

# KLlifestyle

National Day Edition

AUGUST 2018

Unveiling A New Malaysia  
FAHMI FADZIL, LIM YI WEI, SHAKIR AMEER

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FAHMI FADZIL, LIM YI WEI, AND SHAKIR AMEER  
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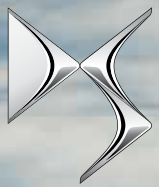
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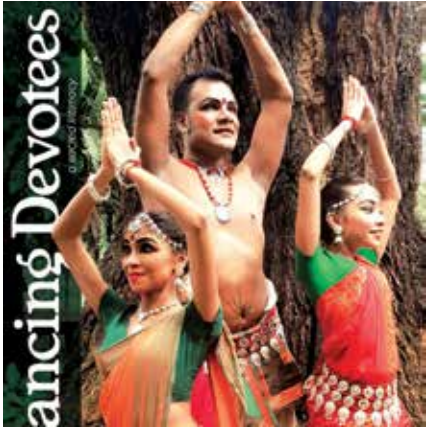


**UNBEATABLE - KALEIDOSCOPE 5 HANDS INTERNATIONAL DRUMMING FESTIVAL 2018**

AUG 2 - 5  
VENUE: PENTAS 1, THE KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAAC)

The 5th HANDS International Drumming Festival, Kaleidoscope 5, unites an ensemble of drummers, percussionists, other musicians and artistes all of whom are driven by an enduring passion for what they do. Aptly titled K5, Unbeatable describes a spirit which many of us should want to carry to make our way through the uncharted paths we journey on in our lives. Each of the festival's production has achieved its intention to serve as a platform to promote percussion, music and culture as it continues to bring the best of the world's percussion to Asia.

Tickets: RM108 to RM228



**DANCING DEVOTEES "A SACRED INTIMACY"**

AUG 4  
VENUE: STAGE 1, PERFORMING ARTS CENTRE OF PENANG (PENANGPAC)

"The Dancing Devotees" - A Sacred Relationship is a thematic Odissi dance presentation by Angika Fine Arts. The artistic director of Angika Fine Arts conceptualises and performs with his senior disciples. Odissi is one of the Indian classical dance forms which originates from the state of Orissa and performed all over the world. Odissi has its own beauty and uniqueness. This Odissi presentation will be Guru Debaprasad Dass "baani" or style and the composition by Guru Durga Charan Ranbir, -Orissa.

Tickets: RM35 to RM50



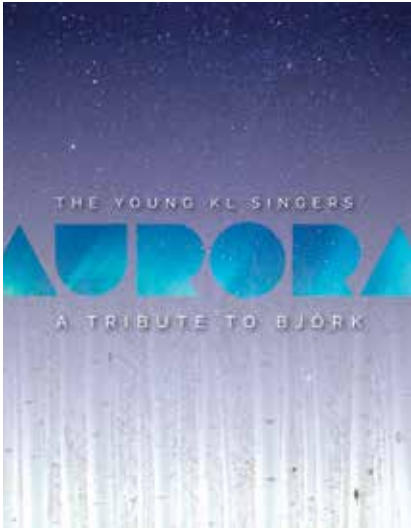
**RUFFEDGE 20TH ANNIVERSARY CONCERT**

AUG 4  
VENUE: KL LIVE AT LIFE CENTRE

After more than 10 years, Ruffedge is finally back in the industry for the band's beloved fans. This concert is meant to be for all the fans that supported Ruffedge for 20 years. It will bring back the memories from the year 1998 to 2018.

04

THEATRE



**YKLS' AURORA A TRIBUTE TO BJÖRK**

AUG 9 - 12  
VENUE: PENTAS 2, THE KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAAC)

Always pushing the boundaries, The Young KL Singers (YKLS) show choir will be exploring the music of Björk, the multi-hyphenate Icelandic artist, in the concert, Aurora, from Aug 9 to 12, Pentas 2 at KLPAAC. In her 40 years in the music industry, Björk has defied genres and labels, blending an incredible range of musical styles into her work, ranging from electronic, pop, classical, and avant-garde. The Aurora tribute celebrates the diversity of Björk's music across the years.

Tickets: RM40-RM50

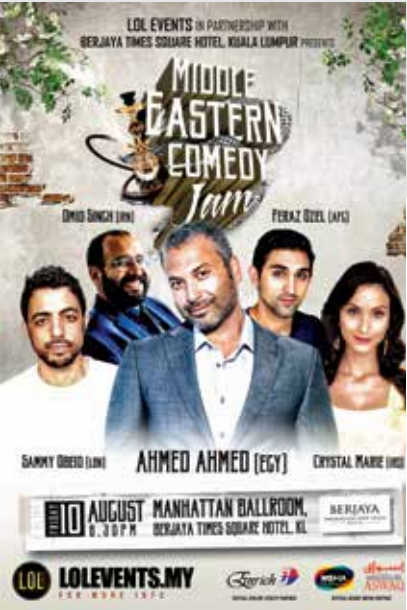


**JOANNE KAM: LA LA LIAN NATIONWIDE TOUR**

AUG 10 - 11  
VENUE: STAGE 1, PERFORMING ARTS CENTRE OF PENANG (PENANGPAC)

Joanne Kam bares it all in JOANNE KAM - LA LA LIAN - A One Woman Comedy Special where we will get to see a more personal side of Joanne as she takes the audience on her life's journey, from a shy girl growing up in Penang, Ipoh and Johor Bahru to her induction into the world of entertainment. She will be sharing her no-holds barred truths from the Boom Boom Room Days to her unexpected motherhood.

Tickets: RM68



**MIDDLE EASTERN COMEDY JAM**

AUG 10  
VENUE: MANHATTAN BALLROOM, BERJAYA TIMES SQUARE HOTEL, KUALA LUMPUR.

The Middle Eastern Comedy Jam is a unique show featuring five of the best Middle Eastern Comedians from around the world. This hilarious bunch will terrorise you with laughter while shattering stereotypes about the region and it's people - showing the world that they too like to laugh as much as anybody else.

Tickets: RM80 to RM250

10





**TALES FROM THE SCARS**  
AUG 10 - 12  
VENUE: STAGE 2, PERFORMING ARTS CENTRE OF PENANG (PENANGPAC)

Ten monologues, ten lives and ten itching scars waiting to be scratched. 'Tales from the Scars' is a collection of ten intimate stories based on real life episodes, 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 Fa Abdul. This edition of the series includes 'Brown Man in a Hood', 'The Widower & his Pubic Hair', 'The Leftover', 'A Flat Chest & An Aching Heart', 'Prostitutes, Pimps & Refugees' and five other earthy stories which will delight many and offend some.

Tickets: RM35



**THE MOSCOW CIRCUS MALAYSIA TOUR**  
AUG 10 - SEPT 2  
VENUE: PADANG TIMUR (DATARAN PETALING JAYA)

For the first time ever, the world-famous tradition of Russian circus will make its way to Malaysia in a sensational eight-month nationwide tour featuring a variety of dazzling and jawdropping circus acts. The engaging and extraordinary show will be held in 10 cities across seven states, commencing on August 10, 2018 and completing its run on March 31, 2019. The cities that have been earmarked for The Moscow Circus Tour of Malaysia 2018/19 are Petaling Jaya, Georgetown, Prai, Malacca, Kuala Lumpur, Johor Bahru, Batu Pahat, Ipoh, Kuantan and Klang.

Tickets: RM41 to RM225

CLASSICAL



**GALA CONCERT: MPO 20<sup>th</sup> ANNIVERSARY**  
AUG 17 - 18  
VENUE: DEWAN FILHARMONIK PETRONAS

An exhilarating, whirlwind-paced overture. The most iconic of piano concertos. An Arabian queen's mesmerising tale, replete with sensuous melodies and dazzling orchestral colour. It's a programme befitting the grandest of events, as MPO celebrates the 20th anniversary of its historic 1998 inaugural concert. Gifted Malaysian pianist and budding conductor Tengku Irfan, born the very same year as MPO, graces the occasion alongside the eminent Jac van Steen.

Tickets: RM94 to RM188

17-18



**HARI RAYA AIDILADHA**  
AUG 22

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.

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**BOYZONE "IN CELEBRATION OF THEIR 25<sup>th</sup> ANNIVERSARY" TOUR LIVE IN MALAYSIA**  
AUG 24  
VENUE: AXIATA ARENA

Nineties Irish boy band BOYZONE unveiled their new world tour to celebrate 25 years as band. And for the first time ever, the foursome will step foot in Malaysia to perform a full concert!

But what comes as an unexpected surprise is that this first-ever tour in Malaysia will also mark the last tour as the band have announced that their next album, dedicated to the memory of former member Stephen Gately, will be their last and their 25th anniversary tour will be their farewell tour.

Ticket: RM198.00 - RM688.00

MISCELLANEOUS



**MERDEKA!**  
AUG 31

Hari Merdeka (Malaysian for 'Independence Day') refers to the day when the Federation of Malaya's independence from the British Empire was officially declared. At exactly 9.30am on August 31, 1957, the declaration was read by the first Prime Minister of Malaya, Tunku Abdul Rahman at the Merdeka Stadium in the presence of thousands of people including the Malay rulers, members of the federal government and foreign dignitaries.

To commemorate the event, Hari Merdeka was declared a national holiday in Malaysia and observed annually on August 31.





# MOVIES

# AUGUST

Genre: Action/ Comedy  
Cast: Melissa McCarthy, Elizabeth Banks,  
Maya Rudolph.



# ASPIRING LEADERS OF THE NEW MALAYSIA

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FAHMI FADZIL,  
LIM YI WEI AND  
SHAKIR AMEER





# FAHMI FADZIL

**WERE YOU ALWAYS INTERESTED IN POLITICS?**

My mother worked in 11 different ministries. She was an administrative and diplomatic officer (PTD) and my father worked in Felda from 1969 until 2004. For my father, it was a sense of duty and for my mother, it was about the people. So some of that was rubbed off on me.

I went to Taylor’s College. There was this lecturer who taught A-level American literature while I was doing the American Degree Programme. Some of his students were my friends. He suggested that we go out and see what was happening in the country. Not to read about it in the papers, watch television or hear about it on the radio, but to see and feel for ourselves what was going on. We were then asked to perform what we were feeling about it in the classroom or theatre space. So my early theatre performances were very political. We talked on topics like the ISA (Internal Security Act) and Reformasi.

**HOW WERE YOU BROUGHT INTO POLITICS?**

From the 1999 until the general election campaigns 2008, I was either helping Sivarasa Rasiah or Nurul Izzah Anwar. But the growing up happened for me between 2008 and 2010 when we were doing this programme called ‘The Fairly Current Show’. We interviewed many people such as Sivarasa, Marina Mahathir, Fahmi Reza, and one of the people I interviewed was Nurul Izzah. She subsequently invited me to join the party in 2010 and I became her political secretary. In 2013, I helped her in her re-election. From 2014 to 2015, I became the communications director for the party and then started working to become a member of the Parliament.

**HOW DID YOU END UP BEING A CANDIDATE FOR THE LEMBAH PANTAI PARLIAMENTARY SEAT? WHAT WAS IT LIKE FOR YOU?**

We had arranged it in the party as Nurul Izzah was to contest in Permatang Pauh and I was to contest in Lembah Pantai. However, it wasn’t confirmed until the very end. Having worked in Lembah Pantai since 1999, that was the first election I had ever helped out with. At the age of 18, I was the one putting up posters and 20 years later, I was on the posters. I never imagined that we would see a change of government and that I would experience being in the Parliament with a new government that used to be in the opposition.

**DID YOU EXPECT VICTORY?**

Not at all. When people in the party started discussing who was going to vie for what seat, I think some of the people in the party also felt that we were going to lose Lembah Pantai because Nurul Izzah was contesting elsewhere. Fahmi Fadzil is new, a nobody in politics. Yet, because of the wave and the work we did on the ground, the effectiveness of the way we communicated our policies, ideas and manifesto, we tripled the majority that Nurul Izzah had in 2013. It wasn’t easy. What’s more difficult than fighting to win is actually winning. When you win, you have to deliver.

**WHAT ISSUES WOULD YOU LIKE TO FOCUS ON DURING YOUR TERM OF SERVICE?**

I would like to work on housing, jobs, urban planning, traffic and cost of living issues. These are the issues that affect the people in Kuala Lumpur all the time. When you look at the economy today, you look at what’s going on around us, news publishing has been disrupted. There are people who live in middle-class areas but are suddenly bankrupt because of the downturn in economy. Things that

we took for granted in terms of work have to change because of information technology, the Internet and Industrial Revolution 4.0. If we don’t prepare for that or change the policies to reflect this ability to adapt to this new normal, we’re going to be engulfed. Younger people will find it more difficult to get good jobs.

Malaysia, geo-politically in terms of where we are in the region is perfect to be a logistical middle ground or middle point between India, China, Indonesia and Australasia, but how are we preparing our workforce for that? How are we preparing the younger people to even entertain the idea that the foundation of the future economy lies in this concept called blockchain? So as a member of parliament, these are the things I would like to talk about and highlight, which I feel is necessary.

**WHAT IS YOUR VISION FOR MALAYSIA?**

I want to see a Malaysia that is progressive, moderate, able to embrace diversity, accepting multiculturalism that recognises the importance of history and identity that empowers individuals with a sense of purpose for a better Malaysia. I want to see a more participatory democracy in action. Malaysians need to participate more because we all now have an opinion and we can say what we think on social media. Just like how the Internet and information technology disrupted publishing, it’s also disrupting politics. If political parties and politicians don’t adapt, embrace and accept this new normal, we will be left behind by an electorate that will immediately change the moment they feel that you don’t represent them.

**WHAT CAN US, THE PEOPLE, DO TO ASSIST POLITICIANS IN STRIVING FOR A BETTER MALAYSIA?**

Participate. Learn about democracy. Engage with your state assemblyman, councillor and MP. Don’t leave it to just the government to govern. The days of government knows best are over. I think it’s time for the people to participate. Even by commenting on Facebook and other social media platforms, the government now listens.

**WHO’S YOUR POLITICAL INSPIRATION?**

In Malaysia, I think Tun Dr Mahathir Mohamad is very admirable. People like Datuk Seri Anwar Ibrahim and Lim Kit Siang too, these are the people who have struggled for a very long time either when they were in the government or opposition. They have sacrificed so much of their time. Having been an MP for over two months now, it’s small compared to the years they’ve spent to build Malaysia. Internationally, I see people like Nelson Mandela, Václav Havel and Barrack Obama. I feel they are such inspirational figures. Malaysia experienced a quiet peaceful revolution on the 9th of May, 2018. To sound sentimental, the stories that I heard from people who took time off to fly back to vote and people who were moved despite being in UMNO or working for the previous government, telling me that they voted for me, but having to keep it a secret. Actually, it’s the ordinary Malaysians who are my current inspiration.

**AS WE ARE CELEBRATING MERDEKA, WHAT WOULD YOU LIKE TO SAY TO THE READERS?**

I hope in the spirit of Merdeka and the spirit of Malaysia, we look back into the past to fathom and imagine a better future. This is not something that comes from just one leader. It has to come from one people, Malaysians.



A hard-fought battle for the populous Lembah Pantai parliamentary constituency during the recent 14th General Election saw writer, former actor and award-winning theatre performer Fahmi Fadzil, also social activist, winning the seat. Born in old town Petaling Jaya, Fahmi grew up mainly as an observer of politics. However, sensing that something was definitely off in local politics, his calling in wanting to create a better Malaysia grew. From graduating from Purdue University, Indiana, USA in chemical engineering to entering the performing arts and being a writer, then diving into the life of an activist and hosting ‘The Fairly Current Show’ on PopTeeVee, little did he know that he would one day become a trusted political figure as an advocate and the voice of the people.



Lim Yi Wei, an Ipoh girl, is now the state assemblyman for Kampung Tunku. Her venture into politics was inspired by the Umbrella Revolution in Hong Kong when she was studying there and the desire to make a change. Armed with determination and the ability to speak well, Yi Wei emanates massive potential to lead.



## LIM YI WEI

### TELL US ABOUT YOURSELF.

I grew up in Ipoh, among a family of civil servants. My parents were both teachers. I studied in Methodist Girls School Ipoh from primary school up to STPM level. Then, I got a scholarship to study finance in Hong Kong. As soon as I graduated, I started working in Hong Kong as a conference producer where I worked in the bank.

### WHAT WAS YOUR LIFE LIKE BEFORE YOU ENTERED POLITICS?

In Hong Kong, my life was very urban, just like any other white-collared professional. It entailed working long hours, getting a decent salary and during weekends, just relaxing with friends.

### WERE YOU ALWAYS INTERESTED IN POLITICS?

Yes, I was. I started following politics very early, on in primary school. I have a very strong reading habit so I started off by reading newspapers, then I got interested but Ipoh isn't exactly a hot centre of activism. So, it was essentially something I was always interested in but put it in the back of my head.

### WHEN DID YOU START GETTING INTO POLITICS AND HOW?

When I was in Hong Kong at the end of 2014, the Umbrella Revolution happened and I think that incident got me thinking about my being in Hong Kong and I decided to return to Malaysia to join politics. It was a very sudden thing. I noticed that the Umbrella Revolution was led by mostly youths who were barely 18. That got me questioning my being in Hong Kong and why I was so ignorant about politics in my own country and that maybe I should return to my home country to learn and do something. When I returned, I sent an email to YB Tony Pua, Member of Parliament for Damansara and I asked him if there were any vacancies for an intern in his office. He immediately wrote back to me, saying that he was in need of an assistant to come on board which was in February 2016. Since then, I would say that my political career has been in full-blown election mode because when I came in February, we were starting to prepare for the Sarawak state elections followed by the Sg. Besar by-elections and because we weren't sure when the 14th General Election would take place, we were working towards preparing for the elections the whole time.

### WHAT WAS THE PROCESS LIKE?

I learned a lot, but it was also very intense. In July 2016, I was approached to become a counsellor with MBPJ (Majlis Bandaraya Petaling Jaya) in Sept 2016 which added another dimension to my work, besides being Tony's political secretary. It was very useful because I followed Tony to meetings and so I bore witness to so many things at the national level but being a counsellor gave me the opportunity to go down to the ground and understand the day-to-day concerns of the people.

### ANY POLITICAL LEADER WHO INSPIRES YOU?

I would say Tun Dr. Mahathir. Growing up, I had a very healthy distrust of Tun. But I think you need a certain level of political genius and also being able to understand a whole wide range of stakeholders to be prime minister of a country for 22 years. While we can argue that some of his policies were right or wrong, the fact is that he is a strong-minded individual who possesses the willpower to push things through.

### HAVING BEEN WITH THE OPPOSITION PARTY AND NOW THE GOVERNMENT, WHAT ARE THE MAJOR CHANGES YOU HAVE EXPERIENCED?

I think it takes a shift in mindset. Previously, we had our own ideas but we were focused a lot on checking the actions of the previous government so basically when you act as a check-and-balance, your job is to look for mistakes but now, as the government, our job is to look for solutions. We also have to take into account the opinions of those who vastly disagree with us. As opposition, a lot of our work was to gather support from people and that meant identifying people who thought along the same lines as us. Now, as the government, we have to think about people who don't agree with us. For example, like DAP, when we put forward a policy, we have to think about people who are concerned about Malay rights and those who are concerned about Islam and do not understand DAP very well.

### DID YOU EXPECT YOUR PARTY TO WIN?

No.

### WHAT IS YOUR VISION FOR MALAYSIA?

I think I'd like to see us focus more on the software of building the nation. In the last 10 to 15 years, we have always been focused on hardware. So if we look at KL, we've got skyscrapers and our technology is pretty good but I think we're lacking in fields like education. Even when we talk about education, we think of it in terms of academic results and not fully utilising our human capital. We're not developing our arts and still struggling with our sports. Among the youths, we have issues such as teenage pregnancy, child marriages, drugs, alcohol and etc. So I'd like to see some focus on that.

### IN THE RECENT ELECTIONS, THE YOUTHS PLAYED A PIVOTAL ROLE IN THE OPPOSITION'S VICTORY. DO YOU SEE A SURGE OF YOUTHS PARTICIPATING IN THE POLITICS?

Yes, I've gotten enquiries on how to get involved in politics, how to get started and where to volunteer. It's a very good sign. Prior to the elections, we were seeing this whole wave of youths, especially urban youths saying they didn't want to get involved in politics but rather to help out in the soup kitchens. But the fact is that activism goes a certain way but does not address the structural deficiencies. One of the examples I like to give is with the soup kitchens, is that you feed the homeless and yes, they go back with a full stomach but we're not solving how they become homeless in the first place and why don't we have safety nets that enable them to get jobs again, etc. I think now, more youths are seeing the link between issues that they observe in the outside world and the politics. It's a good sign.

### AS A SOCIETY, WHAT CAN THE PEOPLE DO TO ASSIST POLITICIANS IN MAKING MALAYSIA GREATER?

Get involved. Most of the Pakatan elected reps are open to receiving feedback. The biggest mistake that the people can do is to think that "I voted for you, the job is done, I'll leave it up to you." It's not the time to sit back. As a government, we are leveraging a lot on the NGOs and outside parties for their expertise so this is a good time to come in. But the other thing is being patient with us because discovering the true extent of the mismanagement and corruption (of the previous government) will take a while although I'm hoping that the legal reforms can take place faster because it's down to amending them.



# SHAKIR AMEER

**WHEN DID YOU REALISE YOU WERE INTO POLITICS?**

I was very interested in politics since I was young. My first memory of politics was of 1999, I'm part of the Reformasi 1998 generation. My political awakening started off then. I began watching the news and followed politics from then. At the time, the Internet was something new. So for us, we used to check the online blogs and media. Of course when I went to university, I became more aware. Then I started going for protests in 2005 against the ISA and detentions. I started making friends with some people, though I was not committed to any political party at the time. Then I started getting more involved and active on and off.

At the time, in my early 20's, being called anti-government was a hip thing. It was trending. Of course, at the time the laws were strict. When you protested you could get arrested, even if it was a small gathering. Two weeks prior to Bersih 2.0, wearing a yellow T-shirt was an issue. Anything yellow was bad. My friends and I wanted to go for the protest, so we took the train. But we couldn't if we were wearing a yellow t-shirt. We got to know via BBM (Blackberry Messenger), as there was no WhatsApp at the time, that some people were arrested and got stopped at the train station because they were doing random checks on bags to see if there was a yellow T-shirt inside. When I heard about it, I still decided to go even without wearing one.

**WHAT STRUCK YOU TO ENTER POLITICS?**

I'll be honest, I joined the political bandwagon after 2008 when the Selangor and Penang governments changed. A lot of people got influenced after that. I started of as a supporter and it was later that I joined in as a member and getting more involved. That time, it was just the mainstream media running the show, so you didn't know the significance and contribution of the opposition.

**YOU WERE YOUNG AT THE TIME, WAS THERE NO FEAR?**

The fear was there, I admit. At the time too, I was working at a GLC (government-linked company). I was worried that I'd lose my job if the Special Branch was looking for me at that point of time. But then your peers were going and together, it was exciting. So I took the risk to go. At the protest in 2011, we got shot by a tear gas three times and many in the crowd dispersed. Thank god it was raining. Though the tear gas was painful, it wasn't as bad because the rain cleared everything off. It was crazy. The tear gas was stinging and you couldn't breathe properly. You felt like you were choking because you were inhaling open burning smoke. It was very thick and smelled just weird. Nevertheless, it was an interesting experience.

**WHAT HAVE YOU LEARNED NOW THAT YOU'RE IN THE POLITICAL ARENA?**

Becoming a councillor in 2016, I started to understand more about administration, processes and bureaucracy in the government. How things work, how to get things approved, how to engage with the public and how to manage people. You think by having power today, tomorrow you can do this and that, but the truth is no. We ourselves as politicians or even as policy makers, whether it's a local government or at the state or federal level, have to be patient. There are processes to follow through and so many aspects that we have to look at.

The government has just changed, it's still a learning curve for everyone. The government is only two and a half months old. There

is so much to learn. What significance or difference can you make? We have our desires and what we want to do for the people. It's noble. But however noble it is, some things take time.

**WHAT IS YOUR CURRENT FOCUS?**

Being a member of the city council, I look at an area where you have huge class divide between affluent people and those living in low-cost houses. How can we get the community together? Bear in mind that 80 percent there are Malays, so it's not about race divide. It's about class divide. Malay elitists and average-income Malays. How do you bring them together? Is it through mosque gatherings or other community initiatives? Is it through 'gotong-royong' activities? Maybe you get someone from the affluent group to come to the low-cost flats and mingle with them so that they can learn from each other. Bringing everyone together is important so that you have a functioning community where both sides, regardless of class, complement each other.

**WHO IS THE POLITICAL LEADER YOU LOOK UP TO?**

Lim Kit Siang, because he has been around for decades, even contested in Penang where I grew up. There were three attempts in which he tried to capture the Penang state government in 1990, 1995 and 1999, and he failed in all three attempts. But he was steadfast and still persistent despite the criticisms against him. He fought for the rights of each individual regardless of skin colour. His opponents always criticised him by using the racial card, but he remained steadfast since the 1960's and all the way until now. Despite his age, he still takes the initiative to learn and understand new things.

**DID YOU EXPECT YOUR PARTY TO WIN?**

No. No one expected we'd win. I did feel the wave coming in the last three days but we never expected a huge win, even for Selangor. At the federal level, we expected a narrow win where there could be a hung parliament. That was the best we thought we could get. We never expected a full government, to be honest.

**WHAT DO YOU WANT TO SEE IN THE NEW MALAYSIA?**

For this new Malaysia, I want to see a better delivery system in the administrative side. Less bureaucracy and more voices to be heard where each and every individual's rights are taken care of. The government today listens. I want all of us to live harmoniously and stop identifying each other based on skin colour. Start looking at each other as individuals.

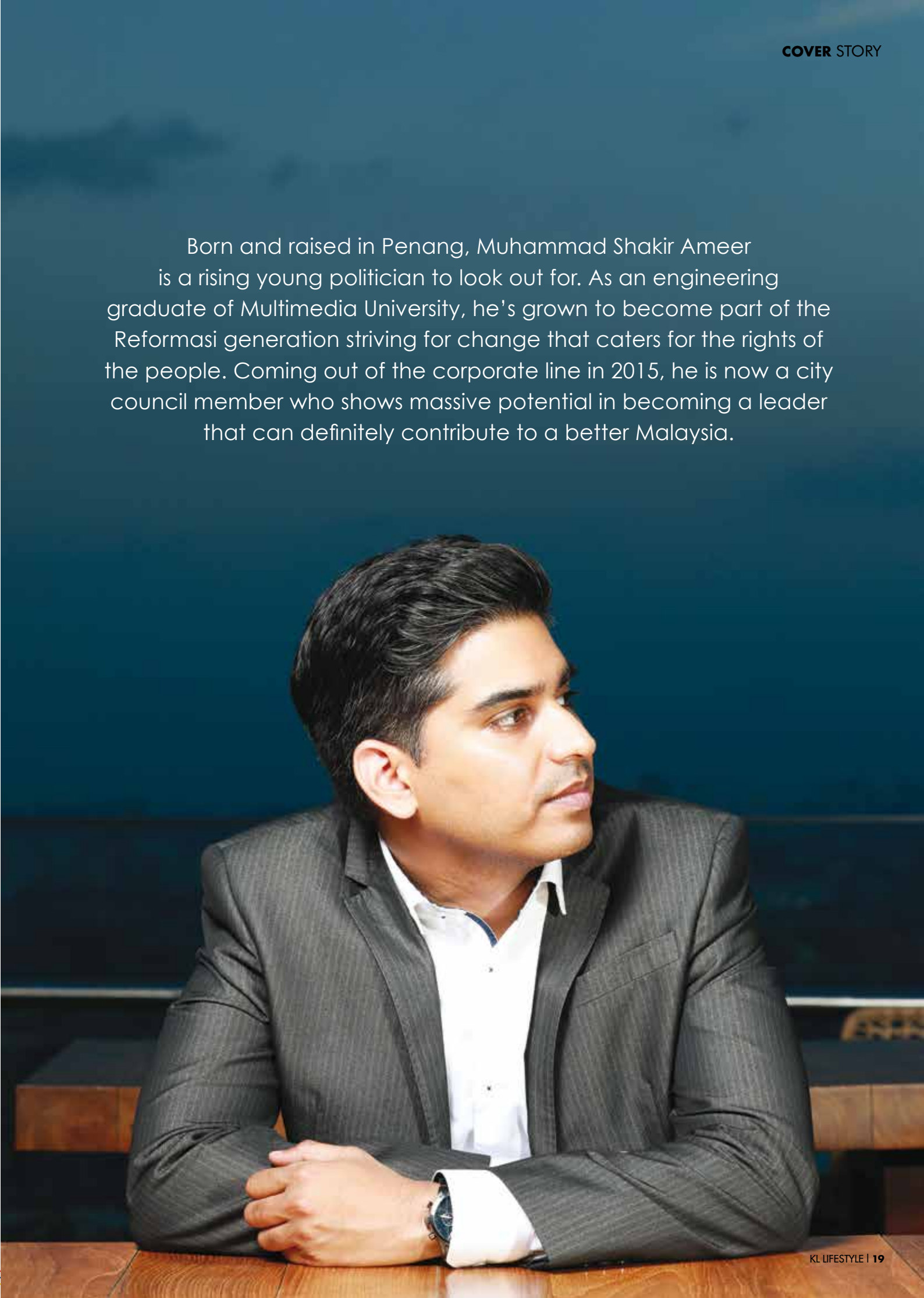
**DO YOU SEE A SURGE OF YOUTHS INVOLVING MORE IN POLITICS NOW?**

Yes. Of course with YB Fahmi, YB Lim Yi Wei and we have the minister, Syed Saddiq, youths are getting interested. Now we are a participatory government. Everyone is allowed to participate in the decision-making process. If you notice since the change happened, you have more media freedom. More young people will definitely join the fray because we have a lot of young leaders and elected reps.

**YOUR MERDEKA WISH TO THE READERS?**

Selamat Hari Merdeka to Malaysia baru. We hope for a better, more improved Malaysia. We are very lucky to have diverse culture. I hope we build a stronger community and unity among the people because this is what Malaysia is all about.

Born and raised in Penang, Muhammad Shakir Ameer is a rising young politician to look out for. As an engineering graduate of Multimedia University, he's grown to become part of the Reformasi generation striving for change that caters for the rights of the people. Coming out of the corporate line in 2015, he is now a city council member who shows massive potential in becoming a leader that can definitely contribute to a better Malaysia.





# Must Watch Movies for Merdeka

BY SITI WAJIAH KHLIL



August 31, 1957 is a day of pride and celebration for all of us Malaysians. As the clock hits 12am on the eve of our independence day, we can't help but soar and cheer for the harmony and peace we've obtained in this country. All thanks to our forefathers who fought long and hard for the independence of our nation and liberated all of us from being ruled by foreign invaders, we should never forget their struggles and sacrifices. Through these struggles and sacrifices, there have been a number of nationalistic films produced which were inspired by history. Therefore, to help ignite your patriotic spirit or get you familiar with the history of Malaysia, be it fact or fiction, we list you the must watch movies for this 'Merdeka' season.

## Sarjan Hassan

Sarjan Hassan (Sergeant Hassan) is a classic war film set during the Japanese Occupation in Malaya, starred by the late Tan Sri P. Ramlee. Released in 1958, the film tells a story of an orphan who yearns to join the Royal Malay Regiment despite his foster parents' objection. However, he runs away from home and proves himself worthy of becoming a soldier with talent for combat. Not only does the movie centre around Sergeant Hassan's heroic journey and patriotic spirit, it also depicts love, a brother's betrayal and friendship.



## Matinya Seorang Patriot

A very underrated, yet amazing film about chaos that follows the death of a respected nationalist, Haji Shahban who lives in a village. The corruption and manipulation that ensue by a major development company from the city leaves the village of Seri Tualang helpless and vulnerable. The hunger for name, wealth and power among certain individuals following the empty position left by Haji Shahban causes a series of startling events which escalate, as secrets and the story behind his death unfold. Released in 1984, this film picked up the award for Best Film, Best Director and Best Actor for Eman Manan at the 5th Malaysia Film Festival.



## Leftenan Adnan

Based on a true story, the film Leftenan Adnan (Lieutenant Adnan) is a year 2000 war film set during the Japanese Occupation in World War II. The biopic is about a young soldier, Adnan Saidi and his journey on becoming the Second Lieutenant of the Royal Malay Regiment, who led a heroic battle against the Japanese Imperial Army. The story highlights Adnan's talent and bravery in combat. Despite his tragic demise, his story is one that people share to incite the spirit of patriotism, honour and love for one's country.

## Embun

As most patriotic films are centred on a hero, Embun, on the other hand is focused on a female protagonist. The 2002 film starring Umie Aida and directed by Erma Fatima is about a 17-year-old girl who wants to participate in a campaign against the Japanese Army. Unfortunately, she is burdened with the female-stigma and gets left behind due to her stereotypical gender role as a woman. However, she perseveres to break that barrier and continues to strive for the cause which she strongly believes in, which is to liberate her people from the tyranny of the occupation. Along the story, a forbidden love story between Embun and a Japanese soldier makes the entire situation to be more complicated and heart-breaking.

## 1957: Hati Malaya

If you're looking for a close-to-accurate depiction of Malaysia's history, the 2007 film, 1957: Hati Malaya is the way to go. What's interesting about this film is the timeline in which it begins by introducing a group of Malaysian youngsters assigned to publish a picture book, 1957: Hati Malaya. As the team delves deeper into the research, they find themselves so immersed with the characters of historical figures and the emotional moments of Malaysia's struggle for independence, transporting them into the flashbacks of the past. Through their research, they have a newfound love for the country and meaning to 'Merdeka'.



# INTERMITTENT FASTING

## WORK ON YOURSELF, FOR YOURSELF

BY HIRANMAYII AWLI MOHANAN

*Intermittent fasting has been all the rage lately and it certainly got us intrigued. What if we told you that by confining your food intake for a few extra hours a day can help you shed some weight, reduce inflammation and improve your cardiovascular health, wouldn't you give it a go? While it's not uncommon for most of us to grab our first bite of food shortly after waking up and ending the evening with a Ramly burger, various studies have shown that intermittent fasting can actually be healthful. It's actually not that hard. If you're not a breakfast person and you eat your first meal during lunch and have your dinner before 8pm, you are unknowingly on an intermittent fasting routine. We lay down the need-to-know for those of you who are curious and looking to lose a kg or more.*

### HOW DOES INTERMITTENT FASTING WORK?

Intermittent fasting is essentially a method to change eating patterns throughout the day and night, limiting them to 8 hours with a short-term fast to improve your health. As mentioned earlier, if your daily routine includes sleeping for six to nine hours a night followed by breakfast, you have basically done this fast. Research have shown that the benefits of this method is tenfold and dieticians claim that there are improvements with fat loss, reduced inflammation and better general health. People who engage in intermittent fasting can prolong a typical overnight fast to anywhere between eight and 24 hours, and subsequently break the fast with a meal. The first meal doesn't technically have to be breakfast or in the morning; it's up to the person and the method of his or her choice.

### WHAT ARE THE EATING RESTRICTIONS?

The primary restriction in intermittent fasting and what it's all about is curbing all food and drinks strictly during the fast. Other than that, it's akin to any other diet or method of eating to improve health; there are assorted templates that people can follow to suit their preference or need. Some popular methods include eating all your meals within a six- to eight-hour eating window and fasting for the rest of the day, while others stretch it to 12 hours and restrict their calories to 500 a day, one to two days per week. The trick is finding the method that works best for you.

### WHAT ARE THE MAIN BENEFITS?

Most people who opt for intermittent fasting do it to lose weight and burn fat. Meanwhile, the most popular time period for this particular fasting is between 16 and 24 hours. During that period, our bodies switch to use fat as the primary fuel source instead of glucose (which is the preferred energy source). There also have been some studies showing the benefits of improvements in cardiovascular health, especially in reducing total cholesterol, and reducing inflammation.

### HOW TO CURB THE HUNGER?

An easy and practised life-hack is to time your fast during your normal sleeping hours. Should you want to fast beyond the sleeping cycle, extend the fast to three or four hours after you wake up and before you hit the sack, giving you a remaining eight-hour window, given that you sleep an estimate of eight hours a night. The safest bet would be to consult with a dietitian who can help you come up with an intermittent fasting plan that is right for your health goals.







**STORE HOUR:**

**TUESDAY-SUNDAY (11:00 - 20:00)**

**MONDAY (DAY OFF)**

**NO.150, JALAN MAAROF, BANGSAR, 59200 KUALA LUMPUR | 03 2201 8993 | FB: FACEBOOK.COM/SPECIALIZED.KL**







Grilled Australian Wagyu served with Charcoal Salt



Chef Ruslan



Signature Pancake Ice Cream

# KAMPACHI'S TEPPANYAKI

By Chef Ruslan, A Maestro  
of Culinary Skills and  
Showmanship

BY HIRANMAYII AWLI MOHANAN

When one thinks of Japanese food, there's only one brand that comes to mind, offering authenticity and quality, Kampachi. The inauguration of Kampachi dates back to 1973, when it was tucked away in Hotel Equatorial Kuala Lumpur. This restaurant was the pioneer of Japanese cuisine in town. Its offerings till today, garner the visit of royalty, heads of state and celebrities.

Bringing forth the mouth-watering piquancy and ingredients from the 'Land of the Rising Sun', it remains one of the finest Japanese restaurants in Kuala Lumpur. Among the host of Kampachi's delectable offerings, their Teppanyaki is something guests wouldn't want to miss.

Chef Ruslan, Kampachi's ace in the Teppanyaki field is an enthusiastic gentleman who started his culinary journey in Indonesia in 2005. Coming from humble beginnings, he worked his way up the kitchen. His innate talent and passion for Teppanyaki led him to self-study the craft through YouTube and finally after years of practice and mastery, he reigns as the dedicated Teppanyaki chef at Kampachi Plaza 33.

Now, armed with his skilled showmanship, Chef Ruslan is excited to elevate guests experience at Kampachi through the beauty of Teppan cooking. According to this chef, Teppanyaki is the best way to interact with guests and create exciting memories because that's how dining experiences should

be. Special for the month of August, Kampachi at Plaza 33 offers two glorious choices of a 4-course Teppanyaki, perfect for an indulgent lunch or a magnificent 7-course one, suitable for date night.

While the sound of a 7-course Teppanyaki course may seem daunting, fear not as the esteemed chef has cleverly crafted dishes that are light on the stomach and very palatable. A multi-sensory experience unlike any other, guests are kept entertained with chef Ruslan's extraordinary juggling, flambéing and his flawless reverse writing with the salt dispenser just like a live theatrical act. One thing we realised about Teppanyaki dining is its exclusivity and the beauty of interacting with the person making your food and its process.



Kampachi Jaya33 Main Dining Area Mood

## Appetizer

The gastronomic journey kicks off with an appetizer, the minced tuna and Japanese mountain yam served with wasabi dressing. This light-on-palate dish is a nice teaser, topped with gold flakes, ikura, carrot and spring onions-a great build-up to subsequent dishes.

## Salad

Then comes the avocado salad with crispy lotus root chips. Comprising of a garden of greens, chunks of avocado and the crispy delights of the lotus root chips, this salad is exceptionally refreshing on the palate and the hint of spice from the wasabi dressing gives this dish an extra oomph.

## Main Course

The main course entails guests choosing two mains, between the Grilled Atlantic Cod Fish wrapped in foil or Grilled Salmon wrapped in foil and a choice of beef between the Australian Wagyu and Asparagus Roulade or Grilled Australian Wagyu served with charcoal salt.

## Grilled Atlantic Cod Fish

The cod and salmon were tender and almost evaporated immediately in our mouths. The salty and sweet flavours of the Kaisen sauce fused with the cod seamlessly, giving depth to the flavours.

## Grilled Australian Wagyu served with

## Charcoal Salt

According to Chef Ruslan, the best method of cooking beef is to pan-grill and when sprinkled with charcoal salt, it preserves the piquancy from the beef. This meat was tender and despite embodying succulent flavours, it remained light and airy on the palate.

## Gohanmono: Golden Garlic Fried Rice

What's not to love about rice, especially one that is made by Chef Ruslan. It was utterly spellbinding to bear witness to his ninja-like skills of balancing an egg yolk on his spatula, throwing it into the air only to catch it perfectly, and julienning eggs at the speed of light. The golden garlic fried rice is the epitome of comfort food.

## Soup

The staple Japanese soup, Chef Ruslan's rendition of the miso soup is the Japanese Clam Miso Soup, consisting of generous clams and seaweed, a perfect accompaniment to the golden garlic fried rice.

## Dessert

Songs of praises should be sung about this dessert. Its glorious savouriness is owed to the full-cream vanilla ice cream that is garnished with peanuts and cashew nuts, and then sandwiched by homemade Japanese pancake. It was a sweet end to a royal meal.



## LISTINGS OF CITROEN SHOWROOMS & SERVICE CENTRE

### NAZA EURO MOTORS HQ (GLENMARIE)

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

### NAZA EURO MOTORS (PUCHONG)

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

### SING HUAT PREMIUM SDN BHD

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

### CITROEN SERVICE CENTRE

### NAZA EURO MOTORS SDN BHD (PUCHONG 2S)

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

P1-02, Level 1 Podium, Plaza 33, No. 1 Jalan Kemajuan, Seksyen 13, 46200 Petaling Jaya.  
Tel: +60 3 7931 6938  
Email: kampachi-plaza33@equatorial.com





Beef Ribs



Nachos



Plantain Chips



Mac and Cheese

# BURNIN' PIT

A feast of succulent meats

BY SITI WAJIAH KHALIL

24, Jalan 24/70a, Desa Sri Hartamas,  
50480 Kuala Lumpur

Calling out all meat eaters nationwide! A holy meat grail was found in Desa Hartamas and without a doubt, the hype of Burnin Pit is spreading fast through Klang Valley. What is it about the eatery that attracts the crowd so much? First and foremost, it's definitely the quality of the meat, the distinctive style in which the meat is cooked and the atmosphere which unites all carnivores, happily enjoying their meat together.

What patrons need to understand is that Burnin' Pit is not a steakhouse; it's a Texan-style American barbeque joint where its meat cooking method has a strong emphasis on smoking the meat low and slow for many hours at a time. There is no medium well or medium rare; you eat the meat as it is. Their premium wagyu briskets, for instance, are smoked for no less than twelve hours while their ribs are smoked for a good nine hours over rubber wood as the main base, then with the wood from rambutan or jackfruit trees from an orchard in Pahang. Though seasoned simply with kosher salt, smoking the beef enhances the tenderness of the meat and allows the flavours of the smoke and meat itself to seep in. That is why even the meat of their pulled lamb is so easily disassembled.

My top of the list of smoked meats available is definitely the ribs. So far, the best ribs in a Texan-style barbeque I have ever had. The meat is savoury and succulent. So tender that you can cut through it just with a mere spoon. The fat part of the meat is so rich in flavour and just melts in the mouth. What impressed me even more is the house-blended BBQ sauces, one is a peach BBQ sauce and the other has a local flavour of gula Melaka which to my surprise, complemented the meat extremely well without overpowering its flavour. Do note that taste varies from one person to another. Therefore, do try the other meats such as the beef brisket, chicken and pulled lamb as they are just as delicious and could turn out to be more of your personal favourite instead.

There are other dishes that accompany well when enjoying a feast of your meats. Among the dishes tried, my first favourite would be the mac and cheese. The taste was immensely cheesy and rich that I could not stop eating it. I even took some of the beef brisket meat that I had left and mixed it in with the mac and cheese. It was heaven. However, if you are health conscious and would prefer to have a more balanced meal, their grilled vegetables with balsamic reduction and South slaw go just as well with the meat.

One particular dish blew me away and took me by surprise. The mastermind behind it all, Kok Fung, did an amazing job by incorporating a local twist in some of the dishes such as the Plantain Chips, which is now my current favourite. It is basically deep-fried plantains topped with shredded chicken or pulled lamb, cheddar and sour cream. Crunchy, tasty and just absolutely a joy to my palate. I would definitely come back for this other than the meat. Another surprising local touch is in their Nachos, topped with shredded chicken, tomato salsa, pickled chillies, onions and perik sauce. Just a bite and the zest just hits you good in your taste buds. Other carb-loaded dishes such as the Chilli Fries, Smoked Meat Pasta, Brisket Fried Rice, Aglio Olio Vegetarian and Smoked Meat Spring Rolls are also worth a try.

Apart from the meat, there are other dishes you can opt for as well. Using the smoked range of meats, Burnin' Pit also offers meaty burgers, sandwiches, sliders and hot dogs. Whether it's The Tippy Pitmaster which is filled with smoked brisket and homemade sausage, Coney Island Dog with smoked sausage and homemade chilli, Mexicana featuring pulled lamb and beef brisket or Burnin' Pit Sliders which is filled with beef brisket and pulled lamb or chicken, you will never leave Burnin' Pit without having a hearty meal.

The interior is dark with wood-based furniture. However, the space beams of natural sunlight through the wide windows. Upstairs is a cosy lair where patrons can sit to enjoy a range of drinks to unwind. There is also an open-air verandah with a view of neighbouring area, and it lights up at night during dinner hours. There are many Instagram-worthy areas as well. Whether it is the payphone upstairs, the artificial fireplace or the artsy wall at the entrance, visitors will definitely enjoy capturing their moments of eating at Burnin' Pit, and leaving with the memory enjoying delicious meat fare with their family and friends.





BY HIRANMAYI AWLI MOHANAN

I love Indian fare; there is something in the spices and the robust flavours that gives me the ultimate feeling of comfort and sheer happiness. Perhaps it's my Indian blood that has made me biased towards the cuisine of my roots, but this only makes me more critical of its purveyors. On my quest to look for delectable Indian food, I stumbled upon Flour and this eatery floored me.

Its interior is a juxtaposition of contemporary and classic embellishments. While Flour purveys northern Indian cuisine, patrons dine in a casual, cosy and contemporary ambience with jazz numbers soothingly playing in the background.

Flour is the brainchild of a couple in love, Yogi and Natasha. Inspiration struck the Malaysian owner, Natasha, when her Indian soulmate prepared a scrumptious, aromatic meal for her on their first date. She fell in love with the food and discovered that the food prepared was using the recipe passed down to Chef Yogi by his father, fondly nicknamed Maharaj.

Chef Yogi realised his dream of opening a northern Indian restaurant and paying tribute to his father's legacy through Flour. This however, did not come without obstacles both him and Natasha had to go through. Finally, they triumphed and in February 2017, Flour opened.

What places Flour in an entire league of its own is its motto, dedication, commitment and discipline in the craft through its fare. Be prepared to experience a gastronomic voyage through northern India that's almost like a magic carpet ride through the spices and flavours at Flour. Patrons are exposed to authentic dishes chosen after countless trials and testing, serving the crème de la crème.

#### BATATA FRITTERS

The Batata Vada is concocted using the same recipe used by Maharaj since 1966. It is a simple appetizer prepared using mashed potatoes and spices, dipped in chick pea flour batter and deep-fried. This crispy snack is best eaten hot and possessing a bewitching quality, it will compel you to eat more.

#### SAGO VADA

This vada was unlike anything we have tried; a traditional snack from Maharashtra, India that exudes an odyssey of flavours.

#### LAAL MAANS

Mutton lovers, you can rejoice after having a taste of Laal Maans. It is Rajasthan's favourite mutton dish and dates back to the 10th century. This glorious item is prepared using yoghurt, ghee, lots of red chillies which add colour and heat and finally, whole and ground spices. Each curry is accompanied by your choice of steamed rice, jeera rice or bread.

#### LASOONI GHOST

Hailing from Hyderabad, India, Lasooni Ghost is a mutton curry you will fall in love with at first bite. Potent with delectable flavours, it is best eaten with rice or bread. The piquancy you experience is from cooking mutton in spiced garlic curry for several hours.

#### PANEER BUTTER MASALA

This dish is one of the Indian cuisine's greatest inventions. Paneer or cottage cheese is light and moist to taste and when the skilled chefs at Flour cook it with spiced tomato curry, it becomes divine and immediately puts a smile on your face. This is one of those dishes that satiates your entire being.

#### CHICKEN BRIYANI RICE

In my opinion, the Indian cuisine is incomplete without a good briyani rice. It's truly a well-celebrated and an all-time favourite item. Prepared in a variety of differing styles, its main component is aromatic long grains of rice amalgamated for hours with spices and tender meat carefully marinated in yoghurt. At Flour, patrons are spoiled for choice between the chicken briyani, mutton briyani and veg briyani.

#### GULAB JAMUN

After a sumptuous and savoury meal, it is only right to end it with a decadent dessert like Gulab Jamun. Embodying a yin and yang spirit, this dish represents balance in aesthetics and flavours. Unlike other Gulab Jamun, Flour's rendition of this Indian dessert is simply sublime. One Gulab Jamun sits on a bed of berry pudding, while the other sits on reduced milk, forming the yin and yang.



Gulab Jamun



The colourful array of Flour's bread and curries

Plaza Damansara, 71, Jalan Medan Setia 1, Bukit Damansara, 50490 Kuala Lumpur  
Tel: 012-960 0053





Kimgaru Bokkeumbap



Anchovies and Tuna Ju Meok Bap



K'Fry Spicy Yangnyeom Chicks



Mango Mojito Ade

# KFry

## THE HUB OF URBAN KOREAN FOOD

BY SITI WAJHAH KHOLIL



Mango Bingsoo

The hype on KFry is seriously no joke. As my social media newsfeed were swarmed with updates relating to the eatery, it's a no-brainer that we just had to check out what the fuss is all about. Upon arrival, to our surprise, despite being a weekday in the middle of working hours, the queue was so long. No wonder reservations are required beforehand. If you don't make reservations, you'll have to wait for a long time. Many were willing to stand in line for hours.

First and foremost, one of their biggest crowd pullers is the Cheesy Fried Chicken Bumbuk. With a choice of three flavours like original, honey mustard and krazy spicy, the staff brings the ingredients, and then melting a generous amount of mozzarella cheese mixed with cheese sauce on a griddle pan and rolling it around pieces of boneless chicken. We opt for the honey mustard, which was sweet and had a slight tang. Being wrapped around 100% of mozzarella cheese, it added a richer texture and flavour. The chicken itself was crunchy and scrumptious. No wonder it's a super hit with patrons.

However, another dish that surprised us was the Anchovies and Tuna Ju Meok Bap. Served to us in a metal bowl, the ingredients comprised fried anchovies, tuna in mayonnaise, kimgaru (Korean seaweed), tobiko (flying fish roe), Korean short-grain rice mixed with Korean black sweet rice and tossed with sesame oil. These ingredients are then mixed together by the staff and rolled into balls. Truth be told, this was our personal number one pick out of all the dishes we tried. In spite of all the delicious spread we sampled, we kept going back to the rice balls. It

was just so simply made, yet so savoury and tasty. It was the first dish we finished, leaving the plate empty. Another type of Ju Meok Bap available is the Chicken Ham and Cheese Ju Meok Bap.

Another dish to be reckoned with is the Kimgaru Bokkeumbap. It's seaweed garlic fried rice is served with a river of runny egg and topped with delicious Korean fried chicken cutlet. Not only is it amazing to your palate, the middle core within the rice is filled with sinfully tasty cheese. This is indeed another top pick, especially for those who opt for a more familiar taste. However, if you're expecting more of a Korean experience, have a go at their UFO Kimchi Bokkeumbap. Also with a cheesy centre and a river or runny egg, the fried rice is cooked with kimchi and topped with a sunny side-up egg instead.

When it comes to urban Korean food, there are a few that come to mind. One that people always think of is chicken wings. KFry too is known for its various types of chicken wings. Whether, it's sweet, savoury, spicy, tangy or all of the above, you can definitely find a selection of chicken wings that matches your taste. For instance, if you like it plain, the K'Fry Nude Chicks is for you. For an addictive sweet and spicy taste, you should opt for the K'Fry Spicy Yangnyeom Chicks. For a savoury version, K'Fry Garlic Soya Chicks is probably your best take. There are a few more which you can select.

Another urban Korean item that seems to be a major trend in the dessert department is none other than bingsoo, a shaved ice dessert. With fruity flavours such as mango, honey melon and watermelon as well as others like strawberry, matcha green tea and oreo

chocolate, it's a dessert worthy of your taste and time. The most popular is of course the mango bingsoo which is packed with fluffy milk bingsoo, roasted almond flakes, mango bits and topped with vanilla ice cream.

Beverage-wise, KFry is amazingly unique and creative. Although they have the usual hot and cold drinks, their shakes and mojito sparkling ades are glorious. Not only are the drinks so aesthetically attractive, the shakes are packed with creamy goodness and their sparkling mojitos are incredibly refreshing. Their top sellers are the mango mojito ade, melon and watermelon mojito ade and lychee mojito ade. Also worth mentioning is the way your Barbican is served, upside down in a large dessert glass and mixed with other flavours. For instance, the Apple Rita is lemon Barbican soda with apple flavour. The Strawberry Rita is apple Barbican soda is mixed with a blended strawberry flavour. Another popular choice is the Lychee Rita, apple Barbican soda with a blended lychee flavour.

There are so many other dishes and cool drinks to try, so we'll definitely make time to come back. Overall, the experience exceeded our expectations. The staff too were accommodating and friendly. No wonder patrons line up perseveringly and the eatery is always full, even on a weekday. The food is abundant in portion and ideal for sharing, therefore most people come here in groups so that they can share the experience together. We now understand the hype and KFry is indeed the hub of urban Korean food.

IOI City Mall, IOI Resort, 62502 Putrajaya, Selangor  
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# FATPAPAS

## A Burger and Meat Lover's Haven

BY HIRANMAYI AWLI MOHANAN

**F**atPapás intrigued us by its mere name. Remember when Kuala Lumpur was swept up by the burger chain FatBoy's which took the city by storm? Well, this eatery was born out of the interest to cater to a wider target market, including Muslims. FatPapás was launched in April 18 2018 at the food haven that is Publika, under the stewardship of Sheikh Haikel, Singapore's rapper turned entrepreneur.

The interior of FatPapás is immensely eye-catching, drawing the attention of patrons to its diner-like embellishments and the graffiti mural that greets you as soon as you enter its premises. This mural was designed by a local graffiti artist and illustrator, Katun, who specialises in painting comic book-style characters and the result is aesthetically pleasing to say the least.

Given that their niche is burgers, naturally, FatPapás menu comprises mostly of burgers, main courses and of course, milkshakes. Before diving into their specialty burgers, what intrigued the most was the build-your-own-burger feature. With this feature, patrons can allow their creativity to appease their taste buds to come to life. From the choice of buns, patties to the crowning glory, the add-ons and sauces, this establishment offers guests a myriad of flavours to choose from.

The add-ons include usual elements such as fried egg and turkey bacon to quirkier ingredients such as grilled banana and pineapple. The sauces, on the other hand, range from the usual chipotle to compelling ones that include peanut butter, Nutella and salted egg. Evidently, at FatPapás, customers gets to explore and craft flavours according to their taste buds for a distinct and fun gastronomic experience.

Now, on to this establishment's pride and joy, its specialty burgers. Sheikh Haikel believes, "The bigger the better, either you go big or go home." That belief is also translated into the dimension of the burgers. The specialty burgers are monstrous, massive work of art and more importantly, they're homemade, using chilled Australian chuck tender.



Grffiti Wall by Katun



Wimpy



BBQ Beef Ribs



The Elvis

### WIMPY

Wimpy, one of their highlights come with a choice of beef or lamb. The patties are complemented by fried egg, turkey bacon, melted aged cheddar and BBQ sauce. Finally, it is smothered by sesame buns, completing its garnishing.

### THE ELVIS

Witty and interesting names are also the niche of the team at FatPapás. The Elvis, probably named after the king for the burger's quirky and legendary characteristics. It comprises honey oats bun that emanates a hint of sweet, a chunky beef patty, grilled banana to embellish and finally garnished with peanut butter sauce. The Elvis exudes an interesting play of flavours, between sweet and savoury, definitely a must-try.

### BBQ BEEF RIBS

At FatPapás, it's almost compulsory to try out their BBQ beef ribs evidently because it's their signature dish but also because it is most flavourful and sumptuous. This magnificent dish comes in a gigantic form, boasting its dimension lip-smacking flavours. The tender and juicy beef pairs exceptionally well with the BBQ sauce and we recommend getting down and dirty; that's the only way to thoroughly enjoy it.

### COUNTRY FRIED STEAK

There's something about fried items that appeal to people, us included. The moment this dish pranced its way to our table, we were salivating at its mere sight. With country fried steak, the tender cube steak is generously coated with FatPapás secret herbed seasoning and cooked to a crisp. To give it an extra oomph factor, the steak is garnished with cheesy béchamel sauce. Believe us, you will love it.

### GULA MELAKA MILKSHAKE

What's a burger without pairing it with a good milkshake? Offering a myriad of selections that include the OG's, vanilla, chocolate and strawberry, a few striking ones also made the list such as coconut, mango and gula Melaka. We opted for the gula Melaka milkshake. Not only did it complement the burger we had, but it also tasted divine and sinful on its own. It exuded a salty-and-sweet flavours that the gula Melaka embodies.

G2-30 Publika, 1, Jalan Dutamas 1,  
Solaris Dutamas, 50480 Kuala Lumpur  
Tel: +603-6211 8889





# MALAYSIA'S TOP RICE DISHES

Do you think you know the top favourite Malaysian rice dishes?

BY SITI WAJIAH KHOLIL

**NASI OR 'RICE' IS UNDOUBTEDLY THE STAPLE FOOD FOR MOST MALAYSIANS. NO MATTER HOW MANY DIFFERENT TYPES OF CUISINE HAVE BEEN BROUGHT INTO MALAYSIA, THESE RICE DISHES WILL ALWAYS REMAIN IN THE HEARTS OF THE MAJORITY OF MALAYSIANS.**

## 1. Nasi Lemak

It may come as a surprise to most people in the world that rice is eaten for breakfast, but in Malaysia, nasi lemak is the top favourite breakfast food among Malaysians. Literally translated to "fat rice", nasi lemak is a classic national dish packed with fragrant rice cooked with santan (coconut milk) and pandan leaf. The sambal (spicy sauce), sliced of cucumber and a boiled egg complete the dish. Top it with fried anchovies and roasted peanuts, it's a burst of goodness. You can even add ayam goreng rempah (spicy fried chicken) or beef rendang.

## 2. Nasi Kandar

To find the best nasi kandar, you must of course go to the 'mamak' eateries. Originating from Penang, nasi kandar is a favourite among Malaysians because the food is served buffet-style. It's basically rice with accompaniments of your choice. Fish curry, mutton, fried chicken, fried bittergourd and others, you can have it all. Most people eat their nasi kandar 'banjir'-style where they 'flood' their rice with a lot of curry. If you prefer it dry, you can do that too. You have control over what goes on your plate and the variety you wish to have. Personally, the best way to enjoy your nasi kandar is to eat with your hand, so go for it.

## 3. Nasi Daun Pisang (Banana Leaf Rice)

Originating from South India, this cuisine has blended itself as part of Malaysian culture. What I've noticed is that nasi daun pisang is very popular not only among the locals, but also among foreigners. The fact that it's served on a banana leaf is considered exotic and unique, an experience patrons enjoy having. Commonly served with an assortment of vegetables such as cucumber raita, spinach, beans, cabbage, potatoes and chutney. It's also accompanied by rasam, a spicy, sourish soup. Most importantly, you are also given a choice of different curries such as chicken curry, fish curry or dhal curry. Add dried chillies for a spicier taste. Not to forget, your nasi daun pisang would not be complete without papadam, a thin lentil cracker.

## 4. Nasi Ayam (Chicken Rice)

You can never go wrong with a plate of nasi ayam or chicken rice. The rice is immensely flavourful as it is cooked with the broth used to poach the chicken mixed with garlic, ginger and pandan leaves. As it cooks, you can smell the inviting fragrance even from afar. The chicken, however, is commonly eaten roasted or steamed. Most Malaysians prefer their chicken roasted as the chicken's skin is crisp while the meat is tender and soft. Of course, the popular dish is also accompanied by soy sauce, soup and sambal.

## 5. Nasi Goreng (Fried Rice)

What started as a way to avoid leftover rice has now become one of Malaysia's favourite rice dishes. It's quick and easy to make. With the influence of different food cultures, nasi goreng today has varied to all sorts- from nasi goreng kampung to nasi goreng Pattaya, nasi goreng Cina and more. Depending on the kind of flavours you prefer, whether spicy, tangy or savoury, there is always a nasi goreng that will suit you. The best thing about nasi goreng that I'm sure many will agree is how affordable and accessible it is. Go to your nearest 'mamak' or local eatery and you will be able to get your nasi goreng.



# Taman Connaught

Street food of endless variety

BY SITI WAJIAH KHOUJ

One of the most popular street food places that is always filled with crowd due to its vast variety, is Taman Connaught. Whether it's local, international or fusion, the night market here will surprise you. You will find yourself amazed with the wide selection, you are spoilt for choice. Here are some of the best street food we've tried. Every year or two, the selection of street food at Taman Connaught grows as more innovative delicacies and dishes, even of international influence, are introduced and penetrating the Malaysian street food culture. You can have your usual such as satay to something completely different like the raindrop cake.



Dim Sum

One dish that struck our attention was the range of dim sum. The colours of the dumplings attracted us along with their size and abundant fillings. These bite-size goodness have different types of stuffing such as shrimp, mushroom, crab and chicken. Mainly steamed, they're always served hot and every bite is incredibly flavourful. Why is it that people opt for dim sum? Usually because it's small in size, and you're able to choose a variety of types at one go. Hence, you get a taste of every kind.



Raindrop Cake

Yes, there is such a thing as raindrop cake. This dessert was popularised by the Japanese as mizu shingen mochi but went viral in the West due to its transparent exterior. We Malaysians know it as 'agar-agar' and we usually make this dessert differently, but still rarely have we tried a huge raindrop of 'agar-agar'. It's tasteless on its own. Therefore, there needs to be an accompaniment such as brown or granulated white sugar and soy bean powder. It definitely has a unique texture which people should at least experience once in their life if they're ever curious of what a raindrop cake tastes like.



Lord of the Fries

We were indeed surprised by the huge size of these fries. Crunchy, long and incredibly tasty, we really recommend these fries for the sake of just trying and having a great time eating it on your own or best, sharing it with your family or friends. These fries come with a range of sauces on top which includes mayonnaise cheese, hot sauce, red tomato, sweet and sour, signature curry, wasabi salad thousand island and Japanese seaweed. Being a fan of cheese, we chose the mayonnaise cheese sauce which was sinfully scrumptious.



Satay

Whether it's beef, chicken or lamb, satay is a must-have. As one of Malaysia's favoured street food, satay is one that should never be out of your to-eat list, especially if you're new to the country. It's a delicacy of marinated meats which are skewered and grilled on charcoal until tender, then served with a peanut sauce. People of all demographics, be they locals or foreigners, love it because it's simply delicious and easy to eat. As you walk along the street of Taman Connaught, you can conveniently stride along while thoroughly enjoying your satay.



# Malaysian *Favourites*

There are so many Malaysian desserts available out there and it's nearly impossible to pick the top favourites as people's taste in general vary, and we're so diverse that we have ample selections. There are many more to the list, but for the spirit of nationalism and patriotism for the Merdeka season, we've narrowed down Malaysians' favourite top desserts.

BY SITI WAJIAH KHOUL

## *Cendol*

When it comes to Malaysian dessert, cendol is never out of trend. Whether it's from the street stalls, kopitiam or luxurious malls, cendol is a sought-after dessert. The finely-shaved ice loaded with gula Melaka syrup, creamy coconut milk, red beans and of course, the little green cendol strands, it's a local sweet indulgent that is never out of style. Whether in the past or present, the old or young, Malaysians can't get enough of cendol.



## *Kek Lapis Sarawak*

When you hear the locals talk about Sarawak, other than being known as "The Land of the Hornbills", the state is known for producing delicious Kek Lapis (layered cake). The batter is usually made of flour, butter or vegetable oil, milk and eggs. Other ingredients such as chocolate, vanilla, pandan or blueberry jam are added, depending on the flavour of your choice. Compared to the ones in West Malaysia, the Kek Lapis in Sarawak are more colourful with various patterns and flavours. Being a multicultural society, it's the staple dessert for the festive season, be it Hari Raya, Christmas, Gawai Dayak or Chinese New Year.



## *Angku*

Angku is a beloved dessert of those who are of Chinese descent. It's also known as the red tortoise cake - a small round or oval-shaped pastry made of glutinous rice flour wrapped around a sweet filling. The filling is usually made of peanut or mung bean paste. However, many have given this traditional dessert an exotic touch with coconut or durian filling. This sweetmeat is mainly prepared for occasions that are culturally important to most Malaysian Chinese such as birthdays, ushering in the lunar year or celebrating a baby's first month as a form of blessing. It also signifies longevity. Today, however, it's found in the best Nyonya kuih outlets, so you can indulge and enjoy it at any time of the year.

## *Laddu*

Often when you see Bollywood movies or when you're walking down the street in Little India Brickfields, you'll see this popular Indian dessert that seems to be of great significance to the Indian community. Perfectly round in shape, cute and the size of a golf ball, Laddu is a sweet sensation. Made of roasted chickpea flour, ghee, cardamoms and sugar syrup as its main components, it's commonly mixed with nuts which give its nutty fragrance and flavour. In Indian culture, it's popularly served during festivals and religious occasions as well as distributed as gifts for a wedding or the birth of a baby.



## *Apam Balik*

Malaysians don't have many pancake-like desserts, the one and only similar to it is Apam Balik also known as 'Terang Bulan' (Bright Moon). Usually sold at roadside stalls, it's a tea-time favourite. The crispy crunch of the pancake is on the outside with a slightly soft inside where the delicious butter or margarine, sugar and ground peanuts sit. In some places, sweet corn is added for an extra boost of delicious sweetness. The pancakes are served folded in half-moon shape, hence the name, 'Terang Bulan'.





SkyBar interior view

# SkyBar

Great Minds Drink Alike

BY HIRANMAYI AWLI MOHANAN

There's never a dull moment at the Trader's Hotel and especially, its resident bar, the SkyBar. It is one of Kuala Lumpur's popular bars and there is no surprise why. Located on the 33rd floor of the hotel, it offers guests a spectacular view of the Petronas Twin Towers and the skyscrapers surrounding it. Besides that, SkyBar faces a swimming pool and features cosy cabana booths for couples to get comfortable in with the sunset as their backdrop and a drink of choice in hand. The high chairs and tables which seat four play home to more casual party-goers, popping in for an after-work tippie or catching up with friends.

Neol Coward once said, 'It's never too early for a cocktail' and we would be foolish to rebut that saying. Along with this bar's spanking and stylish look, it recently unveiled 12 new cocktails and four new mocktails for patrons to quench their thirsts with. Head bartender, Hafiz showcases his masterful skills and knowledge in the craft of concocting the new and creative libations.

The craft cocktails are SkyBar's rendition of classic cocktails and made to suit even the most discerning palates. Their signatures include the Basil Smash, Pandan Sour, East and Zest, Asian Delight, Monk's Moonshine, and mocktail, SkyBar Snuggles. These cocktails are distinct and special due to the use of local ingredients such as pandan, lemongrass, basil and lime to name a few.

Offering something for everyone, guests can choose their cocktails according to their preferred taste, whether it is sweet, rich, sour or fresh. That said, adventurous patrons are welcome to take a walk on the wild side and order something they wouldn't typically order and allow their senses to be treated on a lip-smacking ride.



## BASIL SMASH

This libation is SkyBar's rendition on the Classic Modern Gin that includes lemon juice and basil. Basil Smash is a refreshing cocktail that will have your spirits lifted after a hard day at work. It comprises a base of Tanqueray gin, lemon juice, fresh basil and simple syrup.



## PANDAN SOUR

There is something about the sight of pandan and its aroma that immediately transports us to a kampung landscape. The Pandan Sour is made of pandan-infused gin, pasteurised egg white, pandan syrup and lemon juice. The flavour experienced is a blend of sweet and citrusy notes, and an overall comfort.

## EAST AND ZEST

East and Zest in our opinion is perfect for ladies and those who appreciate a fruity and zesty piquancy. The citrus flavours are owed to the orgeat syrup, lychee,

pineapple juice and lemon juice while the base is Belvedere vodka.

## EVERGREEN

We have got to be honest. Evergreen isn't the typical cocktail that we reach for but boy, we fell in love with it as first sip. It is a drink that will raise your intrigue. At first, the aroma of sage greets your nose and when you dive in for a sip, you would find an amalgamation of tangy notes from the kumquat and lemon juice and earthy notes from the sage.

## SKYBAR SNUGGLES

Aptly named, this mocktail emanates a sense of comfort when drinking it. The sweet and a hint of zesty flavours are refreshing and make you want to snuggle up to your partner.

Persiaran KLCC, Kuala Lumpur City Centre, 50088 Kuala Lumpur  
Tel: +60 3 2332 9888



# WIDE-LEG PANTS THAT WORK

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Open-back ribbed-knit top  
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RM 479

## Control the Oil

### Products for Oily Skin-Types

BY HIRANMAYI AWLI MOHANAN

We all have varied skin types. Some suffer from dry skin while some have from oily skin. Thankfully, in this modern age of technology in skincare, there are many products and treatments to keep oily skin under control. Following are our top picks you oily-skinned folks need in your beauty regime.



**KATE SOMERVILLE  
GOAT MILK CREAM 50ML**  
RM292

Ancient Egyptians used goat milk to nurture skin. This natural wonder continues the tradition, lavishing skin with infusions of milk proteins, vitamins and amino acids to soothe and condition skin for optimum moisture balance and renewal. Kate Somerville's beloved Goat Milk Cream calms and rejuvenates skin, absorbing quickly without leaving behind oily residue.



**PIXI  
ROSE OIL BLEND 30ML**  
RM109

This botanical blend is infused with a potent complex of youth-preserving oils to help improve skin's elasticity and glow. Sweet almond, rosehip, jojoba, pomegranate seed and rose geranium oils nourish the skin, leaving your complexion feeling comforted and smooth to the touch.



**TARTE  
DRINK OF H2O HYDRATING  
BOOST MOISTURISER 50ML**  
RM164

Treat dry skin to a thirst-quenching water gel. Powered by hyaluronic acid and Tarte's exclusive Rainforest of the Sea™ antioxidant complex, this cooling gel moisturiser helps restore natural hydration for skin that's fortified, refreshed and healthier-looking. The lightweight formula absorbs into skin, leaving no oily or greasy residue behind. Powerful marine antioxidants help skin defend itself against everyday aggressors like pollution and sun exposure, while skin-balancing properties help boost the firmness, tone and vitality over time.



**DR. JART+  
MASK MICRO JET BRIGHTENING  
SOLUTION  
5 SHEETS**  
RM119

This silky, hydrating microfibre sheet mask—made of soft microfibres finer than hair—luxuriously delivers essential ingredients for the ultimate brightening benefits. Featuring a super silky texture, the thin material of the mask gently clings to skin for even and consistent absorption of active ingredients. Glutathione, a potent antioxidant, visibly evens out skintone and helps brighten and improve the appearance of dark spots and discolouration. A dynamic duo of proven skin-brightening ingredients, niacinamide and α-bisabolol, create youthful-looking radiance.



**EGYPTIAN MAGIC  
EGYPTIAN MAGIC CREAM 59ML**  
RM123

Egyptian Magic Cream is undoubtedly a "must-have" beauty and skincare product for all purposes, acting as a face cream, eye gel, hair masque, cuticle conditioner, diaper rash cream, burn and wound relief, and shaving balm among others. The cream is non-greasy and is made from only natural ingredients.





# RANIA STAILISTA SPA

*A spa of nature and Malay tradition*

BY SITI WAJIAH KHOLIL

**W**hat started out as a mobile spa, going from house to house, grew into its own brand in 2013. Rania Stailista is a spa offering beauty services using mainly natural ingredients in its treatments in the traditional Malay style. Rania Stailista puts a strong emphasis on going as natural as possible such as using elements of nature as its ingredients as well as the human touch for its treatments and services. The facials and most treatments,

are administered by the human hand rather than modern technology. Though a few machines are used, this spa limits its dependency on machines unlike most beauty centres. Its core belief is going back to the regiments of the olden times, bringing back the beauty methods and routines of the Malay foremothers.

One of the services which I was very much impressed with is the Santan Pandan Hair treatment. It is a hair treatment using natural blend of coconut

milk and pandan leaves which is made at the spa itself. The treatment is beneficial in terms of treating the scalp, stimulating hair growth, preventing hair fall and softening hair texture. One of the things I love about this treatment is that not only is it made of 100% natural ingredients, it also has this incredible cooling effect during the application process which feels amazing. Your beauty therapist will ensure that not even a strand is left out. Your hair is then steamed to allow the ingredients to better seep into the hair.



Jacuzzi

Once rinsed, your hair will feel immensely healthy and soft. Your hair will also emit a strong coconut fragrance as well as the scent of pandan.

What I would really love to highlight is their massage. Lasting for a good hour to an hour and a half, every second was thoroughly rejuvenating. My beauty therapist has more than 20 years of experience in her hands and that was very evident in the way she massaged me. What I loved about it was how she took her time to ensure that that every part of my body was catered to and she paid extra attention to the areas which were more tensed than others.

Even my face was not excluded from the massage. The overall body massage also includes a type of face massage called, Totok Wajah. Apparently there are pressure points on our face that we rarely consider to massage when in fact, these pressure points on the face are actually beneficial to our beauty. Totok Wajah is really good in improving blood flow and stimulating the lymphatic vessels which aid in eliminating toxins from the facial area.

For women who have given birth, or not, and looking for a more traditional method in improving the condition of their womb, Rania Stailista also offers the Sengkap V massage. It not only helps realign the

womb, it also facilitates in getting rid of unwanted discharge.

I also had the opportunity to try out the Mandi Bunga or floral bath. In Malay culture, Mandi Bunga is a beloved traditional beauty routine, especially for a bride-to-be. In the olden days and even today, many believe that Mandi Bunga is a means of spiritual cleansing which enhances your aura and in turn, radiates through your physical beauty. Seven types of flowers are usually used and the petals are sprinkled onto the tub of warm water along with a squeeze of fresh lime juice. The fragrance exuding from the bath helps you feel calm and relaxed. Scientifically, a floral bath helps open up pores to allow the skin to breathe better. The scent from the flowers and other ingredients that cleanse the skin, also refreshes your body and mind. Therefore, whether it is out of one's traditional or modern belief, women really love a soak in a tub sprinkled with beautiful, fresh flower petals.

Rania Stailista has many other treatments and services such as manicure, pedicure, sauna, facial treatments like scrubbing and masking. Be on the lookout for its special promotions and packages that



Pedicure Treatment

are affordable in price. Though the décor is fairly simple with turquoise and grey as the colour theme of choice for the spa's ambience, it is the quality of the treatments that marks really high up in score.

Another thing I would like to emphasise is how private the spa is. The space is limited, therefore, it is preferred that customers make prior reservations. When you arrive, you will be assigned to a beauty therapist who will take good care of you throughout your treatments. Therefore, Rania Stailista is the perfect place for those who seek a spa with a good touch of Malay beauty tradition, as it is lacking in the market.

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# Herbaline 3in1

Triple Your Beauty & Wellness Experience  
With Herbaline’s New Integrated Beauty  
& Wellness Outlet at Hartamas

BY HIRANMAYI AVU MOHANAN



As markets evolve, so do companies. After 17 years operating as a facial spa brand, Herbaline embarks on a new adventure as the company diversifies its beauty business into food & hospitality with the focus on integrated wellness.

Seeing the need to provide a one-stop, integrated centre that offers holistic wellness services, Herbaline collaborated with Malaysia’s reputable wellness centre, Healthland, in a bid to bring an enhanced beauty wellness experience to patrons, producing the Herbaline 3in1. Patrons can enter this centre knowing that they will be pampered rotten and rejuvenated from the face, body to total well-being.

Being the first of its kind, its ideal locale in the Hartamas neighbourhood makes Herbaline 3in1 accessible and convenient to many who wish to treat themselves to a day of beauty and wellness.

In the last few years, some of the Herbaline outlets have already adopted a two-in-one concept to include facial spa and cafe in one location. In 2017, Herbaline also introduced a 3in1 concept with a guesthouse to its Pandan Indah branch in Cheras in line with its newly-coined tagline, “Eat Well, Look Well, Live Well”. This year, Herbaline charts another milestone with the launch of its new 3in1 outlet in Hartamas, proving that the sky is the limit.

- 1. HERBALINE FACIAL SPA**  
Staying true to its “no sign course policy”, consumers’ minds are immediately put to ease when they visit this facial spa. The calming aroma that welcomes guests along with the well-executed interior is a haven for those who seek refuge from the never-ending work commitments. Herbaline offers those who crave pampering various cleansing, moisturising and lifting facials, along with body massage treatments that are complemented by value-added services such as sea salt foot bath, fish spa therapy and detox lemongrass drink. One is sure to exit Herbaline with a healthy and natural glow.
- 2. MAMA KIM SAUNA MEE CAFÉ**  
Who says healthy fare can’t be delicious? Herbaline’s in-house cafe offers a comprehensive menu with a philosophy, “Where Healthy Is Yummy”. The healthy recipes adhere to the concept of 80% vegetables and 20% meat in a single dish, making Mama Kim a stand-out for the neighbourhood and community which desires healthy, authentic and delectable dishes. It is also a perfect end to a day of enriching and pampering the body.

The principles of Mama Kim’s dishes include:

- Five major colours
- Fresh ingredients
- No MSG

- No white flour
- No sugar, less salt, less deep-fried items.
- Balanced nutrients
- 80% vegetables / 20% meat average

**3. HEALTHLAND FAMILY WELLNESS CENTRE**  
With a premium wellspring of knowledge on wellness, Healthland promotes a holistic lifestyle with health program and activities. All its therapists are professionally trained by the acclaimed Wellness Academy in Thailand. They pride themselves in being Malaysia’s only wellness centre that offers holistic wellness solutions to the middle class while maintaining its appeal to the affluent. This centre is the best treat your body deserves to dust away the cobwebs of the day.

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# An Insightful Interview with Nephrologist

DR JEYABALAN VELAYUTHAM

BY HIRANMAYII AWLI MOHANAN



## TELL US ABOUT YOUR JOURNEY INTO MEDICINE.

Most Indian families tend to guide their children in pursuing either medicine or engineering. My family coaxed me into pursuing medicine and I just went with the flow. I secured a place in Universiti Kebangsaan Malaysia, which was affordable back then. Don't get me wrong, I do love medicine but it wasn't something I thought about when I was young.

## ENLIGHTEN US ABOUT YOUR SPECIALTY AND WHAT IT ENTAILS.

My specialty is actually the field of General Medicine. My sub-specialty is nephrology. Nephrology is concerned with kidney disorders. As opposed to a urologist who's a surgeon that specialises in treating kidney disorders, I am a physician who treats kidney diseases using medicine or methods including dialysis.

## CAN YOU TELL US ABOUT CHRONIC KIDNEY DISEASE?

There are two forms of kidney disease, acute and chronic. Acute means the kidney is relatively okay and suddenly fails due to factors such as wrong medication, dengue or some sort of illness. Acute kidney failure appears

very suddenly but the silver lining is that most of the time, the condition recovers as the person recovers. On the other hand, chronic kidney disease is something that happens progressively over months and years where the kidney functions decline. In many cases, patients aren't aware of their chronic kidney failure unless they experience symptoms or go for their medical check-up. Due to the nature of this type of kidney disease that progresses slowly, there may be scarring to the kidney by the time it is identified. In most cases, chronic kidney disease is irreversible. When we diagnose a patient, what we first try to do is halt the progression if possible or if it is too late, we would have to prepare the patient for eventual dialysis and transplantation.

## YOU MENTIONED SYMPTOMS. WHAT ARE THE SYMPTOMS THAT ONE MIGHT EXPERIENCE?

The symptoms for chronic kidney disease usually appears very much later unless you get a urine or blood test done. There are 5 stages in chronic kidney disease. The symptoms usually appear in stage four or five and if you're lucky, stage three. Most kidney disorders will present the first signs of trouble in the urine such as leaking protein or blood. As mentioned, patients do not experience

symptoms until much later. Symptoms such as swelling of legs, shortness of breath, vomiting, feeling tired or looking pale are quite advanced in condition. That is one of the challenges in chronic kidney disease patients because by the time it's picked up, it's already advanced. Patients with heart condition or diabetes are encouraged to undergo health screening yearly to keep tabs on chronic kidney disease.

## WHAT ARE THE CAUSES, TREATMENTS AND PREVENTATIVE MEASURES ONE CAN TAKE?

In Malaysia and in most parts of the world, about 30-40% of patients on dialysis are due to diabetes; it is probably the number one cause worldwide of chronic kidney disease (CKD). The other causes include uncontrollable blood pressure (hypertension), kidney stones, taking too much pain medications and lupus. Hereditary disorders such as polycystic kidney disorders can also contribute to CKD.

The treatment plan depends on the stage of kidney condition. The first thing to do is treat the underlying cause of the kidney disease, which could be diabetes or hypertension. Besides

that, if one is leaking protein in the urine, then we treat it using drugs like angiotensin blockers or ACE inhibitors. Depending on the stage, dietary control also comes into play to prevent further stress on the kidney.

## YOU TALKED ABOUT LUPUS. WHAT IS IT AND ARE WOMEN MORE LIKELY TO GET IT?

Lupus is quite common in Southeast Asia and it comes under a large group of disorders called autoimmune disorders. This means that your immune system has turned on yourself and it thinks that you are the enemy. With lupus, the body forgets the DNA that we comprise and starts attacking tissues that contain DNA. Kidney (among other organs) is the most important organ that gets hit by lupus for some reason and 90% of sufferers are young females between the ages of 15 and 50. This age range

is when women are most fertile and it tends to aggravate during pregnancy, suggesting the role played by female hormones in causing lupus. There are other causes too such as, genetics and chemicals.

## IS LUPUS TREATABLE?

Don't fear because lupus is very eminently treatable. However, it is very important to treat lupus before any scarring can occur. Any organ that becomes scarred is irreversible. In fact, the most important and common reason why people end up with dialysis is non-compliance of medications; they stop taking medications and that's when they run into problems. One of the mainstays of treating lupus is steroid, which has side effects of making one's face rounded and weight gain. Because lupus mostly affects females, the side effects might be hard for them to accept or the pressure from

their boyfriends or partners urges them to stop taking the medication, eventually leading to the loss of kidney. While the knowledge of lupus and the treatment have improved, unfortunately, we can't run away from steroids as the mainstay for serious lupus.

## WHAT ARE THE SYMPTOMS OF LUPUS?

Lupus is also known as the wolf because it's very good at disguising itself. It might present symptoms such as low white blood cells or sometimes unexplained fever, joint pain that goes on or patients can even experience symptoms of chronic kidney disease, like leg swelling and frothy urine.

The doctor who's treating the patient should have a high index of suspicion, meaning he or she should always be thinking of lupus or else, they would miss catching it because it can present itself in many different ways.



## CARDIAC & VASCULAR HOSPITAL

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

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

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AIRLINK

AIRPORT TALK

I am elated to announce that the recent Hari Raya Aidilfitri festive holidays, which coincided with the two-week mid-term school break, had resulted in passenger traffic at all the 39 airports operated by us to post its highest 9.5% year-on-year (y-o-y) growth to 11.2 million in June.

June was a month where we achieved several milestones whereby our Malaysian operations registered its highest growth of 9.7% with 8.38 million passenger movements. At KL International Airport, our domestic sector had its first positive double-digit y-o-y growth since November 2017 to receive 1.47 million passenger movements.

For the first half of 2018, Malaysia Airports recorded almost 65 million passengers from our network of airports, including Istanbul Sabiha Gokcen International Airport in Turkey, which also performed well in terms of aircraft movements.

Prior to heading for the FIA in London, we inked a memorandum of understanding with the Malaysian Investment Development Authority (MIDA). I believe this synergistic partnership will enable us to facilitate more foreign direct investments into aerospace, one of the key industries identified in the 11th Malaysia Plan. It will also act as a catalyst to capture and regenerate more economic activities at our KLIA Aeropolis development and Subang Airport regeneration initiative.

We went on to sign four memoranda of understanding at the FIA with several foreign players, namely Daher, ExecuJet, IER and XPeranti and Sigfox. These timely collaborations will help shape our Airports 4.0 digital transformation journey and enhance the passengers' experience as well as further develop Subang into a regional hub for business aviation.

## Acting 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 shares the airport operator's impressive first half performance for 2018 and several of the memoranda of understanding signed, especially at the Farnborough International Airshow (FIA) to champion the Industry 4.0 principles of putting into place state-of-the-art facilities and advanced technologies.**

Earlier this year, we had initiated the Subang Airport regeneration initiative with partners such as Axis REIT Real Estate Investment Trust, Senior Aerospace UPECA and Skyways Technics, which will act as a catalyst for our Subang Aerotech Park development.

In terms of our non-aeronautical performance, our commercial services division, which is responsible for our airports' retail areas, has been active in bringing new brands like Innisfree and coming up with marketing campaigns to drive sales and create new revenue streams.

Having kicked off our annual shopping campaign with the theme, "Licence to Win" with over RM20 million worth of prizes to be won, I would like to encourage both visitors and passengers not to miss this opportunity. The contest will run until the end of this year.

Thanks to all your support, our retail sales at the outlets in our airports during the last six months have been on the uptrend and we hope to see continuous improvement in all aspects in the coming months.





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## Positioning Malaysia as a Global Aviation Hub with Strategic Partnerships



**In a move to propel Malaysia into a global hub for the provision of aerospace services, Malaysia Airports has inked four memoranda of understanding (MoU) at the recent Farnborough Airshow (FIA) in London with various aviation players.**

Its chief strategy officer Azli Mohamed, who signed the documents on 17 July with the various representatives from Daher, Execujet, IER, XPeranti and Sigfox, viewed such collaborations as most timely since the airport operator is embarking on the Airports 4.0 digital transformation journey.

Daher, a French-based aircraft maker and services provider, focuses on activities such as aerospace equipment and systems as well as industrial logistics and services.

Franck Gourdin Serveniére, its sales director for Aerospace & Defence Business Unit, Asia said as Daher is developing in Asia, particularly in Malaysia, its partnership agreement with Malaysia Airports represents a strong commitment on its part to provide added-value to its customers.

"It is a great opportunity for us to support our customers' developments by offering a range of solutions in logistics 4.0 and industrial services for aeronautics."

Azli said Daher and Execujet will be involved in the Subang Airport regeneration initiative undertaken by Malaysia Airports. "Hopefully, we will be able to boost the current airport ecosystems and provide more solutions to the industry by partnering with these two aviation players."

Execujet, which is part of the Luxaviation Group, offers a diverse range of services that include aircraft management for private and commercially registered aircraft, charter, maintenance, completions management and fixed base operations.

According to Graeme Duckworth, Luxaviation Group Executive Vice President of MRO Services, "We selected Subang Airport as our Southeast Asia hub for all MRO activities due to its centralised location, high traffic and ease of doing business."

Azli said Malaysia Airports' partnership with IER, XPeranti and Sigfox will kickstart the co-creation framework that will translate into passengers experiencing enhanced services that are automated and digitalised.

"With the support from IER, we are co-designing a proof of concept on the digital automation process with unique profiling of passengers and destinations for one of the international airports in Malaysia."

Hopefully, its successful implementation will result in the development of a joint intellectual property, quipped Azli.

IER, a French subsidiary of the Bolloré Group, is the world leader in the design, manufacturing and marketing of solutions for passenger with a full range of self-service solutions from check-in to boarding.

Its managing director Fabrice Godeau said, "We are very proud to be partnering with Malaysia Airports to explore innovative solutions for seamless travel experiences across the Malaysian airports."

Malaysia Airports' last partnership agreement was signed with two parties, XPeranti and Sigfox. According to XPeranti IoT (M) Sdn Bhd chief operating officer Vicks Kanagasingam, XPeranti will implement proven Sigfox Internet of Things (IoT) solutions for Malaysia Airports' operations. This will subsequently translate into enhanced experiences for its passengers.

Established since 2010 in France, Sigfox is the world's leading IoT services provider while XPeranti, which has commenced network deployment, is expected to be a nationwide IoT network operator by October. The latter looks forward to work with Malaysia Airports in shaping and executing its Airports 4.0 digital transformation programme.

Also present at these four MoUs signing ceremony were Malaysia External Trade Development Corporation Chief Executive Officer (CEO) Dr Mohd Shahreen Zainooreen Madros, National Aerospace Industry Coordinating Office head Shamsul Kamar Abu Samah, Malaysian Investment Development Authority (MIDA) CEO Dato' Azman Mahmud and Selangor Senior Executive Councillor Dato' Teng Chang Khim.

### Malaysia Airports inks MoU with MIDA to explore joint collaboration

To beef up these strategic partners' confidence on investing in Malaysia, Malaysia Airports signed a MoU earlier on 13 July with MIDA at the latter's headquarters in Kuala Lumpur.

The signatories were Malaysia Airports Acting Group CEO Raja Azmi Raja Nazuddin and MIDA Deputy CEO Datuk N Rajendran. MIDA is a government promotion agency under the Ministry of International Trade and Industry which is responsible for driving investments into the country's manufacturing and services sectors.

According to MIDA statistics, for the first three months of 2018, the aerospace industry registered approved investments of RM175.4



million from four manufacturing projects and RM8.59 million from one MRO project.

Besides facilitating foreign direct investments into Malaysia, one of the main objectives of this MoU is to explore further collaboration in the promotion and facilitation of activities relating to the KLIA Aeropolis and Subang Aerotech Park developments.

Raja Azmi expects KLIA Aeropolis to draw additional passenger and cargo traffic to KLIA beyond its organic growth rate via catalytic projects. "This will contribute to the global competitiveness of Malaysia by enhancing activities centred around increasing connectivity."

KLIA Aeropolis, a flagship airport city development within 10,000 hectares of KLIA land in Sepang, Selangor, will focus on off-terminal real estate development that is synergistic with Malaysia Airports' existing airport operations. It is centred around three core clusters: Air Cargo & Logistics, Aerospace & Aviation, as well as Meetings, Incentives, Conferences and Exhibitions & Leisure.

The catalytic project under its Air Cargo & Logistics cluster to develop 60 acres of land for the ASEAN regional eCommerce with Alibaba's logistics arm Cainiao Network is expected to increase KLIA's air cargo volume from 0.7 million to 1.3 million tonnes per annum by 2028.

In the Subang Airport regeneration initiative at Subang Aerotech Park that Malaysia Airports is embarking on, Raja Azmi said upon its completion, this will increase the high-value job creation to circa 5,000 jobs.

The Subang Aerotech Park has been identified as a key catalyst to the aerospace sector in Malaysia. Poised to be a leading aerospace hub within Southeast Asia, it offers many strategic advantages. They include its growing ecosystem maturity, proximity to the KL city centre, well connected transport network, highly accessible amenities and an urban population with ready manpower supply.

Both the KLIA Aeropolis and Subang Airport regeneration initiative will be aligned to Malaysia Airport's goals to champion the Industry 4.0 principles, where state-of-the-art facilities and advanced technologies will be integrated within a synergistic ecosystem development.

“

**This will contribute to the global competitiveness of Malaysia by enhancing activities centred around increasing connectivity.**”

**YM RAJA AZMI RAJA NAZUDDIN**  
Acting Group CEO  
Malaysia Airports Holdings Berhad





## MAVCOM Champions Consumer Rights with FlySmart

One of the Malaysian Aviation Commission's (MAVCOM) primary tasks is to safeguard the interests of the air-travel consumer. In June 2018, MAVCOM introduced FlySmart, a platform that enables users to obtain information and learn about their rights via a more engaging, interactive and technology-friendly medium.

At the launch of FlySmart in June, Minister of Transport, YB Anthony Loke said, "In line with its aim to ensure the protection of consumer rights, MAVCOM has introduced the Malaysian Aviation Consumer Protection Code (MACPC) in July 2016. As a result, consumers now enjoy increased protection and rights to compensation and care before and after flights".

He continued, "MAVCOM's core aim is to ensure that the civil aviation industry in Malaysia is commercially viable, consumer-focused and resilient, in order to support the nation's economic growth".

FlySmart also recently launched its official Facebook page where travellers would be able to get informative travel tips, videos and share their experiences with other travellers. In the future, FlySmart will have a few initiatives that will be rolled out in phases, including a



dedicated mobile application for everything travel-related.

YB Anthony Loke added, "While the introduction of FlySmart is aimed at ensuring that passengers are aware of their rights, industry players and airlines should also look into issues raised and take proactive measures to mitigate these issues as best as possible. It is hoped that FlySmart will drive the airlines and the airports to be more responsible and responsive to consumer-sensitive issues in order to enhance the efficiency of the aviation industry in Malaysia".

The FlySmart website is available in both Bahasa Malaysia and English. It offers quick

and easy access to essential information on consumer rights and features useful tips and informative videos for travellers.

The website is also a platform for fellow travellers to help one another as it features the stories of travellers who have been helped by MAVCOM and how they have exercised their rights as consumers. Travellers are able to submit their complaints through the website. Those interested in 'flying smart' can learn more about it by visiting the FlySmart website at [www.flysmart.my](http://www.flysmart.my).

For more information, please call 03 - 2772 0600



## ANA Introduces 'Craftsmanship' to 'Is Japan Cool?' Campaign



'Is Japan Cool?' was launched in 2012 to bring Japanese culture and attractions closer to people all around the world. In past years, the website has covered Tokyo, Kyoto, Hokkaido, Washoku (Japanese cuisine), Anime (animation), Matsuri (festivals) and Dō (combination of martial arts and fine/performing arts), reaching more than five million visitors from 152 countries.

As part of the campaign, in June, All Nippon Airways (ANA) launched a website theme that celebrates 'Craftsmanship'. The theme will have two features, including interviews with seven traditional Japanese artisans and the Samurai Avatar.

The theme celebrates the Japanese tradition of handmade craftsmanship that has been passed down over generations. These skills are gradually being overtaken by mechanisation and are becoming rarer today. Japanese artisans take pride in their work and treasure the time they put into creating their masterpieces with the inherited techniques.

ANA aims to share the treasured craft legacies and put a spotlight on the Japanese tradition.

According to Takashi Shiki, ANA's chairman of sales and marketing, "ANA hopes to preserve and honour Japanese craftsmanship. We believe the history and the skills of Japanese craftsmanship should be cherished. We hope



to encourage visitors to learn more about Japanese artisans and tradition".

Malaysian visitors to ANA's website will be able to enjoy these aspects of Japanese culture.

On the interview page, visitors can read features and view ten-minute movies of unique Japanese skills such as traditional Japanese carpentry, swordsmithing, armour making, dyeing, inkstick making, glass cutting and food-sample making. Viewers can first enjoy a 50-second introduction movie that highlights the craftsmanship of the seven artisans.

On the Samurai Avatar page, visitors are able to make their own Samurai Avatar, while experiencing the craftsmanship of creating Japanese armour. Visitors can simply upload a photo of themselves and freely customise each part of the Samurai Avatar and create

their unique Japanese armour. After creating the Samurai Avatar, visitors can share it on social media, print it out on a 3D printer to create their own action figure, or post it on a webpage with other people's Samurai Avatar from around the world.

Shiki said, "We hope to increase awareness of the daily endeavours and special skills of various craftsmen and artisans. The website offers special content that will enable site visitors to easily enjoy and learn about Japanese traditional culture".

**IS JAPAN COOL?**  
**CRAFTSMANSHIP**

For more information, please call 03 - 2032 1331



## Lufthansa's 'Best for First' Amenity Kits

**After tweaking its iconic logo along with its livery for a modern aesthetics in February, Lufthansa has turned towards revamping its amenity kit for First Class passengers.**

In May, Lufthansa treated its guests in the premium classes to new, creative cosmetic bags. The new First Class Amenity Kit won first place at the Onboard Hospitality Awards 2018, where 1,000 readers of the renowned British trade magazine Onboard Hospitality took part in a survey. Lufthansa won the coveted award in the category 'Best for First'. The criteria of assessment were: first impression, quality, durability, weight, usefulness, design, functionality, taste, content and enrichment of customer experience.

Skysupply designed and produced the Windsor Amenity Kit for ladies in a modern, elegant and elaborately finished kit. The

special sponge bag offers space for cosmetics and accessories with a detachable carrying strap. The bag can be used as a handbag or as a clutch.

The men's model is classic and functional, with a modern, refined classic functionality.

It is useful for everyday usage as a sponge bag and as a practical organiser. The contents for the First Class Kits include exclusive care products from the La Prairie brand.

For more information, please call 03 - 2053 1898



## New Premises Marks Uzbekistan Airways Future Moves

**When Uzbekistan Airways was primed to move to its new premises at Menara Haw Par in Kuala Lumpur early this year for a larger space, it marked the airline's shift to a higher gear in its operations. It was also the year that the airline received delivery of the third Boeing 787-8 Dreamliner as part of their modern fleet.**

The airline flies twice weekly from KLIA to Islam Karimov Tashkent International Airport in Uzbekistan. The airport has put into operation a new terminal which is fitted with new facilities and equipment to meet international standards on comfort.

The present government intends to make tourism as one of the main economic driver of the country, so there will be all-round improvements for visitors to the country, including construction of new hotels. Malaysians who currently travel visa-free to Uzbekistan will soon find the country an

attractive destination to visit. For example, in Samarkand, the country possesses one of the world's legendary ancient cities and the gem along the ancient silk road.

Currently, Uzbekistan Airways together with several travel companies in Malaysia have proposed short-term tours to holy places in Uzbekistan and now developing combined tour packages that include "Uzbekistan + Russia" and "Uzbekistan + Turkey" to further attract transit tourists.

According to Sherzod Akmalov, General Manager (Malaysia) Uzbekistan Airways, the airline is working towards improving its business class service and catering. On December 2018, the national carrier will receive two Airbus A320neo, and two more Boeing 787-8 Dreamliner before 2020. A new approach to aircraft design will provide maximum comfort for passengers in flight.

For more information, please call 03-2078 4766 or email to kul@uzairways.com



## Emirates Pioneer Web Virtual Reality

**The largest airline in the Middle East and the world's fourth largest airline continues to impact the industry with innovation and new products. For example, Emirates pioneered the personal entertainment system on commercial aircraft and is the leader of in-flight entertainment (IFE) systems with high definition screens for all cabin classes.**

Emirates, which operates thrice daily flights from Kuala Lumpur to Dubai is popular with Malaysian travellers who are partial towards digital entertainment.

The latest digital introduction from Emirates gives customers an immersive 3D 360 degree view of Emirates' aircraft interiors.

In July, Emirates introduced 3D seat models on emirates.com, becoming the first airline to introduce web virtual reality (VR) technology on its digital platform. The 3D seat model is a visualisation engine that displays an immersive 3D 360 degree view of the Emirates A380 and the Emirates Boeing 777, giving

customers a chance to explore their seats, the spacious cabin and the Emirates onboard product.

Alex Knigge, Emirates' Senior Vice President, Corporate Communications, Marketing and Brand (Digital) said, "As we continually invest to provide our customers with an unmatched travel experience onboard and on the ground we also work very hard to give our customers a world-class digital experience. We are pleased to be the world's first airline to introduce this cutting edge web VR technology, which offers our customers an immersive opportunity to learn more about the fantastic Emirates experience before they step on board. In our usability tests with customers, we found that they particularly appreciated the 3D seat and cabin models when selecting their seats".

Users can enjoy hands-free cabin navigation and seat selection by using any VR headset

like Google Cardboard. This award-winning technology is compatible with all devices without the need for external applications or plugins. The 3D seat models were created in partnership with Renacen who were awarded the Crystal Cabin for the best visionary concept for this project at the recent Crystal Cabin Awards.

For more information, please call 03 - 2058 5899





## Etihad Airways with In-Flight Medical Services



**One of the world's leading airlines already renowned for its in-flight services has now raised the bar with the launch of dedicated in-flight guest medical service in July. The new service would benefit Malaysian travellers as the airline flies daily between Kuala Lumpur and Abu Dhabi.**

The launch introduced two specialised services for air travellers with pre-existing medical conditions, ensuring continuity of care and in-flight safety.

The "one-stop-shop" services – the first in the Middle-eastern region to be offered by an airline – will be carried out by members of the Etihad medical team, all of whom are qualified in aviation and transport medicine.

The first service allows guests, who require medical clearance prior to travel, the opportunity to request an Etihad aviation doctor to visit them and conduct an evaluation in consultation with their attending physician.

The second service is the introduction of an in-flight nurse who can accompany guests during their trip and provide medical support.

Dr. Nadia Bastaki, Etihad Airways' Vice President Medical Services said, "Etihad is delighted to be the first airline in the region to provide these new medical services which will cater for guests who require medical assistance during their travel."

"Both services will help ensure our guests have a smooth and hassle-free journey, greatly removing unnecessary anxiety they sometimes feel when traveling."

For more information, please call 03 – 2687 2222

## Air New Zealand Serves with Impossible Foods

**A memorable gourmet is an experience most passengers look forward to on a flight. In July, Air New Zealand announced that it is giving customers a taste of the future in its collaboration with Impossible Foods, a Silicon Valley food tech start-up.**

The airline is the first in the world to serve the award-winning, plant-based Impossible Burger, which is now available as part of its Business Premier menu on flights from Los Angeles to Auckland.

Impossible Burger's ingredient is an iron-containing molecule called heme which comes from the roots of soy plants. The heme in the Impossible Burger is the same as the heme found in animal meat. The result is a plant-based burger patty that cooks, smells and tastes like beef but contains no animal products whatsoever.

Air New Zealand's Inflight Customer Experience Manager Niki Chave said, "Like Impossible Foods, we are committed to offering our customers a fresh and innovative approach to cuisine. We're incredibly excited about this partnership and the opportunity to offer our Business Premier customers travelling from Los Angeles to Auckland a delicious plant-based option that tastes just like the real deal".

Air New Zealand is represented by Discover The World as the General Sales Agent (GSA) in Malaysia.

For more information, please call 03 – 2715 5020



## Singapore Airlines to Launch **Non-Stop** Service to New York



**When Singapore Airlines (SIA) begins the non-stop Singapore-New York flights in October 2018, these services will be the world's longest commercial flights. The route will be operated using the new Airbus A350-900ULR (ultra-long-range).**

As SIA makes frequent flights to KLIA, Malaysian travellers have an alternative option enroute to New York with the same airline from Kuala Lumpur.

The destination airport in New York is Newark Liberty International Airport. The route will initially be served three times weekly, departing Singapore on Monday, Thursday and Saturday. Daily operations will commence on 18 October after an additional A350-900ULR aircraft enters service. Flights

will cover a distance of approximately 16,700km, and travelling time will be up to 18 hours and 45 minutes.

In another milestone for SIA, it is the world's first customer for the new A350-900ULR, with seven on firm order with Airbus. The aircraft will be configured in a two-class layout, with 67 Business Class seats and 94 Premium Economy Class seats.

Mr Goh Choon Phong, SIA's CEO said, "Singapore Airlines has always taken pride in pushing the boundaries to provide the best possible travel convenience for our customers, and we are pleased to be leading the way with these new non-stop flights using the latest technology, ultra-long-range Airbus A350-900ULR".

He added, "The flights will offer our customers the fastest way to travel between the two

cities – in great comfort, together with Singapore Airlines' legendary service – and will help boost connectivity to and through the Singapore hub".

The A350-900ULR special attributes include higher ceilings, larger windows, an extra wide body and lighting designed to reduce jetlag. Its carbon composite airframe also allows for improved air quality due to more optimised cabin altitude and humidity levels.

Singapore Airlines currently serves New York JFK daily via Frankfurt. Other US destinations include Houston (five times weekly via Manchester), Los Angeles (daily via Seoul and daily via Tokyo), and San Francisco (daily non-stop from Singapore as well as daily via Hong Kong).

For more information, please call 03 – 2618 6333





# World's First Hershey's Flotilla Buggy Captivates Visitors at KLIA



**An unusual object captivated visitors in July when the world's first Hershey's flotilla buggy, a mobile retail concept first made its appearance at KLIA. It was launched by Malaysia Airports, DR Group and The Hershey Company.**

The extraordinary tri-partite collaboration aims to redefine experiential retail for travellers and disrupt the conventional retail methods. It is set to provide an exhilarating interactive shopping experience and potentially a game changer in the travel retail industry.

The idea of a flotilla buggy was mooted in October last year at the Tax Free World Association (TFWA) Exhibition and Conference.

The flotilla buggy was styled based on the American automobile theme of 'sunny California-dreaming convertible Cadillac'. It is complete with headlights and engine sound, adorned with messages and artistic images of iconic landmarks of Malaysia to enhance interest, with abundant photo moments for visitors.

Malaysia Airports senior general manager for commercial services, Nazli Aziz said, "Malaysia Airports is constantly looking into



new ways to curate a convenient, unique and memorable shopping experience for customers".

He added that the organisation believes the flotilla buggy will strengthen the sense of place concept at KLIA in line with its ongoing initiatives to enhance the total airport experience and provide a joyful Malaysian experience for travellers.

Sales is expected to grow 7.78% by this year in view of an expected increase in arrivals especially among travellers from China as well

as an increase in choices of chocolate brands and confectionery products.

DR Group managing director, Dato' Dahlan Rashid said, "DR Group is a leading airport retail specialist for confectionery and perfumes and cosmetics category in Malaysia. Since its inception in 1985, DR Group has been creating its own niche internationally by innovating the travel retail confectionery business landscape. We believe the synergetic collaboration provides the perfect beginning for endless possibilities in retail innovation".



## Eraman 25<sup>th</sup> Anniversary Shopping Extravaganza

**With more than RM1.2 million up for grabs, the Eraman Shopping Extravaganza #25AmazingYears Contest is serving up a fest, with prizes that include two Mercedes Benz CLA Coupe 200 AMG Line. Launched in July, the contest is in conjunction with the company's 25<sup>th</sup> anniversary.**

Raja Azmi Raja Nazuddin, acting group chief executive officer of Malaysia Airports said, "Eraman is the first retailer within Malaysia Airports to launch shopping campaigns that give out prizes of this scale to its customers. Since our first Eraman Shopping Extravaganza campaign in 2016 which attracted more than 250,000 loyal patrons, the tremendous support has seen the campaign make fabulous come back for its third year with a peak in participation of some 420,000 loyal patrons in 2017. This year, our Eraman Shopping Extravaganza #25AmazingYears Contest is specially tailored to our airport customers in conjunction with Eraman's 25 years of existence in the travel retail and duty free industry".

With minimum spending of RM350 at any Eraman participating outlets, customers stand a chance to win two luxury cars and many lucrative prizes. Other prizes include international holiday packages for two to Scotland, Austria and Switzerland, gift vouchers, designer handbags and jewellery as well as points for Petron Miles Card.

With airport shopping becoming an integral part of air travel, Azmi added, "One of the ways is to continuously carry out campaigns to reward travellers and our loyal customers. With the significant growth in 2017 of 8.5% to 96 million at all airports in Malaysia, a recorded total Malaysia Airports retail sales at our airports improved by 24% as compared to 2016".

Paulo Guludjian, commercial director Asia Pacific of one of Eraman's partners, Diageo Global Travel commented, "At Diageo, we are committed to delighting shoppers and keeping the retail offer fresh and unique. As the Platinum Sponsor, we executed the Johnnie Walker #Whiskey 5 campaign, with the objective of celebrating the total Whiskey category and encouraging shoppers to explore our wide Scotch and Malts portfolio, led by Johnnie Walker and Singleton".



Fans of Johnnie Walker are able to save up to 20% discount on selected Johnnie Walker and Singleton products. Two lucky winners will also be walking away with a 4 days and 3 nights trip to Scotland.

During the campaign, 200 lucky winners will receive RM250 cash rebate which will be awarded back to the Maybank card member.

Another partner, Petron Malaysia rewards its Petron Miles card members with Petron Miles points worth RM14,000 for the grand prize, first prize and second prize winner. At the same time, 350 Petron Miles points will be given for each purchase of RM350 and above during the campaign.

The Eraman Shopping Extravaganza #25AmazingYears Contest 2018 is held at all Eraman participating outlets, except Express at KLIA and klia2.



# Bumper Prizes at Malaysia Airports Shopping Campaign



**More than RM20 million worth of prizes are up for grabs under the theme, 'Licence to Win' in this year's Malaysia Airports' Annual Shopping Campaign that runs from 1 July to 31 December 2018. The campaign culminates with the grand prize of an Aston Martin DB11, suggestive of the popular action movies with secret mission and espionage as the main plot.**

Shoppers only need to spend a minimum of RM250 at retail outlets located at any of the five international airports operated by Malaysia Airports – KLIA and klia2, Penang International Airport, Kota Kinabalu International Airport, Langkawi International Airport and Kuching International Airport.

Shoppers who spend RM250 via either the Boost e-wallet application or the Maybank credit and charge card will automatically be entitled to 10 contest entries. Similarly, travellers who are flying with Malaysia Airlines are also entitled to 10 entries for this contest.

The prizes include:

**Grand Prize :** An Aston Martin DB11 worth RM2 million and Malaysia Airlines Business Class return tickets for two to London, with an exclusive tour of the Aston Martin factory.

**1<sup>st</sup> Prize :** A private jet getaway to Langkawi, with 5-star accommodation package in Langkawi island.

**2<sup>nd</sup> Prize :** A private yacht cruise in the Andaman Sea, with 5-star accommodation package in Langkawi island.

**3<sup>rd</sup> Prize :** A 5-star accommodation package in Langkawi island.

**Monthly Prizes :** Malaysia Airlines Business Class return tickets for two to Brisbane, Auckland, Bombay, Chongqing, Surabaya and Hong Kong.

**Instant Reward :** RM20 Astro Go Shop e-voucher for RM250 spend in a single receipt.

Malaysia Airports senior general manager for commercial services, Nazli Aziz said, "As part of Malaysia Airports' mission to enhance the Total Airport Experience for travellers, we have embarked on several initiatives to create joyful Malaysian experiences. The Shopping Campaign, which incorporates elements of rewarding travellers through the Licence to Win contest, is one of our ways of enhancing the entire travel and airport experience".

Nazli hopes that such thematic campaigns will help spur travel retail spending in tandem with the expected increase in passenger movements. He added that the massive growth in passenger traffic at the international airports and the on-going increase from travel retail sales have enabled Malaysia Airports to offer lucrative prizes for this year's contest.

## Interview with Captain Izham Ismail CEO, Malaysia Airlines Berhad

In October 2017, Captain Izham Ismail stepped into the position of CEO of Malaysia Airlines Berhad (MAB) from Chief Operating Officer (COO) of the group. In his previous leadership as COO, he increased the efficiency and productivity of the engineering division and also masterminded the airline's fuel-saving initiatives.

A man full of passion, gentleness and focus, Capt. Izham, groomed from the ground up in local soil, is the perfect man for the job.

**From the first 38 years being in the company to the point of becoming the CEO of Malaysia Airlines and its parent company, what are the highlights of your career that have contributed to your arsenal of skills that have been instrumental in 'piloting' both the Group and the national airline?**

I have been in the aviation industry for over 38 years, to which I started out as a pilot in 1979 from humble beginnings. I was a full-time pilot for 10 years, and then I was appointed to a management position. From there, I climbed my way through 15 portfolios such as Fleet Manager, Executive Vice President of Flight Operations and Director of Operations. I also took on the position of CEO of MASwings, Malaysia Airlines' sister company in Sabah and Sarawak. I would say the Advanced Management Programme that I attended at Harvard Business School reinforced my career as it opened my eyes to a world of roles and challenges in various industries. Thus, over the years, I have gained considerable knowledge, understanding and experience in airline operations and business management, which have become my guiding light in probably the toughest corporate job in the industry.

**Regarding the measures that have been implemented to increase the profitability of MAB, can you elaborate on them and share what's the progress thus far?**

Much of the work that has been done in bringing MAB to its former glory is designing a network that includes the company and its partners, and how that connection can provide a satisfactory customer experience from point A to point B. For example, before we launch a route, we go through measures to analyse and evaluate the profitability of the route, after which we decide whether to launch a brand new route and/or increase the frequency of an existing route, for the

purpose of sustainability. MAB has launched new routes to Brisbane and Surabaya recently, and we have increased the number of flights to Bangkok and Kota Kinabalu.

**Given your past experience as COO and your previous initiatives to reduce fuel usage, how are you managing the current fluctuations of global oil prices?**

Escalating fuel is definitely a concern. Currently we have almost 50 fuel initiatives being tracked for the year.

Furthermore, we are leveraging on technology and digitisation to minimise volatility effects. This includes the introduction of the MH Fuel Messenger and MH Ops applications which are set to increase operational efficiency.

**How is Malaysia Airlines currently performing against other airlines?**

In terms of branding, it was a slight struggle distinguishing Malaysia Airlines' identity in relation to her competitors. If you were to imagine a spectrum, on one end, there would be low-cost carriers and the other end of the spectrum is occupied by luxury airlines. We found ourselves somewhat in between this spectrum and thus, we opted to label Malaysia Airlines as a 'premium' airline.

On the other hand, Malaysia Airlines is also geographically sandwiched between two luxury airlines. However, because of our synergy with our trusted partners such as Malaysia Airports Holdings Berhad in our networks, we've been able to form seamless journeys and strong collaboration. Malaysia Airlines distinguishes itself via its unique service - Malaysian Hospitality. Malaysian warmth is what will set us apart. That is our focus and guiding principle in everything that we do, it is all about the customer experience, it is our centre of gravity.

**Have you made any changes to your management team since taking office?**

I always tell my staff, "Malaysia Airlines is like an embassy on wings". We are the national carrier, a symbol of pride of our nation, and thus we cannot loosen our grip on the management of the airline. All components of the airline have to be in synchronisation for her to run in perfect harmony and unison. The ultimate goal here is to provide the best customer experience possible to our travellers.

I cannot emphasise this enough: we value customer experience above all else. This is all part of showcasing "Malaysian Hospitality" that stems from our unique culture, for example, we greet our elders as "uncle" or "aunty" out of respect and politeness, and that is our trump card. We don't fly planes, we fly people. That is our differentiator.

**What is your passion in life?**

My family is my commitment and golf is my favourite pastime. But I have to say: my passion is the company. I have been a part of the organisation from the very beginning of my working life. It has shaped me and also gave me a purpose. It has given me life! I came from an extremely poor family. Being at 'the helm' of Malaysia Airlines isn't just a job for me, it's the perfect opportunity for me to give back to the organisation that helped me and for me to demonstrate my patriotism for the country and the Malaysian people. This is my passion and purpose.





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FEATURES



## EXQUISITE MID-AUTUMN OFFERINGS

Celebrate the Mid-Autumn Festival observed in the 8th month of the year in the lunar calendar with St Regis Kuala Lumpur's classic white lotus seed paste mooncake and its big 6.5 inch Super Mooncake with eight yolks, made only with the finest ingredients.

Staying true to the St Regis heritage, its signature trunks ornamented with studs and silver locket continues the story of Polo, the "Sport of Kings", and the Astors' love for travel. Encased in this elegantly designed purple faux-leather trunk, the signature mooncakes make the perfect gift for this celestial tradition. Two mooncake types are available from August 2018 onwards. The Classic Mooncake in a box of four is priced at RM140 while the 6.5 inch Super Mooncake with eight yolks is priced at RM200 per box.

For more information or to place an order, contact +603 2727 6696 or email [dining.kualalumpur@stregis.com](mailto:dining.kualalumpur@stregis.com).



# CHEF YOGI OF FLOUR

## Man of Steel

BY HIRANIMAYI AWLI MOHANAN

*This man has been through it all, hurdles, heartbreak and hardships. The only constant in his life, something he realised only later on, is cooking and the kitchen. Armed with his father's legacy, passion and support from his wife Natasha, Flour was born.*

### Tell us a bit about yourself.

When my father first asked me to work in the restaurant, it was in 1989 and I was in the third grade. I worked in the kitchen for my father from 1989 to 2000 and I hated it because he didn't treat me any different from a newcomer in the restaurant. I started out from the bottom, in the big stewarding, washing utensils used for cooking. From there, I progressed to chopping, an apprentice job. I slowly worked my way up. That entire process made me hate the kitchen because being the owner's son, I enjoyed the privileges at home and when I was suddenly forced to work in the kitchen, I detested it.

To escape him and the kitchen, in 1996/1997, I proposed to my dad that I wanted to study hotel management after completing my studies in commerce. Funnily enough, when I studied hotel management, the subject included F&B and these were life-changing years. My existent skills from working for my father were polished and it was also where I learnt French cuisine. After graduating, I proposed to my father that we should elevate our traditional way but to my dismay, he disagreed. We had a falling out in 2001 and I left him, stating I would never step foot in the restaurant again. Thenceforth, for the following 17 years till I opened Flour, I worked in the corporate world, being carried by the current, wherever it brought me.

I then joined aviation and took a job with AirAsia. When I was at the lowest point in life, in 2015, I was very depressed and found myself cooking again. I looked forward to going home and cooking, doing everything that I had learnt until 2000. It was amazing. When Natasha (my wife) came into my life and ate the food I made for her, she gave me the push and support I needed to realise my

dream. We kicked it off by registering the company and in February 2017, we opened Flour. Flour has changed my life in so many ways. This restaurant is dedicated to my father, whose name and teachings adorn Flour's wall. The man's kitchen which I hated the most was where I eventually ended up. Life's a circle and my circle is complete.

### When did you realise your passion for cooking?

I realised that cooking or the kitchen was a cancer to me way back in 2005. It's funny because I never spoke to any friends about learning French culinary skills; the only thing I'd discuss was how my fingers were calloused and broken from chopping 50 kg of onions at my father's restaurant. I talked about my experience at my father's restaurant with my friends was when I started realising that I kept going back to the kitchen and that's my passion.

### Do you remember the first dish you ever made?

The first thing I ever made was the batata fritters. My dad is famous for it in Bombay. Batata fritters is a very common dish with various renditions of it just like the nasi goreng. My dad by far, has the best batata fritters recipe ever and it was the first thing I learnt. He saw me struggle trying to make batata fritters countless times and he would just look at me and walk away. One day, he came to me and said, "Stop using your brain." A week later, I got the recipe right. What he meant to say was stop using your brain, use your heart.

### What made you come to Malaysia?

A job. I was fed up in Dubai. I was almost at the peak of my career in Dubai when AirAsia headhunted me for my services. The whole idea was for me to find solutions to increase revenue for

AirAsia X. That was how I came here and it has changed my life. I came here expecting nothing but Malaysia has given me everything.

### What was your first impression of Malaysia?

Very cold. I'm a very social and easy-going person who will go up to a stranger and say hi without any intention. Here, it was very different because I found circles and cliques which were hard to get into. Later on, from friends I made in the office, they taught me the way to get across to a Malaysian and then, I was in.

### What is your favourite local dish?

I like the Chinese soupy clams; that's by far my favourite. I also love rendang and Ba Ku Teh. I could eat Ba Ku Teh for breakfast, lunch, tea and dinner. It's one of my favourites because I've not had a soup that's so flavourful and so simple to make.

### What do you do to wind down?

To be frank, I do nothing to wind down. I don't know how to describe that I'm tired but it's a happy tiredness. In a week, I crash for a day where I sleep for 10 hours but other than that, I'm always cooking. There are two holidays that I take with Natasha and they last a week each.

### Aside from Flour, is there anywhere else in KL you dine at?

Oh yes. Isabel by Chef Hafiz for Southeast Asian food. I think it's tremendous and a great find. Second, Nero Nero for Italian food and Proof Pizza. I also love Malaysian coffee; cham (mix) is to die for. My favourite Malaysian breakfast is one glass of cham, one kaya-butter steamed bread, one kaya-butter toast and half-boiled eggs. That's the perfect breakfast for me.





SITI WAJIAH KHLIL SPEAKS TO

## MATTHIAS GELBER

### The Green Man

*Born and raised in a small village in Germany, Matthias Gelber is a world-renowned green activist with a mission to save the planet and inspiring others to follow suit. As the environmental chief officer at New Era Energy, his vast knowledge and experience in environmental issues has led him to a journey of talks and trainings, advising individuals, schools, communities, governments and corporations in more than 40 countries on green innovations, behaviour and lifestyle. In Malaysia, he is popularly known as the 'Orang Hijau' or Green Man.*

**How did your upbringing make you become the 'Green Man' that you are today?**

I grew up surrounded by forest, which were our playground. There was no tablet or Internet. These things didn't exist then. I was somebody who was and is very close to nature. When my father asked me what I wanted to do as a career, I said I wanted to save the planet.

**What made you want to save the planet?**

One time we had acid rain in Germany and our pine forests were dying. There were toxic chemicals in the rain from the emission of polluting factories. It was damaging our forests. I also read this book by Rachel Carson titled "Silent Spring". The author talks about how toxic pollution was killing humans. So I concluded that I needed to make my contribution.

**How did you begin the journey of your green career?**

I decided to study chemistry because if I know where the chemicals come from, I can help and know how to stop these chemicals from penetrating parts of the environment. Then I did my master's in Environmental Science and Management at Brunel University, London. I got a job offer by a professor for a project that was funded by the European Union and very quickly became an expert on working with companies on environmental systems. At the same time, the international standard called ISO 14,000 & One Solutions was launched and published by ISO (International Organisation for Standardisation). From then on, a lot of organisations were interested. Since I was one of the first people involved, I was invited all over the world to give talks, including Malaysia in 1999.



**Tell us about your work in Malaysia.**

I've been here for 14 years, since 2004. I started this movement on Facebook called Eco Warriors Malaysia. We did a lot of tree planting campaigns in degraded peat swamp forests, which was how I learned where the haze came from. The haze didn't come from open burning like most people thought, it came from the drainage of the peat swamp. When you drain the peat swamp and lower the water level, the peat will burn in the dry period. This happens mostly in Indonesia and sometimes also in Malaysia. Firefighters can't do anything because the fire is not above the soil, it's in the soil. The soil is not like earth, it's concentrated carbon. So it burns and because it burns, there's little oxygen and you get haze.

**What are your tips on living eco-friendly?**

For me, I keep my electricity consumption very low because every kilo hour of electricity is 750gm of carbon dioxide. So it increases our global warming climate change carbon footprint. There are small things you can do to conserve energy without spending a lot of money. Use the fan instead of the air-conditioner. Adjust the water pressure or turn off the water pump. I save over 90% of electricity. Not by investing money in solar but because of a different mindset and behaviour. These are the things that I'm trying to teach.



**Was it easy to adapt when you first came to Malaysia?**

Adapting to Malaysia was easy. I love the local food. I always have thosai, no oil with thick dhal curry. Also a bit of sambal on top. I like the thosai to be 'banjir' (flooded). I always order teh o ais limau kosong with no straw. The mamak where I regularly go to knows never to give me a straw or I'll get upset. Malaysia caters to everyone. If you want Malay kampung food, you go to Sungai Penchala it food there. If you want Western cuisine, you go to Changkat or Bangsar.

**Where in Malaysia have you travelled which left you a strong impact?**

There are a lot of places that are lovely in Malaysia. A place that had a big impact on me was Bario Kelabit Highlands in Sarawak. There's a very strong community spirit there. Very little Internet and phone connection there. I was so amazed with the traditional way of life but at the same time, fretted over the modern agriculture methods. The Kelabits are famous for their organic rice, but I saw modern methods

coming in that they were using pesticides and chemicals that could destroy the heritage of a very well-established brand. One thing that struck me were the old women in the longhouses. They've worked in the rice fields and eaten only organic food, living very long lives. Isn't that an indicator that we should study and even turn that place into a holistic environmental and health centre where people can learn how to live long? They don't have the stress of modern society and maintain strong family bonds, so they grow much older than the city folk. I don't think people living a traditional lifestyle are that much exposed to cancer as we are in a modern city environment.

**What would you like to achieve in Malaysia?**

I still have a role to play here. One of the things I did was building the first tiny eco home in Malaysia, completely using green technology. My vision has always been to tour Malaysia with that tiny home and inspire the students and youngsters in the country.



# Kia Stinger GT

Finally here to wow Malaysians



The grand launch of the new Kia Stinger

**N**aza Kia Malaysia Sdn Bhd (NKM), the official distributor of KIA vehicles in Malaysia, officially took the wraps off the Kia Stinger on July 10, 2018, marking the Korean marque's foray into the sport sedan segment in the country. Derived from the world-renowned GT concept, the KIA's fastest automobile yet is designed to be a true gran turismo, earning it global recognition for its blend of high performance and supreme comfort.

During the launch, Datuk Samson Anand George, Group CEO, Automotive Group, Naza Corporation Holdings Sdn Bhd, said, "The Kia Stinger is the culmination of years of passion and commitment fuelled by the brand's bold and adventurous spirit to amalgamate nimble performance and unyielding style. To meet customer demands in Malaysia, we are introducing two variants of the Kia Stinger, the 3.3-litre V6 GT and the 2.0-litre GT-Line, both sports sedans that exude disarming confidence, elegance and athleticism."

The Kia Stinger possesses a sleek fastback silhouette and rear-wheel-drive proportions with an aerodynamic profile that has been further enhanced with immaculate bodywork. The aggressive stance is amplified with Kia's signature 'tiger-nose' grille, sitting proudly at the front between complex full LED headlamps and accentuated with honeycomb-shaped, dark-chromed, hot-stamped patterns added onto a black base to ensure a premium exterior.

Inside is a sleek and sophisticated cabin space, evoking a minimally luxurious feel

with its aircraft-style design and high-quality finishes in modern key colours. Ultra-soft Nappa leather envelops the deeply contoured seats for the 3.3L V6 GT trim and natural leather is available for the 2.0L GT-Line. Both variants offer 8-way power driver seat and 4-way mechanical lumbar support. Aeronautically-inspired circular vents and the warm and inviting LED lights softly illuminate the finely-crafted interior.

For intuitive control and smarter, more spirited driving, the Stinger's innovative shift-by-wire transmission control allows the driver to interchange between transmission modes through electronic controls. The Kia Stinger also proved its mettle to handle even the most demanding road conditions with composed poise, contributed by the Vehicle Dynamic Control (VDC) that features the sophisticated Dynamic Torque Vectoring Control System. This system monitors driver inputs and road conditions, giving the driver confidence to manoeuvre even in the most inclement weather. Other powerful features include Electronically-Controlled Suspension (ECS) and Rack-Mounted Motor-Driven Power Steering (R-MDPS).

The Kia Stinger rides on a chassis comprising 55 percent advanced high-strength steel, and the MacPherson front setup features large diameter shock absorbers, high-strength wheel bearings, and an aluminium strut brace, while the reinforced five-link rear suspension is mounted to a stiffened rear subframe for outstanding durability.

The Stinger's long wheelbase at 2,905mm is ahead of its segment, and boasts a longer and wider body than many others in the same segment at 4830mm and 1,870mm respectively. This advantage allows for generous front and rear legroom while the lowered hip point provides ample headroom even for the tallest occupants. With 406 litres of boot space, the Kia Stinger's boot area is also larger than many of its competitors, with enough space to accommodate full-size luggage or golf bags.

The car also features a high dashboard with a powerful dose of dynamics and pure emotion interior that lays out a strong horizontal plane for the driver. The centre console is intuitively split into two specific areas: the infotainment system and an



Datuk Samson Anand George delivering a speech at the launch



Datuk Samson Anand George at the launch with respected guest

8-inch floating navigation touchscreen integrated with Bluetooth, Apple CarPlay and Android Auto, while climate and ventilation controls nestle beneath.

Scenic drives are not complete without a superior sound system. With a 15-speaker Harman Kardon premium speaker system, the KIA Stinger further amplifies the dynamic driving experience with crisp sound clarity. Other amenities include Colour Head-Up Display (HUD), Dynamic Bending Light (DBL), Around View Monitor (AVM) with Driving Rear-View (DRM) Monitors, Integrated Memory System (IMS) for the driver's seat, wireless smartphone charger and electrochromic side mirrors to control the glare of incoming headlights.

The KIA Stinger's debut stunned many on the international arena. Since its introduction to the world in August 2017, the Kia Stinger has clinched numerous global accolades from prestigious names of the industry, such as 'Best of the Year' & 'Best Sports Sedan' in MotorWeek's 2018 Drivers' Choice Awards, Roadshow by CNET Shift Award for 2018 Vehicle of The Year Awards, 10 Best Interiors for 2018, AutoGuide 2018 Car of The Year, Autotrader's 10 Best Car Interiors under \$50,000 for 2018 and many more. Its aesthetic value too has already gained recognition worldwide, having received an EyesOn Design award for Production Car Design Excellence at the North American International Auto Show (NAIAS) in 2017.





From Left: Dato Paduka Haji Alaihuddin bin Pehin Orang Kaya Digadong Seri Lela, Datuk Dr. Rosli Ali, Tan Sri Dr. Rosli Ali, Tan Sri Dr. Rosli Ali, Tan Sri Yahya Awang, Anwar Anis, Dr. Jasman Haris and Andy Ko



From Left: Munzir Ahmad, Datuk Dr Razali Omar, Nooraini Hashim, Wong Chun Keong, Dr Nik Fawaz Aziz, Franciska Kim and Tan Eng Ghee



From Left: Datin Sharmilla, Datuk Gary Thanasan, Noormah Mohd Noor and Kelen Leong

# CVSKL's First Raya Open House

BY HIRANMAYII AWLI MOHANAN

Cardiac Vascular Sentral Kuala Lumpur (CVSKL), a hospital that specialises in comprehensive, modern care for patients with cardiac and vascular diseases held its first Aidilfitri open house since its opening. The merriment took place at Nexus Bangsar South and saw approximately 250 guests in attendance. The list of distinguished guests included Datuk Dr Razali Omar, Datuk Dr Rosli Ali Dato' and Dr David Chew. The casual Raya event was held to bridge the solidarity between the CVSKL team and their corporate clients. Tan Sri Dr Yahya bin Awang, chairman and consultant cardiothoracic surgeon of CVSKL was also part of the action. Besides the glorious spread of traditional Raya fare, there were exciting happenings that kept guests entertained, including making their own terrarium. As the event came to a soaring end, lucky guests walked home with handsome prizes for the activities they took part in.



The lucky prize winners



From Left: Cindy Cheah, Datin Khor Ai Hong and Loo Soo Yin



Guests relishing their Raya meal



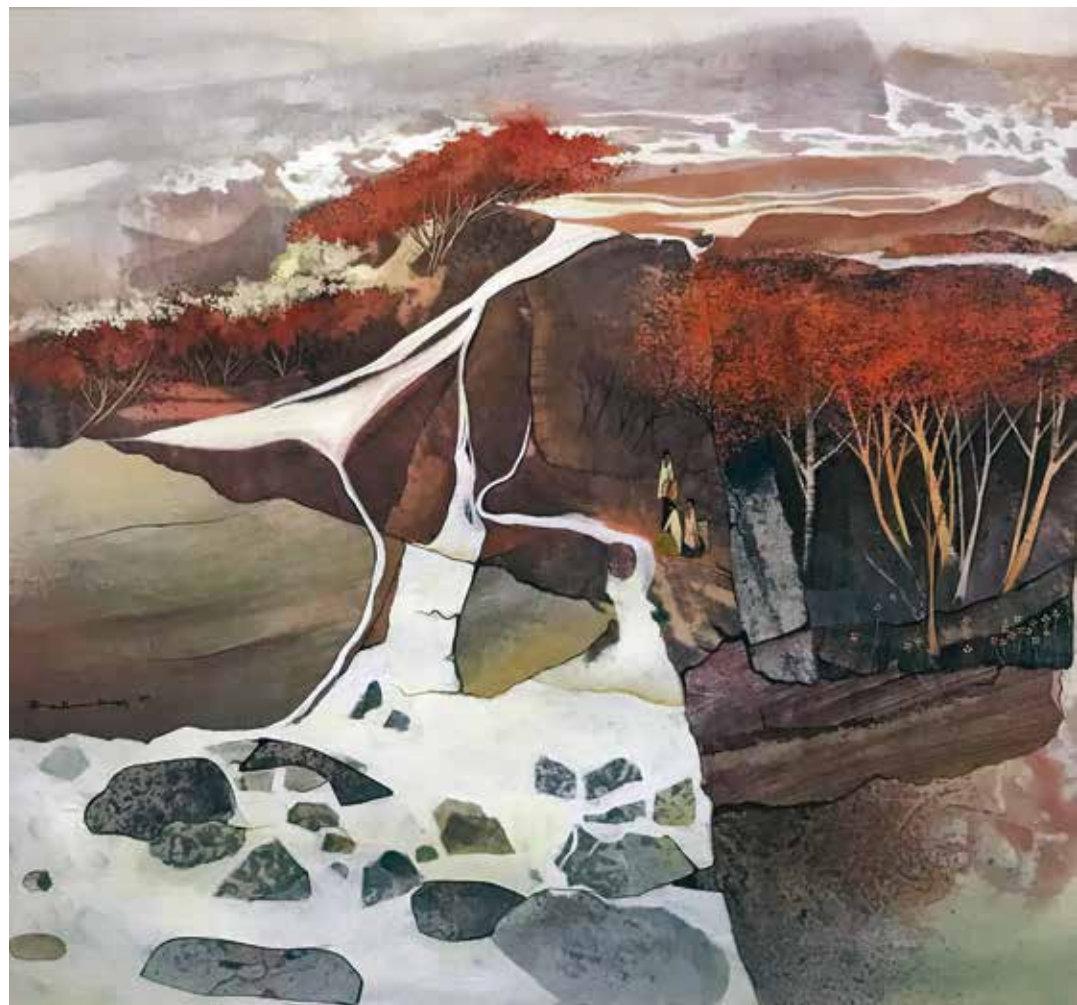
From Left: Tan Sri Dr Yahya Awang, Mahidon Promwicit and Rohit Nambiar



# TAY BAK KOI

Mesmerising Viewers With His Distinct Style

BY HIRANMAYII AWLI MOHANAN



At the Estuary, 1989  
Gouache on paper 76 x 71 cm  
**RM 8,000 - RM 18,000**  
KLAS Art Auction September 2018  
Sale XXXIII

**AT THE ESTUARY (1989)**  
In this piece, Tay created what looks like a dreamlike landscape of an estuary. It can be witnessed here that earthy tones came into play in this painting, bringing life to trees and the mountain range in the backdrop. Using a stylised and askew geometrical form, Tay pulled his viewers in, into his fantastical world.

Second-generation Singaporean artist, Tay Bak Koi is fondly known for his illustrations of urban landscapes, fishing villages and ‘kampung’. He was born in 1939. His artistic beginnings came from an innate talent and potential, which was later recognised by his father’s friend, who subsequently enrolled him in

the prestigious Nanyang Academy of Fine Arts (NAFA) in 1957. However, Tay’s father wasn’t supportive of this decision as he expected Tay to help out with the family business and eventually take over it. Despite his ordeal and isolation, Tay remained resolute in his pursuit and was determined to thrive as an artist with a unique personal style.

Tay, a rebellious teen at NAFA, soon disliked the establishment for being structurally rigid and he refused to conform. Instead, he spent much of his three-year course selling crabs at his father’s market stall while experimenting with oils and watercolours which later became his forte. Tay knew that his career and life thenceforth would involve the arts, specifically as an artist.



**CROSSING THE RIVER**  
In Tay’s archetypal manner, he brought forth ‘Crossing the River’, resonating warmer hues that instantly captivates the eye of its beholder. Tay had cleverly captured the landscape of the river and two figures on a boat, one rowing and one as a passenger, in his distinct manner. The two figures are dressed in vibrant and contrasting colours to the background, immediately making them the highlight of the painting.

Crossing The River  
Water colour on board 21 x 12 cm  
**RM 2,500 - RM 5,000**  
KLAS Art Auction September 2018  
Sale XXXIII

It was at NAFA where Tay befriended and soon after became the disciple of the late Cheong Soo Pieng, one of the founding fathers of the Nanyang-style of paintings. Cheong is widely revered for his experiments in brush techniques and the amalgamation of East-West elements in his paintings. Cheong had a great influence on Tay’s works. In fact, many artworks produced during the primordial days of his

artistic career in the 1960’s resemble the mark of his former teacher’s style. While it took him several years, Tay, known for his dedication to perfecting pictorial techniques and developing his own range of stylised images, eventually broke from the mould and found his own niche.

Despite the arduous challenge faced by first and second-generation artists to make a

living in Singapore, Tay persisted. He gained his first commercial breakthrough in the late 1970’s when the prestigious Hilton Hotel recognised his talent and commissioned him to create 300 paintings to line the walls of the hotel. This marked the beginning of an illustrious art career for Tay. To date, his works have been featured in numerous exhibitions around the world, including Hong Kong, Australia, Germany, Japan and the United States.





Misty Morning, 1970s  
Watercolour on paper 60 x 98 cm  
**SOLD RM 27,052.80**  
KLAS Art Auction 15 April 2018  
Sale XXXI

ARTISTIC STYLE PROGRESSION

One can discern that Tay’s artistic career has gone through a distinct evolution. When he began in 1964, his works emanated a strong resemblance to his mentor, Cheong Soo Pieng’s. Then, as Tay gained experience and grew in experimentation, his art started to come to life in a unique way.

Tay’s paintings of the landscapes in Singapore thrive on a palette dominated by cool colours. Their complexity and richness both in texture and form far surpass those of his earlier paintings. Progressing from the bold and abstract, Tay’s works subsequently embodied a dreamlike quality, often blurring the lines between fantasy and reality, emitting a sense of tranquillity, and even timelessness.

The artist continued his tinkering on canvas for six years before he fashioned his own unique visual interpretation of buffaloes, which would become a distinctive mark

in many of his paintings. The animals, depicted in an askew geometrical form, are highly stylised, with comically massive bodies supported on two pairs of inverted V-shaped legs, and with small heads and sharp humps.

In the 1990’s, Tay began incorporating warmer colours into his palette, his works transforming to become more grounded, real and ornamental. During this period, Singapore was modernising rapidly and Tay worked on capturing the nostalgia and recollection of the country’s familiar landmarks and favourite haunts. It was then he painted an oeuvre of urban landscapes that included the Singapore River, as well as Chinatown with its bustling vendors and colourful makeshift tents.

One of his noteworthy creations depicts the captivating battle of two fighting cocks in Kelantan. The intensity of the scene was so beautifully captured by Tay;

you could feel the energy reverberating off the painting. Dominated by hues of red and orange, the use of swift, forceful one-directional brush strokes conveys the aggressive motion of the cocks, in the heat of skirmish, their wings flapping frantically and feathers splitting as the fray goes on.

Tay’s illustrious career came to a soaring end when he passed away in 2005. Two years after his death, a solo exhibition of Tay’s works was hosted by the Stamford House of Singapore, a tribute to the artist entitled, ‘Reminiscences of Tay Bak Koi’. In 2013, a group comprising art collectors celebrated the legacy of the late artist by presenting an exhibition, ‘Reminiscing Tay Bak Koi’. A form of mini retrospective, the showcase unveiled over 40 of Tay’s works, some dating back to his juvenescence as an artist. However, what took prominence during the showcase was a two-metre, mammoth of oil composition of buffaloes accomplished by Tay in the 1980’s.

JOHN COBURN  
Australia’s Foremost Abstract Artist  
BY HIRANMAYII AWLI MOHANAN



Phoenix, 1971  
Gouache on paper 55 x 76 cm

John Coburn was born in 1926 in the sugar town of Ingham, north Queensland. He was an Australian abstract painter, teacher, tapestry designer and printmaker. In 1942, at the age of 17, he joined the navy where he became a radio operator. At the war’s end, he returned to a bank job in far western Queensland but after only a few months he fled to Sydney intending to enrol as a full-time art student under the Ex-Servicemen’s Rehabilitation Scheme at the East Sydney Technical College in Darlinghurst (later to become the National Art School).

He graduated in 1952 and became a teacher at the art school before joining the ABC as a graphic designer between 1956 and 1959. He held his first one-man show in 1957 at the Gallery of Contemporary Art in Melbourne. A year later, he held his first exhibition with legendary Melbourne dealers Anne and Thomas ‘Tam’ Purves at Australian Galleries, and has been represented by Australian in Melbourne ever since, although for three years he had struck up a successful exhibiting relationship with Vic Stafford’s Armadale gallery, Axia Modern Art.

In 1966, his career took a momentous detour when he was invited to design tapestries for the world-renowned Aubusson Workshops, 250 kilometres south of Paris. He moved to France three years later to live in the Paris suburb of Croissy-sur-Seine and achieved almost immediate fame with his designs for the ‘Curtain of the Sun’ and ‘Curtain of the Moon’ for the new Sydney Opera House, while a series of seven tapestries, ‘The Creation’, presented to the USA as a gift from the Australian

Government, was hung in the John F Kennedy Centre for the Performing Arts in Washington.

Coburn had been painting for the past half a century according to a simple philosophy: “I want to express my feelings about nature and the world.” Adopting religious and spiritual themes in his pursuit of abstract art as his mode of expression had obliged Coburn to pursue a lonely course, apart from the mainstream of post-war Australian painters. It was only later, when the consistency of his approach had been appreciated and his paintings achieved greater depth and colour, that his reputation spread and wider recognition been accorded. He was widely held as one of Australia’s foremost abstract artists.

Where To Find His Works

John Coburn is represented in collections of the National Gallery of Australia, Art Gallery of NSW, Museum of Contemporary Art, Rome’s Vatican Museum, Vienna’s Graphische Sammlung Albertina, as well as state and regional galleries in Australia. Many important works were commissioned by The Christensen Fund in Perth and they are regularly on exhibition there. His ‘Death and Transfiguration’ is in the Federal Parliament’s collection and the PercTucker Regional Gallery in Townsville holds ‘Desert Ceremony’ which recalls an aboriginal corroboree. His three-panelled ‘Primordial Garden’ is in the National Gallery of Victoria while the Art Gallery of NSW holds ‘Tree of Life I’, ‘Song of the Earth’, ‘They Gave Him Vinegar Mixed with Gall’, ‘Setting Sun’, ‘Ku-ring-gai’ and ‘Tribe’ which he donated after the death of his first wife, Barbara. Coburn died on Nov 7, 2006 in Sydney.



# CHOO KENG KWANG’S TOP 3 RECORD-BREAKING PRICES ACHIEVED AT KLAS

The Celebrated Oil Painter

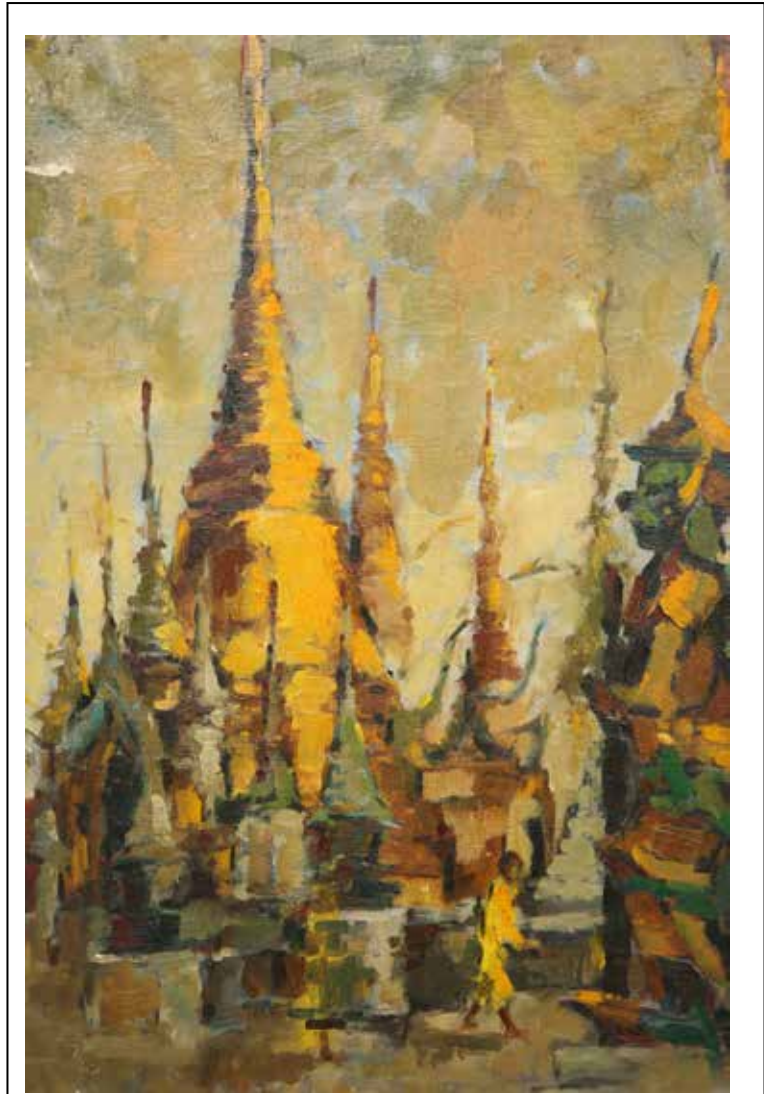
BY HIRANMAYIL AWLI MOHANAN



Singapore Skyline, 1976  
Oil on canvas 54 x 90 cm  
**SOLD RM 59,178.00**  
KLAS Art Auction 30 July 2017  
Sale XXVIII

Choo Keng Kwang, is a renowned first generation artist and is the pride and joy of his country, Singapore. Choo gained his well-deserved reputation through his timeless and traditional oil paintings of landscapes, animals and nature inspired mostly from his travels and exposure. Choo is not only a highly accomplished painter but a committed educationist and a generous supporter of social charities. His contributions and efforts since the 1950’s have made him a cherished icon in the world of art.

Born in 1931, Choo was the son of a Teochew diamond trader, Choo Kim Kye, and his talent was apparent from a young age. During his school years, he not only attended the Catholic High School, he also enrolled for art courses at Nanyang Academy of Fine Arts (NAFA). Despite facing criticism and disapproval from his teachers, due to his unwavering dedication to both his regular studies and art classes, he graduated from both schools in 1953. Although Choo showed interest in art during his school years, it was not until after he graduated that he seriously delved into the field. He chose to be an educator and started teaching first, which eventually led to Choo being the principal of Sin Hua School.



Emerald Temple Bangkok, 1961  
Oil on canvas 60.5 x 45 cm  
**RM 12,000 - RM 25,000**  
KLAS Art Auction September 2018  
Sale XXXIII

During his early years as an artist, Choo befriended legends of the Singapore art circle including Lee Man Fong, Georgette Chen, Liu Kang and Cheong Soo Pieng. Despite having a tight-knit relationship, their art styles varied significantly from each other. For instance, his dear friend Lee Man Fong featured pigeons perched on big brown stones while Choo’s pigeons in his paintings stand on pine and bougainvillea trees. While Lee incorporated the Linan style, Choo’s reek of Western impressionism and rules of perspective with traditional Chinese brushwork. Often, his bird paintings featured them descending in a spectacular vision amid swirling mists, to nest in foliage.



Three Cockatoos, 1982  
Oil on masonite board 80 x 122 cm  
**SOLD RM 49,596.80**  
KLAS Art Auction 28 January 2018  
Sale XXX



Houseboats Along the River, 1970s  
Oil on canvas 61 x 101 cm  
**SOLD RM 47,040.00**  
KLAS Art Auction 8 November 2014  
Edition XII

His artistic touch in his bird paintings also exudes a romantic and atmospheric visual that carry powerful symbolic values with technical virtuosity, hence his title, the Painter of Doves and Pigeons.

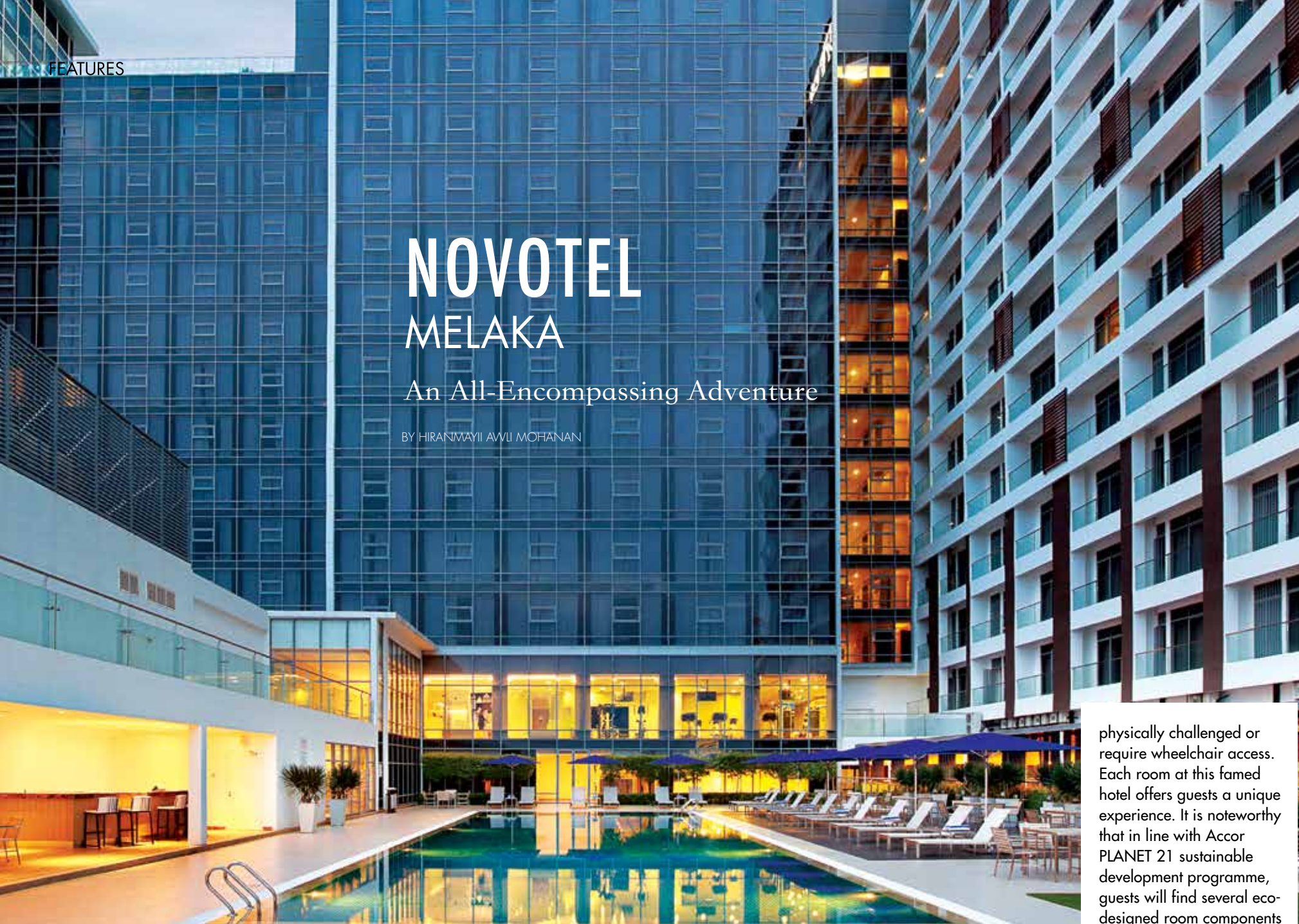
Since the inception of KL Lifestyle Art Space, it has sold numerous works of Choo’s and it comes as no surprise that his works have bewitched the eyes of their beholder. Choo’s grandiose paintings have fetched astounding prices, or rather, record prices that are deserving of his oil paintings.



# NOVOTEL MELAKA

## An All-Encompassing Adventure

BY HIRANJAYII AWLI MOHANAN



Jalan Melaka Raya 2,  
Taman Melaka Raya,  
75000 Melaka.  
TEL: 06-2898222

I don't know what is it about Melaka that appeals to me; it feels like travelling to a foreign country and every time I travel there, I get butterflies in my stomach and like a child, I get very excited. There's something about this magical city that reeks of heritage, culture, delectable fare and stunning sceneries. Adding to its spectacular skyline is a renowned brand, AccorHotel's latest contrivance, Novotel Melaka.

This swanky hotel is ideally located in the heart of the city

where the major attractions are within walking distance, allowing guests to enjoy what make this state great. This property offers 351 well-appointed rooms boasting magnificent views of the Straits of Melaka and the city. Ranging from superior to premier suite, detailed attention was paid and had been carefully designed to blend ergonomics with bounteous space, contemporary flair and colourful décor.

Famed globally for emanating relaxation and comfort in every

Novotel hotel, this particular property is no different. As soon as you enter the lobby, a wave of serenity greets and welcomes you to an abode away from home. The guest rooms are designed to be so homey with splashes of cool colours, and natural light paired with contemporary tech features will make you reluctant to leave the room.

Having thought of every detail, Novotel Melaka also offers rooms for the disabled which are designed to comfortably accommodate guests who are

physically challenged or require wheelchair access. Each room at this famed hotel offers guests a unique experience. It is noteworthy that in line with Accor PLANET 21 sustainable development programme, guests will find several eco-designed room components such as the bathroom amenities, making guests' stay a memorable one.

Just when I thought this hotel couldn't amaze me anymore, it proved me wrong with its host of facilities. Patrons who are reluctant to leave the hotel premises can rejoice because Novotel Melaka boasts its signature, all-day dining restaurant, The Square. Mouths will water and stomachs will grumble at the sight of international and local fare which include Melaka's favourite Nyonya cuisine.



Premier Executive Room  
Eureka Meeting Room  
TheSquare



Novotel's Pool Bar is also a perfect setting to catch up with friends and dust the cobwebs of the day while enjoying snacks and libations.

In addition, every Friday night, this hotel hosts a delectable Pool Side BBQ that sees an array of mouth-watering seafood and poultry as well as a free drink that guests can relish in.

Besides that, the hotel's host of facilities include a ballroom to hold the most special days in

your life or any event for that matter. In addition, this hotel makes for a great place to close business deals in seven of their meeting rooms and business centre, all equipped with state-of-the-art audio and visual equipment. These modern, contemporary rooms are bright and suitable for meeting, workshops and small private functions. The rooms are separable by collapsible partitions, making it effortless to cater to guests' needs. Guests can also opt to bask in the

Malaysian sun and sea breeze by holding their functions outdoor, at Novotel Melaka's private deck.

Given that Melaka is a haven for glorious local cuisine, facilities such as the swimming pool and the fitness centre make burning off all those delicious calories a piece of cake. To sum it all up, Novotel Melaka offers guests an all-encompassing experience that will draw them back every time they visit Melaka.



# NEW WORLD HOTEL PETALING JAYA

## Leisure or Business of Excellence and Style

BY SITI WAJIAH KHOLIL

New World Petaling Jaya Hotel made its debut on January 17, 2018 as the first property in Malaysia for New World Hotels & Resorts. After only seven months in operation, the hotel is receiving rave reviews by many individuals, companies and organisations, ranking number one on Trip Advisor as the best hotel in Petaling Jaya for three consecutive months. The stylish, deluxe hotel is one of the tallest hotels in Petaling Jaya, with direct access to a major highway route as well as in close proximity to the Kelana Jaya LRT station to offer doorstep conveniences and easy connection to both business and leisure activities. Even Paradigm Mall is just next door.

A step into the hotel, I was deeply mesmerised by the modern and contemporary décor. What I love about it is, despite being a sophisticated and business-like concept, there are tinges of local culture around the hotel. Insta-worthy and picturesque Malaysian influence is present from the moment of entry with a six-metre high 'wau' (traditional Malaysian kite) setting an imposing structure at the lobby. What left the biggest impression on me was the colossal three-metre 'gasing' (traditional Malaysian spinning top) sculpture just casually having a place for itself. There are also well-curated local artworks placed all over the hotel such as the rooms, halls and other areas which are aesthetically pleasing to the eye.



Lobby



Bedroom Suite



The Lounge

"New World Petaling Jaya Hotel is both a gateway and a getaway in the location, welcoming, residential-style home base to conduct business and discover the area's many attractions, meet up with friends and professional associates, or simply unwind and relax in style," according to its general manager, Jai Kishan.

The hotel's 300 guestrooms feature bamboo flooring to convey both tactile warmth and a feeling of spaciousness, complementing the contemporary design which includes sleek furnishings and marble-clad bathrooms to create an element of opulence. The rooms also display unique Malaysian-themed artwork and design for a sense of identity that is proudly Malaysian. With subtle and warm colour palettes of understated azure, in sync with mood lighting, those who come here to work would feel at complete ease and comfort as their room emits a very calming ambience. As the 20 spacious suites also feature free-standing bathtubs, you can

make yourself a nice warm bubble bath to relieve your stress. The bed sheets and the pillows are extremely soft and cosy too. Just count to 10 and you will find yourself feeling sleepy or falling asleep.

Do note that suite guests are provided access to the New World Hotels' signature Residence Club Living Room which offers exclusive benefits such as complimentary breakfast, all-day refreshments and dedicated concierge service, as well as sweeping cityscape views.

What I really want to emphasise is how New World Hotel puts a strong emphasis on highlighting local culture so that those who are visiting from abroad will be able to have a taste of the local cuisine without having to go far, especially those who are too busy to explore outside the hotel vicinity and are staying for a short business trip. The hotel's in-house eatery, Pasar Baru, salutes Malaysia's multi-cultural mélange of Malay, Indian and Chinese flavours in a lively market-style setting. Traditional mosaic tiles synonymous with the local Peranakan heritage adorn the walls of Pasar Baru, creating a colourful and vibrant setting to elevate the local market experience in sync with Malaysian culture. The eatery also serves Western favourites and is open for breakfast, lunch and dinner, delivering fresh food from live cooking stations.

Having had the privilege to sample the dishes, my top favourite pick would be the Curry Laksa which was rich and flavourful. The chicken rice is also a top choice of

Paradigm, 1 Jalan SS7/26A, Kelana Jaya, 47301 Petaling Jaya, Selangor, Malaysia  
Tel: +603 7682 0000

mine in which the rice was so fragrant and the chicken so tender. Not to forget, the Indian station also left a great impression with its tasty biryani and mutton dish. As for dessert, I absolutely love their creamy crème brulee, sweet sago gula Melaka and the unforgettable durian tempura.

Set atop the 30th floor against cityscape views, PJ's Bar & Grill is the largest rooftop bar in Petaling Jaya fitted with a viewing deck, perfect for capturing the city's panoramic skyline. The sophisticated restaurant specialises in Western and Asian grilled dishes, tantalising appetisers and creative cocktails. You can hang around merely for drinks while witnessing the beautiful sunset. There is also a private cigar lounge, scenically situated next to the outdoor infinity-edge rooftop pool. Take your time to swim and sunbathe or enjoy the whirlpool for a relaxing and bubbly massage, backdropped with a city panorama. If you are in need of a workout, a fully equipped state-of-the-art fitness centre is located on Level 29.

The Lounge in the hotel's lobby is the favourite spot to catch up with friends or business partners. During the day, natural sunlight shines in from the wide, two-storey-high windows, while at night, the panorama of lights resonates with the city's energy and charm. There are multiple cosy seating areas for patrons to relax where they can savour a refreshing drink, be it a cocktail, coffee or tea, along with a savoury snack or luscious dessert.

The hotel also features event spaces which include a 1,700-square-metre pillarless grand ballroom, accommodating up to 1,000 guests. If you are in search of a venue for a conference, symposium, launch or even to celebrate your special day, New World Hotel ensures excellence in their service and so far has a positive track record when it comes to assuring the success of an event. Their menu, space and aesthetics holistically leave an impact on visitors with meeting rooms with abundant natural light, making it the ideal place for business meetings or social functions.



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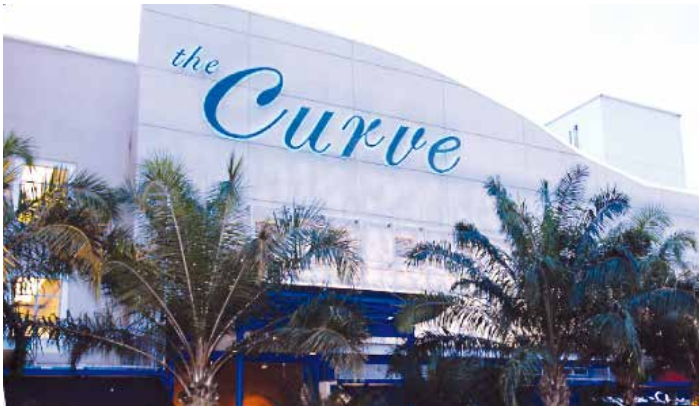


Developer: Mayfair Ventures Sdn Bhd (1046201-T) • Developer's License No.: 14157-1/11-2017/0941(I) • Validity Period: 10/11/2015 - 09/11/2017 • Advertising & Sales Permit No.: 14157-1/11-2017/0941(P) • Validity Period: 10/11/2015 - 09/11/2017 • Approving Authority: Majlis Bandaraya Petaling Jaya • Approval Plan No.: MBPJ/120100/7/P1079/2015 • Land Encumbrances: United Overseas Bank (Malaysia) Bhd • Land Tenure: Leasehold 99 years (Expiry 30 December 2114) • Expected Date of Completion: June 2019 • Type of Property: Serviced Residences • Total Units: 372 • Selling Price: RM809,200.00 (Min) - RM1,952,303.00 (Max) • Built Up: 862sqft (Min) - 2,218sqft (Max) • Bumiputera Discount: 10% • SOHO: Total Units: 62 • Selling Price: RM550,000 (Min) - RM 700,000 (Max) • Built Up: 441sqft (Min) - 452sqft (Max) • Restriction in Interest: This land cannot be transferred, leased or charged without prior consent from State Authority.

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**the Curve**  
Mutiarra 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 - from 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 PUJ 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 specialty 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 dayly

**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



**KFRY**  
IOI CITY MALL, IOI RESORT, 62502 PUTRAJAYA, SELANGOR



**SKYBAR**  
ERSIARAN KLCC, KUALA LUMPUR CITY CENTRE, 50088 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

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

### Indian

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

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

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

### International

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

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

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

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

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

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

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



## CARDIAC & VASCULAR HOSPITAL

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

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

☎ +603 2276 7000 ✉ info@cvskl.com 🌐 www.cvskl.com 📱 CVSKL 📷 CVS.KL



Italian

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

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

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

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

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

Japanese

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

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

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

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

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

**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 Cuizine**  
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 (Ch), Mandarin Grill and Mo Bar (Bar & Grill), Mosaic (Buffet), The Mandarin Cake Shop, Cascades (Int'l), Wasabi Bistro (Jap) • From RM409(Internet)/RM499(phone) • D8 • www.mandarinoriental.com

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

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

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

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

**Pullman Kuala Lumpur**  
03-2170 8888 • 4, Jalan Conlay • 📍 Raja Chulan • Tai Zi Heen (Chi), Eccucino (Café), Enju (Jap) • From RM270-RM670 • E9 • www.princehotelkl.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), Lafite (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), Calestial Court (Chi) • From RM300- RM5,8250 • D6

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

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

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

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

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

★★★★★

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

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

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

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

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

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

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

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



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

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

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

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

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

**Pacific Regency Hotel Suites**  
03-2332 7777 • Menara PanGlobal, Jalan 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.qualifi.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) • From470+

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

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

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

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

**Vistana KL**  
03-4042 8000 • 9 Jalan Lumut, off Jalan Ipoh, Kuala Lumpur • 📍 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.alphagenesishotel.com

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

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

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

**First World Hotel**  
03-6101 1118 • Genting Highlands • 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 7887 • 23 Lrg Medan Tuanku 1, off Jln Sultan Ismail • 📍 M Tuanku • Makana Restaurant • From RM110-RM170 • C5

HOTEL & RESORT  
★★★★★

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

**Berjaya Times Square Hotel & ConventionCentre**  
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), Eest (Pan Asian) • From RM480- RM7,000 • E9 • www.westin.com

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

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

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

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



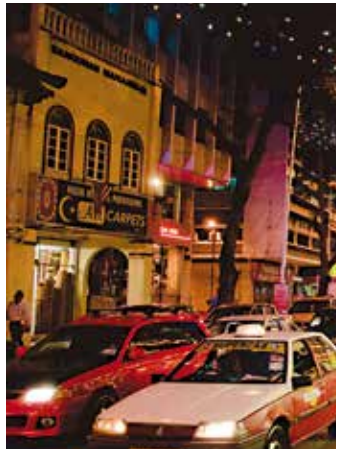
**KL Tower**  
03-2020 5499  
📍 Bukit Nanas • Jalan Punchak, off Jalan P Ramlee. • The KL Tower stands at 421 metres. The tower houses a revolving restaurant and an observation deck which takes 58 seconds to reach. Catch the sunset or experience sky jumping from the tower roof. • Opens 9am 10pm daily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



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

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

**Malaysian Tourism Centre**  
03-9235 4848 • 🚗 B Nanas • 109  
Jalan Ampang • This is a one-stop  
tourist service centre comprising the  
information counter (7am-10pm)  
Transnasional 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

**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



**Telekom Museum**  
03-2031 9966  
🚗 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

**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

**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



**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  
Mughul architecture dating back to  
1897. Originally the offices of the Colonial  
Secretariat, it then housed the Supreme  
Court. • E5

**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

**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  
a • Opens 8am-1:30pm & 2:30pm-6pm.  
• E5



**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

**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.

MUSEUMS

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

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

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

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

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

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

ARTS & CULTURE

**National 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

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

OTHER FUN-TASTIC  
THRILLS & SPILLS

**Casino**  
03-2718 1118 • Genting Highlands Hotel

**Flying**  
03-2141 1934 • Royal Selangor Flying Club

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

**Horse Riding**  
03-4256 4531 • Royal Selangor Polo Club,  
Jln Ampang Hilir

03-2094 1222 • Bukit Kiara Equestrian Club,  
Jln Bukit Kiara, Kuala Lumpur

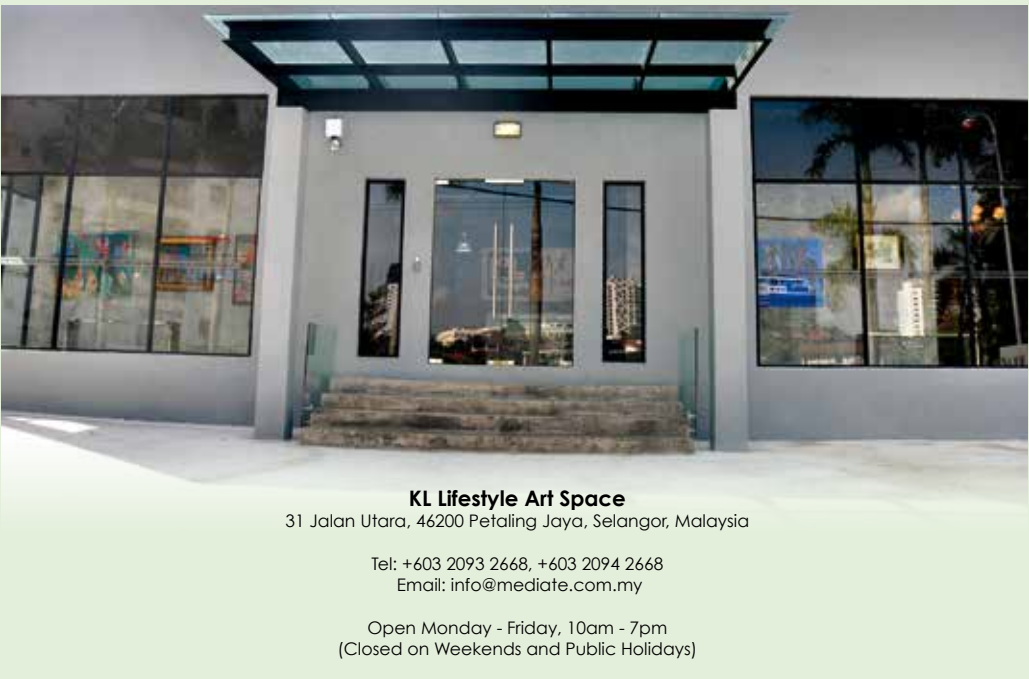
Theme Parks

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

**Sunway Lagoon Theme Park**  
3 Jalan Pjs 11/11, Bandar Sunway,  
Petaling Jaya . Tel: 03-5639 0000

**Genting Highlands Theme Park**  
Genting Highlands Resort  
Tel: 03-2718 1118

**District 21**  
Level 1, IOI City Mall, Putrajaya  
Tel: 03-8328 8888



**KL Lifestyle Art Space**  
31 Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia

Tel: +603 2093 2668, +603 2094 2668  
Email: info@mediate.com.my

Open Monday - Friday, 10am - 7pm  
(Closed on Weekends and Public Holidays)



**Bank Negara Malaysia Museum and Art Gallery Sasana Kijang**  
No. 2, Jalan Dato Onn, 50480 Kuala Lumpur  
Opening Hours: 10am to 6pm daily  
For Enquiries Call: 03-9179 2784



**University of Malaya Art Gallery (UMAG)**  
Tingkat 5, Bangunan Canseleri, Universiti Malaya, Petaling Jaya  
Tel: 03-79671061  
Opening Hours: 9.00am to 4.00pm  
Closed on: Saturday and Sunday



**Galeri Tenaga**  
Wisma TNB, Jalan Timur, Petaling Jaya  
Tel : +603-2296 5566  
Fax : +603-2282 3274  
Opening Hours: Monday – Friday : 10 am – 3 pm.



# 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 Brisdale 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
  - 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
- 2C Menara Kuala Lumpur
- 3A National Art Gallery
- 5C National Heritage Trust
- 2D National History Museum
- 4A National Library
- 1C National Monument
- 2D National Mosque

- 5B Galleriwan
- 2D Islamic Arts Museum Malaysia
- 2D Islamic Exhibition Centre
- 5C MISC Museum

- 5B France
- 5D Indonesia
- 5C Japan
- 5D Kuwait
- 3C Mexico

- 4D Imbi Plaza
- 4D Fahrenheit88
- 3D Kota Raya
- 4D Lot 10
- 3D Mydin Emporium
- 4D Pavilion Cinema
- 2B Pertama Complex

- 2E Kuala Lumpur Railway Station
- 4C Malaysia Airlines
- 2A Pekeliling Bus Station
- 3D Puduraya Bus & Taxi Station

- 2A Grand Pacific Hotel ★★
- 4D Parkroyal Hotel ★★★★★
- 3A Grand Seasons Hotel ★★★★★
- 4C Hotel Equatorial Kuala Lumpur ★★★★★
- 4B Hotel Maya ★★★★★
- 3D Hotel Grand Olympic Kuala Lumpur
- 4C Hotel Istana ★★★★★
- 3E Hotel Malaysia ★★★★★
- 5E Hotel Maluri ★★
- 3E Hotel Midah ★★
- 5B InterContinental Kuala Lumpur ★★★★★
- 4D Hotel Nova ★★
- 2A Hotel Putra
- 4D JW Marriott Hotel Kuala Lumpur ★★★★★
- 4C Lodge Paradise Hotel ★★
- 2C K Hotel ★
- 1E Kuala Lumpur Hilton ★★★★★
- 3A Kuala Lumpur International Hotel ★★
- 1E Le Meridien ★★★★★
- 3E Mandarin Court Kuala Lumpur
- 4B Mandarin Oriental Kuala Lumpur ★★★★★
- 3D Mandarin Pacific Hotel ★★
- 4D Melia Kuala Lumpur ★★★★★
- 5B Micasa Hotel
- 3E Mirama Hotel ★
- 4D Orkid Hotel ★

- 5B Sucasa Service Apartments
- 3D Swiss-Garden Hotel Kuala Lumpur ★★★★★
- 3D Swiss-Inn Kuala Lumpur ★★
- 4D The Coronade 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

- 1E National Museum
- 1E National Planetarium
- 1A National Theatre
- 1D Orchid Garden
- 1D Panggung Anniversari
- 2C Selangor Club
- 3E Stadium Merdeka
- 3D Stadium Negara
- 2D Sultan Abdul Samad Building
- 1D Tun Abdul Razak Memorial
- 2C Tunku Abdul Rahman Putra Memorial

- 1D Royal Malaysian Police Museum
- 3C Telekom Museum
- 1D Tun Abdul Razak Memorial

- 4C New Zealand
- 3B Pakistan
- 5C Philippines
- 5C Singapore
- 5B United States of America

- 5E Pudu Plaza
- 2A Putra World Trade Centre (PWTC)
- 2C Sogo
- 5E Star Cinema
- 4D Star Hill
- 4D Sun Complex
- 4D 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
- 2D Prescott Inn ★★
- 3D Puduraya Hotel ★★
- 2B Quality Hotel City Centre ★★★★★
- 3C Renaissance Kuala Lumpur ★★★★★
- 4D Royale Chulan ★★★★★
- 4C 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 Coronade 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

#### 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.

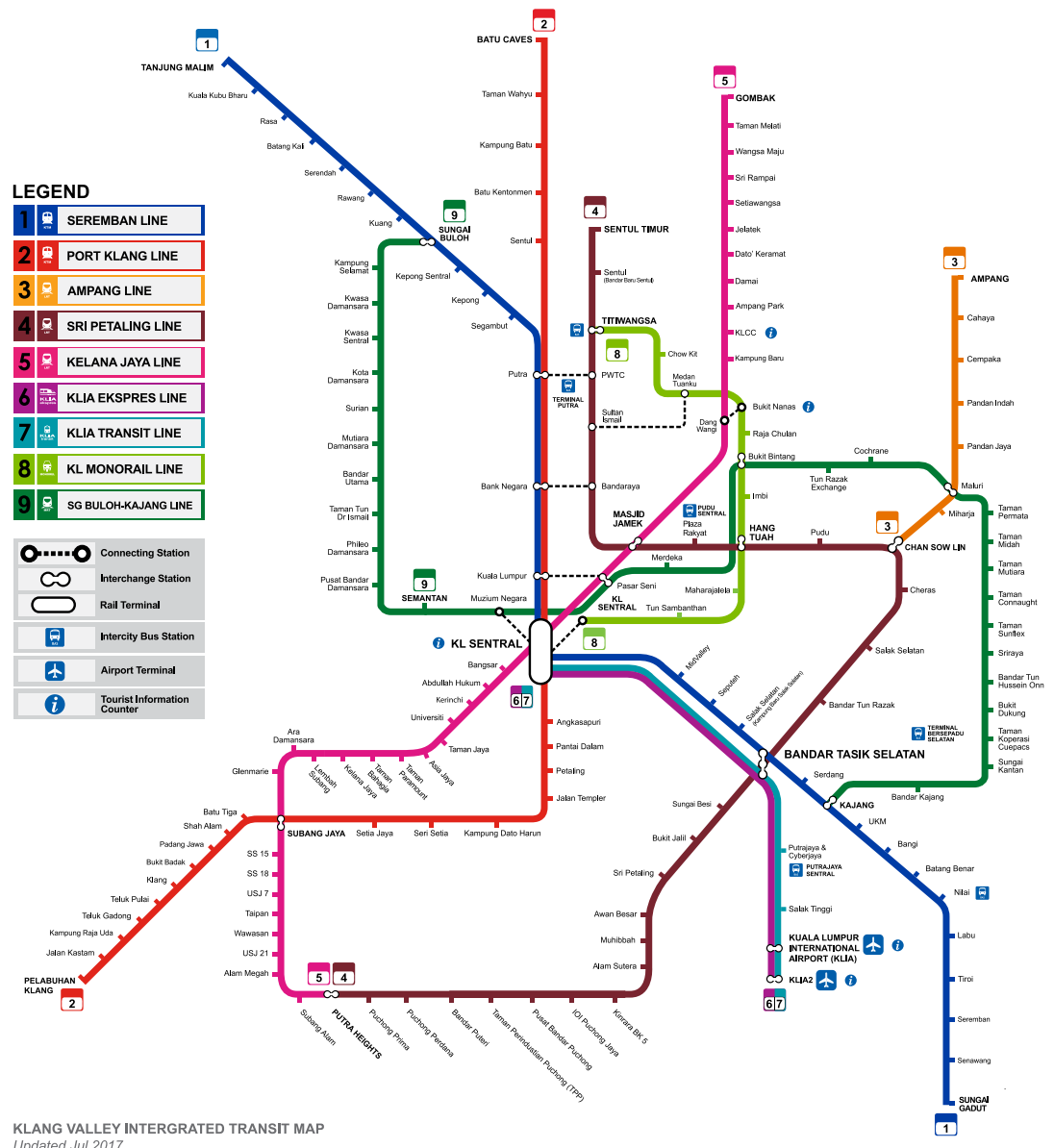


**Eco Transit:** Eco Transit can accommodate up to 5 adults and has a fixed fare of RM130/ trip.



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

# Klang Valley Rail Transit Map



#### 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
- WVS 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
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