



Going Places

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

AUGUST 2023



New face of KL

Rediscover the historic areas of Ampang and Kampung Attap

FIRED UP IN BAT TRANG
Reigniting interest in Vietnam's oldest ceramics village



13 reasons
to fall in love
with Malaysia



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A MALAYSIAN IN MELBOURNE
MasterChef Australia winner shares where to eat, shop and party



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Dear guests,

I hope all of you are in the best of health and I thank you for flying with us today onboard Malaysian Hospitality.

August is a special month as it brings about the essence of Malaysia's coming together as a nation – our diversity, our progress and our unity – as we celebrate our 66th Independence Day or 'Hari Merdeka'. As the country's flag bearer, we take great pride in our responsibility to connect people to places, from our main hub in Malaysia to the rest of the world. Collectively as an airline group, Malaysia Airlines, Firefly and MASwings fly to 70 destinations in Malaysia and across the globe, and through Malaysia Airlines' participation as an airline member of the oneworld alliance, we connect passengers to 900 destinations in 170 territories, bringing our inimitable Malaysian Hospitality service wherever we go.

As the national carrier, we also understand that we have an obligation to our environment and have taken tangible steps to ensure we contribute to a *Sustainable Tomorrow*, together with you, our esteemed customers. We are pleased to play our role in accelerating industry-wide efforts to decarbonise the aviation industry and have recently become the first airline in Malaysia to launch the carbon offset programme, where

passengers onboard Malaysia Airlines can offset the carbon emissions associated with their travel when flying with us. The funds are contributed towards verified carbon capture projects that reduce, capture, or avoid greenhouse gas (GHG) emissions in an amount equivalent to that of the calculated carbon footprint of your journey.

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From its gritty start as a trading post and tin mining town in the early 19th century, Kuala Lumpur's significance has morphed several times over the decades. It was a symbol of independence from colonialism when our first prime minister, Tunku Abdul Rahman, declared "merdeka!" seven times to an overflowing crowd at Stadium Negara on 31 August, 1957. In the more recent past, the city pivoted to a roaring symbol of modernity in the mid-'90s when the Petronas Twin Towers were completed and declared the tallest building in the world. Now, KL's latest face is in the form of the Merdeka118, the city's newest and tallest skyscraper.

While we celebrate historic milestones and towering, world-class feats of architecture, we train the spotlight equally on the heart and soul of Malaysia's beloved capital city. They are the people who make up Kuala Lumpur's neighbourhood communities – like those of Ampang and Kampung Attap – where important figures in KL's formative history helped develop the city, and where present-day community members have lifelong ties to their neighbourhood's history and heritage.

The latter are individuals such as Liza Ho of the Zhongshan Building, who aren't just dedicated to operating their businesses but to creating a vibrant art, culture, food and lifestyle scene that both local and international visitors can appreciate. As we explored these neighbourhoods for our cover feature this month, we kept unearthing more and more great spots, each with their own "uniquely Malaysian" story. Read our feature (p46) and I hope you'll be inspired to explore these neighbourhoods when you're in KL next!

The rest of this issue has also morphed into one that celebrates "the old". In Bali, *jamu*, an ancient elixir that may have been a precursor to today's juicing trends, is making its way into some of the hippest lifestyle establishments on the island (p30). Over in Hanoi, a new ceramics museum in Bat Trang

has sparked renewed interest in Vietnam's oldest ceramics village (p54). Meanwhile, in London, read about thrift shops in the city's poshest areas that are making pre-loved designer items trendier than buying new ones (p38). Pack your bags, and let's go – you don't want to miss any of the action.



Sherman Lim
Editor

This issue's contributors



Joshua Zukas
Writer, "Old flames die hard", p54

Joshua is a Hanoi-based writer covering travel, architecture, culture and innovation. He's worked on stories and guides for *Lonely Planet*, *The Economist* and *Wallpaper*.



Ryan Chin
Photographer, cover image

Ryan captures interior design, street and architectural shots. He strives to showcase the beauty and uniqueness of spaces and structures through his lens.



Jason S Ganesan
Writer, "Neighbourhood watch", p46

Jason worked for an India publisher before becoming a freelance writer and editor. He is now translating a Malaysian classic and lives in Petaling Jaya with his wife and cats.



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Lot 1.41.00, Republic of Food, Level 1 Pavilion KL, Jalan Bukit Bintang, Kuala Lumpur

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Lot A13AG & M, Block A, Sunway Giza, Jalan PJU 5/14, Petaling Jaya, Selangor

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AUGUST 2023

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Old flames die hard

A new museum puts the spotlight on the oldest ceramics village in Vietnam

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From mines to metropolis

Stroll through two Kuala Lumpur neighbourhoods and revisit their history and celebrate the future

IMAGE: BAO KHANH



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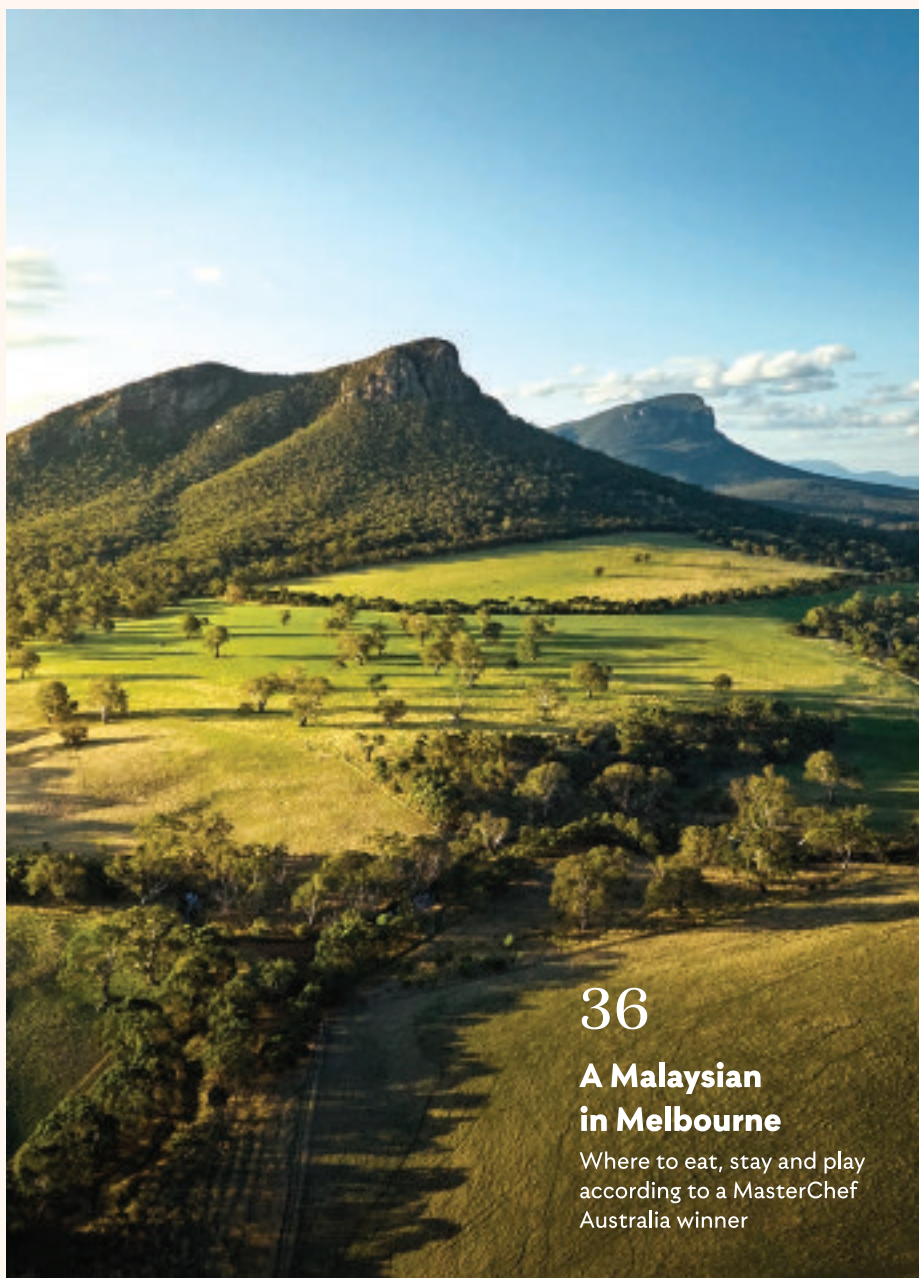
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A view of the new (Merdeka 118) and the old (Menara KL) from Robson Heights in Kuala Lumpur. Photo by Ryan Chin

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13 REASONS TO LOVE MALAYSIA

Bold flavours, inspiring people and unforgettable places



1

Kota Kinabalu

Branching out

Hyatt Centric Kota Kinabalu's stylish design draws inspiration from the unique beauty of its surroundings – the vast sea and a forested hill. The renowned Japanese architect Kengo Kuma envisioned the hotel as a majestic tree: the lobby, decked in balau hardwood, are the roots, while the guest room floors symbolise a towering tree trunk. Inside, you'll find local artistry everywhere, from a stunning wooden assemblage by Anniketyni Madian, floor numbers depicted in seashells by Agnes Lau and lively staff uniforms designed by Melinda Looi. [instagram.com/hyattcentrickotakinabalu](https://www.instagram.com/hyattcentrickotakinabalu)



2

Kuala Lumpur

Beyond the frame

Every year, Malaysia's photography enthusiasts come together at the Kuala Lumpur Photography Festival to connect, share stories, pick up new skills and showcase their favourite works. This year's weekend celebration, taking place from 18 to 20 August, features engaging seminars, workshops and exhibitions, including a Young Photographers Program designed to inspire and support student photographers. klpf.com.my

3

Penang + Kuala Lumpur

Pick up titles by local writers



Areca Books

Impress your favourite culture vulture with a visit to George Town's Areca Books, where the focus is on books about Malaysia's cultural heritage, social history, visual arts and architecture. arecabooks.com



Riwayat

KL's latest independent book haunt is Riwayat, where you can expect a trove of volumes old and new. Check their social media pages for upcoming book launches, author presentations and screenings. riwayat.my

4

Johor Bahru

Rhythm of a people



Percussion ensembles JB Drums and Orang Orang Drum Theatre continue captivating audiences at their year-long residency for Drum Up JB! at the Permaisuri Zarith Sofiah Opera House. Catch them on 12 August for a rhythmic feast – *24 Festive Drums*, a dynamic fusion of movement and beats performed on Chinese lion drums. fb.com/DrumUpJB

5

Malaysia

Flying the flag for flavour



There's a reason homegrown burger chain myBurgerLab keeps bringing back the Nasi Lemak Ayam Rendang Burger. Between the fried chicken slathered

with rendang paste, crunchy anchovies, crisp pickles, umami-laden sambal and a perfectly runny sunny side up, this is a chicken sandwich so decadent it

transcends its own gimmick. The Nasi Lemak Ayam Rendang will be available at myBurgerLab's seven stores from 7 August through to 30 September. myburgerlab.com



6

Malaysia

A love letter to the past

"It was surreal," Viji Krishnamoorthy says, when asked about her debut novel, *912 Batu Road* (Clarity Publishing, 2021), being longlisted for the 2023 Dublin Literary Award. "It came out of nowhere. My publisher called me [last September] and said, 'I hope you're sitting down.'" While they thought it could be a scam, it turned out it was the National Library of Malaysia

WORDS: JASON S. GANESAN IMAGE: IMRAN SULAIMAN (PORTRAIT)

“

In the course of the research, you come across these stories of extraordinary Malaysians doing extraordinary things in times of hardship. If you don't write these stories, it's lost. It's gone. It's over. Nobody will remember”

that nominated the novel – a sprawling saga of three generations of two Malaysian families – for the prestigious prize. “I was absolutely gobsmacked. My book was sitting there breathing the same air as some of my favourite authors, like Elif Shafak.”

In *912 Batu Road*, Viji juxtaposes two fictional families – the Iyers and the Tans – and their experience of the Japanese occupation against the modern-day secret affair between their descendants.

It is quintessentially Malaysian in its reinvigoration of the nation's past, and its depiction of the resilience in the face of its attendant traumas and tragedies.

The protagonist, Geeta, turns to the 1920s to navigate the late 2000s, in the form of the letters of her grandfather, Rangaswamy Iyer.

It was art mirroring life. The first chapter of the book began as a letter written by Viji, who was born in Ipoh to a Tamil father and Hokkien Chinese mother, on “auspicious, turmeric-coloured” paper to her now-husband, Ranjit. This made Viji realise that, to write the present, she had to return to the past. “I had to think about who Geeta's forefathers were, and their journey from a small village in Tamil Nadu to [a big city in] Malaya.”

To do that, Viji and Ranjit (“my research officer,” she jokes) turned to history books, which Viji brought to life with “brushstrokes of memory”. For instance, a scene with two characters running away from Japanese soldiers along a beachfront (now Gurney Drive), past the iconic Runnymede Hotel on Northam Road, was recreated from old photos in books and her own experiences of Penang.

Viji has fond memories from her youth in Batu Road (now Jalan Tuanku Abdul Rahman in Kuala Lumpur), the street on which Rangaswamy Iyer's home is located. Viji recalls how visiting the large textile shops along Batu Road was almost like a pilgrimage for those coming from out of town, as it remains to this day.

As with the title of the book, Viji uses street addresses both real and fictional throughout *912 Batu Road* for a tangible sense of place. This includes 74 Main Street in Papan, Perak, the home of nurse and freedom fighter Sybil Kathigasu, who appears as a character in the novel. The melding of fact and fiction was perhaps too successful – one reader even called Viji up to tell her that they could not locate 88 Sri Bahari Road in George Town, Penang. “I said, ‘Oh my God, it's fiction!’”

Besides Kathigasu, historical figures like Gurchan Singh and others who formed the wartime resistance to the Japanese occupation are brought to life in *912 Batu Road*. “In the course of the research, you come across these stories of ordinary Malaysians doing extraordinary things in times of hardship,” Viji explains. “It was important to shine a spotlight on that. If you don't write these stories, it's lost. It's gone. It's over. Nobody will remember.”

“I've always liked historical fiction, stories of migration and Indian writers,” Viji adds. “But invariably their stories of migration are always from India to the West. I thought, we've got a huge diaspora that came to Southeast Asia. That was a natural story to tell. It is an important story to tell.”

What else can readers expect next? Viji is careful not to reveal too much about her next novel, except to say that a minor character in *912 Batu Road* will make an appearance. But Viji can rest easy in the knowledge that with *912 Batu Road*, history has already been made.

clarity8.com

7

Kuala Lumpur

Between fate and free will

Drawing from the *Mahabharata*, Johan Othman's opera *Malam Takdir* explores a conversation between a blind king and his advisor on the eve of a war fated to end in tragedy. The show runs on 5 and 6 August at the Petaling Jaya Performing Arts Centre and will be performed in Bahasa Melayu with English subtitles.

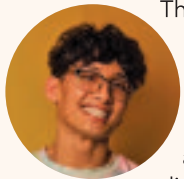
fiveartscentre.org



8

Kuala Lumpur

Ask the expert: Travel fitness and nutrition tips



This Wellness Month, we speak to **Dennis Pang**, head coach and programme director of KL's

most exciting and colourful new gym, **Good Juju Barbell Club**. A seasoned pro, the National Academy of Sports Medicine-certified personal trainer, performance nutrition and movement optimisation coach offers tips for you to feel your best, wherever you're going next. heygoodjuju.com



Protein is key

Avoid cravings for grains and sugars by packing protein snacks or supplements. An essential macronutrient, protein contains all the essential amino acids while filling you up longer. I like to bring a small container of whey protein powder to meet my protein needs on the go. For an on-the-go snack, you can also pack trail mix or mixed nuts.

Stock up on shut eye

Sleep is when the magic happens, and your body gets to work on repairing tissues and cells. Depending on where you're going, your circadian rhythm – the internal clock governing the cycles of being sleepy and awake – may also be affected. Here are my tricks to help create a better sleep environment:



Control lighting
Completely black-out the room, or use an eye mask



Leave time to digest
Have your last meal of the day two hours prior to bedtime



Keep it cool
Maintain a room temperature that's between 16°C - 20°C



Take the time to breathe

Combat travel stress with diaphragmatic or box breathing. Take a slow, deep breath for three to five seconds, hold, exhale for three to five seconds, hold, and repeat. This technique helps regulate cortisol levels and promotes relaxation.

Get moving

During long flights, reduce stiffness and tight muscles by moving your body regularly. It is best to take regular breaks to get up and walk, but if you prefer to stay seated, try these simple stretches for instant relief:



Neck: Point chin down and swivel left to right



Back: Hold the armrest and gently twist to side to side



Hamstrings: Keep one leg straight against the footrest and reach forward



Foot: Point your foot down and inwards, then flex your foot upwards against the footrest

WORDS: GRACE WONG ILLUSTRATIONS: ANDREW DELOSO IMAGES: SHUTTERSTOCK



Take a supplement
Magnesium glycinate, which can be purchased over the counter, is a form of magnesium known to help to relax the body and promote sleep quality. It can also be found in fruits and dark leafy veggies.

Hit the gym... in moderation

I would recommend keeping your workout intensity moderate and not too strenuous. If you had to do some form of resistance training, go for a full-body approach. Here's a simple alternating format to follow. Perform each exercise in sets of three before moving to the next series. For example: A1, A2, A1, A2, A1, A2, B1, B2...



A1
DB Flat Bench Press
3 sets x 10-12 reps
(upper body, push)



A2
DB Romanian Deadlift
3 sets x 10-12 reps
(lower body, pull)



B1
Seated Lat Pulldown
3 sets x 10-12 reps
(upper body, pull)



B2
DB Split Squat
3 sets x 10-12 reps
(lower body, push)



C1
Incline DB Curl
3 sets x 12-15 reps (arms)



C2
Swiss Ball Crunch
3 sets x 12-15 reps (core)



Malaysia

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Āina Collective
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LIVLOLA
Playful silhouettes meet vibrant shades in Livlola's collections of sportswear, loungewear and accessories. livlola.com

10

Langkawi

Tea for two (or more)

Afternoon tea doesn't get more homely than at Holiday Villa Beach Resort and Spa Langkawi, available from 1 August to 16 September. For Merdeka Hi-Tea, Kafe Olé is dishing up twists on local delights, including Kedah-style pancake Pek Nga with sambal, Rambutan Panna Cotta and the star, Nasi Lemak Arancini.

holidayvillahotels.com



11

Kuala Lumpur

Shapes and sauces

MoodMood sets itself apart with its delicious pasta made from scratch. The menu currently features seven varieties that read like a tour across Italy: shoe-shaped scarpinocc from Lombardy, ridged garganelli from Romagna and silky spheres of fregula from Sardinia. To best highlight the fresh noodles, they are paired with timeless, sumptuous flavours like cacio e pepe with local peppers and pecorino, and bright marinara bisque with fresh tiger prawns. [instagram.com/hi.moodmood](https://www.instagram.com/hi.moodmood)



Kuala Lumpur

Fiery twists on tradition

At Jwala, what you see – three gleaming custom-made copper-clad tandoors – is a sign of what you'll get. North Indian delights, all spiced, tender and gloriously charred over mangrove charcoal. And yet, there's always room for surprise. Chef

Vinu Raveendran's cosmopolitan interpretations mean the black lentil dhal made overnight features San Marzano tomatoes, and instead of the usual bread selection, there's tandoori croissants with smoky laminated layers. jwalaki.com



IMAGE: SHUTTERSTOCK (HIGH TEA)

12



13

Kangar

Explore the hidden gems of Perlis

Perlis, the smallest state of Malaysia, lies to the north of the peninsula. It is at the southernmost point of the Isthmus of Kra, which connects the Nusantara lands and archipelagos with the Indochine regions in the north. Here, the two distinct terrains blend into each other, along with the incredible flora and fauna that come with it.

What to see there? First, the ancient Nakawan Range – majestic limestone formations – stretches for 36km from the border with Thailand right into the Straits of Malacca, forming a natural boundary between the two nations. Here sits Perlis State Park, the oldest state park in the country.

Next, head up to the Wang Kelian viewpoint on the Nakawan range to witness the majesty of the rising sun as it bathes the flat rice lands of Perlis in golden rays. From there, you can explore the

“

One thing is for certain – you will want to return again and again to further explore this hidden gem of Malaysia”

unique limestone forests for Lar Gibbons, White-Crowned Hornbills, Great Hornbills, and the iconic Stump-Tailed Macaque or *beruk kentoj* in Bahasa Malaysia.

Then marvel at the beauty of the paddy fields that go from emerald green to a rich gold before the harvest season. Take a look around the historic Gua Kelam, whose caves were once the site of the second-largest cave tin mines in the world. Wander around the sleepy village of Kaki Bukit and enjoy some

fresh *pau* (steamed buns) from a third-generation *pau* maker.

At the end of the day, head to the coastal town of Kuala Perlis to catch a dramatic sunset. Marvel at the colourful evening skies as the sun descends behind the mystical island of Langkawi whilst tucking into fresh seafood cooked in a myriad of ways. *Ikan bakar* (grilled fish) is the local favourite and should not be missed.

Perlis will continue to weave its idyllic spell on you as you venture out to Timah Tasoh Lake, where you can also take in the view of the ancient Nakawan range stretching out against the horizon.

One thing is for certain – you will want to return again and again to further explore this hidden gem of Malaysia. Quirky cafés, delicious food, incredible vistas and rich biodiversity – Perlis has it all. **explore.perlis.gov.my; eko-eko.org**



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Whether you're a social media influencer, a company selling products, or a business providing a service, branding is an essential element that plays a crucial role in the success and growth of your venture. Your branding creates a lasting impression on consumers, serving as your identity and reputation, and distinguishing you from competitors.

A great example of a successful – and enduring – branding campaign is "Malaysia: Truly Asia", the tourism slogan introduced in 1999 by the Malaysia Tourism Promotion Board and which has since become synonymous with its vibrant tourism industry.

The slogan has been remarkably successful in capturing the essence of Malaysia's diverse culture and natural beauty, and positioning the country as a top tourist destination in Asia.

For Malaysia Airlines, "This is MH" conveys the warm Malaysian Hospitality that passengers can experience before, during and after their flight. MH, in this case, stands for Malaysian Hospitality. What makes these branding exercises a

success? Both are able to encapsulate the cultural diversity of the country.

Malaysia is known for its multicultural society, with a rich blend of Malay, Chinese, Indian and indigenous cultures. These two slogans effectively communicate the idea that Malaysia offers a truly unique and authentic Asian experience, where travellers can immerse themselves in a tapestry of different traditions, cuisines, languages and festivals. By embracing this cultural richness, the slogans appeal to a wide range of international tourists seeking diverse and enriching experiences.

Other successful brands in Malaysia understand the importance of catering to the country's diverse cultural backgrounds. They develop branding strategies that resonate with different ethnic groups while maintaining a sense of inclusivity and unity. For instance, local food brands often highlight the rich flavours and ingredients from each cultural heritage, appealing to a wide range of tastes and preferences.

By incorporating elements that evoke a sense of Malaysian pride – from its pristine beaches and tropical rainforests to iconic landmarks like the Petronas Twin Towers and most recently, Merdeka 118 – companies establish a strong connection with consumers and foster a sense of loyalty.

A Hidden Gem in the City

Royal Selangor Visitor Centre is an unmissable destination in Kuala Lumpur

Experience Malaysia's living heritage and immerse yourself in Royal Selangor's rich history at the height of colonial Malaya's tin rush. Witness the evolution of arts, culture and craftsmanship through stimulating exhibits, live demonstrations and pewter crafting workshops.

There's something for everyone at the visitor centre. Here are all the reasons why it belongs on your must-visit list!

Learn & Explore!



Enjoy a complimentary museum tour, where you will learn about the rise of Royal Selangor and tin mining in Kuala Lumpur through artefacts from as far back as the 1800s.

Kids can learn and play at the Science Discovery Gallery and learn through engaging hands-on exhibits.



Visit the live pewtersmithing demonstration stations, where you will witness time-honoured techniques of creating handcrafted pewterware.

Get Crafty!



The Foundry

Unleash your creative genius at The Foundry workshop. Craft accessories from molten pewter using pre-set moulds. The more adventurous can opt to give freehand a try. Suitable for older kids and adults.



School of Hard Knocks

Be a pewtersmith for a day and craft a pewter bowl using traditional tools and a wooden hammer, similar to those used by pewtersmiths more than 100 years ago. You will receive a certificate of completion.

Create Memories!



Tease your taste buds with a variety of bistro-style dishes at The Café. For those who enjoy live music, look out for the music weekends that feature live jazz performances.

Other seasonal activities also include school holiday fun for kids (and parents!).



There are plenty of interesting photo ops at the visitor centre, from the World's Largest Pewter Tankard to a replica of the Twin Towers, made with over 7,062 tankards. Capture your happy moments, share them on social media and tag @royalselangor.



Royal Selangor
Visitor Centre

Visit the Royal Selangor Visitor Centre at 4 Jalan Usahawan 6, Setapak Jaya, 53300 Kuala Lumpur.



Scan to enjoy 10% off
when you book
The School of Hard Knocks.

Open daily from 9:00 am - 5:00 pm.
For more information, call +603 4145 6000,
or email visitorcentre@royalselangor.com.



Transforming the face of Malacca

Lawyer turned property developer Dato' Leong Sir Ley has big plans for Malaysia's oldest city

Dato' Leong Sir Ley has always had a keen interest in property. Born in Malaysia, her entrance in the industry started as a conveyancing lawyer promoting Malaysian properties in Hong Kong. Inspired by the city's booming property market and hoping to replicate its success back home, she founded Sheng Tai International in 2012 and opened its Hong Kong office in the same year, with the aim of providing a wide range of real estate services in Malacca and beyond. Since its inception, Sheng Tai International now has branches in Shanghai, Beijing, Tokyo and Osaka.

A pioneer in property tourism

Today, Sheng Tai International has grown from a budding enterprise to an award-winning property development, investment management and hospitality company with more than 500 employees, plus regional offices in Hong Kong, Japan, Shanghai and Beijing.

Under the astute leadership of Dato' Leong – fondly dubbed the “Iron Lady of Property” by local media – Sheng Tai continues to add exciting new developments to its rapidly expanding portfolio, which currently spans 67 hectares of prime real estate in Malacca. Across this area forms Sheng Tai International's City of Hope, a collection of properties that focus on fashion, wellness, art and culture, and artificial intelligence. The jewel in Sheng Tai

International's crown is undoubtedly The Sail Melaka, an upcoming integrated complex strategically located in the Melaka Waterfront Economic Zone (M-WEZ), which is slated to become the city's future central business district. Designed by local architects, the RM6.5 billion project will feature nine gleaming towers housing luxury hotels, residences, malls, offices and plenty more when it opens in 2033, including the first-ever Karl Lagerfeld hotel in Southeast Asia.

Putting Malacca on the global map

The Sail Melaka underscores Dato' Leong's ambitions to transform Malaysia's oldest city into an international business hub while leveraging its rich heritage and culture.

To this end, she recently became the largest shareholder, managing director and new chief executive officer of real-estate developer Yong Tai Berhad in May 2023, acquiring 90 million shares – a sizable 23.8% stake – in the Malacca-based company. “This acquisition was a strategic move to strengthen our base, while continuing to support future business growth,” she shares.

At the end of the day, however, Dato' Leong is hoping to do more than just elevate Malacca's status as a tourist destination. “Our long-term goal is to welcome global investments, creating a wave of opportunity and prosperity,” she declares. “We want to be the game changer for Malacca's economy.”

shengtaiinternational.com





Regalia Beachfront Residence



Encore Melaka



The Sail Melaka

Local landmarks

The oldest city in Malaysia, Malacca has been recognised as a UNESCO World Heritage site. Sheng Tai International's crown jewel, The Sail Melaka aims to redefine the city's skyline. Read on for more of their latest developments in Malacca.

The Sail Melaka

With a bold silhouette resembling the sails of a ship – a tribute to Malacca's maritime past – this development will feature upscale residences, hotels, offices and 92,903m² of shopping space when it opens in 2033. Highlights include the Karl Lagerfeld Tower, home to the fashion house's first luxury hotel in Southeast Asia. The Sail will see a 460m long swimming pool and sky bridge, both connecting all nine towers. thesailmelaka.com

Regalia Beachfront Residence

Situated in the laid-back coastal town of Tanjung Kling, Regalia comprises 636 freehold serviced apartments with panoramic views of the Malaccan shoreline, as well as a large waterpark. Despite its location, it offers easy access to urban attractions including Cheng Ho City, Melaka Gateway and Malacca's town centre. shengtaiinternational.com/regalia

Encore Melaka

Thanks to its stunning waterfront location, advanced technology and 360-degree rotating auditorium, this state-of-the-art performance venue is the ideal setting for immersive concerts, shows, festivals and conferences. It has already played host to the likes of illusionist Kenneth Wong, singer Yudi Yap and pianist Kok Kee Boon, to name just a few. encore-melaka.com

Ames Hotel

This five-star hotel in the bustling MetraSquare district caters to business travellers and families alike. Here, you'll find 298 guestrooms with mod-cons such as flat-screen TVs and mini fridges, as well as an on-site restaurant, a pool and a fitness centre. The hotel is around a 15-minute walk from the Melaka Wonderland Theme Park & Resort, and a 25-minute walk from the Zoo Melaka & Night Safari. ames-hotel.com

One of Malaysia's leading property investment fairs, the STI Expo is scheduled to take place from 13 September to 12 October 2023 and is expected to draw over 10,000 buyers from across the world. Visit shengtaiinternational.com to find out more.

BAD LAB



DESIGNED

FOR MEN, BY MEN.

Classic

Deep Cleansing

Anti-Aging



Fluidipure 8G forms a protective layer to **prevent odour bacteria & to keep skin healthier**



Red Snow Extract acts as an **Anti-Oxidant** to make **your skin more youthful**



The All-in-One Cleanser

Formulated for your hair, face and body, this cleanser does the work of three products. Its active ingredient Fluidipure 8G controls body odour and suppresses dandruff, while the menthol gives a cooling sensation post-shower. Squeeze a few dollops into a smaller bottle for your travel kit and you're good to go!

BAD LAB, Cavemen 3-in-1 Hair, Face & Body Cleaner
RM16.90 for 400ml

Available in Watsons, Lotus's, Giant and all leading retailers in Malaysia

ELEVATE

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

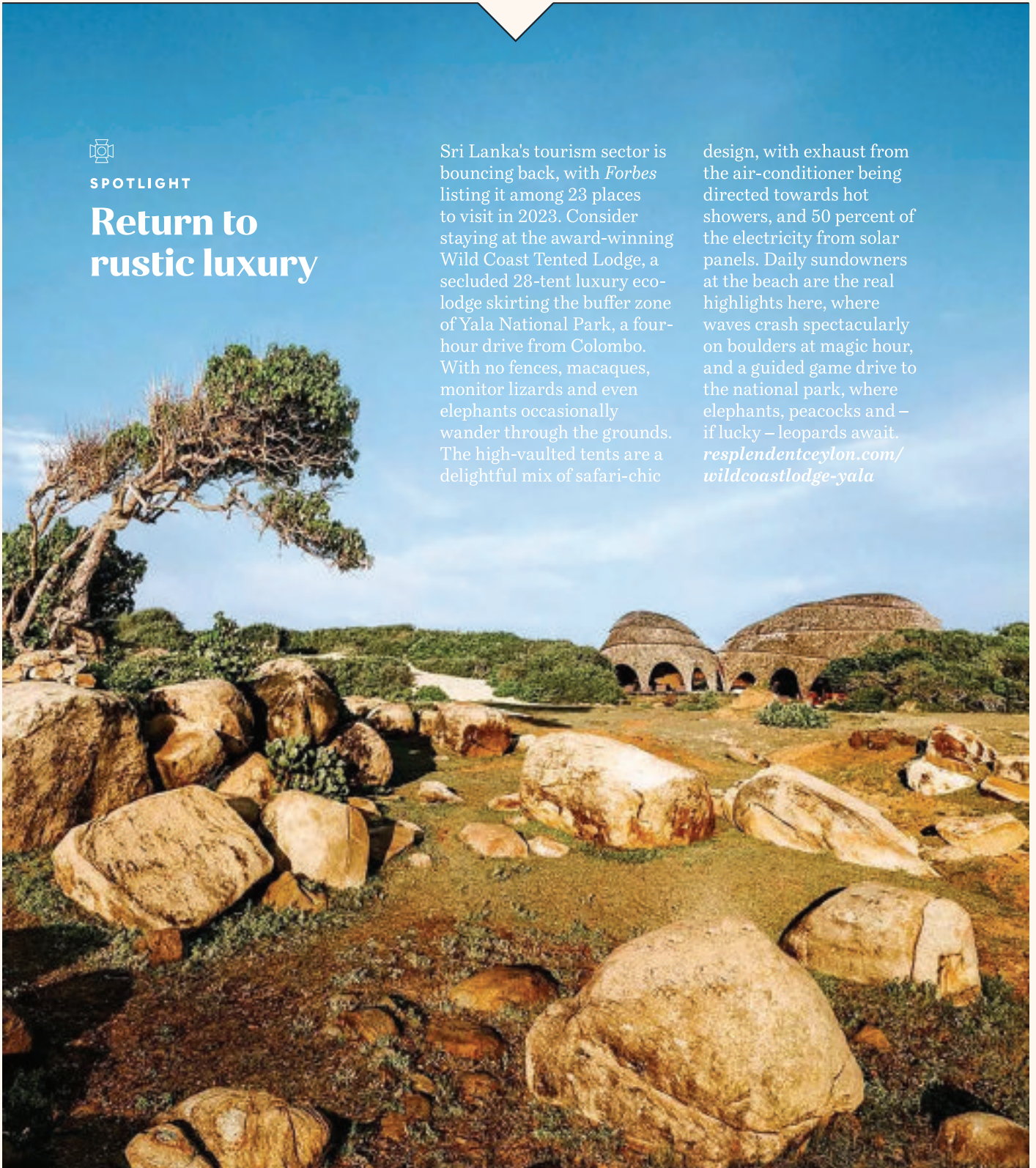


SPOTLIGHT

Return to rustic luxury

Sri Lanka's tourism sector is bouncing back, with *Forbes* listing it among 23 places to visit in 2023. Consider staying at the award-winning Wild Coast Tented Lodge, a secluded 28-tent luxury eco-lodge skirting the buffer zone of Yala National Park, a four-hour drive from Colombo. With no fences, macaques, monitor lizards and even elephants occasionally wander through the grounds. The high-vaulted tents are a

delightful mix of safari-chic design, with exhaust from the air-conditioner being directed towards hot showers, and 50 percent of the electricity from solar panels. Daily sundowners at the beach are the real highlights here, where waves crash spectacularly on boulders at magic hour, and a guided game drive to the national park, where elephants, peacocks and – if lucky – leopards await. resplendentceylon.com/wildcoastlodge-yala





DRINKS

Jamu on the rise

An ancient health tonic gets a revival in the Island of the Gods

BY NATASCHA MIROSCHE



“Just a couple or it will be too strong,” Ikksan Nur Arifin, head mixologist at Raffles Bali hotel, says as he tells me to drop cloves into a liquid mix simmering on the stove. The steam billowing from the pot smells like Christmas, but with an earthier, warmer scent from the chopped turmeric and knobs of fresh ginger.

I am learning how to make a type of *jamu* – a traditional

Indonesian medicinal drink – believed to have anti-inflammatory benefits.

Jamu making dates back to the Mataram period 1,300 years ago – as seen in bas reliefs in Java's Borobudur Temple. In ancient times, female jamu makers would carry the often-still warm bottles tied in cloths on their backs through the streets, visiting houses and markets to sell their wares.

3 places to try jamu in Bali

Jamu Shack Canggu

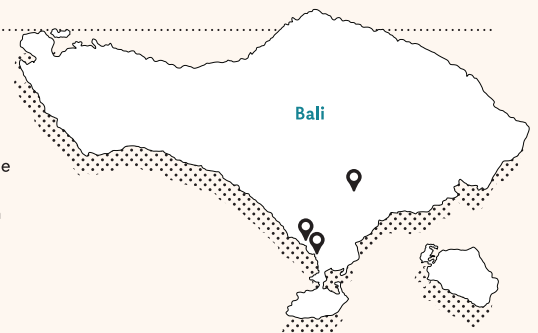
Refreshing ingredients like turmeric, mint, lemon, coconut and herbs are freshly cooked, crafted and mixed daily. [instagram.com/jamushackbali](https://www.instagram.com/jamushackbali)

Djamoekoe Ubud

Local ingredients like honey from Sumbawa Island and sun-dried herbal teas from an organic farm in Baturiti are used to create the elixirs. [djamoekoe.com](https://www.djamoekoe.com)

Potato Head Jamu Bar Seminyak

Relax and sip on an alcohol-free tippie made with fresh galangal, lemongrass and pandan at the Potato Head Beachfront Retreat. [potatohead.co](https://www.potatohead.co)



IMAGES: RAFFLES BALI, JAMU SHACK



“Ingredients include turmeric, lemongrass, pandan and ginger, as well as as indigenous leaves, bark, flowers and roots”

As Western medicine started to displace traditional herbal practices, jamu's use declined. But it is now enjoying a revival.

There are hundreds of varieties of jamu. “Some of them are for more specialised issues such as acne, muscle pain or female wellness like hormonal balance, while others are just used as a more general health tonic,” says Metta Murdaya, author of *Jamu Lifestyle: The Indonesian Herbal Wellness Tradition*. “Typical ingredients include turmeric, lemongrass, pandan and varieties of ginger as well as indigenous leaves, bark, flowers and roots.

Honey or other sweeteners are usually added, but jamu can still be bitter and, for some, an acquired taste.

“As a child, my mum would give it to me every few days and honestly it was hard to drink. She'd mix it with a little orange and tell me it was my ‘special OJ’ and that it would make my hair longer. By the time I was a teenager, I was used to the bitterness.” says Francesa Fianty, owner of Jamu Shack in the tourist enclave of Canggu, which opened just before Covid struck. “I was so worried [about the potential loss of business], but business just went ‘Boom!,” she shares.

These days, jamu is being written up in publications like *Vogue* and *Marie Claire* and feted by alternative health practitioners worldwide.

“People are just more interested in natural solutions to wellbeing,” Murdaya adds. “Indigenous traditions have a great source of knowledge and experience in holistic, natural practices.”

A place to discover the tale and mythology of Langkawi

COMMUNITY
BASED
TOURISM: **ARCA
DASAR
LAUT**

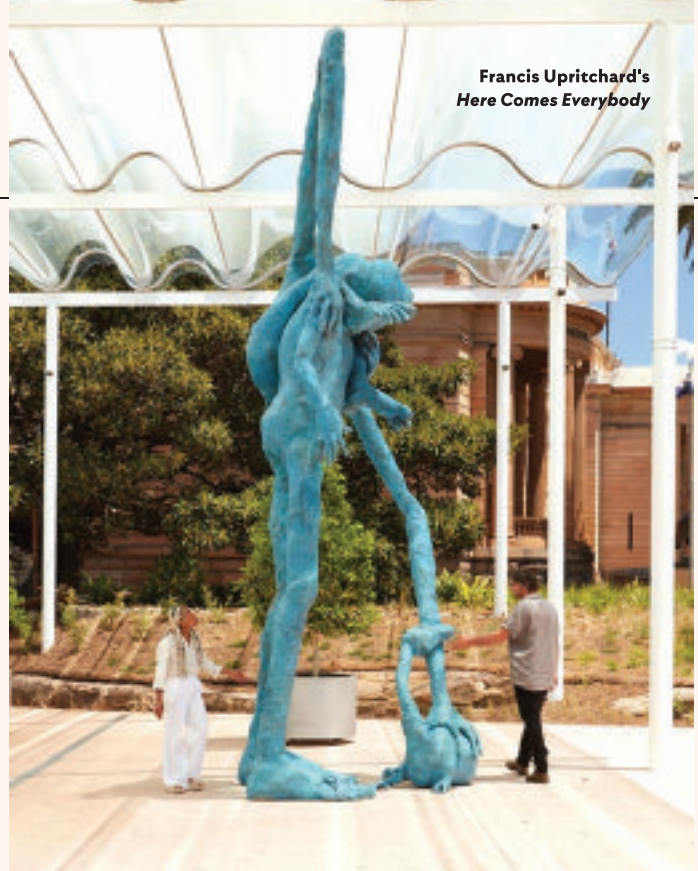


Location:
6°27' 15.4" N 99° 47' 45.5" E
Pulau Pasir, Langkawi



f Balai Seni Negara
i nationalartgallerymy
Balai Seni Negara Langkawi
Dayang Walk Commercial Square, Kuah, Langkawi, Kedah
www.artgallery.gov.my

Francis Upritchard's
Here Comes Everybody



ATTRACTIONS

A transformative project

Sydney Modern Project, the AU\$344 million expansion of the Art Gallery of New South Wales, might be the most significant cultural development in the city since the Opera House **BY RACHEL LEES**

As I sit on a pebble-shaped seat beneath a canopy of rippling glass, a giant – close to six metres tall – looms over my shoulder. A spindly, cornflower-blue arm hangs down, knuckles scraping the ground, while another reaches out to one of the thin columns supporting the roof.

Inspired by mythology and the roots of the surrounding Moreton Bay fig trees, New Zealand artist Francis Upritchard's *Here Comes Everybody* welcomes visitors to the new AU\$344-million extension of the Art Gallery of New South Wales, which opened in Sydney in December 2022.

The Sydney Modern Project – as it is currently known; an official name has yet to be revealed – nearly doubles the footprint and exhibition space of the Art Gallery of NSW. The most significant cultural development in the city since the Sydney Opera House, it had been 10 years in the making; delayed by climate crises, the pandemic and creative differences.

3 places to eat nearby



Crafted by Matt Moran
Mediterranean-inspired menu in the gallery's original building with seasonal items like crab sliders and ricotta gnocchi.
craftedbymattmoran.com.au

Mod. Dining by Clayton Wells
Serves creative and culturally diverse dishes (try the lamb shoulder) inside the gallery's light-filled central atrium.
moddining.com.au

Kiosk
Fancy a light snack? Try the chicken and lemon myrtle pie or wattleseed praline with Daintree chocolate ganache.
Welcome Plaza, Sydney Modern Project

Built on the land of the Gadigal people, the design by Pritzker Prize-winning Japanese architects SANAA challenges the stereotypes of a modern gallery. With a 6-star Green Star design rating, the building operates entirely on renewable energy, utilising solar panels and rainwater, and has a green roof planted with native grasses. Floor-to-ceiling windows flood the space with natural light and offer views of the surrounding parkland and Sydney Harbour.

Once hidden in the bowels of the original building, Aboriginal and Torres Strait Islander art is finally given the prominence it so richly deserves, and the Yiribana gallery is now the first exhibition space visitors encounter. In other galleries, equal weight is given to Australian and international, contemporary and historic artworks, which are often displayed side by side.

During my visit, I joined the free daily tour, which took about 45 minutes to complete and provided context to both the architecture and the galleries' most significant artworks – from a commission by Japanese artist Yayoi Kusama on the outdoor terrace to local Kokatha and Nukunu artist Yhonnie Scarce's *Death Zephyr*, a powerful installation about nuclear tests on Aboriginal land, made from hand-blown glass.

Our guide ends the tour at the Tank, a 1,300sqm underground gallery inside an old WWII oil tank. This unique, cavernous space will host Sydney Modern's first marquee show this coming November – a monographic exhibition of French-American artist Louise Bourgeois.

Discover Sydney's hidden gems with Malaysia Airlines' latest captivating destination film. Catch it on YouTube (youtube.com/@MalaysiaAirlines)

Yayoi Kusama's
Flowers that Bloom in the Cosmos





OUTDOORS

Thrills and spills

The bustling city of Hong Kong has a plethora of hidden adventures for those looking for a little adrenaline rush **BY WENTING ANG**

Fancy a little escapade from Hong Kong's concrete jungle? Leave the shopping and *dim sum* for another day and reward yourself with exhilarating water sports and hiking trails with incredible views for both amateurs and experts. The best part of it all? You don't even have to be super fit to inject adventure into your next HK getaway!

Carving waves at the Sai Kung Peninsula

There's no better way to get a refreshing jolt of energy than wake-surfing in Sai Kung while surrounded by a splendid view of Tai Long Wan and the Sai Kung Country Park. With its proximity to open waters and its large, accessible pier, Sai Kung town is a prime location for wake surfing lovers.

Learn the sport, rent a boat with Yacht Holimood for you and your friends, ride the never-ending waves and pull tricks to nail that perfect Tik Tok! Although most of the rentals come with a wake surfing coach, it's best to double check while making the reservation. If wake surfing is not your cup of tea, there is also a myriad of water sports available including jet-skiing and paddleboarding.

Journey by kayak around Hong Kong UNESCO Global Geopark

An oasis of hidden caves, distinct honeycomb-shaped volcanic rock columns and white sandy beaches coupled with crystal clear waters, the Hong Kong UNESCO Global Geopark is home to natural splendours over a land area of more than 150 km².

The area is best explored in a kayak, which you can rent from Ah Kwok Water Sports Centre at Sha Ha Beach. From there, make your way to the uninhabited island of Pak Sha Chau before continuing westwards to Sharp Island, home to the famous tombolo – a narrow strip of land made of sand and gravel deposited by years of wind and waves, walkable during low tide.

Discover the Wilson Trail on foot

Get rewarded with magnificent views of dense forests and the sweeping South China Sea on your hike through the high-altitude and challenging Wilson Trail. The 78 km-long trail is divided into 10 sections, with Section 9 being the most popular, thanks to panoramic views of the eight distinct monumental peaks of Pat Sin Leng. At Hsien Ku Fung, the final peak of Pat Sin Leng, looking eastwards will give you a beautiful frame of Plover Cove Reservoir, the world's first "reservoir in the sea" and the Double Haven Harbour.

For those seeking a more leisurely stroll, the Bride's Pool nature trail is a gentle 1km walk with picturesque waterfalls along the way.

Pat Sin Leng



CULTURE

Trendy mehndi

From portraits and peacocks to hashtags and memes, the ancient art of henna gets a makeover in New Delhi **BY GEETANJALI KRISHNA**



The evocative art of henna (*mehndi*)

in Hindi and Urdu) has been around in Asia and Africa for over 5,000 years. Until today, people across the world still use it to turn their bodies into canvases – albeit temporary ones. Nowhere is this tradition more popular than in northern India, where henna is a must for both brides and grooms during wedding festivities. Henna is also a time-honoured ritual throughout the year – such as celebrating Eid, to mark the end of Ramadan fasting, and the Hindu festival of Teej, which takes place every August.

These days, it has also become part of new traditions like baby showers, for which a whole new vocabulary of henna motifs is emerging. Unsurprisingly, Delhi's bustling markets and henna studios have come to be known as the hub for some of the most interesting contemporary takes on henna.

"*Mehndi* is more than a tradition today," says henna artist Raju Gupta (contact +91 9990-141469), who has been practising this art for over 30 years and runs an eponymous business. "Customers often want a creative fashion statement, and as

Celebrities who love henna

Madonna teams it with her trademark leather. Katy Perry was spotted wearing it when she married comedian Russell Brand in India. And Rihanna (pictured) reportedly liked hers so much that she has had it turned into a permanent tattoo on her hands.



an artist, I'm happy to innovate!" Gupta has painted everything – from peacocks, portraits (including pet dogs) and wedding vows to exotic scenes, folk art and more.

"Many want tiny motifs on their shoulders or navels," he says. "Often they go for text – names of their beloved, hashtags and more." His rates range from USD1.25 (INR100) for a regular design to USD62 (INR5,100) for bridal henna.

Henna designs have also become more international. Rashi Aggarwal (contact +91 7837-224838), founder of the henna studio Alankritaa, has painted city skylines, beer and coffee mugs, Harry Potter characters and much more, on clients' palms.

She recalls when, a few years ago, a bride wanted a *Game of Thrones* theme, as her wedding coincided with its finale. Her henna design – which went viral – included dire wolves, dragons and the series' trademark phrase "winter is coming". Rashi's rates range from USD38 (INR3,100) for unique designs to USD182 (INR15,000) for bridal and bespoke designs.

However unusual and contemporary the motifs, henna's distinctive aroma and unhurried pace (you need to leave it on for a couple of hours to allow the colour to really pop) lend it an air of timeless ritual. Which is ironic, as the dye begins to fade in days.

"Like beauty, and indeed, life itself, henna's beauty is transient," Aggarwal says. "On the bright side, it leaves behind a clean canvas to paint on again!"



HOLIDAY VILLA

HOTELS & RESORTS



Holiday Villa
Doha, Qatar



Holiday Villa Shanghai
Jintong P.R.C



D-Villa
Doha, Qatar



Wendei Holiday Villa
Changsha P.R.C



Majestic Ballrooms, Iqono Ylow,
Doha, Qatar



Xiangbin Holiday Villa
Chenzhou Hunan P.R.C



Citivilla Services Residence
Doha, Qatar



Shengqi Minggong
Holiday Villa Hainan P.R.C



Holiday Villa Bekhah
Mecca, Saudi Arabia



Shengqi Beishi Holiday Villa
Beihou, Hainan P.R.C



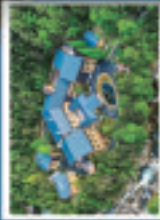
Holiday Villa Mardhah
Saudi Arabia



Shengqi Holiday Villa
Saigya P.R.C



Holiday Villa Hall
Saudi Arabia



Holiday Villa Shennongshay
Yuxing, Hunan P.R.C



Holiday Villa Yombu
Saudi Arabia



Holiday Villa Matsuzawa
Japan



Wina Holiday Villa
Kota, Bali, Indonesia



Holiday Villa Kuala Terengganu
Malaysia (2024)



Holiday Villa Shanghai
Jintong P.R.C



Holiday Villa Pengarang
Johor (2023)



Holiday Villa Langkawi
Malaysia



Holiday Villa Johor Bahru
Malaysia



Holiday Villa Cheong
Malaysia



LoVilla Cheong
Malaysia



Holiday Villa Kota Bharu
Malaysia



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INSIDER TIPS

A Malaysian in... Melbourne

Diana Chan, culinary force and winner of MasterChef Australia in 2017, shares her favourite places to find nourishment and inspiration in the country's cultural capital

BY SMRITI DANIEL



In the end, it came down to a difference of one point in our scores. When I lifted the MasterChef trophy in 2017, it was like I flipped my life. I went from being an accountant to a professional chef. At the start, it was incredibly daunting but today I run my own business. I get to do work I love and choose the rhythm of my days. Every week is a new challenge: such as cooking for large, international events like the Melbourne Wine and Food Festival and the Grand Prix.

Today, my mind is on filming. I'm the host of the television series *Asia Unplated* and a co-host on *10 Minute Kitchen*, with another production in discussion. And finally, there's my range

of frozen dumplings that are now available in leading Australian supermarkets. I've been asked often whether they'll soon be available in Asia. The short answer? Yes.

In the middle of my hectic schedule, I count on Melbourne – my home of 18 years – to ground, nourish and inspire me. Here are some of my top picks from the city.

Inspire me, please

I love shopping for unique homewares and knick-knacks. I'm an avid food photographer, and those come in handy when I'm styling my own shoots. When I'm looking for inspiration and for props, I love to visit the op-shops (charity shops) such as **Salvos**, **Saint Vincent's** or **Sacred Heart**. There's one that's a little out of the way called **Amazing Mill Markets** in Daylesford. They tend to have really distinctive pieces, from polished silverware and cutlery to handblown coloured glass vases. They also have an array of vintage prints, lamp shades as well



National Gallery of Victoria



Code Black

as secondhand clothing and costume jewellery. salvosstores.com.au, vinnies.org.au/shops, sacredheartmission.org/ op-shops, millmarkets.com.au

Take me to the museum

I love to wander through the **National Gallery of Victoria (NGV)**. They sometimes host special exhibitions featuring iconic fashion houses – we've had Chanel and more recently



Royal Mail Hotel



Crepes suzette



Collins Street

Alexander McQueen. Each one is a real celebration of decades of style and skill. ngv.vic.gov.au

Getting a dose of nature

The Royal Mail Hotel is set behind the **Grampians** and is the perfect base for hikes in the mountains. Trek to the top of the mountain where you'll be rewarded by incredible views or simply go for a walk around the sanctuary and spot kangaroos, emus and koalas. Stay a night or

two, and eat at **Wickens** – most of the produce used in the cooking come from their kitchen garden. The wine menu is extensive, and they have the largest private collection of Burgundy wines in the Southern hemisphere. visitgrampians.com.au, parks.vic.gov.au

Retail therapy

If I'm going into the city, I love to spend the day at **Collins Street** as all my favourite boutiques are there. **Harrolds** has some exquisite pieces, **Viktoria & Woods** is a staple for me and I just love how sleek and chic **Camilla and Marc's** offerings are. I buy daily outfits from these places – they have lovely in-trend clothing at an affordable price. harrolds.com.au, viktoriaandwoods.com.au, camillaandmarc.com

Caffeine me up

Melbourne is renowned for its coffee culture, with cafés everywhere you go. A personal favourite is **Code Black**, a boutique coffee roastery. There's one in the city on Collins Street but the one I always go to is at

the South Melbourne Market. I usually order a piccolo, but if I want a milky coffee, I'll have an oat latte. codeblackcoffee.com.au

Where to go for a (classy) night out

Gimlet at Cavendish House is one of my favourites because it's set in an old bank – all high ceilings and marbled benchtops. They also do a late-night dinner – the kitchen stays open till past midnight. Try their amazing classic cheeseburger loaded with a patty from Gippsland O'Connor beef, cheese, dill pickles, white onions and fresh butter lettuce. All in a fluffy potato bun. They'll also make crêpes suzette at your table and it's so theatrical.

Another is **Siglo Bar**, a rooftop bar that specialises in cigars. You can have a cigar and a whiskey or just enjoy a well-made cocktail. It's overlooking the Parliament House on Spring Street, which is a Melbourne icon. It's especially beautiful on a warm night. gimlet.melbourne, siglobar.com.au



Malaysia Airlines flies between Kuala Lumpur and Melbourne 14x weekly.



1



2

2 Retro Clothing Exchange

As its name suggests, this shop has a constant stream of customers browsing, buying or selling. A London chain with multiple locations, they buy used goods over the counter at their Notting Hill and Greenwich branches, where “everything legal is accepted”. If you’re after an affordable Chanel handbag or eye-catching designer sneakers, this might be your spot. **28 Pembroke Rd; mfeshops.com**

3 Rellik

With unique square windows and two red benches flanking the entrance, it’s hard to miss this small shop. Inside, you’ll find a wide variety of vintage treasures – one-of-a-kind dresses, funky hats and extravagant shoes with sky-high heels from the likes of McQueen, Lanvin or Alaïa. Or, if you’re lucky, maybe a Jean Paul Gaultier bodysuit? **8 Golborn Rd; relliklondon.co.uk**

4 Sign of the Times

Opened in 1976 in Chelsea before pre-loved fashion was even trendy or sustainability became a buzzword, this boutique has since expanded in floor space and platforms, selling pre-owned designer fashion in the ecommerce space as well. From vintage Chanel bags to Stella McCartney and Jimmy Choo shoes, it is a veritable haven for the fashion-conscious. **5 Elystan St; wearesott.com**

5 Dress for Less

This shop in Islington is a hidden gem. Owner Anne Coles draws from 30 years of experience in working with fashion industry professionals and sells only items she loves. “I like [customers] to walk out feeling very content with what they’ve chosen,” says Cole. With stock replenished daily, you’re bound to find a designer item (or two) that won’t break the bank. **391 St John St; dressforlesslondon.com**



3



4

5



SHOPPING

Thanks, it’s pre-loved

Secondhand designer fashion gains popularity as Londoners turn sustainable **BY INKA PIEGSA**

In the past, posh areas of London such as Kensington, Notting Hill, Knightsbridge and Chelsea were known exclusively as the places to find brand new and high-end designer fashion. With the trend of buying pre-loved goods growing rapidly in the UK, vintage boutiques are now increasingly popular in these neighbourhoods.

1 Deuxieme

Spread across two floors, this boutique is set in one of the red brick houses found along King’s Road in Kensington and Chelsea. Gently used luxury items are displayed in-store for eight weeks before they are sent back to the seller or donated. Past finds include footwear from Dorothee Schumacher and a Celine python Nano leather handbag in navy blue. **299 Kings Rd; deuxieme.co.uk**

Style revolution

Emmer Zecna's innovative workwear line is here to revolutionise your office wardrobe



In a world where hybrid work is the new norm, comfortable workwear should follow suit. Stiff, sweaty, uncomfortable shirts belong in the past. Whatever your office style is, make your wardrobe work for you with innovative textures, stylish designs and low-maintenance fabrics. Emmer Zecna's premium workwear line offers all this and more, with its contemporary cuts and a unique bamboo and microfibre blend.

Cool and breathable

Living close to the equator means dressing comfortably for the tropical weather while keeping to office dress codes. Having the best of both worlds is possible with Emmer Zecna. The bamboo and microfibre blend used for shirts has a uniquely breathable weave that feels great on the skin and works to regulate your temperature in any environment. Its comfortable texture means your skin can breathe, and so can you.

Easy to care for

Your days of endless ironing are over. Emmer Zecna's bamboo-microfibre shirts don't just look and feel great – they're also designed to free up your time. The fabric

is both crease-resistant and easy to iron, so you can spend less time battling stubborn creases and more time achieving work targets. That also means you'll make it through the work day and still look fresh at 6pm, with no tell-tale creases.

Style for days

You don't need one wardrobe for work and another for the weekend. You'll always find Emmer Zecna's signature contemporary collar and classic chest pocket style available in a range of different colours and styles. Do you go for long sleeves or short? Traditional neutrals or vibrant colours? Opt for deep jewel tones for when you want to stand out at a meeting or at your after-work engagement.

A balance of contemporary cuts and classic details make Emmer Zecna shirts the perfect fit both in and out of the office.

Scan to learn more:



Follow Emmer Zecna IG: @emmerzecnamy



The colours of life

How to refresh your living space with Dulux's range of trendy hues

You've flipped through a dozen interior design magazines and pinned hundreds of pictures on Pinterest, but you're still not sure where to start with redecorating your home. Designing your home can feel intimidating, and it's hard to make the vision in your head a reality. However, there is one little interior design hack that can easily transform the look and feel of your home – painting your walls.



The power of colours

Painting your house is more than just a cosmetic upgrade; it is an opportunity to express your personal style and create an ambience that resonates with your lifestyle. More than that, the power of colours to influence your mood and emotions should not be underestimated. By considering the psychological effects of colour, you can create a home environment that supports your desired moods, behaviours and activities.

So ask yourself: How would you like to feel when you are in your living space? Then ask: What colours make you

feel that emotion? It could make all the difference in how you decide to decorate your home.

Here are some suggestions.

For your living room

After a long day of being out and about, this is your haven to put your feet up and relax. If you spend most of your days in a concrete jungle, instill a sense of zen as you enter your home with a muted green hue. The earthy colour evokes a sense of relaxation, as if you are in the middle of a rainforest. Complement your green living room with leafy house plants, wooden accents and natural materials.



For your kitchen

Research has shown that warm colours like yellow and orange can stimulate the appetite, making them great choices for dining rooms and kitchens. We recommend a bright yellow hue, which lends a ray of sunshine to your home. Starting your day right is made easier with cheerfully coloured walls as you slip into your morning routine. First item on the agenda: a family sit-down breakfast or a solo cup of coffee while catching up on some reading or journaling.

For your bedroom

This is your sacred space, a place for you and your partner to unwind and reconnect. To create that flirty, romantic ambience, we recommend a dusky pink hue, which brings to mind happy memories of sunsets and rose bouquets. Luxurious fabrics such as soft silk curtains and crisp linen beddings enhance the cast of the rich walls. You can even further adorn your intimate space with some wall art and heartfelt mementos.

Size matters

Freshly painted walls don't just change the look of a space. They also offer a way to play with the dimensions of a room. If you have a small space, consider using lighter hues such as a neutral beige or a pastel yellow on the walls and ceilings to make it feel larger. Blessed with a larger room? Take the opportunity to get creative with deeper, darker colours like forest green for a more intimate and inviting space.



Dulux – the colour experts

Dulux belongs to the AkzoNobel family, a global leader in paints and coatings. A pioneer in decorative paints, AkzoNobel uses the transformative power of colour to deliver meaningful and sustainable solutions to your home.

In 2023, AkzoNobel's brand Dulux celebrates 20 years of ColourFutures, a definitive trend report comprising the Colours of the Year from the past two decades. Since 2004, the dedicated colour and design team work with international trend experts to develop a

colour that sets the mood for the year ahead. To commemorate 20 years of groundbreaking research, Dulux has launched a comprehensive e-book that delves into the inspiration and insights from the colour and trend experts who've contributed over the years.

This retrospective showcases how tastes and priorities have evolved over the past 20 years. What endures is the yearning for nature, craft, play and empathy – recurring themes that find their way into Dulux's colour palette time and time again.

For more information on Dulux and to download the 20 Years of ColourFutures e-book, visit dulux.com.my



Let your confidence shine

Explore the award-winning aesthetic treatments by Beverly Wilshire Medical Centre

Established in 2012, Beverly Wilshire Medical Centre is your trusted provider of aesthetic treatments in Malaysia. With multiple locations across the country, including Penang, Ipoh and Johor Bahru, access to beauty solutions and aesthetic treatments has never been easier.



Range of beauty solutions

First-timers and beauty pros alike will be spoiled for choice with Beverly Wilshire's extensive list of carefully curated services. Put your best face forward with facial treatments such as skin boosters, pico lasers, medical facials and skin tightening therapy to achieve that healthy glow. For an added boost of confidence, treat yourself to their hair removal, weight management and body contouring services.

World-class service

Staffed with a dedicated team of surgeons, doctors and specialists with decades of experience shared among them, you'll be in safe hands the minute you step foot

into Beverly Wilshire Medical Centre. Equipped with ultra-modern facilities, the trusted professionals at the medical centre use cutting-edge technology, promising the best results with little to no down-time. Also, as a member of the Malaysian Healthcare Travel Council, the medical centre offers international patients a variety of facilities to ensure their comfort. Special services include accommodation, airport transfers, meals and interpreters during your stay.

Trusted and award-winning treatments

Licensed by the Ministry of Health Malaysia, Beverly Wilshire Medical Centre is committed to providing exceptional patient care. A proud recipient of the Consumer Choice Award by the American Academy of Cosmetic Surgery (AACS), the medical centre was also honoured as the Best Aesthetic Clinic in Malaysia by the Global Health and Travel Awards in 2020. With over 10 medical centres in the country, Beverly Wilshire has more than 6,500 success stories, and counting. Here, you'll find the perfect beauty solution that caters to your personal needs.



Scan the QR code and schedule your free consultation today. Or visit beverlywilshiremedical.com for more information.

Reclaim your crown

Kickstart your hair restoration journey with the experts at Hair Transplant Solutions



Hair Transplant Solutions is the only clinic in the Klang Valley with a dedicated team of medical professionals that specialise in hair loss. Renew your sense of confidence with the array of solutions, tailored to your needs. Led by a medical team that carries decades of experience treating all types of hair conditions, you'll be in safe hands.

Achieve your dream beard

Growing a full beard naturally often requires daily maintenance and upkeep. At Hair Transplant Solutions, a full, healthy beard can be an everyday reality. With high-precision tools, the team will select the best hair source based on your chosen beard design. A natural look is then achieved with the hair follicles carefully selected by the transplant team, followed by an implantation process using specialised equipment for optimal density and direction.

Transform your look

Perhaps hair transplants aren't the solution to your problems; this is where scalp micro-pigmentation (SMP) comes in. At Hair Transplant Solutions, you can achieve the ultimate shaven head look with this procedure where micro dots of ink are carefully applied to the scalp. The clinic works with one of the best SMP system providers, SCALPA, known for its highly specialised machinery and products.

Regain your confidence

When it comes to hair restoration, one size does not fit all. Using the Norwood scale to measure hair loss, Hair Transplant Solutions welcomes clients with a thorough consultation. Expect in-depth fact-finding questions from a

hair consultant to understand your needs and discuss your options. After the intake, the team will ease you into the process by explaining the procedure step-by-step and the best practices for your aftercare regimen, putting your mind at ease.



Have all your hair loss questions answered. Scan the QR code or visit htsclinic.com.



80 volunteers consisting of Team Setia, members and volunteers from YSS and IEM participated in the Sincerely Setia Volunteers Weekend Programme with the orang asli community in Bukit Tampo, Selangor.

Making a Difference

S P Setia Foundation puts words into action with its impactful social initiatives, aligned with its sustainability journey.

S P Setia Berhad, one of the leading real estate developer in Malaysia, has long sought to create positive impacts on both people and the planet. In 2022, the company drew up a new Environment, Social and Governance (ESG) Framework to further cement this commitment. It identified three themes and seven focus areas anchored by 15 United Nations Sustainable Development Goals.

While S P Setia is known for its pioneer eco-themed developments, such as Setia Eco Park, Setia Eco Glades, Setia Eco Templer and Setia EcoHill, its Social pillar has always been paramount to the company. Since the year 2000, S P Setia Foundation has been the company's charity arm, supporting underprivileged communities across Malaysia by creating a positive impact, fostering unity and inclusivity, and cultivating a caring society.

The social efforts, curated based on the Foundation's four trust objectives, have consistently manifested positive impacts for the needy communities across the country. The Setia Caring School Programme (SCSP), for instance, has adopted more than 10 schools in Selangor, Penang, and Johor since 2015. The programme aims to cultivate future leaders that are not only academically successful, but also grounded



S P Setia Foundation embraced the spirit of Raya by hosting an open house in its wholly owned Amari SPICE hotel in Penang together with the children from orphanages.

in positive moral values and empathy for all in multicultural communities.

Dato' Zuraidah binti Atan, S P Setia's director, was appointed as the Foundation's chairman in late 2022, and has since been actively leading a series of initiatives. "Through S P Setia Foundation, we hope to play a role in shaping them (needy communities) to be future leaders who know that within hardship, they live in a country whose people are kind, who care about their well-being regardless of skin colour or social status, who give them opportunities to nurture their intelligence, skills and talents to grow up to be positive contributors to this nation's advancement and development," said Dato' Zuraidah.

Some of the highlights of the initiatives include Sincerely Setia Campaign – School's Out Programme, an educational outing for 90 school children from its adopted schools in Klang Valley. In partnership with Golden Screen Cinemas, the students watched an animation movie and thereafter enjoyed learning activities at Toy8 Playground. The campaign aimed to shape the students into future leaders who understand the values of diversity, kindness and personal growth.

The Sincerely Setia Healthcare & Well-being Assistance Programme was an initiative to provide financial support to three public hospitals—UMMC, HCTM and Shah Alam Hospital. The funding was channelled to the



Y.A.M. Tan Sri Syed Anwar Jamalullail, Chairman of S P Setia Berhad (second from right) with Dato' Zuraidah Atan (first from left) presented syawal baskets and zakat funds in the form of Raya packets to 80 asnaf recipients.



S P Setia volunteers painted a mural at the entrance for the Pusat Jagaan Warga Emas Nur Ehsan women's old folks' home, painting the walls, beautified the landscape, and performed cleaning and minor repairs

hospitals' transit centres to subsidise the costs of accommodation, daily meals and hygiene essentials borne by the patients and their carers or families. A portion of the fund was also used to purchase wheelchairs for B40 patients.

In the Sincerely Setia Volunteer Weekend Programme, S P Setia Foundation partnered with YSS and IEM to bring together more than 80 volunteers who spent a weekend with the orang asli community in Bukit Tampo, Selangor. The volunteers engaged in activities such as cleaning, painting, distributing food and conducting STEM activities for the local children, as well as career-sharing sessions and cultural exchange its very own Setia Harmony; an inhouse percussion team made up of Team Setia.

S P Setia Foundation, together with Lembaga Zakat Selangor, Amanah Saham Nasional Berhad and Agensi Kaunseling & Pengurusan Kredit collaborated to organise a Financial Literacy Workshop for 80 individuals from the asnaf community. The



S P Setia Foundation launched its Sincerely Setia Healthcare and Well-being Assistance Programme, benefitting three selected hospitals in the Klang Valley.

workshop covered topics such as financial management, scam prevention and financial savings. The participants also received syawal baskets and zakat funds.

In the Sincerely Setia Ramadan Mubarak Campaign, the Foundation distributed syawal gift baskets, vouchers for Raya outfits and upcycled curtains to more than 100 asnaf recipients and needy families.



S P Setia Foundation hosted an educational outing for 90 primary school students through its "Unity in Diversity" programme.

In the Sincerely Setia Syawal Programme, the Foundation gifted syawal baskets containing personal care items including Amari KL hotel sponsored toiletry kits to the residents of of Pusat Jagaan Warga Emas Nur Ehsan women's old folks home in Johor. Additionally, a physiotherapy workshop was conducted for the residents. Volunteers also helped spruce up the premises of the home through cleaning, minor repair works and coming up with a new mural wall at the entrance of the home.

Partnering with S P Setia Foundation

S P Setia Foundation extends our invitation to you to join hands with us to further impact our society positively through social initiatives. For those who are interested to know more and explore possibilities of collaboration, email corp@spsetia.com or visit their website www.spsetia.com



Neighbourhood watch

One symbolises the beginnings of Kuala Lumpur while the other represents its exciting future. This Merdeka month, we turn the spotlight on the bustling areas of Ampang and Kampung Attap and what they offer the modern traveller

Words **Jason S Ganesan** Photography **Imran Sulaiman**







Previous spread: Merdeka 118 from Kampung Attap; exterior facade of The Linc in Ampang
Opposite page, clockwise from left: Dennis Ong, urban history researcher at Imagined Malaysia; Peaches and Cream; a refreshing drink at Souled Out; B.Station; Garage KL; the bar at Solh
This page: Early 19th century Jalan Ampang

Just five kilometres from the iconic Petronas Twin Towers – the tallest building in the world when it was completed in 1998 – the leafy neighbourhood of Ampang is known for being Malaysia’s diplomatic district. It is a fitting designation for this former tin mining area that is considered the birthplace of modern-day Kuala Lumpur. Spread across Jalan Tun Razak and Jalan Ampang, as well as the enclaves of Ampang Hilir and Taman U-Thant, are the embassies of at least 10 countries.

Ampang’s story begins in 1857, when Raja Abdullah of Klang brought with him 87 Chinese labourers to tin mines just kilometres away from the “muddy confluence” of the Klang and Gombak rivers. Soon after, Mandailing trader Sutan Puasa invited two entrepreneurs from the Lukut mines to help expand the trading post; one of them was Hiu Siew, the first Chinese kapitan of Kuala Lumpur. By the time of the third kapitan, Yap Ah Loy, Kuala Lumpur had evolved into a vibrant commercial hub.

“The vestiges of tin mining in Ampang are embedded in its name, which is derived from *empangan* – the Malay word for dam, which alludes to a dam constructed for tin mining in the area,” explains Dennis Ong, urban history researcher at Imagined Malaysia, a research organisation.

“The promising prospects of tin mining in Ampang and other neighbouring areas catalysed Kuala Lumpur flourishing as a trading post,” Ong adds.

Remnants of Ampang’s past can still be seen around. The **Sin Sze Si Ya Temple** on Jalan Tun H S Lee, which was built by Yap Ah Loy in honour of the deities that guided him during the Selangor Civil War, now doubles as a museum. At the **Sin Sze Si Ya Temple Pioneers of Kuala Lumpur Museum**, curious travellers can see relics of the city’s gritty past. The town of Pekan Ampang, meanwhile, maintains much of its colonial-era façade and century-old temples, which can be seen on walking tours co-organised by Persatuan Pencinta Pekan Ampang.

By a happy coincidence, a short walk from the Embassy of the Republic of Korea is **Little Korea**, which is home to a multitude of Korean restaurants and supermarkets, including the quaint and homely charm of **B.Station**, a healthy halal café.

Beyond K Street is a more diverse nightlife scene. At **Bar Trigona** inside the Four Seasons hotel are locally inspired cocktails that has earned it the 29th spot in the 2022 Asia’s 50 Best Bars list – one of only two Malaysian entries. Meanwhile, **Alexis Bistro** is host to live jazz performances, while resto-bars like **Souled Out** offer hearty comfort food before you start your night crawl.



This page: Exhibition space inside The Linc
Next page: Zhongshan Building

Newer establishments include halal fine dining at **Brix**, pan-European brasserie **Peaches and Cream** at The Grange @ Ampwalk, and the lush al fresco **Solh** off Jalan Ampang. And don't miss creative spaces like the **Project Room Art Gallery**, Alice Chang's **Lai Lai Art** and **HOM Art Trans**; gearhead haven **The Garage KL**; and the endlessly innovative horror experience **Hauntu by Breakout** in **The Linc KL**.

AROUND 14KM FROM AMPANG, Kampung Attap is an unassuming hidden gem that is now on the verge of becoming the capital city's hippest neighbourhood. Situated right next to Merdeka 118 – KL's newest landmark

“

Kampung Attap is an unassuming hidden gem that is now on the verge of becoming the capital city's hippest neighbourhood”

and currently the world's second-tallest building – it once housed British officers, with bungalows still standing and street names such as Jalan Belfield, Jalan Hose and Jalan Bellamy.

Kampung Attap is one of the cradles of feminist awareness in Malaysia. Jalan Belfield used to house the **YWCA** before it moved several kilometres away to Jalan Hang Jebat. “Jalan Belfield can therefore be regarded as the root cause of feminist consciousness in this country,” says Teoh Chee Keong, architect and author of *The Disappearing Kuala Lumpur*. Fittingly, Puspanita, the association for female civil servants, also maintains its activity hall along Jalan Hose.

The current of social justice also runs strong in Kampung Attap, with many civil society fora still taking place in its most recognisable landmark, the **Kuala Lumpur Selangor Chinese Assembly Hall**, which still bears the neoclassical and art deco stylings of architect Berthel Michael Iversen, who almost single-

Ampang hiking trails

See Kuala Lumpur like never before

Bukit Pau Peak

One of the most popular hikes in the hills of Ampang is the moderately challenging hike to Bukit Pau via Kemensah. The nearly seven-km hike through protected forests takes you to the Bukit Pau pinnacle, where you can gaze over the city.

Bukit Saga

This shorter but more difficult trek takes you to the beautiful Bukit Saga Waterfall. However, the trek is steep – with an elevation of over 400 metres in just under four km – and contains sections with knotted ropes. A permit is required.



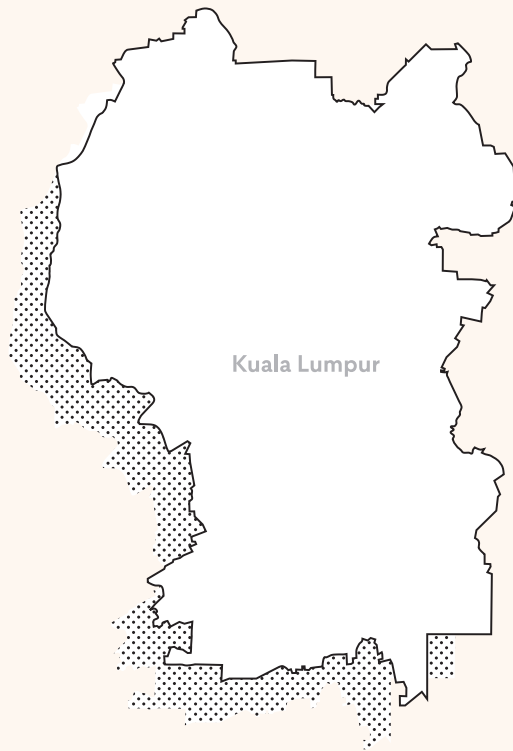
IMAGES: SHUTTERSTOCK (BUKIT SAGA)



新油麻地
中山同鄉會

AMA





Opposite page, clockwise from left: KL Selangor Chinese Assembly Hall; Ana Tomy; Transparent Coffee; graffiti by artist Cloakwork outside the Zhongshan Building; Bar Triptyk; Back Room Gallery; Takos
This page: Another view of Merdeka 118 from Kampung Attap

handedly shaped the aesthetic of colonial Malaya and Singapore.

Further down the road is the new heart of Kampung Attap, **The Zhongshan Building**, a standalone shophouse that is now home to a trend-setting creative hub run by art consultant Liza Ho. Here you can find a community of artists, researchers, designers and musicians, including the **Malaysia Design Archive**, which collects graphic materials from Malaysia’s past; library and creative space **Rumah Attap**; record store **Tandang**; art gallery **The Back Room**; embroidered goods store **Takos**, personalised stationery store **Ana Tomy**; and much more.

“We wanted to be surrounded by like-minded people because that makes us grow bigger and stronger,” Ho says when asked about the building’s eclectic mix. “[Over the years], we have become a community where people collaborate and support each other.”

The Zhongshan community has organised numerous collaborative events since its inception, including talks on wayang kulit and climate conservation

organised by Malaysia Design Archive and held in Rumah Attap.

The same artsy flair extends into **Triptyk**, the food and beverage collective which comprises Bar Triptyk, headed by legendary bartender Angel Ji, the ever-evolving restaurants-in-residence at the Back Lane, and the pop-up dining and cultural events at the Front Door. Other notable spots breathing new vigour into Kampung Attap include resto-bar **The Hill**, and **Transparent Coffee**, right across the road from the Zhongshan Building.

Along with Merdeka 118, the transformation of the infamous Pudu Jail into shopping centre Lalaport in nearby Bukit Bintang have piqued developers’ interest in Kampung Attap, with more boutique hotels and serviced apartments expected to take the historic site into a trendy new future.



Malaysia Airlines flies from Kuala Lumpur to 15 domestic and 40 international destinations.

Merdeka 118

The towering ode to Independence

Inspired by the hand gesture of Malaysia’s first prime minister Tunku Abdul Rahman proclaiming the country’s independence from colonial rule, the 678.9-m tall Merdeka 118 is the second-tallest building in the world, only behind the Burj Khalifa. Designed by Fender Katsalidis, the iconic, songket-inspired glass diamonds are meant to represent the country’s diversity. Besides the offices of developer Permodalan Nasional Berhad (PNB), Merdeka 118 also houses the first Park Hyatt in Malaysia, high-end residences, office spaces, retail outlets, as well as the highest observation deck in Southeast Asia. merdeka118.com





Old flames die hard



In a village outside of Hanoi, a new pottery museum offers a contemporary reimagining of Vietnam's artisanal heritage while offering a peek into the country's storied and, at times, complicated past

Words **Joshua Zukas** Photography **Bao Khánh**



I enter Bat Trang through the village's shabby periphery. Nondescript terraced houses line the dust-encrusted streets.

Pesky potholes rattle my motorbike. But as I drive closer to Bat Trang's ancient core, scenes showcasing the village's artisanal heritage catch my attention. Lithe young men secure slender jars on kei trucks. Weatherworn women hawk pocket-sized ceramic zodiac animals. Parking attendants gesture towards *Lo Bau* (Dragon's Kiln), a monstrous 19th century wood furnace. Today the beast lies dormant, but a century ago the dragon fired clay at 1300°C. Now the fossil is the oversized centrepiece of a small museum.

I haven't come to dig up old relics, but to check out the new Bat Trang Pottery Museum, which opened in April 2022. I've not had breakfast and there's half an

hour to kill before meeting the founder, so I duck into Bat Trang's labyrinthine alleyway network, an ancient neighbourhood on the banks of the Red River. *Banh Cuon* Co Nghi boasts a limited menu and simple wooden benches – tell-tale signs of decent local fare in rural Vietnam – so I stop for *banh cuon* (steamed rice pancakes with minced meat and mushroom). "I've been making *banh cuon* for 22 years," cackles Dao Thi Nghi, the cook, after splashing milky rice batter on a hot steam cloth and rounding out the bubbling pancake with a ladle. "I'm a culinary artisan!" I assume she's joking until she nods at her certificate from Vietnam's craft village association. In Bat Trang, artisanship is brandished with pride.

Back on my motorbike, I burrow out of the alleyway warren. I skirt around Bat Trang's pottery market, a trove of bargains – if you know how

Previous spread: Bat Trang Pottery Museum
This page, clockwise from top left: Ha Thi Vinh, museum funder, founder and director; upper level view of the museum's ground floor; clay sculptures inside the museum
Next page, clockwise from top left: a plate of *banh cuon*; ceramicware shop in Bat Trang; Dao Thi Nghi making *banh cuon*



to haggle – and arrive at the museum. The architecture is unlike anything in Vietnam. Several top-heavy and tiered columns sprout from the ground, merging at the top to form a canopy. The exterior walls are terra cotta brown, the quintessential colour of clay. The building is static, of course, but the swirling tiers conjure motion. I spoke about the building’s inspiration with Hoang Thuc Hao, founder of 1+1>2 Architects, the firm behind the design, before coming to Bat Trang.

“The pottery wheel has been used in Bat Trang for many generations,” Hao explained. “We brought that into the architecture.” The firm 1+1>2 is known for projects that communicate with their surroundings. In mountainous Ha Giang province, the studio built Dao Lodge, which was inspired by the architecture and clothing of the Dao ethnicity. In central Hanoi, they used bioclimatic features from 1960s Vietnamese modernism for VIASM, a mathematics institute. According to Hao, modern architecture can build on the heritage of a place, but the designs “need to understand the cultural context.”

THE UNCONVENTIONAL LAYOUT

of the museum showcases Bat Trang’s rich heritage across several floors. The ground floor leads to a handful of alcoves where artisans display their work. A rooftop café affords views over the Red River, once used to export pottery to Hanoi by boat. The floor in between hosts a permanent exhibition that recounts Bat Trang’s long history, with antique pottery, archaic craft tools and models of various ancient kilns (including Lo Bau). Records indicate that Bat Trang was established in the 14th century, but villagers believe that the pottery tradition stretches back much further.



“When the emperor (Ly Thai To) moved Vietnam’s capital from Ninh Binh to Hanoi in the year 1010, his potters came with,” says Ha Thi Vinh, the museum’s funder, founder and director. Vinh’s achievements are impressive. She’s the director of Quang Vinh, a company that employs hundreds of people and exports pottery all over the world. She’s also on the board of the Vietnam Association of Crafts Villages. According to her, pottery artisans chose this spot on the Red River after receiving spiritual omens. It probably helped that Ly Thai To’s newly established capital was just a few kilometres upstream.

Vinh, who was born here in the 1950s and can trace her artisanal family history back 15 generations, says that two important factors shaped Bat Trang. The first is that the craft predates the village, so there is a long and unique history of generational know-how. The second is that Bat Trang lacks fields for rice cultivation, so people couldn’t live off the land. “The villagers had to use their skills to survive. They had no other choice,” she says.

Over the centuries, word of Bat Trang’s artisanal prowess spread. Kings and dignitaries commissioned the villagers to produce ceramic wine jars, elaborate crockery and durable bricks baked at ultra-high temperatures. These bricks now embellish temples and



palaces across the country, including the imperial citadel in Hue in central Vietnam. Vinh revived traditional brick-making methods for the museum’s floor tiles, which she claims are indestructible. “We say that if you bury a Bat Trang brick, you can dig it up a thousand years later and it will be completely intact without a single speck of mould,” she says with a laugh.

IT WASN’T UNTIL THE SECOND half of the 20th century that times got tough in Bat Trang. In 1954, global geopolitical tensions caused Vietnam to split in two. Bat Trang became part of North Vietnam, which pursued communist economic policies that prohibited private enterprise. Vinh skirts over the details, which are politically sensitive, but comments that artisans like her parents had to work

Clockwise from left: Nguyen Thi Lam of Lam Duc’s; Nguyen Thi Lam’s family home; a bowl of *mang muc*; Nguyen Thi Lam’s family altar



The other pottery museum in Bat Trang

Between the pottery market and the Bat Trang Pottery Museum is **Bat Trang Museum by National Artist Vu Thang**. One of Vietnam's most celebrated pottery artists, Vu passed away in 2016. Though he had not received an honorary title award from the government, Vu Thang is known for an extraordinary series of 12 ceramic boots, which were inspired by Italian fashion, but showcase traditional craft techniques. Unfortunately, the museum only displays one boot at a time. It's also possible to purchase select pieces of Vu Thang's art. The museum is free to visit.



“**If you bury a Bat Trang brick, you can dig it up a thousand years later and it will be completely intact without a single speck of mould**”

for state-owned enterprises (SOEs) on diminished salaries. This muzzled the entrepreneurship that had once made Bat Trang “one of the wealthiest villages in Vietnam. In Bat Trang,” Vinh adds, “there are just too many stories to tell.”

As Vietnam reunified in 1975, restrictions on enterprise relaxed in 1986, enabling Vinh to launch the successful business she runs today. But in other parts of the village, the scars of the past run deep. After visiting the museum, I head back to Bat Trang's alleyways. I stop for lunch at Lam Duc's, which specialises in local dishes like *mang muc* (shredded baby bamboo with dried squid).

“The government took almost everything,” says Nguyen Thi Lam, the 78-year-old head chef and homeowner, lamenting the economic reforms of the 1950s. “My family had 15 properties,





This page: Bat Trang House by architect Vo Trong Nghia

but in the end, we were only left with this house.” Built 120 years ago in a style befitting the boulevards of Hanoi’s French quarter, the two-storey house looks out of place in a tangle of Vietnamese alleyways. We eat in front of Lam’s family altar and study a photo of the house. Lam points at the semi-circular protruding balcony and says that the railings came from France, and only two sets were ever made. “The other you can still find in (Hanoi’s) Old Quarter,” she says. “Bat Trang is full of stories.” Lam concludes, echoing Vinh’s parting words.

While driving out of the village, I have time to reflect on the day’s conversations. I pass the Bat Trang House, a home designed by Vo Trong Nghia, an award-winning modern architect. The house is known for the perforated ceramic wall that protects it from sun, wind and rain. I stop for a moment to contemplate this façade, which prompted *Wallpaper* to name it “Best New Private House” in 2021. Both Vinh and Lam are brimming with stories about Bat Trang’s past. But as innovative modern buildings like the Bat Trang House and the Bat Trang Pottery Museum attest, the story is far from over.



Malaysia Airlines flies between Kuala Lumpur and Hanoi 7x weekly.



Travel tips

Bat Trang is 15km southeast of Hanoi’s Old Quarter. A Grab car to the village takes 30 mins and costs VND200,000. Taxis will cost a little more. It’s also possible to rent a motorbike or take a public bus – ask at your hotel.

All the places mentioned in this story are visitable. A ticket to the **Bat Trang Pottery Museum** costs VND50,000 per person. You can pay an extra VND70/50,000 per adult/child to try your hand at throwing some clay.

Visiting **Lo Bau** (Dragon’s Kiln) usually incurs a small fee.

To lunch at **Lam Duc’s**, which costs VND250,000, call at least one day ahead.

Banh Cuon Co Nghi is open all day and there’s no need to make a reservation. A plate of *banh cuon* costs VND40–60,000.

August

BEST SPOTS IN MALAYSIA

2023

The best hotels and restaurants to stay and dine in across Malaysia this month



Mangala Resort & Spa, Pahang

Find inspiration on your next corporate retreat at the award-winning Mangala Resort & Spa in Kuantan. The vast landscape serves as the ideal backdrop for stimulating discussions and fostering meaningful connections with your team. Whether you're planning a large conference in a spacious ballroom for up to 600 people or hosting intimate gatherings, the resort offers versatile spaces for every occasion. With its dedication to sustainability practices, the Mangala Resort & Spa aligns seamlessly with ESG goals of any company.

mangalaresortandspa.com | +60 9-505 7788



Alunan Resort, Terengganu

With its idyllic beachfront location and lush surroundings, Alunan Resort offers a serene escape from city life. The resort's latest Double Sharing Pool View Villas are perched on top of a cliff, promising a bird's eye view of the horizon and easy access to the newly constructed infinity pool. Plus, thanks to a king-sized bed, 42-inch flatscreen TV and an espresso machine, you'll never want to leave your villa. Enjoy 10% off your stay with breakfast using the code <MHAUG>. An extra treat for adventurers: enjoy the same discount and unlimited excursions when you book a villa with the Alunan Unlimited package.

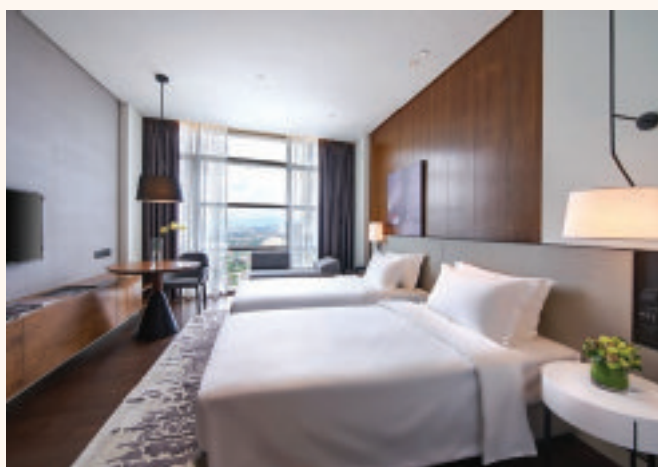
alunanresort.com | +60 1-6 448 8297



The Kasturi Resort, Pahang

Nestled between Pahang's lush swathes of jungle and the scenic Chendor Beach, The Kasturi Resort is a five-star getaway that's perfect for couples and families alike. The intimate resort offers 23 villas and suites along with exclusive access to 800 metres of beach, ensuring a serene stay away from the crowds. After soaking up the sun, unwind at Ketapang Spa by Yoyoy Kamphora and treat yourself to beauty and wellness treatments including a traditional Malay *urut*, deep tissue massage. For the months of August and September, enjoy 30% off your room with code <MHPROMO30> in conjunction with Merdeka and Malaysia Day celebrations. T&Cs apply.

the-kasturi.com | +60 9-582 5000



Le Méridien Petaling Jaya

Experience the perfect balance of convenience and luxury at Le Méridien Petaling Jaya. With proximity to the LRT station and expressways, guests can explore the city centre of Kuala Lumpur or the trendy Bangsar area with ease. After a day of exploration, retreat to your elegant room, featuring bamboo flooring, sleek furnishings and marble bathrooms equipped with MALIN+GOETZ bath products. Don't miss PJ's Bar & Grill, the largest rooftop bar in Petaling Jaya, where you can enjoy grilled dishes and appetisers by the infinity pool on the 30th floor. The rooftop has a wide-open deck with sweeping views of the city.

lemeridienpetalingjaya.com | +60 3-7682 0000



Pan Pacific Serviced Suites, Kuala Lumpur

With one- and two-bedroom suites and a strategic location in the golden triangle of Kuala Lumpur, this property is perfect for a solo business trip or a family vacation. More than just a comfortable home away from home, each suite offers luxuries such as complimentary WiFi, a 65" Smart TV and a bathroom equipped with a rain shower and Balmain Paris bath products. After a long day, travellers can unwind with the facilities next door at PARKROYAL COLLECTION Kuala Lumpur, such as a rejuvenating massage at St. Gregory Spa, a hearty meal from the all-day international menu at Thyme or a refreshing beverage at The Botanist Lounge & Bar.

panpacific.com | +60 3-2706 8688



Made for nature lovers: Mendung Escape

Adventure seekers will enjoy the 700m trek through the Borneo rainforest to get to Mendung Escape. Away from the city and sitting on top of rolling hills, the bungalow and its five spacious suites provide comfortable lodgings for all types of travellers. The two-bedroom suite is ideal for small groups, and is located on the highest floor for a bird's eye view, and even comes with an outdoor bathtub and veranda to soak up the scenery. From now until November, enjoy mild temperatures and clear skies, perfect for soaking up Mendung Escape's panoramic sunsets and midnight stargazing.

Jalan Singai, Bau, Kuching

IG: @mendungescape | +60 10-961 5338

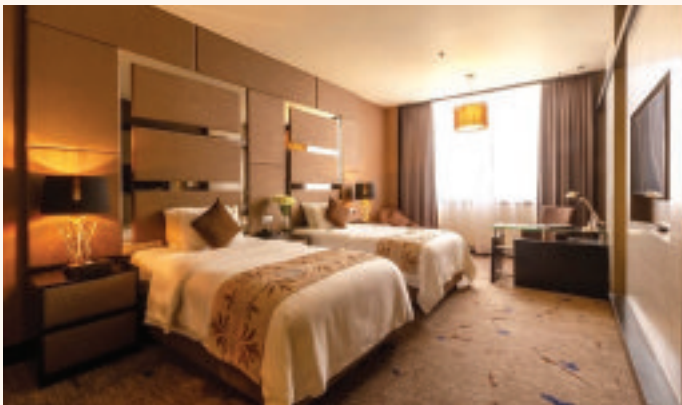


Best for business leisure: Meritz Hotel

An iconic city in Sarawak, Miri strikes a balance between urban living and nature retreat. Meritz Hotel is the ideal home base for your trip to Miri, located near the central district, next to Bintang Megamall. The property's superior rooms offer a choice of city, hillside or ocean views, while the in-house restaurants and bars are well placed for business meetings. The revolving M-Signature completes one revolution every hour, clocking in a memorable experience. To impress a client, book an alfresco dinner at Grand Old Lady restaurant, which delivers unobstructed views of Miri.

1657, Jalan Miri Pujut, Bintang Jaya, Miri

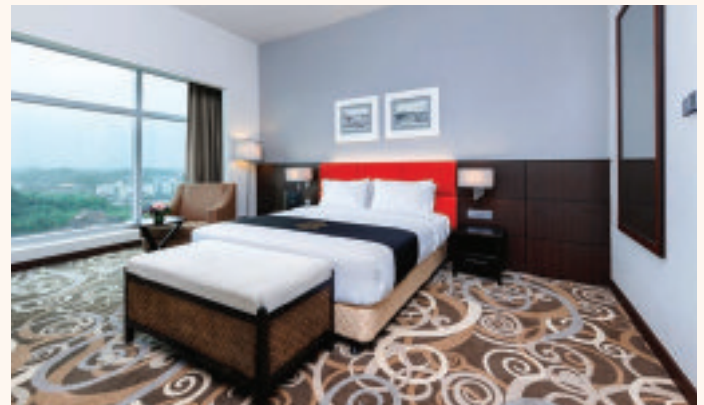
meritzhotel.com | +60 85-417 888



Great for corporate events: New World Suites

Positioned in the heart of Bintulu's liveliest district, New World Suites offers soothing views of the town or the South China Sea. All 135 rooms are decorated with modern and stylish interiors but the Royal Suite gets a special mention because of its private jacuzzi for a relaxing treat. Ideal for business travellers, the hotel offers fully equipped executive board rooms, a conference hall and theatre that seats 250 people, making it an excellent fit for corporate events and seminars. You'll be in safe hands with the hotel's experienced team and bespoke meeting packages which are tailored to meet your needs.

3791, Jalan Tun Ahmad Zaidi, Parkcity Commercial Square, Bintulu
newworldsuites.net | +60 86-331 122



Great for indigenous-inspired design: Raia Hotel

Conveniently located across the international airport, Raia Hotel is a five-minute ride away with the hotel's shuttle service. The four-star hotel is an architectural marvel combining modern materials with indigenous accents. The building's exterior is decorated in *pua kumbu*, a traditional pattern found in the ceremonial cloths of the Iban tribe. Savour authentic local dishes at the hotel's Kenyalang Restaurant with generous portions of Sarawak laksa and mee kolok at pocket-friendly prices. And on the weekends, the all-day dining restaurant serves high tea buffet with an expansive spread that includes both local and continental dishes at just RM60++ per head.

1, Jalan Lapangan Terbang, Kuching
raiahotels.com.my | +60 82-268 585



For colonial fusion: Manja Kuala Lumpur

Led by culinary innovator Navin Karu, Manja's menu showcases dishes inspired by cherished family recipes and the vibrant food cultures of the region. Nestled within a gracefully restored colonial building on Lorong Raja Chulan, the ambience effortlessly blends the charm of old Malaya with the modern allure of Kuala Lumpur. Don't miss the coconut Borneo tuna that's beautifully presented in a fresh coconut shell or the hearty kopi-spiced beef accompanied with a tantalising sauce infused with local coffee and a creamy mash. End things on a sweet note with jaggery-dusted fritters served with a delightfully rich kopi-flavoured gelato.

**6, Lorong Raja Chulan, Kuala Lumpur | manja.com.my
IG: [@manjakualalumpur](https://www.instagram.com/manjakualalumpur) | +60 12-373 7063**



For localised sourdough pizzas: The Social

With many outlets in the Klang Valley, The Social is a popular place among the stylish, after-work crowd. The Desa ParkCity outpost is especially popular for its laid-back yet polished atmosphere overlooking a lake and a big international menu that offers hearty mains, from Maggi mee goreng to spaghetti carbonara. The wood-fired sourdough pizzas are a must-try, too. In conjunction with Merdeka Day celebrations, The Social is firing up classic Malaysian dishes reimagined as pizzas. Enjoy the rendang and otak-otak pizzas during the month of August! Flash your MAS boarding pass to enjoy RM10 off the rendang pizza.

**GF-02, The Waterfront@ParkCity, Desa ParkCity, Kuala Lumpur
IG: [@thesocial.my](https://www.instagram.com/thesocial.my) | +60 3-6279 9225**



For lavish Euro-Indian fusion: Luca

Conveniently placed in trendy Bangsar Shopping Centre, Luca is a casual, all-day dining destination with an extensive menu of modern Asian and European dishes. The restaurant maintains a laid-back atmosphere, allowing the restaurant's dishes to truly shine. Treat yourself to the juicy tomahawk steak served alongside potatoes sautéed with duck fat. A 24-hour pre-order is preferred but you're welcome to check availability once seated. Other standout menu items include Malabar mango fish curry, lamb pie with peas and mash and eclectic fusion pizzas like the one topped with paneer, beetroot and Szechuan sauce.

G9, Ground Floor, Bangsar Shopping Centre, Jalan Maarof, Kuala Lumpur | IG: [@luca.bsckl](https://www.instagram.com/luca.bsckl) | +60 3-2011 1399



For innovative culinary techniques: Studio

Tucked away on the first floor of a cosy shophouse in trendy Bangsar, this award-winning fine-dining restaurant serves a globally-inspired seafood tasting menu, which draws from chef-owner Christian Recomio's Scottish heritage and travels. Only open for dinner on Fridays and Saturdays, the intimate space seats just 18 guests while the open kitchen gives an unobstructed glimpse into chef's process. The Tattie Scone topped with tender Miyazaki beef sandwiched with rich Comté cheese is a savoury delight, while the mud crab and smoked haddock generously seasoned with kaluga caviar is an ode to seafood flavours from varying climates.

**38-1, Jalan Kemuja, Bangsar, Kuala Lumpur | studiorestaurant.co
IG: [@studiorestaurant.co](https://www.instagram.com/studiorestaurant.co) | +60 16-425 0773**

The ultimate retreat

The Villas at Sunway Resort Hotel have everything you need in a private luxury getaway



When the time comes for a getaway, you want it to be perfect. Luxurious? Of course. Private? Definitely. Thoughtfully designed, with personalised service and state-of-the-art technology? You'll find all of these at Sunway Resort Hotel's newest accommodation, The Villas, a collection of 17 incredible private pool villas.

Every stay at The Villas is customised to create truly memorable moments. Start yours at a private pavilion, where you'll be greeted with welcome drinks, refreshing cold towels and a personalised check-in. Then you'll be shown to your private villa, tucked away in tropical garden surroundings, with all amenities and facilities easily within reach.



Nestled in nature

The Villas celebrate their Malaysian roots through an abundance of thoughtful details. From the beautiful, lush foliage surrounding the space to nods to authentic Malaysian design using teak wood furnishings and local craftsmanship throughout the interiors. Each villa is enclosed by high stone walls, with its own private outdoor deck and infinity-edged plunge pool for optimum peace and seclusion. Wake up to the sights and sounds of nature, as well as all the comforts and luxuries of 21st-century living.

Thoughtful technology

Nothing elevates a stay like the little details – especially when they're smart details. Relax in style with smart curtains that open at the touch of a button, a trained butler for all your needs and requests, as well as ambient lighting that adjusts to fit the time and mood of the day. 55-inch IPTVs are on hand for days when you want to stay in and channel surf.

Open-plan living

Equipped with one and two-bedroom options, The Villas are ideal for solo staycations, intimate getaways for two, as well as small groups. The open-plan living concept encompasses the living and dining areas. Relax with your friends and family over a light meal in the convenient kitchenette, or unwind on the outdoor deck with the infinity-edged plunge pool.



**SUNWAY RESORT
HOTEL®**

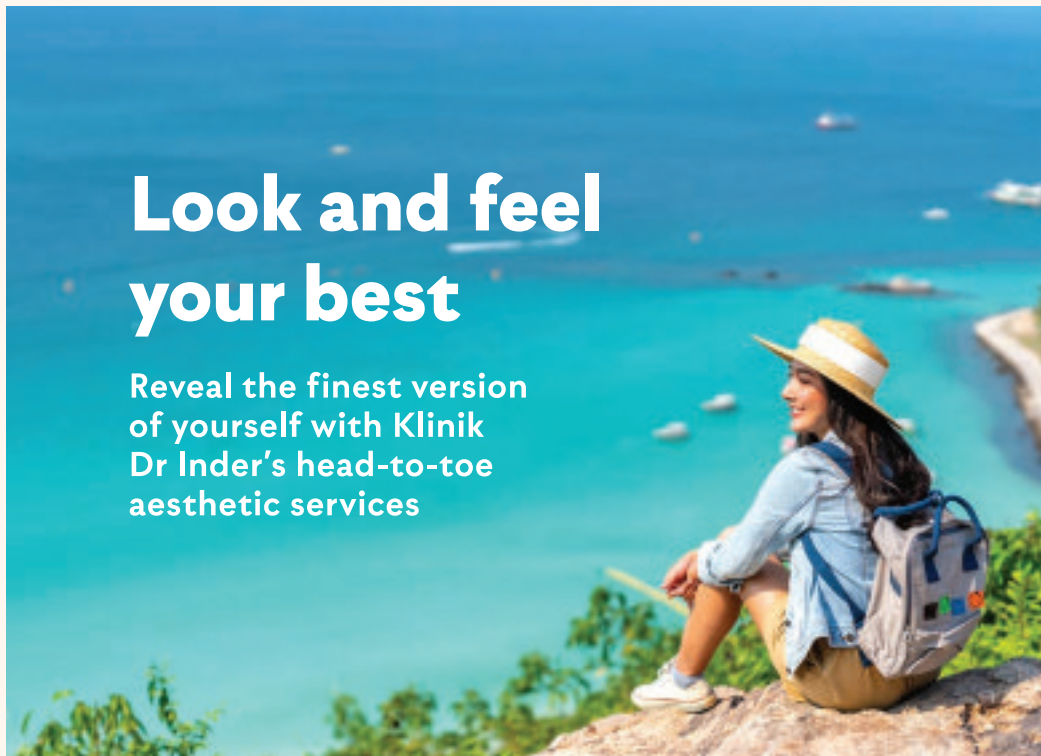
SUNWAY CITY KUALA LUMPUR

Each stay at The Villas comes with exclusive access to the Premium Leisure Lounge, daily breakfast at the Sunset Terrace and priority bookings at all dining outlets at Sunway Resort Hotel.

The Villas have one and two-bedroom options. Book your stay at The Villas, Sunway Resort Hotel by visiting sunwayhotels.com

Look and feel your best

Reveal the finest version of yourself with Klinik Dr Inder's head-to-toe aesthetic services



If you have big travel plans this year, you'll want to make sure you are looking your best for the 'gram. Before your trip, make an appointment with Klinik Dr Inder, a world-class aesthetic clinic in Petaling Jaya that specialises in aesthetic medicine, hair loss treatments and body contouring. Here are three treatments for that instant glow up.

Hair loss treatment

Every scalp is unique. The clinic's team of hair experts are ready to prescribe a personalised treatment plan tailored to your needs. A range of highly effective hair loss treatments are available, including oral medications, hair growth sprays and vitamins to nourish your hair follicles from within. Additionally, the clinic provides a selection of topical hair care products, such as shampoos, conditioners and hair masks, to prevent further hair loss and promote healthy hair regrowth just in time for your holiday photo-op.

Laser hair removal

Dreaming of a carefree and fuzz-free holiday? Klinik Dr Inder's advanced laser hair removal treatments harness the power of light energy to target and destroy hair follicles, and even inhibit hair regrowth. You'll be impressed by the precision and speed of this procedure, where each pulse takes just a fraction of a second and can

treat multiple hair follicles simultaneously. Unwanted hair is removed quickly, and with almost zero pain. With an average of four to eight sessions, you can expect permanent hair reduction, freeing you from constant shaving or waxing so you can enjoy fuzz-free days at the beach.

Chemical peel

Reveal a radiant complexion with Klinik Dr Inder's rejuvenating chemical peel treatments – available in varying intensities from light and superficial to medium and deep. Start with a light peel and gradually increase the intensity depending on your skin condition. The peels gently exfoliate dead skin cells, making way for new, healthier ones. Benefits include visibly smoother skin, increased collagen production and reduced blackheads. The best part is that these treatments only take up to 20 minutes, with no downtime required. You can even slot in an appointment right before you head to the airport!



Datuk Dr Inder is a renowned aesthetic physician in Malaysia. Her namesake clinic is beloved by many and is responsible for more than 3,000 successful cases. Licensed by the Ministry of Health Malaysia and armed with a team of doctors with more than 30 years of experience, Klinik Dr Inder promises a treatment for all comfort and experience levels.



Scan the QR code to schedule a consultation today. Visit klinikdrinder.com or call **+60 3-7932 1818** for more information.



KLINIK DR INDER
Redefining Beauty & Health

THIS IS MH

(MALAYSIAN HOSPITALITY)



Welcome on board MAG Airlines!
This month, see what we have on offer
to ensure that you have a safe, seamless
and fuss-free journey with us.

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**Inside
our airlines**

News and updates
from MAG Airlines

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**Discover our
network**

See where
MAG Airlines can
take you, around
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around the world

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**Onboard
entertainment**

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



New features on the EnrichMoney Multicurrency App



Enrich, the award-winning travel and lifestyle loyalty programme of Malaysia Airlines, is simplifying the way you manage your spending abroad and at home with EnrichMoney, the multicurrency e-wallet and Visa prepaid card. EnrichMoney, powered by Merchantrade, functions as a travel companion and is accepted by over 430,000 Visa merchants in Malaysia and 80 million Visa merchant locations worldwide. Using the Travel Exclusives tab on the app, apart from flights and hotel stays, cardholders can now book on-ground tours and activities via Enrich Xperience, the latest offering under the suite of Enrich products. As part of the continuous enhancements to ensure a wide range of functionality, cardholders can look forward to more features such as multicurrency geolocation, incorporation of Malaysian money transfer service, DuitNow, gamification and lending services for short-term loans.

Malaysia Airlines launches carbon offset programme

Malaysia Airlines has become the first airline in Malaysia to launch a voluntary carbon offset programme. The initiative enables individuals and corporate customers to calculate, understand and offset the carbon emissions associated with their flights by supporting verified carbon offsetting projects when booking flights through the airline's website. The Carbon Offset Programme is implemented in collaboration with CHOOOSE, a leading climate tech company headquartered in Norway. This marks a milestone in Malaysia Aviation Group's (MAG) commitment to achieving net-zero carbon emissions by 2050, as outlined in the MAG Sustainability Blueprint.



EZBagz check-ins on Malaysia Airlines domestic flights



EZBagz kiosks have been installed at the Malaysia Airlines (MH) check-in counters specifically designated for domestic flights, located from Row B3 to B8. At these kiosks, passengers have the convenience of printing their bag tags before securely placing their bags on the conveyor belt. This entire process typically takes approximately 45 seconds per bag, significantly minimising waiting times at the check-in queues. EZBagz is currently exclusively offered for Malaysia Airlines' domestic flights.



Free Wi-Fi for Malaysia Airlines' Business Suite and Business Class Passengers

Malaysia Airlines now offers complimentary Wi-Fi to all Business Suite and Business Class passengers, as well as Enrich Platinum members – regardless of their class of travel – to be enjoyed from now till 31 December 2023. The offer will be available on 20 airplanes that are equipped

with Wi-Fi. The offer comes with a generous data cap of 100 MB per sector, with a bandwidth of up to 512 kbps. All passengers can still enjoy the convenience of being connected through the airline's pay-per-use Wi-Fi offering (MHconnect) and wireless in-flight entertainment (MHstudio).

MAG the first in Malaysia to enable gate-to-gate connectivity

Malaysia Aviation Group's (MAG) airlines, comprising Malaysia Airlines, Firefly and MASwings, have been given regulatory approval by the Civil Aviation Authority of Malaysia (CAAM) to enable Gate-to-Gate connectivity for passengers on its airlines. Passengers can now enjoy the convenience of staying connected to their personal/portable electronic devices (PEDs) throughout their journey, from the moment they board the aircraft through to arrival at their destination airport, by enabling 'flight mode'.



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SHOP ONLINE AND GET IT DELIVERED TO YOU VIA LALAMOVE COURIER
FOR SAME DAY/ NEXT DAY DELIVERY ON WEEKDAYS OR VISIT OUR PHYSICAL STORE AT REXKL OPENING MID AUGUST.

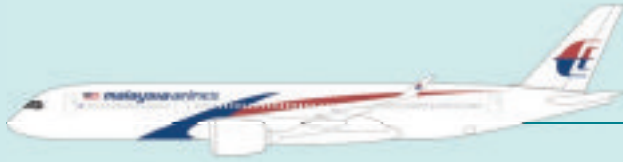
Brunch with a
unique twist by day,
Middle Eastern
grill by night.

lola

At Lola by Serai Group, we celebrate the complementary opposite of intense, vibrant and zesty Middle Eastern flavours with mellow, fulfilling and modest Australian brunch ingredients. Come discover an antipodean playground with freshly baked homemade cakes and pastries to a Middle Eastern grill sensation over delightful mocktails and more as the day turns into night.

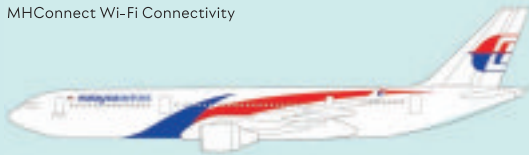
No rules, no fluff – constantly changing things up to experience food from a whole new perspective at our outlet, tucked amidst the scenic KLGCC resort, just a stone's throw away from the heart of Kuala Lumpur.

www.seraigroup.com.my lola.byseraigroup



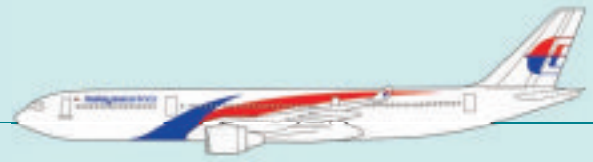
A350-900  MHconnect

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



A330-200  MHconnect

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



A330-300  MHconnect

No. of Aircraft **15** | Passenger Seating **290**
Length **63.66m** | Wingspan **60.30m** | Height **16.79m**
Max. Cruising Speed **980km/h**
MHConnect Wi-Fi Connectivity on selected aircraft



B737-800NG

No. of Aircraft **39** | Passenger Seating **160, 166, 174**
Length **39.5m** | Wingspan **38.50m** | Height **12.50m**
Max. Cruising Speed **857km/h**



ATR 72-500

No. of Aircraft **9** | Passenger Seating **72**
Length **27.05m** | Wingspan **27.17m** | Height **7.65m**
Max. Cruising Speed **510km/h**



B737-800NG

No. of Aircraft **5** | Passenger Seating **189**
Length **39.5m** | Wingspan **38.50m** | Height **12.50m**
Max. Cruising Speed **857km/h**



A330-200F

No. of Aircraft **3** | Maximum Cargo Capacity **65 (70) tonnes**
Length **58.82m** | Wingspan **60.30m** | Height **16.88m**
Max. Cruising Speed **1,021km/h**



ATR 72-500

No. of Aircraft **8** | 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**



Mangala Resort & Spa

A Sanctuary You Deserve

Find tranquility in a picturesque retreat, set within a revitalising landscape that caters to everyone



Villas

Each nature-inspired villa is designed in small-scale pavilions, allowing the surrounding greenery to flourish between each structure. Guests can choose from a range of relaxing villa accommodation with private pools or tranquil lake views.



Mind & Soul

Surrender to the healing hands of our therapists at our holistic retreat in Mangala Spa.

It's the perfect escape to indulge in a blissful spa experience amidst lush tropical landscapes and tranquil lakes.



Gastronomic Dining

A welcoming dining destination, offering a scrumptious selection of breakfast, lunch and dinner options with kid-friendly menus for our younger guests. The restaurant's expansive glass panels and spacious ambiance makes it an ideal venue for private dining events.



Executive Retreats

Finding inspiration for big ideas will be easily discovered when attending a retreat at Mangala Resort and Spa, thanks to its expansive landscape and distinct venues. Whether you require the expansive ballroom with a capacity of up to 600 people or more intimate meeting rooms, we have the perfect spaces to suit your needs.



Weddings & Celebrations

Share your vows in a serene ambience filled with love and romance.

The resort's ballroom accommodates 400 guests and offers a special outdoor space for intimate ceremonies.



Curated Activities

Enjoy an array of diverse on-site activities and excursions to suit all interests. From the thrill of archery and cycling, to the unique experience of Segway and E-Scooter tours, guests can choose their preferred mode of exploration.



BOOK NOW

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reservation@mangalaresortandspa.com

@mangalaresortandspa

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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 are 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 hazards 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 hand luggage on board. Hand luggage exceeding the 7kg weight limit must be checked in before boarding.

PORTABLE ELECTRONIC DEVICES (PEDs)
For safety reasons, in line with Civil Aviation Authority of Malaysia guidelines, mobile phones and small PEDs can be used throughout your journey in "Flight Mode". Large devices with screen size above 12 inches are not allowed to be used during takeoff and landing. Whilst cruising, all devices can be used in "Flight Mode". Devices transmitting cellular and signals to satellites must remain switched off throughout the flight, until disembarkation. The Captain may prohibit the use of devices if there is any interference 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. PEDs containing non-spillable batteries, they must be 12V or less or 100Wh or less. Passengers are allowed to carry a maximum of two spare batteries onboard. These batteries must be individually protected to prevent short circuits.

NO-SMOKING & VAPING 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 in flight 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.

IN-FLIGHT ENTERTAINMENT
Movies, TV and Music On-Demand are available on selected flights either on seatback in-flight

entertainment systems or streaming via personal electronic devices. Wi-Fi internet connectivity is also available on selected aircraft (A350-900, A330-200 and A330-300) for a fee.

ONBOARD CHARGING
Laptop power points are fitted on Business Suite, Business, Premium Economy and selected Economy Class seats. USB charging is available on selected aircraft.

FOOD & BEVERAGE
All food served onboard is halal. Special dietary meals can be prepared with 24-hour notice through 'Manage My Booking' on www.malaysiaairlines.com. Business Suite, Business and Economy Class passengers may use the Chef-on-Call service to pre-book their meals 24 hours prior to departure on selected flights. Alcoholic drinks are available on flights above three hours for 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)
We provide assistance to children aged 5 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.



MALAYSIA AIRLINES APP
Visit malaysiaairlines.com to download the Malaysia Airlines App to perform mobile check-in.

*Terms and conditions apply, which are correct at the time of printing. Visit malaysiaairlines.com for more information.



VOYAGE

Need a reason to travel? With EnrichMoney,
the all-in-one digital money app and Visa prepaid card,
you have everything you need to go cashless, hold multiple
foreign currencies and earn Points anywhere in the world.
Just go.



Enrich 
money

The Essential Traveller's Wallet.
For every journey, and everyday.





Explore with Enrich

The Travel & Lifestyle Loyalty Programme of Malaysia Airlines.

01

Get rewarded for everything, beyond flying.

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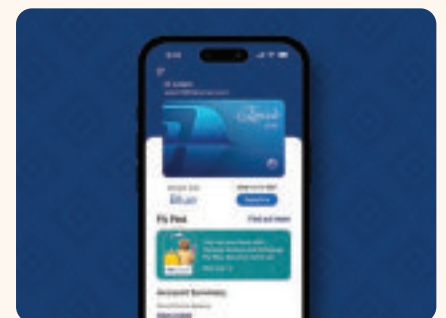
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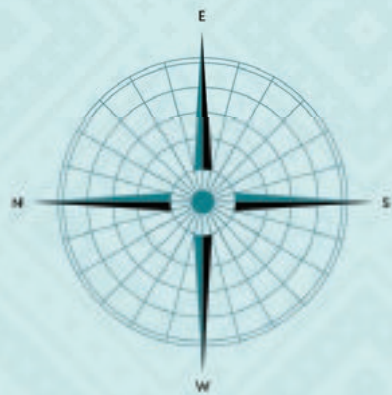
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The Super Mario Bros. Movie

Journey with Mario and Luigi to the Mushroom Kingdom in this live action animation of Nintendo's beloved and iconic classic video game

Released in 2023, the *Super Mario Bros. Movie* is a thrilling computer-animated adventure based on Nintendo's iconic video game franchise. Directed by Aaron Horvath and Michael Jelenic, with a star-studded voice cast including Chris Pratt, Anya Taylor-Joy, Charlie Day, Jack Black, Keegan-Michael Key, Seth Rogen and Fred Armisen, the film follows the origin story of Mario and Luigi in an alternate world.

They find themselves in a high-stakes battle between the Mushroom Kingdom and the Koopas, led by Bowser.

Following the 1993 live-action film, Nintendo partnered with Illumination and Universal after the success of *Super Nintendo World*. *The Super Mario Bros. Movie* achieved massive commercial success, grossing over \$1.328 billion worldwide.

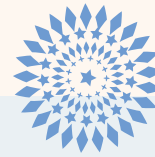
It set records for the largest global opening weekend for an animated film and became the highest-grossing video game-based movie ever. The film topped the charts as the highest-grossing film of 2023 and joined the ranks of the highest-grossing animated films to date.

The movie is set in the sprawling metropolis of Brooklyn, where the hustle and bustle of city life thrives. In this vibrant setting, two extraordinary plumbers, Mario and Luigi, reside. With their trusty wrenches in hand, they maneuver through the labyrinth of pipes, unclogging blockages, and bringing warmth back to the homes of their grateful clients. Little do they know that their lives are about to take a fantastical twist as they embark on a mission to fix a mysterious Warp Pipe.



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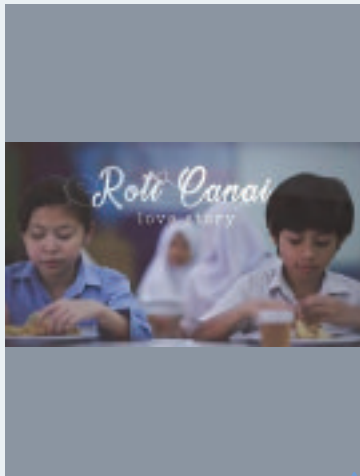
Merdeka Special



In the realm of cinematic marvels, behold *Air Force The Movie: Selagi Bernyawa*, a 2022 Malaysian masterpiece, pulsating with the very essence of Merdeka, the sacred day of independence from the British Empire. This cinematic gem stands tall, a glorious tribute to the Malayan Declaration of Independence on that monumental 31st August, 1957. Get ready for an exciting adventure as this action-packed film follows a group of dedicated air force heroes. Witness bravery, unwavering dedication and love for their nation as they soar through the skies. With thrilling aerial encounters and a patriotic storyline, this film echoes the spirit of courage and national pride.



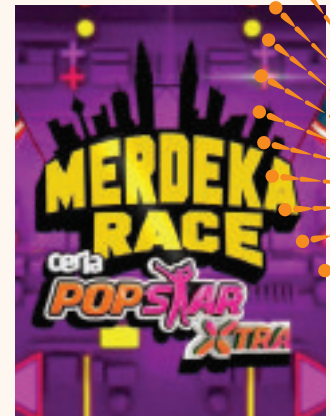
The 2018 Malaysian romantic movie *Busker* weaves a tale of unexpected love and the transformative power of street performances. Adil, portrayed by Hafeez Mikail, finds solace after a breakup when he crosses paths with the spirited Vera, played by Daiyan Trisha. As their lives intersect through a college project, a bond forms, healing Adil's wounds and reigniting his passion for music. The film beautifully captures street performances in Malaysia, where buskers serve as conduits for bridging the gap between artists and the public. Inspired by Vera, Adil takes a leap of faith and joins a prestigious busking competition, leading to a deepening connection between them.



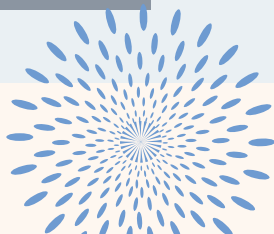
Roti Canai Love Story tells a tale of love that transcends racial boundaries. Ahmad and Mei, two individuals from different backgrounds, form a deep connection through their shared love for roti canai. Despite societal barriers and economic disparities, their friendship blossoms, teaching us the power of genuine connections. This heartwarming film celebrates the unifying force of food, inviting us to appreciate cultural diversity and reminding us of the potential for love to overcome obstacles. *Roti Canai Love Story* nourishes our souls with warmth, compassion, and a shared appreciation for the culinary treasures that bring us closer together.



Sudirman Chow Kit Road '86 is a captivating TV show that pays tribute to Sudirman Haji Arshad and his significant contributions to the Malaysian music industry. Set in 1986 on Chow Kit Road, the series immerses viewers in Malaysia's cultural tapestry during the journey to independence – a reminder of the collective Merdeka spirit.



Ceria Popstar Xtra Merdeka Race is a TV show that resonates with the Merdeka spirit. This exciting series brings together diverse young talents to showcase their skills and celebrate the nation's independence. Like the journey to Merdeka, the show represents unity, determination and the pursuit of excellence.



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Hollywood Latest



Get ready to be terrified by *Evil Dead Rise*, a 2023 horror film that revitalises the iconic *Evil Dead* franchise. Directed by Lee Cronin and produced by Sam Raimi, the original creator of the series, this spine-chilling installment ventures beyond the secluded cabin in the woods, immersing us in a sprawling city overrun

by demonic forces. Follow two brave sisters as they fight against relentless supernatural beings wreaking havoc in the metropolis. Their perilous journey unveils the sinister origins of the outbreak, as they desperately search for a way to stop the malevolent advance.

The talented cast includes Lily Sullivan, Alyssa Sutherland, Mirabai Pease, Richard Crouchley and Anna-Maree Thomas.



The Pope's Exorcist is a supernatural horror film that delves into the haunting reality of Father Gabriele Amorth, the Vatican's chief exorcist. Directed by Julius Avery and written by Michael Petroni and Evan Spiliotopoulos, this 2023 American masterpiece draws inspiration from Father Amorth's real-life accounts.



Embark on a mesmerising voyage that bridges a quarter-century gap as *Chantilly Bridge* reunites the remarkable actresses from the iconic film *Chantilly Lace*, directed by the visionary Linda Yellen. The film, which first captivated audiences at Sundance, weaves a seamless tapestry where memories intertwine with the present.



Transport yourself to the nostalgic era of the 1990s as *Riceboy Sleeps* enchants audiences with its heartfelt narrative. This Canadian drama film, crafted by the multitalented Anthony Shim, who took on the roles of writer, producer, editor and director, paints a vivid portrait of So-Young's life – a Korean immigrant single mother.



Be captivated by the heart-pounding intensity of *The Covenant*, a gripping action film masterfully directed by the acclaimed filmmaker Guy Ritchie. Set against the backdrop of war-torn Afghanistan, this thrilling cinematic experience, released in 2023, immerses audiences in a high-stakes journey.



The world of love and choices is featured in *One True Loves*, a spellbinding 2023 romance film. Directed and produced by Andy Fickman, this adaptation of Taylor Jenkins Reid's acclaimed novel takes audiences on an emotional rollercoaster. Follow Emma, portrayed by Phillipa Soo, as she navigates heartbreak and soul-stirring dilemmas.



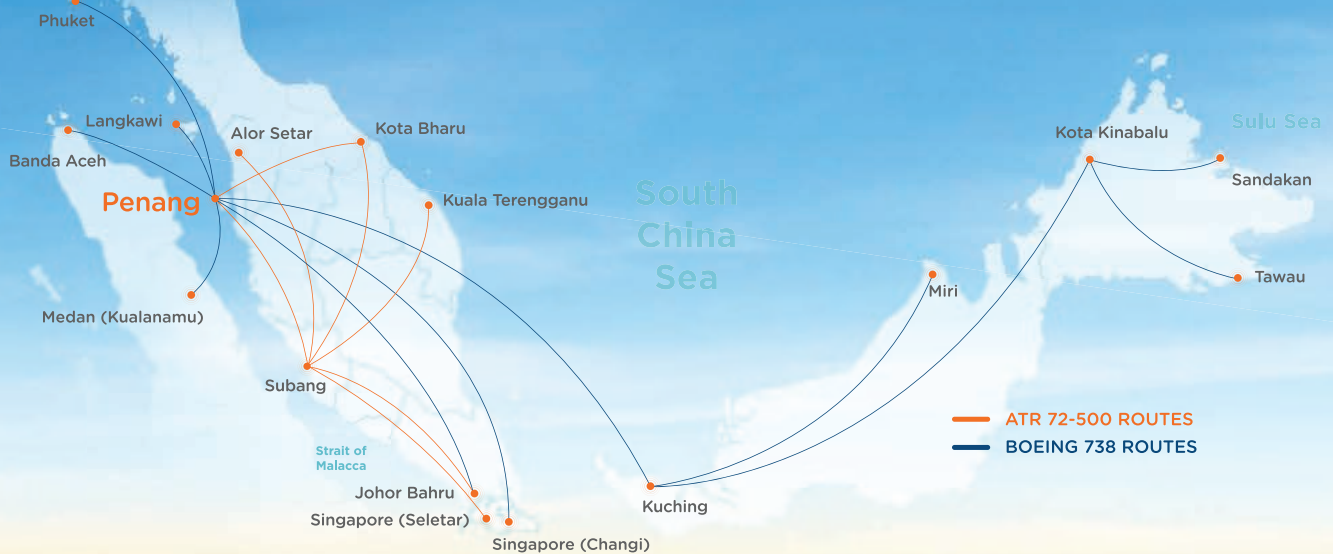
Experience an uproarious ride in *Mafia Mamma*, directed by Catherine Hardwicke. With a witty screenplay by Michael J. Feldman and Debbie Jhoon, this film takes the genre to new heights. Toni Collette shines as an American woman thrust into the world of organised crime when she uncovers her late grandfather's hidden identity as a mafia Don.



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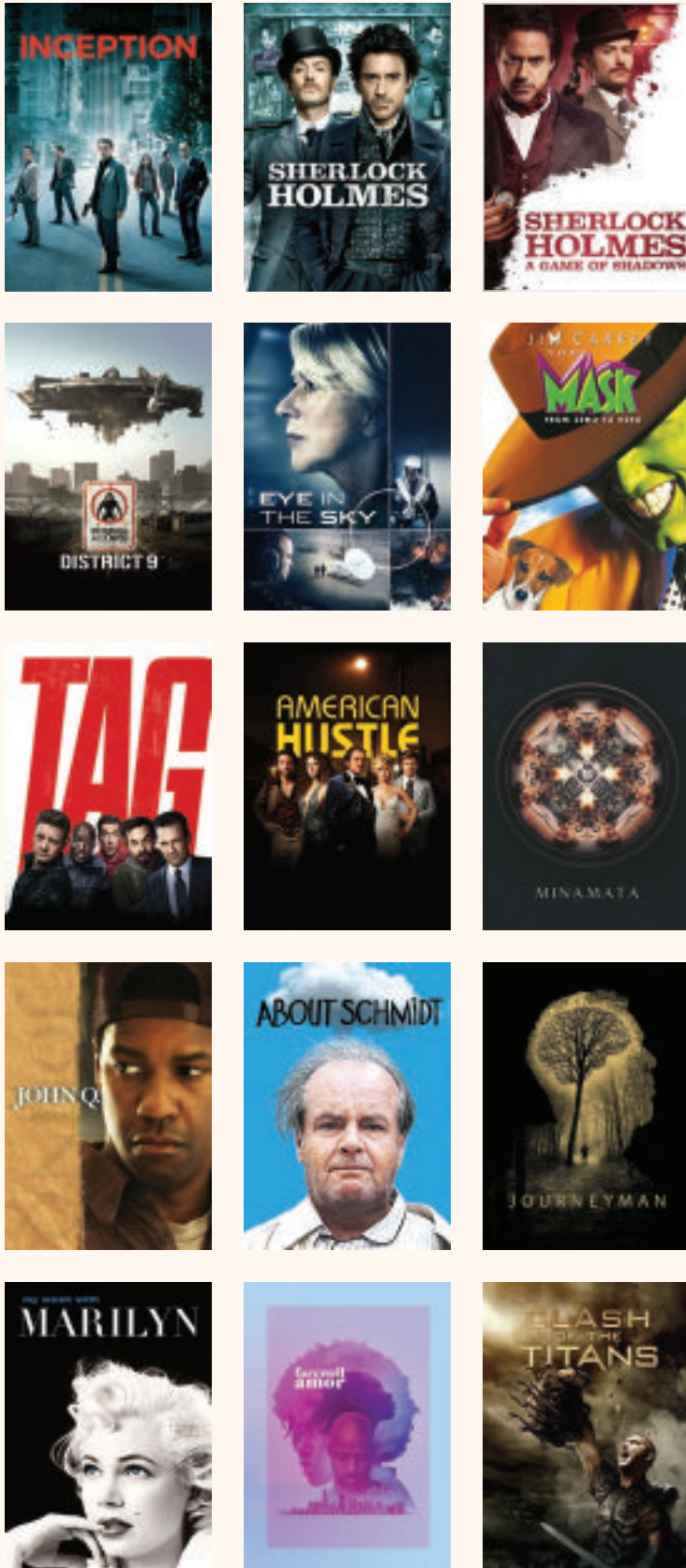
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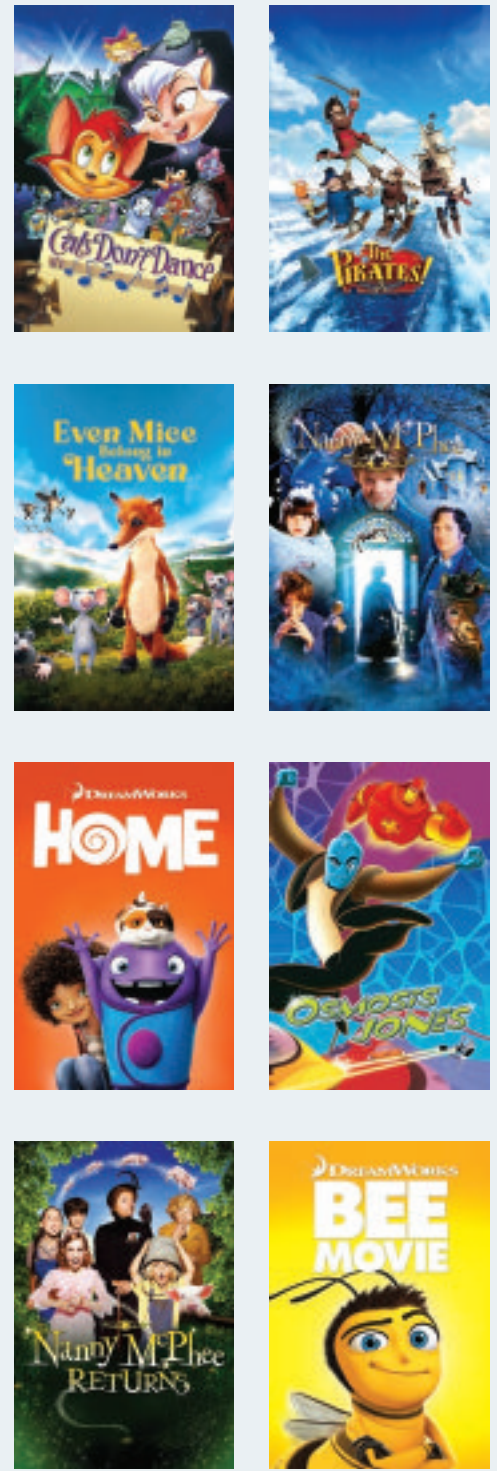
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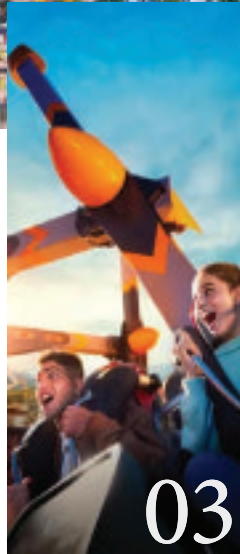
Journify



01



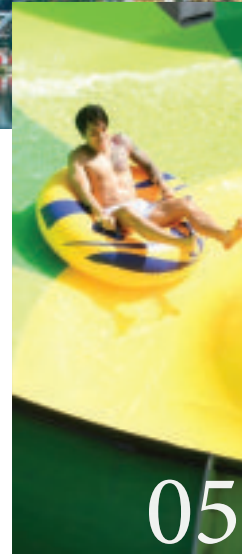
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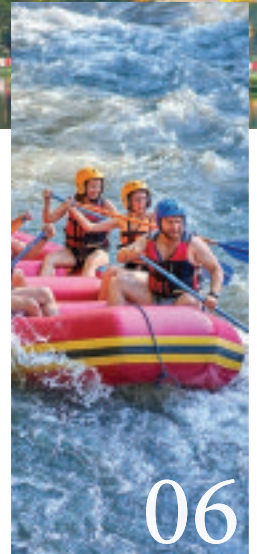
03



04



05



06

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Tamil



Malayalam



Telugu



Thai



Hindi



Freddy, directed by Shashanka Ghosh, follows the story of Freddy Ginwala, a lonely dentist portrayed by Kartik Aaryan. His only companion is a pet tortoise named Hardy. Despite his attempts to find a life partner through various matrimonial sites, Freddy faces constant rejection due to his lack of confidence in speaking.



Jhund is a 2022 Indian Hindi biographical sports film about Vijay Barse, a retired sports teacher who founded the NGO Slum Soccer. Vijay, from Nagpur, encounters troublesome teenagers in a nearby slum. Determined to make a positive change, he introduces football to them, aiming to transform them into disciplined players.

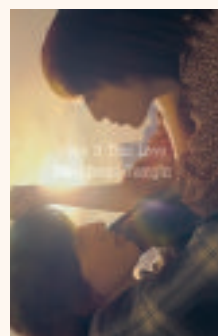


Forensic explores kidnappings in Mussoorie and the efforts of an investigation officer and forensic department to solve the case. It introduces the unsettling concept of children as serial murderers, drawing inspiration from the infamous case of Amarjeet Sada, India's "youngest serial killer".



Mohabbatein explores the clash between love and fear through the characters of Raj Aryan (Shah Rukh Khan) and Narayan Shankar (Amitabh Bachchan). Raj is determined to go to great lengths for love, while Narayan Shankar, a strict head of a prestigious educational institution, represents fear and believes that love brings pain.

Chinese



Japanese

Korean



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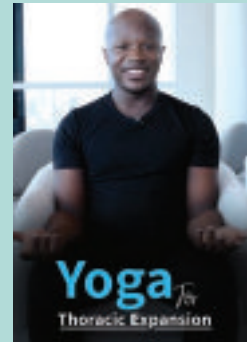
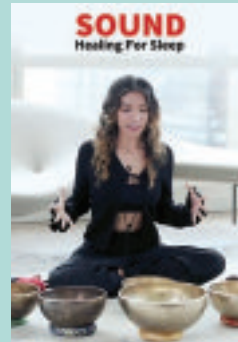
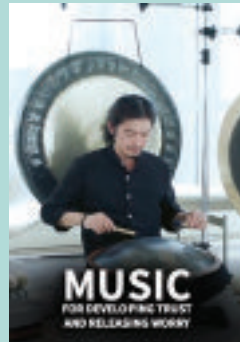
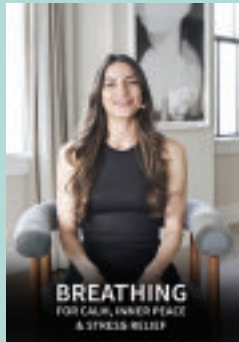
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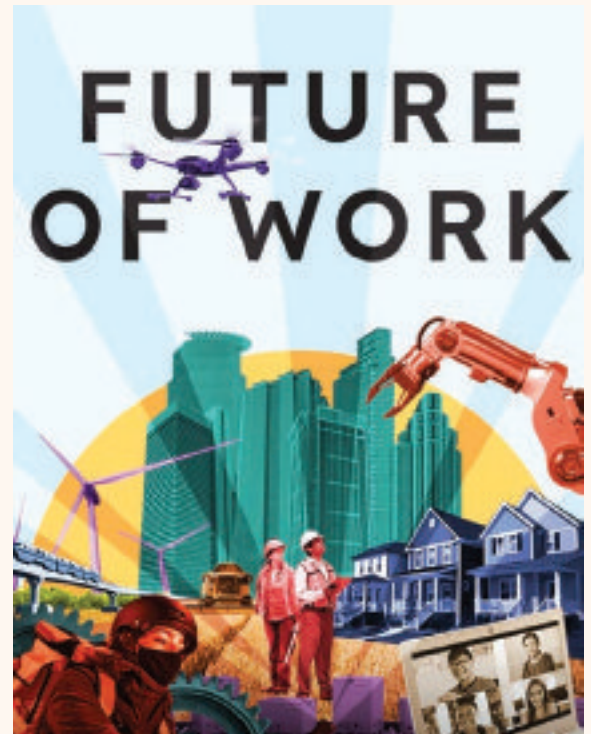
Comedy



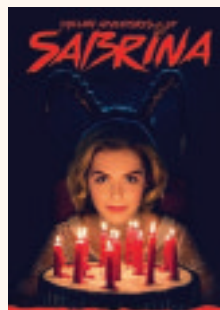
Business



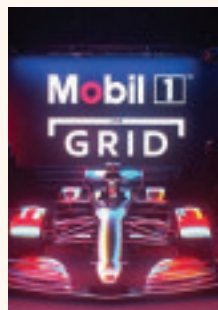
Science & Tech



Drama



Sports



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Japanese



Korean



Tamil



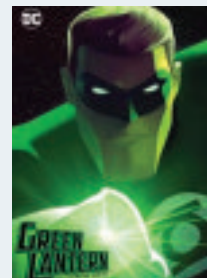
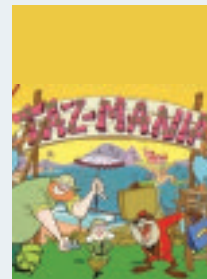
Arabic



Kids



Dragons: Race to the Edge is a TV series that expands the storyline of the *How to Train Your Dragon* franchise, bridging the gap between the second and third films. It follows Hiccup, Toothless and the Dragon Riders on new adventures, encountering unfamiliar dragons and overcoming challenges. With additional storylines and character development, the series appeals to children and fans of the franchise, providing an extended narrative.



Hindi



Pave the Way to Halal Business Growth at

19th MIHAS Malaysia International Halal Showcase 12 - 15 Sept 2023 | MITEC, KL

The halal industry is expanding rapidly and is expected to reach USD5 trillion by 2030. Thus, the **Malaysia International Halal International Showcase, MIHAS 2023** is an excellent gateway to achieve that. Hosted annually by the Ministry of Investment, Trade, and Industry (MITI), and organised by the Malaysia External Trade Development Corporation (MATRADE), MIHAS plays a significant role in galvanising the global halal industry and stimulating innovation. It provides a platform for industry players, such as buyers, investors, and entrepreneurs, to network, form strategic partnerships, and expand their businesses.



MIHAS 2023, in its 19th edition, is anticipated to be the largest ever, with over 35,000 visitors from around the world and 1,500 booths targeting 40 country pavilions. With the theme - 'Paving the Way of Halal', this event is a must-attend that showcases the latest halal trends, technologies, and innovations across 13 clusters:

- Food & Beverages
- Modest Fashion & Lifestyle
- E-Commerce
- Education
- Retail & Franchise
- Food Technology & Packaging
- Pharmaceuticals & Medicals
- Media & Recreation
- Islamic Finance & Fintech
- Cosmetics & Personal Care
- Muslim-Friendly Hospitality & Tourism
- Services & Enablers
- Islamic Arts & Crafts

In addition, MIHAS has an exciting event in store which is the **International Sourcing Programme (INSP)**. This exclusive one-on-one business meeting programme connects foreign buyers and Malaysian exporters and has already generated a whopping RM745.2 million in sales during INSP 2022.

Another not-to-be-missed programme is the MIHAS **Knowledge Hub** that focuses on knowledge sharing about the global halal industry. The Knowledge Hub includes conferences, forums, and seminars with leading keynote speakers, industry experts, and thought leaders, a valuable platform for the global halal business community.

Further, MIHAS collaborates with leading industry partners and partners with Malaysia Airlines, the official airline for MIHAS 2023. This ensures that both local and international participants attending MIHAS have access to a top-notch carrier.

In today's fast-growing global halal trade and industry, MIHAS is an essential event for businesses seeking to gain a foothold in the global halal industry. Don't miss out on this incredible opportunity to discover the world of halal at MIHAS 2023 from 12 to 15 September 2023 at the Malaysia International Trade & Exhibition Center (MITEC).

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Trance Nation 2023

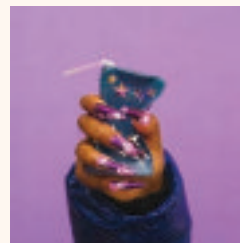
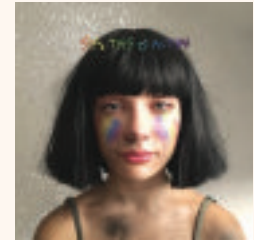
Experience the transcendence of *Trance Nation 2023*, an eagerly awaited album that sweeps you away with electrifying beats and enchanting melodies. Featuring top artists like Calvin Harris, Ellie Goulding and David Guetta,

this extraordinary compilation showcases the finest trance tracks carefully curated to ignite your senses and transport you to a euphoric state. Immerse yourself in pulsating rhythms and soaring melodies, surrendering to the captivating allure of the genre. Each track is a testament to trance's artistry and innovation, propelling you through a kaleidoscope of emotions and uplifting your spirit. Whether a dedicated fan or a curious newcomer, *Trance Nation 2023* guarantees an unforgettable sonic journey that leaves you yearning for more.

R&B



Memories



The Hits



Cantonese



Mandarin



Hindi



Tamil



Soundtrack



Malay



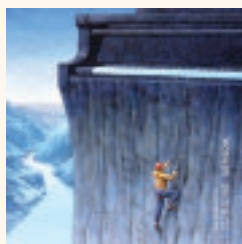
Japanese



Korean



Relax



Podcast



Indonesian



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A tribute without borders

As Malaysia celebrates its 66th Merdeka (Independence) this month, we train our lens on how national pride transcends boundaries for Malaysians who are travelling overseas. Surrounded by the majestic sand sheet of Pasir Berbisik (“whispering sand”) in Indonesia’s East Java Province, Sony World Award-winning Malaysian photographer Ruzely Abdullah was inspired to pay tribute to his country by capturing the image of a man (his assistant) riding a horse while proudly waving a Malaysian flag. It’s a dramatic metaphor and touching tribute to *tokoh Melayu* – leaders of pre-independent Malaya – who fought for the country’s freedom from the British Empire in 1957. This year’s National Day Celebration, to be held in Putrajaya on 31 August, will carry the theme “Malaysia MADANI: Tekad Perpaduan Penuhi Harapan” (Malaysia MADANI: Determination of Unity Fulfils Hope).



IMAGE: RUZELY ABDULLAH

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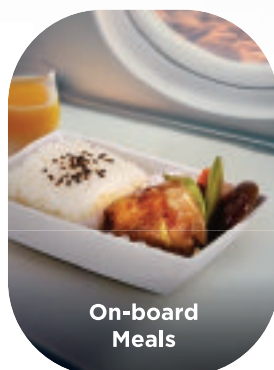
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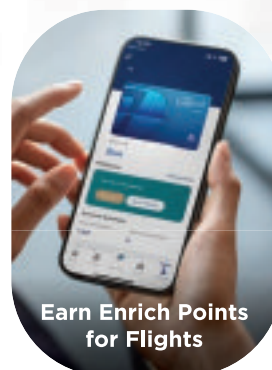
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