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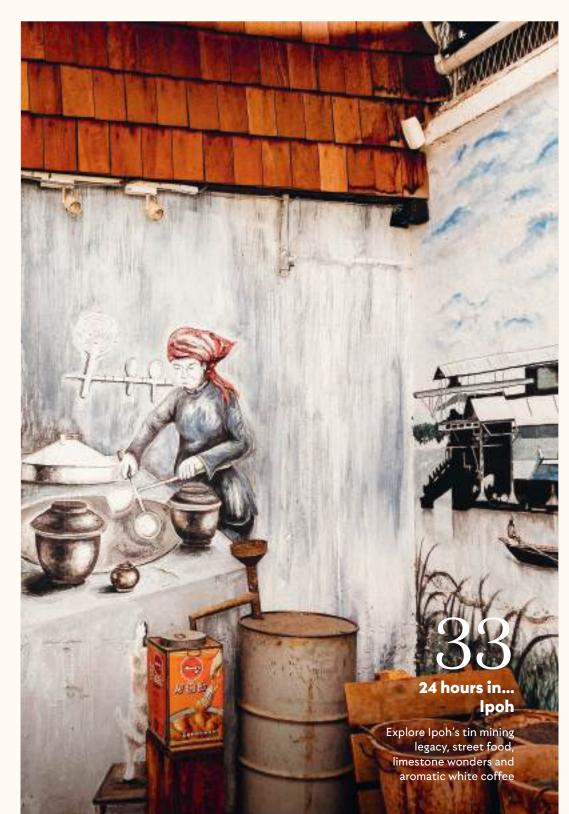






NOVEMBER 2024

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About the cover Eclipse Square in Ba Na Hills. Photo by Acacia Diana.

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Dear guests,

As we embrace the new month, I want to take a moment to reflect on the journey we've shared and to express my heartfelt gratitude for your continued loyalty to Malaysia Aviation Group's airlines. Your support inspires us every day to enhance your travel experience as we continuously enhance our offerings to meet the evolving demands of the aviation industry.

November is an exciting month for us as we welcome the much-anticipated arrival of our first A330neo aircraft. We can't wait for you to experience our award-winning cabin that embraces modernity while paying homage to our roots and Malaysian Hospitality. We look forward to welcoming five A330neo aircraft by Q1 2025 and to grow our fleet to 20 by 2028.

As we introduce a modernised fleet, we are also strengthening our reach and capabilities to serve you better. We recently announced the recommencement of our services to Kolkata, India with the inaugural flight commencing on 2 December 2024. This will expand our routes in India to 10 destinations, including New Delhi, Bengaluru, Mumbai, Chennai, Hyderabad, Kochi, Amritsar, Trivandrum and Ahmedabad. Additionally, our new codeshare with IndiGo offers you even more enhanced connectivity to explore Indian cities. Through this partnership, Malaysia Airlines customers will gain wider access to destinations within India, as the airline's flight code "MH" will be added to seven domestic destinations in India, including Kolkata, Varanasi, Patna, Tiruchirappalli, Goa, Bhubaneswar and Visakhapatnam. Meanwhile, IndiGo's "6E" flight code will be

added to Malaysia Airlines' domestic routes from KL International Airport Terminal 1 to key destinations such as Penang, Langkawi, Johor Bahru, Kota Kinabalu and Kuching, giving IndiGo passengers more opportunities to explore the beauty of Malaysia.

I am also pleased to share that Malaysia Airlines was recently voted and ranked among the Top 10 Best Airlines and Top 10 Best Airlines for Food by Condé Nast Traveller, a testament to our ongoing efforts to elevate the dining experience onboard. Earlier this year, we introduced the "Best of Asia" menu on selected sectors, offering passengers a taste of local and destinationinspired dishes. We have also refreshed the Chef on Call menu for Business Suite and Business Class, as well as the Economy Class Pre-Order Meal menu, further demonstrating our commitment to providing unique, tailored dining options across all cabins. In addition, we have introduced upgraded amenities to improve the onboard experience. These include refreshed amenity kits and improved soft furnishings such as larger blankets and redesigned duvets and mattress covers. We are grateful for your continued trust and support, which drives us to continually enhance your journey.

As we continue to innovate and expand our sustainability efforts, we are proud to introduce the first Malaysia-based carbon project through the Kuamut Rainforest Conservation Project. This initiative marks a key milestone in our commitment to reducing our carbon footprint and preserving vital ecosystems. Through our voluntary carbon offset programme, passengers and corporate clients can now actively contribute to environmental conservation, supporting socio-economic development while we work towards achieving net zero carbon emissions by 2050, in line with the MAG Sustainability Blueprint.

These efforts are only made possible with your continued support. As we continue to innovate and improve our offerings, we remain committed to ensuring you have a seamless and pleasant experience with us.

We look forward to welcoming you on many more journeys with our Malaysian Hospitality.

Izham Ismail

Group Managing Director Malaysia Aviation Group

TOME



OCEAN EMERALDS

Dive into the depths of elegance with Tomei's exquisite emerald necklace, inspired by the beauty of the ocean.

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e're in the final two months of the year, and you might already be planning your travels for the next. This month's issue is here to help with your forward planning.

Da Nang, our cover story and one of Malaysia Airlines' newest destinations, is best experienced between February and May. In this coastal city in northern Vietnam, the rugged beauty of the Marble Mountains meets sleek beach resorts, while lantern-lit evenings along the Han River exude a charm that feels almost magical. The city's historic landmarks, such as the majestic Dragon Bridge, merge with a vibrant food scene that invites you to savour its famous seafood delicacies some of which are freshly caught by fishermen in their thung chais (basket boats), as featured in Malaysia Airlines' Time for Da Nang video with Acacia Diana (p38).

Heading south to Melbourne, autumn begins in March so now is the perfect time to plan your visit. Watch the city gradually transform into a canvas of amber and crimson hues as you take leisurely strolls through the Royal Botanic Gardens, sip coffee in its artsy laneways and catch a show at the Arts Centre. Then, escape to regional Victoria for the serenity of its geothermal springs. At places like Alba Thermal Springs & Spa and Peninsula Hot Springs on the Mornington Peninsula,

> you can unwind in open-air pools surrounded by native bushland - the perfect way to reset before winter's chill (p46).

> Finally, with November through February being the ideal time to visit, spend a day in Ipoh, Malaysia, a city steeped in tin mining history and nostalgia (p33). Wander its colonial streets, sample the renowned white coffee and lose yourself in its street art and hidden cafés. In just 24 hours, we'll show you how to capture both the energy of modernity and the soul of a bygone era.

Happy travels,

Therman Con

Shermian Lim

Editor

This issue's contributors



Stephanie Boey Writer, "24 hours in Ipoh", p33

Born and raised in Kuala Lumpur, Stephanie loves discovering hidden gems around Malaysia, visiting art galleries and finding treasures at local thrift stores.



Evelyn Teh Photographer, "24 hours in Ipoh", p33

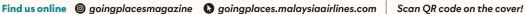
Evelyn is a documentary photographer from Penang, driven by her passion for uncovering people's stories and capturing the places that shape them.



Writer, "Cool, calm, curated",

Sheany is a writer, editor and journalist based in Jakarta covering news and lifestyle in Southeast Asia and capturing the unique wonders of the region.









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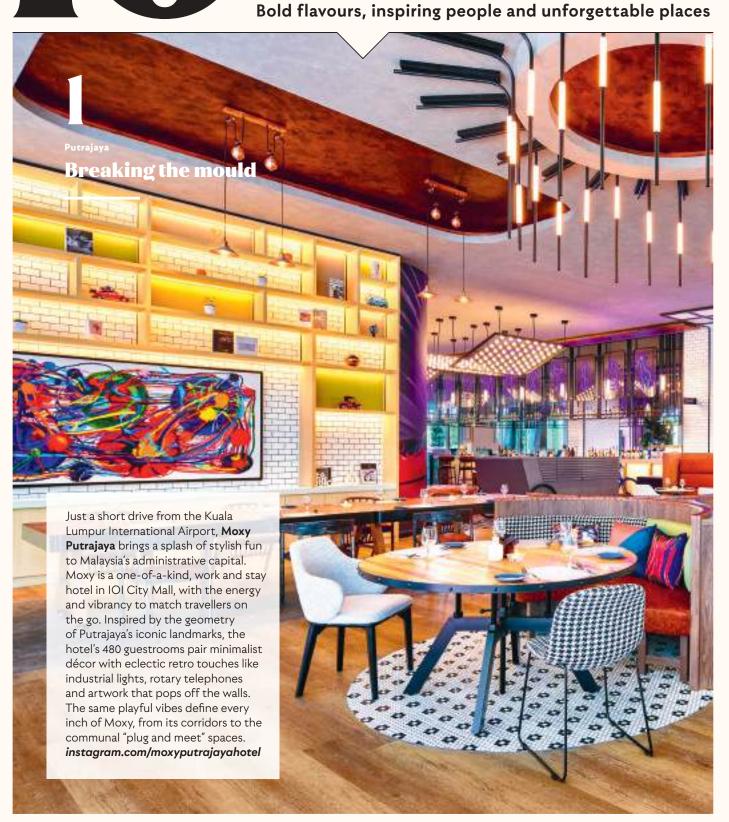
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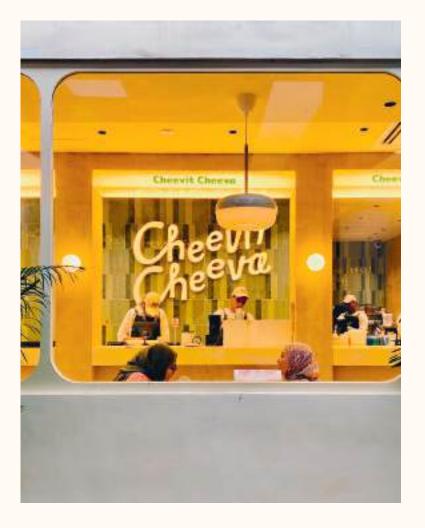
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REASONS TO LOVE MALAYSIA







Kuala Lumpur and Selangor

Icy delights

Cheevit Cheeva, the pride of Chiang Mai, takes its unique bingsu (shaved ice) and shokupan (toast) down south, with two outlets at The Row and Damansara Uptown, opened in July and August respectively. The Cheevit Cheeva outlets here feature retro green décor to match its whimsical signature desserts, like the Salty Egg Yolk Bualoy Bingsu, with salted egg yolk poured over shaved ice complemented by bua loy rice balls;

Egg Yolk Bualoy Bingsu, with salted egg yolk poured over shaved ice complemented by *bua loy* rice balls; the Shokupan Sang-Ka-Ya Thai Tea Bingsu, with cubes of toasted shokupan sitting atop Thai milk teaflavoured bingsu; and the indulgent Shokupan Sang-Ka-Ya, with toast fully slathered with kaya, coconut shavings and coconut ice cream. *instagram.com/*

cheevitcheeva_malaysia



Malaysia

From the heart

Behati – known for pushing the boundaries with its modern takes on traditional wear – launched its bold Borneo collection in May, featuring Bidayuh and Kadazan vests with subtle twists, alongside the more daring Kihongon, Bidayuh and Iban crops. Other creations include the Dayak Pua Kumbu motifs on a *sirat* (loincloth) skirt and a *baju bujang* top with a nod to the peninsula in the form of a *teluk belanga* neckline.

behati.my/collections/gawai



Ekspres Your Way to Seamless Airport Transfers with KLIA Ekspres VIP Service

For luxury travellers, convenience and comfort are non-negotiable. The KLIA Ekspres VIP Service provides just that-an effortless, firstclass airport transfer experience tailored to your needs. Picture this: a private limousine arrives at your doorstep, taking you to KL Sentral, where a VIP Service Representative and porter greet you. No queues, no stress. If you're flying with Malaysia Airlines, you can enjoy in-town flight check-in at KL Sentral, dropping off your luggage and receiving your boarding pass before even heading to the airport. This service streamlines your journey, allowing you to bypass the usual airport hassles.





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Arriving in Kuala Lumpur? The experience begins right at the Baggage Reclaim Hall, where your VIP Service Representative and porter will be ready to assist. Enjoy the convenience of priority seating on the train back to KL Sentral, where a chauffeur-driven limousine awaits to whisk you to your next destination—stress-free and in style.

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For Malaysia Day, the Malaysian Palm Oil Green Conservation Foundation (MPOGCF) put the spotlight on "The Other Malaysians" - three iconic species that have become synonymous with the country, namely the orangutan, the Bornean elephant, and the animal that flanks the national coat of arms, the Malayan tiger.

The aim of "The Other Malaysians" is to create awareness of human-wildlife conflicts relating to these three magnificent creatures. "These three icons are the animals that you come into contact with the most at palm oil plantations," says Hairulazim Mahmud, general manager of MPOGCF. "Our aim is harmonious co-existence. We have solutions to achieve that, and we are doing this campaign to raise awareness."

MPOGCF works with and brings together the forestry and wildlife departments of Peninsular Malaysia, Sabah and Sarawak, universities, NGOs, palm oil industry stakeholders and more to support efforts to conserve endangered wildlife that live at the edges of plantations.

For the much-beloved orangutan, MPOGCF was instrumental in rehabilitating thousands of hectares of land in Lower Kawag, part of the Ulu Segama-Malua Forest Reserve in Lahad Datu. Hairulazim points to the recent "Orangutan Diplomacy" campaign as one of the foundation's biggest wins, with Malaysia's palm oil trading partner countries supporting the in-situ

conservation of the majestic primates in their natural habitats.

MPOGCF also helped to upgrade the Borneo Elephant Sanctuary (BES), which encourages the use of wildlife corridors and other mitigation techniques to reduce human-elephant conflicts. "BES is very important to us because of the contact that these animals have with plantations," he says. "We share what we know about the behaviours and needs of Bornean elephants as well as techniques to co-exist with plantations and smallholders."

The foundation is also very committed to the conservation of Malayan tigers, which includes collaborating with the Department of Wildlife and National Parks Peninsular Malaysia (Perhilitan) to breed captive Malayan tigers at the National Wildlife Rescue Centre (NWRC) in Sungkai, before a three-year rewilding process for cubs at the National Tiger Conservation Centre (NTCC) in Lanchang.

"The Other Malaysians" calls on all Malaysians to support the conservation and preservation of the three iconic animals. How can members of the public help? "We always encourage the public to get involved in our campaigns and programmes," Hairulazim says. "They can register their interest with us, and if the opportunity presents itself, we can engage them as volunteers, or they can donate to the fund." mpogcf.org



Mangala Estate

A Tranquil Escape for Romance

What's more peaceful than the art of relaxation? Experiencing it in the serene surroundings of Mangala Estate. Nestled across 75 acres of lush greenery and serene lakes, this hidden gem offers a peaceful sanctuary where the distractions of daily life melt away, leaving you and your partner free to reconnect with one another.

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5

Selangor

All week, all play

Going to the office has never been this fun. Ah Wong Office brings zany energy to the kopitiam experience, with a fully realised office theme – from the chairs and desks to the menus in plastic binders, ceiling reflector lights and even "employee of the month" portraits hanging on its panelled walls. Ah Wong Office, which opened in August, serves up local fare, chief among which are its fiery Kari-XY for dipping into with creamy milk buns, the tangy Ahssam Laksa with kembong (Indian mackerel), and the popular Mothership scrambled eggs, cheese and chicken sandwich, to be washed down with Ah Wong's signature Holiao barley coffee. instagram.com/ahwongoffice









Slices of heaven

Maria's Steak Café has always stood apart when it comes to premium steaks. Now, it has the ultra-rare distinction of being the first steakhouse in Malaysia to carry the bronze plaque from the Kobe Beef Marketing and Distribution Promotion Association, meaning that it serves the highest quality beef of official

Tajima Wagyu pedigree. It is said that an Englishman who tasted Tajima beef in Meiji-era Japan described it as a "gift from heaven" – and it is easy to see why with the marbling of the Kobe A5 striploin on Maria's menu producing buttery, melt-in-the-mouth pops of divine flavour with every delectable bite. marias.com.my



Travel without the hassle of glasses

Have you been eyeing corrective laser surgery? With its visionary approach to laser eye treatment, IKONIK has what you need

Whether you travel mainly for work or leisure, no one wants to lug around bulky, unsightly spectacle cases. As a corporate jet-setter, you need to arrive at meetings ready to read seamlessly from your notes, your laptop and the projector screen. If you're on vacation, you want to take in awe-inspiring views, whether high atop the mountain or riding the waves. And no matter what kind of traveller you are, the ability to enjoy food, sights and activities without visual distractions is key.

But what if you can't read the menu in front of you? Or do you find yourself struggling to read your colleague's slide deck?

Vision care for the modern traveller

Enter IKONIK, an eye clinic offering state-of-the-art laser treatment designed to eliminate the need for glasses. Highly qualified specialists at IKONIK are trained in a range of procedures that improve vision, including the Flapless Trust™.

If you have been delaying laser eye surgery because of cost concerns, the Flapless Trust™ offers you an option which is both affordable and swift. The procedure takes merely minutes and results in long-lasting, stable vision correction. From then on, you can enjoy a lifestyle unburdened by the inconvenience of glasses and contact lenses.

As one client shared, "I successfully completed my Flapless Trust™ procedure today. Everything went smoothly and efficiently – blink and it's done! The service was top-notch. For those considering treatment at IKONIK, go ahead without hesitation. Nerves are normal but nothing to worry about. The best part? Being free from blurry vision!"

Customers trust IKONIK because of the top-tier experience they provide. With specialists who deliver outstanding service and treatment and a team of helpful, attentive staff, every visit is seamless and comfortable. Procedures like the Flapless Trust™ are fast, bladeless and painless, making them ideal for the busy professional or traveller.

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To qualify for these treatments, clients must be 18 or older and meet certain health requirements, including sufficient corneal thickness and normal corneal topography. Make your appointment now by calling 03-97651368.

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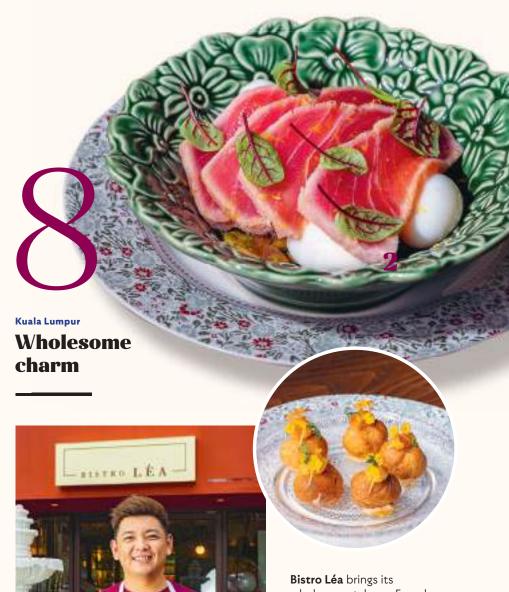


Malaysia

Everyday protection

The brainchild of pharmacist Adibah Mazlan, award-winning homegrown brand **The Raw** adds to its list of ceramides bestsellers with a Daily Ceramides Gel Moisturiser, which blends seven types of ceramides (lipids) and fatty acids to give your skin a moisture boost in the tropical heat while fortifying your skin barrier function. theraw.com.my







wholesome take on French dining to the leafy suburbs of Sri Hartamas, marrying the charm of Parisian bistros with the warmth of Malaysian hospitality. Instantly a hit since opening its doors in September, Bistro Léa embodies Chef KaHong Lau's belief that food is all about connection - with sharing plates like the foie gras choux (pastry dough) subtly cut by orange marmalade, a twist on the Niçoise salad with tuna tataki (lightly seared), the Le Bar sea bass with spinach cream and trout roe, and the Canard a l'Orange, slices of Cherry Valley duck breast with skin crisped to perfection in a rich orange glaze. instagram. com/bistrolea







Malaysia

Ready for primetime

Beauty brand **Chuck's** releases the Prime Time Firming Ginseng Mask, fresh from its limited time K-mart experience at The Gardens Mall where cosmetics lined pastel-coloured shelves like food

items alongside gashapon vending machines. The mask uses red ginseng extract – the gold standard ginseng in Korea which has been used for centuries – and Reallagen™ collagen to target fine lines around the eyes and cheeks and promote skin elasticity. chuck-s.co





Artisan workshops in Kampung Kauluan offer new opportunities for women while preserving Sabah's rich cultural legacy

Situated in Kundasang, just over two hours away by car from Kota Kinabalu, Kampung Kauluan is the latest tourism destination in Sabah, thanks to the picturesque Sosodikon Hill. At an elevation of 1,900m above sea level, the village enjoys a cooler climate, perfect for tourists seeking respite from the warm Kota Kinabalu weather. With Mount Kinabalu towering over the area, it offers plenty of Insta-worthy moments.

The rising popularity of Sosodikon Hill has provided the women of Kampung Kauluan opportunities for pursuing entrepreneurship, many becoming sundry shop owners, café operators and skilled makers.

Traditionally homemakers, more and more women have embraced entrepreneurship in the past decade.

To empower the women in Kampung Kauluan, Koperasi Sosodikon Ranau Berhad (KOPSODIK) organises handicraft artisan workshops to teach the skills needed to make bamboo and woven handicrafts and traditional embroidered textiles. It appoints a master crafter to teach the art of making tikar (mats), sirung (conical woven hats), barait (traditional wooden backpack), storage containers and handbags. During the workshop, the master crafter guides participants through the necessary steps involved in craftmaking, from how to select the right raw material for the handicraft and how to process them, to applying the correct colouring and weaving technique to ensure the best quality craftsmanship.

Sabah's indigenous tribes are known for their creativity and love for vibrant colours. Thanks to the abundance of natural resources such as rattan, bamboo trees and pandan leaves that grow freely in Kundasang, villagers of Kampung Kauluan have plenty of raw materials to transform into functional everyday crafts.



There is also an increasing demand for traditional embroidered and woven fabrics such as the *lapoi misaayud* fabric, which is worn as the traditional attire of the Tinagas Dusun ethnic group of Ranau. While the making of this woven tapestry is complex and time-consuming, it has become a beautiful souvenir for visitors looking to adorn their walls with traditional art from Sabah.

It is gratifying to see how KOPSODIK's initiative in empowering women is effectively achieving the Desa Lestari Programme's objectives by creating jobs and strengthening human capital, benefitting the entire community. KOPSODIK also plans to offer tourists visiting Kampung Kauluan homestays that offer the unique opportunity to observe live craft-making demonstrations. Mr Sunilin Masinin, the chairman of KOPSODIK, believes that these workshops will not only equip Kampung Kauluan villagers with marketable crafting skills but also help preserve their ancestral heritage.

To learn more, visit www.sosodikon.com

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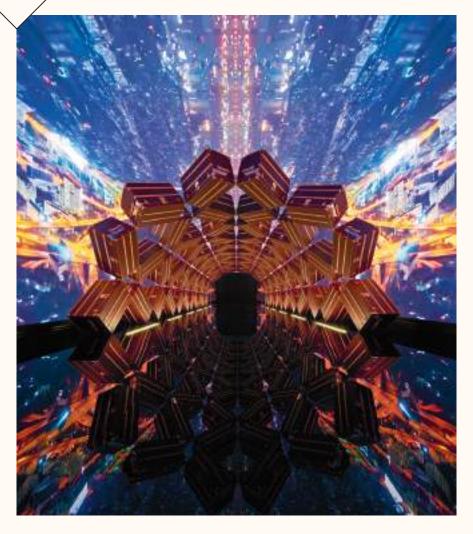
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ELEVATE

A global guide to uplifting updates for work, rest and play











Trunks of delight

The world's first LV The Place in **Bangkok** transforms designer shopping into a multi-sensory experience BY PARISA PICHITMARN

Walking through a geometric tunnel

constructed out of 96 Louis Vuitton Courrier trunks is spellbinding on its own, but the experience doesn't end there. You're surrounded by screens as you enter, featuring landscapes that transport you to the hilly grasslands of Jura in France, where Mr Louis Vuitton was born, before being whizzed back to the bedazzling highways of Bangkok.

This is only the first room of "Visionary Journey", an exhibition that's part of LV The Place Bangkok, Louis Vuitton's first duplex in the world to also house a café, fine dining restaurant and exclusive retail store. Situated right in the city centre at the newly renovated Gaysorn Amarin complex, it's hard to feel indifferent about this stunning corner store that sports a giant diamond façade, its texture inspired by Thai floral offerings.

As you move through the free exhibition that delves into the brand's travelling heritage, expect to see archive handbags dating back to the 1800s and visually arresting light blocks inspired by Bangkok's night markets. The luxury maison is well aware that not everyone may be a leather lover, which is why they are expanding their allure by way of art, culture and dining. While the brand's hotel is expected to open in Paris in 2026, LV the Place Bangkok is above all the blueprint of future destination stores to be rolled out in other countries.







Style with grace

Datin Seri Farah Haryani Muhammad Philip talks to us about quality, elegance and comfort in ARIANI's ready-to-wear collection

Say the name "ARIANI" and most people think of a brand that carries stylish, tasteful hijab wear. Indeed, says its CEO Datin Seri Farah Haryani Muhammad Philip, the House of Ariani has a head scarf for every woman and every occasion. Less well known is the fact that it offers an impressive ready-to-wear (RTW) modest lifestyle collection, ranging from accessories to bags, aimed at the modern, career woman.

Q: What impression do you want people to have of ARIANI?

Datin Seri Farah: We want our customers to feel confident and that they stand out when they wear our label. We are a brand that thinks and speaks highly of women.

Q: How would you describe ARIANI's signature look?

Datin Seri Farah: Comfortable, modest and elegant. When people hear the words 'comfort' and 'modest' together, they often picture drab, uninspiring outfits. But modest is far from that! If you want stylish modest wear, come to us – you will find everything you need from top to toe.

Q: How is ARIANI different from other modest wear brands?

Datin Seri Farah: Our priority is to make garments that are well-designed and fairly priced, while being high quality. We understand that popular catwalk textiles are not always suitable. They could be too sheer,

too heavy or perhaps they just rustle too much. We put ourselves in our customers' shoes and brainstorm from that perspective.

Q: You carry many items under the ARIANI label. How do you ensure the quality of all of them?

Datin Seri Farah: Every single item is tested extensively – my staff are usually the guinea pigs! In our hijab range, we have 12 different styles for sports alone. Our customers want to swim, play netball, run, work out at the gym, and the requirements of each are different. Rigorous testing and honest feedback made us realise that one generic sports model is not enough.

Q: Where do you get inspiration for designs?

Datin Seri Farah: My design team keeps up with what's current in terms of fabrics, silhouettes, designs and prints. We then make tweaks until we feel that they are attractive to our customers. For example, if the seasonal lineup is loud with clashing tones, that may not be fitting for our clientele. So, we find other ways to convey colour and be bold.

House of Ariani is located at 209-212, Jalan Palestin, off Jalan Masjid India, 50100 Kuala Lumpur, Malaysia. To shop online, please visit www.arianionline.my







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After the exhibit, head next door to Le Café Louis Vuitton, where trendy monstera plants line the beige and light-filled space. Nibble on dainty cakes, tarts, ice cream sandwiches and parfaits, all decorated with a Louis Vuitton flair. If you need a heavier meal, their fine dining restaurant upstairs, Gaggan at Louis Vuitton, offers the brand's first ever tasting menu experience created by chef Gaggan Anand. The progressive Indian menu with nuances of French and Thai flavours showcases playful details like LV flower yogurt bombs and beautiful triple-tiered ceramic globe dishes specially made in Japan. Despite its association with fine dining, the experience is anything but uptight and formal. Diners are encouraged to lick the LV monogram traced with sweet potato paste straight from their plates, while the waitstaff sport casual yet stylish Louis Vuitton sneakers.

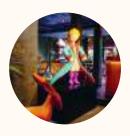
The store too, is not short of thrills for those seeking retail therapy. Products are displayed by category and not by gender. As you peruse the racks of collectible jackets and the Nong Vivienne hot stamp service (only available at this branch), don't miss their large selection of fun knickknacks such as dumbbells, city guides and mascot keychains. eu.louisvuitton.com



The luxury maison is well aware that not everyone may be a leather lover, which is why they are expanding their allure by way of art, culture and dining"

C'est magnifique!

More delightful spots for a French fix in Bangkok



A princely escape: L'Envol Art Space

Ten years ago, the Antoine de Saint-Exupéry Youth Foundation asked French sculptor Arnaud Nazare-Aga to produce The Little Prince sculptures - now his multi-functional space features a gallery, café and bar all under one roof along Suan Phlu Road. Hidden upstairs, the official Little Prince Café serves impressive canelé and madeleines, rich matcha stencilled with images from the classic book. At night, take flight to Vol de Nuit (named after another book by Saint-Exupéry) and sit at their sintered stone bar for stiff cocktails amid a red and turquoise glow. If you see Arnaud, he'll be more than happy to tell you how his grandfather was a pilot with the author of Le Petit Prince. lenvolbkk.com



lam-packed with flavours: VIVIN

Bangkokians craving French charcuterie will find cheeses and gastronomic spreads made in Thailand here. At VIVIN's cozy flagship store in Asok, right in the heart of the city, comprising both a gourmet grocery and bistro, shoppers can browse delectable creations such as duck liver mousse with cognac and mushrooms to vegan truffle cheese. You'll also find zesty, local flavours like banana tamarind jam to add a touch of funk to your cheeseboard. At their bistro, a must-try is their iconic, fluffy souffle omelette - it's lighter than foam and the most dramatically flipped in Bangkok. vivingrocery.com



Introducing Kapten Batik's new Origami Collection

Kapten Batik presents a groundbreaking new collection that beautifully merges two distinct cultural heritages – batik from Malaysia and origami from Japan. This unique Origami Collection elevates traditional craftsmanship into modern wearable art, designed for those who appreciate fine details and innovative design.

Inspired by the intricate folds and geometry of origami, every piece in this collection showcases Kapten Batik's commitment to detail and quality. The Masterpiece Series embodies the delicate nature of origami folds, with intricate hand-sketched designs brought to life by skilled artisans using the traditional wax resist technique. The Maharaja Series features bold geometric patterns, created with the block stamping method, mirroring the precision and balance found in origami. Meanwhile, the Nusantara Series introduces modern, eco-friendly fashion with flowing batik

motifs, produced using certified rotary printing techniques.

Kapten Batik's designers immersed themselves in the world of origami, carefully studying its techniques to authentically translate this delicate art form into fashion. Each garment tells a story, capturing the transformation of a simple sheet of paper into a wearable masterpiece, offering versatility for both formal and casual occasions.

Discover Kapten Batik's Origami Collection today, and experience a fusion of elegance and craftsmanship like never before. Available now in stores and online, with a special 15% discount using the code KBOFF15.



Discover the Origami Collection via this QR code and apply KBOFF15 for 15% off









Happy trails

This month's cool, crisp air brings an invigorating spin to rides around Hyderabad BY PUNITA MALHOTRA

Hyderabad's pleasant weather,

bicycle-friendly traffic and passionate cycling community make it a paradise for two-wheeled adventurers. While the city welcomes riders all year round, November is especially magical, thanks to crisp morning temperatures of 12°C to 13°C. Whether you're in it for the peaceful lake views or heart-pumping mountain trails, Hyderabad offers an array of adrenaline-pumping routes.

Urban explorers can rent bikes or e-bikes from the Gachibowli or Necklace Road hubs for a scenic spin around the heart-shaped Hussain Sagar lake, or check out the crown jewel of the city's cycling scene, India's first 23km-long, dedicated solar cycling track. Launched in October last year, this Y-shaped marvel - with a 14km stretch on one side and a 9km path on the other was inspired by the South Korean

Saddle up

Hyderabad Cyclist Group (@hyderabadcyclistgroup). with over 5,000 members, organises group rides, annual cycling leagues and longdistance expeditions that bring the city's cycling community together. You can also book a tour with adventure outfitter Hyderabad Cycling Revolution (@hydcyclingrevolution) which offers heritage cycling tours around iconic landmarks like Charminar and Golconda Fort.





Bike Highway and offers the surreal experience of pedalling under a solar panel canopy.

If you're craving adventure, gear up for long-distance rides on high-end bikes to hidden gems like Narsapur Forest in the north or Moinabad in the south, where historic forts and heritage sites lie waiting. Other popular routes, such as Gachibowli-Shamshabad, Shamirpet, Keesara and Shankerpally, cater to cyclists of all skill levels.

But for the ultimate thrill, tackle the 80km ride to Ananthagiri Hills, ascending its winding roads through mist-covered forests. Looking for an even greater challenge? Strap your bike to a car and head to Srisailam, where rugged slopes and steep climbs lead to jaw-dropping views of the Nallamala Forest and Krishna River. It's a sight you'll never forget.



Leading the cooperative movement in Malaysia

ANGKASA has been the prime driver of Malaysia's cooperative movement for over five decades

From humble beginnings to a nationwide force, ANGKASA has been at the forefront of Malaysia's cooperative landscape for over five decades. This apex body is reshaping communities and driving economic growth through innovative initiatives and strategic partnerships.

A legacy of cooperative development

Established in 1971, Angkatan Koperasi Kebangsaan Malaysia Berhad (ANGKASA) has evolved from a salary deduction facilitator for government employees to a dynamic catalyst for cooperative development. The establishment of MyANGKASA Holdings Sdn Bhd expanded ANGKASA's reach, diversifying services and stimulating cooperative growth across Malaysia.

The institution's impact is evident in its pioneering initiatives, including 661 Masjid cooperatives and 2,894 school cooperatives. Notably, 35 school cooperatives generate over RM1 million annually, while one achieves RM2 million, fostering entrepreneurship and economic self-sufficiency.

Empowering communities, driving economic growth

The recent 3rd National Cooperative Congress 2024 marked a significant milestone for ANGKASA. Under the theme "Cooperatives: Catalysts of a MADANI Economy", eight resolutions were presented to Prime Minister Dato' Seri Anwar Ibrahim. A budget of RM6 million was allocated to strengthen the cooperative movement,

with the government agreeing to recognise cooperatives as legitimate business entities.

Looking ahead, ANGKASA is set to play a pivotal role during Malaysia's ASEAN Chairmanship in 2025. Through its ASEAN Cooperative Organization (ACO) platform, it plans to expand beyond Southeast Asia, focussing on food security and regional economic development. Its community-based initiatives significantly impact both economic and social wellbeing. These cooperatives boost income levels, reduce dependency on external resources, strengthen community bonds and empower marginalised groups.

As ANGKASA continues to innovate and expand, it remains committed to shaping a sustainable future for cooperatives in the region. By integrating key cooperative principles and leveraging partnerships, ANGKASA is well-positioned to drive the cooperative movement forward, contributing significantly to Malaysia's socioeconomic landscape.

For more information, visit www.angkasa.coop





CITY GUIDE

Cool, calm, curated

Make the most of a quick visit to Jakarta with ease and style by sheany

In town for a couple of days?

We've laid out a guide to swish hotels, great dining experiences and a few activities you'll need to check off your Jakarta travel list.

Where to stay

Take your pick of award-winning hotels in the city

A golden perch

In town for business? The swanky, 228room St Regis Jakarta, located in the Golden Triangle business district, puts you right in the heart of the city. The hotel almost instantly shot to the top of the list of Jakarta's most luxurious hotels when it opened two years ago. Apart from the enviable location, the hotel bar features regular jazz performances that is an experience in itself. marriott.com

The foodie favourite

Just a few months ago, Park Hyatt Jakarta - known for top-notch dining outlets, including a level 22 dining room with a view of the city - was crowned Indonesia's best city hotel in the T+L Luxury Awards Asia Pacific 2024. It's also located close to Jakarta's iconic destinations, including the National Monument, and is one of the main areas for the city's best food and drink. hyatt.com

Brit chic

The Langham, Jakarta is known for its unique and grand design, bringing the prestigious air of British luxury right in the heart of one of city's busiest business districts. The hotel also offers afternoon tea the way the Brits do it and houses Tom's, the first restaurant in Asia by



Tom Aikens, the celebrated British chef with two Michelin stars to his name. langhamhotels.com

The classic

Gran Melia's architecture and design stands out in the skyscraper-dominated business district of Kuningan, offering guests easy access to popular night spots as well as classic accommodation. Although it's been around for some time, its reputation for top-notch service makes it a favourite. Revel in its artsy interiors, designed by Spanish architect Emilio Nadal, offers a taste of Spanish elegance in lakarta melia.com

2 Where to eat

The city's newest tables, by familiar names

Fashion and flavour

Does having great taste in bags and shoes translate onto the plate? Find out for yourself at The Coach Restaurant -Coach's first-ever restaurant and coffee shop. It's a classic New York steakhouse with a contemporary twist, definitely a dining experience worth your time.









ELEVATE



Immerse yourself in the distinct NYC vibes and don't forget to try the Crispy Mushroom Salad. *id.coach.com*

Next-level comfort cuisine

Locavore, a staple destination restaurant in Bali, has made its brick-and-mortar debut in Jakarta with Peggy's Brass Knuckles, which is fast-becoming a favourite spot for foodies since it opened earlier this year. We're talking locally sourced ingredients, comforting home-style food that pack plenty of flavour, thanks to its meticulous cooking process. Their menus are seasonal, so there's a surprise element to your meal. Don't forget to reserve a seat ahead of time. *locavorenext.com*



Kilo has made a name for itself in Singapore and Bali, portraying itself as a refined neighbourhood dining experience with Latin and American flavours that bring not only taste, but also comfort. After a temporary closure, they reopened in May – foodies, the Squid Ink Rice is definitely a must-order. kilo-collective.com

Out and about What to see and do out of the city

Kayaking in the mangrove forest park

Indonesia is home to about a fourth of the world's mangroves, so why not see one of these forests in person? Book a morning kayak session with the **Mangrove Paddling Centre** and for a different view of Jakarta. Take a stroll around the mangrove forest park's boarded pathways and learn about the conservation efforts while sighting unique birds and wildlife. Bonus tip: go for brunch and coffee in one of Pantai Indah Kapuk's hippest cafés.

St Regis Jakarta

Island-hopping around Thousand Islands

A quick boat ride (half an hour to three hours, depending on where you dock) makes this chain of islands north of Jakarta's coast the ideal quick getaway for beach fun, and you can always take a day trip if you don't have the time to stay overnight. Do a little snorkelling and paddling on the beautiful, pristine waters to get yourself a much-needed weekend refresher. Recommended stay: **Pulau Macan Eco Lodge.**

Forest-bathing at Bogor Botanical Gardens

Make a day out of strolling this vast 87ha garden, which was first established in 1817 under Dutch colonial government. Today, it houses thousands of trees and over 3,500 plant species and is located right by one of Indonesia's seven presidential palaces. Think scenic, paved walkways and a variety of old, gnarly trees.







1 Hutan Kota GBK

There's no one way to be Jakartan, but starting your morning with a stroll around this area may just be what it takes to feel like one. With the iconic business district in view, here's where one gets to catch a glimpse of the Indonesian capital and its residents as they roll out their workout routines, right before the day picks up. You can take a nice little stroll, have a little picnic or even make a loop around the city's main stadium to get some steps in. Gelora **Bung Karno Sports Complex**

2 Ombé Kofie

Have your first cup of coffee for the day and your choice of brunch in this beloved spot known for its homey atmosphere and dependable meals. Beverage options range from their sweet Hanami Latte or the seasonal single-origin Manual Brew, but also make room for their refreshing Orange Yuzu. Their Ombé breakfast is a classic American brunch option, but don't hesitate to try their other varieties, too. Jalan Purnawarman No. 2

3 ASHTA District 8

The mall is home to some of the city's newest and most interesting shops and restaurants. This is where you're

going to want to do a little shopping, with options ranging from local fashion brand SukkhaCitta to curated lifestyle shop Art & Science. District 8 SCBD, Jalan Senopati No. 83

BRAUD General Store

Just across from Ashta and a few steps away from Ombé Kofie is BRAUD General Store. An extension of the well-established BRAUD Artisan Bakery in Bali, this neighbourhood newcomer has already earned its stripes. Don't sleep on their Ox Tongue Pastrami Sandwich, which is served with their signature sourdough and has a real bite to it. 8 Jalan Senopati No. 36

The Papilion

This rigorously curated, onestop shop - it's a cafe, a bakery and a fashion and homeware retail space - is a nice pit stop tucked within one of Jakarta's biggest malls, where you can



also peruse other goodies and munchies. Pacific Place Mall, Jalan Jenderal Sudirman No.52-53

JI. Senopati

Gunawarman

Scarlett's Cafe Senopati

The café ranks top on the list of the city's best dessert places, thanks mainly to their delicious Poured Tiramisu. Jalan Tulodong Bawah No. 2A

🕡 Seribu Rasa Gunawarman

A day trip to Jakarta is incomplete without a full table of Indonesian food, and Seribu Rasa is right in the heart of the neighbourhood, offering you "one thousand flavours" from across the archipelago. There's something for every palate, from scrumptious seafood - cooked in a variety of ways and grilled meat, to vegetable dishes. Jalan Gunawarman 2

8 Pantja

For a glimpse of Jakarta's afterhours scene, hit up Pantja,

which offers a wholesome mix of fine cocktails and good vibes. The thoughtful aesthetics are a great bonus - the tall arched ceiling, dark wood tones and gold accents fast becoming an icon among Jakarta's stylish set. It's where people go to wind down with friends after a long day, and it doesn't hurt that it ranks 27 on the list of Asia's 50 Best Bars. Jalan Senopati No. 37



Malaysia Airlines flies between Kuala Lumpur and Jakarta 40x weekly.





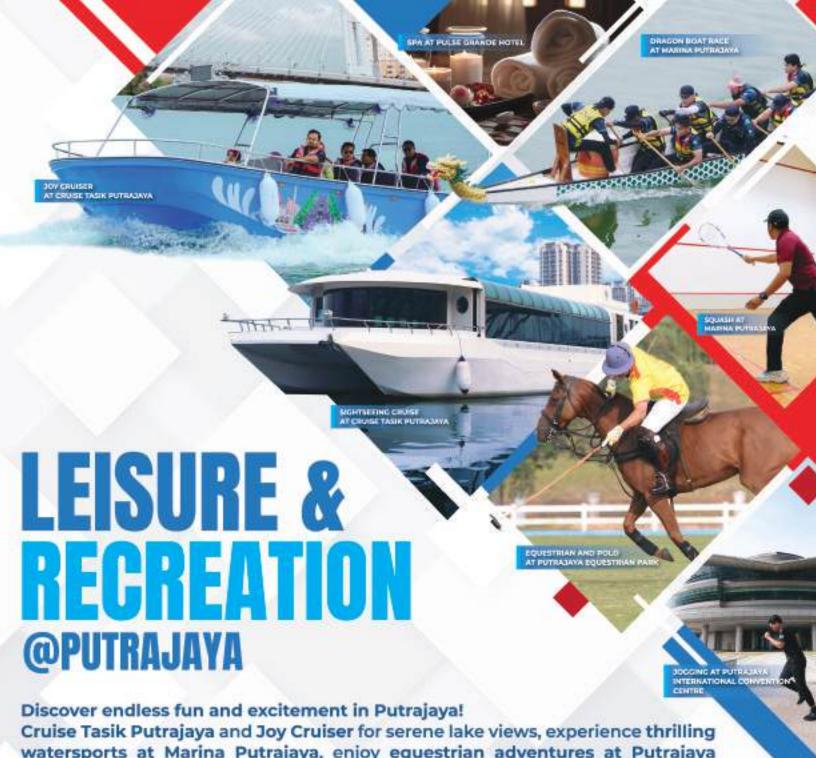
JI. Jenderal Sudirman

Jl. Tulodong Atas 2

JI. Senopati

ELEVATE





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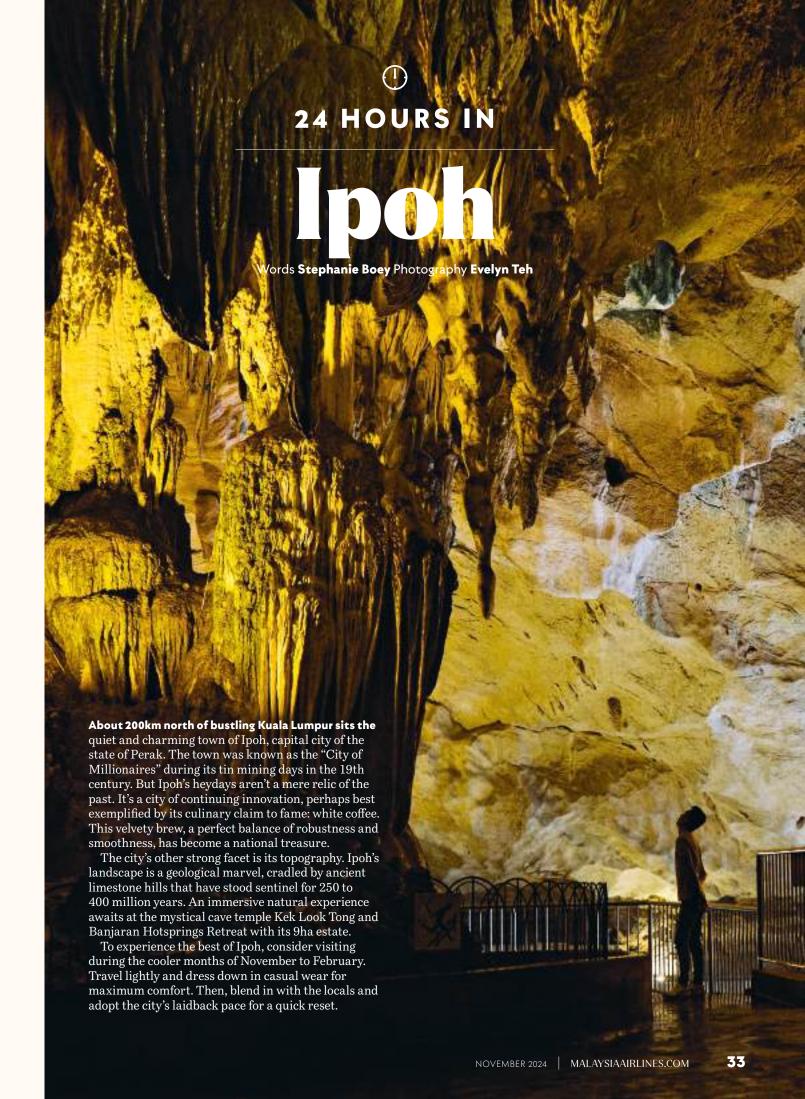












① 6am

Embark on a hiking adventure

Start the day with an invigorating hike up Bukit Kledang. Situated on the outskirts of Ipoh, 10km from the city, the hill offers a network of trails catering to hikers of all levels. While the summit reaches an impressive 800m, it's the accessible viewpoint at 350m that steals the show. Take the 4-2 trail, a moderate 1.5-hour climb, and be rewarded with a breathtaking panoramic view of Ipoh's cityscape, a perfect juxtaposition of urban life against the lush Perak wilderness. Remember to leave your social media timeline at the trailhead; the lack of phone signal means an authentic escape into nature's embrace.

9am

Jalan Kledang

Fuel up with a hearty breakfast

Nam Heong White Coffee

offers a delightful crash course in Ipoh's rich food culture. As you enter, the aroma of freshly baked egg tarts waft in the air – their golden-yellow hue a delightfully warm welcome. Sink your teeth into the flaky, buttery crust before savouring the silky-smooth custard centre. Pair this local delicacy with Nam Heong's signature white coffee, a musttry brew that's full-bodied yet smooth and creamy. For those craving a full meal, the fragrant curry mee beckons a bowl brimming with springy noodles, tender chicken and an aromatic spice and coconut milk-infused broth. 2 Jalan Bandar Timah





Facts about Ipoh

Home to Pohon Epu

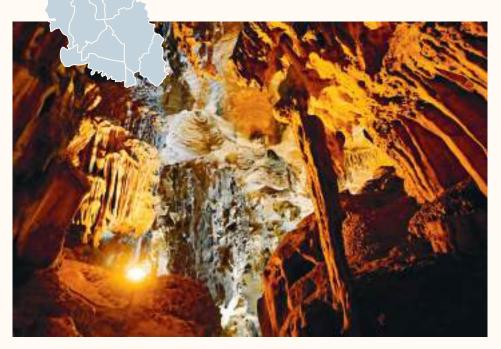
A type of tree – more commonly known as *Pokok Ipoh* – that the town is named after

White coffee

This beloved Malaysian beverage was invented in this city

Kinta Valley

Home to ancient limestone hills estimated to be around 250-400 million years old





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① 11am

Explore a mystical cave temple

Just a 15-minute drive from Ipoh's bustling centre, **Kek Look Tong** – the "Cave of Eternal Happiness" - transports visitors to a realm where nature's grandeur meets spiritual serenity. The cave's natural cathedral-like chamber creates a breathtaking backdrop where religious devotion and geological wonder intertwine. Towering statues of deities stand in solidarity with ancient stalactites, their silent vigil illuminated by soft, warm lights dancing across the rocky surfaces. The cave's multiple levels, accessible via ramps and lifts, invite exploration of its depths. Mineral pools dot the landscape. Emerging from the other side of Kek Look Tong, visitors are greeted by a sprawling 5ha Zen garden. Take a relaxing stroll through the gardens or enjoy a slow paddle boat journey along the narrow waterway on the cave's outer northeast side. Kek Look Tong welcomes all visitors free of charge. Persiaran Sepakat 3, Taman Endah Jaya

① 1pm Taste the local delicacy

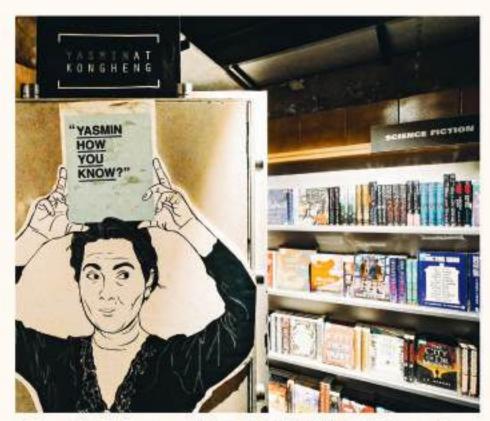
On a popular intersection between Jalan Yau Tet Shin and Jalan Dato Tahwil Azar, **Lou Wong** sits on a prime corner location, serving one of the best renditions of a quintessential Ipoh meal. The spot remains humble and fuss-free, welcoming locals and tourists alike. Here, the art of Ipoh cuisine is distilled into a perfect trifecta: succulent steamed chicken, fragrant oil rice and crunchy bean sprouts, providing a fresh counterpoint to the rich flavours. 49 Jalan Yau Tet Shin, Taman Jubilee

①2pm Pick up finds at an upcycled bookstore

What was once Ipoh's busiest banks now safeguards a different kind of wealth. BookXcess Kong Heng greets visitors with a façade of normalcy. But descend the staircase into the basement, and you'll find yourself in a literary vault. Safety deposit boxes line the walls, silent sentinels of the building's past, while sturdy metal beams stand testament to its enduring strength. Traces of history linger in the faded watermarks on the walls, remnants of the 1980s flood that once submerged this underground sanctuary. Venture deeper, and you'll discover a room dedicated to Yasmin Ahmad, Malaysia's legendary filmmaker. This intimate archive showcases her cinematic legacy, captivating photography and poignant musings. For those seeking a tangible piece of this cultural treasure trove, limited edition merchandise awaits. 91 Jalan Sultan Yussof

①3pm Recharge with artisanal coffee

The star attraction at Aud's Café is their visually attractive ice cube coffee. Containers of milk and sugar accompany a glass of frozen espresso cubes, allowing you to customise your brew to taste. As the ice slowly melts, your cuppa transforms, growing bolder with each sip. For those feeling peckish, there are plenty of mouthwatering choices from their extensive menu, ranging from breakfast platters, sandwiches and pasta dishes to rice bowls, snacks for sharing and dessert to go with your ice cube espressos, 97 Jalan Sultan Yussof







① 4pm Relive the glory days of tin mines

A stone's throw from Concubine Lane lies **Han Chin Pet Soo**, the Hakka Tin Mining Museum. This historic edifice once housed an exclusive social club – founded in 1893 by the esteemed Towkay Leong Fee – open only to members and distinguished guests. Today, the two-story building safeguards over 1,500 antiques and artifacts that paint a vivid picture of Ipoh's tin mining heyday.

Be transported to a bygone era as you wander its halls, surrounded by tangible remnants of the city's blue-collar heritage. Each carefully curated piece tells a story, offering glimpses into the lives of the hardworking folk who shaped Ipoh's future during the tin mining boom. Advanced tickets are recommended as daily visitor numbers are limited. 3 Jalan Bijeh Timah

① 6pm Dine like a local

Ipoh Tuck Kee will tantalise your taste buds with its array of dishes infused with intense *wok hei* – that aromatic smoky essence from wok-cooked food. The Moonlight Kuey Teow is a must-try, a dish where silky noodles bask beneath a glistening raw egg yolk. Don't miss the restaurant's signature steamed baby octopus – each morsel a delicate balance of succulence and tenderness.

A word to the wise: Ipoh's finest eateries often prioritise substance over style. The atmosphere at Tuck Kee, like many local gems, can be warm and lively. Come prepared with a portable fan to get comfortable. 61 Jalan Yau Tet Shin, Taman Jubilee

Unique stays in Ipoh



The Tudor
A colonial-era private property with nine en-suite rooms. The 18ft ceiling, octagonal-shaped bungalow is east-facing with gorgeous mountain views. thetudoripoh.com



Ipoh Bali Hotel
Designed to evoke the charms of a
Balinese villa, rooms are decorated with
rattan, carved wood accents, tropical
greenery and comes with 24-hour room
service. ipohbalihotel.com



Banjaran Hotsprings Retreat
This luxurious, 10ha estate features
geothermal hot springs, meditation
caverns and a magnificent limestone
cave restaurant. sunwayhotels.com/
the-banjaran



Malaysia Airlines flies from Kuala Lumpur to 15 domestic and 54 international destinations



Crafting Hearts with Precision

Through the eyes of a Paediatric Cardiothoracic Surgeon

As they say, a child's heart needs to be handled with utmost care. This is also true in a literal sense, as Dr Siti Laura Mazalan, a leading Paediatric Cardiothoracic Surgeon at Pantai Hospital Kuala Lumpur (PHKL) will tell you.

Each day for Dr. Laura is a balance of responsibility, skill, and compassion. Her work involves performing intricate surgeries to treat complex congenital heart defects, requiring a multidisciplinary approach and a highly specialised touch developed through years of practice.

With over 20 years of experience, including a fellowship at Birmingham Children's Hospital under Dr. William Brawn and Dr. David Barron, Dr. Laura is one of the few paediatric cardiothoracic surgeons in Malaysia.

She leads innovative procedures at PHKL, specialising in neonatal and paediatric congenital cardiac surgeries, single ventricle surgeries, cardiac homograft, and airway reconstructions in children. A recent surgery involved a one-year-old child who had been on respiratory support since birth. Just three weeks after surgery he was breathing normally again.

The most fulfilling part of her job is seeing children, once weak and oxygen-deprived, thrive after surgery. "Watching their lips turn pink, seeing them grow and become active, and knowing they can lead normal lives is incredibly rewarding," she shares.

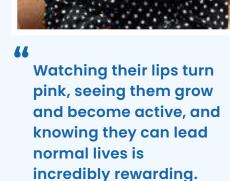
She believes her practice thrives at PHKL, thanks to its state-of-the-art technology and a dedicated multidisciplinary team. This allows the hospital to perform complex, life-saving surgeries and provide transcatheter interventions for cardiac and respiratory conditions with exceptional care.

PHKL's commitment to patient-centred, holistic care is evident in its support for families throughout treatment. The collaboration between perfusionists, nurses, and allied health professionals ensures optimal outcomes for young patients.

Dr. Laura also plays a key role in PHKL's public-private partnership with the Ministry of Health and the Malaysian Congenital Heart Foundation, where the hospital treats complex paediatric cardiothoracic patients from across Malaysia, regardless of socio-economic background, as part of its corporate social responsibility efforts.

"Congenital heart diseases in children are on the rise, but the number of experienced surgeons remains limited. 'We do what we can to help, to the best of our ability,' says the dedicated surgeon, Dr. Laura.

For Dr. Laura, success isn't just about saving lives—it's about helping children grow into healthy adults. 'Seeing them all grown up, big and tall, is satisfying. It's a great feeling,' she adds with a smile."



- Dr Siti Laura

71



Scan to watch Dr Siti Laura in action



For more information or to set an appointment, call 03-2296 0421 or e-mail my.phkl@pantai.com.my

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Central Vietnam's coastal city of Da Nang, says Acacia Diana, is a multi-sensory experience that can be a lot to take in.

Below: Vietnam's cuisine is legendary for looking as good as they taste



Emerging from the airport, she heard the sound of relentless traffic even before she could see it. Vendors wearing the country's iconic conical hats pushed carts of colourful and fragrant street food, their various aromas mingling in the air. She could almost feel the crackling of the city's high energy. "If you really want to dive into a dynamic part of Asia," she says, "Da Nang would be a great option."

The London-based Malaysian photographer – who has worked with numerous global brands and humanitarian missions, and has been an ambassador for Canon - was on the ground for an assignment with Malaysia Airlines, photographing cabin crew across one of the cities in the airline's latest roster of exciting new destinations.

This year the airline launched three new destinations from Kuala Lumpur: Chiang Mai in northern Thailand, the Maldives and Da Nang, the buzzy metropolis that has in recent years made waves as a holiday destination. Often considered the capital of Vietnam's central coast, Da Nang's sandy beaches, modern infrastructure and long dry season have made it a destination with one of the highest rates of returning tourists in the country.

The city is especially popular among creatives like Acacia, who find plenty of inspiration in vibrant pockets such as Con Market, a dynamic hub of 2,000 kiosks of local food, dried seafood, textiles and souvenirs. A walk down the storied Bach Dang Street, running west of the Han River, evokes a sense of the city's former life as an important trading port, and provides a glimpse into Da Nang's promising future as one of Vietnam's great cultural and commercial centres. Da Nang is also the gateway to some of Vietnam's most beautiful gems, including the picturesque ancient town of Hoi An and the citadel city of Hue, the country's former imperial capital.

DA NANG IS A PHOTOGRAPHER'S DREAM, AND THIS

photographic assignment to capture its sensorial delights came at the perfect time for Acacia. The past few years have been especially challenging for her. Dealing with a stalker while she happened to be in



Play with layers.

'Create more visual complexity by introducing elements in the foreground or background. At Man Thai beach, I used a fruit net at the end of my lens to capture a woman carrying her goods on the beach. This creates both a framing device and depth to the photo, together with a splash of colour for added interest. Depending on the frontal object, adjust your aperture to determine the level of blur for the photo. For this image, I used a narrow aperture, so the pattern of the netting was still distinct. A more blurred foreground can increase the sense of depth in an image."

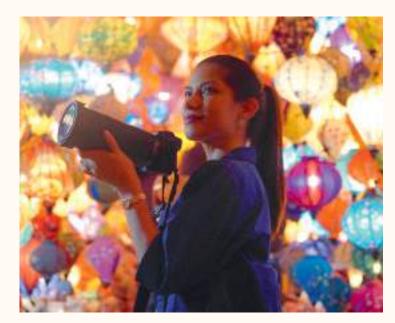








with shutter speed. "Add life to your images by opting to use slow shutter speeds for long exposures. This technique can capture motion blur, and can express dynamism in a still image. At Con Market and Dragon Bridge, I used this device to show the fast pace of the city and to evoke its sound. It's best to use a tripod for this kind of shot. Alternatively, you can hold your camera in your hands and create patterns."



Above: Acacia
Diana in her
element at the
Lantern Market

Malaysia turned into a high-profile case that led to both a landmark ruling and a new anti-stalking law in the country, but the experience had diminished her confidence. Her mental health had suffered and she felt depleted of energy. "I didn't touch my camera for a long time," she recalls.

Planning the shoot in Da Nang helped coax her out of a deeply isolating experience. "You can live life at a low base, but you want to live life at a high frequency where you really enjoy life and relish it," she says. "I wanted to find magic and inspiration again."

The quest to capture Da Nang's magic brought Acacia and the crew to some of the most stunning attractions in the area. The Chua Linh Ung Pagoda, for instance, a stunning temple complex on the Son Tra Peninsula, known for its natural forests and hidden beaches, features the tallest Quan Am (Lady Buddha) statue in Vietnam.

Eight kilometres south of Da Nang's city centre, the picturesque Marble Mountains comprises five limestone peaks, karst formations named after the five elements – metal, wood, water, fire and earth. Carved into the mountains is a network of 10 terrestrial and subterranean pagodas, thick with the scent of slow-burning incense, that date back to the 17th century.

Further south, the Unesco World Heritage Site of Hoi An is exceptionally photogenic, the soft glow of multi-coloured lanterns at dusk echoing its rich history of a once-prosperous trading settlement. The combination of Chinese and Japanese aesthetics with





Vietnam calling



Acacia Diana cultivated a love for travel from an early age. "I always

knew there was a big world out there waiting to be explored," she says. Still, wherever she wanders, "Flying on Malaysia Airlines always gives me the comfort of home." Scan the QR code to book your flight at malaysiaairlines.com and discover the same must-visit attractions in Da Nang that Acacia Diana enjoyed.



Show scale.

"At the Marble Mountains, I photographed the Malaysia Airlines cabin crew standing in the vast space, illuminated by a shaft of light. This not only highlights her as a focal point. it also emphasises the scale of the surroundings, at the same time opening up the location in the image. I used a wide-angle lens in a vertical orientation to get the full height of the cave."

local craftsmanship has resulted in a flamboyant and colourful visual style. At a nearby 300-year-old village, Acacia witnessed ethnic Cham people continuing a long-cherished tradition of weaving high quality silk – light, smooth, luxurious to the touch.

FOR ACACIA, THERE WAS NO SHORTAGE OF INSPIRATION

in Da Nang. At Man Thai Beach, she soaked up local life, catching the lively morning scene of fishermen bobbing back to shore in coracles (teacup-shaped boats) and fishmongers selling the freshest catch of the day, their baskets laid everywhere on the cream-coloured sand.

While shooting Da Nang's iconic Dragon Bridge as it breathed out fire in a spectacular night-time show, she was reminded that chaos can be a gift. "We learned that after fire, the dragon shoots water," Acacia recalls, laughing. "So I scrambled to wrap my gear in protective plastic. My battery was running low. An uncle [older gentleman] knocked out my tripod. Everything was happening. When the dragon finally roared with fire, we were all startled. Luckily, I was shooting at a superhigh-speed shutter and captured a moment when my subject, April, was looking up at the dragon in awe and surprise. And she wasn't even acting."

And although the Golden Bridge in Ba Na Hills—the mountaintop re-creation of French Indochina—is one of the most photographed places in all of Vietnam, arriving in the early morning to find it shrouded in mist made for an almost mystical experience. "I imagine how it would really ignite your sense of wanderlust and sense of adventure," Acacia says.

But it was in the ethnic-community village of Co Tu at the foot of Ba Na Hills where she felt something powerful and transformative. "That was mind-blowing for me because it was so different from what I expected," she says. "And the people were so warm and welcoming, it really touched me to my core."

The Co Tu people, also formally called the Katuic people, are an ethnic minority known for intricate weaving, basketry and stunning minimalist wooden sculptures. The artworks accentuate the beauty of raw wood and elements, and are inspired by the religious beliefs, geography and fauna of the region.

Life in their charming village – people cooking, children playing – had an otherworldly serenity and purity to it. As the sun set, the hosts started a bonfire. A woman began to sing, and soon a man joined her, their song accompanied by wooden flutes and a guitar. "The combination of the sounds had such an enchanting quality to it that I completely forgot I was photographing," Acacia says. "It was nothing short of magical."



Malaysia Airlines flies from Kuala Lumpur to Da Nang 7x weekly.



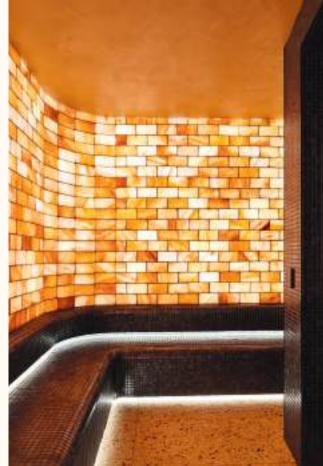
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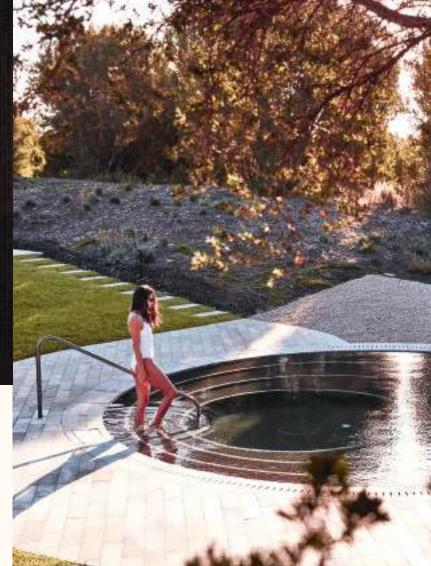


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Victoria, Australia leads in wellness tourism with its growing hot spring destinations, offering stunning bushland landscapes and rejuvenating thermal waters for travellers seeking relaxation and holistic health benefits Words Shermian Lim













Melbourne is undeniably perfect starting mid-March, as Australia's autumn months begin to unfold.

If you are like me and like to book travel plans six months ahead, now is the time to start organising your adventures in Melbourne. Ushering in a welcome reprieve from the scorching summer heat, events and festivals light up the season, from the renowned Melbourne Food and Wine Festival to the colourful celebrations of Holi. You might also indulge in Melbourne's top dining hot spots – Gimlet, Freyja and St. Ali's, to name a few – discover fantastic artisan finds at the South Melbourne Market and definitely clock in more than 10,000 steps checking out the city's trendiest neighbourhoods.

Lately, I've been seeking more than just days of city exploration in my travel itineraries. Like many other travellers now, I set aside time to unwind and indulge in a bit of self-care before flying home. So I shift gears and head out to geothermal bathing spots on the Mornington Peninsula, considered some of the best in the region. Known for its vineyards, beaches and scenic coastal landscapes, this popular destination is just a 90-minute drive from Melbourne – perfect for a few days of relaxation and reset.

As global wellness trends continue to flourish, hot springs in Australia's Victoria region have become an integral part of the wellness travel movement. The Great Victorian Bathing Trail – a renowned 900km tourism route that links hot springs, mineral springs and sea baths along Victoria's southern coastline – is a testament to the region's commitment to wellness tourism. Economically, it's a wise bet: by 2027, global wellness tourism is projected to be a trillion-dollar industry.

Spanning across Victoria, the trail connects various hot spring destinations, each offering unique experiences that cater to different aspects of well-being. The region's geothermal waters are famed for their mineral-rich content, which is believed to have various health benefits, including improving circulation, reducing stress and aiding in detoxification. This natural allure, combined with picturesque settings, has positioned Victoria as a hotspot for everyone – especially worn-out, 9-to-5 career professionals – seeking a holistic wellness experience.

AT THE PENINSULA HOT SPRINGS, A SPRAWLING, 17HA

geothermal mineral springs and day spa in Fingal on the Mornington Peninsula, offers bathers a splendid collection of over 70 globally inspired bathing experiences. Outdoor cave pools, barrel baths and other hydrotherapy pools with geothermal waters set at varying temperatures are especially inviting in the cool early autumn weather – ideal for relaxation and quiet reflection. Glamping and newly launched, luxury eco-lodges allow guests to extend their hot springs experience with stargazing and moonlight bathing.

Charles Davidson, Peninsula founder and Victoria native had first heard of reports of hot springs being found on the Mornington Peninsula in 1979, but it wasn't until he had his first onsen experience in Japan that he began to seriously investigate bringing bathing culture into mainstream Australia.

Previous spread:

The hilltop pool at Peninsula Hot Springs; staircase leading up to the Spa Lounge at Alba Thermal Springs & Spa Clockwise from top left: Halotherapy room at Aurora Spa & Bathhouse; a geothermal pool at Alba Thermal Springs & Spa; spanner crab crumpet at Thyme; bathing in nature at Peninsula Hot Springs

Left: Charles Davidson, founder of Peninsula Hot Springs Below: The store at Aurora Opposite page: Massage pool at Alba

"I was living in Japan in 1992 when I visited a mountain town called Kusatsu, which is known for its

hot springs resorts and just over two hours by train from Tokyo," Charles recalls. It was the first time he had ever hopped into a hot spring, and with a view of a valley full of snow-capped forests and hilltops, Charles describes the experience as deeply cathartic, relaxing and enabling him to be one with nature. "I wanted to bring back the culture of bathing to Australia where people could enjoy natural hot water, which is like a gift from nature." By 1997, Charles and his late brother Richard had opened Peninsula Hot Springs, the first in bathing culture on the Mornington Peninsula.

A sense of community at Peninsula Hot Springs is apparent, fostered through wellness programmes like hot springs yoga sessions and overnight retreats. Meanwhile, the pinnacle of serenity is found at the hilltop pool, where bathers are surrounded by stunning, 360-degree views of the Mornington Peninsula. As I wade in, the stillness and silence of fellow bathers create a moment of solidarity – strangers in peaceful meditation and deep relaxation together, enhanced by the sun's warmth and a delicious breeze.

Other experiences include a reflexology water trail, Hammam steam bath, massaging mineral showers and cold plunge pools, the latter now gaining recognition for their health benefits. "Many athletes use cold bathing for recovery, circulation and overall well-being. It leaves you feeling invigorated and happy," says Charles. "Wellness is about mindfulness, one of Peninsula's seven pillars for a balanced lifestyle. The cold plunge is about staying in control – just jump right in and don't hesitate."

ALBA THERMAL SPRINGS & SPA IS just a three-minute drive north of Peninsula Hot Springs. The use of soft underlighting, curved concrete, earth-toned hues, ceramic tiles and wood panels highlight the facilities' sophisticated and serene design. It's complemented by native Moonah woodland grasses and shrubbery - like a medieval outdoor bathhouse with a distinct touch of Australian bushland. Alba's sales and marketing director, Kadi Morrison, shares that the goal was to create a space for visitors to truly disconnect. "We encourage a no-phone policy, so people take time out from their busy lives – away from their emails."

As guests wander leisurely in luxurious white robes, they explore the 31 mineral-rich geothermal and forest pools – three more will soon be open – scattered across Alba's 15ha property. partially nestled within a hilltop once used as farmland. The semi-enclosed pool is a favourite among visitors, while the Eve pool, with its shallow waters, provides a serene spot to soak up the mellow rays of sunset. With naturally heated waters reaching up to 43°C, the pools offer a healing and restorative experience. And to extend the relaxation activities, a visit to the effortlessly chic and futuristic Alba Spa is a must. The spa lobby, featuring curved pod lounges and spacious sun beds, sets a calming tone for any of the 35 available treatments, which include full body massages, hydrating facials and Vichy showers.

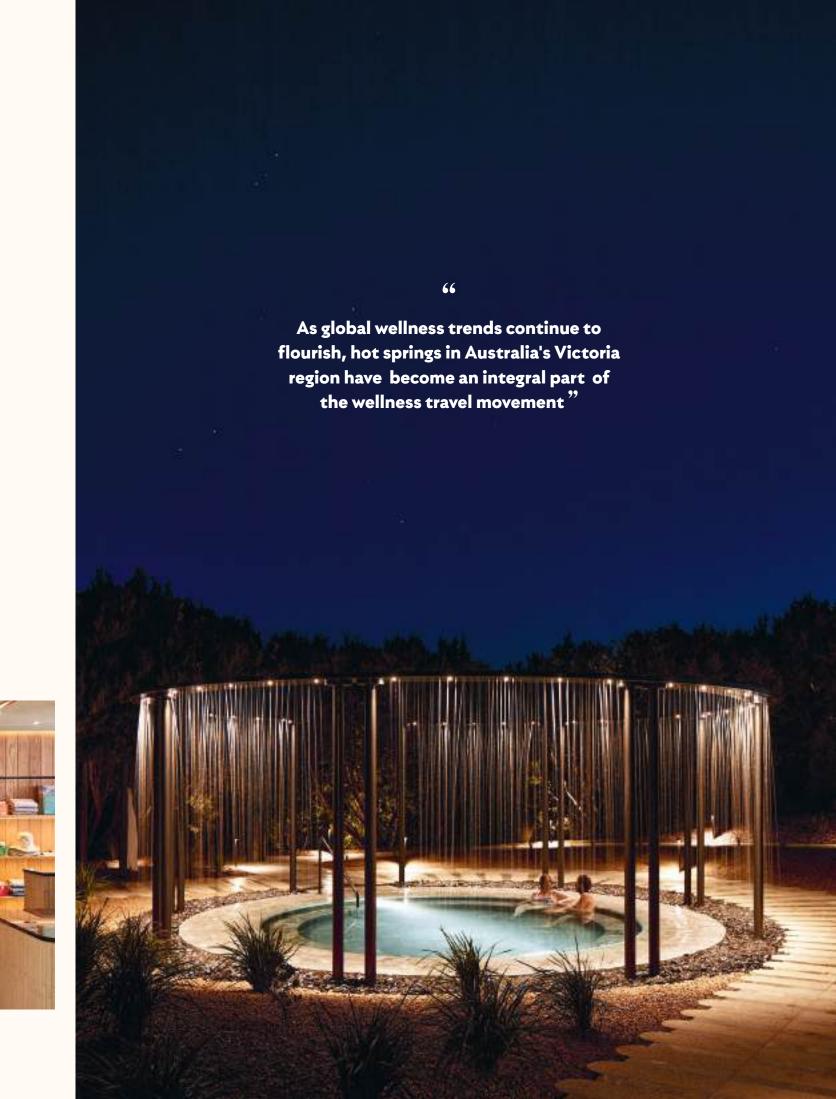
For those with extra time at Alba, the experience doesn't have to end after the spa treatment. Pre-book one of the nine private pools on the Terrace that offers ultimate privacy while providing expansive views of Alba's other pools. Guests can also indulge in local wines and cheeses, part of Alba's popular food and beverage offerings. Reflecting on changing attitudes toward wellness, Kadi explains, "For many, the meaning of well-being shifted after Covid-19. It might mean disconnecting from your screen and your busy life, but it doesn't always mean eating kale and drinking green smoothies."

This ethos is reflected in Thyme, Alba's on-site restaurant. Curated by Melbourne chef and TV personality Karen Martini, the menu caters to all preferences, featuring indulgent options like spanner crab with whipped cod roe on a polenta crumpet, alongside healthier dishes such as the Buddha salad – a mix of greens, jelly noodles, shiitake mushrooms and toasted red peanuts - or the Alba bowl, comprising seasoned tuna, spring onions, avocado and cucumber kimchi over rice.

A SENSE OF CALM IN AURORA SPA & BATHHOUSE'S LOBBY

is palpable the moment you step through the entrance. Soothing botanical fragrances from the apothecary station, where customers can create custom salt scrub blends, fill the air. Designed by







Top: Lyndall Mitchell, founder of Aurora Spa & **Bathhouse** Below: A hydrotherapy pool at Aurora Spa & Bathhouse



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••••••

the award-winning architectural firm Woods Bagot, the space features neutral colours that create a warm and welcoming environment. Located behind the Continental Hotel Sorrento on Victoria's Mornington Peninsula, Aurora's state-of-the-art, 500sqm bathhouse fits up to 60 guests at a time and is inspired by European-style bathhouses.

Aurora's bathhouse offers an immersive 11-step ritual, featuring aromatherapy steam, thermal beds, sensory showers, massaging pools, a glacial mist room, halotherapy, cold plunge and Nordic sauna. Guests can enjoy massages, body wraps and facials in eight treatment rooms, plus a private magnesium float room for ultimate relaxation.

Lyndall Mitchell, owner of Aurora Spa & Bathhouse and a 32-year veteran in the wellness industry, believes it's essential to show that places like Aurora offer more than pampering – they provide real therapeutic benefits. Techniques like hot-to-cold contrast therapy improve circulation and detoxify the body. "When people understand these benefits, they're more likely to make it a regular practice," she says. While wellness is often marketed as indulgence, its true value is in promoting overall well-being.

According to Lyndall, educating people about these benefits can shift their perception. In Europe, for example, bathing is integrated into healthcare, with rebates provided due to its recognised impact on well-being. Bathhouses and spas there are part of daily life, not reserved for special occasions. Instead of spending evenings at home, people connect with friends and family in these communal spaces, embracing a balance between work and enjoyment. In countries like Japan, the culture of bathing is similarly ingrained, with over 1,300 years of bathing history and traditions. It's a routine practice, akin to meditation in India, which is introduced to children from a young age.

Although bathing culture is still developing in Australia, Lyndall sees a gradual shift in how people approach wellness. "When I first entered the industry, we didn't talk about wellness the way we do today," she reflects. "But in the past decade, I've been invited to speak at places like Macquarie Bank and other large corporations, where there's a growing interest in wellness for employees. It's taking time for people to adopt these practices, but once they do, they absolutely love it."



One-of-a-kind stays in Victoria



Lon Retreat & Spa

At Lon Retreat & Spa, time slows down, letting you unwind in peace. Tucked away on 80ha of farmland, founder Claire Gemes transformed her sprawling family home into seven luxurious suites, each offering stunning ocean or rural views. While there, enjoy a therapeutic session in their award-winning spa, soak in the mineral-rich geothermal pool, take a brisk walk around the picturesque countryside or a 10-minute stroll through the woods towards the beach in the back of the property. Ionretreat.com.au



Jackalope Hotel

Warm red brick walls contrast against jet black roofs, and a 7m tall, shiny black sculpture of a jackalope greets guests as they approach the entrance. Sleek dark interiors and contemporary art pieces create an atmosphere of luxury and creativity. Perched among vineyards on the Mornington Peninsula, a stay at one of the Jackalope's 46 bespoke rooms includes a sumptuous view of the infinity pool overlooking lush vineyards, and rustic breakfasts cooked-toorder and served in-room, if you like. jackalopehotels.com

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Directory

Alba Thermal Springs & Spa albathermalsprings.com.au

Aurora Spa & Bathhouse auroraspa.com.au

Peninsula Hot Springs peninsulahotsprings.com









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Welcome aboard Malaysia Aviation Group's (MAG) airlines! This month, see what we have on offer to ensure that you have a safe, seamless and fuss-free journey with us. **58**

Inside our airlines

News and updates from MAG Airlines

64

Discover our network

See where MAG Airlines can take you, around the country and around the world 7

Onboard entertainment

Keep yourself entertained with our latest releases of Hollywood movies, TV shows and music



Malaysia Airlines launches inaugural flight to Da Nang

Malaysia Airlines has proudly launched its inaugural flight to Da Nang, Vietnam, opening the door for travellers to explore this breathtaking destination renowned for its stunning landscapes and rich cultural heritage. With seven weekly flights from Kuala Lumpur, holidaymakers can immerse themselves in Da Nang's pristine beaches, lush mountains and vibrant city life. Visitors can relax on the beautiful My Khe Beach, trek through the picturesque

Marble Mountains or wander the charming streets of nearby Hoi An, a Unesco World Heritage Site. The ancient ruins of My Son Sanctuary also await those eager to delve into Vietnam's history. As Malaysia Airlines expands its network, the new route to Da Nang reinforces its commitment to offering exceptional travel experiences that connect passengers with the diverse beauty and vibrant culture of the region.







This November, our Best of Asia menu spotlights the flavours of China with **Zhajiangmian**, a classic northern Chinese noodle dish beloved for its depth of flavour and hearty ingredients. Zhajiangmian consists of springy noodles topped with a rich, umami-laden sauce made from fermented soybean paste. This sauce is slowly simmered with ground chicken, allowing the flavours to deepen and intensify. The dish is then garnished with fresh, crisp vegetables like carrots, mushroom and edamame, adding a refreshing crunch to every bite. Imagine the warm, comforting aroma as you take your first bite, offering a true taste of China that brings both heartiness and elegance, right at 35,000ft.

Stay tuned for more tantalising menus and join us next month for another taste of China.



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Malaysia Airlines offers carbon credits from Kuamut **Rainforest Conservation Project**

Malaysia Airlines has launched an exciting carbon offset programme, offering carbon credits from the Kuamut Rainforest Conservation Project, Malaysia's first certified nature-based initiative. Nestled in the stunning landscapes of Sabah, this groundbreaking project is not just a step towards sustainability - it's a significant leap forward for environmental preservation. By protecting and restoring 83,381ha of lush tropical forest, the Kuamut Project aims to prevent the release of 16 million tonnes of CO2 emissions over the next 30 years. Managed through a dynamic public-private partnership, it's set to safeguard vital habitats for endangered species like orangutans, elephants and rare birds. This initiative not only combats climate change but also enriches local communities by enhancing living standards and creating sustainable job opportunities. With this launch, Malaysia Airlines invites passengers and corporate clients to be part of a meaningful movement toward a

MAGE: SHUTTERSTOCK (DA NANG & KUAMUT) "IN-FLIGHT MENU PICTURES ARE FOR ILLUSTRATION PURPOSES ONLY

greener future, turning their travel into a powerful tool for environmental impact.

Malaysia Airlines expands strategic collaborations across sports, travel and finance



Uniting the nation through football: Malaysia Airlines strengthens bonds with JDT and MFL

Malaysia Airlines has reinforced its dedication to local sports by renewing strategic partnerships with Johor Darul Ta'zim Football Club (JDT) and the Malaysian Football League (MFL). Extending its collaboration with JDT until 2026, the airline continues to provide essential logistical support while promoting both brands through joint marketing initiatives. These partnerships highlight Malaysia Airlines' broader mission to unite the nation through football and showcase Malaysian culture on the global stage. By strengthening ties with JDT and MFL, Malaysia Airlines reaffirms its commitment to delivering unforgettable experiences, whether in the skies or on the field.

Additional travel perks with Malaysia Airlines for Maybank cardholders

Malaysia Airlines and Maybank have formed a strategic partnership to boost their brands across the region, aligning their efforts to enhance consumers' lifestyles. The collaboration leverages Malaysia Airlines' role as the Official Commercial



Airline partner of Manchester United and Maybank's status as the club's longest-serving global financial partner. The announcement was made at the Malaysia Airlines Pavilion during MATTA Fair, with Manchester United Legends Ryan Giggs, Wes Brown and Park Ji Sung in attendance. As part of the deal, Maybank Manchester United cardmembers in Malaysia, the Philippines, Singapore and Indonesia can enjoy up to 10% off Malaysia Airlines flights until 31 August 2025, while other Maybank cardholders will receive a 5% discount on selected dates each month until the same date.



Wego partners with Malaysia Airlines to enhance travel options for MENA travellers

Wego, the top travel app in the Middle East and North Africa (MENA) region, has partnered with Malaysia Airlines to enable seamless flight bookings directly through Wego's platform. This collaboration offers users access to over 50 domestic and international destinations and highlights Malaysia Airlines' competitive fares, and extending Malaysian Hospitality to more travellers, especially from the MENA region.



Malaysia Airlines partners with Holiday Tours & Travel and Taylor's Education Group to offer strategic travel solutions for students

Malaysia Airlines has partnered with Holiday Tours & Travel (HT&T) and Taylor's Education Group (TEG) to improve travel accessibility for students through a strategic one-year collaboration. Recognising the importance of affordable travel, Malaysia Airlines and HT&T are offering exclusive student fares, an additional 10kg baggage allowance and other benefits to ensure a smooth travel experience with Malaysian Hospitality. This partnership will benefit over 22,000 TEG students, providing comfortable and cost-effective travel options to 19 additional destinations. HT&T will have exclusive access to the full range of Malaysia Airlines destinations, except the Maldives, for a one-year period, further enhancing travel choices for students.

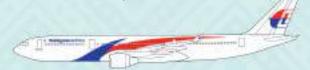
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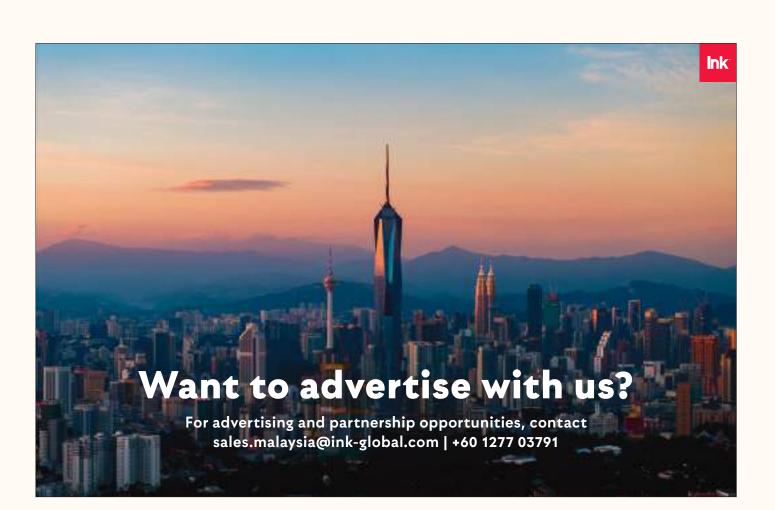
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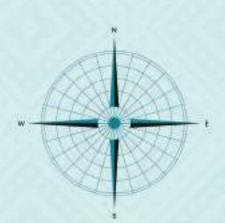
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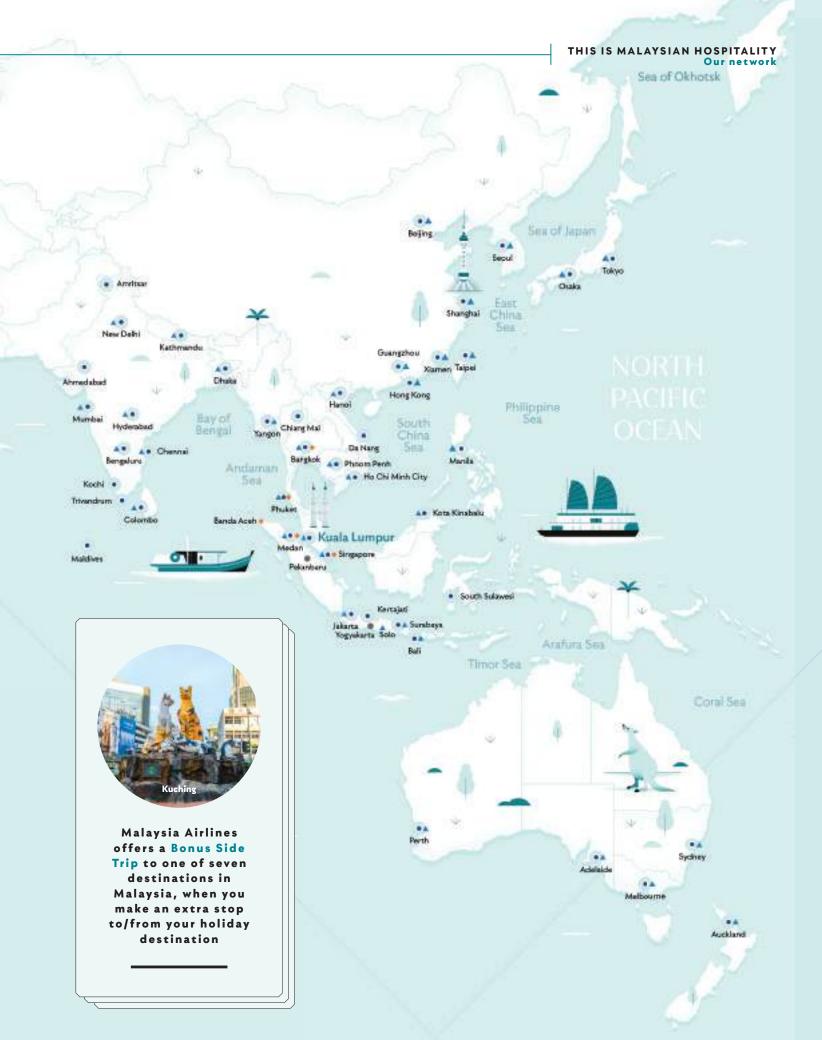
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NOW SHOWING

⊕ MOVIES p72 ☐ TELEVISION p81 € AUDIO p83



Check out our Hollywood Latest on page 74!



Twisters



Little Bone Lodge



Longlegs



Lord of Misrule

Despicable Me 4

Gru returns in Despicable Me 4, still juggling the chaotic lives of his mischievous Minions and fatherhood, all while being thrust into a new villainous challenge.

As the stakes rise, Gru must navigate outrageous gadgets, slapstick antics and a few unexpected family twists. With plenty of humour, heartwarming moments and thrilling action sequences, this latest installment brings back the charm of the franchise while introducing fresh excitement and new characters that push Gru and the Minions to their hilarious limits.



Twisters

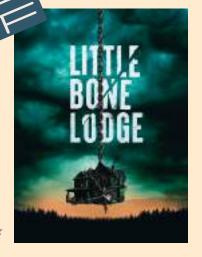
In *Twisters*, storm chasers face nature's fury as deadly tornadoes threaten central Oklahoma.

Haunted by a devastating past, Kate Cooper is drawn back to the plains by her friend Javi to test a revolutionary tracking system. Along the way, she crosses paths with Tyler Owens, a daring social-media star who thrives on chasing storms for his followers. As storm season intensifies, Kate, Tyler and their teams must fight for survival as multiple tornado systems converge. With breathtaking visuals and pulse-pounding action, this high-stakes adventure explores the thrill and peril of confronting nature at its most destructive.

MOVIES



HOLLYWOOD



In Little Bone Lodge, secrets unravel in a remote lodge where a family encounters a mischievous spirit. This eerie, atmospheric story brings chilling discoveries and unexpected thrills, perfect for a night of spooky suspense.



Peak Season follows a group of friends on a mountain expedition where physical challenges and personal revelations intersect. This gripping drama blends stunning vistas with emotional depth, showcasing the highs and lows of their adventurous journey



Dark secrets
emerge in *Longlegs*as a sinister
creature stalks
from the shadows.
This supernatural
thriller weaves
eerie suspense
with twists that
keep you guessing
until the very end.



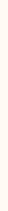
Possum Trot's heartwarming story follows a local music group bringing hope and unity to their town. Their inspiring journey highlights the profound impact of music on a community's spirit and strength.



In a kingdom plagued by a malevolent ruler, magic and treachery shape the battle for redemption in *Lord of Misrule*. Danger and mystery collide in this tale of cursed realms and broken loyalties.

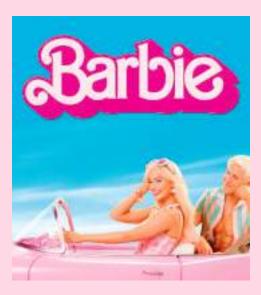


The pursuit of the American dream is full of challenges, but resilience pushes one immigrant to overcome the odds. *American Dreamer* offers an inspiring, heartfelt look at the quest for a better future.



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Hollywood Favourite Movies



Barbie's world gets turned upside down as she embarks on a journey of self-discovery beyond her perfect life in Barbieland. Filled with adventure, humour and heartfelt moments, this film reinvents the iconic doll for a new generation.



After stumbling upon a mysterious alien artifact, Jaime Reyes transforms into the **Blue Beetle**. Armed with incredible powers and a sentient suit, he must learn to balance heroism with the challenges of young adulthood in this action-packed origin story.

























MOVIES

Malay



Latah Fighter



Bukan Cerita Cinta Cliché

Bawang Putih Bawang Holland



Japanese



Secret: A Hidden Score







Drive



Sleep



.....

Tamil



Garudan

Malayalam



Family

Telugu



Tenant

Indonesian



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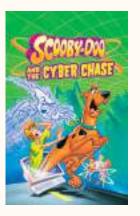
Reduce stress

MOVIES & TELEVISION

Kids' Specials



Shaun's mischievous plan goes hilariously wrong, leading his flock on a wild adventure in the big city. Packed with charming stop-motion animation, clever gags and heartwarming moments, Shaun's adventure delights audiences of all ages.









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TELEVISION

Korean



M Countdown

K-pop fans can't miss **M Countdown**, a dynamic music show featuring live performances, exciting comebacks and the latest chart-toppers from Korea's biggest artists. The show's energetic vibe keeps the global K-pop community buzzing.

Tamil



Kalyanam to Kadhal

A tale of love, relationships and life's unexpected twists unfolds in *Kalyanam to Kadhal*. With charming characters and relatable situations, this story captures the rollercoaster of emotions between marriage and romance.

Hindi



Crime Patrol 2.0

Chinese



I'm a Pet at Dali Temple

Japanese



Ishiko and Haneo: You're Suing Me?

Comedy





Drama



Dream, the lord of dreams, navigates through realms of gods, demons and humans, battling to restore balance. This hauntingly beautiful dark fantasy, *The*

Sandman offers a mesmerising journey through hope and nightmares.

Found follows a crisis management expert and her team as they work tirelessly to locate missing persons. Blending intense drama with emotional depth, the series highlights the high-stakes challenges of solving complex cases and rescuing those who have vanished.

Travel



Japan: Sense of Season

Malav



Puaka Cuti Semester

Showbiz



Hollywood on Set

MHinsure





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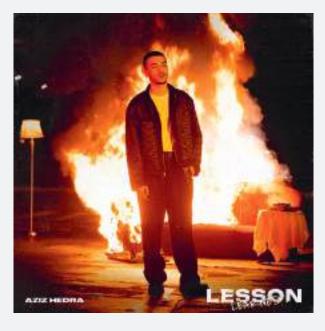
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AUDIO



R&B

Aziz Hedra is a rising artist known for his smooth blend of R&B, soul and pop, delivering heartfelt lyrics and rich melodies. His music explores themes of love, growth and personal reflection, captivating listeners with his authentic storytelling. Lesson Learned is a soulful track where Aziz Hedra reflects on past mistakes and growth. With its smooth melody and heartfelt lyrics, the song delves into the process of healing and self-discovery after life's challenges.



Latto delivers a bold and catchy anthem with **Sugar Honey Iced Tea**. The track is packed with swagger and confidence, blending clever wordplay and a high-energy beat that showcases her unapologetic attitude and fierce style.

The Hits







Memories





Club



Japanese



Korean



Hindi



Tamil



Malay



Indonesian



Cantonese



Mandarin



Kids

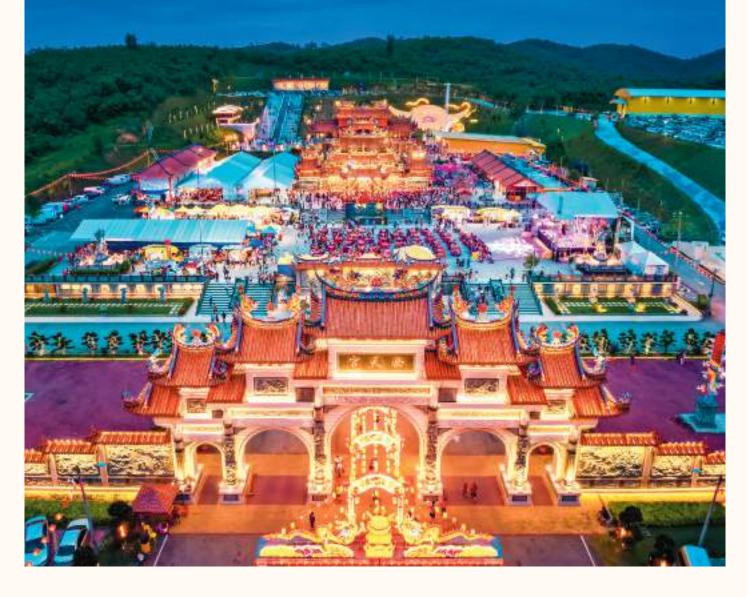


Unrivalled majesty

The Si Thian Kong Temple in

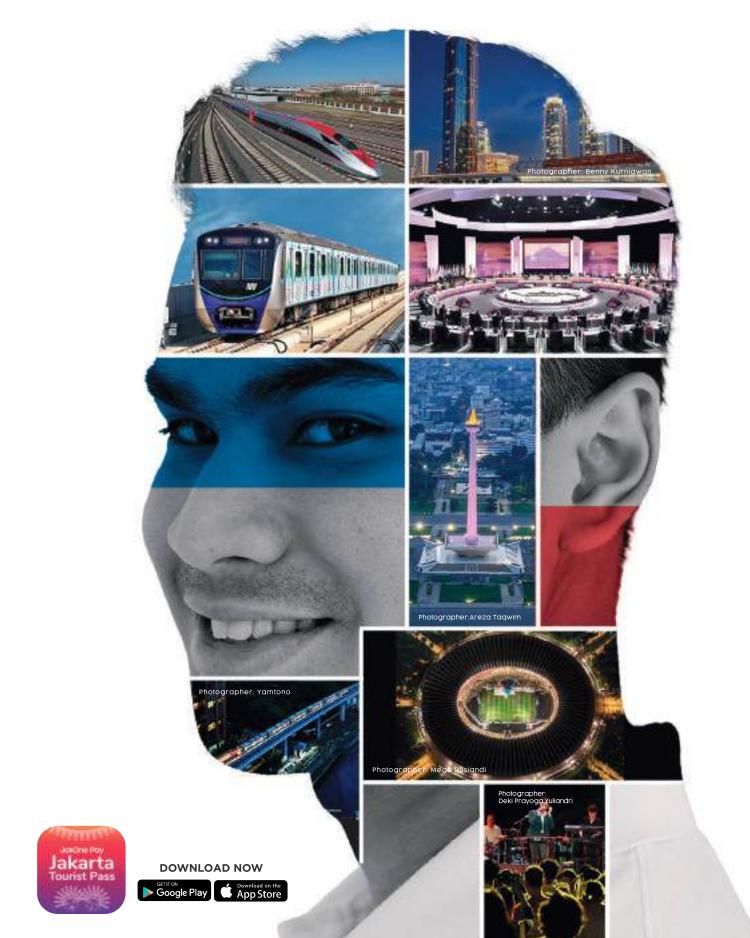
Kuala Pilah, Negeri Sembilan, has become a must-see attraction since its opening in 2015, drawing visitors with its stunning architecture and intricate design. Adding to the temple's allure is its new nine-dragon musical fountain, a RM13 million feature unveiled last year. During the Nine Emperor Gods Festival, projections of dragons dance across the water, enhancing the temple's already breathtaking atmosphere. Standing at a record-breaking 19m tall and 58m wide, the temple's stone

archway, adorned with an army of dragons snaking around its pillars, is set against the majestic backdrop of the Titiwangsa Mountain Range. The temple, which succeeded the historic Sam Seng Keong Temple, is not only impressive from the outside. Inside, nearly every inch of this Taoist temple's vast compound is decorated with statues and carvings of divine guardians and dragons. At night, the space transforms as golden and neon hues illuminate the temple's contours and terracotta structures, creating a captivating scene. sithiankong.org



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