



lifestyle

AUGUST 2019



JAZEMAN JAAFAR

MALAYSIA, MOTORSPORTS
AND THE WAY FORWARD



TWO DISTINCT AUTOMOBILES
ONE PERFECT TIME TO OWN THEM

DISCOVER MORE INSIDE





THE 7-SEATER PEUGEOT 5008 SUV



CITROËN GRAND C4 SPACETOURER

PPF1389/07/2019(032715) ISSN 1823-0712
 08
 9 771823 071003
 RM6.80

DAULAT TUANKU

SALUTATIONS AND HEARTIEST CONGRATULATIONS



**HIS MAJESTY SERI PADUKA BAGINDA THE YANG DI-PERTUAN AGONG
AL-SULTAN ABDULLAH RI'AYATUDDIN AL-MUSTAFA BILLAH SHAH IBNI
ALMARHUM SULTAN HAJI AHMAD SHAH AL-MUSTA'IN BILLAH
D.K.P., D.K.M., D.K., D.M.N., S.S.A.P., S.I.M.P., D.K.(TERENGGANU), D.K.(JOHOR),
S.P.M.J., P.A.T.**

On the Occasion of
**HIS MAJESTY'S INSTALLATION AS THE 16th
YANG DI-PERTUAN AGONG**

on
30th JULY 2019 (27 ZULKAEDAH 1440H)

"MAY ALLAH SUBHANAHU WA TA'ALA BLESS HIS MAJESTY'S REIGN"

With Utmost Sincerity from:

**MEDIATE COMMUNICATIONS SDN BHD
MUSIC SCENE PRODUCTION (M) SDN BHD**

KL lifestyle

KLAS ART AUCTION
MALAYSIAN MODERN & CONTEMPORARY ART



CONTENTS

August 2019



Cover star: Jazeman Jaafar

14

WHAT'S HAPPENING THIS MONTH?

6 CALENDAR

8 ENTERTAINMENT IN THE CITY
We feature key happenings throughout the month.

12 REELVIEW
Let us reel you in with our blockbuster picks for your viewing pleasure.

COVER STORY

14 JAZEMAN JAAFAR
Jazeman Jaafar talks about his 20 years on the tracks and becoming the executive director of Sepang International Circuit.

FEATURES

20 THE STORY BEHIND FIVE HISTORICAL MALAYSIAN STRUCTURES

Befitting the 'Malaysian' issue, we look back at five of Malaysia's important buildings and structures and their history.

22 MONARCHS OF MALAYSIA
Read this for an understanding of Malaysia's constitutional monarchy system.

24 MALAYSIA ON SCREEN
Beautiful scenes on the big screen that was filmed in Malaysia

MAKAN-MAKAN

28 FLOUR

28 WAN CHUN TING

29 THE COURTYARD

29 NOURISH BY KENNY HILLS BAKERS

30 CRÈME DE LA CRÈME

30 BESIDE YOU CAFE

31 DROP EXCHANGE

31 PIZZA MANSION

32 DE.WAN 1958

34 KUMAR'S

35 FOOD FARMCRAFT

36 SUNBATHER COFFEE

36 OKINII

37 TAO

37 GOODDAM

38 ARTEASTRY @ ELEMENT KL

39 POSITANO RISTO

40 NASI LEMAK

42 FOOD REPUBLIC, PAVILION

44 THE ORIGINS OF DURIAN

46 THE BERLIN KL

46 THREXCO

47 BOBO KL

47 MARIMBAR

48 MAKAN-MAKAN WITH ANJA CHONG

51 AIRLINK

LUXE BY KL LIFESTYLE

67 THE ST. REGIS LANGKAWI

68 TOM ROELENS OF FOUR SEASONS KL ON ITS FIRST YEAR

69 WHAT'S COOKING AT FOUR SEASONS LANGKAWI?

70 FASHION AND BEAUTY NEWS

72 SUMMER HEAT

73 FLORAL FESTIVAL

74 SUNNY DAYS AHEAD

75 AWAY SPA @ W HOTEL

BEAUTY & HEALTH

76 FACIAL 101

78 FOAM ROLLING 101



74



76

Facial at Jurlique

Airport Talk

Airport CEO Speaks **53**

Malaysia's Top Three Markets
Remain Steadfast with its Growth **54**

Aviation News

Kuala Lumpur to Seychelles
with Air Mauritius **56**

ERL Leads the Way with Cashless
Ticketing on Public Transport **56**

Air Arabia Debuts Flight to
KL International Airport **57**

Malaysia Airports and Malaysia
Airlines Launch Discover
Langkawi Campaign **58**

Finnair Brings Nordic Delights on
Singapore-Helsinki Route **59**

Malindo Air New Route to Sydney **59**

Royal Air Maroc and Jazeera
Airways Fly to ISGIA **60**

Superior Transit Options with Korean Air **61**

Scot Operates Direct Flights to
Kota Bharu from Singapore **62**

Qantas Overhaul Frequent Flyers Program **63**

Aviation Interview

Aviation Interview with
Dr Noorlinah G Mohd
Director of Malaysia Aviation
Academy (MAvA) **64**



54



56



59

CONTENTS

August 2019

Managing Editor / Publisher
Datuk Gary Thanasan
gary@mediate.com.my

Digital Media Director
Jacqueline Benita
jacqueline@mediate.com.my

Writers
Hiranmayii Awli Mohanan
hiran@mediate.com.my

Sara Yeoh
sara@mediate.com.my

Senior Designer
Eyda Faidah
eydafaidah86@gmail.com

Aviation News / Airlink
Octagon Creative
melisa.fly@octagon.com.my

How to reach KL Lifestyle
For letters to editor, subscriptions,
advertising, news releases and
reproduction permission:

mediate
COMMUNICATIONS

31 Jalan Utara
46200 Petaling Jaya, Selangor

Tel: +603 7932 0668
Email: editor@mediate.com.my
www.kl-lifestyle.com.my

Printer
Swan Printing Sdn Bhd
Lot 5249, Jalan BS 7/1
Kawasan Perindustrian Serdang
43300, Seri Kembangan, Selangor



Certification of average net circulation:
73,148 copies (from 1.1.16-31.12.16)

KL Lifestyle is distributed by MPH
Distributor Sdn Bhd and sold at major
bookstores at RM6.80 per copy. It is
also available at all major hotels, KLIA
and Malaysian airports, selected malls,
restaurants, popular cafes and coffee
chains, hair salons and leisure and
entertainment outlets in Kuala Lumpur.
KDN PP 13691/07/2013 (032715)



EQ- Infinity Pool

ART FEATURE

80 PATRICK J MURPHY
Learn about the life of serious art
collector, Patrick J Murphy

88 EXPAT FEATURE
- WHY I LOVE MALAYSIA

HOTELS

90 BEAUTIFUL HOTEL DESTINATIONS

91 EQ

92 THE FEDERAL KUALA LUMPUR

EVENTS

94 ALILA BANGSAR

94 ZERO WASTE

95 A TASTE OF MACAO IN KL

95 NELSON MANDELA DAY

LIFESTYLE GUIDE

102 KL Map

104 Getting Around KL

91



ON THE COVER

JAZEMAN JAAFAR
Photographer: Barathan Amuthan
@framesbybarathanamuthan
Hairstylist: Derek Tan @ Anagen
Make-up: KB Artistic Academy @ Kerry Beh
Venue: The Federal Kuala Lumpur
Additional Wardrobe: Boyce @ TopMaster
Federal KL

THE 7-SEATER **PEUGEOT** 5008 SUV



MAXIMIZED DIMENSIONS

				
HILL ASSIST DESCENT CONTROL (HADC)	MAXIMIZED 7-SEAT VERSATILITY	PEUGEOT i-COCKPIT	ONE-TOUCH FOLD-FLAT THIRD ROW SEATS	MOTORIZED SMART HANDS-FREE TAILGATE

Enjoy these Peugeot ownership exclusives:



PEUGEOT 5008 SUV
 FOR ONLY RM172,888 (OTR without insurance)

3 years Manufacturer's Warranty + contract of 2 additional years of warranty coverage by the Manufacturer. 5 years or 120,000km whichever comes first. Nasim Sdn Bhd reserves the right to amend all offers at its discretion. Terms & Conditions apply.

60 INTERNATIONAL AWARDS



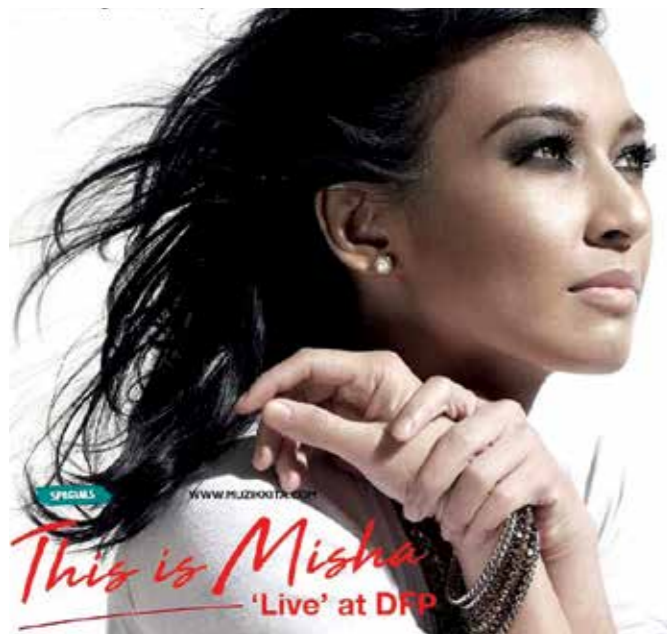
PEUGEOT

CALENDAR

August 2019

01 - 07

THIS IS MISHA – 'LIVE' AT DFP
AUG 5
VENUE: DEWAN FILHARMONIK PETRONAS



08 - 15

WESTLIFE – THE TWENTY TOUR
AUG 8 AND 9
VENUE: STADIUM MELAWATI, SHAH ALAM

CRAZY FUNNY ASIAN DIVAS IN GENTING
AUG 10
VENUE: ARENA OF STARS,
RESORTS WORLD GENTING
GENTING HIGHLANDS

HARI RAYA AIDILADHA
AUG 11
WORLDWIDE



16 - 23

VIKEY'S WATER TORTURE ESCAPE & LIVE INTERNATIONAL MAGIC SHOW
AUG 17
VENUE: KWC KENANGA WHOLESALE CITY,
KUALA LUMPUR

FA ABDUL'S TALES FROM THE SCARS
AUG 16 TO 18
VENUE: PENTAS 2, THE KUALA LUMPUR
PERFORMING ARTS CENTRE (KLPAAC)

ROJAK 2.0 CELEBRATING DIVERSITY
AUG 17 AND 18
VENUE: PENTAS 1, THE KUALA LUMPUR
PERFORMING ARTS CENTRE (KLPAAC)

IRFAN PLAYS RAVEL
AUG 17 AND 18
VENUE: DEWAN FILHARMONIK PETRONAS

KL TOWER INTERNATIONAL TOWERTHON CHALLENGE
AUG 21
VENUE: KL TOWER



24 - 30

KUALA LUMPUR FASHION WEEK
AUG 21 TO 25
VENUE: PAVILION KUALA LUMPUR

FRENCH PORTRAITS
AUG 24 AND 25
VENUE: DEWAN FILHARMONIK PETRONAS

POPCORN STUDIO PRESENTS KING VS QUEEN
AUG 23
VENUE: DEWAN FILHARMONIK PETRONAS

LIGHT CREATIVE DEVELOPMENT SHOWINGS
AUG 23 TO 29
VENUE: INDICINE, THE KUALA LUMPUR
PERFORMING ARTS CENTRE (KLPAAC)

SNOW PATROL LIVE & ACOUSTIC IN KUALA LUMPUR
AUG 29
VENUE: KL LIVE

THE POMPUAN SHOW
AUG 31
VENUE: THE PLATFORM, MENARA KEN, TTDI



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.



FOR ENQUIRIES CONTACT
INFO@MEDIATE.COM.MY T: +603 7932 0668 FREE ADMISSION
FOR MORE INFO VISIT
WWW.KL-LIFESTYLE.COM.MY 31 JALAN UTARA, 46200 PETALING JAYA, SELANGOR

Presented by



WHAT'S HAPPENING



THIS IS MISHA – 'LIVE' AT DFP Aug 5

Venue: Dewan Filharmonik Petronas

Come join Malaysia's beloved songstress, Misha Omar in an intimate, one-night only concert. This time, she takes centre stage to perform her most popular power ballads and pop hits throughout her career as well as her latest hit singles – all enhanced with a fresh and unique twist. Best known for her soulful and dynamic vocals, the multiple award-winning singer takes the audience on a spellbinding musical escapade that showcases her journey, from a young singer to the accomplished artiste she is today.

Tickets: RM199 to RM399

CRAZY FUNNY ASIAN DIVAS IN GENTING Aug 10

Venue: Arena Of Stars, Resorts World Genting, Genting Highlands

The 3 Asian Divas, comprising of icons, Frances Yip, Elisa Chan and Maria Cordero, are best known not only for their multilingual singing ability but also their impressive vocal range, perfected from their 30 years in music.

The trio, despite their status, continues to sell out arenas. Whether you're a devoted fan or a newbie, be prepared to be wowed by their epic showcase of talent and hard work.

Tickets: RM156 – RM336



WESTLIFE – THE TWENTY TOUR Aug 8 and 9 Venue: Stadium Melawati, Shah Alam

Now that Irish pop group Westlife is reunited, they are once again taking the music world by storm. The band kicked off their long-awaited tour earlier in May and great news for fans in Malaysia – the country is one of the stops included in the tour! Westlife's "The Twenty Tour" 2019 concert in Malaysia will take place for two days in August.

Tickets: RM273 to RM693



HARI RAYA AIDILADHA Aug 11

Also known as Hari Raya Haji, this festival marks the culmination of the Hajj pilgrimage to Mecca which is performed by millions of Muslims annually. It is also known as Hari Raya Qurban. Muslims in the country celebrate the festival with prayers and the sacrifice of cattle.

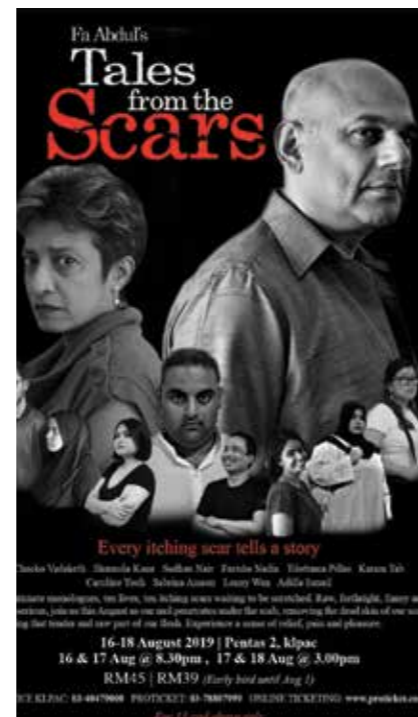
FA ABDUL'S TALES FROM THE SCARS Aug 16-18

Pentas 2, The Kuala Lumpur Performing Arts Centre (klpac)

Ten monologues, ten lives and ten itching scars waiting to be scratched. 'Tales from the Scars' is a collection of ten intimate monologues often buried within layers of complexities. It is a raw, forthright, funny and dead-serious addition to the well-known 'Tales Series' by writer/director/producer Fa Abdul. This edition of the series includes 'Brown Man in a Hood', 'The Widower & his Pubic Hair', 'Forbidden Fruit', 'Big Love', 'My Beef with God' & and five other earthy stories which will delight many and offend some.

Join us this August as our nail penetrates under the scab, removing the dead skin of our scars, reaching that tender and raw part of our flesh and experience a sense of relief, pain and pleasure...

Ticket: RM45



ROJAK 2.0 CELEBRATING DIVERSITY Aug 17 and 18

Venue: Pentas 1, The Kuala Lumpur Performing Arts Centre (klpac)

A concert to raise funds for providing music, dance and other performing arts training to underprivileged children.

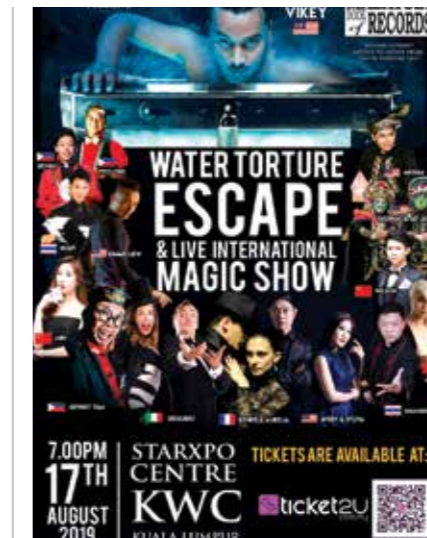
Tickets: RM50 to RM80



IRFAN PLAYS RAVEL Aug 17 and 18 Venue: Dewan Filharmonik Petronas

Malaysia's own rising star, Tengku Irfan returns home with the fanciful, jazz-infused Ravel piano concerto. Ravel's deft transcription of Schumann's Carnival opens the concert with a kaleidoscope of colours. Maestro Jun Märkl conducts Schumann's compelling 2nd Symphony – artfully composed to pay homage to Bach and Beethoven while creating new symphonic traditions.

Tickets: RM56 to RM141



VIKEY'S WATER TORTURE ESCAPE & LIVE INTERNATIONAL MAGIC SHOW Aug 17

Venue: KWC Kenanga Wholesale City, Kuala Lumpur

Water Torture ESCAPE Attempt & International Magic Show! Brings you...5 local & 10 international magicians - for a night full of enchantment!

Tickets: RM30 – RM600

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.

SASANA KIJANG,
2 JALAN DATO' ONN,
50480 KUALA LUMPUR

EMAIL: INFOMUSEUM@BNM.GOV.MY
FREE ADMISSION

OPEN DAILY FROM 10AM TO 6PM.
CONTACT: +603 9179 2784



KUALA LUMPUR FASHION WEEK

Aug 21 to 25
Venue: Pavillion Kuala Lumpur

Kuala Lumpur Fashion Week was conceptualised in 2013 as a B-2-C platform for Malaysian designers to showcase their ready-to-wear collections and ultimately highlight the strength and creativity of Malaysia's fashion industry to local and international customers.



FRENCH PORTRAITS

Aug 24 and 25
Venue: Dewan Filharmonik Petronas

The lustrous scent of French perfume wafts through the air as Jun Märkl and the MPO take on a musical Tour de France. Fauré's Pelléas et Mélisande tells of a forbidden love while Pierné's Konzerstück, featuring harpist Tan Keng Hong, soars on gossamer wings. Finally, Ravel's decadent La Valse swirls with destiny of shattered dreams.

Tickets: RM56 to RM141



POPCORN STUDIO PRESENTS KING VS QUEEN

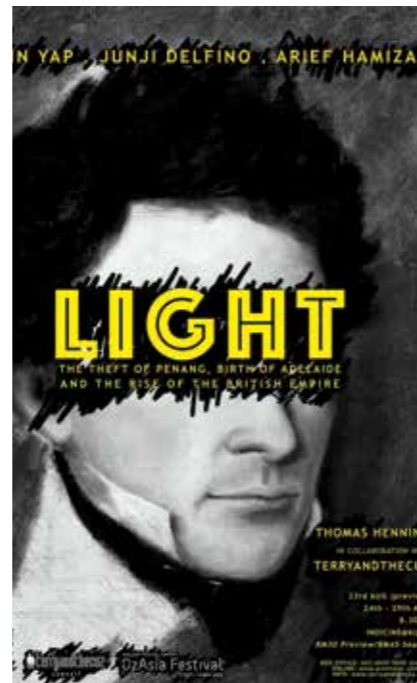
Aug 23
Venue: HGH Convention Centre, Sentul, KL

Provocative and thriving on risqué materials, KUMAR is Singapore's one and only comedian-cum-drag queen. Love him or not, Kumar captivates his audience with his sharp observations and caustic wit on politics, sex and gender. Definitely not for the faint-hearted!

Next in the ring is DOUGLAS LIM with his own wit and clever observations of social norms and of course, Malaysian politics. Impressive performance one after another, it's no wonder he has earned himself the moniker, King of Malaysian Comedy.

Just who is better at this comedy thing? Drag Queen or Comedy King? This you have got to witness it yourself on August 23.

Tickets: RM200 to RM500



LIGHT CREATIVE DEVELOPMENT SHOWINGS

Aug 23 to 29
Venue: Indicine, The Kuala Lumpur Performing Arts Centre (klpac)

Drugs, guns, love, war, freedom, racism and free market capitalism. The theft of Penang, birth of Adelaide, and the rise of the British Empire.

In 1786, Francis Light claimed the island of Penang as property of the British. Fifty years later his son, William, laid out the city of Adelaide. In the midst of all this, William's mother evaporated.

Light is the phenomenal story of two generations of adventures and how the irreversible impact of their actions, continue to resonate today. One family, crushed between East and West, struggles for identity as history is slowly colonised. Within their lifetime, humanity is divided into light and dark, us and them.

Ticket: RM45

KL TOWER INTERNATIONAL TOWERTHON CHALLENGE

Aug 21
Venue: KL Tower

This staircase run has gained much popularity among local and international sports enthusiasts, young and old. Participants must complete an 800-metre run uphill before conquering 2,058 steps and reaching the top level at 283 metres.



SNOW PATROL LIVE & ACOUSTIC IN KUALA LUMPUR

Aug 29
Venue: KL Live

Over a two-decade career, Snow Patrol has carved out a unique place for themselves. Since their 1998 debut, 'Songs for Polarbears', their melancholic anthems of heartbreak and separation have mended hearts, and the band has racked up an impressive number of critical and commercial accolades, including 15 million global album sales, 1+ billion global track streams, 5 UK Platinum Albums, and are Grammy and Mercury Music Prize-nominated. Don't miss their debut performance in Malaysia.

Ticket: RM248



THE POMPUAN SHOW

Aug 31
Venue: The Platform, Menara Ken, TTDI

After a successful run for International Women's Day, the sassy and independent women of The Pompuan Show are back!

In conjunction with Hari Merdeka, LOL Events presents a restaging of The POMPUAN Show [POMP definition — a show of magnificence = PEREMPUAN], a no-holds barred, comedy variety show celebrating independent women.

Directed by Malaysia's top women in comedy, Joanne Kam and Shamaine Othman, the bi-lingual show (English and Malay) is set to entertain and empower the audience with a fun night of stand-up comedy, sketch comedy and song parodies. They'll perform alongside BOH Cameronian Arts Award winner Tria Aziz, songbird Chelsia Ng and ASTRO Warna's Miss Lawak 2019, Filzah Azmi.

Tickets: RM 70 and RM90

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.



LEVELS 3 & 5, ILHAM TOWER, NO 8, JALAN BINJAI, 50450 KUALA LUMPUR

EMAIL: INFO@ILHANGALLERY.COM
 FREE ADMISSION

OPENING HOURS
 TUESDAY – SATURDAY (11AM – 7PM)
 SUNDAYS (11AM – 5PM)
 CLOSED ON MONDAYS AND PUBLIC HOLIDAYS

MUST-WATCH MOVIES of the month



HOBBS AND SHAW
AUG 1

Ever since hulking lawman Hobbs (Johnson), a loyal agent of America's Diplomatic Security Service, and lawless outcast Shaw (Statham), a former British military elite operative, first faced off in 2015's *Furious 7*, the duo have swapped smack talk and body blows as they tried to take each other down. But when cyber genetically-enhanced anarchist Brixton (Idris Elba) gains control of an insidious bio-threat that could alter humanity forever. These two sworn enemies will have to partner up to bring down the only guy who might be badder than themselves.

Cast: Dwayne Johnson, Jason Statham, Idris Elba.
Genre: Action / Adventure



THE KITCHEN
AUG 8

Based on the Vertigo comic book series from DC Entertainment, the film stars Oscar nominee Melissa McCarthy, Tiffany Haddish and Elisabeth Moss as three 1978 Hell's Kitchen housewives whose mobster husbands are sent to prison by the FBI. Left with little but a sharp axe to grind, the ladies take the Irish mafia's matters into their own hands, - proving unexpectedly adept at everything from running the rackets to taking out the competition... literally.

Cast: Melissa McCarthy, Tiffany Haddish, Elisabeth Moss.
Genre: Action / Crime / Drama



ONCE UPON A TIME IN HOLLYWOOD
AUG 15

Quentin Tarantino's *Once Upon a Time in Hollywood* visits 1969 Los Angeles, where everything is changing, as TV star Rick Dalton (Leonardo DiCaprio) and his longtime stunt double Cliff Booth (Brad Pitt) make their way around an industry they hardly recognise anymore. The ninth film from the writer-director features a large ensemble and multiple storylines in a tribute to the final moments of Hollywood's golden age.

Cast: Margot Robbie, Leonardo DiCaprio, Brad Pitt.
Genre: Comedy / Drama



ANGEL HAS FALLEN
AUG 22

When there is an assassination attempt on U.S. President Allan Trumbull, his trusted confidant, Secret Service Agent Mike Banning, is wrongfully accused and taken into custody. After escaping from capture, he becomes a man on the run and must evade his own agency and outsmart the FBI in order to find the real threat to the President. Desperate to uncover the truth, Banning turns to unlikely allies to help clear his name, keep his family from harm and save the country from imminent danger.

Cast: Gerard Butler, Morgan Freeman, Lance Reddick, Piper Perabo.
Genre: Action / Adventure



JAZEMAN JAFAR

Young Veteran with a Vision

We sat Jazeman down at the iconic Federal Hotel that is synonymous with Merdeka for this 'Malaysian' issue. Being a child prodigy in motorsports racing and having earned trophies and titles since the age of 6, we chatted with Jazeman 20 years after his debut on his extensive journey, and recent appointment as executive director of Sepang International Circuit. And for Jazeman, the fuel for his love for the motorsports industry has not run out yet.

WORDS BY SARA YEOH
 PHOTOGRAPHER: BARATHAN AMUTHAN @ FRAMESBYBARATHANAMUTHAN
 HAIRSTYLIST: DEREK TAN @ ANAGEN
 MAKE-UP: KB ARTISTIC ACADEMY @ KERRY BEH
 VENUE: THE FEDERAL KUALA LUMPUR
 ADDITIONAL WARDROBE: BOYCE @ TOPMASTER FEDERAL KL
 CAR MODEL: ROLLS-ROYCE CULLINAN
 CAR DISTRIBUTOR: ROLLS-ROYCE MOTOR CARS KUALA LUMPUR
 +03 7960 2333
 WWW.ROLLS-ROYCEMOTORCARS-KL.MY

RELATIONSHIP WITH RACING: 20 YEARS ON THE TRACK

Hello Jazeman, it has been 20 years since your journey with speed started. How do you feel about this milestone?

I feel proud! It has been quite a roller coaster ride so far. I've enjoyed every single bit of the journey since I started as a hobby at 6 years old and now as a professional career. The triumphs have been significant, especially being one of the few Malaysians – and Asians – rising to the top in this field. So, it's been an honour.

How has your relationship with speed changed now from the age of 6?

I love it more and more. The adrenaline keeps me addicted to it and it is hard to live without it. I just want to keep having more of it and improve more when I compete.

You met PM Tun Dr Mahathir Mohamed at the age of 7. Has he influenced you in any way to being a professional racing driver?

Yes, I would say so. The first time I met him was when Alex Yoong was in Formula 1 and he was doing his test drives in Sepang. I then met him again the second time at Alex's launch of becoming a Formula 1 driver. One of Tun's words to me was, "I truly hope to see you grow up to be a champion one day." And 20 years on, we crossed paths again when I received the "International Racing Driver of the Year" title, which Tun himself presented to me.

That's fantastic! Who inspires you?

On track, it would be the late Ayrton Senna. But off track, it would be my late father. They had their own principles and disciplines that had guided and inspired me to be the person I am today.

What kind of role model are you to your followers?

I think I've achieved quite a bit at my age (of 26), knowing that nothing is impossible. So, being a role model at this point of my career is unfair to say, as it is still on-going, and I want to achieve more and inspire more by the end of my career.

ON SEPANG INTERNATIONAL CIRCUIT AND THE INDUSTRY...

Congratulations on your appointment to the Sepang International Circuit board of directors. What do you intend to bring with the appointment?

Thank you. More developments are needed to grow the industry and to nurture more talents. We do have the talents but the platforms for them to go further have been a bit stagnant. Two-wheels has had its own self-sustainable eco system, but four-wheels needs a certain direction for our talents to go further in their career. So, I want more programmes and development to further them, and bringing in more manufacturers for talents to have a career.

How do you feel now that the Sepang Grand Prix isn't on the F1 calendar anymore?

I'm saddened, to be honest. It was such an iconic event, and one that put Malaysia on the world map of international Formula One racing, and in the eyes of the world. But of course the cost to make it sustainable is not small, especially now with our economic situation. But I hope to see it back one day. Otherwise, being in the motorsport scene, there are also other international events that we could host to bring a positive spillover to the country.

It may be hard for young enthusiasts to see a future in motorsports, as F1 is out of the picture now in Malaysia. What do you have to tell the young and hopeless?

Never stop chasing the dream. If you have the dream to becoming a driver, fight for it! There are ways to get there – it is the 21st century now, and we have many more platforms compared to when I first started. The motorsports industry is more than just about becoming a race driver if you want to be a part of it. You can also become an engineer, a team owner, a mechanic, marketer, or even a facility operator on the sports site as well, and the list goes on. The avenue of motorsports is so broad that it gives opportunities and options to anyone.

Would you say it is easier for them to grow this dream overseas than in Malaysia now?

I wouldn't say easy is the right word, because everyone needs to prove themselves in such a competitive environment. But if I can accomplish this much and get this far, I'm sure that other hopeful Malaysians can achieve the same too.





Interiors of the Rolls Royce Cullinan

PM Tun Dr Mahathir recently announced his interest in bringing back the Grand Prix. Do you think Malaysia is ready to host the Grand Prix again soon?

We have to host it knowing that the positive spillover and opportunities are there. We can't just see it as entertainment once a year. It has to be seen as though the manufacturers are looking to invest and build that hype for Malaysia, so that it will create more jobs. I see it back in the near future, but with a better blueprint to make it more self-sustainable.

In the 90's, Malaysia was one of the market leaders in Asia for motorsports, having 3 functioning racetracks. How can we make motorsports in Malaysia great again, especially in the four-wheels category?

Motorsports is not cheap because of the research and development that goes into these cars – the business behind it is bigger than what people think. We have great local talents that can produce materials and products that are sought-after by foreign countries, so the trade deals with manufacturers abroad give us exposure. But sometimes there is always a

limiting factor of how far they want to go. But the way I see it, the sky is the limit, so we ought push ourselves to go as far as possible and make it grow globally. Looking at it from the SIC standpoint, I think having more racetracks to build an ecosystem that is friendlier and more affordable would lift up the standards.

The earth is going green, and it is often talked about how the future of motorsports is in electric cars. What do you think?
We can't run away from it, unfortunately. I think it is still a

learning process for everyone in the industry. We also need to understand why we are headed in such direction – it is not about just changing the infrastructure and creating plugs to charge cars, but about knowing how efficient the emissions are and how much we're saving energy and impacting the planet. So, to know why you're doing it is more important than the big switch to electric cars. But I do believe it is the future, and even sports cars and motor racing are heading towards that direction, and we are already developing cars in that direction. So I see Malaysia heading that way.

Are you making any efforts in regards to that?

I am personally interested in the technology side of it. I have had meetings to educate and getting the right people to do it, which takes time, but Sepang is definitely the first platform to get it done in Malaysia.

UK sets the golden standard for motorsports. What can we do to propel the local motorsports industry to that level?

The ecosystem in UK has been right since day 1, naturally making it a breeding ground for talents. Eighty percent of F1 is based in the UK, and the circle is small. I was based in the UK for 9 years, and I could see how the training, learning and engineering elements were all connected to each other. Being in the circle helps being nurtured by the right people and environment. So, I would like to see Malaysia having that 'circle', because our manufacturing is one of the biggest and strongest in the region. We have to also introduce more of the motorsport side of the industry so that people can use it for exposure, not just for the talents but also for the market.

JUST JAZEMAN

Since this is our 'Malaysian' issue, what makes you feel 'Malaysian most'?

The fact that I'm a foodie (laughs). It doesn't matter whether I travel to the east or west, I always crave for my fried rice, nasi lemak or banana leaf rice! Also, when I travel and people ask where I'm from, I'm always proud to tell them I'm Malaysian. As a Malaysian athlete, my proudest moment is when I'm on the podium holding the Malaysian flag. I feel very proud because it is only a handful that gets to go international. So, I want to keep that momentum going and wave the flag higher.

A day in the life of Jazeman is...

Go, go, go! My schedules always have me on the move, travelling here and there.

So, it is as fast as your sport?

(Laughs) I try to be as efficient as I can.

Lastly, we know you're a big foodie. What is your breakfast of champions?

Varies from one another, depending on where I'm at – so from a full English breakfast to Nasi Lemak.

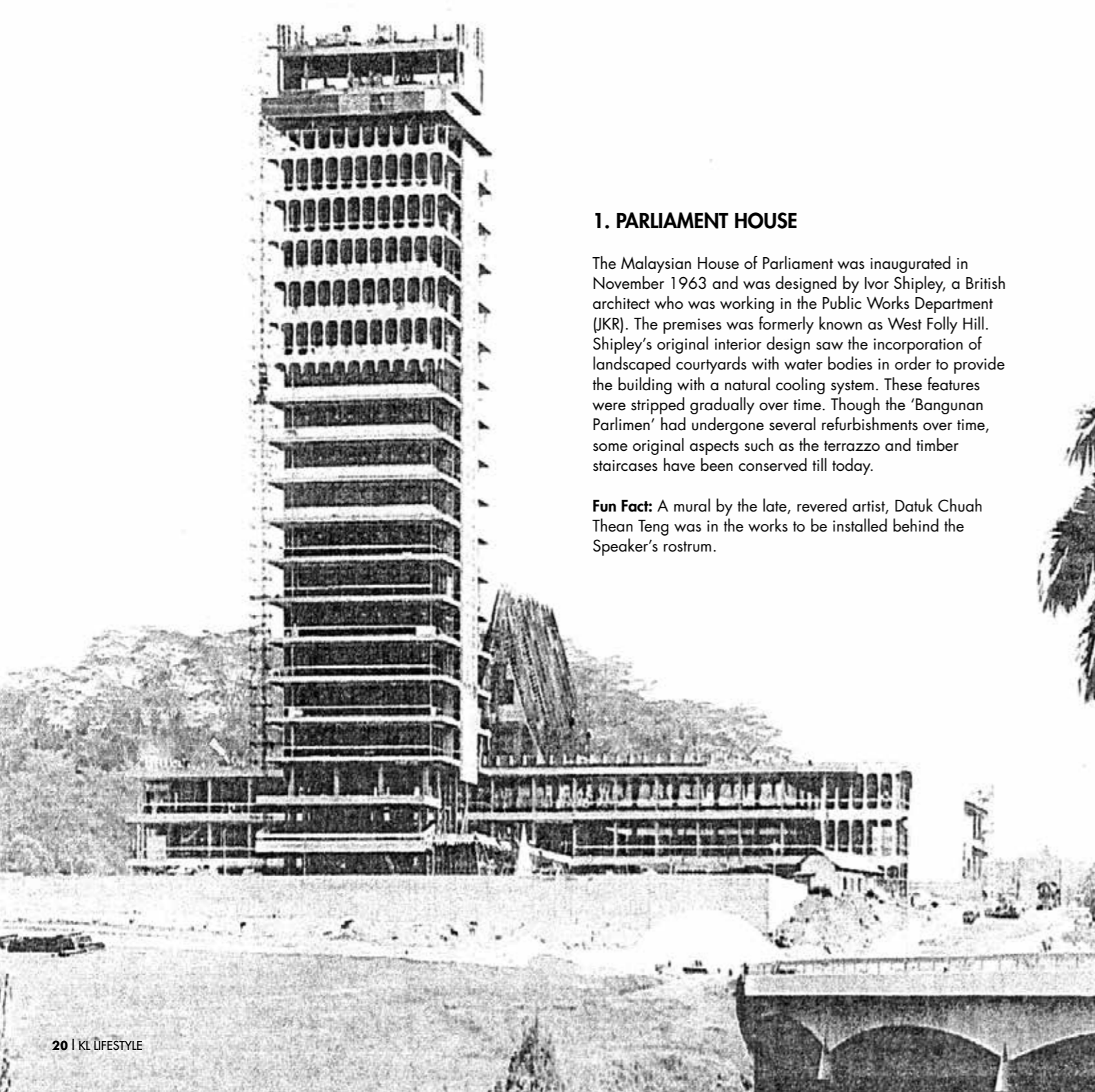
But if you have to choose one...

Nasi Lemak is the way to go.

THE STORY BEHIND 5 HISTORICAL MALAYSIAN STRUCTURES

Symbols of National Identity

BY HIRANMAYII AWLI MOHANAN



Malaysia, along with its buildings, structures and architecture are laden with history — a marker of the country’s character and cultural identity. After all, it is landmark buildings and structures that have borne witness to key historical events or hold a special purpose for its citizens. In the spirit of Merdeka, we discover the history behind five of Malaysia’s important structures and buildings.

1. PARLIAMENT HOUSE

The Malaysian House of Parliament was inaugurated in November 1963 and was designed by Ivor Shipley, a British architect who was working in the Public Works Department (JKR). The premises was formerly known as West Folly Hill. Shipley’s original interior design saw the incorporation of landscaped courtyards with water bodies in order to provide the building with a natural cooling system. These features were stripped gradually over time. Though the ‘Bangunan Parlimen’ had undergone several refurbishments over time, some original aspects such as the terrazzo and timber staircases have been conserved till today.

Fun Fact: A mural by the late, revered artist, Datuk Chuan Thean Teng was in the works to be installed behind the Speaker’s rostrum.



2. MASJID NEGARA

The construction of Masjid Negara or National Mosque inceptioned in 1963, and its doors opened to the public in 1965. The masterminds behind the design of the mosque was a three-man team from JKR, comprising Scottish architect Howard Ashley and his Malaysian counterparts Hisham Albakri and Baharuddin Kassim. The roof of the mosque was a contemporary design of its time, straying away from the norm of the dome design. The design of the roof signifies an umbrella that provides shelter. It was also mentioned that the design contributes to good acoustics for prayers. While there was much debate on the location of the national mosque, the then Prime Minister, Tunku Abdul Rahman asserted on the current location, with the reason that it is close to the train station and is accessible for weary travellers who seek refuge.



3. STADIUM MERDEKA

As its epithet indicates, Stadium Merdeka was built to mark Malaya’s independence from the British. The stadium opened its doors just a month before the Merdeka festivities and the historical moment where the voice of Tunku Abdul Rahman declaring ‘Merdeka’ seven times echoed throughout the space.

The stadium was designed by then director of JKR, Tan Sri Stanley Jewkes, an American architect and a close friend of Tunku. With the strong notion that sports were a good agent in uniting the people, Tunku gave special emphasis on this project. Working on a tight budget, Jewkes had to be innovative in his design to keep the project going.

Nearby, Stadium Negara was also planned to be a convention centre and concert hall apart from its function as an indoor sports hall. Thus, its technical requirements were quite stringent – attention was paid to flexible space planning, indoor comfort and lighting.

4. TUGU NEGARA

As mentioned in our history books, the Tugu Negara was established in memory of the 11,000 fallen Malayan heroes who sacrificed their lives during the 12-year Malayan Emergency. The monument was created by Austrian-born, American sculptor, Felix de Weldon, who also created the Marine Corps War Memorial – which was the inspiration for the Tugu Negara. It was commissioned in 1963 and unveiled in 1966.

Fun Fact: The National Monument was originally a non-figurative sculpture but was changed when Tunku Abdul Rahman paid a visit to the Washington Marine Corps War Memorial in 1960 and was deeply moved by the piece.



5. SUBANG AIRPORT

Preceding KLIA, Subang International Airport was the country’s avant garde airport where all international travels took place. It was inaugurated in 1965 and boasted the longest runway in Southeast Asia at the time. Its moniker was changed to Sultan Aziz Shah Airport in 1996 and was also the first public project commissioned to a private architectural firm, Booty Edwards & Partners.



MONARCHS OF MALAYSIA

About Malaysia's Constitutional Monarchy

BY JACQUELINE BENITA PAUL

Today, there are 26 monarchies in the world. Among them, Malaysia's is considered as one of the most unique of the lot. Malaysia practises parliamentary democracy with a constitutional monarch. There are nine sultans or rulers in the country, which comprises 13 states and 3 Federal Territories, forming one of the world's largest monarchy systems. The oldest ruling house belongs to Kedah state which dates back to the 12th century.

OVERVIEW OF MALAYSIA'S MONARCHY

His Majesty the Yang di-Pertuan Agong is the supreme head of the country. The supreme institution of Malaysia is the Conference of Rulers (Majlis Raja-Raja) – which was formed on August 27, 1957. It comprise the hereditary rulers of the nine states in Peninsular Malaysia and four state governors appointed by the king. Since Malaysia's Independence in 1957, the selection

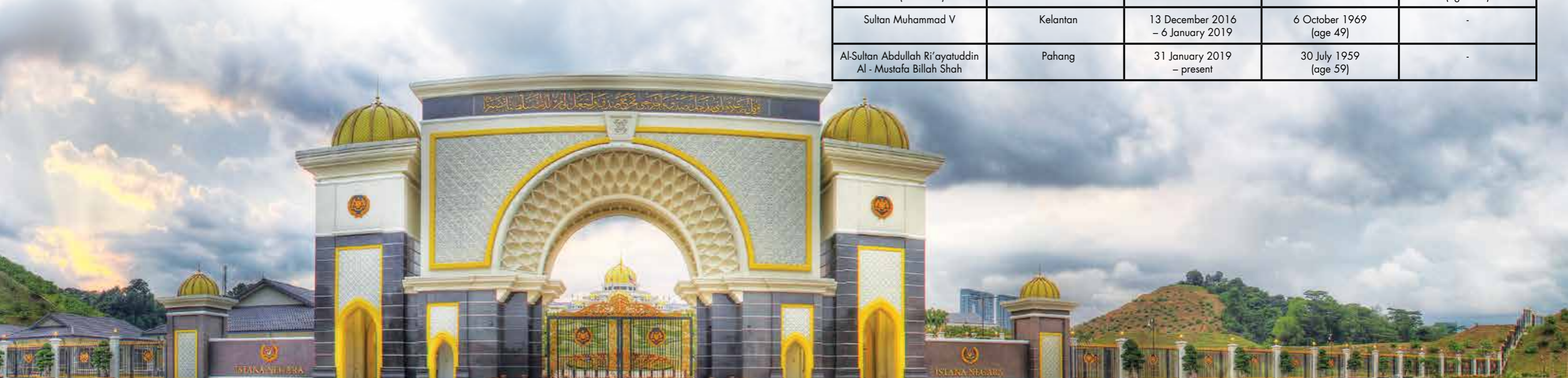
process of Malaysia's king is based on a rotating system. In a shocking turn of events early this year, the nation saw the resignation of Sultan Muhammad V who was the first king to step down before completing his five-year tenure.

DUTIES OF HIS MAJESTY THE YANG DI-PERTUAN AGONG

While it is largely a ceremonial role, the king serves various executive, legislative and judicial functions. Article 42 of the Federal Constitution states: (1) His Majesty Yang di-Pertuan Agong has the power to grant pardons, reprieves and respites in respect of all offences committed in the Federal Territories of Kuala Lumpur, Labuan and Putrajaya; and the Ruler or Governor of a State has power to grant pardons, reprieves and respites in respect of all other offences committed in his State." The king is also the head of Islam in Malaysia.

LIST OF MALAYSIA'S YANG DI-PERTUAN AGONG

Name	State	Reign	Date of Birth	Death
Tunku Abdul Rahman	Negeri Sembilan	31 August 1957 – 1 April 1960	24 August 1895	1 April 1960 (aged 64)
Sultan Hisamuddin Alam Shah	Selangor	14 April 1960 – 1 September 1960	13 May 1898	1 September 1960 (aged 62)
Tunku Syed Putra Jamalullail	Perlis	21 September 1960 – 20 September 1965	25 November 1920	16 April 2000 (aged 79)
Sultan Ismail Nasiruddin Shah	Terengganu	21 September 1965 – 20 September 1970	24 January 1907	20 September 1979 (aged 72)
Sultan Abdul Halim Mu'adzam Shah (1st term)	Kedah	21 September 1970 – 20 September 1975	28 November 1927	11 September 2017 (aged 89)
Sultan Yahya Petra	Kelantan	21 September 1975 – 29 March 1979	10 December 1917	29 March 1979 (aged 61)
Sultan Ahmad Shah	Pahang	26 April 1979 – 25 April 1984	24 October 1930	22 May 2019 (aged 88)
Sultan Iskandar	Johor	26 April 1984 – 25 April 1989	8 April 1932	22 January 2010 (aged 77)
Sultan Azlan Muhibbuddin Shah	Perak	26 April 1989 – 25 April 1994	19 April 1928	28 May 2014 (aged 86)
Tunku Ja'afar	Negeri Sembilan	26 April 1994 – 25 April 1999	19 July 1922	27 December 2008 (aged 86)
Sultan Salahuddin Abdul Aziz Shah	Selangor	26 April 1999 – 21 November 2001	8 March 1926	21 November 2001 (aged 75)
Tunku Syed Sirajuddin Putra Jamalullai	Perlis	13 December 2001 – 12 December 2006	17 May 1943 (age 76)	-
Sultan Mizan Zainal Abidin	Terengganu	13 December 2006 – 12 December 2011	22 January 1962 (age 57)	-
Sultan Abdul Halim Mu'adzam Shah (2nd term)	Kedah	13 December 2011 – 12 December 2016	28 November 1927	11 September 2017 (aged 89)
Sultan Muhammad V	Kelantan	13 December 2016 – 6 January 2019	6 October 1969 (age 49)	-
Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah	Pahang	31 January 2019 – present	30 July 1959 (age 59)	-



MALAYSIA ON SCREEN

Following the recent spotlight on Crazy Rich Asians' use of beautiful locations in Malaysia for the world of its glamorous characters, we take a look back at some of the glorious moments Malaysia has had in cinema history. With our diverse sceneries from beautiful colonial heritage buildings to lush beaches, it is no wonder filmmakers love to be inspired by Malaysia!

BY SARA YEOH

1. POLICE STORY 3: SUPER COP (1992) STARRING JACKIE CHAN AND MICHELLE YEOH

Who could forget the iconic scene where Jackie Chan hangs from a helicopter ladder flying all around Kuala Lumpur just to save the day? And the backdrop for all the action was the Kuala Lumpur railway station. Several climax scenes where Michelle Yeoh did her fair share of stunts – riding fast bikes on moving trains and rolling on the streets of Kuala Lumpur – were shot right here too.



Still from "Police Story 3: Super Cop" featuring the Sultan Abdul Samad building

2. SUMMER HOLIDAY (2000) STARRING RICHIE JEN AND SAMMI CHENG

This Chinese romantic comedy found the perfect setting in Redang Island, off the coast of Terengganu for the love story between Momocha (Richie Jen) and Summer Koo (Sammi Cheng). Watching the leads fall in love in paradisiacal sceneries make us want to book a holiday at Redang Island now (and fall in love). Local musician Ah Niu starred in this movie as well, who also made the hit soundtrack to this movie, "浪花一朵朵" (Waves like Flowers).



Poster of "Summer Holiday" set in Redang Island



The ending scene in "Entrapment" filmed at Bukit Jalil station.

3. ENTRAPMENT (1999) STARRING SEAN CONNERY AND CATHERINE ZETA-JONES

It was only a matter of time until the handsome metropolitan views KL city has to offer became the backdrop of an international blockbuster action film. In 1999, this action thriller turned the Petronas Twin Towers into an "International Clearance Bank", where an exciting final heist took place during a brief shutdown for Millennium eve in the film. The humble platforms of the Bukit Jalil train station were also featured, but became 'Pudu' train station (easier for the characters to pronounce, apparently), where the main characters Mac (Sean Connery) and Gin (Catherine Zeta-Jones) agreed to meet after they split up during the grand escape – and where the ending unfolds.



A scene taking place in a typical rural Malaysian family house in "After This, Our Exile".

4. AFTER THIS, OUR EXILE (2006) STARRING AARON KWOK

In this melodramatic story between a father and son, their journey unfolds in humble, everyday locations of Ipoh city. Modest family houses in common neighbourhoods, shabby bus stations and unpolished local Chinese restaurants turn into mesmerising landscapes, thanks to the beautiful cinematography – shining a spotlight on the atmosphere and dailies of a lesser known part of Malaysia to the world.



5. LUST, CAUTION (2007) STARRING TANG WEI AND TONY LEUNG

It seems that Chinese filmmakers continue to have an unending love affair with Malaysia for film locations. The old world charm of Penang and Ipoh were transformed into Hong Kong in the 1930's and 40's in this film. As the espionage thriller was loosely based on events that took place during the Japanese occupation of Shanghai, viewers could get a glimpse of these cities' olden days allure. Accordingly, most of the local scenes were shot at Jalan Sultan Yussuf and Jalan Chung On Siew in Ipoh, and the Yap Chor Ee building in Penang.



A scene in "Lust, Caution" filmed in Malaysia.

NEW CITROËN GRAND C4 SPACETOURER

THE FAMILY MPV, PERFECTED



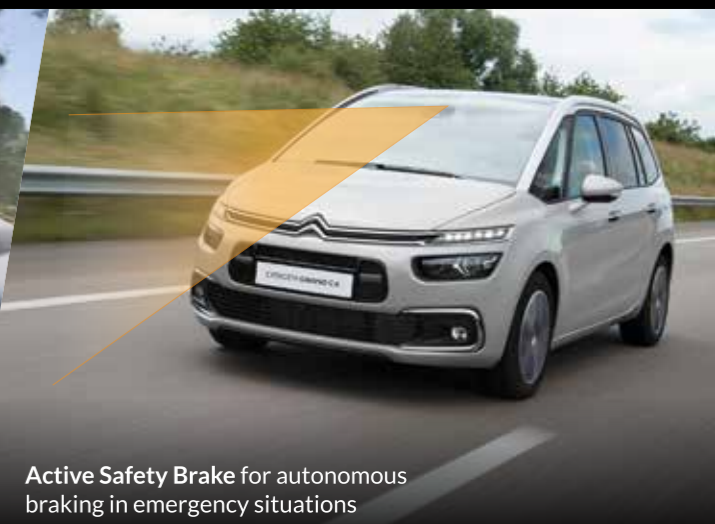
Apple CarPlay MirrorLink android auto Bluetooth
Smart device compatibility with built-in navigation



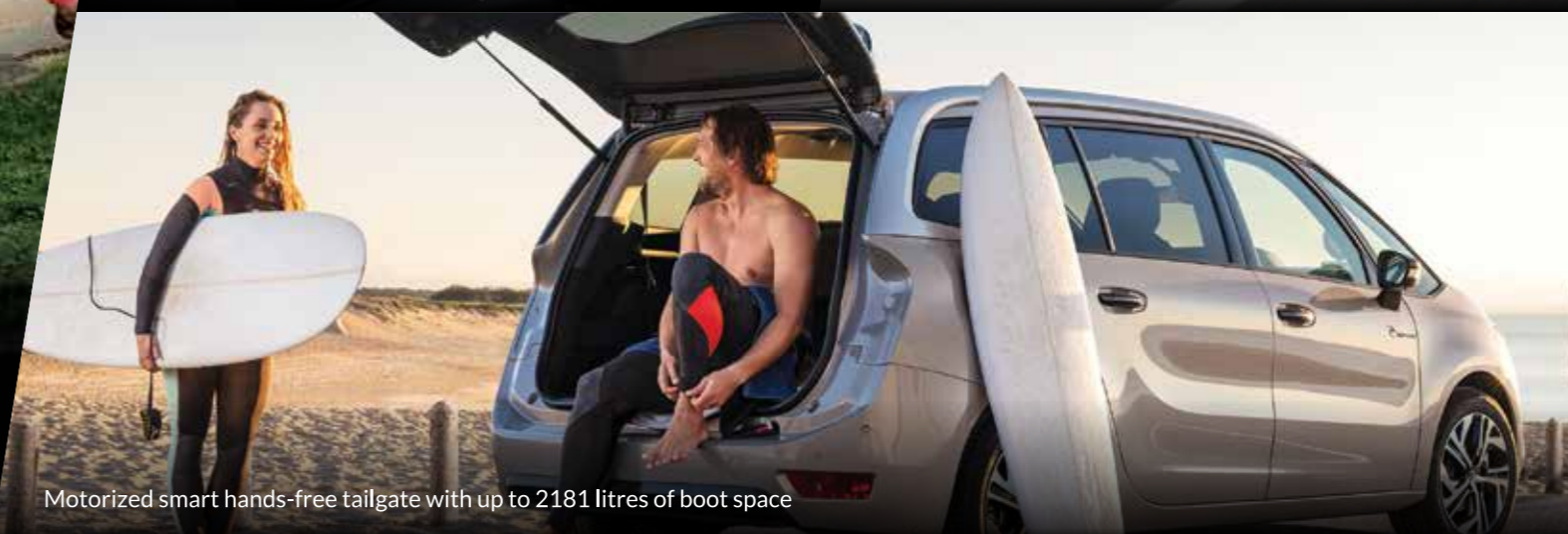
7-seat versatility with tilt and slide seats



A beautiful cockpit featuring intuitive driver controls and a panoramic windscreen for clear driving views



Active Safety Brake for autonomous braking in emergency situations



Motorized smart hands-free tailgate with up to 2181 litres of boot space

FOR ONLY **RM139,888**
(OTR without insurance)



CRÉATIVE TECHNOLOGIE

Klang Valley • Glenmarie (03 5566 3685) - Puchong (03 8076 1788) - Sungai Besi (03 9222 2126)
Penang • Butterworth (04 332 2001 / 7001) Johor • Plentong (07 351 6778 / 353 7000) - Skudai (07 595 3112) Melaka • Malim Jaya (06 335 6845).
Open Monday-Saturday (9am - 7pm) Sunday & Public Holiday (10am - 6pm).

Specifications may vary. Terms & Conditions apply. Photos are for illustration only. 3 years Manufacturer's Warranty + contract of 2 additional years of warranty coverage by the Manufacturer. 5 years or 120,000km whichever comes first.

Naza Euro Motors Sdn Bhd. (1012825-T) is the official distributor of Citroën Malaysia.

/CitroenMalaysia | citroen.com.my

Enjoy these Citroën ownership exclusives:



Flour

BY HIRANMAYII AWLI MOHANAN

Flour is known to stretch the boundaries of Indian cuisine and render reinventions of classic north Indian dishes. Armed with fervour, dedication and heart, the creative mastermind behind Flour, Chef Yogi and his team, tell a tale of adventure through the chef's table 10-course dinner. In an intimate ambience with a vigorous playlist, the journey commenced.

Curd

The arrival of the curd marked the beginning of a journey, creating anticipation of what was to come. Light flavours were experienced here – a joyous meeting of masala and curd, paired with a tinge of necessary spiciness.

Corn

Then came the coconut - an unassuming dish that aesthetically looked like a coconut. It was only when we bit in, that it unfolded layers and flavours. What we assumed to be prominent coconut taste turned out to be vanilla ice cream from Inside Scoop. What a brilliant dish!



Fish

As the journey reached its apex, we experienced the beauty of a dish known as Machher Jhol, the origin of traces to West Bengal. Bengalis, we learnt, are fond of using mustard and green chillies, so expect a subtle wave of spice. Chef Yogi's rendition of the Machher Jhol sees the incorporation of fresh mangoes that neutralises the pungent quality of mustard and chilli to present a well-balanced fish.

Duck

There are no frills about the dhal gosht. On a bed of thick gravy sits three chunky slices



of smoked duck. The interplay of smokiness and juiciness from the duck and the familiar piquancy from the black lentil-filled gravy was simply seductive.

Khichdi

We can still feel the warmth in our hearts that the khichdi evoked. Primarily made from rice and lentils, this healthy dish is one that is comforting and reminds you of something your grandmother would make.

Flour *North Indian *pork-free
Plaza Damansara, 71, Jalan Medan Setia 1,
Bukit Damansara, 50490 Kuala Lumpur

The Courtyard

BY HIRANMAYII AWLI MOHANAN

While the English may have introduced the Afternoon Tea concept worldwide, Pavilion Hotel Kuala Lumpur brings forth its own local rendition, known as The Truly Malaysian Afternoon Tea. There is a luxury to an afternoon tea – basking in the ambience of a hotel while sipping tea. Pamper yourself to the hotel's afternoon tea while taking in the bustle of the Bukit Bintang cityscape and indulging in flavourful Malaysian tea-time favourites at the contemporary, cosy setting that is The Courtyard.

The Truly Malaysian Afternoon Tea Set, like most sets in hotels, comes in beautiful tiers but to put a spin on it, it arrives in an adorable, colourful tiffin box that sends you down memory lane. Enclosed within each tiffin tier is an array of savoury and sweet treats that are specially curated and prepared by the maestros in the kitchen for both locals and tourists to enjoy.

The savoury items encapsulate the flavours of Malaysia, such as the traditional festive glutinous rice in bamboo with Rendang Tok, Roasted Duck Roll with Hoi Sin Sauce, traditional Malay fish sausages with dipping sauce, mini nasi lemak pack, masala vadai



with mint yoghurt, Pavilion's prawn fritters with sweet chilli sauce and Malay-style toast that comes with a side of butter and homemade kaya.

An afternoon tea wouldn't be complete without sweet treats. The Courtyard pays homage to traditional snacks by featuring Fried Banana Balls (Cekodok Pisang), Pandan Coconut Buttons and Potong ice-cream – Malaysians' favourite childhood

popsicle. Of course, no Malaysian tea-time meal is complete without an alluring cup of coffee or tea and Pavilion Hotel's afternoon tea has that covered. Guests can choose the 'O', The Tarik, Kopi 'O' or Kopi Tarik to complete the lush meal.

The Courtyard *Malaysian *pork-free
Pavilion Hotel Kuala Lumpur
170, Bukit Bintang Street, Bukit Bintang,
55100 Kuala Lumpur
Tel: +603 2117 2821

Wan Chun Ting

BY HIRANMAYII AWLI MOHANAN



Wan Chun Ting, the embodiment of charm and sophistication at Sofitel Kuala Lumpur Damansara is renowned for its Cantonese and Imperial cuisines. Keeping guests on their toes, it has recently introduced a spanking new menu with a fresh spin on classic fare. Bask in the oriental ambience at Wan Chun Ting's main dining area or private dining rooms – either way, guests are promised an indulgent culinary experience.

The new menu here boasts an exceptional range of authentic Cantonese and Imperial cuisines with a creative twist. The highlights are the innovative fresh flavours and commitment to keep with the times and growing demands of guests.

Featuring over 20 new dishes, guests can relish in the brilliant flavours of Wan Chun Ting's Trio Combination, Steamed Scallop with Vermicelli and Golden Garlic, Double Boiled Baby Abalone Soup with Chicken, Snow Fungus and Wolf Berries, Deep-Fried Soft Shell Crab with Salt and Pepper,

Deep-Fried Cod Fish with Chef's Special Sauce and Topped with Shredded Onion and Cucumber, Braised Six Head Abalone with Stuffed Sea Cucumber, Water Prawn Crispy Noodle with Scallion and Ginger – to name a few. Quench down the deliciousness with a selection of Chinese tea which pairs beautifully with the fare.

Besides the a la carte menu, the scrumptious and inventive dim sum menu will have guests singing songs of praises. Chef Chong Chin Kee's works of art are elegant and contemporary – spanning over 20 types of dim sum including Trio Dim Sum Platter, Deep-Fried Shrimp Bean Curd Wrapped in Rice Roll, Steamed Salted Egg Custard and Deep-Fried Prawn Dumpling with Chives. To sum it all, Wan Chun Ting's new offerings are a treat to the palate and soul.

Wan Chun Ting *Chinese *pork-free
Sofitel Kuala Lumpur Damansara,
6, Jalan Damansara, Bukit Damansara,
50490 Kuala Lumpur.
Tel: 03-2720 6688

Nourish by Kenny Hills Bakers

BY HIRANMAYII AWLI MOHANAN



Eating healthy is not for size, it's a lifestyle. Nourish by Kenny Hills Bakers is a brilliant addition to the slew of restaurants in Bukit Damansara, offering wholesome nourishment for the body and soul. Its gluten-free kitchen, healthy meals, refined sugar-free menu will have your body singing songs of approval. Following are our top picks here:

Crispy Falafel

Biting into the crispy falafel unfolded a whirlwind of fragrant spices. While this scrumptiousness can be savoured as is, we recommend dipping into the garlic lemon tahini to experience a different dimension of piquancy. The side of beef salad that partnered the falafel reminded us of Vietnamese pho – a delectable wave of herbs and tender beef.

Golden Breakfast Benedict

We were happy to learn of Nourish's healthy substitute to the indulgent eggs benedict – an equally hearty yet healthy dish. Instead of using an English muffin, a crisp quinoa-polenta spinach cake is featured here while sitting atop are two poached eggs that are blanketed with a spicy harissa hollandaise and rocket salad. One word, glorious.

Classic Roast Chicken

Surprising us among the wholesome spread was a classic Malay dish, Ayam Percik. The roasted chicken was packed with beautiful 'percik' flavours, accompanied by refreshing sweetness from the side of watercress, pomelo and pomegranate salad. Nourish's rendition of the Ayam Percik proves that a traditional dish such as this can be nutritious too.

Mediterranean Shakshuka

You don't have to eat less, just eat right – this is evident in the Mediterranean Shakshuka. On a skillet, a miscellany of eggs, tomatoes, roasted red peppers, harissa, fresh parsley is baked to golden perfection and served with house-baked, gluten-free bread. The use of harissa (North African hot chilli pepper paste) provides the right amount of spiciness to take it up a notch.

Beet Root Latte

The sweet and earthy beetroot latte makes for wonderful late afternoon sips, perfect for those who don't prefer to be caffeinated.

Nourish by Kenny Hills Bakers *Pork-free
No. 35, Jalan Medan Setia 1, Bukit Damansara,
50490 Kuala Lumpur
03-2011 6990

Crème De La Crème

We All Scream for Ice Cream!

BY HIRANMAYII AWLI MOHANAN



I scream, you scream, we all scream for ice cream – especially the ones from Crème de La Crème, or affectionally known as CDLC. This dessert bar is a sweet tooth's wonderland, rendering handcrafted petit gateaux and mouth-watering ice cream.

With stylish interior and funky furniture pieces, CDLC creates a fun and hip ambience to relish an array of 18 lush, homemade ice creams. Personifying the definition of its moniker, this dessert bar prioritises using 100% natural ingredients, top-of-the-line machinery – all to bring to Malaysians unrivalled quality of ice cream.

Mango Passion Sorbet and Dragon Fruit Strawberry Sorbet

Those who seek something light, fruity yet equally indulgent can turn their attention to the Crème de la Crème's sorbets. We tried the Mango Passion Sorbet and Dragon Fruit Strawberry Sorbet. The former, is a treat for all mango lovers, derived from the King of Mangoes – Alphonso mangoes. The richness and sweetness of the mangoes come through yet balanced beautifully

by the equally prominent passionfruit.

The Dragon Fruit Strawberry sorbet, on the other hand, is the epitome of a fruity escapade – beautiful colour and taste. The combination of dragon fruit and strawberries result in a rich in fibre, anti-oxidants, potassium and vitamin C sorbet that helps you battle the heat.

Pandan Kaya Toast

This ice cream was our childhood memories swirled onto a cone. It is made from fresh, fragrant pandan leaves which are first dehydrated, blended into powder and added into a mix to create a fresh, wholesome, lush, aromatic and all-natural pandan kaya flavour. The cherry on top, is the hand-baked crumble that adds a beautiful toasty crunch.

Da Bomb!

The bomb, it was! This ice cream cake is rich and deep in complexity, from its bomb and fuse aesthetics to the playground of flavours experienced. A blend of 63% dark chocolate ice cream meets pure creamy Madagascar vanilla ice cream in just the right balance. Crunch down towards a soft, melt-in-your-mouth hazelnut ganache that oozes the right amount of sweetness, topping it off with a dazzle of dark chocolate dip. Opulence on a plate.

Longevity

Longevity pays homage to the Chinese folk legend through peach bun or shoutou – which signifies longevity. This sweet bun, served in a bamboo basket is filled with a rightful matrimony of Asian flavours. Biting in, you will discover Japanese matcha ice cream with mango yuzu compote that interlays with lemon curd and black sesame ice cream on top of a matcha sponge. Prepare to be amazed!

Crème De La Crème
*Ice-cream *pork-free
35G, Ground Floor, Jalan SS 21/60,
Damansara Utama, 47400 Petaling
Jaya, Selangor.
Tel: 03-7494 0735

Drop Exchange

BY HIRANMAYII AWLI MOHANAN

My love affair with Indian cuisine surpasses blood affiliations, with a passionate need to unearth flavours. This brought me to Drop Exchange at Solaris Mont Kiara, a bar and restaurant that models a Wall Street theme and brings about the quintessential cultural food of Bombay.

Merely browsing through its extensive menu will make your tummy grumble. In addition to what is arguably the most expansive list of whisky and gin in town, Drop Exchange also offers a wide selection of wine and beer for the transient guest and traveller. The arrival of wine and cocktails, marked the commencement of our review.

Cutlis

On a wooden platter sat six circular cutlets made from a medley of vegetables served fresh with homemade green coconut chutney. Just as a flower that blooms, biting into the cutlis unveiled petals of delightful flavours.

Sion Koliwada Fish

We were told that this is a staple Persian dish and commonly found around Mumbai. It's essentially fish marinated in potent spices and masala, subsequently deep-fried. The result? C'est magnifique. This is a perfect appetizer to prepare the palate for what's to come.

MAINS

Papeta Par Edu

As our stomachs were slowly filled, the mains arrived. Papeta Par Edu is another Persian-inspired dish—served in a skillet, covered with generous tomato onion masala and baked sunny side up. We recommend pairing it with some bread and dig in!

Rogan Josh

Rogan Josh is an aromatic staple of Kashmiri cuisine, typically cooked using mutton and slathered with aromatic spices and yoghurt. Fun fact, the history of this dish dates back to when the Mughals ruled India. Whether consumed with rice or bread, you are in for a journey of seductive aroma and flavours. It came as no surprise to us that Drop Exchange's Rogan Josh bagged the coveted Malaysia International Gastronomy Festival award, two years in a row.

Drop Exchange *Indian *pork-free
K-G-3, SOLARIS MONT KIARA NO 2, Jalan Solaris,
Solaris Mont Kiara, 50480 Kuala Lumpur



Pizza Mansion

BY HIRANMAYII AWLI MOHANAN

Who knew that Happy Mansion, a low-cost apartment in PJ would birth a myriad of cafes and restaurants and be the food hub it is today? Adding to its scene is Pizza Mansion – a humble pizzeria which prides itself for its wood-fired oven and exquisite homemade pizzas.

Zucchini Eggplant Chickpeas

What a pleasant surprise this was! Honestly, I'm too accustomed to having pepperoni or seafood as my pizza topping that the thought of zucchini, eggplant and chickpeas had me skeptical. This pizza brought together roasted zucchini, eggplant, garlic yoghurt, chopped chives, chickpeas garlic yoghurt, and chickpea with romesco base to deliver a full-bodied pizza with robust flavours.

Holy Pepperoni

Nothing beats a good ol' cheesy pizza with thinly sliced beef pepperoni, especially at the Pizza Mansion. Be prepared for a hint of spice from the cured spicy beef with fresh onion rings. Sprinkle some dried chilli flakes on the delicious classic and you'll be good to go.

Pineapple Express

Rich, juicy and smoky are the words to describe the Pineapple Express. Just as indicated by its moniker, pineapple is abundant and slow roasted. The smoked duck, still laden with slight smokiness neutralises the sweetness from the pineapples. Further garnished with chopped jalapeno, tomato sauce and mozzarella, it makes for an opulent choice.

Truffle Mac and Cheese

I bow down to the mastermind behind this glorious work of art. With its alluring flavours, it entices your palate with every bite, to indulge in a little more every time. It is a treat to the nose and mouth as the aroma of the truffle and cheese lingers at the nostrils – immediately salivating. And the taste? You would have to experience it for yourself. This indulgent goodness comprises a medley of cheeses – grana Padano, mozzarella, gouda, aged cheddar, mixed in with bits of truffle and macaroni.

Pizza Mansion *Homemade pizza *pork-free
BG3, Block B, Happy Mansion, Jalan 17/13,
Section 17, 46400 Petaling Jaya, Selangor



Beside You Café

BY JACQUELINE BENITA PAUL

You don't need a time machine to enjoy simpler times, just head on over to Seksyen 17, Petaling Jaya to visit Beside You to be washed over with a sense of nostalgia. The menu offers unadulterated bowls of comfort food, with a prominent Japanese influence among its various Asian influences and home-style cooking. The concept of the restaurant was inspired by the fond memories of school and the companionship of desk mates. Though, growing into adulthood, such honest and genuine companionship is scarce. The bowl of Unagi & Spinach, Japanese Curry



and Roast Chicken on Flat Rameyon we tried out emulated the genuine, authentic and honest nature of precious relationships.

Each dish was wholesome and healing in each bite. Our attention soon turned to the drinks, especially since from our experience, home-style cooking doesn't typically push the envelope with the menu offerings, but Beside You café took a creative approach for its beverage menu. Coffee lovers should order the Mr Coffee & Mrs Earl Grey for a sublimely smooth and delicately sweet combination. For a non-dairy caffeine option, try the Coffee Beer, a dark brew with a froth at the top that looks a lot like a stout and almost tastes like root beer.

Beside You Cafe *Japanese *pork-free
627, Jalan 17/8, Seksyen 17,
46400 Petaling Jaya, Selangor

De.Wan 1958

Spectacular Malaysian Cuisine

BY JACQUELINE BENITA PAUL



Left to right - Cucur udang, Sup Ekor, Pucuk Paku, Kambing Kuzi, Rojak Betek, Daging Opor Hijau, Chef Wan Ikan Bakar, Gulai Lemak Udang, and Nyonya Kapitan

Utter the name Datuk Chef Wan to a Malaysian and chances are the reactions could vary from excitement to admiration. Such is the reputation of the Malaysian celebrity chef who has garnered a name for himself with international recognition and various venerated accolades in acknowledgement of his culinary contributions. At age 61, the man shows no sign of slowing down with his recent opening of De.Wan 1958 at The Linc KL.

While we are aware of Chef Wan's bigger than life personality and expected a fanciful place, we were blown away by his flamboyant interior design – a mahogany ceiling with Islamic motifs that soars overhead, spanning the main dining area furnished with striking cobalt-blue rattan chairs. Unimposing luxurious crystal chandeliers and reflective gold walls – dividing the event space and dining area, and to top it all, an enormous painting of Chef Wan which can be seen across the room to the private dining area. In short, a visit to De.Wan is an occasion to dress for.

We were hosted by F&B veteran Andre Shum, one of the managing partners of De.Wan. He startled us when he brought three menus. Noting our reaction, he assured us that two of the main menu were distinguishable by sharing and single plates that catered for the lunch and dinner crowd. There is also a tea-time menu and dessert menu. For larger groups, the Hidang set menu caters for 8-10 pax with value-for-money sets.

Food was the raison d'être for our presence, so we shall dive in. First to arrive at our

table was the Rojak Betek Terengganu, a combination of vibrant and fresh young papaya, cucumber and pineapple strips tossed in the house-made chilli fish paste served with a side of crispy fish crackers. Our mouths water at the mere recollection. Next was an indulgent Cucur Udang, a coalition of fresh tiger prawns, dried shrimp, bean sprouts and chives in batter, deep-fried to golden and crispy perfection. It paired marvellously with Chef Wan's signature sauce and special peanut sauce. More fresh seafood arrived at our table with the next course, Kerabu Pucuk Paku with Kerang – a favourite among the starters for its plump and perfectly cooked cockles and prawns mixed with sweet fiddlehead fern. This dish boasted robust flavours with balanced sweet and savoury notes. You could add a squeeze of lime for some zest but it's perfectly enjoyable without it.

If we work closer to The Linc KL, our lunch hour may revolve around De.Wan, especially for the Sup Ekor, a tantalising broth made from Australian oxtail blended together with premium local ingredients. Dip it with the side of bread that is served and you may find yourself in a soporific state. We then moved to the mains which were a medley of Chef Wan's colourful heritage – Peranakan, Chinese and Malay influences being the primary inspiration here. The Kambing Kuzi astounded us with succulent chunks of NZ lamb carrying the sweet, slightly heated and heady curry. Of course, what is Malaysian dining without rice? At De.Wan, diners have a choice of Nasi Telur Terengganu, Kasi Kunyit or Nasi Putih (free flow for Hidang set).

The mains continued to impress with the Daging Opor Hijau and Gulai Lemak Udang Nenas, boasting hardy and invigorating flavours with thick and tender meats swimming in lusciously rich curry. Prominent presence of Chef Wan's Nyonya roots is reflected in his Nyonya Kapitan – a crowd favourite. Not-to-be-missed on your order is the Ikan Bakar (Bakar-Bakar section). Our choice was a 1.4kg Jenahak that could feed approximately 10 pax, but we had no problem devouring the dish clean. The fish was tender with a glazed and perfectly charred skin. With each order, you are given a choice of any three of Chef Wan's specially-made dipping sauces. We concluded that the perfect oceanic combination was in the form of Chef Wan's Jenahak Bakar and sambal hijau. Desserts were equally delightful with the Som Som and Bubur Pulut Hitam. We never believed in the dessert stomach concept till we got acquainted with these dishes.

Few understand the theatre of dining as instinctively as Chef Wan. His new city outpost is proof of that. It is an expression of his passion in several dimensions – art, food, design, heritage, family and Malaysia – in an idiosyncratically beautiful space. The result? Dining that reminds you that life is good. Such impeccable coalesce not only merits dining with family and friends but De.Wan's 13,000 sq ft space also has everything you need for events, weddings and corporate dining.

DE.WAN 1958 by Chef Wan *Malay *halal
Lot 2-2 Level 2, The Linc KL 360 Jalan Tun Razak,
50900 Kuala Lumpur



Kumar's

Resplendent Malaysian -Indian Cuisine

BY JACQUELINE BENITA PAUL

When I worked in Publika a few years ago, I was hard-pressed to locate an authentic Malaysian Indian cuisine that reminded me of home. My search, however, led me to Kumar's, a household name among the Indian community that dates back to 1969 when it was founded by Datuk A. Ananthakumar's mother who named the stall after her son. Years later, Ananthakumar established his eponymous restaurant in Ara Damansara where the following was equally strong for his authentic Malaysian Indian cuisine.

Much to the dismay of his Ara Damansara regulars, Ananthakumar closed the lauded outlet due to a shift in market demand in the area. However, Kumar's made its comeback around a year ago in the bustling Mont Kiara neighbourhood. It couldn't be a better geographical match given the area's high concentration of expats, locals and workforce that are in high demand for Indian food.

We entered Arcoris Plaza and easily located Kumar's as it is at the back entrance of the mall. The décor while minimalistic, is in every way designed for you to enjoy guilt-free hedonism. With the bone marrow pepper masala, crab masala, fish head curry and various others in our order, we needed nothing less. Uniquely enough, we found the starter menu at the end and decided to have the Crackling Bhendi to start off. Who knew a deep-fried breaded okra could be so addictive? The crispy exterior and the tender okra was a match made in culinary heaven. We would have seconds if we didn't order the mains.

Though, once the mains arrived, we had no regrets. The aroma of the Fish Head Curry had us salivating. According to the long-time general manager, Emmanuel Davendran, they ordered whole snappers from Pulau Ketam in order to cater to their customers' preferences. This way, they are able to serve their customers a meaty fish head while providing fillet options on request. Another unique aspect of the dish is the lack of dependency on coconut, which is often used to create a thicker curry. In this case, the curry might have had a thinner body but the flavours had us enraptured. It reminded me of a Kerala



Left to right - Crab Masala, Fried Chicken, Stewed Spinach Dhal, Bone Marrow Pepper Masala, Sayur Manis with Anchovies, Prawn Sambal Petai, Fish Puttu and Fish Head Curry (Top)

Fish Head Curry I once had, yet this curry evidently had a mix of north and south Indian influences which made it better.

When you order Bone Marrow Pepper Masala, you will get exactly what you ordered. Don't expect there to be chunks of meat to be stuck on the outer layer. However, bone marrow fans will not be disappointed, as there is plenty of delicious flesh to indulge in and with a handful of rice doused with the pepper masala gravy, prepare for a soporific combo. The Crab Masala offers the same effect as the Bone Marrow Pepper Masala for the crustacean lover. The naturally sweet and thick flesh is worth the work and the ratio of the Masala gravy is satisfying. Add on some fish puttu - made from milk shark - and you will be in a deep state of euphoria.

Just when we thought we had enough on our plate, we were tempted to try the Fried

Chicken, Prawn Sambal Petal and Stewed Spinach Dhal. The combination almost made me weep with the nostalgia of enjoying home-cooked meal. Of course, this is the closest we will get, especially in the area. In fact, in some ways, it might even be better with the brand's self-grinded, locally sourced and a la minute preparation. The menu is overseen by Ananthakumar's mother who trains all the staff and does random follow-ups to ensure consistent quality. Now, our vocabulary for comfort food has now been defined as Kumar's.

**Kumar's *Malaysian Indian *pork-free
LG-5-01, Arcoris Plaza 10,
Jalan Kiara Mont Kiara
50480 Kuala Lumpur
03-6412 2969**



Top: The lush exterior of The Farm Foodcraft
Left: Crab Risotto
Right: Love Potion



The Farm Foodcraft

Urban Farming and Culinary Innovations

BY JACQUELINE BENITA PAUL

The Farm Foodcraft is a bumblebee of a restaurant, located strategically in the epicentre of Bangsar South's Sphere. The farm-to-plate concept of the restaurant has had foodies around town buzzing with excitement. Despite being a new F&B player, the restaurant boasts a huge setting with a hydroponic farm on its second level. All the ingredients are locally sourced and menu options thoughtfully hearty and wholesome.

The Happy Harvest for instance, is the perfect starter for communal dining which features a colourful spread of a few handpicked ingredients from the urban farming lab. The selection of vibrant red, green and yellow capsicums offers more than an aesthetically pleasing presentation and paired with the slices of orange topped with the house-made vinaigrette and alfalfa, resulted in a wondrous combination to tantalise the palate.

Our next course was a thoughtful rendition of the Hakka staple dish known as Lei Cha (thunder tea rice), comprising a mix of rice, cashew nuts, fresh vegetables and fragrant herbs. The Farm Foodcraft offers its own twist by replacing the thick green broth - in tea and mint flavours with a thick tea pesto broth. Expect to be delighted with the rich earthy flavours that are utterly comforting. I was particularly taken with the deep-fried lettuce, a juxtaposition of crispy and tender, an excitingly complex element to the dish.

Our gastronomic journey for wholesomeness continued with our next course, a sublimely creamy Crab Risotto. Best savoured while its hot, we were lost in a state of reverie as we consumed the deep-fried soft-shell crab with a spoonful of the risotto sautéed with mushrooms and capsicum. An eastern twist took place with an unfathomable yet welcomed addition of the X.O sauce, adding a umami finish in each bite. We snapped

out of our reverie when presented with the signature smoothie, Love Potion, made with Betagen, strawberry, blueberry and honey. It's a fitting name for its endearing flavours.

It had been clear that throughout our courses, The Farm Foodcraft has had the gumption to create awareness of healthy eating with a Malaysian culinary approach. Marking the end of our course was the Kuih Gulung featuring a gula Melaka-infused cake with a pandan kaya lava filling, topped with a spun caramel and coconut ice cream for a tropical finish. You couldn't ask for a better healthy fare in the city, especially when you can practically see where your food comes from.

**The Farm Foodcraft *Healthy *pork-free
The Sphere, G-01 & G-02, No.1, Avenue 1, Bangsar South, 59200 Kuala Lumpur, Federal Territory of Kuala Lumpur
03-22420964**

Sunbather Coffee

BY JACQUELINE BENITA PAUL



It may be an understatement to say that Sunbather Coffee has come up a lot in conversations amongst foodies. This month, I satiate my curiosity of this café, wondering if it could live up to its online hype. The first thing the café did right was establishing itself in the heart of The Sphere of Bangsar South. Even with an uncountable number of F&B establishments within the vicinity, Sunbather stands out with its thoughtful Japanese-Western menu (Yoshuku), unique Japanese desserts and specialty coffee.

On our visit, we sampled the Chicken Hambagu – a soporific dish – presented in a minimalist manner of carefully-placed mustard, chopped French beans and block of steamed carrot and pumpkin beside the 200g chicken steak doused

in a thick savoury sauce topped with a soft scramble egg, making this dish the epitome of wholesomeness. A refreshing pairing can be found on the caffeine-free section of the menu. Our selection was the Sparkling Elderflower & Grapefruit.

Caffeine lovers won't be disappointed with the choice of house specials such as the Ice Latte served with Hojicha Kanten, Ethiopian Cold Brew or our favourite, Osmanthus Latte. Health-conscious diners can enjoy their favourite brunch specials on a house-made buckwheat galette. We recommend the Egg & Smoked Salmon. It may seem antithetical to have a sandwich for brunch but for Ajitsuke Tamago Sando – we'd make an exception. The three-



inch sandwich packs a robust flavour from the sweet and savoury ramen egg layered between house-baked dark rye bread, cheese, furikake and a wasabi mayo sauce to balance the dish.

Evidently, Sunbather Coffee has lived up to the hype and given the founders were also the creators of Kakigori (now known as Kakiyuki), hence there is no doubt that this will be a prime spot for brunch-goers.

Sunbather Coffee *Japanese brunch *pork-free
UG-12 Upper Ground The Sphere, 8, Jalan Kerinchi, Bangsar South, 59200 Kuala Lumpur.
03-2242 3118

Tao Chinese Cuisine

BY SARA YEOH

Our mid-Monday banquet at Tao at Intercontinental Kuala Lumpur was delightful. For one, camaraderie makes the basis of any roundtable Chinese dining, and also that we were going to taste award-winning chef Wong Lian You's creations.

Disrupting our chatter and sips of Tao's signature blend of rose tea was the first course of yin yang braised scallop broth, with the yin being a darker colour pumpkin broth. The thick broth studded with bits of crabmeat, scallop and egg white made a luxurious, velvety sip each time. At Tao, authentic Chinese cuisine is finessed with a touch of contemporary element like a drizzle of truffle oil on the braised scallop broth, or foie gras and caviar in peking duck wraps. And talking about the peking duck wraps – you definitely have to come taste the aromatic melting duck skin for yourself.

The rest of the menu was set to impress even the most discerning local taste buds – the third course was chef Wong's redefined Malaysian Chinese favourite, Assam Fish. Chunky steamed king tiger grouper in

sour, spicy sauce with green beans and eggplant – now all there's left was to order white rice to go with it. Which we did.

Then, salted egg yolk prawns add excitement to any Chinese course. Chef Wong's refined version came in huge, juicy wok-fried prawns with a crunchy salted egg yolk coating. Fragrant curry leaves and chilli padi added dimension to each mouthful. Next was an elevated classic of stir-fried French beans in belacan sauce. The balance of strong fermented paste with the sweet grassiness of French beans made it a classic combination. This eye-pleasing version at Tao came complete with pieces of crispy anchovies and chewy bean curd skin in a white noodle nest.

Now, for dessert, we were served durian tempura – the national fruit obviously chosen to celebrate our 'Malaysian issue'. If durian is an acquired taste for some, the chef offers a bird's nest dessert with braised pear.

InterContinental Kuala Lumpur *Chinese *pork-free
165 Jalan Ampang, 50450 Kuala Lumpur
Tel: 03-2782 6128



Okinii

BY JACQUELINE BENITA PAUL

It's raining outside, the cold creeps in, your palate yearns for warmth and the only thought in your mind is slurping al dente noodles in a rich, bold and comforting broth. The place to do justice to your cravings is located in the unassuming street of SS4, Petaling Jaya. Okinii, the name which translates to second place in Japanese, was aptly named as the second outlet by proprietor, Vivien who once helmed a beloved neighbourhood café, Comma's. The vibe at Okinii is a reflection of the founder, as it emulates a relaxed, authentic and welcoming ambience. With the traditional Japanese 'Kaunta Seki' as the main seating area, where you can either strike up a friendly conversation with the affable founder or enjoy your bowl of ramen in silent contemplation.

The menu is fairly straightforward with a focus on Vivien's own Japanese recipes. Ramen lovers may notice there is something a little different with Okinii's ramen. The painstakingly eight-hour boiling of the chicken broth



rendered the use of lard unnecessary as the main construct of a delicious bowl of ramen mostly lies with the ingredients. In the case of the Black Garlic Ramen, the slices of chicken roll paired perfectly with the al dente ramen noodles made locally. There was no scarcity of flavours and the portions will readily satisfy.

The Beef Shoyu Ramen had a rich umami flavour accentuated by the tender beef slices. Pair it with a glass of the Sparkling Lemonade – made with homemade infused lemonade – and you are set. Should you be visiting the outlet with a friend, we recommend

ordering a side of the Tori Karaage to add a little crunch to your meal. Tea time at the café would constitute an order of the Vanilla Pudding and a smooth latte with hints of honey flavour to linger on the palate. All in all, we conclude that a trip to Okinii offers you more than just a ramen fix, it is a mentally healing experience through food. So, head on over and experience it for yourself.

Okinii *Japanese ramen *pork-free
9A, First Floor, Jalan SS4C/5, Taman Rasa Sayang, 47301 Petaling Jaya, Selangor.
012-213-2590

Gooddam

BY SARA YEOH



You will experience elements of nature when visiting Gooddam – the flow of water surrounding the restaurant, tranquillising stone-grey walls, and dishes reminiscent of earth's creations. Our starter was akin to a bird's eye view of a red, acidic forest – with a terrain of cherry tomatoes sprinkled with yellow cured yolk, trees of teardrop-shaped tomato chips, and popping flowers of watermelon radish.

The initials of founders chef Daniel Yap and Miki Lie make 'dam' of Gooddam. Having perfected his craft in Piedmont, Daniel lovingly brings touches of Piemontese cuisine

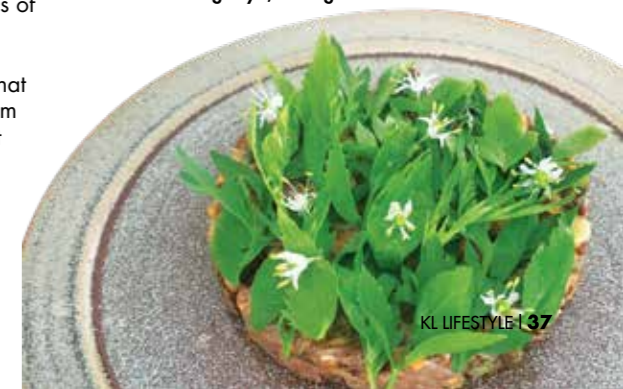
to the restaurant's tables, like the curious dish of beef tartare that was sprouting a field of green ulam leaves. Here, Daniel married Northern Italian cuisine with local palates, conceiving a pearl rice risotto with clams and red snapper sashimi. And it was the messy bedizening of humble clams and accents of fried ginger that reminded us of Chinese seafood porridge. The spiciness from the drizzling of Szechuan chilli oil perfectly cuts through the heaviness of the risotto, luring you for more mouthfuls than you would without it. A merry sight of glazed pork ribs arrived at our table, beautifully decorated with fermented blueberries, tiny balls of buckwheat puff and prying fennel flowers – a dish where disintegrating meat met the crunchiness of silky white lotus root slices.

We were unsuspecting of the dessert that was to come – a mascarpone ice cream drizzled with sweet basil oil. Odd. But lovely. The others on the dessert menu seemed just as bizarre, like the grilled pineapple granite with miso caramel,

or Damak chocolate ice cream with braised pear and keluak powder. Unusual indeed. But once working through your prejudice of these concoctions, they all prove to be wonderful.

Inspiration and technique for creations at Gooddam seem to come from afar (all the way from Northern Italy), but the character of these dishes hits home. With a team of young chefs, possibilities and passion burn at the highest point at Gooddam.

Gooddam *Italian *non-halal
Lot B-G-07, The HUB SS2, 19 Sentral, Jalan Harapan, Seksyen 19, 46300 Petaling Jaya, Selangor





Hot Savouries

Arteastry Hi Tea at Element by Westin Kuala Lumpur

An “Arteastic” High Tea Experience

BY SARA YEOH

When we once again walked past the beautiful light installation in the lobby of Element by Westin (read the hotel review in our July issue), but for the Arteastry high tea at its Trace restaurant this time. The name stands for ‘art’, ‘tea’ and ‘pastry’. For a hotel with art injected into its DNA, the high tea at Element’s Trace restaurant is naturally graced with artistic interpretations. With the Petronas Twin Towers in our view at the light-filled space of the 40th floor restaurant, we were set to have our high tea.

Unlike an afternoon tea, high teas are traditionally more substantial and served with hot food like pastries to keep one content between an early brunch and a late dinner. Ready for a good high tea, our table was soon to be graced with cold and hot savouries, scones and dessert.

COLD SAVOURIES

The cold course arrived with dry-ice theatrics and dainty cold savouries on the tray. High-tea goers can expect an array of palate-pleasing morsels such as smoked salmon bagel, chicken lyoner on focaccia bread, and vegetables in a wrap and in a rice paper roll with sweet chilli.

HOT SAVOURIES

We started with the sliders from the hot savouries tray, which we were given a choice of pulled beef or crunchy fish in charcoal buns. The pulled beef gave a caramelised taste, packing a punch in the mini burger, while the juicy fried fish slider was balanced with fresh, crunchy coleslaw. We were impressed by the two kinds of pie too. A bite of the classic shepherd’s pie gives you savoury, chunky ground lamb and smoothness from the mashed potato topping the pie. Pastry pie lovers would be delighted to bite through the flaky, buttery crust that reveals a chicken and mushroom filling in creamy gravy. The lemongrass-infused fish sticks were a nice addition to the tray as well.

Fruit Tarts

SCONES AND DESSERT

The fruit tarts and scones served on this tray were fairly bite-sized (which we are thankful for after the generous portions served previously). The scones here are served with sweet whipped cream and chocolate ganache, as opposed to the traditional clotted cream and jam.

Then came the highlight – ‘Art’ of the Arteastry high tea experience. The chef transformed into an artist as he painted on a canvas that was our table with bright coloured kiwi, raspberry and chocolate sauces. On the drops and strokes he created, he expressed himself through sprinkles of toasted coconut flakes, jellybeans, marshmallows, macaroons and the likes. The fun (well, most fun) part of it was when the chef placed a green chocolate dome on it, and we hammered it open to find pieces of cheesecake and more marshmallows inside.

The Arteastry high tea (available only on weekends and public holidays) is perfect for weekend gatherings and talking about the week, and will certainly fascinate children, and your inner child.

TRACE Restaurant *non-halal
Element by Westin Kuala Lumpur
Ilham Tower, 8, Jln Binjai, Kuala Lumpur.
03-2771 3388



Dessert



Left: Squid Ink Seafood Spaghetti
 Below Top: Signature Ice Cream Brioche
 Bottom: The Godfather Shake

Positano Risto

Halal Italian Dining

BY SARA YEOH

(UN)SINFUL PASTAS

I ordered their squid ink seafood spaghetti, in desperation to remind me of the one I had along the shores of Positano. And this was just as good – better, if not. Their homemade rich, briny squid ink sauce gave the al dente spaghetti a beautiful silky black coating, and we loved that there was a spicy tinge (adjusted to your taste) to it so that it was not that cloying. The tiger prawns, clams and squid in it were plenty, too. For those who love creamy pasta, go for the fettuccine carbonara studded with beef pastrami and crispy beef bacon, and finished with a sous vide egg that adds extra richness. As a side, the Italian meatballs slow-cooked in homemade spicy tomato sauce will be a guaranteed favourite of everyone around the table.

OPEN-FACED CALZONE

The Positano Super Supreme Calzone was not just supreme in taste, but in size too – making it perfect to share. Everything is made from scratch in the kitchen – from the dough to the tomato sauce. Though the fact that it is an open-faced calzone does make one think – is it still a calzone or a pizza? But whichever it chooses to be, we take comfort in each cheesy bite of the turkey ham, beef pepperoni and rocket leaves-filled slices, all the way to the mushroom and beef pastrami-filled pockets at the end of each slice.

SWEET THINGS

The Godfather shake was a sinful seductress – made from wicked ingredients like Ferrero Rocher, Nutella and vanilla ice cream. For lighter sips, try their mocktails like the Scarlett O’Hara, made from a blend of strawberry and peach earl grey iced tea.

For dessert, we tried their signature ice cream brioche. Two scoops of vanilla and chocolate ice cream in between homemade buttery brioches, drizzled chocolate sauce and mixed berries make a guilty pleasure. But the calorie counting is far-gone by now – our journey has been loaded with carbs since the first taste of the squid ink pasta – and we are just fine by that.



Positano Risto *Italian *halal
 Publika
 Block C1, Lot 2, Level G3, Publika Shopping Gallery,
 No. 1, Jalan Dutamas 1,
 Solaris Dutamas, 50480 Kuala Lumpur

Nasi Lemak

What better dish to grace this 'Malaysian' issue's food hunt than the nasi lemak – the forever emblem of our national food and pride. Rich, coconut rice paired with spicy sambal, crunchy anchovies, peanuts, hard-boiled egg and slices of cucumber – here are the personal favourites of the KL Lifestyle editorial team.

COMPILED BY SARA YEOH



NASI LEMAK WRAP AT SALAD ATELIER

Sara Yeoh, Writer

Being the "salad girl" in the office, I'm always looking for healthier options. So, when a sinful national dish comes in a wrap using couscous and chicken breast, how could I resist? I also love how each mouthful is so balanced when ingredients are in a wrap, tasting sweet homemade sambal, crunchy roasted peanuts, crisp greens and tender chicken harmoniously each time.



NASI LEMAK AT KAMPUNG KRAVERS

Jacqueline Benita, Digital Media Director

Seated at the Subang airport departure gate waiting for my Langkawi flight, my intense craving for nasi lemak led me to a surprise discovery at Kampung Kravers. The nasi lemak ayam berempah embodies everything I love about our national dish - fragrance, robust flavours and a perfectly balanced sambal. The dish is moderately spicy and the rempah chicken is in fact generous with its gravy, which adds more enjoyable layers of flavour for a perfect dish.



NASI LEMAK BUMBUNG AT SEAPARK

Hiranmayii Mohanan, Senior Writer

Nasi Lemak Bumbung evokes nostalgia, to my university days when I used to walk all the way from Universiti Malaya to Seapark just to indulge in this decadent nasi lemak. Why I love it so much? It's simplicity. The spices and ingredients used for the sambal and chicken bear fruition to an utterly divine experience.



NASI LEMAK DAN AYAM AT ALI, MUTHU AND AH HOCK

Eyda Faidah, Senior Designer

Nasi lemak that comes with a fried chicken cooked perfectly tender on the inside and crispy on the outside is heaven sent indeed. For fried chicken lovers like me, the fact that you could ask for more crunchy bits that coat the chicken to eat with your nasi lemak is truly amazing.



NASI LEMAK AT MADAM KWAN'S

Callisty Grace, Editorial Assistant

There's a reason why the nasi lemak at Madam Kwan's is an all-time favourite. Condiments are plenty to go with the aromatic coconut rice – curry chicken, refreshing acar, and dried shrimp floss. Whatever you choose to mix your rice with, it will create harmony in your mouth.



Food Republic at Pavilion KL

Contemporary Hawker Dining

BY HIRANMAYI AWLI MOHANAN

Pavilion Kuala Lumpur is known amongst locals and foreigners alike for two things— the luxury retail outlets and food! Food Republic at Pavilion KL is a famed, contemporary food court with an open dining atrium that integrates restaurant dining and hawker fare. Here, customers can indulge in diverse cuisines covering both international and Malaysian food. On a Friday evening, right after work, Eyda and I braved the jam to the heart of the city to learn about the offerings at Food Republic in Pavilion in order to reveal our must-eat dishes there.



BBQ CHICKEN NOODLE WANTON

Just when we were in a dilemma of what to order, we noticed many eating wanton mee. After scanning through the food court for a good five minutes, we found the Hong Roast vendor tucked away at a corner. Serving traditional halal roasted meats, customers can opt for the duck or chicken. Be prepared to wait because many patronise this stall. As soon our order was ready, we found the aroma of the bbq chicken lingering around our nose and making us salivate. The secret of this dish, we believe, lies in its generous serving of sauce – truly seductive flavours. Each set comes with a bowl of chicken dumpling soup to accompany the noodle.



CHICKEN RICE SET

Malaysian's food court offerings wouldn't be complete without the inclusion of chicken rice. We are happy to vouch that the chicken rice from Sergeant Chicken Rice is comforting and fills you up with warmth. Customers are spoiled for choice here, between chicken rice sets that come with a side of bean sprouts or the basic, a la carte chicken rice. We opted for the chicken rice set that came with a bowl of soup and a plate of blanched bean sprouts with soy sauce. The flavours emitted from the rice complemented the roasted chicken perfectly, almost like a symphony of piquancy.



NASI PADANG

Think of nasi padang like an Indonesian equivalent to the Chinese economy rice. It is a classic Indonesian staple that is known throughout the archipelago as Nasi Padang, after the city of Padang in Sumatra. A plethora of meat, fish and vegetables are put on display and is consumed with a plate of steaming rice and a side of sambal for an extra kick to the meal. We immediately loved the selection of dishes at the Pavilion Food Republic. It instantly transported us to Padang. P/S: the sambal can be spicy, so take heed.



MUSHROOM CHICKEN YEE MEE

The Mushroom Chicken Yee Mee was Eyda's recommendation. Granted, this dish can be found in most food courts around KL, this particular one, however, is special. We picked this sizzling, mouth-watering dish at Hot Plate. The generous portion of yee mee is complemented by mammoth-sized mushroom and vegetables as well as chicken. The wow factor of this dish lies in its potent, thick sauce that is prepared using several ingredients. Be sure to coat and mix the mee thoroughly with the egg and sauce to truly experience the flavours.

The Origins of Durian

From Farm to Table

BY HIRANMAYI AWLI MOHANAN

You either love it, or you hate it – so is the nature of durian. Many of us enjoy the fruit but don't necessarily know the labour and science that go into planting and harvesting durian. Deemed as the king of fruits, the durian requires meticulous planning and execution for a bountiful and quality yield at the end of the harvest.

FAVOURABLE CONDITIONS

Evidently, due to our tropical climate, durian thrives here and in our surrounding neighbours such as Thailand and the Philippines. Here's some technical tip should you want to grow durians – durian gets comfortable in the temperature range of 25°C to 30°C, with 80% relative humidity. It needs rainfall of between 1,500-2,000 mm per annum. Meanwhile, the ideal elevation rate from sea level is 800m and elevations higher than 800 m produce trees which bear foliage rather than fruit, have a longer juvenile stage, and are more susceptible to disease. The soil in which durian is planted is required to be deep, loamy and well-drained with high organic matter content. The PH balance is everything; the soil pH should be between 5.5 to 6.5.

INDICES OF MATURITY

Immature fruits have inferior eating quality – they lack the aroma and flavour, and may not ripen normally. A sign of maturity can be characterised by an audible hollow sound when tapped while a slight, but distinct aroma is exuded by the fruit. The maturity of fruit happens 90-130 days after flower opening.

HARVESTING METHOD

Fruits from large trees are usually not

picked or harvested, but are allowed to drop naturally when ripe. However, recently-established orchards have planted improved varieties, in which the durians have a thin pericarp. So, these durians require the grower to climb the tree to select mature fruits, using the maturity indices mentioned above. The harvested fruit should be held at the peduncle, placed in a bamboo basket tied with a rope. It is then lowered to the ground and transferred to a container for transport to the sorting shed. The fruit should not come into contact with the soil, to avoid soil-borne infections. Finally, the creamy delicious king of fruits is ready to be savoured.

FIX YOUR DURIAN CRAVINGS HERE:

1. Durian SS2

Just mention durian and many would refer you to SS2 – a durian paradise featuring more than 10 different sorts of durians. Given the scorching heat during the day, we highly recommend indulging in their durian cendol to cool down.

2. Inside Scoop

This time, durian takes form of an ice cream at Inside Scoop – another haven for aficionados to satiate their cravings. This ice cream parlour has concocted a D24-flavoured ice cream, a scoop of delight that emits creaminess and opulence, such as the fruit. Pair the durian ice cream with Inside Scoop's famous charcoal waffles to go the extra mile.

3. Le Bread Days

We have seen many renditions of the king of fruits – ice cream, cake, tart, etc. That said, have you tried durian croissants at Le Bread Days? Known primarily for its salted egg yolk croissant, which is only rivalled by its durian croissant – a creamy, potent filling enclosed within a fluffy croissant. Hop over to fulfil your durian dose.

4. Bijan Bar & Restaurant Fine Malay Cuisine

Have you ever pictured the matrimony of chocolate and durian? Well, Bijan Bar and Restaurant Fine Malay Cuisine has and materialised it in the form of a chocolate durian cake. Sandwiched between layers of chocolate sponge cakes are quality, D24 durian, blanketed by chocolate ganache. If chocolate doesn't float your boat, opt for their durian cheesecake instead – equally sinful and delectable.



LISTINGS OF CITROËN 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

CITROËN 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



The Berlin KL

BY HIRANMAYI AVLI MOHANAN



In an attempt to beat the Monday blues, we found ourselves lost in Petaling Street, in search of The Berlin KL. We then found ourselves in front of a red door. What lay ahead was a different realm altogether—one that welcomed guests with a neon sign “Ich bin ein Berliner” and took a nod to the edgy streets of Germany’s capital city. Graffiti is omnipresent here, contributing to the enigma that is this speakeasy.

Berliner Weißer

Never have I imagined that vodka and beer would complement each other so brilliantly. Using Smirnoff vodka and tiger beer, one sees the confluence of varied elements and flavours. The blueberry liqueur and homemade vanilla foam add sweetness to this tippie. Fun fact: Pronounced as weisse— Berlin slang for wheat beer and fruit syrup which Napoleon once called the ‘Champagne of the North’.

Checkpoint Charlie

Another interesting fact – Checkpoint Charlie is a Berlin Wall crossing point between East and West. What arrived was a parade of reddish-orange hues, dried grapefruit and baby’s breath. Checkpoint Charlie features a composition of sweet and bitter flavours.

Kreuzberg Kaffee

Can you find a better pair than coffee and rum? A seductive amalgamation of rum, Campari, sweet vermouth, homemade coffee syrup and citrus peel makes for a complex cocktail with layers to peel in each sip.

Lustgarten

Lustgarten, is a park on Museum Island near Central Berlin. This park reeks with history and is popular among tourists, especially during Spring when roses begin to bloom. At first glance, this tippie reminded us of a yoghurt drink. After a sip, it unveiled a medley of piquancy from the strawberry puree, lime juice and tequila rose. This drink is dangerously drinkable, so pace yourself and savour the deliciousness!

The Berlin KL
208, Jalan Tun HS Lee, 50000 Kuala Lumpur
Look for the Red Door
(next to the 7/11 at the corner)

ThreexCo

BY JACQUELINE BENITA PAUL



A speakeasy bar in a shopping mall? How unusual, we wondered. Make no mistake, it is well hidden on the third floor of Bangsar Shopping Centre. An open barber shop got our attention. A passerby assured us that we were at the right place and after a few failed tries, we finally uncovered the entrance where the Mohammad Ali poster was placed. Leaving the Bohemian barber shop behind, we entered a space with deep-teal walls and opulent furnishing, a tasteful painting of a Chinese opera actress whose gaze is fixed upon her libation with a cigar in hand. The atmosphere was languorous and sultry.

We were greeted by one of the three founders and title holder of the Giffard West Cup World Champion 2017, David Hans. David took notice of my sinus and immediately prescribed Eastern Poem – not the literature kind. My jaw nearly hit the floor when I saw him using Pei Pa Koa (Chinese herbal remedy often used to relief sore throat and coughs). Entrusting my already delicate palate to David was a wise choice; the drink was absolutely divine! The intense, rich and sweet flavour of the Pei Pa Koa was balanced with the chrysanthemum-infused drink, Yuzu and tonic water, topped with ginseng rootlets that you can dunk into your cocktail or chew separately.

A little buzzed, I playfully asked David to make a cocktail that best describes him. Cheekily accepting my challenge, he whipped up a concoction served in a bowl and astounded me by spraying absinthe into the cocktail using a perfume bottle. I’d say David passed my challenge with his choice of Fairy Tales, a well-bodied drink that will induce a happy ending with the combination of Tranqueray London Dry Gin, absinthe and Giffard Melon Liqueur, sweetened with green apple and given a zesty tang with the lemon juice.

Of course, a visit to Threexco wouldn’t be complete without trying out David’s championship cocktail – Angers Potion, a taming concoction made from Menthe Pastille, Giffard Crème De Cacao White, Don Julio Reposado, Campari, watermelon juice and lemon juice. Should you intend to light up a cigar on your visit, the Gentlemen Speak would make for a fine pairing, with its bold, smokey and mouthful flavour accomplished with the amalgamation of Wild Turkey 101, Grand Marnier, Viriana China-China and grapefruit bitters.

ThreexCo
Level 3, Bangsar Shopping Centre,
Jalan Maarof, Bukit Bandaraya,
59000 Kuala Lumpur.

As expected, a night at Bobo KL was a lively scene. The evening began with an elegant dinner at the Bobo Dining Room featuring a menu dubbed as Modern Malaysian Makan. Expect a well thought-out local feast with a medley of cultural influences to showcase the strength of Malaysia’s diversity. There are more feasts to behold with the sight of local artworks by Long Tieng Shih and tasteful photography which captures the mundane activities of locals that manage to invoke a sense of nostalgia. A window to what it truly means to be Malaysian – no fuss, no frills, one of which that caught my attention was a woman clad in a sarong and peacefully reading on her bed.

“The night is still young,” said the man seated behind my friends and I. It was a shocking line to hear how he gently declined the offer of libations as if knowing his night would be memorable either way. Unable to share a similar resistance, we ordered Bobo’s signature cocktails and a few dishes. We started with Salted Egg Yolk Polenta Fries, a vegetarian-friendly option that was deeply satisfying. Thick cuts of the polenta fries

Does Petaling Jaya need another bar? Maybe not. Unless, it has a 360° panoramic view of PJ city. Enter Marimbar, a unique tropical paradise perched on the 35th floor of Pinnacle PJ Tower A. The moment we entered the bar, the cascading digital waterfall display on the hanging TV, lush foliage and chic choice of animal print furniture had us in a state of excitement for a ‘wild’ night.

On our visit, we couldn’t resist soaking up the sight of the cloudy skies, showcasing the vastness of the city. We perused the menu, noting The Marini Group’s retention of its widely lauded Italian cuisine whilst offering signature cocktails unique to the jungle-themed concept of the bar. Our starters, the Beef Crostini with Jalapeno Pepper & Goat Cheese, Deep-Fried Camembert Cheese, Chicken Quesadillas and Spicy Chicken Popcorn were a treat for our gluttonous appetite. There was no compromise in fastidious care of each dish – evident when the staff offered to heat up our meal when we were too engrossed in taking photos of the skyline.

We were continuously spoilt with exciting mains including the Boneless Lamb Shank served with sautéed vegetables and mashed potatoe. For

BOBO KL

BY JACQUELINE BENITA PAUL



were quite filling and too easy to enjoy. I paired the Perfectly Grilled Black Angus Ribeye Steak with a glass of Bee’s Knees, a sweet, delicate and slightly tangy cocktail made up of an amalgamation of Botanist gin, eucalyptus honey, tonic and lemon.

Another winning cocktail during our visit was the signature Bobo 007, a fresh and balanced cocktail made from Four Pillars gin, fresh pomegranate juice balanced with

lime juice and sweetened with simple syrup. Pair this with a tender Grilled Salmon which comes with a side of truffle mash, grilled zucchini, salmon row and dill hollandaise to induce a moment of reverie.

Later into the night as we were led to the Bobo Piano Lounge, we found ourselves enamoured by the vocal workings of a Singaporean songstress, Miss Lou accompanied by her equally talented husband, Daniel Chia and celebrated piano virtuoso, John Dip Silas. The trio was a breathtaking combination; nothing less is expected from the selection of music director and Malaysian musical legend, Sean Ghazi.

No doubt, Bobo KL is where you need to bring your significant other to enjoy an evening of enchanting music, delicious cocktails and unparalleled modern Malaysia fare.

Bobo KL
65-1, Jalan Bangkung, Taman Bandaraya,
59100 Kuala Lumpur.
0 3-2092 5002

Marimbar

BY JACQUELINE BENITA PAUL

a sharing platter, we recommend the Marimbar Truffle prepared in true Italian fashion with thin crust, bursting with flavour and tantalising in every way.

The star of our visit was the Spaghetti Carbonara with Smoked Duck, an utterly decadent dish with a rich and firm cream



carried by the al dente spaghetti and enhanced by the savoury smoked duck.

The Cocktails

Libations at Marimbar are equal in masterful execution and presentation. You can start your wild night with a glass of Blue Moon, just before the sun sets. The drink is made up of a medley of tropical flavours including pineapple juice and blue curacao that gives the sky blue effect. A refreshing option comes in the form of the Pisco Disco, an unassumingly boozy concoction made from chrysanthemum-infused Pisco, lychee liqueur, lime juice, lychee juice and pandan syrup. If you are feeling particularly bold, the Red Rimba may match your persona for the evening.

Our evening at Marimbar came to an end with the Jungle Rose cocktail in hand. A gentle yet robust drink to enjoy the stars and city lights. We are grateful for The Marini Group’s decision to tap into the Petaling Jaya market with Marimbar, for you can be sure you will have everything you need for an unforgettable evening.

Marimbar
Level 35, Pinnacle PJ Tower A, Lorong Utara C,
Pjs 52, 46200 Petaling Jaya, Selangor
03-2386 6030

Anja Chong

National Ice Queen

BY HIRANMAYII AWLI MOHANAN

Malaysia's ice queen, Anja Chong is a former figure skater-turned-short track speed skater. This impressive athlete has a degree in law under her belt and has taken the country to great wintery heights during the 2017 Southeast Asia Games. She swept three gold medals in the 500m, 1000m and 3000m Ladies Relay – it was the first-time winter sports were contested in SEA Games history. Her accolades don't end there – Anja currently juggles being the director, head of Business Development at the Portcullis Group of companies, her own startup. Fitting for the 'Malaysian' issue, we learn about Anja's preparations for the 2019 SEA Games in the Philippines and how she starts her day.

TELL US YOUR JOURNEY INTO SHORT TRACK SPEED SKATING?

I've had a very different journey into the sport. Most are full-time athletes and are homeschooled from a very young age. I only started when I was 16, and doing it once or twice a week. However, I stopped skating when I went to law school for four years and then went straight to Korea into full-time training a week after my exams finished. After the SEA Games in 2017, I moved into full-time work to pursue a career in the financial industry. Now I'm fortunate enough to be able to do both!

WHAT DO YOU LOVE ABOUT IT?

I love the adrenaline rush and the feeling of being unstoppable. When you're on the ice and going as fast as you can, it's the closest feeling to flying. With a career, the feedback loop is very slow. The average time frame for feedback is every quarter or year. With sports, it's much faster. The turnaround between input, feedback and growth is so fast and I love that. It has a great intensity and it is very make it or break it.

HOW DO YOU START YOUR DAY?

I always start my day with a little bit of meditation and gratitude. I think it is so important to stay grounded and grateful. And I have to start my day with a black iced coffee and a green juice!

AS AN ATHLETE, YOU NEED TO EAT CLEAN AND HEALTHY. WHAT DOES YOUR CURRENT DIET LOOK LIKE?

I've tried all kinds of crazy diets to try reduce my weight and get lean. But now I'm just about eating really clean, making sure I'm getting all my nutrients and food groups in, and eating a nice, balanced diet.

DO THE NUTRITIONAL NEEDS OF ATHLETES DIFFER FROM NON-ATHLETES?

Definitely. As an athlete, you need to look a lot at the nutritional value of what you're eating and making sure that these can fuel your workout and energy load in the best way possible. So, I try to eat clean, and make sure I'm getting the right amount of protein and carbs and micronutrients. Everything is very focused and specific as an athlete, and that is no different to what you put into your body. You are what you eat!

WHAT IS YOUR ULTIMATE GUILTY PLEASURE AND WHY?

Netflix! I love a good TV show binge watch. That is my way to disconnect, relax and recuperate.

YOU HAVE TRAVELLED QUITE A BIT. WHAT IS THE MOST BIZARRE FOOD YOU HAVE TRIED?

I think as an Asian, food isn't really considered that 'adventurous' because we're used to eating all the parts. I'm always open to trying everything once.

IF YOU COULD HAVE DINNER WITH SOMEONE LIVING OR DEAD, WHO WOULD IT BE AND WHY?

Ruth Bader Ginsburg. She has progressed gender equality for our generation so much and lived such a colourful life. She is the definition of a strong, loving superwoman.

YOUR FAVOURITE MALAYSIAN DISH IS...

I love Nyonya food. Especially Kueh Pie Tee! I could eat them every single day. My godfather makes the best ones and it takes him a whole week just to make the filling.

HOW ARE YOUR PREPARATIONS FOR THE 2019 SEA GAMES GOING?

I'm currently a bit set back because I just injured my knee. But I won't let that stop me. This is just a road bump, and I will get over it.

YOU'RE ALWAYS BATTLING AGAINST TIME ON THE RINK. HOW DO YOU TRAIN TO BEAT TIME?

It's all about putting in the hours. People think that athletes are more disciplined, but actually it's just built on repetition. If you do the same thing repeatedly, it eventually builds a habit, and that results in discipline. It's all about training hard, but also training smart, because everyone has the same 24 hours in a day.

WHILE TRAINING, YOU'RE ALSO BUILDING A STARTUP. TELL US MORE ABOUT YOUR STARTUP.

I'm really into fitness and wellness for the masses. I think there is a lack of education and viable tech-based platform that is accessible to people that do not have a background or basic understanding of fitness. The fitness industry is a \$30 billion industry in the US alone, and that's because physical and mental health is the most important thing. If we do not have good health and wellbeing, everything else becomes secondary. I think people are beginning to understand the importance of looking after their minds and bodies. Hopefully, I can help people by changing their physical and mental states cohesively and effectively. Everything is connected and you cannot train the mind without the body and vice versa. They all work hand in hand.

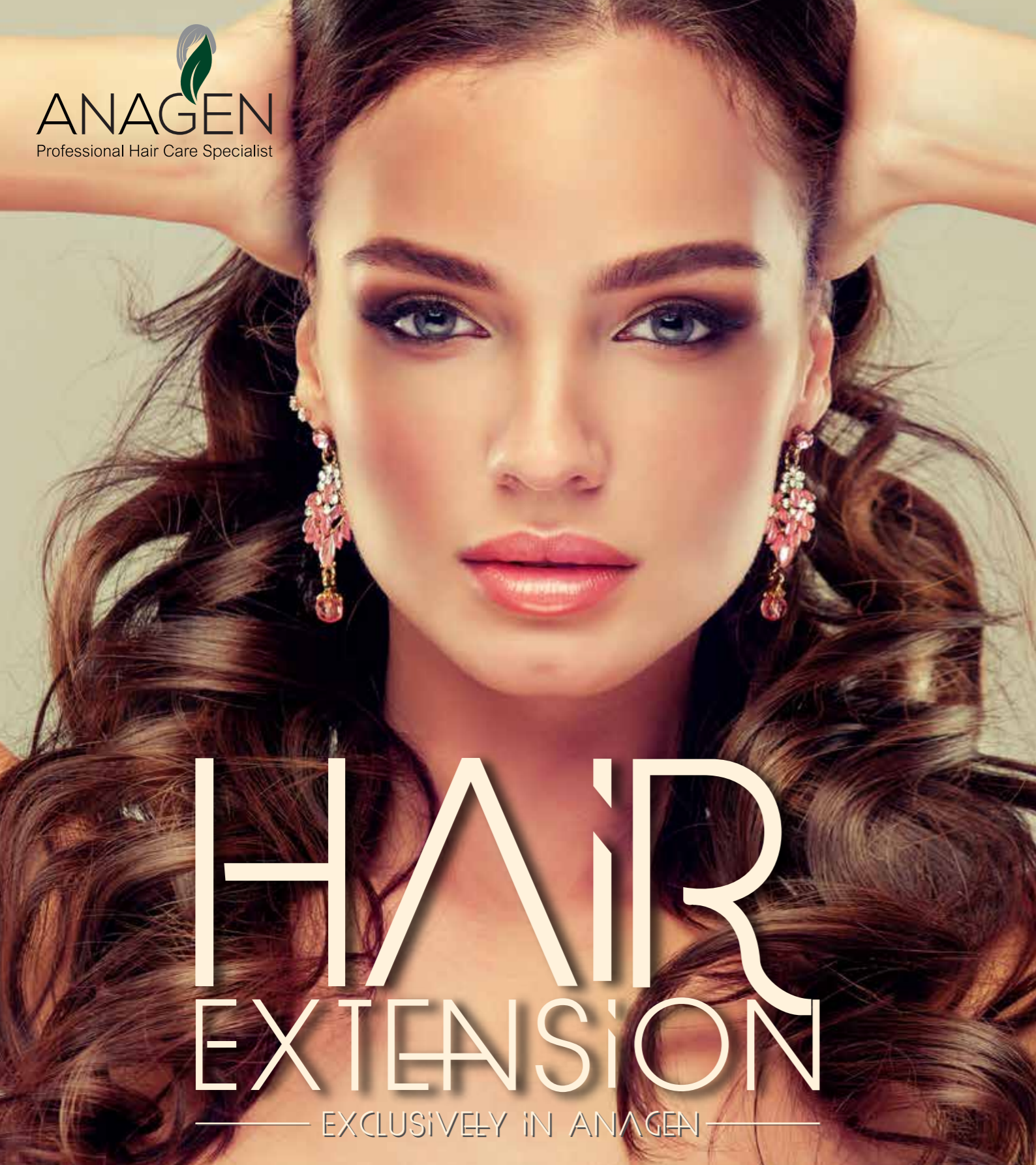
WHAT IS YOUR MESSAGE TO EMPOWER THE YOUNG WOMEN IN MALAYSIA?

To lead with love, always. To love yourself, first and foremost, because you cannot pour from an empty cup. To be kind to yourself and others. Pay that kindness forward. It only takes a few seconds to smile, give a stranger a compliment or tell a loved one how much he or she means to you. But the effect that it has is tenfold. Love really does make the world go around. It is the most important thing out there. The rest is all just part of the process.

LASTLY, WHAT MAKES MALAYSIA WONDERFUL, IN YOUR OPINION?

Its entrepreneurship, its bravery, its willingness to try new things. Malaysia is a very passionate and cultural place.





HAIR EXTENSION

EXCLUSIVELY IN ANAGEN



Hair Extension

* 100% Human Hair
* "U" Shape Glue

100 strands



AIRLINK



CONTENTS - AUGUST 2019

Airport Talk

Airport CEO Speaks **53**
Malaysia's Top Three Markets Remain Steadfast with its Growth **54**

Aviation News

Kuala Lumpur to Seychelles with Air Mauritius **56**
ERL Leads the Way with Cashless Ticketing on Public Transport **56**
Air Arabia Debuts Flight to KL International Airport **57**

Malaysia Airports and Malaysia Airlines Launch Discover Langkawi Campaign **58**
Finnair Brings Nordic Delights on Singapore-Helsinki Route **59**
Malindo Air New Route to Sydney **59**
Royal Air Maroc and Jazeera Airways Fly to ISGIA **60**
Superior Transit Options with Korean Air **61**

Scot Operates Direct Flights to Kota Bharu from Singapore **62**
Qantas Overhaul Frequent Flyers Program **63**

Aviation Interview

Aviation Interview with Dr Noorlinah G Mohd Director of Malaysia Aviation Academy (MAvA) **64**



K INDLE AWE

C URIOSITY

H ERITAGE

MORE THAN UNTAMED BEAUTY, A GATEWAY TO UNTOUCHED CULTURE.

KUCHING INTERNATIONAL AIRPORT, THE GATEWAY TO GETAWAYS

It all begins at Kuching International Airport (KCH). Rainforest millions of years old, wildlife in its true element, 240 ancient caves, and a culture preserved in time. Plan your route to a legendary site like nowhere else on the planet.

FLYKLIA Powered by MALAYSIA AIRPORTS



Airport CEO Speaks

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 rejoices how Malaysia Airports' partnership with Malaysia Airlines Berhad has taken off ground to draw more tourists to the legendary island of Langkawi following the launch in March of the RM5 million Langkawi International Tourism Promotional Fund (LITPF) which also includes working with travel agents, tour operators and destination marketing companies.

I believe our strategic partnership with Malaysia Airlines' Discover Langkawi Campaign will enable us to gain greater traction in enhancing the economic value of our tourism pie based on the multiplier effect of undertaking promotions and sustainable marketing with key industry players.

I would like to thank my airline marketing team which initiated this collaboration with our national carrier. The six-month long contest under this campaign is open to passengers travelling to Langkawi from all the airline's network from 1 July 2019 until 31 January 2020 where they write a slogan on why they would like to discover Langkawi in less than 30 words on Malaysia Airlines' website.

Apart from the five monthly winners for flight tickets to domestic or ASEAN destinations, three grand prize winners will each walk away with a business class ticket for two to Langkawi and a five-day/four-night holiday package at a prestigious hotel.

The double-digit growth by Langkawi International Airport last year, which saw almost 30% of international traffic movement, clearly shows how aggressive promotion of the island has paid off. I envision working with more potential partners and airlines in the months to come on the RM2.5 million budgeted for 2019 under LITPF with another similar amount for 2020.

Currently, we have six airlines flying into Langkawi to international destinations such as Singapore, Guangzhou, Phuket, Kunming and Chengdu besides the domestic routes. We look forward to welcome Qatar Airways' inaugural flight from Doha to Langkawi in October.

We also welcome the special RM5 million Galakan Melancong Malaysia or Gamelan Malaysia fund in short for this year recently announced by the Minister of Tourism, Arts and Culture to support the local tourism industry players' promotional efforts, which will help to boost more domestic and international arrivals into the country.

Our latest statistics show that the total network of airports managed by us, including Istanbul SGIA, grew in June over the previous corresponding period to 12.1 million passenger movements. This is the second highest passenger movements handled by us for a month after December 2018. On the last-twelve-month basis, we recorded the highest passenger movements of 136 million for our network of airports.

Let us all work more closely together and tap into the available funds and resources in the run-up to Visit Malaysia 2020. The recently announced January-May tourist arrivals by Tourism Malaysia showed 4.8% growth to 10,954,014 while the first half figures for 2019 at our airports in Malaysia monitored by us registered 4.7% growth to 51.1 million passenger movements. It is indeed heartening to know that we are all working towards the same goal of making Malaysia the preferred and ultimate destination.



A Monthly Publication Of MALAYSIA AIRPORTS © Airline Marketing Division

Advisor

YM Raja Azmi Raja Nazuddin

Managing Editor

Mohamed Sallauddin Hj. Mat Sah

Editorial & Concept

Octagon Creative

melisa.fly@octagon.com.my

Advertising & Production

Noor Hafiza Ruslan

hafiza@malaysiaairports.com.my

Mohd Faizal Md Haris

faizalmd@malaysiaairports.com.my

Design & Distribution

Mediate Communications Sdn. Bhd.

MALAYSIA AIRPORTS HOLDINGS BERHAD (487092-W)

Airline Marketing Division
Level 3, Arrival Hall (Domestic)
Main Terminal Building
KL International Airport
64000 Sepang
Selangor Darul Ehsan, Malaysia
Tel : 603-8776 4949
Fax : 603-8776 4040
Email : marketing@malaysiaairports.com.my

Malaysia's Top Three Markets Remain Steadfast with its Growth

Singapore, Indonesia and China continue as the top three source markets for Malaysia for the first five months of 2019, contributing to a combined share of 7,177,777 foreign tourists from Malaysia's total arrivals of 10,954,014, which was up 4.8% from the same corresponding period last year.

The country's short-haul market from the Association of Southeast Asia Nations (ASEAN) region maintained its lead as the biggest contributor of international tourists with 69.2% share.

The figure rose by 4.7% to 7,584,128 tourists for January to May, fuelled by growth from Indonesia, up 14.3% to 1,476,625 Singapore (+4% to 4,364,315) and Thailand (+2.5% to 829,787).

Malaysia's medium-haul market made up 21.4% share of the pie followed by its long-haul market (9.4%). The former, which saw 7.6% rise in arrivals, was driven mainly by growth in East Asia (such as China, South Korea and Japan) and South Asia (such as India and Pakistan) which rose 6.7% and 11% respectively compared to the same period last year.

The long-haul market, however, saw a slight 0.2% drop in arrivals to 1,021,228 tourists due to falling numbers from West Asia, Africa and several European countries such as France, Spain, Sweden and the Netherlands, which were impacted by insufficient direct flights serving these markets.

On how the United Kingdom (UK) market is faring, Tourism Malaysia Senior Director of Domestic and Events Division Dato' Dr Ammar Abd Ghapar, who is also the Head of Secretariat for Visit Truly Asia Malaysia 2020, said in an exclusive interview with Airlink that tourists from this market are still coming but there is no growth due to connectivity issues.

Tourist arrivals from the UK for Jan-May stood at 151,558, according to the latest statistics from Tourism Malaysia website, mytourismdata.tourism.gov.my.

Dato' Dr Ammar remarked, "Malaysia Airlines still flies to London but is now using a smaller aircraft (Airbus A350 with 286 seats) compared to before when the carrier was using the A380."

With five more months to go before Visit Truly Asia Malaysia 2020, he believes it is imperative that Malaysia Tourism Promotion Board or Tourism Malaysia as it is known in short, seriously look into their plans for the long-haul market.

He stressed that there must be an alternative for the tourism industry to address possibilities like what if tourist arrivals from China suddenly drops and identify which emerging markets would hold potential for Malaysia.

Last year, Singapore (10,615,986), Indonesia (3,777,689) and China (2,944,133) made up the three largest source markets with a combined share of 65.2% from the country's total arrivals of 25.83 million foreign tourists in 2018.

Although Malaysia's total foreign tourist figures fell by 0.4% last year with major markets such as Singapore and Brunei leading the downtrend, its overall decline was minimised by the sturdy growth of markets such as Indonesia, China, Thailand, South Korea and India.

Commenting on the 14.7% decline last year in Singapore tourist arrivals from 12,441,713 in 2017, Dato' Dr Ammar considered the number of arrivals from our close neighbour still huge given that their population stands at 5,871,757 as at 2019.

He said a committee, which included representatives from the Customs, Immigration and Traffic departments, had been set up to look into easing the congestion at the Johor-Singapore causeway.

Tapping into the Singapore market

"We received many tourists from China via Singapore and are exploring other alternative means of travel such as rail into Malaysia besides by air and road.



"We have to capitalise on the flight connectivity to Singapore and need to have more integrated efforts to do promotional campaigns and come up with good packages. If you know where your tourists are coming, you tap on that market.

"We have done aggressive radio campaigns when the flights are there, offering the sun, sea and sand to the Singaporeans," he added.

According to Malaysia Tourists Profile 2018 By Selected Markets, the expenditure from the Singapore tourists are mainly on shopping followed by accommodation and food and beverages. They are mainly on holiday, visiting friends and relatives (although this has dropped to 33.2% last year from 45.1% in 2017), and shopping due to Malaysia's attractive foreign currency exchange.

The majority of them (97%) make independent travel arrangements and are high repeat visitors. Almost 60% of them travel with their spouse, family or relatives while close to 17% of them travel alone. The states most visited by them are Johor, Sarawak, Kuala Lumpur/Selangor.

On the Indonesian market, Dato' Dr Ammar observed that 70 to 80% of the private hospitals in Kuching, for instance, are filled with Indonesians.

The annual Malaysia Tourists Profile 2018 By Selected Markets report showed that 40% of the Indonesians were in Malaysia last year for their holidays while 27.7% were here for health treatment and 18% to visit their friends and relatives.

Describing the China market to be very massive given its huge population size of 1.43

billion, Dato' Dr Ammar felt that there is a need to look into its yield.

According to Knight Frank's 13th edition of The Wealth Report 2019, there were 1,535,473 millionaires living in the Chinese Mainland in 2018. This number is expected to increase to 2,017,514 by 2023.

He added, "With everyone is looking at this market, we cannot afford to neglect it. Our strategy must be right and the visa issues addressed."

More VOA Facilities

The Home Affairs Ministry had announced on July 19 that more visa-on-arrival (VOA) facilities would be granted to tourists from China and India who enter Malaysia via Brunei, Indonesia, Singapore and Thailand.

The VOA facilities would be available at the arrival gates of the country's main airports, including the Langkawi International Airport, Sultan Abdul Aziz Shah Airport and Miri Airport.

Other locations where such facilities are expanded include the Bukit Kayu Hitam Immigration, Customs, Quarantine and Security (ICQS) Complex in Kedah, the Sungai Tujoh ICQS in Sarawak and the Labuan Ferry Terminal.

The ministry also extended the period of stay from seven to 15 days and reduced the VOA fees from RM300 to RM200.

Dato' Dr Ammar, who used to look after the Russian market, said Tourism Malaysia is also eyeing this market, which is also noted for its high-network individuals. The Wealth Report 2019 listed the 163,176 millionaires living

in Russia in 2018 to grow to 198,524 by 2023.

Currently, there are no direct flights from Moscow to Kuala Lumpur although the former is connected directly to Bangkok and Singapore.

He quipped, "We have thus to work closely with Singapore since doing mono destination promotion would not be of much help," adding that "We cannot depend on the markets we have now. We need more quality and long-staying tourists who are able to spend."

Last year, the average length of stay from foreign tourists was 6.5 nights or 0.8 night longer than 2017. They were from West Asia such as Saudi Arabia, Kuwait and United Arab Emirates as well as the European countries like the UK, Denmark and the Netherlands.

With the domestic market under Dato' Dr Ammar's responsibility as well, he disclosed that SKS Airways plans to mount flights to several tourist destinations in the country.

Pahang state government has reportedly received an application from the new airline, a subsidiary of the property developer SKS Group, to start scheduled flights in September to Pulau Tioman and Taman Negara from Singapore, Subang and KL International Airport.



“ We cannot depend on the markets we have now. We need more quality and long-staying tourists who are able to spend. ”

DATO' DR. AMMAR A. GHAPAR
Senior Director, Domestic & Events
Tourism Malaysia

Kuala Lumpur to Seychelles with Air Mauritius

Travellers from Malaysia now have the option to fly to Seychelles from Kuala Lumpur with Air Mauritius, with a stopover in Mauritius.

Air Mauritius, the flag carrier of Mauritius, has started twice weekly flights between the island nation and Seychelles on 2 July by operating the Airbus A319 aircraft, offering 16 Business class and 108 Economy class seats.

Air Mauritius currently operates thrice weekly flights between Kuala Lumpur and Mauritius.

CEO of Air Mauritius, Somas Appavou said at the launch of the operation to Seychelles, "This new destination will reinforce our regional service and provide enhanced connectivity onto our global network. Our two countries are world class tourist destinations but as islands



we also share similar challenges like the size of our home markets and our geographical remoteness. Bringing our islands closer through better air connectivity is key to overcoming such challenges."

Didier Dogley, the Minister for Tourism Civil Aviation, Ports and Marine of Seychelles said "As a country that depends greatly on tourism, trade, and investment, a new airline

coming into the country is always a plus for Seychelles. This helps tourism in general as now people will be able to come on twin holidays where they can spend several days in Mauritius and several days in Seychelles."

For more information, please call 03 – 2142 9161 or email infokul@airmauritius.com

ERL Leads the Way with Cashless Ticketing on Public Transport

The Minister of Transport, YB Anthony Loke launched the "Go Cashless on Public Transport" Campaign which was organised by Express Rail Link Sdn Bhd (ERL) at KL Sentral last month.

ERL's strategic partners in the campaign are Boost e-wallet, GrabPay, Mastercard, Maybank, Touch 'n Go, UnionPay and Visa.

Executive Chairman of ERL, Tan Sri Mohd Nadzmi Mohd Salleh said, "We are using innovative technology to improve our customer experience. ERL has been at the forefront of the cashless movement on public transport since 2010 by working with strategic partners to promote the awareness and usage of cashless transactions. Besides online ticketing, we encourage the usage of contactless cards at the gate, self-ticketing at self-service kiosks and mobile wallets to reduce cash transactions and ease congestion at the counter".



Loke said, "I am truly happy to witness the fruits of cooperation between ERL and its partners. When it comes to public transport, a progressive approach towards a fully cashless system is preferred, starting with educating the public on the benefits of going cashless. In this respect, the government would like to urge rail



operators to play their part in ensuring benefits are felt by the people. Offering value deals to commuters such as unlimited access card and discounted monthly passes can certainly ease the rakyat's burden. Joint promotion with partners who share a common goal can also benefit the travelling public".

Air Arabia Debuts Flight to KL International Airport



Air Arabia, the Middle East and North Africa's first and largest low-cost carrier (LCC), inaugurated its direct flight between Kuala Lumpur and Sharjah on the 3 July 2019. Located only thirty minutes from Dubai, the city of Sharjah to which the flight departed is a seven-hour flight between the two cities. Air Arabia brings the first direct flight by a low-cost carrier connecting Malaysia with the Gulf Cooperation Council (GCC) region.

The inaugural flight landed at KL International Airport (KUL) at 8.50am in the morning local time and was received by official delegation consisting of YB Datuk Mohamaddin bin Ketapi, Minister of Tourism, Arts & Culture Malaysia; YM Raja Azmi Raja Nazuddin, Group Chief Executive Officer Malaysia Airports; Mr. Adel Al Ali, Air Arabia Group Chief Executive Officer, Senior Management of Malaysia Airports, Air Arabia, UAE Embassy & Tourism Malaysia in addition to the press. The welcome function was followed by a press conference held upon the arrival of the flight in KLIA.

Commenting on the inaugural flight of the route, Adel Al Ali, Group Chief Executive Officer of Air Arabia stated, "We are delighted to be the first low cost airline to connect Kuala Lumpur with the UAE and GCC. We are confident this new service linking the two cities will further strengthen the trade and tourism ties between both nations, while providing our customers with a great value-for-money option to travel between both countries and beyond. We thank Malaysia Airports & Tourism Malaysia for their warm welcome and continuous support".

Brimming with hope, YB Datuk Mohamaddin bin Ketapi said, "This year, our target is to have 337,100 tourists from West Asia region, and I believe that the establishment of Air Arabia's Sharjah-Kuala Lumpur route will certainly help with increasing tourist arrivals from this region. The flight could not have come at a better time as we are also aggressively promoting Malaysia in the run-up to our Visit Malaysia 2020 campaign".

Raja Azmi congratulated Air Arabia for being the 75th airline to operate from KUL. He points out, "Malaysia Airports is very pleased to welcome Air Arabia, an international airline from the United Arab Emirates (UAE). The airline is touted to be the largest low-cost airline in Central Asia and North Africa connecting over 170 destinations across Asia, Africa and Europe. This vast connectivity will

be very beneficial to our passengers. At the same time, we are also proud to partner Air Arabia in promoting Malaysia as a preferred holiday destination for the Emiratis and the global community".

Flights on Mondays, Wednesdays, Fridays and Sundays depart KUL at 3.35am local time arriving Sharjah International Airport at 6.50am local time. The return flight departs Sharjah International Airport at 2.55pm arriving in KUL at 2.25am local time.

Flights operating on Tuesday, Thursday, and Saturdays depart KUL at 9.55am local time arriving at Sharjah International Airport at 1.10pm local time. The return flight departs Sharjah International Airport at 9.20pm in Kuala Lumpur at 8.50am local time.

The flights operate with the brand new Airbus A321 Long Range aircraft with a capacity of 215 passengers on each flight.

Air Arabia currently operates flights to more than 170 routes across the globe from four hubs located in the Middle East and North Africa.

In Malaysia, Oscar Holidays is the General Sales Agents for Air Arabia.

For more information, please call 03 – 2694 4803

Malaysia Airports and Malaysia Airlines Launch Discover Langkawi Campaign



Malaysia Airports in partnership with Malaysia Airlines launched the all-new Discover Langkawi Campaign.

Between 1 July 2019 and January 2020, Malaysia Airlines passengers from all of its networks travelling to Langkawi can participate by completing the sentence, "Tell us why you would like to discover Langkawi" on the Malaysia Airlines' website in less than 30 words. There will be 5 winners each month based on the best captions and they will win flight tickets to domestic or ASEAN destinations. At the end of the contest, there will be 3 grand prize winners who will each walk away with business class tickets for two to Langkawi and a 5 days 4 nights holiday package at a prestigious hotel worth more than RM100,000.

The campaign is supported by the Langkawi International Tourism Promotional Fund (LITPF) that was launched earlier this year for airlines, travel agents and destination marketing companies to market and attract more international tourists to the beautiful island that is known as the Jewel of Malaysia.

Present at the launch ceremony of the campaign were Deputy Minister of Tourism,

Arts and Culture Malaysia, YB Tuan Muhammad Bakhtiar Wan Chik; the Secretary General Ministry of Transport Malaysia, Datuk Mohd Khairul Adib Abd Rahman; the Secretary General Ministry of Tourism, Arts and Culture Malaysia, Datuk Isham Ishak; the Group Chief Executive Officer of Malaysia Airports, Raja Azmi Raja Nazuddin and Malaysia Airlines Group Chief Revenue Officer, Ignatius Ong.

Raja Azmi shared his delight that Malaysia Airlines has decided to be the first to make use of the LITPF and to partner with Malaysia Airports to attract more tourists to Langkawi. He continued that, "The double-digit growth at our Langkawi International Airport last year comprised almost 30% of international traffic movement and it was definitely the result of aggressive promotion of Langkawi as an attractive destination. Therefore, we hope to see a further increase in traffic movement with the launch of the Discover Langkawi Campaign."



Ignatius Ong said, "It is only fitting that we work together with Malaysia Airports in promoting the country to the world as we are both the first point of contact for any tourist that arrives in Malaysia. Under this partnership, our airline and its frequent flyer programme, Enrich will be working closely with Malaysia Airports on various marketing and promotional activities to attract more visitors to Langkawi. Langkawi has always been a popular holiday destination for many Malaysians as the island is home to beautiful landscapes and pristine beaches. With our six daily flights, we wish to connect more visitors to this beautiful island for a quick getaway from the city."

Finnair brings Nordic delights on Singapore-Helsinki Route

From 6 June to 5 September 2019, passengers flying the Singapore-Helsinki route will get to experience the airline's new summer menu, created in consultation with their signature chef, Tommy Myllymäki, who has been nominated chef of the year in Sweden.

The special dish will be served on Finnair's Midnight Menu as a starter course – a salmon tartar, served with marinated mushrooms, fresh trout roe sprinkled with fried onion.

Alongside this dish, mains of pan-seared perch with chilli-lemongrass sauce, bok choy in Balinese sauce and rice with sweet potatoes; and braised beef cheek with red wine sauce and mashed potatoes with truffle, carrots and pearl onions will be served. Kikorangi blue cheese and Brie will accompany the courses,

and a choice between ice cream, petit fours or fresh fruits are offered as dessert options.

Maarit Keränen, Head of Category (F&B) who oversees Finnair's long-haul flight food concepts said, "Food plays a key role in the customer experience, and we are delighted to offer a little piece of the Nordics to our customers, who fly with us every day from Singapore to Helsinki".

With APAC travellers venturing further into Europe and to less trodden destinations, Finnair, which flies the short Northern route between Europe and Asia, provides enhanced connectivity for APAC travellers to over 100 destinations in Europe.

From Finnair's Helsinki hub, they fly to 11 other destinations in Finland and nine other cities across the Nordics. Finnair is the most dominant European carrier to Scandinavia with seamless connections to Oslo, Stockholm, Copenhagen, Reykjavik, Amsterdam and



Prague. Earlier this year, new routes to Bologna, Bordeaux and Porto were added to further connect Asian travellers with authentic food and wine experiences.

Passengers travelling from Malaysia can opt for KL International Airport – Singapore's Changi International Airport on Malaysia Airlines' flight which is code shared with Finnair, to connect with Finnair's Singapore-Helsinki flight.

For more information, please call 03 – 2145 1155

Malindo Air New Route to Sydney



Malindo Air will begin its new service from Kuala Lumpur to Sydney, Australia, via Denpasar (Bali), Indonesia, from 14 August 2019.

The service is available daily from Kuala Lumpur International Airport (KLIA). Flight OD171 will depart at 6:25pm and arrive at Ngurah Rai International Airport (Bali) at 9:35pm. With a stopover for an hour, the

flight will depart from Bali at 10:35pm and arriving at Sydney Airport at 6:40am the next morning.

The returning flight, OD0172 from Sydney will depart at 12:00pm and arrive in Bali at 4:50pm. At 6:00pm the flight will continue and arrive in Kuala Lumpur at 9:10pm.

A Boeing 737-900 aircraft, comprising 12 Business Class and 168 Economy Class seats will be deployed for the flight.

Chandran Rama Muthy, CEO of Malindo Air said, "We are thrilled to have the much anticipated harbour city, Sydney as the 5th addition to our Australia network, after Perth, Brisbane, Melbourne and Adelaide. We believe this connection will attract both business and leisure travellers and support greater passengers' traffic and promote local economy and tourism".

For more information, please call 03 – 7841 5388

Royal Air Maroc and Jazeera Airways Fly to ISGIA



In June, Royal Air Maroc, the national flag carrier of Morocco and Jazeera Airways, the leading Kuwaiti added Istanbul Sabiha Gökçen International Airport (ISGIA) to their destinations. Royal Air Maroc is operating the Boeing 737-800 aircraft for daily return flights between Casablanca and ISGIA, while Jazeera Airways is operating three weekly flights with A320 aircraft between Kuwait and ISGIA.



Royal Air Maroc became the third airline after Pegasus and Air Arabia to offer scheduled flights between ISGIA and Casablanca, Morocco. Royal Air Maroc is expected to be an official Oneworld alliance member by year end, making it the second Oneworld alliance member to operate into ISGIA.

Jazeera Airways became the fourth airline to fly to Kuwait from ISGIA along with Pegasus Airways, Turkish Airlines and Kuwait Airways. With the addition of Jazeera Airways, the number of weekly flights from ISGIA to Kuwait rose to 34.

Separate welcome ceremonies were held at ISGIA for the landing of the two airlines, with the traditional water salute and the cabin crews were welcomed with flowers.

Royal Air Maroc's ceremony was attended by the Vice Governor of Istanbul and ISGIA executives as well as the Moroccan Consul General to Istanbul. Royal Air Maroc was represented by Abdelhamid Khalil, VP Europe and Patras Hachem, Regional Director, Turkey & Greece.

A traditional cake cutting ceremony was followed by an exchange of gifts. Before the cocktail reception, the passengers were also served Turkish Delight.

The reception to welcome Jazeera Airways' inaugural landing was attended by ISGIA executives and senior officials from Maple Aviation and Jazeera Airways. At the ceremony, Dato Azmi Murad of ISGIA presented a gift to Bernard Matta, AVP Sales / Regional Airports Manager - Levant & Europe at Jazeera Airways to commemorate the first flight.

Superior Transit Options with Korean Air

Korean Air and Delta Air Lines have collaborated with Incheon International Airport Corporation (IIAC) recently in holding a special information workshop for local travel businesses in Kuala Lumpur. The aim of this workshop between Korean Air, Delta and IIAC is to increase the awareness of Malaysian passenger's transit options at Incheon International Airport.



Since launching their joint venture in May 2018, Korean Air and Delta have been operating faster and more convenient routes to 80 destinations in Asia and 290 destinations in North and South America on the strength of their extensive networks centred on IIAC.

Coincidentally, the month of May also marks the anniversary of the trans-Pacific Joint Venture between Korean Air and Delta. The JV between these two airlines is currently positioned as a No. 1 trans-Pacific JV. This partnership is focused on building the most comprehensive and reliable network in the trans-Pacific, where customers can benefit from unsurpassed access to over 80 destinations in Asia and more than 290 in the US.

Through this strategic initiative, Delta will offer the fastest and most customer-friendly connecting experience in Asia, vis-à-vis Incheon Terminal 2, which is home to the JV of these two airlines since its opening. This JV has resulted in full reciprocal codesharing across the two airline's respective networks to over 200 new markets, improved reciprocity across both airline's loyalty programs and a thorough collaboration to improve all customer experience across the Pacific.

According to Steven Sear, President of Delta Air & International and Executive Vice President of Global Sales, "We've also heard great feedback from our customers about on-board meals created in partnership with Michelin two-star chef Kwon WooJoong, which are featured in all classes of Delta service to and from Korea. We're also rolling out award winning products, including Delta One Suites and Delta Premium Select available on our new aircraft, including the Airbus A350 and A330-900neo, and expanding to our Boeing 777 fleet as it is refurbished. Our customers have also responded enthusiastically to

Korean Air's high service standards and premium products, including their First Class and Prestige class. In all regions where Delta flies, we have a laser focus on delivering an outstanding experience for our global customers. This growth is a testament to the strong potential of the Delta/Korean Air Joint Venture and a clear sign of our partnership's bright future. It's been gratifying to see what the Delta and Korean Air teams have been able to accomplish together, and there's a lot more to come".

On the other hand, Jeon Young Do, Regional Manager of Korean Air proudly stated, "We are delighted with our partnership with Delta. This partnership brings more comfort to customers flying between the Americas and Asia, including Kuala Lumpur. With the relocation to Terminal 2 at Incheon Airport alongside with Delta, we are able to provide seamless service to our customers. Korean Air is providing extensive support to develop a successful partnership with Delta". The expansive network formed by this partnership gives Delta and Korean Air's shared customers seamless access, connecting Malaysians to more than 290 destinations in the Americas.

Hyeongil Kim, Director of Airline Marketing at Incheon Airport says, "Incheon International Airport has been providing transfer passengers with the highest quality service in cooperation with Korean Air and Delta Air Lines. We are hoping that more travellers from Malaysia will come and enjoy a unique experience while making transfers at Incheon Airport".

Korean Air currently operates daily flights between Kuala Lumpur and Incheon.

For more information, please visit www.koreanair.com

Scoot Operates Direct Flights to Kota Bharu from Singapore



In July, Scoot commenced its first direct flight to Kota Bharu from Singapore, making it the seventh destination for the airline in Malaysia after Ipoh, Kuala Lumpur, Kuantan, Kuching, Langkawi and Penang.

With this operation, customers from Kota Bharu can now save over two hours of travel time by flying directly to Singapore without having to layover in Kuala Lumpur.

From Singapore, Scoot's network connects customers to over 60 destinations across 17 countries including Athens, Berlin, Gold Coast, Jeddah, Sydney and newly launched destinations such as Trivandrum, Wuhan and Kunming among others.

Scoot's Acting Chief Commercial Officer Mr Calvin Chan said, "At Scoot, we make every effort to provide affordable travel to new destinations for our customers through our extensive network and attractive airfares. We are excited to be the only international operator to offer direct flights between Kota Bharu and Singapore, it is a showcase of our commitment to the Malaysian market. The capital city of Kelantan was chosen as our latest destination in Malaysia for its old-world charm and natural beauty, and we are

confident that travellers will enjoy exploring the rustic fishing villages, palm-fringed beaches and sprawling paddy fields that Kelantan has to offer. Additionally, we hope that this new addition to Scoot's network will help boost local tourism and provide more options for people to explore the world."

Group Chief Executive Officer of Malaysia Airports, Raja Azmi Raja Nazuddin said, "We are proud to welcome Scoot as the new airline partner at our Kota Bharu Airport (KBR). This is the airline's second destination in the east coast with the first being Kuantan Airport whereby its flight route began in February 2018. This Singapore-Kota Bharu route will not only provide more business opportunities to bloom, but it will also allow a good growth of tourism in the state that is well known for its delectable local delicacies and colourful range of cultural offerings. Scoot will be the fifth airline to operate at KBR and we are confident that this partnership will further boost the connectivity for the region in the long run."

Scoot is the low-cost arm of Singapore Airlines Group. In Malaysia, AVIAREPS is the General Sales Agents for Scoot.

For more information, please call 03 – 2148 8033 or email Flyscoot.Kul@aviareps.com

Qantas Overhaul Frequent Flyers Program

Qantas Frequent Flyers are benefiting from a major overhaul to the airline's loyalty program and are now paying significantly less fees for international reward flights.

Representing a \$25 million investment, the changes will improve how members are recognized and rewarded as well as how they earn and redeem points.

The program overhaul started in June and is being rolled out to Qantas Frequent Flyer members over 12 months. The major initiatives include adding more than 1 million extra reward seats available annually on Qantas and new partner airlines.

Carrier charges—the additional costs associated with flights booked with Points – are also slashed by up to 50 per cent on international bookings.

Changes are made to the points required for reward seats on domestic flights within Australia and international services, including an up to 10 per cent reduction in the number of points required for international economy Classic Reward seats.

Points required for upgrades and Classic Reward seats in premium cabins are increased to better reflect the value of this premium experience and a new tiered Points Club program is created to better reward members who earn most of their points through on-the-ground transactions.

Changes also include introducing a new Lifetime Platinum status, the ultimate recognition for the airline's most loyal flyers.

Qantas Group CEO Alan Joyce said, "The Qantas Frequent Flyer program has always been about rewarding customers for their loyalty. These changes are about making it easier for members to access those rewards and help to keep them highly engaged, which in turn is good news for our business as a whole."

Joyce continued, "We know the majority of our members want to use their points to take a dream trip overseas, so we are adding more reward seats including First, Business and Premium Economy, to places like London, Los Angeles, Tokyo and Singapore as well as slashing carrier charges".





Joyce said the program overhaul would ensure Qantas' loyalty program remained one of the most attractive and successful in the world.

Members are also given more choice when travelling to destinations across Europe, New Zealand and South East Asia through Qantas' new frequent flyer agreements with Air New Zealand, China Airlines, Bangkok Airways, Air France and KLM Royal Dutch Airlines.

In Malaysia, H Travel Sdn Bhd is the General Sales Agent (GSA) for Qantas Airways.

For more information, please call 03 – 2713 3911

FREQUENT FLYER – KEY FACTS

-  12.7 million members
-  More than 300 program partners
-  5 million Reward seats available on Qantas every year
-  Four flight redemptions made every minute
-  60 upgrades confirmed every hour
-  Two-thirds of all points earned are generated by on the ground transactions
-  35% of all credit card spend in Australia is on a Qantas or Qantas Frequent Flyer co-branded credit card

* On Qantas and Jetstar Classic Flight Rewards excluding direct flights to and from New Zealand and select South Pacific locations that are classified as domestic zones due to proximity to Australia.



AVIATION INTERVIEW WITH DR NOORLINAH G MOHD

Director of Malaysia Aviation Academy (MAvA)

Dr Noorlinah G Mohd, a geology honours degree holder from Universiti Kebangsaan Malaysia, stumbled into aviation 32 years ago. She never imagined this career path would become her passion. As a regulator for this industry in her capacity as an inspectorate officer before, she understands the training requirements when it comes to churning out the country's supply of air traffic controllers (ATCs).



MAvA is Malaysia's most important entity for training competent ATCs and ultimately ensuring the safety of Malaysian skies. How did it reach its current level since its establishment?

MAvA's humble beginnings as a training centre dates back to the 1960s when direct on-the-job training of new controllers was no longer practicable. Malaysia's earliest civil aviation training centre in Subang was known as Civil Aviation College (CAC) in 1981.

Malaysia Technical Cooperation Programme (MTCP) trainees have been attending courses since then at CAC whose four wooden blocks linked to each other became known as "Kolej Kayu".

Around 1996, CAC operated a "side campus" in Taman SEA, Petaling Jaya to accommodate a large number of trainings in preparation for the opening of the KL International Airport and the restructuring of the airspace. CAC's wooden building operated until circa 2004 when concerns for health and safety forced the Department of Civil Aviation, now called the Civil Aviation Authority of Malaysia (CAAM) to temporarily move the training of ATCs to the Air Traffic Control Centre Complex.

MAvA started operations at this present location in 2009, providing training to local and international participants. Its expansion has always been associated with the density of airspace usage, number of air traffic and complexity of airspace structure.

MAvA primarily caters to CAAM's human resources' (HR) demand but when slots are available, it offers courses to international trainees as well. Since 2009 to 2018, it has conducted 359 training courses participated by 4,357 Malaysians and 316 foreigners from 80 countries, including those from the ASEAN region, Asia, the Middle East and South Africa.

MAvA officially became an International Civil Aviation Organisation (ICAO) TRAINAIR PLUS Associate Member in 2015 and was awarded full membership in 2016. Please share how MAvA attained that position and what it means to be a TRAINAIR PLUS member.



The process to be enlisted as an ICAO TRAINAIR PLUS programme member is stringent given that it is evaluated by qualified TRAINAIR assessors. During the assessment, we need to show MAvA's capabilities on HR, its training and office facilities, quality management system, record keeping, examination procedures and administrative processes.

The membership fee is renewable every three years with a recurring audit and a renewal fee. MAvA was awarded full membership when we successfully developed a Standardised Training Package (STP).

TRAINAIR PLUS Members have access to TRAINAIR STPs which could be hosted or conducted in their premises by qualified instructors. MAvA runs three home-developed and TRAINAIR certified STPs for CAAM and foreign participants. The hosting of such training courses and selling of STPs are great opportunities for us to generate revenue as well.

What are your views on the current quality of ATC training offered by MAvA? How do you plan to improve MAvA?

MAvA is well-respected. It offers training at a reasonable price in comfortable and friendly environment conducted by qualified and experienced instructors using up-to-date training facilities.

I am focused on strengthening the HR, particularly the instructors' pool so that MAvA

will have the best qualified and capable trainers. The successful and efficient delivery of knowledge and skills at MAvA will significantly impact the service excellence offered by ATCs.

I will be retiring next year when I reach 60 following my transfer to MAvA on 2 January 2018. It is perhaps not long enough to see the fruits of my labour but I hope the seeds for excellence sown will continue to be nurtured by its personnel. I believe in motivating MAvA instructors, trainees and administrative personnel to not only do things right but also do the right things.

What are the pressing matters facing MAvA and how are they circumvented?

The run-down state of the 10-year old MAvA complex requires maintenance. Some of the repairs are on-going. We try to ensure the training courses are run with minimal disruptions. Since it involves cost and budget, we have prioritised the critical repairs to lessen the financial impact. With good governance and financial support from CAAM, I hope to see further improvements in the training environment.

Is the current supply of ATCs sustainable? What advice would you give to get people interested in considering this profession?

Yes, it is sustainable. According to the Air Traffic Management Division, there is no shortage of candidates each time an advertisement for ATCs is broadcasted.

The selection process is quite strict. My advice would be, ask yourself if you have the passion for aviation. It is a demanding job, stressful but exciting and rewarding as well. I have no regrets joining this field as the learning process never ends and there are opportunities to travel abroad to attend international meetings, conferences or seminars.

I encourage those who like challenges, are highly spirited and disciplined to go for it. A good command of the English language is a must. You also have to be reasonably fit as this is a licensing requirement along with the ATC Ratings.

Please tell us more about the different courses that MAvA offers.

Courses such as ab-initio or Primary ATC are attended by new intakes for the job. Trainees passing the ab-initio course will progress to the ATC course. Upon successful completion, they will qualify for appointment. Before their three-year probation ends, they need to pass another ATC course for job confirmation.

Courses like Aerodrome Control, Area Non-radar Control, Area Radar Control, Approach Non-radar Control and Approach Radar Control are also associated with ATC licensing. Other additional enhancement and enrichment courses include Search and Rescue, On-Job-Training Instructor, ATC Examiner, Performance Based Navigation and Safety Management System.

EVITATE

RASP NATURE

ING OF THE HILL



Outdoor Swimming Pool

THE ST. REGIS LANGKAWI

The Epitome of Grandeur

BY HIRANMAYII AWLI MOHANAN

The St Regis Langkawi was love at first sight for us, sweeping us into a whirlwind of lush hospitality and splendour the moment we stepped foot into the jewel of Kedah. Greeting us at the airport was a luxury limousine to chauffeur us to Eden, merely 20 minutes away. The drive was a serene one, flaunting Langkawi's verdant greenery, azure sea and its simple life.

As we entered the hallowed grounds, a gong was sounded to announce our arrival – what a regal welcome. The inimitable St. Regis butlers escorted us to our resplendent suite and intuitively tended to our every need during the stay – the mark of an exquisite experience. Sprawled across the majestic resort are 85 suites and four over-water villas, nestled between the centuries-old rainforest and beguiling Andaman Sea. The architecture here boasts a confluence of Moorish designs, contemporary elegance and bespoke craftsmanship – staying true to its illustrious brand's heritage.

THE ST. REGIS SUITE

What a beautiful experience it was, waking up to the sounds of the waves rolling ashore, the sun streaming in and breakfast in bed. The suite we stayed in was the epitome of splendour – boasting commodious space with an elegant living area, a mammoth bed and a private pool, partnered with access to St. Regis Langkawi's white sand beach just a stone's throw away. The incredible bathrooms are of Architectural Digest standard, featuring Crema Bianco marble walls, with grey Marquina marble double vanity, a large rain shower and bespoke double ended-bathtub. The deliberate warm tones in the furnishings evoke an instant sense of belonging and comfort.

WINING AND DINING

Life is exquisite at The St. Regis Langkawi. We meandered through six dining venues throughout our stay and allowed our palates to indulge in concoctions by esteemed chefs. For two evenings, we participated in the traditional art of sabrage at The Mansion, a St. Regis ritual, with the sunset as our backdrop. KayuPuti, the specialty restaurant here perches over water, inlaid with century-old wooden accents, mesmerising vistas, buzz-worthy cocktails and Asian-inspired haute cuisine helmed by Chef Gaetan Christopher Biesuz. Dining here was a showcase of culinary prowess and regional flavours. Subsequently, we ended the night on a high note at the St Regis Bar, serenaded by the sultry tunes of the resident Jazz band with a Lang Mary in hand – the bar's rendition of the Bloody Mary and an ode to the island jewel of Southeast Asia.

IRIDIUM SPA

A candlelit walkway led us to the heart of the spa – where a tranquil oasis awaited. We experienced the traditional Urutan Melayu which focuses on the manipulation of palm and thumb pressure points to promote health and vitality. Our senses were elevated, knots untied and body relaxed.

ST REGIS BUTLER SERVICE

The St Regis Butler Service is unparalleled, with a foundation on intuition and excellence. We got a peek of this time-honoured tradition throughout our stay, from meticulous unpacking of clothes, aiding us in our itinerary to recommending what to eat.

The St. Regis Langkawi
Jalan Pantai Beringin 07000 Langkawi, Kedah.
Tel: +60 4-960 6666

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.



Villa Bedroom



Iridium Spa - Couple Treatment Suite

TOM ROELENS OF FOUR SEASONS KL ON ITS FIRST YEAR

BY JACQUELINE BENITA PAUL



In true Four Seasons KL finesse, the hotel's first anniversary is an extravagant affair with curated events to offer localised experiences, exclusive offers and unforgettable dining experiences. To tell us more about the recent festivities, Four Seasons KL glittering debut and tone for an even more exciting second year, I spoke to Tom Roelens, the sophisticated and savoir-faire general manager of Four Seasons KL.

Thank you for your time Tom, I am sure you must have been busy post the month-long celebration. Could you share with us some of the hotel's best accomplishments in the last year?

It has been and still is very exciting here at Four Seasons KL. Throughout the year, we have had the privilege of receiving various awards, a result of the hard work put in by the entire team. From the early stages, Bar Trigona was awarded Asia's Most Sustainable Bar title. Followed by the Best Cocktail Bar in Asia Pacific nomination by Tales of the Cocktail Foundation. As for the hotel, we have received a number of architectural and interior design awards. We also won the award for the Best Mixed Use Development which covers retail, shopping, hotel and private residences. While we are proud of the design and architectural

recognition, beyond that, we also value the guests and industry leaders that select us.

I understand Bar Trigona had a menu revamp. Can you tell us about that?

You know, we always strive to reinvent ourselves and that is what is so exciting about this industry. Now, with an established team, we have identified the top sellers and what are the signatures that should be retained in the menu. We also decided to come up with new cocktails which was offered as a challenge by Ashish (head bartender at Bar Trigona). Of the 19 cocktails, seven are not by Ashish but by the rest of the bartenders who are currently competing in various international cocktail competitions. Shawn was the National Champion of the Campari Bartender Competition Asia 2019 and went on to represent us in Milan. Marcus moved from the front to behind the bar. It's great to see their growth and development.

I understand there will be a collaboration with your honey supplier. What do you have in mind?

Bees are responsible for 80% of the pollination of fruits and vegetables around the world. Unfortunately, in most parts of the world, the bee population is dropping substantially. Our focus is to create a movement that will engage our guests to join the cause and create awareness of the matter. Our upcoming project will present an opportunity to our guests to adopt a beehive. Upon adoption, we will provide regular updates to our guests on the status of their beehive and

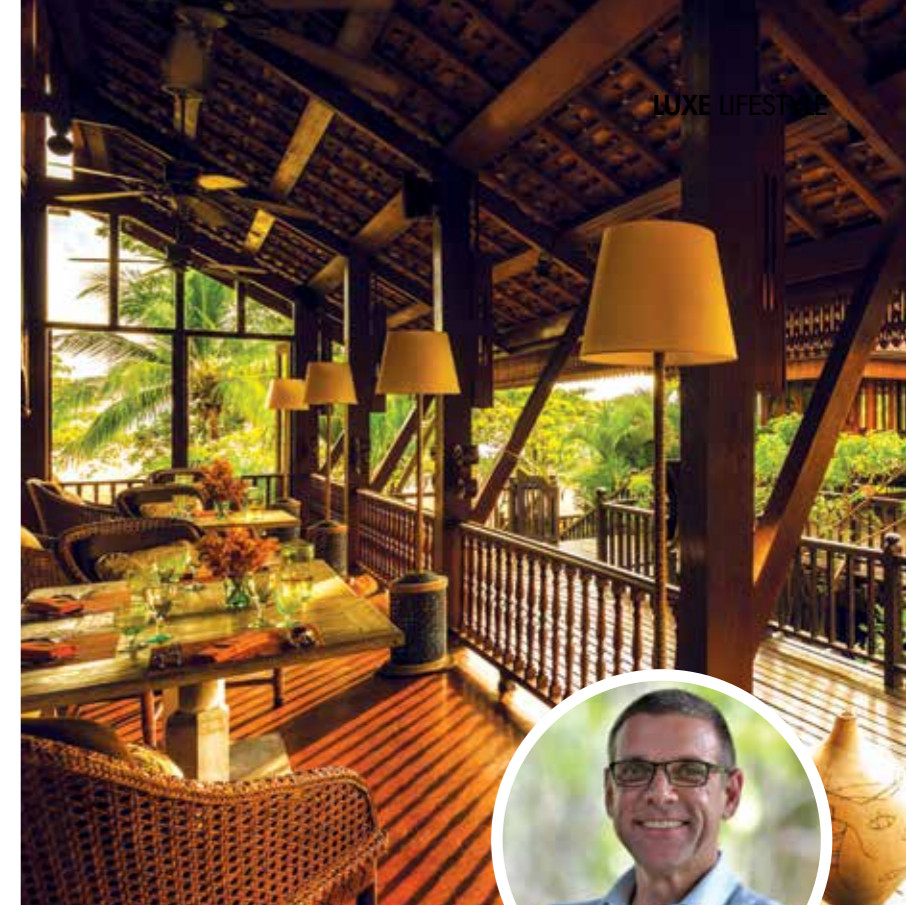
they will receive a jar of honey each time from their own beehive throughout the year. At the same time, our guests will enjoy a 10% discount from their drinks at Bar Trigona as the official adopters of a local beehive.

With Malaysia's Independence Day celebration coming up, what can we expect at Four Seasons KL?

What we saw last year was that there was no better spot in town to enjoy the fireworks than from the Four Seasons Kuala Lumpur. So, the plan is to make it into a family-focused occasion starting with a Merdeka Eve Dinner on the August 30 and a Merdeka Day Lunch at Curate on August 31. During the month, we will also be doing a Chef Table series for only 12-14 guests in each session, featuring a bountiful spread of Malaysian favourites. This will take place on 9 and 23 August.

What are your aspirations walking into year two of operations?

It was our goal in year one to be recognised as the undisputed leader in our industry. We want to be considered as the only place to stay, dine, and choice for wedding celebrations, spa treatments and so forth. Now going into year two, it is about solidifying those services and its through fruitful partnerships with celebrity chefs, hair salons, local suppliers and more. It is through these partnerships that we truly understand what guests are looking for.



WHAT'S COOKING AT FOUR SEASONS LANGKAWI?

Creating Valuable Experience through Preserving Tradition

BY JACQUELINE BENITA PAUL

David Macklin, the general manager of Four Seasons Langkawi spoke to us, with the gorgeous 1.5 km-long private beach as the backdrop of the interview, on an exciting new project as part of Four Season Langkawi's initiative to provide a comprehensive localised guest experience.

Located just 50 metres from the Four Seasons Langkawi shores, in the sea is the Rumah Ikan which uses the traditional fishing method known as Belat or Kelong. The Belat (the net) is set in the sea under the fish house to capture fish that swim in through the tide. The fishermen will then collect the fish and place them in holding nets until it's time to prepare and cook them.

"We've been working on this for the last six months in the sea waters with the full blessings of LADA (Langkawi Development Authority), Fisheries Department in Langkawi and all the other relevant authorities.

"Our aim was is to share this authentic experience with our guests by giving them an

opportunity to witness how Malaysians and the people of Langkawi used to catch fish," he said.

David also told us that beyond the guests' experience, the idea behind Fish House was also to provide employment opportunities to the local fishermen, particularly from the north-east part of Langkawi.

"We engaged with the local fishermen to design, build and operate the Fish House. The output we get from the fishermen will be used in the resort which makes us self-sustaining and provides employment to the local fishermen as well.

"I think it could be one of the most authentic experiences in Langkawi because it dives deep into a local tradition.

"Once it is ready, guests will be able to head out to the facility where they will be given a tour and demonstration on how fish is traditionally caught.

"We intend to introduce a myriad of activities for our guests to enjoy, whether it is playing

traditional games like congkak and carrom or catching their own fish. At night, guests can try their hands at squid jiggling with the green light.

We couldn't agree more with David as he noted that even the smallest fish would taste succulently divine when caught with your own hands. Add that with the masterful skills of the chefs at Four Seasons who will happily barbecue your catch for a sumptuous dinner by the beach and you are in for a breathtaking experience.

The Fish House was expected to be completed by the end of July, David revealed. Following the grand opening of Fish House is the launch of Four Seasons Langkawi's brand new cookery school in August. Taking the already established cookery classes to the next level, participants will have the chance to catch their own seafood at Ruman Ikan, pluck ingredients at a farm within the property and learn how to make local and international dishes from the culinary masters at Ikan-Ikan, one of the hotel's restaurants.

To stay abreast of the latest happenings at Four Seasons Langkawi, visit www.fourseasons.com/langkawi

FASHION & BEAUTY NEWS

All the must-knows and must-haves of the month

BY SARA YEOH



Micro-painting by a Jaeger-LeCoultre's craftsman

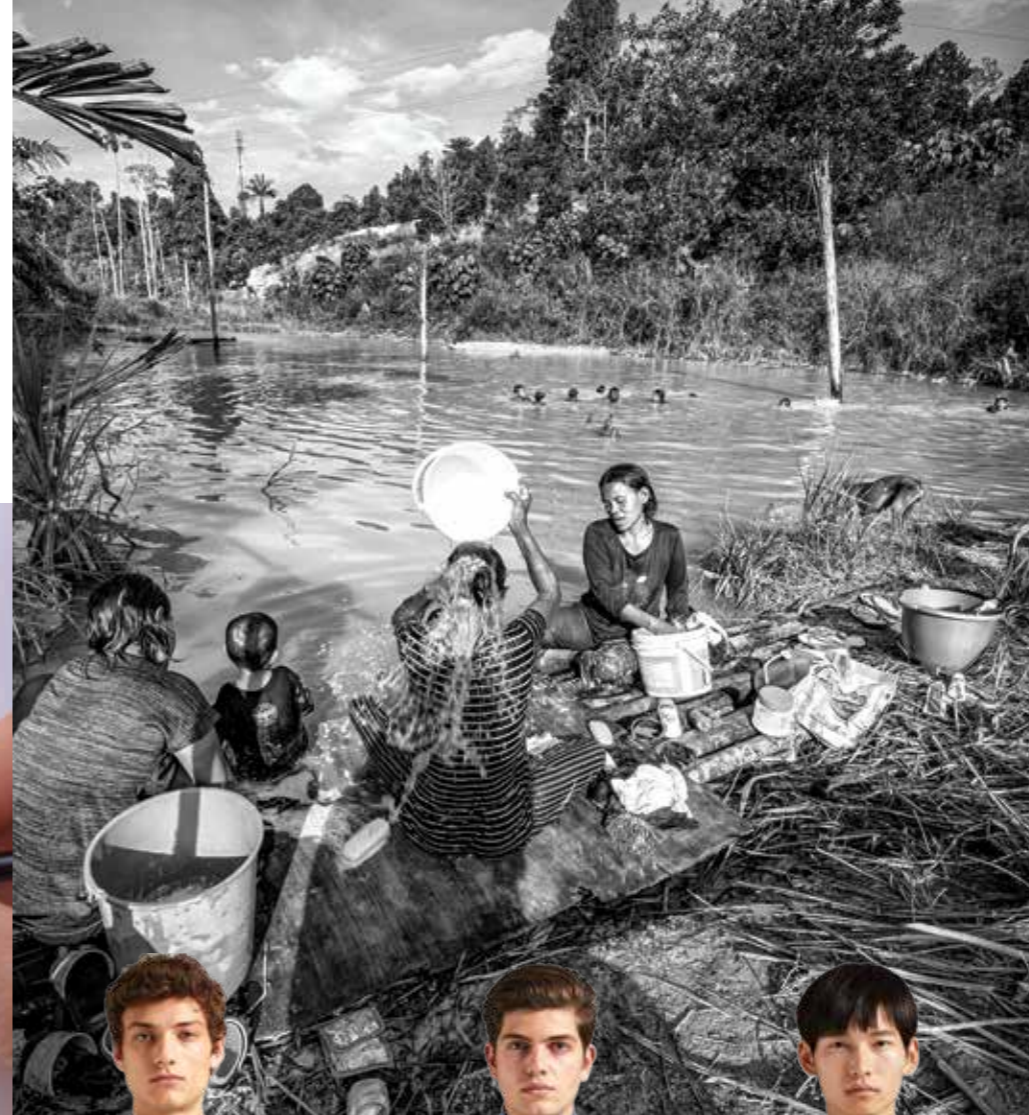
Rendez-Vous Sonatina watch

SPOTLIGHT ON JAEGER-LECOULTRE RENDEZ-VOUS SONATINA

Jaeger-LeCoultre gives blossom to three exquisite variations of Rendez-Vous Sonatina celebrating "Peaceful Nature". Orchids, a symbol of beauty, grace and charm, and butterflies, believed to represent metamorphosis and hope, come together on the dials of these enchanting, feminine timepieces.

These new timepieces feature three of the Métiers Rares (Rare Handcrafts) that the Maison has so thoroughly mastered: guillochage, micro-painting on mother-of-pearl and gem-setting. The engraved wavy guilloché motif enhances the tonal variations of the mother-of-pearl, then a delicate tint of pink, green or purple is added. Through the artisan's brushstrokes, the orchids and butterflies are lifelike in their detail. A fine oval-shaped ring of diamonds draws the eye to the painted image, and a delicate gold star marks the time of a special rendezvous, releasing a single, melodious chime to remind the owner of her appointment.

Conceived as a joyful expression of femininity, these special editions of Rendez-Vous Sonatina are limited to eight of each variation, and are available exclusively from Jaeger-LeCoultre boutiques.



WHEN BEAUTY GIVES BACK

Women's water burden is massive. Within the Orang Asli community in rural Malaysia, women and girls have to spend 6 hours a day walking 1 to 2 kilometres just to fetch water for their families. Their roles, often unnoticed and overlooked, become missed opportunities for education and productive activities. On their embarks to obtain water, the women often become vulnerable to barbarities such as rape and violent attacks. Carrying heavy loads of water also has detrimental health effects such as back and chest pains, developmental deformities, arthritic disease, and miscarriages.

This is an obvious issue – but one that Laneige wishes to take on by building easier access to clean water to empower women in these communities. Collaborating with Global Peace Foundation (GPF) once again, this year's initiative will see an extensive effort to Kampung Gayung, Kampung Ulu Belat, Kampung Cenodong, Kampung Terubing, and Kampung Teraling consisting of 81 houses, and aid all 481 of these villagers who suffer from a lack of clean water sources. In addition to providing portable Life Straw2.0 water filters, Laneige raises funds to build gravity-feed systems, and install water pumps and water pipes that will be linked directly to their homes.

Documenting Laneige's journey to empower women is renowned Malaysian photographer SC Shekar, with the intention to raise awareness, especially among urbanites, of clean water scarcity. From drinking, bathing and cooking with dirty and contaminated water, Sheka captured the daily lives of these women through the lens of his camera, and gains a first-person point of view on their living conditions as well as their daily struggles to obtain water.

A gallery of Shekar's photographs will be exhibited at the Laneige Water Bank Avenue held in Pavilion Kuala Lumpur for the public's viewing. The Waterful Sharing Campaign is from July to August 2019.



Looks from Tod's SS20 Men's Collection

RIDE OR DIE

Tod's SS20 men's collection caught driving, movement and speed as their inspiration – creating the Ride jacket as a second skin for the free-spirited Tod's traveller. And in this collection, weightless nylon and leathers, digital-camouflage prints, tailored denim, butter-soft suede materials and finishes serve to take on the wind and any road, due to their total versatility.

SUMMER HEAT

In the heat of summer, lie on the lounge chairs of a 5-star resort in breezy white linen and pretty sarong, or party the humid nights away in sultry slips.

BY SARA YEOH



- 1. **ANDY WOLF** Tamsyn cate-eye tortoiseshell acetate sunglasses RM1,387
- 2. **THREE GRACES LONDON** Cleo ruched swimsuit RM1,083
- 3. **CULT GAIA** Eden leather sandals RM1,628
- 4. **BOTTEGA VENETA** Stretch-silk satin camisole RM4,813
- 5. **VANINA** Amini beaded shoulder bag RM1,367
- 6. **JACQUEMUS** Alassio draped embroidered cotton-blend mini dress RM2,008
- 7. **CULT GAIA** Turband printed linen headband RM281
- 8. **TOHUM** Large Puka gold-plated necklace RM1,304
- 9. **JOHANNA ORTIZ** Welcome to the jungle printed cotton-voile sarong RM1,343

FLORAL FESTIVAL

Get into tropical vibes with floral shirts, but these are far the middle-aged man's holiday shirt, mind you. Take root in Prada's retro patterns or Mr P.'s darker renditions of your summer vacation.

BY SARA YEOH



- 1. **PRADA** Camp collar printed matte-satin shirt RM3,498
- 2. **THE ROW** Jonathan pleated cotton trousers RM4,145
- 3. **GUCCI** Rectangle frame gold-tone sunglasses RM1,606
- 4. **PRADA** Camp collar printed satin shirt RM3,498
- 5. **GUCCI** Logo-embroidered chino shorts RM2,439
- 6. **MR P.** Camp collar printed cotton-poplin shirt RM699
- 7. **BELL & ROSS** BR03-92 automatic 42mm ceramic and rubber watch RM15,488
- 8. **AMI** Logo appliquéd pebble grain leather belt bag RM1,943
- 9. **BOTTEGA VENETA** Leather and webbing sandals RM2,332

SUNNY DAYS AHEAD

The beauty edit for shimmery eyes, golden cheeks and tanned complexion to catch some rays

BY SARA YEOH



1. **TOM FORD BEAUTY** The ultimate bronzer RM445
2. **ICONIC LONDON** Prep-Set-Glow RM113 (available at Cult Beauty)
3. **MARC JACOBS BEAUTY** Dew drops coconut gel highlighter in Tantalize RM193
4. **BECCA** Shimmering skin perfector pressed highlighter in Champagne Pop (collector's edition) RM183
5. **NARS** Duo eyeshadow in Isolde RM129
6. **FENTY BEAUTY** Body lava body luminiser in Brown Sugar RM231
7. **HOURGLASS** Illusion hyaluronic skin tint RM264
8. **KIEHL'S** Ultra-light daily UV defense SPF 50 PA++++ with anti-pollution RM163
9. **BENEFIT COSMETICS** GALifornia powder blush RM158



AWAY SPA AT W KUALA LUMPUR

Spa Day for Stylish City Dwellers

BY SARA YEOH

Sweeping us away from the whirlwind that is Kuala Lumpur's hustle and bustle was the aptly named Away Spa at the W Hotel. Away Spa disrupts the traditional spa agenda with W's millennial mantra of "detox, retox, repeat" — looking past conventional methodologies in favour of high-tech treatments and services designed to help you get your glow on.

A 'LOCAL MASSAGE'

Fitting of this 'Malaysian' issue, we went back to our roots and opted for the 'Local Massage' that uses traditional Malay 'urut' techniques. In the waiting lounge, we filled in a form prior to the treatment, indicating our desired pressure and areas to focus on while sipping on vanilla tea by TWG. If you have any concerns like having wounds or sprains, now would be the time to highlight it to the masseuse.

Once it was done, we were led to the treatment rooms. Mine was the 'Solitude' room — exactly what I needed in between a busy weekday schedule. The purple infrared lighting in the room quiets one down, while still staying true to the stylish and futuristic aesthetics of the hotel. Make use of the en suite bathroom with W's signature amenities from Bliss for a shower before the massage or to reapply your makeup after it. Adjusting myself just fine to the environment, I undressed and got myself ready for the massage in the en suite bathroom.

With the scent of lavender lingering in the air, and after deep inhales and exhales on cue of the masseuse's whispers, I submitted my body (and mind) to her swift hands. I found bliss in her skillful pulls and presses, and my knots and tensions came undone at areas her hands graced with Ilä's argan

body oil. By the time she was done, I was already drifting off, only to be waken up by a chime that signalled the end of the session.

EXTRA EXTRAS

Get an outer glow to match your inner state after the rejuvenating massage. The beauty bar offers quick beauty fixes from manicures and pedicures to eyelash extensions — all serviced by 176 Avenue. Their complimentary services like a quick shoulder massage, scalp massage, flower bath and detox cocktails add on to your day of decompression.

Stylish city dwellers would be delighted to be away, but right here in the city.

Away Spa at W Kuala Lumpur
Level 13, 121, Jalan Ampang,
Kuala Lumpur, 50450 Malaysia
+603 2786 8888

FACE OFF

Facial 101

BY SARA YEOH

IS IT AN HOUR (AND RINGGIT) WASTED?

We are barely keeping up with all the skincare “musts” – cleansing devices, 12-step skincare routine, skin supplements. So how necessary is having a facial in your beauty care regimen?

Getting facials done are basically spa trips for your skin – it is a treat – but beyond the frills of it (we’re talking 24k gold, gemstone and vampire facials), the standard deep cleansing, extraction, massage and steam treatment, and a final mask and moisturiser will probably keep your skin looking great when done consistently. The bottomline is, it should be an essential part of a healthy skincare regimen.

What people should know is that facials are not quick fixes. Meaning it should not be a one-off affair, but incorporated into the beauty routine as a maintenance effort. Regular visits

to your aesthetician will help boost cell regeneration and blood circulation, keeping skin healthy and glowing. Even if you have perfect skin (lucky you), facials will still do you good in the long run.

Besides, there are some things that are best left in the hands of a professional, like the removal of blackheads or bumps in the skin. Experts extract skillfully with specific tools and techniques to avoid infection and scarring – which you risk when you do it yourself. Extractions hurt – but beauty is pain after all.

Deep cleansing and exfoliation is also an important part of the facial process. Our skin is exposed to pollution, UV rays and toxic substances on a daily basis, which accumulate and form build-ups that clog the pores. So, we should really leave it to the professionals to open up the pores and remove dead skin cells. Professional exfoliation also improves absorption of products, so know that using expensive skincare without regular exfoliation is as good as pouring them down the drain.

HOW OFTEN DO I NEED IT?

In a perfect world, I’d have all the time and money for regular facials on any afternoon I feel like it. Back to reality, facials are an investment. If you have oily skin prone to acne and breakouts, you should probably visit once every two weeks. Otherwise, once every four weeks whenever the skin cell renews itself is fine.

While I’m sure you’d like to save whenever you can, regular visits in planned frequencies will give you the best complexion, as skin cells respond well to routines. In between visits, at-home treatments like using a jade roller or sheet masks will help to sustain skin health.

LOVE IT OR HATE IT?

When it comes to assessing the effectiveness, just listen to your skin. You’ll know when it loves the results – it shows on your skin.

THIS MONTH’S FACIAL SPOTS

BACK TO BASICS

Jurlique’s Herbal Marine Facial Treatment (RM280 for 90 mins)

Sometimes, all you need is a good facial and extraction to maintain clear skin. This herbal marine facial is an antioxidant treatment that is designed to boost your skin’s defence against environmental aggressors and to promote skin radiance. Stubborn blackheads and whiteheads are expertly and swiftly extracted, leaving the skin clear. The skin is then infused with potent botanicals and antioxidants, using Jurlique’s iconic Herbal Recovery range, followed by a deep moisturising massage with Jurlique’s premium essential oil, leaving the skin deeply hydrated and rejuvenated.



Christy, the store manager at Jurlique at Starling mall told us, “Mood and relaxation is important for the skin to reap maximum benefits from the facial.” So, just come and let loose while she lustrates up your skin.

Benefits: Intensive hydration
What we love: The relaxing atmosphere and a quick aromatherapy shoulder and feet massage during the treatment.
Maintenance: Once a month up your skin.

Jurlique
G-014, Level G, The Starling
03-6203 7218



FACE THE FUTURE

One Doc Medical’s 4-Step Pico Facial (RM2,000 for 90 mins)

Turn to sophisticated technology for your best glowing skin. This 4-step treatment

starts with a deep cleansing hydrofacial that removes dead skin and impurities via vacuum suction to enhance effects of the Pico laser later. The frequency of the pico laser is tailored to your needs – whether it is treating acne or brightening the skin

tone. Unlike normal lasers, the pico laser penetrates the skin without damaging the skin’s surface to boost collagen production and repairs from within. After the laser is the omega light therapy that stimulates cell regeneration for optimum skin recovery and relieving any sensitivity. Lastly, serum solutions are infused deep into the skin through an ioniser infusion device, restoring hydration and moisture.

Benefits: Pore-minimising, skin toning
What we love: Fuss-free, minimal to zero discomfort during the laser treatment, and no downtime – just moisturise and apply sunscreen after.
Maintenance: Once in two months

One Doc Medical
Publika Shopping Gallery
A2-G2-5, Jalan Dutamas 1,
50480 Solaris Dutamas

FOAM ROLLING 101

Everything you need to know
to get started

BY JACQUELINE BENITA PAUL



More and more people are foam rolling today and the reason is simple – it works and it is easy to do. You don't need to be a professional athlete or fitness enthusiast. Foam rolling is suitable for you even if you've just spent a long day at work. If you feel some tightness in certain regions of your body, then you need to start foam rolling. You can start foam rolling once or twice per week or if you do hit the gym, it is advisable to foam roll before and after your workout to increase muscle mobility and release tension.

Before we get to the movements, it is important to understand there are different types of rollers to address a specific part of your body.

LOW-DENSITY FOAM ROLLER

For beginners, it is recommended to start off with the low-density foam roller. Foam rolling isn't like getting a massage as how you like it at a spa, as it does involve some discomfort in loosening your muscle knots. A low-density foam roller will help you to practise your foam rolling technique while preparing your body for a firmer roller to maximise the results.

FIRM FOAM ROLLER

Athletes or seasoned gym goers would opt for a dense foam roller. However, if you find yourself clenching your muscle more often with this option, go back to the low-density roller to avoid more muscle tightness.

SHORT FOAM ROLLER

This roller option allows you to target specific areas of your body such as your quadriceps, foot muscles, etc. It's also travel-friendly so if you feel the knots on your trip to Bali, having this will do wonders for your body.

BUMPY FOAM ROLLER

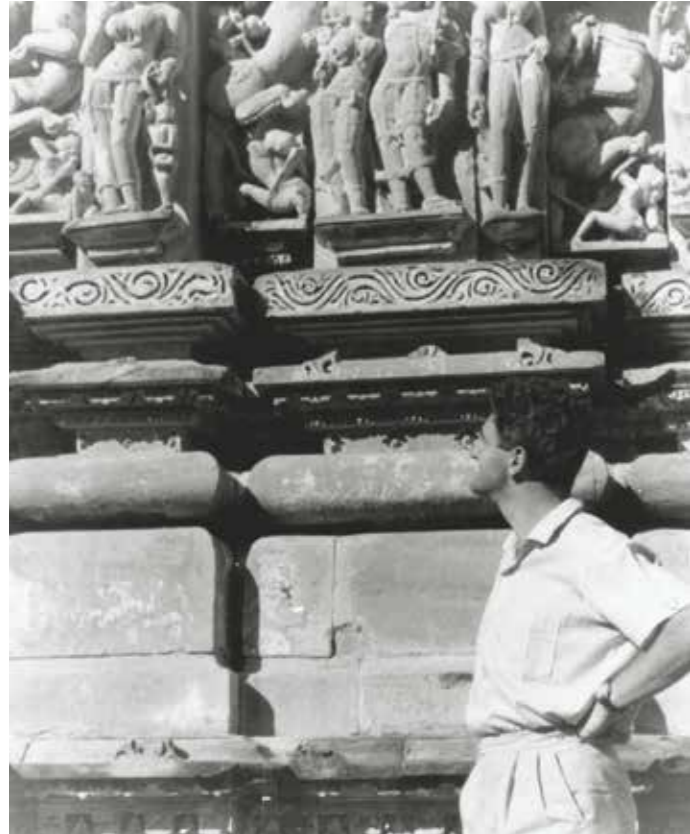
The bumpy knobs or wave-like ridges might look ominous but the design of this roller will help address multiple trigger points to help release your knots quickly.

LACROSSE BALLS

Often times used in intermediate pilates classes for muscle release in the glutes and lower back, it can help break up adhesions between the fascia and underlying muscles. Regular self-myofascial release doesn't just make you feel great after, you will also experience better muscle recover.

THINGS TO KNOW BEFORE YOU START FOAM ROLLING

1. For each muscle and muscle group, roll on the foam roller about 20-30 times, or spend 1-2 minutes on each muscle group, as tolerated. Beginners will have less tolerance for rolling, so only do what you can tolerate and build up to adding more over time.
2. When a trigger point (painful area) is found, rest on the trigger point for 30-45 seconds as tolerated.
3. Keep your abdominal muscles tight to provide stability to your core during all foam rolling movements.
4. Remember to continue to breath in and out in a controlled manner to help reduce any tense reflexes caused by discomfort.
5. Complete the self-myofascial release exercises daily, and follow up with stretching
6. Foam rolling is most effective when your muscles are warm
7. Use the foam roller along the full length of your muscle, from the point of origination to the point of insertion, and avoid rolling over bony prominences.
8. Make sure you roll your muscles in multiple planes and angles as long as you're not twisting your joints too much. For example: when you're rolling your calves, you can turn your toes slightly inward and outward to get the outside and inside of your calf muscle.



Patrick J Murphy, Antoinette, Jolly Koh, Wanda Koh, and Johnson Kong (KL antiques dealer) in the Revolving Restaurant, Federal Hotel KL, August 1970, before Jolly travelled to USA.

Patrick J Murphy visiting the erotic temples at Khajuraho (9th - 13th century India), while on his way home to Dublin from Malaysia (visit advised by Cheong family)

MALAYSIA IN THE 1960's THROUGH THE EYES OF AN IRISHMAN

An Interview with Patrick J Murphy, a former Guinness brewer who spent the late 1960's working and discovering the beauty that is Malaysia

BY HIRANMAYII AVULI MOHANAN

INTRODUCTION

Patrick J Murphy was born in New Ross, Ireland and his career in brewing took him across the world, including Malaysia. He voyaged from Ireland to Kuala Lumpur at the end of 1968 with his wife and children to brew under the Guinness brand. Murphy fell in love with the Malaysian landscape, food as well as the weather, returning to Kuala Lumpur in the 2000's.

He had attended the CBS Kilkenny School, followed by the Trinity College in Dublin. His business career kicked off in banking and eventually forayed into brewing and malting, where he served twice as the president of the Irish Exporters' Association.

In an enlightening interview, Patrick J Murphy shares about his humble beginnings in Ireland, his experience living in Malaysia during the 1960's, adapting to the local culture and beguiled by the exotic food and rural scene. Pat Murphy tells the story with his characteristic and infectious zest for life.

Your business career was first in banking, then brewing and malting. Could you elaborate on your foray into brewing and what it entailed?

My first job was in the fledgling Central Bank of Ireland. I was very moved by a painting of a beautiful woman (his wife) by Irish artist John Lavery, RA. which hung in the Governor's office. It was reproduced on Irish banknotes and symbolised Ireland, free from English domination,



H.R.H Prince Charles greets Patrick J Murphy prior to a private lunch at Áras an Uachtaráin. (In the background are Marie and Sean Benton, Chairman of Office of Public Works in Ireland.

after centuries of struggle for freedom. I moved to work for Guinness in 1958 because it was the best paying job in Ireland at that time. Simultaneously, I was an evening student at Dublin University (Trinity College). Both establishments had lots of paintings on the walls. Guinness trained me in all aspects of the brewing process and I became a senior manager. In 1968, I moved to London to design a new Guinness brewery for Brazil, accompanied by an engineer. London was a Mecca for art. On completion of the task, I was asked to move to Malaysia as brewmaster, and did so that December with my wife and two young children. It was the start of an exciting adventure.

You moved to Malaysia in 1968 to work at Guinness Malaysia. What was your first impression of Malaysia?

Our first impressions of Malaysia were that it was exotic, beautiful, colourful, very hot and humid, strange. The food, the landscape, the people, the buildings were so different from home. It seemed something of a paradise. We rented a modern bungalow in Petaling Jaya from which we had views of a glorious Thai temple, a lake, and distant tin mines. Our garden was a riot of purple and white orchids, and rainbow-hued butterflies proliferated.

How did you and your family adapt to the local culture and cuisines?

It took almost no time at all for us to adapt to our new surroundings. Our children attended the Alice Smith School while Antoinette studied painting under the tutelage of local artist, Tan Tuck Kan (educated in

the prestigious St. Martin's School of Art) and became proficient. The children wore light apparel and enjoyed the freedom of swimming and running about in the sunshine. Malaysian food was much to our liking, even spicy chillies. We also frequented the evening stalls in Batu Road, Kuala Lumpur where the food was delicious and cheap, and the bustling atmosphere was fun. Thereafter, we became familiarised with the local culture, picked up Bahasa Malaysia and bargained so well it would make a local proud.

Did you travel within Malaysia? If so, where and how did you find it?

Whenever work permitted, I would whisk my family away for travels to discover the lovely cities of Melaka, Penang, Johor Bahru, Seremban and Langkawi. We adored and frequented the Passionate Love beach of Kelantan, fringed with coconut palms. Our final trip was to Terengganu for a weekend where we were the guests of Dr. Narayna, personal physician to the Sultan, and his Irish wife Cecily, and ate delicious hot fish curries. We never got to visit East Malaysia, unfortunately. Also, we spent one memorable weekend in Cameron Highlands where it was cooler, for a change. We encountered mosquitoes and leeches for the first time, and also snakes, as they are foreign to Ireland.

What did you cherish most about living in Malaysia?

I cherished living in an exotic country with gorgeous orchids and bougainvillea blooming in our garden, the colourful dress of Malaysians, the street stalls and cheap but delicious local food and



Patrick J Murphy greeting Mary McAleese, President of Ireland at the Residency. (Patrick J Murphy acted as the President's art advisor for 9 years until his retirement in 2009, aged 70 years old)

learning to bargain in shops and market place – not previously a at home. We also found the mixture of cultures fascinating - Malay, Indian, Chinese, and the interaction with expatriates. Chinese New Year and Lion Dance was an amazing experience. Attending a Malay wedding in the countryside was equally memorable. Besides that, we loved indulging in Indian and Malay curries, Chinese dumplings and Peking duck. We visited Port Swettenham (now Port Klang) for great prawns and satay. Above all, I cherish the sunshine and friendliness of the people and shopping.

What do you often mention in conversations about Malaysia?

I always mention about first and foremost, the Malaysian food, heat, ubiquitous flowers, beautiful countryside, exotic butterflies in a great public park outside KL, tigers, gula Malacca, durian, wayang kulit (shadow puppets), colourful sarongs, travels to interesting regions, etc.

What reason would you give someone to visit Malaysia?

We urged Irish artist, Barrie Cooke to visit the terrain rainforest and paint it, which he did. He also met Latiff Mohidin, Malaysia's young outstanding painter. We also advised others to visit Malaysia for a totally different experience from home – juxtaposition of old and new buildings, sunshine, exotic food and dress, warmth, friendliness and vibrant art scene.

What is your advice on what people should do when they visit Malaysia for the first time?

My advice is for tourists to spend some days in KL to marvel at old and new buildings including mosques, Sultan's palaces, shops, parks, etc. Be sure to wear lightest clothes because it's mostly sunny in Malaysia, put on sun protection cream, shop and be food adventurous. Lastly, buy yourself some batik shirts.



Patrick J Murphy, then Chairman of the Arts Council of Ireland, launching the annual Texaco Children's Art Competitions in Dublin C. 2003

What changes did you witness when you returned to Malaysia in the early 2000's?

When I first came to Malaysia, Merlin Hotel was the biggest then. Then, when I returned to Malaysia in the early 2000's, I realised that it was dwarfed by international chains. We could also no longer find Batu Road or Selangor Emporium with the massive recent developments. During our return, we needed taxis to go round instead of walking about. This was evidence of much new wealth and prosperity of the country.



Patrick J Murphy... "I spent every spare penny on art. I often went without an overcoat to buy my pictures."



Abdul Latiff Mohidin
Siri Pago Pago, 1966
Pen on paper 15 x 10.5 cm
Formerly in the collection of Patrick J Murphy

Poem On Verso by Latiff Mohidin

Graceful, witty, informative, cheerful
What is the past, after all,
but a vast sheet of darkness
in which a few moments pricked
apparently at random, shine?
Patrick J Murphy, Bon Voyage.
Signed 'yours as ever', by Latiff Mohidin on Nov, 1970



Latiff in his Petaling Jaya studio on Oct 1970, taken by Patrick J Murphy



Batik originator (painter) Chua Thean Teng at the door of his shop and studio in Penang, Nov 1970, saying goodbye to Antoinette and Patrick J Murphy. He had a very successful art exhibition at the David Hendriks gallery in Dublin some years earlier.

PASSION FOR ART

"I like a painting that speaks to me," said Patrick Murphy whose fervour for art began as a young boy. He began collecting poetry books and postage stamps as a schoolboy, followed suit by artworks which sees an amassed empire today. The first piece of work that he ever bought was a month after Murphy married his wife, Antoinette in 1963. He bought a 19th century oil painting of ships in harbour by Irish artist, William Sadleir in the manner of Canaletto. This piece of work was kept for years until his taste eventually graduated to modern and contemporary art – which he then traded to his sister.

Murphy had collected a gallery of works that he was forced to move into a bigger house in search of more wall space. After more than half a century of collecting, he ended up with approximately 600 paintings, drawings and sculptures, as well as Ashanti's gold weight miniature sculptures and other artifacts, including Oriental ceramics. Today, the Murphys are in the midst of downsizing and will be donating and selling off a large part of their collection. His next step sees his artworks featured in forthcoming auctions, such as works by Russian artist Leon Zack, in Sothebys Paris and works of William Scott, Albert Irvin, Alan Davie and John Bellamy will be for sale in Sotheby's London.



Latiff and Brian Aylward doing a "Christy Brown" painting, for fun at my request. - Patrick J Murphy, Oct 1970



Chung Chen Sun in his studio painting.



Jolly Koh
Abstract, 1969
Acrylic on Canvas 127 x 152.5 cm
Formerly in the collection of Patrick J Murphy

Tell us about your passion for art and collecting it. How did it start?

I began collecting poetry books and postage stamps as a schoolboy. Classical music was another passion. The visual arts became central when I moved to Dublin at age 16 and became a habitual visitor to the National Gallery of Ireland.

Do you still remember the first piece of artwork you collected?

Yes, it was a month after Antoinette and I married in 1964. I bought a 19th century oil painting of ships in harbour by Irish artist William Sadleir in the manner of Canaletto. We kept it for years until my taste graduated to modern and contemporary art, when I traded it to my sister. It still hangs in her hotel.

Could you also elaborate on your forthcoming auctions in London, Paris, Ireland and what are the highlighted works?

Some of the highlighted works include paintings by Russian artist Leon Zack, which have gone to Sothebys Paris for sale. Works by William Scott, Albert Irvin, Alan Davie, John Bellamy will be featured in Sotheby's London for the September sale. Also, hundreds of modern Irish paintings and sculptures will be sent for the Adams Dublin auction in October, including Barrie Cooke and Mary Swanzy, which are illustrated in my Memoir.

Abdul Latiff Mohidin
Debris (Pago-Pago Series), 1968
Oil on board 89 x 69.5 cm
Formerly in the collection of Patrick J Murphy



Abdul Latiff Mohidin
Pago Pago Series - Rumbia (Singapore), 1968
Linocut on paper Edition 1/3, 45.5 x 30 cm
Formerly in the collection of Patrick J Murphy

PATRICK'S FRIENDSHIP WITH LATIFF MOHIDIN

You speak fondly of the museums and galleries in Malaysia. How were you introduced to them?

Tan Sri Mubin Sheppard introduced me to the vibrant Malaysian art scene. We visited Museum Negara to see artefacts and attended the Festival of SouthEast Asian Arts in 1969. Through an invitation from Zain Azraai and his wife Dawn, I visited Galeri II where we saw a wonderful exhibition of relatively recent paintings by Abdul Latiff Mohidin and met the artist for the first time. We immediately bought two ravishingly beautiful oil paintings and a print titled Rumbia, to decorate our new home. Latiff was close to my own age and his affable nature drew us closer. We became friends and socialised with each other. He left his record player and portable music collection with us when he travelled to the Pratt Institute in New York. I persuaded him to stop over in Dublin en route, and he did so, meeting some young Irish artists that I had known.

We kept in contact for many years afterwards, and we progressively bought more works. I considered Latiff the outstanding painter of Malaysia at that time. He seemed to capture the soul of his homeland, as Armenian painter Arshile Gorky did when he moved to the USA. Besides Latiff's artworks, we also bought works by Arthur Yap, Jolly Koh and Cheong Lai Tong from the Salon Malaysia exhibition that year, and came to know those artists too. Contemporary Malaysian art then was more imaginative than what was happening in Ireland, and it advanced my taste. The incredible landscapes painted by Yeo Jin Leng and the batik paintings of Seah Kim Joo gained our admiration while learning about Ismail Hussein and his influence in the industry, in 1970. I am not



Abdul Latiff Mohidin
Wetlands - Gelombang Series, 1994
Oil on board 43 x 53 cm
Formerly in the collection of Patrick J Murphy

so familiar with the current art scene in KL but I remember during my last visit 20 years ago, that many promising young artists had arrived on the scene.

What drew you to Latiff Mohidin's works?

I loved Latiff's paintings at first sight, from instinct. Here was the soul of Malaysia painted by a true poet! They were simply beautiful, skillful and uniquely imaginative.

One of the first few of Latiff's works that you bought was the Siri Pago Pago-Debris. How would you describe this work?

Siri Pago Pago-Debris was the glorious first painting that I bought in the spring of 1969 from the Galeri II exhibition, and it remains my favourite and has adorned our home for 50 years. Latiff told me the inspiration for it was a chaotic rubbish dump encountered in Bangkok on his travels. Here, the artist has transformed and elevated a banal subject into a sublime work of art, transcending beauty, speaks to the heart, captures the eyes, and smoulders on the mind forever. Truly, a glorious painting, full of emotion.

How was your friendship with Latiff Mohidin forged?

Latiff and I just liked each other from our first meeting and the friendship endured – we socialised. I sent Irish painter Barrie Cooke to meet him and they also became friends and admirers. All three of us read the poems of Irish poet Seamus Heaney who later won a Nobel Prize.

How many of Latiff Mohidin's works have you collected to date?

I think I ended up with about 10 works by Latiff, over the years, including drawings. I intended to buy one every year but circumstances did not result in that happening. His art gives me great joy.

Besides Latiff Mohidin, are there works of other Malaysian artists that you collect?

As mentioned earlier, I only bought works by Seah Kim Joo, Arthur Yap and Jolly Koh, besides Latiff, during my two-year residency in Malaysia in 1968-1970. Thereafter, I only bought a single oil piece by a young Malaysian on a subsequent visit to KL, but noted then an upsurge of local creative talent, and a welcome increase in patronage. One thing I am glad I did was to organise an exhibition of Irish Art at Galeri II to celebrate St. Patrick's Day in the spring of 1970, and thus to initiate a tradition of cultural exchange between our two wonderful countries which are so far apart. I have the fondest memories of exotic Malaysia.

LUMI

TROPICANA

INSPIRED BY DESIGN
BUILT WITH QUALITY
CRAFTED FOR LIFESTYLE

Centrally located at Tropicana
A dynamic suburb on the rise

SHOW UNITS OPEN FOR VIEWING

- +6018 605 9999
- lumicollections.com
- [lumi sales gallery](#)



Brought to you by

THRIVEN

WHY I LOVE MALAYSIA

In conjunction with its 62 years of Independence, we sought the views and feelings of foreign envoys and hoteliers on this multiracial and multireligious nation and what it has to offer. Find out what have them smitten with Malaysia.

BY JACQUELINE BENITA PAUL



H.E. FRÉDÉRIC LAPLANCHE
Ambassador of the Embassy of France in Malaysia

"I experience the gentleness of the Malaysian people every day, but that impression was strongest on my first trip to the countryside around KL. Following the footsteps of French writer Henri Fauconnier who published "The Soul of Malaya" in 1930, I was looking for the old wooden house where he lived by the Selangor River, and had to ask my way, in broken Malay, to the owners of a small village restaurant. With a smile, without hesitation, a young man grabbed his motorcycle and showed me the way. I love Malaysia for the warmth of its people – but also for the taste of nasi lemak in small village restaurants!"



H.E. NIKOLAUS GRAF LAMBSDORFF
Ambassador of the Embassy of Germany in Malaysia

"Multi-ethnic Malaysia - not just "truly Asia" but also a great partner for Germany to do business through trade and investments. Malaysia's beautiful beaches and diverse flora and fauna are reason enough to love the country. Let's add incredibly delicious food and the unique friendliness of the people to the list. Malaysia offers the beauty of a modern society while still treasuring its very own culture. After the historic change that Malaysia witnessed in May 2018, Germany and Malaysia have grown even closer together."



ANDREAS KORF
General Manager of Impiana KLCC Hotel
Nationality: German

"What I love about Malaysia is its lovely blend of old and new. For instance, Kuala Lumpur city has modern infrastructure, swanky shopping districts, and these exist alongside temples, churches, pre-war shophouses, colonial buildings, roadside bazaars and traditional mom-and-pop shops. I like that the city has its fair share of greenery with places like Perdana Botanical Gardens and the KLCC Park which offer some respite from the hustle and bustle of the city.

Malaysia's tropical weather makes it conducive for me to pursue my favourite outdoor activity, hiking. I enjoy hiking with my family at Broga Hills in Semenyih on a weekend, followed by a delicious Malaysian breakfast or brunch. Dining is certainly an exciting affair in Malaysia, with food available almost round the clock!

Lastly, I love the country's cultural diversity and it is indeed heartwarming to see Malaysians from various backgrounds and cultures working and living together harmoniously."

MICHEAL MONKS
General Manager
of Sunway Putra Hotel
Nationality: British

"Malaysia - a land of such great diversity that is so accessible. You would have to visit many countries to be able to experience what Malaysia has in one. From its natural beauty, spectacular beaches, primary rain forests and cool highlands, gastronomic delights in the potpourri of cuisines that are all so different and yet blend in harmony to its people of such diverse ethnic groups, yet can come together united as Malaysians. Humble people that undersell themselves and their beautiful country to the rest of the world. Malaysia Boleh!"



KAMAL MUNASINGHE
General Manager of Alila Bangsar
Nationality: Swiss

"I appreciate the local culture and the unity in diversity. I like the connectivity Kuala Lumpur has to other parts of the world and easy access for an expat like myself to move around. And let's not forget the incredibly delicious mouth-watering local and international cuisines."

BEAUTIFUL HOTEL DESTINATIONS

Somewhere along the way, hotels have become rightful destinations on their own. Here are some that are currently on top of our wander list.

BY SARA YEOH



HOSHINOYA KARUIZAWA Nagano, Japan

Seclusion is bliss when it comes to this mountainside ryokan resort. Guest pavilions in elevated locations look out to rows of treetops and glassy lakes through their expansive windows, and the best of which include a private stream flowing in from the river. This idyllic retreat 90 minutes away from Tokyo is one where residents wander through nature, soak in mineral-rich hot spring waters, and breath in crisp air – perfect for meditation and finding serenity.

PERIVOLAS SANTORINI Santorini, Greece

Santorini is always surreal, with its clutter of whitewashed houses on cliff tops and blue sea horizons that blend into the sky. Taking up Santorini's unique 300-year-old caves that once housed fishermen and farmers and transforming them into luxurious individual suites, Perivolos makes a paradisiacal stay in a rather more heavenly island. The minimalist interiors and infinity pool in the unique cliff-edge architecture make an exquisite stay while you take in picturesque views.



AMANBAGH Jaipur, India

There's something quite romantic about the pink marble and sandstone walls and graceful cupolas of Amanbagh's palatial suites. Lying within reach of Sariska National Park, the compound makes the perfect base for exploration of this ancient land. When weather allows, guests may make way to the hotel's offsite chhatri, where a private chef and musician take heed of your needs, while you lay on cushions overlooking the Ajabgarh valley.

EQ

Rebirth of an Icon

BY SARA YEOH

Once again joining the dazzling skyline of KL city, the newly reconceived EQ – previously Equatorial – is back in a glossy new skyscraper. Just opened in March, EQ is still in its soft launch period, but we couldn't wait any longer to step into its rose gold lobby to experience the new EQ for ourselves. What we loved was that you could find touches of Malaysian elements embedded in the hotel's interior – from subtle songket details to carved copper panels at the lobby, showcasing Malaysian festival activities from the yesteryear panning the wall like a museum piece. And so, the rest of the EQ experience begins...

DINING AT EQ

One would be spoilt for the gastronomic offerings at EQ, including returned originals like Nipah and Kampachi. Nipah, the hotel's all-day dining spot, serves Pan-Asian cuisine using its preserved recipes that stood the test of time. Feast at Nipah's buffet lunch where you can find fresh seafood and humble Malaysian delicacies like made-to-order roti canai and satay. And what would the dining scene at EQ be without Kampachi – where hotel guests can have an elevated omakase experience at its Hinoki wood sushi counter. Enjoy bubbles and bites at the Bottega bar surrounded by a vault of gold and rose gold Bottega bottles.

SANCTUM WELLNESS

Claim sanctuary on the 29th floor of the building, where you will find a spacious, fully-equipped gym for your metropolitan fitness needs. Or visit Sanctum spa for a retreat to the rainforest-inspired facilities – including a Himalayan salt sauna – and get a massage with the KL skyline surrounding you in one of its biggest therapy rooms. Otherwise, how does a dip in the infinity pool with the KL Tower in your sight sound?

UNEQUALLED ROOMS

Ascend through the rose gold lifts to live the high life at EQ. The contemporary-chic interior in each room takes comfort a notch higher, making a lush space for you to rest. Wake up to the most coveted panoramic views of KL city (I opened my eyes to the Petronas Twin Towers). Rooms are spacious and sophisticated, whether it is a 50sqm premier room or 235sqm presidential suite that you choose for your pied-à-terre.

EQUATOR CLUB

Club floor guests will have access to the Equator Club Lounge privileges – from the discreet and personalised check-in to the complimentary dry cleaning services and usage of the Equator Boardroom at your disposal. Be sure to have your complimentary breakfast, afternoon tea and evening cocktails at the lounge with a panorama of KL city in your company.

EQ, Equatorial Plaza, Jalan Sultan Ismail, Kuala Lumpur, 50250 Kuala Lumpur



Reception



Premier Room



Equator Club

THE FEDERAL KUALA LUMPUR

Steeped in History, Lavished with Hospitality

BY JACQUELINE BENITA PAUL



The Federal Facade



Studio Deluxe Room

Hurriedly driving by Jalan Bukit Bintang, a glimpse of The Federal Kuala Lumpur caught my sight and I was encumbered in my thoughts, perplexed by its immortality. The 62-year-old hotel is an unsung historical monument, yet wildly lauded for its hospitality offerings. To liberate myself from curiosity, I checked into the hotel for a weekend staycation.

HISTORICAL HERITAGE

The Federal Kuala Lumpur was opened by the late Tunku Abdul Rahman on August 28, 1957 with the intention to host foreign dignitaries and international guests who were invited to join the Merdeka Day celebrations. At the time, the 9-storey structure was one of the tallest buildings in the city. On the eve of the first Merdeka Day celebration, an official reception was held at its Banquet Room, adding to the credibility of the hotel's title as the Hotel for Merdeka.

Over the years, the hotel has made various historic strides including being the first hotel with a revolving restaurant which later ceased its revolving operation due to mechanical issues. Today, the Bintang Lounge is a favoured spot to catch the National Day & New Year's fireworks. Other accomplishments were the monopolisation of the nightlife scene in the noughties, the best Federal Territory of Kuala Lumpur (FTKL) Beautiful and Illuminated Building 2007 award in the hotel category.

PRESENT DAY AT THE FEDERAL HOTEL

Historical is not often the most popular choice when it comes to tourists but Federal Hotel fends well for itself with regular guests who

are accustomed to the exemplary hospitality. Like checking into an elegant chateau, filled to the brim with history of lineage and heritage, The Federal Hotel is no different in this regard. On a balmy afternoon, I checked into its Merdeka Wing, which recently had undergone renovations for a marbled 'facelift' to breath some modern influences without stripping away what makes the hotel special in the first place.

In the evening, we savoured afternoon tea at The Verandah. Adorned with gorgeous Malaysian-focused photography on walls, contemporary and modern furnishings, this well-sunlit coffee house is the perfect spot to enjoy a scrumptious afternoon tea spread whilst overlooking the tropical garden and swimming pool. The Federal Hotel continues

to dazzle us with its breakfast spread at Kontiki which comprises a mix of local and western favourites – doing justice to our local culinary scene.

Dining at the Bintang Lounge and Restaurant was the highlight of my visit. Never would I have hoped to uncover a gastronomical gem with a stunning view to boot. The restaurant boasts an unobstructed view of both the Petronas Twin Towers and Menara KL, along with one of the Best Grilled Lobster and Spaghetti with Salted Egg Yolk sauces. We are already making plans to book a table to enjoy the upcoming Independence Day festivities.

One of the most advantageous aspects of staying in The Federal Hotel is its centred location offering convenient facilities to enjoy the bustling city. Close by, you have easy access to a thriving nightlife scene at BB Park. A stone's throw away is Malaysia's most prominent digital mall to get the best deals on your IT gadgets. For shopping, the hotel is located a mere 10-minute walking distance to Pavilion, Fahrenheit88 and Lot 10.

Clearly, The Federal Kuala Lumpur is doing something right – standing tall for 62 years – synonymous with Malaysia's Independence. What better way to celebrate and immerse yourself in our rich and valued history than taking a stroll down memory lane, easily accomplished with a weekend stay at the Hotel for Merdeka.

The Federal Kuala Lumpur
35, Bukit Bintang Street, Bukit Bintang,
55100 Kuala Lumpur
03-2148 9166



The Verandah

Alila Bangsar Breathes Healthy New Life Into the Malaysian Association For The Blind's Gym



As a leader in sustainable tourism, Alila Bangsar is committed to respecting and preserving the way of life of local communities as well as the natural and cultural environments in which it operates. As part of this commitment, and in the spirit of giving back, the hotel provides support to the Malaysian Association for the Blind (MAB), which culminated in the launch of the association's upgraded gym.

Located in Brickfields, just minutes from the hotel, MAB is a centre for the visually

impaired, providing rehabilitation, education, vocational training, placement and aftercare for such individuals as well as programmes for blindness prevention.

Prior to the opening of Alila Bangsar in May 2018, the hotel met with Dr. Jacqueline Sarlah Emmanuel, manager of MAB's Services Unit. She revealed that, despite a significant grant from the government every year, the organisation still requires additional funding to maintain its services at current levels and to deliver new and

additional services required by its members.

Aiming to make a meaningful difference to an important member of its immediate community, Alila Bangsar began a fundraising programme, allocating RM2 from every paid night at the hotel to be put towards a much-needed upgrading of the MAB's gym facility. Through this, the Alila Bangsar team also hopes to increase awareness among the public of the need to provide continuous support to the visually-impaired community.

A Taste of Macao in KL



The Macao Government Tourism Office (MGTO), in collaboration with Champignons restaurant in Malaysia and Seek Your Choice restaurant in Macao, presented A Taste of Macao – a mouth-watering food promotion aimed to immerse diners in the vibrant flavours of Macanese cuisine.

The gastronomic affair saw the culinary talents of Champignons' Chef Gary Chang and Seek Your Choice's Chef Laurence Tai combined to create a contemporary Macanese menu that was available throughout July. Additionally, Chef Laurence also shared his knowledge in a cooking

workshop at Taylor's University School of Food Arts & Gastronomy where he prepared an iconic Macanese dish - Bacalhau à Brás.

Following its recent declaration as a UNESCO Creative City of Gastronomy, the special administrative region has embarked on a global plan to raise awareness of Macao's 400-year culinary heritage. A unique blend of Portuguese and Chinese cooking, Macanese cuisine is widely regarded as the first 'fusion' food in the world, having originated in the mid-16th century, and is today in the forefront of efforts to conserve and revive Macanese culture. Chef exchange programmes are being launched in cities around the world as part of a comprehensive four-year action plan to boost the city's culinary legacy, and the first such KL-exchange took place last year with Chef Sandra Niza Barros. This time, the Malaysian capital welcomed Chef Laurence and his team for another exploration of Macanese cuisine.

Zero Waste Malaysia Extends Awareness of Creating Less Waste

Zero Waste Malaysia, a registered non-profit organisation, recently launched Malaysia's 2nd Zero Waste Fest at The LINC, Kuala Lumpur, involving over 1,000 participants, together spreading awareness about living sustainably and to provide a platform for Malaysians to live a zero or less waste lifestyle.

Malaysia's 2nd Zero Waste Fest was officiated by Hartini Nasir, undersecretary of the Eco-Innovation Division, Ministry of Energy, Science, Technology, Environment and Climate Change, joined by organisations and other entities that would be able to provide alternatives for industries to reduce their respective carbon footprint.

"Our aim is growing the zero-waste community by delivering the concept of zero waste lifestyle, circular economy and zero waste solutions to a wider and global audience. These are applicable not just for individuals but also businesses, corporations, event management, hotels, schools and educational institutions. It's our



collective effort to achieve it," said Aurora Tin, founder of Zero Waste Malaysia.

In hope to curb increase in waste in Malaysia, Zero Waste Malaysia wants to continuously create greater public awareness of producing less waste and living sustainably. With Malaysia's 2nd Zero Waste Fest, Zero Waste

Malaysia was able to reach out to large corporations and organisations as these are among the big contributors to the waste Malaysia has today.

Find out how you can get involved by visiting <https://zerowastemalaysia.org/>.

Nelson Mandela Day 2019 at Palace Of The Golden Horses



Former President of South Africa, Nelson Mandela had inspired millions across the world and is remembered as a moral authority and an extraordinary human being. He was greatly admired for his remarkable

achievements in the struggle against apartheid for racial equality. His birthday on July 18 was declared "Nelson Mandela International Day" by the United Nations in 2009 and is now celebrated around the world on that day.

Taking an interest in Nelson Mandela Day, gives people the opportunity to perceive their individual capacity to make an imprint and change their general surroundings. Each worldwide development for positive change starts with small efforts. As every individual acts, it fuels towards constructive change, raising awareness against injustice and promote Mandela's qualities – battling unfairness, helping people in need and practising reconciliation.

Nelson Mandela Day 2019's Special Hi-Tea programme, co-hosted by the South African High Commissioner to Malaysia, Samkelisiwe I. Mhlanga and Palace of the Golden Horses, was held on July 18 at the hotel to mark the auspicious day. Datuk Seri Anwar Ibrahim, Port Dickson Member of Parliament graced the Nelson Mandela Day event. Furthering the cause, the event also put the spotlight on "The Lost Food Project" to raise awareness and funds for poor families in Malaysia.

At the special hi-tea, 40 young children from Yayasan Chow Kit were also feted to fun and enjoyment while also learning about forgiveness and helping humanity which were taught to the world by Mandela.



the Curve

Mutiara 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



KUMAR'S

LG-5-01, Arcoris Plaza 10,
Jalan Kiara Mont Kiara 5
0480 Kuala Lumpur



DE.WAN 1958 BY CHEF WAN

Lot 2-2 Level 2, The Linc KL
360 Jalan Tun Razak 50900
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

KL's Best Bar



Bar Trigona

145, Jalan Ampang, Kuala Lumpur,
50450 Kuala Lumpur
+603-2382 8670

Mr Chew's Chino Latino

The Penthouse, Wolo Hotel,
Corner of Jalan Bukit Bintang and
Jalan Sultan Ismail, Kuala Lumpur
+60 3-4065 0168

The Roof

1 First Avenue Bandar Utama,
Petaling Jaya
+60 3-8605 3388

Mantra bar

Rooftop Bangsar Village II.
+60 17-344 8299

Marinis on 57

Level 57, Menara 3 Petronas,
Persiaran KLCC.
+60 3-2386 6030



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 • Italian • 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

Iketeru
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 Danieli (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 (Chi), 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.princehotell.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), TEMPTationS (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 Danieli (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.gardenshtires.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.legendhotell.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

Sofitel Kuala Lumpur Damansara
03-2720 6688 • 6, Jalan Damanlela, Bukit Damansara, 50490 Kuala Lumpur • From RM330-RM820 • www.sofitel-kualalumpur-damansara.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
03-2723 1000 • Jalan Stesen Sentral • KL Sentral • 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 BabaReeбал • 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

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



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

Seri Bukit Ceylon
03-20201 708 • No 8, Lorong Ceylon off Jalan Raja Chulan • From RM250-RM480 • E7

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.fh-hotels.com

Element by Westin Kuala Lumpur
03-2771 3388 • Ilham Tower, 8, Jln Binjai, Kuala Lumpur, 50450 Kuala Lumpur • Trace Restaurant & Bar • From RM343 • www.marriott.com

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 Punchak • B Nanas • Soi 23, Luna, Olive & Geo Café • From RM290-RM500 • D7 • www.pacific-regency.com

Sunway 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.quallit.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

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

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 • TiTiWangsa • 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.alphagenesisshotel.com

Cititel Mid Valley
03-2296 1188 • Mid Valley, Lingkaran Syed Putra • Mid Valley • Citi 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 Coffeeshouse • From RM135-RM800 • C5 • www.gh-hotels.com.my

First World Hotel
03-6101 1118 • Genting Highlands • ristorante 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 8887 • 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.seripacifichotel.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 Chill'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 Punchak, 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 Hubbock 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, sarees, 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 Malaysia

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 Hishamuddin • 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 Orchard 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.

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 Hillir

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

TO
ADVERTISE
IN
THIS
SPACE

CONTACT:

KL Lifestyle
31 Jalan Utara,
46200 Petaling Jaya, Selangor,
Malaysia

Tel: +603 7932 0668
Email: info@mediate.com.my

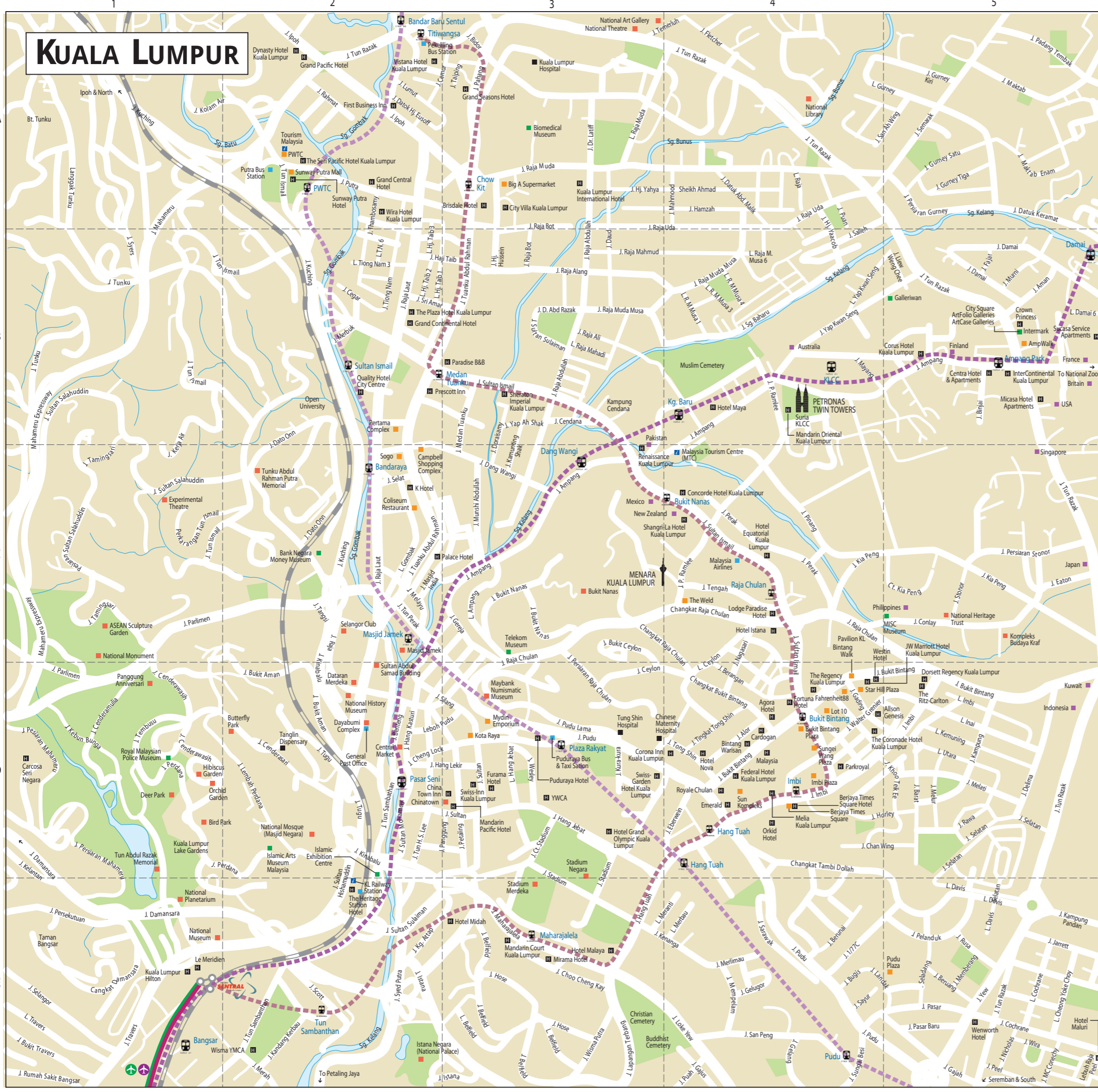
BARATHAN AMUTHAN

PHOTOGRAPHER

+60 12-244 6797

IG : framesbybarathanamuthan

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 Chantan
 - 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 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
- 1D National Museum
- 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
- 5D Kuwait
- 3C Mexico
- 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
- 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
- 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.

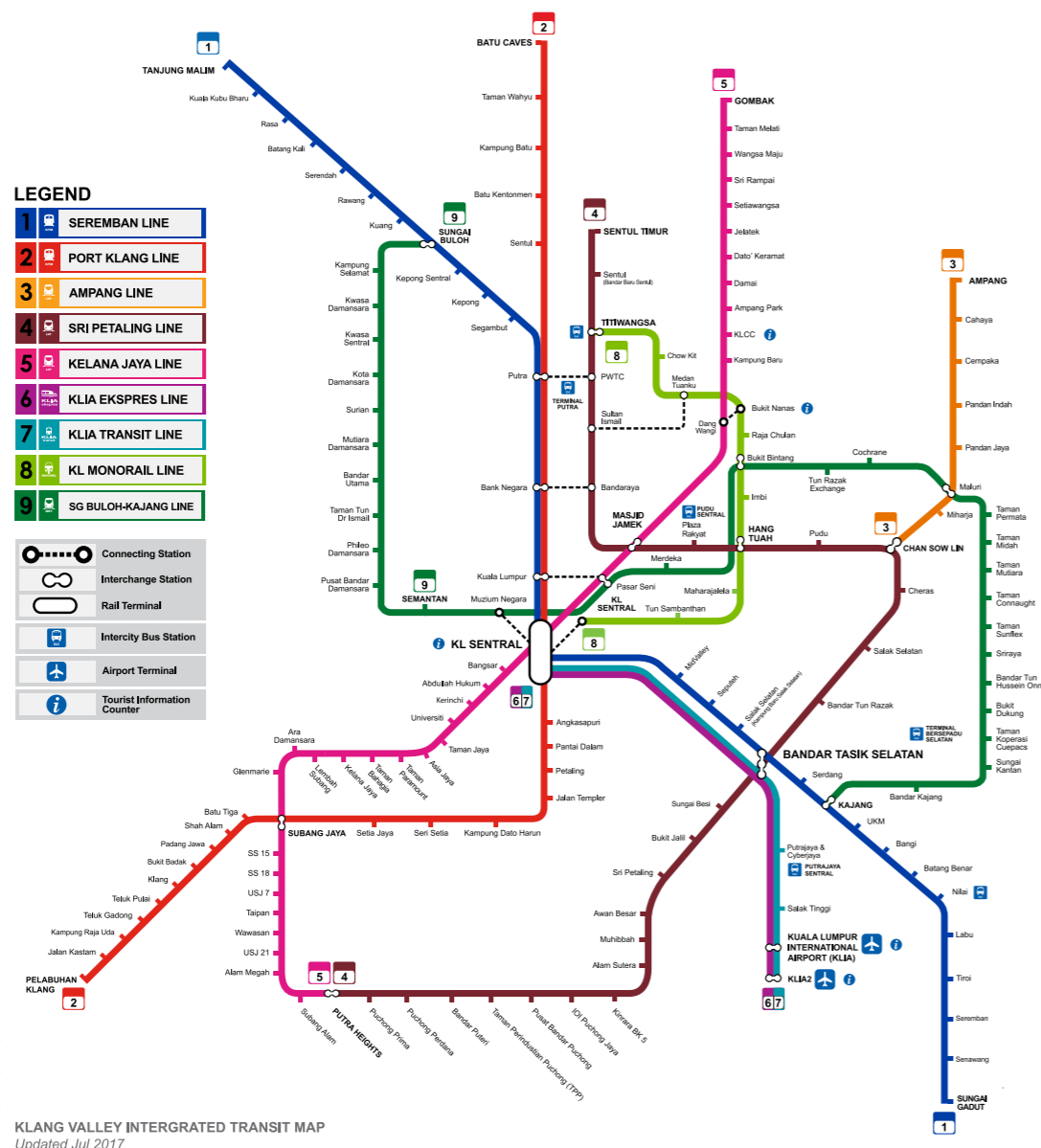
By Buses

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

ENJOY THE TASTE OF APPLES OVER ICE!

STRONGBOW APPLE CIDERS - WORLD'S NO.1 CIDER.



The apples we use are specially grown to deliver the crisp, refreshing taste of nature. We coupled it with the expertise of our master cider makers to bring you the World's No. 1 Cider. For the perfect serve, have it over ice!



WWW.STRONGBOW.COM | FB.COM/STRONGBOW.MY
@INSTAGRAM.COM/STRONGBOW_MY
Heineken Marketing Malaysia Sdn Bhd (5971-D) Sungei Way Brewery, Lot 1135, Batu 9, Jalan Klang Lama, 46000 Petaling Jaya, Selangor Darul Ehsan
ENJOY STRONGBOW RESPONSIBLY



Awarded
2018 BEST NEW HOSPITAL OF THE YEAR IN ASIA PACIFIC
by Global Health Awards



ONE OF MALAYSIA'S *FIRST*
PRIVATE CARDIAC & VASCULAR HOSPITALS

OUR SERVICES



SPECIALTIES

- Cardiac
- Vascular
- Cardiothoracic
- Gastroenterology
- Nephrology



DIAGNOSTIC AND ANCILLARY SERVICES

- Health Screening Centre
- Radiology and Imaging Services
- Laboratory Services
- Pharmacy Department
- Physiotherapy



GENERAL FACILITIES

- Hospital Rooms & Services
- 24-hour Emergency Department
- Operating Theatre
- Cath Lab



OTHER FACILITIES

- Restaurant & Cafe
- Retail Pharmacy

HEART
with
HEART

03 2276 7000

www.cvskl.com [cvskl](https://www.facebook.com/cvskl) [cvs.kl](https://www.instagram.com/cvs.kl) [cvs_kl](https://twitter.com/cvs_kl)