



Ban San Miao Chinese Temple 班三苗寺



Church of The Blessed Sacrament Blessed Sacrement教堂



Gurdwara Sahib Sikh Temple Gudwara Sahib Sikh庙

## Other Tourist Facilities 其他旅游设施



Labuan Airport 纳闽岛机场



Labuan International Ferry Terminal 纳闽岛国际渡轮码头



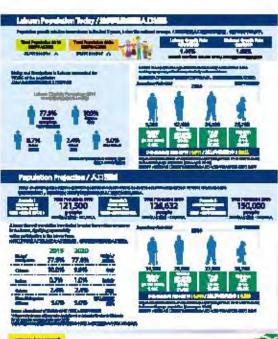
Labuan Vehicle Ferry Terminal 纳闽岛汽车渡轮码头



Marina 滨海



# Fast Fact 简要





Tourism Components/施游配套资源	Total / 合计
Hotel & Room Supply / 酒店及客房	49 Hotels with 2,046 Rooms / 49家酒店,共2,046间客房
Number of Travel Agents / 旅行社数量	19 (licensed) / 19家 (持牌 )
Number of Licensed Tourist Guides / 持牌导游数量	2
Number of Homestay / 民宿數量	3 Villages with 79 Operators / 105 rooms 3座村庄,79家民宿/105间客房
Student Tourism Clum (3P) / 学生旅游联合会(3P)	8 Schools with 500 members / 8所学校,500名成员

(Source: Ministry of Tourism & Culture Malaysia Labuan Office) / (来源:马来西亚旅游和文化部纳闽岛办事处)

Domestic Flights To Labuan / 往返纳闽岛的国内航班				
No of Airlines/航空公司数量 Frequency/Week / 频率/周 Seat Capacity / 座位数量 Sectors / 能限				
3	104		3	

(Source: Respective Airlines) / (来源:相关航空公司)

Labuan Average Hotel Occupancy / 纳甸岛平均酒店入住率			
Year / 年份	Hotel Occupancy % / 酒店入住率%	Variance / 方差	
2007	78	1.7	
2008	74	-5.13	
2009	78	5.41	
2010	75	-3.85	
2011	65.6	-12.53	
2012	66.9	1.98	
2013	67.0	0.15	
2014	67.6	0.90	
2015 (Jan - Sept) / 2015年 ( 1月-9月 )	65.9	-1.5	

(Source: Research Division, Tourism Malaysia) / (来源:马来西亚旅游研究组)

	Labuari Average	Hotel Guest / 納奧岛平均源		
Year/ <b>年份</b>	Domestic / 时内	Foreigner / 外刊	Total / 合计	Changes (%)/ <b>变化(</b> %)
2008	282,851	114,381	397,232	16.97
2009	174,634	119,915	294,549	-25.85
2010	173,635	110,350	283,985	-3.59
2011	194,502	110,570	305,072	7.43
2012	208,319	110,332	318,651	4.45
2013	239,843	60,126	299,971	-5.86
2014	577,120	115,325	692,445	13.08
2015 (Jan - Sept) 2015年 (1月-9月)	338,641	64,257	402,898	12.54

(Source: Research Division, Tourism Malaysia) / (来源:马来西亚旅游研究组)

N.C.: Not Comparable / N.C.: 没有可比性

Tourist Arrival to Lab	Tourist Arrival to Labuan (Via Air & Sea) / 抵达纳闽岛的游客数量(通过航空和海路)			
Year/ <b>年份</b>	Arrival / 抵达人數	Variance % / 方差%		
2011	832,001	17.60		
2012	921,799	10.79		
2013	1,012,491	9.84		
2014	1,042,221	2.94		
2015	1,015,427	-2.57		

(Source: Labuan Immigration Department, LDA, Marine Department, Respective Airlines & Labuan Corporation) (来源:纳闽岛移民局、LDA、海事局、各航空公司,以及纳闽管理局)

#### Top 5 Key Market Segments / 前5大细分市场

**Duty Free / Shopping** 免税/购物

Leisure Holiday Market 休闲度假市场

Heritage / War Tourism Market 遗产/战争旅游市场

长件/外籍人士 Long-Stay / Expatriates

Dive Market 潜水市场

(Source : Department of Tourism, Culture & Arts Labuan Corporation)

(来源:纳闽管理局旅游、文化和艺术局)

#### 10 Tourism Icons / 10大旅游特色

- United Nation (UN) Beach and Glorious Sunset on the Western Coast of Labuan. UN Beach also listed as one of 101 Best Beaches in Asia by 101bestbeaches.com
- Green Apple Award, Archaeological Mystery of the Chimney 2.
- 3. World War II Memorial (Largest War Cemetery in Asia)
- 4. Peace Park (Malaysia's only Peace Park built by Japanese for the course of Peace)
- 5. Surrender Point (the liberation of Borneo was held here)
- 6. Patau-Patau II Water Village Homestay (Malaysia's only water village homestay)
- 7. Tee Off with Mother Nature at 18-hole Labuan International Golf Club
- 6. Labuan History Square and Museum
- 9. **Duty Free Island**
- 10. The most Shipwreck Diving Sites in Malaysia and Marine Park
- 纳闽岛西海岸的联合国(UN)沙滩和日落美景。

联合国沙滩还当选为101bestbeaches.com评选的亚洲101处最佳海滩之一

- 青苹果奖得主、考古之谜"烟囱"塔
- 二战纪念园(亚洲最大的战争墓地)
- 和平公园(日本为和平事业在马来西亚建造的唯一处和平公园)
- 5. 投降点(婆罗洲解放仪式的举办地)
- 6. 巴套巴套 II (Patau-Patau II) 水上村民宿 (马来西亚唯一的水上村民宿)
- 7. 在纳闽岛18洞国际高尔夫俱乐部挥杆开球
- 8. 纳闽岛历史广场和博物馆
- 免税岛
- 10. 马来西亚和海洋公园的沉船潜水点

(Source: Department of Tourism, Culture & Arts Labuan Corporation)

(来源:纳闽管理局旅游、文化和艺术局)

#### TOP 10 FOREIGN TOURIST ARRIVAL BY COUNTRY 2015 / 2015年前10大游客来源国

Country / 🔯 🕏	Total Tourist Arrival / 旅客总数
Brunei Darussalam / 文莱	30,942
Philippines / 菲律宾	5,763
Indonesia / 印度尼西亚	3,428
United Kingdom / 英国	1,359
Nepal / 尼泊尔	797
India / 印度	1,160
Singapore/新加坡	578
Thailand / 泰国	461
China / 中国	322
Australia / 澳大利亚	343

#### NUMBER OF THE TOURIST ARRIVAL 2015 / 2015年游客总数

Mode Of Transport/交通方式	By Air	/航空		By Sea / 海路	The second second
Travel Demography/旅游人口的	Sit .	Domes	tic/国内	-	International / 🚟 🎏
Arrival /抵达人數	MAS	AIR ASIA	JAB. LAUT /海事局	LDA	IMMIGRATION /移民局
January / 1月	20,135	4,329	10,371	18,811	5,687
February / 2月	20,005	5,041	12,786	33,780	5,907
March / 3月	22,490	4,989	15,206	33,629	6,133
April / 4月	21,189	5,136	14,789	32,177	5,626
May / 5月	22,783	5,100	19,817	38,303	7,947
June / 6月	20,775	5,648	18,918	38,297	6,010
July / 7月	18,305	6,738	18,804	37,661	7,242
August / 8月	18,590	6,605	15,300	29,697	6,409
September / 9月	18,779	6,154	19,550	33,763	6,824
October / 10月	16,173	4,723	16,328	28,493	5,957
November / 11月	26,615	5,648	19,466	34,442	6,812
December / 12月	26,393	5,547	36,006	38,268	12,141
Arrival Statistic/抵达人数统计	252,412	65,658	217,341	397,321	82,695
Travel Demography Statistic 旅游人口统计		932	2,732		82,695
Mode of Transport/交通方式	318,070	1		697,357	
Total/ <b>合计</b>			1,015,427		

\*International arrivals statistics calculated on tourists and visitors who use sea transportation from the State of Brunei Darulsalam
\*国际拓达人口统计数据计算的是使用文莱海运交通抵达的游客和访客数据

# M.I.C.E / 会展活动 HOTELS/RESORTS WITH M.I.C.E. FACILITIES / 会展活动

Hotels/Resort / 酒店/宣假村	Ballroom / 完会厅	Capacity (Theatre Style) /賽納人數(周院式)
Grand Dorsett Labuan Hotel  ★★★★★	Labuan Ballroom / 纳闽岛宴会厅	250 pax /人
Tiara Labuan Hotel  ★★★★	Ballroom / 宴会厅	350 pax /人
Billion Pavillion Hotel	Ballroom / 宴会厅	200 pax /人
Palm Beach Resort & Spa	Grand Ballroom / 大宴会厅	600 pax /人
Aifa Hotel	Grand Ballroom / 大宴会厅	500 pax /人
Mariner Hotel  ★ ★	Meeting Ballroom / 会议宴会厅	50 pax /人
Regus	Meeting Ballroom / 会议宴会厅	?? pax /人

#### OTHER SUITABLE HALL FOR MICE / 其他适合举办会展活动的会议厅

Name / 姓名	Hall / 会议厅	Capacity (Theatre Style) / 容納人数 ( 關院式 )
Convention Hall Financial Park 金融公园会议厅	Main Hall / 主会议厅	1700 pax /人
Multipurpose Hall Labuan Corporation 多用途大厅纳闽岛公司	Hall / 会议厅	1500 pax /人
Labuan International School 纳闽国际学校	Hall / 会议厅	450 pax /人
Mini Auditorium Anjung Budaya Anjung Budaya/八社堂	Hall / 会议厅	148 pax /人

M.I.C.E Contacts / 会展活动联系方式				
Grand Dorsett Labuan Hotel	087 422 000	Regus	088 366 502	
Tiara Labuan Hotel	087 414 300	Convention Hall Financial Park	087 419 477	
Billion Pavillion Hotel	087 41 <b>8</b> 111	Multipurpose Hall Labuan Corporation	087 408 600	
Palm Beach Resort & Spa	087 41 <b>8</b> 700	Labuan International School	087 421 059	
Aifa Hotel	087 424 888	Mini Auditorium Anjung Budaya	087 408 740	
Mariner Hotel	087 418 822			

#### List Of Travel Agent / 旅行社列表

Adaras Rent A Car SB	017 821 6663	Kong Teck Car Rental SB	012 885 5717
Airborne Travel SB	087 414 986	LDA Labuan (Holdings) Travel & Tour Sdn Bhd	087 413 155
Borneo Star Dive SB	087 429 278	LGM Tour & Travel SB	087 453 880
Chanan Tour & Travel SB	013 851 3378	Maju Harmoni Tours & Travel SB	012 834 1596/
Destination Borneo SB	087 414 611		019 821 9969
Emma Glorious Tours & Travel SB	087 423 688	Padas Jaya Rent A Car SB	087 425 220
ELK Rental Car SB	019 871 8838	PZJ Tour & Travel Sdn Bhd	013 892 2664
First Classic Travel Services SB	087 423 088	Reliance Car Rental SB	016 830 7142
Flying Colours Travel SB	087 427 787	Sayu Travel & Tours SB	087 423 933
Harrison Travel SB	087 412 557	Sime Darby Rent A Car SB	087 592263
Jiwaja Rent A Car SB	016 810 1159	Travelbiz & Tours SB	087 592 263

<sup>\*\*</sup>Keperluan Bas (40 seaters): 4 bas sehari / 24 bas seminggu \*\*Keperluan Bot (12 seaters): 14 bot sehari / 98 bot seminggu \*\* 巴士要求(40个座位):每天4辆巴士/每周24辆巴士 \*\* 游船要求(12个座位):每天14艘游船/每周98艘游船

#### List of Hotels/Resort/Homestay / 酒店/度個村/民宿列表

Tiara Labuan Hotel	087 414 300	Aifa Hotel	087 424 888
Srindung Sireh Inn	019 936 6634	Perdana Hotel	087 420 922
Billion Pavillion Hotel	087 418 111	Ocean Hotel	087 410 633
Dorsett Grand Hotel	087 422 000	Hotel Pulau Labuan 2	087 422 388
Beta Service Department	087 453 333	Hotel Ambassador 1	087 423 233
Mariner Hotel	087 418 822	Oriental Hotel	087 419 019
Premierz Hotel	087 428 948	Millenium Hotel	087 421 278
HPL Apartment	087 583 533	Red Tomato Hotel	087 412 963
Labuan Point 1 Hotel	087 418 444	Hotel Pulau Labuan 1	087 416 288
Lazenda Hotel	087 580 800	Melati Inn	087 416 307
Avida Hotel	087 416 868	Pantai View Hotel	087 411 339
Transit Hotel	087 431 133	RK Cahaya Hotel	087 419 516
California Hotel	087 418 000	Global Hotel	087 425 201
Skyglobal Hotel	087 431 219	One Hotel	087 451 369
Pulau Labuan Inn	087 416 833	Bukit Kuda Homestay	013 851 1907 / 012 828 9158
H&H Hotel	087 420 200	Sungai Labu Homestay	016 804 1147 / 016 843 0172
Fratini Inn	087 424 545	Patau-Patau 2 Water	013 854 0217 / 012 836 3403
Hotel Ambassador 2	087 581 242	Village Homestay	
Victoria Hotel	087 412 411	Papan Island	087 408 655/50

## FERRY EXPRESS SERVICES TIMETABLE (DOMESTIC & INTERNATIONAL) 2015 2015年渡轮服务时间表(国内和国际)

Departure From Labuan To:/ 从纳闽岛出发:

Destination / 目的地	Ferry/ <b>連轮</b>	Capacity /运载能力	ETD/預计出发时间	ETA/預计抵达时间
Kota Kinabalu/哥打京那巴鲁	LBN EXP 2 / EXP KINABALU	195	8.00 AM	11.15 AM
Kota Kinabalu/哥打京那巴鲁	LBN EXP 3 / EXP KINABALU	207	1.00 PM	4.15 PM
Brunel / 文菜	SRI LABUAN 3	116	9.00 AM	10.15 AM
Brunel / 文葉	MING HAI	184	1.30 PM	2.45 PM
Brunel / 文莱	SURIA	110	3.30 PM	4.45 PM
Brunei / 文葉	SRI ANNA	243	4.00 PM	5.40 PM
Limbang / 林梦	ROYAL LIMBANG NO 1 / LIMBANG PERTAMA	120	1.50 PM	4.00 PM
Lawas / 岩越	RATU PERTAMA LIMBANG	75	12.30 PM	2.30 PM
Menumbok Express / 码头	MK 3888	122	8.15 AM / 2.15 PM	9.20 AM / 3.20 PM
Sipitang	SPEEDBOAT	12	9.00 AM / 12.00 PM / 1.00 PM	9.45 AM / 12.45 PM / 1.45 PM

#### Arrival To Labuan From:/ 出发前往纳闽岛:

Destination/目的地	Ferry/ <b>渡轮</b>	Capacity /运载能力	ETD/預计出发时间	ETA/预计抵达时间
Kota Kinabalu / 哥打京那巴鲁	LBN EXP 2 / EXP KINABALU	195	1.30 PM	4.45 PM
Kota Kinabalu / 哥打京那巴鲁	LBN EXP 3 / EXP KINABALU	207	8.00 AM	11.15 AM
Brunei / 文莱	SRI LABUAN 3	116	8.00 AM	9.40 AM
Brunel / 文葉	MING HAI	184	9.00 AM	10.15 AM
Brunei / 文葉	SURIA	110	1.00 PM	2.15 PM
Brunei / 文菜	SRI ANNA	243	4.30 PM	5.45 PM
Limbang / 林梦	ROYAL LIMBANG NO 1 / LIMBANG PERTAMA	120	8.00 AM	10.00 AM
Lawas / 老越	RATU PERTAMA LIMBANG	75	7.30 AM	9.45 AM
Menumbok Express / 码头	MK 3888	122	10.00 AM / 4.00 PM	10.50 AM / 4.50 PM
Sipitang	SPEEDBOAT	12	8.00 AM	8.45 AM

# RORO FERRY SERVICE TIMETABLE RORO渡轮服务时间表

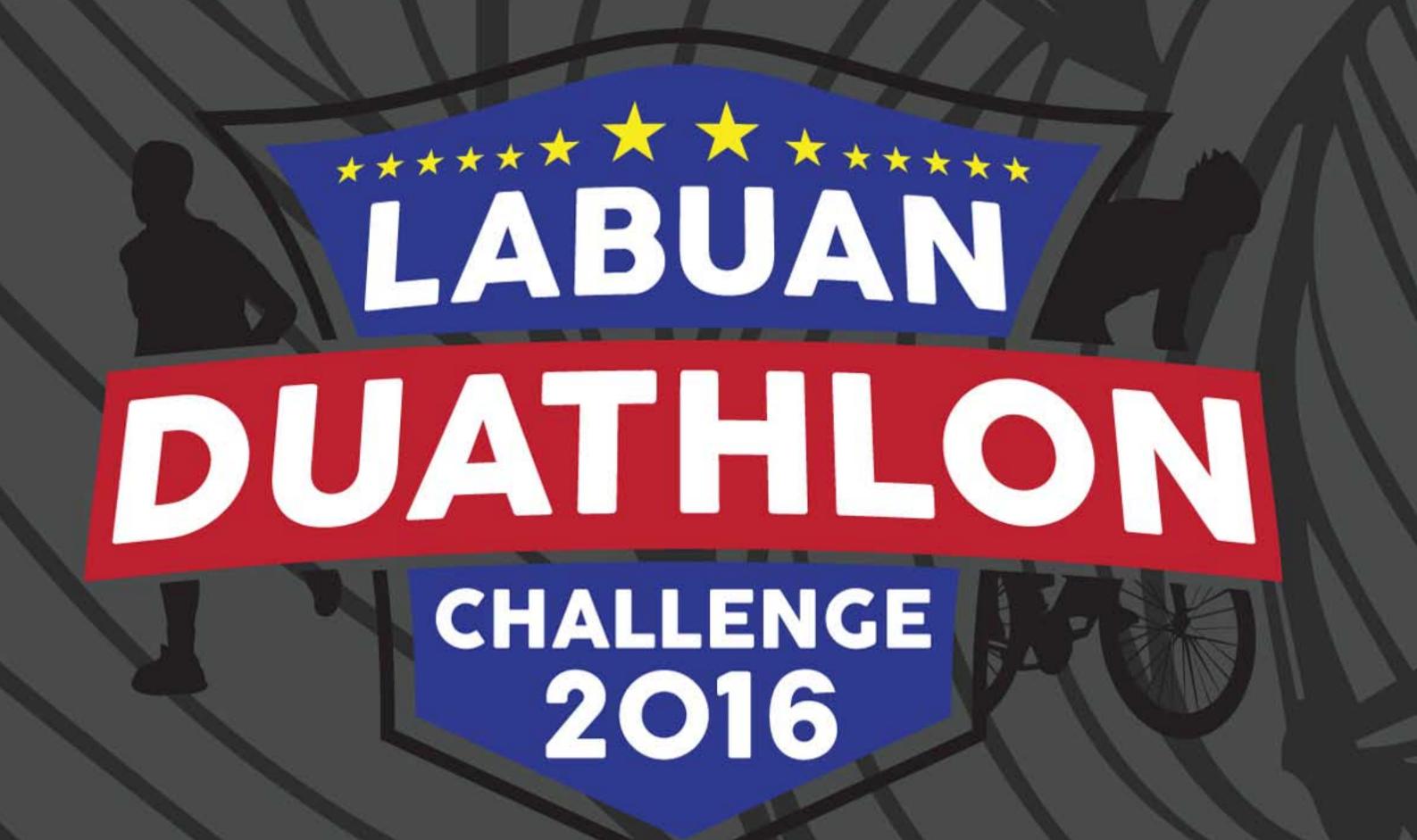
2000	Labuan - Menumbok	Menumbok - Labuan		
FERI/ <b>演轮</b>	Masa / 时间	Masa / 时间	FOR INFORMATION /信息垂词	
	6.00 am - 8.00 am	9.00 am - 10.30 am		
PUTRAJAYA	11.30 am - 1.30 pm	2.30 pm - 4.30 pm	087 443 244	
	*5.30 pm - 7.30pm	*8.30 pm - 10.30pm		
	7.30 am - 9.30 am	10.30 am - 12.30 pm		
WAWASAN PERDANA	1.30 pm - 3.30 pm	4.30 pm - 6.30 pm	087 418 333/417	
	*7.30 pm - 9.30 pm	*10.00 pm - 12.00 pm		
	8.30 am - 10.30 am	11.30 am - 1.30 pm		
GOODWILL	2.30 pm - 4.30 pm	5.30 pm - 7.30 pm	087 418 333 / 417	
	*8.30 pm - 10.30 pm	*11.30 pm - 1.30 pm		
KIMANIS	10.30 am - 12.00 pm	8.00 am - 9.30 am		
	3.30 pm - 5.30 pm	1.00 pm - 2.30 pm	087 443 244	
	*9.30 pm - 11.00 pm	*6.30 pm - 8.30 pm		
GALAXY	9.20 am	7.00 am	087 443 244	
	6.30 pm	3.40 pm		
FERI / <b>演乾</b>	LABUAN - BRUNEI	BRUNEI - LABUAN	and the land of the land	
	Masa / 时间	Masa / <b>时间</b>	FOR INFORMATION /信息報询	
SHUTTLE HOPE	*12.30 pm - 2.00 pm	9.15 am - 11.30 am	087 4155 777 /	
	4.30 pm - 5.45 pm	*2.30 pm - 3.30 pm	087 425 777	

<sup>\*</sup>Additional shipping subject to consumer demand \*可按消费者需求额外增加抗运





16-18 September 2016











Labuan Corporation, Department of Tourism, Culture & Arts P.O. Box 81245, 87022, Labuan FT, Malaysia







@) explore@labuantourism.my



www.labuantourism.my



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