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JUNE 2024

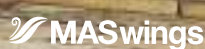
Redefining heritage: building a sustainable legacy through eco-tourism in

Penang

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Langkawi

99 Magical Islands

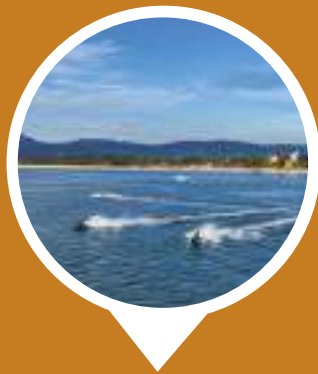


Unveil / PRISTINE & SERENE ISLAND DESTINATION

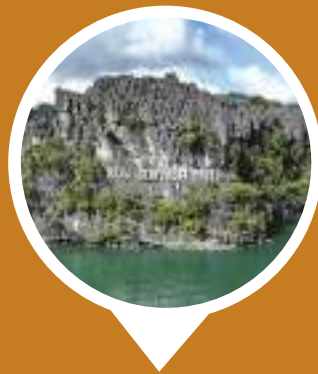
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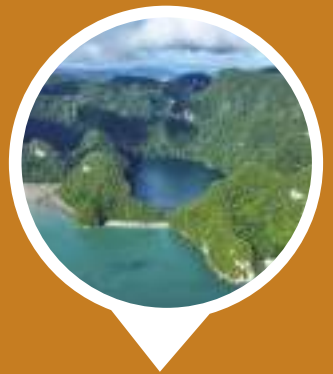
Eagle Nest



Pantai Chenang



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Dayang Bunting Lake

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IMAGE: RAZLAN YUSOF



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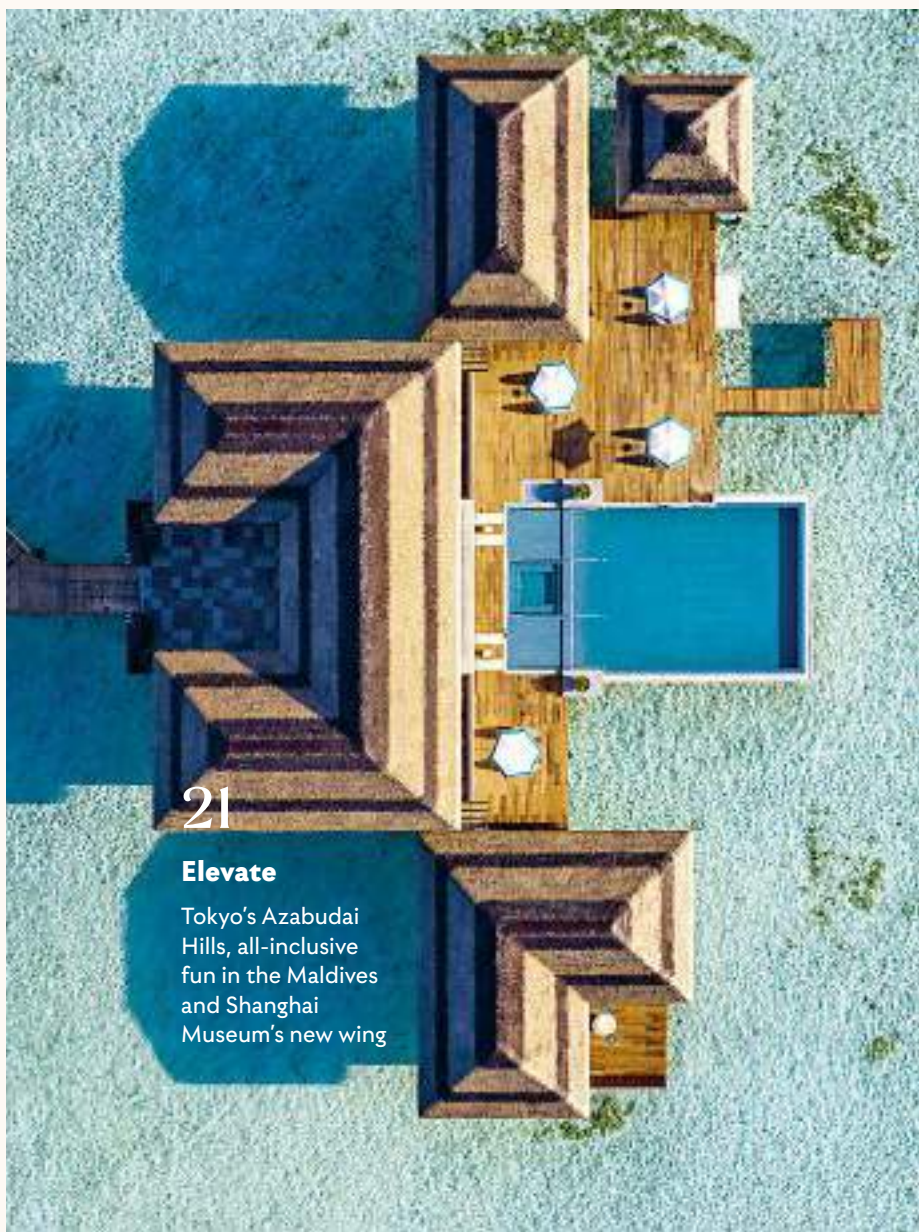
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Dear guests,

As we reach the halfway mark of another year, I would like to take this moment to reflect on the remarkable journey Malaysia Aviation Group has undertaken so far. The past few months have been filled with exciting milestones and profound growth that has helped shape us into the airline that we are today, and what we aspire to be.

If you've been a loyal follower of Malaysia Airlines, you'll know that we've reaffirmed our commitment to enhancing three key aspects of our service, namely cabin comfort, in-flight dining and cabin service delivery. Every decision we make, from service improvements to expanding our offerings, is shaped with your comfort and satisfaction in mind.

On the cabin front, we've ramped up efforts to invest in our hard products and unveiled the new seats for our Airbus A330neo aircraft. We are just a few months away from receiving our first aircraft and I'm excited for you to see all the other cabin detailing and features we have intricately planned. Our goal is to ensure that not only do you have a good onboard experience with us, but also to set the benchmark for what is to come when you choose to travel with Malaysia Aviation Group. Moving forward, this cabin will set the future standards of our aircraft, as we will also undergo the retrofitting of our Airbus A350-900 in 2026 to

align with the interiors of our A330neo for a seamless cabin experience. Moreover, to enhance cabin practicality, especially for long-haul journeys, customers can now enjoy complimentary Wi-Fi connectivity on selected widebody aircraft, ensuring you stay connected throughout your journey, regardless of cabin class or loyalty tier.

We've also introduced a comprehensive enhancement to our in-flight dining offerings, with the most recent being a cool new treat. Since May 2024, Economy Class passengers departing from our main hub in Kuala Lumpur to Melbourne, Sydney, Narita, Adelaide, Doha and Kansai* can indulge in our 'Cool Treats' bite-sized ice cream – delicious discs of vanilla ice cream coated in velvety chocolate. This introduction is part of our overall efforts to elevate the in-flight dining experience, ensuring passengers enjoy delicious meals throughout their journey with us.

In addition, we also introduced the Best of Asia menu earlier this year where we celebrate diverse and global culinary palates. With the introduction of this new menu offering, Business Class and Economy Class passengers can enjoy a diverse array of 35 Asian dishes, including Thai, Indian and Indonesian cuisines, complementing the local Malaysian delights available on your flights. Alongside this elevated offering, we have also introduced a menu refresh for our Chef on Call service available to Business Class passengers, as well as the pre-order service for Economy Class passengers which is available from 30 days up to 24 hours before departure.

Behind these enhancements lies a deeper commitment to our most valuable asset: our people. Through unwavering investment in training, development and fostering a culture of excellence, we ensure that every interaction with our customers embodies the warmth, professionalism and authentic Malaysian Hospitality that defines our brand. These efforts represent just a glimpse of our commitment to ensuring a seamless journey with us and we hope you are just as excited about what the future of travel holds onboard Malaysia Airlines.

We look forward to welcoming you onboard again soon.

Izhah Ismail

Group Managing Director
Malaysia Aviation Group

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Minimising waste, eliminating single-use plastics and other conscientious practices are key to being a responsible global citizen. But being environmentally conscious doesn't always have to be hard work – it can lead to joyful discoveries during your travels. In Penang, our featured destination this month, meet local entrepreneurs who are leading eco-tourism ventures aimed at inspiring visitors to appreciate the island's natural heritage and sustainable products. This aligns with Penang state's goal to become a greener, family-friendly destination by 2030. Find out where to enjoy biodiverse nature trails, dine on organic, farm-to-table meals and shop for eco-friendly home goods in this issue (p38).

Speaking of family fun, we're excited about the many new attractions to explore on Sentosa Island in Singapore. Race electric go-karts on Palawan Beach, indulge in a spa day at Oasia Resort, enjoy skyline views from a futuristic SkyOrb cabin on Mount Faber's cable car or explore the immersive Sensoryscape experience (p48). With so much to do, one weekend might not be enough!

Whether you're into grooving at the Rainforest World Music Festival (p9) or touring Shanghai Museum's newly launched east wing (p24), I hope you enjoy the rest of our issue. And don't forget to explore our augmented reality content on the magazine cover and tag us on Instagram: @goingplacesmagazine.

Happy travels,

Shermian Lim
Editor



This issue's contributors



Surekha Ragavan
Writer, "Preserving the pearl", p38

Surekha is a Malaysian editor and journalist with a keen interest in news and culture. She is the co-founder of *Periuk*, a digital archive of Malaysian heritage recipes and stories.



Alvin Ng
Photographer, "A world of its own", p46

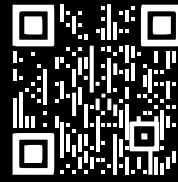
Singaporean photographer Alvin captures spaces through his visual documentation of experiences. His photographs seek to evoke a timeless and ethereal allure.



Lester V Ledesma
Writer, "A world of its own", p46

Lester has been covering Asia for over 20 years. Based in Singapore, his work revolves around culture, history, good food, adventure and family stories.

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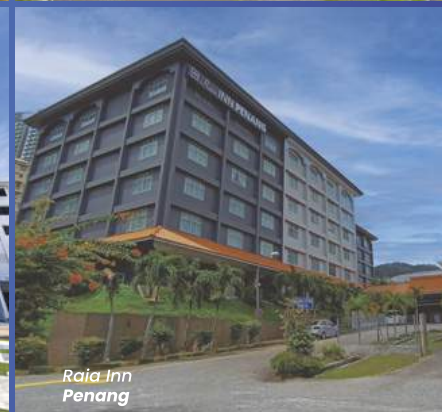
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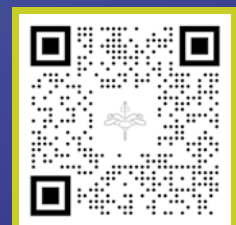
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11

REASONS TO LOVE MALAYSIA

Bold flavours, inspiring people and unforgettable places



1

Kuching

Jungle beats

The **Rainforest World Music Festival (RWMF)** returns to Kuching with over 20 music acts from 28–30 June. Themed “Evolution” and promising to be a convergence of sustainability, responsible tourism and cultural exchange, this year’s RWMF features music workshops during the day before heavyweights Zainal Abidin and Grammy-winning superstar Kitaro take the stage, alongside Sarawak’s own Belle Siboski, Alena Murang and The Borneo Collective ensemble, with Living National Heritage Mathew Ngau Jau. rwmf.net



2

Kuching

Wearing colours with pride

Over 100 contingents with more than 3,000 participants are expected to bring the streets of Kuching to life for this year's **Gawai Dayak Parade** or Niti Daun on 17 June. Dayak ethnic groups will showcase their traditional finery with dances and music during the parade, which also features a special performance by the Bidayuh Ring Ladies, a Kadazan Dusun contingent and pageant winners from both Sarawak and Sabah. sarawaktourism.com

3

Kuala Lumpur

A KL icon returns

Fresh from its Singgah di Semua Ramadan celebration, the iconic **Semua House** reopens its doors to reclaim its place as a mainstay of Kuala Lumpur's textile district. With the vibrant colours and patterns of its textiles brought to the forefront of its new aesthetic, the reimagined Semua House also boasts the revamped cafeteria Semua Rasa, and a host of local retailers. semuahouse.com



4

Ipoh

Perak heritage on display

In line with Visit Perak Year 2024, this year's **Temasya Budaya @ Negeri Perak** on 27 June at Dataran Majlis Bandaraya Ipoh promises to be even more festive. Organised by the Perak Culture and Arts Department, the

arts festival will showcase the state's rich heritage, with cultural performances, exhibitions and traditional games and dance competitions – including a *dabus* dance-off – alongside artisans displaying their crafts. tourismperakmalaysia.com



IMAGE: SHUTTERSTOCK (GAWAI DAYAK PARADE, CRAFTS)



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MALAYSIA

@ Perdana Botanical Garden
Kuala Lumpur

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5

Malaysia

Tips for sustaining your fitness regime



Maintaining a fitness journey can be challenging, but it isn't about giving 100% all the time. Sara Suhaili, co-founder and strength coach from **Good Juju** shares tips for building and maintaining a long-term fitness routine. heygoodjuju.com



1. Start with why

Ask yourself why you want to maintain a fitness routine. Is it for your mental health, strength or overall health? Understanding your deeper motivation makes it easier to stick to your routine when motivation wanes.



2. Build momentum

To build momentum, start small. Begin with just 15 minutes of exercise daily and gradually increase the duration. Consistency is key; think of it like brushing your teeth. You can always ramp up the intensity later.



3. Celebrate small wins

Instead of solely focusing on weight, celebrate other achievements like showing up, mastering a new movement, feeling more confident and even maintaining consistency! Micro celebrations are key to sustaining a fitness routine.



4. Have an accountability buddy

Don't underestimate the power of community support! Finding a good friend, hiring a coach or training in a supportive gym community can boost your commitment to your journey.



5. Understand that progress isn't linear

Remember that you won't be hitting your goals every single day. Some days will feel harder, even with enough sleep and solid nutrition. Your best effort looks different every day. So be kind to yourself!

6

Malaysia

Gearing up for good

Three activewear labels you can feel good about wearing



Livlola

Enter your Pilates princess era with eco-conscious activewear brand, Livlola's Heroine Bra Tank. The high scoop neck and adjustable ruched detail hugs you in while serving serious style. livlola.com



Ozero Swimwear

Swim in style with Ozero's Baikal one-piece, made with regenerated nylon, which recycles waste material into brand-new nylon. Thick straps and side-bust darts provide support and effortless style. ozeroswimwear.com



Terrae

Terrae's All Day Bike Shorts, made from recycled fabric, will fast become your new wardrobe staple. They're stretchy, sweat-wicking and have pockets – perfect for yoga, then straight to brunch. shopterrae.com



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7

Kuala Lumpur

An ocean of abundance

Oversea Seafood's latest outlet, which opened in February at TREC KL, is a testament to abundance. This plenitude manifests in its elaborate design illuminated by the splendour of the ocean, from the tentacles that curl around the foyer to

the magical tilework of the washrooms, as well as the catch. Only the finest seafood – Australian lobsters, Japanese scallops, Indonesian mud crabs and more – is transported from the tanks to your plate. oversea.com.my

8

Malaysia

A real beauty

A sustainable beauty brand with an all-female team, **Lips Carpenter** offers custom lip care products. Their lipsticks and lip balms come in eco-friendly, recyclable packaging. Can't find a lip product that's uniquely you? Choose from a variety of colours, scents and even casing designs that can be personalised with your name using laser engraving.

lipscarpenter.com





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9

Kuala Lumpur

Food for the soul



Malaysian cinema has experienced a mini-renaissance of late, with standouts either dominating discourse or winning international awards. Among these is Cho Wee Jun's sweet *Hungry Ghost Diner*, which bagged the NETPAC Award at the 27th Bucheon International Fantastic Film Festival last year.

Hungry Ghost Diner centres on Bonnie, a food truck operator, who discovers that her family's coffee shop is haunted by the spirits of her dead relatives returning for the Hungry Ghost Festival. "I do feel that in Malaysia, the festival is an intangible cultural heritage," Cho says. "More so than other celebrations, the Hungry Ghost Festival, which occurs in August, has a communal aspect to it, and everyone's invited to take part."

Some of the scale and pageantry of the Hungry Ghost Festival, especially in urban centres, has been lost with modernisation, which informs the themes of return and rediscovery in *Hungry Ghost Diner*. Cho notes, "As society becomes more modern, we [seem to] prize conformity, convenience and efficiency."

“

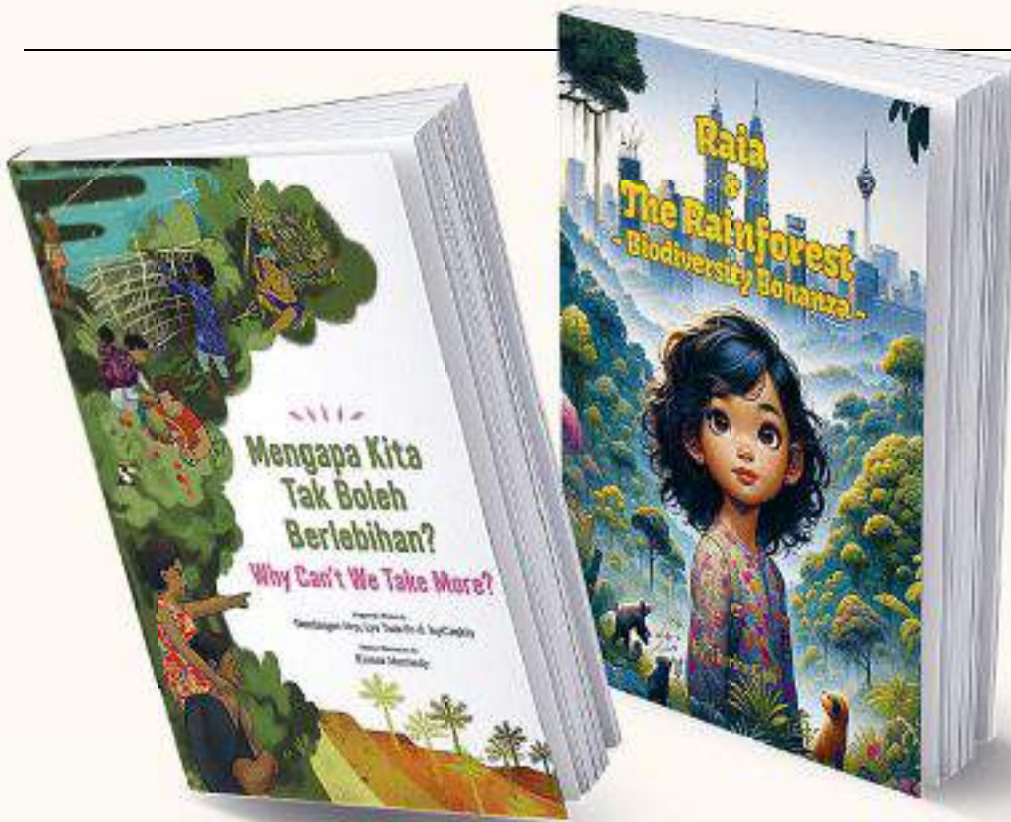
Malaysian cinema has experienced a mini renaissance of late”

There is a sense of otherworldliness throughout the film, emulating many of his childhood favourites, from Hong Kong comedies like *Mr Vampire* and *Happy Ghost* to the whimsy of *Big Fish* and *Spirited Away*.

Despite his debut full-length film being one of the many local successes last year, Cho is still tempering his optimism about the immediate future of Malaysian cinema. "I would speculate that during the pandemic lockdown, us filmmakers had a lot of time to rewrite screenplays and better develop story ideas," he says. "While it is nice to see the emergence of all these great titles, it might just be a flash in the pan if we don't continue to follow up with works of quality." kinovisuals.com



***Hungry Ghost Diner* is streaming on Netflix.**



10 Malaysia Learning to love nature

In time for International Children’s Day this month, get your little ones these local children’s books on environmental sustainability

Mengapa Kita Tidak Boleh Berlebihan

A crowdfunding initiative by Matahari Books, *Mengapa Kita Tidak Boleh Berlebihan* is inspired by the knowledge and stories of the indigenous Batek community. Written by the Dendangan Hep collective (Booi Carlyn and Wong Pui May), environmental and visual anthropologist Lye Tuck-Po and PeyCankây, with illustrations from Rionna

Muniandy, *Mengapa Kita Tidak Boleh Berlebihan* teaches children a respect for nature and the consequences of overdevelopment and environmental degradation. Available for purchase at major bookstores. fixi.com.my/penerbit/matahari-books

Raia & The Rainforest: Biodiversity Bonanza

Join Raia, who goes on an adventure in the rainforest that introduces her to the diverse ecosystem within, making friends with Hooroo the owl, Kiki the squirrel and Toto the rabbit as she learns about the importance of conservation. Author Therine Goh’s debut teaches children about environmental stewardship, especially how even the smallest actions can contribute to the preservation of the planet. Available for purchase at raiaandtherainforest.com

11 Ipoh A new sweet stop

Gabrielle opened a second location in the famous Concubine Lane of Ipoh, their first outlet being at Bandar Baru Bangi. Dessert fans will be spoilt for choice as Gabrielle offers a variety of French pastries alongside the softest mille crepe cakes. The cafe uses halal-certified premium ingredients and is the perfect spot for an afternoon tea or post-dinner dessert stop. Don’t miss the Signature Nutella Mille Crepe or the Strawberry Mille Crepe. [instagram.com/gabriellemillecrepe](https://www.instagram.com/gabriellemillecrepe)





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EXPERIENCES

Fantasy island

Live out a dream holiday at an all-inclusive resort in the **Maldives**

BY TARA FT SERING

A getaway to an all-inclusive island resort in the Maldives might be the truest definition of leaving the world behind. Somewhere in this string of otherworldly, pearl-shaped atolls off the Indian subcontinent, in the middle of the vast Indian Ocean, your worldly cares just seem to disappear into thin air. Here, the most pressing decisions tend to be: beach or pool? Snorkelling or standup paddle boarding? Sunset sailing or fishing?

This is exactly how the 122-villa Pullman Maamutaa in Gaafu Alifu, the upper half of the country's largest atoll, wants you to feel. Sprawled across a previously uninhabited island out in the Maldives' southernmost reaches, the resort feels particularly remote. Stepping off the speedboat on arrival feels like discovering a little beach-ringed



Flights between Kuala Lumpur and Maldives commence 1 August 2024 and will operate 7x weekly

CONTINUED ON NEXT PAGE 



The beach bungalow

village at the watery edge of the world, equipped with holiday essentials – six restaurants, a PADI dive centre, a spa by Phytomer, a 24-hour gym, a tennis court, a kids' playground and an on-call buggy service.

Pullman has beach bungalows as well as two sets of overwater villas. One set fans out into the water like a whale's tail and another is arranged in a fish-shaped loop. Apart from roomy bathrooms with showpiece tubs and a choice of indoor or alfresco showers, each villa has its own spacious deck, an infinity plunge pool and ladder access to the shallow reef waters below. Now and then, you might spy a fever of stingrays cruising past from the wooden deck or through the glass window built into the bedroom floor.

For families with kids, a stay at one of two Aqua Villas is bound to build core memories with the little ones. The two-level villa sleeps four, with the lower bedroom built underwater. It's an aquarium with a glass wall that looks out onto a reef regrowth project where scores of fish love to hang out. Solitary black-tip reef sharks appear regularly, weaving through the coral and curiously sidling up to the glass, before casually swimming away.



The view from the Aqua Villa

Among the joys of all-inclusive packages is unlimited food and drink, and each of the resort's outlets offers its own proposition. The main dining hall called *Mélange*, for instance, is where world cuisines – Arabic, French, Asian, Indian and Maldivian – converge. *Phat Chameleon* is the resort's signature vegan and vegetarian restaurant with its own well-tended organic produce garden, while *Souq Oven* serves crowd-favourite Italian specialties. The alfresco restaurant *Sol Rising* – where menu items feature protein-packed and gluten-free options – would appeal to active early risers and *Saffron Affair* is a west-facing lounge with front-row seats to some of the most breathtaking sunsets you'll ever see.

For a small village strung out in the middle of nowhere, there's plenty to do here. Fill your hours lying on the beach or working up a sweat – from yoga and Zumba to paddle boarding and kayaking. If you've always fantasised about being a mermaid, PADI Basic Mermaid courses are available for guests six years old and above, and who can float for at least three minutes

“

For a small village strung out in the middle of nowhere, there's plenty to do here”



Phat Chameleon's garden

and swim 25m with ease. And while it's not everyone's cup of tea, the off-menu back-of-house guided tour is perfect for travellers with a fascination for how things work. The tour includes insight into the resort's sustainability efforts, such as a wastewater treatment facility and a bottle crushing shed where glass is turned into shimmering concrete.

You could also go dolphin-spotting aboard the photogenic traditional fishing boat called the *dhoni*, in spots that attract large pods of spinner dolphins. But if you'd rather dive, Maldivian waters are a deep-blue fever dream of the most magnificent marine megafauna: turtles, manta rays and up to 26 different species of sharks. A whole morning of snorkelling along a reef shelf – teeming with wildlife – is enough to restore whatever sense of wonder and awe you might have been missing. When you no longer care to remember what day it is, but can name at least 10 different species of fish, that's when you know the holiday immersion is complete. Fantasy achieved. pullmanmaldivesmaamutaa.com



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The tourism industry is one of the main contributors to the national economic development. Co-operatives are recommended to venture into the tourism industry and its downstream activities that promise huge potential to escalate the income of the co-operatives and its members.

SINGGAH, or 'drop-by' is a boutique-concept hotel managed by KOPETRO Hotel & Resorts Sdn Bhd, a subsidiary of Kopetro. This boutique hotel is meant for domestic and foreign travellers, businesses, families, and local tourists. In general, Singgah has two branches, the first located in Kertih, Terengganu and the second in Pengerang, Johor. They are committed to providing the best value for its guest through great hospitality. Singgah offers the best price along with a safe, comfortable, and conducive stay.

Singgah Kertih is located at Persiaran Seligi Bandar Baru Kertih, a location fundamental for travellers from Kuala Lumpur to Kuala Terengganu. Singgah Kertih was established in 2017 with 48 fully air-conditioned rooms equipped with Wi-fi, television, parking facilities, and is known for being a disabled-friendly hotel

Singgah Pengerang was opened in 2020 and it promotes Johor tourism by showcasing murals of Johor's attractions in their guest rooms. With 58 rooms available, Singgah Pengerang offers standard, deluxe, and superior accommodations.



FOR MORE ENQUIRIES, PROMOTIONS AND BOOKING

PHONE: 09-8250111 (Kertih)
07-8256011 (Pengerang)

WEBSITE: www.singgah.com.my
@singgahkertih | @singgahpengerang



populous country. “Our East venue will put on the most comprehensive display of the history of ancient Chinese art,” says Chu Xiaobo, the director of Shanghai Museum. “We will also highlight the characteristics of Jiangnan and Shanghai-style cultures with thematic exhibitions. We expect the new venue to become a critical cultural window for the world to learn about China.”

The museum’s first phase opened in February and features an ancient Chinese bronze gallery, showcasing over 500 pieces of Chinese bronze ware – bells, wine vessels, statues, among many others – spanning 3,600 years, from the late Xia Dynasty to the middle of the Qing Dynasty.

The second phase, which opened in May, puts the spotlight on ancient Chinese sculpture. It features 289 pieces, including a panel carved with story scenes of the Three Kingdoms – the warring states competing for dominance after the demise of the Han dynasty in the second century – and the head of a *lokapala*, or guardian kings that served as tomb sentries. A third of these are on public display for the first time.

The east wing’s final phase is expected to be completed in November, but even bigger plans are on the horizon – the Shanghai Museum plans to establish a new North venue, this time focussing on ancient ships and the country’s long maritime history.

Admission to the museum is free, but reservations are required and can be made seven days in advance through Shanghai Museum’s WeChat mini-programme – a channel within the platform – or at the tourist centre (don’t forget your passport). Open from 10am to 6pm daily, except on Tuesdays. shanghaimuseum.net



MUSEUMS

The east wing

With a new Pudong campus, a hub for ancient Chinese culture in **Shanghai** soars to greater heights **BY STEPHEN O’CONNELL**

As if there isn’t enough visual stimulation in China’s largest metropolis, the city’s premier repository of cultural artefacts has unveiled a new wing: Shanghai Museum East, located on Century Avenue, in the city’s snazzy financial district of Pudong. Shanghai Museum East, which is opening in phases, features six storeys with a combined total floor space of 113,000m² – double the floor area of the Louvre – and puts the museum on track for its goal of becoming the world’s top museum for ancient Chinese art (the original, smaller museum at People’s Square will mainly host themed and special exhibitions in the future).

Here, you can expect a deep dive into the fascinating regional cultures that make up the world’s second most

Another Shanghai surprise

Across the Huangpu River, the new 262-room Hyatt Centric Zhongshan Park officially welcomed guests in the spring. Fans of stylish hotels will find plenty to love here. The property takes many design cues from what’s often called Shanghai’s first golden age, a period in the 1920s when the city was a booming hub flush with Western businesses and influences. Among those

who frequented this dynamic port hub at the time were travelling businessmen from Europe for whom a bespoke, made-in-Shanghai suit was the height of elegance. The hotel’s rooms and suites are a brighter, modern take on the old-style gentlemen’s tailoring shops – with touches of nude woven-rattan finishes, brass trim and Art Deco-style bevelled glass lamps – that once dotted the

city. The in-house restaurant, Scenario 1555, is an extension of the East-meets-West concept and serves traditional Shanghaiese cuisine in a Western casual dining setting. More importantly, the hotel straddles the best of two worlds: it’s right next to lush parkland, perfect for breathing space and slow strolls, and is close to downtown attractions. hyatt.com



IMAGE: GETTY IMAGES (SHANGHAI MUSEUM EAST)



Homegrown coffee, with a heart

This local favourite has provided coffee lovers in KL with delicious, sustainably sourced brews for over a decade

Kuala Lumpur is home to a thriving coffee culture – and the capital’s community of artisan roasters is ever-growing. For a delicious cuppa with a rich roasted flavour and the perfect coffee-to-milk ratio, head to **Eight Ounce Coffee**.

This homegrown Malaysian brand has grown quickly since it began in 2011, and its commitment to quality and sustainably produced brews is palpable in every aspect of its operations. It roasts its own beans, sourced from sustainable growers across Brazil, Colombia, Guatemala and Sumatra, and consistently dishes up brilliant coffee that’s sure to please even the most discerning palate.

A cup of warmth

As you step into one of Eight Ounce Coffee’s cozy cafés, you’ll be greeted by the inviting aroma of freshly roasted beans and the friendly faces of the team. Whether you’re a coffee connoisseur or simply seeking a quick pick-me-up, the expertly trained baristas will guide you through the menu, which features a range of specialty drinks made with the finest, responsibly sourced ingredients. If you’re a regular, you’ll also find that they remember your favourite brews and your name.

Brewing excellence

We love a place that encourages customers to

bring their own reusable cups, and Eight Ounce Coffee is no exception. It also partners with local artisans and coffee growers who adopt eco-friendly and fair labour practices and actively takes steps to reduce its carbon footprint. Rest assured, your daily coffee here is socially impactful *and* delicious.

As Eight Ounce Coffee celebrates its decade-long journey, it is evident that it’s more than just a coffee shop – it’s a movement. A movement that’s all about community, connection and the power of a perfectly brewed cuppa to bring people together. So why not experience the warmth and hospitality of Eight Ounce Coffee for yourself?



Where to try their coffee

The Gardens Mall
F.K06, First Floor, Mid Valley City, Lingkaran Syed Putra, 59200 Kuala Lumpur

Suria KLCC
Unit 115, Level 1, Kuala Lumpur City Centre, 50088 Kuala Lumpur

The Exchange TRX
F1.34.0, First Floor, Persiaran TRX, Tun Razak Exchange, 55188 Kuala Lumpur

Visit their website at eightouncecoffee.co and follow them on Instagram at [@eightouncecoffeeco](https://www.instagram.com/eightouncecoffeeco).



URBAN ATTRACTIONS

Head for the hills

Tokyo's latest, must-see hot spot is a cool blend of nature, surreal architecture and high-end labels

BY JAR CONCENCO

Welcome to Azabudai Hills,

a mixed-use complex by award-winning design firms Pelli Clarke & Partners and Heatherwick Studio, and one of the buzziest new developments in the Japanese capital city. Think Satsuma Mandarin trees, blueberry bushes and other fruit-bearing plants on eye-catching sloping lanes. A central green peppered with public art like Yoshitomo Nara's white, towering sculpture "Miss Forest in Tokyo" and other awe-inspiring, undulating structures.

The highly anticipated development – of residential towers and office spaces, art and entertainment galleries, retail strips and pocket parks – opened to great fanfare late last year and has since glammed up the previously quiet, buttoned-up business district of Toranomon.

Many of Tokyo's newest and coolest – from dining to interactive experiences – have set up shop here. The brand new 122-room Janu Tokyo, an Aman hotel, unveiled its flagship property here in February. Michelin-starred restaurants like Florilège and Thai restaurant Saawaan have also moved in. If scoring a table at these popular spots is tricky, gourmands



can also savour the fancy food market at the basement level, from freshly baked pastries and wild-caught fish to expertly butchered meat. Craving for coffee? The trendy Kyoto-born coffee brand Arabica, with its usual sleek white interiors, has sprouted here as well.

Art lovers will be thrilled to find that the vibrant museum team Lab Borderless has come to Azabudai Hills with four new installations, including "Microcosmoses: Wobbling Light", a massive room full of hanging orbs that create an expansive, eye-boggling illusion. Another museum called Shueisha Manga-Art Heritage, located at Garden Plaza A, is dedicated to manga and includes art from the hugely popular series *One Piece*. When the Azabudai Hills Gallery opened in November, its inaugural exhibition also featured the abstract and thought-provoking sphere



“

It reportedly took 30 years to create a “modern urban village”, a process that included careful planning with the area’s over 300 lessees”

installations of Icelandic-Danish artist Olafur Eliasson.

It reportedly took 30 years to create a “modern urban village”, a process that included careful planning with the area’s over 300 lessees. This was all part of a grand project by urban developer Mori Building – the Japanese conglomerate behind Roppongi Hills and Toranomon Hills – to make the Japanese capital greener and more attractive to global blue-chip companies ostensibly scouting for an Asian HQ. For anyone looking, it doesn’t get fancier than this. azabudai-hills.com



A beacon of healthcare

Pantai Hospital Kuala Lumpur celebrates 50 years of healthcare excellence

For five decades, Pantai Hospital Kuala Lumpur (PHKL) has remained at the heart of Kuala Lumpur's medical landscape, steadfast and dedicated to delivering exceptional care and accessible cutting-edge technology to patients from all walks of life.

From humble beginnings with just 68 beds and a team of 20 medical specialists in 1974, the institution has grown into the city's healthcare icon, now licensed for 499 beds and home to over 200 consultants, each specialising in diverse medical and surgical disciplines.

Today, it offers a comprehensive array of medical and surgical specialities, including cancer care and advanced robotic surgery. Its holistic approach emphasises prevention, screening, diagnosis, treatment, palliation and psychosocial care.

A legacy of excellence

Pantai Hospital Kuala Lumpur is unwavering in their commitment to providing quality healthcare services while fostering clinical research and trials. The medical centre takes pride in championing clinical excellence, service quality and operational efficiency.



This pursuit of excellence has earned them well-deserved accreditations from the Malaysian Society for Quality in Health (MSQH) and the Joint Commission International (JCI). Additionally, they hold the honourable certification as a Baby Friendly Hospital and a preferred hospital in Malaysia issued by the World Health Organization (WHO).

As it celebrates its 50th anniversary, Pantai Hospital Kuala Lumpur reaffirms its legacy of excellence and its role as a pillar of the city, offering world-class healthcare services and innovative treatments.

Whether you are seeking medical attention or simply looking for a trusted healthcare partner, Pantai Hospital Kuala Lumpur is the perfect choice.



For enquiries or appointments at PHKL, call +603-2296 0888 or email my.phkl@pantai.com.my.





EXPERIENCES

Mussel memories

In Port Phillip Bay, Greater **Melbourne**, a luxury tour lets guests enjoy clean air, freshly cooked molluscs and a perfect day on the water

BY SHERMIAN LIM

It's a crisp autumn morning in March, and I am on a leisurely cruise along Port Phillip Bay, a spot of paradise located between Greater Melbourne to the east and Greater Geelong to the west. The gorgeous bay is home to a variety of habitats – sandy beaches, rocky reefs, seagrass meadows and mangroves – that support a rich diversity of aquatic life. The array of endemic marine plants and animals is impressive, ranging from hundreds of fish species, molluscs, crustaceans and seabirds to dolphins and little penguins.

But today's adventure aboard the *Valerie*, a sleek, former fishing vessel turned luxury tour boat, is all about one of the bay's marine natives: mussels. Organised by Portarlington Mussel Tours, trips aboard the *Valerie* accommodate up to 12 passengers, although private charters may be arranged for a more intimate experience.

Boat captain Lance Wiffen, also a mussel farmer of 30 years, steers the boat around the bay before anchoring where 250ha of his mussel farms are located. As he winds a thick line of rope up from the depths of the grey-green bay waters, my attention gradually turns to what's clinging to the rope – dozens upon dozens of dark, slightly muddy bivalves covered in what must be millions of salmon-hued phytoplankton. The rope rises, and water slides off, exposing black shells that glisten in the sun like rough jewels.

Wiffen gathers a handful of mussels, meticulously cleaning each one before carefully prying them open with a knife. "The vibrant orange ones are female," he explains, contrasting them with the paler males. Once washed, these mussels are ready to be enjoyed fresh





“
[Mussels] have enough nutrients to be considered a superfood, packed with protein, omega-3, iodine and selenium”

from the water. Mussels also have enough nutrients to be considered a superfood, packed with protein, omega-3, iodine and selenium.

We remain anchored and guests are strolling along the deck, enjoying the fresh breeze while sipping on raspberry lemonade or bubbly from Bellarine vineyards. Inside the cabin, a gastronomic showcase of local produce – salmon pate, olives, breads, spreads, crackers, several types of local cheeses, fresh fruit and a handcrafted, locally smoked butter – awaits. I watch Connie Trathen, the tour’s marketing manager, expertly whipping up a pot of mussels while narrating her steps like a seasoned cooking show host. This hearty dish is made with grated cheese, tomatoes, minced meat and a sauce from a cherished Wiffen family recipe.

My first bite of a half-shell, Kilpatrick-style mussel is joyful. Juicy, tender and bursting with cheesy saltiness cut by a tangy secret sauce. How can something so decadent also be so nutritious?

Maybe its flexibility as a protein is why mussels have fast become such a modern food staple, making its way onto Australian plates at home and in all levels of dining, served as a main dish rather than a mere accompaniment. Renowned chefs like Ben Shewry of Attica restaurant in Melbourne have praised their culinary value, with Shewry considering them “one of the best to cook”. Recognising this potential, the government of Victoria has invested in expanding farming sites in Port Phillip and the Western Port, allowing operators like Wiffen to not only grow their operations as the demand for Victorian shellfish, – especially mussels – grows across Asia and America.

As a veteran and advocate for the local mussel farming industry in Victoria, Wiffen has always envisioned Portarlington Mussel Tours as an opportunity for visitors to enjoy a premium boating experience around the bay while witnessing the sustainability of mussel farming firsthand. “It’s environmentally friendly,” he explains. “We don’t use fresh water or chemicals, so it’s a purely organic product.” **portarlingtonmusseltours.com.au**



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IMAGES: COURTESY OF PORTARLINGTON MUSSEL TOURS



NEIGHBOURHOOD GUIDE

Kennedy Town

One of **Hong Kong's** oldest communities draws fresh fans hunting for good coffee and leisurely bites, slower streets and the perfect cinematic holiday shot by the waterfront **BY STEPHEN O'CONNELL**

Known for relatively affordable and spacious apartments in a city infamous for sky-high rents, Kennedy Town has always had a certain old-timey charm. Named after the British governor Arthur Edward Kennedy, who presided over Hong Kong in the late 19th-century, the patina of old buildings, the constant steam wafting from hole-in-wall noodle shops and the aroma of specialty coffee creates an atmosphere of nostalgia. Even as cool cafés and trendy restaurants have popped up over the years, lending large doses of glamour, it has kept its casual neighbourhood vibe. If you need a break from the pulsing, neon-lit, bustling energy usually associated with one of Asia's busiest hubs, ride the iconic Hong Kong Tramways from Central to its westernmost stop, Kennedy Town. Bonus tip: sit on the upper deck and enjoy the view as Central's gleaming skyscrapers gradually give way to gritty tower blocks.

Winstons Coffee



ILLUSTRATION: BLANCHE LLANES IMAGE: SHUTTERSTOCK (SAI WAN SWIMMING POOL)



Sai Wan Swimming Pool



1 Belcher Bay Promenade

A stroll around this area gives you a glimpse into modern-day Hong Kong life – toddlers burning off energy at the playground, renegade skateboarders, leisure fishermen and couples on casual dates enjoying the breeze. There's even a dog park and an organic hydroponic farm. If you're feeling energetic, complete the loop as far as Sun Yat Sen Memorial Park or just turn back at your own pace. **Shing Sai Road**

2 Little Cove Espresso

After you've worked up an appetite, treat yourself to a leisurely brunch at this spacious restaurant along New Praya which opens up to the seafront. Dig into the highly recommended Beef Benedict on Sourdough Rye. **Shop 3, G/F, New Fortune House, 3-5 New Praya**

3 Fish and Chick

The British may have left Hong Kong over 25 years ago, but their influence lives on in the form of traditional fish and chips at this long-time K-Town favourite. Fish and Chick has branched out to other parts of Hong Kong, the third and latest one opening at nearby Sheung Wan, but there's something to be said about the original – this popular eatery

also offers slow-roasted chicken as well as other pasta and salad dishes. **Shop 6, 25 New Praya**

4 Sheung Hei Claypot Rice

Another neighbourhood classic, this lively spot specialising in dim sum and claypot dishes – cooked to a smokey crisp over charcoal stoves – has a well-earned Bib Gourmand nod. Apart from the extensive claypot menu of over 30 different offerings, the restaurant also serves Chinese home-style dishes such as Peking Ribs. It's often busy, so time your visit well. **25 North Street**

5 Lo Pan Temple

If you're so inclined, make a quick side trip to this Chinese temple dedicated to Lo Pan, a Chinese engineer, carpenter and military strategist who is considered the patron saint of contractors and builders. **15 Ching Lin Terrace**



Little Cove Espresso

waterfront. The sheds, built by the Hong Kong government in the 20th-century, once provided changing rooms and wooden piers for swimmers. **Victoria Road, Mount Davis**

8 Golden Scene Cinema

Head back to Kennedy Town proper and catch a movie at Golden Scene Cinema. This popular addition to Kennedy Town's nightlife is dedicated to showcasing Hong Kong classics, indie films and the latest blockbusters. **goldenscene.com; 2 Catchick Street**

9 Westside

End the day trip with sharing plates and good vibes at one of Hong Kong's best Mexican restaurants. Don't miss their highly raved Churros III Ways – it's totally worth the hype – and if you're around on a Tuesday, enjoy half-priced, delicious tacos filled with veggies, fish or chicken. **1/F, The Hudson, 11 Davis Street**

6 Winstons

Venture into the backstreets of Kennedy Town, enjoy the detours and perhaps end up on Forbes Street, packed with cute cafes and eateries. You'll find a mix of local and international flavours (there's even a Marks and Spencer). Winstons is a cosy cafe by day and a lively cocktail bar at night, unmissable with its retro cinema signage. **Shop 8, The Hudson, 11 Davis Street**

7 Sai Wan Swimming Shed

A short distance away lies the Sai Wan Swimming Shed, offering a glimpse into Hong Kong's history and an iconic spot to catch the sunset. This is the last remaining swimming shed on Hong Kong's



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The choice card for your pilgrimage

Go cashless and
experience peace of mind
with this Bank Islam Visa
Tabung Haji-linked card

Hajj and Umrah are profoundly significant journeys for Muslims across the globe. Yet, the practicalities of managing money can be a logistical hurdle. Many pilgrims grapple with how to securely carry and access their funds, and seek solutions to this concern so they can fully immerse in the spiritual richness of this sacred trip.

Carrying large sums of cash is discouraged as it poses security risks, particularly in crowded areas. Additionally, withdrawing cash from ATMs abroad is costly.

Cash isn't always king

Thankfully, a variety of modern financial tools have emerged to streamline the travel experience, with smart cards at the forefront of this innovation. The Bank Islam Visa Tabung Haji Debit Card-i, for example, has revolutionised pilgrimage travel.

This debit card is linked to Tabung Haji, a trusted fund for Malaysian Muslims covering pilgrimage expenses like travel and accommodation. It eliminates the necessity of carrying large cash sums and concerns about currency exchange.

Worldwide access and convenience

A standout feature of the Bank Islam Visa Tabung Haji Debit Card-i is



its global accessibility. Pilgrims can access and withdraw their funds at over 2.5 million ATMs globally, including in Saudi Arabia, without incurring additional charges. During the Hajj season in Saudi Arabia, cardholders even enjoy a waiver on cash withdrawal fees.

Seamless transactions, anywhere

Moreover, the card is globally accepted, enabling pilgrims to make purchases at over 80 million merchant locations worldwide. Pilgrims can shop, dine, explore and conveniently transact wherever they are.

The card's support for foreign currency transactions also eliminates the hassle of physical cash, long waiting times at foreign exchange counters and unfavourable exchange rates.



How to sign up

If you are interested in obtaining the Bank Islam Visa Tabung Haji Debit Card-i, the process is straightforward. Tabung Haji depositors simply need to open a Bank Islam savings or current account and link it to their Tabung Haji account.

The card also offers additional rewards, including a 20% discount at KLIA Express & KLIA Transit Gate and, exclusively for Hajj pilgrims in 2024, a 10% cashback on cumulative overseas spending of RM300 from 1 May to 30 June 2024.



To become a cardholder today,
scan the QR code and sign up.



24 HOURS IN

Kuantan

Words **Mabel Ho** Photography **Razlan Yusof**

Kuantan officially achieved city status in 2021 but retains the undeniable charm of smaller towns along the Eastern coast of Peninsular Malaysia. Due to the allure of azure waters and soft sands along this beachfront coastal city, Kuantan's early reputation as a fishing village has evolved into a beach holiday town with fun activities and delicious meals. If you only have 24 hours to spare for this "perfect weekend" vacation town, these are the highlights to hit up.



Saturday

🕒 **7am**
Early hike

Start your day on a high note with a hike up the **Pelindung Hill Loop** to admire the sweeping panoramic views of the city. You may also be able to spot the dusky leaf monkey which is native to the area. At approximately 5km long, the hike takes up to two hours to complete depending on your pace. The entrance to the trail is accessible from the city centre, near the Tengku Ampuan Afzan Secondary School. The trail is not particularly technical, but requires a reasonable level of fitness and proper footwear to navigate a combination of uphill and downhill sections and some uneven terrain. *Pelindung Hill Loop, trailhead near the Tengku Ampuan Afzan Secondary School*



🕒 **9am**
A quintessential Malaysian breakfast

Like most Malaysians, the people of Kuantan take their breakfasts seriously, especially at **Muar-E Kopitiam** which sells out on busy weekends. Order the *mee tepung goreng* (stir-fried noodles), *nasi kunyit* (turmeric rice) or *roti stim* (steamed bread). Wash it down with a refreshing *muar teh* (iced tea) or *kopi ais* (iced coffee) for a strong caffeine kick to start your day.

Alternatively, you could tuck into some hearty Malay fare such as *nasi kukus* (steamed rice) along with dishes such as freshly fried chicken or *ikan bawal goreng berempah* (fried pomfret), *kari kambing* (mutton curry) and *gulai kawah daging* (beef curry) at **Warung Mazenah Nasi Kukus**. *a643, 2, Jalan Beserah; Lot 78 Off, Jalan Beserah*

INSIDER TIP
Muar-E means “satisfactory” in Hokkien, and no, this kopitiam is not named after the Johorian town, in case you were wondering!



Three facts
about Kuantan



2,690km²

is the size of Kuantan, making it
the 18th largest city in Malaysia

21 Feb

is when Sultan Abdullah
of Pahang declared
Kuantan a full-fledged
city in 2021

Fishing

is a big industry for
Kuantan, so the city is
best known for their
fresh seafood



🕒 **10am**

Murals on the ground and views from the top

There's been a street art renaissance around Malaysian cities – city backlanes once marred by unsightly graffiti are now converted into walkable streets with beautiful wall art. Check out the **Kuantan Art Street** and you'll find a variety of colourful murals depicting wildlife such as the Malayan tiger or *buaya* (crocodile) and 3D art with playful effects encouraging you to interact with it.

Not far from the street art is **Menara Kuantan 188**. Ride up the tallest tower on the East Coast (and second tallest in Malaysia) to take in sweeping views of the city and Kuantan River. For adrenaline junkies (and those who aren't afraid of heights), there's a skywalk where you can take a harnessed walk along the perimeter of the tower. *Jalan Teruntum; Jalan Besar*



🕒 **12pm**

Lunch with a side of nostalgia

Well-known in the Kuantan café scene is **Kuantan Pickers & Kedai Kopi** – a spot that serves local fare against the backdrop of old-school knick-knacks and vintage posters. On some days, a busker serenades diners with classic feelgood tunes as they enjoy dishes like *roti goyang* (toast topped with a runny half-boiled egg) or the Ah Li mee rebus satay (a sweet noodle dish served with thick peanut sauce and three satay sticks). *22, Jalan Besar*

🕒 **2pm**

Nature and culture

Situated about 35 minutes by car from the Kuantan city centre, **Sungai Pandan Waterfall** is nestled amidst a lush rainforest and is an ideal spot for

KUANTAN



picnics, swimming or simply immersing in the sights and sounds of nature. While you have the option to hike to the top of the waterfall, the picnic area is easily accessible from the parking lot.

If you would prefer to stay in the city centre, opt for the **Kuantan River Cruise** where you can learn more about the flora and fauna of a 500-year-old mangrove forest. This two-hour boat ride is led by a licensed nature guide who will share about the city's fishing history and industry as well as the river animals and seabirds found here.

After the cruise, take a gander at **Muzium Pahang**, also known as Muzium Sultan Abu Bakar, which is housed in a restored colonial building from the 1910s. Get an up-close look at Pahang's arts and culture, such as traditional Malay woodcarving, driftwood animal sculptures and Tenun Pahang woven fabrics. *Sungai Pandan Waterfall; Jeti Shahbandar, Jalan Tanah Putih; Jalan Sultan Ahmad*

🕒 5pm Chasing sunsets

With comfy couches, trendy viral swings and fun party tunes, **Puteh Beach Bar** is an ideal spot to kick back, feel the salty sea breeze and watch the sun go down. Snack on pizza or fajitas and sip on a



Cendol

A cold and refreshing Malaysian dessert, *cendol* is best described as rice flour jelly strips cooked with pandan leaves (the ingredient that gives its bright green colour). The whole dessert comprises shaved ice over the cendol, drizzled with *gula Melaka* (palm sugar syrup) and *santan* (coconut milk). Toppings such as red bean or sweet corn are also added to Kuantan's version, giving it extra texture. Try a bowl at **Cendol Air Putih** – order the *cendol biasa* for the original or *cendol campur* for the additional toppings. There's even an option to add durian as a topping!



refreshing Puteh Signature Mocktail (made with longan, assam, lemongrass, syrup and soda). *Adena Beach Resort Off Jalan Kuantan*

🕒 7pm

From ocean to plate

As a seaside city, fresh seafood is a must-have in Kuantan. Visit **Ana Ikan Bakar Petai** for their signature Kuantan-style *ikan bakar* – grilled fish and *petai* (bitter bean) with a fragrant sauce. Other dishes to try would be the *sotong goreng tepung* (fried battered squid) or *kailan ikan masin* (Chinese broccoli with salted fish). For Chinese-style cooked seafood and dishes, **HLS Restaurant** is a crowd favourite. Helmed by an award-winning chef known for his innovative dishes like the crab seafood porridge and abalone fried rice with tobiko, this restaurant can often be packed, so plan ahead. *Jalan Tanjung Lumpur; 2092, Jalan Beserah*

🕒 9pm

An after-dinner stroll

After a nourishing feast, wind down with a pleasant stroll on the beach at **Teluk Cempedak**. The latter is a popular nighttime spot for families, couples and groups of friends. Here, vendors rent out air couches for lounging on the beach, while street vendors sell snacks, bubble guns and other toys. Adding to the entertainment are buskers singing top 40 covers and fire-twirling performers.

The Esplanade by the Kuantan River is another option if you're pressed for time. *Teluk Cempedak; Jalan Tanah Putih*



Sunday

🕒 10am

Goods and food for the road

Close out your 24-hour jaunt in Kuantan at **Bazar Serambi Teruntum**, where you'll find an array of hand-woven products and other handcrafted goods from across the state of Pahang. You can also grab traditional Malay snacks like *serunding* (dried shredded meat), cookies and *kuih muih* (glutinous rice cakes) for the ride home. *Jalan Tanjung Lumpur*



Malaysia Airlines flies from Kuala Lumpur to Kuantan 14x weekly.



Discover activities & attractions beyond Kuantan with Journify.

Where to stay

Hyatt Regency Kuantan Resort

Having established itself as a family-friendly luxury hotel on Teluk Cempedak for decades, this beachfront resort completed a three-year makeover in 2018. Expect elegantly redesigned rooms, marble flooring and energy saving lights. hyatt.com/hyatt-regency

Mangala Resort & Spa

A boutique private estate resort with luxurious garden and water villas, an on-site spa, horse riding and pre-booked picnic meals prepped using homegrown fruit and produce. A 45-minute drive from Kuantan. mangalaresortandspa.com

Swiss-Belhotel Kuantan

Part of the Kuantan Waterfront Resort City, this hotel is right by Tanjung Lumpur where waterfront restaurants, a marina walk, a green promenade, a shopping centre and waterpark are at your doorstep. swiss-belhotel.com.my



Preserving the pearl

Penang's commitment to sustainability is ramping up. From ecotourism initiatives to grassroots efforts promoting local organic farming and zero-waste living, see what's transforming the island into a greener hub

Words **Surekha Ragavan** Photography **Thinnesh Kumar**



We are strolling through a 130 million-year-old virgin rainforest.

“Look at this boulder,” Allen Tan, managing director of The Habitat, exclaims mid-conversation. He crouches on the ground to point out a camouflaged rock gecko, a species that’s hyperendemic to the nature reserve in Penang Hill.

He does this a lot throughout our forest tour – breaking the conversation to point out stalks of wild ginger, a colony of migrating termites or a black giant squirrel frantically leaping up a tree.

Penang, also known by the moniker “Pearl of the Orient”, is a northern state in Malaysia consisting of an island off the Straits of Malacca, and home to George Town, a Unesco World Heritage Site. Due to the impact of economic development and urban density, the island has inevitably copped the effects of climate change such as rising temperatures and an increase in natural disasters. The state government is mid-way through its 12-year plan to transform Penang into a green, family-focused, net-zero hub.

Attractions like The Habitat certainly contribute to the preservation of the island’s natural biodiversity while also drawing attention to an alternative facet of Penang’s tourism. The park was launched in 2016 by father-and-son duo Reza and Harry Cockrell who have a home in one of the 52 heritage bungalows on Penang Hill. With the Hill being very dear to their hearts, Reza and Harry wanted to do something meaningful for the community as a way to give back. Subsequently, they won an international tender called by the state government in 2009, and after years of planning and work, the passionate pair opened the doors to The Habitat.

The park is a part of the Unesco Penang Hill Biosphere Reserve which comprises 12,481ha of protected marine and terrestrial ecosystems. Unbeknownst to many, the Biosphere Reserve represents some 25% of the island – significant for an island that’s only 295m² in size. Today, The Habitat houses thousands of species of flora and fauna, some of which are native to Penang Hill, such as the vampire hill crab which is merely the size of a 50-cent coin.

A highlight of the park is the 230m-span forest canopy walk, in itself an engineering marvel. Across nearly two years, the team went to great pains to build pylons for the bridge entirely by hand instead of heavy machinery to minimise damage to the forest floor.

The Curtis Crest Treetop Walk, meanwhile, is the park’s highest accessible platform where visitors can scan a bird’s eye view of the treetops and its surroundings – including the governor’s mansion, the oldest property on the Hill. From this viewpoint, the difference between the highly urbanised George Town and the Hill is stark; patches of brown against vast swathes of green.

Our forest walk concludes at Kommune, a retail store and café where we sip tea made with wild ginger from the forest. Allen expresses his hope for Penang’s tourism future, one that goes hand-in-hand with the island’s lesser-known biodiversity. He





Previous spread:
Aerial view of The Habitat contrasted against the highly urbanised George Town

Clockwise from top left: Pylons for the Curtis Treetop Walk were hand built to minimise damage to the forest; visitors pause on the bridge to admire the view; Allen Tan, managing director of The Habitat



also expresses that high value needs to be associated with attractions such as Penang Hill to support the people and resources needed to maintain its natural ecosystems.

“Penang is more than just cheap drinks on Chulia Street. Our nature experiences are equal to [some of the best] in the region,” he says. “For example, people might pay RM500 for a nature experience in Chiang Mai, but RM30 for a ticket admission to a Penang rainforest is deemed expensive. Penang is still regarded as being a relatively affordable destination, and I think we have to move away from that mindset. Hopefully, visitors will realise that Penang is also a place for deep experiences which are worth paying more for.”

AT A GRASSROOTS LEVEL, HOYEE CHEE is doing her part as the founder of Grow Community Market – a regular farmer’s market at Hin Bus Depot – to sell organic produce from her farm as well as to educate visitors and tourists about the island’s diverse edible plants.

When Hoyee started selling her produce eight years ago, she would lament poor sales and a lack of interest from visitors. But through years of awareness and education, the market has gained steady traffic and other local farmers have even joined her quest in pushing Penang produce to the masses.

Her farm is in Gelugor – just 5km south of the city centre – where she also runs Grow Lifestyle Space, a vegetarian café serving up favourites like *nasi ulam* made entirely from seasonal farm produce.

Penang may be a haven for Malaysian street food, but Hoyee estimates that a majority of hawkers still use imported produce – usually from China – in their daily fare. Understandably, they might be hesitant to pay more for local organic produce if the cost of a plate of noodles is valued at under RM10.

Nevertheless, Hoyee emphasises that buying from local farms comes with a bonus of being able to interact with the people who grow the food, as well as revenues being channelled directly to the farmers without pricey middlemen. On top of that, local farmers are often silently battling other issues such as climate change, high costs of land rent and a lack of fertility in Penang’s soil due to urbanisation.

Clockwise from top left: Cathie Sanchez, owner of OWL; home goods at OWL; Hoyyee Chee, founder of Grow Community Market; dining area in Hoyyee’s farm



“

Penang is more than just cheap drinks on Chulia Street. Our nature experiences are equal to [some of the best] in the region”





ZERO-WASTE STORES ARE ALSO growing in popularity among conscious consumers. Penang’s most well-known establishment is OWL Zero Waste Grocer, a neighbourhood bulk grocer selling household items, pre-loved clothing and unprocessed foodstuff.

While browsing the store on a weekend, I notice a customer walk in armed with old laundry detergent bottles. After a few minutes, she leaves the store with her bottles filled to the brim with chemical-free detergent and shampoo, a bunch of Batu Ferringhi-grown leafy greens wrapped in newspaper, and some dried beans stored in glass jars.

“When you go to a supermarket, it’s a sea of plastic. I just couldn’t do it anymore,” says owner Cathie Sanchez on what prompted her to helm OWL. These days, she has a roster of loyal customers as well as a steady stream of eco-tourists who stock up on their holiday needs such as chemical-free toothpaste, reusable containers and local snacks.

Cathie has several tips for tourists visiting Penang looking to reduce their carbon footprint: take reusable containers on trips to wet markets to reduce plastic use, and to hawker centres to avoid polystyrene take-away boxes.



Restored beauties

Three George Town landmarks and heritage sites that have been sustainably restored for adaptive reuse

Cheong Fatt Tze Blue Mansion
An eclectic fusion of ancient Chinese feng shui and Euro-Gothic design elements, this 19th-century mansion in Penang underwent a six-year restoration project in the 1990s. The project retained the application of traditional methods and adopted a “reuse and recycle” philosophy to ensure little was discarded, particularly its old timber and tiles. The mansion is now fitted as a luxury boutique hotel. cheongfattzemansion.com

Suffolk House
This colonial 18th-century Anglo-Indian house aimed to preserve the bulk of its majestic structure during a decades-long restoration project that was completed in 2000. Experts consulted old paintings to replicate its original 18th-century form. The stunning building is now used as an events and wedding venue. Their upscale, casual-dining restaurant is open to public, reservations required. suffolkhouse.com.my

Fort Cornwallis
The 18th-century fort was restored using traditional materials and techniques with modern interventions. Instead of concrete, locally sourced, “breathable” materials were used, keeping moisture low and reducing decay over time. Here, visitors can browse art stalls or grab a bite at Kota Dine and Coffee while immersing in history. [instagram.com/fort_cornwallis](https://www.instagram.com/fort_cornwallis)

IMAGE: SHUTTERSTOCK (SUFFOLK HOUSE, LINEAR GARDEN)



“

When we have public, open spaces, people start to converge and great, spontaneous things can happen, which can transform a destination”

OF COURSE, SUSTAINABILITY IS NOT just a responsibility that lies solely on the individual. It should be built into a city’s make-up and policies and ultimately ingrained in how a city is designed. Meet Think City, a Malaysian social-purpose organisation with a stronghold in Penang that has been involved in many of George Town’s restoration, urban greening and sustainable development projects.

One of these projects is the recently opened Linear Garden, part of the Penang Green Connector project to build a series of parks, community facilities and connected hubs along the island’s coast. The garden is a strip of shaded respite facing the Esplanade Seawall. Hamdan Abdul Majeed, managing director of Think City, explains that the intention is for the trees in the garden to mature and provide thermal comfort to visitors.

In the next two years, Hamdan and his team have major plans of refurbishing the North Seafront area and turning it into a more holistic recreational space with a cultural museum and large green spaces. More urban greening solutions should be implemented to reduce heat stress and flooding that have become major issues in the state, he adds.

“The idea is to leverage our waterways so they don’t become our backyard, and

Clockwise from top left: Hamdan Abdul Majeed, managing director of Think City; Linear Garden

instead become our assets,” says Hamdan. “When we have public, open spaces, people start to converge and great, spontaneous things can happen, which can transform a destination.”

Hamdan echoes Allen’s sentiment on the importance of Penang’s shift to a high-value destination for tourists as a vital way to sustain the island and its ecosystems. Locals should be able to reap the benefits of tourism, rather than to solely rely on their public purse to clean up the effects of consumerism. Essentially, it should be a win-win formula for both locals and tourists.

For Hamdan, the focus needs to be on attracting conscious tourists, and to ensure that prices in Penang reflect the true cost of maintaining the environment and supporting local livelihoods. He adds, “Only then can we be truly sustainable.” ■



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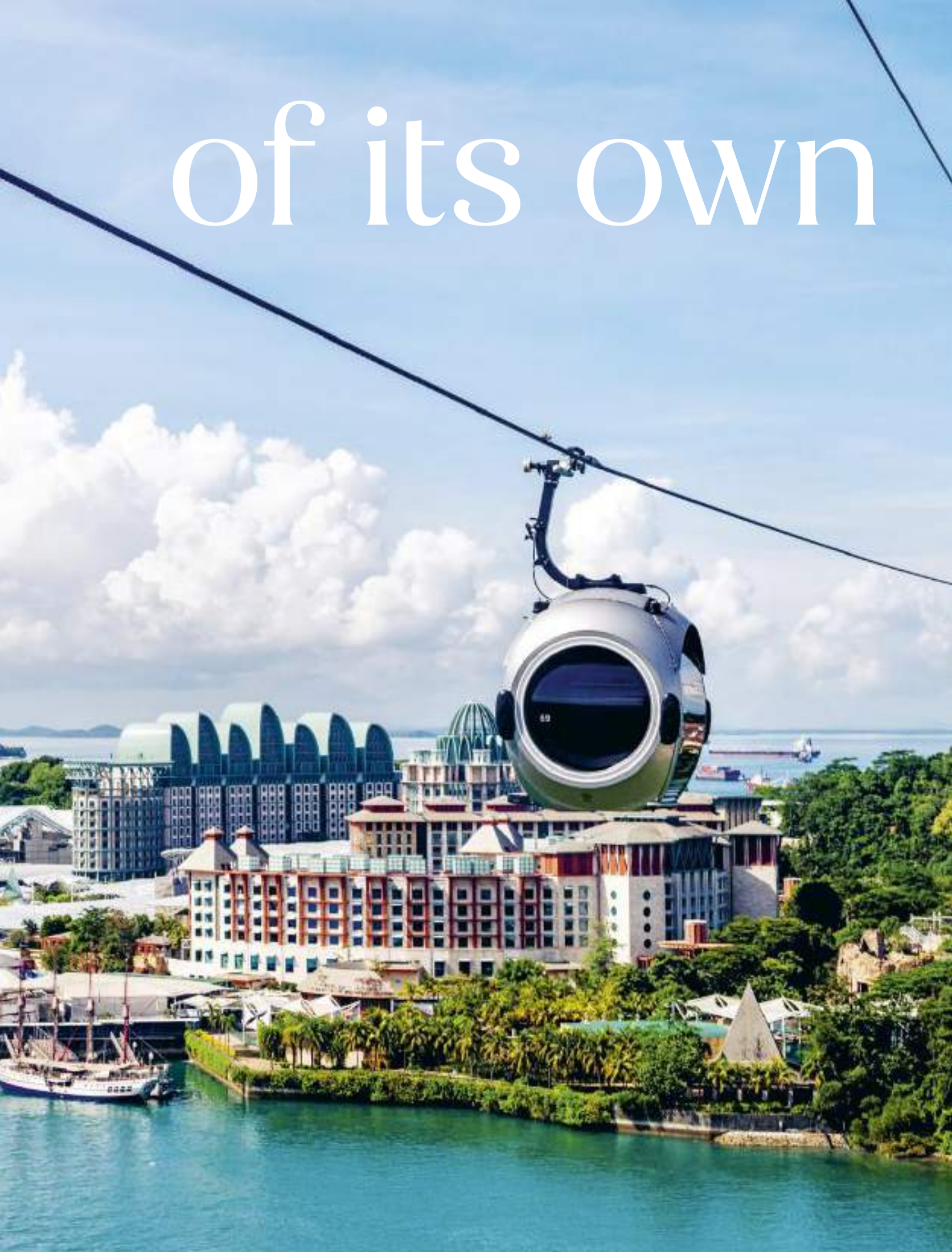
A world

With the recent launches of family-friendly adventures, weekend spa getaways and fun group activities, Singapore's Sentosa Island is primed for rediscovery

Words **Lester V. Ledesma** Photography **Alvin Ng**



of its own

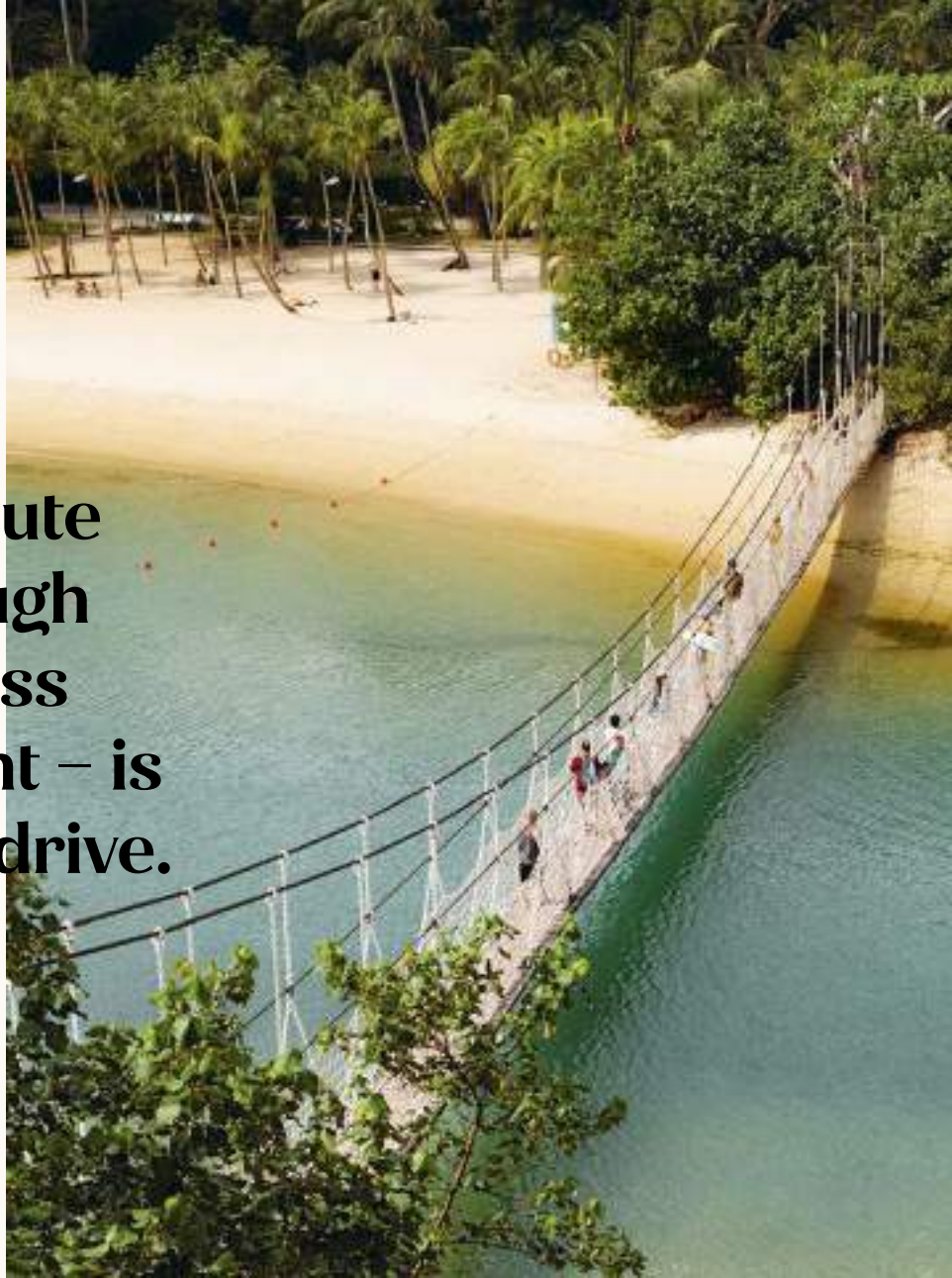


Getting to Sentosa Island – along a route that takes us through Singapore’s spotless urban environment – is an easy half-hour drive.

Yet, despite the short distance from home, there’s that palpable change of mood once we cross the causeway bridge and enter Sentosa. From the harbourfront area’s industrial district, the atmosphere suddenly becomes that of a quiet park accented with neatly manicured greenery. There’s an unhurried atmosphere leading to landmarks that range from stately heritage villas to artsy installations and even a whimsical theme park castle.

Sentosa is a 4.71km² landmass off the southern coast of Singapore, a former British army base that has since been transformed into a multi-million-dollar tourism zone. It’s a welcome change, indeed, and we can’t wait to live in it – at least for the weekend. My wife and I are bringing the kids along for this quick escape from everyday life.

I remember first coming here two decades ago as a gawking visitor. Back then the island was already known for its wide array of attractions. Among them were a huge oceanarium, a tropical spice garden, lots of thrill rides and even a dazzling light-and-sound show that featured a huge statue of the Merlion. The diversions came and went as their novelty declined, but this island has a knack for changing with the times. These days, it’s the massive Resorts World casino-hotel, the good-for-groups attractions at Palawan Beach and the world-famous Universal Studios theme park that is raking in the crowds. There’s also the brand-new Sensoryscape, an immersive evening trail that fuses traditional park design with digital lighting, sound projection and augmented reality into a moving multisensory experience. It’s no surprise that this tourist wonderland is one of the places that we bring our friends from overseas – and of course, they’re all happy to tick it off their must-see list.



Previous spread:
Aerial view of Sentosa

Clockwise from top left: Suspension bridge at Palawan Beach; Far East Hospitality’s Oasia Resort; HydroDash at Palawan Beach; Lester and family at Sensoryscape; Sensoryscape





SINGAPORE



“

The diversions came and went as their novelty declined, but [Sentosa] has a knack for changing with the times”

FOR SINGAPORE LOCALS, THOUGH, Sentosa is an ideal getaway for those longing for a fun and convenient vacation. This is especially true when one has two young children in tow. As a parent, I’m always thinking of the number of layovers and whether a travel destination is suitable for children, along with a slew of other concerns.

Fortunately, we don’t have to deal with that during our weekend in Sentosa. Our taxi drops us off at Oasia Resort, where we are greeted by the smiling concierge amidst chic, lemongrass-scented interiors. A converted heritage building, this used to serve as a British military barracks and is now one of four premier resorts run by Far East Hospitality on the island.

Our kids get into the holiday spirit as soon as we finish checking in. The Junior Suite with its huge, plush beds gives them enough room to run and jump around. It would be totally fine to leave them in this gleeful state, but my wife and I have signed them up for a more substantial activity – a bath bomb making class at the in-house Oasia Spa, to be conducted while the two of us steal away for a soothing Oasia Signature Massage session. We take in the blissful kneading, natural massage oils and custom fragrances as the therapist eases off the work week with a mix of Shiatsu and Indian techniques. Just like that, our staycation is off to a relaxing and luxurious start.

TO MAKE THE MOST OF THIS FAMILY trip, we rise early the next day for breakfast at Bedrock Origin (Oasia Resort’s restaurant), where a sumptuous spread of dim sum, smoked salmon on avocado toast and bacon and eggs over rye bread provides a massive powerup to get us through this full day of play. Our hotel is conveniently located midway between Sentosa’s north



This spread, left to right: Hokkien Fried Noodles at Native Kitchen; A SkyOrb cabin heading towards Mount Faber

and south coasts, making for an easy stroll towards Palawan Beach after having our fill of breakfast.

This is where we ramp up the family fun; first with a minigolf session at UltraGolf, where my competitive nature is quickly piqued by the 1,900m² layout of sand traps and putting greens. My wife and I take this as an opportunity to show the kids some good-natured competition. However, our intentions are quickly gunned down by child’s play, resulting in a no-rules, clubs-optional putting exercise. So much for model behaviour.

We finish all 18 holes right as the morning sun is beginning to bake – perfect timing to head to the airconditioned HyperDrive circuit. In contrast to golf’s leisurely pace, this cavernous indoor go-karting circuit is all about the need for speed. A preliminary briefing gets us oriented on the state-of-the-art SODI electric karts and the racetrack regulations. These are geared for maximum safety, yet easy enough for us parents and our 10-year-old daughter to abide by. My daughter gets her own set of wheels; my 4-year-old son, on the other hand, has to ride with me on a tandem kart.

Soon afterwards, we find ourselves behind the wheel at the starting line. We zoom off the moment the light turns green, our gang of three cars going neck and neck. At one point I hang back and watch my wife (a veteran driver) slow down at the curve to let our daughter overtake. And while I’d like nothing better than to floor the pedal on this race, I drive on cruise control so my little boy won’t get tossed around by all the swerving. He yells that we are falling behind, so I quickly tear through the track. We roar

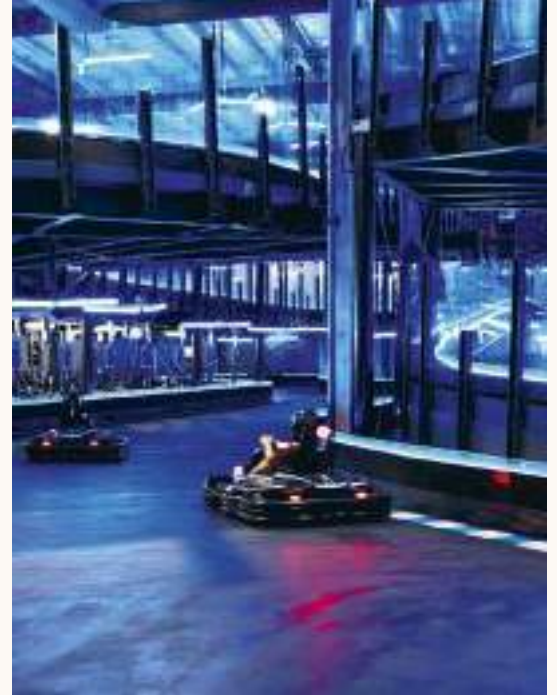


This page, left to right:
Visitors playing a round of UltraGolf at Palawan Beach; HyperDrive circuit

past Mum and Big Sister to reach the checkered flag first, and my junior racer squeals with delight over our big win.

The morning's adrenaline rush leaves us with a massive appetite and an equally huge desire to cool down. Thankfully we are able to do both at Splash Tribe Waterpark, where we feast poolside on a kid-friendly spread of fried munchies and fresh seafood. Between dips in the sandcastle-themed play zone – it comes with fun slides and water cannons – the kids eat and splash around as the midday hours float by. The fun extends well into the afternoon at nearby HydroDash, a floating aqua park just off Palawan Beach where the slides are bigger, the obstacles taller and the joyful screams – those of my excited daughter – are much, much louder. By day's end, the children are sound asleep in our hotel bed. As we prepare for bed, my wife and I toast to a great day out with a glass of Rubicone Rosso.

“WE DON'T WANT TO LEAVE YET!” THE SIBLINGS GRUDGINGLY protest as they pack their bags on our last morning in Sentosa. We will be checking out soon, though we still have a final activity to do. The Singapore Cable Car is one of Sentosa's iconic attractions, its line stretching from the heart of the island to Mount Faber on the mainland, some 1.65km away. This high-flying experience



has delighted both locals and visitors since 1974 – it's a uniquely Singaporean ride that our kids will be trying for the very first time.

The gondolas move in a slow procession at the cable car station while we patiently await our turn to come aboard. Our ride is the stylish new SkyOrb Cabin that features huge windows and a glass bottom. The kids step in carefully at first – “There's no floor!” my son exclaims – but any fear of heights is eventually replaced by wonder and amazement. The ground falls away; fresh air fills our cabin. Suddenly we are surrounded by blue sky, turquoise sea and stunning views of this country we call home.

The roundtrip journey on the cable car only lasts for 30 minutes, yet here we are an hour later still talking about it. Over a sumptuous lunch of watermelon salad, Hainanese chicken rice and Hokkien fried noodles at Native Kitchen – a bastion of homegrown eats inside the neighbouring Village Hotel – our family looks back at that breathtaking ride and everything else we've experienced these past few days. Singapore is so small that it often feels just a tad too familiar, but it's refreshing to know that nearby Sentosa is always there to offer a change of scenery – and a smashing good time – whenever we need it.

“I feel like we flew to another country,” exclaims our daughter. “If travelling is this easy then can we do this every weekend?” I put on a face of mock horror; maybe not every weekend, dear, but rest assured, we will be doing this again very soon. ■




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DISCOVER

Sarawak



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DISCOVER Sarawak

Three ideas to inspire your next trip to the Land of the Hornbills



For a glimpse into Malaysia's ethnic tribes

Sarawak Cultural Village

Located at the foothills of Mount Santubong, just under an hour's drive from Kuching, the Sarawak Cultural Village is a must-visit for travellers to Sarawak. This destination offers a distinct cultural experience, showcasing the unique traditions and lifestyles of the many ethnic groups in the state. The award-winning "living museum" features replicas of traditional houses such as the Orang Ulu Longhouse and Melanau Tall House, each staffed by locals in traditional attire. Visitors can immerse themselves in the rich heritage through daily cultural performances, music and games. Additionally, the village hosts international events like the Sarawak Harvest and Folklore Festival and Rainforest World Music Festival.

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(MALAYSIAN HOSPITALITY)



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

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Inside our airlines

News and updates from MAG Airlines

68

Discover our network

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

75

Onboard entertainment

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



Malaysia Airlines introduces three new destinations

Malaysia Airlines has introduced three new destinations to expand its flight route – with direct flights to Malé, Maldives (MLE); Da Nang, Vietnam (DAD); and Chiang Mai, Thailand (CNX) from its main hub in Kuala Lumpur. The airline will commence its daily flights to MLE beginning 1 August 2024; daily flights to DAD beginning 24 September 2024 and five-times-weekly flights to CNX beginning 15 August 2024. This will mark the airline’s 13th destination in South Asia and 16th in ASEAN as it seeks to boost its presence within key markets, strengthening its position as the gateway to Asia and beyond in line with its commercial elevation journey. As a member of the **oneworld®** alliance, Malaysia Airlines currently offers superior connectivity to more than 900 destinations in 170 territories across the globe.

Malaysia Airlines and IndiGo sign MoU to boost connectivity between two key tourism markets

Malaysia Airlines and IndiGo, India’s leading airline, have announced the signing of a Memorandum of Understanding (MoU) for a codeshare partnership and mutual cooperation agreement. The agreement will enable both carriers to provide customers with more options and flexibility for seamless travel between Malaysia and India. Through this cooperation, Malaysia Airlines



will be able to strengthen its connectivity into India as the marketing carrier on IndiGo operated flights, while IndiGo customers get to explore more Southeast Asia destinations through Malaysia Airlines’ extensive network. This reciprocal arrangement will allow both carriers to provide seamless connections for their customers, on top of enabling them to enjoy an integrated travel itinerary.



Malaysia Airlines launches strategic MHcruise partnership with Apple Vacations and global cruise lines for seamless travel

Malaysia Airlines has unveiled its newest initiative in the realm of travel experiences, featuring a one-year strategic cruise partnership with industry expert Apple Vacations, complemented by collaborative efforts with esteemed global cruise lines such as Peace Boat, Princess Cruises, Resorts World and Uniworld River Cruises. As part of its continuous effort to make Malaysia a tourism hub, this partnership between Malaysia Airlines and Apple Vacations marks a significant advancement in travel experiences, merging Malaysia Airlines’ commitment to seamless air travel with Apple Vacations’ extensive network of esteemed cruise partners. This collaboration aims to cater to the diverse preferences of travellers seeking unparalleled experiences both in the air and at sea.

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Malaysia Airlines soars into KidZania Singapore as official airline partner

KidZania Singapore, an award-winning interactive children’s edutainment park that combines inspiration, fun and learning through ultra-realistic role-playing experiences, is proud to announce its strategic partnership with Malaysia Airlines. This three-year-long collaboration represents the first major marketing initiative undertaken by Malaysia Airlines since 2019. Malaysia Airlines will brand the existing plane within KidZania’s cityscape in Singapore, serving as the official airline partner for the coveted educational entertainment hot spot. This alliance symbolises a shared vision between two prominent brands in providing enriching life experiences for children and youths in Singapore and beyond. The partnership will see fresh and intriguing programmes aimed at exposing children to air travel’s nuances and endless career possibilities within the airline industry. By integrating real-life scenarios and professions within KidZania’s fun-filled environment, Malaysia Airlines seeks to introduce children to various aspects of aviation, such as piloting, cabin crew responsibilities and ground handling.

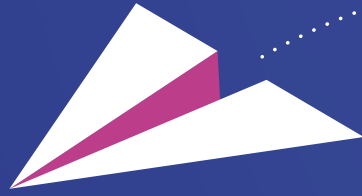


Journify Fly & Stay: Elevating end-to-end travel experiences as Spartan’s official travel partner

Journify has introduced the “Journify Fly & Stay” in partnership with Clarity TTS, simplifying travel by combining flight and hotel bookings in one transaction. Starting at RM399 for a three-day, two-night stay, travellers can enjoy convenient planning and competitive rates. This new offering marks an expansion of Journify’s suite of travel services, encompassing travel passes, attraction tickets, tour packages, airport transfers and more. It empowers travellers to efficiently plan and book their entire holiday

on a single user-friendly platform. Partnering with Spartan Race, Journify offers extra savings. Use promo code **SPARTANTRAVELS** to receive a 10% discount on the total booking price for flight and hotel packages when staying a minimum of two nights. Additionally, purchasing an ASEAN Zone 2 or 3 MHflypass by 22 June allows travellers to earn a 10% discount on hotel stays. Spartan Race also offers a 10% discount on race tickets to Journify customers with the promo code **MAG2024** on their website.

Top: From left Michael Goodwin, CEO Spartan Race Malaysia, Singapore & Indonesia; Philip See, CEO of Loyalty & Travel Services (MAG)



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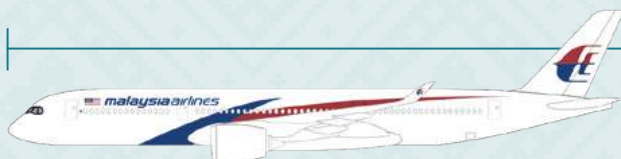
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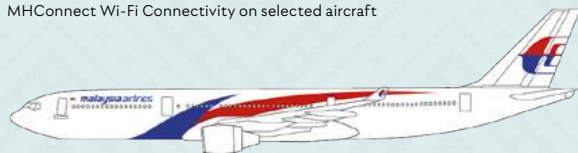
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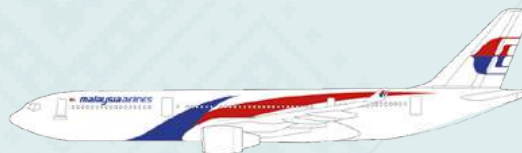
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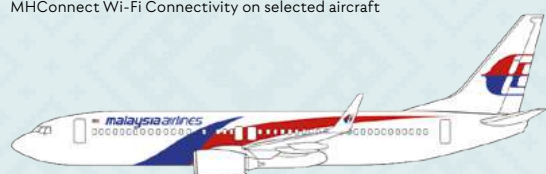
A330-300

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



A330-200

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



B737-800 NG

No. of Aircraft **42** | Passenger Seating **160, 166, 174**
Length **39.5m** | Wingspan **38.5m** | Height **12.50m**
Max. Cruising Speed **857km/h**



B737-8

No. of Aircraft **3** | Passenger Seating **174**
Length **39.52m** | Wingspan **35.90m** | Height **12.30m**
| Max. Cruising Speed **976km/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**



B737-800 NG

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**



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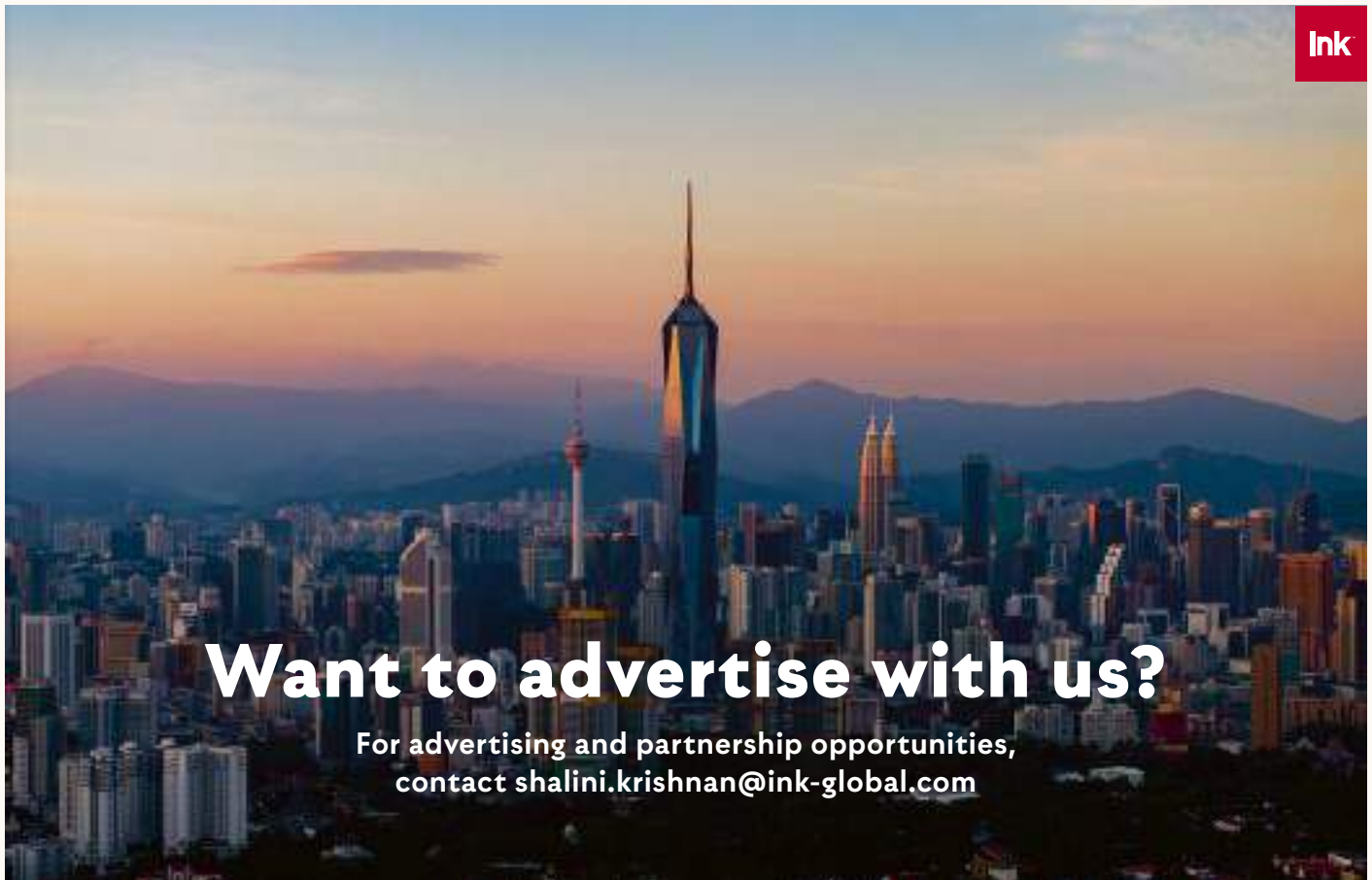
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For safety reasons, in line with Civil Aviation Authority of Malaysia guidelines, mobile phones and small PEDs can be used throughout your journey in "Flight Mode". Large devices with screen size above 12 inches are not allowed to be used during takeoff 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 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.

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

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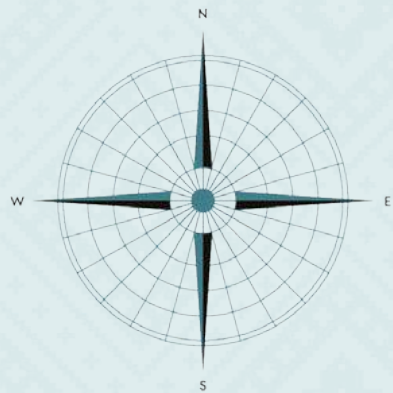
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Step 3

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Step 4

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The availability of in-flight entertainment (IFE) programmes will vary depending on the aircraft model, flight routes, and current availability. Please note that these offerings are subject to change without prior notice.



NOW SHOWING

 MOVIES p76  TELEVISION p86  AUDIO p87



Dune: Part Two

Check out our **South Asian Movies Special** on page 84!



The Pursuit of Happyness



Fatherhood



Father of the Bride

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Dune: Part Two

In an effort to avenge his family's destruction, Paul Atreides combines forces with Chani and the Fremen.

Dune: Part Two draws the viewers into the captivating universe of Arrakis, where power struggles, destiny and mystique entwine in Denis Villeneuve's cinematic opus. Timothée Chalamet's portrayal of Paul Atreides leads the narrative, promising an immersive exploration of politics and intrigue amidst the sprawling desert landscapes. With its breathtaking visuals and enveloping sound design, *Dune: Part Two* offers passengers aboard Malaysia Airlines an unparalleled cinematic journey. Step aboard and prepare to be transported

into a realm where every moment is infused with wonder and adventure. From the heart-pounding action sequences to the intricate character dynamics, every aspect of Frank Herbert's timeless saga captivates the imagination. Sit back, relax and let the magic of *Dune: Part Two* sweep you away on a thrilling odyssey through the cosmos. Whether you're a seasoned fan or new to the franchise, this epic installment promises an unforgettable experience that will leave you eagerly anticipating the next chapter.

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MOVIES

Hollywood Favourite Movies



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San Andreas



Beasts Of The Southern Wild



Venom



Venom: Let There Be Carnage



Morbius

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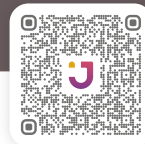


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MOVIES

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TV Shows



Teen Titans Go!



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MOVIES

Korean



Smugglers (2023) offers gripping drama as operatives navigate danger. With its pulse-pounding narrative, it captivates audiences worldwide, making it a must-watch for anyone seeking an adrenaline-fuelled cinematic experience.



New Normal



Ransomed



Cobweb

Japanese



Fly Me To The Saitama



Revolver Lily



Yoko



Let's Go Karaoke!

Chinese



I Did It My Way



Papa

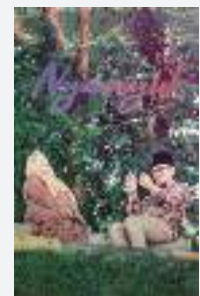
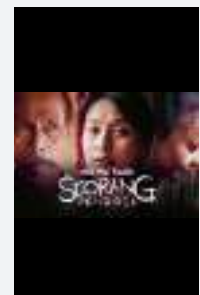


See You At The Rally



In Search Of Lost Time

Malay



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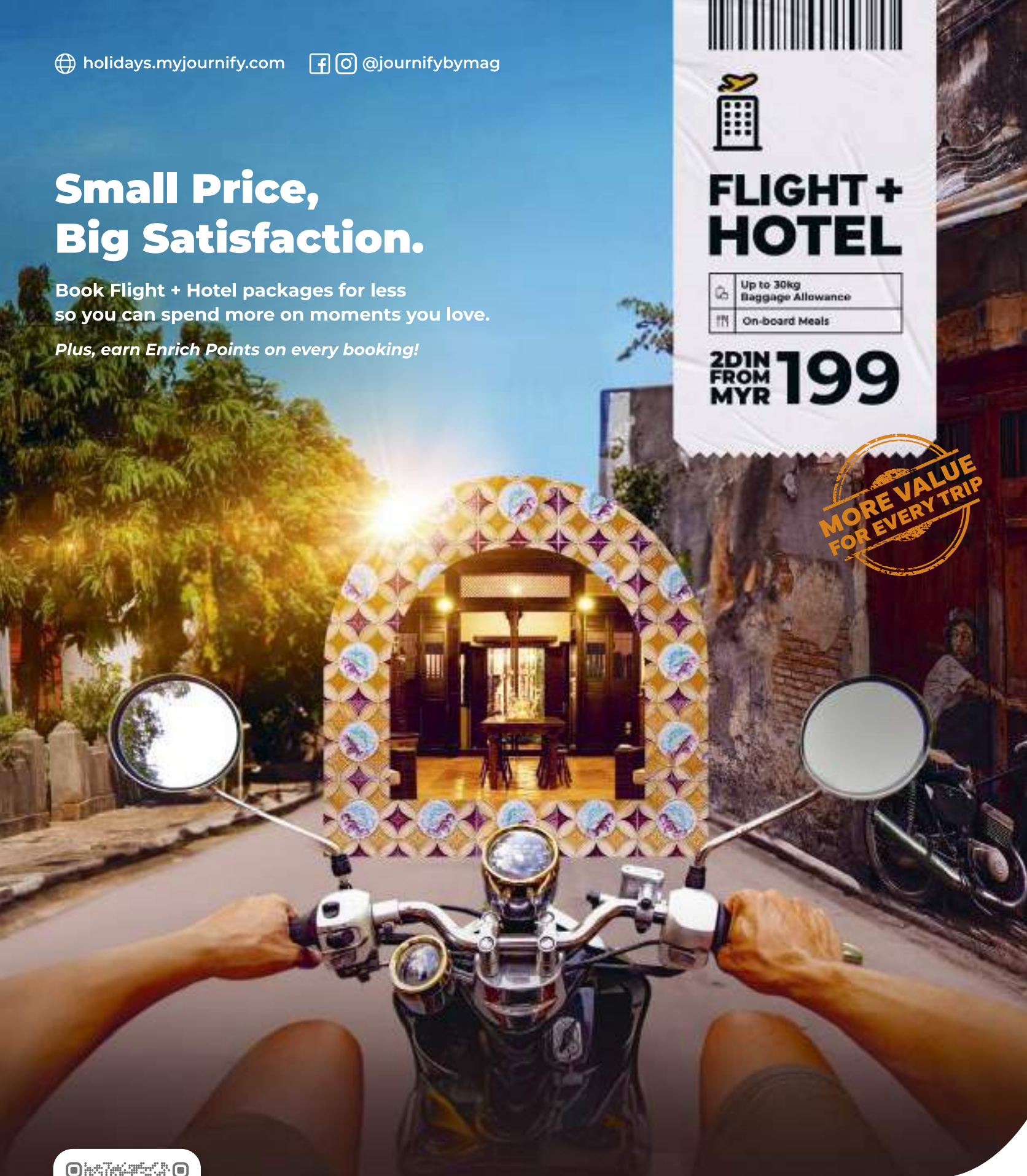


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Hindi



Indian film **Gaslight** (2024) dives into a world of mystery and suspense where nothing is as it seems. Get ready for twists and turns that will keep you guessing until the very end.



Tamil



Bheed, released in the year 2023, explores the complexities of city life and unravels its secrets. Follow along as characters navigate through the hustle and bustle, discovering hidden truths along the way.



Malayalam



Telugu





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with Chicken



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TELEVISION



Lifestyle



10 Min Yoga For Focus & Clarity

Sport



In *Countdown to Paris* (2024), feel the thrill of a race against time as athletes prepare for the Olympic Games in Paris, France.

Nature and Wildlife



Malay



Malay Religious



Korean



Comedy



Drama



Japanese



The Knight in the Area, a 2012 Japanese manga series, is a beautiful story about Kakeru Aizawa who loves soccer, yet he's always lived in the shadow of his exceptionally talented brother. Tune in to watch how Kakeru's life changed after a tragic accident and become a one to admire.

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Club

Ultra Music Festival 2024 is the ultimate electronic music compilation album, featuring tracks from top DJs and producers like David Guetta, Hardwell and many more. With uplifting beats and infectious rhythms, it captures the energy of the renowned festival, keeping the party going throughout your flight.

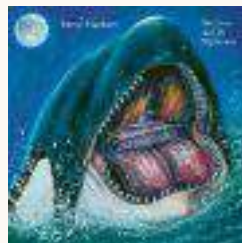
Mandarin



Relax



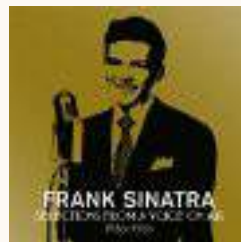
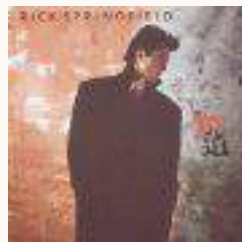
The Hits



R&B



Memories



Japanese



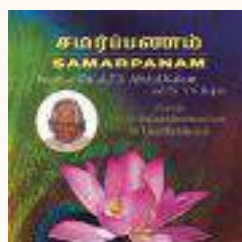
Korean



Hindi



Tamil



Malay



Indonesian



Cantonese



Kingly pleasures

Few things split opinion like the durian – simultaneously hailed as the “king of fruits” in Southeast Asia and being barred from some hotels due to its overpowering scent. Demand for durian skyrocketed after orchards began popping up in Raub and other parts of Malaysia in the 1970s, but it went truly stratospheric with recent exports to China, with a 168% jump in value from 2019 to 2022 alone. The “king of the kings”, as it were, is the creamy Musang King, with its bright yellow flesh differentiating it from the paler varieties D24 and

Red Prawn. But whether you love it or hate it, durian has evolved into a unique lifestyle offering in itself. If durian fans aren’t feasting on the fruit at durian buffets in the middle of the city, they’re booking weekend trips at durian orchards that offer luxurious accommodations, like the glass house suites and domes at Bilut Hills Eco Resort in Raub, Pahang. Travellers in Kuala Lumpur – if you dare – try a tasting platter at DurianBB Park, just minutes away from the malls of Bukit Bintang. biluthills.com; durianbb.com.my



TEXT: JASON S. GANESAN | IMAGE: COURTESY OF BILUT HILLS

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