

Going Places

TAKE ME HOME Everyone who flies gets a copy

JULY 2024



Cinematic splendour awaits in

Hong Kong

SCAN ME





*Travel faster and safer
to the city.*

*More time for
family moments.*



KLIA Ekspres. The fastest airport transfer in Kuala Lumpur.

Have a good start to your holiday with the KLIA Ekspres. Whether you're travelling solo or with your loved ones, we are excited to welcome you on board.

- 28-minute ride
- Every 20 minutes
- Free 5G WiFi



Download KLIA Ekspres App



www.KLIAekspres.com

JULY 2024

Contents

35

**24 hours in...
George Town**

Find the best food,
shopping and sights in
Penang's capital

40

**In the mood
for good food**

Experience dai
pai dongs, a
disappearing Hong
Kong dining classic

48

Small wonders

Peek into
Melbourne's
trending micro-
dining obsession



IMAGE: THINNESH KUMAR

CONTENTS

9 10 reasons to love Malaysia

A local steakhouse shines, tips for improved sleep and the Ipoh International Marathon returns

30 A Malaysian in Perth

Ghaz Ramli, Malaysian and president of Badminton WA, shares his favourites of the city

63 This is MH

MAG partners with Tourism Malaysia for VMY2026, the new MAB Academy campus and other news from MAG

72 Our network

Travel around Malaysia and the world with Malaysia Aviation Group

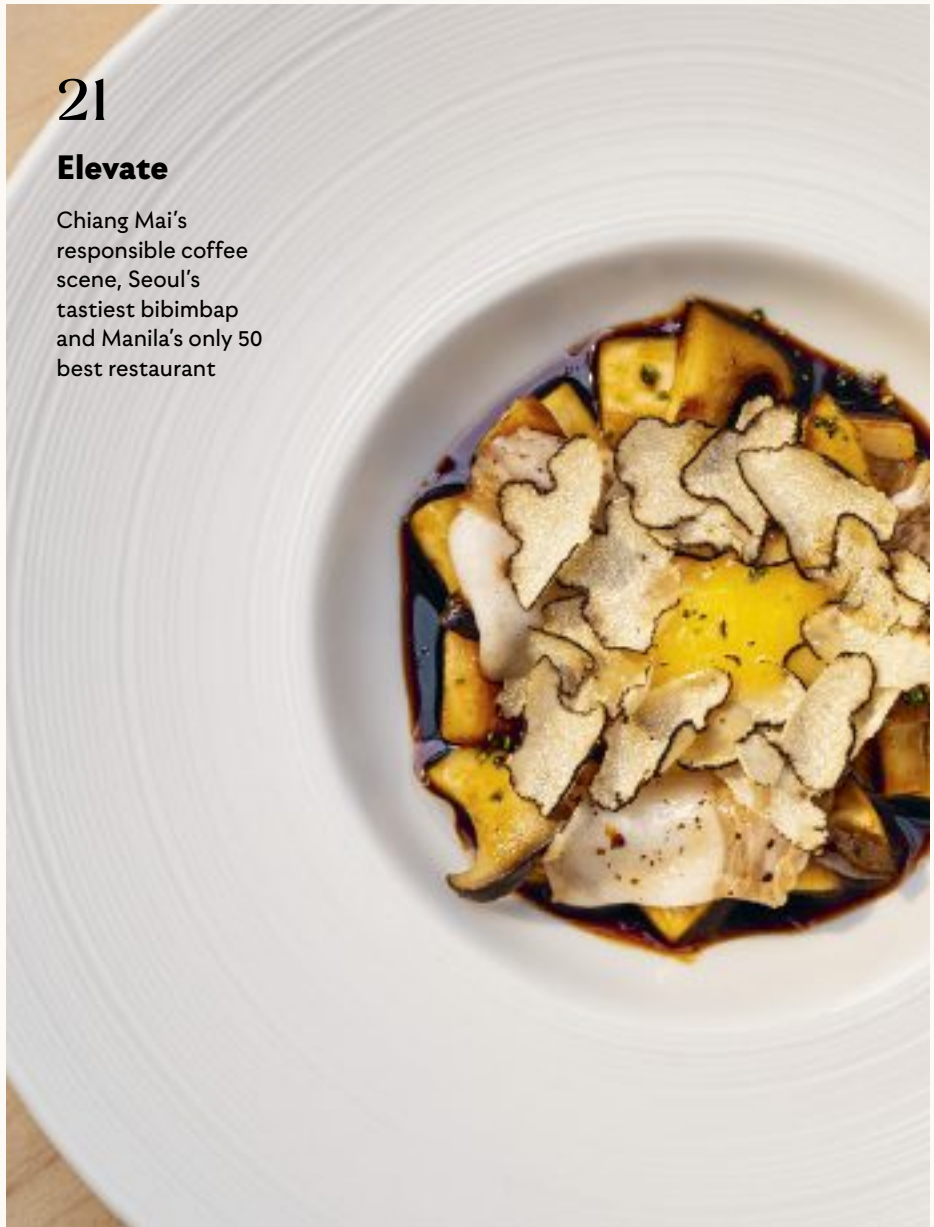
79 Now showing

Be entertained with the latest in-flight movies, television shows, podcasts and music

21

Elevate

Chiang Mai's responsible coffee scene, Seoul's tastiest bibimbap and Manila's only 50 best restaurant



About the cover
Victoria Harbour during sunset.
Photo: Shutterstock.

Editorial

Senior Group Editor

James P Ong

Editor

Shermian Lim

Branded Content Editor

Sarah Khan

Contributing Editor

Tara FT Sering

Subeditor

Arin Alycia Fong

Design

Senior Art Director

Jessica Santos

Contributing Art Director

Christian Subrata

Photo Director

Aaron Low

Sales

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

Publishing Director

Shalini Krishnan

Account Managers

Vivandra Jaisi

Danial Mohamad

Alishamathi Asohan

Muhaimin Fudzail

Zurina Hamzah

VP Travel Partnerships, APAC

Marie Yeo

Production

Head of Advertising Operations, APAC

Omar Mohamad Kassim

Advertising Operations Manager

Kenny Thum

Ink

CEO

Michael Keating

Chief Operating Officer

Jim Campbell

Managing Director, Ink Studio

Jonny Clark

Director of Strategy and Innovation

Ric Stockfis

Creative Director

Tan Parmar

Country Head, Malaysia

Lingesh Thayala

Our friends at Malaysia Airlines

Lau Yin May

Khairunnisak Dzun Nurin

Noraishah Mohammad Shamsudin

Nik Nabilah Mohd Azmin

Ainul Nazifah Abdul Rahman

Aidira Sarah Binti Abdul Razak

Nuraina Safwa Mohd Shatar

Darshini Letchimenan

WE ARE HIRING! Contact us at recruitmentAPAC@ink-global.com



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

Ink Publishing Pte Ltd 48 Craig Road, Singapore 089686.
Tel: +65 3165 4100, +60 3 2728 1334
www.ink-global.com

MCI (P) 028/05/2024

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

Please recycle or pass on to a friend



Thanks to S&B® this magazine has been naturally protected with a hygiene finish.
silverandbamboo.com

Langkawi

99 Magical Islands



Lagenda Park

**99 MAGICAL MOMENTS.
EXPERIENCE ONE THAT'S LEGENDARY.**

Explore mythical sculptures, enchanting gardens, and historical landmarks that tell the stories of Langkawi's rich heritage. Immerse yourself in magical moments as you embark on an adventure through time.



Dear guests,

I hope all of you are in good health. Wherever your travels take you, we wish you a pleasant journey to your destination with our signature Malaysian Hospitality.

Excitement is building as we prepare to welcome our first A330neo aircraft this quarter. As you may have seen in the news, our first A330neo has begun its final assembly stages in Toulouse, France. This is a key milestone in our fleet modernisation journey, aimed at providing you best-in-class cabin experiences by leveraging the latest advancements in aviation comfort and technology.

As we look forward to its arrival, we are also pleased to share that we have received the Bronze Award for Cabin Concept of the Year 2024 at the World Travel Catering & Onboard Services Expo in Hamburg, Germany. This accolade highlights our dedication to delivering an exceptional in-flight experience, recognised on a global stage, and sets a new benchmark for travel with Malaysia Airlines. Our A330neo cabin is designed to prioritise comfort, innovative amenities and superior service, ensuring that your journey with us is as enjoyable as possible. We can't wait for you to experience it for yourself when it enters service later in the year.

This quarter also offers exciting opportunities to explore new destinations as we expand and enhance our network. Beginning next month, we're excited to commence direct

flights to the captivating locales of the Maldives and Chiang Mai, followed by Da Nang in September. We warmly invite you to uncover the wonders of these extraordinary destinations and experience their distinctive charms.

Moreover, due to strong demand, we will be increasing our flights to Amritsar from four times weekly to daily services from 1 August 2024. Since its launch in November 2023, Amritsar has quickly become a key tourist destination, alongside our new routes to Ahmedabad and Trivandrum, which are showing encouraging demands. This enhancement reflects our commitment to providing you with more convenient travel options and connecting you to more destinations across India.

This expansion complements the extensive network we connect you to through the **oneworld** alliance, which celebrated its 25th anniversary this year, of which Malaysia Airlines has been a proud member since 2013. I'd also like to take this opportunity to congratulate Fiji Airways who is set to become the 15th full member airline in the **oneworld** alliance. Together with our fellow member airlines, we offer you seamless connections to over 900 destinations, utilising a combined fleet of more than 3,400 aircraft and 13,000 daily flights, opening up a world of opportunities for exploration. Moreover, we collectively recognise our role and contribution to the environment. Following **oneworld's** move as the first alliance to join IATA's CO2 Connect initiative in December 2023, Malaysia Aviation Group (MAG) has followed suit by recently signing up for the initiative, enabling our subsidiaries to contribute airline data to improve the quality and accuracy of the emissions calculator. This move underscores our dedication to making meaningful contributions to a sustainable future for aviation and the communities we serve.

As we continue to grow and enhance our services, we remain committed to providing you with a seamless and enjoyable travel experience.

Thank you for your continued trust and we look forward to welcoming you onboard again soon.

Izham Ismail

Group Managing Director
Malaysia Aviation Group

TUMI



PERFECTED TO PERFORM

INTRODUCING TUMI GOLF

VISIT US IN STORE OR ONLINE AT [TUMI.COM](https://www.tumi.com)

Visiting a dai pai dong or “big licence stall” is a special food experience you can’t miss when in Hong Kong. These open-air food stalls, with their simple setups and fiery sizzling woks, are the beating heart of the city’s street and culinary culture. They feature prominently in Hong Kong movies too – in films like Wong Kar-wai’s classic, *Chungking Express*, dai pai dong scenes reflect the city’s unique urban pulse, where characters meet, share a meal and engage in the serendipitous encounters that drive the plot forward.

The interplay between dai pai dongs and cinema extends beyond mere representation; on-screen, these food stalls offer a slice of Hong Kong life, grounding fantastical plots in relatable, everyday settings. Off-screen, the popularity of such films has often driven interest and tourism towards

these popular eateries. Read our cover story – while enjoying the bespoke, cinematic visuals – to discover this fascinating slice of Hong Kong’s street life on page 40.

Elsewhere in the network, we’ve got a slew of gastronomic recommendations this month. Whether you’re hunting for good eats in George Town, Penang (p35), exploring unique micro-dining experiences in Melbourne (p48) or craving a good cut of steak or juicy lobster in KL (p17), you’ll find it all in this issue. Finally, don’t forget to explore the AR content on our cover.

Happy travels,

Shermian Lim
Editor



This issue’s contributors



Calvin Sit
Photographer, “In the mood for good food”, p40

Calvin Sit is an editorial and commercial photographer from Hong Kong, specialising in people and corporate photography with a style consisting of dramatic yet subtle imagery. Light is his language; shadow is his performance.



Craig Sauers
Writer, “Good brews”, p21

Craig is a Bangkok-based writer who loves long runs and long reads. He has written about everything from Bhutan’s first craft beer fest to driving Australia’s rugged Tanami Track.



Thinnesh Kumar
Photographer, “24 hours in George Town”, p35

Thinnesh picked up photography in 2019, enjoying the pleasure of chasing lights and seizing moments. Based in Kedah, his primary focus is on nature landscapes and street scenes.



One Million Tree Planting in Sabah

- Rehabilitation of Orangutan habitat
- Reforestation and Degraded Area



Development of Peat Rehabilitation Model for Sarawak Region

- Rehabilitation of natural & functional habitat
- Biological carbon sequestration

What We Do & Why



MPOGCF

Malaysian Palm Oil Green Conservation Foundation (MPOGCF)



Research on Biodiversity in oil palm plantations

- To determine biodiversity richness within oil palm plantation landscapes
- A Guideline to palm oil industry on High Conservation Value (HCV) area



Human Elephant Co-Existence

- To promote human-wildlife co-existence, protects communities, stops conflicts
- Maintain palm oil yield



Explorer

Credit Card-i



5% CASHBACK

(capped at RM1,000 per annum for hotels, flights and travel packages)

**3X
FREE ACCESS**

to all Plaza Premium Lounges in Malaysia

**ZERO
MARKUP**

on transaction involving foreign currency

0% INSTALMENT PLAN

(minimum transaction RM1,000 up to 24 months)



Terms and conditions apply

Scan the BRICK QR code for online application



Your Bank of Choice

☎ 1300 80 5454

🌐 www.bankrakyat.com.my

📱 myBANKRAKYAT



10 REASONS TO LOVE MALAYSIA

Bold flavours, inspiring people and unforgettable places



1

Pahang

Music to raise the vibe

J Balvin, Russ and Joji and Korean superstar Peggy Gou headline this year's **Good Vibes Festival 2024** on 20 and 21 July, which heads up the highlands of Genting again after four years. Though trimmed to two days after last year's 10th anniversary edition, the GVF 2024 roster is no less impressive, with international stars Alec Benjamin, BIBI and Peach Pit, alongside local sensations Spooky Wet Dreams, Saint Kylo and DJ supergroup Cherry Bomb. goodvibesfestival.com

2

Kuala Lumpur

Farm-to-table Malay cuisine in the heart of the city

Kai Nusantara Eatery enriches the dining scene at REXKL with a farm-to-table concept that pays homage to the gastronomic traditions of the Malay Archipelago. Every dish is crafted with fresh harvests by local farmers to celebrate life's simplest pleasures. Explore unique yet familiar flavour profiles in the form of prawn fitter, quail egg sambal and ulam nangka (jackfruit salad). [instagram.com/kai_nusantara_eatery](https://www.instagram.com/kai_nusantara_eatery)



3

Malaysia

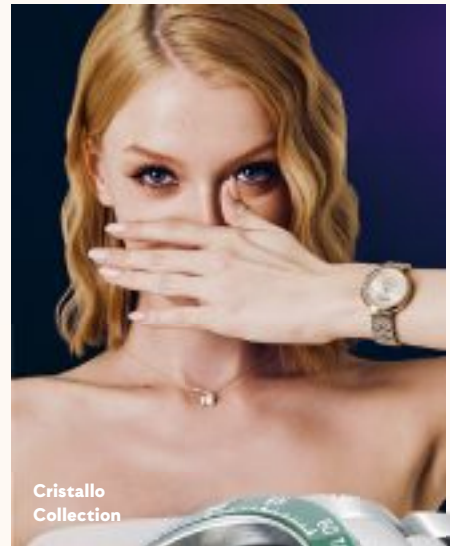
Luxury brand launches new watch collections

Sonia Collection

Bonia stuns with three new collections of timepieces – the Cristallo, Sonia and Noble Elite Automatic – that marry boldness with timeless elegance.

Cristallo Collection

As its name suggests, the Cristallo Collection dazzles with luxurious crystals encasing stunning dials – in silver, pink, emerald green and wine red – matched with whimsical steel or ion-plated gold bracelets for a little extra sparkle.



Cristallo Collection

Sonia Collection

The 10 timepieces in the Sonia Collection come in five bold, statement-making colour variations for each of the two series – BNB10746 and BNB10765 – with Bonia's signature house monograms intricately etched onto the dials to exude confidence and style.

Noble Elite Automatic Collection

The three variations of the Noble Elite Automatic Collection come in black, green and white, with matching ceramic bezels and eye-catching 3-6-9 register subdials in a sturdy 43mm case. For extra exclusivity, each variation is limited to just 200 pieces in the entire world.

bonia.com/collections/timepieces-2



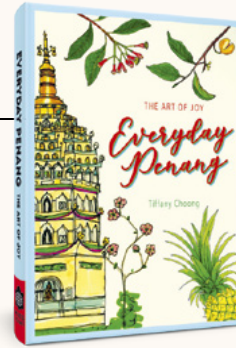
Noble Elite Automatic Collection



KL Bird Park
MALAYSIA

@ Perdana Botanical Garden
Kuala Lumpur

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



George Town

Art capturing joy and heritage

"I draw what I see, but I capture how it makes me feel," says artist Tiffany Choong aka BulanLifestyle, whose art adorns the new illustrated book **Everyday Penang**. The book is subtitled "the art of joy" – a reference to what Choong calls her "happiness project".

The project began as an exercise in discipline. Choong's mentor, the late Mariana Musa, encouraged her to capture what she saw and felt every day. And so, beginning in 2013, Choong began putting pen to paper in sketchbooks almost every single day for a decade. "I didn't intend for it to go on for 10 years," she says. "I just wanted to start this journey and see where it went."

Three years later, Choong hit a milestone – 1,000 whimsical sketches – which then grew to about 1,500. Post-lockdown, serendipity struck: Miku Books got in touch to curate Choong's work into a collection that offers a more personal glimpse of Penang.

The nature of the "happiness project" in *Everyday Penang* is paramount; each sketch, produced in a single sitting, is a well of complex emotions tied to her hometown and heritage, encompassing themes of love, loss and identity. "Things like the blue plastic stools in coffeeshops, they bring back really happy childhood memories for me," Choong says. "Hopefully these sketches will connect and resonate with the audience." A perfect gift, just in time for George Town Unesco World Heritage Day. mikubooks.com; bulanlifestyle.com

5

Kuala Lumpur

A legendary composer performs in KL

Perhaps the artist most synonymous with Indian music today, **AR Rahman** returns to Malaysia for the seventh time on 27 July. Also known as the "Mozart of Madras", the musician has won almost every accolade there is – including two Oscars, two Grammys and a Golden Globe. His concert at National Stadium Bukit Jalil promises to be a spectacle, with high-energy choreography bringing the beloved hits of the visionary composer to life. starplanet.com.my/show/arahmankl2024





Own A Luxury Beach Front Sanctuary With World-Class Facilities At Your Fingertips



Set in lush nature, 20 three-and four-bedroom private pool villas offer a luxurious seaside home within easy reach of Kuala Lumpur and Singapore. Enjoy five-star resort facilities and management.

Contact us for a private viewing

+60 19 241 2296 | propertysales@minor.com
anantaradesaru-residences.com

6

Malaysia

Pro-tips for better sleep in transit



Sleep is crucial for your mental and physical health, as well as your overall quality of life. Sara Suhaili, co-founder and strength coach from **Good Juju** shares tips for a good night's rest. heygoodjuju.com



1. Keep a consistent sleep schedule

Sleep and wake up at about the same time every day – even on weekends. This reinforces your body's sleep cycle aka circadian rhythm, which can make it easier for you to fall asleep and wake up every day.



2. Create a restful environment

If you're a light sleeper, earplugs or a white noise app may help you sleep uninterrupted. If your bedroom gets flooded with too much light, consider using blackout curtains or an eye mask to keep your sleep environment dark.



3. Nappers, beware

Napping during the day can make it harder to fall asleep later and may make you more prone to waking up during the night. If you must nap, keep it to 20 minutes and avoid napping too close to bedtime.



4. Move it

Regular physical activity can promote better sleep. Exercising outside for 30 minutes can be effective as exposure to natural light helps regulate your sleep cycle. However, avoid being active too close to bedtime.



5. Manage caffeine intake

The effects of caffeine can last 3–7 hours, so plan your intake accordingly. Although everyone has a different tolerance to caffeine, it's usually best to limit your caffeine intake to the morning.



7

Ipoh

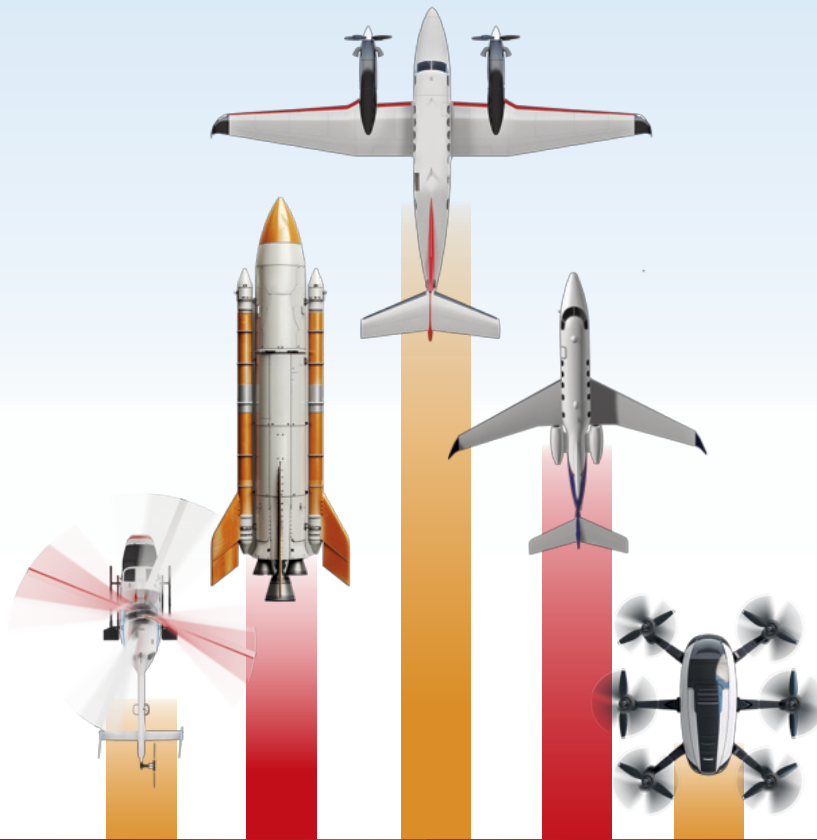
A popular marathon returns

Just in time for Visit Perak Year 2024, the **Ipoh International Run** makes its return on 28 July after a seven-year hiatus. Kicking off at Stadium Indera Mulia, the run is split into 15 categories with a half-marathon distance of 21km, 10km and a fun run of 5km. Besides the cash prizes on offer, runners will even be served coconut water along the way to beat the heat. tourismperakmalaysia.com



4th SELANGOR
AVIATION SHOW 2024

“Attend the **4th Selangor Aviation Show**,
a premier event where global and local aviation
and aerospace players meet.”



We look forward to seeing you there!

12 – 14 September 2024
Skypark RAC Subang, Selangor, Malaysia

Hosted by



Organised by



   @selangoraviationshow  @SelAviationShow

selangoraviationshow.com



Raia Hotel

Jom Cuti Raia

Raia Hotel for the ultimate vacation retreat. Situated in Kedah, Pulau Pinang, Terengganu, Sarawak and Sabah, our hotels offers the perfect blend of relaxation and adventure.

KEDAH
ALOR SETAR



PULAU PINANG
BAYAN LEPAS



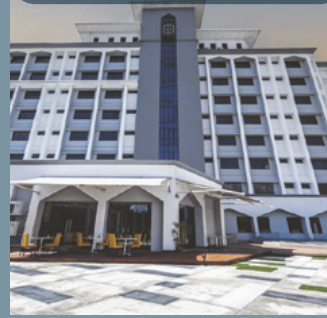
TERENGGANU
KUALA TERENGGANU



SARAWAK
KUCHING



SABAH
KOTA KINABALU



Discover the perfect blend of leisure and business at our five Raia properties nationwide. Located in key locations around Malaysia, Raia Hotel offers a serene ambiance, stunning swimming pool at selected locations, and an array of dining options to satisfy every palate.

ENJOY MORE DISCOUNTS WITH DIRECT BOOKING VIA WEBSITE!

www.raiahotels.com.my



▶ SCAN ME

▶ SCAN ME

Managed By :

UJ HOTELS & RESORTS MANAGEMENT SERVICES SDN BHD (1353701-V)

(Formerly known as UJ Property Management Sdn. Bhd.)

A wholly owned subsidiary of Urusharta Jamaah Sdn. Bhd. - a company under Minister of Finance Incorporated

Follow Us



Raia Hotel



raiahotel

8

Kuala Lumpur

Homegrown steakhouse soars to greater heights



The success of **Kay's Steak and Lobster** over the past decade has been so resounding that the idea of doing anything different seems almost absurd. But to Kay's co-founder and managing director Aizuddin Khalid, one thing does stand out. "If I could alter one aspect of my journey, it would certainly be to have gained firsthand experience in the F&B industry before leaping into opening my own restaurant," he says.

That leap of faith paid off. Moving away from his finance background, Aizuddin quickly learned what he calls the "intricate dance" of the industry, with Kay's becoming a hit in Putra Heights and expanding to Ampang and Putrajaya, with more outlets to come. With each outlet comes its own classy aesthetic, but the same commitment to serving only the most exquisite steaks, like the Kagoshima A5 Wagyu and Korean Hanwoo, air-flown Atlantic lobsters in classic Thermidor or Omotesando roll style, Australian tomahawk and, of course, its signature plump, glistening Beef Wellington.

"What began as a modest venture has blossomed into something spectacular," says Aizuddin. It's hard to disagree.

kaysteaklobster.com

9

Malaysia

Doing our part to save Malaysian tigers

Over the last few decades, the number of Malayan tigers – the symbol that adorns the *jata negara*, or national coat of arms – has dwindled drastically, with the majestic beast now listed as critically endangered. Here are three ways you can help with conservation efforts:

Volunteer with MYCAT

MYCAT's volunteer programmes consist of rural and urban outreach programmes, as well as its popular CAT Walks, where you can help spot illegal activities and disarm snares around the Sungai Yu Ecological Corridor that links Taman Negara National Park and the Titiwangsa Mountains. mycat.my

Donations to WWF

Sparing extra change to the World Wildlife Fund (WWF-Malaysia) helps the organisation support its frontliners in the field, who patrol Belum-Temengor, the largest continuous forest complex in the peninsula, for snares, traps and other threats and channel that information to enforcement agencies. wwf.org.my

Report illegal wildlife activity

Any illegal activities involving wildlife can be reported to the Department of Wildlife and National Parks Peninsular Malaysia (PERHILITAN), the agency responsible for the protection, management and preservation of national parks, at 1-800-88-5151. wildlife.gov.my





George Town

A luxury city hotel with seafront views

Say hello to **Penang Marriott**, the newest addition to George Town's crop of city hotels. Situated along the prime seafront of Gurney Drive, the strategically placed property allows guests to conveniently frequent the city's famed food spots in the area. And for a resort-like feeling in the city, opt for a seaview room which overlooks the coastline of the Andaman Sea. The hotel's all-day restaurant, Sago, serves up an impressive breakfast spread, while in-house Italian restaurant Kucina is where you want to be for a family dinner or date night. To wind down after a long day, make a pit stop at The Great Room, a lounge bar situated in the lobby, with its unusual tipples that are worth the trip alone. [marriott.com](https://www.marriott.com)

Embracing Business as a Force for Good

ROOTS OF RESILIENCE: The Influence of Early Lessons

Addaem Chandran's journey towards using "business as a force for good" is a testament to resilience and determination. His early years, spent on a rubber estate, were marked by adversity. Yet, these very challenges shaped his character and instilled in him the values of discipline and hard work, thanks to his late mother. Reflecting on these formative experiences, Addaem shares, "The values of discipline and hard work that my mother instilled in me during my childhood on the rubber estate have been the foundation of my growth, and I owe everything to her."

TRANSITIONING TO ENTREPRENEURSHIP: The Birth of IKONIK Eye Specialist & General Health Centre

After 14 years of extensive experience in a top multinational company, Addaem Chandran transitioned into entrepreneurship by founding IKONIK Eye Specialist & General Health Centre in 2014, previously known as Prof. Muhaya Eye & Lasik Centre. "When I started IKONIK, my vision was to create a healthcare institution that not only provided excellent medical care but also fostered a culture of kindness and compassion," he notes. IKONIK quickly emerged as a leading eye specialist in Malaysia, gaining an outstanding reputation. With over 8,800 Google reviews and a 4.9-star rating, IKONIK's commitment to excellence and compassion is evident. The centre has received more than 15 prestigious awards over nine years, including the Male Entrepreneur of the Year award for Addaem and the Malaysian Business of the Year award from The Star Outstanding Business Awards in 2018.

BEYOND PROFIT: Reinvesting in Community

Driven by a commitment to kindness and social responsibility, IKONIK engages in numerous corporate social responsibility (CSR) projects. One notable initiative includes providing free cataract surgeries to over 100 elderly individuals, significantly improving their quality of life. Addaem and Dr. Aniah, the Medical Director of IKONIK, spearhead these initiatives with the goal of creating sustained community impact. "Honesty and integrity are non-negotiable," says Addaem. "They light the path towards success and fulfilment." Through these efforts, IKONIK addresses immediate medical needs and fosters a lasting positive influence in the communities it serves.



EMPOWERING TRANSFORMATION: The Genesis of Addaem Chandran Impact Consultancy (ACIC)

In 2020, Addaem founded Addaem Chandran Impact Consultancy (ACIC) to address the significant impact of limiting beliefs on personal progress. "Through training IKONIK staff, I realised the profound impact that limiting beliefs and negative thoughts can have on an individual's progress," he explains. ACIC's mission is to dismantle these internal barriers, empowering individuals to achieve their full potential.

ACIC is a HRDC-certified training organisation, that offers certifications in Neuro-Linguistic Programming (NLP), Timeline Therapy (TLT), and Hypnotherapy, training over 100 participants from various sectors, including multinational companies, government agencies, and entrepreneurs. Beyond training, ACIC is dedicated to philanthropy, contributing RM190,000 to support famine relief in Gaza, Yayasan Food and Pertubuhan Peduli Insan, demonstrating a profound commitment to global and Malaysian humanitarian efforts.

A Beacon of Inspiration

His extensive qualifications underscore Addaem Chandran's commitment to personal development and philanthropy. He is a Global Executive MBA graduate from INSEAD and a certified trainer in Neuro-Linguistic Programming (NLP) by the American Board of NLP, TimeLine Therapy® (TLT) by the Time Line Therapy Association and Hypnotherapy from the American Board of Hypnotherapy. Addaem firmly believes that NLP, TLT, and hypnotherapy provide the most competitive framework for individuals to move forward and progress in life.



IKONIK Eye Specialist & General Health Centre and Addaem Chandran Impact Consultancy are not just businesses but beacons of hope and inspiration. They exemplify the transformative power of intention and values in business. "In a world that often prioritises profit over purpose, businesses have a responsibility to be a force for good," Addaem emphasises. Their unwavering dedication to kindness, integrity, and social impact serves as an inspiring example in the business world. As we navigate the complexities of business and entrepreneurship, the story of Addaem Chandran and his ventures reminds us of the profound impact that intentionality and values can have in creating a better world—one company at a time.



Honesty and integrity are non-negotiable

-Addaem Chandran



HIDDEN GEM OF THE CONCRETE JUNGLE IN KUALA LUMPUR

MANDARIN ORIENTAL
KUALA LUMPUR

As you discover the hidden gems tucked away from the prying eyes of tourists step into La Boca, you're immediately greeted by a riot of colours. Buildings painted in shades of cobalt blue, canary yellow, fiery red and vibrant murals on the wall, each one telling a story of its own symbolic nature as La Boca Latino.

The air of La Boca Latino is filled with the aroma of authentic Latin cuisine of fajitas and freshly baked empanadas, tempting your taste buds with promises of culinary delights.

Pulsating rhythms of drums and guitars, creating a symphony of sound with an infectious energy that drifts out from the open doorways from our in-house live bands. Inviting you to join in the passionate dance that defines this whereabouts. In the shadows of La Boca, you'll find locals and tourists mingling about their daily lives. Non-stop laughters and the sound of saxophone echoing from each and every corner of the lounge.

You will realise that La Boca Latino is not just a restaurant, bar and lounge. It is way more than that. It's a living, breathing testament to the resilience of the human spirit. It's an enthralling environment, where every corner holds a story waiting to be told.

Every time you bid farewell to La Boca, the memories of your visit linger like the notes of a tango and are forever etched in your heart to eagerly stop by even.



SCAN HERE
FOR MORE
INFORMATION

ELEVATE

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



COFFEE

Good brews

Fair trade specialty coffee brands in **Chiang Mai** are transforming the industry from the ground up

BY CRAIG SAUERS

Over the past decade, Chiang Mai in Thailand's hilly north has become the country's unofficial coffee capital, and not just because it's home to dozens of specialty coffee shops that look great on social media. Chiang Mai's coffee industry captains are also working together to make sure the boom benefits everyone, from roasters and sellers to smallholder farms and local communities. Here are three responsible coffee brands to look out for.



Flights between Kuala Lumpur and Chiang Mai will commence on 15 August 2024 and will operate 5x weekly

CONTINUED ON NEXT PAGE →



Akha Ama

The maverick

You can't talk about Thai coffee without mentioning **Akha Ama**. Since 2010, Lee Ayu Chuepa's social enterprise has empowered hill tribe communities – especially Akha families in Chiang Rai's Mae Jaen Tai village – by increasing the social and economic returns from farming, their main source of income.

"Akha Ama was founded to empower coffee communities," says Lee. Each of the 39 families in the 10 villages Akha Ama works with becomes a company stakeholder.

"We work with them at all levels," adds Lee. "This includes cultivation, farm design, pre- and post-harvest management, processing experiments and direct trade. We never restrict their autonomy. They are free to choose their markets and

processing methods. They can even have their own brands."

Beyond economics, Akha Ama's practices and the quality they have yielded have made it a favourite among coffee consumers in Thailand. The brand has made some bold moves too – in 2020, Akha Ama set up its first overseas outpost in Tokyo's Karugazaka, a stylish neighbourhood of cobblestone lanes and chic restaurants. Recently the brand also expanded its eye-catching flagship café in Chiang Mai, turning the shop into a stunning, sun-dappled space, with brick feature walls and a curve-heavy interior design. akhaama.com

The partner champion

For **Roots**, a brand founded in 2013, improving the lives of its partners and bean suppliers



in villages across Chiang Mai and Chiang Rai is paramount. A part of the profits from every cup of coffee sold goes to farmers and processors at the origin. The funds help to develop better coffee-drying facilities – essential for improving quality and flavour. Roots has also collaborated with producers to introduce methods like the Kenya washed process, which puts beans through two cycles of fermentation before they are rinsed and soaked in water.

To centre the producers, Roots shares stories about its partners – including "Meet the Farmer" profiles – in shops and on social media. The brand's roastery also leads workshops and invites baristas to northern Thailand for knowledge exchange. rootsbkk.com

The forest crusader

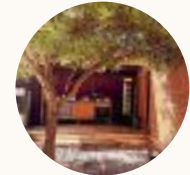
Nine One Coffee began as a tea-growing project founded in 1998 by civil servant Wanlop Passananon. Wanlop hoped to create jobs while reviving the forests around Doi Saket in eastern Chiang Mai. He traded tea for coffee as the latter gained popularity – and when he realised it wouldn't require cutting down trees. Today, his coffee is grown organically without pesticides, and in the jungle between 1,000 and 1,500m above sea level. While Nine One has 32ha of land, not all of it is for coffee – the plants grow among the native vegetation, so Nine One yields just two tonnes of coffee each year but that yield is high-quality. Visit Nine One's riverside café in Doi Saket to experience it at the source. nineonecoffee.co



Scan here and discover all the exciting things to do in Chiang Mai with Journify.

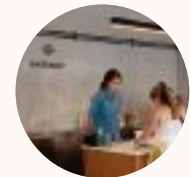
For your next caffeine fix

Three can't-miss craft coffee shops in Chiang Mai



Ponganes

Its brick-fronted, grab-and-go café serves excellent drip and espresso-based coffees. Ponganes is also a small-batch roaster, so you can buy fruity, complex beans. 11/2 Soi 1 Inthawaroros Rd, Si Phum; ponganes.com



Gateway Coffee Roasters

Housed in a mid-century building east of Tha Phae Gate. Rustic interiors draw you in and house-roasted beans from northern Thailand keep you lingering. Tha Pae Rd., Soi 4, Chang Mai; [instagram.com/gatewaycoffeeroasters](https://www.instagram.com/gatewaycoffeeroasters)



TOONGS

TOONGS has grown quietly and steadily since 2014. Grab limited bags of brandy barrel-aged Chiang Mai beans. 64 Siri Mangkalajarn Rd, Tambon Su Thep; [instagram.com/toongscoffeatsirimang](https://www.instagram.com/toongscoffeatsirimang)



Roots



Extraordinary Experiences Are Only Moments Away



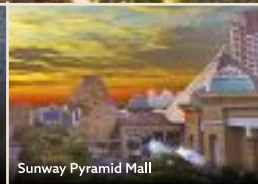
Gordon Ramsay Bar & Grill



Sunway Grand Suite



Black Tap Craft Burgers & Shakes



Sunway Pyramid Mall



Sunway Lagoon Theme Park



Gordon Ramsay Street Pizza

A Mix of 1,500 Rooms, Suites & Pool Villas | World-class Dining Outlets | Sunway Pyramid Shopping Mall | Sunway Lagoon Theme Park | Sunway Pyramid Convention Centre

Sunway City Kuala Lumpur is Asia's leading fully-integrated premier hospitality and entertainment destination. Sprawling 800 acres, the destination comprises award-winning facilities including world-class hotels - Sunway Resort Hotel, Sunway Pyramid Hotel and Sunway Lagoon Hotel, Sunway Pyramid shopping mall and Sunway Lagoon theme park.

Whether you're visiting for business or leisure, this integrated destination offers an amazing array of amenities tailored to your every need. Take comfort in Sunway Resort Hotel's reimagined new rooms while you discover the city's most sought-after dining experiences at Gordon Ramsay Bar & Grill and Black Tap Craft Burgers & Shakes. Indulge in retail therapy or enjoy an adrenaline rush at the theme park, and with more than 360,000 square metres of world-class spaces and vibrant venues, it's no wonder some of Asia's most outstanding events are created in this multi-award-winning destination.

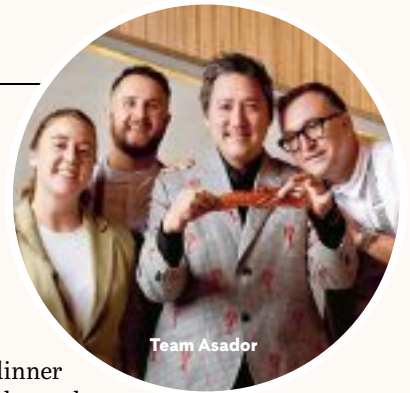


BOOK NOW

Discover Sunway City Kuala Lumpur where extraordinary experiences are indeed only moments away.



SUNWAY®
HOTELS & RESORTS



Team Asador

brand that has been in business for over 150 years.

Asador Alfonso is open for lunch and dinner by reservation, and the goal is to serve dishes rooted in tradition but elevated to fine, modern cuisine. There's plenty to pique your taste buds here, like the *boquerones* – fresh anchovies marinated in vinegar and extra virgin olive oil – and wedges of plump, fresh white asparagus topped with delicate fish roe and served with a dollop of celeriac. There are the *carabineros*, red prawns flown in from Spain and flat-grilled with salt, and the slow-roasted Spanish suckling lamb, with its crisp skin and tender meat, served straight out of the oven. Even the sourdough merits a line on the menu, freshly baked and served with delightful anchovy butter.

The 60-seat restaurant is part of a bigger project. The restaurant sits on a sprawling 9.4ha property originally mapped out as the Calmas' family retreat in the town of Alfonso, Cavite. They call it The Lava Rock after their neighbour, Taal Volcano. The main structure's folding cantilevers evoke the sharp peaks of the volcano, their precision an engineering marvel of concrete canopies and beams. Inside, hard wood is softened with curves and waves undulating across the room, alluding to lava that flows in rivulets from Taal.

Calma says his vision is to make The Lava Rock a cultural destination, with art studios, a gallery, a floating swan pavilion and even an amphitheater. For now, the lush estate is dotted with sheep, turkeys and what is likely the fanciest chicken coop you've ever seen. [instagram.com/asadoralfonso](https://www.instagram.com/asadoralfonso)

Castilian treats south of Manila



DINING

Southern delight

At a new destination restaurant south of **Manila**, art and architecture step up to the plate

BY YVETTE FERNANDEZ

Asador Alfonso in Cavite, about a two-hour drive from Manila, is not the first collaboration between Filipino architect Carlo Calma and chef Chele González, a Spaniard who has made the Philippines his home. The architect designed Gallery by Chele – which he also part-owns – the acclaimed restaurant that dives deep into Filipino ingredients, flavours and cooking techniques.

Now they have a new playground. As Asador's culinary director, chef Chele has opted to showcase the flavours of his homeland's Castilla region. Asador, in Spain, is a roasting house, and in a bid for absolute authenticity, the restaurant features a special roasting oven, the only one in Asia, crafted by Horno Jumaco Maestro Castellano in Spain, a legacy

More eats out of Manila

Mrs Saldo's

The private dining restaurant, bakery and café in Silang, Cavite – about two hours' drive south of Manila – is known for its lush grounds and photogenic interiors as it is for the food that traces chef and owner Rhea Rizzo's culinary education, from the kitchen at Gaggan to the hills of Ubud in Bali. Soon the property will introduce a cooking school. [mrsaldos.com](https://www.mrssaldos.com)

Farmer's Table

The alfresco restaurant located inside Nurture Wellness Village in Tagaytay, approximately two hours by car south of Manila, opened during the pandemic and was designed to help stressed out city folk decompress. It sources fresh produce from nearby farms and lists several vegetarian and vegan options on their large menu. [instagram.com/farmerstabletagaytay](https://www.instagram.com/farmerstabletagaytay)

m-i-c-e

MEETINGS, INCENTIVES, CONFERENCES AND EXHIBITIONS

PULSE
GROUP

AT PUTRAJAYA

Elevate your upcoming meeting, incentive trip, conference, or exhibition into an extraordinary experience in Putrajaya!

Delve into unparalleled venues and facilities, such as the prestigious **Putrajaya International Convention Centre**, opulent 5-star venues at **Pulse Grande Hotel**, scenic lakeside hall at **Marina Putrajaya**, and our world-renowned **Putrajaya Equestrian Park**. Whether your event is intimate or grand, with the capacity to host up to 15,000 guests concurrently, we are fully equipped to cater to your requirements.



Immerse yourself in breathtaking scenery, stunning architecture, awe-inspiring landscapes, and a wide range of recreational and tourist activities, including corporate team-building options and an extensive array of dining options to complement your event. Reach out to us today, and let's create a truly unforgettable and remarkable event together!

CONFERENCE HALL at Putrajaya International Convention Centre



T : +603-8887 6000
E : enquiry@picc.com.my

MEETING ROOM at PULSE Grande Hotel Putrajaya



T : +603-8887 8888
E : enquiry.pgpi@pulsegrande.com.my

CONFERENCE HALL at MARINA PUTRAJAYA



T : +603-8888 0317
E : sales@marinaputrajaya.com

www.pulsegroup.com.my

SUBSIDIARIES :



PRODUCTS :



HOTELS

Pride of plate

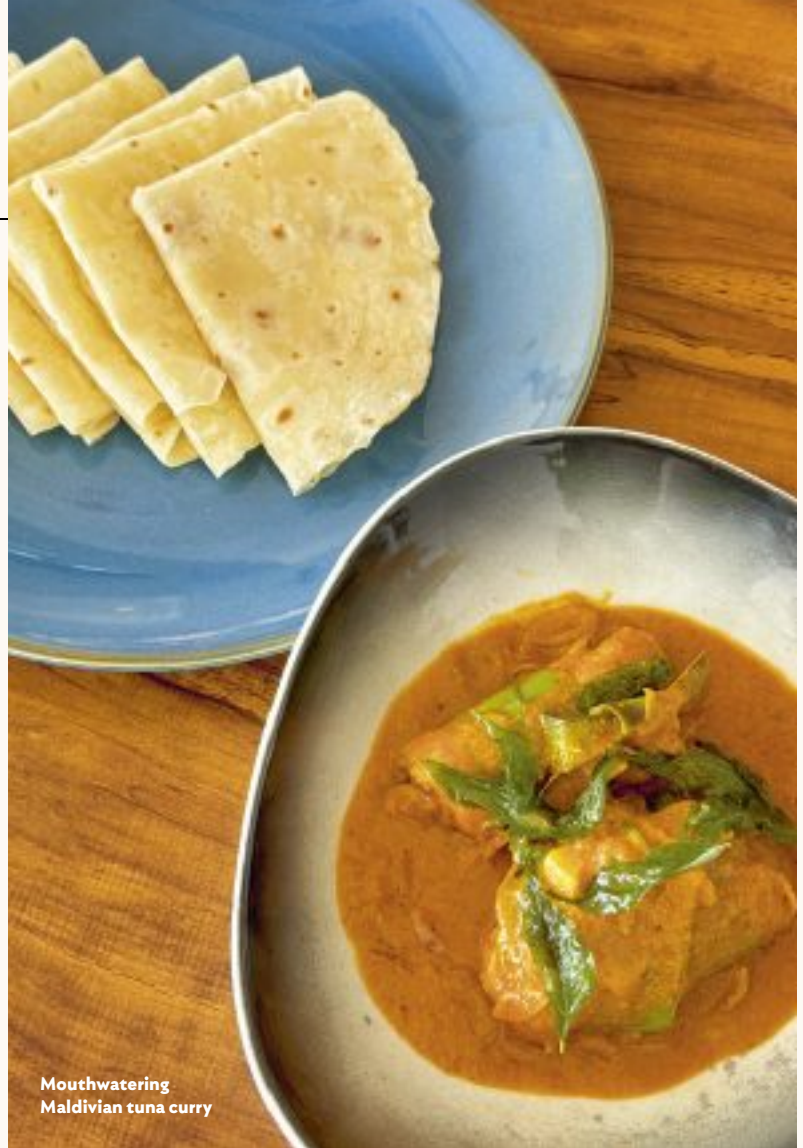
The **Maldives'** underrated cuisine shines at the Mercure on Kooddoo Island

BY TARA FT SERING

“Spicy, tangy, delicious,” says chef

Kapila Roshan, head chef at the Mercure Maldives Kooddoo, grinning widely when I asked him to describe Maldivian cuisine. It's just after lunch at the sun-soaked Alita, the resort's all-day buffet dining restaurant, where Roshan is giving me a quick lesson on how to make *kandu kukulhu riha*, a traditional Maldivian tuna curry. I had never had Maldivian food before coming to this staggering chain of atolls in the middle of the Indian Ocean; now I was indulging in Alita's permanent station of local breakfast salads every single day. Learning a recipe was going to help with the inevitable longing for the spicy, peppery and, yes, delicious flavours once I returned home.

The pan hisses as he tosses chunks of fresh, line-caught yellowfin tuna coated in curry paste – made with an array of herbs and spices like fennel, cumin, fenugreek seeds and coconut scrapings – and coconut milk. As the bright aromas



Mouthwatering Maldivian tuna curry

“

Maldivian food is the surprise star of a culturally immersive stay at Mercure”

fill the air, my mouth waters and the lesson ends with a second lunch of bright and tangy tuna that I polish off in mere minutes.

Maldivian food is the surprise star of a culturally immersive stay at Mercure, the adults-only resort oozing with the charm of a hidden gem, even if the 70-villa, boutique-style haven is popular across a spectrum of travellers, from couples on romantic holidays and friends on girls-only getaways to solo guests. The service is warm, attentive and engaged; everywhere you go, you're greeted with the same open smile you might get at a favourite local watering hole. In the villas, a joyful colour palette – deep azure statement walls, stripes of bright yellow, hot pink and fiery orange – evokes the sea, the sun and brilliant

marine life. Birds chirp along tree-shaded pathways of padded sand that lead to ocean-front and overwater villas.

“As a brand, Mercure is about conveying a sense of place,” says resort manager Stefania Banfi. “So here we highlight what's unique to the Maldivian islands away from the capital.” Holiday highlights include a visit to nearby Maamendhoo, a tiny island just minutes away by speedboat. It has a small village of just over a thousand residents, a mosque, a school and a health centre. Here time runs slower, the sun seems brighter, the sea bluer and the sky looks bigger than anywhere else.

Then there's the food. Here the tuna is wild and as fresh as it gets (and caught by pole and line, a sustainable fishing method that reduces the risk of by-catch). Although the local cuisine is largely overshadowed by the outsized traditions of neighbouring India and Sri Lanka – at least for now – in this little pocket of paradise, it's what inspires me to plan a return.

mercuremaldiveskooddooresort.com



Mercure Maldives' overwater villa

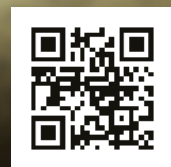
maskargo 

animalhotel

World's Only 6-Star Animal Hotel



KEEPS BUSINESS MOVING



maskargo.com



DAY TRIPS

Bowled over

An easy train ride out of **Seoul** takes you to the tastiest servings of bibimbap

BY MAE YOUNG

It's a crisp spring morning in Jeonju, a city about two hours by KTX, South Korea's network of high-speed trains, out of Seoul. The scenic capital of North Jeolla Province, in the country's southwest, is known for its sprawling Jeonju Hanok Village, a district of 800 *hanok* or traditional houses in the heart of town. The city that was once the hometown of the royal family feels like a period film set, and a day exploring its atmospheric lanes, gardens and shrines – perhaps dressed in traditional *hanbok* clothing – is the perfect immersion in the glorious Joseon Dynasty era.

But Jeonju has another claim to fame: bibimbap. I'm on a mission to try one of the country's national dishes in the place where it was born. *Bibim* is Korean for "mixed" and *bap* means "rice". Sounds straightforward, but there's more to bibimbap than just a bowl of steaming rice topped with assorted sautéed vegetables, a dollop of chilli paste called *gochujang*, marinated beef and an egg. For starters, this highly customisable dish



Jeonju in western South Korea



Jeonju Hanok Village

features about 30 ingredients, carefully selected to balance flavours, colours and textures. Because of the sheer variety of ingredients, bibimbap may be enjoyed all year round.

Bibimbap follows the principles of yin and yang and incorporates the five elements – earth, fire, metal, water and wood – and another layer of the preparation follows the five directions: north, south, east, west and the middle. And yet another layer is guided by the five colours – white, green, red, yellow and black – that play a significant role in the composition of the dish. Each direction and colour corresponds to a specific quality and energy that further enhances the harmony of the dish.

How does this all work? The wood element is characterised by the eastern direction, represented by greens (as



“

The Jeonju-style bibimbap is based on a Joseon court royal recipe, a version that’s been around for 200 years”



Bibimbap in a hot stone bowl at Han Kook Jib



Plan your Seoul adventure with Journify! Scan now to explore activities and attractions.

wood comes from trees) like spinach or cucumber. The metal element is represented by yellow (for gold metal) and the middle area, where eggs are always placed. Water, the fifth element, is represented by the colour white, corresponding to rice, an essential ingredient of bibimbap.

Experts say bibimbap has been around for centuries albeit in a slightly different form and by a different name. The Jeonju-style bibimbap is based on a Joseon court royal recipe, a version that’s been around for 200 years. Historical records also show that the people of Jeonju enjoyed bibimbap as a treat, a favourite dish especially in the months of February, March and April. Today, the city attracts a steady stream of bibimbap fans like myself all year round, peaking during the annual Jeonju Bibimbap Festival in October.

The bibimbap-themed day trip doesn’t disappoint as I sample two of Jeonju’s best bowls – one in **Han Kook Jib**, the oldest Jeonju-style bibimbap restaurant, that opened in 1952. The restaurant serves bibimbap the way they always have since opening – in a brass bowl – but you may also opt for the *dolsot* bibimbap, served in a sizzling hot stone bowl. The bottom layer of rice, burnt to a crisp, is extra flavourful.

Gajok Hoegwan is another local legend that opened in the 1970s, located close to the Jeonju Hanok Village. Kim Nyeon-im, who runs the restaurant, is a recognised top chef of Jeonju

cuisine and has been designated by the government as an Intangible Cultural Asset of Jeollabuk-do Province. There are only two items on their menu: the Jeonju bibimbap and the *yukhoe* bibimbap, the latter version topping the dish with seasoned raw beef. What makes the dining in Gajok Hoegwan extra special? The bibimbap comes with 12 to 17 seasonal side dishes.

Whichever restaurant you choose to go to, pair your bibimbap with *moju*, the Jeonju version of *makgeolli* or traditional rice wine, to make your bibimbap experience even more special. jeonjucity.kr



INSIDER TIPS

A Malaysian in... Perth

Ghaz Ramli, who heads The Badminton Association of Western Australia, tells us why he loves Perth and shares some tips for making the most of a visit to the city

BY SUDESHNA GOSH



I was born in Ipoh, a small town two hours from Kuala Lumpur. I had a pretty idyllic childhood filled with friends, fun and games. I started my career as a journalist, specialising in sports journalism pretty early on, and then segued into sports administration. I've worked in motorsports, including Formula 1, ATP Tennis, cycling, rugby... you name it.

I moved to Perth in 2011 with my wife and guess what? It feels exactly like Ipoh! They are both smaller cities, with lots of parks and greenery, and that's why I love living in Perth – it reminds me of home.

My first job in Perth was with the football club Perth Glory in membership sales and service. It was quite a steep learning

curve, but I managed to achieve record numbers in acquiring memberships. After that I moved to the Fremantle Dockers, which is an Australian rules football club, and then worked with a pro baseball team. In between, I'd taken a sabbatical to study sports business, and after Covid, I went back to Perth Glory to help them get back on their feet after the pandemic.

In 2022, I joined the Badminton Association of Western Australia (Badminton WA) as their chief executive officer. Coming from Malaysia, badminton is second nature to me. It is more popular as a social sport than an organised sport. But my ambition is to leave a legacy of having developed the sport in Western Australia, where we can start to produce world-class athletes.

Work keeps me pretty busy, but now that I am a father to two kids with a third on the way, I am prioritising work-life balance. I've swapped the glamorous world of F1 parties for more low-key hobbies like gardening. But when I do head out, here are some of my favourite places in the city.



Perth skyline



Varsity

Where I get my sports gear

I like **Onside Sports** in Malaga for all my sportswear needs. When it comes to badminton, **Nick Kidd Badminton Arena** is great (you can find Yonex gear here) and Perth Badminton Arena also has a good selection of products from Victor. onsidesports.com.au; nkbarena.com; perthbadmintonarena.com

Sports cheers

When I'm hanging out with fellow sports lovers, I go to **Varsity**. It's a chain of American-themed sports



View from Kings Park



Leederville

establishments where you come for the games and vibe but stay for the food – you can't go wrong with the classic cheeseburger here. varsity.com.au

Meaty feast

My favourite Perth restaurant is **Lapa Brazilian Barbeque** in Subiaco. It's a rodizio churrascaria – an all-you-can-eat affair featuring 16 different juicy cuts of meat, served straight from the grill, in a variety of flavours and styles. It's an amazing experience and the whole family loves it. lapa-brazilian-barbecue.club



Malaysia Airlines flies between Kuala Lumpur and Perth 12x weekly

The best family-friendly outing in Perth is...

Fremantle. We love hanging out in this harbourfront suburb of Perth near the Swan River. You can do a lot of things here, like go on a river cruise, visit a museum or go shopping. It has a lot of places to eat and drink, from heritage pubs and waterside restaurants. It's a historic area, so it's worth visiting the famous **Fremantle Prison** as well as discovering all the great street art. westernaustralia.com

What I miss most about Malaysia is...

The food. When I get homesick there are several places where I can have my fill of the flavours of home. **Spencer Village Food Court** in Thornlie has a familiar setting, with a huge variety of Asian food in hawker-style stalls. Don't miss the rendang. You can also try out some of the more unique delicacies that will be hard to find anywhere else in Perth, like a smoothie

made from durian, Malaysia's infamous "king of fruit". [instagram.com/spencer_village_food_court](https://www.instagram.com/spencer_village_food_court)

I can spend a whole day...

At **Kings Park and Botanic Garden.** It's one of the world's largest parks and it has a lovely view of the city. It's also free. The Western Australia botanical garden has over 3,000 species of plants on display, plus there are lots of bush trails. This is also a place of Indigenous cultural importance and it's a traditional sacred spot for Aboriginal Australians. bgpa.wa.gov.au/kings-park

A little-known secret about Perth is...

If you are a badminton player, you can join one of **Badminton WA's** many tournaments throughout the weekend. With all categories (amateur to open) available, players of different levels can come experience Perth's local life in a unique way. Go to Badminton WA to find our calendar. badmintonwa.org.au

Street style

Head down to **Leederville** to find some of Perth's best shopping. There is a strip of trendy boutiques and independent stores along Oxford Street, many housed in historic Art Deco buildings. **Meg & Wally** offers one-of-a-kind fashion and homeware pieces, while **Perlu** stocks top Aussie labels including Bec + Bridge and Camilla and Marc. There are lots of lovely bars and cafés here too, and it's a cool place to hang out and people-watch any day of the week. megandwally.com; perlu.com.au

Delight your senses in the Coast of Happiness

Bodrum guarantees a warm welcome for all visitors, going above and beyond to cater to all seeking to enjoy its scenery and charm



Bodrum, Muğla

The name “Bodrum” is whispered as a byword for luxury, respite and an escape to serenity. With its sun-kissed beaches, secret coves and lush landscape – not to mention its dazzling high-end resorts and premium shopping experiences – this idyllic peninsula has cast an enchanting smile across the face of visitors since it staked its claim as Türkiye’s own slice of heaven on earth more than half a century ago.

Although the area has seen constant interest since the advent of tourism in the last century, Bodrum’s history is incredibly vast. Some of the area’s most notable sites include the town’s iconic Bodrum Castle, the Mausoleum

of Halicarnassus and a stunning 4th-century theatre that hosts musical acts and dance performances throughout the summer. The routes and trails between these sites are now lined with Aegean hallmarks, such as white-painted homes, tangerine trees, bougainvillea and sun-soaked skies.

Today, the region is home to an increasing number of renowned resorts designed by international hotel gurus and residential communities attracting a globe-trotting clientele proud to call the Bodrum Peninsula their home. For those who want to truly indulge and release the strains of modern life, some of the world’s finest

spa experiences are on hand with top-notch facilities offering hamam (Turkish bath) treatments, as well as holistic therapies and yoga surrounded by some of the country’s most breathtaking scenery.

Needless to say, the area sees the daily arrival of yacht owners and sailing enthusiasts berthing to enjoy the respite of its deluxe marina services, fine dining, fancy bars and clubs, as well as the wealth of designer stores and art galleries. Gulets, traditional wooden sailing yachts, regularly leave the port to invite daily visitors to explore otherwise inaccessible coves and islands in majestic comfort.

To experience Turkaegean

delights, seek out some of the area’s wide array of dining options after enjoying a range of uplifting leisure activities. Here the restaurants bring a modern Bodrum touch to local recipes and create delicious meals, benefitting from the abundance of the region.

Whether in a vast vineyard, or a luxury coastal hangout, Bodrum’s sunsets provide an exhilarating backdrop to any evening meal. The locally sourced seafood freshly brought from net to plate is highly recommended, complemented by refreshing appetisers – known as “meze.” Order Gambilya fava, a wild bean purée, stuffed squash flower, and sea cowpea to get the taste



Turkaegean tastes



Stand-up paddleboarding



Breakfast on the shores of Bodrum



Bodrum Castle



Bodrum Marina

The MICHELIN Guide Bodrum at a glance:

19 recommended restaurants including:

- 2 MICHELIN Star restaurants: Kitchen, Maçakızı
- 2 Bib Gourmand restaurants
- 15 selected restaurants

of local dishes. All of this will undoubtedly go down well with a refreshing glass of *rakı* – a traditional anise liquor – or Turkish wine produced with local grapes. While small local fish restaurants line the seafronts of every town in the area, 5-star resorts are replete with the summer residences of the country’s biggest chefs and hot international restaurant brands offering the upper crust of fine dining in the most luxurious of settings.

The peninsula features several small coastal towns and villages, each with its own earthly pleasures. To see and to be seen, head to Türkbükü, one of Bodrum’s most popular coastal towns,

featuring exclusive boutique hotels, restaurants and bars. Here you can enjoy dressing up for a fine dining experience followed by cocktails at a stylish bar at night. While Yalıkavak and Göltürkbükü attract a globetrotting clientele with their luxury beach clubs, hotels and marinas, Gümüşlük emits bohemian vibes with its waterfront jazz bars and fish restaurants. Bodrum’s centre is ideal for shopping therapy at its historic bazaar, swarming with artisanal boutiques selling high-quality linen beachwear and Bodrum’s handmade leather sandals. Bitez and Ortakent, on the other hand, stand out with their established

communities living there year-round, many ending their workdays on one of the many pristine beaches abound.

Before leaving the city, make sure to tick off a couple of must-dos. Visit the iconic Bodrum Castle to see one of the oldest shipwrecks in the world in Bodrum Museum of Underwater Archaeology. Follow up on the dates of live summer concerts staged in the ancient Bodrum theatre. Every July and August, one of the world’s leading ballet festivals, the Bodrum International Ballet Festival organised by the State Opera and Ballet, welcomes outstanding ballet companies from Türkiye and around the world, offering

a unique experience in a magnificent atmosphere. If you’re planning to visit in October, don’t miss the annual Bodrum Cup, when the country’s sailing hub hails the arrival of seafarers from far and wide and the most elegant sailing yachts set out to compete in the Turkaegean way of luxury.



Türkiye
goturkiye.com



NEVER MISS A TRAVEL TIP

Go to goingplaces.malaysiaairlines.com





24 HOURS IN

George Town

Words **Yi Peng Yap** Photography **Thinnesh Kumar**

As you wander through the streets of George Town, Penang's historical capital, prepare to witness an array of multicultural influences seen in the city's capital: narrow shophouses, colonial-era buildings with Art Deco and Anglo-Indian influences, a Victorian clocktower, intricate Chinese clan halls and elegant mosques. Centuries after its establishment in 1786 as a key trading port and earliest British settlement in Southeast Asia, George Town has reinvented itself as a vibrant, progressive and creative city in recent years, full of fascinating sights, experiences and delicious food. Grab your best walking shoes for your exploration of this Unesco World Heritage city and follow our 24-hour guide to make the most out of your day.



Saturday

8am
A delicious start

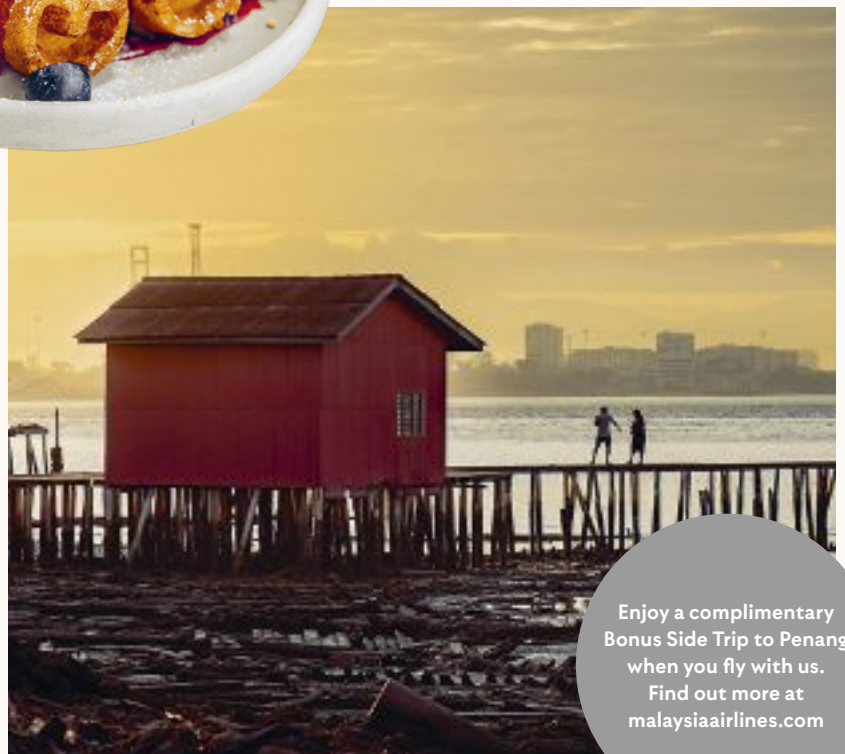
Penang is famous for its hawker centres, thus it is only fitting to start the day at one. **OO White Coffee Carnarvon Street** is an excellent spot for local Penang street food. The must-tries are iced white coffee, Tiger char kuey teow (flat rice noodles fried with duck egg and prawns) and the deep-fried oyster omelette that will tantalise your taste buds.

For locally roasted coffee and waffles, opt for **Norm Micro Roastery**. Located in a former shipping yard, the unmarked minimalist café may be tricky to find, but the reveal is worth it. 262–264, Lebuhraya Carnarvon; 13, Gat Lebuhraya Gereja



9am
A walk through time

Before the day heats up, take a scenic walk around **Chew Jetty**, a water village built over 100 years ago by Chinese immigrants who came to the island to work in the fishing industry. Chew Jetty is the largest and most well-preserved of the island's six clan jetties. Throughout the jetty, you'll find brief history lessons in the form of information boards detailing the story of the Chew clan and their role in the development of Penang. *Weld Quay*



Enjoy a complimentary Bonus Side Trip to Penang when you fly with us. Find out more at malaysiaairlines.com

Three facts about
George Town

In 1957,

George Town was declared the first Malaysian city

7 July

is a public holiday in Penang, in recognition of its Unesco World Heritage site designation

Movie scenes

from *Anna and the King*, a film starring Jodie Foster and Chow Yun-fat were shot in George Town



🕒 10am War and peace

To escape the city's hustle and bustle, take the funicular railway up **Penang Hill**, also known as Bukit Bendera. The hill offers breathtaking views of the island and a variety of activities. To learn more about the hill's diverse flora and fauna, check out **The Habitat**, a park that serves as a gateway to one of Malaysia's diverse rainforests.

Not a nature buff? Visit **Kek Lok Si Temple**, Malaysia's largest Buddhist temple complex. The walk up the temple is long, but you can buy refreshments and browse souvenirs along the way as the stairs are lined with shops. *Bukit Bendera; Jalan Balik Pulau*

For something off the beaten track, check out the **Penang War Museum** for a glimpse into the history of World War II in Southeast Asia. The British built the fort in the 1930s to defend against a potential Japanese invasion by sea. After years of abandonment, it was converted into a museum and opened its doors in 2002. You can also explore the forts, old tunnels, bunkers and firing pits. *Jalan Batu Maung*

🕒 1pm Island eats

George Town's contemporary food scene has been making a splash in recent years. **ISLANDPRLMS** is a don and sando bar serving Thai-Japanese fusion food. Seating is limited, so plan ahead. Signature dishes here are the trio roe pasta and steak and butter rice.

Another is **Laksalicious**, an all-in-one pitstop to try variations of an iconic local dish – laksa. Choose between laksa Penang for a more tangy, sour soup or laksa lemak for a creamier soup. For an added twist, try the sweet and refreshing “laksa” tea, made with similar ingredients of a laksa dish – pineapple, lime, cucumbers, ginger flowers and lemongrass. *161, Lebu Campbell; 117A, Jalan Hutton*





🕒 **2pm**
Past lives

Built by Kapitan Cina Chung Keng Quee in the late 19th century, the **Pinang Peranakan Mansion** served as the Chinese tycoon's residence and office. The three-story building has a central courtyard and each room is decorated with exquisite antiques that reflect Penang's Peranakan culture. As you enter the various rooms of the mansions, you will gain insight into Peranakan wedding ceremonies, religious practices, social customs and cuisines. Films and TV shows like *The Little Nyonya* and *Crazy Rich Asians* have featured scenes shot in this mansion. 29, Church Street

🕒 **5pm**
Local finds

In the mood for shopping? Commemorate your trip with a locally designed batik shirt at **Kapten Batik** located in Gurney Paragon. This lifestyle store is a space where fashion meets art.



Or if you're looking for creative inspiration, visit **Hin Bus Depot**, an abandoned bus terminal turned creative community hub. Thanks to a group of independent artists who revitalised the space in 2014, it is now an event space and private gallery for local and international artists. There's a market every Sunday where you can peruse the stalls of local vendors and savour an iced coffee on the lawn while enjoying some live music – past performers include Bubblelicia and Los Putetes. Meet local creatives as you browse through an array of handmade trinkets ranging from jewellery to bags alongside stalls featuring antiques and fresh produce. 31A, Jalan Gurdwara; 2.27A, Level 2 Gurney Paragon Mall



Stylish stays



G Hotel Gurney
A luxurious hotel strategically located next to Gurney Paragon Mall and eateries along Gurney Drive. Enjoy the infinity pool located on the 24th floor. gurney.ghotel.com.my.

Seven Terraces Hotel
Peranakan design features paired with antique furniture that allow you to immerse fully in Penang's historical culture. georgetownheritage.com/seven-terraces-hotel

Yeng Keng Hotel
Formerly an Anglo-Indian bungalow residence in the 1800s, this boutique hotel offers visitors an elegant and stylish stay. yengkenghotel.com



PAY FOR MEALS USING ENRICHMONEY VISA PREPAID CARD AND EARN ENRICHMONEY POINTS

🕒 7pm
Heritage vibes

The cultural exploration continues at **China House** which occupies three historical buildings that date back to the 19th century. Meticulously restored, this cultural hub and all-day restaurant is a lively venue for jazz bands, up-and-coming artists, and, with their large and rotating selection of cakes, the perfect spot for teatime.

For a Michelin-starred experience, dine at **Auntie Gaik Lean's Old School Eatery** for Peranakan food. This no-frills restaurant has a homey atmosphere with the most delicious Penang Peranakan food. Must-try dishes are nasi ulam, sambal brinjal, assam prawns and beef rendang. The nutmeg punch is highly recommended for a refreshing drink to pair with dinner. Book reservations in advance to secure a spot. *153, Beach Street; 1, Bishop Street*



🕒 9pm
Night cap

End your night at the artsy **Narrow Marrow**, a café that doubles as an art space. Their tiramisu, which comes in variations like matcha and dirty chai, also has an alcohol-free version and pairs well with a warm cup of chamomile or peppermint tea. On the level above the café is their art space that hosts exhibitions, DJ events and film screenings. Check their Instagram account @narrowmarrow for event updates. *312, Lebuh Pantai*



INSIDER TIP
Try locally inspired drinks at a speakeasy hidden behind a clothing store called Backdoor Bodega. Buying an enamel pin for RM35 entitles you to a drink from a menu that utilises bold Asian flavours like mango, matcha and genmaicha.



Malaysia Airlines flies between Kuala Lumpur and George Town 42x weekly. Firefly flies between Kuala Lumpur and George Town 3x weekly.



Scan to discover and book exciting things to do in Penang with Journify.

A man and a woman are seated at a round table in a restaurant at night. The man, on the left, is wearing a white dress shirt and a dark tie, and is smiling while using chopsticks to eat. The woman, on the right, is wearing a colorful, patterned sleeveless top and is also smiling. They are both looking at each other. The table is set with a plate of food, glasses, and chopsticks. The background is a blurred city street at night with warm lights and a sign that says "RESTAURANT".

In the mood

for

good food



Words **Carla Thomas** Photography **Calvin Sit**

Quick, tasty and served frills-free, some of the best Hong Kong eats are found in a type of stall called dai pai dong. It's time to experience this disappearing dining classic



It's no secret that Hong Kong's cloud-piercing skyscrapers house numerous Michelin-starred restaurants.

But ask Hongkongers where the city's authentic flavours lie, and they'll point you somewhere more down to earth.

Tucked away down unassuming alleys or in the heart of buzzing markets, you'll find the humble *dai pai dong*. Offering a quintessential outdoor dining experience, these cafés are cheap, though not particularly cheerful. At least, not when it comes to the service. The no-nonsense vendors famously focus on churning out delicious food in flaming woks rather than tableside manners.

While unlicensed hawkers were already common in the first half of the 20th century, this particular type of street stall emerged after World War II. After the war, the government granted official licences to families of selected civil servants, enabling them to operate fixed, open-air food stalls. The issued permits were larger than those



of other street vendors and featured a photo of the food vendor, giving rise to the name, “*dai pai dong*”, which translates to “big licence stall”.

One of the best and most enduring examples of these thrives among the shiny skyscrapers of Hong Kong's Central district. The bright and smoky Sing Kee, at the end of a row of stalls on Stanley Street, opened during the first post-war wave and has remained largely unchanged over the past seven decades.

Here, a handful of wok masters toss aromatic stir-fried dishes from morning to night. They whip up classics like fluffy scrambled eggs with succulent shrimp, fragrant squid and chilli stir fry, tofu and fish ball soup – a must-try Hong Kong street food treat – and sautéed chicken liver with vegetables for the adventurous.

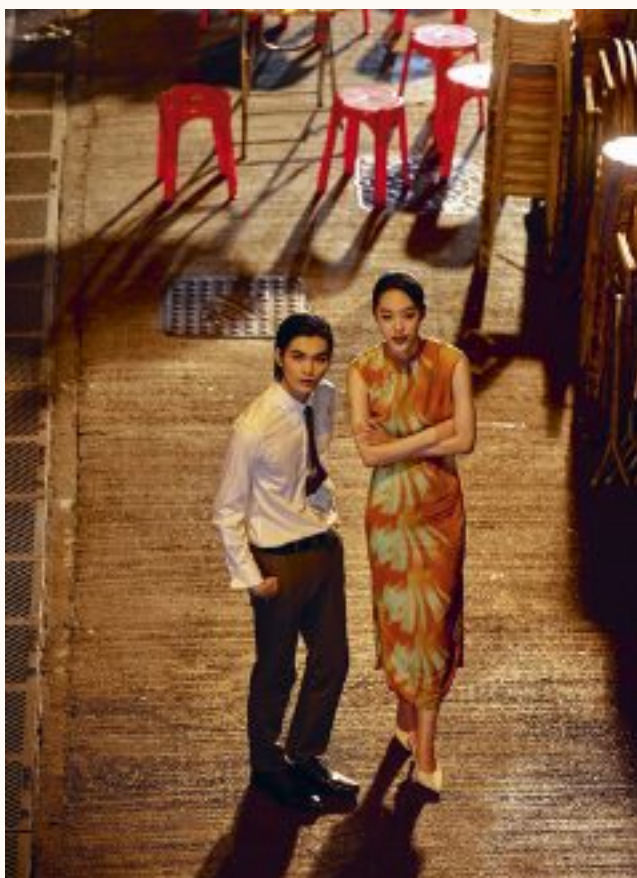
Within a leisurely walk from recently restored heritage sites like Central Market and Tai Kwun, Sing Kee welcomes a steady stream of diners throughout the day, from travelling foodies and locals on errands, to officegoers on their lunch break flowing from nearby corporate towers like the International Finance Centre (IFC) and the Bank of China Tower. When evening descends, the bright white bulbs affixed to the stalls blink on,



Previous spread:
A meal at Woosung Street Temporary Cooked Food Hawker Bazaar; steamed scallops with garlic and glass noodles

Opposite page:
Sing Kee by the street; squid and chilli stir fry

Clockwise from top: A chef at Sing Kee hard at work; Neon lights at Temple Street; an evening out at Sing Kee







spotlighting diners as passengers gliding up the Central–Mid-Levels escalators gaze from above.

WHEN THEY FIRST CAME ON THE SCENE, dai pai dongs were an instant hit. Hongkongers valued their affordability and authentic wok-fired dishes. On any given day, factory and construction workers shared tables with budget-stretched students and street cleaners alike.

In time, the outdoor stalls caught on with white-collar workers, tourists and food enthusiasts, like the late chef and food journalist Anthony Bourdain, who documented his trips to Sham Shui Po's Keung Kee and Sing Heung Yuen in Central. For many, the essence of the dai pai dong experience lies in *wok hei* – the “breath of the wok”. This mouthwatering, multisensory quality is the result of a heavy-duty wok, expertly wielded over a scorching kerosene-fuelled stove. Ideal for high-temperature cooking, kerosene can generate a strong open flame, which caramelises and chars the ingredients quickly, imparting a smoky, savoury flavour that is the hallmark of exceptional Cantonese cuisine.

Staple dishes include salt and pepper squid and black bean clams – each stir-fried in a frenzy and served piping hot with a side of steamed rice, simple condiments and bustling street life.



“

While not exactly the prettiest cafés in town, dai pai dongs have proven they certainly have cinematic appeal on top of their enduring popularity”

Over the years, dai pai dongs have become a cornerstone of the city's culinary scene and a symbol of Hong Kong's resilience and cultural heritage, so much so that iconic Hong Kong films like Wong Kar-wai's forbidden love opus *In The Mood For Love* and the crime-action classic *Infernal Affairs II*, by directors Andrew Lau and Alan Mak, have immortalised these iconic eateries.

After dinner, nearby Soho's precipitous, idiosyncratic lanes – where many of the city's most famous movies, such as *Chungking Express*, were filmed – are perfect for walking off the meal and soaking up the moody, neon-lit vibe that defines much of classic Hong Kong cinema.

Opposite page: The action at Woosung Street Temporary Cooked Food Hawker Bazaar

This page: Fried squid with spiced salt; Woosung Street Temporary Cooked Food Hawker Bazaar

Clockwise from top left: The scene at Temple Street Spicy Crabs; spicy crabs, arguably one of the best meals in town



FEW THINGS ARE IMMUNE TO CHANGE

in Hong Kong, and dai pai dongs are no exception. In the 1970s, officials stopped issuing new licences to discourage street food. Now, they can only be inherited by family members and, as older vendors retire, their population has dwindled. Once numbering in the hundreds, fewer than 25 of these stalls remain today.

Over in Yau Ma Tei, on Hong Kong's Kowloon side, you'll find Woosung Street Temporary Cooked Food Hawker Bazaar – a market that's less a conventional dai pai dong and more of a modern compromise. It was established in the 1980s as part of an initiative to relocate vendors while preserving street food culture.

Even so, the street-stall spirit remains alive and well. Every day, diners swarm the outdoor tables surrounding this unmissable barrel-shaped building. Ten different food stalls churn out everything from Hong Kong café-style eggs and spam with milk tea in the mornings to juicy clams swimming in black bean sauce, mounds of slippery rice noodles topped with garlicky prawns and fresh-out-the-wok salt and pepper squid.



Just a three-minute walk south is another must-try eatery. For anyone with an appetite, Temple Street Spicy Crabs is the place to be. Both the name and the giant crab affixed over the doorway are enough signals that crustaceans are king at this popular café where giant aquariums are filled with jumbo mantis prawns, lobsters and other fresh bivalves. The talented chefs churn out plate after plate of their specialty, spicy chilli crab, heaped with fried garlic, chilli peppers and greens – a not-to-miss dish. Amid the sea of tables, boisterous patrons crack open crab shells and dig out the succulent meat, washing it all down with ice-cold Yanjing beers.

While not exactly the prettiest cafés in town, these streetside stalls don't instantly inspire romance, and yet Temple Street Market is one of the shooting locations for Emily Ting's 2015 walk-and-talk romantic comedy *Already Tomorrow in Hong Kong*. "Let me take you where the locals eat", Josh Rosenberg (Brian Greenberg) tells Ruby Lin (Jamie Chung), two strangers who find each other, along with some of the city's best eats.

Time and again, dai pai dongs have proven they certainly have cinematic appeal on top of their enduring popularity. Catch them while you still can.

More dai pai dong delights

Sing Heung Yuen

If you're lucky enough to snag a spot at this daytime dai pai dong on serene Gough Street in Sheung Wan, be sure to order a bowl of the famous tomato macaroni soup with a crispy, buttery bun for dunking and a unique Hong Kong refreshment: a Seven Up with salted lemons. **2 Mei Lun Street, Central**

Lan Fong Yuen

It's easy to miss this old-school stall, but the long queues for their signature Hong Kong-style milk tea are the dead giveaway. For a more filling afternoon treat, try it with a thick slice of their pillowy French toast. **2 Gage Street, Central**

Chui Wo Lee

Head up the Kowloon Peninsula to Wong Tai Sin to discover this hidden gem, open 24 hours a day. Enjoy everything from early morning dim sum and congee to aromatic stir-fries and crispy baby pigeons in the evening. **Shop No. 2, Cooked Food Kiosk, Ching Tak Street, Wong Tai Sin, Kowloon**

Directory

Sing Kee

82 Stanley Street

Woosung Street Temporary Cooked Food Hawker Bazaar

29–39 Woosung Street, Kowloon

Temple Street Spicy Crabs

210 Temple Street, Jordan

Production team

Producer: Isabell Lau

Model: Demo@WE Management, Yang@WE Management

Stylist: Akubi Yeung

Make up & hair: Akubi Yeung

Assistants: Denise, Gaaheii and Anson Choi

“

Over the years, dai pai dongs have become a cornerstone of the city's culinary scene and a symbol of Hong Kong's resilience and cultural heritage”



Malaysia Airlines flies from Kuala Lumpur to Hong Kong 14x weekly.



Scan to explore & book activities in Hong Kong with Journify.



Scan to book Flight + Hotel packages to Hong Kong with MHolidays.

Small

wonderers





Tiny restaurants are trending in Melbourne. Here, we take a peek into the city's brewing micro-dining obsession

Words **Claire Knox**



Hansol Lee, known to many in Melbourne's foodie scene as Chef Han, carefully lifts a glistening, hand-painted lacquer soup bowl and places it on the blonde timber bench in front of me.

The soup bowl's lid is adorned with intricate gold flowers and maple leaves, and inside, a steaming *wanmono* (soup dish) of tender white fish, shimeji mushrooms, radish, carrot, plum and yuzu. The soup manages to be both delicate yet rich in umami, but what I find curious is the fine, glistening coat of dew that the chef has misted the bowl with.

"Ah, you see *kaiseki ryori* (a traditional multi-course Japanese dinner that harks back centuries) was enjoyed by samurais, and one story suggests it demonstrated trust during meetings. Misting lacquerware signalled untouched soup, ensuring safety from poisoning and fostering mutual respect among participants," Chef Han tells me.

It's just one of the many subtle, detailed and utterly delightful touches to Han's nine-course *kaiseki* menu at Matsu, his teeny, tiny, four-seater restaurant tucked away discreetly in the multicultural mecca of Footscray, a suburb in Melbourne's inner west. Matsu was awarded a coveted hat in the city's Good Food Guide this year.

Chef Han earned his stripes for a decade at Kenzan – one of Melbourne's finest and oldest Japanese restaurants serving some of the most revered sashimi in the city – before deciding to venture out on his own.

And he's not the only one. An increasing number of bijou restaurants have opened their doors in Melbourne over the last five years. In the hilly, leafy outer suburb of Hurstbridge is Greasy Zoe's, an eight-seater helmed by chef Zoe Birch and husband Lachlan Gardner serving hyper local, paddock-to-plate fare. Not far from there is Chae, in Cockatoo, a six-seat Korean affair with seats opening up via a ballot system.

Then there's Enter via Laundry, an Indian degustation experience, which began in chef Helly Raichura's Box Hill home, found fame on *Masterchef Australia* and finally morphed into a 20-seat restaurant in North Carlton in 2022. In April this year, Raichura turned one of the restaurant's dining rooms into a tiny, 10-seat cocktail bar.

Previous spread:
Enter via Laundry;
Chae's new location in
Cockatoo; a Matsu bowl

**Clockwise from top
left:** Hansol Lee at work;
mushrooms in soup at
Matsu; Greasy Zoe's
intimate space; one chef
Zoe Birch's creations



“

Micro-dining [gives chefs] the chance to create a more intimate experience and get to know diners”

Several factors have contributed to the boom. For starters, small restaurants are a less risky venture to trial in the midst of a cost-of-living crisis. With staff retention becoming more difficult in Australia’s hospitality sector since Covid-19, and labour costs sky-rocketing, having a lean crew, or none at all, helps keep operational expenses down.

Fixed menus also mean less food waste. But perhaps the popularity of these venues is a response to an increasing demand for more unique dining experiences in this food-mad city. Micro-dining refers to an intimate dining experience hosted in small venues with a limited number of seats, often accommodating no more than 12 guests. “It focuses on providing an exclusive and personalised culinary journey, where interaction between guests and chefs is paramount,” Chef Han says. Menus are set, and besides the owner/s, there is usually no other staff. There is a heavy Japanese influence: some say the concept is derived from omakase (a style of dining where the chef decides the menu) while others have said it’s more to do with the Japanese fixation on all things bespoke and artisanal, created by an expert craftsperson.

Micro-dining appeals to chefs for a number of reasons: a far tighter control on quality, of course, and the chance to create a more intimate experience and get to know diners. Helming all aspects of the restaurant allows for a level of creativity and detail uncommon in most bigger establishments. For Jungeun Chae, chef and owner at Chae, one of the things she loves most about having a tiny restaurant is “the ability to shut out all outside noise and distractions that are often unavoidable in a conventional food business. This allows me to focus entirely on delivering a high-quality dining service to our guests. Every detail, from the ambience to the presentation of each dish, receives meticulous attention.”

Chef Chae, who moved to Australia from South Korea in 2006, started her restaurant out of her apartment in Brunswick five years ago, after an ankle injury made the long hours of standing in a commercial kitchen

almost impossible. The recovery period allowed her the time to reimagine how she wanted to engage with her diners, and to revisit a long-held dream of running a micro-dining restaurant that showcases Korea’s rich culinary heritage. Chae keeps a network of trusted suppliers and sometimes goes on market runs herself. “In cases where certain ingredients aren’t available through our suppliers, we take a hands-on approach,” she says. “We make weekly trips to the nearest market to source fresh produce before each service. This hands-on approach guarantees that we have access to the freshest ingredients available.”

Chef Han travels to tiny Japanese villages to source his ceramics and tableware. He has spent the time to source independent and more interesting sakes to pair with his cuisine – and has learned the back story behind each maker. He designed the minimalist interiors, Matsu’s logo and its brand; he manages business administration, social media and finances; designs the menu; and wakes up at the crack of dawn to scour local markets for fresh fish and produce, before travelling around Melbourne to various small Japanese suppliers for other goods.

“For me, opening up such a small restaurant was very attractive: it offered the opportunity to really showcase my menu, to share personal experiences with guests and develop deeper connections with customers. What I love most about micro-dining is the opportunity to engage directly with guests and share my passion for food. The intimacy of the setting allows for meaningful interactions and very personalised experiences,” says Chef Han.

Nabbing a seat at Matsu is notoriously hard, verging on the impossible for many: bookings open up on the first of every month and sell out within minutes. And yet, the difficulty of booking a dinner with Chef Han only adds to its desirability: my friend and I, keen to celebrate both our 40th birthdays at Matsu had tried for three months to get a table, with one of our husbands finally managing to book us four seats mid-flight, enroute to Dubai.

This spread, left to right: A delicate starter at Matsu; chef Chae at work





The \$235 per person meal (sake pairings are an additional \$85 per person) changes with the seasons – requiring constant innovation. On the night we are there, we enjoy moreish *mushimono* – a Japanese egg custard stuffed with scallop, snow crab and shiitake mushrooms. The visually striking *hassun* (meaning “a little bit of everything”) course features the softest, juiciest tomato I’ve ever tried. The *otsukuri* selection of sashimi includes lashings of salmon, scallops and sweet, succulent prawns topped with caviar. Chef Han carves radish into delicate, tiny hummingbirds. There’s a tempura dish and a stellar selection of nigiri, including melt-in-the-mouth uni topped with edible gold.

More than a year in now, Chef Han is not sure the model is sustainable for him – he’s pondering expanding Matsu to 8 seats and employing a manager to lighten the load and provide a bit more work-life balance. “The challenges are significant. From start to end, it’s essentially a one-person show. But Han says he wouldn’t dream of giving up the relationships he has forged with his diners: the conversations, the friendships and the knowledge-sharing. “Being right here, in front of the four of you, means you can enjoy watching how all the pieces come together, of the creation process. I can tell you exactly where everything you are eating has come from. But it also allows me something rather unique for a chef: I am able to witness, up close, how you are all experiencing Matsu,” he says, as we devour one of our last courses of the night – a dreamy, rich *gohan* (rice) dish of butterfish, shiitake mushrooms, chives, butter, miso and dashi. I’m tempted to lick the bowl. “And that, really, is irreplaceable,” he adds. ■

This page: The photogenic garden at Enter via Laundry



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



Scan to explore & book tickets to attractions in Melbourne with Journify.



Fresh picks

Here’s another trend with some serious staying power – in the past several years, top restaurateurs around the world have been bringing foraged ingredients into the fine dining experience. Here, Noma alum Michael Demagistris, executive chef at TARRA Queenscliff restaurant in Greater Melbourne’s Mornington Peninsula, shares some tips for foraging safely.

Verify. “It’s important not to assume that you can forage off the land and eat just anything. Note all the characteristics, take a phone snapshot, then do a web search. Make sure to cross-check information from several different sources before foraging.”

Seek expert advice. “Better yet, beef up your foraging knowledge before heading out. Seek professional guidance or read books on the subject. Chefs, for example, often have extensive knowledge of plants. Chat with them and find out if they do group foraging sessions.”

Start small. “To avoid bringing home something potentially poisonous, take a small taste of the plant. If it’s bitter, it is likely not safe to eat. As you become more experienced and familiar with the flavour profiles of safe ingredients, then you can be more adventurous with tasting and bringing home your finds.”

Beware of the mushroom. “But when it comes to foraging mushrooms, consult experts first, as misidentifying mushrooms can be dangerous. I’ve seen people mistake a pine mushroom for a similar looking but unsafe variety. This kind of error can lead to serious problems.”

Respect the land. “Always get permission to forage off a land. Avoid foraging in National Parks or restricted areas. Be a good steward by picking up trash and leaving other plants intact. Learn about each plant’s reproduction cycles and harvest sustainably by not taking more than a quarter of any plant.” tarra.com.au

📍 Victoria Harbour, Hong Kong

Head over to Hong Kong!

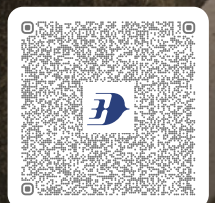
Feel the city's pulse, explore historical wonders, and savour delectable street eats with our Flight + Hotel packages.

BEST
PRICE
GUARANTEED

3D2N
from MYR
2,209
per traveller



Think holidays,
think **MH**olidays 



Scan to book now or
visit holidays.malaysiaairlines.com

2024

Travel Survey

If you're reading this, then we want to hear from you!

Ink, the world's leading travel media agency (and publishers of the magazine you're holding right now!) are conducting a global survey to learn more about today's travellers.

We want to know how you plan your trips, what matters most to you, and how your travel habits may have changed in recent years.

Go to www.ink-global.com/travelsurvey2024 to enter the quick and easy survey - and be in with a chance to win some great prizes.

Entry is free and will take you no more than five minutes.



Ink



Sustainable activewear with a Malaysian flair

From cycling shirts to polo tees, elevate your active lifestyle with Kapten Batik's eco-friendly activewear collection

Whether you're on a stroll through your neighbourhood park or tackling a challenging mountain hike on your next vacation, activewear plays a crucial role in keeping you comfortable and performing at your best. Kapten Batik's new activewear collection is a game-changer, offering a wardrobe upgrade that checks all the boxes for style, performance and sustainability.

Sustainable style meets high-performance

This collection embraces eco-friendly fabrics like REPREVE® recycled polyester, an innovative material that breathes new life into plastic bottles by transforming them into

high-performance yarns. This not only reduces waste but also delivers garments with exceptional breathability, stretchability and moisture-wicking capabilities.

Crafted with REPREVE® recycled polyester, these pieces boast ample stretch for a comfortable, unrestricted fit that moves with you. More than just a sustainable wardrobe choice, this material offers a winning combination of environmental consciousness and athletic performance. With its lightweight strength, UPF 30+ protection and breathable design, you can look good while doing good for the planet.

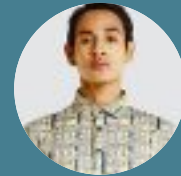
An ode to Malaysia

The collection's Batik-inspired designs add a touch of cultural flair and sophistication to your

activewear, making it a statement piece for any occasion. Both the cycling and polo shirts feature a batik motif inspired by iconic Malaysian landmarks, like the Putrajaya Mosque or Malacca Church, paying homage to the country's rich heritage.

Whether you're a golfer, cyclist or simply an outdoor enthusiast, Kapten Batik's activewear is designed to keep up with your active lifestyle while minimising your carbon footprint. By choosing eco-friendly fabrics and innovative designs, the homegrown Malaysian brand is leading the way in environmentally conscious activewear.

Discover these standout pieces



Activewear Polo Shirt, RM299

This stylish and functional polo shirt features a breathable, moisture-wicking fabric that keeps you cool and dry during your outdoor adventures.



Activewear Long Pants, RM399

Made with REPREVE® fabric, these versatile pants feature a four-way stretch and UPF 50+ protection and is ideal for hiking or biking. Available in a shorter length.




Cycling Shirt, RM499

Whether you're a serious cyclist or enjoy a leisurely ride, the lightweight, breathable fabric and UPF 50+ protection make this shirt perfect for long rides under the sun.

Explore the new Activewear collection at kaptenbatik.com.my.

DISCOVER

Sarawak



Sarawak, a travel gem in Malaysian Borneo, never disappoints. Venture into the depths of Gunung Mulu National Park, a Unesco World Heritage site, for an awe-inspiring encounter with caverns and limestone formations. Dive into the rich cultural tapestry by visiting traditional longhouses of the Iban people and witnessing their intricate customs. Embark on a wildlife adventure in Bako National Park, where proboscis monkeys swing through the mangroves and hornbills glide gracefully overhead. Indulge your taste buds with Sarawak's culinary delights, from flavourful laksa to aromatic white pepper dishes. In Sarawak, every experience becomes a cherished memory.

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 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.

Pantai Damai Santubong, Kampung Budaya Sarawak, 93752 Kuching, Sarawak | +60 82-846 108 | scv.com.my



For a fun frolic in the sun

Stampark Place

In the heart of Kuching, Sarawak, lies Stampark Place, a haven of leisure and adventure. The crown jewel of this destination is its water park, a tropical oasis where visitors can splash and play amidst lush greenery. The Sxuen Swimming Academy, a state-of-the-art facility, offers training sessions and workshops for aspiring athletes. At the MSU College and Little Learners Preschool, families can enrol their little ones in guided programmes led by its team of experienced educators. For those seeking a different experience of Kuching, Stampark Place is the perfect spot for a fun-filled day out.

Taman Bdc, 93350 Kuching, Sarawak | +60 82-573 869 | fb.com/stamparkplaces



For a stay in the heart of the city

Raia Hotel & Convention Centre Kuching

Just a stone's throw away from Kuching International Airport and only 10 minutes from the city centre, Raia Kuching provides all the comforts travellers need during their stay. This 4-star hotel has 237 stylish rooms and suites, an all-day dining restaurant and large meeting and banquet facilities. The highlight is the grand ballroom – the largest in Kuching – which can accommodate up to 2,800 guests. It's an ideal location for corporate conferences, international events and unforgettable weddings. With state-of-the-art audio-visual technology and free Wi-Fi, the halal-certified space offers a wide range of delicious food options, from traditional Malaysian dishes to international fusion cuisine.

No. 1 Lot 1586, Block 17, Jalan Lapangan Terbang, 93250 Kuching, Sarawak | +60 82-268 585 | raiahotels.com.my



Health starts from within

We sat down with Dato' Sharon Foong, the visionary founder of ZÉLL-V, to learn more about cellular therapy and its benefits to travellers

In today's fast-paced world, people often compromise on essential habits like a healthy diet, exercise and sleep, leading to health issues over time. Additionally, our polluted urban environment can accelerate ageing. Thankfully, innovative health solutions exist to combat this. Cellular therapy, for instance, offers a way to harness the body's natural healing mechanisms.

With a multidisciplinary team of doctors, nurses and nutritionists, ZÉLL-V has received prestigious awards, including the Global Health and Travel Awards 2018 for Wellness and Holistic Therapy Provider of the Year.

Below, founder Dato' Sharon Foong, recognised as the Women Entrepreneur of the Year in Innovation in Cellular

Therapies by the BrandLaureate Entrepreneur Awards 2023, shares how cellular therapy is redefining healthcare and empowering individuals to live their best lives.

What's the science behind cellular therapy, and how does it differ from traditional pharmaceutical treatments?

Dato' Sharon: Cellular therapy uses the body's own cells to repair and regenerate tissues in specific organs. Unlike traditional medicines, which use chemicals to treat conditions, cellular therapy leverages the natural healing power of our cells. This approach can rejuvenate and restore organs that have aged prematurely or suffered damage.

For those new to cellular therapy, what would you say are the most compelling reasons to choose ZÉLL-V?

Cellular therapy aims for long-term solutions by addressing the root causes of health issues. Our dedicated team, with over 25 years of experience in medical wellness and regenerative medicine, works to understand your unique needs. We offer comprehensive body screenings and natural solutions like detox and rejuvenation therapies. We also stay current with the latest research and collaborate with experts to provide state-of-the-art health solutions aimed at promoting health, beauty and vitality.

What health issues can cellular therapy commonly address?

At ZÉLL-V, we target sub-health issues like fatigue, poor sleep quality and weakened immunity. We also address non-communicable diseases like diabetes, high blood pressure and hormonal issues like post-menopause and autoimmunity. While results may vary, many users experience relief within three months.

For travellers with a hectic lifestyle, what advantages does ZÉLL-V offer to help them stay healthy on the go?

We offer a quick, convenient and non-invasive screening to assess your body's overall function. We provide travellers with the opportunity to receive personalised, rejuvenating treatments recommended by our team of doctors that keep them going strong year after year, much like servicing your car to keep it running smoothly.

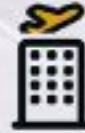


To learn more about ZÉLL-V's Traveller Health & Wellness Programme, call +65 93822879 or +65 67363588 or email business@zell-v.com for global business partnerships.

Small Price, Big Satisfaction.

Book Flight + Hotel packages for less
so you can spend more on moments you love.

Plus, earn Enrich Points on every booking!

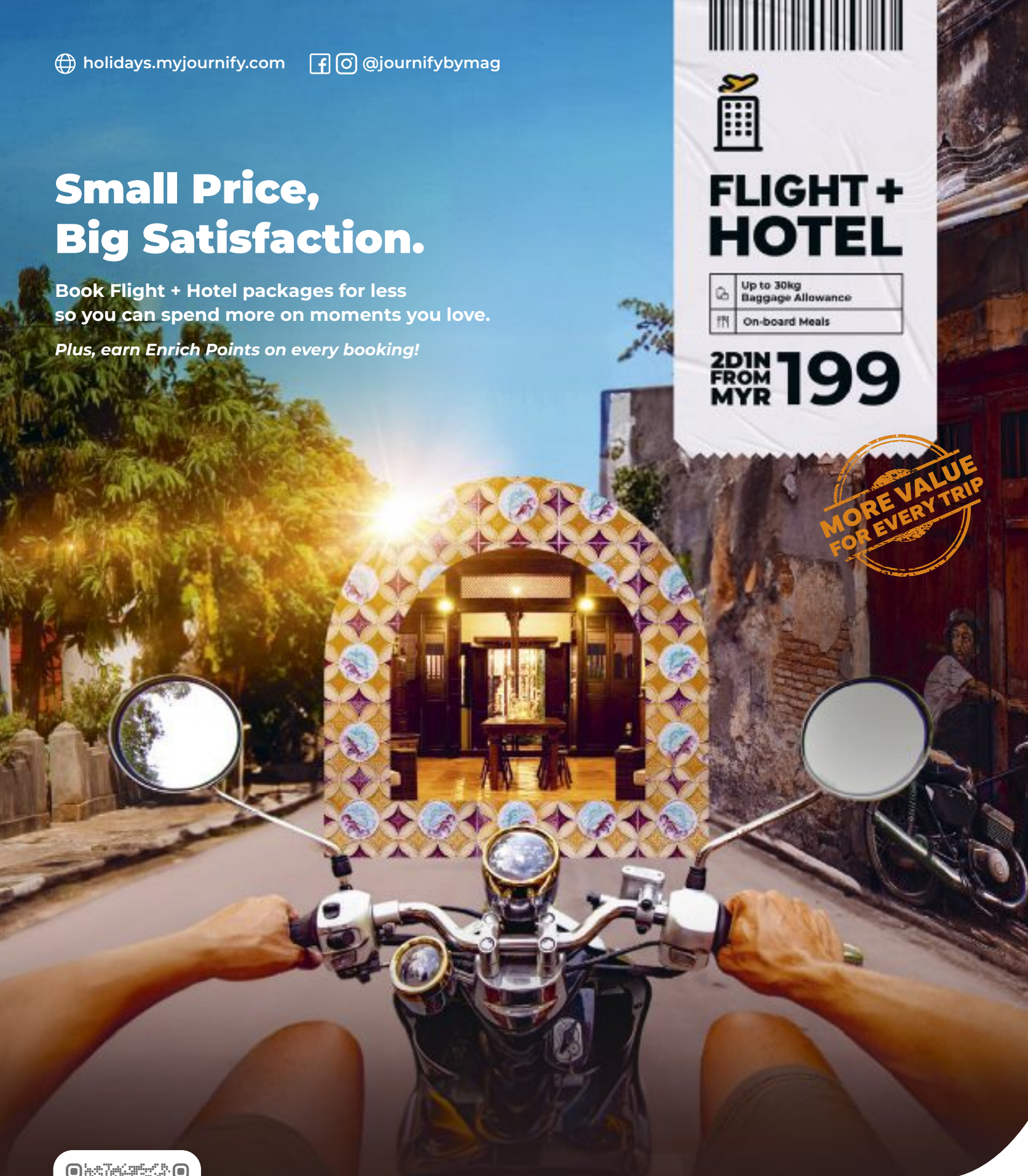


FLIGHT + HOTEL

	Up to 30kg Baggage Allowance
	On-board Meals

**2DIN
FROM
MYR 199**

**MORE VALUE
FOR EVERY TRIP**



Scan to book
or learn more.



Meet our new Asian flavour-ites!

Your in-flight experience just got tastier with our NEW hot meals menu, featuring a variety of flavours from Malaysia, Japan, Thailand and beyond! There's something for everyone when dining in the skies with us.

Pre-order your meal for your next flight online to enjoy additional savings.



Browse our full menu at fireflyz.com.my

T&Cs apply

THIS IS MH

(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.

64

Inside our airlines

News and updates from MAG Airlines

72

Discover our network

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

79

Onboard entertainment

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



MAB’s new academy and flight simulator facilities strengthen its position as a premier aviation and hospitality hub

Malaysia Aviation Group (MAG) took a significant step forward with the official launch of its new MAB Academy campus and the groundbreaking Flight Simulator Building at the South Support Zone, Sepang. This marks MAG’s dedication to aviation excellence through its training arm, MAB Academy. The academy, relocated from Kelana Jaya to Malaysia Airlines’ former headquarters, spans 194,000sq ft and offers a holistic educational model with collaborative spaces and comprehensive training programmes.

Highlights include a Heritage walkway, an i-Learn Hub and realistic cabin mock-ups for in-flight service training. The new Flight Simulator Building, set to open in mid-2025, will significantly enhance training capabilities. It will house six simulator bays with advanced aircraft simulators, including the A330neo, Boeing 737-800 NG and ATR 72-500. The facility will also feature a pool for safety training and various service training amenities, bolstering MAB Academy’s reputation as a premier aviation and hospitality training centre in the region.



Malaysia Aviation Group and Tourism Malaysia form partnership to promote Malaysia’s tourism industry for VMY2026

Malaysia Aviation Group (MAG) and Tourism Malaysia announced the signing of a Memorandum of Understanding (MoU), marking a significant step in a three-year partnership. This MoU signifies both parties’ commitment to reinforcing Malaysia as the gateway to Asia and positioning it as a preferred tourist destination in the global economy. The partnership will target key international markets, including leisure, MICE and transit passengers. It will feature Malaysia Airlines’ Bonus Side Trip (BST), offering complimentary domestic flights to showcase Malaysia’s attractions, and will expand with exclusive deals highlighting the country’s cultural wonders. Tourism Malaysia and MAG, through Malaysia Airlines and Firefly, will collaborate on joint marketing and promotional activities to revive the country’s tourism industry, particularly in the international markets.

A new “Time for Amazing Discoveries” campaign launched

Malaysia Airlines and Firefly invite travellers to discover new places and plan their travels through to 31 March 2025 with the launch of their latest global campaign aimed at connecting travellers with enriching travels. The “Time for Amazing Discoveries” campaign inspires travellers to embark on their next adventure. Whether it’s capturing the beauty of autumn in Japan, skiing down pristine slopes in Korea, indulging in a mid-year winter adventure in Sydney or savouring the eclectic flavours of Penang’s diverse cuisine, travellers can choose from a myriad of destinations within the Malaysia Airlines’ network.





MHrail

Enjoy seamless rail connections with MHrail.

Connecting you beyond London and Seoul from air to rail in one booking.

Together with AccesRail, we provide an extensive network to our passengers for a seamless travel experience. MHrail allows Malaysia Airlines passengers to go beyond London and Seoul to more fascinating destinations, from air to rail in one booking.



Discover major cities and towns in the West Coast Mainline.

Experience the beauty of railway travel with our partner, Avanti West Coast. Explore the vibrant heritage and rich culture in Birmingham, immerse in the football scene of Liverpool and go beyond to bask in the unique charms of Preston and Lancaster.

Birmingham | Liverpool | Glasgow | Preston | Lancaster | Crewe | Oxenholme | Carlisle

Travel to the eastern side of United Kingdom and beyond.

Unforgettable adventures beckon with LNER (London North East Railway). Journey to stunning Scotland in locations like Edinburgh, Inverness and Aberdeen, or explore the cultural and historical charms of York, Newcastle and Leeds.

Edinburgh | Inverness | Aberdeen | York | Newcastle | Leeds



More discoveries await in Korea.

Embark on a seamless journey across Korea with the excellent connectivity provided by our partner, Korail. Explore the beaches and seafood in Busan, immerse in Gwangju's vibrant art scene, or enjoy the panoramic vistas and history in Ulsan.

Busan | Dongdaegu | Gwangju-Seongjeong | Jinju | Mokpo | Pohang | Ulsan | Yeosu-Expo



Learn more about MHrail at malaysiaairlines.com

Terms and conditions apply.





Malaysia Aviation Group and the Ministry of Youth and Sports unite in support of the National Sports Development Vision 2030

Malaysia Aviation Group (MAG) announced a strategic collaboration with the Ministry of Youth and Sports of Malaysia dedicated to advancing sports development initiatives nationwide. This ground-breaking partnership underscores MAG's commitment to innovation and fostering community engagement through the promotion of sports. The initiatives are designed to streamline travel arrangements for KBS athletes, bolster promotional efforts and foster greater recognition of sporting achievements. MAG will spearhead the development of a customised portal tailored to the specific needs of athletes and sports associations affiliated with KBS, facilitating seamless travel bookings and arrangements. Additionally, both entities will explore branding opportunities to maximise visibility and engagement at KBS-sanctioned events, aiming to elevate Malaysia's profile as a sports destination on the global stage.

MAB Engineering Services commemorates the nation's first digital certification for aircraft maintenance

MAB Engineering Services, a pioneering leader in Maintenance, Repair and Overhaul (MRO) services within the Malaysian aviation industry proudly celebrated its first anniversary by launching several initiatives, including the nation's first aircraft maintenance digital certification. This initiative empowers engineering personnel to authenticate their actions and approvals digitally, eliminating the need for

manual signatures and paper-based documentation. At the same event, MAB Engineering Services also unveiled a new uniform that blends elegance and functionality, marking a significant step forward in strengthening its position as a leading one-stop MRO provider in the region. These initiatives underscore its commitment to excellence, innovation and safety, propelling the company towards unprecedented operational efficiency and reliability.



Stories for a new kind of traveler

#bucketlist
#travelgoals
#lifemade



Get inspired
by incredible
people, magical
locations, and
unusual tales
[@more_corners](#)

Follow us




more corners




THIS IS MH
Our fleet



A350-900  

No. of Aircraft **7** | Passenger Seating **286**
Length **66.80m** | Wingspan **64.75m** | Height **17.05m**
Max. Cruising Speed **944km/h**
MHConnect Wi-Fi Connectivity on selected aircraft



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**



ONE-STOP SKIN CENTRE

by Board-Certified Dermatologists



- General Dermatology
- Paediatric Dermatology
- Skin Surgery & Procedure
- Cosmetic & Aesthetics Procedure



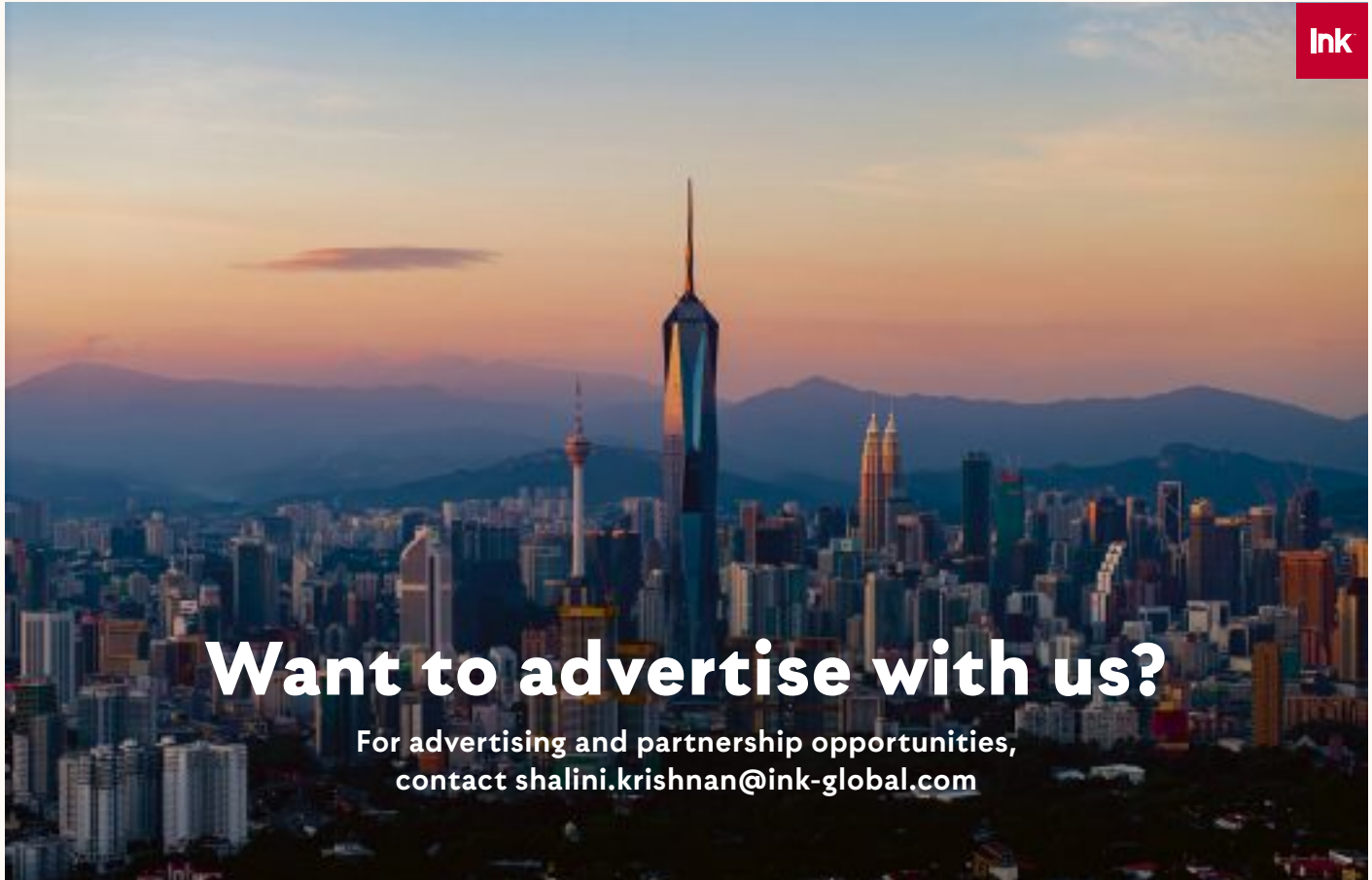
FOLLOW US *Now*

centraldermatology.com.my 012- 408 1977 03- 9775 1977 contact_us@centraldermatology.com.my

Ink

Want to advertise with us?

For advertising and partnership opportunities,
[contact shalini.krishnan@ink-global.com](mailto:shalini.krishnan@ink-global.com)





TUDUNGPEOPLE



KL EAST MALL • IPC DAMANSARA • BANGI SENTRAL
CENTRAL I-CITY SHAH ALAM • ARAB STREET SINGAPORE

TUDUNGPEOPLE.COM

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

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

PORTABLE ELECTRONIC DEVICES (PEDs)
For safety reasons, in line with Civil Aviation Authority of Malaysia guidelines, mobile phones and small PEDs can be used throughout your journey in "Flight Mode". Large devices with screen size above 12 inches are not allowed to be used during takeoff and landing. Whilst cruising, all devices can be used in "Flight Mode". Devices transmitting cellular and signals to satellites must remain switched off throughout the flight, until disembarkation. The Captain may prohibit the use of devices if there is any interference with the aircraft's system.

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

NO-SMOKING & VAPING POLICY
Smoking, including the use of electronic cigarettes, is prohibited on all flights. Electronic cigarettes must be carried in carry-on baggage only. Recharging of the device inflight is not permitted.

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

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

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

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

entertainment systems or streaming via personal electronic devices. Unlimited complimentary Wi-Fi internet service is available on selected aircraft regardless of cabin class or loyalty tier.

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

FOOD & BEVERAGE
All food served onboard is halal. Special dietary meals can be prepared with 24-hour notice through 'Manage My Booking' on www.malaysiaairlines.com. Business Suite, Business and Economy Class passengers may use the Chef-on-Call service to pre-book their meals 24 hours prior to departure on selected flights. Alcoholic drinks are available on flights above three hours for passengers above the age of 21. Our cabin crew reserves the right to decline serving and selling alcohol to any passenger who appears intoxicated. Consumption of personal alcoholic drinks is prohibited.

FRESH & FROZEN SEAFOOD
Fresh and frozen seafood is strictly not permitted in check-in baggage. It may be accepted in cabin baggage, subject to the destination's

quarantine regulations. It must be properly packed and meet the cabin baggage weight and size requirements. A maximum of 2.5kg of dry ice per passenger is permissible if dry ice is used to carry these items. We reserve the right to refuse carriage if the items are not properly packed.

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

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

UNACCOMPANIED MINOR (UMNR)
We provide assistance to children aged 5 to 15 years old travelling alone, with 24-hour advance request.

+ For more information, visit malaysiaairlines.com

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

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



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



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



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



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



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

OUR NETWORK

ILLUSTRATIONS BY ELEN WINATA

SOUTH ATLANTIC OCEAN

Malaysia Airlines, Firefly and MASwings have an average of 436 daily flights to 79 destinations around the world from their hubs in Kuala Lumpur, Penang and Kota Kinabalu



- Malaysia Airlines
- ◆ Firefly
- MASwings
- Amal
- ▲ MASkargo

*THE ROUTE MAP IS FOR ILLUSTRATIVE PURPOSES ONLY AND IS NOT DRAWN TO SCALE
IMAGES: SHUTTERSTOCK (PENANG, KUANTAN)



Malaysia Airlines offers a **Bonus Side Trip** to one of seven destinations in Malaysia, when you make an extra stop to/from your holiday destination

EXPLORE MALAYSIA



Connect and travel to more than 900 destinations in 170 territories across the globe when you travel with Malaysia Airlines, a **oneworld** member since 2013



- Malaysia Airlines
- ◆ Firefly
- MASwings
- ▲ MASkargo



● oneworld destinations



Your amazing Hong Kong trip begins with enrichhotels.com



Pick a hotel, airport or landmark

Earn 20% Bonus Enrich Points for first-time booking

Earn 1 Elite Point with every 8,000 Enrich Points

Explore and unwind amidst the bustle with the perfect hotel stay.

City Luxury

Indulge in 5-star hotels in the heart of Hong Kong.

Harbour Views

Relax to the scenery of the iconic Victoria Harbour.

Budget Boutiques

Feel at home on your travels with boutique stays.



Victoria Harbour, Hong Kong



Book with Enrich. Sign up for free with promo code **ENRGP24** or learn more at enrich.malaysiaairlines.com



Explore with Enrich

The Travel & Lifestyle Loyalty Programme of Malaysia Airlines.

01 Get rewarded for everything, beyond flying.

It's easier now to earn Enrich Points for every spend, from online shopping, dining, retail, services, travel, accommodation to transportation and more.



Travel. Lifestyle. Rewards.

Visit enrich.malaysiaairlines.com

Follow us on Instagram @enrichbymh



02 Travel the world for free and indulge in treats.

Pay for flight tickets, and hotel stays via enrichhotels.com, with your Points. You can even shop with Enrich GiftCards, dine and enjoy rewarding experiences with our host of lifestyle partners that includes renowned brands.

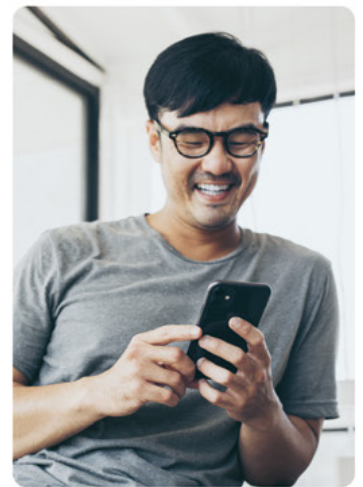


03 Access your rewards and more on mobile.

All you need to do is download the MH mobile app and login to access your card, manage your account, redeem rewards, enjoy Points on-the-go, plus a wide range of services.



Download now



04 Earn Elite Points to unlock Elite tiers for greater privileges.

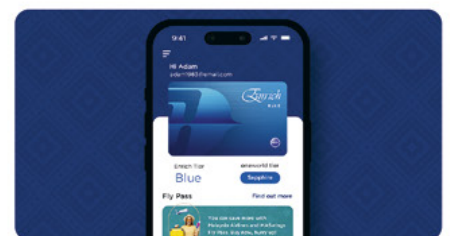
With Elite status, you can take advantage of priority services to fast-track your check-in, boarding, baggage handling and gain lounge access for pre-flight comfort. Every journey brings you one step closer to the next level, you'll enjoy worldwide recognition and exclusive benefits with your coveted **oneworld**® status wherever you go.



05 It's absolutely free for life.

There are no hidden charges and zero annual fees. Just sign up for free and enjoy, the pleasure is ours!

Sign up today with promo code **ENRGP24** and get **500 Bonus Enrich Points** upon your first flight with Malaysia Airlines or Firefly Airlines.





Stay connected with MHconnect

Experience unparalleled Malaysian Hospitality with unlimited complimentary Wi-Fi* for a seamless and hassle-free journey. Whether you're flying Economy Class, Business Class or Business Suite, stay connected with loved ones, work from the sky or keep up-to-date with the latest news.

Stay connected in 7 easy steps:



Step 1

Connect to **MHconnect**

iOS: You will be directed to the home page**

Android: Enter the URL **mhconnect.malaysiaairlines.com** to be directed to the home page



Step 2

Click on the "Go Online" tab



Step 3

Click on the "Connect" tab



Step 4

Enter your email address and click the "Continue" tab



You are connected

You can now surf the web with MHconnect

*MHconnect Wi-Fi and mobile roaming services are available on selected A350 and A330 aircraft operated by Malaysia Airlines.

**If iOS is not automatically redirected, enter URL mhconnect.malaysiaairlines.com to be directed to the homepage. Other T&Cs apply.



Enjoy in-flight entertainment with MHstudio

Enjoy over 150 movies, 400 TV shows and more on our in-flight entertainment system with the convenience of using your own headphones. Available on selected aircraft.

Stay connected in 3 steps:



Step 1

Switch to **Flight Mode**



Step 2

Connect to **MHstudio**



Step 3

Scan the QR code or enter the URL (as per decal) <http://mhstudio.malaysiaairlines.com> or <http://mhstudio.streamonboard.com>

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 p80  TELEVISION p86  AUDIO p91



Godzilla x Kong: The New Empire

Check out our **MonsterVerse Sequel Special** on page 84!



Godzilla vs. Kong



**Godzilla: King of
The Monsters**



Kong: Skull Island



Godzilla



DISCLAIMER: IN-FLIGHT ENTERTAINMENT CONTENT IS EXCLUSIVE TO MALAYSIA AIRLINES PASSENGERS



Godzilla x Kong: The New Empire

Passengers onboard with Malaysia Airlines can now enjoy the latest addition to the hit MonsterVerse franchise (*Godzilla*, *Godzilla: King of Monsters* and *Godzilla vs. Kong*).

Thanks to its top-tier CGI techniques, action-packed sequences and adventurous plot, the film is a great pick for your in-flight entertainment. It is definitely a must-watch, with an impressive record of being the highest-grossing Godzilla film ever. Helmed by Adam Wingard, **Godzilla X Kong: The New Empire** was released on 29 March 2024, a sequel to the 2021 feature *Godzilla vs. Kong*. The film takes place three

years after Kong defeated the Mechagodzilla. Kong has now established his own territory in the Hollow Earth, and along with the mighty Godzilla, he must battle against a colossal threat to save the human race. The brilliant cast includes Rebecca Hall, Brian Tyree Henry, Dan Stevens, Alex Ferns and many others. The movie is truly a work of art and will be a treat to all the fans of the franchise.

150+

more movies on
your IFE player



Kung Fu Panda 4

Po has returned, and this time he is tapped to become the spiritual leader of the Valley of Peace.

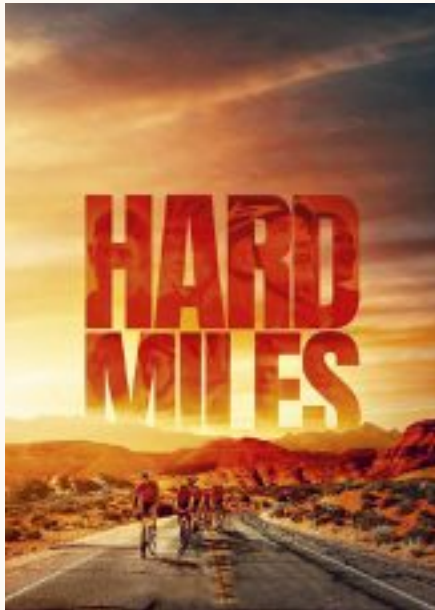
Po must find and train a new dragon warrior, while simultaneously fighting a sorceress who is trying to re-convene all the master villains Po has defeated in the spirit realm. A delight to the fans, **Kung Fu Panda 4** is filled with hilarious moments and also includes heartfelt emotional sequences to engage the viewers. Passengers travelling with Malaysia Airlines will be taken on another wonderful journey with Po and his clique while watching *Kung Fu Panda 4*. The cast includes Jack Black, Awkwafina, Viola Davis, Justin Hoffman, Bryan Cranston, James Hong, Ke Huy Quan and others.

Now Showing

MOVIES

150+
more movies on
your IFE player

Hollywood Latest



Hard Miles
Inspired by the life of Greg Townsend and the Ridgeview Academy Cycling Team, *Hard Miles* follows a prison social worker, who assembles a team of teenage convicts and takes them on an inspirational and transformational 1,000-mile ride.



Patsy Lee & The Keepers Of The 5 Kingdoms
After being transported to a mystical land, Patsy Lee and her grandfather must fight a sorceress to return back home. Filled with comic scenes, it is a perfect watch for kids and adults.



Lazareth



Knox Goes Away



Marmalade



The Hunted



Wanted Man



Arthur's Whiskey

DISCLAIMER: IN-FLIGHT ENTERTAINMENT CONTENT IS EXCLUSIVE TO MALAYSIA AIRLINES PASSENGERS



TOURISM A NEW POTENTIAL INVESTMENT FOR CO-OPERATIVE

Koperasi Kakitangan PETRONAS Berhad (KOPETRO)

KOPETRO AS A HOTEL OPERATOR

by Malaysia Co-operative Societies Commission (SKM)

ABOUT US

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

Now Showing

MOVIES



Get ready for some action and intense battles with the MonsterVerse Sequels – **Godzilla vs. Kong**, **Godzilla: King of The Monsters**, **Kong: Skull Island**, and **Godzilla** – available for passengers onboard Malaysia Airlines.

Jumanji Special



Hollywood Favourite Movies



The Flash



Evil Dead Rise



Fighting with My Family



DISCLAIMER: IN-FLIGHT ENTERTAINMENT CONTENT IS EXCLUSIVE TO MALAYSIA AIRLINES PASSENGERS



Discover a complete travel solution with Journify.

From planning an itinerary to booking airport services and fun things to do on your trip, Journify makes it easy for you to do it all in one app!

Earn Enrich Points on every booking and enjoy extra discounts on the app!



Get great deals on travel experiences.

Book activities, tours and unique experiences for your next holiday or day out.



Book Now



Book airport transfers conveniently.

Travel without worries and get a private ride to and from the airport.

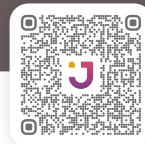


Book Now



Get KLIA Ekspres tickets.

Book train tickets to travel between KLIA and KL Sentral easily.



Book Now

MOVIES & TELEVISION

Kids Special



Kung Fu Panda



Kung Fu Panda 2

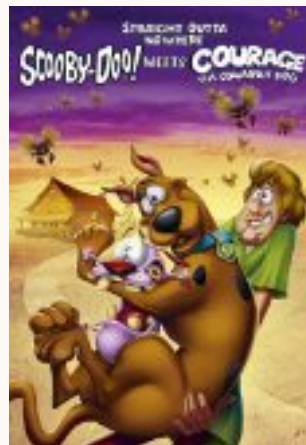
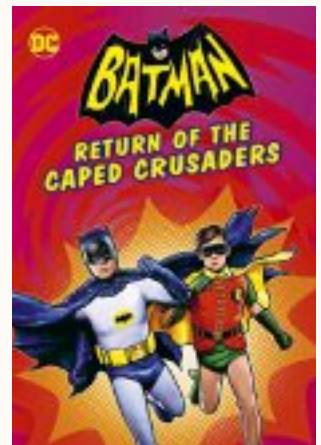
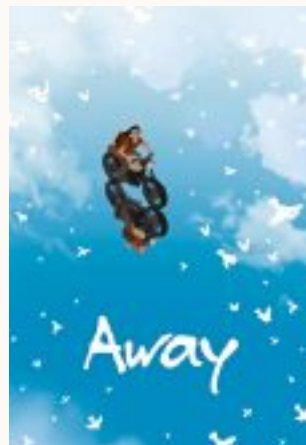


Kung Fu Panda 3

This International Friendship Day witness strength, love and unity with Po and his friends in **Kung Fu Panda**, **Kung Fu Panda 2** and **Kung Fu Panda 3**. All the three instalments are picked to keep you laughing throughout the journey.



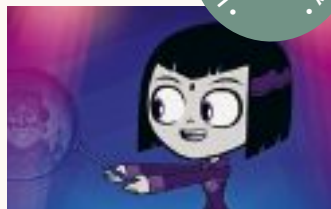
Looney, Looney, Looney Bugs Bunny Movie



TV Show



Justice League Action



Teen Titans Go!



DISCLAIMER: IN-FLIGHT ENTERTAINMENT CONTENT IS EXCLUSIVE TO MALAYSIA AIRLINES PASSENGERS



Beyond comfort: Experience Business Class with MHupgrade

Recently purchased a flight with us? Place your offer for a more comfortable experience in Business Class when you fly with us.

With MHupgrade, enjoy benefits like:



Priority check-in



Extra 10kg baggage allowance



Priority boarding



Spacious seat



Priority baggage



Tantalising meals



Lounge access



Earn Enrich Points



Check your eligibility via the QR code at least 72 hours before departure. Alternatively, you automatically qualify to place an offer if you received an email invitation from MHupgrade.

Find out more at malaysiaairlines.com/mhupgrade



malaysia
airlines

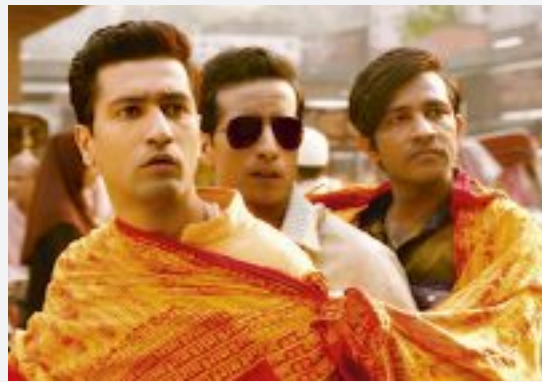
Image is for illustration purposes only. Cabin upgrade features may differ from aircraft to aircraft and are dependent on the flight route. Other T&Cs apply.

MOVIES

Hindi



Hop on for a Bollywood marathon with the finest additions of films such as **Chhatrivali**, **Bholaa** and **The Great Indian Family**. Spanning multiple genres, these films will surely keep you engaged during your comfortable travel with Malaysia Airlines.



The Great Indian Family

Korean



Chinese



Malay



Japanese



Perfect Days is a beautiful depiction of the quiet life of Hirayama, a humble toilet cleaner in the busy city of Tokyo. Although he lives a monotonous life, he spends his free time listening to music, reading books and taking pictures.

Malayalam



Tamil



DISCLAIMER: IN-FLIGHT ENTERTAINMENT CONTENT IS EXCLUSIVE TO MALAYSIA AIRLINES PASSENGERS

MHexplorer

Empowering dreams with extraordinary values,
more than any other student programme.



UP TO
30% OFF
FLIGHTS



UP TO
45 KG
BAGGAGE



Complimentary
date change



Family & Friends
Promo



Up to 10% off on
selected products on
Temptations



Enrich benefits
and privileges



Birthday Treat*



20% off Firefly
Air Cargo*



**EXCLUSIVELY
FOR STUDENTS**

AGED 13 TO 26 YEARS OLD.



SIGN UP NOW.

Scan the QR Code or visit
malaysiaairlines.com/MHexplorer

*Applicable to members based in Malaysia only.
Other terms and conditions apply.



TELEVISION



Korean



Running Man, a widely popular South Korean reality-game variety show, keeps the viewers entertained with their hilarious tasks and games, designed especially for their guests, which includes K-pop artists, actors and more.

Turkish



Resurrection: Ertugrul is a Turkish TV series based on the life of Ertuğrul Ghazi, a 13th-century Turkic Muslim nomad warrior from Central Asia, and also the father of Osman I, founder of the Ottoman Empire.

Japanese



Ninja Hattori

Tamil



At Home

Sports



Go Hard or Go Home

Nature & Wildlife



Animals Like Us

Comedy



Drama



Delilah

Travel



David Rocco's Dolce Southeast Asia



Mosques From Around The World

DISCLAIMER: IN-FLIGHT ENTERTAINMENT CONTENT IS EXCLUSIVE TO MALAYSIA AIRLINES PASSENGERS



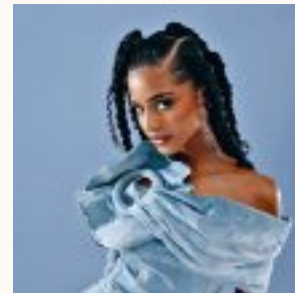
The Hits

Fasten your seatbelts for a rhythmic journey offering you the latest music like *Pop Summer Hits 2024*, Justin Timberlake's *Everything I Thought It Was*, Tori Kelly's *TORI* and *Euros 2024*.

Memories



R&B



Club



Japanese



Korean



Hindi



Tamil



Malay



Indonesian



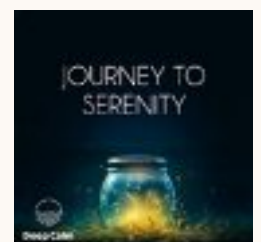
Cantonese



Mandarin



Relax



Lap of luxury

The KLIA Ekspres, part of the Klang Valley Integrated Transit System, has been reliably shuttling passengers for over 20 years between Terminal 1 and 2 of Kuala Lumpur International Airport and KL Sentral in the city centre. Now travellers can choose to ride in style with the KLIA Ekspres VIP Service, which combines your train ride with a chauffeur-driven limousine that brings you right to your doorstep.

Upon arrival at the airport, you will be designated a seat in a special section of the KLIA Ekspres, before a concierge escorts you and your luggage to your private limousine right to your destination, be it your hotel or office. On your return journey, the limousine will pick you up from your location before you are escorted to the train and all the way to check-in. With the KLIA Ekspres VIP Service, you get to have a taste of luxury every step of the way. kliaekspres.com



WORDS: JASON S GANESAN. IMAGE: HARRY HO



Luxury in the Heart of Nature

Escape to Nature | Stay in Comfort | Leave with Unforgettable Memories

BOOK NOW

www.tiarasaescapes.com



TiarasaEscapes



Ingress Auto

THE

3



Make a statement on the road and leave a lasting impression. Experience this masterpiece, a vision of a new dawn.

#THE 3



Cash Rebates
up to RM35,000



BMW Financing
as low as 0%

5 YEAR
BMW WARRANTY

5-Years BMW
Warranty

*Model shown may vary according to local specifications. Terms and conditions apply.

Scan for more information

