



# TRAINING INFORMATION PACKAGE

# Kuala Lumpur

The cultural hub of Malaysia, Kuala Lumpur is visually defined by the iconic Petronas Twin Towers, which, at 88 stories high, are the tallest twin buildings in the world and a vision of modern architecture. On the flip side, the Sri Mahamariamman is the oldest Hindu temple in Malaysia, its façade a colorful totem pole of iconography. Shopping at the Central Market is a joyful experience that involves haggling, handicrafts, and happiness.

Trains [or LRT as it is known locally] and the monorail are the most convenient and cheapest way of transportation around Kuala Lumpur. The monorail and train is a really easy and cheap way to get about and many stops are near the popular sights or connections to the trains or buses  
<http://www.myrapid.com.my/>

The Kuala Lumpur hop on hop off bus is also a great way as a familiarisation of Kuala Lumpur for a first-time visitor to Kuala Lumpur or as a reminder of the city. Check out their website at <http://www.myhoponhopoff.com> .

If you are interested in nightlife or shopping for all budgets, you can find many hotels in Bukit Bintang area, as this district is very alive during the night and offers very affordable spa and massage for relaxation.

The tourism of Kuala Lumpur is part of Tourism Malaysia, which covers the tourism needs for the whole country.

Malaysia Tourism Centre (MaTiC) stop 1 on the Hop on Hop off bus route is located within a colonial building on Jalan Ampang, also 200m from Bukit Nanas Monorail station. Offering lots of tourist information, hotel reservations, coach / bus tickets, tour packages, money changer, ATM, Malaysian cafeteria, craft shop and demonstrations, souvenir shop, heritage exhibition, access to the internet. Within the site is the Saloma Theatre Restaurant which does have special Malay / International buffet dinner with a one-hour cultural show. There is a also the Courtyard with open air dining with light snacks and a la carte specialties surrounded by the colonial building in the shadow of the Petronas Towers.

<http://www.mtc.gov.my>

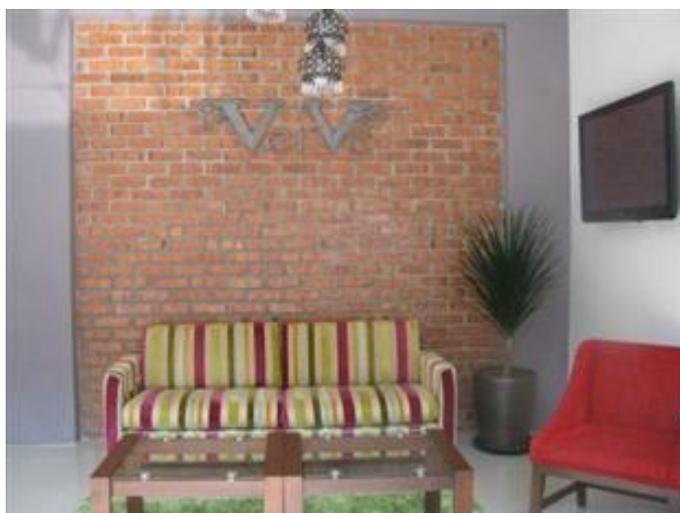


## ACCOMMODATION

Hotel Name : The Verve Hotel @ Ara Damansara  
Website : <http://www.thevervehotel.com/>  
Address : D3A-2, Dana 1 Commercial Center  
Jalan PJU 1A/46,  
47301 Petaling Jaya, Selangor  
Malaysia  
GPS Coordinates: 3.11083, 101.58417  
Tel: 603-7842 8820  
email: [reservations@thevervehotel.com](mailto:reservations@thevervehotel.com)

Hotel is located approximately 45 mins from the international airport and 35 mins from downtown Kuala Lumpur.

Reason this hotel was chosen is the vicinity to the training centre and preferential rates given for long term stay. Hotel is new, and located in a quiet neighbourhood.



## Room options:

### 1. Single Room

Rate : £20 / RM100 per night.

Amenities : Breakfast

Wi Fi

LCD TV with media player & satellite channels

Security card access



## 2. Deluxe Room

Rate : £26 / RM133 per night

Amenities : Breakfast

Wi Fi

LCD TV with media player & satellite channels

Security card access

Queen sized bed



### 3. Family room

Rate : £33 / RM167 per night.

Amenities : Breakfast

Wi Fi

LCD TV with media player & satellite channels

Security card access

Queen sized bed + sofa bed

Bigger room with more floor space



## Amenities:

In the vicinity of the hotel and within walking distance, there are numerous eateries, laundries, hawker/street food, a 24 hour convenience shop and a shopping mall with a wide variety of local and international cuisines, a grocer and a cinema.



## Transportation:

1. From Airport (Kuala Lumpur International Airport or Low Cost Carrier Terminal)

-Transportation can be arranged with our regular pick up from airport to the hotel at £20 / RM100 per trip. Journey is approximately 45mins with good traffic.

-Taxis from the airport are also available within the same price range.

2. From Hotel (Verve) to Aviation training centre:

-Transportation is £8 / RM40 daily for return journey per car. So if there are 2 or 3 persons staying in the same hotel, this cost can be split equally.

3. Train stations are located within a 10 mins drive and will take you to all the popular spots in Kuala Lumpur city.