



Going Places

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

SEPTEMBER 2023

Rise and shine in Sarawak

Charming homestays and coffee farms beyond
the capital are exciting new reasons to visit



**24 HOURS IN
SEBERANG PERAI**
Food and nature abound
on Penang's mainland

**A MALAYSIAN
IN TOKYO**
A tour of Japan's capital
with blogger Cheesie

+
13 reasons
to fall in love
with Malaysia



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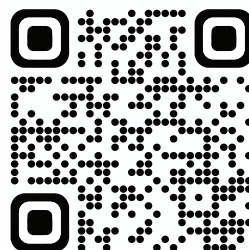


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For more information:



SEPTEMBER 2023

Contents

33

24 hours in... Seberang Perai

From fish head curry to 15 types of durian, the mainland side of Penang State is an urban food hunter's dream



38

Caffeine high

Discover coffee farms in Sarawak's highlands

IMAGE: THINNESS KUMAR

9 13 reasons to love Malaysia

Young and successful Borneans; this season's most extravagant mooncakes; a fun run with pets; and more

69 This is MH

Malaysia Airlines welcomes new 737-8 aircraft; Enrich scoops up awards and other news from MAG

76 Our network

Travel around Malaysia and the world with Malaysia Airlines, Firefly and MASwings

81 Now showing

Be entertained with the latest inflight movies, television shows, podcasts and music



21

Elevate

A community arts festival in Sydney; slow-living on a barge in London; sustainable travel in Bali



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Aerial view of Kuching.
Photo: Adobe Stock
Images/annuar83

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www.ink-global.com

MCI (P) 056/05/2023

Printed by: United Mission Press Sdn. Bhd.
Business Registration Number: 755329x

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As a global organisation, we celebrate diversity across all walks of life and are proud to showcase the uniqueness of our Malaysian culture to the world – from our aircraft livery, curated offerings, to connecting our passengers to hidden gems and domestic wonders the country has to offer. As we celebrate Malaysia Day this month, I invite you to experience the rich traditions, cultures and cuisines across Malaysia together with our airlines Malaysia Airlines, Firefly and MASwings. While we take you to your destination, our commitment remains in ensuring an enhanced travel experience that provides convenience, comfort and flexibility to your journey.

As part of our ongoing fleet modernisation plan, we look forward to welcoming the first Boeing 737-8 aircraft into the Malaysia Airlines fleet later this month. The new aircraft exterior proudly displays our signature livery, adorned with the Malaysia flag and the iconic 'wau' logo. Notably, the 'wau' logo has been refreshed to incorporate an intricate songket motif in elegant gold hue; symbolising our pride, forward vision and national aspirations. This theme is tastefully extended throughout the cabin, with the seat upholstery fitted with debossed batik pattern. We expect to receive a total of 25 new 737-8 aircraft until 2026, thereby replacing our existing 737-800 NG fleet and cater to our future network growth requirements, as part of our commitment to deliver the highest standards of safety and efficiency in our operations.

Similar to our refreshed Boeing 737-800 NG aircraft, customers can enjoy the airline's wireless in-flight entertainment (W-IFE) system, MHstudio, which provides access to over 500 on-demand

entertainment options as well as personalised shopping experiences, so you can enjoy the journey on your own terms – anywhere and anytime. In the pipeline, the aircraft type will offer high-quality internet connectivity through MHconnect, allowing customers to stay connected throughout their journey, so do stay tuned for the roll out.

As part of our continuous pursuit in addressing travellers' needs beyond flying, we are also committed to providing comprehensive services within our ecosystem of offerings. Through our Journify platform, customers can discover new places, plan their trips and shop local favourites – all in one place. You can even buy our travel pass, MHflypass Malaysia, to discover the beauty of Malaysia or even explore neighbouring cities through MHflypass ASEAN. Our travel pass provides better flexibility for your travel plans because you can plan up to three return trips in the year, enjoy unlimited free date change and take advantage of the Go-Show Flexibility benefit which allows you to board an earlier aircraft with the same travel schedule, subject to seat availability. On top of this, our flagship Journify2U service provides the convenience of having your items delivered to you at the boarding or arrival gate. We also offer various airport services, such as Meet & Guide and lounge access, to make your entire travel journey a more seamless experience.

As we embark on this exciting journey of growth and transformation, I extend my heartfelt gratitude for your continued support in us. Whether you are a frequent flyer or if this is your first time on our airlines, we are honoured to be a part of your journey and look forward to creating many more experiences together.

I wish to assure you that our steadfast dedication to excellence, safety, and customer satisfaction remains unwavering. We look forward to welcoming you on board our flights and continuing to serve you with the utmost dedication.

Thank you for your continued trust and loyalty, and we hope to see you onboard again soon.

Izhah Ismail

Group Managing Director
Malaysia Aviation Group



ريزب هيڊوڤن ليبار تڠكو حسنال
TENGGU HASSANAL
WILDLIFE RESERVE

Step into the enchanting realm of the Tengku Hassanal Wildlife Reserve! The pristine gem of Pahang

Prepare to be captivated by breathtaking photographs related to the beautiful haven, unveiling the cherished secrets of Pahang's pristine wildlife sanctuary. Behold the lush forests and captivating wildlife, each image a portal to curiosity and wonder.

This sanctuary's essence will seep into your soul. So delve deep, and let your heart guide you on this extraordinary journey through the wonders of the Tengku Hassanal Wildlife Reserve.



Every issue, we scour far and wide to bring you stories about Malaysia Aviation Group's airlines destinations. While every city has its own allure and reasons to visit, it is the stories about Malaysia that we get really excited about, especially when it presents an opportunity to shed light on something less known, yet not less worthy, of a visit.

On 16 September we celebrate Malaysia Day – marking the unification of the Malaysian peninsular with Sabah and Sarawak – and it's only appropriate that we venture a little deeper into Sarawak's Ulu Baram region and explore how *orang asal* (original people) farmers in Long Banga are pioneering coffee agriculture in the region's highlands (p38). Imagine waking up in a traditional homestay run by warm and welcoming orang asal hosts, surrounded by acres of Liberica coffee, from which the eponymous beans are harvested, before being hand-dried and roasted just for your morning brew. In the afternoon, you can go for a walk in Long Banga's mountainous area, or accompany your host to a neighbouring village to visit other farm homestays, and maybe stay for a meal with the locals. The experience of visiting this remote part of Sarawak is slow travel at its best, and it is pure bliss.

Speaking of slow travel, you'll want to know about a very pleasant and peaceful way to experience luxurious living in the middle of London – on a revitalised barge (p22)! Also, if you're in Penang state, hop on over to the mainland side, Seberang Perai where a fantastic foodie trail – from thick and aromatic fish head curry to 15 types of durian – and hiking adventures await (p33). We've got so many more places to explore, so let's get going!



Shermian Lim
Editor

This issue's contributors



Muhd Hidayatullah
Photographer, "Rise and shine", p38

Hidayatullah is a KL-based photographer and filmmaker, specialising in portrait and travel photography. He currently works as a humanitarian photographer for AusRelief.



Jacob Stead
Illustrator, "3 ways to spot idols", p25

Jacob is an illustrator based in Bristol, United Kingdom. He enjoys working on conceptual, ideas-based illustration, whilst incorporating a sense of fun.



Marco Ferrarese
Writer, "Rise and shine", p38

Marco is a Penang-based guidebook author and travel journalist inspired by the offbeat and the unusual. His work has been published on *Lonely Planet*, *Nikkei Asia* and the BBC, among others.



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13 REASONS TO LOVE MALAYSIA

Bold flavours, inspiring people and unforgettable places



1 Penang A touch of heritage

Located five minutes away from Batu Ferringhi, and opening out into the expanse of the Andaman Sea, the Angsana Teluk Bahang is quintessentially Penang. Designed by internationally acclaimed designer Omar Khan, this idyllic escape pays tribute to the state's Peranakan heritage with the arresting teals and pinks of its interior décor. The Angsana's 235 rooms and suites feature a panoramic view of the northern tip of Penang – some are even outfitted with private plunge pools and sky gardens. Head out of the resort grounds and be surrounded by the lush natural beauty of Teluk Bahang, the site of the Penang National Park, or stay in and gaze at the Andaman from the deck of the Angsana's infinity pool. [angsana.com](https://www.angsana.com)



2

Bintulu

Aiming for the sky

The Borneo International Kite Festival returns to Bintulu from 27 September to 1 October after a three-year hiatus. Participants from over 30 countries – including the US, UK, Hong Kong, Greece and Kuwait – are expected, as well as street food hawkers and cultural performers from across Malaysia. Get more details from the Borneo International Kite Festival's Facebook page.

Kuala Lumpur

3

Celebrate Halloween for a cause

Costume up for charity with the M-150 Halloween Fun Run and Carnival taking place on 14 and 15 October in Pavilion Bukit Jalil. Choose from the 3km Fancy Dress Walk-A-Run or the 8km Fun Run, or simply get your spook on with the two-day Halloween carnival that features a costume competition, live performances and a slew of food and lifestyle vendors. [instagram.com/m150heritage_halloweencarnival/](https://www.instagram.com/m150heritage_halloweencarnival/)



4

Penang

Keeping it clean

Every year since 2018, volunteers hike up Penang Hill for some *plogging* (jogging while picking up trash) to preserve and protect the status of the Unesco Biosphere Reserve. With participation growing each year, Trash Free Hill 2023 on 24 September looks set to be the biggest one yet. [fb.com/mypenanghill](https://www.facebook.com/mypenanghill)



5

Kuala Lumpur

Where everything works

Living up to its name, the walls of Whatever Works Coffee are adorned with graphic posters, a nod to the ultra-hip live gigs, stand-up shows and workshops they host. Siblings Ellina, Faliq and Aamyra helm the coffee shop, while next door, their parents run a charming homestay: a kampung-inspired bungalow with distinctive Balinese décor. Come for the craft coffee, stay for the chill vibes. [instagram.com/wwcoffee.co](https://www.instagram.com/wwcoffee.co)



Scan to book travel packages in Kuala Lumpur with MHHolidays.



6

Selangor

Down to earth

The natural history of Southeast Asia gets special attention at Sunda Shelves, an independent bookstore and café in Petaling Jaya that is named after the southward extension of mainland Southeast Asia. With its pared-back interiors, the books are clearly the focal point here. Browse through new and second-hand books, journals, art prints and artisanal merchandise while enjoying some local coffee and curry puffs. [instagram.com/sunda.shelves](https://www.instagram.com/sunda.shelves)



7

Malaysia

A young Sabahan multi-hyphenate paves his own path to success

Known for his funny videos with his grandmother, Adam Shamil has grown leaps and bounds since his early YouTube days. Today, the Kota Kinabalu-born lad, 29, has carved a name for himself as a professional emcee, content creator and singer-songwriter.

How did you first get into content creation?

I started making videos in 2016, when my Peninsular Malaysian friends thought that I was Indonesian from the way I speak. To address issues pertaining to the misconception of Sabah and Sarawak, I decided to start a YouTube series titled *Get It Right* which amassed millions of views across social media. That became the starting point of my career. The latest music video that has gained the most traction is for my single "Mansau". It's written by award-winning songwriter Benn Simon Bukag and is about local Sabahans who miss their friends, and everything about home. On YouTube, as of this writing, it has 9 million views and counting!

Your grandmother, Rose Cheam, is often featured in your videos. How did you get her to agree to do videos with you?

Honestly, when I first started making videos, my grandmother wasn't aware that I was recording her. If you look at the videos from the earlier days, everything that you see is raw and not staged. My grandmother

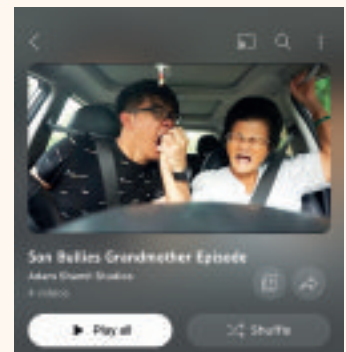
“

Being recognised isn't just about personal gain, but a light of hope for every Sabahan that we can do it”

was a little frustrated when she found out, but was quite supportive after knowing that tens of thousands of people found happiness in the videos. You can also catch her in the music video for my latest single, "Bantu", which was released in May.

What does it mean for you to be a Sabahan and make waves on the national stage?

I take pride in being able to represent my state and carry the Sabahan flag up high with my talents. To me, being recognised isn't just about personal gain, but rather, a light of hope that I carry and represent for every Sabahan to let them know that we can do it. [youtube.com/@AdamShamilBah](https://www.youtube.com/@AdamShamilBah)



WORDS: NOVA RENATA

8

Kuala Lumpur

Saving the earth in style

It all began when Muhammad Harrith Hasmadi wanted to give Abdul Muhaimin Abdul Hadi – a fashion design graduate who was struggling to find work during the pandemic – a much-needed distraction. The latter had outgrown some old clothes and asked his friend to repurpose the apparel into tote bags. Soon after, the pair created Hashadi, which specialises in upcycling donated local fabrics into stylish clutches, totes and the futuristic Separó crossbody bags. [instagram.com/hashadi_](https://www.instagram.com/hashadi_)



9

Kota Kinabalu

A fun run with pets

Malaysia's only pet-friendly run returns to Kota Kinabalu on 24 September. With a mission to raise awareness on animal welfare, the Wild Run 2023 features the 3km Pet Run for you and your furry friend, the 8.5km Open Run, and even a virtual run for those outside the city. [fb.com/wildrunmalaysia](https://www.facebook.com/wildrunmalaysia)



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10

Malaysia

Over the moon

Celebrate the Mid-Autumn Festival in style with yummy and extravagant mooncake creations from these hotels

Four Points Sheraton

Lady Yi's Tea House at Four Points Sheraton captures the magic of Mid-Autumn and its vibrant lanterns with its Timeless Treasures Mooncake Collection. The four mooncake flavours come stacked in an intricately crafted lantern box, with motifs drawn from Peranakan culture. ladyyisteahouse.oddle.me/en_MY

EQ

Indulge in EQ's Celestial Treasures range of traditional and snowskin mooncakes, including the signature Golden Charcoal Musang King Durian. The Mid-Autumn delicacies come in four elegant box designs with Jade Rabbit motifs – most notably the Autumn Box, styled into a bespoke valise. equalalumpur.equatorial.com

St. Regis

St. Regis pays tribute to Caroline Astor's love for jewels with its exquisite pastel and pink crafted trunks. Choose from a collection of mooncakes in the Classic Trunk, or the grand eight-yolk Prosperity Mooncake in the bejewelled, limited-edition Swarovski Super Mooncake Trunk. stregiskl-preorder.oddle.me/en_MY



Penang

Making tea cool again

With its retro-chic interiors and unique tea offerings, Wu Wei Tea puts a fresh spin on the traditional Chinese teahouse. Alongside its fine selection of Chinese teas, this hidden gem serves up a variety of tea-based ice-cream, with flavours ranging from Pu'er, Tie Guan Yin, Da Hong Pao and Jin Jun Mei to Ceylon and Hojicha. wuwei-tea.com



12

Kuala Lumpur

A children's classic brought alive on stage

The Malaysian Philharmonic Orchestra teams up with Classical Kids Live! to bring this popular children's tale to life. *Beethoven Lives Upstairs* tells the story of Christoph, a boy who befriends the boarder upstairs, who is none other than Beethoven himself. Gerard Salonga leads this joyous ode to the great composer on 23 September. mpo.com.my



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13

Malaysia

A young Sarawakian luthier makes international waves

Samuel Wong Li Wei, 26, recently made a splash in the international world of luthiery, or the construction and repair of stringed instruments. He won a silver medal for his crafted violin, Martha, in the 17th International Violin-making Competition organised by the National Association of Artistic Italian Lutherie (ANLAI) in Pisogne, Italy, last June. Here, he talks about his blossoming luthiery career.

How did you start as a luthier?

There are few luthiers in Malaysia, as violin making is not a very common profession. I was deeply drawn to the structure of the violin even before I started my undergraduate degree in violin performance. It was only after completing my degree that I chose to pursue a career in luthiery.

“

To me, a humble attitude in learning is also essential”

Working at Deciso – a violin workshop and music school in Bandar Sri Damansara in Selangor – under veteran luthier Tan Chin Seng has been fulfilling and rewarding. I’m fully committed to devoting all my passion and efforts to my work as a luthier.

What does it take to become a violin maker?

Violin making involves a high level of patience and sensitivity, plus deft hands and sharp eyes. Every detail of the instrument, be it large or small, must be crafted with the utmost dedication. Without a heart for it, there is no point in making or playing the instrument. To me, a humble attitude in learning is also essential.

What is it like to be a Sarawakian making waves on the international stage?

In recent years, we’ve seen more Sarawakians making waves internationally, such as diver Dato’ Pandelega Rinong and musician Alena Murang. I do believe that we Borneans are a talented bunch, and I’m proud to be another Sarawakian making a wave. With the recent win at the 17th ANLAI competition in Italy, my role as a craftsman now takes on a different dimension. I will strive to build up my skills and experience in violin making so that in years to come, I may represent Malaysia in the most challenging and prestigious international competitions. **deciso.my**

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Step into the foyer at the entrance of the halls, and you'll be greeted by designs and patterns inspired by Malaysia's traditional handicrafts and weaving. The wall panels and screens pay homage to the intricate hardwood carvings from the East Coast of Peninsular Malaysia, while the floor designs showcase the beauty of 'pandan' weavings and 'bertam' palm wall mattings. The PETRONAS Twin Towers' design incorporates Islamic geometric forms known as Rub El Hizb, resulting in captivating eight-pointed star-shaped floor plates that embody the principles of unity, harmony, stability, and rationality adding a touch of cultural heritage.

Prepare to be mesmerised by panoramic views that stretch as far as the eye can see when you go on PETRONAS Twin Towers' exclusive tour packages. The Symphony Tour grants you behind-the-scenes access to the prestigious Dewan Filharmonik PETRONAS, where you can witness the rehearsal sessions of a world-class symphony orchestra. Alternatively, the VIP Visit offers an extensive briefing about the towers, followed by a guided tour to the Skybridge and the Observation Deck. With special arrangements for reserved parking and dedicated lift services, this package ensures a seamless and exclusive visit, enhancing the overall experience. The guided tour, spanning approximately 45 minutes, begins at the Skybridge on the 41st Floor, a breathtaking structure suspended 170 meters above the bustling city streets.

But that's just the beginning. On the 83rd Floor, delve deeper into the story of the Twin Towers as digital displays and informative videos provide further insights into their design and significance. Explore the architectural masterpiece through interactive Augmented Reality (AR) screens and scale models, to gain a deeper understanding of its grandeur. As the tour continues upward, you'll reach the Observation Deck on the 86th Floor, where a mesmerising panoramic view of the city skyline awaits.

Beyond its grandeur, the PETRONAS Twin Towers exemplify a commitment to sustainability. With a significant 21.6% reduction in carbon emissions compared to 2019 levels, these towers stand as a beacon of environmental consciousness. Additionally, the office of the Twin Towers successfully recycled a remarkable 3,692 kilogrammes of waste in 2022, showcasing their dedication to responsible practices.

To conclude your visit, make sure to visit the PETRONAS Twin Towers' Gift Shop for a selection of memorable souvenirs to commemorate your extraordinary experience.



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Lower Ground (Concourse Level), PETRONAS Twin Towers, Kuala Lumpur City Centre, 50088 Kuala Lumpur, Malaysia.
Enquiries / Ticket Reservations: +603-2331 8080
Visiting Hours: 9.00 a.m. - 9.00 p.m. (Last admission at 8.30 p.m.)
Closed on Mondays, Hari Raya Aidilfitri and Aidiladha.
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- petronastwintowers.com ● skybridge@petronas.com
- [PETRONAS Twin Towers](#)
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ELEVATE

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



SPOTLIGHT

Arts for all

The month-long Dubbo Dream Festival, a community initiative held in the eponymous Australian city approximately 400km north-west of Sydney, promises an interesting mix of events for single and group travellers.

There's a classic car show, a production of *Sleeping Beauty* by The Czech Ballet, the Dubbo Writers' Festival and a live music event at the

Taronga Western Plains Zoo called Zoocoustic.

But it is the Dream Lantern Parade that continues to be the main draw of the festival. Scheduled for 9 September, expect over a thousand people – including children from local schools – to showcase hand-built lanterns designed to look like life-sized bears, fish, tigers and zebras. dreamfest.com.au



Discover Sydney's hidden gems with Malaysia Airlines' latest captivating destination film on YouTube



DESIGN

Life in the slow lane

Slow living in the middle of **London**? Yes, on a refurbished luxury barge **BY REBECCA HALL**

The 24/7 hum of London is alluring and, at times, intimidating. As a frequent business traveller to the city, I have seen boats moored along the canals and wondered if they were open to visitors seeking a slower living experience of London. A web search led me to the *Papillon*, a century-old, 55ft barge on its permanent mooring in Little Venice, that opened in the summer of 2022.

Boat hotel stays are seen as a novelty, but my time aboard the *Papillon* was an escape to nature – right in the middle of London, no less! Sequestered in an affluent residential portion of the Grand Union Canal near Paddington Basin, the cacophony of city life is kept at bay, and I could properly enjoy the scene before me; willow trees bending into the water, canal waves splashing against the sides of the boat and waterfowl gracefully gliding by.

The *Papillon* is simple and modern. Inspired by the soothing Japandi (Japanese and Scandinavian) aesthetic, the interior living space features birchwood panels on the walls, clean



“

Owning a boat helped me realise canal lifestyle is an antidote to city life”



eateries like the oak-panelled Warwick Castle, which serves delicious traditional Sunday roasts amongst its extensive pub menu, and the London Shell Co, a popular seafood barge restaurant that cruises to Camden and back as you dine.

Enjoying the city while escaping its bustle is exactly what barge owner and former full-time set designer Sam Barbic intended for boat guests when she started Boutique Barges in 2014. She now leases out two boats: the *Papillon* (formerly called *Big Boat*) and *Velvet Morning*, a 53ft narrow boat that sleeps four. Barbic also provides WiFi for those looking for a unique workation.

“London living often means being crammed in flats with little access to nature,” Barbic shares. “The canals run through the middle of the city, presenting an opportunity to base yourself centrally, yet have the space and environment for more freedom. Owning a boat helped me realise canal lifestyle is an antidote to city life. Its proximity to nature, and the relaxing effect of being close to water, induce a sense of calm.”
boutiquebarges.co.uk

and symmetrical lines, plus cotton and linen fabrics in muted colours. In the bedroom is a raised double bed with soft pillows and a feather duvet, while the living area can be converted into a spare bedroom for up to three more. The kitchen – Smeg appliances and a steel worktop – is small but luxurious. On balmy summer evenings, the *Papillon's* roof terrace is perfect for watching the world go by, and with its log-burning stove, winter would be a cosy time for an evening indoors with loved ones.

Despite being moored alongside the public towpath, there is minimal noise at night. Rising from a good night's sleep, the morning view through the open front doors is of moorhens jumping onto the front deck, pattering amidst potted ferns. Fresh bread, local jams, coffee, tea and milk are provided on the *Papillon* for a light breakfast. Nearby are





^ **Hoppers**
The first international outpost of Hoppers, which started in London, specialises in South Indian and Sri Lankan classics. Take your pick of fragrant biryanis and moreish curries, and be sure to sample the different chutneys and sambols. Vegetarians will love the idli vadai served in a spicy lentil stew topped with coconut and coriander chutney. hoppersqatar.com/hoppers-doha

^
DINING

Dine around the world

From homestyle Lebanese cuisine to South Indian and Sri Lankan curries straight out of London, **Doha** promises a vibrant culinary scene

BY NUPUR ROOPA

^ **Em Sherif Restaurant**
If you're craving for homestyle Lebanese cuisine in a fine dining setting, make a beeline for this elegant restaurant from restaurateur Mireille Hayek. Using only the freshest ingredients, the inventive menu features Wagyu hummus, fattouch salad with molasses made from pomegranate and the signature dessert Em Ali – a delightful rice pudding that includes orange blossom, rose water and caramelised puffed rice. emsherif.com



^ **Sushisamba**
A high-end sushi restaurant within the Waldorf Astoria Lusail, Sushisamba opened to much fanfare in May as the brand's second outpost in the Middle East (after Dubai). The menu includes Wagyu gyoza, which promises a beefy filling complemented by *kabocha* (Japanese winter squash) and sweet soy sauce. The Samba Doha maki features lobster and crispy rice. sushisamba.com



^ **Café #999**
Overlooking stunning views of Al Bidda Park and the West Bay skyline, this upscale modern Italian restaurant has an enviable location within Fire Station, the city's contemporary art hub. The brainchild of Groupe Ducasse Paris, it serves beloved flavours from Italy, including penne all'arrabiata, though it is the chocolate and hazelnut dessert pizza that's a must try. Keep your eyes peeled for the brick oven that proudly displays colourful graffiti by Qatari artist Mubarak Al-Malik. 999cafe.com



POP CULTURE

3 ways to spot idols

It's the season of new album releases and music awards in **Seoul**

BY WENTING ANG

Apart from majestic palaces and a thriving culinary scene, the capital city of South Korea is also the pulsating epicentre of Korean pop music (K-pop). From September to December, as idols release their comeback* albums, you can play your cards right at these locations for a chance to meet your bias**.

*refers to a K-pop band releasing a new album or music
**a fan's personal favourite member in a K-pop group

1 Attend live music TV shows

K-pop acts hit up TV shows such as *Music Bank*, *Show! Music Core* and *Inkigayo* when promoting new releases. Attend these live shows to watch your idols and enjoy the performances of other artistes free of charge. Tickets to KBS Musicbank and MBC Music Core are up for lottery on their respective websites, while details for the Simply K-pop live show applications are posted on their X (formerly Twitter) account weekly.

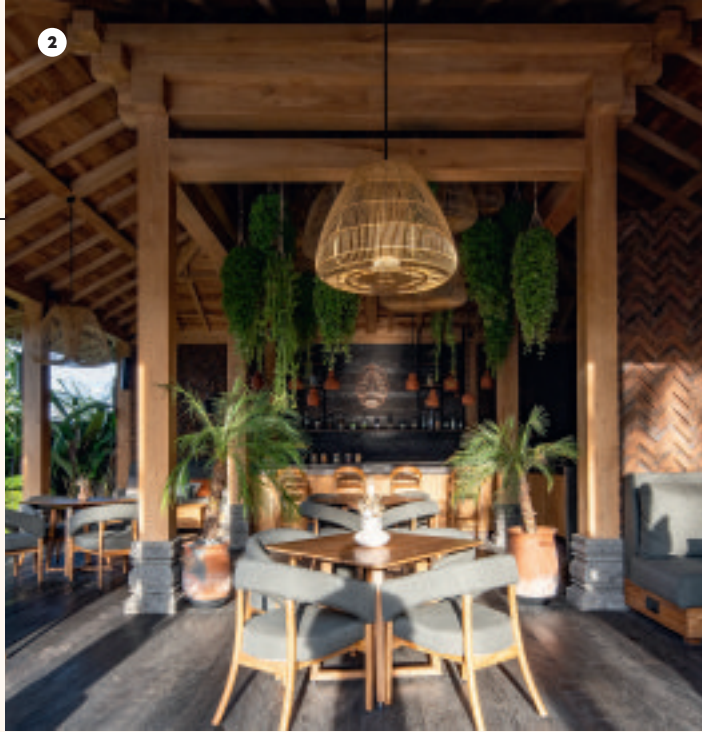
2 Head down to a radio show

Bands making a comeback will guest on radio shows – some also hosted by popular idols – that are open to lucky fans for viewing. Picture this: you standing in the front row, gazing at your K-Pop bias for two hours (or more) as they sing, dance and joke around. Bliss! MBC *Idol Radio* is hosted by Ateez's Yunho and Hongjoong, KBS *Kiss The Radio* is helmed by Day's YoungK, and solo singer Heize fronts KBS *Volume Up*.

3 Visit agency cafés

Entertainment agencies have their own cafés where you can stock up on band merchandise and limited edition releases during comeback season. Café de Konnect sits on the ground floor of Konnect Entertainment, founded by ex-Wanna One's Kang Daniel. Over the Rainbow Café is located at RBW Tower, which is home to acts like Mamamoo and ONEWE. SM Entertainment's SMT Lounge is also a popular haunt for K-pop fans.

► For links to the establishments mentioned in this story, visit goingplaces.malaysiaairlines.com.



ADVENTURE

Ethical travel

From an eco-friendly water park in Kuta to a solar-powered boutique resort in Canggu, here are five places merging conscientious green credentials, culture, luxury and adventure in **Bali** BY MEENAKSHI J

1 Ayana Farm

Jimbaran

Flex your green thumbs at the recently reconceptualised 2ha edible botanic garden at the sprawling Ayana Estate in Jimbaran. Here, you can learn more about sustainable farming practices and Bali's traditional farming methods. Through its Rediscover Agriculture initiative, visitors can engage in guided walks, hands-on

workshops and try their hand at farming practices like planting and harvesting. Ayana Farm's Apotek Hidup, a living pharmacy, showcases local plants and herbs used in traditional medicine, while its Farm-to-Bar Workshop invites guests to craft personalised cocktails and mocktails with freshly harvested edible flowers, herbs and spices. **ayana.com/bali**





2 Desa Hay Canggu

Tucked away in southern Bali's Canggu area, this family-owned boutique resort preserves up to 40 percent of its land as green space, with its six villas harmoniously blending into the surrounding verdant forests. Powered by solar energy, the resort provides eco-friendly amenities like bamboo toothbrushes and biodegradable slippers made from coconut husks and *mendong*, water grass used in craftware. All the ingredients used in the restaurants are sourced locally and waste is carefully managed through a composting scheme. desahay.com

3 The Apurva Kempinski Bali Nusa Dua

Set atop a majestic cliff in Nusa Dua, this swanky resort is



renowned for Koral, the first aquarium restaurant in Bali. It recently introduced a new four-course "Locaflair" menu that features freshly handpicked ingredients from the resort's rooftop hydroponic garden. In addition, the resort has established partnerships with local farmers, certified sustainable fishing practitioners and local coffee artisans to ensure they're sourcing only the highest quality ingredients. The dishes are a celebration of

natural flavours and textures, such as the zesty Limau (poached prawn paired with watercress salad) and the sweet and nutty Kemiri (white snapper ballotine). kempinski.com/en/the-apurva-kempinski-bali

4 Jumeirah Bali Uluwatu

Located in the southwest corner of Bali, this exclusive all-villa luxury resort in Uluwatu is the perfect

blend of luxury and history. Inspired by Javanese-Hindu culture, Jumeirah Bali's sustainable architecture reflects the ancient Majapahit's Amartha Water Palace, with the use of local materials such as teak and timber, and a sophisticated water conservation system of cascades, streams and pools. Other initiatives include advanced desalination and waste management, as well as community recycling efforts. At the oceanfront



Segaran Dining Terrace, they take a farm-to-table approach, serving meticulously crafted Indonesian flavours, such as *dadar gulung* (coconut pancake) made with palm jaggery and mango compôte. jumeirah.com

5 Waterbom Bali Kuta

The already popular waterpark looks set to attract a new group of travellers – eco-tourists. With the 3.8ha park built around existing flora and fauna in Kuta, over 50 percent of the area's greenery has been preserved and the park is the first carbon-neutral tourism operation in Bali. After a recent 1.3ha expansion, the park now features a 20m-high slide tower that features solar panels. waterbom-bali.com

ELEVATE



ESCAPE

Head for the mountains

From hot tubs that overlook the **Kathmandu** Valley to swimming pools filled with lake water, Nepal's nature retreats take relaxation to a whole new level

BY RIDHI AGRAWAL



Brimming with virgin nature and pristine snow-capped mountains, the beautiful countryside of Nepal offer captivating places to stay. Next time you find yourself in this landlocked country in South Asia, skip Kathmandu and Pokhara and head to these nature-filled retreats instead.



Namo Buddha Resort

40km from Kathmandu airport

At Namu Buddha Resort, cottages are built in the traditional Nepali architectural style, replete with delicately carved wood accents and a characteristic small wooden door that necessitates a bow while entering. Encircled by pine and Himalayan cherry trees, and set within a garden

lush with camellias and daisies, the cottages are literally ensconced in nature. Taking a farm-to-table approach to food, the meals here showcase seasonal delights such as pumpkin soup, orange juice and avocado salad, with many vegetables grown on-site. The resort also organises guided treks to the

nearby village of Phulbari or visits to the ancient trade route of Dapcha Chhatrebang town. From the resort, you can also trek to Panauti – about three to five hours away – an ancient town known for its artistic flair and historical monuments. namobuddharesort.com





Shivapuri Heights Cottage

13km from Kathmandu airport

Tucked away on the fringes of the Shivapuri Nagarjun National Park, this secluded haven surrounded by pine and rhododendron trees is where digital nomads can find their zen. Blend work and leisure from the comforts of your wood-and-brick cottage or “glamps” (luxurious tents with attached bathroom and shower), and enjoy home-cooked meals made from fresh, seasonal vegetables. Stretch those muscles with a short but invigorating hike to the Jamchen Vijaya Stupa before pampering yourself with a spa session or an Ayurvedic massage back at the resort. After a long day, unwind with a dip in the plunge pool or simply relax in the hot tub that overlooks picture-perfect views of the Kathmandu Valley. Foodies can also look forward to cooking classes featuring steamed dumplings and pickles. shivapuricottage.com



Begnas Lake Resort

200km from Kathmandu Airport

In the lap of the spring-fed waters of Pokhara's Begnas Lake, where waterfowl and forest species co-exist harmoniously, this charming lakeside resort attracts eco-conscious nature lovers. The cottages here are built using local stone, bamboo and clay, with porches that look out to the magnificent countryside and majestic Himalayan peaks. Few resorts master environmental

commitment, but Begnas Lake Resort has nailed it. Its green practices such as a swimming pool filled with lake water, pesticide-free gardens and a biogas plant that uses organic waste generated on the premises to support cooking in the kitchen. Explore the area's flora and fauna on foot or take a boat out for a spot of birdwatching. begnaslakeresort.com



INSIDER TIPS

A Malaysian in... Tokyo

Cheesie, the Johor Bahru-born blogger and content creator who focuses on Japanese culture and destinations, shares her favourite places to eat, relax and find creative inspiration in Tokyo **BY STEPHANIE YEAP**



I was born in Johor Bahru and now live in Tokyo, where I work in the inbound tourism industry. I started my blog *Cheeserland.com* 19 years ago as a personal diary to explore my interests in Japanese “gyaru” fashion and culture, which I discovered after watching anime and J-dramas as a teenager. It’s a style that plays on youth and femininity.

A highlight of my blogging career was being featured on the Japanese national television channel NHK when a production team came to Kuala Lumpur in 2011. I was attending university then and they were looking for people who loved Japanese style. Soon after I would get invited on business trips to Japan to promote its fashion and culture to people in Southeast Asia. These days, I work with local

prefecture governments, producing content that promotes the attractions, culture and history of the different regions. I’m making my way through Japan’s 47 prefectures, and have blogged about 38 so far.

I moved to Tokyo in March 2020. This was an impulsive move, as I wanted to be in Japan and continue work there before the borders shut. I love living here – Tokyo is a great base for me as it is close to Haneda airport and the Shinkansen rail, making it easy for me to visit other prefectures for work. Here are my favourite places to visit in the Japanese capital. [instagram.com/cheeserland](https://www.instagram.com/cheeserland)

Retail therapy

Preloved fashion is popular in Japan. For a day of vintage clothing shopping, I’d recommend Shimokitazawa, a buzzy neighbourhood filled with secondhand stores.

Head to **Flamingo** where they take older pieces and rework them. I used to be a big fan of “gyaru” fashion before I had children, but now I dress more simply and try to support homegrown brands. One of my



Shimokitazawa



Bien-Être Maison

favourites is **Public Tokyo**. The designs are more casual, but the clothing is made locally and is of high-quality. **Flamingo (2-25-12 Kitazawa, Setagaya Ward), Public Tokyo (7/F Shibuya Scramble Square, 2-24-12 Shibuya)**

My quiet time

To unwind, I love going to a peaceful shrine to read or jot down my thoughts on my phone for hours on end. One that I particularly like is **Nezu Shrine**. Located close to Ueno Park,



Tea in a quiet 'hood

Jiyugaoka in Meguro may be a lesser-known neighbourhood but its quiet charms draw me back time and again. It's a stylish area with European-style architecture and is notably home to a miniature recreation of Venice, replete with a red brick bridge, small canal and even a gondola! Whenever I'm here, I make it a point to visit **Kosoan Teahouse**, because traditional Japanese teahouses can be hard to find in metropolitan Tokyo. On a recent visit, I ordered *zenzai* (red bean soup dessert with roasted mochi), which was warm and comforting. **1 Chome-24-23 Jiyugaoka, Meguro City**

Reset and recharge

For a spot of nature, I recommend visiting the city of **Akiruno** in Western Tokyo, home to the Akigawa hot springs and **Seoto no Yu**, one of the best natural onsens in the Japanese capital. Then there's also **Hinohara** in the district of Nishitama, which is Tokyo's last remaining village. It's hidden in a forested, mountainous area so you'd have to take a long ride on a local train, before catching a bus to the village. **Seoto no Yu (565 Otsu, Akiruno), Hinohara-mura (Nishitama District)**

A slice of history

As a long-time enthusiast of Japanese culture and history, the pre-war neighbourhood of **Yanaka Ginza** interests me. It wasn't burnt down during the air raids in World War Two so there are many historical buildings remaining. Here, you'll find a mix of modern cafés and traditional shops selling crafts and ceramics. There are also shops that offer opportunities to try your hand at calligraphy or experience the traditional Japanese tea ceremony. **3 Chome-13-1 Yanaka, Taito City**



it is famous for a scenic path lined with *torii* (traditional red Japanese gate), which reminds me of the famous Fushimi Inari Taisha shrine in Kyoto. It's also particularly beautiful in spring when the azalea bushes come into bloom. **1 Chome-28-9 Nezu, Bunkyo City**

Sublime desserts

The hip neighbourhood of Yoyogi-Uehara is home to many cafés and dessert shops. I recently discovered **Bien-Être Maison**, which specialises in

parfaits made with seasonal ingredients. They also have a tantalising selection of crêpes and cakes. During a recent visit, I ordered a parfait with perilla leaves and cherries, which come into season in early summer. The café usually only accepts reservations, so be sure to book ahead. **1 Chome-17-11 2F 3F, Uehara, Shibuya**

The kids love it

I love taking my two children – aged seven and nine years – to **Keio Rail Land**. Located in the Western Tokyo suburbs, it's a great place for young ones as they can learn how trains work and simulate operating them. There are also several indoor playgrounds there, with our favourite being HugHug right next to Keio Rail Land. **3-36-39 Hodokubo, Hino**

Game for a fusion meal

My favourite restaurant to bring friends is **Gourmands**, which is located in Shin-ochanomizu station. It's fusion-French bistro but what's special is that the chef Hiroki-san is a hunter! He serves wild game and more traditional meats like beef, so there is a good selection. **2 Chome-23 Kanda Awajicho, Chiyoda City**



Malaysia Airlines flies between Kuala Lumpur and Narita 12x weekly.



Stay and play

Adventures await at Sunway Resort Hotel's kid-friendly spaces

For a family escape that ticks all the boxes, check out Sunway Resort Hotel. The lineup of family-focused rooms, facilities and activities caters to all kids, whether they love exploring, learning or splashing about in the sun

First stop: Waterventure. Sunway Resort Hotel's signature dedicated water-play space comprises shallow pools, water slides and play areas that are designed for kids to explore and play independently. Swimmers will also enjoy the resort's beautiful freeform landscape pool, where strategic LED lights, underwater speakers, lush foliage and cascading waterfalls create a magical experience. Plus of course – shady sundecks and sun loungers for parents to relax while supervising!

Youngsters will love Wonderland Explorers, the resort's educational kids club where they can learn through role playing and hands-on exploration. Your little Einsteins can try their hand at composting on the

rooftop urban farm to learn about food waste, or hide away in a quiet corner or technology room to pursue some independent learning. In collaboration with the Jeffrey Sachs Centre on Sustainable Development, the club was created to instill a foundational sustainability mindset in children.

When you need to recharge, head to Sunset Terrace, the all-day dining restaurant by the poolside. With its dedicated kids buffet area and range of cuisines and dishes, this is the perfect spot to find something for the whole family to enjoy. Or stop by the Premier Leisure Lounge for complimentary afternoon tea, evening cocktails and canapés. Located above Wonderland Explorers, the lounge is exclusively open to guests staying in the Waterventure Terrace, Family Terrace and Family Fun Suites.



The Wanderlust Family Vacation package includes a two-day, one-night stay for two adults and two children at the hotel's specialty family rooms, meals at Sunset Terrace and Black Tap Craft Burgers & Shakes.

The Wanderlust Family Vacation package starts from RM1,799+ per night. Head to sunwayhotels.com for more details.



Wonderland Explorers



Family Fun Suite

Pick your playground

Each of these unique stays at Sunway Resort Hotel can accommodate a family of up to two adults and two children – and come with exclusive access to the Premier Leisure Lounge which offers complimentary afternoon tea, evening cocktails and canapés.

Waterventure Terrace

Made for kids who can't stay out of the pool! The room comes with a private terrace that opens right onto Waterventure.

Family Terrace Room

Spacious and welcoming, the perfect space for families to stay together in style. Enjoy the pool view from the room's private balcony.

Family Fun Suite

The dedicated play space comes equipped with a gaming console, a large screen TV and karaoke machine. And complimentary treats!



24 HOURS IN

Seberang Perai

Words **CK Lam** Photography **Thinness Kumar**



Located on the northwest coast of Peninsular Malaysia, the state of Penang is beloved for its heritage, natural attractions and great food.

Penang comprises two urban areas: George Town, the Unesco World Heritage Site on the island of Penang, and Seberang Perai, a large district located on the mainland, about an hour's drive from the airport.

Though less well-known internationally than Penang Island, Seberang Perai – or Province Wellesley as it was known during colonial times – also has much to offer in the way of food and nature. Even archaeology lovers will also appreciate its location an hour

south of Lembah Bujang in Kedah, the site of Southeast Asia's earliest human civilisation.

Before you start your exploration of mainland Penang, first stop and admire the distinctive blue Perai River Swing Bridge, built in 1964 over the scenic body of water.

The structure not only connects the northern Butterworth Railway Terminal to southern destinations in Peninsular Malaysia, but also swings open to let larger barges and ships pass through.

From there, it's time for a full day for urban food hunting and a spot of hiking to burn off the meals.

Saturday

🕒 6am

Fitness with a view of Penang Island

Start your day bright and early with a morning walk or jog along the coastal road of Pantai Bersih as the sun rises. Literally named “clean beach”, this stretch of coastline in Butterworth offers sweeping panoramas of Penang Island that are especially pretty on sunny days. *Pantai Bersih, 13000 Butterworth*

🕒 8am

Hearty breakfast

After a vigorous workout, it's time to rest and refuel. At **Restoran Noor Mohamed**, tuck into a flavourful plate of *mee goreng sotong*, a popular dish of yellow noodles stir-fried with dried cuttlefish, boiled potatoes, egg and tofu.

For lighter fare, visit **Tong Kok Kopi Café** where Malaysian breakfast delights such as nasi lemak, free-range half boiled eggs, butter cake and Bengali roti with homemade *kaya* (coconut jam) are served alongside aromatic local brews. The menu also presents a selection of local noodle dishes. *3227, Jalan Kampung Benggali, Kampung Benggali, 12000 Butterworth; 1, Jalan Bukit Tambun, Taman Bagan Tambun, 14100 Simpang Ampat*



Fun facts to know about Seberang Perai, the mainland side of Penang state



946,000

Population of Seberang Perai as of 2020, making it the third most populous city in Malaysia

545m

Approximate height of the town's highest peak at Bukit Mertajam

Bujang Valley,

believed to be home to the first human civilisation in Southeast Asia, encompasses Seberang Perai, based on ancient relics found



🕒 10am

Hiking and fruit farm visit

Once you've filled your belly, take the 40-minute hike up to **Suling Hill** – also known as Bukit Langkap – in Kubang Semang, Bukit Mertajam. The trail offers postcard-perfect views of Bukit Mertajam city and its surrounding villages, Mengkuang Dam, as well as Penang Island on the horizon. At the top is a private meditation retreat. Visitors are welcome to explore the grounds – meditation pavilions sit beside small ponds amid banana and palm trees – without disrupting any ongoing meditation sessions. There's even a fruit farm, where you can purchase a wide selection of local fruits, including rambutan, mangosteen and 15 varieties of Malaysia's "king of fruits", the infamous durian.

Still raring to go and ready for a second hike? Head to **Bukit Berapit**, a 4.7-km loop on the northern side of the Bukit Mertajam Recreational Forest. The trek can be done in a single loop or split into two trails: one takes you to a majestic Thai-Burmese Buddhist temple built into the hillside, and the other leads to the colourful 328 Rainbow Stairs. *Suling Hill (Bukit Langkap), 14400 Bukit Mertajam; Google Maps: Berapit Hill Hiking*

🕒 12pm

A seafood lunch

There's a reason why **Ong Cheng Huat** is so popular with visitors – this no-frills restaurant in Butterworth serves up an array of local delights that are both tasty and affordable. Tuck into mouthwatering dishes such as deep-fried spring chicken, *heh piah* (prawn fritters) and blanched baby octopus. Wash it down with a refreshing glass of fermented coconut water. *Closed on Mondays. 6093, Kampung Pokok Keras, 13400 Butterworth*



IMAGE: KEN THO (BLANCHED BABY OCTOPUS)



🕒 **3pm**
Street art spotting

A visit to Seberang Perai is incomplete without popping by the quaint **Bukit Tambun** town. This fishing village is lined with heritage shophouses, some with murals featuring stars like Bruce Lee and Chow Yun-Fat, alongside characters from *Toy Story* and *SpongeBob SquarePants*. There are also murals depicting local life, including a fisherman reeling in his net, and quirky ones like a horse carriage that looks like it's breaking through the wall. *Bukit Tambun Street Art Murals, 24, 149, Bukit Tambun, 14100 Simpang Ampat*



🕒 **4pm**
Local treats for afternoon tea

Onde-onde with *gula melaka* (rice cake balls with coconut flakes and palm syrup filling), and *pulut tekan* with *kaya* (glutinous rice cake with coconut jam) at the spacious double-storey **Dua Sua Ka X De Antique Cafe** make for a delicious teatime treat. *49, Jln Arumugam Pillai, 14000 Bukit Mertajam*



🕒 **7pm**
Dinner in a Beatles-inspired bistro

Abbey Road Bistro Restaurant in Seberang Jaya is dedicated to – you guessed it – The Beatles, and serves bistro classics with premium wines. A must-try for seafood lovers is the Signature Lobster Thermidor (pre-order), while dessert has to be the Iconic Blue Box. This chocolate sea salt cake with a white marshmallow ribbon is a nod to the blue gift box from Tiffany & Co. Beatles fans will enjoy the vintage band photos everywhere. *Closed on Sundays. 6-GF, Lebuh Tenggiri 2, Pusat Bandar Sunway, 13700 Seberang Jaya*

“
Seberang Perai has much to offer visitors in the way of food and nature”





Sunday



🕒 9am-11am Shopping for local snacks

Soon Seng Heang is a traditional bakery that specialises in *tau sar piah* (mung bean biscuit) and *hiong piah* (brown sugar biscuit). Baked fresh daily, these flaky, buttery goodies make great gifts. *23, Jalan Besar, Taman Tangling Jaya, 14100 Simpang Ampat*

🕒 12pm Final pit-stop for lunch

Before you leave, indulge in a sumptuous lunch at the atmospheric **De Pauh Garden Restaurant**. The signature dish here is the *claypot kari kepala ikan*, a rich and flavourful fish head curry dish, but they also offer a variety of Thai and Western fare. *Closed on Tuesdays. 1618, Jln Permatang Pauh, Taman Pauh, 13500 Perai*



Where to stay in Seberang Perai

The Upper House
Located within a gated commercial precinct, this stylish hotel features a scenic rooftop swimming pool as well as a buzzy tapas bar. upper-house.com



Citadines Prai Penang
Featuring studio, one- and two-bedroom options, these serviced apartments offer the comfort of home in a swish hotel setting. discoverasr.com/en/citadines/malaysia/citadines-prai-penang



Malaysia Airlines flies between Kuala Lumpur and Penang 42x weekly. Firefly flies between Subang and Penang 63x weekly.



Scan to explore travel experiences in nearby Penang with Journify.



Scan to book travel packages in Penang with MHolidays.



Rise and shine



Words **Marco Ferrarese** Photography **Muhd Hidayatullah**



The remote village of Long Banga in the state of Sarawak is emerging from the shadows thanks to local coffee farmers striving to put Malaysian Liberica beans on the world map



Seated in a George Town café this past July, I glance at a menu filled with names of imported coffee beans from as far as Honduras and Ethiopia. I'm about to order an espresso when an unusual item sparks my curiosity: Liberica coffee beans cultivated in Malaysia? I had frankly never heard of it but a quick Google search tells me the Liberica bean originates from West Africa. My interest is piqued.

When my cuppa finally arrives, the very first sip confounds my expectations. My tastebuds are more attuned to the sweeter flavours and chocolatey aromatics of Arabica beans. Liberica's almond-shaped beans, on the other hand, have a slightly smoky flavour and a unique floral aroma. As I continue sipping and getting acquainted with this new bittersweet aftertaste, I recall a conversation from awhile back.

"You should check out what the local coffee farmers are doing in Long Banga," Alasdair Clayre had told me. He is a personal friend and an anthropology Ph.D candidate at the Universiti Malaysia Sarawak (UNIMAS) whose ongoing dissertation is on the identity politics of the Sa'ban *orang asal* (an umbrella term for the 60-something native ethnic groups of Sarawak and Sabah). We last met at Miri's Borneo Jazz Festival in June 2022.

The village he is referring to lies in a remote area on the upper reaches of Sarawak's Baram River, and even though it's quite sprawling, it only has about 300 permanent residents. Clayre isn't merely invested from an academic

standpoint – the connection with this remote community is a deeply personal one. Clayre's British missionary parents raised him in Long Banga until he was three years old, and since then, Clayre has returned to visit time and time again, earning the respect and acceptance of the village's Sa'ban and Kenyah Lepo Keh communities. Taking Clayre up on his offer, I decide to plan my trip to this scenic region known for its rugged, mountainous terrain and cosy homestays with *orang asal* families. Long Banga is also becoming an increasingly vital part of Sarawak's coffee industry, and its *orang asal* farmers were likely responsible for cultivating the beans that went into my aromatic cup of Liberica.

Like the ugly duckling of the coffee world, Liberica roughly accounts for only 2% of global coffee production and is best appreciated among niche speciality coffee connoisseurs – mainly because compared to the average 20% cherry-to-bean yield of the staple Arabica and Canephora or Robusta plants, Liberica's crops only produce 7%.

But because Liberica can grow below 800m of altitude, the plant adapts very well to lowland tropical Southeast Asia countries like Malaysia, Indonesia and the Philippines, where farmers have experimented with this brew for the past half-century. Yet it was only in October 2021 that Malaysian Liberica started getting more recognition, after beans from Johor-based coffee grower My Liberica won third place at the World Barista Championship in Italy.

Previous page: Coffee plants; coffee beans drying outdoors; en route to Long Banga
Left: Ludia Apoi (right) and her friend, Delfina Anak Sintan

THE EASIEST ROUTE TO REMOTE

Long Banga starts on the tarmac of Miri's airport. Long Banga's far-flung corner of northeastern Sarawak rubs borders with Indonesian Kalimantan and is best approached using one of the weekly flights operated by MASwings.

Using a small, unpressurised Twin Otter aircraft, the 55-minute flight to Long Banga feels like the start of an incredible Borneo adventure. We cruise at low altitude above broccoli-headed plains where the endless bends of the cappuccino-coloured Baram River unfurl like a shimmering golden snake. Soon enough, we almost touch the tip of the pristine 1,880m-high crests of the Tama Abu Range before descending amidst the rolling hills that flank Long Banga's airstrip, one of the shortest in Malaysia.

Clayre, who has agreed to act as my guide through Long Banga, is already waiting outside the only hall of this tiny airport. Our first stop is just across the airstrip – Billeng Lemdin Homestay, run by Ludia Apoi and her family. Their spacious wooden and concrete home is hemmed by verdant green fields, where they grow various crops, including Liberica plants. For entrepreneurial farmers like Ludia and her brother Madang Bilong, the success of their Liberica crops means less risk of losing produce – coffee beans aren't easily perishable, don't expire for over a year and are lighter to transport out of a mountainous region than other produce, such as pineapples or palm fruit.

Ludia greets me with a fresh cup of Liberica brew that she hand-dried and roasted. The taste is homey and full-bodied, and I relished every last drop. From there, we set out on a tour of a nearby farm operated by another Long Banga coffee farmer, Tomy Pangot and his wife, Anne. We walk through lush land dotted by fruit trees and man-sized coffee plants laden with red and plump Liberica cherries.

“

Coffee beans aren't easily perishable, don't expire for over a year and are lighter to transport out of a mountainous region”

“Liberica coffee is now produced in Serian, Kapit, Limbang, Miri, as well as the villages of Long Banga, and Uma Bawang in the Ulu Baram area,” says Dr. Kenny Lee, a globe-trotting coffee specialist and co-founder of Earthlings, a Kuching-based café, wholesaler and coffee academy.

During my visit, Dr. Lee is in Long Banga to check on the health of the coffee plantations that Earthlings had set up together with the local farmers. As part of their Sarawak Liberica Refinement project, Dr. Lee and his team collaborate with several grassroots *orang asal* communities across the state to observe and improve farming methods.

Dr. Lee was also one of the co-organisers for the inaugural Borneo Coffee Symposium held in Kuching in 2019, which brought together coffee experts from across the world to discuss how to uplift Sarawak's local coffee production. The event's positive reception inspired deputy chief minister Datuk Amar Douglas Uggah to propose Sarawak as a potential major regional coffee producer of the Liberica variety, and soon after, the Department of Agriculture Sarawak donated a thousand coffee seedlings to entrepreneurial farmer families in Long Banga and other coffee-producing villages across the state.

Clockwise from top left: Long San Bridge; coffee fruit; longhouse at Long Balong; Alasdair Clayre





Left page: Tomy Pangot, a Long Banga farmer
Right page: MASwings' Twin Otter aircraft

Lee believes that Long Banga's farmers are capable of producing premium Liberica beans that can be sold at competitive prices to speciality coffee markets worldwide.

"I'll buy up to 3,000kg of beans directly from Long Banga's farmers at a higher price every year so that they will understand that if they produce good-quality Liberica beans with no visible defects and a good taste, they can sell to us at a minimum of RM35 and above per kilogram, which is double what the Fairtrade International organisation offers," says Lee.

IN BETWEEN ENJOYING

charming coffee-focused homestays and learning about Sarawak highlands' indigenous culture, I spend my days exploring the rest of Long Banga. Clayre takes me to the nearby village of Long Puak, where other indigenous farmers have started following the lead of their neighbours by planting coffee trees amidst their other crops. "We were all giving up on coffee growing as we could not sell our beans," says Gerald Bissam, the first farmer to revive coffee planting in Long Puak. "Earthlings and Alasdair showed us how to grow and process coffee for the speciality market, which pays much better."

I also spend a morning hiking through dense forest and farmland to Long Lamai, the area's most important Penan settlement, before looping back to Long Banga by hopping on a chartered long-tail boat along the rapidly flowing Balong river. From Long Banga, it's possible to trek for about two hours to the churning Arol Ano waterfall and a cluster of rocks that archaeologists believe to be ancient burial sites. Guests can also walk to Long

Other prized orang asal produce



Rice
 With over 30,000 rice farmers growing hillside or mountain rice on terraced paddy fields, Sarawak is the second-largest producing state after Kedah, Malaysia's prime "rice bowl".



Pineapples
 With approximately 9,782 hectares of pineapple plantation, Sarawak produces up to 181,000 metric tonnes of pineapples annually, including the sweet and juicy MD2 variant.



Black pepper
 The state produces almost 98% of Malaysia's black pepper, employing over 37,000 *orang asal* farmers, making Malaysia the fifth-largest pepper exporter in the world.



Banga's semi-abandoned old wooden Kenyah longhouse, where a handful of families keep up the waning communal living traditions. Felicia Muller of Supang Café and Homestay can organise rental vehicles and guided trips for places farther away, such as the popular village of Bario.

On the day I am set to leave Long Banga on a long overland four-wheel-drive journey back to Miri to catch my return flight, I feel like I am leaving family behind in Long Banga – not least because the Earthlings associates, Dr. Lee and I were officially "adopted" as honorary members of the village by the local *penghulu* (village chief) Robin Uda at a farewell dinner for us at his house the previous evening.

As we drive away towards the faraway coast, I watch the tin-roofed homes of Long Banga become smaller and smaller behind us, convinced that if the local farmers keep working hard, their floral-scented Liberica brews can grow to become one of the most sought-after coffees in the world. And then, this jewel of a village won't remain under the world's radar for much longer. ■



MASwings flies between Miri and Long Banga 2x weekly.



Scan to book tour packages in Sarawak with Journify.



Scan to book travel packages in Sarawak with MHolidays.

September

BEST SPOTS IN MALAYSIA

2023

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



Pan Pacific Serviced Suites, Kuala Lumpur

With spacious suites and a central location in the city, this property is perfect for business trips and family vacations. Check into ultimate comfort with luxuries including a rain shower and Balmain Paris bath products. After a long day, travellers can take advantage of PARKROYAL COLLECTION Kuala Lumpur's facilities and enjoy a rejuvenating massage at St. Gregory Spa, a hearty meal at Thyme or a refreshing beverage at The Botanist Lounge & Bar.

panpacific.com | +60 3-2706 8688



The Kasturi, Pahang

Set in an enviable beachfront location, The Kasturi is a five-star escape that's an ideal setting for couples and families. The intimate resort offers 23 villas and suites along with 800 metres of private beach. For an enchanting getaway, The Kasturi also offers a series of romantic holiday packages which include accommodation in a Beach Front Villa or Ocean View Suite, and a raft of perks like breakfast in bed, a candlelight dinner, massage and afternoon tea. Perfect for a trip for two!

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



Alunan Resort, Terengganu

Set between jungle and sea, the resort is a serene oasis far from the city bustle. Guests have a choice of villas and suites, complete with breathtaking views. For an all-inclusive experience, opt for the Alunan Unlimited package, which offers unlimited dining and snorkelling trips, daily laundry, scheduled boat transfers to and from Kuala Besut and more. Use code <MHSEP> to enjoy a 10% discount on the Alunan Unlimited package when you book directly from the website.

alunanresort.com | +60 1-6 448 8297



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 a backdrop for stimulating discussions and meaningful connections with your team. Whether you're planning a large conference in a spacious ballroom for up to 500 people or hosting intimate gatherings, the resort offers versatile spaces for any occasion. Committed to sustainability, the resort aligns well with the ESG goals of any company.

mangalaresortandspa.com | +60 9-505 7788



For authentic Goan cuisine: Frangipaani

Set within gourmet dining paradise The Republik in Damansara Heights, Frangipaani will delight with its array of regional Indian dishes. The restaurant distinguishes itself by highlighting Anglo-Indian recipes from Goa. Opt for the sweet potato chaat as a savoury starter to your meal or the crunchy rava-fried seafood. Other standouts include the vegetarian-friendly spice-smoked broccoli with cumin beetroot yoghurt and the classic king fish cutlets. Pair your dishes with the restaurant's curated selection of fine wines or a glass of refreshing mango lassi. Inspired by colonial architecture, the restaurant makes the perfect backdrop for a special night out.

M.03, The Republik, Jalan Medan Setia 1, Bukit Damansara, Kuala Lumpur | IG: @frangipaani.kl | +60 3-2011 0030



For artisanal handmade pasta: Vin's Restaurant

Vin's Restaurant takes pride in whipping up European dishes with their own unique twist, and cooking with local produce, artisanal cheese and seafood from East Malaysia. Find mainstays like duck bacon garlic pecorino; porcini mascarpone mushroom pappardelle; and seafood marinara tagliatelle, all with fresh handmade pasta. The artisanal pizzas are also must-tries, with a light and airy crust that's made with dough fermented for 48 hours. Savour classic pizzas like the basil mozzarella and the garlic prawn, or opt for more modern creations like the paprika lamb and mint. Pair your meal with wine from Vin's impressive list of over 50 labels from France and Italy.

6, Lorong Datuk Sulaiman 1, Taman Tun Dr Ismail, Kuala Lumpur | vinsrestaurant.com | IG: @vinskl | +60 12-200 2119



For innovative culinary techniques: Studio

Tucked away on the first floor of a cosy shoplot 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. Open for dinner on Fridays and Saturdays – with other nights open for private bookings – the intimate space seats just 18 guests while the open kitchen gives an unobstructed glimpse of the chefs at work. 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 | +60 16-425 0773



For delectable brunches: Lisette's Café & Bakery

Nestled in a serene corner of Bangsar, Lisette's serves delightful dishes made from natural and fresh ingredients, ensuring an exciting dining experience. From scrumptious breakfast options to delightful dinner mains with local and international flavours, their nourishing and wholesome menu leaves the taste buds fully satisfied. End on a sweet note with their indulgent array of desserts and bakes. In celebration of Malaysia Day, Lisette's presents an intriguing nasi lemak burger, creatively inspired by the local favourite dish. Flashing your MAS boarding pass also gets you an extra treat – a complimentary cup of coffee or tea, adding a delightful touch to your visit.

8, Jalan Kemuja, Bangsar, Kuala Lumpur | lisettes.com.my IG: @lisettes.my | +60 3-2201 7772



Finding the root cause

Your hair wellness journey begins by understanding the genetics behind your hair loss – and how to tackle it head on

What is the biggest contributor to a healthy head of hair? Is it one's diet, lifestyle or daily supplements? Ultimately the answer lies much deeper: in your genes. If you're considering a hair loss treatment, genetic testing is a sure-fire solution to more effective results.



It's in the genes

Are you susceptible to androgenetic alopecia? Which hair loss treatment will provide the best results for you? All these pressing questions can be answered with a simple test. Now available in Malaysia, Fagron TrichoTest™ is a safe and effective test that identifies elements from your genetic code that contribute to hair loss. Based on the results, your trichologist, or hair consultant, will then recommend the best personalised treatment options for you.

How does it work?

TrichoTest™ is a simple self-test involving a saliva swab taken from the inside of your mouth. You'll also complete a short

questionnaire to determine lifestyle factors and any pre-existing medical conditions. Fagron TrichoTest™'s laboratory will then analyse your answers and 48 genetic variations from your DNA sample to identify the specific characteristics of your metabolism that contribute to hair loss. After two weeks, your trichologist will receive a comprehensive report of your results.

Optimised results

While Fagron TrichoTest™ takes the guesswork out of the process, understanding the reason behind your hair loss is only the first step. With this personalised pharmacogenetic approach, your trichologist can then recommend tailored treatment plans that are most likely to provide the best outcomes for you, saving time, cost and the hassle of trial and error.

Fagron TrichoTest™ is suitable for men and women of all ages. Whether you are experiencing the first signs of hair loss, or have tried hair loss treatments in the past with little success, take the first step to understanding yourself from the inside out and regaining your mane with this safe and effective genetic test.



Fagron TrichoTest™ is now available at Hair Transplant Solutions. For more information, visit htsclinic.com or scan the QR code for a free consultation.



MALAYSIA DAY SPECIAL

THE SPIRIT OF MALAYSIA

This month, we celebrate Malaysia Day, which commemorates the formation of the modern-day Malaysian federation as a diverse and unified nation of Malays, Chinese, Indians and indigenous communities. In the following pages, we honour the ingenuity and creativity that have put Malaysia on the world map. Be it in healthcare, fashion or food, these businesses – both big and small – are a proud testament to the Malaysian entrepreneurial spirit. Long may it continue!

Welcome to City of Hope @Melaka

The glittering brainchild of Dato' Leong Sir Ley is set to bring historical Malacca to life

For centuries, Malacca has had its own unique charm, with each decade adding a new layer of significance. Now, property maven Dato' Leong Sir Ley – fondly dubbed “the Iron Lady of Property” – is set to write a new chapter in the story of Malacca with her new City of Hope masterplan. Jointly developed by Sheng Tai International Sdn Bhd and Yong Tai Berhad, the City of Hope will span several impressive buildings over nearly 166 acres, with a focus on fashion, wellness, artificial intelligence (AI), arts and culture – transforming Malacca into an international city and melting pot.

Rising to new heights

Dato' Leong's revolutionary ambitions centre around The Sail Melaka, a breathtaking feat of architecture that combines retail, residences, hospitality and commercial spaces across nine towers – all connected by a 460m swimming pool and sky bridge, with sea views of the Strait of Malacca. Each of these towers will house a unique mix of spaces: the Fashion Tower is set to be the new home of the Karl Lagerfeld luxury hotel and residences; the Wellness Tower will be home to new innovations in the field of stem cells, while the distinctive M Tower will be jointly designed by Dato' Leong and Michelle Reis.



An incredible waterfront venue for concerts, conferences and festivals, The Encore Melaka will be the centre stage of the City of Hope, and a beacon for art lovers, with its 360-degree rotating auditorium seating and four different stages. Dato' Leong is committed to bringing in more quality performances from Malacca, the rest of Malaysia and around the world. She has recently collaborated with a Japanese entertainment company to bring in shows from Japan.

Five-star hospitality

Beyond the City of Hope, Dato' Leong Sir Ley's vision includes transforming Malacca into an international hub for tourism with hospitality options elsewhere in the city.

The five-star Ames Hotel, located in Ayer Keroh, is walking distance from popular attractions such as the Melaka Wonderland Theme Park & Resort and the Zoo Melaka. Ames Hotel offers accommodation perfect for families and business travellers, with its own pool, fitness centre and on-site restaurant.

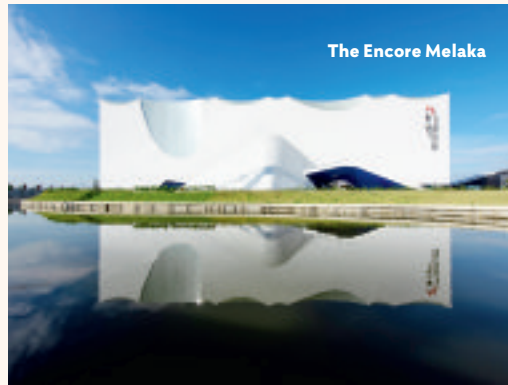


After a long day of work or exploring, enjoy the evening breeze and city views at the rooftop bar, Moonbar.

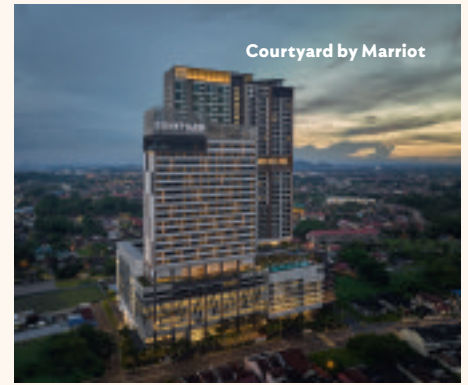
Courtyard by Marriott Melaka is a contemporary city-centre hotel steps away from historic sites such as the Dutch-built Stadthuys and Kampung Morten. Refuel at the all-day Courtyard Cafe or with a cocktail at 1939 Lounge. Rooms are equipped with deluxe bedding and high-speed internet.

Both hotels also boast great event hosting capabilities, with flexible ballrooms and meeting spaces for weddings, conferences and more.





GOING PLACES x SHENG TAI



For all-out luxury, there's the hotly anticipated Azul V, 48m superyacht available for charter across the beautiful waters of Malaysia and Southeast Asia. The award-winning vessel sports a classic, Italian-style interior and all-new teak decking – as well as a gym, WiFi, six rooms for up to 12 guests and VIP suites, to name just a few exciting features.

City of Hope Date Book

Be a part of the revolution with these upcoming events

City of Hope Expo

29 September–31 October

With attendees from all over the world, this is a showcase of new innovations in the City of Hope. Highlights include a smart-living experiential centre, product launches and a music festival.

M Tower Launch

16 September

The launch of this stylish tower will see celebrity co-designer Michelle Reis in attendance from Hong Kong.

Fuji Autumn Matsuri

13 September–8 October

Soak up the charms of Japan, with food, retail, shopping and a celebratory atmosphere.

The Bountiful Harvest of Baiyue

22 September–22 October

Catch this dazzling acrobatic show by the renowned Guangxi Acrobatic Troupe.



Dato' Leong Sir Ley with the CM of Malacca and the Karl Lagerfeld team



Learn more about City of Hope Expo:

shengtaiinternational.com

+60 11-3737 3399

FB: City of Hope at Melaka

IG: cohex_23



Putting Malaysian healthcare on the world map

With cutting-edge equipment and a comprehensive suite of specialisations, Prince Court's patient-first approach sets the gold standard for medical tourism in Malaysia



In 2019, the Malaysia Healthcare Travel Council (MHTC) recorded an impressive 1.3 million medical tourists to Malaysia, who in turn generated RM1.7 billion in spending. That number is only set to grow – reaching RM2 billion by 2025. There are many reasons why Malaysia is the preferred choice for medical tourists. There is a strong regulatory framework that ensures quality care at cost-effective prices. Malaysia is also well connected and offers many domestic attractions to enjoy before or after treatment.

But perhaps the biggest reason is its medical institutions. Top among them is Prince Court Medical Centre, which sets the gold standard in healthcare in Malaysia and beyond.

Located in the heart of Kuala Lumpur, Prince Court Medical Centre has elevated Malaysia's healthcare sector for over 16 years. This multi-award-winning quaternary hospital offers patient-first care with over 160 consultants,

1,100 employees and best-in-class medical equipment and technology.

The gold standard in healthcare

Patients at Prince Court are assured of a world-class facility that has been regularly recognised by the healthcare industry. The internationally accredited centre has received some of the top honours in the region.

It was recently lauded as Medical Tourism Hospital of the Year 2023 by Healthcare Asia Awards, as well as by Global Health Asia-Pacific in 2021 and 2022. Other accolades include recognition as *IMTJ's* International Hospital of the Year, and landing on the World's Best Hospitals list by MTQUA. Among consumer awards, Prince Court has also received the Pa and Ma People's Choice Award for Best Children's Hospital two years in a row.

Comprehensive suite of specialities

Prince Court addresses emergency and non-emergency needs across 35 specialities and sub-specialities,

such as cardiology, gynaecology and paediatrics. The oncology department is a one-stop cancer centre with top-of-the-line medical advancements such as a PET-CT and the latest radiotherapy equipment, while its renal and urology services include the first and only bedded dialysis treatment in Malaysia

Those with orthopaedic injuries will find a range of surgical and non-surgical options for both children and adults at Prince Court, as well as a dedicated sports medicine unit. The hospital also offers a full burns unit with plastic and reconstructive surgery, and a 24/7 stroke management service via its neurology and neurosurgery centre.

A pioneer in Malaysia – and beyond

Prince Court invests in the latest equipment and pioneers cutting-edge procedures. It's among the few facilities in Malaysia to offer private lung valve insertions, and HIPEC surgery for colorectal cancer.

It also has the distinction of being the first private institution to have





performed over 100 living-donor renal transplants. Recently, Prince Court acquired the state-of-the-art da Vinci Xi for robotic surgeries, and is the first and only hospital with a weight-bearing CT scan and an indoor, full-scale hydrotherapy pool.

Patient-first approach

Clinical excellence aside, what sets Prince Court apart is its patient-first approach. With a sprawling campus near the KLCC Twin Towers, Prince Court offers an unparalleled experience.

All 277 beds are in private, single-room configurations, and a dedicated doctor liaison ensures that each patient receives personalised care across specialists. Patients and visitors can spend time in a premier lounge with amenities such as restaurants, retail, concierge and valet services, as well as multi-lingual translators.

Most of all, Prince Court's patient-first approach rests on its promise of safe, effective, high-quality and value-for-money treatment.

Chief Executive Officer Cindy Choe shares her vision and strategies that have propelled Prince Court to its position as one of the top healthcare institutions in Asia



What sets Prince Court Medical Centre apart from other facilities in Malaysia?

We are renowned for our clinical excellence, providing access to the best team of multidisciplinary experts. Moreover, we continue to invest in cutting-edge medical technology. For example, we are equipped with state-of-the-art robotic and radiotherapy technology such as the da Vinci Xi and Elekta Versa HD Linear Accelerator (LINAC). Also, we are the pioneering hospital in Malaysia to perform ABO-incompatible renal transplants, allowing for the transfer of kidneys between different blood groups. Such remarkable milestones reflect the top-notch expertise of our multidisciplinary, team-based care in saving and transforming lives.

What are a few noteworthy international cases you've treated at Prince Court?

We have had multiple success stories. Take for example a patient who was diagnosed with early-stage pancreatic cancer. The patient came

to seek a second opinion from our experts, who recommended tumour removal surgery. The patient responded well and was up and about in a few days.

Our care has also improved the lives of female patients who have had healthy pregnancies despite having one kidney. We even had the oldest living kidney donor who donated her kidney to her daughter at the age of 79.

How is Prince Court giving back to the community?

To help bridge the cancer care divide, Prince Court is collaborating with a government hospital in Kuala Lumpur by extending free radiotherapy services, giving underserved patients access to cutting-edge technology while reducing waiting times and transforming lives. Since May, we've conducted over 820 radiotherapy sessions and are on track to treat 100 patients by year-end. This delivery of quality care and our patient-first, team-based approach towards equitable healthcare, complemented by the impact of our clinical excellence, is why Prince Court continues to be the preferred choice for patients from all over the world.

For more information about Prince Court, please visit princecourt.com or reach out via WhatsApp on +60 12-290 3814





BUKIT BINTANG

Ground Floor,
Bangunan WSF,
42G, Jalan Sultan Ismail,
Bukit Bintang,
50250 Kuala Lumpur

KLTS GOMBAK

53G, Plaza KLTS,
No. 99, Jalan Gombak Setapak,
53000, Kuala Lumpur

JALAN SULTAN

34, Jalan Sultan,
City Centre,
50000 Kuala Lumpur

SUNWAY GIZA MALL

A 13AG & M, Block A, Sunway Giza,
Jalan PJU 5/14, Kota Damansara,
47810 Petaling Jaya,
Selangor

PAVILION KL

Republic of Food,
Lot 1.41.0.0 Level 1,
Pavilion Shopping Complex,
55100 Kuala Lumpur

SEREMBAN PRIMA

G01A, G01Aa, Go2A, Go2Aa,
Seremban Prima, Lot 4973
Jalan Dato Bandar Tunggal,
Seremban, Negeri Sembilan

IOI CITY MALL

LOT IOI - S14,
Food Junction,
L2-328 & 37, IOI City Mall,
Putrajaya

SUMMIT USJ

LOT N01-N10, Ground Floor,
The Summit Persiaran Kewajipan
USJ1, Subang Jaya,
Selangor
coming soon

兰州牛肉拉面 MEI TARUK

A FRAGRANT BEEF
BROTH DELIGHT
WITH AN
EXPANSIVE REACH



Empowering women

The entrepreneurial founders at Lyfe Clinic are on a mission to help Malaysian women feel great about themselves



As with all nations on the rise, women are one of Malaysia's greatest assets. But being a woman is a balancing act. Along with their many responsibilities, women face a steady stream of advertising and social media feeds that make them second-guess their appearance. Women's health issues, such as menopause, are kept private.

Longtime friends and doctors, Anjalee and Nishantani understand these challenges all too well. That's why they co-founded Lyfe Clinic, a supportive space where women can age gracefully with scientifically proven services for the face, skin, hair and body – all without the hard-selling common at other aesthetic clinics. The duo now have expanded to three clinics across KL, and are diversifying into wellness services for men.

Here, they discuss the enduring values that have guided their growth.

What are you trying to achieve with Lyfe Clinic?

Dr Nisha: Lyfe Clinic was established to diagnose, treat and enhance physical beauty – helping you not to erase age, but to age fabulously.

Dr Anjalee: At the same time, we are not just an aesthetic clinic. We are doctors who cover general health tests, hormones, antenatal, mental and emotional health, backed by science.

What sets you apart from other clinics?

Dr Anjalee: Our treatments are FDA- and KKM-approved, and there is no hard selling.

Dr Nisha: We don't diagnose the face alone; we try to understand the human body as a whole. There can be underlying endocrine issues, autoimmune disorders or other issues that cause skin disorders. This is why we have a general practitioner working alongside our cosmetic dermatologists.

What challenges do your clients face in their lives?

Dr Anjalee: Many patients bring photoshopped photos and say they want to look like that. As doctors, our job is to set realistic expectations and also understand the underlying psychology. Our imperfections make us who we are. We should embrace

them and maintain ourselves in a safe manner.

Dr Nisha: Women juggle many roles, and no one has time. That's why we offer telemedicine services, if need be, and cosmetic procedures that have no downtime. Come in during your lunch hour, and leave with no trace or scar.

What advice do you have for other women entrepreneurs?

Dr Nisha: There's nothing a good night's sleep can't help. Wake up and keep striving. And look after your staff – 95% of our staff have been with us since our inception in 2015.

Dr Anjalee: We wanted a space that was safe and cosy for our patients, staff and ourselves – where we felt satisfied that we did our best. Those values have not changed, even as we have grown.

To learn more, visit lyfeclinic.com, follow @lyfeclinic on FB and IG or WhatsApp +60 17-237 3005. Mention "Going Places" to receive 10% off your first treatment. Offer valid for first 50 callers. T&Cs apply.



Committed to pain-free living

With a boutique clinic in Kuala Lumpur, Persistence Chiropractic Care aims to improve Malaysians' quality of life



As our nation achieves urbanisation, the challenges of city living aren't far behind. Chronic pain is on the rise as lifestyles become sedentary. Just ask chiropractor DC Valerie Na, founder of Persistence Chiropractic Care (PCC).

With former associate DC Giselle Chong and current associate DC Derek Tan, Valerie has treated over 900 children, young adults, blue- and white-collar workers and even seniors for musculoskeletal issues.

Educated in Melbourne, she dreamed of returning home to start a private practice. "I saw what chiropractic could do. I wanted to come back and make a positive difference in people's lives."

Running a boutique chiropractic practice has its share of challenges, such as competition, marketing and raising awareness about chiropractic. But the deep connections forged with patients make all the effort worthwhile. In fact, it's these relationships that drive Valerie's passion.

What factors contribute to pain?

Prolonged sitting and a lack of adequate exercise can lead to poor posture, muscle imbalance and pain. Many

jobs also require repetitive lifting, bending and even typing, which can cause localised pain. Even stress can generate muscle tension. These issues are made worse by poor ergonomics, such as incorrect chair height.

What misconceptions do people have about chiropractic?

The biggest one is that it's exclusively for back pain. Chiropractors treat many conditions, such as joint problems and sports injuries. Many also believe that chiropractic is dangerous. But licenced chiropractors undergo extensive training to ensure patient safety. Finally, it isn't just for adults. Our patients range from eight months old up to 90 years old.

What's rewarding about running a boutique chiropractic clinic?

For me, PCC is not just a business; it's a calling to serve the community and improve the lives of individuals seeking relief from chronic pain and striving for better overall health. A small practice offers trust among patients and staff, as well as the flexibility to manage unique treatment approaches.

Gonstead Method

6 steps to expect on your first visit

- 1 Consultation:** The chiropractor will take your details and medical history.
- 2 Visualisation:** Your gait and the appearance of your spine will be assessed.
- 3 Instrumentation:** A NervoScope can detect temperature changes caused by inflammation around a spinal deviation, or a subluxation.
- 4 Palpation:** Palpations determine if there's swelling around the subluxation and if the joints are moving well.
- 5 X-ray:** Gonstead chiropractors analyse X-rays to identify scoliosis, trauma, arthritis and other issues.
- 6 Personalised adjustments:** Based on the above findings, the chiropractor will realign your spine.



persistencechiropractic.com

+60 18-2014088

FB: Persistence Chiropractic Care
IG: @persistencechiromy

Feasting with friends and family

The Lankan Crabs, Bangsar is a testament to Malaysia's melting pot of flavours



Malaysia is a nation of multicultural cuisines and passionate foodies. In fact, it doesn't get much more Malaysian than gathering around a table with your loved ones and getting into a seafood *makan* session, ideally with your hands. That's exactly the experience at The Lankan Crabs, Bangsar.

Located along the trendy food street of Jalan Kemuja, the restaurant caters to crab lovers who seek delicious crab recipes in a cosy ambiance. Since its inception in 2020, the restaurant's dedication to crafting exquisite crab delicacies has earned it a well-deserved reputation among food connoisseurs.

Food enthusiasts flock here to savour not just the unique signature crab dishes, but also the plethora of delicious seafood preparations such as fish, prawns and squid – along with biryani and lamprais.

Unforgettable signature dishes

Inspired by authentic Sri Lankan recipes, every dish at The Lankan Crabs, Bangsar delivers flavours that captivate the palate. The Jaffna curry is a must-try, cooked with the in-house curry powder with a moderate heat profile, topped with tangy tamarind juice. Other standouts include the crowd favourite Negombo crab curry, prepared with an

aromatic curry base and spices from the west coast of Sri Lanka, and the black pepper crabs cooked with Italian olive oil, French butter and Sarawak black pepper. Available in M and XXL combo sizes, they can be tailored for any party size. Complement your crab dishes with the mutton bone gearbox fried rice!

Freshness and quality assured

With daily deliveries of live Indonesian mud crabs, The Lankan Crabs, Bangsar guarantees the best seafood offerings. This commitment to quality sets it apart as the go-to destination for discerning crab enthusiasts.

Service with a smile

The Lankan Crabs, Bangsar has grown to become a buzzing mainstay on the KL/PJ dining landscape – thanks in no small part to its quality of service. Trust the friendly and knowledgeable service staff to clue you in on the best dishes, ensuring an unforgettable culinary experience of sophisticated and intricate flavours.



Reserve a table at [The Lankan Crabs, Bangsar](#) at +60 3-2201 0128



Heritage redefined

Wear Malaysian pride on your sleeve with homegrown fashion brand Kapten Batik's latest collection, Kueh



No celebration of Malaysia is complete without a nod to its most well-known artform: batik. To ensure this time-honoured craft remains beloved for generations to come, visionary fashion houses are working with batik in exciting new ways. Founded in 2017 by university friends Farhan Omar and Ekram Faiz, Kapten Batik aims to introduce batik to the younger set

with fresh and modern silhouettes and designs. The brand's latest collection is particularly delectable, combining batik with another point of national pride: *kuih*.

Local flavours

The Kueh collection is a parade of vibrant batik shirts, ranging from pretty pastels to punchy bright colours, suitable for both men and women, and available in short and long-sleeves. But here's the most exciting part: the Kueh collection comes in a wide array of batik prints – 50 to be precise! Each batik shirt is a colourful interpretation of a traditional Malaysian dessert, its shape and motif hand-stamped with a copper *canting* block. And don't worry: the collection is made from 100% cambric cotton, a breathable fabric that's a breeze to wear in Malaysian weather.

Sweet pairings

Whether you prefer your treats sweet or savoury, there's a Malaysian dessert in the collection that will match your style and personality. The traditional Malay pastry *kuih bahulu*, for example, is a star-shaped

mini-cake, sweet and fluffy like a madeleine. And Kapten Batik's *bahulu*-inspired prints highlight the intricate patterns of this beloved pastry – making it a great statement shirt.

Available in short sleeves, the *bahulu* shirts easily transition from day to night. Start the day with a relaxed ensemble paired with shorts or jeans, then take things up a notch to smart-casual attire with slacks for a night out.

Proudly Malaysian

All designs are sketched in-house by Kapten Batik's talented team of designers, led by co-founder Ekram. A tribute to the familiar flavours and cultural significance of local treats, the batik shirts embody the artistry and craftsmanship behind the craft of *kuih*. For fashion fans who love the novelty of hidden detail, each shirt has the Malaysian flag stitched down the side of the outer seam, so you can take your local pride wherever you go.

For more information on Kapten Batik's Kueh collection, visit kaptenbatik.com.my.



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An aerial photograph of a lush tropical forest. In the lower center, a wooden lodge with a steep, dark roof and a smaller section with a grey roof is built on stilts over a calm river. The lodge's reflection is clearly visible in the water. The surrounding forest is dense and green, with some mist or low clouds in the background.

Sabah hebat!

Unforgettable adventures, wildlife encounters and bucket-list attractions – Sabah has it all



A state of greatness

Located on the island of Borneo, Sabah is renowned for its unique blend of natural beauty and cultural diversity, making it a truly *hebat* (great) destination to visit. Stunning landscapes abound, from the majestic Mount Kinabalu – Malaysia's highest peak – to centuries-old rainforests alongside the Kinabatangan River, which teem with wildlife such as orangutans, sun bears and proboscis monkeys.

Sabah is also home to Sipadan Island, where a diverse marine ecosystem is home to some the world's best-loved diving spots, such as Barracuda Point and Hanging Gardens.

Sabah's warm and welcoming people contribute to the state's greatness. It is home to many indigenous groups like the Kadazandusun, Bajau and Murut, who love to share their traditions, languages and customs with those keen to explore.

Moreover, Sabahan ingenuity combines traditional know-how and modern entrepreneurship, as you will see this special section. Sabahans' drive to create opportunities in modern economic sectors, such as food and hospitality, contribute to the prosperity of the nation. And that is something that all Malaysians celebrate.

Unique stays in Sabah



For a lush escape: Bungaraya Island Resort

Set on a jungle-swathed hillside perch on Gaya Island, Bungaraya Island Resort is a luxury getaway that promises seclusion. Its collection of 48 villas take design cues from traditional Bornean architecture and offer stunning coastal views.

The Bungaraya Island Resort provides a haven for nature and adventure lovers. During your stay, you may be lucky to spot the elusive proboscis monkeys who inhabit the surrounding jungle or encounter a whaleshark during a diving trip off the island.

Polish Bay, Gaya Island, Tunku Abdul Rahman Park, Kota Kinabalu | echoresorts.com | IG: @bungarayaresort | +60 88-380 390



For contemporary interiors: Signel Poshtel

Set in the heart of Kota Kinabalu, Signel Poshtel is a splendid base from which to explore this lively city. The surrounding neighbourhood – and Jalan Gaya area – is home to a wide array of street food vendors and bustling weekend

markets. After your explorations, retreat to the hotel's chic, modern rooms inspired by Parisian flair. Conveniently located, it's just a 20-minute drive from Kota Kinabalu International Airport. Whether you're travelling solo, on business, or with your loved ones, you'll enjoy your stay at this rare gem of north Borneo.

Levels 1 to 4, Lot 120, Jalan Gaya, Kota Kinabalu | IG: @signelposhtel | +60 88-221 168 | +60 1-1587 2391



Rustic retreat

Experience luxurious tranquility within the Bornean rainforest at Borneo Sepilok Rainforest Resort



Rainforest Resort offers captivating encounters with nature and wildlife right at your doorstep.

A fit for everyone

Whether you're seeking private seclusion or an affordable stay with a group of friends, the resort has comfortable lodgings for every type of visitor. The private and spacious wood-panelled chalets offer modern bathrooms and balconies from which to soak in the surroundings – some even come with private bathtubs and jacuzzis. On the other hand, the dormitories present a more laid-back and affordable option, perfect for solo travellers, budget adventurers or large groups. Both options come with air-conditioning, toiletries and other amenities.

Whichever you choose, peace and tranquility are a constant companion. After a day of exploring, recharge at the resort's in-house restaurant, and marvel at the symphony of birds and the gentle rustle of leaves just beyond.

For more information on Borneo Sepilok Rainforest Resort, visit borneosepilok.com

A visit to Sabah means an unforgettable encounter with Borneo's most treasured resource: the tropical rainforest. And when it comes to a luxurious home base in the middle of the jungle, it doesn't get better than the rustic yet modern Borneo Sepilok Rainforest Resort.

Nestled within the untouched wilderness of the Sepilok rainforest, the resort is a green haven where tranquility and adventure come together. Not only is it conveniently located less than 10 minutes away from the world-famous Sepilok Orangutan Rehabilitation Centre and Bornean Sun Bear Conservation Centre, Borneo Sepilok

Choose your adventure

Thrill seekers

Satisfy your adventurous spirit by exploring the untamed wilderness of Borneo. Trek through rainforest trails, encounter exotic wildlife and embark on guided expeditions with expert tour guides available upon request.

Nature enthusiasts

Want to commune with nature but don't want to hike? You can sit back and explore the wilderness with river cruises and wildlife safaris that take you through the beauty of Sandakan and the surrounding rainforest.

Wildlife explorers

Make the most of the resort's location, and let the front desk book you a trip to the Sepilok Orangutan Rehabilitation Centre and Bornean Sun Bear Conservation Centre. Don't forget to bring your camera!



Empowering local communities

The Sabah Land Development Board strives to uplift rural residents through agricultural initiatives

For many decades, the Sabah Land Development Board (SLDB) has remained steadfast in its mission to promote socio-economic development in rural Sabah. It has empowered some 7,000 settlers across Sandakan, Tawau, Kunak, Semporna, Lahad Datu, Beaufort, Keningau and Nabawan.

The board leads this change with government-initiated programs in commercial land development using modern agricultural technologies. In 2021, SLDB's palm oil production experienced a significant growth of 22%. During the same year, RM21 million in income and dividends were handed over to the smallholders and participants involved in the project.

SLDB's developing project SHAPE (Sipitang Halal Agri Plantation Economic Development Hub) covers 2,000 hectares in Kampung Iburu, Sipitang and is deemed to offer a solution to food security concerns, enhance GDP growth, and decrease

the state's import reliance. Besides its economic impact, the initiative is expected to create new jobs and agropreneurship opportunities, benefiting about 2,500 local residents.

SLDB has an unwavering commitment to becoming the leading catalyst and executor of rural land development in Sabah, with a focus on the food industry. Apart from its successful ventures in palm oil, dairy farming and food production, SLDB has also diversified its businesses into other agricultural food-based products such as chillies, Bentong ginger, stingless bee honey, MD2 pineapple, pandan, coconut and peppers. This diversification enriches the community with new income opportunities and fosters a resilient agricultural landscape for sustainable growth.

For more information on Sabah Land Development Board's efforts, visit sldb.com.my

SLDB's impactful ventures

Palm oil plantation

SLDB manages over 20,000 hectares of land, including joint ventures and communal land development, as well as commercial palm oil estates operating under Keningau Agro-Venture Sdn Bhd (KAVSB).

Palm oil processing

Palm oil processing has been part of the portfolio since the 1970s, under Pandewan Palm Oil Mill Sdn Bhd (PPOM) and Keningau Palm Oil Mill Sdn Bhd (KPOM), with advanced facilities for mid-stream production and high-quality oil extraction.

Dairy farm

A 40-hectare intensive dairy cattle farm in Binakaan, Sook produces fresh milk and is looking to expand into downstream dairy and meat product processing.

Rice

Led by SABARAS Sdn Bhd (SSB) with an aim to strengthen its local brand and generate more income through rice trading, cooking oil, and other essentials in the retail market.



Explore The Wonders Of Our Neighborhood

Discover the vibrancy of Aeropod by Setia, an impressive integrated project in Sabah, combining commercial, residential, and transport facilities. Strategically located opposite Kota Kinabalu International Airport and only 5km from the city's central business district, it features boutique retail offices, residential towers, serviced suites, hotels, and a lifestyle mall.



FOOD & DRINK

1. Bask Bear Coffee
2. Richiamo Coffee
3. Daily Coffee
4. Nasi Lemak Cyber
5. Restaurant Hameed Maju
6. Restaurant Waznah
7. Jom Penyet Chicken Rice
8. My Juice
9. Tealive
10. A1 Chicken Rice
11. Mapi'tz Restobar & Grill
12. Bakso Senario (Beef Mee Shop)
13. Nasi Campur
14. Joho Lama
15. Wangi Chicken Rice
16. Pot Grill x Bar
17. Flypod Restaurant
18. Lokal Cafe
19. Shu Tian Xia Steamboat
20. Suwon King Galbi Chicken

HOTEL

1. Flypod Hotel
2. The Atelier Hotel
3. The Cara Hotel

MEDICAL & CARE

1. Vista Polyclinic
2. Katalina Medical Clinic
3. Sabah Dental Surgery
4. T.K Lung Traditional Medicine & Acupuncture Centre

RELAXATION

1. Cat Times
2. Eden Shisha Bar & Lounge
3. Ulu Ulu Spa
4. Playground Arcade & Bar
5. Midi Plus Karaoke

OTHERS

1. Management & Science University (MSU) College
2. Bank Muamalat
3. Zoso Music
4. Vivo Service Centre
5. Cyclopath Bike

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蒸好食 FISH MARKET RESTAURANT

FISH MARKET RESTAURANT SDN BHD
No. A-G-2, Ground Floor, Block A Phase 1, Lorong Sutera,
Sutera Avenue sembulan, 88100, Sutera Avenue,
88000 Kota Kinabalu, Sabah
Tel: +6012-803 5757 / +6088-252 255



Time to feast

The best spots to eat while in Kota Kinabalu



Happy Place Restaurant

For a casual lunch with local and international classics, Happy Place Restaurant is the place to be. On the outskirts of Kota Kinabalu, the restaurant offers dishes like the hearty beef stroganoff pasta, teriyaki tuna with butter rice and the savoury lamb stew. All of these are available in the weekday value lunch at just RM18 each. If your city explorations have you in need of a pick-me-up, grab a bottle of their special cold brew black coffee, made with organic Ethiopian Yirgacheffe beans.

Kompleks BSA, Off Miles 5.5, Jalan Tuaran Kolombong, Kota Kinabalu | FB: @happyplacebsa | +60 11-3668 7552



Souq Garden Restaurant

Set within the Raia Hotel Kota Kinabalu, in an ornately designed space, Souq Garden will entice you with a lavish selection of Middle Eastern dishes. The halal restaurant is open for lunch and dinner, and offers speciality dishes like biryani and mandi served with ample portions of chicken or lamb shank. You'll also find Malaysian favourites like a slow-cooked asam pedas oxtail served with fragrant jasmine rice, Tawau curry mee and Tuaran fried noodles.

Raia Hotel, Jalan Sembulan Lama, Kota Kinabalu | raiahotels.com.my | IG: @raiahotelkotakinabalu | +60 88-230 777



Times Three Café

From hearty breakfast sandwiches and sourdough burgers to lighter salads, Times Three Café is a great spot in Kota Kinabalu to recharge between your jaunts into the city. Must-try dishes here include the deeply flavoured balsamic smoked duck linguine and their unique fusion-style asam pedas prawn pasta. In addition to robust coffees and delicately flavoured tea, you'll find refreshing beverages like matcha lattes and desserts like the indulgent chocolate tart and classic tiramisu.

G-06, Ground Floor, JQ Central, Jalan Nosoob, Jalan Tun Fuad Stephens, Kota Kinabalu | IG: @timesthree_ | +60 88-746 739

JIBBY CHOW

Symphony of Flavors, Artistry, and Passion

Embark on a culinary journey at Jibby Chow as we present a distinguished selection of time-honored classics with a touch of our own twist. Each dish carries a tale of culinary and cultural innovation which has been carefully and passionately crafted. Our commitment to authenticity with our own flair extends to every dish we serve, ensuring an unparalleled dining experience. Prepare to have your senses elevated by the harmonious taste of flavors and textures through each bite you take, at Jibby Chow.

SCAN TO VIEW OUR MENU

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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.

70

**Inside
our airlines**

News and updates
from MAG Airlines

76

**Discover our
network**

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

81

**Onboard
entertainment**

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



Malaysia Airlines prepares to soar the sky with new 737-8

Malaysia Airlines is set to take delivery of the first of its 25 new Boeing 737-8 aircraft soon. Embodying modernity and Malaysia's rich heritage through its striking livery design and inviting cabin interior, the new aircraft aims to enhance the overall customer experience of MH passengers. The livery of the new 737-8 aircraft has undergone a significant transformation, representing Malaysia Airlines' vision and aspirations as the national carrier. The iconic *wau* (traditional kite) logo that symbolises Malaysian pride has been artfully repositioned to reflect the airline's determination to move forward with optimism and energy. Adorned with an exquisite songket motif in elegant gold hues, the logo pays tribute to Malaysia's vibrant cultural heritage, underscoring the airline's unwavering commitment to proudly represent the nation and its progressive spirit.

Explore the region with MHflypass ASEAN

Explore neighbouring cities with ease with MHflypass ASEAN, which offers up to three return trips (or six one-way trips) in a year to any destination within ASEAN.

MHflypass ASEAN is grouped into three zones, so you can choose which works best for you. It also comes

with unlimited flight changes – passengers can alter their itinerary for free.

Furthermore, passengers who arrive early at the airport can use Go-Show Flexibility, which allows them to board an earlier flight with the same travel itinerary. Terms and conditions apply.



Malaysia Airlines and China Southern Airlines launch codeshare flights

Malaysia Airlines and China Southern Airlines have launched codeshare flights, offering travellers seamless connections and enhanced travel options. Passengers will enjoy convenient flight frequencies for travel between the airlines' main hubs in KLIA Terminal 1 (KUL) and Guangzhou Baiyun International Airport (CAN). The codeshare agreement aims to offer enhanced convenience for passengers of both airlines. The two carriers will also look to expand and leverage each other's core network, explore more cooperation possibilities and expand the depth and breadth of cooperation.



Enrich wins big at the Loyalty & Engagement Awards 2023

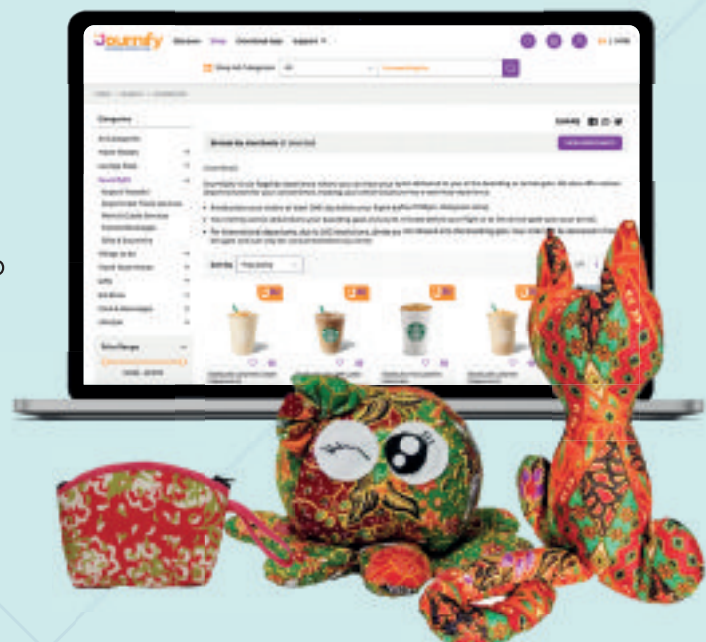
Enrich, the travel and lifestyle loyalty programme of Malaysia Airlines, bagged an astounding seven awards at the recent Loyalty & Engagement Awards 2023, highlighting its commitment to excellence in rewarding its members and delivering exceptional travel and lifestyle experience.

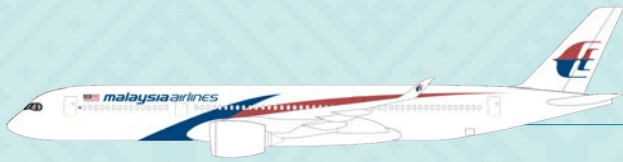
The win comprises four Gold Awards for Best Membership Programme, Best Loyalty Strategy – Travel & Hospitality, Best Partnership in a Loyalty Programme and Best Engagement Strategy B2C; two Silver Awards for Best Card-Based Loyalty Programme and Best Use of Rewards & Incentives, and Bronze for Best Use of Direct Marketing.

The Loyalty & Engagement Awards honours the best loyalty marketing strategies in South Asia, Southeast Asia, Australia and New Zealand, and is judged by an independent panel made up of senior client-side marketers and loyalty experts.

Journify: All-in-one digital travel concierge

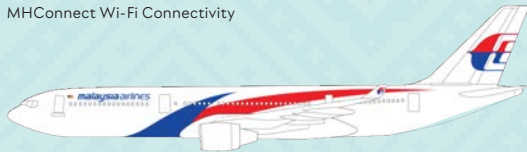
Say hello to your personal travel advisor, trip planner and online marketplace. The Journify platform also provides the first-of-its-kind flagship experience through the Journify2U service. This service offers domestic and international passengers departing from or arriving into KLIA Terminal 1 who purchased products on the Journify app with the option of having their purchases delivered to them at the boarding or arrival gate; providing greater convenience as part of their journey.





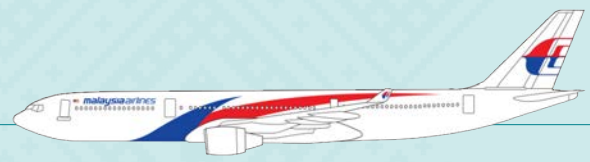
A350-900  MHconnect

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



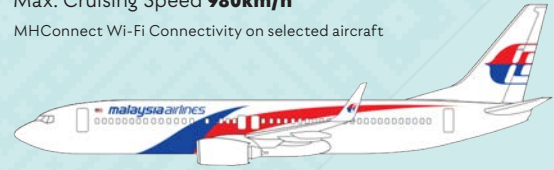
A330-200  MHconnect

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**

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
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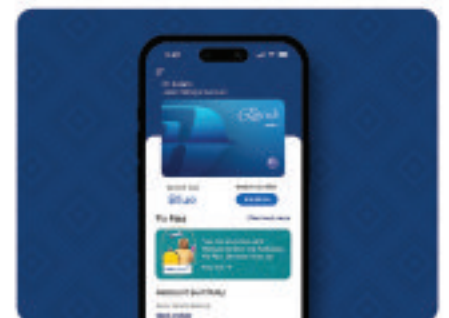
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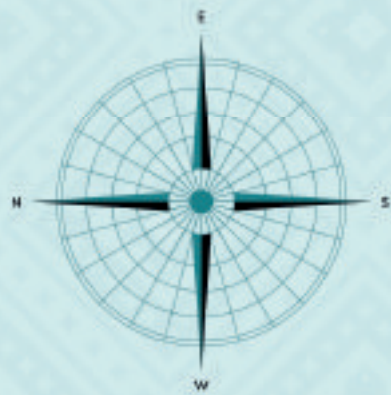
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Spider-Man: Across the Spider-verse

Check out our **Malaysia Day Special** on page 83 and **Kids Special** on page 91!



Ola Bola



Chat with Lee Chong Wei



Adventurous Tales



Colors & Shapes

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Spider-Man: Across the Spider-verse

Catch your friendly neighbourhood superhero in one of the most exciting animated films of the year

Spider-Man: Across the Spider-Verse is an extraordinary 2023 computer-animated superhero film featuring the Marvel Comics character Miles Morales, also known as Spider-Man. It takes place within a shared multiverse, known as the Spider-Verse, where alternate universes coexist.

The story follows Miles Morales as he reunites with his love interest, Gwen Stacy, only to be unexpectedly catapulted across the multiverse. There, he encounters a team of diverse Spider-People charged with safeguarding the existence of the Spider-Verse. As they face a new threat, differing opinions on how to handle it lead to clashes among the heroes.

Directed by Joaquim Dos Santos, Kemp Powers and Justin K. Thompson, the screenplay was skillfully crafted by Phil Lord, Christopher

Miller and David Callaham. The movie features Shameik Moore (voicing Miles), alongside Hailee Steinfeld, Brian Tyree Henry, Luna Lauren Vélez, Jake Johnson, Jason Schwartzman, Issa Rae, Karan Soni, Shea Whigham, Greta Lee, Daniel Kaluuya, Mahershala Ali and Oscar Isaac.

Spider-Man: Across the Spider-Verse has garnered widespread critical acclaim and achieved remarkable success at the box office, raking in \$666.6 million worldwide.

And while the year is not yet over, Box Office Mojo lists it as the second-highest-grossing film in the US for the year so far, as well as the fifth-highest-grossing film of 2023 worldwide. *Spider-Man: Across the Spider-Verse* is also the highest-grossing film ever produced by Sony Pictures Animation.

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Malaysia Day Special



Makers Malaysia offers viewers a glimpse into the creative process of some of the country's leading figures across various industries, including fashion, makeup, furniture-making, shoemaking and more.



In line with Malaysia Day celebrations, the Malay TV show *Teroka Lokal* takes viewers on a captivating journey to explore the nation's local architectural wonders in an immersive experience.



In *Chat with Lee Chong Wei*, audiences are treated to an intimate and inspiring conversation with the sports icon. Through the show, viewers gain valuable insights from the badminton star's journey.



Ola Bola portrays the journey of a diverse group of Malaysian athletes, led by the determined captain, Ali, as they strive to represent their nation in an international football tournament during the 1980s. The film's gripping sports sequences showcase the exceptional talent of Malaysian athletes, while also highlighting the power of teamwork and resilience. *Ola Bola* is an iconic and beloved piece of Malaysian cinema.



Embodying the spirit of harmony and inclusivity, the movie *Talentine*, released in 2009, is a stirring story of a talent competition that bridges the gaps between various cultural backgrounds. Set against the backdrop of a school talent show, the film showcases the exceptional talents of students from different ethnicities, who come together to celebrate their unique skills and share their passions.



Kasih Tau Foo Fah weaves a heartwarming tale that celebrates compassion and understanding across different cultures. Set in a quaint Malaysian village, the film centres around the friendship between two individuals from contrasting backgrounds – a local *tau foo fah* (soybean curd) seller and a newcomer to the village. As they learn each other's traditions and values, they build a connection that transcends cultural barriers.



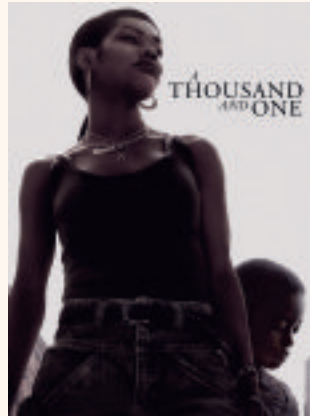
The Journey tells the story of a culturally diverse family as they navigate cultural differences and forge unbreakable bonds. The story follows a Chinese-Malaysian woman and her fiancé, a Malay-Muslim man, as they travel to his hometown for their wedding. Along the way, they face challenges, but through understanding and compassion, they bridge cultural gaps and bring their families closer together.

Hollywood Latest

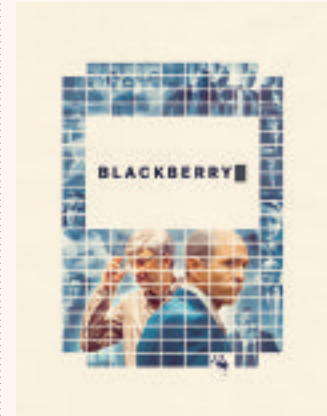


In a whimsical tale brought to life on the silver screen, *The Unlikely Pilgrimage of Harold Fry* takes audiences on an unforgettable journey. Directed by the visionary Hettie Macdonald, this 2023 British drama draws inspiration from Rachel Joyce's renowned novel of the same name. The film stars the brilliant

Jim Broadbent and the incomparable Penelope Wilton. With poignant reflections and heartwarming connections, the movie is a testament to the resilience of the human spirit and the transformative power of a single, courageous journey. As Harold takes each step toward his destination, he discovers profound truths about life, love and the enduring bonds that hold us together.



Step into the captivating realm of *A Thousand and One*, an emotive 2023 American drama skillfully brought to life by the talented A.V. Rockwell. This touching film features stellar performances from Teyana Taylor, Will Catlett, Josiah Cross, Aven Courtney and Aaron Kingsley Adetola against the bustling New York City setting.



Inspired by Jacquie McNish and Sean Silcoff's book, *Losing the Signal: The Untold Story Behind the Extraordinary Rise and Spectacular Fall of BlackBerry*, the movie loosely adapts the story behind the creation of the iconic BlackBerry line of mobile phones. The narrative weaves a captivating web of fiction around the co-founders.



Enter the captivating universe of *Master Gardener*, a mesmerising 2022 American crime thriller crafted by the brilliant mind of Paul Schrader. This cinematic treasure showcases the extraordinary trio of Joel Edgerton, Sigourney Weaver and Quintessa Swindell, taking you on a deep dive into the life of a meticulous horticulturist.



In a comedic whirlwind that blends the past and the present, we find ourselves immersed in the world of *Dotty & Soul*. Meet ambitious entrepreneur Ethan Cox whose self-driving car company is on the verge of a lucrative sale, promising immense wealth for his investors. But fate has a twist in store.



Aisling Bea flawlessly embodies the character of Rachel, a dedicated NHS nurse who is bound by the shared history of teenage Take That fandom with her closest school friends. *Greatest Days* masterfully weaves the threads of friendship and nostalgia with the timeless allure of music. Prepare to be enchanted!



As enigmatic police chief Sanders (played by Jon Hamm) unravels the web of small-town deception, a puzzling case emerges: two women with identical names meet a bizarre fate. Amidst the investigation, Chief Sanders encounters Rita, the inquisitive neighbour eager to lend her sleuthing skills to solve the mystery.

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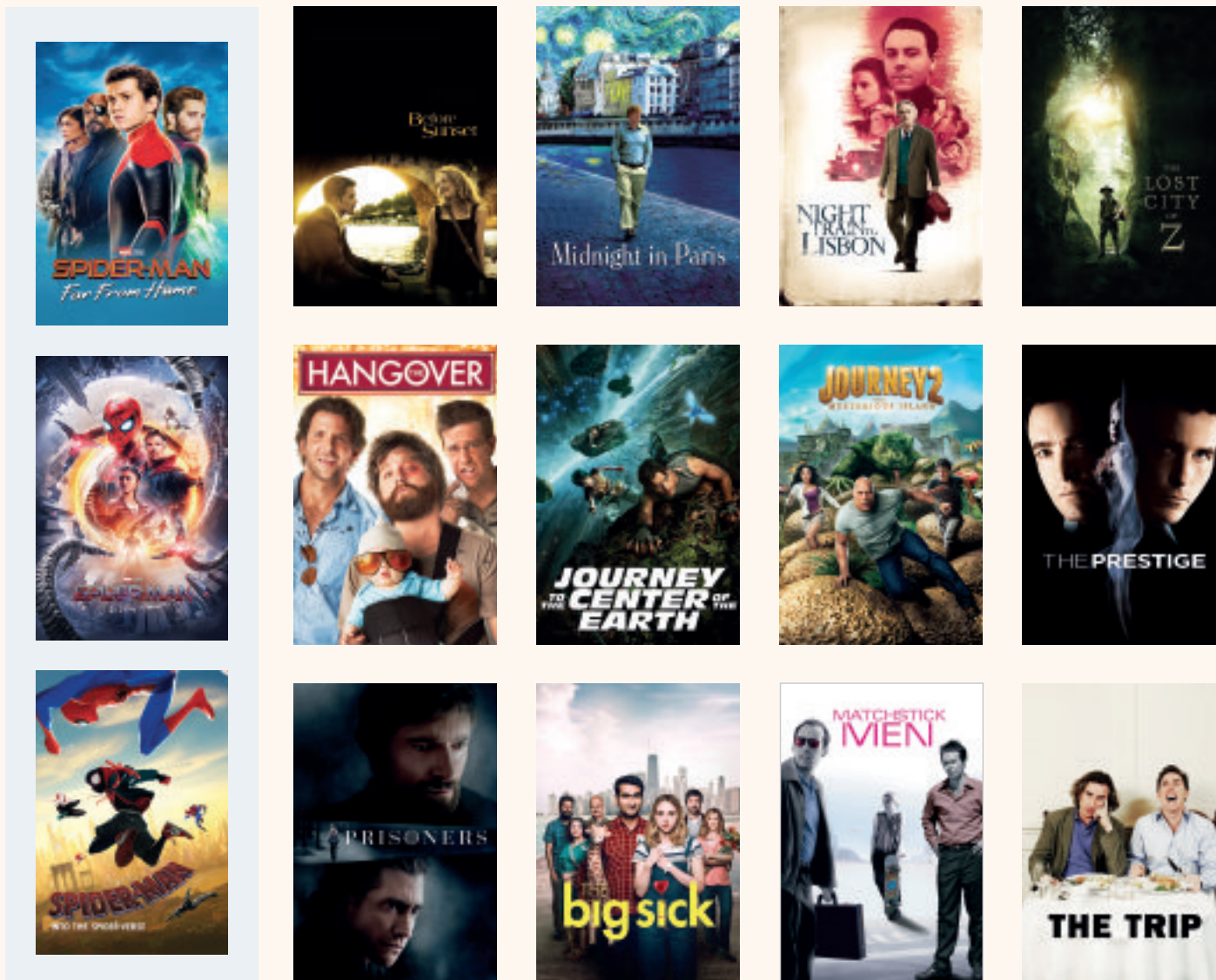
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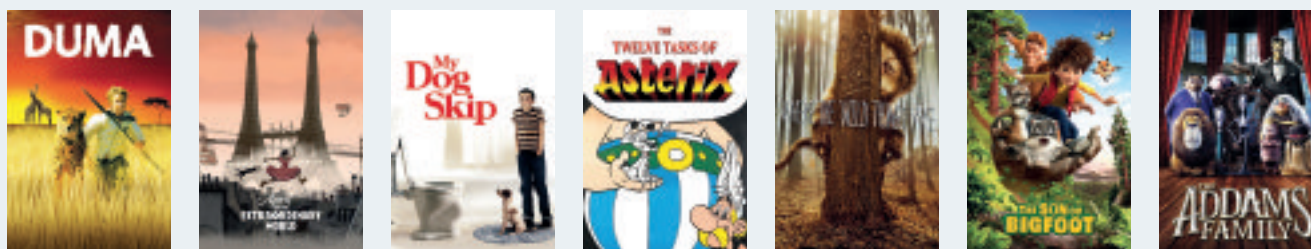
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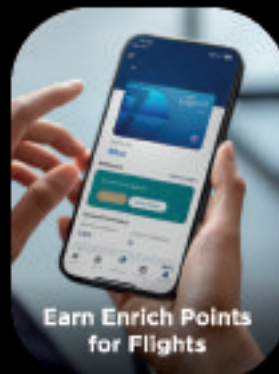


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Hindi



Korean



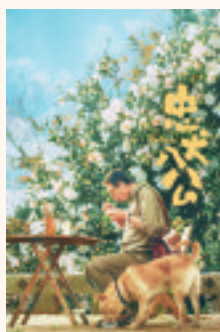
Embark on an extraordinary journey with Ahn Mi-so (Kim Da-mi) and Go Ha-eun (Jeon So-nee), two inseparable friends. From the tender age of 11, their bond is forged like that of soulmates, despite their contrasting personalities – one vibrant and daring, the other introspective and reserved. Together, they find solace and strength in each other's presence until a new element disrupts their harmony. Over 16 years, *Confession* poignantly follows their lives, as they navigate drifting apart.

Tamil

Director and writer Mani Ratnam masterfully transports audiences to the enchanting realm of the ancient Chola empire, a historical treasure seldom explored in mainstream cinema. Through impeccable storytelling, *PS-I* unveils the lesser-known legacy of the Cholas, enthralling viewers with breathtaking visuals, intricately crafted costumes and awe-inspiring sets that pay tribute to the dedication of the talented cast and crew. The stellar ensemble includes Vikram, Aishwarya Rai Bachchan, Jayam Ravi, Karthi and many other remarkable actors.



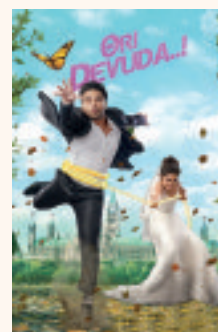
Chinese



Japanese



Telugu



Thai



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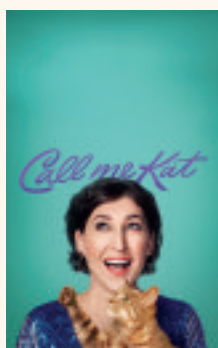
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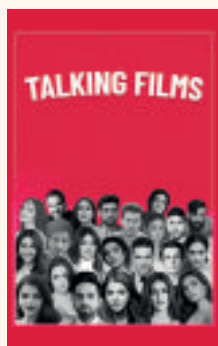


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Comedy



Hindi



Korean

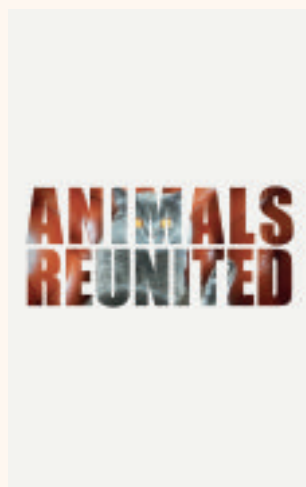


Drama



The American TV series *Superman & Lois* introduces us to Clark Kent, the legendary Man of Steel, and his beloved wife, Lois Lane. Balancing the responsibilities of parenthood with the duty to save the world, this dynamic duo faces challenges that test not only their superpowers but also the strength of their familial bond. As they navigate the complexities of raising two teenage sons, the show delves into the human side of these iconic characters, bringing a refreshing and heartfelt touch to the superhero genre. Catch gripping action and heartfelt moments.

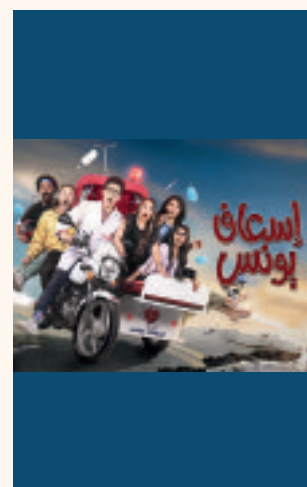
Nature & Wildlife



Travel



Arabic



Japanese

In the *Knight in the Arena*, Kakeru Aizawa has long been overshadowed by his remarkably talented brother, leaving him with no choice but to assume the role of a mere manager. However, destiny takes an unexpected twist when a tragic accident alters the course of Kakeru's life forever, setting the stage for a gripping tale of transformation, resilience and the pursuit of one's true potential.



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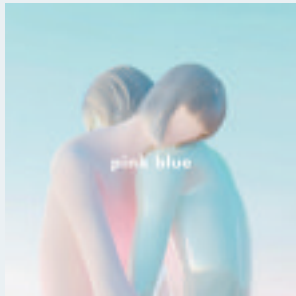
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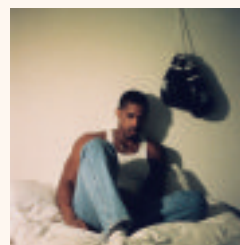


Japanese

Pink Blue is a musical masterpiece featuring the enchanting melodies of Ryokushaka, a dynamic four-piece pop rock band hailing from the picturesque Aichi Prefecture. Rooted in their high school days, the group's formation in 2012 unites the talents of Nagaya Haruko, the

spirited vocalist and guitarist, alongside Kobayashi Issei, the guitar maestro with a voice that harmonises seamlessly. The magic continues with peppe, the keyboard virtuoso adding a melodic touch, while the bassist Anami Shingo, Kobayashi's childhood friend, brings the rhythmic heartbeat to their distinctive sound. Together, they craft a musical journey that leaves listeners enchanted and eagerly seeking more.

R&B



Memories



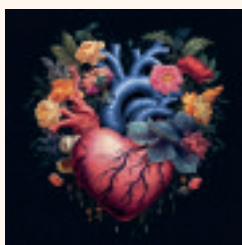
The Hits



Cantonese



Mandarin



Hindi



Tamil



Soundtrack



Malay



Club



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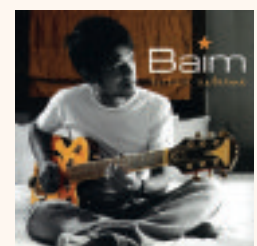
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Climb every mountain

“The reason I keep returning to Mount Kinabalu is because I just love the view. Every time I return, I feel in awe. It always gives me a different scenery and a different moment to remember,” says Aizaharwani MJ, who took this picture in November last year. It was the third time in 2022 that she reached Kinabalu's summit, and this time she was armed with a DSLR Canon 300D and an iPhone 11 Pro. While Aizaharwani prefers to call herself an explorer – not a climber – this Kuching native has loved mountains since she was a child. “I haven’t been to any mountain outside Malaysia, but I have climbed five in the country: Kinabalu, Trusmadi, Sinsing, Kaingaran and Minodtuhan. My next goal is Mount Tambuyukon, which is the third-highest mountain in Malaysia. Wish me luck!” [instagram.com/aizaharwani_mj](https://www.instagram.com/aizaharwani_mj)



IMAGE: AIZAHARWANI MJ

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