



**SIM 35th SINGAPORE OPEN
SOUTH EAST ASIAN WINDSURFING
CHAMPIONSHIP
21st to 24th January 2016**

Welcome Pack for Overseas Participants

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Dear Windsurfers

SIM 35th Singapore Open South East Asia Windsurfing C'ship

Thank you for confirming your participating at the SIM 35th Singapore Open South East Asia Windsurfing Championship. We are delighted to have you on board and have prepared a welcome pack with all the information you need to plan your trip in order to make your regatta an enjoyable and memorable one. Inside this pack, you will find the basic information needed for your arrival into Singapore to make your transition to the accommodation a smooth and hassle free one.

- 1. About Singapore**
- 2. Arrival to Singapore**
- 3. Other Information**

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1. About Singapore

Located in Southeast Asia, Singapore has a land area of about 710 square kilometres, (441 miles) making her one of the smallest countries in the world and the smallest in the region – hence the moniker “The Little Red Dot”. Although small in size, Singapore commands an enormous presence in the world today with its free trade economy and highly efficient workforce. Also, her strategic location in the region has enabled her to become a central seaport along major shipping routes.

Languages Spoken:

English, Mandarin, Malay, Tamil

Currency

Singapore Dollar (SGD)

*1 Singapore Dollar is equivalent to:**

- 0.803 US Dollar
- 5.410 Hong Kong Dollar
- 4.570 Chinese Yuan
- 82.80 Japanese Yen
- 9,679 Indonesian Rupiah
- 25.23 Thai Baht
- 3.067 Malaysian Ringgit

*As of 7th January 2016

Costs

Tipping is not usual in Singapore. The most expensive hotels and restaurants have a 10% service charge, in which case tipping is discouraged. Don't tip at hawker stalls or coffee shops, or in taxis (though drivers won't discourage you!).

ATMs

Most ATMs will accept Visa, MasterCard and cards with Plus or Cirrus. ATMs can be found in most large shopping centres and MRT stations.

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Changing money

Moneychangers do not charge fees, so you will often get a better overall exchange rate for cash and travellers cheques with them than at the banks. You'll find moneychangers in just about every shopping centre in Singapore. Most shops accept foreign cash and traveller's cheques at a slightly lower rate than you'd get from a moneychanger.

Weather

Weather in Singapore is pretty standard and consistent every day with temperatures between 28°C (82°F) to 32°C (89.6°F) in the day and about 24°C (75°F) to 26°C (79°F) at night. Humidity levels can reach 80+% and afternoon thunderstorms are common. Hydration is especially important.

2. Arrival to Singapore

Airport Transfer

From Changi International Airport, the 2 easiest ways to get to your accommodation are by taxi or MRT (Singapore's metro system).

- Taxi stands are located near the arrival halls of each terminal, and the trip to the accommodation should take you about 15 mins. An estimated cost of the trip is between \$11.00 - \$25.00. Do note that there is an airport surcharge of either \$3.00 or \$5.00 depending on the time of day, and a midnight surcharge of 50% of the metered fare between 12.00am and 6.00am.
- If you want to make the trip by MRT, from the airport, take the MRT to Tanah Merah Station. At the station, exit and take a Taxi to your accommodation. This commute will cost \$1.17 per adult for a one way travel.
- If you wish to make the trip by bus, from the airport PTB2, take Bus No. 36. Alight after 9 stops at Marine Parade Road Blk 57. Then walk 500m to your accommodation. This will take about 30 mins in total. This would be the cheapest way to travel.
- If you have heavy and bulky equipment, you may engage our event transport for a small fee. Kindly contact Mr Ho Kah Soon from Constant Wind Pte Ltd at 64455108 or email kahsoon@constantwind.com. We would advise you to make advance booking to avoid disappointment.

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Accommodation

We would recommend this hotel:

- **Le Peranakan Hotel – 400 East Coast Road, Singapore 428994**
Le Peranakan Hotel is a stylish boutique hotel located a 10-minute drive from the East Coast Beach. Featuring rich Peranakan designs, it offers affordable rooms with free Wi-Fi. Cosy guestrooms exhibit an old-world charm with its Straits Chinese designs and hand-carved wooden furniture. Each room is equipped with a desk, ironing facilities and a flat-screen TV. Hotel Le Peranakan offers laundry and dry cleaning services. Luggage storage is offered at the 24-hour front desk. Le Peranakan Hotel is steps from many popular eateries. It is a 15-minute drive from both Changi International Airport and the popular Orchard Road. Parkway Parade Shopping Centre is a short stroll from the hotel.

Estimated cost for 5 nights is about \$400 - \$500 for a standard double bed. We suggest you book through www.booking.com

More information of the Inn can be found at <http://le-peranakan-hotel-singapore.singaporehoteltour.net/en/>

Participants are more than welcome to seek alternative accommodation. Hotels in Singapore can range from the ultra luxurious to the bare necessity so there will be no difficulty in finding one to suit your needs.

Meals

Singapore is well known for its 24hr food places which sell a variety of local dishes and there are no shortage of international restaurants that can cater to all taste buds.

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3. Other Information

Food in Singapore

Singapore is known for her diversity in culture with many races living together on this island, and equally well known is the diverse influences in the Singaporean cuisine. Local foods here have influences from the 4 major ethnic groups – Malay, Chinese, Indian and Eurasians. With eating being considered a national pastime, and food a national obsession, local cuisine is seen to be an attraction to many, especially the tourists.

Having a wide variety of hawker centres to choose from like East Coast Food Centre, Kopi Tiam and Kuofu which all serve cheap local dishes, many locals as well as tourists have been attracted to our eateries. At these hawker centres, famous Singaporean dishes of various ethnicities are almost always found and they include:

- Chinese:
 - Bak Kut Teh (Pork rib soup),
 - Bak Chor Mee (Minced pork noodles),
 - Char Kway Teow (Stir fried flat rice noodles in sweet dark sauce),
 - Hokkien Prawn Mee (Egg noodles in a rich prawn broth and pork rib stock)

**Note: recommended dishes are all not Halal*
- Malay:
 - Satay (Grilled meat on skewers),
 - Nasi Lemak (Rice steamed with coconut milk and various side dishes),
 - Mee Siam (Rice noodles in a tangy spicy soup)
- Indian:
 - Roti Prata (Fried dough pancakes),
 - Nasi Briyani (Flavoured rice served with mutton, chicken, vegetable or fish curry),
 - Curries

Attractions and activities

Clarke Quay

A historical riverside quay in Singapore that has since been converted to restored warehouses holds a wide selection of restaurants of various cuisines, and also house many nightclubs and pubs. While the area bustles with many partygoers and diners on a typical night, another attraction of the area is the G-MAX reverse bungee – the first ever in Singapore. Conveniently furnished with an MRT station in the vicinity (Clarke Quay MRT Station), Clarke Quay remains a popular attraction for tourists especially with its vibrant night scene.

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Orchard Road

Touted as the biggest tourist attraction in Singapore, Orchard Road is the most popular shopping enclave in the whole city. Stretching 2.2 kilometres long, full of retail stores and entertainment facilities, and with 22 shopping malls along the whole stretch, you are bound to find something to occupy yourself with – be it shopping, eating, watching a movie or even people watching in a café.

Marina Bay Sands

An integrated resort officially opened in mid 2010, Marina Bay Sands overlooks the Marina Bay and the Marina Bay Financial Centre and not surprisingly has one of the best views in Singapore. Housing one of the only two casinos in Singapore, you might want to try your luck with the one of the 1,600 slot machines or even play a game or two at the tables. (Remember though, that if you want to go into the Casino, you have to have a pair of pants and shoes for the gents). If gambling is not your cup of tea, don't worry; The Shoppes at Marina Bay Sands mall will be more than interesting with restaurants and retail stores. If all else fails, there's an ice-skating rink and a little river running through the mall where you can ride on a boat resembling a gondola.

Singapore Flyer

A giant Ferris wheel 42 stories high with a total height of 165m, and resembling the London Eye, the Singapore flyer is a popular attraction for its panoramic view of Singapore, and especially after sunset when you can see the Central Business District of Singapore lit up. Each capsule is air-conditioned and takes approximately 40 minutes for a complete rotation.

Chinatown

With Chinese being the largest ethnic group in Singapore, China town is a neighborhood that showcases distinctly Chinese cultural elements. Having preserved most shop houses, the architecture in Chinatown is definitely something to marvel at. Within Chinatown itself, while being immersed in the culture, hawker centres serving local fare are readily available, and don't miss out on the heritage museum.

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