

بروني هاري اين BRUNEI TODAY

March 2015
VOLUME 17, Number 1
Publication of Information Department



Contents

3-7.....	<i>\$69-million Woman and Children's Block for RIPAS Hospital Completed</i>
8-11.....	<i>Kampung Lumut 1 - Generating Varieties of Economies</i>
12-15.....	<i>Brunei Maritime Academy – Producing a Professional Workforce</i>
16-18.....	<i>BDMB Give The Best Climate Services</i>
19-22.....	<i>Exploring Youth Potential</i>
23-25.....	<i>C.A.R.E. Programme Promotes Healthy Lifestyles</i>
26-28.....	<i>Swiftlet Nests Promises Lucrative Returns</i>

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Note on front & back cover photos

Front cover - *\$69-million Woman and Children's Block for RIPAS Hospital Completed*

Back cover - *Swiftlet Nests Promises Lucrative Returns*

Published By

English Publication Unit

Information Department

Prime Minister's Office

Brunei Darussalam BB 3510

Tel: 673 2 383400

Website: www.information.gov.bn

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Ministry of Health(MoH) continues to improve and provide better service and care for the public.

\$69-million Woman and Children's Block for RIPAS Hospital Completed

To increase the standard of services and further strengthen the health care system especially for women and children, the construction of the \$69 million Woman and Children's block for the Raja Isteri Pengiran Anak Saleha (RIPAS) Hospital has been completed with the key handover ceremony on December 18, 2014.

The project, part of the Ninth National Development Plan (RKN), is an 11-storey building with services specifically for women and children.

It aims to integrate the needs of all services of Obstetrics and Gynaecology and Child Services under one roof, a building block that is more comprehensive, conducive and modern, can contribute to improving and strengthening the health care system for patients more efficient, effective and quality, in line with best practices and international standards.



With the Obstetrics and Gynaecology and Children under one roof, it will provide a more efficient, effective and a better quality health care system for the patients.

Among the specialist facilities and services that the new block holds are a paediatric clinic, obstetrics and gynaecology clinic, and a children specialist ward that includes a general paediatric ward, a neonatal intensive care unit, a special care baby unit, a paediatric intensive care unit and a children's oncology ward.

The new block has 13 delivery rooms (suite), two operation rooms, postnatal ward, doctor's room, seminar rooms, prayer rooms, pharmacy, a cafeteria for staffs and the public.

To further alleviate parking woes in the hospital, the Women and Children's Block has two basement car parks. It has three drop-off points for passengers located at the front entrance as well as the ramps to parking lots at Basement 1 and Basement 2. The public will have access to the parking lot located at Basement 1 and Basement 2 with a one-way exit leading to the Sultan Hassanal Bolkiah Highway.

The RIPAS Hospital also provides three shuttle buses services that will take visitors to the Women and Children's Block before stopping at the RIPAS Hospital's Outpatient Department from the bus stop situated near Jame' Asr Hassanil Bolkiah.

Dr Haji Zulaidi Haji Abdul Latif, Director General of Medical Services at the Ministry of Health, said another three express buses have also been added to the existing shuttle bus service for those wishing to do directly to the Outpatient Department.

For visitors planning to go to the Paediatric Clinic and the Obstetrics and Gynaecology Clinic, they are advised to use the drop-off point at the front entrance.

Meanwhile, the drop-off point at Basement 1 is for patients who will be admitted to wards at the Delivery Suite and ambulances. The same drop-off point is recommended for mothers who are due to give birth and require immediate service.

The drop-off point at Basement 1 features a lift that can be used to go straight to the Delivery Suite located on Level 1. Alternatively, mothers can go to the existing Accident and Emergency Department.

Dr Haji Zulaidi also reminded the public, particularly family members intending to visit patients at the wards, to comply with the visiting times and rules. Visits are strictly limited to two visitors only for each patient at any given time.

Children below the age of 12 are not allowed to enter wards or units. Visitors are also discouraged from being noisy and should be considerate.

Visiting times for the General Ward are from 12pm to 1.30pm and 5pm to 9pm, whereas the Acute, Isolation, Intensive Care, Special Care and High Dependence Wards are open to visitors from 12pm to 1.30pm and 5pm and 8.30pm.

Any enquiries counter will be provided at the lobby, where directions and other information about the new block can be obtained.



Among the facilities and services available at the Woman and Children's block.





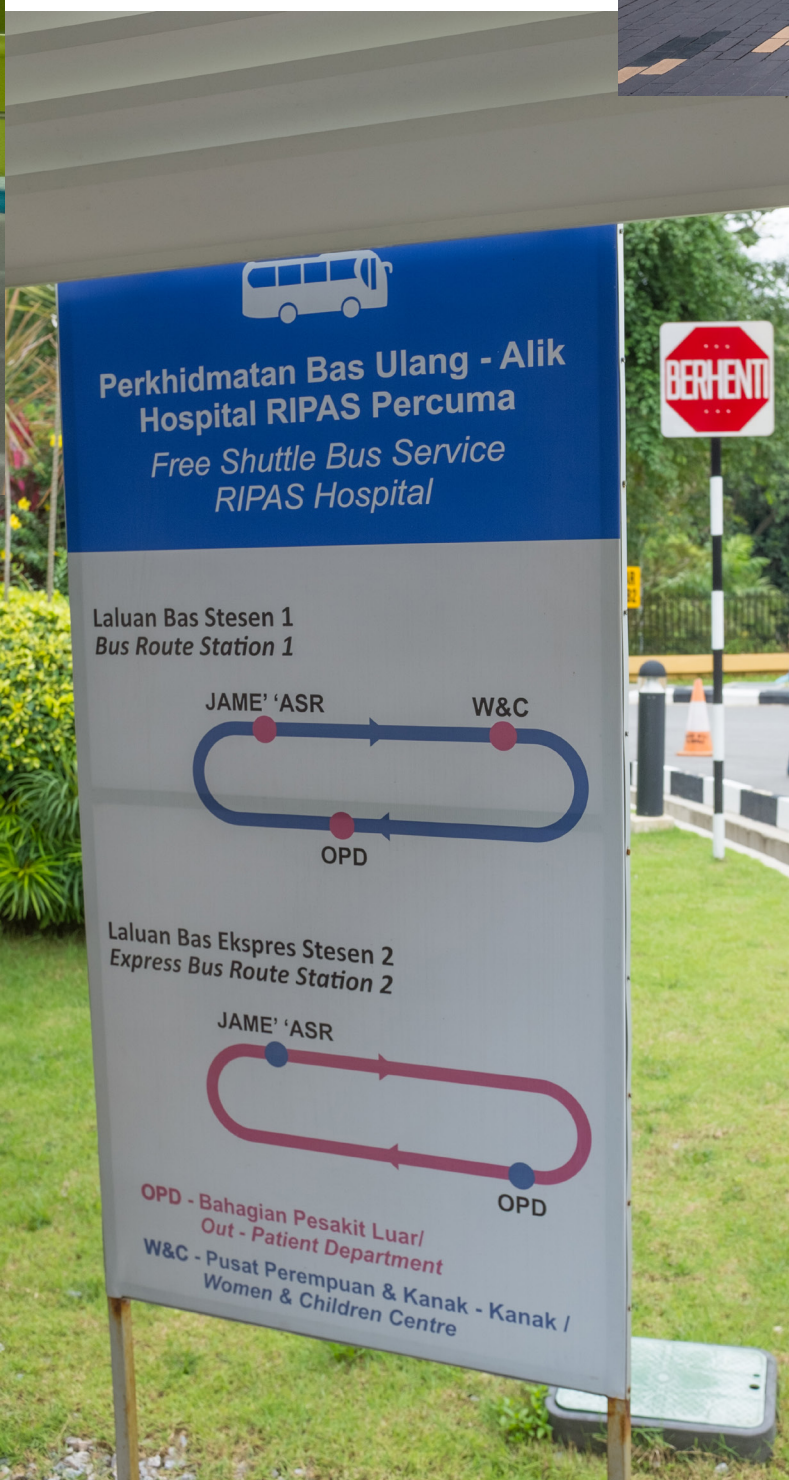
The waiting hall of the Paediatric clinic of the new building Women and Children's block of the RIPAS hospital.



The block also provides some facilities for patients and visitors including children playground.



The RIPAS Hospital also provides three shuttle buses services that will take visitors to the Women and Children's Block





Members of the MPK Lumut 1 can earn side incomes from the handicrafts that they produce.

Kampung Lumut 1 - Generating Varieties of Economies

KAMPUNG LUMUT SATU (1) is situated in the North East Beach of Belait District. It is one of the villages in Mukim Liang Lumut bordering with Kampung Lumut Dua and Kampung Sungai Liang with an area of 53 square kilometer. The border line of Kampung Lumut 1 starts from the junction of Lumut Beach Resort to Balai Raya Lumut 1.

In the past, Kampung Lumut 1 is a traditional village. Most of the villagers work as farmers, farming on a small scale and some work with the government. The number of population is not densed and the infrastructure facilities are also limited.

Before the LNG plant was built, the surrounding area were overgrown with moss, especially in Kuala Sungai, which now known as Sungai Lumut (Moss River). Because of this, the villagers named the place as Kampung Lumut and it remains to this day under the leadership of village head, Yang Berhormat Haji Mohd. Shafiee bin Ahmad, Member of the Legislative Council in Belait.

In the 80s, the population began to grow with migrants who have retired from the government service and private sector, where they choose to build their houses and hence, live here. For the benefit and welfare of the people, enhancement of public facilities such as roads, educational institutions and post offices were built.

Meanwhile, the Women's Bureau of the MPK does manufacturing for the dodol and serunding. The dodol cakes was first done by the single mothers in the project activities (2010-2011). Financial resources obtained for the serunding project were funded from the female bureau fund and MPK funding and the capital of BND 92.55 to start the project are proceeds from the members, while the dodol cakes are contributions from wives of Asia-Pacific Ambassadors, BLNG and funds from the Ministry of Home Affairs (MOHA) and sapit cakes and bahu are contributions from the MPK committee members and individuals.

13 participants who undertook the sapit cake project were given BND 50 each where the total proceeds was BND 650. MOHA has also approved an allocation of BND 5,366 as initial capital to cover the expenses for the purchase of fencing, roofing and others for ponds and fish farming projects and machines for the dodol project.

In addition, members of the MPK also produce other products including Mahkota Dewa Tea, handicraft, souvenirs, seaweed spring rolls done individually and by the MPK committee members. All these activities are conducted at respective places while the marketing is carried out individually and through participations by the MPK Lumut 1 in Bazars and Booth Sales organized by the Belait District.

In their first and second participation for the AKC, Kampung Lumut 1 highlighted their dodol cake, sapit and fish farming in ponds project. The 1K1P were the Serunding Project (2012-2013), dodol (2010-2011), pastries such as sapit and bahu (2008-2009) and fish farming in ponds (2010-2011).

The project chairman, Awang Haji Mas Yose bin Abdul explained that these selling activities and in the real business world has its profit and loss.

"A company, however little they are for as long as it is successful, is a principle that we should stick to. Our new company is our goal together. All of us need guidance from the very beginning. We are not only lacking in capital, skills, experience and knowledge but also the right principle, motivation and entrepreneurial philosophy," he explained.

He said, those who are hard working and not easily discouraged will receive rewards that they sought after, but they need to cannot be lazy and in despair to achieve success, get rid of negativity and for those who are have achieve success, they are actually diligent and hardworking.

"We must work hard because only strong efforts will allow any dreams to come true. Even if we might not become millionaires, but we will do every possible thing to change the financial situation and try to improve the economy to sustain themselves and their families towards a better life," he said.



Members of the Village Consultative Council (MPK) Lumut I harvesting freshwater fish in the pond which they are assigned.

He further added that, we should enjoy a sense of calm and do every thing, though others say it is hard and tedious but with interest in any field, we should go with it and not look back because there will be a reward that awaits us in the future.

The AKC Project aspects and main criteria considered for the project is the management and administration, the economy that includes production and resources of the village, eco-friendly, cleanliness, aesthetic, energy saving and cheerfulness, projects and activities, safety, welfare and community, religious and skills and education and information and communications.

Among the AKC goal is to catalyze the development and progress of the villagers, give recognition and encouragement to the council and residents, strengthen the effectiveness of the MPKs including lifting the integrity and dignity of the institution of community leaders and promote healthy competition among MPKs nationwide.





Brunei Maritime Academy – Producing a Professional Workforce

Human resources that are knowledgeable and skilled is an important asset, as the main basis to enable the country to grow and be resilient in the face of challenges and competition posed by globalization.

Towards this the planning of government expenditure will continue to be focused on providing more opportunities for education and training for the locals. Through these opportunities, it will allow youths in the country, in particular, to improve their knowledge, build skills and their ability to meet the needs of the local labour market.

In the governments' efforts to create more job opportunities, especially for graduates and school leavers, a number of initiatives have been and will be taken by the government which among others include efforts by the Special Working Committee on Issues of Unemployment and also the relevant agencies such as the Energy Department at the Prime Minister's Office (EDPMO) and the Local Employment and Workforce Development Agency (APTK) under the Ministry of Home Affairs.



Towards growth in the marine sector, an agreement containing a train-the-trainers and maritime education and training quality assurance system was held on February 6, 2014. Witnessing the ceremony were the Minister of Education, Yang Berhormat Pehin Orang Kaya Seri Kerna, Dato Seri Setia (Dr) Haji Awang Abu Bakar bin Haji Apong and Minister of Communications, Pehin Orang Kaya Hamzah Pahlawan Dato Seri Setia Awang Haji Abdullah bin Begawan Mudim Dato Paduka Haji Bakar.



The goal of the academy is to produce 'maritime industry ready professionals' who are recognized by the IMO.

The measures include programmes such as the Energy Industry Competency Framework (EICF) launched in July 2013, providing skill programmes in specific areas to meet the needs of the industry.

So far, a total of 482 students have attended the courses provided, where at the end of the course they will have the opportunity to gain employment at certain companies in the Oil and Gas sector.

The Oil and Gas Job Fair 2013 which is its third year since it was organized in 2011, supported by a wide range of government agencies and industry players, has received an overwhelming response, and so far a total of 1,302 (2102) and 2,595 (2013) people have been employed in the Oil and Gas sector respectively, while for the year 2014, there have projected 3,000 jobs to be available in this sector.

Clearly this initiative is in line with the Local Business Development (LBD) Framework which aims to improve the recruitment of local workers in the Oil and Gas service sector that is also in line with the new directive that beginning in 2012, all firms in the Oil and Gas sector are required to have 50 percent of its employees consisting of locals as a prerequisite for a tender.



BMA showcasing Marine programs, career paths and interactive exhibits.

In implementing the LBD framework, firms are also required to be more transparent in providing a conducive working atmosphere, such as an attractive salary scale to local workers. The 50 percent quota will be raised to 70 percent within a period of five years in accordance with the target of 80 percent local recruitment in the year 2035.

The Brunei Maritime Academy

Towards this, the Ministry of Education and the Energy Department at the Prime Minister's Office is working closely with the Ministry of Communications in implementing the establishment of the Brunei Maritime Academy (BMA).

The goal of the establishment of BMA is to produce locals who are professional maritime labour and seafarers approved and recognized by the International Maritime Organization (IMO) for the country's maritime industry labour needs.

The first intake of students for the BMA will commence in April 2014. The matter was raised during the 10th Legislative Council Session, on March 17 by Yang Berhormat Awang Haji Shafiee bin Ahmad to the Minister of Energy at the Prime Minister's Office, Yang Berhormat Pehin Datu Singamanteri Colonel (Retired) Dato Seri Setia (Dr.) Awang Haji Mohammad Yasmin bin Haji Umar where he clarified about the targeted 200 trainees intake each year.

EDPMO, found that only 10 percent of the 2,000 jobs in maritime in the Oil and Gas sector was filled by local employees in 2011. Based on this fact, EDPMO has initiated discussions with the Ministry of Education and Brunei Shell Petroleum (BSP) to form the BMA and has been achieved at the end of 2013 with the help of the Singapore Maritime Academy (SMA).

The goal of the academy is to produce 'maritime industry ready professionals' who are recognized by the IMO.

Developing the BMA

In developing the BMA, several measures have been taken by the EDPMO, among them identifying and developing an appropriate site for the BMA in Sungai Dungun, Kuala Belait.

In addition, EDPMO helps to ensure that the content of the training courses caters to the needs of the industry as well as opening more employment opportunities to locals through the enforcement of the LBD directive which sets target numbers for locals at 50 percent to 90 percent in the contract between contractors and Brunei Shell joint venture.

The Energy Department also provides job security with requirements for 'roll over' or transfer of local employees to the new company that takes over the BSP maritime service contract.

Additionally, the workers are ensured an appropriate income with the average initial salary for those working offshore of at least \$1,000 per month not including benefits such as offshore and overtime allowances.

Also included are 'terms and conditions' that leads to more comfortable job condition and are included in the respective companies' contracts with BSP companies and are given specific courses to enhance the competency and also knowledge about their jobs.

The Minister of Energy at the PMO also explained that employment opportunities in the maritime industry were also advertised through career fairs.

Programmes

According to the Minister of Education, Yang Berhormat Pehin Orang Kaya Seri Kerna Dato Seri Setia (Dr.) Haji Awang Abu Bakar bin Haji Apong while giving his introduction on the estimated budget for the Ministry of Education 2014/2015 during the 10th Legislative Council Session stated that the programmes offered are Deck Rating, Engine Rating, Cook and Steward Bridging and Bridging Officer Engineering Watch.

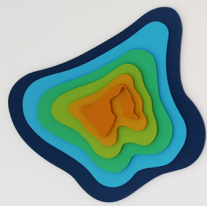
The second intake will be held in July 2014, where programmes in Diploma in Marine Engineering and Bridging Cook and Steward will be offered. While, the third intake will be in October 2014 for Deck Rating, Engine Rating, Cook and Steward Bridging and Bridging Officer Engineering Watch. The targeted total intake of the BMA for 2014 and 2015 is approximately 500 students subject to demand.

Qualified

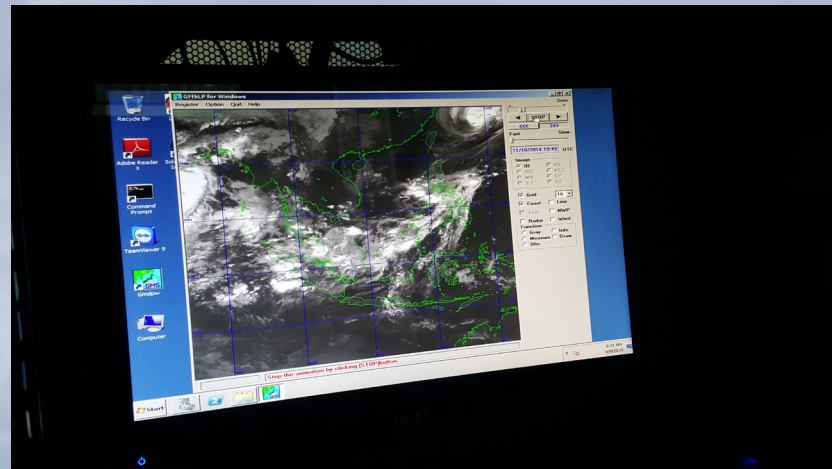
All BMA programmes will be carried out through apprenticeship schemes where companies will select qualified students for the scheme. Companies will give students' an apprenticeship allowance and based on their performance students can be offered the job after they graduate.

Therefore, the number of students who will be taken between July 2013 to 2015 for EICF Compliance Programmes Phase 1 and 2 as well as BMA programmes is approximately 3,300 students.

جايتن كاجي چواچا بروني دارالسلام



BDMD
Brunei Darussalam
Meteorological
Department



BDMB Give The Best Climate Services

As a member of the World Meteorological Organization (WMO), the Brunei Darussalam Meteorological Department (BDMD) under the Ministry of Communication celebrates World Meteorological Day on March 23 every year.

The theme "Climate Knowledge for Climate Action", stresses the importance of climate knowledge in line with the global community is increasingly eager to create action and results in tackling climate change. As a small country, this does not dismiss us to participate in efforts to tackle issues as a result of climate change.

In his message to mark World Meteorological Day this year, Secretary-General of the World Meteorological Organization, Michel Jarraud said, climate change concerns us all. It affects almost all socio-economic sectors, including agriculture and tourism industries, as well as strategic resources such as water, food and energy for the developing countries. He added that the responsibility of the present generation take responsibility for the next generation about climate changes. Climate Knowledge, too, can and should support the process in helping all levels of decision-makers groups to make the best decision.



Instruments use for weather forecasting.



He also stressed, "This will not happen without their observations, research and operations that expand the understanding and knowledge about weather and climate." In this case, as the national authorities agency in the field of meteorology and climatology, BDMD has accepted the challenge in providing climate services to government agencies and private sector to make informed decisions in the best climate.

BDMD began operating in the early 1950s and has maintained meteorological observations since the mid-90s. Meteorological data that has been recorded in the past decade to provide information that is very valuable national climate. In line with the developing progress, the department plans to expand the coverage of meteorological observations throughout the country, using better and sophisticated equipments.



Instruments use for weather forecasting



Currently, the department is working on developing a climate model to improve seasonal climate forecasts. Fostering awareness of climate change on all levels of society are also part of the department's goals. With the increasing number of observations, research and computer literacy in the near future, BDMB ensures to provide climate products and services that are easily understood and applied, in order to foster a socio-economic state.



Exploring Youth Potential

ONE of the main focus of creating entrepreneurial development programmes for youth that are relevant and effective, specifically to answer the call made by His Majesty Sultan and Yang Di-Pertuan of Brunei Darussalam so that the involvement of youths in the field of entrepreneurship be continuously encouraged through training or education, whether formal or not.

Towards this, a 'Pilot Project' was established in 1992, under the Youth and Sports Department called Youth Training and Development Scheme which was held at the Youth Centre in Bandar Seri Begawan. From 1992 to 1995, a total of four courses were offered in stages namely cooking courses in 1992, make-up courses in 1993, sewing courses in 1994, make-up and sewing Courses in 1995 while in 1996, two courses were offered- sewing and food processing course.

On May 11, 1996, the scheme was renamed as Youth Development Programme and its administration was transferred to the Ministry of Culture, Youth and Sports. Then on June 2, 1996 it moved to the newly completed premises in Jalan Utama Tanah Jambu, Kampung Tanah Jambu known as the Youth Development Centre (PPB).

Objectives of the PPB

Among the founding objectives of the PPB is as a source of information for the public about the PPB; inform the community that the PPB was established to provide skills training to interested youths in achieving the aspirations and needs of the nation and the courses offered at the PPB; provide a clear understanding of the functions and role of the PPB and to attract more youths for the Youth Development Programme, particularly youths who are no longer pursuing formal education.

Vision & Mission

The goal of the establishment of the PPB is to provide assistance in skills training and personal development to youths who are unable to continue formal education and unemployed; provide advice to youths and employers about employment opportunities; training youths to be successful and sustainable entrepreneurs.

The purpose of PPB is to train youths to prepare them for employment and business; increase the capacity and personal development; enable a continuous working relationship and successful entrepreneurial skills; provide an opportunity to gain experience and start their own business; advise on the employment, internships and coordinate with employers about job placement.

Pictures show some of the courses offered in Youth Development Centre.



Youth Development Programme

The Youth Development Programme is the core product of the PPB and is the primary measure of implementing the important mission and vision of the centre. The Youth Development Programme has three key components namely skills training, personal development and work attachment.

Among other the objectives of the programme is to improve discipline among youths in accordance with the aspirations of the country; produce youths that are religious, morally sound, ethical, high quality, responsible and have excellent values and enhance their knowledge and skills in the field of entrepreneurship as the basis to starting a business.



Skills Training

The skills training aims to provide and enhance skills training for youths and with the skills it is hoped that they can get jobs or involved in business.

Since its inception until now, the PPB has offered 10 courses through the Youth Development Programme. The courses offered at the moment are Information Communication Technology (ICT) course; Banquet and Culinary Arts course; Pastry and Confectionery course; Fashion Design Technology course; Beauty Therapy course; Welding and Fabrication course; Domestic Water Piping course; Air-Conditioning and Cooling; and Vehicle Body Repair course.

Admission requirements for the courses vary such as 2 or 3 'O' Level for the ICT course; 3 'M' (read, write & arithmetic) for the Banquet and Culinary Arts; Pastry and Confectionery; Fashion Design Technology; and Beauty Therapy courses while for the Domestic Water Piping; Air-Conditioning and Cooling; and Vehicle Body Repair courses require at least the completion of Year 9.

Personal Development

Among others, the objective of this component is to improve discipline among youths in accordance with the aspirations of the country; produce youths that are religious, firm believer, ethical, high quality, responsible and have excellent values in order to improve their knowledge and entrepreneurship skills.



The Youth Development Centre provides assistance in skills training, personnel development, internships and entrepreneurship.

Moulding Personality & Identity

PPB is an institution that provides a variety of courses for youths to advance themselves. Through the skills they have learned they can develop themselves specifically and the country as a whole.

The personal development component is divided into two parts namely learning activities known as semi-academic and activities. Through learning, trainees will learn subjects such as English, accounting, basic computer, basic entrepreneurship and Islamic Religious Knowledge. While for the activities, trainees will be introduced to national duties, social work, physical training, marching, sports and activities undertaken by the Trainee Representative Council.

For the Islamic Religious Knowledge subject, the centre's Religious Studies Department is assisted by the Department of Islamic Studies in planning and carrying out activities which includes daily recitation of the Al-Quran before starting lessons at the PPB Surau. In addition, trainees also follow religious classes that hopefully will be able to strengthen religious knowledge amongst trainees. Besides this, the centre also has appointed an imam for the surau. Trainees are also asked to be the imam on a rotation basis and they would lead the reading of Tahlil and prayers.

Work Attachment

This component provides opportunities for youths to gain skills and experience in the carrying out their work more effectively. Through this component youths can apply what has been learned during the first nine months of study. The work placement is carried out by the youth in government departments and the private sector in companies or firms.

Short-term Programmes

Short-term programmes are implemented as a way to diversify the role and function of the PPB in providing Youth Development Programmes for the youth of Brunei Darussalam. These programmes are the Asy-Syifa programme; Asnaf Zakat Empowerment programme; Al-Hikmah programme; Perkasa community programme and skills exposure.

The short-term programmes are intended to provide appropriate skills training to specific target groups in collaboration with a number of government agencies such as the Al-Islah Centre, Majlis Ugama Islam Brunei, Community Development Department, welfare housing complexes and secondary schools in Brunei Darussalam so that these target groups are able to stand on their own feet and work together in developing the economy. Additionally, the programme helps target groups understand work ethics, be responsible and disciplined so that they can be part of a productive society.

Short Courses

Currently, the PPB also offers short courses for which the implementation is in line with the requirements of the employment market at this time. Among the short courses on offer include Heavy Machine Operator course, Scaffolding course and Auto CAD course.

Majority of the short courses have been carried out with the cooperation of private companies that are directly involved in the Oil and Gas industry. The heavy machine operator course was started in 2012 and to date the PPB has produced 45 graduates in this field. As for the scaffolding course, it began in 2013 and has witnessed 65 PPB youths completing the course.

The Auto CAD course, implemented in 2012, received an encouraging response from youths. As a result, starting in 2013 the course was carried out three times a year. In the course, trainees are taught introduction to health, safety and environment (HSE) which covers matters related to identifying hazards, its control and rehabilitation and learning the different paintings related to projects undertaken on land and at sea.

With the success of the course the PPB partnered with Petrojaya Company in 2014 to implement advanced training in providing exposure related to technical drawing requirements in particular in the Oil and Gas industry.

Entrepreneurship Application

With the application of Entrepreneurial Course, as well as the selected skills training gives an added value that can instill passion and knowledge to the youths in the field of entrepreneurship. Through the course, youths will learn basic accounting, arithmetic, basic business plan and a few basics in starting a business.

Youth Skills Development Programme

The Youth Skills Development Programme is a private and public partnership programme between the Brunei Economic Development Board, PPB and Alcoa Company of the United States of America. The programme is intended to assist youths in realizing their dream of being market-centric graduates in the field of business, in addition to being a successful entrepreneur.



C.A.R.E. Programme Promotes Healthy Lifestyles

Each individual is responsible for taking care of their health so that they can enjoy their life. This includes preventing chronic diseases which can lead to death, living an unhealthy lifestyle and physical and mental imbalance.

The Ministry of Health regularly organizes health seminars to raise awareness amongst the public on living healthy lifestyles, the need to practice it and adopt it earlier in life so that we can prevent health problems in the future.

A World Health Organization study into Body Mass Index (BMI) over 30 ranked Brunei Darussalam in 37th place for women and in 47th place for men. This ranking shows that Brunei Darussalam has the highest rate of men and women with BMI over 30 amongst the ASEAN countries.

Results that are published in the first phase of the Brunei Darussalam Second National Health and Nutritional Status Survey in January 2013 show that 8.8 percent of children five years old and 3.3 percent of children three years old and below are obese.



Belait District Officer, Awang Haji Haris bin Othman launching the Pg Jaya Negara Pg Hj Abu Bakar (SMPJNPBAB) School Health Promotion Day.

Meanwhile in adults, results from Integrated Health Screening and Health Promotion Programme for Public Servants show that 38 percent are overweight and 28 percent are obese. To achieve a healthy lifestyle we need to balance between physical, mental and spiritual to prevent diseases so we can continue living healthy.

In conjunction with its 41st anniversary the Suri Seri Begawan Hospital (SSBH) located in Kuala Belait launched a programme called 'C.A.R.E' which stands for Caring, Awareness, Responsible, Education last November to promote a healthy lifestyle focusing more on youth.

During the early stages of the programme, three secondary schools were selected as pioneer schools which consists of two government schools and one private school namely Pengiran Jaya Negara Pengiran Haji Abu Bakar Secondary School (SMPJNPBAB), Perdana Wazir Secondary School and Chung Hwa Middle School.

The three schools were selected due to its high number of students, if the feedback is encouraging and positive, the programme will be extended to other schools. In June, a Youth Camp was held at the SSBH Learning and Development Centre where the three pioneer schools were invited.

It is hoped that other schools will be encouraged to follow the examples set by the C.A.R.E. Programme to create awareness on the importance of taking care of the body especially in health aspects as it is better to prevent diseases rather than treating it.

SMPJNPBAB, one of the pioneer schools under the C.A.R.E. Programme became the first school under the programme to organize a Health Promotion Day in Belait.

The Health Promotion Day is a continuity of the World Health Day 2014 that was marked on the 7th of April 2014. This programme was organized with the collaboration of the School Health Promotion Unit, SMPJNPBAB's Physical Education Department and cooperation from the Suri Seri Begawan Hospital.

Aerodance performed by SMPJNPBAB students as part of the Health Promotion Day program.



The objectives of the programme are to create awareness among students about healthy diets and the contribution of hospitals to youths. Cooperation and trust between the public and hospital can be built from this programme.

Various activities were held including 'Zumba', a health forum on Diabetes presented by nurses as well as presentation discussing healthy, balanced diet and obesity. Some students from SMPJNPBAB performed aerodance and Taekwondo while students from Chung Hwa Middle School performed Wushu.

Other activities included a health exhibition about healthy lifestyle, SSBH services, learning through health quiz, health examination and blood donation, preparation of healthy food, colouring contest and a bazaar.

The society especially students will be positively affected by this programme about practicing healthy lifestyle. It is better to avoid taking something that can affect our health, activities such as smoking and drugs, overeating where these habits can cause diseases such as obesity, high blood pressure, diabetes and many more.

Practicing a healthy diet such as eating fruits, vegetables and a balanced diet with the help of exercise as a daily activity can be the starting step to ensure healthy body.

Students are also encouraged to be active in the school, participating in Co-Curricular Activities such as badminton, football, Karate, Silat, Taekwondo, health club, army and police cadets and many more.

Taking care of our health from our youth will benefit us in the long term as we can prevent diseases that can affect our life. With good health, we can do more things such as studying, spending time with family, sports, religious activities and many more.

Health screening one of the activities that are included in the C.A.R.E Program.



Swiftlet Nests Promises Lucrative Returns

A CENTURY ago, edible swiftlet nest were famously consumed only by Chinese emperors and top officials. At that time, the Chinese believed that it can delay the aging process and gain longevity by eating the swiftlet nest.

It was difficult for them to obtain the swiftlet nest and one of the places where it can be found was in Hainan Island. This difficulty and high demand cause the price to increase and because of this the swiftlet nest became exclusive to the imperial household.

Swallows are usually mistaken for swiftlet because they look similar but they are in fact two different species. Swiftlet comes from Apodidae family. Apodidae means footless in Greek. This is due to birds' tiny, weak legs and swiftlets are some of the fastest birds in the world. There are seven sub-species of swiftlets but only nests from two species are edible which is *Aerodramus fuciphagus* (edible nest swiftlet) and *Aerodramus maximus* (black nest-swiftlet).

Swallows on the other hand come from the Hirudininae family with 74 sub-species. They love to perch; their wings are deep forked tail with long streamers. The nests are not edible as they are usually made from small rocks and grass.

Consuming products made from swiftlet nest is still foreign to most of Bruneians. But it is not impossible for it to become popular if it is locally produced.

Haszai Agro Farm is a local business that is involved in the production of swiftlet nest. It is located at Kampung Padang Bukit Udal in the Tutong District.

The owner, Awang Hassan bin Haji Zunaidi, 44, said that he was previously involved in vegetable farming and became interested in producing swiftlet nests after visiting the neighbouring country. He stated that after doing his research he found that the swiftlet nest business has a good potential and he started his business after learning the necessary techniques.

The business was started in August 2009, roughly four years ago where he built a special building with the purpose of swiftlet farming, this costs him \$40,000 and he also attended courses for the swiftlet farming. He explained that before constructing the building, he searched for a suitable site and tested the location for two weeks.



Swiftlet Nests



Unprocessed Walet nest produced from the quality of swiftlet saliva.

The business can be risky as it is difficult to obtain the best quality swiftlet nest and it needs intensive care and regular check. According to Awang Hassan, it is not easy to manage, he has to take care of room temperature and make sure pests such as rats, owls, and eagles stay out. This is most important to make sure the swiftlets produce high quality nests from best swiftlet saliva.

Awang Hassan mentioned that currently he is responsible for managing the business as well as supervising the swiftlet farm building. The reception from the public is encouraging especially the drinks products which come in a variety of flavours and have received approval from the Department of Agriculture and Agrifood. At present, he is focused on selling drinks through booking as he is still waiting for a decision from SMEs and they will produce more products if they get the approval.

In neighbouring Malaysia and Indonesia, the swiftlet business is on the rise as there is high demand for swiftlet nest products from restaurants and members of the public. Swiftlet nests are no longer considered a Chinese delicacy as other races like Malays are consuming it for its specialty and health benefits.

With regards to this Awang Hassan stated that swiftlet nest have exceptional nutritional values which is unique. Its active microgenics stimulating factor helps stimulate cells and cell body structure regeneration besides making the skin smoother, softer and younger. Scientific research shows swiftlet nests contains high concentration of minerals, active protein with gelatin protein thus making it a natural health product suitable for all ages.

Consuming swiftlet nest in the long term will help delay the aging process, while active protein will stimulate cell growth in the immune system. It is also suitable for pregnant women because it is beneficial both for the mother and the baby, this shows when the newborn have fair and smooth skin, and the body function are stronger and the mother heal quicker after giving birth.



Awang Hassan bin Haji Awang Zunaidi, Haszai Agro Farm owner who has undertaken swiftlet nests, which contains various nutritional benefits.



One of the products produced from the nest swiftlet.

Benefits of Swiftlet Nest

- Collagen that are in swiftlet nest helps increase appetite, improve digestive system and strengthen blood vessels.
- Reduce phlegm and get rid of cough and good nutrients for the respiratory system.
- Taking it during pregnancy can reduce back pain, strengthen infant's lungs and accelerate the healing process after giving birth.
- For elderly, proper consumption can strengthen their veins and bones and increases the body's resistance to diseases.
- For women, proper consumption can increase metabolism, improve skin and delay the aging process.
- For children, it can strengthen lungs and increase the absorption of nutrients from food.
- Considered good for smokers as it can reduce the impact of nicotine and help prevent cancer.