



Going Places

TAKE ME HOME *Going Places* is regularly refreshed, so everyone who flies can have a copy

Go with the flow

Journey into Sabah's animal kingdom

Essential London

Where to eat, drink and play like a local

Inside omotenashi

Uncovering the art of Japanese hospitality

20 REASONS

To love Malaysia, from new hotels to fine dining to tapirs

ELEVATE

Inspiring expats, start-up secrets and a buyer's guide to luggage

A Top Must-Visit Destination in Kuala Lumpur



Scan for more
information

ROYAL SELANGOR VISITOR CENTRE

Open daily 9am - 5pm

4 Jalan Usahawan 6, Setapak Jaya 53300

T +603 4145 6122 F +603 4022 3000

visitorcentre@royalselangor.com

Free admission. Wheelchair accessible. * From selected locations only.



Royal Selangor
Visitor Centre

Contents

46

Animal attraction

Take a boat along the river to get up close with Sabah's rare wildlife

56

Only in London

Discover the must-know attractions that can't be found anywhere else

38

Secret service

When it comes to making guests feel welcome, Japan is all about omotenashi



9 20 reasons to love Malaysia

Hot new tables, rising talents and tapirs are on our list

23 Elevate

Your global guide to the things that lift you up kicks off with signature spa treatments, luxe luggage and business insights

73 Fly Malaysia

Airline news and information, plus Ping Coombes' tips for Ipoh

85 Now showing

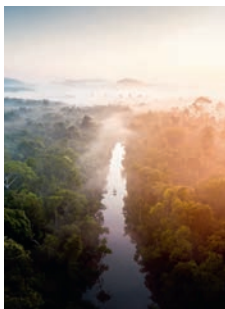
Parasite director Bong Joon-ho talks Oscars and influence; plus, find out what's playing on board

96 Back to business

Are shorter weeks the way forward for work?



16



About the cover

Early morning fog over Sabah's Kinabatangan River.
Photo by Tim Philippus

Editorial

Editor-in-Chief
Kate Guest
Assistant Editor
Sarah Khan
Chief Sub-Editor
Mrigaa Sethi
Sub-Editor
Kurt Ganapathy

Design

Art Director
Jessica Santos
Senior Photo Editor
Aaron Low
Photo Editor
Haryati Mahmood
Associate Design Director
Jamie Sage

Production

Senior Production Manager
Omar Mohamad Kassim
Production Manager
Fariq Yusoff

Sales

For advertising enquiries, please contact
ads.mh@ink-global.com

Advertising Director

Van Nguyen
Sales Director
Par Svalas
Account Managers
Raudah Yusoff
Azfaris Selamat
Ee Minx Ng
Leon Johansson
Recruitment
Shirley D'Souza
shirley.dsouza@ink-global.com
+65 3165 4152

Creative Solutions

Deputy Editor
Angela Lee
Art Director
Yew Xin Yi

Ink

CEOs
Michael Keating & Simon Leslie
Chief Operating Officer
Jim Campbell
Managing Director
Ric Stockfis
Editorial Director
Alexandra Karplus
Creative Director
Jamie Trendall
Group Senior Editor
Simon Kurs
Commercial Director
Denise Jaschke
Financial Controller
Dany Leung
Business Development Director
Jonny Clark



Going Places is published on behalf of Malaysia Airlines by Ink Publishing Pte Ltd. All articles and photographs published herein are created by the authors and photographers at their own discretion and do not necessarily represent the views of the airline. Malaysia Airlines holds no responsibility or liability arising out of the publication of such articles and photographs. All material is strictly copyrighted and all rights are reserved. No part of this publication may be reproduced in whole or in part without the prior written permission of the copyright holder. All prices and data are correct at the time of publication. Malaysia Airlines does not accept responsibility for advertising content.

Ink Publishing Pte Ltd 51 Changi Business Park Central 2,
The Signature #04-12, Singapore 486066. Tel: +65 3165 4100,
www.ink-global.com.

Printed by: Times Offset (M) Sdn Bhd
MCI (P) 105/12/2019

Please recycle or pass on to a friend

D'COEUR®



WWW.DCOEURNOW.COM

f @DCOEUROFFICIAL

WHOLESALE ENQUIRY
INFO@DCOEURNOW.COM

D'COEUR HAIR PERFUME TREATMENT . DCOEUR RESTRUCTURING HAIR SPA . DTXO THERAPY SHAMPOO



Dear guests,

Since the World Health Organization (WHO) declared COVID-19 a pandemic, many countries have imposed travel and movement restrictions that have changed our daily routines.

At the time of writing this message, I believe many of you may still be hesitant to travel, regardless of the mode of transportation or destination. Even Aidilfitri, a Muslim celebration that signifies the beautiful end of a month of fasting and sacrificing, will be a scaled-down affair. Perhaps the world is teaching us something. No matter our faith, it is important for us to reflect and reset our priorities, and move on with a better outlook on life.

I wish to assure you that at Malaysia Airlines we have taken all the necessary measures to keep flying safe and will continue to do so even when the pandemic is over.

The safety and comfort of our passengers and crew are at the forefront of everything we do, and our teams have been

working around the clock to ensure that we continue to serve you with the best of Malaysian hospitality during these trying times.

You may have read that the air in an aircraft is essentially sterile – as the cabin air filtration system is equipped with a high-efficiency particulate filter (HEPA), which captures more than 99.97% of airborne microbes, similar to those in hospital operating rooms. But Malaysia Airlines has gone a step further to ensure the efficiency of air circulation in our aircraft, by upgrading to filters with even better filtration capability at the onset of the outbreak.

Our cabin crew are also well-trained to be vigilant of passengers who are unwell, and will ask the operating pilots to notify our operations on the ground if any cases should require a doctor to be on standby or need further assessment upon landing. In the event that health authorities notify us of a patient under investigation (PUI) who has travelled with us, the particular aircraft will immediately be grounded so a bio-decontamination team can sterilise, disinfect and deep-clean the aircraft with hydrogen peroxide solution.

There are many other measures we have taken, both on the ground and on board, to ensure the safety and wellbeing of our guests. You may find more information at malaysiaairlines.com.

Let's pray for better times ahead and a refreshed world to live in. Have a pleasant journey and stay safe and healthy!

Captain Izham Ismail
Group Chief Executive Officer



The Time of Your Life.

On your wrist is the joy of timeless styling and the promise of tomorrow.
ORIENT STAR answers your love of the authentic
with a legacy of mechanical excellence.



#orientstar

DIVER

RE-AU0303B (RK-AU0303B)

SEMI SKELETON

RE-AT0104E (RK-AT0104E)

Made in Japan


ORIENT STAR

Some people just have “it”. The X-factor. Something that compels you to smile. It’s not charisma; it’s more real than that. There’s warmth, a genuine interest in others and a willingness to act on it. When we met married Malaysian couple

Alia Ahmad and Subhi “Bob” Sobry (page 28) in London last month, I was overwhelmed by that good feeling. These two expats radiate love, for each other, for their family, for their people in Malaysia and their people in London, and they act on it by cooking huge amounts of food for their community every Ramadan. Alia and Bob are the first everyday Malaysian heroes we’ve profiled, but look out for more to come.

I hope some of that good feeling radiates from *Going Places* this issue too, as we’ve worked hard to capture the warmth that’s at the heart of Malaysia Airlines. You’ll notice the magazine has been given a whole new look, with new sections, new stories and, yes, a new editor. I’m excited to be taking the helm at a magazine I’ve become so familiar with over the years and look forward to plotting a new course.

Our first introduction is Elevate, a globetrotting section dedicated to uncovering people, places and products that will bring a little something extra to your work, rest and play. That could mean straight talk from a start-up founder (page 26), a trio of hotels with signature spa treatments (page 31) or some luxe new luggage for your next weekend away (page 34). From travel to design and tech to wellness, it’s a global

manual for living well that we hope will give you fresh new ideas and inspiration.

We also reimagined and reinvigorated the *Going Places* website, so make sure you visit goingplacesmagazine.com for exclusive stories, tips and insights to help with planning your next great adventure.

And, of course, we’ll continue to take you places near and far, whether to a quintessentially London restaurant (page 56), a humble riverboat in Sabah (page 46) or a serene tea room in Tokyo (page 38). So what are you waiting for? Turn the page, you’ve got places to go.

Kate Guest
Editor-in-Chief



This issue’s contributors



Anucyia Kitching
Writer

Anucyia writes about food, travel and parenting, and in her spare time performs poetry (@anucyiawrites). This issue, she profiles some inspiring Malaysians abroad in “Soul food” (page 34).



Irwin Wong
Photographer

Editorial and commercial photographer Irwin left Melbourne for Tokyo in 2005. His first book, *Handmade in Japan*, is out in June. For this issue, he shot “Masters of the moment” (page 38).



Natalie McComas
Photographer

Natalie lives on the sunny Gold Coast in Queensland, Australia, but travels a lot for work. This issue, she shot our guide to the people and places doing good things in Brisbane (page 24).

A man and a woman are sitting on a sandy beach, leaning against each other and smiling. The woman is wearing a yellow top and patterned pants, and the man is wearing a hat and sunglasses. They are holding a glass of beer. In the background, there are palm trees, a thatched-roof building, and the ocean.

TIME FOR YOUR *Beautiful* ESCAPE

Discover how beautiful Samoa truly is. Explore untouched landscapes and dive among tropical fish in warm crystal clear waters. Self drive, surf, bike or hike through the wonders that make this island life one to cherish just like us locals do. Find beautiful around every corner in Beautiful Samoa.

Find Beautiful WWW.SAMOA.TRAVEL

Beautiful
SAMOA

11:00am | Level 41, Skybridge
#MyTwinTowers

Go on, share this. Make this photo yours or...

visit the Skybridge for this #nofilter required view. Head up to the PETRONAS Twin Towers today! Experience Malaysia on a whole new level.



Skybridge
Walk across the world's highest double-decker bridge.



Pinnacle
Get the best view of the highest point of the world's tallest twin towers from the Observation Deck.



Observation Deck
Enjoy a stunning 360-degree view of Kuala Lumpur from Level 86.



Gift Shop
Bring home limited-edition merchandise.



In support of:



Lower Ground (Concourse) Level, PETRONAS Twin Towers, Kuala Lumpur City Centre, 50088 Kuala Lumpur, Malaysia.

Enquiries / Ticket Reservations: +603-2331 8080 / Visiting Hours: 9am – 9pm (Closed every Monday).

Gift Shop Operating Hours: 9am – 5pm (Monday), 9am – 9pm (Tuesday – Sunday).

petronastwintowers.com.my [petronastwintowersofficial](https://www.facebook.com/petronastwintowersofficial) [petronastwintowers](https://www.instagram.com/petronastwintowers)

Disclaimer: Views from the PETRONAS Twin Towers may vary due to weather conditions.

Discover more



20

REASONS TO LOVE MALAYSIA

Bold flavours, inspiring people and unforgettable places



Kuala Lumpur

A new place
to rest, work
and play for
creatives

If you're looking to dodge the mainstream crowd on your next KL stay, book yourself into KLoé, a new hotel built by and for creatives. This 85-room boutique stay bears the look and feel of a trendy Brooklyn loft, albeit one with Malaysian art and accessories. Get in early and claim one of the five Artist Loft rooms, each designed to reflect one of KLoé's signature artistic pursuits: art, music, food, gardens and books. kloehotel.com



Kuala Lumpur

Big ideas from some local design heroes

Kyle E Yon and Jun Ong are the founders of Pow Ideas, the design studio leaving its mark all over Malaysia (and the world). Their portfolio is an exciting, wide-ranging one, encompassing a variety of brands in art and architecture. Past projects include arresting light sculptures, the retro-chic Swimming Club at the

Kuala Lumpur Journal Hotel (above) and the interactive installation *Gerai Tai Tai* that took them all the way to the 2019 Venice Biennale. Check out the studio's design forums and curated markets for some not-so-serious creative inspiration (and shopping opportunities). powideas.co

3

Petalang Jaya

A fresh take on omakase

Dining at Chipta IIA is a deceptively casual affair. The restaurant follows the omakase style, in which no two meals are alike, and the day's menu depends on the selection of produce and chef Jack Weldie's mood. Seated at the long communal table, you could be served yams with rice pops, cured amberjack sushi or super-fresh sashimi. The only constant is flavour.

fb.com/chipta11A



4

Langkawi

Wildlife up close

No trip to Langkawi is complete without experiencing its incredible flora and fauna. Junglewalla, a Langkawi-based eco-tour group, lets you do just that, whether it's via a rainforest night tour, wildlife and bird spotting trek, or signature cruise around the stunning geoparks. Be sure to keep an eye out for the Great Hornbill, a species native to Langkawi. junglewalla.com



5

Kuala Lumpur

Luxurious fragrances from an haute perfumery

For nearly half a century, French perfume house Henry Jacques has served a clientele of royals and wealthy socialites. Since the luxury fragrance house opened its second standalone boutique in Asia at Pavilion KL last year, we can all experience the one-of-a-kind scents that have put it at the pinnacle of haute perfumery.

Such is Henry Jacques' commitment to heritage and craft, the atelier was designed and assembled in France, before being transported to Malaysia and reassembled in KL. Inside, you'll find gilded Louis XV-style furniture and discreet doors leading to VIP rooms for private perfume consultations. parfumshenryjacques.com

6



Kuala Lumpur

An artist on the rise

Artist Shan Shan Lim is one of the brightest lights in KL's young creative class, and she's having a moment. You'll find her colourful, whimsical work in the city's independent galleries and select artisanal shops, emblazoned on local fashion collections and, of course, all over Instagram.

"[For as long as] I can remember, I've been drawing, painting, doodling, crafting using any materials I could get my hands on," Shan Shan tells us. "I vividly recall drawing little flowers on the back of my grandfather's Chinese calendar papers because I couldn't find plain paper."

Earlier this year, Shan Shan created a beautiful Lunar New Year-themed installation piece of 2,000 gold mirror pieces swinging from a cherry blossom tree in Bukit Bintang. "It's a great time to be an artist in Malaysia," she says. "The art and design scene is quietly thriving. Everyone is super supportive and open to collaborate." Shan Shan's next big reveal: a return to her textile-design roots with a huge fibre installation for the newly opened KLoé Hotel's reception area. shanshanlim.com

7

Kuala Lumpur

Handmade ceramics

If you're still using the chipped plates you've had since leaving home, you need to know about self-taught ceramicist Lee Ee Vee's chic stoneware. Each piece is hand-finished and glazed in a cool palette of whites, blues and greys. Move fast. thirty3eleven.com



Semporna

The beauty pageant for boats

The Celebes Sea off Semporna will become a rainbow in mid April as *lepa* boats compete to win the Most Beautiful Lepa title in the Regatta Lepa.

sabahtourism.com



PERDANA
KUALA LUMPUR CITY CENTRE

by **ATTANA**
HOTELS & RESORTS



Perdana Kuala Lumpur City Centre

10, Jalan Binjai, 50450 Kuala Lumpur, Malaysia.

Email: pkfcc.reservation@attanahotels.com

Contact us: **03-7490 3333**

www.pnbperdanaonthepark.com

 [perdanakualalumpurcitycentre](https://www.facebook.com/perdanakualalumpurcitycentre)  [perdanaklcc](https://www.instagram.com/perdanaklcc)

9

Kuching

Sarawakian jewellery with a story

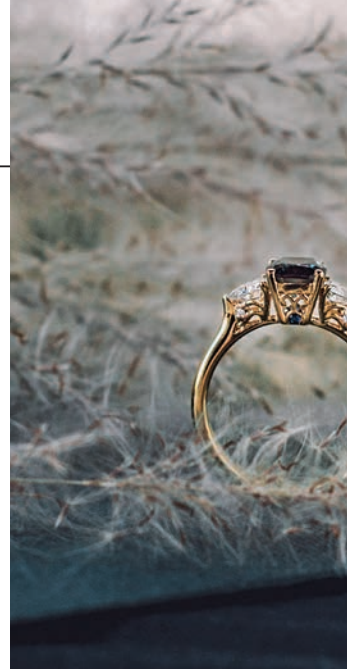
The young duo behind some of Malaysia's most beautiful bespoke fine jewellery nearly ended up in the rather different world of mechanical engineering. Eileen Phooan and Fabian Tan embarked on a small side hustle during university, with Eileen making beaded jewellery and Fabian helping her to sell it. As time went on, the couple delved deeper and deeper into fine jewellery techniques, teaching themselves by trial and error and finally earning the mentorship of an experienced local jeweller.

Now, Eileen and Fabian are at the helm of Left & Right, an atelier specialising in personalised fine jewellery that reflects wearers' stories. Stories are at the heart of the brand, Eileen tells us. "My late grandparents were splendid storytellers," she says, "and when they passed, I missed them a lot. I started to create jewellery pieces with a story to tell, as a conversation with them. Soon after that, I started receiving emails and texts about how these stories resonated with others, so we started to personalise pieces for individuals,

hoping to bring weight to their moments, emotions and journey."

While each Left & Right piece is unique to its owner, there's a definite signature, with antique-style flourishes and botanical-inspired curves and lines dominating. "Our design style tends to be very organic, intricate and dynamic," Eileen explains. "Being in a tropical country, surrounded by architecture and elements of diverse cultures, helps us to keep an open mind when it comes to stories. We were both born and raised in Kuching, Sarawak, so we are constantly exposed to local symbolic design."

Their considered, mindful approach to design extends to how they work too: Left & Right is committed to using ethically sourced materials, working with reclaimed gold and silver wherever possible and only using gemstones from reputable cottage mines. Zero waste is a term that's not often applied to the jewellery industry, but Eileen and Fabian are taking a pretty good shot at it. "We salvage all the gold, even in powder," Eileen says. "And then we process it ourselves and melt it down into little bars, leaving as little wastage as possible." **Inr.my**



10

Kuala Lumpur

A journey through Islamic architecture

The Islamic Arts Museum Malaysia (IAMM) houses 12 permanent galleries, one of which is devoted entirely to architecture. A highlight of the gallery is the sumptuous 19th-century Damascus Room. IAMM also offers a virtual tour of its permanent exhibits online.

iamm.org.my



11

Kuala Lumpur

Apollo Dining's ascent

Go for the 'gram, stay for the fresh Malaysian mash-ups. Bangsar's newest fusion restaurant, Apollo Dining, makes fantastic use of a narrow shoplot tucked between trendy coffee shops. The bare concrete and rammed-earth interiors are lit by an expansive skylight, highlighting a menu

that uses local produce and flavours in surprising new ways. Must-tries: the tiger prawn dumplings to start, chilli crab squid ink pasta for your main and then crispy, slightly funky *cempedak nian gao* (glutinous rice cake flavoured with a relative of jackfruit) fritters to end.

fb.com/apollodining



12

Genting Highlands

In full bloom



Genting Highlands' World of Phalaenopsis is truly a sight for sore eyes. This idyllic orchid farm is Malaysia's largest grower of *phalaenopsis* (moth orchids), a species native to the region. You'll find an assortment of orchid varieties in full bloom daily, with guided tours that explain how to care for these flowers at home. waltetxbiotech.com

13

Kota Kinabalu

Sabahan ingredients like you've never tasted them before



When most people think of fine dining in Malaysia, they don't consider anything outside the confines of the Klang Valley. But chef-owner Raphael Jay Peter Lee is hoping to change that with Oitom in Kota Kinabalu. The restaurant celebrates Sabah's flavours and ingredients. "It all began when I was working in Melbourne for eight years and coming back to Sabah only once a year," Raphael tells us. "I found the standard of food and beverage here to be stagnant. I made the choice to come back to the motherland, to create a platform where I could discover hidden passionate producers and growers, use their products and promote them. We do have great people that work on great ingredients here. We just need to look harder out there to find them."

You'll find those great ingredients studded throughout Oitom's inventive nine-course tasting menu, whether it's Kota Belud corn ("So much sweeter and juicier," says Raphael); white clams ("so tender and buttery in their texture"); or sea urchin from Semporna ("they have that sweet, salty, briny taste to them"). The aim of Oitom's game is to highlight the uniqueness of Bornean produce. Like the native wild mango *bambangan* or the "magic fruit" that grows in Tenom ("[It] alters your taste buds from sour to sweet"). Even the name Oitom means "black" in the Kadazan language – and you'll realise why when you step inside the restaurant.

oitomkk.com

15

Malaysia

Fashion that benefits the Malaysian tapir

Streetwear label Tarik Jeans has launched a capsule collection in partnership with Volkswagen Malaysia to raise funds for the endangered native animal and celebrate World Tapir Day on 27 April. tarik.my/modernnostalgia



The Malaysian tapir – the largest of the four (possibly five) tapir species – is the only tapir native to Asia. It can be found in Malaysia, Sumatra and Thailand

30

The Malaysian tapir can live for up to 30 years, although its numbers and lifespan are at risk due to deforestation, agricultural developments and illegal animal trafficking

ILLUSTRATIONS: SIMONE MASSONI

14

Kuching

A test of stamina in Sarawak

One of Asia's toughest races, the Spartan Race Sarawak takes over Semenggoh Nature Reserve in early April. More than 4,000 runners are expected to compete for a podium place.

spartanrace.my



< 3,000

It is estimated that there are fewer than 3,000 Malayan tapirs left in the wild today

50%

For World Tapir Day, Tarik Jeans will donate 50% of proceeds from its Modern Nostalgia collection to the Kenaboi Forest Reserve, home to Malaysia's first tapir conservation centre



PROPEL YOUR CAREER TOWARDS A NEW DIRECTION WITH INCEIF

Take this opportunity to recalibrate your future with Islamic finance. INCEIF's flexible and inclusive **Professional Certificate in Islamic Finance (PCIF)** online programme can equip you with the specialisation required to advance in your professional endeavours, as you learn from renowned experts at your convenience from anywhere in the world.

This flexible online course enables working professionals to explore a career in Islamic finance or find their niche in the industry via banking, Shariah, capital market, takaful & wealth management, Shariah audit & compliance.

Established by Bank Negara Malaysia, INCEIF is the only AACSB accredited Islamic finance university in Malaysia. INCEIF's curriculum goes beyond the many facets of traditional Islamic finance to cover sustainability, corporate social responsibility and technological advancements.

Set new standards of excellence and secure your aspirations. Explore new horizons, let INCEIF be your compass.

www.inceif.org
marketing@inceif.org
+603-7651 4000

Connect with us at



INCEIF®

THE GLOBAL UNIVERSITY OF ISLAMIC FINANCE



16

Kuala Lumpur

The star designer behind all those modern tropical interiors

Adrien Kent, one half of design studio Studio Kanta (and winner of reality TV show *The Apartment*), is responsible for some of KL's most Instagrammed spaces. He created co-working space Common Ground's immediately identifiable interiors – a calming blend of sage greens, blonde wood and rattan furniture – and lent his touch to the light-filled Fern Batik boutique with herringbone floors and bursts of tropical foliage. "My designs gravitate towards clean, minimal lines, punctuated by soft touches of texture and pattern," Adrien says. "Those accents



range from old-school materials, foliage, to art." The best part of Adrien's polished style? His love of local design elements and markers. "I'm currently obsessed with vent blocks," he says. "They're humble, versatile and inexpensive, and add that local flavour to a scheme. I think the Malaysian flavour is injected through elevated heritage – a contemporary twist to traditional local design elements." And whose work does Adrien himself most admire? "I love Kelly Wearstler's designs, specifically her most recent work, the Santa Monica Proper Hotel." **[instagram.com/studiokanta](https://www.instagram.com/studiokanta)**



17

Redang and Langkawi

The beach beckons

The 50th anniversary of Earth Day takes place on 22 April. What better way to celebrate than by visiting one of Malaysia's beautiful beaches?

Off the east coast Hit the stunning beaches of Teluk Dalam on Redang island. Here, you'll find white sand and clear water that's perfect for swimming. The beaches are separated by a rocky headland, and the bigger of the two, Teluk Dalam Besar, has no hotels, so you might have the entire bay to yourself.

Off the west coast Langkawi's beautiful Tanjung Rhu is smaller and more secluded than busy Pantai Cenai. Getting here requires a drive through dense jungle, but the crisp air and peace is well worth it. And although food options are limited, local dishes like *mee gulung* don't disappoint.



125 YEARS



LE CORDON BLEU®

1895-2020



Best Culinary Institute Of The Year
2016 & 2018 (Regional) at the World Gourmet
Summit Awards of Excellence 2016 & 2018
in Singapore



Train at **SUNWAY**
LE CORDON BLEU
to be a
Top Global Chef

PROGRAMMES OFFERED

- Grand Diplôme
- Diplôme de Cuisine
- Diplôme de Pâtisserie
- Diplôme de Boulangerie

Intakes : January • April • July • October

Sign Up Now! +603-5632 1188

SUNWAY LE CORDON BLEU INSTITUTE OF CULINARY ARTS

No.5, Jalan Universiti, Bandar Sunway, 47500 Selangor Darul Ehsan, Malaysia

Tel : +6(03) 5632 1188 Email : malaysia@cordobleu.edu Web : www.lecordobleu.com.my

   Le Cordon Bleu Malaysia

THIS IS A JOINT VENTURE BETWEEN

SUNWAY
EDUCATION GROUP



LE CORDON BLEU®

PARIS LONDON MADRID JAPAN AUSTRALIA BRASIL CANADA CHILE CHINA INDIA ISTANBUL KOREA
LEBANON MALAYSIA MEXICO NEW ZEALAND PERU TAIWAN THAILAND PHILIPPINES



REASONS TO LOVE

18

Malaysia

A new online art destination

Who they are

Aliya and Farouk Khan, avid collectors of contemporary Malaysian art.

What they did

Since moving to Malaysia in the 1990s, the couple have dedicated themselves to

building the largest and most diverse private collection of museum-quality art produced in Malaysia since 1980.

Why it matters

The Khan family recently launched a website to

serve as both a digital catalogue of their extensive collection and a rich study resource. All 1,062 pieces can now be seen online and appreciated by people around Malaysia and the world.

afkcollection.com

19

Malaysia

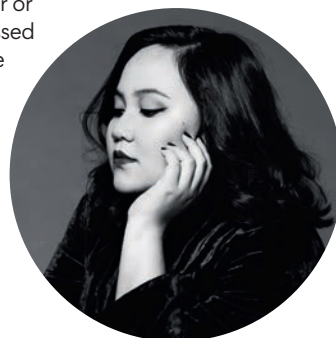
The insider label that just went global

Malaysian fashion designer Jasmine Chong has been making waves in New York with her elegant, fluid womenswear, and now she's set to prove her talent to the world in Heidi Klum's new fashion show, *Making the Cut*. Now streaming on Amazon Prime Video, *Making the Cut* sees Heidi reunite with fashion critic Tim Gunn as 12 international designers, including Jasmine, compete to win a US\$1 million investment.

"It was a dream, and so very surreal," says Jasmine. "Tim Gunn is an icon."

Jasmine's clothes offer a modern, inclusive take on ultra-feminine lines and shapes, rooted in her personal experience of growing up in a family of stylish women in Malaysia. With size inclusivity a core value, all the label's pieces are available up to a US size 20. "When I was really young, I would notice when my mother or grandmother were dressed up to go to a party," she says. "They both wear sizes above a US 10, and I think in many ways, I was influenced by how glamorous they looked, dressing in a way that just worked effortlessly."

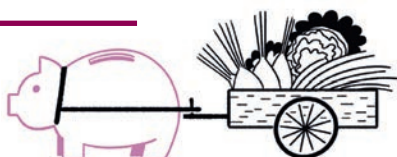
jasminechong.com



20

Kuala Lumpur

Everyday people who fight food wastage



The Lost Food Project works with Malaysian supermarkets, food producers and corporations to redirect surplus food headed for landfills, and get it into the hands of those who need it most. The food bank's charity partners help turn the surplus food into meals that are distributed to at-risk and vulnerable communities around the Klang Valley. thelostfoodproject.org

De.Wan 1958
by Chef Wan



A Truly Malaysian Restaurant

A Must Go To In Kuala Lumpur

De.Wan 1958 by Chef Wan presents the experience of a modern Malaysian culinary adventure brought to life by the multiple award-winning chef, Datuk (Dr) Redzuawan Ismail or better known as Chef Wan.



www.dewan.space

+ 6010 207 0383 | 2-2, Level 2, The LINC Kuala Lumpur

De.Wan 1958 by Chef Wan



For Reservations



THE ELS CLUB
DESARU COAST

STAY & PLAY IN DESARU COAST

STARTS FROM RM899 PER PERSON

Package Includes

- 2 Days 1 Night stay at the The Westin Desaru Coast Resort with breakfast.
- Two (2) rounds of 18 holes at the Ocean Course and Valley Course inclusive of a shared golf cart. • Terms & Conditions apply.

WhatsApp now at **+6017 - 767 3590 (Ashley)**

ELEVATE

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



SPOTLIGHT

Uncovering The Night Watch

It's been splashed with acid, slashed with a knife, had its edges cut off and was rolled up like carpet and hidden in a bunker during wartime, but now Rembrandt's 1642 masterpiece, *The Night Watch*, is finally getting the love it deserves. Amsterdam's Rijksmuseum is giving its star attraction the most ambitious restoration ever seen, using an unprecedented arsenal of technology, from macro-XRF scanners to artificial intelligence. Only after every last molecule has been analysed will the restoration proper begin (if needed) in June, all of it in public view. Watch live at rijksmuseum.nl/en or visit for yourself to see it in person.

Malaysia Airlines flies to London. From there, Eurostar offers direct returns to Amsterdam from 30 April.



SPOTLIGHT



ESCAPE



UPGRADE



TAKEOFF



ASK AN EXPERT



THE BUZZ



HEROES



WELLBEING



Best of Brisbane

Green wineries, island marine programmes, drought-supporting desserts and eco-friendly koala sanctuaries make Brisbane the perfect spot for a literally good time **BY CHRISTINE RETSCHLAG**



Sirromet Wines

Sirromet Wines at Mt Cotton is not only Queensland's largest and most awarded winery but was also the first in Australia to release a wine in an environmentally friendly PET plastic bottle. The fully recyclable bottles also chill faster than regular bottles and are lighter to transport, which means less environmental impact. Even the labels are made from 100% recycled materials. So committed is Sirromet to reducing its environmental footprint, it also boasts an on-site worm farm that recycles all organic waste into fertiliser. You can tour all of this while visiting this winsome winery, and even stay here at Queensland's first winery glamping experience. The ensembles feature Bubbles Organic amenities made on the Gold Coast and the breakfast basket is stocked with locally sourced food. Day visitors can indulge in tastings at Sirromet's cellar door, dine alfresco on the Tuscan Terrace or indulge in fine dining at Restaurant Lurleen's. sirromet.com

Bacchus South Bank

This South Bank restaurant, one of the best in Brisbane, has partnered with the Sunshine Coast hinterland's award-winning, family-owned Maleny Dairies to create two desserts that celebrate classic Queensland flavours, while also raising money for drought-ravaged farmers. Order Cow Ate the Mango, a Maleny cream dessert filled with mango textures and coconut dacquoise, served behind a chocolate fence on a field made with matcha

green tea, pistachio and chocolate crumble; or Cow Ate the Caramel, filled with caramel textures, and \$4 from each plate will be donated to Rural Aid. Founded in 2015, this charity supports rural Australians who have been affected by extreme weather events such as fires, floods and drought. Relax in the beautiful dining room, reminiscent of a gentlemen's club, and feast your way to gooey goodness. bacchussouthbank.com.au

Lone Pine Koala Sanctuary

Established in 1927 as a refuge for sick, injured and orphaned koalas, Lone Pine Koala Sanctuary has become as much of an Australian icon as the cuddly marsupials themselves. But even the world's first and largest koala sanctuary, home to more than 130 koalas, has had to move with the times. Not only are there more than 70 species of Australian wildlife here, with which visitors can ethically interact, but the sanctuary has established a Green Team to research and evaluate their environmental impact. Guests who arrive by electric car can "refuel" at two Tesla charging stations, or move around the park on electric scooters, skateboards and bicycles. Drinking straws are literally made of straw, there are no ice cream cups and, in the near future, the sanctuary plans to introduce compost rubbish bins and reusable steel bottles. There's a diverse daily programme of shows and activities on offer, from wild lorikeet feeding to koala meets. You can also learn

all about snakes, koalas, platypuses and Tasmanian devils during talks given by their keepers. For something really wild, hold a snake or raptor and have your photo taken with these beautiful animals too. Now there's an Instagram shot with a conscience. koala.net

Tangalooma Island Resort

Plonked in sparkling Moreton Bay, and only a 45-minute catamaran ride from Brisbane, Tangalooma Island Resort is best known for its work with wild dolphins. Guests at the resort, which describes itself as "nature's theme park", can go



whale-watching in winter or take part in year-round hand-feeding sessions of wild bottlenose dolphins at sunset, under the strict guidance of marine biologists. The resort is so passionate about its surrounding marine life that it has established an EcoMarines programme to educate students of all ages, schools, social and sporting clubs, community organisations and private enterprises about the ocean and how to protect it. Snorkel Tangalooma's amazing shipwrecks, take a quad-bike tour of this idyllic island, explore the beach by Segway or kayak, jetboat, parasail and paddleboard the crystal-clear waters and soak up the serenity.
tangalooma.com

Where to stay

Brisbane, Australia



The Calile Hotel

It calls itself Australia's "first urban resort" and this 175-room hotel in the James Street precinct certainly feels like a one-of-a-kind retreat. Taking advantage of open-air spaces and breezeways, there's a gorgeous pool, water refill stations, the Lobby Bar, an award-winning Greek restaurant and a spa, plus 12 retailers on the ground floor.
thecalilehotel.com



The Fantauzzo

Brisbane's hottest new cultural hub at Howard Smith Wharves is home to this new Art Series Hotel, inspired by acclaimed Australian painter Vincent Fantauzzo. Boasting six storeys of luxury, this 166-suite establishment has an Italian restaurant on the ground floor and a rooftop pool and bar, plus seven original Fantauzzo artworks and 500 prints around the hotel.
artserieshotels.com.au/fantauzzo



The Adina Apartment Hotel Brisbane

This sandstone building harks back to 1913, but material shortages during World War I meant it wasn't finished until 1922. Since then, it's had many incarnations as a radio station, government offices and a bank, before becoming a charming inner-city heritage hotel. Check out the original bank vault doors in the downstairs Boom Boom Room bar. **adinahotels.com**



Emporium Hotel South Bank

Setting a new standard in boutique luxury accommodation and service on the South Bank side of the city, Emporium Hotel features 143 luxurious suites overlooking the Brisbane River and beyond. Splash about in the 23-metre infinity pool, sip delicious cocktails at South Bank's only rooftop bar and then dine in elegance at Signature restaurant. **emporiumhotels.com.au**



TAKEOFF

“Timing is everything in business”

Juhn Teo shares the top lessons he’s learned as co-founder of Common Ground, one of Southeast Asia’s fastest-growing co-working spaces **BY SARAH KHAN**

The number of players has made co-working a competitive space to be in, something Common Ground’s Juhn Teo knows all too well. Juhn and business partner Erman Akinci started their business in 2017, just as co-working was gaining traction in Southeast Asia. Since launching their flagship in Damansara Heights, Kuala Lumpur, the pair have grown Common Ground to 28 venues across eight cities in three countries, with plans to open in Vietnam and Indonesia in the next year. These are the key things Juhn says he got right and wrong on the road to success.

What I got right

“If I could narrow it down to one thing, timing would be it. We entered just as the industry’s high-growth trajectory in Southeast Asia was taking off. If we’d been any earlier, we’d have faced that first-mover, early-adopter risk. And if we’d started any later, we would have been way too late. Deliberate design or not, we timed it well and

got a good lead on the markets. And timing really is everything in business.

“Another thing we got right was creating a product that appealed to a diverse range of members. I think a lot of co-working brands started out planning to serve those in the startup and tech space, which is great, but we wanted to be highly scalable, so we needed to be broad. Our member profiles are scattered quite evenly across the pie – tech only makes up 15%. Not only does being diverse ensure we’re sustainable and scalable, it also enriches the community.”

What I got wrong

“The challenge we always faced, and still do, is finding the balance between bootstrapping and attracting talent, particularly in senior positions. We probably bootstrapped for a little too long on a very lean budget and should’ve filled in some key positions sooner. A lot of things that have gone wrong have stemmed from that.”

commonground.work



Common Ground Bangsar South



UPGRADE

5G smartphones

5G is coming. These are the phones that are ready for it



Samsung Galaxy S20 Ultra,
RM4,999



Oppo Find X2,
from RM3,999



Huawei Mate 30 Pro 5G,
RM4,199

The iconic 14-storey high limestone outcrop named "Rockhaven" from the Paleozoic period, dates more than 250 million years.



"Too Good To Be True...
But It's True."

The Star

Notable awards:



Global Luxury Family
All-Inclusive Hotel
(World Luxury Hotel Awards 2015)



Minister's Award
(20th Malaysia Tourism
Awards 2016-2017)



The TOP 1% on
TripAdvisor Travellers'
Choice Award 2016-2019



Global Luxury Hotel Restaurant
(World Luxury Restaurant
Awards 2016)

The Haven Resort Hotel is set in nature – at the edge of a virgin forest and amidst the flora and fauna of an old prehistoric site that is at least 280 million years old – yet located only 15 minutes from the city centre. It is possibly the only one of its kind in the world where you can live by the primary forest and in the city at the same time.

The Haven embodies all the conveniences of modern city living that combines the best of three worlds – quality and luxury, locational convenience and prehistoric setting.

It also caters to guests of 3 generations – grandparent(s), parent(s) and child(ren).

Managed by



THE HAVEN HOTELS
IPOH

Jalan Haven, 31150 Ipoh, Perak, Malaysia.

T +605.540.0000 H 1700.8.1700.0 E reservations@thehavenipoh.com



thehavenresorts.com



[thehavenresorts](https://www.facebook.com/thehavenresorts)



[thehavenasia](https://twitter.com/thehavenasia)



For You to
Live or Invest



☆
HEROES

Soul food

Every Ramadan, a quiet, grey corner of London lights up with love in the form of food, courtesy of some big-hearted Malaysians **BY ANUCYIA KITCHING**

As the mu'azzin's call to prayer

rings across London's Acton Park, Alia Ahmad and her husband, Subhi Sobry (better known as Bob), add the final touches to tonight's Ramadan buka puasa meal. After fasting all day, Muslims at SOFA Mosque London kneel for their Maghrib prayers, before tucking into the feast prepared by the Malaysian couple.

Every Ramadan, Bob and Alia, who run food delivery service Nasi Bungkus London, donate massive pots of food to their neighbourhood mosque, often feeding up to 200 people in an evening. "Every Ramadan, we prepare 20 kilogrammes of rice, 200 servings of squid, 50 chickens and 10 kilogrammes of potatoes," Bob says. "We serve a variety of meals: nasi tomato, nasi daging, nasi minyak and nasi kandar. All of

“

We want to give back to the community and to the mosque which provides so much support and fellowship”

the rice dishes come with at least six different curries.”

A typical day starts with shopping for ingredients. "Bob does the shopping, he does the prep, he cooks, he packs and sometimes he even delivers," Alia says.

"He does all this by himself. I just eat and do the dishes."

Bob, from Sungai Petani, Kedah, met Penangite Alia at Malaysia Hall, a canteen and prayer room in London popular with homesick Malaysians. The couple, who celebrate their tenth wedding anniversary this October, have a seven-year-old daughter, Sofia.

For them, this act of service is no big deal. "We want to give back to the community and to the mosque which provides so much support and fellowship for people of all backgrounds," Alia says. "Every single night, we break fast in the mosque whether we cook or we don't cook. The food might not be the same as what we can get back home – there is no pasar malam, no pasar Ramadan – but the relationship between us Malaysians is great. Donating this food is our way of giving thanks."



Hot Summer Sale from just RM688 nett per room per night in Merchant Room

Sun, sea and sand awaits at The Danna Langkawi with your family and friends. Don't miss out on this rare opportunity for a luxurious getaway at an unbeatable offer.

Rates are inclusive of:

- Daily buffet breakfast for two persons
- Welcome drink and 3-minutes massage upon arrival
- Complimentary WiFi

Terms and Conditions:

- Valid for stays from 1 April 2020 till 30 June 2020.
- Valid for a minimum of two nights stay.
- Other terms and conditions apply.

To enjoy this offer, book direct using booking code: **MHHSS**



Hotel Address:

Telaga Harbour Park, Pantai Kok, 07000 Langkawi, Kedah, Malaysia

T +604 959 3288 E info@thedanna.com

www.thedanna.com

[f thedannalangkawi](https://www.facebook.com/thedannalangkawi) [@ the_danna_langkawi](https://www.instagram.com/the_danna_langkawi)

A LEGACY OF LUXURY



THE DANNA
LANGKAWI

GEMS

International School
TROPICANA METROPARK
SUBANG JAYA

GEMS

International School
PEARL CITY, PENANG

We see
Genius
in every child



Global Education Group,
over 250 schools,
13 countries



Comprehensive British
curriculum for students
aged 3 – 18 years



Safe and supportive
holistic learning
environment

At GEMS, we believe in every child's potential for greatness. We are focused on our drive for excellence as we work closely with each student to unlock their strengths and nurture them towards a world of endless opportunities for their future.

Contact us for more information or visit us for a personal tour of our schools.

GEMS International School
Tropicana Metropark, Subang Jaya
+603 5036 8900

Jalan MP2, Tropicana Metropark, 47500
Subang Jaya, Selangor Darul Ehsan.

GEMS International School
Pearl City, Penang
+604 509 7000

No. 2 Persiaran Mutiara 5, Pusat Komersial Bandar
Tasek Mutiara, 14120 Simpang Ampat, Penang.



ESCAPE

The pause that refreshes

Three very different resorts, united by a common feature: each has a signature spa treatment you have to try

BY KATE GUEST

Bawah Reserve Riau Islands, Indonesia

Who it's for

Luxury lovers who don't mind travelling for an off-grid experience.

Why you'll love it

Few resorts truly master the difficult mix of unbridled luxury and environmental commitment, but Bawah Reserve has it nailed. Scattered across six tropical islands, 13 beaches and three lagoons in

Indonesia's Riau Islands province, the word "resort" hardly does this place justice. Think of it more like your own private paradise.

Bawah can only be reached by private seaplane from Batam, and all stays are all-inclusive, so not only meals but a daily spa treatment and activities such as paddleboarding, snorkelling, kayaking, sailing,

diving and boat excursions are covered.

Signature spa treatment

At Bawah's Aura Wellness Centre, every treatment is individually tailored to address how a guest feels that day, and what they want to achieve; there's no "point and cross your fingers" menu here. But it's the Facial Yoga that has become

something of a signature. Using a jade roller, the facial stimulates blood circulation to oxygenate and nourish the tissue, leaving skin looking plump and firm. Lotus is then used to give the skin a big drink of moisture for a true holiday glow.

Bawah Reserve offers full-board stays that include daily spa treatments.
bawahreserve.com →

The Anam

Cam Ranh, Vietnam

Who it's for
Sun chasers and families alike.

Why you'll love it
The Anam is a crowd-pleaser. Families will appreciate the kids' club, mini-golf, 3D cinema and 300m beach. Everyone else will love that there are plenty of quiet spots in which to soak up all that sunshine, but lots of activities too, from sailing to beach volleyball,

kayaking, tennis and cookery classes, plus three swimming pools (including one just for adults). At cocktail hour, pull up a seat at the beach club for a sundowner with nothing but sand and a few bobbing sampans between you and the horizon.

Signature spa treatment

Between now and June, the Anam is offering a Vietnamese

zodiac sign spa treatment. After assessing a guest's sign and element (earth, metal, water, wood or fire) a therapist will offer a treatment to suit. Optimistic but stressed wood-horse signs, for example, might get a bamboo massage followed by a cleansing coffee scrub, and rosemary essential oil and aloe vera tea to boost relaxation.

Zodiac sign treatments range from 110 minutes to 130 minutes and cost VND3,000,000 (about RM540) each. theanam.com



Six Senses Yao Noi

Ko Yao Noi, Thailand

Who it's for

Anyone who likes their eco-conscious resort to have lots of luxury touches.

Why you'll love it

At Six Senses, sustainability is not a trend but a guiding philosophy that influences everything from water management to noise levels; the pace is deliciously slow, and nightlife virtually non-existent. Factor in rustic-chic villas, moreish food, delightful staff and views over the limestone karsts of Phang Nga Bay, and you'll find it hard to leave.

Signature spa treatment

To really work all that unwinding into the skin, try the Thai Herbal Massage. This full body massage uses warm poultices of *plai* (a plant from the galangal family), ginger, turmeric and lemongrass on specific pressure points, and gentle rolling movements to condition skin and induce a sense of wellbeing.

The Thai Herbal Massage costs THB6,900 (about RM920) for 90 minutes. sixsenses.com



EST. 1929
'BOH'
Share the Ummph!



Proudly Malaysian. 90 years of growing exquisite teas in the highlands.

Journey to the hills of Cameron Highlands, 5000 feet above sea level. There, you will savour exquisite teas passionately grown by BOH.

Malaysia's tea heritage dates back to 1929 when founder J.A. Russell planted BOH's first tea bush. Today, 90 years later, BOH continues the legacy of its perfect brew, simply by holding fast to its promise of the shortest journey from 'tea bush to tea cup'.

So, take time to relax at our renowned award winning Sungei Palas Tea Centre. You will find the experience uniquely inspiring – from the showcase of our historical milestones to the insightful tour to learn about the fine art of making tea, tea tasting sessions and teatime at our cafes to relish the rich aroma of BOH teas while appreciating the spectacular panoramic vistas of the BOH plantations. Truly, it will be a travel experience to treasure!

Having welcomed countless visitors from around the world, BOH Sungei Palas Tea Centre will be honoured to host you this Visit Malaysia 2020.

As we say in Bahasa Malaysia, 'Selamat datang, jemput minum' (Welcome, let's have tea).

Visit us at:

BOH Sungei Palas Tea Centre,
Jalan Gunung Brinchang, Brinchang, Cameron Highlands, Pahang.

Scan to
find out
more:





Samsonite Neoknit
Spinner in Fluo Red

Samsonite Cosmolite
Spinner in Ice Blue

volume, size and weight) and aesthetic. People may be drawn to a flashy first impression, but nobody loves a great-looking case if the wheels fall off. From there, look at the details. Are the touchpoints easy and comfortable to use? And, most importantly, [choose] a trusted brand with dependable after-sales service, in case something eventually goes wrong.”

“Most innovations in the next few years will relate to sustainability, but it might not be physical products. We’ll see luggage brands offering service-oriented products, like rental, delivery and storage options. Materials, science and new manufacturing methods (such as 3D printing) are developing quickly, so hopefully we’ll see customisable products printed with high-strength, lightweight biomaterials.”

“

People may be drawn to a flashy first impression, but nobody loves a great-looking case if the wheels fall off ”

“As for the luggage I use, I have no allegiance to any one brand. For long trips, I take a large Samsonite Cosmolite four-wheel case, and carry a cabin-size North Face Base Camp canvas duffel bag. Inside will be a packable REI Co-op Flash daypack. These three cover almost every eventuality, with a minimum of bulk, weight and stress.”

“The first question to ask is, ‘What is it made of?’ It’s now incredibly important to think about sustainability. Look for recyclable, durable hard-shell materials like polypropylene, polycarbonate and even aluminium. For those who prefer, soft luggage is now increasingly made from recycled plastic bottles. When I designed the Neoknit (Don led the team behind Samsonite’s award-winning soft backpacks and bags), I wanted to create a collection made almost entirely of recycled and recyclable materials, using as little energy, colour dyes and materials as possible, with little waste.”

“Next, the components, mechanisms and manufacture all need to be high quality, with a kind of harmony between the functions (ergonomics,



ASK AN EXPERT

How to shop for a suitcase

Don Wilson has designed luggage for most of the big names in travel. Here’s what he wants you to know before buying your next suitcase

AS TOLD TO KATE GUEST

1800 88 3300

www.cryocord.com.my



I HAVE STORED MY BABY'S STEM CELLS. HOW ABOUT YOU?

I chose CryoCord simply because I was impressed with their services, knowledge and professionalism. I have visited their laboratory and the experience was indeed an eye-opener. I am sure that I have made the right choice for the best of my family.

Dato' Sri Siti Nurhaliza



Established in 2002, CryoCord has progressively grown to become one of the largest and most comprehensive private stem cell facilities in the Southeast Asia. Housing 8 Grade B (ISO Class 5) cleanrooms, CryoCord's advanced laboratory is certified to **cGMP**, PIC/S standards by NPRA (National Pharmaceutical Regulatory Agency), a division of the Ministry of Health, Malaysia.

At CryoCord, **Cell Quality is Our Top Priority.**

BB Accredited



BEST STEM CELL BANK 2012-2019

Awarded by BabyTalk Magazine



UPGRADE

Rediscover the joy of writing a real letter

Whether it's a response to overstuffed inboxes, an overload of information or just the generally frantic pace of life today, stationery sales are on the up. But it's not just any paper we're putting our pens to, it's paper by luxury brands such as Canadian stationer Maurèle that is really drawing us back to the slow, considered art of letter writing.

maurele.com



UPGRADE

Have a good weekender

Go for an overnight bag with added personality



Louis Vuitton
Keepall 50 bag



Celine
Voyage bag



Gucci
GG Psychedelic bag



THE BUZZ

60-second brief: Chandigarh chair

Your backgrounder on the design icon you've been seeing all over Instagram

1950s

Architect Pierre Jeanneret designs the chair for public servants in Chandigarh, India, the city created by his cousin, Le Corbusier. Made from teak and cane, it has V-shaped legs that become a signature.

1980s

The chairs fall out of fashion and are discarded on the street or sold for scrap.

1990s

French and American antique furniture dealers start visiting Chandigarh and buying the chairs, which are embraced by interior design superstars Axel Vervoordt and Joseph Dirand.



2000s

The chairs start selling for \$\$\$ at overseas auctions.

2017

An *Architectural Digest* story shows reality TV star Kourtney Kardashian has at least a dozen of the chairs.

2020

The chair reaches peak saturation on Instagram. The circle is complete.

jeanneret-chandigarh.com

Advanced Medicine, Personalized Care

- Comprehensive Health Check 全面健康检查
- Snore Management 鼻鼾治疗
- Aesthetic Medicine/Laser 医学美容/激光
- Memory Clinic 记忆力诊所
- Healthy Ageing Clinic 健康老龄化诊所
- Compounding Pharmacy 个性化药物治疗
- Next Generation Platelet Rich Plasma Therapy 新世代冻干血小板治疗
- Heavy Metal Assessment 重金属评估







Dato' Sri Siti Nurhaliza



Headquarters:

Suite G-2, Ground Floor, Bio-X Centre, Persiaran Cyberpoint Selatan,
Cyber 8, 63000 Cyberjaya, Selangor, Malaysia.

 +6 03 8688 1898
 +6 03 8688 1899
 www.brightonhealthcare.my






明敦美丽诊所

美丽随心，自然随形

- Plastic Surgery 整形外科
- Cosmetic Dermatology 美容皮肤科
- Healthy Ageing Clinic 健康老龄化诊所
- Freeze-Dried Autologous Cytokines 冻干自体活性细胞因子抗衰
- Snore Management 鼻鼾治疗

公司地址:

西安市高新区科技四路与高新路十字西北角
(高新中大国际向南200米处)

 029 8111 3333
 www.brightonhc.com
 brightonhc@mingdengchina.com





Masters of the moment

In Japan, providing a warm welcome to visitors is something of an art form. We explore the subtle, precise and treasured practice of *omotenashi*

Words **Danielle Demetriou** Photography **Irwin Wong**





Right:
Time for tea at
Hoshinoya Tokyo

Never mind sushi, sumo, wasabi or ramen. If there is one Japanese word worth learning that truly sums up the spirit of the nation, it might just be *omotenashi*.

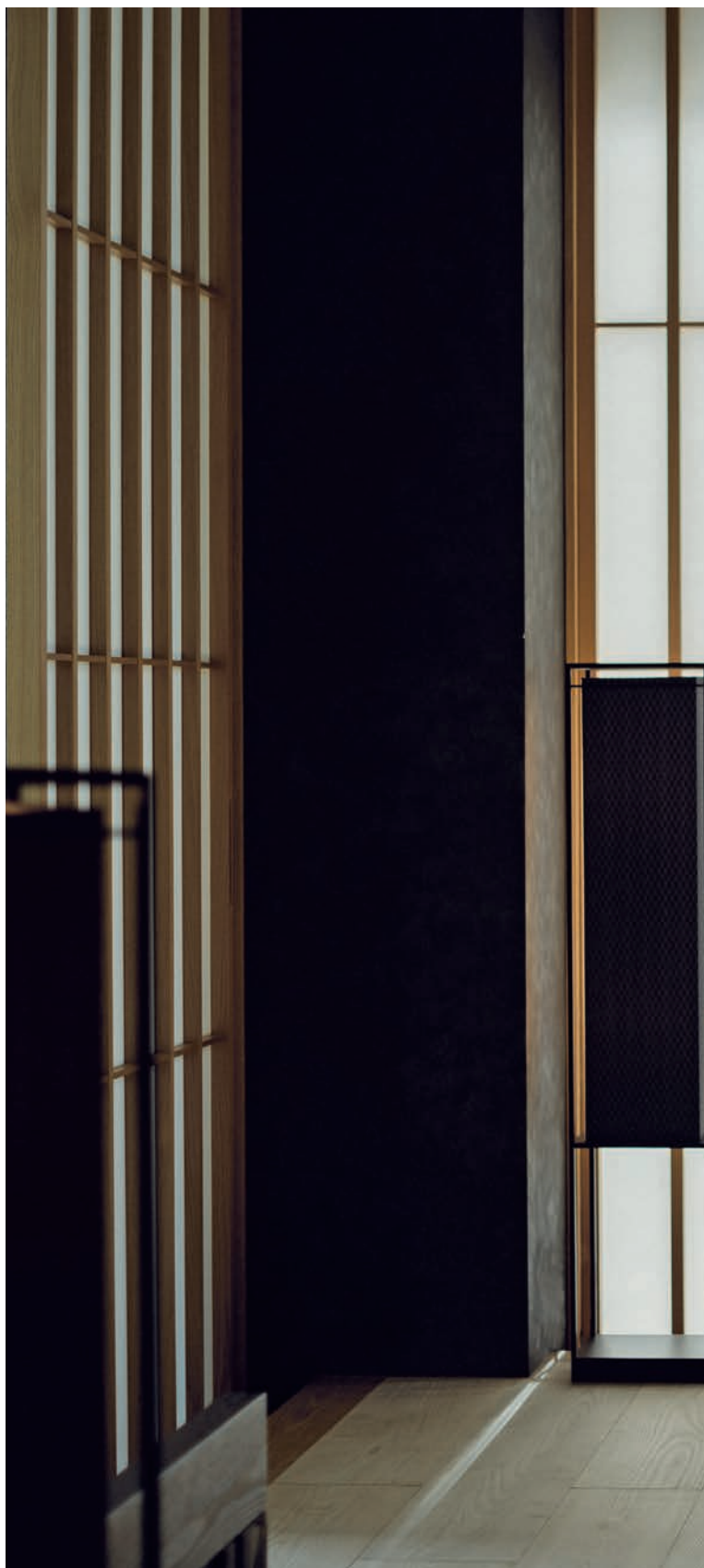
This Japanese word is often translated as “hospitality”, yet, like so many things in a country known for its many layered rituals and cultural codes, its full expression is as complex as whisking up a cup of matcha.

Deeply embedded in the Japanese DNA, *omotenashi* can perhaps be best summed up as a sky-high respect for others, combined with an almost mind-reading level of intuitive understanding of what someone needs (often before they know they need it themselves).

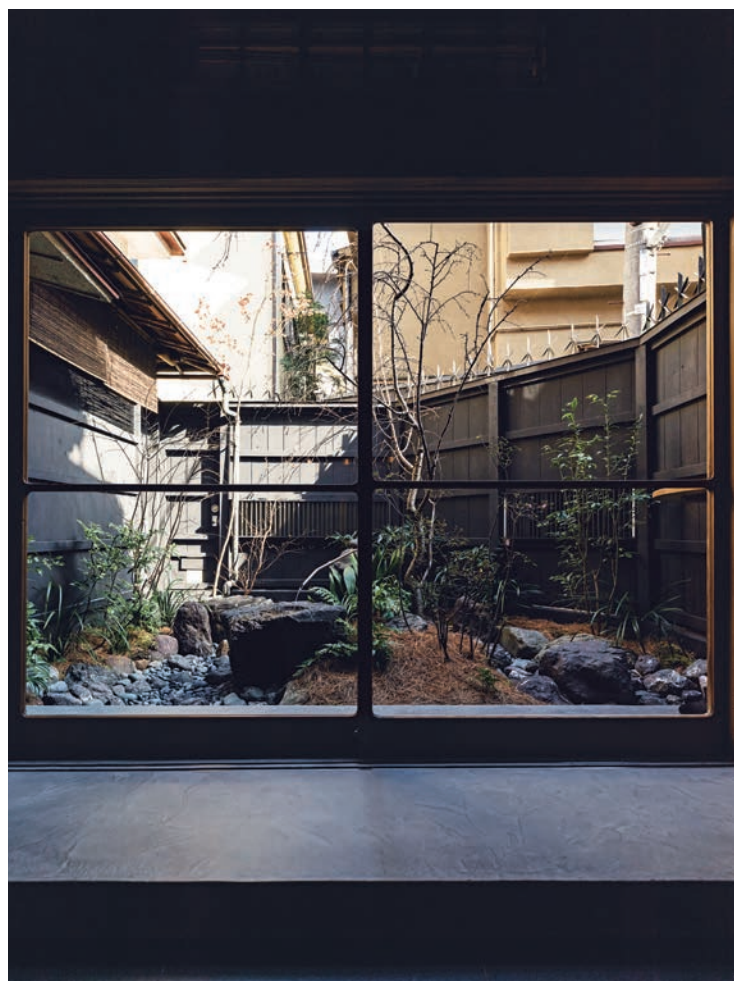
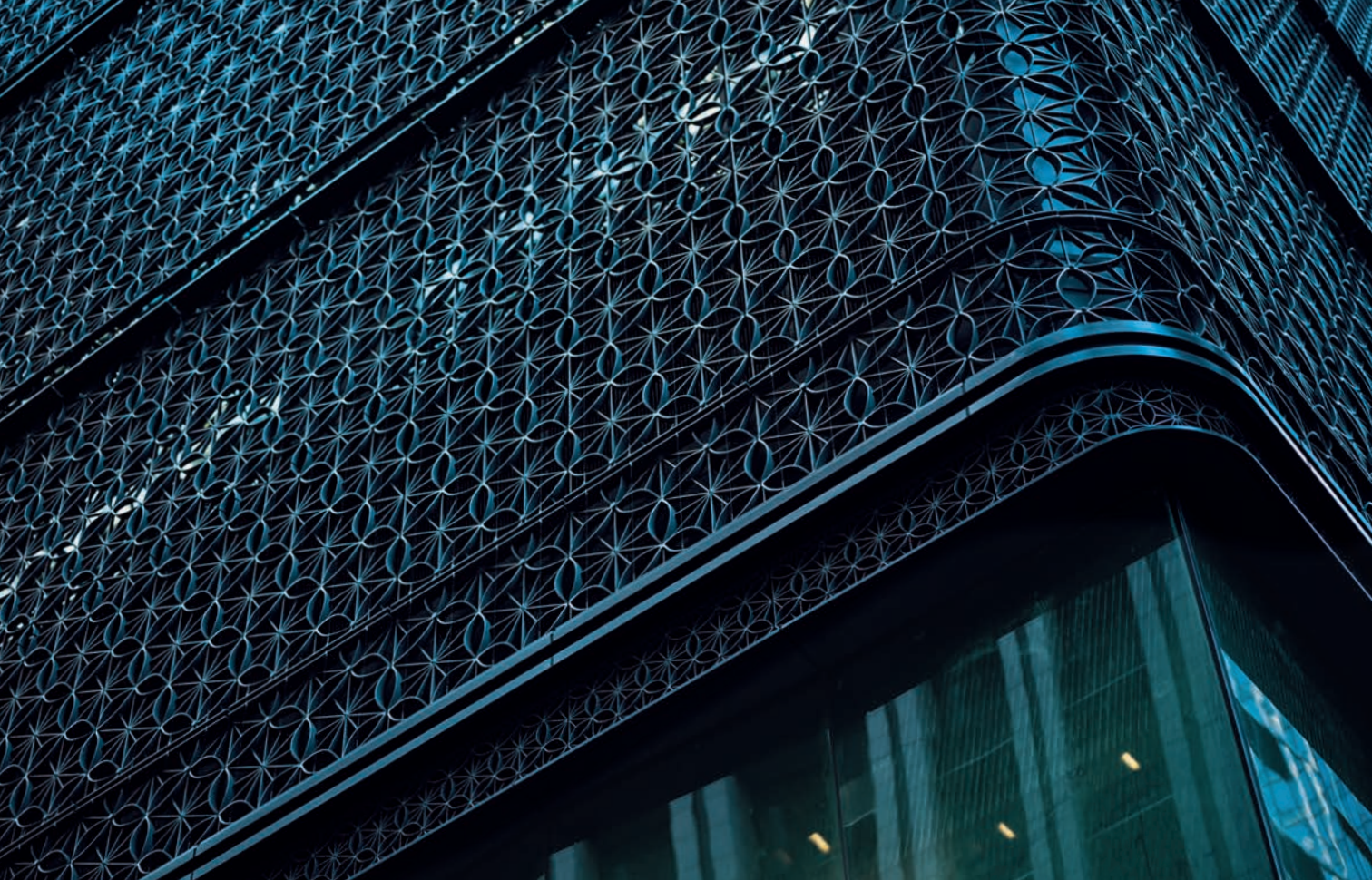
Expressions of *omotenashi* are filtered through every element of life in Japan and, while discretion is inherent, it won't take long for *omotenashi* to manifest itself in myriad forms upon a foreign visitor's arrival. It's the white-gloved taxi driver opening the door with the press of a button; the green tea and hand towels provided at hotel check-in; the train staff who bow before exiting a carriage; and the convenience store staff who help find the right iced coffee, among many other examples.

Omotenashi is so deeply woven into the fabric of Japanese society that its influence even extends to punctual public transport, immaculately clean streets and low crime rates.

And now, as Japan counts down to hosting the long-awaited Tokyo Olympics – entertaining record numbers of overseas visitors in the process and opening a string of new hotels across the country – *omotenashi*, in all its expressions, modern and ancient, has never been more relevant.







THE MODERN RYOKAN

The idea of *omotenashi* has long gone hand in hand with Japan's rich history of traditional *ryokan* inns, serene enclaves of tatami-mat floors, sliding screens, futons unrolled nightly and, of course, artfully intuitive kimono-clad staff.

And so Hoshinoya Tokyo was perhaps always going to stand out. Located amidst a sea of high-tech skyscrapers in the heart of Tokyo's urban sprawl, it bills itself as the city's first luxury high-rise *ryokan*.

Housed in a shiny standalone tower with a black latticed façade, it's perhaps tricky to imagine any traditional concepts of hospitality will be uncovered within. Yet, from the moment the tall *hiba* (Japanese conifer) doors swing open and the dramatic lobby comes into view, it's clear that this is a property that takes urban concepts of *omotenashi* to new heights.

Forget a conventional check-in desk: here, guests take off their shoes, which are placed in the Japanese chestnut and bamboo boxes that line an imposing wall, before they're whisked upstairs in an elevator.

To replicate the intimate experience of traditional inns, each level of the 14-storey tower is designed as an individual *ryokan*, with its own *ochanoma* tea lounge offering tea, rice balls and sake.

The guestrooms – designed, like the rest of the hotel, by Tokyo-based Rie Azuma of Azuma Architect & Associates – offer contemporary hints of traditional Japanese hospitality, with sunlight-diffusing *washi* paper screens, a warm palette of purples and greens, deep square baths and low-level beds.

An unadulterated highlight is the top-floor onsen: here, unusually for central Tokyo, guests can soak in hot spring waters while gazing at the stars through a skylight.

Yet, the scene-stealers are, no doubt, the staff: dressed by Kyoto label Sou Sou, they are polite, warm, unwaveringly intuitive and the perfect advertisement for *omotenashi* in downtown Tokyo.

hoshinoya.com/tokyo

“
Yusuke is just as
comfortable performing a
meditative tea ceremony as
he is whipping up cocktails
for private parties”

Clockwise from top left:

The black lattice shell that houses Hoshinoya Tokyo; butler Yusuke Mori; a serene garden view at Trunk (House); a bedroom at Hoshinoya



THE BUTLER

Yusuke Mori is the textbook embodiment of contemporary *omotenashi*. Often dressed top-to-toe in black Yohji Yamamoto, complete with split-toe trainers, he is just as comfortable performing a meditative tea ceremony while kneeling on tatami mats as he is whipping up cocktails for private parties after dark.

Yusuke is one of a team of savvy modern butlers who are on call around the clock at one of Tokyo's most stylish stays: Trunk (House). The sleek, contemporary hotel, which opened last summer, is located in a renovated 70-year-old former geisha house in the atmospheric Kagurazaka district of Tokyo. It's so exclusive, there's only one guestroom (plus, among other highlights, what must be the world's tiniest – and hippest – karaoke disco room).

Needless to say, anticipating the needs of the guests is something of an artform among the butlers at Trunk (House), who, along with a team of private chefs, offer an exemplary display of near-telepathic hospitality.



When one guest recently expressed embarrassment over the hole in one of her socks while slipping off her shoes at the entrance, Yusuke thought nothing of discreetly buying a fresh pair from a local shop and gifting them to her.

On another occasion, a group of guests were disappointed to learn a local bar they wished to visit had already closed – so Yusuke spoke to the bar owner and, after using his persuasive charms, the bar was opened privately for them.

“These are small things, but I try to make guests happy, as each encounter is special,” he explains.

Left to right:

The tiny karaoke disco room at Trunk (House); preparing tea at the Imperial Hotel, Tokyo

For Yusuke, the essence of *omotenashi* lies in a classic Japanese phrase long loved by tea masters, “*ichi-go ichi-e*”, which literally means “one time, one meeting”. On a deeper level, it hints at the transience of life and the importance of appreciating every moment, as it will never happen again.

“During [a] tea ceremony, both host and guest should appreciate and treasure the precious occasion as it is just once in a lifetime,” Yusuke explains. “Every experience at Trunk (House) is unique, and we are here to help make it special.”

trunk-house.com/en

“

Drinking tea this way is less about slaking a thirst, and more about fostering a calming, sincere connection”



THE TEA CEREMONY

While many cultures have tea ceremonies, few are as highly choreographed as Japan's *chado*. Hundreds of unspoken rules govern the ceremony's performance, but at their heart is a deep two-way respect. Drinking tea this way is less about slaking a thirst, and more about fostering a calming, sincere, perhaps even spiritual connection between guest and host. And no other aspect of Japanese culture epitomises *omotenashi* quite the way the tea ceremony does.

In fact, Sen no Rikyu, the 16th-century tea master widely thought of as the grandfather of *chanoyu*, or the Way of Tea, is also the man most commonly credited with establishing *omotenashi*.

Even before the ceremony begins, there are steps to follow to build mutual respect between guest and tea master. Historically, guests would enter the *chashitsu*, or tea room, by crawling through a tiny door called a *nijiriguchi*. This is thought to have been a way for guests to humble themselves before the host, showing that even though one is serving the other, it is done in kindness, not servitude.

As with all tea rooms, the Imperial Hotel's *chashitsu*, Toko-an, in Tokyo's Uchisaiwaicho district, features simple furnishings, subdued colours and views of a tranquil, mossy garden to create a sense of quiet respite from the outside world. Once guests are seated, the tea master prepares the tea in front of them, devoting painstaking attention to purifying the utensils used. This encourages guests to focus on the process, bringing them into the moment, and also shows that the host has nothing to hide, and that their intentions are sincere.

Yet, certain aspects of the tea ceremony remain invisible to the guests, such as the lengths a tea master will sometimes go to beforehand to secure the most appropriate cups and flowers. When it comes to *omotenashi*, both seen and hidden hospitality matter, and a true master of the art delivers both. imperialhotel.co.jp



Malaysia Airlines flies 13x weekly between Kuala Lumpur and Tokyo.

An aerial photograph of a wide river flowing through a dense, lush green tropical forest. The river is the central focus, winding through the landscape. In the foreground, a small boat is visible on the river, leaving a wake. The forest is thick with various types of trees, and the overall scene is bathed in a warm, golden light, suggesting early morning or late afternoon. The text 'Slow boat' is overlaid in a large, white, serif font.

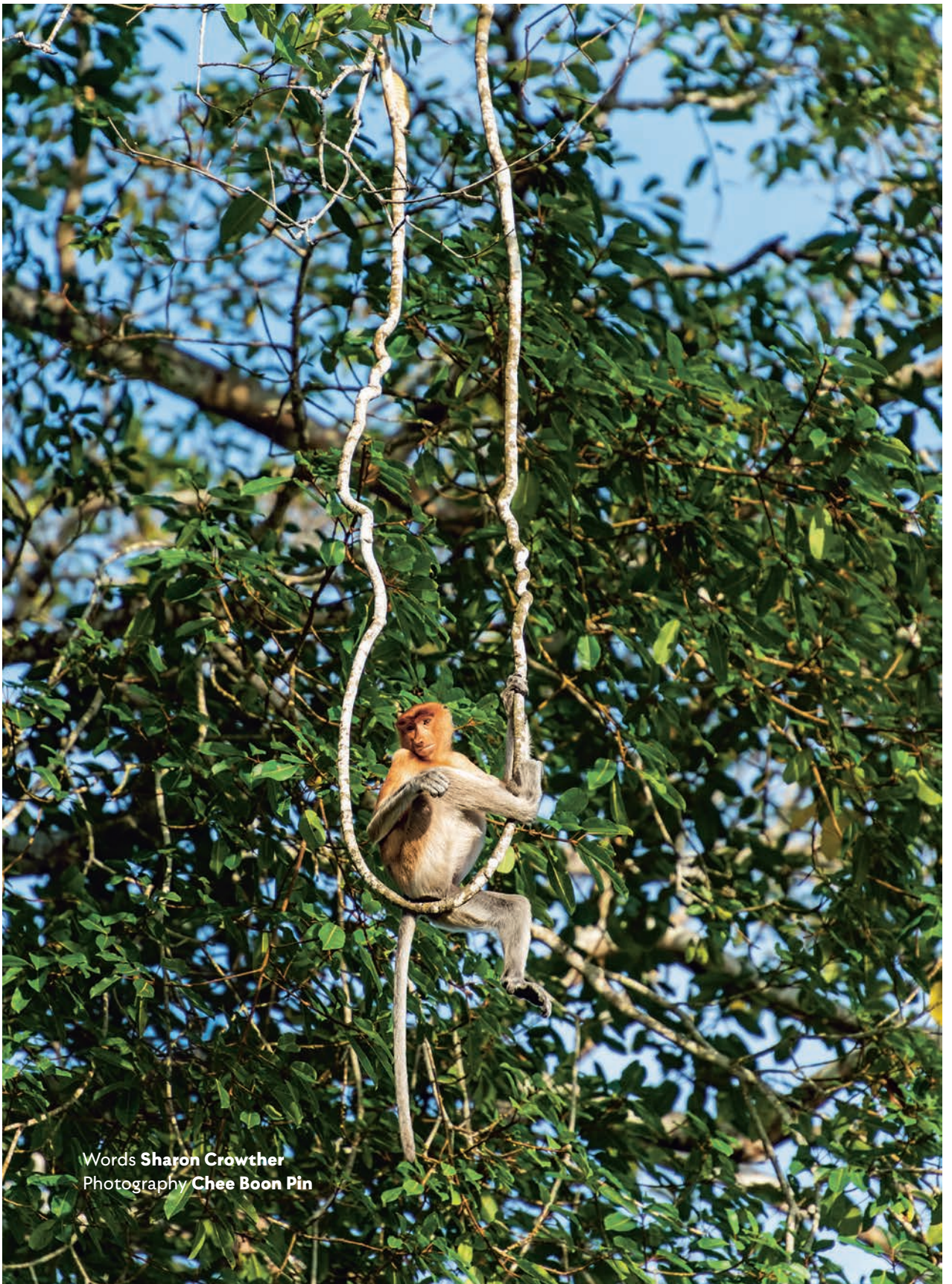
Slow boat

Raw, wild nature and luxury ecotourism go hand in hand along the

through

Kinabatangan Corridor of Life, where both animals and humans can find sanctuary

Sabah



Words **Sharon Crowther**
Photography **Chee Boon Pin**

The Kinabatangan River is busy today.

Left to right:
Sukau Rainforest
Lodge from above;
sunlight streams into
Gomantong Cave

There's a group of potbellied proboscis monkeys playing in the mangroves that overhang the riverbank, and I'm busy snapping photos from our small motorboat when I hear our guide, Jamil Lumayan, calmly remind us to keep our hands inside the boat. There is a collective intake of breath as the powerful shoulders of a five-metre-long saltwater crocodile emerge from the murky water, just out of arm's reach.

"Don't worry," Jamil says, perched at the helm, binoculars in hand, "in this part of Borneo, the crocodiles only eat fish and sometimes an unlucky monkey, if one happens to fall into the river." Thank goodness for that.

The croc swims idly beside the boat for several minutes, one amber eye peering at us with interest, before turning off to explore an estuary. Relieved, we turn our attention back to the proboscis monkeys. Endemic to the island of Borneo, meaning this is the only place in the world where you'll find them in the wild, these strange and, frankly, ridiculous-looking creatures with cartoonishly long noses are undeniably one of Kinabatangan's star attractions. Despite being endangered, they're found in abundance here on the riverside.

As we cruise back to our lodge, Jamil explains the complex social hierarchy of proboscis colonies while casually indicating left and right towards silver-and-red langur monkeys, colourful stork-billed kingfishers and pygmy squirrels, smaller than mice. His ability to spot the tiniest of creatures is remarkable, but even more remarkable is the abundance, variety and proximity of the wildlife around us. As our first guided river excursion comes to an end, I'm beginning to understand why ecotourism is thriving in this pocket of Sabah.

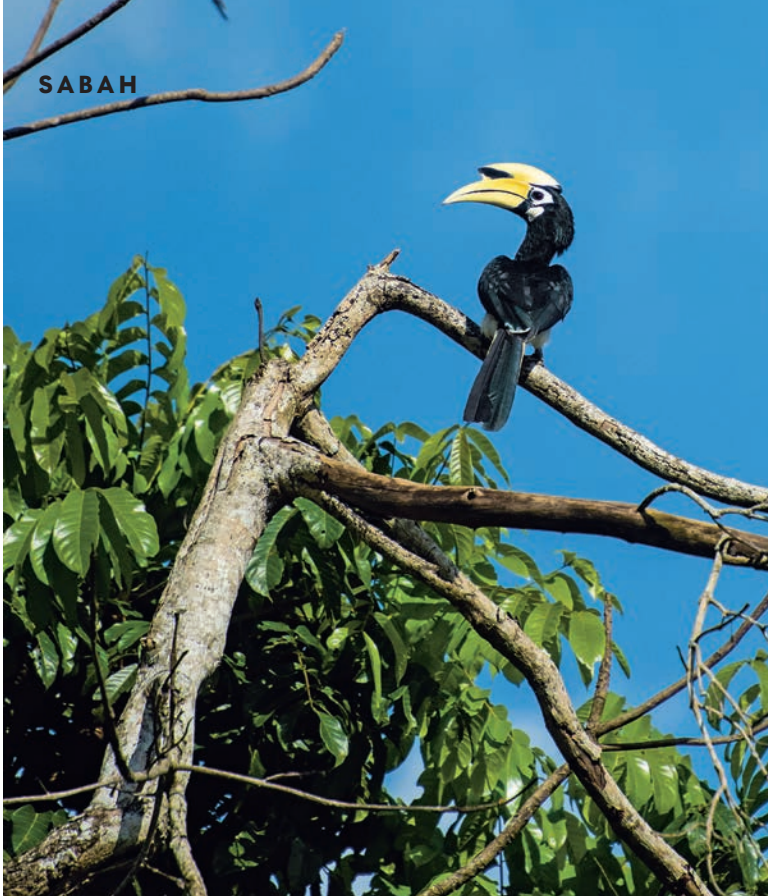
MAN OF THE FOREST

When we arrive back at Sukau Rainforest Lodge, a luxurious riverside eco-retreat two and a half hours away by boat from the city of Sandakan, staff hurry our small group to the other end of the jetty to see two adult orangutans lounging in the treetops. These fully wild apes, long-limbed and languid yet agile, are well-known to the lodge and regularly appear in the trees nearby to eat fruit. Named Lucky and Day, their deep-set, soulful eyes are clearly visible through binoculars.

Alongside proboscis monkeys, crocodiles, hornbills and pygmy elephants, endangered orangutans ("orang hutan" means "man of the forest" in Malay) make up Borneo's "Big Five", a set of animals eagerly sought out by the four million birdwatchers, photographers, nature lovers and adventure seekers who flock to Sabah every year. Tourism here is at an all-time high, thanks to an increasing number of international and domestic flights, making it the second-largest income contributor in the state, after agriculture.







Left to right:

A hornbill surveys its domain;
a lurking crocodile; nature guide
Suhailie Kahar; one of the 11,000
orangutans left in Sabah



“There are only 11,000 orangutans left in Sabah, mostly because of habitat loss, and they’re shy, solitary animals, so [they] can be hard to find,” says Suhailie Kahar, the lodge’s resident naturalist. “But Kinabatangan is one of the best places to see them in their natural habitat because they have lots of food and the tourism industry here, which is predominantly ecotourism, respects their need for space.”

Born and raised in the nearby village of Sukau, Suhailie is an Orang Sungai (an indigenous people of Sabah who live by rivers) and an expert in the natural history of the area. He has been working as a naturalist on the lower Kinabatangan River for 18 years and, in that time, has witnessed huge changes.

“Of course, there used to be many more orangutans in the trees, but also fruit bats in their thousands, gibbons howling in the morning and huge sawfish, six feet long, in the rivers,” he says. “Elephants used to be much easier to find along the riverbanks but, as the forest became fragmented, their numbers declined.”

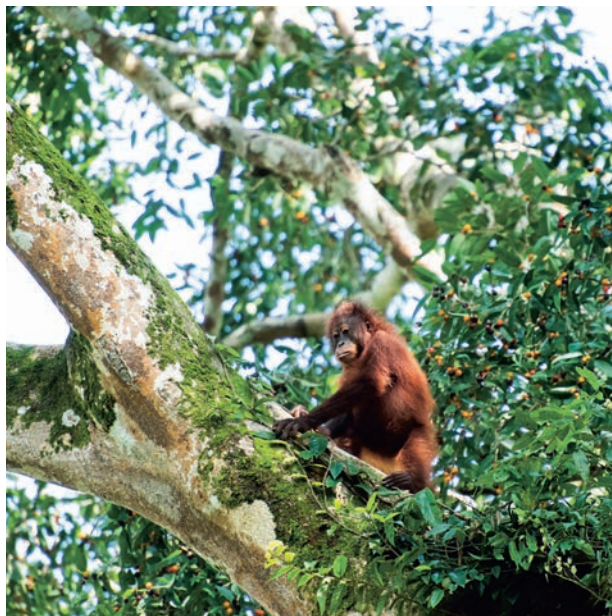
The changes clearly make him wistful for what has passed but, Suhailie says, Kinabatangan’s guardians must look forward, not back, and find conservation solutions that work in the present.

“Conservation efforts only started here in the late ’90s, after tourism proved there was value in nature. Kinabatangan wasn’t gazetted as a sanctuary until 1998, long after the logging industry of the ’60s and the palm plantations, which opened in the ’80s,” he explains. “Much of the habitat loss is irreversible, of course, but there is hope for what remains if we can safeguard the land and animals, like the orangutan, by continuing to prove their economic value, to the government, through tourism. That is our only way forward.”

GROWTH OF ECOTOURISM

Upstream from Sukau, in the village of Bilit, Alex Yee has operated an eco-retreat, Nature Lodge Kinabatangan, for the past 15 years. An avid conservationist, he also founded and manages a sea turtle hatchery on nearby Libaran Island, where tourists can enjoy low-impact luxury camping while learning about endangered green and hawksbill turtles.

Alex is also president of the Kinabatangan – Corridor of Life Tourism Operators Association, an organisation that



promotes sustainable practices among the area's tourism businesses, and says Malaysia's ecotourism industry is "young but promising".

"Malaysia is blessed with a wide variety of ecosystems, and is home to a majority stake of the earth's species and a large number of endemic species, which means ecotourism works extremely well here," he says. "The majority of our travellers, especially those from overseas, are seeking authentic experiences and life-changing adventures. They understand that this is not a zoo and they embrace the wild and unpredictable side of what we have to offer. They are also increasingly aware of their ecological footprint."

So what exactly is ecotourism and what should travellers expect from an ecotourism experience? "Ecotourism is tourism which respects the environment, the ecosystem and the natural behaviours of wildlife. Our guides will always try to be as unintrusive as possible. We don't allow flash photography and we don't allow guests to approach or touch animals. We discourage the use of harmful chemicals in insect repellents and 90% of our staff are from within a five-kilometre radius," says Alex. "Regretfully, there is no law enforcing sustainable practice here," he

“

The majority of our travellers are seeking authentic experiences and life-changing adventures”

adds, "so visitors must be vigilant in choosing their lodgings. Tourism cannot become another form of destruction in Sabah."

CAVE COLONIES

Later that afternoon, eager to experience more of Kinabatangan's incredible natural ecosystem, we venture beyond the river to the hinterland, with a boat ride and hike through the jungle to Gomantong Cave. The largest cave system in Sabah,

Gomantong is home to enormous colonies of swiftlets and bats.

The cave itself is breathtaking for two reasons: Firstly, because the main limestone chamber stretches to a height of 90 metres – to where sunlight streams through a natural skylight – and, secondly, because of the stench of bird excrement, or guano, which is packed several feet deep on the ground.

"There are two million swiftlets and three million bats inside this cave," says our guide, Jumaidi bin Amil Hassan, as we don masks to enter the main limestone cavern. "Both are outnumbered only by the cockroaches," he adds.

At the mouth of the cave, bamboo equipment from the twice-yearly bird's nest harvest hangs on the walls. Deeper inside the cavern, roaches scuttle in all directions and wrinkled-lipped bats hang like plump fruit on every surface.

Every evening at dusk, the bats pour out through the skylight in a mass exodus to the surrounding jungle to feed on

Right:
The Sukau Rainforest
Lodge boardwalk



insects, while bat hawks and crested serpent eagles circle above, waiting for their own feeding frenzy. Once outside the cave, the bats swarm together, filling the sky with vast dancing clusters, swooping in one direction then another in a mesmerising theatrical display.

“You won’t see this in a zoo,” says Jumaidi, his head tilted back. And he’s right. The magnitude of what we’re watching would never fit inside an enclosure, which is what makes a place like Kinabatangan, where nature and habitat are limitless, so magical.

BIRDS OF PARADISE

At 5.30am the next day, when there’s just enough light to reveal the silhouette of the rainforest canopy, our boat pulls silently away from the dock for one last adventure. Early morning, we are assured, is the best time to witness the full spectrum of birdlife – more than 200 species – that Kinabatangan has to offer.

Within minutes, we are looking up at a pair of huge rhinoceros hornbills that dominate the upper reaches of the treescape with their trademark golden casques. Several of the eight hornbill species found here are endangered, in part because of the illegal wildlife trade, although this one is considered under threat but not yet endangered. “These birds mate in monogamous pairs for life,” says Jamil, “with the male providing all the food for the female and the young.”

Jamil points to a purple heron on a neighbouring tree and then a cattle egret, which soars overhead before landing near a pair of oriental pied hornbills, who respond with a loud cackle. Beneath them, on the lower branches of the mangrove, is a rainbow display of black-and-red broadbills, a yellow-bellied bee-eater and a tiny blue-eared kingfisher.

And then, amid the menagerie of birds, an adult female orangutan appears, the morning sun illuminating her orange tresses as she carefully crosses the canopy. A rustle reveals an infant emerging shyly into the sunlight to follow. A hush falls over the boat, even Jamil is quiet, and we are reminded, one last time, how wonderfully unpredictable this place can be.



Malaysia Airlines flies to Sandakan 8x weekly from Kuala Lumpur and 13x weekly from Kota Kinabalu.



PIONEERING LUXURY ECOTOURISM

Kinabatangan’s first eco-accommodation, Sukau Rainforest Lodge, was built by tourism guru and conservationist Albert Teo, founder of Borneo Ecotours, and opened in 1995.

The lodge is made from local hardwood and powered by a hybrid of solar power, silent generators and kerosene lamps to light the restaurant. Rainwater is harvested from the metal roof and, when required, water is filtered from the river. Shower heads and toilet cisterns are adapted to reduce water consumption

and most waste is either composted on site or sent to Sandakan to be recycled.

The lodge’s green features coexist with comfortable and luxurious ensuite rooms, hot showers, a plunge pool and sun deck and a lavish nightly buffet. Famous guests have included natural historian and broadcaster Sir David Attenborough and actress Dame Judi Dench. It is recognised as one of National Geographic’s Unique Lodges of the World. borneoecotours.com

Enrich
BASE



Enrich Miles will
take you places.



Enrich Base is a Fixed Miles Redemption that offers you an option to redeem flights on Malaysia Airlines at a fixed amount of Enrich Miles. Need to get on a flight? Just choose your destination and book your seat today!

Turn Miles into flights with
Fixed Miles Redemption.

5,000 Enrich Miles
for return flights within Peninsular Malaysia.

16,000 Enrich Miles
for return flights within ASEAN.



Not an Enrich member yet?
Sign up today and be eligible
for Enrich Base.



Visit malaysiaairlines.com
for the full fixed miles redemption table.

Terms and conditions apply.



INDULGE IN LUXURY IN BUSINESS SUITE.

We look forward to serving you
once again.



Renowned Malaysian satay



Be entertained in comfort and style





Private dining &
award-winning wines



Private suites



FEEL AT HOME IN
**BUSINESS
CLASS.**

We hope to have you on board
with us soon.



malaysia 
airlines

Only in...

London

Superstar chefs, afternoon tea, megawatt theatre and slick black cabs are just a few of our favourite things about London. Read on for more of the magic that can only be found in the great British capital

Words **Holly O'Neill** and **Kate Guest**

When your plane glides beneath that bank of semi-permanent grey cloud and those familiar landmarks – Big Ben! Westminster Abbey! Buckingham Palace! – come into view, tucked all higgledy-piggledy between loops of the glinting green Thames, it's hard not to feel a shiver of excitement.

There's nowhere else like London. At nearly 2,000 years old, she's a grand old dame who's discovered that the fountain of youth is endless reinvention, whether it's a whole new precinct, like gleaming Canary Wharf, or a run of new venues breathing life into once rundown neighbourhoods like Peckham. And then you turn a corner and find yourself standing on a section

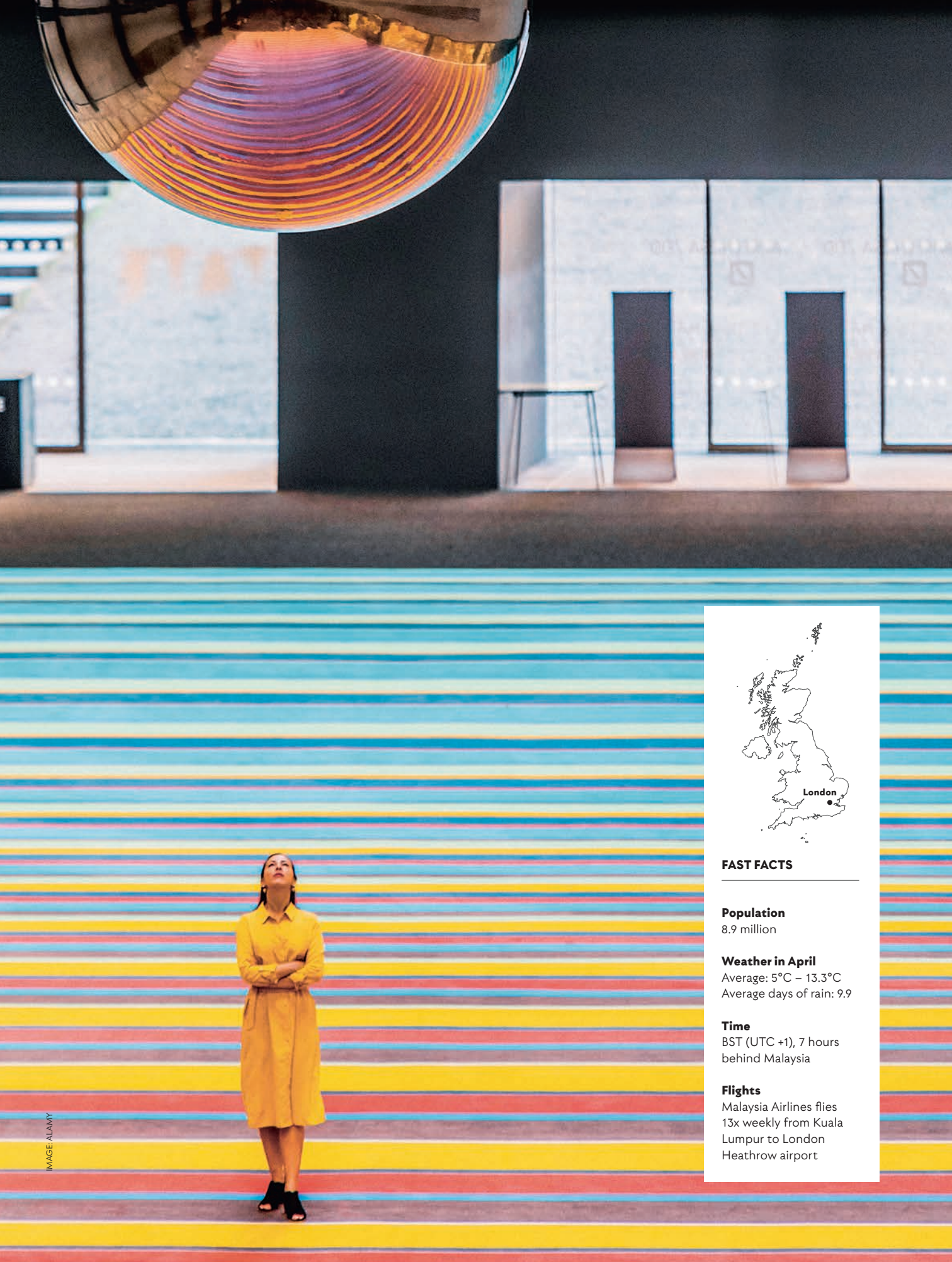
of Roman wall, or face to face with a thousand-year-old church.

Samuel Johnson was right – it's all here, which can make London an overwhelming prospect for visitors. To unlock the heart of the city, we've homed in on the people, places and experiences that capture London's complex character as it is in 2020. Sink your teeth in and you'll get a true taste of this endlessly fascinating, endlessly evolving city.

→

A London icon, the Tate Modern marks its 20th anniversary this year. The Turbine Hall houses the 2017 Hyundai Commission by SUPERFLEX, *One Two Three Swing!* Free video tours are available online.





FAST FACTS

Population
8.9 million

Weather in April
Average: 5°C – 13.3°C
Average days of rain: 9.9

Time
BST (UTC +1), 7 hours
behind Malaysia

Flights
Malaysia Airlines flies
13x weekly from Kuala
Lumpur to London
Heathrow airport



Superstar chefs



Asma Khan is the first British chef to be featured on Netflix's *Chef's Table*, but she was already loved in London for her all-female kitchen, for being a voice for equality and, of course, for her food. "Indian food in London has an advantage because of the colonial links between India and Britain," she says. "There is almost an emotional response to Indian food in this country. The opening of the curry houses by Asians in the '60s changed the palate of the nation. To go out for a curry became part of British life."



At Darjeeling Express, Asma serves the dishes of her birthplace (mainly West Bengal, royal Mughlai and Hyderabad food). "Mine is a specific kind of food, in regionality and city. Some is made only in the palaces of my family," she says. darjeeling-express.com

Clare Smyth, named World's Best Female Chef in 2018, is known for her dedicated approach to ingredients and technique, and for catering Harry and Meghan's wedding after-party. At Core,



with two Michelin stars, she explores the potential in the UK's best seasonal produce. corebyclare.smyth.com

Few chefs have had more impact on how Londoners eat than **Yotam Ottolenghi**. Through his books, columns and restaurants, he has acquainted them with Levantine food, za'atar, veg-based plates and more. Visit one of his cafés for lunch or pretty cakes, or Rovi for his take on fire and fermentation. ottolenghi.co.uk

“
The opening of curry houses in the '60s changed the palate of the nation. To go out for a curry became part of British life”





Han Chong's perfect London Sunday

This is how the Penang-born, London-based designer behind the label **Self-Portrait** spends a perfect day off

“

I start the day by picking up a coffee at **Redchurch Espresso Bar** in Shoreditch. Then I head to **Columbia Road Flower Market** for some fresh flowers, and maybe drop by **Two Columbia Road** to have a look at the furniture.

Then I head into central London and have lunch at **Xu** on Rupert Street. After that, I pop by my store at **49 Albemarle Street** to say hi to the staff and customers, and then, depending on what's on, I might visit the **Royal Academy of Arts** and maybe some galleries nearby. I also like to check out some of the old bookstores by **Covent Garden**. And afterwards, I'll usually wrap up the day with a low-key dinner at a friend's.”



Clockwise from top left: **Self-Portrait's** store; **Royal Academy of Arts**; **Columbia Road Flower Market**



Pineapple leaf highball from **Lyanness**



Fancy a cocktail?

SCOUT, HACKNEY

This neighbourhood bar was voted one of the world's best thanks to its anti-waste ethos, foraged botanicals and delicious drinks. Try roasted walnut wine with cherry bark. scout.bar/scoutlondon

LYANESS, SOUTH BANK

Drinks here, from the endlessly innovative Ryan Chetiyawardana, are structured around seven signature ingredients, and include alcohol-free options and £2 (RM10.80) tasters. lyanness.com

HIDE BELOW, MAYFAIR

This subterranean bar specialises in seasonal cocktails, many available alcohol-free, with fresh flavours at the forefront. Try the Fallen Madonna with pea shoots and aloe vera. hide.co.uk



Sunday roasts

For Londoners, Sundays mean a late start and, traditionally, a roast – not brunch

THE QUALITY CHOP HOUSE, FARRINGDON

This showcase for British ingredients has a top Sunday menu too (three courses for £35, or RM188). Start with crab and fennel, followed by a roast meat, fish or vegetarian main and a traditional pudding. thequalitychophouse.com

BLACKLOCK, SOHO AND SHOREDITCH

You'll have to book for the coal- and oak-roasted meats at Blacklock, but it's worth it for the "all in" option with all the trimmings: duck-fat potatoes, Yorkshire puddings and their famous bone-marrow gravy. theblacklock.com

THE HERO OF MAIDA, MAIDA VALE

More refined than your typical pub roast, but everything is present and correct. Plus, if you go with a friend or two, there are joints to share, whether it's roast chicken and bread sauce or treacle-cured chateaubriand. theheromaidavale.co.uk

LAGOM AT HACKNEY CHURCH BREW CO, HACKNEY

It's Sunday service with a difference at this community brewery: a leisurely roast cooked over coals. Charred and smoked vegetable sides are a standout, and pie for pudding. hackneychurchbrew.co



Sunday lunch at The Quality Chop House starts with great produce and ends with a pleasingly traditional pudding



Time for tea

Check the forecast then book afternoon tea in the park (either Green or St James's) at **Dukes**, Mayfair. Pick up a rug and hamper full of delicious bites from the hotel (vegan options available) – or opt for it to be delivered – set up, then have it whisked away afterwards by a butler. dukeshotel.com



Modern mash-ups

Chef Jeremy Chan has a problem with cultural cooking stereotypes. Still, it's probably fair to say that at **Ikoyi** (ikoyilondon.com), the Mayfair restaurant he founded with Iré Hassan-Odukale, the food starts with West African accents in spicing and premium UK produce, with Chan eschewing anything too current to create an exciting menu.

A few blocks east at **Brat**, Welsh chef

Tomos Parry is putting a Basque Country slant on a London food trend: live-fire cooking. Whole turbot (for which "brat" is an archaic colloquialism) cooked over the flames are a signature, as is aged beef from ex-dairy herds. And his burnt cheesecake is something of a quiet sensation.

At **Koya**, Shuko Oda uses British-grown Japanese produce in an English way and

European produce in a Japanese way to create food that is particular to her, and London (koya.co.uk). The menu is rewritten daily and punches well above its weight in value. And in the mushroom and walnut-miso udon this quiet Soho gem has the best vegan dish in the city.



At **Koya**, Shuko Oda combines UK and Japanese ingredients and influences in a wholly original way



Before they can drive one of London's famous black taxis, drivers must pass The Knowledge. This intimidating exam requires you to learn the names and locations of around 25,000 streets and 20,000 landmarks as well as 320 routes within six miles of Charing Cross. It takes most drivers between three and five years to pass.





Where to stay

Like its eight Hoxton siblings, **The Hoxton, Southwark**, has quickly become known for its cool interior design, buzzing lobby bar and great food. And its Blackfriars Road location makes it perfectly positioned for sightseeing, with major attractions such as Tate Modern, the London Eye and Tower Bridge all just a short walk away. thehoxton.com/london/southwark

If sleek, simple and central is your vibe, try the chic, minimalist **Page8**. Rooms are straightforward but smartly done, and luxed up with marble and bronze accents. Refuel at the lobby coffeehouse, or step outside for hundreds more choices in Covent Garden, Soho and the surrounds. pagehotels.com/en/page8

If you're serious about sleep, the **Zedwell Piccadilly** is for you. This new hotel has been wholly designed to promote rest via quiet rooms with ambient lighting, Egyptian

cotton sheets, filtered air, no windows and serene, clutter-free design in sustainable materials. Three more Zedwells are planned soon across London. To encourage relaxation while awake, there's a gym, yoga studio and a sky bar that's opening this summer. zedwellhotels.com

America's eco-stylish 1 Hotels group has nabbed a prime position for its first London venture, **Treehouse London**:

directly opposite the BBC studios in Marylebone, and just a skip from some of the city's best shopping and dining in Mayfair and Soho. The use of abundant greenery and natural textures throughout creates a mood that is both restful and au courant, but our favourite spot is rooftop bar The Nest, for its incredible panoramic skyline views. treehousehotels.com



Clockwise from top left: The Hoxton Southwark; Page8; Zedwell Piccadilly; Treehouse London



Spring showers? Brilliant

Rain? In London? In spring? It's as regular as the Changing of the Guard, but you won't mind once you've got a classic British coat



Burberry



Sunspel



Mackintosh



Theatre, darling

London's theatre scene has always been top notch, and the city boasts some of the world's most historic and illustrious performance venues. For starters, there's **Shakespeare's Globe** (shakespearesglobe.com) on the south bank of the River Thames, which hosts energetic performances of the Bard's plays each summer. Then there's **The Playhouse Theatre** (theplayhousetheatre.co.uk), an intimate 786-seater space near Trafalgar Square that's seen the likes of James McAvoy and David Tennant recently take to its hallowed stage. A



ten-minute stroll away is the **Harold Pinter Theatre** (haroldpintertheatre.co.uk). It retains the three tiers of horseshoe-shaped balconies of the original structure, which first opened in 1881. Over in South Bank, the **National Theatre** (nationaltheatre.org.uk) takes full

advantage of the rare warm weather by putting up a free outdoor festival in the summer. Finally, the **Old Vic** (oldvictheatre.com) in Waterloo is worth a visit for its grand and elegant interior alone – look up to spot the chandelier hanging from the ceiling.



Chekhov's *Uncle Vanya* at the Harold Pinter Theatre



'Gram gold

Snap a selfie at these Insta-friendly locations



Chalcot Square, Primrose Hill



Tower Bridge



Broad Court, Covent Garden



Best in beauty

Harrods' stunning new Beauty Halls have put the department store back on the map. As well as more than 50 top beauty brands, you'll find UK exclusives such as the **La Mer London Detox** facial, high-end Japanese brands **Clé de Peau Beauté** and **Decorté** and fun stuff such as the "magic mirrors" that let you try on makeup digitally. And on the fifth floor, the marble-clad, Moroccan-inspired hammam must be experienced to be believed. harrods.com



Multi-functional Turmeric



**ANTIOXIDANT
PROTECTION**



**JOINT
HEALTH**



**ANTI-
INFLAMMATORY**



MAL13035015TCR



BIOPERINE*



MS 2424:2012
1079-TI/2018



KKLIU0464/2020. This is a traditional product advertisement.



Hanya di...

London

Chef-chef terkemuka, minum petang dan teksi hitam antara beberapa tarikan kegemaran kami di London



Chef-chef terkenal

Walaupun **Asma Khan** dari Darjeeling Express merupakan chef British pertama yang ditonjolkan dalam siri *Chef's Table* di Netflix, beliau juga terkenal di London kerana staf di dapurnya terdiri daripada wanita sahaja, kerana menjadi suara kesamarataan, dan kerana masakannya. "Masakan India mempunyai kelebihan di London kerana hubungan kolonial antara India dan Britain," katanya. "Ia seolah terdapat hubungan emosi antara masakan India dan negara ini. Pembukaan restoran yang

menyajikan masakan India oleh orang Asia Selatan pada tahun 1960an telah mengubah selera di sini. Keluar untuk makan kari sudah menjadi sebahagian kehidupan orang British." Di Darjeeling Express, Asma menyajikan hidangan tempat kelahirannya (terutamanya Bengal Barat, masakan diraja Mughal dan Hyderabad). "Masakan saya sangat spesifik, berdasarkan negeri dan bandar — dan sesetengah masakan ini hanya dibuat di istana keluarga saya." darjeeling-express.com

Ada tak mana-mana chef yang mengubah cara makan di London lebih dari **Yotam Ottolenghi**? Rasanya tidak. Dari tulisan di surat khabar, buku-buku malah juga restoran-restoran beliau, warga London kini lebih mengenali masakan Timur Tengah seperti molases buah delima, za'atar dan masakan berasaskan sayuran. Singgah saja salah satu kedai beliau untuk makan tengah hari atau menikmati kek untuk minum petang; atau ke Rovi untuk masakan menggunakan teknik penapaian dan atas api. ottolenghi.co.uk

Clare Smyth adalah chef pertama di United Kingdom yang menerajui restoran bertaraf tiga bintang Michelin, dan telah dinamakan chef wanita terbaik dunia oleh 'The World's 50 Best Restaurants'. Beliau terkenal untuk dedikasinya dan pemahamannya mengenai ramuan dan teknik, serta jamuan parti pasca majlis perkahwinan Harry dan Meghan Markle. Di Core, sebuah restoran dua bintang Michelin, beliau meneroka potensi hasil segar bermusim di United Kingdom. corebyclaresmyth.com



Masakan moden

Chef Jeremy Chan ada masalah dengan stereotaip budaya dalam masakan. Namun, di **Ikoyi** (ikoyilondon.com), restoran di Mayfair yang beliau mulakan bersama Iré Hassan-Odukale, juadah yang disediakan mempunyai aksen Afrika Barat serta menggunakan bahan premium dari United Kingdom, dan Chan mengelak dari menu yang terlalu 'terkini' atau 'selamat' untuk menghasilkan masakan yang cukup mengujakan.

Beberapa blok ke timur, **Brat**, chef

Tomos Parry dari Wales menghasilkan masakan London a la negeri Basque: masakan atas api hidup. Ikan turbot (yang mana 'brat' adalah nama kunonya) yang di masak atas api hidup adalah hidangan ternama, serta daging dari lembu tenusu dan kentang diasap. Dan kek keju bakar disukai ramai.

Di **Koya**, Shuko Oda menggunakan sayuran Jepun yang ditanam di England dengan cara masakan British dan tanaman Eropah dengan cara

masakan Jepun untuk menghasilkan makanan yang unik kepada beliau, dan London (koya.co.uk). Menu harian di papan hitam ditulis bila hasil tanaman tiba, dan memang berbaloi bila dikira harga berbanding mutunya. Masakan udon cendawan dan kacang walnut hebat (di restoran Soho) ini juga hidangan vegan terbaik di London.



Masakan a la negeri Basque boleh dinikmati di Brat



Minum petang

TOWN HOUSE AT THE KENSINGTON

Tak cukup masa untuk ke London Eye? Lihat replikanya di Town House dalam bentuk bekas hidangan kek dengan sajian pastri diilhamkan mercu tanda tempatan. Nikmatilah minum petang 'London Landmarks' dengan kek lobak merah berbentuk bangunan Shard dan tat lemon berbentuk Big Ben. townhousekensington.com

DOMINIQUE ANSEL

Cef pastri Perancis kegemaran bandaraya New York menawarkan dua sajian manisan bulan ini: di kedai roti di Belgravia (dominiqueansellondon.com), ada 'Fruit and Vegetable Patch Afternoon Tea' yang menarik. Di restoran Treehouse di Covent Garden, tarikan utama adalah pencuci mulut untuk dikongsi bersama, dengan kejutan Ansel seperti biasa (fikir "blok bangunan" profiterol). dominiqueanseltreehouse.com



Sebelum pemandu teksi boleh memandu teksi hitam di London, mereka perlu lulus peperiksaan The Knowledge. Untuk lulus peperiksaan ini, pemandu perlu belajar agak-agak 25,000 jalan raya, 20,000 mercu tanda and 320 jalan, jarak enam batu daripada Charing Cross.

NOW
EVERYONE
WANTS TO
BE A

KID!

Enjoy Child Fare
Up To 15 Years Old.
Below 6? **FREE!**

FARE	AGE GROUP
Child FREE	Below 6 Years
Child FARE	6 - 15 Years
Adult FARE	16 Years and above



KLIA – KL Sentral in
28 minutes, non-stop



Frequent departures



Free WiFi onboard

Save 10% when you buy tickets online through KLIA Ekspres website or app.
Visit www.KLIAekspres.com

Express Rail Link Sdn Bhd 199601003493 (375839-H)





@ Perdana Botanical Garden

World's **Largest** free-flight walk-in aviary



**MALAYSIA TOURISM COUNCIL
GOLD AWARDS 2019**

**KUALA LUMPUR
MAYOR'S TOURISM AWARDS 2017
PLATINUM AWARD RECIPIENT**



+603-2272 1010



www.klbirdpark.com



Hornbill Restaurant @ KL Bird Park
+603-2693 8086



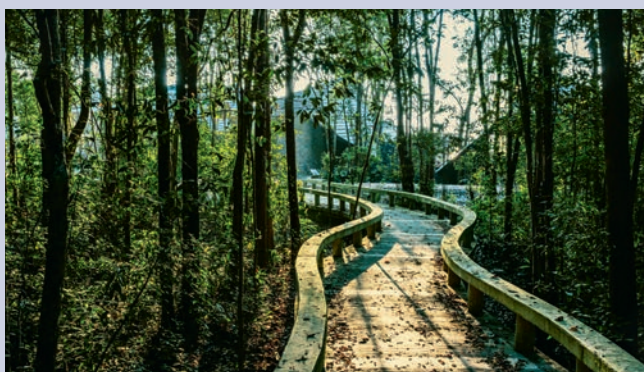
www.facebook.com/klbirdpark



[klbirdparkmalaysia](https://www.instagram.com/klbirdparkmalaysia)

The hideaway collection

Incredible escapes around the world



The Kasturi

An upscale beachfront haven in Cherating, Pahang

A three-hour drive from Kuala Lumpur, this five-star resort is set on beautiful Chendor Beach, sandwiched between the rainforest and the sea. Designed by, and named after, famed Malaysian architect Hijjas Kasturi, the resort is made up of villas which each feature an outdoor rain shower, floor-to-ceiling windows and a private pool. If you can convince yourself to leave your plush digs, you'll find that there's plenty to see and do throughout the property, from kayaking to releasing baby sea turtles.

Use the code "MHKASTURI20" for 50% off spa packages.

**reservation@the-kasturi.com;
the-kasturi.com; +60 9582 5000**

Shangri-La's Rasa Sayang Resort & Spa

Penang's best-kept secret for a tropical getaway

Check in at this bright, breezy beachfront resort on your next trip to Penang. The sprawling 304-room property is ensconced amid tropical greenery, with Batu Ferringhi Beach just a stone's throw away. Amenities abound: hone your swing at the pitch-and-putt golf course, stretch out at the yoga pavilion or enjoy a rubdown at the luxe Chi, The Spa, which comes complete with 11 private spa villas. **Book a two-night stay under the Penang Getaway deal and receive RM200 credit, which you can use at the spa or any on-site restaurant.**

**shangri-la.com/penang/rasasayangresort;
penangrasasayang@shangri-la.com;
+60 4 888 8888**



Add comfort and convenience with these add-on products and services.

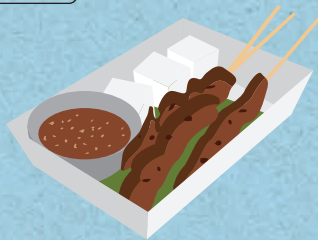
Before your flight



Book Now, Pay Later

- Secure your preferred fare for up to 72 hours by paying a holding fee (This fee is not a deposit).

PLATFORMS: ●



MH Signature Satay

- Pre-order and indulge in our Chicken Satay with Nasi Impit during Refreshment Service when you fly Economy to London, Melbourne or Sydney.

PLATFORMS: ●



Extra Baggage

- Save more than 20% from the excess baggage rates at the airport.

PLATFORMS: ● ● ● ● ●



MHinsure

- Get comprehensive protection benefits when you travel.
This includes:
 - **Cashless Medical Care**
 - Flight Cancellation and Delay
 - Luggage Damage, Lost and Delay
- **Earn 1 Enrich Mile for every MYR1 spent on any Annual Travel Protection.**

PLATFORMS: ● ●



Premium Meal Upgrade

- Pre-order and upgrade to our Premium Meals when you fly Economy to London, Melbourne or Sydney.

Choose from:

- Braised Beef Stew with Potato Soufflé + Premium Dessert
- Chicken Kiev + Premium Dessert
- Mutton Biryani + Premium Dessert

PLATFORMS: ●

AVAILABLE VIA THESE PLATFORMS:

● ONLINE ● TRAVEL AGENT ● CALL CENTRE ● MOBILE APP ● TICKETING OFFICE ● ON BOARD



Temptations

- Shop online and get duty free items sent to your home (Worldwide) or FREE delivery to your seat on board.
- **Earn Enrich Miles with every purchase.**

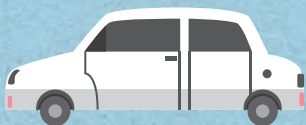
PLATFORMS: ● ● ●



KLIA Golden Lounge Access

- Purchase in advance for ease and for savings.

PLATFORMS: ● ● ● ● ●



Car Rental

- Find great deals on worldwide car hire.
- **Earn up to 2 Enrich Miles per USD1 spent.**

PLATFORMS: ● ●



Seat Selection

Pre-purchase and choose from:

- Standard Seat
- Extra Legroom Seat (Additional 5" Legroom)
- Emergency Exit Seat

PLATFORMS: ● ● ● ● ●

Premium Bundle

- Get more than 15% off regular rates with the KLIA Golden Lounge Access + Extra Legroom Seat bundle.

PLATFORMS: ● ●

Value Bundle

- Get more than 15% off regular rates with the 10kg Extra Baggage + Standard Seat bundle.

PLATFORMS: ● ●



Airport Transfer

- Enjoy a comfortable ride to and from the airport with a wide choice of vehicles. Choose from limousines, rail, cars or minibuses.

PLATFORMS: ● ●

Enrich



malaysia ³airlines

On Board



Wi-Fi On Board

- Competitive rates starting from USD2 for 10MB.
- Currently available on A350.

PLATFORMS: ●



Snacks and Beverages

- A variety of snacks and beverages are available for additional purchase.

PLATFORMS: ●



Temptations

- Shop online and get duty free items sent to your home (Worldwide) or FREE delivery to your seat on board.
- **Earn Enrich Miles with every purchase.**

PLATFORMS: ● ● ●



Enjoy comfort with savings.
Visit www.malaysiaairlines.com today.

AVAILABLE VIA THESE PLATFORMS:

● ONLINE ● TRAVEL AGENT ● CALL CENTRE ● MOBILE APP ● TICKETING OFFICE ● ON BOARD

Enrich



malaysia airlines

FLY MALAYSIA



Welcome on board Malaysia Airlines. This issue, we're celebrating the women who work with us, inking an exciting new partnership and serving a classic Perak dish

74

Dish in the spotlight

Cook, author and Ipoh native Ping Coombes shares her favourite hangouts in her hometown

76

Inside Malaysia Airlines

News and updates, including a seamless new way to travel and a future-facing new partnership

80

Discover our network

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

WELCOME TO IPOH

Take an insider's tour of the capital of Perak, where our featured dish, *rendang tok*, originates



INSIDER GUIDE

Ping Coombes

Restaurateur and author
Born in Ipoh, Perak

Fai Kee (stall 43 at the Stadium Food Court) sells all types of noodles, but my favourite is their pork noodles topped with fried fish and pork cakes. Expect to wait at least 15 minutes.

Kedai Makanan Canning Garden is unassuming, but people flock here for *chee cheong fun* (rice noodle rolls) and fried chicken. I love the *wonton mee* (noodles with dumplings) with its homemade *char siu* (barbecued pork) and curry sauce. They only open in the morning, so get there early.

At Kek Lok Tong, Sam Poh Tong and Perak Tong, it takes my breath away how the temples are built inside the caves.

Be sure to visit the night markets. The best ones are in Ipoh Garden East on Tuesdays and First Garden on Fridays. If you don't mind the heat, do visit Ipoh Old Town for street art, shops, cafés and the infamous Concubine Lane.



Concubine Lane



Perak's Kinta Valley was once the world's most productive tin district, inspiring a nickname for Ipoh: City of Millionaires



Just south of Ipoh is the mysterious (and some say haunted) Kellie's Castle, an abandoned, unfinished mansion from the 1920s



Ipoh's stunning landscape of towering limestone hills and caves is believed to have formed at least 200 million years ago

IMAGES: ALL IS AMAZING (DISH); SHUTTERSTOCK (LOCATIONS)



The third-largest city in Malaysia
and the capital of Perak state

DISH IN THE SPOTLIGHT

Rendang tok with nasi hujan panas

Rendang tok, a dish that hails from Perak, is a drier version of the commonly known rendang dish. Slow-cooked beef, braised in coconut milk and infused with rich spices, is presented with *nasi hujan panas* (colourful rice) and *sayur lodeh* (vegetable soup). Cooking rendang tok is traditionally a long, arduous process, entailing hours of continuously stirring the rendang over the stove to achieve its famously tender, melt-in-the-mouth texture.



Sam Poh Tong

“
Be sure to
visit the night
markets. The
best ones are
in Ipoh Garden
East and
First Garden”



+
Served in Business Suite
and Business Class.
In Economy Class, the
dish will be served with
chicken instead on
selected routes



Find a fare that's perfect for you

If you've ever taken a day trip with just a carry-on one day, followed by a big family vacation with sizeable luggage the next, you'll know that your travel needs can vary drastically. Here's some good news: you can now choose a personalised airfare to suit your different needs. Under **Malaysia Airlines' Horizontal Fare Family (HFF)** plan, passengers can choose from three Economy Class fare levels – Lite, Basic and Flex – depending on their needs, preferences and budget. Previously only available on domestic flights, HFF now covers destinations in ASEAN and South Asia, including Indonesia, Thailand and India.

Not sure which fare family is right for you?

Read on to discover your travel type and find the ideal fare for every trip



IF YOU'RE A DAY TRIPPER OR TRAVEL LIGHT

The **Lite** fare is right for you. Catering to passengers on short trips and those who don't mind where they sit, it offers a cabin baggage allowance of up to 7kg and a complimentary meal.



IF YOU'RE TRAVELLING WITH KIDS

You'll appreciate the **Basic** fare. In addition to a cabin baggage allowance of up to 7kg and a complimentary inflight meal, passengers who buy this fare get a check-in baggage allowance of up to 20kg, and will enjoy an Enrich Miles upgrade and a 10% discount on tickets for children.



IF YOU LIKE TO STAY FLEXIBLE

If you're taking a longer trip, **Flex** (also called Shuttle for direct flights between Kuala Lumpur and Singapore) is for you. As well as the benefits above, you can check in up to 30kg of baggage, get a 15% discount on child tickets and pre-select seats. Re-bookings, refunds and the option to take an earlier flight are also included.

Flying with facial recognition

Members of the media recently experienced Malaysia Airlines' new Single Token journey, available exclusively for passengers travelling to Kansai and Narita airports in Japan, on a walkabout organised by Malaysia Airlines, Malaysia Airports Holdings Berhad and SITA.

Using the new Single Token system, passengers experience a smoother, faster journey through the airport. It begins with having their biometrics captured at check-in and verified against their documents. Upon matching, a secure Single Token ID is created, and the passenger's face and details are tokenised in the system. They can then move seamlessly through the airport using facial recognition technology, without showing passports or boarding passes.

The system, currently in its proof-of-concept stage, has been implemented at check-in counters, security screening and boarding gates.



The sky's the limit

Aviation may traditionally be a male-dominated field, but times are changing, and at Malaysia Airlines, equal opportunities are promoted across all staff. Of the 4,517 women that are employed by Malaysian Aviation Group (MAG), there are 35 female pilots, 13 female licensed aircraft engineers and six female turnaround coordinators, with plans for many more in the future.

To mark International Women's Day on 8 March, three key female MAG staff – Munirah Muhsin

(First Officer pilot), Izzah Fuzaina Yusof (Licensed Aircraft Engineer) and Nur Syamimi Zaidi (Aircraft Turnaround Coordinator) – shared their inspiring stories with Malaysian journalists.

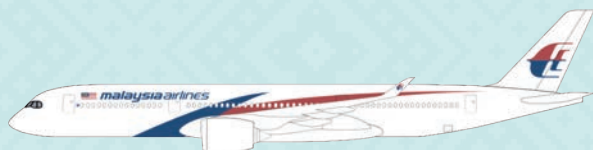
"We're very thankful to the women who paved the way for us at the beginning because they were the ones who broke down stereotypes," said pilot Munirah. "They opened up windows of opportunity in the aviation industry and we are very grateful for that."



Partnership with Universiti Putra Malaysia takes flight

Malaysia Airlines has signed a Memorandum of Understanding (MoU) with Universiti Putra Malaysia that will see both parties grow their expertise in aviation and engineering via student exchanges, industrial attachments and joint research and development projects.

"This MoU is in line with the foundation of our Long-Term Business Plan, in developing the best talents in Asia Pacific. With this collaboration, we will be able to contribute towards improving the marketability of local graduates [and] at the same time increase the competitiveness of future engineers," said Malaysia Airlines Group Chief Operations Officer, Ahmad Luqman. "It also provides a platform that allows us to further explore research and development, especially on biofuel, in line with our goals [of] becoming a greener and sustainable airline."



A350-900

No. of Aircraft **6** | Passenger Seating **286**
Length **66.80m** | Wingspan **64.75m** | Height **17.05m**
Max. Cruising Speed **944km/h**



A330-200

No. of Aircraft **6** | Passenger Seating **287**
Length **58.82m** | Wingspan **60.30m** | Height **17.39m**
Max. Cruising Speed **880km/h**
WiFi on selected aircraft



A380-800

No. of Aircraft **6** | Passenger Seating **494**
Length **72.72m** | Wingspan **79.75m** | Height **24.09m**
Max. Cruising Speed **1,102 km/h**



A330-300

No. of Aircraft **15** | Passenger Seating **290**
Length **63.66m** | Wingspan **60.30m** | Height **16.79m**
Max. Cruising Speed **980km/h**



B737-800

No. of Aircraft **48** | Passenger Seating **160–166**
Length **39.5m** | Wingspan **38.50m** | Height **12.50m**
Max. Cruising Speed **857km/h**



ATR 72-500

No. of Aircraft **12** | Passenger Seating **72**
Length **27.05m** | Wingspan **27.17m** | Height **7.65m**
Max. Cruising Speed **510km/h**



A330-200F

No. of Aircraft **3** | Maximum Cargo Capacity **65 (70) tonnes**
Length **45m** | Wingspan **60.30m** | Height **16.88m**
Length **27.05m** | Wingspan **27.17m** | Height **7.65m**
Max. Cruising Speed **1,021km/h**



ATR 72-500

No. of Aircraft **10** | Passenger Seating **68**
Length **27.05m** | Wingspan **27.17m** | Height **7.65m**
Max. Cruising Speed **510km/h**



Viking DHC-6 Twin Otter Series 400

No. of Aircraft **6** | Passenger Seating **19**
Length **15.77m** | Wingspan **19.80m** | Height **5.94m**
Max. Cruising Speed **337km/h**



ON-TIME PERFORMANCE

Our check-in counters close 60 minutes before departure. Please allow at least 45 minutes for immigration and security clearance. Boarding gates will close 30 minutes prior to departure.



CABIN LUGGAGE HANDLING

Passenger and crew safety on board our flights is our highest priority. In compliance with the airline's policy, and in observing Occupational Safety and Health Regulations requirements, cabin crew are no longer required to stow passengers' hand luggage in the overhead stowage compartments. This is to minimise occupational hazard and ergonomic risks faced by cabin crew in the aircraft. Cabin crew on duty will, however, assist passengers travelling with infants, young passengers travelling alone, the elderly and passengers with reduced mobility. Passengers who are fit and in good health must carry, stow and secure their own hand luggage on board. Hand luggage exceeding the 7kg weight limit is required to be checked in before boarding.



PORTABLE ELECTRONIC DEVICES (PEDs)

For safety reasons, and in line with Civil Aviation Authority of Malaysia guidelines, mobile phones and all PEDs must be switched off for take-off and landing. Whilst cruising, devices placed in flight mode may be used. Devices transmitting strong signals must remain switched off throughout the flight, until disembarkation. The Captain may prohibit the use of devices that can interfere with the aircraft's system.



LITHIUM BATTERIES

Lithium metal or lithium ion cells or batteries for portable electronic devices (PEDs), including medical devices, must not exceed 2g for lithium metal batteries and 100Wh for lithium ion batteries. All spare batteries, including lithium metal or lithium ion cells or batteries, for PEDs must be carried in passengers' carry-on baggage only. These batteries must be individually protected to prevent short circuits. For PEDs containing non-spillable batteries, they must be 12V or less or 100Wh or less. A maximum of two spare batteries may be carried. These batteries must be individually protected to prevent short circuits.



NO-SMOKING POLICY

Smoking, including the use of electronic cigarettes, is prohibited on all flights. Electronic cigarettes must be carried in carry-on baggage only. Recharging of the device inflight is not permitted.



COMFORT & CARE

Personal care, baby paraphernalia and first-aid treatment are available upon request.



BAGGAGE FOR TRANSIT PASSENGERS

Transit passengers in KLIA are encouraged to reconfirm their final baggage destination at the Transfer Desk to ensure that their checked luggage is identified and loaded accordingly. Just present your baggage identification tag at the desk.



ZERO TOLERANCE OF ABUSE

We value courteousness. Any form of threat, verbal abuse or violence towards our staff will be taken seriously. We are committed to supporting anyone who has been the victim of an assault.



ENTERTAINMENT

Movies, TV and Music On-Demand are available on selected flights.



ONBOARD CONNECTION

Laptop power points are fitted on Business Suite and Business Class seats. USB charging is available on selected aircraft types (A350-900 and A330-200).



FOOD & BEVERAGE

All food served is halal. Special meals can be prepared with 24-hour notice. Business Suite and Business Class guests may use Chef-on-Call services to book meals 24 hours prior to departure on selected flights. Alcoholic drinks are available on flights longer than three hours to passengers above the age of 21. Our cabin crew reserves the right to decline serving and selling alcohol to any passenger who appears intoxicated. Consumption of personal alcoholic drinks is prohibited.



FRESH & FROZEN SEAFOOD

Fresh and frozen seafood is strictly not permitted in check-in baggage. It may be accepted in cabin baggage, subject to the destination's quarantine regulations. It must be properly packed and meet the cabin baggage weight and size requirements. A maximum of 2.5kg of dry ice per passenger is permissible if dry ice is used to carry these items. We reserve the right to refuse carriage if the items are not properly packed.



PEANUT & NUT ALLERGIES

Meals containing nuts may be served throughout the aircraft. We cannot accommodate requests for peanut/nut-free zones in the aircraft and strongly encourage those with allergies to take the necessary medical precautions before flying, including travelling with medications in their hand luggage.



WHEELCHAIR ASSISTANCE

Wheelchair requests must be made through the Global Customer Contact Centre, the Ticket Office and/or Malaysia Airlines appointed travel agents at least 48 hours prior to departure. Contact the call centre at 1-300-88-3000 for more information.



UNACCOMPANIED MINOR (UMNR) POLICY

We provide assistance for children aged five to 15 years old travelling alone, with 24-hour advance request.



For more information, visit malaysiaairlines.com

IN ADDITION TO AIRPORT CHECK-IN, HERE ARE OTHER OPTIONS*



WEB
Check in online at malaysiaairlines.com and self-print your boarding pass.



WEB-TO-MOBILE
Check in online. Your boarding pass will be sent to your mobile phone. Mobile boarding passes can be scanned at airport security and at the boarding gate.



MHMOBILE
Visit malaysiaairlines.com to download the Malaysia Airlines App to perform mobile check-in.



FAST-CHECK SELF-SERVICE KIOSK
Check in online at malaysiaairlines.com and self-print your boarding pass.



CITY CENTRE COUNTER CHECK-IN
Available at KL Sentral in Kuala Lumpur and in Hong Kong.



London

Jeddah

SOUTH
ATLANTIC
OCEAN

OUR NETWORK

ILLUSTRATIONS BY ELEN WINATA

*THE ROUTE MAP IS FOR ILLUSTRATIVE PURPOSES ONLY AND IS NOT DRAWN TO SCALE

Sea of Okhotsk

Sea of Japan

East China Sea

**NORTH
PACIFIC
OCEAN**

Philippine Sea

South China Sea

**INDIAN
OCEAN**

Coral Sea

Arafura Sea

Timor Sea

- Malaysia Airlines
- ◆ Firefly
- MASwings

EXPLORE MALAYSIA

Malacca Strait

South China Sea

Java Sea

- Malaysia Airlines
- ◆ Firefly
- MASwings



● One world destinations

MHinsure

TRAVEL WITH PIECE OF MIND

Get coverage for travel inconveniences and enjoy a blissful vacation. Protect your trip with **MHinsure** today.

Scan this
QR code now
to enjoy



Cashless
Medical Care



Flight Delay,
Cancellation &
Curtailment benefit
up to Trip Value



Luggage Damage,
Lost or Delay benefit
up to RM7,500

Earn 1 Enrich Mile For Every MYR1 Spent on any Annual Travel Protection

Add **MHinsure** when you purchase your flight ticket on malaysiaairlines.com

Terms and conditions apply.

Cover·More eTiQa

Enrich



malaysia 
airlines

NOW SHOWING

86 Q+A 88 New this month 90 Movies 92 Television 94 Audio

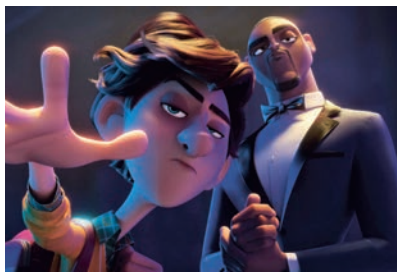


On board right now, the most talked about film of the year: *Parasite*. And we catch up with the film's Oscar-winning director, Bong Joon-ho

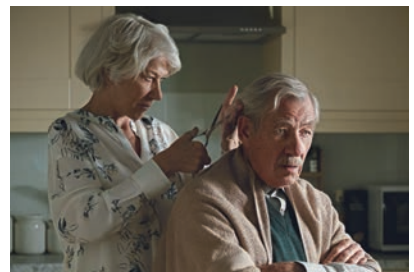
New releases



Star Wars: The Rise of Skywalker



Spies in Disguise



The Good Liar

Making history

We meet Bong Joon-ho, Hollywood's man of the moment and the first director to win a Best Picture Oscar with a foreign-language film

Much of *Parasite* revolves around class. Why is that?

I think all directors, artists and creatives are interested in class. We all look at people we encounter and wonder how rich they are because we live in an era of capitalism. It's not like we had a big meeting and said this movie needs to be focused on class, it just happened.

You used your experiences at college in the movie. Can you tell us about that?

I have always been fascinated with the idea of infiltration. When I was at college, I tutored for a very rich family who had a sensational house. I had this feeling I was infiltrating their private lives and every week I thought [about] how fun it would be if I could get my friends to infiltrate the house one by one.

Why do you think the wealthy are such easy targets in the movie?

More than anybody, it is the rich mum

“I always shoot the film that I want to see. Of course, if it excites me, I hope it does the same for the audience”



who is the real gullible character. I never once thought of her as dumb. She is smart, the sort of person who would have done well at school. She just trusts too easily. She has lived a very sheltered life by marrying into a rich family young.

Does getting more international recognition change how you work?

This probably sounds a little selfish, but I must confess that I always shoot the film that I want to see. The standard for the audience is me. I ask myself, “How can we shoot this so it excites me?”

Then, of course, if it excites me, I hope it does the same for the audience.

Do you think different audiences reacted to the movie in different ways?

There are trivial details like the Taiwanese cake shop – which, if you are Korean or Taiwanese, you will understand right away. A lot of people who lost their jobs opened these franchises and they all pretty much failed at the same time. On the whole, though, I find international audiences laugh and gasp at the same moments.



Parasite is playing on board. Check your inflight entertainment system for channel information.

3 more movies that will have you on the edge of your seat

The Good Liar

A career conman (Ian McKellen) sets his sights on a wealthy widow (Helen Mirren). But what should have been an easy target becomes a cat-and-mouse game with a twist.

Doctor Sleep

In this sequel to Stephen King's *The Shining*, a grown-up Dan (Ewan McGregor) meets a young girl with a supernatural gift whom he protects from an immortality-seeking cult.

Pusaka

In this Malaysian thriller, a small-town police officer investigates a strange case: identical twin sisters found locked in an abandoned house, with one twin dead. Expect jump scares aplenty.

YOUR LUXURY BEACHFRONT RESIDENCE IN DESARU, MALAYSIA



Choose your sanctuary among 20 luxurious three- and four-bedroom beachfront pool villas in Johor, Malaysia - within easy reach of Singapore and Kuala Lumpur.

Surrounded by nature, each residence features 288 to 597 sqm of fully-furnished living space and a private infinity pool.

Owners enjoy the service, management and five-star facilities of Anantara Desaru Coast Resort & Villas.

YOURS TO OWN FROM USD 1.75 MILLION.

**CONTACT US FOR A PRIVATE VIEWING
OF OUR SHOW VILLA.**

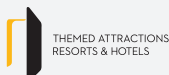
+60 19 241 2296

propertysales@minor.com

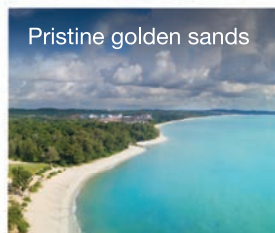
anantaradesaru-residences.com

A development by

MINOR
INTERNATIONAL



Adventure Waterpark Desaru Coast



Pristine golden sands



The Els Club
Desaru Coast

Hollywood

**Star Wars: The Rise of Skywalker**

142 mins | PG-13 | Action, Adventure, Fantasy | E

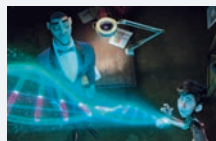
The surviving members of the Resistance face the First Order once again, and the legendary conflict between the Jedi and the Sith reaches its peak, bringing the long-running Skywalker saga to its end. We think.

International

**Pusaka**

94 mins | PG-13 | Horror | ML, E+

Skilled cop Inspector Nuar discovers twins, Balqis and Qistina, locked in an abandoned house. When individuals linked to the case start dying, Nuar must race against time to solve the mystery before it's too late.

**Spies in Disguise**

102 mins | PG | Animation, Action, Adventure | E

**The Good Liar**

109 mins | R | Crime, Drama, Mystery | E

**Richard Jewell**

131 mins | R | Biography, Crime, Drama | E

**Parasite**

131 mins | PG-13 | Crime, Drama | K, E+

**Farewell Song**

116 mins | PG-13 | Drama, Music, Romance | J, E+

**Laal Kaptaan**

155 mins | PG-13 | Action, Drama | H, E+

Guide

LANGUAGES

A Arabic
C Cantonese
D Danish
E English
ES Spanish
F French
G German
H Hindi
I Italian
IN Indonesian
J Japanese
K Korean
M Mandarin
ML Malay
T Tamil
TA Tagalog
TL Telugu

Subtitles

A+ Arabic
C+ Chinese
E+ English
J+ Japanese
M+ Malay

RATINGS

G/U General audience.
 Suitable for all ages.

PG Parental guidance recommended. Some content may not be suitable for children.

PG13 Parental guidance strongly recommended. Some content may be inappropriate for children under 13 years of age.

15 Suitable for audiences aged 15 years and above.

R Restricted. Not suitable for audiences under 17 years of age.

NR Not rated by Motion Picture Association of America.

ⓘ Contains scenes or language that may be disturbing or offensive. Viewer discretion is advised.

M Programmes with Malaysian content.

★ Award-winning movies/programmes.

**AVIS**[®]www.avis.com.my

ENJOY

25%
OFF

CAR RENTAL PUBLISHED RATES

AWD CODE**F088500**

Booking Period

1 January – 30 December 2020

Rental Period

1 January – 31 December 2020

YOU'RE IN SAFE HANDS. AND SEATS.

When you rent a car, you expect more than just comfort. You also want security. For everyone. So your most important passengers can rest easy.

WE TRY HARDER

+603 7803 7555 | AVIS.COM.MY

Terms & Conditions apply • Eligible for daily & weekly rental only • Subject to car availability

Contact us for further enquiries:

+603 7803 7555 | ✉ sales@avis.com.my | 🌐 www.avis.com.my

: Avis Malaysia

DRB-HICOM EZ-DRIVE SDN.BHD
Avis Rent A Car Licensee

A Member of

DRB-HICOM

Latest

**Red Shoes and the Seven Dwarfs****93 mins** | PG | Animation, Adventure, Family, Romantic Comedy | E

Snow White finds some magical shoes that transform her into a beauty. Seven cursed dwarfs need the kiss of a beautiful woman to reverse the spell. All learn a lesson when their paths cross.

+ More

Go Back to China**96 mins** | PG | Drama | E**Motherless Brooklyn****144 mins** | R | Crime, Drama, Mystery | E**Doctor Sleep****152 mins** | R | Drama, Fantasy, Horror | E**Frozen 2****103 mins** | PG | Animation, Adventure, Comedy | E**Ford v Ferrari****152 mins** | PG-13 | Action, Biography, Drama | E**Mystify: Michael Hutchence****109 mins** | R | Documentary, Music | E**Joker****122 mins** | R | Crime, Drama, Thriller | E**Western Stars****83 mins** | PG | Documentary, Music | E**Making Waves: The Art of Cinematic Sound****94 mins** | PG | Documentary | E**A Little Princess****104 mins** | Comedy | K, E+**We Are Little Zombies****120 mins** | PG-13 | Drama | J, E+**Kabir Singh****172 mins** | PG-13 | Drama, Romance | H, E+**Enai Noki Paayum Thota****153 mins** | PG-13 | Action, Drama | T, E+

Favourites

**King Arthur: Legend of the Sword****126 mins** | PG-13 | Action, Adventure, Drama | E, J, K**Space Jam****88 mins** | PG | Animation, Adventure, Comedy | E, J, K**Unaccompanied Minors****90 mins** | PG | Adventure, Comedy, Family | E, J**The Accountant****128 mins** | R | Action, Crime, Drama | E, J**Jack the Giant Slayer****114 mins** | PG-13 | Adventure, Fantasy | E, J, K**Yes Man****104 mins** | PG-13 | Comedy, Romance | E, J, K

Award-winning movies

**Blade Runner 2049****164 mins** | R | Action, Drama, Mystery | E, J, K**Creed II****133 mins** | PG-13 | Drama, Sport | E, J, K**The Departed****151 mins** | R | Crime, Drama, Thriller | E**Million Dollar Baby****132 mins** | PG-13 | Drama, Sport | E**Inception****148 mins** | PG-13 | Action, Adventure, Sci-Fi | E, J, K**The Matrix****136 mins** | PG-13 | Action, Sci-Fi | E

Malay

**Pusaka****94 mins** | PG-13 | Horror | ML, E+**Redha****115 mins** | Drama, Family | ML, E+**Ali Baba Bujang Lapok****122 mins** | PG-13 | Comedy, Musical | ML, E+**Geran****101 mins** | PG-13 | Action | ML, E+**BoBoiBoy Movie 2****111 mins** | PG-13 | Animation, Action | ML, E+**The Three Abduls****113 mins** | PG-13 | Comedy | ML, E+

Chinese

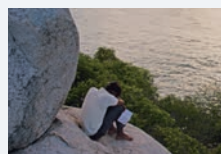
**The Wayang Kids****87 mins** | Comedy, Family | M, E+

Paula, a Eurasian girl from China, befriends an autistic classmate in her new primary school in Singapore. Together, they must overcome various personal struggles to represent their school in an international Chinese opera performance.

+ More

Guang**88 mins** | PG-13 | Drama, Family | M, E+**Guilt by Design****93 mins** | PG-13 | Action, Crime | M, E+**Ne Zha****110 mins** | PG-13 | Animation, Family, Fantasy | C, M, E+**If You're Happy****99 mins** | PG-13 | Drama | M, E+**Jade Dynasty****101 mins** | PG-13 | Fantasy, Romance | M, E+

As part of Autism Awareness Month in April, Malaysia Airlines pays tribute to individuals and families faced with autism



Redha
115 mins | Drama, Family | ML, E+



The Accountant
128 mins | R | Action, Crime, Drama | E, J



The Wayang Kids
87 mins | Comedy, Family | M, E+



Guang
88 mins | PG-13 | Drama, Family | M, E+



Innocent Witness
129 mins | Drama | K, E+



The A Word
60 mins | PG | Drama | E

Korean



Parasite
131 mins | PG-13 | Crime, Drama | K, E+

A Korean family senses a change to their bleak future when their son gets a job tutoring for the children of a rich family. But all is not as it seems.

Innocent Witness
129 mins | Crime, Drama | K, E+

A Little Princess
104 mins | PG-13 | Comedy | K, E+

Indonesian



Dilan 1991
121 mins | PG-13 | Drama | IN, E+

Tagalog



Jack Em Popoy: The Puliscredibles
148 mins | PG-13 | Action, Comedy, Thriller | TA, E+

Telugu

Maharshi
176 mins | PG-13 | Action, Drama | TL, E+

Japanese

We Are Little Zombies
120 mins | PG-13 | Drama | J, E+

Strawberry Song
114 mins | PG-13 | Drama | J, E+

Farewell Song
116 mins | PG-13 | Drama, Music, Romance | J, E+

Aesop's Game
87 mins | PG-13 | Crime, Fantasy | J, E+

Hindi



Laal Kaptaan
155 mins | PG-13 | Action, Drama | H, E+

Kabir Singh
172 mins | PG-13 | Drama, Romance | H, E+

The Lift Boy
153 mins | PG-13 | Comedy, Drama | H, E+

Badla
114 mins | PG-13 | Crime, Drama, Mystery | H, E+

Junglee
115 mins | PG-13 | Action, Adventure | H, E+

Tamil



Enai Noki Paayum Thota
153 mins | PG-13 | Action, Drama | T, E+

Magamuni
156 mins | PG-13 | Crime, Drama, Thriller | T, E+

Namma Veettu Pillai
120 mins | PG-13 | Action, Comedy, Drama | T, E+

Natpe Thunai
154 mins | PG-13 | Comedy, Musical, Sport | T, E+

Kaappaan
166 mins | PG-13 | Action, Thriller | T, E+

Kids



Jack the Giant Slayer
114 mins | PG-13 | Adventure, Fantasy | E

The ancient war between humans and a race of giants is reignited when Jack, a young farmhand fighting for a kingdom and the love of a princess, opens a gateway between the two worlds.

+ More

Spies in Disguise
102 mins | PG | Animation, Action, Adventure | E

Red Shoes and the Seven Dwarfs
93 mins | PG | Animation Adventure, Family, Romantic Comedy | E

Dolphin Tale
113 mins | PG | Drama, Family | E

Space Jam
88 mins | PG | Animation, Adventure, Comedy | E, J, K

Comedy

**Kim's Convenience**

30 mins | PG | Comedy | E

While running a convenience store in Toronto's Moss Park neighbourhood, members of an immigrant Korean-Canadian family must deal with their customers, each other and the ever-evolving world around them.

**\$#! My Dad Says**

30 mins | TV-14 | Comedy | E

From Twitter to TV: When struggling writer Henry ends up living with his outspoken dad, Ed (William Shatner), he suddenly has lots of new material.

**Hank**

30 mins | PG | Comedy | E

Kelsey Grammer stars as Hank Pryor, a high-flying Manhattan businessman who suddenly finds himself out of work and out of luck.

+ More

I Hate My Teenage Daughter

30 mins | PG | Comedy | E

Mike & Molly

30 mins | PG | Comedy | E

Murphy Brown

30 mins | PG | Comedy | E

Last Man Standing

30 mins | PG | Comedy | E

Kids

Dorothy and the Wizard of Oz

30 mins | G | Kids | E

Big City Greens

30 mins | G | Kids | E

Justice League Action

30 mins | G | Kids | E



Scooby-Doo and Guess Who?
30 mins | G | Kids | E

Drama

**The A Word**

60 mins | PG | Drama | E

Alison and Paul make excuses for their five-year-old boy's uncooperative behaviour, but will they listen to family members who suspect something more serious? Meanwhile, Nicola and Eddie move in next to Alison and Paul, hoping to make a new start in the Lakes, but will Eddie be able to forget Nicola's infidelity, especially now that it's public knowledge?

**Arrow**

60 mins | TV-14 | Drama | E

After revealing his identity as the Green Arrow, Oliver has spent the past five months in prison. He's determined to keep a low profile to shorten his sentence for the sake of his family, but is tested when he runs into some old foes.

+ More

Search: WWW

60 mins | TV-14 | Drama | K, E+

Doom Patrol

60 mins | TV-MA | Drama | E

Castle Rock

60 mins | TV-MA | Drama | E

Supergirl

60 mins | PG | Drama | E

Queen Sugar

60 mins | TV-14 | Drama | E

Pennyworth

60 mins | PG | Drama | E

Best of Malaysia



Rojak

60 mins | G | Malay | ML, E+

Much like the famous dish, *Rojak* brings a delicious mix of delightful topics to the table. Join in on the grind with our hosts, Awal Ashaari and Ajak Shiro, exclusively this Ramadan.

+ More

Senang Terhibur

60 mins | G | Malay | ML, E+

Aroma Tradisi

60 mins | G | Malay | ML, E+

Sedapnya Mulut

60 mins | PG | Malay | ML, E+

Kecoh Kecah Nabil Ahmad & Clan

30 mins | PG | Malay | ML, E+

Unplugged 2019

30 mins | PG | Malay | ML, E+

Rialisasi Job Selebriti

30 mins | PG | Malay | ML, E+

Religious

Tanyalah Ustadz

90 mins | G | Religious | ML

In the *Tanyalah Ustadz* programme, a moderator and guest commentators discuss topical issues of the day and respond to questions from the audience at home.



+ More



Ramadan FAQ

30 mins | G | Religious | ML

Cermin Hati Bersama Prof Muhaya

30 mins | G | Religious | ML

Al Kuliyyah 2019

60 mins | G | Religious | ML

Travel



Japan from Above EP 3: The cradle of traditions, Honshu & Chubu Region, Kansai

60 mins | PG | Travel | E

Halal Maps

30 mins | PG | Travel | E

Chinese

Jason Kopitiam Trails

30 mins | PG | Chinese | M, E+

Durian Madness

60 mins | PG | Chinese | M, E+

Hindi

The Kapil Sharma Show

60 mins | PG | Hindi | H, E+



Tamil

Rasikka Rusikka

30 mins | PG | Tamil | T, E+

#JomPolam

60 mins | PG | Tamil | T, E+

Sports

Going Olympic: Tokyo 2020

30 mins | PG | Sports | E

Views of Golf

30 mins | PG | Sports | E

Natural world

Seven Worlds, One Planet: Antarctica

60 mins | G | Natural World | E

Lifestyle

Grand Designs UK (Series 17)

60 mins | PG | Lifestyle | E

Just For Laughs

30 mins | G | Lifestyle | E

Showbiz

The David Rubenstein Show: Peer-to-Peer – Warren Buffett

60 mins | PG | Showbiz | E

The Millennial Investor

60 mins | PG | Showbiz | E

The Hits



including... Julia Duclos, Sody (above), Louise, Kylie Minogue, Winona Oak, Circa Waves, Tones and I, Labrinth, Céline Dion, French Montana, Camila Cabello, The Chainsmokers, Harry Styles, Rex Orange County, Jeff Lynne's ELO, Doja Cat, Shakira, Coldplay, Jessica Mauboy, James Arthur and more!

Mandarin



including... Eric Chou (above), Priscilla Abby

World



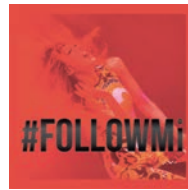
including... Malaysian Philharmonic Orchestra

Malay



including... Faizal Tahir (above), Sheila Majid

Cantonese



including... Sammi Cheng (above), Jason Chan

Japanese



including... King Gnu (above), Masaki Suda

Korean



including... ATEEZ (above), CIX

Memories



including... Pink Floyd (above), Madonna

Audio On-Demand segments depend on your aircraft type. Please refer to your inflight entertainment system to see which segments are available to you.

Classical



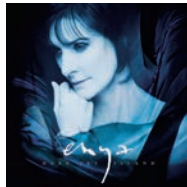
including... Gautier Capuçon and Yuja Wang (above)

Jazz



including... All Jazz (above), The Shanghai Sisters

Relax



including... Enya (above), Above & Beyond

+ Extra

Kids
Indonesian
Light & Easy
Nasyid
Hindi
Tamil

+ More These segments are not available on A350s

Rock

including... Bring Me the Horizon, Jeff Lynne's ELO, Pixies

Country

including... Scotty McCreery, Dolly Parton, Carrie Underwood

Playlist

including... Pop Hits, Rhythm and Blues Generation

Rhythm and Blues

including... Joanne Shaw Taylor, Macy Gray, Jordan Rakei

Club

including... Armin van Buuren, Sofi Tukker, Kayzo, Alle Farben

Comedy

including... Bob Newhart, Flight of the Conchords, Bocey

Talk Radio

including... John Heffron, Friends Cast, Mike Birbiglia

Soundtrack

including... Robert Ziegler, Beyoncé, Thomas Newman

Radio channels



▶ Chart-toppers

including... Winston Surfshirt, Echomsmith, Mac Miller, Big Gigantic, Robin Schulz, Khalid, Travis Scott feat Rosalía & Lil Baby, The Black Eyed Peas X J Balvin, The Federal Empire, Alicia Keys, gnash, Future, John Legend, Elley Duhé, Tate McRae, Julie Bergan, Seeb, flora cash, gamaliél, Céline Dion, Sam Feldt & Sigma feat Gia Koka, Delta Goodrem, SAYGRACE, Megan Thee Stallion & Normani and more!

▶ Malay favourites

including... Aziz Harun, Sarah Suhairi, Hael Husaini, Melly Goeslaw, Vince Chong, Izzue Islam, Ben Ladin, Ora Della feat Benzooloo, Hanin Dhiya, Adzrin, Ernie Zakri, IANNEETA, Zamani, Adira, Hafiz Suip, Faizal Tahir, Klangit, Sissy Imann, Awie, Mirwana, Blues Gang, Elizabeth Tan, Siti Nurhaliza, Jaz, Kotak, Nussa, Aamin Yusoff and more!

▶ Hindi rhythms

including... Qaran feat R3hab, Kay J feat Dushyant Kathuria, Sajid, Ipsitaa, Rahul Kothari, Nakash Aziz, Neeti Mohan, Nayeem Shah, Mehul Vyas, Adarsh Shinde, Sukhwinder Singh, Shreya Ghoshal, Sunanda Sharma, Rish & Moit, Dino James feat Kaprila, Diljit Dosanjh, Tulsi Kumar, Jubin Nautiyal, Payal Dev, Neha Bhasin, Guru Randhawa and more!

▶ Pop Asia

including... I kimonogakari, Hinatazaka46 ATEEZ, 易烊千玺, J.Sheon, Eric Chou, 12DAL, Sophiya, Survive Said The Prophet, yukaDD, Nana Mizuki, MOMOLAND, Grizzly, A-Lin, TK from Ling tosite sigure, Anly, Foorin team E, CHANMINA, Jam Hsiao, domico, Ji Muk, GREE, Lozareena, 한승 (Hanseung), Ronghao Li and more!

Passengers with AVOD can enjoy a host of radio shows across a range of genres. Channel numbers depend on the aircraft. Check your aircraft type and then your inflight entertainment system to find out.

中国汾酒 畅享全球



42度20年陈酿汾酒
FENJIU 42%



48度30年青花汾酒
FENJIU 48%



53度20年陈酿汾酒
FENJIU 53%

六千年历史清香型白酒

CHINESE FRAGRANT WHITE LIQUOR WITH SIX THOUSAND YEARS OF HISTORY

马来西亚总代理:



Ms. Cyndi Ooi 黄淑君小姐 H/P : +6 017 - 347 1688
Mdm. Sharon Ooi 黄朝枝女士 H/P : +6 013 - 584 5688
Email : taimin_tobacco@yahoo.com

Work less, play more

Corporate culture is still warming to the idea of a shorter working week, but one Malaysian PR agency is already embracing the shift **BY ALEXIS ONG**

Go Communications has become one of the first companies in Malaysia to adopt shorter working hours. The PR agency is breaking away from a work culture where overtime is expected, providing what CEO Peter de Kretser describes as a “real work-life balance”. An AIA survey last year showed that 33% of Malaysians work at least 50 hours a week, but that doesn’t necessarily mean more work is getting done. Productivity depends not just on hours put in but also fatigue levels, motivation and overall health. A shorter working week, some argue, can boost or maintain productivity while also improving employees’ health.

For Go, the new policy is about staying in step with evolving generational mindsets that value life outside work. In March, Go’s employees began following a 4.5-day week – leaving the office at 1pm on Fridays – while continuing to receive the same salary. De Kretser sees the move as a commitment to workplace happiness and productivity, especially after observing the success of shorter working hours in Europe, New Zealand and Japan. The company also ran its own research and analysis to find a system that would work for them, and decided a shorter week was a no-brainer. “It will prevent burnout and fatigue while boosting productivity levels by enabling the team to work effectively with efficient time management,” Peter says.

Progressive work schedules are still rare in Asia. An International Labour Organization report revealed that among countries with the longest working hours, nine of the top 12 are in Asia. “Any form of traditional change can be difficult to formalise,” Peter admits. “However, I strongly believe it will be a matter of time before more progressive measures are taken... throughout Asia to boost productivity and enhance work-life balance.”



There's a long way to go before the four-day week becomes common practice, but these three employers are paving the way for happier, more productive workers

Burger titan **Shake Shack** has implemented a four-day week at a third of its locations worldwide. After running tests at several Las Vegas outlets in March 2019, the company found a shorter work week led to better relationships between staff and their managers.

Last August, **Microsoft Japan** ran a four-day week pilot project and claimed to experience a 40% productivity boost. The big game-changer was

cutting meetings to 30 minutes with no more than five people. Other positives included reduced power bills, less paper wastage and fewer emails.

The **Indonesian government** is planning to give some of its hardest-working civil servants Fridays off. However, this work-in-progress plan is performance-based, meaning eligible workers must complete their weekly workload before Friday, and score well in an annual assessment.



Malaysia

The World's Healthcare Marvel

MyHT2020 HEALTH SCREENING SPECIAL PACKAGE

The **Malaysia Year of Healthcare Travel 2020** (MyHT2020) invites you to take charge of your physical and mental well-being. A health screening in Malaysia would be a great start!

<http://www.malaysiahealthcare.org>

MYR800*

- MEDICAL CONSULTATION
- LABORATORY TESTS
- CLINICAL EXAMINATION
- DIAGNOSTIC AND IMAGING

SIGN IN

Packages may differ slightly from hospital to hospital
*Two payment methods**



www.malaysiahealthcare.org ✉ callcentre@mhtc.org.my
f/malaysiahealthcare.org @MalaysiaHealthcare

*Valid until 31 Dec 2020

*Complimentary Meet and Greet Service at KLIA and klia2

*MHTC expressly disclaims any liability, in whole or in part, for any errors or omissions in the contents of the Packages displayed in the Website and any form of materials or platform.

*Prospective customers who intend to sign up for the individual packages offered by MHTC's member hospitals ("Packages") on MHTC's website (malaysiahealthcare.org) ("Website") are advised to read and understand the contents of the said Packages as it may differ from one another.

**Payments for the Packages are to be made directly to the hospital via online payment or direct payment to the hospitals during the screening. You shall liaise directly with the hospital for booking changes and cancellation.



SCAN HERE for more info

#MyHealthIs2020

HUBLOT



THE HOUR GLASS

HUBLOT BOUTIQUE

Suria KLCC.

Tel: (03) 2181 7037

THE HOUR GLASS BOUTIQUE

Lot 10 Shopping Centre.

Tel: (03) 2144 1620

Mid Valley Megamall.

Tel: (03) 2202 2882

Pavilion Kuala Lumpur.

Tel: (03) 2148 8930

WATCHES OF SWITZERLAND

The Gardens Mall.

Tel: (03) 2201 6811

thehourglass.com

BIG BANG UNICO RAINBOW

18K King Gold case set with
colorful gemstones. In-house
UNICO chronograph movement.