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Legend Edition

JANUARY 2019



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ON THE COVER
DATUK SERI WONG CHUN WAI
Photographer : The Star
Venue : KLAS @ Jalan Utara

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60 INTERNATIONAL AWARDS

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MUST VISIT ART GALLERY



KL LIFESTYLE ART SPACE

KL Lifestyle Art Space (KLAS) is an art gallery that boasts modern and contemporary artworks from Malaysia and around the region. Through its gallery, KLAS intends to inculcate awareness about Malaysian artists and their works. This establishment will also provide the service of receiving consignments from artists or individual collectors, thereby making their artworks available to interested parties. Today, KLAS is one of the leading auction houses in Malaysia that sells high volumes of prized artworks during every auction.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>01</p> <p>ALTZ Gerard Salonga</p>	<p>01</p> <p>KL NEW YEAR RUN 2019 JAN 1 DATARAN MERDEKA, KUALA LUMPUR</p>	<p>05</p> <p>MAHLER'S EPIC FIFTH</p> <p>NEW YEAR'S WALTZ JAN 5 AND 6 DEWAN FILHARMONIK PETRONAS</p>			
	<p>07</p> <p>17TH ROYAL LANGKAWI INTERNATIONAL REGATTA JAN 7 TO 12 ROYAL LANGKAWI YACHT CLUB, LANGKAWI</p>	<p>07</p> <p>KL NEW YEAR RUN 2019</p>	<p>11</p> <p>8 ELMINA LAKESIDE CONCERT</p> <p>MYSTERY ARTIST SHANE FILAN FAZURA</p> <p>23RD ASIAN TELEVISION AWARDS JAN 11 TO 13 BORNEO CONVENTION CENTRE, KUCHING, SARAWAK</p>			<p>12</p> <p>CITY ROARSI FESTIVAL JAN 12 PENTAS 2, KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAK)</p>
	<p>13</p> <p>GERMAN GRANDEUR JAN 13 DEWAN FILHARMONIK PETRONAS</p>	<p>15</p> <p>PONGGAL</p>	<p>18</p> <p>19 JANUARY 2019 SATURDAY</p> <p>FREE TICKETS www.simedarbyproperty.com/elmina-concert</p>			<p>19</p> <p>6TH MALAYSIAN JAZZ PIANO FESTIVAL (JAZZ FESTIVAL) JAN 18 TO 20 PENTAS 2, KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAK)</p> <p>ELMINA LAKESIDE CONCERT JAN 19 CITY OF ELMINA, SHAH ALAM</p>
	<p>20</p> <p>MAHLER'S EPIC FIFTH JAN 19 AND 20 DEWAN FILHARMONIK PETRONAS</p>	<p>20</p> <p>城市 回响</p>	<p>24</p> <p>IN/OUT JAN 24 TO 26 PENTAS 2, KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAK)</p>			<p>24</p> <p>6th Malaysian Jazz Piano Festival 18-20th Jan 2019 klpac</p>
	<p>asian TELEVISION AWARDS</p>	<p>城市 回响</p>	<p>IN/OUT JAN 24 TO 26 PENTAS 2, KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAK)</p>			

- PUBLIC HOLIDAY



KL NEW YEAR RUN 2019

Jan 1
Venue: Dataran Merdeka, Kuala Lumpur

Set the pace for the new year by participating in the KL New Year Run, taking place on Jan 1. Event categories: 10km, 5km

www.racexasia.com/event/kl-new-year-run-2019



NEW YEAR'S WALTZ

Jan 5 and 6
Venue: Dewan Filharmonik Petronas

Let's waltz into the New Year with the MPO and energetic conductor Gerard Salonga! Indulge in sweet treats from the land of fairy tales, where favourite dances of yesteryear sweep you off your feet. The splendid Emperor Waltz and nostalgic Blue Danube will transport you to the most opulent Viennese ballrooms, lavishly decorated for the holidays!

Tickets: RM56 to RM141

17th ROYAL LANGKAWI INTERNATIONAL REGATTA

Jan 7 to 12
Venue: Royal Langkawi Yacht Club, Langkawi

A significant international level sailing competition featuring 50 sailing boats from round the world and top teams from the Asia Pacific region.
 Phone: +604 966 4078



GERMAN GRANDEUR

Jan 13
Venue: Dewan Filharmonik Petronas

The heartbeat of Beethoven's powerful 7th symphony lies in its Allegretto movement. Recently featured in British drama "The King's Speech", it embodies adversity and human triumph so perfectly that it haunted Schubert during his entire career. Renowned pianist Iir Williams joins the MPO and maestro Gerard Salonga for Mendelssohn's virtuosic second concerto.

Tickets: RM94 to RM188



23RD ASIAN TELEVISION AWARDS

Jan 11 to 13
Venue: Borneo Convention Centre, Kuching, Sarawak

Launched in 1996, the Asian Television Awards (ATA) event has penetrated many households via broadcasters regionally, including free-to-air television stations and pay-TV platforms around Asia. It is also a marketplace for IDEAS and networking where there are significant opportunities to make direct contact with prospective partners to develop business ideas for future collaboration.

For the 23rd Asian Television Awards, ATV Awards Sdn Bhd and the Ministry of Tourism, Arts, Culture, Youth and Sports Sarawak will host the prestigious event at the Borneo Convention Centre Kuching on the Jan 11 and 12, 2019. The third day is proposed for a public concert at the same venue.

The 23rd Asian Television Awards will showcase numerous awards across 43 categories and recognise best performances, programming and production excellence of the Asian television industry. Sarawak will play host to over 500 international delegates in the film and entertainment industry. These include the crème de la crème of film producers, directors, performers, host talents, judges, nominees, celebrities and key sponsors from the participating countries.

www.asiantelevisionawards.com



CITY ROARS! FESTIVAL

Jan 12
Pentas 2, Kuala Lumpur Performing Arts Centre (klpac)

2019 marks the beginning of the City ROARS! Festival which aims to become one of the more progressive and innovative independent music festivals in the country. The objective is to bring together independent artistes and musicians from Asian countries to converge and interact at the festival. It would become a platform to share, collaborate and showcase new musical ideas and genres.

The festival will be from 3pm to 11pm, at klpac with multi-stages, strong performance line-up and attractive side-programmes, bringing thousands of people into the mix of today's new music and creative arts.

It's also the first ever festival co-curated by local label Soundscape Records and Emerge Music from Taiwan and jointly-produced by dongtaidu and Live Fact with the support of klpac and The Actors Studio (in conjunction with TAS30 celebrations).

Tickets: RM138 to RM180

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MUST VISIT MUSEUM



SASANA KIJANG GALLERY

BANK NEGARA MALAYSIA MUSEUM AND ART GALLERY
 The Art Gallery provides a rotating display of the Central Bank of Malaysia's art collection. Selected paintings, prints, drawings and sculptures which chart the nation's milestones and highlight the Central Bank's support for the arts include works by early masters such as Hossein Enas and Yong Mun Sen, continuing up to the present day.



THE NAUTILUS ICON

One of the most striking features in Bank Negara Malaysia Museum and Art Gallery is the Nautilus Staircase that begins from the lobby and links every floor. This structure is the inspiration for the main graphic icon. The icon is actively applied and prevalent across all of Bank Negara Malaysia Museum and Art Gallery's communications material.

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PONGGAL FESTIVAL

Jan 15

A Hindu thanksgiving festival traditionally dedicated to the Sun God Surya to thank the solar deity for a bountiful harvest.



MAHLER'S EPIC FIFTH

Jan 19 and 20

Venue: Dewan Filharmonik Petronas

Mahler's epic 5th Symphony is a virtuosic portrait of love. It begins with the fateful call of a single trumpet, and unfolds into an unforgettable journey from dark turmoil to joyous optimism. Come hear the work that inspired countless choreographers and filmmakers, most notably in the 1971 film Death in Venice.

Tickets: RM56 to RM141



6th MALAYSIAN JAZZ PIANO FESTIVAL (JAZZ FESTIVAL)

Jan 18 to 20

Venue: Pentas 2, Kuala Lumpur Performing Arts Centre(klpac)

Since its inception in 2014, the Malaysian Jazz Piano Festival has grown to become one of the most important music festivals in Malaysia in terms of its impact on young musicians, primarily music students looking towards having a career in music. With a strong emphasis on imparting professional know-how to the younger generation, the clinics and performances have been inspirational not only to the younger set but also to the seasoned professionals as they come together to learn from each other in what has become a strong and thriving community in the music industry.

In the sixth instalment, the 2nd Malaysian Jazz Talent Competition will be introduced on Jan 19 at 4pm. It is now not only limited to jazz pianists but is open to all non-vocal instrumentalists. Eight shortlisted participants comprising of students and early professionals will be showing off their talents.

Tickets: RM75 to RM203

ELMINA LAKESIDE CONCERT

Jan 19

Venue: City of Elmina, Shah Alam

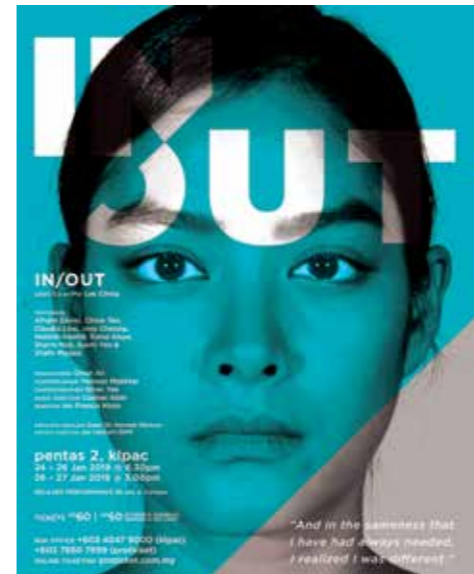
Brought exclusively by Sime Darby Property and organised by Universal Music Malaysia, the first lakeside concert at the City of Elmina – "Elmina Lakeside Concert" – will take place on Jan 19 at Elmina Central Park, located within the award-winning Elmina township in Shah Alam. Concertgoers will be entertained by Shane Filan, one of the lead singers and frontman of Irish boy band Westlife, and Fazura, well-known Malaysian songstress and celebrity. A third act is confirmed to join the concert's line-up, which will be announced by the concert organisers at an appropriate time. Shane Filan, who rose to fame with Westlife and continued his music journey as a solo artiste when the group disbanded, is expected to perform classic hits of Westlife and new materials from his latest album. Fazura started her career as an actress and TV personality before including music in her portfolio, which led her to release her debut album last year that was certified gold. The concert will also mark the opening of the first 36 acres of the 300-acre Elmina Central Park, chosen as the concert venue. The central park is home to Malaysia's first Inclusive playground scheduled for completion in the first half of 2019.



THAIPUSAM

Jan 21

21



IN/OUT

Jan 24 to 26

Venue: Pentas 2, Kuala Lumpur Performing Arts Centre(klpac)

Following her sold-out production of OCD, Ho Lee Ching is back with another groundbreaking theatre piece. IN/OUT is a story of a girl who experiences the world in a unique way. She cannot stand loud noises and has a hard time focusing. She stares into space and daydreams a lot. Yet, no one understands why she does the things she does. This devised physical theatre story explores what it feels like to be included and excluded just for being the person you are.

MUST VISIT PUBLIC ART GALLERY



ILHAM GALLERY KUALA LUMPUR

ILHAM is a public art gallery committed to supporting the development, understanding and enjoyment of Malaysian modern and contemporary art within a regional and global context.



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JANUARY

SECOND ACT JAN 3

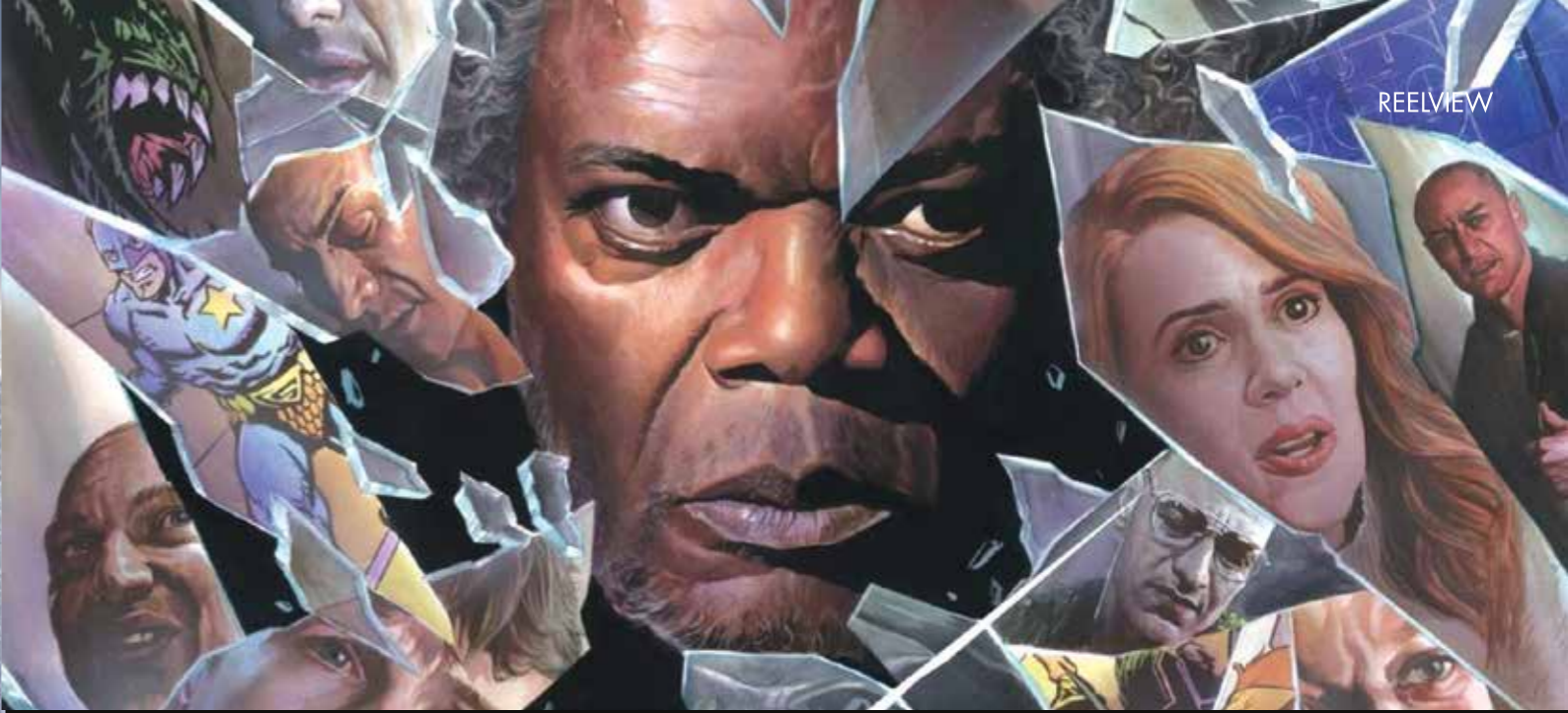
Struggling with frustrations from unfulfilled dreams, 40-year-old Maya gets a chance to prove to Madison Avenue that street smarts are as valuable as book smarts and that it's never too late for a second act.

Genre: Comedy / Romance
Cast: Jennifer Lopez, Milo Ventimiglia, Vanessa Hudgens.



SECOND ACT

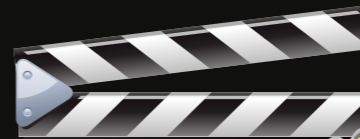
Her talent was real. Her résumé was not.



GLASS JAN 17

Universal is set to release the movie Glass, and it'll tie together two earlier Shyamalan projects: Unbreakable and Split. It sounds like it'll make quite a boxset. Following the conclusion of Split, Glass finds Dunn pursuing Crumb's superhuman figure of The Beast in a series of escalating encounters, while the shadowy presence of Price emerges as an orchestrator who holds secrets critical to both men. This riveting culmination of his worldwide blockbusters is produced by Shyamalan and Jason Blum.

Genre: Drama / Horror / Mystery
Cast: Bruce Willis, Anya Taylor-Joy, James McAvoy.



PRODUCTION	
DIRECTOR	
SCENE	TAKE





DATUK SERI WONG CHUN WAI

MEDIA'S LEADING MAN TAKES A BOW

Datuk Seri Wong Chun Wai is an amazing, down-to-earth and brilliant person who knows his craft. What's even more astounding is his experience and his stories. Having met him and interviewed him on his journey in the media industry, he inspires us to do more and be more. Read on to find out his 34 years of illustrious career and why he says it's time to take a bow.

WORDS BY HIRANMAYII AWLI MOHANAN
PHOTOGRAPHER : THE STAR
VENUE : KLAS @ JALAN UTARA



Wong with his fellow reporters in Penang in the 1980's



Wong with Tun Dr Mahathir and now Bernama Chairman, Datuk Seri Azman Ujang in Zambia



Wong on an assignment at the White House lawn

WHEN DID YOUR PASSION FOR JOURNALISM SPARK?

It actually started when I was very young. I was a voracious reader who read various kinds of books and comics. Reading was a very significant part of my life and I always toyed with writing. When I was in Form 4 or 5 in St. Xavier's Institution, Penang, although it was a Catholic school, it was a very liberal school that encouraged students to speak up. There was a student newsletter and I was part of this vibrant space called the Literary Debating and Dramatic Society. I was quite an eloquent speaker, so naturally writing and speaking were part of my life then. As a student, I used to write a lot to The Star (as a reader) too.

YOU JOINED THE STAR, PENANG AS A JUNIOR REPORTER AFTER SIXTH FORM. CAN YOU PLEASE SHARE THAT EXPERIENCE WITH US?

After completing Form 6 in 1980, I applied for a job in The Star and I remember that the editor who interviewed me recognised me from my letters to The Star. I was accepted as a junior reporter but for a very brief period because I was actually waiting for entry into university. During my time there, I realised that if I were to continue to stay at the Star, based on my then Higher School Certificate, my salary wouldn't be as good as if I were to attain a university degree. I was accepted into Universiti Kebangsaan Malaysia and re-joined The Star in 1984, the very next day after I completed my final paper.

In my years in university, I still continued writing for The Star and I also actively contributed to the university campus newspaper. Everybody knew that it was something I wanted to do. I didn't take up journalism in university; I studied political science. I have been with The Star for 34 years; it's very unusual in this age where people skip jobs every three years. Even as the Chief Executive Officer and Managing Director of Star Media, I continued to write. In fact, I think I have spent more time writing now. I must be the only CEO and MD of a company that still writes. I have started a new column called Off the Beat which is featured every fortnight in Star 2. It's basically an unconventional and off-the-beat visits to places. I don't consider myself a tourist, rather a traveller. For example, people flock to Japan for the lavender season. I did travel to Japan also to see the lavender, but chose to visit a huge cemetery filled with lavender. I also visited the suicide forest in Japan, at the foot of Mount Fuji.

WHAT INSPIRED YOU TO JOIN THE STAR RATHER THAN AN ESTABLISHED NEWSPAPER?

Because I'm from Penang and The Star started off in Penang, reporting the news there. I liked the news they reported about and their manner of reporting which was easy to understand. Despite being paid only RM300 a month, I still enjoyed it.

DO YOU REMEMBER THE FIRST ARTICLE YOU WORKED ON?

My first by-line could have very well been about the shortage of condensed milk.

HOW WAS JOURNALISM LIKE DURING THAT PERIOD AND HOW IS IT NOW?

Journalism then was actually very local. It was so local that it was merely news reporting. There was a lack of analysis and commentary. Editors then were also not too good either in reflecting. They taught me how to write precise news reports but lacked analytical and research ability probably because they themselves lacked reflection skills. You have to understand that my superiors worked as soon as they finished high school. When I went to university, I had better training in research and became one of those early Malaysian journalists with a university degree and began to write in a different format, including more statistics and looking at things in a more in-depth manner. So that changed the landscape a bit.

The present need from a journalist is to be able to handle all platforms, including online, video and present themselves in front of the camera looking professional. The manner of reporting has also changed completely because it's a different generation of millennials now. I think that with the new government, the media environment is better and healthier now.

CAN YOU TELL US THE HIGHLIGHT OF YOUR ILLUSTRIOUS CAREER THUS FAR?

The highlight of my career was when I was appointed as the CEO and MD of The Star six years ago. I think I reached the pinnacle of my career; there hadn't been any journalist who went from a cadet reporter to CEO and MD of The Star. It was a milestone in my career. After six years, although my contract ends in 2020, I told myself I needed to leave when I make the Star profitable. I can safely say that The Star will remain profitable and I want to leave on a high note. The company has been kind enough to let me stay on as group advisor.

WHAT IS THE PROUDEST MOMENT OF YOUR CAREER?

As a journalist, my pride actually would be winning an award for an exclusive I wrote on Malaysian terrorists undergoing arms training in Afghanistan. This was long before Sept 11. I had started digging about terrorist training and when I came down to KL, I wanted to feel KL. I remember spending a lot of time at the Jalan Masjid India area where strange guys hung out. So I used to immerse myself in this atmosphere, sitting down in the coffee shop listening. One day, I stumbled onto a bookstore selling books on Islam and found one book about a guy writing about his experience undergoing arms training in



Wong covering the handover of Hong Kong to China



1997 in Hong Kong



Wong with Datuk Seri Hishammuddin



Wong with Tun Abdullah Ahmad Badawi in Cyprus when they attended the CHOGM meeting



Wong with Datuk Seri Anwar Ibrahim at a coffee shop in Permatang Pauh



Wong as a news editor in The Star's PJ headquarters with colleague Andrew Sia

Afghanistan for jihad and there were pictures on it. It led me to more information and the feature I wrote won me the prize for Best Journalist of The Year in the English section. Soon, Sept 11 happened and all the other media around the world started picking up about terrorism; it was really a pride for me. My partner and I also did an expose on an Indonesian man by the name Hambali, who was the third highest ranking terrorist in Asia.

AS THE MD AND CEO OF THE STAR MEDIA GROUP, YOU OVERSAW THIS MEDIA EMPIRE. HOW DID YOU ADJUST TO THE ROLE COMING FROM A GROUP CHIEF EDITOR BACKGROUND?

I started by educating myself, it was not easy. I wasn't speaking the language of a CEO. The company actually prepared me for this role because they sent me for financial and leadership courses in the US. For every weekend for a year, I attended courses conducted by Bank Negara Malaysia before I attended the University of Southern California. I also learnt how to look at the balance sheet and banned accounting terms. It was nothing more than being hands-on, really.

IN 1987, THE STAR WAS ONE OF THE NEWSPAPERS WHOSE PUBLICATION LICENCES WERE WITHDRAWN IN 'OPERATION LALANG'. AT THAT MOMENT, DID YOU REGRET CHOOSING TO WORK THERE?

The suspension of The Star was a sad period for us. I never, for one moment, felt regretful of working in The Star. I felt proud, in fact.

WHAT WAS THE MORALE LIKE IN THE OFFICE DURING THAT PERIOD?

Morale was low because it was an uncertain period. There was tension in the air as the nation had plunged into a difficult phase.

HOW DID YOU LEAD THE COMPANY THROUGH TUMULTUOUS PERIODS AND CAME OUT UNSCATHED?

It has never been easy. In all my 34 years, we have always been governed by restrictive regulatory rules. We have gone through many brushes with the Home Ministry, we would push the envelope, but sometimes it's a cat-and-mouse kind of situation. Sometimes we would get a slap on the wrist, or got called up by the Home Ministry, and we have received threatening letters from clients too but it has become a daily routine; that's what the media is about, all around the world. I have learnt to deal with it and could still sleep at night after getting angry calls or death threats because I took it as hazards of the job.

HOW ABOUT THE MOST CHALLENGING MOMENTS IN THE SPAN OF YOUR CAREER?

I think as MD and CEO because of the fact that most media organisations around the world have been affected, not because of the shift to digital media but essentially because the economy has gone pretty soft. The Star online for example first appeared 22 years ago, long before bloggers and portals, and when a lot of people thought we were mad. Twenty years later, we are in a steady position with a business model. The challenge is actually to deliver the revenue to The Star as the CEO and broaden its horizon with the addition of exhibitions, events and etc.

YOUR CAREER HAS TAKEN YOU ALL OVER THE WORLD. ANY HAPPENINGS THAT YOU REMEMBER VIVIDLY?

Thirty-four years in The Star has given me the opportunity to travel and meet a lot of people. I have travelled to more than 80 countries, including from South Africa all the way up to Sudan. People see the pyramids in Egypt but don't get to experience the pyramids in Sudan, where the Nile river begins. The job has allowed me to meet Nelson Mandela, Fidel Castro and Bill Clinton (twice). Meeting Bill Clinton was really amazing because when I was in New York for work, somebody asked me whether I wanted to meet Bill Clinton and I eagerly agreed. What was supposed to be a 20-minutes interview lasted an hour and we had a great time discussing all kinds of subjects. When he came to Kuala Lumpur after my interview with him, we met up again and had a ball of a time. Later, he wrote a letter to me expressing his fondness for our relationship and I found that immensely touching.

YOU HAVE TWO BOOKS PUBLISHED. ARE YOU WORKING ON ANOTHER?

Actually, I have been toying with the idea of writing a book about the 100 personalities that I have met in my life. I should work on it soon and I think it would be interesting.

COULD YOU SHARE WITH US ABOUT YOUR BOOK, PENANG'S HISTORY, MY STORY?

Penang History is actually a compilation of weekly articles that I had written about the names of roads in Penang. They were written in a lively and candid manner, to make history interesting. Most of us have bad memories of our history teachers but I wanted to prove that history can be lively.

YOU HAVE ACHIEVED GREAT HEIGHTS. WHAT IS YOUR ADVICE TO ASPIRING JOURNALISTS AND WRITERS OUT THERE?

My advice is to always keep improving yourself, sharpen your skills, set career goals, and be passionate in what you are doing.



On a US carrier USS Abraham Lincoln off Aceh as they get ready to land for the tsunami relief in 2004



Wong's first meeting with Bill Clinton in New York



Wong with Lim Guan Eng shortly after he first became the Chief Minister of Penang in 2008

Better Thyself

10 Self-Improvement Goals for 2019

BY HIRANMAYII AWLI MOHANAN

It's that time of year again to renew our body, spirit and goals. As we embark on the adventures of the new year, it's time to reflect and better ourselves by setting realistic, achievable goals. Goals give you something to strive towards, encourage you to be your best self, and give you direction in everyday life. In this article, we give you 10 tips that are focused on self-improvement and growth.

1. READ 24 BOOKS.

If a book a month sounds too easy for you, push it to two. Mix up your genres to keep it interesting. Make at least one of it a book that intimidates you. For us, it's history.

2. AIM FOR LESS DAILY SCREEN TIME.

We have been conscious of our screen time ever since Apple added the "Screen Time" feature. It gives us the hard truth, and it honestly shocked us that we look at our phones more times than we realise. Moreover, most of that time spent on the phone is on social media which is not only unnecessary, but unhealthy too. We bet a lot of us are doing the same thing so hopefully, in 2019, we can reduce that alarming number.

3. DO A NO-SPEND CHALLENGE.

We have to admit; this particular tip is a challenge for us. It's easy to spend money without realising it, whether it's in your account or not. When you look into your monthly statement and realise you've spent way over what you can afford, ask yourself if you actually needed or are using the items bought. The principle behind a no-spend challenge is making one more mindful of their purchases and holding off on impulse. The ultimate question one needs to ask when shopping is whether that item is essential.

4. GO SOMEWHERE YOU'VE NEVER BEEN BEFORE.

Travelling opens us up to new people and new experiences. In turn, these things give us a new perspective on life and can teach us valuable lessons we otherwise never would have learned. We don't have to go overseas when our home country, Malaysia is truly beautiful. Weekends are the perfect opportunity to travel to different states in Malaysia for a short getaway. Alternatively, adventure seekers can embark on a journey to discover the natural beauty such as waterfalls and majestic hills this country has to offer.

5. RUN A 5K WITH A GROUP OF FRIENDS.

Get a group of friends together and sign up for a 5k! Being active is not only great for your health, but it's a less expensive way to also cultivate friendships. Instead of going out to eat, meet up to take a jog around the park for training. You'll get to spend time together and also stay in shape. Can't beat that!

6. PRACTISE PATIENCE AND KINDNESS.

We know that being patient is easier said than done. It's hard to wait in a world where we're used to getting everything instantly. Instead of rushing through a day to day life, take time out of your day to enjoy the present. Slow down, rest, and find quiet moments every day to breathe deeply and enjoy where you are right now. What the world needs now is patience and kindness. We could all be a little kinder to each other and a little kinder to ourselves. Practise daily affirmations, give compliments without expecting anything in return, put our empathy skills to good use on a daily basis. We will all be better off for it.

7. LEARN A NEW SKILL

Pick up a new skill in 2019. It could be learning a new language at YMCA or learning to bake. Essentially, what learning a new skill does is it helps foster confidence which subsequently promotes motivation to learn more and the cycle fuels itself. Don't be fearful of how difficult it may be. You can easily learn new skills on the Internet watching videos, attending free courses or workshops at YMCA and stores, or by reading some books.

8. MEDITATE DAILY

Since you probably have more time on your hands now that you have less screen time, try meditating. Start off with 10 minutes and purge your mind of thoughts and just be present. There are various forms of meditation, so you are sure to find one that is right for you. As you start out with meditation, take things slow. For some of us, it could take some time before we are able to clear our minds and really get good at meditating.

9. FOLLOW YOUR PASSION

It's rather dreary working a 9-5 job that doesn't make you happy. After all, life is too short to settle for something you can derive happiness from. Choose actions that appeal to you and are in line with your values. Pick people you like being around and be sure to your heart while not running from the hard issues. Become a Master in the Art of Living where people can't tell if you're working or playing because, to you, you're always doing both!

10. RELINQUISH YOUR CONTROL OVER UNIMPORTANT THINGS

Being in control is addictive, and like any other addiction, you might feel compelled to do it. But, bear in mind that giving into it amplifies your anxiety, frustration and stress. So rid yourself of unnecessary stress.

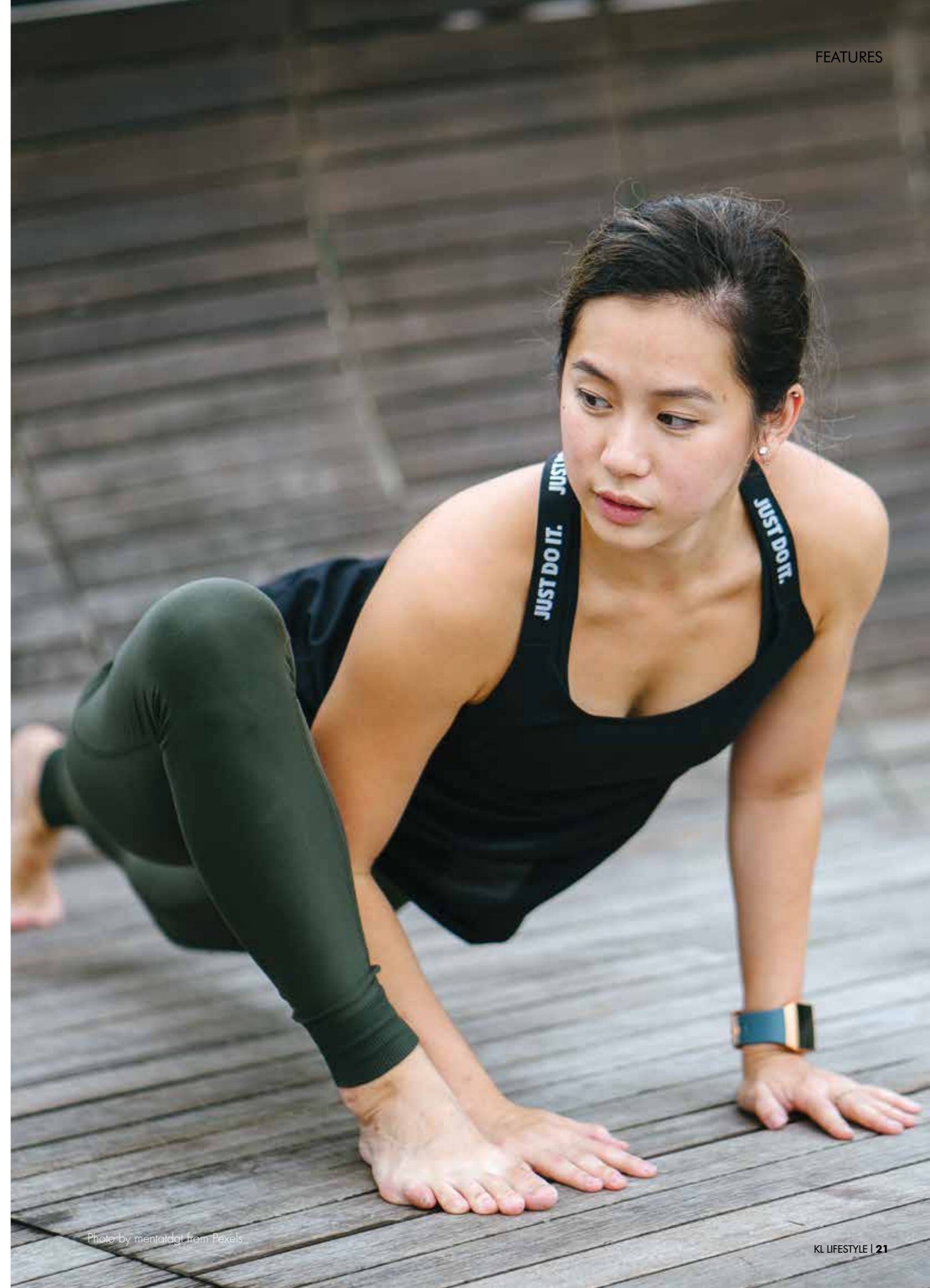


Photo by mentaldgt from Pexels

BE PLASTIC-FREE

10 Things to do to be less dependent on plastic

BY JACQUELINE BENITA PAUL



There has been a global movement against the use of single-use plastics. With Malaysia ranked number 8 on a global scale in mismanagement of plastic waste, we have a long way to go to get to where we need to be. However, if you look at Rwanda as an example, living without plastic is possible, plus the country just gone through a period of genocide in the 1990's and still went ahead with enforcing the plastic ban. So, what's our excuse? Well, follow these 10 tips to be less dependent on plastic and you may find that living without plastic is easier than you thought.

1. SAY NO TO PLASTIC STRAW

You won't believe the difference you'd be making by simply saying no to plastic straws. Today, at least a million seabirds die from swallowing plastic. Due to its size, it easily strangles our precious aquatic creatures and it takes a long time to decompose. The consequence of doing nothing about this issue, is that we may end up having plastic in our diet (which is known to be a cause for cancer) because the fish we eat are consuming the microplastic that is broken down from the plastic straws. If you do really need to use a straw, there are plenty of alternatives, from bamboo straws, metal straws, silicone straws to more.

2. OPT FOR PACKAGE-FREE SOAPS

Whether it's your detergent, body wash, shampoo and more, ask yourself if you really need to have a brand new plastic packaging for it? By simply making a one-time investment in a marble, steel or silicone packaging for your toiletries, you can make a powerful impact in the environment in reducing plastic waste.

3. BRING-YOUR-OWN UTENSILS AND TUPPERWARE

Other than saving the environment, you'd be doing your health a lot of favours with this practice. Plastic containers have been scientifically proven to be detrimental for one's health with

the heat of the meal breaking down the plastic into microplastic that goes right into your digestive system. Plus, can you be sure where the plastic containers have been? Who better to guarantee hygiene if not yourself?

4. USE REUSABLE SHOPPING BAG

Here in Malaysia, supermarkets generally charge RM 0.20 for each plastic bag. When there's a demand, more plastic bags will be produced. A plastic bag can take up to 1,000 years to degrade so if we keep increasing our single-use plastic bag dependency, who knows when we'd ever rise above the most dangerous pollutant in the world. These days, you can get your hands on reusable shopping bags practically anywhere and it's much easier to clean than the single-use plastic bags you keep. So, what do you do with the plastic bags you have at home? Recycle but after that refuse.

5. AVOID BUYING FROZEN FOOD

First of all, processed food is a big no no for your health and then there's the fact that most of the food in the frozen food aisle is packed in plastic. If you do need to buy fresh food produce, bring your own Tupperware container, it's cleaner and more convenient to store when you reach home.

6. CLOTH DIAPERS INSTEAD OF DISPOSABLE DIAPERS

Cloth diapers have come a long way and you can set a good example for your child by choosing to use cloth diapers instead of disposable diapers. When you wash cloth diapers, you can use them for even up to the next sibling. It's also proven to be gentler on sensitive skin and these days there are various convenient designs such as waterproof bands to prevent leaks. Usage of cloth diapers in the long run can even save you money if you choose to wash them yourself.

7. USE A RAZOR WITH REPLACEABLE BLADES

Since plastic takes a relatively long time to decompose (beyond a human lifespan), a simple monthly routine of changing blades can also make a difference in keeping our environment plastic-free.

8. REPLACE YOUR OFFICE WATER DISPENSER WITH A WATER FILTER

No matter what position you are in, you have a voice in the office. Write a note to your HR administrator or even to your CEO, it's for the greater good and it might even save office expenses. Be sure to mention that everyone should bring their own mugs to fill with water instead of using disposable plastic cups.

9. FIND ALTERNATIVES TO BOTTLED WATER IN MEETINGS

Another simple movement you can start in the office is proposing to have a no-plastic bottle policy and place a jug of water with cups. It even looks more elegant than having a lot of empty plastic bottles around.

10. AVOID COSMETIC PRODUCTS THAT CONTAIN MICROBEADS

When you are choosing a cosmetic product, keep an eye out for these labels as they indicate if the product contains microplastic ingredients: Polyethylene (PE), Polypropylene (PP), Polyethylene terephthalate (PET), Polymethyl methacrylate (PMMA) and Nylon (PA).



10 Stunning Airbnb's Around the World

BY HIRANMAYII AWLI MOHANAN

All hail Airbnb! We want to meet the genius behind Airbnb to thank him or her for providing people with a home away from home, at an affordable rate. There's something distinctly welcoming and authentic about staying in a local's home – an intangible personal touch that chain hotels aren't able to match, no matter how fancy.

Besides the cosiness offered by an Airbnb, we also love them because they feature some of the most distinct abodes around the world, literally opening up the door to properties that many of us wouldn't have heard of or even dreamed possible to stay in. So we share with you 10 quirky, unique and totally mesmerising Airbnb's from around the world that we would definitely travel to.

1. BOLT FARM TREE HOUSE, SOUTH CAROLINA, USA

This luxury eco tree house is built from timber harvested from the 40 acres in which it resides, making you feel one with nature. Waking up to the smell of pine, the sounds of the forest, the trees swaying in the breeze from the floor to ceiling windows and the best bit of all, a hot outdoor shower, make this the ultimate peaceful retreat. Us Asians who aren't used to the cold need not worry because heating is provided and should you travel during summer, air-conditioning is available throughout. It's a childhood fantasy come true but in the most amazing way possible.

2. THE UFO, PEMBROKESHIRE, ENGLAND

Have a taste of what it would be like on a spaceship through a stay at a very distinct Airbnb yet, a spaceship pod located in the quiet South Pembrokeshire

countryside. Guests can get the full experience complete with a remote-controlled entry hatch and even a monitor for playing classic games like Space Invader and Defender. The interior of the spaceship is contemporary and futuristic as it should be.

3. CASA CARACOL, CANCUN, MEXICO

Casa Caracol in Mexico boasts a seashell by the seashore Airbnb. Tucked away on Isla Mujeres, this is a unique paradise escape we really want to visit. It's set within a peaceful cliff-side residential area, close to holiday amenities. We trust that a good time here is inevitable.

4. ISLAND BAY LIGHTHOUSE, WELLINGTON, NEW ZEALAND

Ever since we watched the movie 'Yours, Mine and Ours' in 2005, we have since had a longing to stay in a lighthouse.

There's something very romantic about it and its sweeping view of the sea is absolutely breathtaking. Either way, this lighthouse in Island Bay has us wanting to be tucked up inside with a good book listening to nothing but the crashing of waves.

5. SAMBUGARO COTTAGE, VERZASCA VALLEY, SWITZERLAND

With gorgeous wooden walls and floors, decorated in warm, muted tones and plush fluffy rugs, all you need is a roaring fire to completely set the scene for this adorable Swiss cottage. Experience bliss at the private balcony overlooking the valley, river, forest and even a waterfall.

6. AUGILL CASTLE, CUMBRIA, ENGLAND

Most girls dreamt of being a princess and living in a castle. What if we told you that you can? At the Augill Castle, guests are spoilt for choice with multiple grand

rooms to choose from complete with four-poster beds, turrets, Gothic windows, stained glass, oak panelling and grand fireplaces.

7. LUCKY RANCH SNOW IGLOO, FINLAND

It has always been a dream of ours to stay in a snow igloo and experience the Northern Lights. The Lucky Ranch is the perfect place for you to do so in warm ambient lighting, fur throws and sleeping bags will help keep you toasty. Furthermore, you can always dip in a hot tub and sauna to warm up, or a wooden apartment to sleep in instead.

8. LE HAUT VILLAGE AEROPLANE, FRANCE

Take this for a dose of quirky Airbnb. Stay in an aeroplane on proper beds, toilet in the reconstructed cockpit and air beds as dining room chairs. There are lots of interesting aviation novelties to contrast

a rather interesting nautical design master bedroom.

9. TOKAMACHI RYOKAN, JAPAN

Live like a local in this traditional Japanese inn that has stood the test of time since the eighth century A.D. Although this property isn't as old, the traditional architectural style and interior will transport you to the utterly beautiful snow country houses of Japan.

10. KEY WEST BOAT, USA

Sleep under the stars and wake up to fresh sea air. What comes with this boat are fun activities such as snorkelling, swimming and jumping off rope swings. At night, huddle around the fire and share food and stories with people from all over the world. Finally, nothing would beat getting rocked to sleep by the ocean.

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ARTEPRENEUR HARMINI ASOKUMAR

Driven by Passion

Harmini Asokumar has an innate flair for creativity and with that God-given talent, she has established two thriving businesses, Deeper Than Fashion and Dusky Rose. To find out more about this brown beauty, read on.

BY HIRANMAYII AWLI MOHANAN

FIRSTLY, TELL US ABOUT YOURSELF.

I'm an artpreneur. I'd like to think of myself as a Jane-of-all-trades and attempting to master them all. I run two online businesses; Deeper than Fashion and Dusky Rose, as well as do freelance jobs on the side. I enjoy trying new things which allow me to tap into my creative skills as well as give me the flexibility of time to focus on my self-growth and travelling. I'm a perfectionist when it comes to my art and I constantly try to be a better version of myself than I was the day before.

TELL US ABOUT DEEPER THAN FASHION.

Deeper than Fashion is my eight-year-old (baby) jewellery brand, that I started in college. The brand itself focuses on wearable art that has a mix-and-match of my personality and styles as I evolve. If I absolutely had to put a label on it in terms of style it would be bohemian vibe with an Indian twist. I like following current trends in the fashion world and infusing my own take on it.

YOU LEFT A STEADY JOB TO PURSUE PASSION. WHAT WAS THE TRANSITION LIKE AND HOW DID YOU COPE?

I always did Deeper than Fashion on the side even while I was working, so the transition wasn't really that tough. Convincing my parents wasn't tough either because they could see how much I loved what I did and I was self-sustainable. I did, however, take into consideration the what ifs and ensured I had sufficient savings and a backup plan, just in case. I think the hardest part of it was convincing myself that I could do this on my own and just take that leap of faith. I'm happy to say it worked in my favour and I couldn't be happier that I took this chance.

HOW DID YOU TURN A HOBBY INTO AN ONLINE BUSINESS?

It started when I wanted tickets for a concert and my parents asked me to

figure out how to raise the money myself. My friends encouraged me to sell the jewellery that I was already making (for myself and them) and so I set up a blog shop. It has since evolved and has become so much more than what I would have expected.

HOW DO YOU COME UP WITH IDEAS TO CREATE DIFFERENT PIECES OF ACCESSORIES?

I don't have a specific process. I don't sketch or draft out any idea. I'm generally a jewellery/art/craft material hoarder and I just sit down and create pieces as I go along. I do, however, like coming up with themes and concepts to work around with (such as the ocean, rainbows, following a colour palette) and then just go along those lines when I create. I enjoy the process of just being able to make something out of my imagination.

WHAT IS ONE OF YOUR FAVOURITE ACCESSORIES YOU HAVE CREATED SO FAR?

My Indian-fusion dreamcatchers. I've been making dreamcatchers for a while now, and they'll always have a special place in my heart as these specific creations got my work noticed. I created a range using Ganesha statues that became a hit and are still some of my best sellers to date. I love coming up with interesting colour combinations and styles for it.

WE LOVE THE INDO-WESTERN ATTIRE YOU ARE OFTEN CLOTHED IN. HOW DO YOU GET YOUR CULTURE TO SHINE THROUGH YOUR CLOTHES?

I think my culture plays a big part in how I see fashion. I love the concepts and textures that Indian fabrics have and I try my best to incorporate them into my personal style. I love that modern silhouettes and traditional wear can be both flattering and comfortable, and

styled just right. To top it off, Indian jewellery as well as my own designs have endless options on how versatile each look can be.

NOW, COULD YOU PLEASE TELL US ABOUT THE INCEPTION OF DUSKY ROSE.

Dusky Rose was a natural process for me to go into. Having always loved makeup, and being in the fashion line, it just went hand in hand. The concept behind the brand was to cater to brown-skinned girls like myself who constantly couldn't find a suitable colour range or pigments that would work with our skin tone.

HAVING A MAKEUP LINE IS EVERY GIRL'S DREAM. WALK US THROUGH WHAT THE MAKING OF EYE SHADOW AND LIQUID LIPSTICKS ENTAIL.

It's such an interesting process because of how many choices there are when it comes to colours and textures. Usually people see the end product and don't understand the amount of time, effort and money that go into creating the products.

WHAT PROJECT/BUSINESS DO YOU SEE YOURSELF VENTURING INTO NEXT?

I never really know exactly, but I'm definitely looking out for something that will allow me to travel and connect with more people.

FAVOURITE LOCAL DISHES YOU CAN'T LIVE WITHOUT ARE...

I'm such a foodie and love my rice! Nasi lemak with spicy sambal, a good banana leaf meal and bak kut teh.

HOW ABOUT YOUR FAVOURITE LOCAL DINING SPOTS?

I have an entire list but the one that's at the top of it is GinRikSha. It serves delicious fusion Indian food (the butter prawns with mantau bun is worth mentioning because of the burst of flavours) and fantastic cocktails, while the ambience is chic and cosy, and the service is ace.

Izakaya by Sango

Food at First Sight

BY HIRANMAYI AWLI MOHANAN



A medley of Izakaya by Sango's highlights

The Japanese cuisine is an art form; it's a systemised and passionate cuisine derived from relentless practise. Tucked away in Hartamas is a Japanese restaurant named Izakaya by Sango, promising utterly delectable fare helmed by the masterful hands of Chef Shoimi Ariffin, a mentee of Chef Kazuhiro of Sango has over 20 years of experience in Japanese cuisine.

Izakaya by Sango is a spin-off by its brother restaurant, the renowned Sango that resides at Crystal Crown Hotel. This new brainchild of Andrew Ong has spread its wings to Georgetown, Penang and Desa Sri Hartamas. One can expect the same authentic selections from Sango but with a dash of contemporary flair and creativity.

While minimalistic in interior, the team here makes dining at Izakaya by Sango a culinary escapade. We noticed that every item that comes out from the kitchen is beautifully prepared and presented with an air of elegance. At this eatery, you can be sure that your stomachs will be satiated and cravings fulfilled.



Shifudo Stone Bowl

12, Jalan 22a/70a, Desa Sri Hartamas,
50480 Kuala Lumpur
Tel : 011-2811 7876
www.facebook.com/izakayahartamas



Wagyu Tobanyaki

SHIFUDO STONE BOWL

Literally served in a stone bowl, I found this item very vibrant, appealing and an Insta-worthy picture. It was too beautifully prepared that we felt guilty consuming it. Its colourful aesthetic is owed to a shrimp, unagi, big scallops, duck, tobiko and at the centre of bowl is an onsen tamago. With every bite, we released a sigh of contentment and sang high praises of the culinary genius behind the Shifudo Stone Bowl.

LAMB SLIDERS

The lamb sliders are a must-try and your life will never be the same again after consuming these divine sliders. Fluffy burger buns sandwich caramelised onions, slathered with jam mustard sauce and the holy grail, the lamb patty. The moment you have the first bite, it just overwhelms beautiful flavours of sweetness from the onion and juiciness from the patty.

BONDED UNAGI WITH FOIE GRAS

We love how Izakaya by Sango presents their dishes in an effortless, aesthetically-pleasing manner. Sitting on a spoon and garnished by flowers is the Bonded Unagi with Foie Gras, boasting succulent and juicy piquancy. The grilled river eel is sandwiched between egg and foie gras. We recommend savouring it as a whole in order to truly appreciate the play of flavours.

WAGYU TOBANYAKI

Meant to be shared between two to three persons, the Wagyu Tobanyaki makes for a savoury appetizer. A generous 150gsm of sliced Wagyu Beef is grilled on a ceramic plate with Sango's Signature Spicy Garlic Sauce and it's left for you have fun grilling, according to your preference. Packed with potent flavours, the meat is so flavoursome it can be eaten as is. Moreover, the slices of meat are so tender that it melts in your mouth (seriously).

CRSIPY UNAGI ROLL

As its namesake suggests, the Unagi roll was fried and boasted crunchy Unagi in its heart, along with cucumber, Tobiko and spicy BBQ sauce to bring the flavours together. Sushi rolls are our idea of comfort food so it didn't take make persuasion for it to be in our good books. Not to mention, it would make a beautiful picture for Instagram.

TRUFFLED WAGYU DONBURI

The truffle Wagyu donburi is a mighty and majestic dish. It compels you with its array of chunky, mouth-watering, medium-rare Wagyu m7 slices, egg and drizzled with aromatic truffle oil. We got a whiff off this donburi as it made its way to our table. Its taste? Well, we're happy to report that we enjoyed the juicy flavours from the beef that was crafted to pair perfectly with the Japanese rice. It's delicious, addictive piquancy is why we're returning to this restaurant.

Chez Gaston

A Gaston-omic French Experience

BY JACQUELINE BENITA PAUL

12, Jalan Bangsar Utama 9, Bangsar, 59000 Kuala Lumpur
Tel: 011-3993 0036



Chez Gaston offers a sumptuous array of authentic French dishes.



Cuisse de poulet grillée fromagère

Chef Florian, a name familiar to regulars at Rende-vous, started Chez Gaston after closing down Rende-vous to offer his customers a taste of some of the signature dishes from his reputable family restaurant in Bretagne, France. The decision to close down Rende-vous was due to his partners' urgency to move back to France for the year and the two did not want to compromise the promise they made to their customers, hence the opening of Chez Gaston – a more intimate space which offers authentic French food, warm service, a home-like ambience and a diverse range of classic French aperitifs, wines and cocktails.

The location of Chez Gaston is convenient to public transport users since it's simply a 5-minute walk from the Bangsar LRT station. As parking is a little challenging with all the corporate employees in the area, we do recommend giving yourself a 15-minute buffer prior to your reservation or park in Menara UOA Bangsar. You'll find Chez Gaston nestled in the corner lot in Jalan Bangsar Utama 9 with exposed light bulbs hanging from above and two outdoor canopies. The what-you-see-is-what-you-get style features a single-storey dining area suited to seat about 30 people with a bar

area close to the kitchen. Here and there you would easily find antiques that bring out the French home-like charm of the restaurant.

Thanks to the French names on the menu, we took the opportunity to brush up on our French though it wasn't long before we conceded to the English description on the menu. We started our meal with a classic French starter, Escargots Bourguignon. The texture of the snails was elevated with the creamy butter, parsley and garlic French pesto, making this a rich, decadent and juicy dish. Our next dish was the Plateau de Charcuterie (5). This is one of the few sharing platters available at the restaurant which typically does individual servings. The dish featured delectable slices of carnivorous goodness, namely the Parma ham, saucisson, Iberico ham, pate, air-dried duck breasts, gherkins and onion jam. More, si vous plait!

With a proud look on his face, Chef Florian served us the Soupe De Poissons, a Mediterranean fish soup blended with tomato, fennel and herbs. He noted that his is a crowd favourite and that the best way to enjoy the soup is by adding the emmental cheese, rouille sauce and

croutons (in that order). The flavour was overwhelming at first but after we added the croutons and dipped it with the bread roll, it became just right. It packed a powerful flavour that would be perfect to enjoy on a rainy day.

As a fan of strong-flavoured cheeses, eating the Salade De Crottin De Chevre was an absolute joy. The sweetness from the vinaigrette paired with the pork bacon bits that offered a slight saltiness was a good bedfellow of the baked matured goat cheese. The Mousse au chocolat would



Creme Brulée Vanille

be formidable competitor to the Salade De Crottin De Chevre- if they were in the same category.

Of course, you can't expect any less when 62% of Ghana dark chocolate is the main ingredient. Another highlight of the dessert menu is also the Crème Brûlée Vanille, that was not as sweet as I'd usually have but it was a welcomed change. Though it seemed we had no room for more food, we were presented with the Floating Island, a soft meringue floating island on an egg and vanilla custard and somehow found the space to finish it all. With a heavy heart and belly, we still managed to walk out of Chez Gaston with a smile on our faces after an unforgettable Gasto-nomic experience.



A Medly of GinRikSha's Highlights

GinRikSha

An Oasis of Spice and Everything Nice

BY HIRANMAYII AWLI MOHANAN

37, Ground Floor, Plaza Damansara,
Jalan Medan Setia 1, Bukit Damansara,
50490 Kuala Lumpur

Every time we visit GinRikSha, we inevitably leave happy and impressed like it was the first time. This infamous eatery with sumptuous offerings has a new look and ambience, with the intention of upgrading itself while still keeping to its theme.

While GinRikSha had a distinctly vibrant and sassy interior, the gentrified restaurant is now more fun with a hint of understated elegance. Its open and inviting concept allures friends and families to dine in a cosy atmosphere while savouring good food and delectable drinks. According to GinRikSha's owner, Puan Sri Geeta Menon, GinRikSha was designed for indulging the senses over leisurely conversations and delectable food, for spirited, happy evenings with exotic cocktails and drinks.

GinRikSha's recipes have their roots in tradition yet amalgamated with global tastes and contemporary lifestyles. They are constantly changing things up - each dish on the menu will be derived from faithful classics yet adding playful, new twists to involve patrons with their ever-evolving love affair with food. Their lip-smacking cocktails, crafted by mixologist, Chan are the perfect complements, carefully crafted with the freshest infusions and spices.

2019 beckons change on the menu, so the GinRikSha team introduces new desserts in its entirety and a few more dished on the main menu such as the crispy wanton chaat (chaat is a street food sold from roadside stalls all over India), brinjal pachadi (similar to a North Indian raita), garlic rice, lemon rice and creamed spinach with

fresh mozzarella. Hold on to your stomachs though because more will be coming your way and it promises authenticity.

CHICKEN BRIYANI

It's a crime to dine at GinRikSha and not order one of their bestsellers, the chicken biryani. It is beautifully presented in a brass pot, filled to the brim with mouth-watering rice and chicken in its centre. This eatery's rendition of the chicken biryani is robust in flavours, complex and has a slight tanginess that unifies the flavours together.

CREAMED SPINACH WITH MOZARELLA

The creamy spinach with mozzarella was my favourite and I could hardly keep my hands off it. We have to caution you though that this dish is highly addictive and you're exposed to the risk of finishing it all. Whether eaten as it is or with paratha, the perfect consistency and creamy flavour will blow your palates away.

AUBERGINE PACHADI WITH SESAME SEEDS

Aubergine Pachadi is aubergine that is pounded, mildly spicy and yoghurt-based. Best eaten with a steaming plate of rice, this dish exudes potent flavours, exhibiting the piquancy of a South Indian dish.

PAN ROASTED MUTTON

We can never look at any other mutton dish again. The delicious flavours from the mutton are owed to the homemade garam masala marination which is then complemented by caramelised onion. We could smell the aroma before it even reached the table. GinRikSha's pan roasted mutton embodies the best flavours, texture and aroma.



Teriyaki Trimmings



Salmon On a Pan

Ate_Cetera

Good Time and Good Food Await

BY JACQUELINE BENITA PAUL

Ate_Cetera (ATC) is a new addition to the Mont Kiara food scene which offers a fusion menu of local and western cuisines in a stylish setting. We arrived at noon and found that quite a big crowd had already occupied the air-conditioned section of the restaurant which seats around 40 people. As we looked around, it was a surprising scene to see more people talking than being on their phones. When we were seated, we understood why. The design of the interior while stylish still offered comfort and relaxation with its use of fake shrubs that make one feel close to nature.

The menu comes with ample fusion varieties in large portions that will surely satisfy a single diner or two small eaters. The ATC Variety aptly depicts what the entire menu offers. It comes with an assortment of marinated lamb, chargrilled chicken and pan-seared salmon on a meclun salad with a sprinkle of fried quinoa and ATC dressing. ATC won me over with the Teriyaki Trimmings that had a slice of beef slathered with sweet and savoury Teriyaki sauce on Japanese rice. The fried ginger perfectly complimented the tender slice of beef and added a hint of zestiness that was balanced out with the mayonnaise.

Food for thought is taken literally with the Musing Mushroom that let us do a little bit of work by pouring the luscious mushroom soup into the bowl from a teapot. From the Main Course menu, The Big Beef ATC is a prized dish and we understand why. Everything in between the Focaccia buns from the homemade beef patty, butterhead lettuce, friend onion rings and the medley of ketchup, mustard and cheese sauce was meant for one another.

One of the things we noticed during our visit was that most of the menu items had their own distinctive name but one, the Salmon on a Pan. Little did we know, that a dish that had such a simple name was one of our favourites during the visit to ATC. The grilled deep-sea salmon coated with the impeccable truffle lemon butter sauce was an absolute joy to consume. We were certain that most patron who have tried this dish would certainly be coming back for more.

Another reason to visit ATC are the desserts and coffee. During our visit, we had the signature Popcorn Latte that came with a cookie and topped with some popcorn. It was easy to enjoy and the sweetness from the popcorn syrup balanced the acidity of the coffee. We would be remised if we

missed talking about the Salted Egg Lava Cake that made me hoard the dish for myself even if full with all the food just consumed. It was rich, creamy and yet light enough to finish it all by myself.

Overall, we found ATC to be a fine addition to the food scene at Mont Kiara. The menu doesn't just offer a generous variety but there are ample portions and flavours to be enjoyed regardless of the kind of diners you are with.



The Big Beef ATC



Taste of Oceana at KWEE ZEEN

BY HIRANMAYI AWLI MOHANAN

Email: HA123-FB2@SOFITEL.COM
Tel: +603 2720 6688



Food always tastes better when eaten with family. Catering to that principle is Kwee Zeen, Sofitel Kuala Lumpur Damansara's signature open-kitchen, all-day dining restaurant. Always keeping their patrons on their toes, this restaurant takes on a brand new concept every Friday with 'Taste of Oceana'.

As its namesake suggests, the Taste of Oceana features an array of fresh seafood alongside an extensive variety of international and local dishes. Being a seafood lover ourselves, our eyes gleamed with excitement and our hearts thumped with anticipation of indulging in the beautiful seafood feast.

Needless to say, we pranced our way through the buffet and had a hard time choosing from the wide selection of all-you-can-eat sweet bounty of the ocean of fresh seafood on ice. Tiger prawns, Clams, New Zealand half shell mussels, blue lobsters,

swimmer crabs and much more took centre stage at Kwee Zeen. Besides the ocean of seafood offered, guests can also opt to savour lavish choices of sushi and sashimi, complemented with refreshing appetisers and a salad bar.

What we loved about Kwee Zeen's Taste of Oceana buffet is its variety of cuisines, catering to diverse palates. Those hankering for local cuisine can rejoice in Indian, Chinese and Malay staples. On top of that, the buffet boasts a live cooking section where diners will have the pleasure of watching the art of making seafood risotto, an array of seafood grilled to smoky perfection, and many more.

My favourite of the signature items included Whole Steamed Salmon with Dill Cream Sauce and Red Snapper with Spinach and Lemon Sauce. Not only it was cooked to perfection, it also furnished us with piquant flavours. Other dishes that impressed us

were the Beef Goulash, Braised Chicken in Chili Tomato Sauce, Cauliflower with Mustard Seeds & Curry Leaves, and Dory in Ginger Oyster Sauce.

Finally, as you come towards the end of the decadent spread, be sure to make room for Kwee Zeen's mouth-watering desserts. Must-try, terrific treats are the Black Lemon Éclair, Blackberry Pavlova, Tiramisu, Panna Cotta and assorted cakes and pastries. Alternatively, if you're not a sweet tooth, Kwee Zeen offers a fine selection of cheeses accompanied with assorted breads, dried fruits and nuts.

Taste of Oceana is available at Kwee Zeen every Friday from 6.30pm to 10.30pm, priced at RM138.00 per adult. Children between the ages of seven to 12 dine at 50% off the adult price while children aged six and below dine for free. Prices are inclusive of prevailing government taxes.

The Penthouse, Wolo Hotel
 Corner of Jalan Bukit Bintang
 and Jalan Sultan Ismail
 Bukit Bintang, 55100 Kuala Lumpur
 +60 3 4065 0168
 www.mr-chew.com



The incredible mains at Mr Chew's Latino Bar



Delicious sweet delights

Mr Chew's Chino Latino Bar

Fusion Delights Fit For Royals

BY JACQUELINE BENITA PAUL

For some time, I thought about visiting Mr Chew's Chino Latino Bar due to its social media hype, so I was quite excited to get the media invite to sample the new additions to its menu. Since it's the sibling of Troika Sky Dining and Brasserie Fritz, my expectations were as high as of the former penthouse the restaurant is located.

While I love coming to the city, it's always best to travel here via public transport or you could opt to park in Fahrenheit to enjoy a reasonable parking rate. After a short stroll, I arrived at the WOLO Hotel Bukit Bintang and made my way up to the restaurant. My mind completely blurred out as the kind hostess showed me to my table as it was preoccupied with pure appreciation of the Manhattan loft design. Exposed bricks, glorious natural lighting from the tall glass windows and marble tables make this a space that would make your Instagram feed envy-worthy.

This is a place you'd want to clear out your schedule for and explore the various chic spaces upstairs. If you have an appreciation of pure white and gold space with a hint of marble and sake, then the Kirin bar is where you'd want to be. I finally made my way to my table to join the other invited media and another marvel caught my eye, the painting of the Empress Dowager Cixi – the bold colours, her history as one of most stylish

empresses and even the fact that she had her own "Western Kitchen" brings together what Mr Chew is all about.

The menu features a medley of signature Asian flavours with Latin American influences. Chef James Thong, who helms the kitchen at Mr Chew's said the new menu was inspired from a recent trip to Thailand. The first dish to arrive at our table was the Tawau salad from the small plate section of the menu. The combination of the sweet shredded apple and pear enveloped in a creamy and slightly spicy fish sauce topped with crispy flakes, made me wish I didn't have to share it.

Next up was the Gochujang chicken-stuffed steamed bun with pickled pumpkin and chestnut. As I had hoped, the pau was soft and a nice contrast to the crispiness of the surprisingly sweet Gochujang chicken. The mains were the star of our menu tasting. The salt & pepper fried whole golden snapper with dill and leek may sound simple, but the flavours left us wondering - how could there be so much creaminess without gravy? It was even better when I paired the dish with the fragrant jasmine rice steamed in lotus leaf.

In between the mains we enjoyed an array of pickled dishes that were in season. Our palates were refreshed and perked up for what came next. The grilled chicken prepared with pickled onion, ginger, Thai basil ulam

with a side of Mr Chew's secret sauce was impeccably moist. Given that it was cooked in the sous vide style and marinated in brine water for 24 hours, this shouldn't come as a surprise.

The sizzling wagyu striploin also teased our palates with a mix of savouriness and sweetness from the Palermo pepper. The flavours seemed to heighten when I drank the Ancient Fashion – a cocktail made from Akashi White Oak blended whiskey, 5-spice syrup and ginger-cherry bitters topped with a flowered ice, creating perfectly balanced cocktail – both in sweetness and temperate together.

Finally, we reached the dessert which was equally as innovative as all the dishes that we had sampled so far. I believe Chef James took into consideration that we might have been quite full with the feast that we had so the desserts were light and easy to digest. The Coconut & Mango Ice Kacang had many winning qualities with the combination of the fresh mango cubes coated with the creamy coconut ais kacang and young coconut flesh that gave us something to bite on to savour the flavour longer. My culinary adventure at Mr Chew ended with the Sesame Chocolate Noodles that also excelled in making contrasting flavours work together with the sesame ice cream, crystallised pine nuts, chocolate noodles and orange candy with milk syrup.



Some people might feel that a bowl of porridge is exclusively when you're under the weather. However, no doubt because of its story of origin when it was used to treat the Emperor Li Qi of Cheng Han state back in 314-338 B.C. However, to leave it in that category would be a waste as the dish is a neutral base like a canvas for a painting that just needs the right combination of toppings to make it into a culinary masterpiece. This month, we explore some of the best porridge dishes in the Klang Valley that add to your food hunt checklist.

Porridge

The Cantonese Superbowl and where to find it

BY JACQUELINE BENITA PAUL

TAIPING SEAFOOD PORRIDGE PUCHONG RESTAURANT

This is a place you would be spoilt for choice. You could go with the all-meat menu or the seafood menu depending how you feel like enjoying your bowl of congee. The Four Treasure Seafood Porridge comes with crab, prawn, squid and promptet. Pair your hearty bowl with some deep-fried fish or deep-fried meat balls and you're set. With the generous portions, you'd want to invite some friends to help you do justice to your meal.

Address: 35-G, Jalan Puteri 4/7A, Bandar Puteri, Puchong, 47100, Puchong, Selangor, 47100
Phone: 03-8065 3522

PORRIDGE TIME @ TROPICANA CITY MALL

On a rainy day, the Shredded Chicken Porridge with Salted Egg offers warmth, comfort and satisfaction. Be sure to pair it with some Youtiao (Chinese fried churros) to take your porridge experience to the next level. The porridges are served in a claypot which makes them pack more flavour and a silkier broth to be enjoyed at any time of the day.

Address: Jalan SS 20/27, Damansara Jaya, 47300 Petaling Jaya, Selangor

TASTY PORRIDGE

Now here's a place that Goldilocks might want to visit. With over 19 porridge variants, Tasty Porridge lives up to its name by providing delicious bowls that anyone could enjoy. If you find yourself here, be sure to try the Dragon Grouper Porridge, Oyster Century Egg Porridge and Scallop Minced Pork Porridge and thank us later.

Address: 19, Jalan USJ 10/1, Taipan Business Centre, 47620 Subang Jaya, Selangor
Phone: 03-8081 2603

HON KEE PORRIDGE, PETALING STREET

Having been around longer than Malaysia's independence, you can be sure that Hon Kee Porridge knows what it is doing. The porridge is prepared in the Cantonese style which explains the silky smooth and well-seasoned porridge. Due to its reputation, it can be difficult to get a seat at the stall so you could either wait in line well in advance or save a spot close by. The Raw Snakehead Fish Porridge is a worthy reward for your time and effort. It is served with raw slices of fish on the side that you can cook yourself with the hot bowl of porridge.

Address: 93, Jalan Hang Lekir, City Centre, 50000 Kuala Lumpur
Phone: 016-666 0603



LISTINGS OF CITROEN SHOWROOMS & SERVICE CENTRE

NAZA EURO MOTORS HQ (GLENMARIE)

NEM Glenmarie Showroom(1S) No 15, Jalan Pelukis U1/46 Seksyen U1, Glenmarie 40150 Shah Alam Selangor
www.citroen.com.my
Sales : 03-5566 3685

NAZA EURO MOTORS (PUCHONG)

Lot No. 18, 19 & 20GF, IOI BUSINESS PARK, Persiaran Puchong Jaya Selatan, Bandar Puchong Jaya, 47170 Puchong, Selangor
Sales : 03-8076 1788

SING HUAT PREMIUM SDN BHD

No. 11, Jalan Satu, Off Jalan Chan Sow Lin, Sungai Besi, Wilayah Persekutuan, 55200 Kuala Lumpur
Sales : +60 3-9222 9126

CITROEN SERVICE CENTRE

NAZA EURO MOTORS SDN BHD (PUCHONG 2S)

No: 10, Jln Serindit 3, Bandar Puchong Jaya, 47170, Puchong, Selangor
After sales - 03-5891 1310

Immerse in an Oasis of Eateries at Mytown Shopping Centre

BY HIRANMAYII AWLI MOHANAN

Besides anchoring itself to everyone's favourite, Ikea Cheras, MyTown has so much more to render the neighbourhood of Cheras and beyond. From beauty and wellness shops to fashion stores, it's pull is irrevocably the food and beverage outlets. One can easily appease one's cravings here with the multitude of restaurants for picks. Following is a list of restaurants we love.

RAWSOME

As people are progressively becoming health conscious, eateries such as Rawsome endorses eating right and adapting an active lifestyle. Started in June 2015, Rawsome created its signature product specialising in organic chia puddings - healthier and less guilty desserts and meal replacements for those who are looking for weight loss. Using only the best ingredients focusing on quality, it then expanded to delectable and vibrant meals such as Rawsome Pan Mee and Vegetarian Lemak at an affordable price.



GAJAH MADA BY THE MAJAPAHIT

From the Majapahit Restaurant in Acroris Mont Kiara, its sister restaurant Gajah Mada by the Majapahit nestles under the roof of Mytown Shopping Centre, offering deliciously authentic and delightfully affordable regional flavours from Indonesia, Thailand, Malaysia and Vietnam, exclusively created by the Majapahit group.



KODAWARI MENYA

Udon is one of the most popular types of noodles in Japan. Thick, chewy and smooth, this nutritious and palatable dish is a good choice for the health-conscious. Nothing beats a hearty bowl of Udon to satisfy the appetite given our weather of late. This noodle is so versatile – it can be served in different sauces and broth - one is certainly spoilt for choice! The Kodawari Menya Udon & Tempura brand originates from the best – the Sanuki province Kagawa, Japan, a place most famous for the making of this delicious noodle. One can't help but return to this authentic Japanese restaurant.

KYO CHON 1991

When we went to the Kyo Chon 1991 at Mytown, we were quite stunned to see a long queue trailing as far as two stores beside it. Curious about this store, we too waited in line. Its namesake, defined as a village of wisdom, enlightens its patrons about its succulent, mouth-watering and addictive fried chicken. After trying the fried chicken at Kyo Chon, we can honestly bid KFC farewell as this uniquely-prepared and healthy dish won us over at first bite. You might be wondering how fried chicken can be healthy; the food at this eatery is freshly cooked, naturally-grown chicken without growth hormones which are then fried exclusively in healthier Canola oil, without trans-fat, MSG and with low sodium.



10 Healthier Desserts You'll Love

Less Guilt, More Joy

BY JACQUELINE BENITA PAUL

ACAI SMOOTHIE BOWL

Acai (pronounced ah-sigh-EE) berries come from the acai palm trees in South American rainforests. It is the main ingredient for smoothie bowls that have stormed the Internet of late. Don't be swayed by its size, the acai berry is packed with calcium, iron, phosphorous and vitamin B. They don't call it "Purple Gold" for nothing.

Cabana Acai Bar
 Lot 63, Level UG, Publika Shopping Gallery, No. 1,
 Jalan Dutamas 1, Solaris Dutamas, 50480 Kuala Lumpur
 Phone: 012-928 8364

FROZEN YOGURT

When an ice cream craving hits, have frozen yogurt instead. Your body will thank you for nourishing it with protein and calcium. It's also gluten-free, has low fat and calories. Of course, it's only healthy when you have the yogurt on its own or with some berries for natural sweetness. Also, moderation is always key.

Ilao Ilao outlets in KL
 Visit: www.llaollaoweb.com/en/llaollao-my to find an outlet nearest to you

BANANA WALNUT MUFFIN

An ideal option if you are seeing a dairy and gluten-free indulgence. Both banana and walnuts are fibre-rich superfoods packed with essential vitamins and minerals to help keep your health in check.

Kind Kones
 LG-7, 1 Mont Kiara, 1 Jalan Kiara, Mont Kiara,
 50480 Kuala Lumpur,
 Phone: 03-6211 5013

PITAYA BOWL

Now, here's another smoothie bowl that is a feast for your eyes and belly. The Pitaya Bowl is a sweet, cold and indulgent smoothie made from dragon fruit. Get your hands on this bowl if you need a boost of vitamin C, antioxidants, magnesium, fibre and other essential nutrients to keep you at your best.

La Juiceria Superfoods Signature
 G-03 Nadi Bangsar, 16, Jalan Tandok, 59100 Kuala Lumpur
 Phone: 03-2201 9923

ENERGY BALLS

Need something quick and tasty for your on-the-go lifestyle? Well, energy balls are the answer to your prayers. One of our favourites is Kapow Balls, which is co-founded by renowned fitness influencer Linora Low and her sister Linessa Low. With less than 80 calories a pop, these balls don't just satisfy your sweet cravings but they also give you a boost of nutrients.

Visit www.kapowballs.com for more information

ENERGY JAR

Enjoy layers of goodness from the homemade peanut butter carob, yogurt and chia seeds topped with a scrumptious homemade peanut butter carob. Why carob? Well, it's packed with fibre, antioxidants and it has a natural sweetness to keep you satisfied and taken care off.

The Good Co.
 184, Jalan Maarof, Taman Bandaraya, 59100 Kuala Lumpur

RAW CAKES

Indulging in raw cakes instead of normal cakes will do wonders for your body. A normal piece of cake is high in calories made up of fat and sugar while raw cakes rely on natural sugars from the ingredients used.

The Honest Treat
 22, Jalan Sri Hartamas 8, Taman Sri Hartamas,
 50480 Kuala Lumpur
 Phone: 018-368 1288

VEGAN CHOCOLATE TART

The best thing this tart is the rich and dense texture to bite into the chocolaty goodness that you know you deserve. Without needing to compromise any of that, using ingredients such as avocado, dates, pecans oats, cinnamon and vanilla give you all that you need and more.

Fittie Sense
 23A, Jalan Telawi 3, Bangsar Baru, 59100 Kuala Lumpur
 Phone: 03-2858 4023

GELATO & SORBET ON A STICK

With Malaysia's tropical weather, it's easy to find yourself craving a cold dessert. Instead of ice cream, perhaps a low-calorie popsicle will satiate your.

Selected Kedia Mesra Petronas or Parkson
 Phone: 019-570 2107

COCONUT PANNA COTTA

Coconut cream is rich in cancer-fighting lauric acid and some studies have shown that it improves cognitive function in Alzheimer's patients. Drizzled with passion fruit, you can be rest assured that each bite puts your health in the right direction.

Rubberduck
 60 Jalan Sri Hartamas 1, Plaza Damas, Lot K-0-8B
 (Ground Floor), Dorchester Service Apartment,
 50480 Kuala Lumpur
 Phone: 03-6206 1832



Take your Sunday Sessions to the next level at Pacific Standard

My Sundays are typically reserved for new café haunts, afternoon tea or indulging in my guilty pleasures. This time, my friend and I decided to opt for a boozy Sunday Session at Pacific Standard. It's been a long and gruelling week for us both and we are not the kind of people who would stay up till the graveyard hour, so the fact that it is from 11am onwards was perfect for us (hey, it's happy hour in some parts of the world).

Well, glory be! The Sunday Sessions came with an incredible array of spritzers and cocktails, build-your-own Bloody Mary, delicious bites from the reputable

kitchen of Chef Masashi and weekend tunes to create an experience that may lead to a complete shift of my usual Sunday plans. The interior of Pacific Standard feels like taking a trip to New York's nightlife scene with green marble walls, plenty of natural lighting from the glass walls which also provide a view of Alila's zen swimming pool, lamps on the bar providing intimate lighting to enjoy after dark and an al fresco area overlooking the Bangsar skyline.

My first order was a glass of Conegliano-Valdobbiadene Prosecco Extra Dry from the Santafeletto winery and my friend, the classy lady that she is, ordered a Mimosa,

For The Ultimate Boozy Sunday

Pacific Standard

BY JACQUELINE BENITA PAUL



Sliders by Chef Mashashi

smoky flavour. Surprisingly, the Worcestershire sauce did well to elevate the cocktail with an additional depth of flavour to balance out the richness from the house-made Bloody Mary mix.

Another tasty concoction is the tequila-based Bloody Mary made with Himalayan salt, pepper and a dash of tabasco sauce. In terms of the intensity of the spice and spirit flavour, it falls in between the bourbon-based and mezcal-based Bloody Mary. Kudos to Ruben for doing a solid job in ensuring that we would enjoy an interesting variety of Bloody Mary. It was refreshing to see how much passion he had that he kept coming to us to ask for honest feedback and was determined to understand our taste so he could adjust accordingly.

All those Bloody Marys whipped up our appetite. We ordered a plate of Sliders to satisfy our hunger. The homemade beef patty was cooked to perfection, leaving us wanting more of the moist, tender and well-seasoned burger with a sweet finish from the caramelised onions. I washed it down with the Coco Spritz, a gem of a drink. House-made coconut rum, gula Melaka, and cordial blended in equal proportions and the alcohol (Conegliano-Valdobbiadene Prosecco Extra Dry) came through in a smooth finish.

As expected, Pacific Standard stood out in more ways than one. From solid execution, premium ingredients and a creative menu, their existence in the thriving Bangsar nightlife scene is well justified. Plus, once you factor in the view and the instagrammable interior into the value prospect, you'll be amazed at the value you're getting for what you pay. Let's just say, we got the boozy brunch we never knew we needed.

a refreshing combination of orange juice and Prosecco. The pleasant and dry profile of the Prosecco makes for a delicious canvas for cocktails yet still just as enjoyable on its own. Ruben Anandha enthusiastically approached us explaining that he and his team were keen to make Bloody Mary a trend here in Malaysia as it is in Singapore.

Thanks to his enthusiasm, we were convinced to try out his various Bloody Mary concoctions. I had my qualms of trying a cocktail made with tomato juice, I couldn't comprehend how it could taste good. Ruben presented us with four variations using spirits; vodka, bourbon, tequila and mezcal. The Bloody Mary with the vodka base packed a robust flavour with tinges of spice from the Tabasco sauce. We thought it was a good starter to quell our initial fear. It included a mélange of flavours courtesy of the olive, cherry tomato and jalapeno. A refreshing bite of celery at the end got us ready for the next variations.

The bourbon-based variation was headier than expected and the spice from the Tabasco green pepper lingered till we took a bite of the celery. Since we were here for a boozy brunch, we didn't mind the extra kick. My friend and I favoured the mezcal-based variation that was a mellow hint of spiciness which complimented the mezcal pronounced



Build-Your-Own Bloody Mary

Pacific Standard Bar
Level 41 Alila Bangsar,
58 Jalan Ang Seng, Brickfields,
50470 Kuala Lumpur
Tel: +60 3 2268 3820

THE PERFECT PANT

How to wear the wide-leg now



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BELLA FREUD
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RM 3,188.37

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RM1,793

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North Slim-Fit Stretch-Denim Jeans
RM897

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PRADA
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RM 1,462.90

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RM 403

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AMOUAGE
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CHARVET
7.5cm Mélange Slub Silk Tie
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GOLDEN HOUR

The colour palette for your next vacation



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RM 1,346.20

CULT GAIA
Sienna woven raffia and leather sandals
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CHLOÉ
Drew Bijou mini glossed-leather
shoulder bag
RM 7,147.78



LISA MARIE FERNANDEZ
Belted plissé-cotton maxi skirt
RM 2,404.82

CULT GAIA
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RM 2,013.05

TKEES
Lily matte-leather flip flops
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RM 741.87

KAYU
Lolita mini fringed woven straw tote
RM 691.85

WEAR IT WITH



SAINT LAURENT
Loulou heart-frame leopard-print
tortoiseshell acetate sunglasses
RM 1,166.98

+



ALIGHIERI
The Remedy Chapter gold-plated pearl
necklace
RM 1,083.63

+



TOHUM
Puka gold-plated and shell ring
RM 1,329.53

Perfumes Are the Feelings of Flowers

New Year, New Perfume

PERFUMES TELL A LINGERING STORY OF YOUR IDENTITY AND PERSONALITY. A PERFUME IS LIKE A PIECE OF CLOTHING, A MESSAGE, A WAY OF PRESENTING ONESELF, A COSTUME THAT DIFFERS ACCORDING TO THE WOMAN WHO WEARS IT.

BY HIRANMAYII AWLI MOHANAN

VERSACE
Dylan Blue Pour Femme
Eau de Parfum 100ml
RM497

Femininity seems to be the recurrent theme. The Dylan Blue Pour by Versace is a tribute to femininity. It is a strong, sensuous, refined fragrance created for a woman who knows the power of her sensuality and mind.



GUCCI
Bloom Nettare Di Fiori
Eau De Parfum 100ml
RM530

The Gucci Bloom fragrance story is inspired by the nuances of the female character. Overtly floral notes are layered with a woodier, sensual blend of ginger and rose designed to convey a deep sense of femininity. Patchouli and musk sit at the heart of the fragrance for a scent that you'll love.

GUERLAIN
Aqua Allegoria Rosa
Rossa Eau de Toilette
75ml
RM317

Guerlain's perfumery expertise dates back to the legendary Eau de Cologne Impériale in 1853. The Aqua Allegoria collection holds true to this tradition, combining the freshness of a cologne with the sensual appeal of a Guerlain perfume. The guiding thread of the entire collection is bergamot, a precious citrus fruit also known as "Calabrian green gold". Rosa Rossa Eau de Toilette combines the delicate scent of rose with the punchier duo of lychee and blackcurrant, and features a warm, woody undertone.



GIVENCHY
L'Interdit Eau De Parfum
RM310

Givenchy introduces its new fragrance L'Interdit. A tribute to bold femininity. Forbid yourself nothing. Allow no rules. An invitation to defy convention and embrace your singularity.



ESTÉE LAUDER
Beautiful Belle Eau de Parfum 30ml
RM240

Love is in the air. Fall head over heels for this soft, sensual and seductive fragrance, which features a unique blend of lychee, mimosa, rose petals, orange flower, gardenia and marzipan musk. Its rollerball design easily slips inside your bag for a quick spritz on the go.



HUDA BEAUTY
Kayali Elixir | 11
100ml

A collection of captivating fragrances, handcrafted in France and inspired by the rich heritage and simple sophistication of the Middle East. This ultra-addictive scent opens with sweet notes of Red apple and rose petal essence, before revealing a floral heart of rose centifolia and uplifting touches of jasmium sambac from India. Adding depth to the romantic fragrance, warm woody notes of Indonesian Patchouli and velvety amber are enveloped by accents of vanilla, leaving behind a long-lasting trail.

Hello Sweet Potato!

The Health Benefits of Sweet Potato

BY HIRANMAYI AWLI MOHANAN

If there's one piece of produce that comes close to stealing the health halo from the avocado, it's the humble sweet potato. This sturdy vegetable is a rich source of fibre and contains an array of vitamins and minerals including iron, calcium, selenium, and they're a good source of most of our B vitamins and vitamin C. Who would have thought sweet potato is packed with all these goodness? One of the key nutritional benefits of sweet potato is that they're high in an antioxidant known as beta-carotene, which converts to vitamin A once consumed, key for maintaining a strong immune system. Add a drizzle of olive oil just before serving to increase your absorption of beneficial beta-carotene.

You'd be surprised to learn that consuming sweet potatoes arms you with glowing skin. This is owed to vitamin A, attributed to preventing and treating acne, which means that a diet that incorporates sweet potatoes is also good for your skin. They may also help protect the skin against UV damage (sunscreen is still vital). Besides that, this underestimated vegetable is a good source of potassium. While bananas may get all the attention when it comes to potassium, but one serving of sweet potatoes—with the skin on—actually has more of the nutrient, roughly 950 milligrams. (A banana has 422 milligrams.) Workout junkies would be happy to know that sweet potatoes act as a healthy and good post-workout snack. Unlike white potatoes that are high on the glycemic index, sweet potatoes are more of a slow burn which makes it a great workout recovery food.

HOW TO INCORPORATE SWEET POTATOES INTO YOUR MEALS

Now that you've been schooled on all the benefits, now comes the fun part: deciding how you want to eat them. Similarly, to avocado, this is one healthy food that works for breakfast, lunch, snack time, dinner, and dessert.

1. Breakfast: Sweet potato and avocado scramble. Gosh that sounds yummy! Combine the tuber with avocado (remember, those healthy fats will make the vitamin A better absorbed), and eggs for added protein and you've got yourself a power breakfast. It's sure to fill you up until lunchtime.

2. Lunch: Healthy loaded sweet potato. Roast your sweet potato for about 40

minutes and then fill it with chickpeas, coconut yogurt, and some spices for a protein-filled lunch. Want to add a little heat? Add a tablespoon of salsa.

3. Snack time: Sweet potato fries with maple butter sauce: You know when 4 p.m. hits and you just need a little something sweet? That's where sweet potatoes come in. This recipe also calls for a drizzle of peanut butter, and the protein will help leave you satisfied.

4. Dinner: Vegetarian sweet potato chili. There's nothing that can hit the spot on a cold rainy night quite like a big bowl of chili. The best part about a dinner recipe like this is you can throw essentially any veggies you want into the pot and the

end result will taste delicious. Because everything goes with sweet potatoes, right?

5. Dessert: S'more stuffed sweet potatoes. Top your tater(potato) off with melty marshmallows, graham cracker crumble, dark chocolate, and a sprinkle of cinnamon. You just flat out won dessert night and guilt-free no less.

6. Buy sweet potato when you don't feel like cooking

Sweet potatoes are so popular that they've become a starring ingredient at grocery stores. During those lazy nights when you don't feel like cooking, just grab a couple of sweet potatoes and cook it however you like and you have yourself a nutrient-packed meal.

BEST SHAMPOOS FOR YOUR HAIR TYPE

For a healthy and gorgeous mane

BY JACQUELINE BENITA PAUL



You're not alone if you ever found yourself feeling jaded with all the shampoo options in the haircare aisle of the supermarket. Here, we have curated a list to match the perfect shampoo based on different hair needs. You can find all these products in Ken's Apothecary Malaysia.



1

1. PUMP UP THE VOLUME

Thick and luscious hair will never go out of fashion. The Jack Black True Volume Thickening Shampoo uses Expansion Technology to help your hair look healthy and full. Natural oils such as tea tree leaf oil, lavender oil and sage oil will not only make your hair smell amazing, it's properties will keep your also head feeling fresh and clear.



2

2. CLEAR HEAD

Entrust your scalp with SACHAJUAN, a brand known for its minimalistic design and philosophy. The Scalp Shampoo offers a you a clean scalp and healthy moisture balance, courtesy of Ocean Silk Technology. The menthol and rosemary oil will liberate your head from dry dandruff and itchiness. We highly recommend this product for sensitive scalps.



3

3. FANCY CURLS

Strengthen and fortify your curls with SACHAJUAN Curl Shampoo with Ocean Silk Technology and wheat protein. The ocean silk curl complex had an immediate effect to minimize frizz and repair split ends. You'd be doing your natural curls justice with this incredible Scandinavian haircare product.

4. DAMAGE CONTROL

You don't need to succumb to cutting your hair or doing regular treatments to get it shining and glorious. All you need is SACHAJUAN Intensive Repair Shampoo to help you hit the reset on your crowning glory. It doesn't just repair your hair the UV protectants also keep your hair save from over-exposure to the sun.

5. ULTIMATE HYDRATION

This shampoo boosts your hair moisture with Ocean Silk Technology and argan oil. Regardless of your hair type be it curly, wavy, straight, coiled or tightly coiled, it will do its job well. Plus, it is paraben and phthalates-free.

6. FOR HIM

After a long day or a good workout, Jack Black's Turbo Wash Cleanser for Hair and Body is a man's best friend. This all-in-one wash packs a punch with a blend of rosemary and eucalyptus to reduce bacteria on the skin's surface and works as a decongestant to aid breathing. The formulation prepared with juniper berries help with to eliminate lactic acid build-up in muscles.



4



5



6

Don't be a bum

10 Consequences of Prolonged Sitting

BY HIRANMAYIL AWLI MOHANAN

With the acceleration of digital technology, the negative aftermath is that sitting has become a common posture in the workplace. Most desk workers (myself included) spend an average of 8 to 10 hours a day sitting in front of a computer, leaving little to no room for any physical activity. The scary fact is that sitting can be extremely detrimental to our health, even more so than smoking, as some would claim.

WEIGHT GAIN

Time and time again, doctors and fitness enthusiasts have made aware that a sedentary lifestyle may lead to increased weight gain. Too much sitting has been shown to decrease lipoprotein lipase (LPL) activity, which can have a negative impact on the body's ability to burn fat. Subsequently, this increases fat stores and encourages the use of carbohydrates (instead of fat) for fuel, and as a result, the body will continue to gain fat even while consuming a low-calorie diet.

POOR BLOOD CIRCULATION

Another obvious yet often ignored consequence of immobile sitting is poor circulation. Prolonged sitting time can slow down your circulation and cause blood to pool in the legs and feet, which can lead to varicose veins, swollen ankles, or even dangerous blood clots like deep vein thrombosis (DVT).

HEART DISEASE

When our body burns less fat and blood circulation is poor, there's an increased chance of fatty acids blocking the arteries in the heart. This links inactive sitting to elevated cholesterol levels, high blood pressure and cardiovascular disease. In fact, a study has shown that men who spend more than 10 hours a week riding a car or over 23 hours a week watching television had 82% and 64% greater risk of suffering from heart disease compared to those who spent significantly less time on both activities.

WEAKENED MUSCLES

Sitting all day loosens and weakens the muscles in the body, particularly those in the midsection and lower body. So your protruding belly could be attributed to sitting for long. Without strong legs and glutes, our lower body becomes unable to hold our body weight when sitting down or keep us stable when walking and jumping, putting us at risk of injury. As they say, if you don't use it, you lose it.

DIABETES

According to a 2017 study that examined the link between diabetes and total sitting time, there is a higher risk of diabetes in physically inactive people, with prolonged sitting being a major contributing factor. This is because decreased muscle mass and strength can result in lowered insulin sensitivity, which means that the cells respond slower to insulin (the hormone responsible for regulating blood sugar levels). The lower the body's sensitivity to insulin, the higher the incidence of diabetes.

POSTURE PROBLEMS

Aside from the protruding belly and the high risk of having diabetes, prolonged sitting and slouching creates other problems for your neck, shoulders, back

and hips. Your neck and shoulders curve and stiffen, your spine loses its flexibility as it absorbs pressure, and your pelvis rotates the wrong way, especially if you don't use an ergonomic chair or already have bad posture to begin with.

CHRONIC BODY PAIN

It seems like the consequences of prolonged sitting are interrelated with each other. The longer one maintains bad posture, the more likely he/she experiences chronic pain in areas such as the neck, shoulders, back, hips and legs.

BRAIN DAMAGE

With all the mental work you're doing at the office, you'd think your brain would be in tip-top condition. Nope. Sitting down constantly hinders sufficient blood and oxygen to the brain which subsequently affects it from functioning optimally. As a result, your brain function still slows down, and you don't get to optimise your brain power. And when it doesn't get enough glucose energy, brain cells may get damaged.

ANXIETY AND DEPRESSION

Another serious mental side effect of prolonged sitting is anxiety and depression. It's a no-brainer why because those who sit all day aren't able to enjoy the health and mood-boosting benefits that come with exercise and staying fit. At the same time, being in front of the computer or TV all day limits sun exposure and social interaction, which leads to vitamin D deficiency and strong feelings of loneliness.

CANCER

The scariest consequence of sitting throughout the working hours is the risk of getting lung, colon, breast, uterine and endometrial cancers. While the exact correlation is not clear, it could be derived from sedentary behaviour. Alternatively, regular physical activity tends to have an antioxidant effect in the body due to its ability to reduce oxidative stress. Possible cancer risks can also be linked to weight gain, changes in hormone levels, metabolic dysfunction, and inflammation—all of which can be exacerbated by sedentary behaviour.

10 FOODS TO BOOST YOUR HDL CHOLESTEROL

Add these to your grocery list

Malaysia has one of the youngest age groups for heart-related diseases in the world.

The cause of heart-related diseases is high blood cholesterol that clogs the arteries which may eventually block the flow of oxygen and nutrients. This is when chest pains, stroke or heart attack may occur. Though not all cholesterol is bad, HDL (high-density lipoprotein) helps remove all the extra cholesterol and plaque buildup in your arteries.

Add these HDL-rich superfoods to keep your heart health in check.

1. AVOCADO

Avocado is one of the most versatile fruits packed with monosaturated fats. For a hearty breakfast, simply puree your avocado with a spoonful of honey and lemon to be used as a spread for your morning sandwich. Otherwise, simply add a few slices of avocado to your salad.

2. WILD SALMON

Compared to farmed salmon, wild salmon have higher minerals including potassium, zinc and iron. Eating wild salmon just 1-2 times per week would suffice. You can enjoy it pan-seared, steamed or baked with a squeeze of lemon.

3. RED WINE

In moderation, the antioxidants contained in a glass of red wine will help keep your blood vessels healthy and strong. The best choice would be Malbec wine; the grapes are some of the thickest of all the wine-grape varieties. Otherwise, a Pinot Noir would do the trick.

4. ORANGES

A cup of orange juice contains 124 milligrams of vitamin C. Though it hasn't been determined how oranges help with cholesterol, participants in a recent study showed an increase in HDL levels by 21 per cent and a lower LDL/HDL ratio by 16 per cent by drinking three glasses of orange juice a month.

5. DARK CHOCOLATES

Dark chocolates are a powerful source of antioxidants. One study revealed that cocoa and dark chocolate had more polyphenols and flavanols than any other fruits tested. However, as great as it is, it's best consumed in small portions and preferably with high cocoa content.

6. GREEN TEA

It is said that one of the reasons of Japan's high life expectancy is their consumption of green tea. The high concentration of antioxidants known as polyphenols in green tea helps to lower LDL cholesterol levels and boost HDL, preventing atherosclerosis.

7. OLIVE OIL

Other than improving the lining of your blood vessels and preventing excessive blood clotting, studies have shown that olive oil can effectively lower blood pressure. While it is easy to add to your meal plan, it's important to ensure that you get the right variety of olive oil for your diet. Only purchase from your trusted supermarket and ensure you read the labels to get real extra virgin olive oil.

8. BERRIES

Berries are low in calories and high in antioxidants which make them ideal as an addition to one's diet. A study revealed that HDL levels of adults rose 5 per cent when they consumed a cup of frozen berries a day for eight weeks. You can enjoy it with your overnight oats or with a cup of yogurt.

9. GREEK YOGURT

Fat-free, no added sugar, and lusciously rich makes Greek yogurt an excellent choice to add to your diet. It's low in calorie density and sodium, and high in protein calcium and potassium, and tastes divine especially when topped with an assortment of berries to keep your heart healthy.

10. TUNA

Fresh tuna has a significantly low amount of cholesterol. Since it's also inexpensive, you can stock up to enjoy in between meals or alongside meals to add more protein. The fish oil in tuna helps to lower cholesterol. Whether you'd want to eat it plain or with a bowl of salad, it's easy to add tuna to your daily diet.





ANAGEN
Professional Hair Care Specialist

HAIR EXTENSION

EXCLUSIVELY IN ANAGEN



100 strands

Hair Extension

- * 100% Human Hair
- * "U" Shape Glue



AIRLINK

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EVITATE

RASP NATURE

ING OF THE HILL



MORE THAN AN ISLAND, A GATEWAY TO LEGENDARY TREASURES.

LANGKAWI INTERNATIONAL AIRPORT, THE GATEWAY TO GETAWAYS

It all begins at Langkawi International Airport (LGK). Journey into the laidback archipelago of 99 islands and get lost in the wonders of Langkawi UNESCO Global Geopark. Plan your route to a world of rich experiences and natural splendour.



Acting Group CEO Speaks

As we greet another New Year, I cannot but help recount some of our more recent accomplishments. They include the incorporation of Malaysia Airports (Subang) Sdn Bhd, which is expected to further spur the growth of our aerospace industry into a regional hub. This wholly-owned subsidiary will look into our immediate plans within the next five to 10 years related to Subang Airport's regeneration.

Subang Airport currently serves three million passengers per annum (mppa). Over the past decade, it has developed a matured aerospace ecosystem that attracted the presence of top global players and created over 3,000 job opportunities. We plan to increase the capacity to five mppa and equip its industrial aviation park with state-of-the-art smart facilities that champion Industry 4.0. In our plans lined up to 2025, we have clearly defined the spatial and operational demarcation for its city airport, business aviation hub and aerospace clusters.

Bracing ourselves for 2019, we recognise the global macro economic pressures arising from trade restrictions between China and the United States and tightening global financing conditions. Nevertheless, we are confident of improved financial performance for 2018. Our recently released third quarter results ended 30 September 2018 showed Malaysia Airports' net profit surging 108% to RM168.49 million, thanks to higher international passenger traffic for Malaysia and growth momentum at our airport operations in Turkey.

A leading corporate leader with strong financial background and extensive experience in various fields, he is currently steering Malaysia Airports to greater heights.

This month, Raja Azmi Raja Nazuddin recaps some of the recent achievements made by the airport operator as it moves into 2019 such as its improved third quarter results and continued higher passengers' growth.

We are happy to note our latest data for November showed continued growth with 8.27 million passengers passing through the 39 airports operated by us in Malaysia, up from 7.93 million from the previous corresponding period. Our flagship KL International Airport (KLIA) also saw higher passenger growth of 3.3% to 4.99 million in November.

Ever mindful of improving our airport guests' experience and taking note of their feedback from the surveys we conducted, we joined the worldwide 'Silent Airport' movement of reducing the number of public announcements made. We implemented this initiative last month at both terminals in KLIA, KLIA Main and klia2, and plan to extend this to our other airports in the near future.

We continue in our efforts to encourage our passengers to embrace technology for their travel needs via the usage of the MYairports mobile apps that we have introduced not too long ago. This handy tool provides them with real-time flight status updates, boarding gates information and wayfinding features.



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Aviation Industry 2019 Outlook and Prospects

Given the challenging economic and political environment globally, industries, aviation included, are facing a number of headwinds that will impact their performance in 2019. However, the strength of the aviation industry cannot be discounted with air travel demand remaining buoyant and given the expansion of its markets.

According to International Air Transport Association's (IATA) Director General and CEO Alexandre de Juniac, some 1,300 new direct links between cities were opened in 2018, with 250 million more journeys by air in 2018 compared to 2017.

IATA latest yearend report for 2018 released on 12 December showed that commercial airlines' fleet is forecast to increase by over 1,000 aircraft to almost 31,000 by end-2019 compared to over 1,780 delivery of new aircraft with investment of US\$80 billion by the industry projected for 2018.

It also noted that the average size of aircraft in the fleet will continue to rise slowly, estimating around 4.8 million available seats by end-2019.

With passenger traffic expected to grow 6% in 2019, de Juniac envisaged that this will increase load factors, which have been projected to rise from 2018 levels to 82.1% on average in 2019 and support a 1.4% gain in yields.

Likewise, passenger revenues, excluding ancillaries, will be higher at US\$606 billion, up from US\$564 billion in 2018.

With scheduled aircraft departures forecast to reach 39.8 million, IATA chief economist Brian Pearce said this means an average of 76 aircraft departing each minute in 2019.

However, painting a "cautiously optimistic" picture of the aviation industry's performance



at IATA's recent Global Media Day, de Juniac said, "We had expected rising costs would weaken profitability in 2019" but the sharp fall in oil prices and solid gross domestic product (GDP) growth projections provided a buffer. IATA forecast global airline industry net profit to be at US\$35.5 billion in 2019, higher than the US\$32.3 billion expected net profit for 2018, which has been revised down from its earlier June forecast of US\$33.8 billion.

Pearce quipped that the airlines are expected to contribute 5.8% higher in tax revenue to US\$136 billion into the government coffers in 2019. This will represent over 44% of the gross value added generated by airline businesses.

However, de Juniac cautioned, "Governments should not view the industry's better financial footing as a blanket bill of health nor (as) a blank check!" Although the aviation industry is on a more solid financial footing than at any time in its history, he believes that a business-friendly policy framework is necessary to support its competitiveness.

The aviation industry remains a "critical enabler" of the economy with global spend by consumers and businesses on air transport expected to reach US\$919 billion in 2019, up 7.6% from 2018. This is equivalent to 1% of the GDP worldwide,

The Air Transport Action Group's Benefits Beyond Borders 2018 report released in October predicted 65 million jobs coming from the aviation industry's own direct employment, airlines and via their supply chain, among other factors.

While Pearce anticipated this figure to grow to over 70 million in 2019, de Juniac said total employment by airlines is expected to rise 2.2% to 2.9 million in 2019 on top of its 3.1% and 3.3% growth in 2018 and 2017 respectively.

Wages will also increase, reflecting the tightness of the labour markets. There will also be a rise in productivity in aviation jobs. Summarising the requirements for airline infrastructure, he listed sufficient capacity, affordability and aligning both the airlines' technical and service level needs, "Getting these (things) right, however, is a difficult long-term challenge. Decisions must be made today if we want infrastructure to be in place a decade from now."

de Juniac believes that planning by most governments is not ambitious enough to meet that demand. A recent IATA poll showed 70% of the travellers sense overcrowding at airports, with over half of them supporting plans to expand their community's airport.

Closer home, a number of airports in Malaysia have reached their capacity and are due for expansion. They include Penang International Airport, which is expected to record over 7.8 million arrivals and departures in 2018, surpassing its 7.2 million record set a year ago. The plans are to have a bigger capacity of 16 million passengers per annum (mppa) instead of 10 mppa.

Besides going on an expansionary mode, Malaysia Airports acting group chief executive officer Raja Azmi Raja Nazuddin also sees 2019 as a "major replacement year" for many of its facilities such as aerotrains and baggage handling system in the country. A commercial reset has also been mapped out by the airport operator.

APAC Scenario

In Asia Pacific (APAC), how will the airlines be faring in 2019? IATA expects them to report a

US\$10.4 billion net profit in 2019, up from US\$9.6 billion in 2018, with average profit per passenger at US\$6.15 and net margins kept at 3.8%.

Given APAC's diverse market performances, some of these airlines are seeing strong growth from the entry of new low-cost carriers while others are more dependent on outbound cargo from key manufacturing centres. Although cargo revenue growth slowed down from 2017's strong performance, it will remain positive for airlines in this region.

IATA cites that lower fuel costs, low levels of fuel hedging and strong regional economic growth to be supporting profitability in 2019 in APAC. Pearce, who sees considerable momentum to travel growth as we go into 2019, said the first 10 months of 2018 already showed strong growth in air travel, particularly in Asian domestic markets.

According to Glenn B Maguire, principal of APAC Economist Visa Business and Economic Insights, markets in APAC are reaching a tipping point in cross-border travel. This happens when a city reaches 800,000 travelling class household.

Travellers from emerging Asia will be the key driver of global tourism growth. It will be led by China, which will be adding 80 million more households to the global travelling class, which is defined as those earning more than US\$20,000 a year in constant 2015 US dollars.

In his special address on "The future of travel and tourism in a more physically and digitally connected world" at the recent World Tourism Destinations Forum 2018 held in Kuala Lumpur, Maguire said from China itself, there has been a 14% increase in terms of year-to-date arrivals as of August 2018.

Travel Trend—boosters

In APAC, he sees the new and young middle-class consumers driving consumption, thanks to rising affluence, smaller family structures and increased connectivity, which have all helped to boost long-haul travel demand and will continue to do so in 2019.

Over 60% of the growth will occur in cities with consumer spending growth led by electronics, package holidays, household appliances, food, postal services and tobacco. Maguire observed that airport upgrades and construction are also reshaping travel patterns with over US\$160 billion estimated for planned spending on more than 340 new airports, saying that 178 of the planned new airports are coming from APAC.

With half of these new facilities located in Asia, international air travel patterns are expected to shift from Atlantic to the Pacific. As for Malaysia's tourism and travel, the country has performed well positioning itself as a preferred tourism destination both regionally and globally via its major cities. A recent survey by online travel booking operator Agoda listed Malaysia as the third most popular Asian country in terms of accommodation bookings in 2018 after Japan and Thailand.

The same survey also showed Kuala Lumpur to be the third most visited Asian city after Bangkok and Tokyo. Other local cities that made the cut into Agoda's list include Penang, Melaka, Johor Bahru, Kota Kinabalu, Ipoh, Kuching and Kuantan where air connectivity is present.

The Minister of Tourism, Culture and Arts Mohamaddin Ketapi recently announced that Malaysia is on track to meet its projected 26.1 million tourist arrivals by end-2018. Together with its marketing arm, Tourism Malaysia, the ministry is now gearing for Visit Malaysia Year 2020.

Datuk Musa Yusof is the New Tourism Malaysia Director General

On 3 December 2018, the Minister of Tourism, Arts and Culture, Datuk Mohamaddin bin Ketapi announced the appointment of Datuk Musa bin Yusof as the Director General of Tourism Malaysia.

He succeeded Datuk Seri Mirza Mohammad Taiyab who officially retired from the post on 2 December 2018.

In appreciation of Datuk Mirza's 36 years of service, the Honorable Minister said, "We have lost a figure who has made great contributions to the growth of Malaysia's tourism industry.

"We wish him all the success and hope that his vast experience in tourism will continue to benefit and elevate Malaysia's tourism industry".

The Minister added, "I hope Datuk Musa will bring Tourism Malaysia to greater heights and assist the Ministry of Tourism, Arts and Culture in our efforts to achieve our targets. I also hope that under this new leadership, we

can enhance the cooperation among all agencies under the Ministry of Tourism, Arts and Culture, and work together as one to achieve excellence".

Datuk Musa joined Tourism Malaysia (then known as Tourism Corporation of Malaysia or TDC) in July 1990 as Assistant Director of Enforcement and Facilitation Division.

His other key positions in Tourism Malaysia included Special Officer (Tourism) to the Honorable Minister of Culture Arts and Tourism of Malaysia, YB Dato' Sabbaruddin Chik (1997-1998). He was also Director of Tourism Malaysia Paris office from 1998 to 2003.

His experience in Tourism Malaysia included market development, corporate, international promotion, promotional support and domestic marketing. He was Senior Director, International Promotion Division (Asia/Africa) prior to his appointment as Director General.



Datuk Musa received a Diploma in Tourism Management from Schloss Klessheim, Salzburg, Austria. He also received a Bachelor of Science in Economics with International Business from the University of Southern Mississippi, USA.

He was granted the Darjah Pangkuan Seri Melaka (DPSM) with the title of Datuk in October 2013 by Tuan Yang Terutama, Yang Dipertua Negeri Melaka.



SriLankan Airlines Rated Four Star For Second Consecutive Year



In October 2018, SriLankan Airlines received a prestigious Four Star Rating in the major Regional Airline category from the Airline Passenger Experience Association (APEX) for the second year running. The ceremony was held in Boston, USA.

flight experience; seat comfort; cabin service; food and beverage; entertainment and Wi-Fi. The overall passenger ratings were then certified by an external auditing service hired by APEX.

In addition to a Four Star Rating, APEX nominated SriLankan video advertisement 'Epic Journey of Sri Lanka on SriLankan' in the Best Original Video category over major airlines in the industry.

The ratings were based on the feedback of passengers from around the world, who rated airlines based on overall

SriLankan other recent accolades included 'World's Leading Airline to the Indian Ocean' at the World Travel Awards world ceremony, 'Asia's Leading Airline To The Indian Ocean - 2018' and 'Asia's Leading Marketing Campaign - 2018' at the World Travel Awards for Asia and Australasia.

The airline operates twice daily flights between Kuala Lumpur and Colombo and the accolades will augur well with Malaysian passengers.

For more information, please call 03 - 2697 2100

Air Astana to Launch New Low Cost Airline FlyArystan



In November 2018, Air Astana announced the launch of a low-cost airline in the first half of 2019. Called FlyArystan, it will operate a fleet of Airbus A320 aircraft configured to all-economy class of 180 seats. The low-cost airline will offer airfares approximately half of what Air Astana offers. It starts its operations on mostly domestic routes, with plans to expand onto regional international routes.

FlyArystan will operate a classic LCC model, following examples of highly successful airlines such as Easyjet, Indigo, Cebu Pacific and AirAsia. All safety standards and regulatory processes to which Air Astana is subject to, will automatically apply to FlyArystan.

The routes are to be announced over the coming months; however the new airline will operate 4 aircraft initially, growing to a fleet of at least 15 by 2022. Air Astana currently operates thrice weekly flights from KLIA to Almaty International Airport and in the near future, Malaysian travellers can make domestic connections in Kazakhstan with FlyArystan.

Peter Foster, President and CEO of Air Astana said, "FlyArystan is the result of much serious thought and internal business planning, and comes as a result of a rapidly changing local and regional airline business environment. It will be good for the mid to long-term prospects of Air Astana, and we hope, well received by the Kazakhstan travelling public, who will be able to benefit from significantly cheaper airfares on domestic and regional routes".

In Malaysia, AVIAREPS Global Alliance Travel Sdn Bhd is the GSA for Air Astana.

For more information, please call 03 - 2144 1571

IndiGo Chooses Kuala Lumpur as Next International Destination



KL International Airport (KLIA) is continuously reaffirmed as a preferred global hub in this region, this time by India's largest airline and the 4th largest low-cost airline in the world – IndiGo. The airline's inaugural flight to KLIA on the morning of 15 November 2018 flew 180 passengers on its Airbus A320 aircraft from Delhi, India. This new milestone for IndiGo was witnessed by the Minister of Transport, YB Loke Siew Fook; Acting Group Chief Executive Officer of Malaysia Airports, Raja Azmi Raja Nazuddin; and the Chief Commercial Officer of IndiGo, William Boulter at klia2.

YB Loke stated in his officiating speech, "klia2 has seen a tremendous growth with a 6.9% passenger growth as at October 2018 for the last twelve-month cycle. In 2017, Malaysia has received more than 1.4 million inbound passengers from India through our local carriers. It was a 13.5% growth from 2016. India has always been an attractive market to Malaysian carriers. It is my aspiration to see the continued growth of Malaysian Aviation and I have no doubt that the addition of India's largest airline to KLIA family will help contribute to strengthening the airport's and Malaysia's position as a strong hub within the region".

Azmi in congratulating the new airline partner pointed out, "India is one of our target destination markets in growing the connectivity at KLIA. In its traffic forecast for 2017-2040, Airports Council International projects that India will be the second fastest growing country in the world for passenger traffic at 7.5%. In an effort to increase based on this, Malaysia Airports has increased connectivity at KLIA, we have joined hands with Tourism Malaysia through the Joint International Tourism Development Programme (JITDP). JITDP will have a combined fund of RM15 million, RM7.5 million of which is contributed by Malaysia Airports. Beneficiaries of this fund will include airlines, tour operators, charterers, travel management companies, travel agencies".

Boulter spoke proudly, "We are delighted to receive a warm welcome from Kuala Lumpur International Airport and the Malaysia Tourism Promotion Board. IndiGo will operate its daily non-stop flights from Kuala Lumpur-Bengaluru and Kuala Lumpur-Delhi. Malaysia provides a complete package for business travellers, holidaymakers and the meeting and conference segment. We see great potential on the India-Malaysia route due to

the extensive cultural, business and tourism links between the two countries".

He added further, "IndiGo has completed 12 years of successful operations in the India market and adding Kuala Lumpur to its network will further augment the international connectivity that we provide to our customers. IndiGo will continue to provide an on-time, courteous and hassle-free service, and affordable fares to our customers, as always".

Passengers departing to Delhi from klia2 were treated to a cake-cutting ceremony hosted by the senior management of IndiGo at the check-in counters. This commemoration was followed by the arrival of the flight at 10.40am local time. IndiGo will be operating its non-stop flights between Kuala Lumpur (KUL)-Bengaluru (BLR) and Kuala Lumpur (KUL)-Delhi (DEL) daily from klia2, the second terminal of KL International Airport.

In Malaysia, AVIAREPS is the General Sales Agent (GSA) for IndiGo.

For more information, please call 03 - 2148 8033



Emirates Raises Bar with World's First Integrated 'Biometric Path'



Keeping ahead with customers' experience, Emirates announced in October 2018 that they will be launching the world's first 'biometric path' which offers its customers a smooth, seamless airport journey at the airline's hub in Dubai International Airport.

Using a mix of facial and iris recognition biometric technology, Emirates passengers can soon check in for their flight, complete immigration formalities, enter the Emirates Lounge, and board their flights, by just seamlessly strolling past the airport.

Emirates passengers are beginning to experience this at Emirates Terminal 3, Dubai International Airport where the latest biometric equipment has already been installed. This equipment can be found at selected check-in counters at the Emirates Lounge in Concourse B for premium passengers, and at selected boarding gates. Areas where biometric equipment are installed will be clearly marked.

Trials for the Smart Tunnel, a project by the General Directorate of Residence and



Foreigners Affairs in Dubai (GDRFA) in collaboration with Emirates, was launched in October 2018. This pioneering form of passport control simply allows passengers to walk through a tunnel for passport clearance without human intervention or the need for a physical passport stamp.

For the moment, these initiatives are still live trials. Once the internal tests are completed, Emirates will shortly launch trials for biometric processing at the other key customer points at the airport check-in, lounge and boarding gates, and subsequently at transit counters/gates, and for its chauffeur

driven services. All biometric data will be stored with GDRFA, and customers invited to participate in the trials will be asked for their consent.

Once fully operational, the seamless experience with the latest biometric technology will benefit Emirates passengers transiting at Dubai, including its many Malaysian travellers. Currently, Emirates operates thrice daily flights from KLIA to Dubai International Airport.

For more information, please call 03 - 2058 5899



Etihad Introduces New Economy Space and 787 to Kuala Lumpur and Brussels

In December 2018, Etihad Airways introduced its Economy Space, a new seating option across its wide-body fleet, enhancing its product offering and providing more choice to its customers on longer flights.

Its 10 Airbus A380s are fitted with Economy Space seats, which feature an increased pitch of up to 36 inches. The redesign increases the number of extra legroom seats in Economy from 20 seats to 80 seats on this aircraft type.

Jamal Ahmed Al Awadhi, Etihad Airways Head of Guest Experience said, "We recognise that no two travellers are alike, and today's customers demand more choice and personalisation during their travels. In response to the popularity and demand for extra legroom seats, we have reconfigured our Economy cabin to allow travellers to enhance their overall experience".

Apart of modifying its A380s, Etihad Airways will provide additional Economy Space seats to 12 Boeing 777s and 21 Boeing 787 Dreamliners by the end of 2019, increasing the total number of extra legroom seats by 560 percent.



Mr Al Awadhi explained further, "While many airlines have been squeezing more seats into economy class, we continue to focus on providing our guests with exceptional products and services that meet and exceed the demands and budgets of different types of travellers".

Malaysian travellers are further privileged with the introduction of Boeing 787-9 on Etihad's daily scheduled services between Abu Dhabi and Kuala Lumpur from 20 December 2018. Flights between Abu Dhabi and Brussels would follow suit from 3 January 2019.

The new two-class 787 Dreamliner services features Etihad Airways' next generation



Business and Economy Class cabins, configured with 299 seats – 28 Business Studios and 271 Economy Smart Seats.

Robin Kamark, Etihad Aviation Group Chief Commercial Officer said, "Kuala Lumpur and Brussels are two very important destinations on the Etihad network, popular with both business and leisure customers and we are delighted to be introducing the 787-9 Dreamliner on these routes. Our customers can expect the quietest cabins and our latest in-flight products and technology, one of the world's most technology advanced and fuel-efficient aircraft".

For more information, please call 03 – 2687 2222

Garuda Indonesia Takes on New Blood

Presenting a new level of service excellence in air travel, Garuda Indonesia, the national flag carrier of Indonesia, connects more than 90 destinations worldwide including an array of exotic destinations in the archipelago of Indonesia.

With more than 600 daily flights, Garuda Indonesia proudly serves its passengers with the award-winning "Garuda Indonesia Experience" service, which highlights the warm Indonesian Hospitality and rich diverse culture.

Born in Jakarta, Fredrik Kasiepo is now Garuda Indonesia's new General Manager for Malaysia. As of November 2018, Fredrik has the highest of hopes for the airline and seeks to improve traffic between Malaysia and Indonesia despite intense competition from her peers in the Asia-Pacific region.

A month before Fredrik entered his new office, Garuda Indonesia recorded the best on-time performance (OTP) in Asia Pacific with 90.4% of 10,000 flights landing on time. Fredrik points out that this is a result of Garuda Indonesia's commitment to providing impeccable service to their customers. The airline intends to maintain their OTP by maintaining close coordination with their partners in the service line; prioritising "operational excellence" above all else. Another contributing factor is their enhancements to pre-flight service facilities to provide faster and more efficient ways for passengers to check-in through their smart phones as well as better self check-in facilities.

In addition, the airline continuously strives through its ongoing transformation programme to provide better and even more convenient



services. The achievement of Garuda Indonesia's transformation programme can be seen from global recognition with Skytrax's 5-star airline rating since 2014, where the airline was ranked as 'Top 10 World's Best' airline in the world, as well as winning the prestigious 'The World's Best Cabin Crew' award for five consecutive years from 2014. Additionally, Garuda Indonesia was awarded the "5-star Airline" recognition from the Airline Passenger Experience Association (APEX), a non-profit association for enhanced passenger flight experience based in New York, USA.

Garuda Indonesia group currently operates 202 aircraft with an average age less than five years. This consists of Garuda Indonesia's fleet with a total of 144 aircraft and another 58 aircraft operated by their low-cost carrier airline, Citilink.

Garuda Indonesia is also proud to confirm that they will be re-launching their direct flight from Jakarta to London on 13 December 2018. Fredrik remarks, "This is the company's on-going commitment to strengthening international flight networks,

especially by providing direct connectivity access from Jakarta to London Heathrow (LHR) International Airport with our B777 dual class configuration". In addition, they will operate three times a week: Tuesdays, Thursdays and Saturdays.

Lastly, Fredrik highlights Garuda Indonesia's plans for the Malaysian market, "we hope to be able to demonstrate the beauty of Indonesian hospitality to Malaysians through premium comfort and safety of our airline. Furthermore, we aim to connect Malaysians with more major cities in Indonesia through our networks. Garuda Indonesia, at the moment, serves 14 flights per week to Malaysia. These numbers will be increased along with growth of Malaysian traffic in the future. In order for growth to occur, we believe that providing seamless travel experiences with competitive 5-star service and integrated hospitality industry with our holding company is the key. Hence, we are very optimistic for Garuda Indonesia in the Malaysian market".

For more information about Garuda Indonesia, please call 03 – 2162 2811

Malaysia Airports Gears Towards Future of Travel Retail with Latest Concessionaires Conference

In November 2018, Malaysia Airports hosted the 9th edition of Concessionaires Conference and brought together airport professionals and concessionaires to network and share insights in a common platform.

The theme for the conference was 'Gearing Towards the Future of Travel Retail'. Discussions included the challenges and opportunities of the industry and strategy to future-proof Malaysia Airports' travel retail and airport experience.

Increased tourist arrivals was recognised as one of the main opportunities that needed to be leveraged by the travel retail segment. With its network of airports and landing ports in the country, Malaysia Airports plays a significant role in facilitating tourist arrivals. As at October 2018, the Group's Malaysia operations registered 89 million passenger movements with KUL contributing to 49 million. Of these 49 million, 70 percent are international passenger traffic movements.

Malaysia Airports senior general manager for Commercial Services, Nazli Aziz said, "Malaysia Airports is committed in growing the airports' connectivity as we believe that Malaysia's strategic location in the heart of ASEAN is a huge advantage for the travel retail industry".

He added, "With the latest instalment of Malaysia Airports Commercial RESET Strategy, Malaysia Airports aims to raise the retail profile of airports in Malaysia through real estate improvement, brand positioning and new retail mix. The strategy will change the current travel retail landscape through constant innovation of retail spaces with the introduction of various new retail formats".

Malaysia Airports is targeting to increase average spending per pax (SPP) by four-fold, from the current RM35 to about RM140 in five years. Non-aeronautical to aeronautical revenue is projected to be boosted up from the current 50 percent split to 60:40 ratio.

Nazli Aziz said, "We also need to rethink travel retail as there are changes in passenger buying behaviour where they are now more informed than ever. Digitisation and e-commerce are very important, and we need to move forward beyond our traditional retail business model. At Malaysia Airports, we believe that creating the right environment to provide innovative and memorable experience will generate more revenue for passengers to spend, leading to increase in retail sales".

Malaysia Airports also held the Concessionaires Awards Night to recognise outstanding concessionaires and to encourage them to set industry-breaking standards of service. The awards aimed to inspire creativity and excellence in innovative approach towards raising the retail profile of Malaysia Airports.



Sama-Sama Tops Airport Hotels for Six Consecutive Years



In November 2018, during the World Luxury Hotel Awards for 2018 held at Ayana Resort & Spa, Bali, Sama-Sama Hotel KL International Airport was awarded the 'Best Luxury Airport Hotel' in South East Asia for the sixth consecutive year.

The gala ceremony was attended by over 350 guests who flew in from around the world. The award was to honour the world's finest hotels for their luxury offerings and exceptional service delivery.

At the same ceremony, Sama-Sama Express KLIA was awarded the 'Best Air Transit Hotel' in Asia and Sama-Sama Express klia2 received an astounding achievement for 'Best Luxury Eco Green Hotel' in Southeast Asia.

Sama-Sama Hotel KL International Airport Acting General Manager, Sundra Kulendra said in recognition to the contribution of its employees, "Sama-Sama Hotels group as a local brand strive to offer the best service in a great environment. I applaud these prestigious awards to the constant perseverance and attentiveness of the Hotel's employees in upholding our brand promise in making meaningful connections to the guests who stayed at our hotel".

He continued, "It's not just the brand of our hotel, but also the brand of Malaysia. In order to strive for a general improvement in the development of tourism in the country, it is necessary to promote the individual facilities as much as possible, as well as the destination as a whole. So, whether it is for business or pleasure, we will always try to give you a memorable stay; the Sama-Sama way".

Earlier in the same month, Sama-Sama Hotel KL International Airport was also recognised as the 'Best Business Hotel in Malaysia' and 'Best Airport Hotel in Malaysia' by Haute Grandeur Global Hotel Awards. The award-giving body determined the winners based on the quality feedback from guests rather than the number of votes by a panel of judges or the general public.

Sama-Sama Hotel KL International Airport is located adjacent and linked to the Kuala Lumpur International Airport (KLIA). The hotel is connected by a covered sky bridge to the main terminal building which houses the arrival and departure hall.

The 442 luxury guestrooms and suites at Sama-Sama Hotel KL International Airport is the preferred hotel choice for transit air travellers with long-haul flights.

INTERVIEW WITH AZMIR ZAIN

Chief Operating Officer, Malaysian Aviation Commission (MAVCOM)

Brought in since April 2016 to formulate and drive MAVCOM's strategic direction within the parameters of the Malaysian Aviation Commission Act 2015, the subject matters he has to tackle are diverse. They run from licensing, traffic rights, economic development, consumer welfare to airport charges and competition matters. Considering the many industry stakeholders and their varied interests, Azmir's responsibilities become quite elaborate.

Leading MAVCOM's management team in the development of our civil aviation industry via economic regulation while protecting consumers' interests have kept Azmir busy over the last few years. The man is not new to the aviation sector. Prior to joining MAVCOM, he was Director of Investments at Khazanah Nasional Bhd, overseeing its investments in aviation.



How would you describe your journey following your appointment as MAVCOM COO?

I would say the challenges that come with a growing market and the desire to see Malaysia's aviation sector as a whole succeed makes every day different. I am glad to be part of a team of passionate professionals, comprising aviation specialists, financial analysts, economists, lawyers and consumer professionals amongst others, who are as keen as I am about developing the sector and creating meaningful change.

To what extent has MAVCOM been able to drive the development of the aviation industry since it was established in March 2016?

MAVCOM's mandate is to create long-term benefits for the consumers and industry through its many initiatives. They include the introduction of the Malaysian Aviation Consumer Protection Code (MACPC) rolled out in July 2016, which lays out legal consumer rights of air travellers in Malaysia. So far, we have handled more than 4,300 consumer complaints related to air travel in the country, where 99% of the complaints have been resolved.

Tell us more about the MACPC?

It is the first consumer protection code in Malaysia's aviation industry. Adapted from international guidelines such as the Montreal Convention 1999 and the International Civil Aviation Organisation's Core Principles on Consumer Protection, it ensures that the rights of consumers, who travel by air in and from Malaysia, are clearly defined and protected under the national law. Prior to MAVCOM's establishment, consumers rights for air travel in Malaysia were less clearly defined.

These rights cover dealings with airlines, airports and other aviation service providers, which include foreign airlines operating in and out of Malaysia.

The MACPC also ensures that consumers are entitled to compensation in the event of flight delays, cancellations and mishandled baggage. Airlines and airports are now given 30 days to resolve consumer complaints.

There is thus more transparency and clearer guidance on consumer rights and how consumers can exercise their rights. With the MACPC, airlines are now prohibited from automatically adding on services when consumers make a booking. As a result of this mandatory 'opt in' approach, consumers now only pay for services that they actively choose.

Please share with us the other initiatives introduced by MAVCOM.

We implemented a reduced Passenger Service Charge for travels from Malaysia to ASEAN destinations from RM65 to RM35 per passenger. We are also working towards having an internationally accepted framework for calculation of airport charges, which will result in differentiated airport charges at airports in Malaysia according to service levels and simultaneously resolve airport development funding for the country.

MAVCOM has also introduced AeroFile, an automated filing system that simplifies the application process of landing permits for airlines, thus reducing the application processing from 14 days to three. We are also developing an economic master plan for the aviation industry in Malaysia and working towards improving the service levels for the Rural Air Services programme in Sabah and Sarawak.

Can you elaborate on the Airports Quality of Service (QoS) Framework introduced by MAVCOM to raise service standards at airports in Malaysia? How it will benefit consumers and the industry?

The Airports QoS Framework will be gradually implemented, commencing with the KL International Airport and klia2 in the third quarter of 2018. Its implementation is part of our efforts to protect consumers and ensure a better travel experience overall by holding airport operators accountable for improving standards. The objective is to ensure airport operators prioritise consumer service levels and facilitate improved airport user experience for air travellers, airlines, ground handlers and other users of airports in Malaysia.

Developed via an industry consultation process, the Airports QoS Framework sets service standards and key performance

indicators for various airport user experiences. They include cleanliness of washrooms, wayfinding, availability as well as quality of infrastructure, queuing times and timeliness of baggage handling. If these service standards are not maintained or achieved, the airport operator could be imposed a financial penalty of up to 5% of its aeronautical revenues.

The Airports QoS Framework also ensures that the interests of airport investors, board members and management are aligned with those of the consumers.

Please tell us more about your consumer-friendly initiative, FlySmart.

FlySmart was launched after we conducted a passenger survey and found that 85% of air travellers are interested to learn about consumer rights through online sources such as social media platforms. Taking greater advantage of social media to pursue our consumer education objectives, our focus is to drive awareness, educate and empower travellers of their rights via the FlySmart website, Facebook page and mobile app.

Available in both English and Bahasa Malaysia, the website offers quick and easy access to essential information on consumer rights and feature handy tips and informative videos. It also acts as a platform for travellers to help one another as it features stories of travellers who have received MAVCOM's assistance. FlySmart's Facebook page allows consumers to learn more about their travel rights in an interactive manner through the sharing of travel tips and articles, related video content as well as sharing of travel experiences.

Meanwhile, our FlySmart mobile app will enable travellers to easily access information and submit feedback to MAVCOM on the go. We will continue our educational efforts through reminders and notices at airports, infographics and educational articles, travel and in-flight magazines as well as on the ground activities such as our presence at MATTA Fairs.

Besides working with airport operators to position FlySmart notices and videos at our airports nationwide, we will also be reaching out to communities in Sabah and Sarawak.



How do you view the outlook and challenges for the aviation industry in 2019? In particular, how will our local carriers fare amid rising jet fuel cost?

While international passenger traffic continues to grow, I expect our Malaysian carriers to be conscious of the volatility in global jet fuel prices threatening the profitability of all carriers. This factor contributes greatly to a challenging operating environment for our local carriers.

Malaysia's passenger traffic is projected to grow between 100.3 million and 101.1 million passengers in 2018 at a relatively low rate of between 1.1 and 2.2% compared to 2017 due to, amongst others, a reduction in domestic capacity by some of our local carriers.

We forecast the country's passenger traffic to grow by 2.2% to 3.3% in 2019, translating into passenger traffic of between 102.5 million and 103.5 million. This growth will be supported by private consumption and potentially lower airfares as Malaysian airlines continue to focus on short- and medium-haul destinations rather than long-haul destinations.

On the personal front, how do you unwind?

I love reading and also enjoy photography. Sometimes I wish I could do it full-time! As an avid fan of Liverpool Football Club, I certainly hope to watch more of their matches live. At the end of the day, spending time with family makes me happiest.



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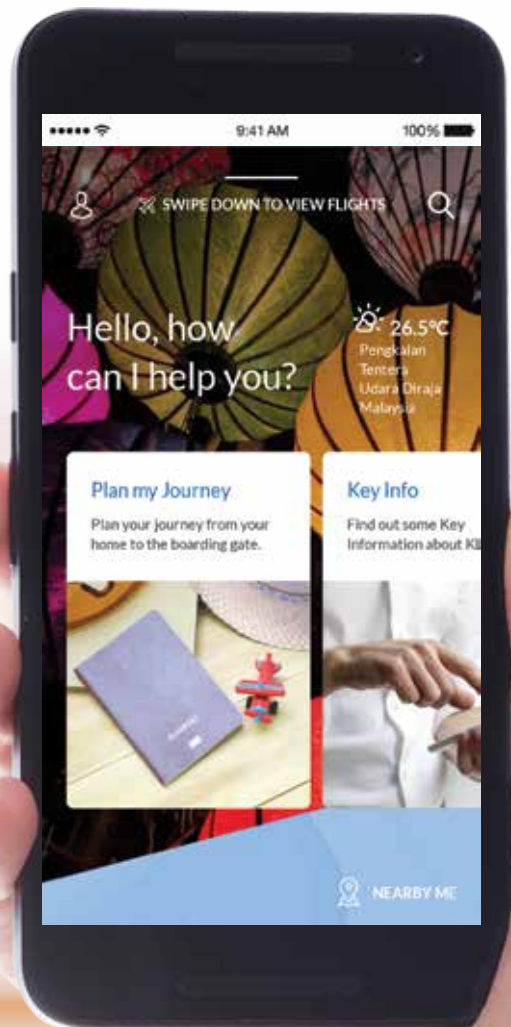
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777 IMPORTANT AND RARE MASTERPIECES FROM MALAYSIA AND SINGAPORE HIGHLIGHTS

BY JACQUELINE BENITA PAUL

Since its inception in 2011, KL Lifestyle Art Space (KLAS) has remained as the cornerstone of the Malaysian art industry.

777, KLAS's soon-to-be published 7th Anniversary coffee table book pays homage to seven art masters and senior artists from Malaysia and Singapore. The book explores the technical mastery behind some of the most iconic works by these prominent artists that have been sold and exhibited over the past seven years at KLAS. The book also features soon-to-be exhibited works from the highlighted artists of which some will be available for sale in an exhibition to be held in conjunction with the re-opening of the KLAS's Bangsar Gallery in Jalan Maarof, Kuala Lumpur in January 2019. A must-have book for all art aficionados.

Following the success of the launch of Khalil Ibrahim: The Art Journey coffee table book officiated by Tan Sri Kamarul Ariffin, 777 expands further on his works from figure study, study of movements, East Coast figure study and more. As a renowned modernist, Khalil's early nude drawings offer wilful non-uniformity of detail. To the discerning eye, a look at Khalil Ibrahim's nudes would provoke thought in deciding if the intent was more whimsical or provocative. In 777, we explore the depths of the evolution of his sketches to some of the most important series in the Malaysian art scene.

Beyond the artworks by the late Khalil Ibrahim, the book will highlight the artworks sold and soon-to-be exhibited at KLAS from Latiff Mohidin, Datuk Ibrahim Hussein, Datuk Syed Ahmad Jamal, Yusof Ghani, Chen Wen Hsi, Cheong Soo Pieng and more.

This month, we shine the spotlight on some of the artists featured in the KLAS 777 Anniversary book along with some of their prized masterpieces.



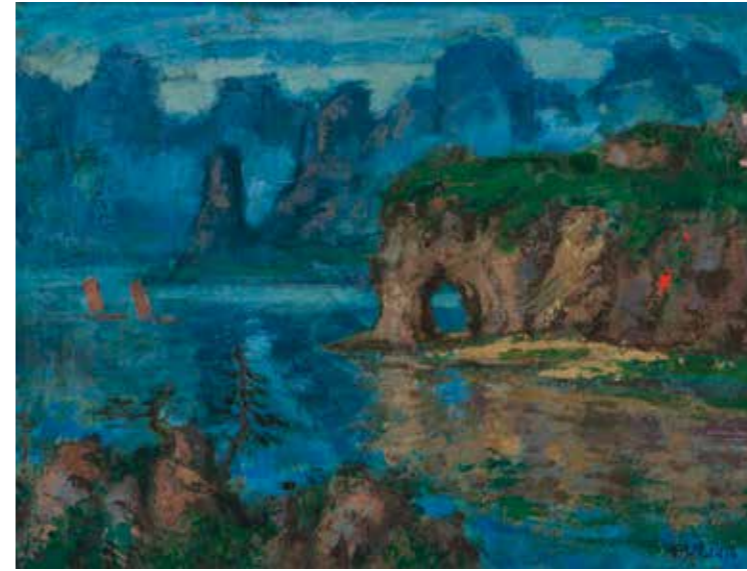
Ibrahim Hussein, Datuk
Now and Again It Flowers, 1973
Acrylic on canvas 258 x 183 cm diptych



Abdul Latiff Mohidin
Siri Pago Pago, 1963
Oil on canvas 87 x 78 cm



Syed Ahmad Jamal, Datuk
Nur Tenaga, 2010
Acrylic on canvas 153 x 152 cm



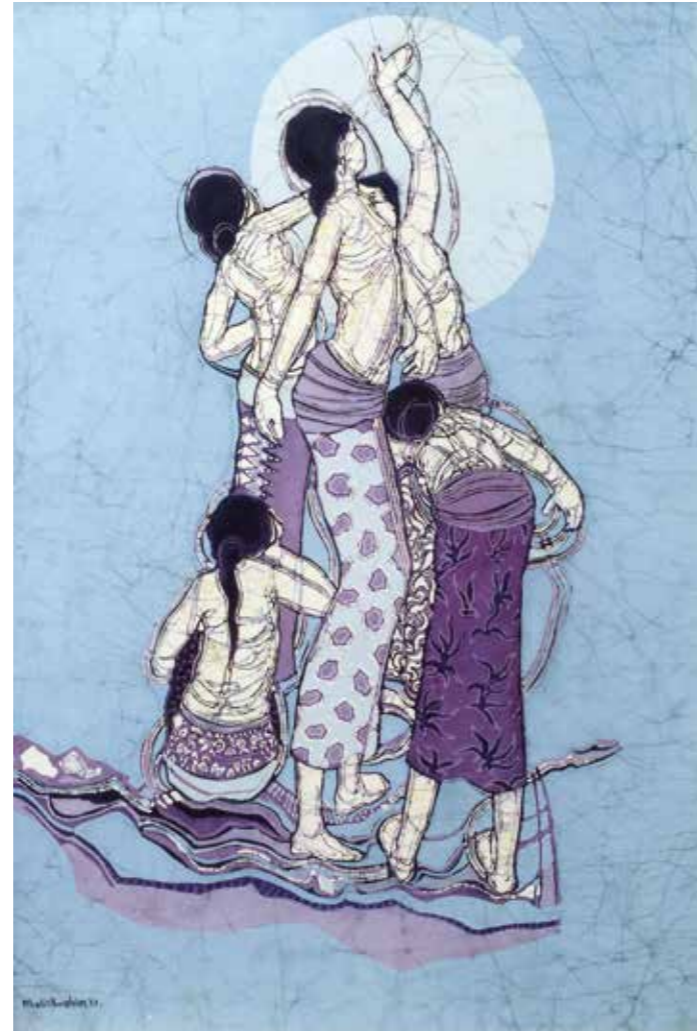
Liu Kang
Blue Landscape, 1976
Oil on board 49 x 74 cm



Khalil Ibrahim
Nude Movement, 1983
Batik 93 x 103 cm



Yusof Ghani
Protest Series Washington, USA - We Are In The System, 1983
Oil on canvas 118 x 158 cm



Khalil Ibrahim
East Coast Series, 1973
Batik 90 x 60 cm



Yong Mun Sen
Portrait of a Nyonya Peranakan, 1943
Hand-painted photography / portrait 26 x 19 cm



Cheong Soo Pieng
Portrait of a Seated Sarawak Girl, 1959
Chinese ink and watercolour on paper
66 x 37 cm



Awang Damit Ahmad
EOC Series "Ting Ting Elegi Anak Kecil", 1987
Mixed media on canvas 115 x 145 cm



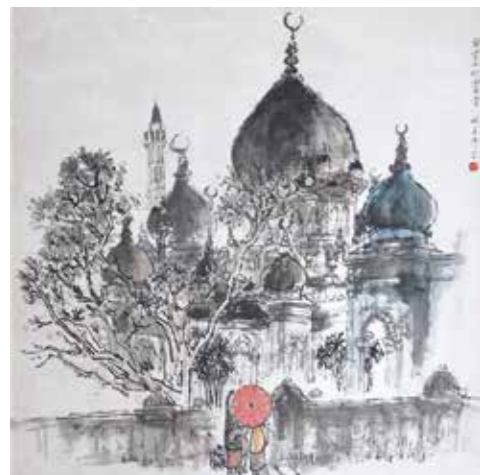
Choo Keng Kwang
Angkor Watt, 1961
Oil on Canvas Board 60.5 x 45 cm



Ng Eng Teng
Telok Bahang Beach Penang Malaya, 1960
Oil on canvas 74 x 54.4 cm



Seah Kim Joo
Chinatown Singapore, 1970s
Batik 89 x 50 cm



Lim Tze Peng
Zahir Mosque, Alor Setar, 1970s
Chinese ink and watercolour on paper 70 x 70 cm



Chen Wen Hsi
Ducks
Ink and colour on paper 44.5 x 32.5 cm



Khalil Ibrahim
Pantai Irama, 1970
Acrylic on canvas 92 x 120 cm



Tay Bak Koi
Boats with Village Scene, 1993
Gouache on paper 93 x 45 cm

YONG MUN SEN

The Father of Malaysian Painting

BY HIRANMAYI AWLI MOHANAN

It's quite impossible not to be immensely captivated by Yong Mun Sen's artworks. They possess a certain quality to them that draws the viewers in and envelope them in the fantastic landscapes and seascapes that were his habitual subjects. The late Yong Mun Sen, born on Jan 10, 1896 was one of Malaysia's pioneer artists. The country's art scene wouldn't be what it is today if it wasn't for his contributions. The artist was born in a coconut estate in Kuching, Sarawak with the forename of Yen Lang. In 1901, he travelled to Tai-Pu, in the Kwangtung Province of China to attain a formal education in the use of brush and calligraphy. He returned to his hometown in 1910.

It was a Japanese artist using watercolours that changed his perspective and thenceforth became enamoured with that medium. In 1914, Mun Sen went back to China and painted majestic pictures of lions and tigers, which were beloved subjects of the warlords of the time. Two years later, he married 16-year-old Lam Sek Foong who bore five children which subsequently prompted his return to Sarawak in 1917. A year later, he started his career at a bookshop in Singapore and served at a school bookshop counter. Yong realised that Singapore sparked a fondness and appreciation for its urban scene which he later illustrated in numerous watercolours.

In 1920, he was transferred to the Penang branch of the bookshop in Carnarvon Street. Being the artist's first time in Penang, he saw the lovely island for what it was and was naturally captivated by its beauty and charm. The year was 1922 when he decided to change his name to Yong Mun Sen and subsequently set up Tai Koon Art Studio in Chulia Street. He took up photography seriously and executed some plaster-of-paris sculptures. Eight years later, he moved his studio from Chulia Street to Penang Road and renamed it Mun Sen Studio. Unfortunately, his career did not gain him any success which later prompted him to open an additional studio housed at an old mansion in Northam Road. During this time, Yong familiarised himself with the works of prominent European artists through books, particularly those of Van Gogh and Gauguin. Gauguin and his works spoke to Mun Sen, which explains the strong influence on the development of his style, especially in his oil paintings.



Portrait of a Nyonya Peranakan, 1943
Hand-painted photography / portrait 26 x 19 cm
Private Collection



Landscape with Bridge, 1953
Watercolour on paper 36 x 55 cm
Private Collection



Woodland, 1947
Watercolour on paper 27.5 x 37.5 cm
Private Collection



Untitled, 1949
Watercolour on paper 47.5 x 35.5 cm
Private Collection



Penang Seascape with Kedah Peak, Undated
Oil on canvas 55 x 64 cm
Private Collection

Around 1936, several Penang artists convened and as a result, their brainchild, the Penang Chinese Art Club was formed with Yong as the vice-president. He became the president the following year. With the onset of the Second World War in 1939, the Penang Chinese Art Club was disbanded and never to be formed again. When the Japanese occupied Malaya from 1941 to 1945, for Yong, this was the most fruitless period of his life. He had to resort to farming for the sake of survival.

The streak of misfortune continued when his wife died in 1941. Soon after, he remarried to the beautiful Yao Chew Mooi, the daughter of Yao Swee Lum from Ipoh (a descendant of Kapitan China, Yap Ah Loy). She eventually gave birth to four sons and two daughters. Post-war, Yong got back on track and delved into the art scene actively and soon after, he became well known through his exhibitions in Malaya and Singapore and also through foreign contacts in Britain, USA and Australia.

Mun Sen's forte and heart was landscape in watercolour. Although he did frolic into oil and Chinese traditional brush painting with success, eventually he steered back to the watercolour medium, in which he excelled. One can observe that his works assimilated the Chinese artistic spirit. It is also evident in his landscape paintings that Yong did not depict the details that made up a landscape, rather, through watercolour, he illustrated fluidity and a carefree rhythm.

In 1956, he had the first of several strokes. Undeterred by his physical infirmity, he struggled on to paint. Things really took a toll on him when his illness lingered and financial hardship eventually led to a morose man. He died on Sept 29, 1962.

A decade later, in 1972, the National Art Gallery organised a Mun Sen Memorial Art Exhibition. Yong Mun Sen's works will always hold a distinguished place in Malaysian art, as they rightfully deserve.



Untitled, 1947
Watercolour on paper 26 x 37 cm
Private Collection



Figure on a Bridge over a River amongst Trees, 1947
Watercolour on paper 26.5 x 37 cm
Private Collection



Untitled, 1947
Watercolour on paper 26.5 x 36.5 cm
Private Collection



Fishing Village, 1948
Watercolour on paper 36.5 x 54 cm
Private Collection



Harbour Scene, 1948
Watercolour on paper 25.5 x 35.5 cm
Private Collection



Untitled, 1949
Watercolour on paper 38 x 56 cm
Private Collection

AVILLION LEGACY MELAKA

Classic and Colonial

BY HIRANMAYIL AWLI MOHANAN

Standing tall and mighty in the heart of Melaka town is a hotel by the renowned group, Avillion. Established in 1998, Avillion Legacy Melaka has stood the test of time and planted its roots firmly in this city. With its proximity to Kuala Lumpur and Singapore, this hotel is the perfect accommodation for city dwellers looking for a business or leisure getaway in Melaka.

Boasting elegance and opulence, this hotel features classic colonial structures, unifying itself with the beauty and rich history of this UNESCO World Heritage site. As we made our way to the lobby of the hotel, we were immediately in awe. Not only did it feature a vast space for guests to lounge at, a brilliant dome of blue and yellow glass overcasted us and transported us to a European country.

SUITE

The bounteous 575-square foot suite is presidential, exuding a vintage and classic charm. It opens up to a living area where one can dine in at or kick back, relax and watch movies. At the heart of the suite, a massive king-size bed greets guests along with an en suite bathroom that is indulgent. The highlight of the suite, besides its grand amenities is the sweeping view of Melaka. Be it a couple on their honeymoon or a family of three, the suite offered by Avillion Legacy ensures an amazing stay in comfort and style.



Jalan Hang Tuah,
75300 Melaka
Tel: 06-281 6868

HI-TEA

As soon as we checked in, our stomach grumbled, signalling it was time to indulge in the hi-tea purveyed by the hotel. Armed with our appetites, we entered the Coffee House and lo and behold, a delectable spread awaited us. While we were pleased with the sumptuous array of food, we were even more delighted to learn that Avillion Legacy's hi-tea highlights the Peranakan fare, so we spared no time indulging in the asam pedas, nasi tomato, dim sum, curry mee, a variety of Nyonya kuih and too many more that we are shy to admit. The hi-tea grants patrons the option to indulge in local cuisine without having to leave the hotel. Those travelling in a group of four would appreciate the buy three free one promotion, enabling everyone to indulge in the Peranakan cuisine.



Suite



Lobby



Swimming Pool

ROOFTOP SWIMMING POOL AND GYMNASIUM

For us, a vacation is not complete without a visit to the swimming pool. What better way to soak in the beauty that is Melaka from the rooftop and lounging by the pool with a cold drink in hand, right? We absolutely loved not only taking a dip during a

sweltering hot day, but also taking pictures and feeding our social media with the beautiful landscape. Moreover, after savouring the delectable Peranakan fare in Melaka, it's only right that we burn it all off in the gym, located close to the swimming pool so we can indulge some more.

MEETINGS AND EVENTS

With a series of versatile ballroom and meeting rooms, Avillion Legacy Melaka makes it a point to always have a full range of meeting amenities and resources to cater to their guests' needs. Celebrate special events at the pillar-less Pacific Ballroom that boasts a grand crystal chandelier cascading from the high ceiling. It also comes with a spacious foyer that is ideal for pre-event cocktails or receptions. Besides that, companies planning to hold meetings and events need not look any further as the series of Straits Meeting Rooms come with good lighting, built-in screens and portable stage, making them perfect for any occasion.

MERITUS PELANGI BEACH RESORT AND SPA LANGKAWI

The Quintessential Beach Getaway

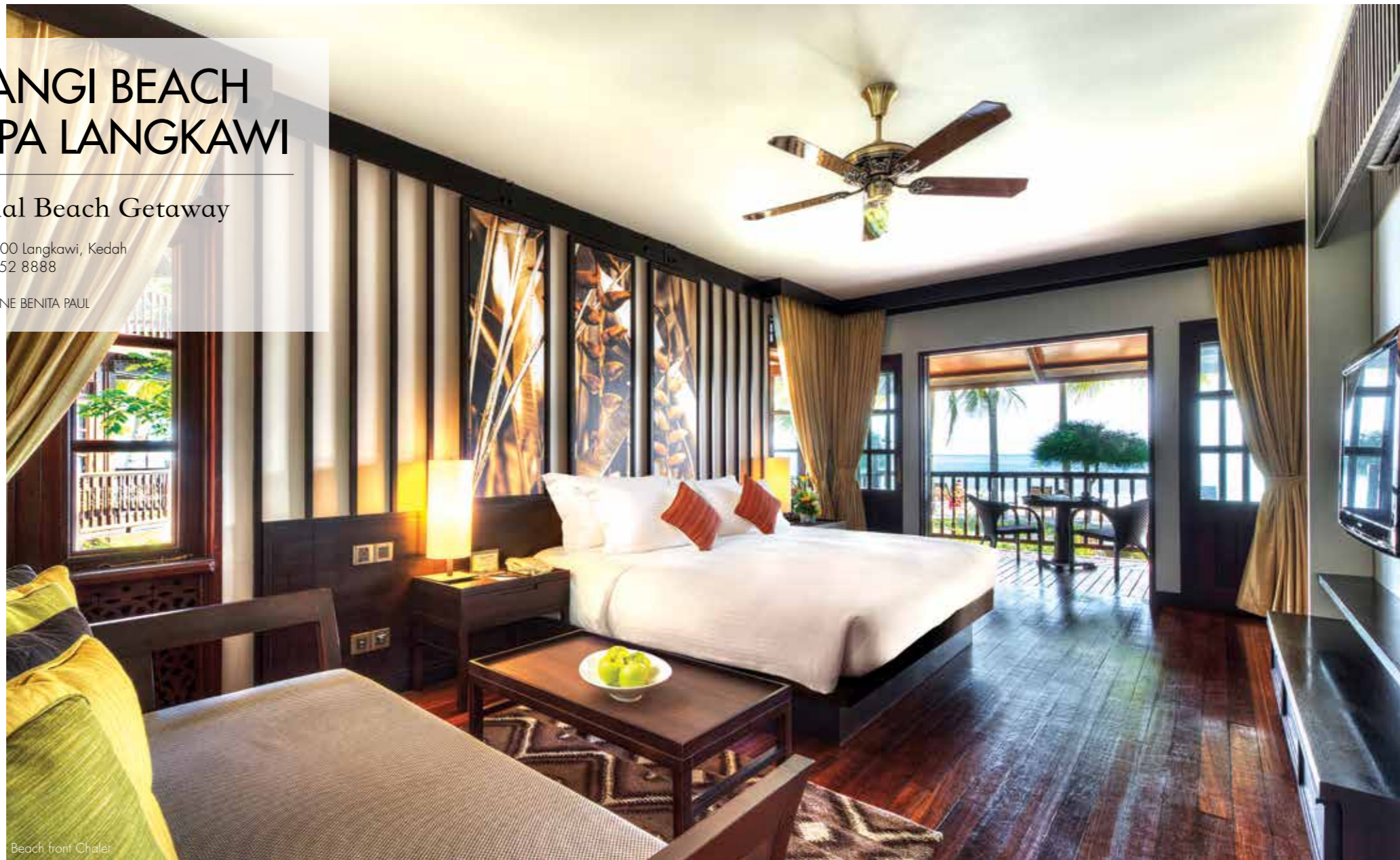
Pantai Cenang, 07000 Langkawi, Kedah
Tel: 04-952 8888

BY JACQUELINE BENITA PAUL

Meritus Pelangi Beach Resort and Spa Langkawi offers a luxurious experience of our local culture that can be appreciated by tourists and locals alike. Upon arrival, we were greeted with warm smiles and directed into the lobby with a traditional Malay village home design exuding ethnic charm. The lobby design boasts a balance between modern and traditional elements. The dark mahogany wood brings out the authenticity of the traditional design and the contemporary furniture makes the space seem intimate and welcoming. With the way it's preserved, you wouldn't believe that this hotel has been around for almost 30 years.

We arrived earlier than scheduled and hungry, so we decided to grab lunch at the Pelangi Lounge. As we entered, our eyes spotted the batik steel block adorning the wall behind the reception. On our right was a generous buffet for guests to enjoy regardless of the room type. For a nominal fee, guests can enjoy the special offerings such as the afternoon tea and evening cocktails. We perused through the menu which offers authentic local dishes – Malay, Chinese and Indian – at wallet-friendly price tags. Later, we found out that the menu is the same for the in-room dining and we could also find the a-la carte selections served in the morning buffet at the Spice Market.

I was intrigued to find out how the Chicken Paratel would be prepared since very few luxurious establishments would take on a complicated local dish in the menu. Though it did not taste exactly like the Chicken Paratel I am accustomed to, it was rich, buttery and the spiciness was just right. My friend ordered the Sea bass which was served on a bed of creamy risotto. We had no regrets dining here especially because of the view; families walking by after a swim, tourists enjoying the tropical weather and the look of excitement of



Beach front Chalet



Pelangi Lounge Bar



Cascade Pool Bar



Lobby

the guest on the buggy exploring the 35-acre property.

We were brought on a buggy to our chalet by the beachfront. Throughout our stay, we made it a point to sit at the rear end of the buggy just, so we could always admire the lush green landscape and the lake. Occasionally, we rented bicycles at the Leisure Centre to explore the resort. We arrived at our Malay home-inspired chalet overlooking the sea. Our room was on the highest floor boasting a high ceiling and cleverly designed space which delivered opulence and practicality. The lower floors are great if you want immediate access to the sea.

A small fruit basket and a box of praline chocolate were placed on the coffee table at the entrance. With only two rooms on each floor of the chalet, we enjoyed privacy and the only sounds we heard were the waves reaching the shore. We opened the wooden shutters to allow the ocean breeze to enter the room and took a moment to enjoy the Straits of Malacca shoreline view. Once we had our fill of tranquillity, we took a brisk walk to Cba-an alfresco restaurant situated at Cenang Beach. In the morning, CBA offers a scrumptious spread of western favourites. Nothing quite like saying "Good Morning" with a glass of sparkling wine and a selection of fine cheese and the sound of the ocean which is what Cba offers. When the sun is down, guests can enjoy a candle lit dinner at Cba along with tunes from the live band that plays every night.

There is no shortage of fun things to do at Meritus Pelangi Beach Resort, whether its arranging for a cooking class with the Talking Chef, playing indoor board games at the Leisure Centre, going parasailing or taking a sunset cruise, this resort has it all. For cosmopolitans like us, we opted for the more scenic experience like taking a dip in the gorgeous cascade pool with a poolside bar. We took advantage of the longest happy hour deals in Langkawi.

- 12.00PM-4.00PM: Cascade Pool
- 4.00PM-7.00PM: Cba
- 7.00PM-9.00PM: Pelangi Lounge

A stay at Meritus Pelangi Beach Resort and Spa is a gift that keeps on giving. We noticed that at all the restaurants, the WiFi and even after our stay, we were requested to provide a review of our experiences. No doubt, this is why the hotel manages to check all the right boxes in Asian hospitality. Next time, we intend to spend a little more time to at the resort to enjoy all that it has to offer and rejuvenate ourselves again with its old meets new world charm.



DATO' SRI SITI NURHALIZA ON TOUR

Join Malaysia's Queen of Pop, Dato' Sri Siti Nurhaliza on a musical journey that celebrates more than 20 years of hits. Come experience the voice, the music, and the legend on her biggest tour yet.

This self-titled tour, "DATO' SRI SITI NURHALIZA ON TOUR", speaks for itself. A musical journey that will take you down memory lane, with hit after hit, re-arranged to make your heart skip a beat and will surely get you on your feet.

Each segment of the show will feature the best of the best; An Ethnic segment, Ballads, Chart Toppers and an Unplugged segment ~ All musically produced and re-arranged by music extraordinaire, Aubrey Suwito with his All-Star band. Aubrey has handpicked

this star-studded group of musicians, some coming all the way from New York City as well as the crème de la crème of Malaysian musicians who have been with Siti since the start of her career.

The concert will also be featuring the incomparable male Indonesian singer, TULUS. The blend of these two amazing voices will surely be magical. TULUS will be the guest singer for the tour, performing his hit songs which should not be missed by any of his diehard fans. Who knows, you may be witness to a new hit duet, before its release.

A special feature of this tour highlights a movie-documentary which will be released on the silver screen, taking you behind the scenes of Malaysia's Queen of Pop music's

biggest tour yet. From juggling between nursing her first-born child to performing at prestigious and iconic venues. Watch how this mogul preserves her legacy.

There are special meet-and-greet packages available for Siti's die-hard fans the day after her concert. The package includes a concert ticket, free T-shirt, CD and refreshments at the meet-and-greet session.

"DATO' SRI SITI NURHALIZA ON TOUR", is organised by Shiraz Projects Sdn Bhd and is an on-going tour for two years. Tickets for the concert will be available at www.mytickets.asia from Dec 26 2018. For further information, please visit www.shirazprojects.com or call 012 2560082.

Ticket price: RM1,295 (Meet & Greet), RM495 (diamond), RM355 (Platinum), RM255 Gold, RM155 (Silver), RM105 (Bronze)

Tickets: www.myticket.asia
Ticket Hotline: 03 8605 0196,
012 3695457

Website: www.shirazprojects.com

Info Hotline: 012 2560082

Instagram: Shirazprojects

Facebook: Shirazprojects

Hashtag: #SitiNurhalizaOnTour



TVS APACHE BIKES

BY JUSTIN HONG

For those who are not familiar with the brand TVS, TVS Motor Company is a multinational motorcycle company headquartered at Chennai, Tamilnadu, India. It is the third largest motorcycle company in India with an annual sales of over 3 million units and an annual capacity of over 4 million vehicles, from motorcycles, Moped, Scooter to three-wheeler sold in over 26 countries.

The Neo X3i first launched in Indonesia back in 2017 is TVS best-selling model to-date. It did not make much of an impression as it looks just like any other under-bone motorcycle in the market today. But I was totally impressed during the product brief.

This Neo comes equipped with technology that you do not get nor find in any other motorcycle of its class. It has what TVS called the Four I. 1. I-Econo - which control

fuel for optimum efficiency. This is done through the throttle sensor that optimizes the ignition. 2. I-Start - This ensure faster engine warm-up. 3. I-Charge - A mobile charging port or rather a cigarette lighter socket. And 4. I-Space - 8.7 liters of space below the seat for storage.

Neo X3i has 4 color combination to choose from. Blue-Black, Red-Black, Orange-Black and Green-Black.



TVS APACHE RTR200 4V RACE EDITION 2.0

This race edition comes with a first in its segment, an Anti-Reverse Torque Slipper clutch. A system where the rider is able to up-shift and down-shift without squeezing the clutch, other than when you are engaging into first from neutral. It has LED lamps in front and back, a full digital speedometer that comes with lap timer, top speed recorder and service reminder. Those are some innovative features for a motorcycle of its class.

The engine is from race-derived O3C technology where oil-cooled combustion chamber and ram air-assisted cooling reduces the engine heat map by 10°C. The piston is coated with Nanofriks which TVS claimed is more durable and heat resistant than conventional piston.

Some of the renowned partners TVS collaborated with include BOSCH for its fuel injection, KAYABA for its rear mono-shock suspension and Pirelli for its tires. The Apache RTR200 comes in Black, Red, White, Grey and Matte Black.



the Curve
Mutiar Damansara, PJ
Tel : 03-7710 6868
Situating in PJ's golden triangle, this open-air mall boasts 700,000 sq ft of space spreading over 3 floors and accommodating 270 specialty shops. It is connected to Ikea, Ikano Power Centre and Tesco. • 10am-10pm daily.

Bangsar Village
Jalan Ara, Bangsar • 📍 Bangsar
Tel : 03-2282 1808
Located in happening Bangsar, this neighbourhood mall is vastly popular due to its individual specialist shops offering fashion wear, toys, jewellery, hardware, beauty salons and F&B. Anchor tenants include The Village Grocer. The newer and bigger Bangsar Village II that's connected to this mall offers more local and international brands.

Alamanda Putrajaya
Jalan Alamanda, Precinct 1, Putrajaya
Tel : 03-8888 8882
Accessibility: ERL Putrajaya & Nadi Putra (bus service) Located at the heart of Putrajaya, Alamanda offers a new resort-style shopping to suit the needs of all - with Parkson & Carrefour as anchor tenants, FOS, Somerset Bay, MPH and Toycity tagged with ARL Bowl.

CapSquare
Jalan Munshi Abdullah • 📍 M Tuanku
Dang Wangi
Tel: 03-2697 7662
Strategically located in the heart of KL's midtown area, CapSquare is an eclectic mix of signature offices, Manhattan-inspired residences, a shopping centre and a vibrant 300-metre retail boulevard. It also houses intimate eateries, chill-out spots and a TGV cinema. • D6

Publika Shopping Gallery
No 1, Jalan Dutamas 1, Solaris Dutamas, 50480 Kuala Lumpur
Tel: 03-6211 7877
www.publika.com.my
www.facebook.com/publikashoppinggallery

Suria KLCC
Petronas Twin Towers • 📍 KLCC
Tel : 03-2382 2828 / 2430 / 2431
Located at the base of the Petronas Twin Towers, Suria KLCC is the premier shopping centre in KL. It offers unique shopping, dining & entertainment experience. It houses exclusive designer brands and provides an abundant choices of goods and services for everyone. • 10am - 10pm daily. • D8

Sunway Pyramid
Bandar Sunway
Tel : 03-74943100
Impressive giant sphinx statue greets you at the entrance of this Egyptian-themed shopping centre situated next to Sunway Hotel and the Sunway Lagoon theme park. The mall has a variety of shops and restaurants, an indoor ice-skating rink and a cineplex. • 10am-10pm daily.

Pavilion KL
168, Jalan Bukit Bintang • 📍 B Bintang
Tel : 03-2118 8833
The shopping centre blends the best of the international retail world with 450 stores - ranging from fashion to home deco and leisure to culinary delights - over its 7 levels and 6 themed precincts. 20% of its tenants represent debut brands in Malaysia. Anchor departmental stores are Parkson Pavilion and Tangs. • 10am to 10pm daily

Bangsar Shopping Centre
Jalan Maarof, Bangsar
Tel : 03-2094 7700
Located in the affluent Bangsar suburb, this mall buzzes with a trendy crowd and houses an array of individual specialist shops for every need. Jasons Food Hall is a favourite with shoppers, as it offers an extensive range of fresh and international food brands. 10am - 10pm daily.

Maju Junction Mall
1001 Jalan Sultan Ismail • 📍
Tel: 03-2697 9312
Located at the junction of Jalan Tuanku Abdul Rahman and Jalan Sultan Ismail, the five-storey mall has 101 outlets with Giant, Wh by British India, FOS, Nichil Fashion City being the anchor tenants. The mall provides concierge service and has an indoor archery centre, Big-Shot Archery. • 10am - 10pm daily.

IPC Shopping Centre (Formerly Ikano)
2, Jalan PJJ 7/2, Damansara Mutiara, PJ
Tel: 03-7730 0333
Located near 1 Utama and linked to IKEA, this centre only has XXL size stores. The 11 anchor tenants includes Harvey

Pertama Complex
Jalan Tuanku Abdul Rahman
M Tuanku
Bandaraya • 📍 Bank Negara
Tel: 03-2691 6599
One of the earliest shopping complexes in KL, this mall consists of many small shops selling an astonishing variety of goods and services appealing to the masses, including sports goods, leatherware, clothes, shoes and stationery. • 9am - 9pm daily. • D5

Sogo KL
Jalan Tuanku Abdul Rahman
M Tuanku
Bandaraya • 📍 Bank Negara
Tel : 03-2698 2111
This 10-storey shopping mall is well patronised for its quality goods (local and international) ranging from apparel, home furnishing to daily need items. It also has an international restaurant floor on the 6th floor • 11am-9pm daily • D5

Starhill Gallery
181 Jln Bkt Bintang • 📍 B Bintang
Tel: 03-2782 3800
Connected to JW Marriott Hotel and Ritz Carlton Hotel, Starhill houses the largest retail watch floor and a host of top fashion designer boutiques. An exclusive mall with excellent eateries and high-end shops. • 10am - 10pm daily • E9

Sungei Wang Plaza
Jalan Sultan Ismail • 📍 B Bintang
Tel: 03-2142 6636
Sungei Wang remains one of the busiest shopping centres for the last 2 decades. Linked directly to the Monorail, it has over 500 retail outlets and eateries. A great place to hunt for electrical and electronic products, mobile phones, fashionable street wear, shoes & accessories. The hip T-Hop zone at the 6th floor caters to trendy teenagers • 10am - 10pm daily • F8

Subang Parade
Subang Jaya • 📍 Subang
Tel: 03-5633 2530
This suburban mall offers an interesting mix of stores with goods ranging from apparels to antiques, and music to jewellery. Anchor tenants include Toy 'R' Us and Parkson. Carrefour hypermarket is located next door. • 10am - 10pm daily.

Great Eastern Mall
303 Jalan Ampang
Tel : 03-4259 8090
Located along busy Jalan Ampang, this 6-storey mall has a host of shops including a pet shop, Aussino, British India and eateries like Starbucks and Alexis. It has Cold Storage as its anchor supermarket. • 11am - 9pm daily.

Hartamas Shopping Centre
Plaza Damas, 60 Jalan Sri Hartamas 1
Tel: 03-6201 6553
Integrated with Plaza Damas & situated among retail shops, offices, serviced apartments and alfresco boulevards. Features Citi Super, SenQ and many other speciality retailers.

Lot 10
50 Jalan Sultan Ismail • 📍 B Bintang
Tel : 03-2143 6092
Linked to the Bukit Bintang Monorail station and Sungei Wang Plaza by an overhead bridge, Lot 10 offers an upmarket and wide selection of fashion wear. It has Isetan as anchor tenant • 10am - 9.30pm daily • F8

Low Yat Plaza
Off Jalan Bukit Bintang • 📍 B Bintang
Tel : 03-2148 3651
Located next to the Federal Hotel, it has 250 tenants offering goods as varied as cameras, mobile phones, apparel, fashion accessories and antiques. This largest IT centre provides for all your computing needs. BB Park, located across the plaza and consisting of trendy restaurants and alfresco cafes, sees a hive of activities at night. • 10am - 10pm daily • F8

MINES Shopping Fair Centre
Seri Kembangan • 📍 Serdang
Tel: 03-8949 6288
Cruise into the heart of a busy shopping mall with a vibrant mix of more than 300 retailers, fashion boutiques, F&B outlets, canal quay alfresco dining, IT & mobile gadgets and also leisure and entertainment facilities like a cinema, bowling alley and snooker centre. • 10am - 10pm daily.

Mid Valley Megamall
Lingkaran Syed Putra • 📍 Mid Valley
Tel : 03-2938 3333
The shops go on and on in this mall strategically located between KL and PJ. It has Metrojaya, Jusco, Carrefour, Golden Screen Cinemas and MPH as anchor tenants, over 300 speciality stores and 70 F&B outlets under one roof. Adjacent to the mall are Cititel Mid Valley Hotel and Boulevard Hotel • 10am - 10pm daily.

The Gardens
Mid Valley City • 📍 Mid Valley
Tel : 03-2297 0288
10am - 10pm daily

Sunway Putra Mall (Formerly The Mall)
100 Jalan Putra, KL • 📍 PWTC
Tel: 03-2786 9333
Located across the Seri Pacific Hotel and Putra World Trade Centre, the Mall has anchor tenant Parkson Grand together with a host of retailers, offering a full range of products, services, food & amusement to shoppers • 10am - 10pm daily • B5

DINE



JOLOKO
43, Jalan Kamunting, Off Dang Wangi, 50300 Kuala Lumpur
Tel: 03-2694-1100



DEEP BLUE BY THE FACE SUITES
Level 51, The Face Suites, Jalan Sultan Ismail 50250 Kuala Lumpur

Chinese

Celestial Court
03-2717 9988 • 📍 M Tuanku • Sheraton Imperial Hotel • 📍 Halal • Casual Dining • C6

Chynna
03-2264 2264 • 📍 KL Sentral • Hilton KL • 📍 Halal • Casual Dining • H3

Dynasty
03-2771 6773 • 📍 B Nanas • East Wing, Renaissance Hotel • 📍 Non-Halal • Casual Dining • D7

Dynasty Dragon
03-4280 5666 • 📍 Ampang Water Front • 📍 Non-Halal • Casual Dining • F8

Hakka
03-21431907 • 📍 Raja Chulan 6 Jalan Kia Peng • 📍 Non-Halal • Casual Dining • E9

Imbi Palace
03-2143 1128 • 📍 Jalan Bukit Bintang Pavilion • 📍 Non-Halal • Casual Dining • F8

Kim Ma
03-8946 2333 • 📍 Palace of the Golden Horses • The Mines Resort City • 📍 Halal Fine Dining • Cantonese cuisine

Lai Po Heen
03-2179 8885 • 📍 KLCC • Mandarin Oriental Hotel • 📍 Halal • Casual Dining • Cantonese • D8

Li Yen
03-2782 9033 • 📍 B Bintang • The Ritz Carlton Hotel • 📍 Non-Halal • Casual Dining • F9

Maju Palace
03-2691 8822 • 📍 M Tuanku S Ismail • Level 5, Maju Junction Mall • 📍 Halal • Casual Dining • C5

Mandarin Palace
03-2148 8744 • 📍 B Bintang • 2/F, Federal Hotel • 📍 Non-Halal • Casual Dining • F8

Marco Polo
03-2141 2233 • 📍 Raja Chulan • 1/F, Wisma Lim Foo Yong, Jalan Raja Chulan • 📍 Non-Halal • Casual Dining • E8

Meisan
03-2614 8056 • 📍 Bandaraya • Quality Hotel City Centre • Jalan Raja Laut • 📍 Halal • Casual Dining • Szechuan cuisine

Ming Palace
03-2161 8888 • 📍 Ampang Park • Corus Hotel, Jln Ampang • Casual Dining

Ming Room
03-2284 8822 • 📍 Bangsar • Bangsar Shopping Centre • 📍 Non-Halal • Casual Dining

Oriental Noble House
03-2145 8822 • 📍 Imbi • 19 Jalan Delima, Off Jalan Imbi • 📍 Non-Halal • Casual Dining • F10

Overseas
03-2144 9911 • 📍 B Bintang • 84-88 Jalan Imbi • 📍 Non-Halal • Casual Dining • F8

Purple Cane
03-2272 3090 • 📍 Maharajalela • Selangor Chinese Assembly Hall, 1 Jln Maharajalela • 📍 Halal • Casual Dining • G6

Xin Cuisine
03-2144 2200 • 📍 B Nanas • Concorde Hotel • 📍 Non-Halal • Private Dining • D7

French

Café Café
03-2141 8141 • 📍 Maharajalela • 175 Jalan Maharajalela • 📍 Halal • Fine Dining • Fr & Italian • H7

Fusion

Cilantro
03-2179 8082 • 📍 MiCasa All Suite Hotel, 368B Jalan Tun Razak • 📍 Pork-Free • 📍 Halal • Fine Dining • D10

Shook!
03-2782 3875 • 📍 B Bintang • Lower G/F, Starhill Gallery • 📍 Halal • Fine Dining • E9

Indian

Estana Curry House
03-2141 1958 • 📍 Raja Chulan • 23D, Jln Sultan Ismail • 📍 Halal • Casual Dining • C6

Passage Thru' India
03-2145 0366 • 4, Jln Delima,kl
Halal • Casual Dining • E10

Spice Garden Imperial
03-2142 2220 • 📍 B. Bintang • 205 Jln Bkt Bintang.

International

Essence
03-2717 9900 • 📍 M Tuanku • Sheraton Imperial • 📍 Halal • Casual Dining • C6

The Resort Cafe
03 - 7495 2009 . Lobby Level, Sunway Resort Hotel & Spa
*Pork-Free Restaurant

Eight Gourmets Gala (EGG)
017 948 8684 . Suite G-01, Ground Floor, Pinnacle Annexe, Persiaran Lagoon, Bandar Sunway, 47500, Selangor

Maya Brasserie
03- 2711 8866 • 📍 B Nanas • KLCC • 📍 Hotel Maya KL • 📍 Halal • Casual Dining • Nyonya & International • D8

Melting Pot
012-399 0734 • 📍 B Nanas Concorde Hotel, 2 Jln Sultan Ismail • 📍 Halal • 24-hour • Casual Dining • D7

Still Water Restaurant
03-2333 1360 • 📍 B Nanas • 📍 KLCC • 📍 Hotel Maya KL • 📍 Halal • Casual Dining • Japanese & Western • D8

PNB Darby Cafe
03-7490 3838 • 📍 Ampang Park • G/F, PNB Darby Park, Executive Suites, 10 Jalan Binjai • 📍 Halal • Casual Dining • D9



Cardiac Vascular Sentral Kuala Lumpur (CVSKL) is an integrated Cardiac and Vascular Private Hospital specialising in comprehensive modern care for patients with cardiac and vascular diseases.

Jalan Stesen Sentral 5, Kuala Lumpur Sentral, 50470 Kuala Lumpur

+603 2276 7000 info@cvskl.com www.cvskl.com CVSKL CVS.KL

Italian

Cellini's
03-2715 1000 • B Bintang • Dorsett Regency Hotel • 172 Jalan Imbi • Halal • Casual Dining • F9

Tamarind Springs
03-4256 9300 • Jalan 1 Taman Tun Abdul Razak, Ampang Halal • Fine Dining

La Risata
03-4252 6269 • 26, Persiaran Ampang • Halal • Casual Dining

Prego
03-2773 8338 • B Bintang • The Westin Hotel • Halal • Fine Dining • E9

Villa Danieli
03-2717 9922 • M Tuanku • Sheraton Imperial Hotel • Halal • Italian • Fine Dining • C6

Japanese

Tatsu Japanese Restaurant
03-2782 6118 • Ampang Park InterContinental Hotel Halal • Casual Dining • C9

Gen
03-4042 9888 • PWTC • Sunway Putra Hotel • Halal • Casual Dining • B5

Nobu Kuala Lumpur
03-2164 5084 • Menara 3 Petronas Persiaran KLCC • Fine Dining

Fukuya Restaurant
03-2144 1022 • 9, Jalan Delima, Imbi, Kuala Lumpur • Casual Dining

Haru Japanese Restaurant
03-2011 8783 • 124A, Jalan Kasah, Medan Damansara • Casual Dining

Ikeferu
03-2264 2264 • Stesen Sentral KL • Hilton Kuala Lumpur, 3 Jln Stesen Sentral • Halal • Casual Dining

Kampachi
03-2148 9608 • Raja Chulan • Pavilion KL

Kokufu
03-4049 4412 • Sri Pan Pacific KL Halal • Fine Dining

Komura
03-2161 8888 • Ampang Park Corus Hotel • Casual Dining • C9

Ozeki Tokyo Cuisine
03-2166 4263 • B Nanas • Menara TA One • Halal • Fine Dining • D8

Yuzu
03-2284 7663 • The Gardens, Mid Valley City • Casual Dining

Sagano
03-2162 2233 • B Nanas • Renaissance Hotel • Halal • Casual Dining

Korean

Da On
03-2141 2100 • B Bintang • Pavilion KL • Halal • Fine Dining • Korean • E8

Koong Jung
03-2166 7181 • Ampang Park • PNB Darby Park • Halal • D9

Koryo Won
03-2143 2189 • Bukit Bintang • Starhill Gallery • Halal • Casual Dining • E8

Thai

Rama V Fine Thai Cuisine
03-2143 2428 / 03-2143 2663 5, Jalan U-Thant, 55000 Kuala Lumpur • Halal • Fine Dining

★★★★★

Sheraton Imperial KL
03-2717 9900 • Jln Sultan Ismail • M Tuanku • Essence (Int'l), Villa Daniell (Ita), Celestial Court (Chi) • From RM300-RM5,825 • D6

Hotel Istana
03-2141 9988 • 73, Jalan Raja Chulan • R Chulan • Peach Garden (Chi), Urban Bistro (Aus), Taman Sari (Int'l) • From RM299-RM5000 • E8 • www.hotelistana.com.my

Hotel Maya KL
03-2711 8866 • Jalan Ampang • Bukit Nanas • KLCC • Still Waters, Maya Brasserie, Ramah Tamah • From RM325-RM1,800 • D8 • www.hotelmaya.com.my

InterContinental KL
03-2782 6000 • 165, Jalan Ampang • Ampang Park • Serena Brasserie, Tao (Chi), Tatsu (Jap), Bentley's Pub, Lobby Lounge & The Deli • From RM330-RM12,500 • C9 • www.intercontinental.com

JW Marriott Hotel KL
03-2715 9000 • 183 Jalan Bukit Bintang • B Bintang • 3rd Floor (Int'l), Marriott Café, Shanghai (Chi), JW Marriott Gourmet (Int'l), Havana Club • From RM400-RM8,000 • E9 • www.marriott.com

Le Meridien KL
03-2263 7888 • 2, Jln Stesen Sentral 5, KL Sentral • KL Sentral • One On One (Asian Fusion), Al Nafourah (Middle Eastern), The Conservatory (Lounge & Bar) • From RM 328-RM5,500 • H3 • www.lemeridienkualalumpur.com

Mandarin Oriental Hotel
03-2380 8888 • KL City Centre • KLCC • Lai Po Heen (Ch), Mandarin Grill and Mo Bar (Bar & Grill), Mosaic (Buffet), The Mandarin Cake Shop, Cascades (Int'l), Wasabi Bistro (Jap) • From RM409(Internet)/RM499(phone) • D8 • www.mandarinoriental.com

Philea Mines Beach Resort
03-8943 6688 • Jalan Dulang, Mines Resort City, Seri Kembangan, Selangor • Serdang • Abdul and Charlie's (local), Cheng Ho Court (Chi), Beach Hut and Sunset Lounge (drinks and snacks) • From RM200-RM2000

Sama-Sama Hotel KLIA
03-8787 3333 • Kuala Lumpur International Airport • KLIA Degrees (Int), Traveller's Bar & Grill, Palmz Lounge (Wn) • From RM570++ • www.samasamahotels.com

Parkroyal Kuala Lumpur
03-2147 0088 Jln Sultan Ismail • B Bintang • Chatz Brasserie (Wn), Bossa Nova (Wn), Hot Gossip, Si Chuan Dou Hua (Chi), Klx Lounge • From RM270 • www.parkroyalhotels.com

PNB Darby Park Executive Suites
03-7490 3333 • 10, Jln Binjai • Ampang Park • The 39 Restaurant, Minmax (Chi), Koong Jung (Jap/Korean) • From RM350-RM686 • D9 • www.pnbdarbyparksuites-kl.com

Pullman Kuala Lumpur
03-2170 8888 • 4, Jalan Conlay • Raja Chulan • Tai Zi Heen (Chi), Eccucino (Café), Enju (Jap) • From RM270-RM670 • E9 • www.princehotels.com

Renaissance KL
03-2162 2233 • Corner of Jln S. Ismail/ Jln Ampang • B Nanas • Sagano(Jap), MED@Marche(Med), Vogue (Int'l) • East Wing: Dynasty (Chi), TEMPTATION (Int'l) • From RM215-RM6,000 • D7

The St. Regis Kuala Lumpur
03-2727 1111 • Jalan Stesen Sentral 2, Kuala Lumpur Sentral • From RM850

Shangri-La Hotel KL
03-2032 2388 • 11 Jalan Sultan Ismail • B Nanas • Shang Palace (Chi), Zipangu (Jap), Laffite (Fr), Lemon Garden Café (Int'l), The Pub • From RM364-RM12,000 • D7 • www.shangri-la.com

Sheraton Imperial Hotel
03-2717 9900 Jln Sultan Ismail • M Tuanku • Essence (Int'l), Villa Daniell (Ita), Celestial Court (Chi) • From RM300-RM5,8250 • D6

The Gardens Hotel & Residences
03-2268 1188 • Mid Valley City • Mid Valley • The Soread (Int'l), Sage Restaurant & Wine Bar (Fr & Jap) • From RM600-RM2,600 • www.gardenshtres.com

Sunway Putra Hotel (Formerly The Legend Hotel)
03-4042 9888 • Putra Place, 100 Jalan Putra • PWTC • Museum (Chi), Di-Atas Brasserie (Int'l), Gen (Jap), Monkey Bar • From RM188-RM388 • B5 • www.legendhotelkl.com

The Ritz-Carlton KL
03-2142 8000 • 168, Jalan Imbi • B Bintang • Li Yen (Chi), Rossini's (Ita) • From RM418 • F9 • www.ritz-carlton.com

The Ritz-Carlton Residences
03-2142 9000 • B Bintang • From RM950-RM1,330 • F9

The Royal Chulan
03-2688 9688 • Jalan Conlay • R Chulan • Deli Cafe (Ita), Bunga Emas (Mas), L'Heritage (Fr) • F6 • www.theroyalchulan.com.my

★★★★★

Aloft Kuala Lumpur Sentral KL Sentral
03-2723 1000 Jalan Stesen Sentral • KL Sentral • Nook (International), MAI Bar (Bar Menu), w xyz(SM) Bar (Cocktails & Snacks) • From RM270 - RM388 • www.starwoodhotels.com/aloft-hotels

Ancasa Hotel KL
03-2026 6060 • Jln Tun Tan Cheng Lock • Plaza Rakyat • Saffron Brasserie and BabaReebal • Ancasa Spa • From RM165-RM416 • www.ancasa-hotel.com

Boulevard Hotel
03-2295 8111/2295 8000 • Mid Valley City, Lingkaran Syed Putra • Mid Valley • Wild Rice (Int'l) • Rates from RM290Nett - RM420Nett • www.blvhotel.com

Concorde Hotel
03-2144 2200 • 2 Jalan Sultan Ismail • B Nanas • Spices (Western), Melting Pot (Int'l), Xin (Chi) • From RM178++-RM320++ • D7

Coronade Hotel KL
03-2148 6888 • Jalan Walter Grenier, Bkt Bintang • B Bintang • Makan-Makan (Local & Int'l), The Kasturi (Malay), Lobby Lounge • From RM208-RM500 • F8 • www.coronade.com

Corus Hotel KL
03-2161 8888 • Jalan Ampang • Ampang Park • Ming Palace(Chi), Dondang Sayang (Int'l), Komura (Jap) • From RM185-RM390 • C9 • www.corushotelkl.com

Dorsett Regency
03-2716 1000 • 172, Jalan Imbi • B Bintang • Checker's (Café), Cellini's(Ita), Windows Lounge (Wn) • From RM200 onwards • F9 • www.dorsettregency-kl.com

Seri Bukit Ceylon
03-20201708 • No 8, Lorong Ceylon off Jalan Raja Chulan • From RM250-RM480 • E7



The Majestic Hotel Kuala Lumpur
5 Jalan Sultan Hishammuddin, 50000 Kuala Lumpur, Malaysia.
03-2785 8000
www.majestickl.com

Federal Hotel
03-2148 9166 • 35, Jalan Bukit Bintang • B Bintang • Mandarin Palace (Chi), The Verandah (Int'l) Revolving Bintang (European) • From RM170-RM600 • F8 • www.fhhotels.com

Grand Seasons
03-2697 8888 • 72, Jalan Pahang • Chow Kit • KLCC • Season (Café), O'Las (Indian), Lobby Lounge (Wn), Kas Bah Bar (Wn) • From RM150-RM348 • B6

Impiana KLCC Hotel & Spa
03-2147 1111 • 13 Jln Pinang • R Chulan • Tonka Bean Cafe (Int'l) • From RM219-RM368 • D8 • www.impiana.com

Novotel City Centre KL
03-2147 0888 • 2 Jln Kia Peng • Qing Zhen (Chi Muslim), The Square (Int'l), Fun Pub, Al Fresco • From RM260-RM660 • E8 • www.novotel.com

Pacific Regency Hotel Suites
03-2332 7777 • Menara PanGlobal, Jalan Puncak • B Nanas • Soi 23, Luna, Olive & Geo Café • From RM290-RM500 • D7 • www.pacific-regency.com

Wayang Resort Hotel & Spa
03-7492 8000 • Persiaran Lagoon Bandar Sunway Petaling Jaya

Quality Hotel City Centre
03-2614 8000 • Jalan Raja Laut • DBKL • Benteng Coffee House (Int'l), Meisan Szechuan (Chi), Club 300 • From RM150-RM550 • C5 • www.quality.com.my

Swiss Garden Hotel
03-2141 3333 • 117, Jln Pudu • Hang Tuah • Blue Chip Lounge (Int'l), Flavours Restaurant (Int'l), Green Treats Delicatessen (Int'l), T@ste 6 Restaurant (Int'l) • From 470+

The Royale Bintang KL
03-2143 9898 17-21 Jalan Bukit Bintang • B Bintang • Sunflowers Brasserie, Cafe Royale & Bar, Rimba Spa • From RM208 • F8 • www.royale-bintang-hotel.com.my

The Royale Bintang Damansara
03-7843 1111 • 6, Jalan PJU 7/3, Mutiara Damansara • The Restaurant (Int'l), Mystery Pub & Café • From RM195 • www.royalebintang.com.my

The ZON All Suites Residences on the Park
03-2164 8000 • 161D Jalan Ampang • Ampang Park • Terracotta Restaurant & Lounge • From RM253-RM396 • D8 • www.zonhotel.com.my

Traders Hotel
03-2332 9888 • Kuala Lumpur City Centre • KLCC • Gobo Chit Chat, Gobo Upstairs, Sky Bar, Lounge & Grill • From RM270 • This hotel is located in the vicinity of KL Convention Centre • D8

Vistana KL
03-4042 8000 • 9 Jalan Lumut, off Jalan Ipoh, Kuala Lumpur • Tiffwanga • Vistana (Asian) • From RM172-RM230 • A5 • www.vistanahotels.com

Hotel Capitol Kuala Lumpur
03-21437000 • Jalan Bulan Off Jalan Bukit Bintang • www.capitol.com.my

★★★★★

Alpha Genesis
03-2141 2000 • 45 Tingkat Tong Shin • B Bintang • Tee Box Café • From RM150-RM380 • F7 • www.alphagenesishotel.com

Cititel Mid Valley
03-2296 1188 • Mid Valley, Lingkaran Syed Putra • Mid Valley • Citl Café • Rates from RM205Nett - RM320Nett

Corona Inn
03-2144 3888 • 22, Jalan Tong Shin • B Bintang • Corona Café • From RM130-RM180 • F8 • www.coronainn-kualalumpur.com

Grand Continental
03-2693 9333 • Jln Bella/Jln Raja Laut • PWTC M Tuanku • Grand Star (Chi), Lai Marble Coffeehouse • From RM135-RM800 • C5 • www.ghihotels.com.my

First World Hotel
03-6101 1118 • Genting Highlands • Istorante Torcello's (Italian), Lakeview Seafood Restaurant (Seafood), The Patio (Wn) • From RM85 - RM460

Midah KL
03-2273 9999 • 8, Jalan Kampung Attap • Maharajalela • Attapia Coffee House (Int'l), Rolling Good Times Café • From RM145-RM250 • G5

Prescott Inn
03-2713 7887 • 23 Lrg Medan Tuanku 1, off Jln Sultan Ismail • M Tuanku • Makana Restaurant • From RM110-RM170 • C5

HOTEL & RESORT

★★★★★

Ascott KL
03-2718 6868
9, Jalan Pinang • R Chulan • From RM380-RM790

Berjaya Times Square Hotel & Convention Centre
03-2117 8000 • 1 Jalan Imbi • Imbi • Big Apple Restaurant (Fusion) Broadway Lounge, The Cafe, The Bar, • From RM245-RM700 • F8 • www.timesquarekl.com

Seri Pacific Hotel Kuala Lumpur
03-4042 5555 • Jalan Putra • PWTC Zende (Int'l), Kokufu (Jap), lounge to Chereza From RM198++ to RM3,000 • B5 • www.seripacific.com

Grand Hyatt Kuala Lumpur
03-2182 1234 • Jalan Pinang • KLCC • JP Teres (Malaysian), THIRTY8 (International), Poolside From RM550 - RM5610 • www.kualalumpur.grand.hyatt.com

The Westin KL
03-2731 8333 199 • Jalan Bukit Bintang • B Bintang • Prego (Ita), Living Room (Int'l), Qba (Bar & Grill), Treats (gourmet bakery), East (Pan Asian) • From RM480-RM7,000 • E9 • www.westin.com

Grand Millennium KL
03-2117 4888 • 160, Jalan Bukit Bintang • Bukit Bintang • Zing (Chi), The Mill (Int'l) • From RM300-RM5,600 • www.millenniumhotel.com

Hilton KL
03-2264 2264 • 3, Jln Stesen • Sentral, KL Sentral • KL Sentral • Chynna(Chi), Senses (Fusion), Noodle Room, Sudu, Zeta Bar, Vintage Bank • From RM385-RM605 • G3 • www1.hilton.com

Hilton PJ
03-7955 9122 • 2 Jalan Barat, PJ • Asia Jaya • Toh Yuen (Chi), Paya Serai Coffee House, Genji (Jap), Caffè Cino, Uncle Chilli's • From RM220-RM1685

Holiday Inn Kuala Lumpur Glenmarie
03-7802 5200 • 1 Jalan Usahawan U1/8, Shah Alam • Fu-Rin (Jap), Kites (Int'l), The Mix Restaurant & Bar • From RM290 • www.holidayinn.com/glenmarie



KL Tower
03-2020 5499
Bukit Nanas • Jalan Puncak, off Jalan P Ramlee. • The KL Tower stands at 421 metres. The tower houses a revolving restaurant and an observation deck which takes 58 seconds to reach. Catch the sunset or experience sky jumping from the tower roof. • Opens 9am 10pm daily • E7



Istana Negara, Jalan Duta
Located along Jalan Duta, it is the official residence of Malaysia's king since Nov 11, 2011. Influenced by both Islamic and traditional Malay architecture, this unique structure is the latest addition to the country's architectural wonders.



National Monument
Jalan Tugu, off Jalan Parlimen • Designed by American artist, Felix Weldon and cast in Italy, the immense bronze structure was built to commemorate the servicemen who lost their lives during the struggle against the communist insurgency in the 1950's. The 7 soldiers symbolise unity, strength, leadership, sacrifice, courage, suffering and vigilance • E3



Little India
Masjid Jamek • Jalan Masjid India is a colourful street with numerous wholesale and retail Indian traders who sell everything from Indian brass, jewellery, sarees, Indian handicrafts to perfumes & spices. • E5



National Museum
03-2267 1111 • 29 Jalan Raja • Displays a unique permanent collection of artifacts and materials showcasing the history and heritage of Malaysia • Opens 9am to 6pm daily • Admission RM1. Free for <12 yrs & students



Jamek Mosque
Jalan Tun Perak • Situated at the confluence of the Klang and Gombak rivers, this grand old mosque was designed by British architect AB Hubcock in 1909. It incorporates many features of Moghul architecture • Opens 8am-1:30pm & 2:30pm-6pm.

Swiss-Inn KL

03-2072 3333 • 62, Jln Sultan • Maharajalela
• Café Petaling • From RM130-RM175
• G6

The Plaza Hotel

03-2698 2255 • Jalan Raja Laut • Sultan Ismail • Pogo-Pago Café (Continental), Plaza Court (Chi) • From RM110-RM178
• C5

SIGHTSEEING

Aquaria KLCC

03-2333 1888 • Raja Chulan • KLCC • All 60,000 sq ft of Aquaria encompasses Evolution, Jewels of the Jungle, Deep Forest, The Coasts and Touch Pool, The Living Oceans and The Living Reef, with over 5000 aquatic and land-bound animals representing over 150 different species. Don't miss the 90-metre underwater tunnel. Opens daily from 11am-8pm. (Including weekends, school and public holidays) Last admission at 7pm. Entry RM38 (adult), RM26 (children) • D8

Batu Caves

03-6189 6284 • This popular Hindu temple draws hundreds of thousand of visitors during Thaipusam. It consists of three grand caves: the Dark Cave, the Museum Cave and the Temple Cave with brilliant rock formations. The Museum Cave at the foothills has interesting display of Indian mythology. To reach the main Temple Cave, one has to climb 272 steps.

Bird Park

03-2272 1010 • Located at the Lake Gardens, this 8.4ha bird park is the world's largest free-flight walk-in aviary. It is home to more than 3,000 birds from approximately 200 species. Opens daily from 9am-6.00pm • F4

Butterfly Park

03-2693 4799 • Over 120 species of butterflies can be found in this park located at the Lake Gardens' vicinity. Admission is RM9 for adults and RM2 for children. Camera: RM3. Opens 9am to 6pm daily. • F4

Bukit Nanas Forest Recreational Park

03-2306 3421 / 2064 4741 • Bukit Nanas • Nestled in the heart of KL, the virgin forest-clad hill is a 10.5 ha park offering a 10-minute & a 20-minute walk trails from the Forest Information Centre at Jalan Raja Chulan to KL Tower. • E7

Central Market

03-2274 6542 • Pasar Seni Once the city's biggest wet market, it is now a centre for food and cultural activities. Cultural performances are staged during weekends at the riverside amphitheatre. Handicraft, souvenirs, art & portrait paintings are sold at bargain prices. The Annexe Gallery at CM is a progressive art centre. • Opens 10am to 10pm daily. • F5

Deer Park

03-2693 0191 • Enclosed within a 2-ha ground at the Lake Gardens, the deer, fawns and does roam freely in a cool and peaceful habitat with lush trees and shrubs and ponds. • F3

Istana Negara

Official residence of Malaysia's King, visitors can witness the changing of the royal guards daily. The Rulers Conference, various royal and national ceremonies, investitures and official banquets are held at this palace. • H5

Little India

Masjid Jamek • Jalan Masjid India is a colourful street with numerous wholesale and retail Indian traders who sell everything from Indian brass, jewellery, saris, Indian handicrafts to perfumes & spices. • E5

Jamek Mosque

Masjid Jamek • Jalan Tun Perak • Situated at the confluence of the Klang and Gombak rivers, this grand old mosque was designed by British architect AB Hubbock in 1909. It incorporates many features of Moghul architecture • Opens 8am-1:30pm & 2:30pm-6pm. • E5

MUSEUMS

Asian Arts Museum Universiti Malaya

03-7967 3805 • Uni. of Malaya • A unique collection of Asian art & sculptures, ceramics, including Islamic & Malay art and textiles • Opens Mon - Sat. Closed on Sunday & public hols.

Forest Research Institute Malaysia

03-62797 000 • Kepong • Located within the 1,500 hectares of natural land reserve, the institute showcases Malaysia's rich forest heritage. • Opens 8am-4pm. Fri 9am-12pm.

Heritage Centre

03-2144 9273 • 2, Jln Stonor • Showcases Malaysia's architectural heritage, the centre also conducts 2 guided tours a day (11am & 3pm) of the Rumah Penghulu or Village Head's abode which has been furnished to reflect a house in the early thirties • E10

Islamic Arts Museum

03-2274 2020 • Jalan Lembah Perdana • Opened in 1998, the museum focuses on the rich diversity of Islamic arts and culture. Miniature replicas of Taj Mahal and other Islamic architectural wonders are on display • Tickets at RM12 (adults), RM6 (under 18, students & senior citizens) • Opens 10am to 6pm daily. • G4

Museum Orang Asli

03-6189 2122 • Km 24 Gombak • Displays a collection of over 3,000 artifacts showcasing the history, culture & lifestyle of indigenous tribes of Peninsular Malaysia. • Opens 9am-5pm. Closed Fri. FREE

National Museum

03-2267 1111 • 29, Jalan Raja • Displays a unique permanent collection of artifacts and materials showcasing the history and heritage of Malaysia • Opens 9am to 6pm daily • Admission RM1. Free for <12 yrs & students

ARTS & CULTURE

National Theatre (Istana Budaya)

03-4026 5555 • Jalan Tun Razak • Designed by Malaysian architect Muhammad Kamar Ya'akub, this modern theatre is one of the world's most sophisticated theatres with state-of-the-art stage equipment. It holds drama, dance and musical performances regularly. • A7

**PETRONAS Twin Towers**

03-2615 8188 • KLCC • KL City Centre • The 88-storey Petronas Twin Towers stand at 451.9 metres. Seated in the heart of KL and amidst a 50-hectare landscaped park, a skybridge on the 41st floor is open to visitors between 9am-7pm daily, closed on Monday • D8

**Sultan Abdul Samad Building**

Masjid Jamek • Jln Sultan Hishammuddin • Also known as the Big Ben of KL, this historical landmark and heritage building is well known for its Moghul architecture dating back to 1897. Originally the offices of the Colonial Secretariat, it then housed the Supreme Court. • E5

**Telekom Museum**

Raja Chulan • Jalan Raja Chulan • Displays interesting exhibits of telephones and evolution of their designs over the years. • Opens 9am-5pm. Closed on Mondays • E6 FREE

**Craft Complex**

03-2164 8344 • Raja Chulan • 63, Jalan Conlay • Showcases ethnic handicrafts, batik printing and pottery from the 13 states of Malaysia. • Opens 9am-6pm daily. • E9 FREE

Lake Gardens

Jalan Parlimen • Located near the city centre, this 9.2ha landscaped garden is built around a lake. Several attractions are found within the park including an Orchid Garden, Hibiscus Garden, Butterfly Park, Bird Park, Deer Park, National Monument and the Asean Sculpture Garden • F3

Malaysian Tourism Centre

03-9235 4848 • B Nanas • 109, Jalan Ampang • This is a one-stop tourist service centre comprising the information counter (7am-10pm) Transnasion Executive Coach counter, domestic tour booking counter, money changer, restaurant and craft demo centre. Built in 1935, the building was the home of wealthy tin-miner and planter, Eu Tong Seng. Cultural shows are on Tues, Thur, Sat & Sun 2-2.30pm. • D7

Merdeka Square

Masjid Jamek • Jalan Raja • Opposite the Sultan Abdul Samad Building, this is the site where the independence of Malaya was declared on 31 August, 1957. The 100m high flagpole is the tallest in the world. Live entertainment and cultural shows are staged here on festive occasions. The Royal Selangor Club and St. Mary's Cathedral are located nearby. • E5

National Science Centre

03-2092 1150 • Persiaran Bukit Kiara • Houses 9 galleries with different scientific themes. Offers interesting interactive displays for learning and entertainment. • Opens 10am-5pm. Closed on Friday.

National Mosque

03-2693 7784 • KL • Jalan Perdana • This mosque embodies contemporary designs, together with traditional Islamic art, calligraphy and ornamentation. The main dome with its 18-point star, represents the 13 states of Malaysia unified by the Five Pillars of Islam. Visitors must dress conservatively and remove their shoes before entering the mosque • Opens 9am to 12noon; 3pm to 4pm; 5:30pm to 6:30pm daily. • F4

National Planetarium

03-2273 4303 • Lot 54 Jalan Perdana • Located close to the National Mosque, the attractions include space science and astronomy exhibits, a theatre screening 3-Dimensional movies, a viewing gallery and an observatory • Admission is RM1 for adults and children over 12 years [extra charges for all shows]. Opens 9:30am to 4:15pm daily. Closed on Monday except public & school holidays • G4

National Zoo

03-4108 3427 / 4108 3422 • Located in Hulu Kelang, 12km from the city centre, the zoo is home to 400 species of local birds, mammals, reptiles and fishes. • Opens 9am - 5pm daily. Night Zoo is on Saturdays 7.30am - 10.30pm. Admission RM 32 for adults and RM11 for children 3 to 12 years old

Old KL Railway Station

Jalan Hishammudin • Built in 1910, the Moghul-inspired building was a hub for Malaysian rail transport until it was replaced by the new KL Sentral Station. It remains a landmark and the refurbished Heritage Hotel is still open for business. Across the road, the Malaysian Railway administrative building is also a breathtaking architectural showpiece • G5

Petrosains, The Discovery Centre

03-2331 8181 • KLCC • Petronas Twin Towers, Level 4 Suria KLCC • Focusing on Malaysia's oil and gas industry, it offers an interactive approach to learning. It takes you through a unique voyage of discovery of science. • Opens daily 9.30am to 6pm. Last admission 4.30pm. Closed on Monday • D8

Royal Selangor Visitor's Centre

03-4145 6000 • 4, Jalan Usahawan Enam, Setapak Jaya • Located 15 minutes from the city centre, the Royal Selangor which is internationally known for its fine designs and craftsmanship, offers a complete visitor experience, enabling them to see, hear, touch and learn how pewter is made. • Opens daily from 9am-5pm.

Royal Selangor Club

03-2692 7166 • Masjid Jamek • Jalan Raja • Once nicknamed 'The Spotted Dog' during the colonial days, this club which features Mock Tudor architecture, is one of the oldest membership clubs in KL. • E5

Thean Hou Temple

03-2274 7088 • 65 Persiaran Endah, off Jalan Syed Putra • A beautiful blend of Chinese and contemporary architecture, this is one of the largest and most ornate Buddhist temples in the region and a venue for major religious festivals. Also check out the herbs garden, wishing well and souvenir stall • Opens 9am to 9pm daily.

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Malaysia

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Email: info@mediate.com.my

Petronas Philharmonic Hall

03-2331 7007 • KLCC • Located within the Petronas Twin Towers, it is home to the Malaysian Philharmonic Orchestra and the National Choir. It features performances of highest quality by visiting orchestras and world-renowned soloists, besides performances by the MPO which now ranks among the top orchestras in the region • D8

OTHER FUN-TASTIC
THRILLS & SPILLS**Casino**

03-2718 1118 • Genting Highlands Hotel

Flying

03-2141 1934 • Royal Selangor Flying Club

Horse Racing

03-9058 3888 • Selangor Turf Club, Jln Sungai Besi

Horse Riding

03-4256 4531 • Royal Selangor Polo Club, Jln Ampang Hilir
03-2094 1222 • Bukit Kiara Equestrian Club, Jln Bukit Kiara, Kuala Lumpur

Theme Parks

Berjaya Times Square Theme Park
1 Jalan Imbi, Level 5 & 7, Kuala Lumpur
Tel: 03-2117 3118

Sunway Lagoon Theme Park

3 Jalan Pjs 11/11, Bandar Sunway, Petaling Jaya • Tel: 03-5639 0000

Genting Highlands Theme Park

Genting Highlands Resort
Tel: 03-2718 1118

District 21

Level 1, IOI City Mall, Putrajaya
Tel: 03-8328 8888

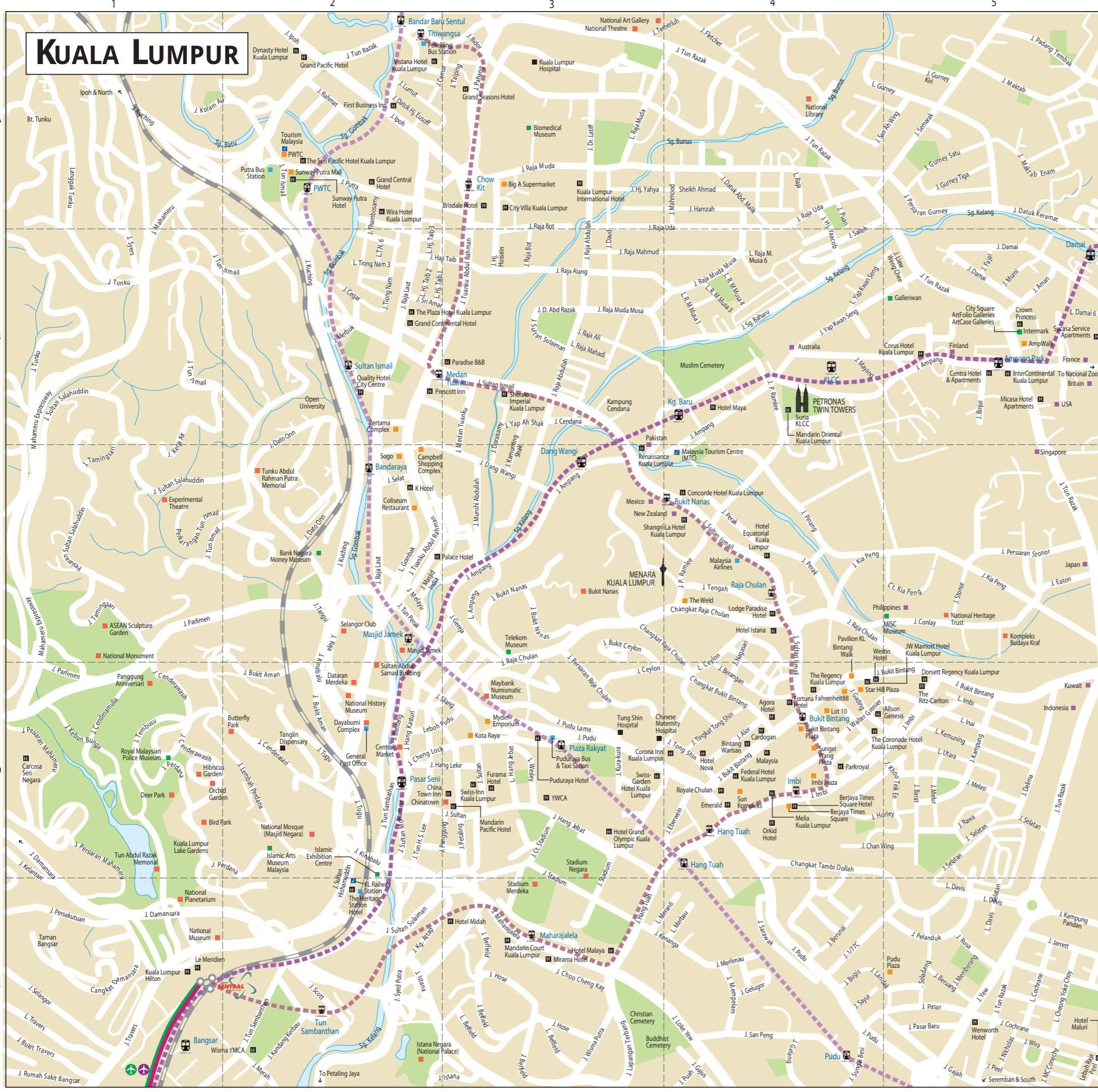
National Library

03-2687 1700 • 232 Jalan Tun Razak • This 7-storey building which blends traditional design with modern architectural elements houses more than 1.5 million books, some of them extremely rare. • Opens daily except Monday • A8 FREE

Galeri Petronas

03-2051 7770 • KLCC • Level 3 Suria KLCC. • Exhibits artworks by local and international artists. • Opens 10am to 8pm. Closed on Monday. • D8 FREE

KUALA LUMPUR



- PLACES OF INTEREST
 - 1C ASEAN Sculpture Garden
 - 4D Bintang Walk
 - 1D Bird Park
 - 3C Bukit Nanas
 - 2D Butterfly Park
 - 2D Central Market
 - 3D Chinatown
 - 2D Dataran Merdeka
 - 2D Dayabumi Complex
 - 1D Deer Park
 - 1C Experimental Theatre
 - MUSEUMS
 - 5B ArtCase Galleries
 - 5B ArtFolio Galleries
 - 2C Bank Negara Money Museum
 - 3A Biomedical Museum
 - EMBASSIES
 - 4B Australia
 - 5B Britain
 - 5B Finland
 - ENTERTAINMENT/SHOPPING
 - 5B Ampang Park Complex
 - 5B AmpWalk
 - 4D Berjaya Times Square
 - 3A Big A Supermarket
 - 4D Bukit Bintang Plaza
 - 2C Campbell Shopping Complex
 - 5B City Square
 - 2C Coliseum Restaurant
 - BUS, TAXI, RAILWAY
 - 2D General Post Office
 - 2E KL Sentral (main transport terminal)
 - HOTELS
 - 4D Agora Hotel ★★
 - 4D Alpha Genesis Hotel
 - 4D Berjaya Times Square Hotel
 - 4D Bintang Warisan Hotel ★★
 - 3A Bridsale Hotel
 - 1D Carcosa Seri Negara ★★★★★
 - 4D Cardogan
 - 5B Centra Hotel & Apartments
 - 3C Chamtan
 - 3D China Town Inn
 - 3A City Villa Kuala Lumpur ★★
 - 4C Concorde Hotel Kuala Lumpur ★★★★★
 - 4D Corona Inn Kuala Lumpur
 - 5B Corus Hotel Kuala Lumpur ★★★★★
 - 5B Crown Princess Kuala Lumpur
 - 5D Dorsett Regency Kuala Lumpur ★★★★★
 - 2A Dynasty Hotel Kuala Lumpur ★★★★★
 - 4D Emerald
 - 4D Federal Hotel Kuala Lumpur ★★★★★
 - 2A First Business Inn ★★
 - 4D Fortuna Hotel ★★
 - 3D Furama Hotel ★★
 - 3C Garden City
 - 2A Grand Central Hotel
 - 2B Grand Continental Hotel ★★
 - HOSPITALS
 - 3D Chinese Maternity Hospital
 - TOURIST INFORMATION CENTRES
 - 2A Putra World Trade Centre, Level 2, 45, Jalan Tun Ismail, 50480 Kuala Lumpur. Tel: 03-4041 1295
 - 4C Malaysia Tourism Centre (MTC), 109 Jalan Ampang, 50450 Kuala Lumpur. Tel: 03-2164 3929
 - 2E Stesen Sentral Kuala Lumpur, Lot 21, Level 2, Arrival Hall, Kuala Lumpur City Terminal, Stesen KL Sentral, 50050 Kuala Lumpur. Tel: 03-2274 3135
- 1D Hibiscus Garden
 - 2E Istana Negara (National Palace)
 - 5C Kompleks Budaya Kraf
 - 2C Masjid Jamek
 - 3D Maybank Numismatic Museum
 - 2D Menara Kuala Lumpur
 - 3A National Art Gallery
 - 5C National Heritage Trust
 - 2D Sultan Abdul Samad Museum
 - 4A National Library
 - 1C National Monument
 - 2D National Mosque
- 1E National Planetarium
 - 3A National Theatre
 - 1D Orchid Garden
 - 1D Panggung Anniversari
 - 2C Selangor Club
 - 3E Stadium Merdeka
 - 3D Stadium Negara
 - 2D Sultan Abdul Samad Building
 - 1D Tun Abdul Razak Memorial
 - 2C Tunku Abdul Rahman Putra Memorial
- 1D Royal Malaysian Police Museum
 - 3C Telekom Museum
 - 1D Tun Abdul Razak Memorial
- 4C New Zealand
 - 3B Pakistan
 - 5C Philippines
 - 5C Singapore
 - 5B United States of America
- 5E Pudu Plaza
 - 2A Putra World Trade Centre (PWTC)
 - 2C Sogo
 - 5E Star Cinema
 - 4D Star Hill
 - 4D Sun Complex
 - 4C Sungei Wang Plaza
 - 4B Suria KLCC
 - 2A Sunway Putra Mall
 - 4C The Weld
- 2A Putra Bus Stand
 - 2D STAR LRT Station
 - PUTRA LRT Station
- 2E Kuala Lumpur Railway Station
 - 4C Malaysia Airlines
 - 2A Pekeliling Bus Station
 - 3D Puduraya Bus & Taxi Station
- 2C Palace Hotel ★★
 - 3B Paradise B&B
 - 2B Prescott Inn ★★
 - 3D Puduraya Hotel ★★
 - 2B Quality Hotel City Centre ★★★★★
 - 3C Renaissance Kuala Lumpur ★★★★★
 - 4C Royale Chulan ★★★★★
 - 4D Shangri-La Hotel Kuala Lumpur ★★★★★
 - 3B Sheraton Imperial Kuala Lumpur ★★★★★
 - 5B Sucasa Service Apartments
 - 3D Swiss-Garden Hotel Kuala Lumpur ★★★★★
 - 3D Swiss-Inn Kuala Lumpur ★★★★★
 - 4D The Coronado Hotel Kuala Lumpur ★★★★★
 - 2A Sunway Putra Hotel
 - 2A The Seri Pacific Hotel Kuala Lumpur ★★★★★
 - 2B The Plaza Hotel Kuala Lumpur ★★★★★
 - 4D The Regency Kuala Lumpur ★★★★★
 - 5D The Ritz-Carlton ★★★★★
 - 2A Vistana Hotel Kuala Lumpur ★★★★★
 - 5E Wenworth Hotel ★★★★★
 - 4D Westin Hotel ★★★★★
 - 2A Wira Hotel Kuala Lumpur ★★★★★
 - 2E Wisma YMCA
 - 3D YWCA
- 3A Kuala Lumpur Hospital
 - 3A National Heart Institute
 - 2D Tanglin Dispensary
 - 3D Tung Shin Hospital

Road / Jalan J.
 Lane / Lorong L.
 River / Sungai Sg.
 Village / Kampung ... Kg.

Getting around in Kuala Lumpur is easy. The transit systems are efficient, taxis are plenty and buses are cheap. The public transportation usage peak hours are from 7am to 9am and 4.30pm to 6.30pm during the working days.

By Transit systems

The KL monorail and LRT coaches are air-conditioned and comfortable and run from 6am to midnight. The systems are connected to each other at several points and the network covers most parts of the city. Fares range from RM0.90 to RM2.80 per single journey.

By Taxis

Taxis are easily available at hotels or at taxi stands. Fares start at RM3 for the first kilometre and RM0.25 for every 115 metres thereon. There is a 50% surcharge on the metered fare from midnight to 6am and a baggage charge of RM2 per piece stored in the boot. There is also an additional RM1 for 3rd passenger (maximum 4 in a car). For an extra charge of RM2, you can book a taxi by phone.

By Ecovans

Ecovans can accommodate up to 5 passengers. They serve mainly guests at major hotels and follow the fare structure of taxis but charge RM4 instead of RM2 for the first kilometre.

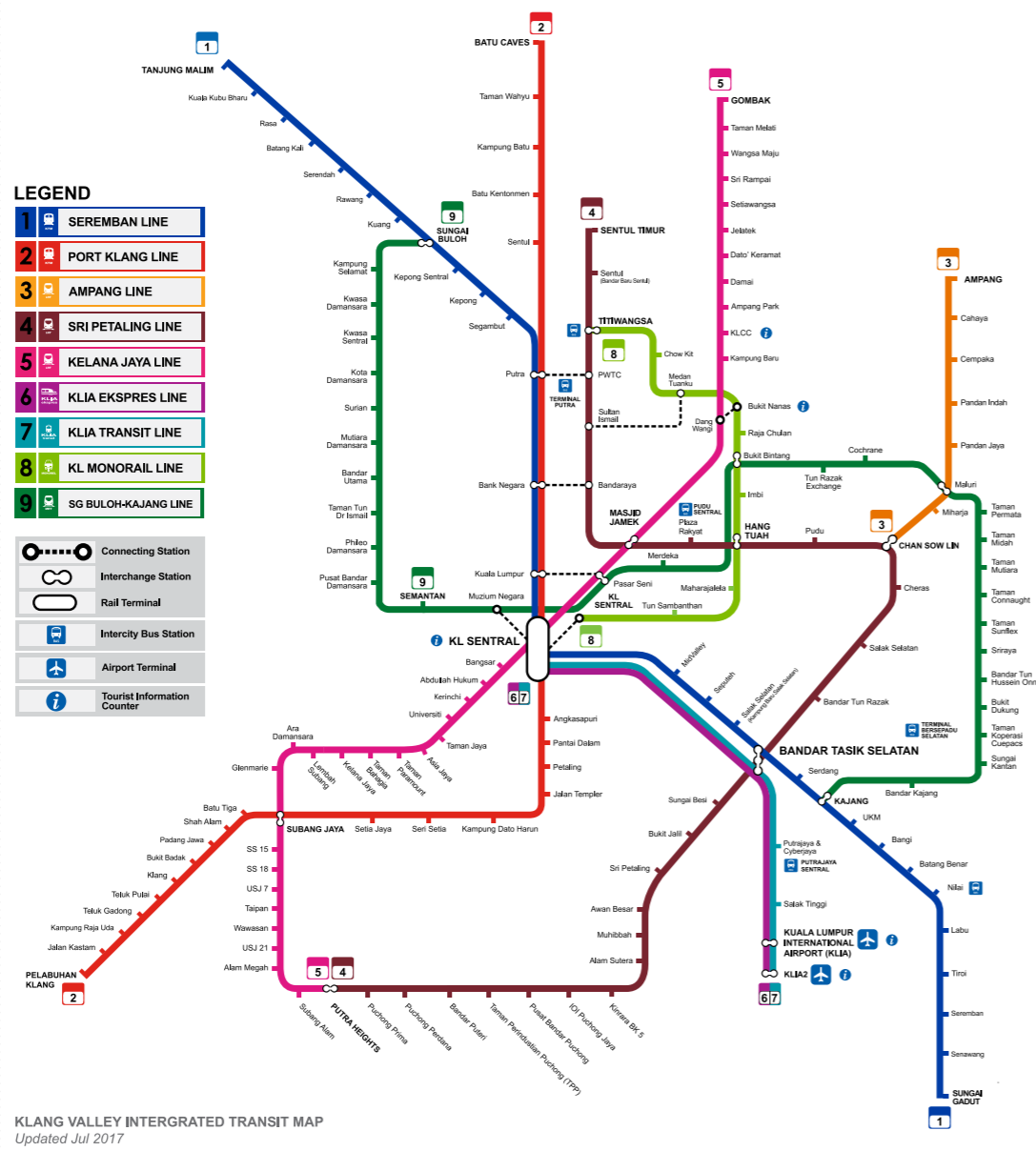
By Buses

Buses serve all parts of Kuala Lumpur with fares beginning from RM1. Some hotels also offer free bus shuttle services to major shopping malls in the city.

KL Hop-on/Hop-off Bus Service

Links you to 40 attractions around the city with 22 designated stops. 8.30am to 8.30pm. Ticket: RM38 with discounts for locals, senior citizens, students and children. 03-2691 1382

Klang Valley Rail Transit Map



GETTING TO THE AIRPORT

KLIA Ekspres: The journey takes about 28 minutes from KL Sentral and another 3 minutes to KLIA2. The fare is RM55 per person per way. There is also check-in facility at KL Sentral for some airlines.

Taxi: The fare from the city centre to the airport is RM90 – RM120 per taxi.

Eco Transit: Eco Transit can accommodate up to 5 adults and has a fixed fare of RM130/ trip.

Limousine: Can be arranged with the hotel concierge and fare range from RM100 – RM200.

COACHES TO KLIA AND/OR LCCT

- Airport Coach - +603-6203 3067
- Sky Bus - +6016-217 6950
- Aerobus - +603-3344 8828
- The Star Shuttle - +603-4043 8811

TRANSPORTATION

Air Travel

- Kuala Lumpur International Airport +603 8776 2000
- Klia2 +603 8778 5500
- Sultan Abdul Aziz Shah Airport +603-7845 3245

Domestic Airlines

- MAS +603-2161 0555
- MAS Reservation Number +603-8890 3702
- AirAsia +603-2171 9333

- FireFly +603-7845 4543
- Malindo Air +603-7841 5388

Rail

- KL Sentral 03-2274 7435
- KLIA Ekspres 03-2267 8000
- KTM 03-2267 1200
- Rapid KL 03-7885 2585
- KL Monorail 03-2273 1888

Car Rental

- Galaxy Asia 012-368 0117
- AVIS +603-5885 2300
- ORIX Auto +603-9284 7799
- Eazy Peezy +6011-1166 6545
- WS Rent-A-Car 03-4256 6999

Taxis

- Sunlight Cab +603-9200 1166
- Public Cab +603-6259 2929
- MyTeksi +601-300-80-5858

- Saujana Teksi +6011-1929 0976
- Grab Malaysia +601-300-80-5858

Emergency Services

- KL Tourist Police (24 hours) 03-2166 8322
- Police & Ambulance 999 or 112 (mobile phones)
- Fire & Rescue 994
- KL City Council 03-2691 6011

Tourism Offices

- Ministry Of Tourism Malaysia +60 3-2161 5161
- Pusat Pelancongan Malaysia (MATIC) +60 3-9235 4827
- Tourism Malaysia +603-8891 8000
- Melaka +60 6-288 1549
- Putrajaya Tourism Malaysia State Office +60 3-2615 8188

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Mohammed Hoessein enas, Dato East coast Girl, 1985 Oil on canvas 40.5 x 30.5 cm RM 55,000 - RM 75,000

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