



SOCIAL AMENITIES & RECREATIONAL FACILITIES.....

.Health / Education / Industrial Training, Research and Development Institutions

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Health

Since the 1980s until to date, the number of hospitals and types of health services in Sabah have progressively increased to meet the needs of the state's populace. They are currently 23 hospitals throughout Sabah, of which 6 are specialist hospitals and the rest are non-specialist hospitals. There is also 1 mental health hospital in the state. There are 11 health offices, 85 health clinics, 189 rural clinics and 23 maternal and child clinics.

Education

Schools in Sabah are both government and privately-run. In 2011, there were 2,107 government schools and institutions of higher learning in Sabah. Of these, 814 kindergartens, 1,070 were primary schools, 213 secondary schools, 7 higher institutions of education, 2 special education (primary) schools and 1 community college. As for private schools, there were 268 kindergartens, 14 each for primary and secondary schools and 2 special education (primary) schools.



Industrial Training, Research and Development Institutions

Sabah has numerous industrial training institutions. The main industrial training centres include the Industrial Training Institute, the Kota Kinabalu Polytechnic, MARA's Skills and Technology Centre, the Sabah Foundation Community College, and the Technical and Trades Training Institute of the Department of Human Resource Development.

There are a number of R & D institutions in Sabah. These are mainly managed by the government and they include the Malaysian Agriculture Research and Development Institute, the Sepilok Forestry Research Centre of the State Forestry Department, the Fisheries Department, The Agriculture Research Centre of the State Agriculture Department at Tuaran, Sandakan, Tawau and Tenom, Standards and Industrial Research Institute of Malaysia (SIRIM) and Malaysia Timber Industry Board (MTIB).





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.Dining out / Sports and leisure / Shopping complexes



Sutera Harbour Resort, Kota Kinabalu, Sabah

A wide range of spicy Malay, Chinese, Indian and traditional cuisine is available.



Dining out

Sabah, with a multi racial population of more than 30 ethnic groups, offers an array of delicacies to tempt the taste buds. A wide range of spicy Malay, Chinese, Indian and traditional cuisine is available. Seafood, for which Sabah is famous, is also offered at numerous air-conditioned and open-air restaurants throughout the state. In addition, there are numerous restaurants serving western and Japanese dishes as well as convenience food outlets.



Sports and leisure

Government-run sports centre are available in Kota Kinabalu, Penampang, Tambunan, Tenom, Keningau, Kota Belud and Sandakan. The Likas Sports Complex in Kota Kinabalu has a wide range of facilities for public use. It offers, inter-alia, a 30,000 seating capacity stadium,

football and hockey fields, badminton, tennis and squash courts, a gymnasium and an olympic-sized swimming pool. Privately-run recreational clubs are also available, offering their facilities to members and visitors. Major hotels in the state also have sport facilities such as fitness centre and swimming pools.

Golfing enthusiasts could choose to play from among the 20 golf courses available in the state. Seven of these are designer courses, of which 3 are





Shopping Complexes

Every major town in the state has modern shopping complexes. Wide ranging products, including imported items, are available at these shopping centers at reasonable prices.



located in Kota Kinabalu, and 1 each in Papar, Tuaran, Ranau and Tawau.

A number of activities also await the more adventurous. Diving off the coast of the state, especially at the renowned Sipadan Island, white water rafting along the Padas River rapids or scaling Mt. Kinabalu, the highest mountain in South East Asia are some such activities.

