



fogsi GALACON 2026



Dr. Bhaskar Pal
FOGSI President - 2026



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LANGKAWI

24 – 27 January 2026



LANGKAWI TOUR ITINERARY

Day 01 **24 Jan** ARRIVAL & LANGKAWI CITY TOUR

- 📍 Arrival at Langkawi International Airport (LGK)
 - 📍 Meet & greet on arrival at LGK Airport
 - 📍 ETA: 10:40 hrs
 - 📍 Proceed to Eagle Square for a photo stop
 - 📍 Lunch: Indian Restaurant (Local)
 - 📍 Hotel Check-in : Wings by Croske Resort Langkawi
- Standard check-in time: After 15:00 hrs (Early check-in subject to availability)

Afternoon Program:

Proceed for Half-Day Langkawi City Tour, covering both urban and rural highlights of the Legendary Island:

- 📍 Atma Alam Handicraft Center
- 📍 Kuah Town
- 📍 Maha Tower
- 📍 Eagle Square

Continue visit to Underwater World Langkawi

Dinner:

- 📍 19:30 hrs – Transfer for dinner
- 📍 Dinner at Indian Restaurant, Langkawi

Overnight Stay: Langkawi

Day 02 **25 Jan** ISLAND HOPPING & MANGROVE TOUR

Breakfast:

- 📍 07:00 – 09:00 hrs at hotel

Morning Activity:

- 📍 09:00 hrs – Proceed for Half-Day Island Hopping Tour

Lunch:

- 📍 13:00 hrs – Indian Restaurant



Afternoon Activity:

- 📍 Continue with Half-Day Mangrove Tour
- 📍 Return to hotel for relaxation.

Dinner:

- 📍 20:00 hrs – Dinner at LGK Restaurant
- 📍 Overnight Stay: Langkawi

Day 03 **26 Jan** ORIENT VILLAGE & CONFERENCE

Breakfast:

- 📍 07:00 – 08:00 hrs at hotel

Morning Sightseeing:

- 📍 Proceed for Cable Car & Oriental Village Tour, including:
- 📍 Sky Bridge
- 📍 Sky Dome
- 📍 Sky Rex
- 📍 3D Art Museum

Lunch:

- 📍 India Palace Restaurant

Return to hotel.



Conference Program – ORKID Conference Room

Conference Schedule – ORKID Conference Room

Date: 26th January 2026 (Monday)

Time: 16:00 – 20:30 hrs

17:00 – 17:30 hrs : Inauguration

17:30 – 18:30 hrs : Adolescent Endometriosis

Adolescent PCOS

Puberty Menorrhagia

Teenage Pregnancy

18:30 – 19:15 hrs : Panel Discussion: Sexual Health in Adolescents

19:15 – 20:00 hrs : Panel Discussion: Primary Amenorrhoea

20:00 – 20:30 hrs : Menstrual Hygiene

Obesity in Adolescents

HPV Vaccination

20:30 hrs : Dinner at Hotel – Fins Restaurant

Overnight Stay: Langkawi



Day 04 **27**
Jan DEPARTURE

Breakfast at hotel

- 📍 Check-out from hotel
- 📍 Proceed to Langkawi Airport.

Flight Details:

- 📍 ETD: 11:40 hrs

HOTEL DETAILS

Hotel Name: Wings by Croske Resort Langkawi

OPTIONAL WATER ACTIVITIES (SUPPLEMENT COST)

- 📍 Beras Basah Island:
- 📍 Parasailing (Boat): RM 155 per pax
- 📍 UFO Boat: RM 45 per pax
- 📍 Banana Boat: RM 35 per pax
- 📍 Snorkeling: RM 30 per pax
- 📍 Pregnant Maiden Lake Island:
- 📍 Entrance Fee: RM 20 per pax
- 📍 Kayaking: RM 30 per pax

THANK YOU & HAVE A MEMORABLE TRIP!



Travel Partner

 **FlyCalico Pvt.Ltd.**

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