



MALAYSIA Mountain Goal

ADVENTURE CONSULTANT



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WHO WE ARE



We are an event outdoor adventure consultant company with over 7 years of experience in organizing various outdoor and team building activities. Our clientele include multinational corporations, international schools and government agencies.

WHAT WE DO

We organise a variety of events which are custom-made to cater specifically to our clients' needs. Our expertise includes organizing programs in the following themes:

- Eco-Challenge
- Treasure Hunt Challenge
- Rafting Experience
- Waterfalls Expedition
- Scuba Diving Exploration
- Empowerment & Motivation Camp
- Community Service
- Homestay Program
- Fear Factor Games
- Mountain Search & Rescue
- Team Building Program
- Mountaineering Expedition
- Rock Climbing Course/Walls
- Cave Exploration
- Tour & Backpacking Expedition
- Summer Camp
- Survivor Course/Games
- Rope Management Course
- Obstacle Course
- Adventure Photography Course

OUR TRACK RECORDS

Some of the major events/trips organised by MMG in the past few years include the following:

2002:

- Backpack trip to Annapurna Sanctuary, Nepal
- Hiking expedition to scale all the G7 Summits in Peninsular Malaysia

2003:

- Rock climbing trip to Krabi, Thailand
- Backpack trips to Annapurna Circuit, Nepal and Thailand-Cambodia-Vietnam

2004:

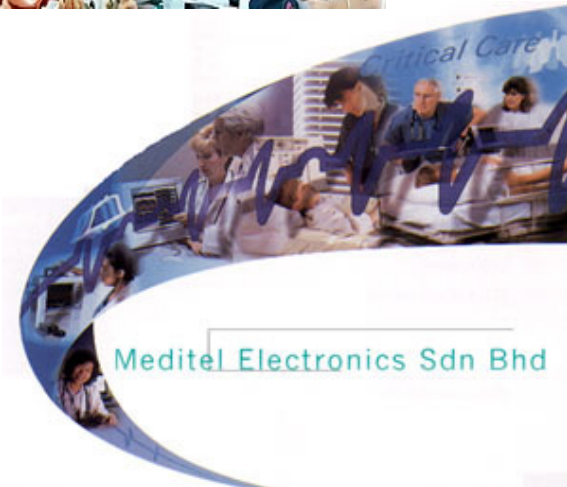
- Cultural backpack trips to Silk Road, China and Sumatera-Java, Indonesia
- Team building events for Siemen-Meditel, Ecopia, Galaxy Automation, Panasonic, CyberVillage and Guocera

2005:

- International Award For Young People “The Duke of Edinburgh Awards” (Gold, Silver and Bronze medals) for Kuala Lumpur Alice Smith School
- Backpack trips to Annapurna Sanctuary, Nepal
- Backpack trips to Nepal and Tibet
- Team building events for OCBC Bank, Majlis Perbandaran Pulau Pinang, Guocera, CyberVillage, KL International School and National University of Singapore

OUR CUSTOMERS

Some of the customers we have worked with include the following: -



OUR PEOPLE

Phang Thong Wah

Awards/Achievements:

- First Aid - Basic & CPR by Red Crescent Malaysia
- Certified Wilderness Medical First Responder (WMFR) and Certified Heart Saver (CPR) conducted by Outward Bound Singapore with accredited by National First Aid Council of Singapore
- Open Water and Advanced Scuba Dive (PADI)
- Karate Instructor
- Scaled G7, the seven highest mountains above 2,000 meter in Peninsular Malaysia consisting Mt.Tahan, Mt.Korbu, Mt.Yong Belar, Mt.Yong Yap, Mt. Ulu Sepat, Mt. Gayong, Mt Chamah in 14 days (Number of times scaled = 2)
- Scaled the highest mountain in Peninsular Malaysia, Mt.Tahan (Number of times scaled = 10)
- Organised and led backpack tours to Himalaya Range—Annapurna Circuit (5,416 meter) and Annapurna Basecamp (4,130 meter)
- Organised and led more than 500 outdoor activities locally.
- Nenggiri Challenge 2004 - Water Rafting Competition
- Penang International Dragon Boat 2005 Competition
- Penang International Full Marathon (Every Year)

Years of experience in training/outdoor adventure: 15 years

Thong is one of MMG's most experienced consultants. He has strong mountaineering technical skills ranging from rainforest mountain to alpine mountaineering. Besides that, he is a strong swimmer and has experiences in both river & sea rescue situation. Thong has impressively combined his technical skills and industry knowledge of the computer sector (from his 10 years of working experience in the IT line) with experiential learning to offer teambuilding and leadership programmes to IT related companies. Besides that, he is also our famous MMG main chef. Thong has served as the leader for MMG's Mountaineering Division, churning out interesting mountaineering expedition programme for climbers/hikers of all levels and ages. Thong is also a part-time karate instructor at Tunku Abdul Rahman College.

New ADVENTURE, New EXPERIENCE, New DISCOVERY, New LIFE

PHOTO GALLERY





VISIT US

Thank you for your interest in MMG. For further information and details on our programs and activities, please log on to

<http://www.mymountaingoal.com>

Or you could also find us at

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