



WOVEN DREAMS



AN EXHIBITION OF PUA KUMBU TEXTILES FROM THE RUMAH GARIE LONGHOUSE
IN SARAWAK, EAST MALAYSIA

THE PRINCE'S SCHOOL OF TRADITIONAL ARTS
19 – 22 Charlotte Road, London EC2A 3SG
Nearest Underground : Old Street

Exhibition starts on Wednesday 27th May.
Open Monday to Friday : 10 am to 8pm
Saturday : 10 am to 5 pm

‘ Woven Dreams ’ is part of a two-week celebration of the cultural arts,
forests and indigenous foods of Sarawak in East Malaysia.

The exhibition is being held in association with
Society Atelier Sarawak, The Alde Valley Food Adventures
and The Prince's School of Traditional Arts.

It will present the largest collection of contemporary Pua Kumbu
to be shown in England, together with a collection of contemporary
Kelabit bead necklaces and a selection of working baskets from Sarawak.

Other events :

Sustainability in Sarawak : Foods, Fabrics & Forests : Thursday 28th May 6.45pm - 7.45pm at
Asia House, 63 New Cavendish Street, London W1G 7LP . Experts on Sarawak discuss the
region's ecology and heritage – and consider its models of sustainability. Followed by drinks and
Malaysian canapé reception sponsored by the British Malaysian Society. Tickets £10. Asia House
Friends & Concessions £5. For more information and bookings please visit :

www.asiahouse.org.

Woven Dreams : exhibition, illustrated talks & weaving demonstrations @ The Prince's School of
Traditional Arts. For more details of the exhibition programme please visit :

www.foodadventures.co.uk.

The Sarawak Lunch : Friday 5th June 12.00pm - 2.30pm @ Awana restaurant, 85 Sloane Avenue,
Chelsea, London SW3 3DX. A celebratory 3 course lunch including signature foods of the Kelabit
Highlands with talks by Jason Gathorne-Hardy, Patron of Pesta Nukenen Bario [The Bario & Kelabit
Highlands food & Cultural Festival] and Edric Ong, President of Society Atelier Sarawak. For
bookings and payments please contact :

Kirit.Kumar@asiahouse.co.uk

The Alde Valley Food Adventures E : rivalde@btinternet.com T : [00 44] 1728 663 531

www.foodadventures.co.uk





PESTA NUKENEN BARIO



Tungey Tungey Tau ! Welcome to some Good Food News from Bario & The Kelabit Highlands! If you love traditional indigenous foods, beautiful Highland forests & meeting new friends in remarkable places, we recommend a visit to the Kelabit Highlands in Sarawak, East Malaysia. Held in Bario each year, PESTA NUKENEN BARIO [The Bario & Kelabit Highlands Food & Cultural Festival] celebrates the remarkable food, forest, farming & cultural heritage of the beautiful Kelabit Highlands in the green Heart of Borneo – otherwise known as The Land of a Thousand Handshakes !

The Kelabit Highlands are the cultural homeland of the Kelabit race – one of the many different groups that make Sarawak and Malaysia famous for its extraordinarily rich cultural heritage. Just as many other parts of rural and coastal Sarawak await discovery by visitors and residents alike, the Kelabit Highlands are a treasure house of community based cultural assets. These include East Malaysia's largest surviving traditionally farmed and forested highland catchment area [the Sungai Dappur Valley and catchment area] ; East Malaysia's largest assemblage of megalithic, neolithic and modern stone monuments, including dolmens, standing stones, cairns, burial sites and former longhouse sites ; some of Sarawak's iconic wildlife species [gibbons, orchids, hornbills, Rafflesia plants and reports of the Bornean Clouded Leopard]; and a rich traditional food and landscape heritage.

The food heritage of the Kelabit Highlands was recognised in 2003 by the awarding of a Slow Food Presidium to Bario Rice. But there are many other extraordinary local farmed and wild foods unique to the Highlands. These include Bario Salt [reviewed on the UK BBC Food Programme in 2008], Pa Mada Cinammon [already tested by chefs in the UK], Bario Pineapples and *tenum*, a native spice. If your appetite is whetted and you haven't yet tried *tengayen* [wild spinach], *lanau* [wild asparagus], [fried grated tapioca root], *labo senutuk* [smoked meat], *bua kabar* [Bario pineapples], *nuba laya* [boiled Bario Rice wrapped in *daun isip* leaves], *senape* [steamed sticky rice wrapped in palm leaves] or *bua puak* [sweet wild mangosteen] – or eaten around the *tetal* [the traditional Highland longhouse hearth] we recommend you contact MASwings immediately for your very own Highland adventure !

How to Get to the Kelabit Highlands & Pesta Nukenen

One of the best ways to get around Sarawak is by Air Asia or MAS internal flights and by boat upriver. The villages, longhouses, home stays, lodge houses and beautiful forests of the Kelabit Highlands can be reached by plane from Miri airport with MASwings www.maswings.com.my. The flight is an adventure in itself. For entertainment forget digital video monitors and piped music - just climb on board and enjoy the company and the views! Most flights have a family like atmosphere and the scenery offered by Mount Mulu, Batur Lawi and the Tamu Abu range is stunning on clear days. For the final approach to Bario, the Twin Otter planes rise up over the forested ridges of the Tamu Abu mountains and then drop down on to the highlands around Bario – a mixture of family owned wet padi rice farms, longhouses, streams, buffalo *laman*, *paya* forest, *amug* secondary forest and more remote primary forest near the Indonesian border. The landing strip is a short 150m long runway. Families and friends share news as the planes come and go, whilst home stay owners come to pick up and deliver their guests. The warmth of the reception and the enjoyment of taking part in community based tourism is enhanced by one other extraordinary quality of the Highlands – the beautiful smell of silent, fresh, forest-filtered air. For more community news & information about Bario, visit www.ebario.com.

For more information about Sarawak's cultural heritage, towns, cities and national parks please visit www.sarawaktourism.com. For more information about Malaysia please visit www.tourismmalaysia.co.gov.my.

