

بروني هاري اين

BRUNEI TODAY

September 2015
VOLUME 17, Number 3
Publication of Information Department



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Note on front & back cover photos

Front cover - *Jerudong Mini Museum*

Back cover - *Leisure In Damuan Recreation Park*

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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Jerudong Mini Museum

Jerudong Mini Museum located at Kampong Jerudong is a mini museum owned by a local retiree, Hajah Halimah Erna binti Haji Awang. It was opened in June 2015 after Hajah Halimah Erna had just retired whose purpose is to preserve old heritage.

Hajah Halimah Erna said antiques and old objects has always attracted her, since she was a young girl. Her first collection were old coins which has now mounted to 190 pieces. Since then she has started to keep and collect her belongings, both old and new. This interest of hers grew when she started working with the Museums Department at the Ministry of Culture Youth and Sport for 25 years. Her idea of setting up her own mini museum was initiated during her Retirement Course. During that course, the participants were asked about the activities after retirement and Hajah Halimah Erna mentioned about her collections of antiques and her old belongings. Because of this, she was encouraged to pursue her idea of establishing her own mini museum.

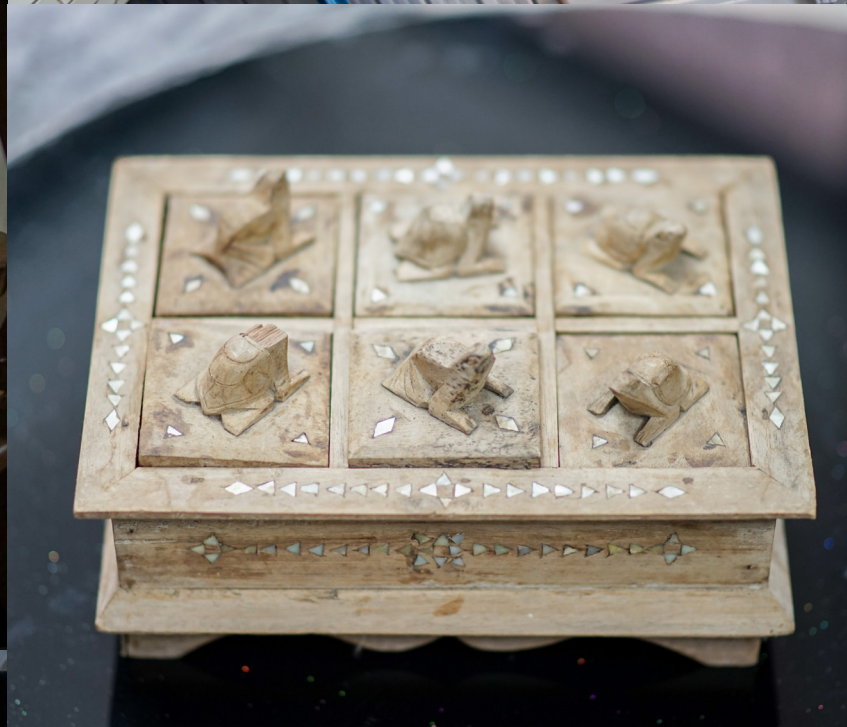


Hajah Halimah Erna owner of the mini museum.

The mini museum owned by Hajah Halimah Erna gained positive response from the public. In addition, the Director of Museums himself, Pengiran Dr Karim bin Pengiran Haji Osman, also supports her mini museum. Hajah Halimah Erna acquires her collections from her own old belongings and antiques that she gathered together since 1965 when she was 9 years old. Majority of her exhibits are from Kampong Saba, when the people residing there sold their old properties due to fire incident. To expand her collections, Hajah Halimah Erna bought some antiques from sellers both locally and internationally.

Upon entering her mini museum, visitors are welcomed by a gallery lined with old charcoal irons obtained both locally and internationally, from Philippines and Malaysia. Displayed opposite the lines of charcoal irons are tengkolok or serban which resembles a turban, traditional middle-eastern headgears worn by men during pilgrimage, on the other side. Hajah Halimah Erna revealed that the headgears are around 100 years old. Presented together with these headgears is an old chest called Kaban which functioned as a luggage for those who were performing their pilgrimage. The gallery is completed by a wooden serving container used to serve sirih pinang called Puan.

The gallery leads straight to an exhibition of ceramics and tajau which are mostly from Kampong Saba. Potteries from Brunei and Vietnam which were used to store uncooked rice in the past are also exhibited here. It is followed by another exhibition room displaying more than 100 year old vases with pictures of dragons called pasu naga which was used to store salted eggs. Ipang and tajau that were used to keep water in the past can also be found in this exhibit. Beside this exhibit is another room revealing old moviscops which is a viewing device in the past. Classic records, old



Some of the collection found in the Mini Museum.





telephones and televisions completed the displays in this room.

The fourth exhibition room displays collections of old cups and plates from Brunei and Indonesia. One collection that Hajah Halimah Erna highlighted here is Piring Bunga Kangkong, a collection of old plates with pictures of swamp cabbages, as according to her it is one of the oldest collection of plates in the mini museum. On the other side of the exhibition room is a collection of traditional games, including both new and old wooden congkak, seashells in particular selisip, kepah and snail's shells which are used in traditional games in the past, old marbles, and mini marbles which are rarely found nowadays according to Hajah Halimah Erna.

Copper from Dubai and bronze from Brunei which were from the 1950s can be found in the fifth exhibition room. This room also displays bintang or also locally known as patian which was used to serve food in the past. Chinese Gallery which exhibits old bowls, teapots and cups that originated from China is also being displayed in this room. The oldest display in the Chinese Gallery according to Hajah Halimah Erna is her collection of old bowls with pictures of a chicken on each bowl from China. Decorating the walls of this fifth exhibition room are old wall clocks. Exiting this exhibition, visitors are welcomed with a gallery displaying traditional music instrument from Indonesia, called Gemilan, and also from Brunei, called Gulingtangan. The original bunga goyang, the traditional accessories worn by a bride during berbedak, is also being displayed here together with its matching traditional bride clothing, air mata duyung, also worn by the bride during berbedak. Hajah Halimah Erna stated that the bunga goyang and air mata duyung is more than a hundred years old as they were being passed down for generations. Brunei's well known woven fabric, better known as kain tenunan Brunei, is also being displayed here.

Hajah Halimah Erna also shows her collections of typewriter mostly from the 1970s, First Day covers used in letters, old encyclopaedias and dictionaries which are 1913 in total and also different types of swords, in particular a samurai from Japan and traditional Malay swords, keris, parang and candong. Alongside these displays are old pots and crocks which are used to cook called paspan and lanjang. Finally, Hajah Halimah Erna reveals which amongst her collection has the most sentimental value for her, that is her late father's old wallet which still has an old coin in it. Rather than exhibiting it together with her collections, Hajah Halimah Erna displays it separately to show how special it is to her.



Minister of Development, Pehin Orang Kaya Indera Pahlawan Dato Seri Setia Awang Haji Suyoi bin Haji Osman, the Deputy Chairman of the Board of Directors of the Monetary Authority of Brunei Darussalam (AMBD) in a group photo at the launching ceremony of 'Self-Inquiry' service introduced by the Credit Bureau, AMBD on 22 September 2014 which took place in Dar Takaful IBB Utama, Bandar Seri Begawan.

What Is Credit Bureau?

By Autoriti Monetari Brunei Darussalam

The Credit Bureau is a unit under the Regulatory and Supervision Department of the Autoriti Monetari Brunei Darussalam (AMBD) and has been in operation since September 10, 2012. The main function of the Credit Bureau is to gather credit information, such as car loans, credit cards, home loans, education loans, etc. This information is gathered from members of the Credit Bureau comprising licensed banks, financial companies and Islamic Trust Fund in Brunei Darussalam.

This consolidated information is collected in the form of a Credit Report.

There are two types of credit report:

1. Credit Information Report (CIR):

Credit report for the use of members of the credit Bureau to make assessment of the creditworthiness of the borrower and prospective borrowers.

2. Self-Inquiry Report (SIR):

An individual credit report for the purpose of checking.

What needs to be on your credit report?

1. Credit Report Number

A unique reference number for each credit report issued by the Credit Bureau.

Things to keep in mind: If you have any queries regarding your credit report, you'll need to provide this reference number to the Credit Bureau.

2. Description of the Subject

This section contains your personal information, such as name, date of birth, gender, citizenship, etc. It includes information about identification, telephone, address and other personal information about you. This information is used for verification of the information provided by the members of the Credit Bureau. Things to keep in mind: You need to make sure the information in the credit report is correct and the address and phone numbers are updated.

3. Summary of Loan Facility

This section contains a summary of all your loans. It also contains various details including the number of your account which are still active and closed. Things to keep in mind: If you did not make the credit line recently but in the credit report shows that you have account on a date you cannot identify, please contact the member of the Credit Bureau that reported the account and also the Credit Bureau for assistance.

4. Credit Facility Detail

This section contains a variety of information about your account including all type of credit facilities, type of ownership, amount approved and the date the account is opened. Things to keep in mind: Check the status of your account, whether it is still active or closed. Your payment history is one of the important items because it shows the number of days if there is late payment date.

5. Enquiry Detail

Application for enquiries made by members of the Credit bureau in the last 12 months will be shown in this section. Details including the date of enquiry were made, the name of the financial institution that made the enquiry, the purpose of the enquiry, and details of the credit line for the application. Things to keep in mind: The information in this section lets you know who viewed your credit report. If you did not apply for a new credit facility or if a credit facility not owned by you and your credit report shows there is a member of the Credit Bureau that enquired, please contact the member of the Credit Bureau involved seeking clarification.

You have to know what to see in your SIR, it is recommended for you to obtain a copy of the credit report for your own review every 6 months. If there are errors in your credit report, please get the information corrected as soon as possible.

How to get your SIR?

Step 1: Download the form from the website at <http://www.ambd.gov.bn/birokredit>

Step 2: Attach the required documents including identification card.

Step 3: Submit the application form together with the required documents directly to the Credit Bureau Customer Service Office at the following address:

Credit Bureau,
Unit 1, Ground Floor
Dar Takaful IBB Utama



Welcome to The Park sign board showing at the entrance of the park.

Katimahar Agri Park

With an area of over 100 acres, this park is a smart effort taken by the Kampung Katimahar Village Consultative Council (MPK) to preserve and maintain the continuity of local fruits.

The Katimahar Agri Park is operated by 158 villagers and is a genuine effort to boost the economy among villagers and reducing the import of fruits from neighbouring countries.

Supports Government Plan

According to the Awang Salim bin Adi, the Village Head of Kampung Lugu and Katimahar, the creation of the park was to answer the government's call, through the One Village One Product programme. In addition, another objective of this park is to provide employment opportunities especially for the village youth and residents.

Location

Located about 25 kilometres from Bandar Seri Begawan, Kampung Katimahar Agri Park promises a fresh and natural atmosphere with breathtaking scenery.

The park is currently being funded by the owner of Soto Rindu Restaurant, Hj Zainal bin Safar, a successful local businessman in the village.

Preserving Plants And Wildlife

Hj Zainal bin Safar, who is also the manager of the park, explained the park's main vision is to preserve local fruits as a precious heritage to prevent them from extinction.

Among the local fruits planted in the park are 5,000 Durian trees, 2,000 Tibadak trees and more than 2,000 different kinds of fruits that are almost extinct such as Meritus, Nenggalau, Lakang, Mata Kucing, Rambutan, Mambangan, Santol, Sukang, Durian Salat, Belimbing, Belunu and Binjai. In addition, five acres of land in the park are planted with natural herbs.

There are 50 ponds throughout with freshwater fishes in the park. Among the species of fish found are Dalak, Karuk, Haruan, Bantang, Patin, Pacu, Jelawat, Keli, Baong, Daun Buluh, Sepat, Putian, Talipia Merah and Talipia Hitam.

Included in the park's area are some private land owned by cattle breeders where 200 buffaloes roam. A few crocodiles can also be found in the park. Besides this, more than 5,000 egrets can often be seen throughout the day.

M.P.K
Ag



MPK Katimahar Agri Park manager, Awang Haji Zainal bin Safar.

Visitors

Over the past five years, the park has received many local visitors and also smaller groups from abroad such as from Japan and Malaysia.

Visitors have the opportunity to fish in the ponds, familiarize with local fruits and vegetables grown in the park. For those who wish to bring home a fruit or freshwater fish, they can buy them at a predetermined price.

The park also has two basic camping areas and some natural springs. A 2-km road also runs through parts of the park so that visitors can conveniently use their cars to enjoy the beauty of the park.



The two-kilometer road built at the MPK Katimahar Agri Park.



Some of the buffaloes reared in the Katimahar Agri Park.



Some of the freshwater fish cultivated in the pond

Future Plans

Awang Haji Zainal bin Safar said there are plans of turning the park into a 'Night Safari'. Visitors will be able to witness the natural behaviour of animals such as fireflies, crocodiles and egrets.

Additionally, the Kampung Katimahar Village Consultative Council, also plans to carry out paddy cultivation traditionally to show how people in the past planted their paddy. The park has the potential to become a research centre for local fruits especially endangered ones.

Presently, the park is free of charge to visitors. However, there is a minimal and affordable charge for provision of meals for groups and safety fee for camping activities.



Two of the buses that are used for the mobile library service.

Mobile Library Service: Empowering the Reading Culture

The Language and Literature Bureau (DBP) is an important institution in the history of Brunei Darussalam. DBP, which is department under the Ministry of Culture, Youth and Sport (KKBS) is the platform for empowerment, continuity and survival of the Malay language, literature and culture.

With a mandate to implement Chapter 82 (i) of the Constitution of the State of Brunei 1959 the department has enormous responsibilities. Chapter 82 (i) of the Constitution of the State of Brunei states that, "The official State Language is Malay and must be written with alphabets specified by the law."



Librarian Officer, Dayang Norhasinah binti Haji Moxin explaining about the Mobile Library Service.



Established on April 19, 1960 as an independent body through the Legislative Council of the State of Brunei known as the Board of Language. It was formed to examine matters relating to the development of the Malay Language as the official language of the country.

Then on September 16, 1961 the Board of Language was placed under the Department of Education and was responsible for the language, enhance and disseminate the use of the Malay Language in Brunei Darussalam.

The Board of Language was then renamed as the Language and Library Division. On January 1, 1965 it was upgraded as a full government department and known as DBP. In early 1984, DBP was placed under the Ministry of Culture, Youth and Sports (MCYS).

In keeping up with current developments, DBP continues to move forward and provide a variety of services to meet the needs of the community in the country.

Among the services include the Mobile Library Service under the Library Division.



Some of the books stored neatly in the bus Mobile Library Service.

Library Division

DBP's Library Service was first introduced in 1963 to meet the needs of researchers in DBP itself.

However, starting August 24, 1967, in line with the goal of the Government of His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam to make the Malay Language as the official language of the country, the library was opened to the public.

Thus, the movement to empower the reading culture was the Library Division's project that encompasses the intention and efforts to popularize libraries as well as to support the country's aspiration to produce a knowledgeable society making use of Information Communication Technology for life-long learning.

The DBP's Mobile Library Service is in the form of a bus service, which makes visits to government primary schools, religious schools, private schools in addition to some rehabilitation centres.

The Mobile Library Service was first introduced in the country by the DBP on August 8, 1979, with the first stop at the Sekolah Melayu Sengkurong. At its establishment the service was intended as a convenience to the community, especially people in the rural areas far from libraries.

With the availability of these services, it directly facilitated the community concerned to borrow books and at the same time inculcating the love for reading.

Touching on the operation of the service, it is done by following a schedule and stopping at the designated schools. For schools that want to be part of the service, they must apply in advanced to the DBP. The bus will only stop for one hour at each of the schools usually coinciding with break times so that students can borrow and return books.

Membership

Currently, the membership for the Mobile Library Service continues to increase with 6,969 members in the Brunei-Muara District (2009-April 2015); Belait with 4,638 members since its establishment; 1,271 members in Temburong (1990-2015) and the Tutong District with a total of 588 members (2013-May 2015) comprising of all ages including parents and educators.

The type of books borrowed was all kinds of books including books that were requested by demand.



Every student being allowed to borrow up to five books.

Types Of Books

The Mobile Library Service has a vast collection of reading materials. The Brunei-Muara District has more than 18,000 books; Belait District over 6,000; Temburong District has 1,500 books and the Tutong District with over 1,800 books.

Books available in the service consist mostly of reading books that are not formal and for light reading. This enhances students' interest in reading. The service also provide past year examination books.

If a borrower loses a book, they will be charged a fine equivalent to the price of the book so that it could be replaced. In fact, if a book is torn the borrower will also be fined and depending on the condition maybe even replaced.

"If there's a missing page then it is considered damaged and must be replaced," Library Officer, Dayang Norhasinah binti Haji Moxin clearly states. She added that active members and students of the service meet the requirements and can join the storytelling competition organized by the DBP.

She further elaborated that the borrowing time depends on the schedule which is about four weeks time with every student being allowed to borrow up to five books. Teachers at the schools involved also monitor the students' reading.

As for the future, the service plans to add more schools as its stop because there are a high number of applications for the service. Current stops are also reviewed and if there is not much demand, the service to that school will be ceased.

To date, the Mobile Library Service has 39 stops in the Brunei-Muara District, nine in Tutong District, eight in Belait and 11 stops in Temburong District. Many more schools are also applying for the Mobile Library Service.



The Beauty Of Flora And Fauna At Mukim Labi

Mukim Labi has an area of 36,390.74 hectares and is divided into two areas, namely Kampung Labi I and Kampung Labi II. The atmosphere and surroundings still retains its natural environment with evergreen flora, fauna and hills.

Kampung Labi I has an area of 136.9 square kilometres with a population of 581 people consisting of 293 men and 288 women. The village head of Kampung Labi I is Hanapi bin Awang Mohd. Siput and is the acting Penghulu of Mukim Labi.

Kampung Labi I consists of eight smaller villages, namely Kampung Bukit Puan; Kampung Sungai Petai; Kampung Tapang Lupak; Kampung Tenajor; Kampung Ratan; Kampung Terunan; Kampung Gatas dan Kampung Kenapol.

Meanwhile Kampung Labi II has an area of 224.9 square kilometres with a population of 578 people consisting of 303 men and 275 women.

Kampung Labi II comprises of six small villages namely Kampung Terawan; Kampung



Rumah Panjang or long houses

Rampayoh; Jalan Labi Lama; Kampung Mendaram Besar; Kampung Mendaram Kecil dan Kampung Teraja headed by the village head of Kampung Labi II , namely Awang Haji Metussin bin Matzin.

The residents of Mukim Labi consist of various ethnicities and tribes like Belait, Kedayan, Dusun, Iban and Chinese. They practice various religion including Islam, Christianity, Buddhism and others.

Mukim Labi have been provided with many basic amenities such as roads, primary and secondary schools, mosques, police stations, fire stations, community halls, water and electricity, flats and barracks for government personnel and recreational areas.

Most villagers in the area still cultivates paddy as it is a common activity undertaken by people in this village because rice is the staple food. The cultivation of paddy is usually done once a year depending on the type either swamp or hill paddy.

Many orchards growing local fruits like Durian can also be found in the area. These orchards supplement the villager's income for their livelihood which is mainly from farming.

Community halls



Mosques



Police stations



Luagan Lalak Recreational Park

Among the tourist attractions in Mukim Labi are Luagan Lalak Recreational Park and Wasai Wong Kadir.

Luagan Lalak Recreational Park is located about 25 kilometres from Sungai Liang along Jalan Labi where this park covers an area of about 270 hectares in Bukit Labi Forest Reserve. It is an interesting place covered with freshwater wetlands. During the rainy season, the lake will be flooded while during the dry season, the lake will recede. The park is equipped with facilities such as huts and a 200-metre-long walkway along the shore of the lake.

Wasai Wong Kadir, a 45-minute drive from the first junction of Jalan Labi is an ideal place for those who love challenges like jungle trekking and camping. A popular spot for picnics is the waterfall. Hikers will go through some steep terrain on the way to the waterfall. It is a place where you can enjoy the pristine beauty of the forest and the fresh water that flows from the lake.

Still along Jalan Labi there are some unique Rumah Panjang or long houses. These are the traditional homes of the Iban ethnic who are known in the past as headhunters. Nowadays, Iban people are more inclined to agriculture. One of the long houses is Rumah Panjang Rampayoh which has 16 doors. Visitor who want to visit the long house is always warmly welcomed by the chief of the long house and inhabitants.

In Mukim Labi, for the purpose of residents leisure and recreation a multi-purpose hall have been built which includes Sepak Takraw court, badminton court, meeting room, bath room, lounge and so on. Visitors who visit and want to stay in Mukim Labi also have the option of staying in 'home stay' residence.



Wasai Wong Kadir a popular spot for picnics is the waterfall.



The nation appreciates the teachers' sacrifices and efforts who educate the children to become qualified human capital.



Teacher As Catalyst For Visionary Individuals

TO commemorate the efforts and sacrifices of teachers, as in previous years Teacher's Day was held on September 23, 2015. His Majesty Sultan and Yang Di-Pertuan of Brunei Darussalam consented to grace the celebration which was held at the International Convention Centre (ICC) in Berakas. The celebration was organized by the Ministry of Education and Ministry of Religious Affairs. The highlight of the celebration was the awarding of the Sultan Haji Omar 'Ali Saifuddin Award, Meritorious Teacher Award and Outstanding Teacher Award.

This year, the theme for the celebration is 'Teacher as Catalyst for Visionary Individuals' and coincides with the 25th year Teacher's Day celebration. The theme can be elaborated that education is a key pillar in building civilization and developing the economy of the country. Education will also determine the country's sustainability in facing global challenges that are volatile and unpredictable. The welfare and survival of the country depends on steady education which is balanced between worldly and the hereafter.

Quality education depends teachers who are the key pillar and social change agent. As educators, teachers should be knowledgeable, have good social attitudes, of integrity and good morals.

In carrying out their task, teachers must always uphold their professionalism, dedication, teaching standard, tireless, friendly and patriotic to produce students who are good, smart

and excellent. Teachers are required to increase their capacity, efficiency, intellect and skills in the field of teaching and learning in order to carry out their duties and responsibilities with distinction. Allah the Almighty said in Surah Al-Mujaadalah, verse 11 which means:

“O ye who believe! When it is said to you, “the place of sitting in the mosques (for others),” then make room; Allah will vouchsafe to you. And when it is said “Stand up, take your stand, Allah will exalt those who believe among you and those who were given some degree of knowledge. And Allah Elaborate on what you do. ”

To face the challenges and demands of the changing times, teachers need to be dynamic and pragmatic in terms of knowledge and skills in order to remain relevant, significant and in line with the changes. The knowledge and skills that they possess should create a conducive learning environment, trigger positive emotions in students mindset and encourage curiosity. Allah the Almighty said in Surah An-Nahl, verse 125 which means:

“Call to the way of your Lord (O Muhammad) with wisdom (wisdom) and goodly exhortation, and argue with them in the best way.”

Next, teachers should strive to improve students’ understanding and intelligence so the students become confident, hardworking in order to achieve success and ambitious. Thus, teachers need to be compelling motivators and inspiring so as to produce progressive, productive and human capital a productive, progressive, and ready to realize the Brunei Vision 2035.

Therefore, the sweat and sacrifices made by teachers should be appreciated as their service played a major role to the advancement of individuals through education in line with the theme ‘Teacher as Catalyst for Visionary Individuals’. We pray that Allah the Almighty reward all the deeds, sacrifices and services of teachers.

Exhibition

An exhibition was organized in conjunction with the 25th Teacher’s Day Celebration and coincides with the theme this year’s Teacher’s Day celebration. This year’s exhibition was held at the East Concourse. This year, the exhibition’s was divided into four sectors, namely:

Sector 1: Vision

Sector 1 focusses on excerpts of Titah. In particular two excerpts of the late Sultan Haji Omar ‘Ali Saifuddin Sa’adul Khairi Waddien Titah with portrait which was the establishment of religious schools (1959) and sending students abroad (1964).

Also featured is His Majesty Sultan and Yang Di-Pertuan of Brunei Darussalam Titah during the 1st Teacher’s Day celebration in 1991 with portrait.

Poetry of the late Sultan Haji Omar ‘Ali Saifuddin Sa’adul Khairi Waddien are also displayed, in addition to related photographs. The public also has the opportunity to see the rationale behind the date September 23 being chosen as Teacher’s Day and the aim of the Teacher’s Day celebration for the past 25 years with their related photographs.



Demonstration by special needs student during Teacher’s Day exhibition.

Sector 2: Theme

The second sector of the exhibition sets out to define the theme of this years' exhibition which is 'Teacher as Catalyst for Visionary Individual'. It features large portraits that depicts the teaching profession. There are six thematic portraits: Murabbi for the Hereafter; Teachers Achievement in the International Arena; Sports and Athletics; Community Service; Teaching Inside and Outside the Class Room and Involvement in National Affairs.

The sector also showcases the Ministry of Education's latest efforts such as Curriculum Development Department's Numeracy Initiative Project (NIP); Mathematics workshops for teachers 2013 to 2015; school visits by teachers and information about the NIP approach and demonstrations by students. Also participating were the TSUT Office (CE); Department of School Inspectorate; Private Education Division; Special Education Unit; UPK Outstanding Teacher Award and demonstration by special needs student.



Sector 3: Department of Islamic Studies

Here the Department of Islamic Studies highlights some of its initiatives such as Al-Quran classes; Khatam Al-Quran Scheme for under 10 year olds and Tilawah Scheme for teenagers.

Sector 4: Higher Education

The fourth and final sector touches upon Higher Education with exhibits from Seri Begawan Religious Teachers University College (KUPU SB) and the Institute of Brunei Technical Education (IBTE).

The exhibition was opened to the public after the Teacher's Day celebration concluded and ran until September 29, 2015.

Some of the exhibition being displayed.



Spiritual upbringing has never been ignored since the primary level to the higher education.



A Seafood restaurant is also prepared for visitors to enjoy the scenery and the fresh air.

Leisure In Damuan Recreation Park

Fresh air and panoramic views are something that is sometimes looked for by people in Brunei Darussalam. Perhaps some do not know where to go because of new and grand buildings are being built so old places are simply forgotten and deemed uninteresting and boring.

The Damuan Recreation Park was established in 1986. However there are still things that can be highlighted about the park even though it is not new. The park offers a suitable venue for recreation, a place to bring children, fishing and even dining at a restaurant.

The changing of the tide is an interesting sight at the park. Lucky visitors can also see wild animals in their natural habitat and observe barges ferrying rocks as they pass the Brunei River. Damuan Recreation Park can also be considered special as it is located near Istana Nurul Iman.



View of Istana Nurul Iman from Damuan Recreation Park



Visitors to Damuan Recreation Park can also do exercises and physical activities for a healthy lifestyle.

Recreation To Stay Active

Nowadays, people are beginning to realize the importance of health in our lives, whether the person is educated or not, young or old. Therefore, more people are choosing a healthy lifestyle by always actively doing physical activity.

Each person has their own reasoning for sweating and tiring themselves. Among the reasons include avoiding obesity and chronic diseases, achieving an ideal weight so as to increase their confidence, to stay beautiful for women and others.

At Damuan Recreation Park there are walkways which people can use for walking, jogging or running. It ensures the safety of visitors as the walkways are far from the road thus eliminating the risk from traffic such as hit-and-run incidents while they exercise.

Because of this many people visit Damuan Recreation Park for leisurely activities as well as for exercise.

The ideal time is in the mornings so that visitors can enjoy the fresh air. Interestingly, a group of retirees has made the park their meet-up place and they can often be seen exercising together.

Apart from the walkways, there is also a Badminton area and areas for people to do warm-up exercises such as sit-ups, stretching, knee-lifts and more.

Play Ground

Families with children can also enjoy the park as there is a play ground where their children can play for free. While the adults exercise, children can be play at the play ground. Various types of games are available such as swing, spider-web, a small tunnel and so on. Usually, on public holidays and in the afternoon, there are families who gather there while enjoying afternoon tea in the restaurant.

The restaurant located in Damuan Recreation Park serves seafood and specializes in steamboat and BBQ. Here customers can either cook their own food at their tables or go to a booth where workers grill seafood. Those allergic to seafood can opt for other dishes such as fried noodles and many more.

Fishing

Lastly, as the Sun sets, some visitors to the park like youths can be found fishing by the river. Damuan Recreation Park is an interesting place to visit and relax as it is open 24 hours.