SINGAPORE Heritage hotels in a futuristic city HANOI Why Lan Ha is the perfect bay LONDON The rise of gourmet food halls

Going Places

20 incredible reasons

here

to visit Malaysia in 2020

Explore the stunning underwater world off Sipadan Island, pg. 7







BONIA

Contents

"The best thing about Lan Ha Bay is the freedom it offers - you can swim and cruise anywhere you want"



Three hours from Hanoi, in a quieter corner of the Gulf of Tonkin, thrilling adventures await



Contents

6 20 reasons to love Malaysia

Dewakan's creative take on Malaysian flavours; an actor raises awareness about primates; KL's hottest new boutique hotel

36 What's cooking in London

The UK capital makes up for its late arrival to the food hall trend with diverse, high-quality offerings

46 Singapore's heritage hotels

Stay in one of three newly opened hotels that marry sensitive restoration with modern design

57 News from Malaysia Airlines

Find out more about the latest news and happenings, with details on where we fly

71 Entertainment guide

Director Kabir Bhatia on the challenges of making *Sangkar*, his first MMA movie; plus: our other in-flight entertainment offerings

Editorial

Editorial Director

Alexandra Karplus

Chief Sub-Editor

Patricia Karunungan

Contributing Editor

Senior Photo Editor

Haryati Mahmood

Associate Design Director

Senior Production Manager

Omar Mohamad Kassim

Mrigaa Sethi

Sub-Editor

Denise Li

Design Art Director

Aaron Low

Jamie Sage

Production

Photo Editor

Jessica Santos



About the cover This beautiful shot was taken for Going Places by KLbased photographer Muhd Hidayatullah, depicting a dive site close to Sipadan

2

Sales

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

Advertising Director Van Nguyen Senior Account Manager Lynn Ashlee Account Managers Raudah Yusoff Carmen Ng

Azfaris Selamat **Recruitment** Shirley D'Souza shirley.dsouza@ink-global.com +65 6302 2385

Creative Solutions

Managing Editor Amanda Jayne Lee Art Director Yew Xin Yi Ink CEOs Michael Keating & Simon Leslie Chief Operating Officer lim Campbell Managing Director Ric Stockfis Editorial Director Alexandra Karplus Creative Director Jamie Trendall Group Senior Editor . Simon Kurs Commercial Director Denise Jaschke Financial Controller Dany Leung Business Development Director Jonny Clark





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

Ink Publishing Pte Ltd 51 Changi Business Park Central 2, The Signature #04-12, Singapore 486066. Tel: +65 6324 2386, Fax: +65 6491 5261, www.ink-global.com.

Printed by: Times Offset (M) Sdn Bhd MCI (P) 105/12/2019

Please recycle or pass on to a friend

CHARLES BERKELEY



J.



Dear guests,

Thank you for choosing Malaysia Airlines and we hope you will enjoy our Malaysian Hospitality onboard. I would like to take this opportunity to wish all of you a Happy New Year.

It has been a fruitful year for the airline but certainly not without challenges. We saw tremendous progress across the company and I am confident that we will make further improvements in 2020. Rain or shine, the 13,000 employees of Malaysia Airlines and its sister companies will continue to work hard in order to exceed customers' expectations in delivering our brand promise of Malaysian Hospitality.

I am pleased to share that operationally, we achieved our best on-time performance of the year at 83%. We have also reduced the number of mishandled baggage cases by 25%, thanks to the joint "innovation garage" working committee from MAHB and MAB. Our net promoter score has improved significantly as well – by double digit points of +13 compared to 2018. It was a target we had been working hard to achieve.

As the national carrier, we have also been putting in immense effort in creating, providing and adding value to our customers' experience. The second phase of our Malaysian Hospitality campaign gives more personal and direct benefits to the entire travelling ecosystem, which includes a brand new ticketing store in Nu Sentral Kuala Lumpur, the introduction of MHassistant, a new app, as well as the launch of MHholidays, the latest travel marketplace that allows travellers to tailor-make their holidays with combinations of flights and hotels. In our efforts to provide our customers with seamless travel benefits and enhanced connectivity, we have also announced separate joint ventures with Japan Airlines and Singapore Airlines. We are pleased to announce new codeshare agreements with British Airways and Turkish Airlines as well.

To close 2019, we launched the Fly Malaysia campaign, which is all about celebrating the people, culture and history of our country and confirming Malaysia Airlines' proud status as the national carrier of Malaysia. We have been flying passengers around the world for over 70 years, and we look forward to welcoming many more aboard in 2020 and beyond to experience Malaysia. Fly Malaysia also supports Tourism Malaysia's Visit Malaysia 2020 initiative, which is uniting industry players behind a shared goal of welcoming 30 million tourists to the country in the year 2020 to enjoy our warm hospitality and cultural attractions. Towards that goal, we offer an exciting list of places to visit and events taking place this month in this issue's "20 Reasons to Love Malaysia" round-up on page 6.

We are confident that the year 2020 will be even more exciting and we look forward to introducing more initiatives, not just by improving our products and services but also in doubling our efforts in all areas of sustainability to ensure our positive contribution to society. We will be launching a blueprint to integrate sustainable practices into our operations, covering the economic, social and environmental. The airline industry in particular is committed to reducing its environmental impact even further and Malaysia Airlines has taken steps to reduce its carbon footprint. This includes new aircraft technology, improved operating processes, sustainable alternative fuels and carbon offsetting. We have also chosen to adopt the latest digital technology with SkyBreathe[®] to monitor the fuel efficiency of our operations to improve both economic and environmental performances.

I must thank all of you, our loyal customers, for your continued support and faith in our national airline. We are committed to serve you better and, as always, we seek your feedback to help us improve even further and look for ways to meet your needs.

I wish you a great journey with Malaysia Airlines and a wonderful visit to, or stopover in, Malaysia. Please sit back, relax and enjoy our Malaysian Hospitality.

To those celebrating Chinese New Year, please have a wonderful time with your loved ones and I hope this year brings you good health and prosperity.

Captain Izham Ismail

Group Chief Executive Officer



www.pnbperdanaonthepark.com



MEET DINE Stay



PNB Perdana Hotel & Suites On The Park Kuala Lumpur is nestled within the business and shopping district of KLCC. The awardwinning hotel & suites offers a homely environment from Studio to four-bedroom Lifestyle Residence units with complete kitchenettes, comfortable living rooms and dining areas.



PNB Perdana Hotel & Suites On The Park, 10, Jalan Binjai, 50450 Kuala Lumpur, Malaysia. Tel : 03 - 74 90 3333 Fax : 03 - 7490 3388 E : reservations@pnbperdanaonthepark.com

reasons

As 2020 kicks off, we're helping to plan a year filled with adventure, excitement and wonderful new travel memories. But before gallivanting around the globe, we want to zoom in on 20 reasons why January is the perfect month to explore Malaysia. From scuba diving off the coast of Sabah to a regatta in Langkawi, wearable artwork in Terengganu and the latest dining trends in KL, we've got you covered!

MALAYSIAAIRLINES.COM

6



to love Malaysia

+

Seaventures also offers PADI recreational, professional and freediving courses

Live and dive off the world's only oil rig resort

Just off the northeastern tip of Borneo lies a cluster of islands known for its incredible diving, and that's where you'll find Seaventures, the only place in the world where you can experience living on and diving off a decommissioned oil rig. Without the need to pile into the sea, this overwater hotel was constructed without harming marine life or the ecosystem. The oil rig's location off Mabul Island, close to Sipadan, is home to over 500 species of reef-building corals, as well as hawksbill turtles, whitetip sharks and barracuda. But what Mabul is really known for is its macro-diving, where you can spot the little guys: ghost pipefish, pygmy seahorses, bobtail squid and more. When you're done, your cosy room is waiting for you back on the rig. seaventuresdive.com

While in transit or visiting **DISCOVER** KUALA LUMPUR

Dive into the heart of Kuala Lumpur with Discover Kuala Lumpur

Turn your transit in Malaysia into an incredible experience with Discover Kuala Lumpur.

This package gives you a sneak peak preview of the city's attractions and includes a **KLIA Ekspres Return Ticket** and a **round trip on the KL Hop-ON Hop-Off.**

Just ensure you have at least 8 hours available from the time your flight arrives in Kuala Lumpur until your connecting flight out of KLIA/KLIA2. It is also a great introduction to the city if you are visiting for the first time.

Adult	Child
RM140	RM65

Buy the Discover Kuala Lumpur package through

- KLIA Ekspres app
- www.KLIAekspres.com
- Self-service kiosks at KLIA, KLIA2 and KL Sentral

Visit **www.KLIAekspres.com/discoverkl** for suggested itineraries and terms & conditions.





REASONS TO LOVE





The Royal Press reopens

One of the oldest surviving polyglot letterpress printing houses in the world, The Royal Press has been in business since 1938. A printing house and living museum, The Royal Press – housed in a heritage building on Melaka's iconic Jalan Hang Jebat – recently reopened after undergoing restoration. Visitors will be able to view its historic printing press, extensive letter-block library (including Chinese, Arabic and Tamil typefaces) and printed artefacts from its decades in the trade. **theroyalpress.my**





After his sold-out UK tour, singersongwriter Lewis Capaldi will tour Asia and perform songs from his acclaimed debut album, Divinely Uninspired to A Hellish Extent, at KL Live. 14 Jan. prworldwide live.com; lewis capaldi.com

4 Tuck into Malaysian tapas

Presented by the people behind one of KL's best Malay restaurants, SPG by Bijan serves up small bites inspired by some of Malaysia's most beloved dishes. Expect soulsatisfying small bites like fried mantou with ayam percik (chicken cooked in coconut milk) and sea bass wrapped in banana leather. instagram.com/spgbybijan



REASONS TO LOVE

7

Peter Ong raises awareness about Malaysia's primates

What could make a theatre actor head into the jungle to look for monkeys? Ask Peter Ong. "Back in 2017 during her last visit to Malaysia, Jane Goodall asked me about the state of primates in Malaysia," he shares. "I did a Google search on how many species there are in Malaysia and what's happening to them but there were very few answers, and that really shocked me."

That spurred Peter to initiate Project Monyet, a mission to photograph and document the 24 surviving primate species of Malaysia. "I got in touch with researchers and asked them what they needed. They said they could do with more images, because there are so few," says Peter, "and there are four species of primates in Malaysia that are datadeficient, meaning there haven't been any studies done on them at all."

You can follow Peter's journey on Instagram, where he posts incredible and intimate photos of the primates he finds all over Malaysia, from the white-handed gibbon in Pahang to the pale-thighed langur in Bukit Kiara. instagram.com/ projectmonyet





CLOSE ENCOUNTERS

View endangered animals at Malaysia's sanctuaries and conservation centres

In operation since 1964, Sepilok Orangutan **Rehabilitation Centre** - 25km from Sandakan - cares for orphaned, injured and displaced orangutans, with the aim of returning them to the wild. orangutanappeal.org.uk

Spot globally endangered species of waders, egrets and herons at the mangrove forest and mudflats of Perak's Kuala Gula Bird Sanctuary. Chalets are available for those who'd like to spend the night. visitperak.com.my



MAGES: SHUTTERSTOCK; ILLUSTRATION: ADAM AVERY

When the ambidion is there, commitment keeps it going

Turning a business vision into reality takes unyielding belief and dedication. UOB is committed to supporting business growth in Asia, because nothing builds a business like long-term commitment.

UOB.my/commitment







A new boutique hotel opens in an unlikely spot in KL

Kuala Lumpur's infamous Chow Kit district has a colourful past. In the city's early days at the turn of the 20th century, it was a thriving merchant centre, with a sprawling, extensive wet market that is still the largest in the country. In the later part of the century, the streets gained notoriety as a red-light district, but the local government has in recent years been rejuvenating the area, cleaning up the streets and bringing in new businesses.

One such newcomer is boutique hotel The Chow Kit, which opened its doors to guests in December. It stands out for being one of the few independent properties in a city where hotel chains still dominate. While these hotels are mostly clustered around business and tourist hub Golden Triangle, The Chow Kit stands out for its location - and also its aesthetic. The hotel was designed by award-winning New York design firm Studio Tack, which peppered the architecture and interiors with references to the district's history. The lobby is draped in rich fabrics reminiscent of those traded in Chow Kit's market, while rattan furniture and

marble-topped tables are tributes to the area's old-school coffee shops. Meanwhile, artwork from contemporary Malaysian artists ground the hotel in the present – the staff uniforms were designed by multidisciplinary artist Shan Shan Lim while the ceramic trays present in each guestroom were made by local studio Bendang Artisan. Pieces from other Malaysian artists are also on display throughout the property.

Even if you're not here to stay, The Chow Kit Kitchen & Bar – brought to you by celebrated restaurateurs Christian Bauer and Eddie Chew of Troika Sky Dining – is a great reason to hang around. It serves up playful takes on Malaysian favourites, like a char siew-style wagyu bun and *lo mai kai* (steamed glutinous rice) served with unagi instead of the usual chicken, along with green sambal and wasabi mayonnaise. After your meal, head over to the craft cocktail bar and try the Swettenham's Sundowner. This signature concoction is made of gin, Campari and a homemade ginger and pink peppercorn syrup. thechowkit.com



Rattan furniture is a nod to the area's old-school

coffee shops

REASONS TO LOVE

OUT AND ABOUT IN CHOW KIT

Spend an afternoon wandering about this historic neighbourhood

Eat

The sprawling **Chow Kit Market** has more than just raw produce. It's also a great spot to sample cheap and cheerful Malaysian dishes like nasi lemak, curry laksa, roti canai and wanton mee.

See

Southeast Asia's largest Sikh temple, **Tatt Khalsa Diwan Gurdwara**, can be found along Jalan Raja Alang. If you're lucky, you might witness a Sikh wedding – always a colourful affair – taking place when you pass by.

Explore

Kampung Baru, a settlement that was established more than a century ago, is one of the few places left in the city where you can gaze at beautifully constructed Malay stilt houses. REASONS TO LOVE

Royal Langkawi International Regatta

This annual regatta returns – yachts from around the region will gather at Langkawi island for the weeklong boating festival. Station yourself at the marina for the best view of the races. 6-11 Jan. *langkawiregatta.com*

Go for a swim in the freshwater lake on Pulau Dayang Bunting, Langkawi's second-largest uninhabited island

8 Taman Tugu opens new forest trails

This year, KL's newest urban lung and active conservation site Taman Tugu will be unveiling about 7km of trails across its 66-acre space. So far, more than 4,000 trees have been planted within the park, including 1,000 that have been marked as endangered or critically endangered. *tamantuguproject.com.my*



Ease Sensitized Skin & Reclaim Youthful Skin

CS12 ALL NEW AGE OF WONDERS ANTI-AGING SERIES New Eternity Miracle Essence & Eternity Miracle Fluid

Withholding the anti-aging results by regenerating and repairing aging skin cells. CellRevEXTM anti-wrinkle formula enables all skintypes including sensitized skin users to indulge and experience flawless, firmed skin texture without concerning its hyper-nutrient reaction.

This breakthough anti-aging technology bonds gently to soothe sensitized skin at first and repair damaged skin cells, followed by strengthen & enhance skin texture from the inside out. Results proven as effective in 14 days*.

*Tested on 79 Asian women's skin.

NEW

Wondow ETERNITY MRACLE ESSENCE

CS12

30ml v 1.655 /l Il skintypes / toutes Worden

CS12

ETERNITY AIRACLE FI

30ml + 1.055 // Rintypes / toutes

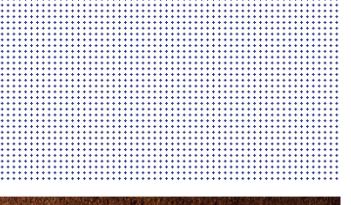
#CS12aow available at cs12skincare.com.my

REASONS TO LOVE

Dewakan celebrates Malaysian flavours

The first and only Malaysian restaurant to be featured on the Asia's 50 Best Restaurants list had its start in 2015 as an educational project in Selangor's KDU University College. Dewakan and its innovative chef-owner Darren Teoh soon became known for championing Malaysian flavours and ingredients, and also for challenging them with experimental techniques and unusual combinations. Darren infuses his dishes with poignant, nostalgic nods to indigenous Malaysian flavours and dishes – sambal, for instance, gets distilled down to its essence, becoming sambal water, while beef is replaced by mackerel to form a deeply savoury *serunding* (meat floss).

The restaurant's menu changes regularly to reflect the seasonality



of the ingredients and the breadth of Malaysian produce, incorporating everything from baby corn to lamb hearts. Nearly all the ingredients used in the restaurant are sourced from local Malaysian farms. Think: cocoa beans and herbs from Pahang, along with heirloom rice from Borneo. Have you ever tried a steamed banana blossom? You can at Dewakan.

Last month, the restaurant quite literally moved up in the world, occupying a brand-new space in the centre of KL. Be among the first to dine at the new Dewakan at Naza Tower, located on the 48th floor, with views of the cityscape to accompany your meal. "A lot of thought has been put into curating the new dining experience," shares Darren. "We have an exciting menu which expands on our use of indigenous Malaysian ingredients. Our decision to move to the city centre allows us to change the way we express our cooking while strategically positioning ourselves to be more accessible to a wider audience. The restaurant's setting might

have changed but its original ethos remains: Every dish honours Malaysian ingredients, the people who grow them and the recipes that have come before. dewakan.my

> Steamed nana blossom topped with fermented soybean paste, French beans, duck rillettes and rose petals



Royal Selangor Visitor Centre

A Top Must-Visit Destination in Kuala Lumpur











ROYAL SELANGOR VISITOR CENTRE

Open daily 9am - 5pm 4 Jalan Usahawan 6, Setapak Jaya 53300 T +603 4145 6122 F +603 4022 3000 visitorcentre@royalselangor.com

Scan for more information

Free admission. Wheelchair accessible. *From selected locations only.



OUR STUDENTS

BEST GLOBAL A LEVEL & IGCSE 2018/19 RESULTS IN NORD ANGLIA EDUCATION

, Your child's success and happiness is our ambition.

NORD ANGLIA EDUCATION IS THE WORLD'S LEADING PREMIUM SCHOOLS ORGANISATION WITH 66 INTERNATIONAL SCHOOLS, BOARDING SCHOOLS AND PRIVATE SCHOOLS LOCATED IN 29 COUNTRIES AROUND THE WORLD.

Unlock your child's potential today by visiting **britishschool.edu.my**



Contemporary Malaysian art steps into the spotlight

Get acquainted with the work of the country's top contemporary artists at "The Body Politic and the Body", an exhibition at KL's Ilham Gallery. The first collaboration between the Singapore Art Museum and Ilham Gallery, this exhibition features works by Malaysian artists such as Chi Too, Yee I-Lann, Hasanul Isyraf Idris and Wong Hoy Cheong alongside a specially commissioned performance piece by Chia Chuyia. The intriguing pieces explore the tensions between the singular body and the socio-political body of contemporary Malaysia. **Until 12 Apr.** *ilhamgallery.com*

12





Rock out at the City Roars Festival

After a stunning 2019 debut, Malaysia's premier independent music festival returns with a line-up of acts from all over Asia. Look out for hardcore Japanese rockers Envy and homegrown talent The Venopian Solitude.4 Jan. cityroarsfest.com



The locavore movement has spurred an increased demand for local ingredients – and sustainable farms are popping up all over the country to meet it

Cultiveat

Based in Petaling Jaya, a 30-minute drive from KL, Cultiveat is all about sustainable precision farming in conditions that take care of both the farmers and the crops, thanks to its policy of not using harmful pesticides. *cultiveat.co*

Kebun-Kebun Bangsar

In KL, Kebun-Kebun Bangsar has repurposed a disused lot of land, turning it into a vibrant volunteerrun community farm. The produce is not sold but donated to soup kitchens and orphanages. **fb.com/ kebunkebunbangsar**

Feed Our Loved Ones

Johor's Feed Our Loved Ones is a family-run, community-supported farm where customers can subscribe to receive 24 weeks of fresh vegetables. Weekend tours include practical lessons on farming techniques. **folofarms.com**





Complete your look with jewellery from The Straits Finery

Add subtle accents to your OOTD with minimalist jewellery from The Straits Finery. Its rings, earrings and necklaces are designed in Malaysia and crafted by artisans in the region. Ebb & Flow, its new collection, is inspired by the ocean, echoing the shapes and textures of the sea. thestraitsfinery.com

Celebrate Hokkien in Penang

Throughout the 20th century, the use of Hokkien, a Southern Chinese dialect, has steadily declined amongst the Chinese in Southeast Asia. The Speak Hokkien Campaign is working hard to revive the language. One of the ways it's doing so is through "The Death and Life of Hokkien", an exhibition at Penang's historic Cheah Kongsi building, which explores the colourful, distinctive dialect through ancient Chinese manuscripts. **Until 9 Feb. speakhokkien.org**



16 New songs from a soulful star

Independent singer-songwriter Bihzhu is known for a few things: her rainbow hair, her soulful voice and her deeply personal songs that draw inspiration from both world music and Malaysian folk songs. In 2019, Bihzhu released "Nowness", a joyful, celebratory anthem about embracing life in the present. "It's about letting go of the past," she says, "and not letting fear of the future hinder you." The single has set the tone for her new music, to be released throughout 2020. **bihzhu.com**





A Borneobased fashion label gears up for the festive season

Chinese New Year is not a time for minimalism. The best way to ring in the new year is with noise, colour and an abundance of joy – which is exactly what you'll find in Wynka's spring collection. The Kuching-based label made its debut just about a year ago, but it is already known for its flamboyant, sunny take on occasion dressing, thanks to co-founder and designer Karen Lau. Growing up, Karen always wore a cheongsam for Chinese New Year – the festive collection Tian Mi Mi takes a maximalist approach to the traditional dress.

"I love experimenting to see just how much colour I can add," says Karen. "The clothing I design is a reflection of what I would wear, and the aesthetic is all about layers, puffed sleeves, cinched waists and large prints." Mandarin collars, traditional frog buttons and a few dramatic sleeves are also thrown into the collection for good measure. **wynka.my**

Kaya gets a modern update

The traditional coconut jam is seeing a revival outside old-school coffee shops. In Petaling Jaya, you can try Provisions' famous sous vide version. which pairs perfectly with a latte. Over in Penang, Yin's Sourdough has developed a vegan, egg-free kaya that owes its creaminess to pumpkin.

fb.com/bakedatprovisions; yinssourdough.com



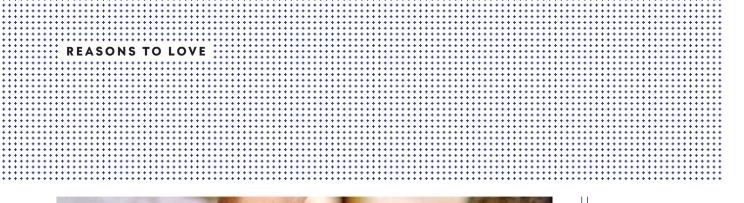
ROBERTO COIN

PRINCESS FLOWER COLLECTION

23

ROBERTO COIN BOUTIQUE

UG 31, ADORN FLOOR, STARHILL GALLERY, 181 JALAN BUKIT BINTANG, 55100 KUALA LUMPUR +603 2141 9669 | +603 2142 1669 - ROBERTOCOIN@MYSTIQUE-UNIVERSAL.COM





A new take on traditional batik



The *batik* (wax-resist dyeing) industry in Malaysia has remained unchanged for decades - the traditional motifs and colour combinations that have come to be synonymous with the technique are still being used. Terengganu-based label Nysakapas bucks the trend. While it creates fabric and garments using the same methods, it eschews the traditional motifs for more modern designs based on founder Haniza binti Hisham's own drawings. She's come a long way from dyeing cloth in her own bathroom her hand-blocked designs inspired by Malaysian flowers and plants have found a sizeable fanbase. Haniza recently opened her own Nysakapas boutique a must-visit if you're in Kuala Terengganu. nysakapas.com

WHERE TO SHOP LOCAL

Show your support for Malaysia's artisans by shopping at these stores



Kedai Bikin Contemporary rattan furniture and architectural fittings like this concrete and copper tap will add one-of-a-kind touches to your home. shop. kedaibikin.com



Gerai OA This nomadic store sells homeware made by Orang Asal (indigenous people). Check the Facebook page to see when the next pop-up will be taking place. fb.com/geraioa







SIGNATURE PREMIUM SERIES **ELEKTRA**

The Elektra kitchen emanates a classy ambience through a stylistic purity of lines from a luxurious combination of Supermatt and glass - bestowing a glamorous touch to a sophisticated yet pragmatic kitchen ergonomics.



WORTH RM1.399

Signature Kitchen Showrooms

•Malaysia •Singapore •Indonesia •Brunei •Mauritius •Myanmar •Vietnam •Pakistan •United Arab Emirates

•Thailand •Phillipines •Cambodia •Sri Lanka •Maldives •India



Signature Kitchen Sdn Bhd (200201017786) Signature Kitchen HQ, Lot 24, Jalan Teknologi, Taman Sains Selangor 1, Kota Damansara, Petaling Jaya, 47810 Selangor

> 1800 88 0009 www.signaturekitchen.com.my Gsignaturekitchen @mysignaturekitche *T&C Apply

REASONS TO LOVE

A luxurious makeover for yee sang

Every Chinese New Year, restaurants vie to create the most unusual and Instagram-worthy yee sang, a salad-like dish comprising fresh vegetables, spices and seafood that's tossed at the table to mark the coming of the new year. These days, it's not unusual to see exotic ingredients like rare seafood thrown into the mix. Impress the relatives with the luxe version from W Kuala Lumpur's Yen restaurant, which features caviar, gold flakes and truffle oil. marriott.com



YOUR GLOBAL CAREER STARTS HERE

⁶⁶ My experience with Heriot-Watt in Putrajaya, Malaysia, has been a high point of my life. It's been a great pleasure to be able to study at a respectable and highly ranked institution while working in Malaysia. My studies have been a perfect blend of academic and industry knowledge with classmates from a diverse background. **99**

Didar Akhmedin (Kazakhstan) MSc Strategic Project Management

Be Future Made

www.hw.edu.my



We specialise in the following postgraduate programmes: BUSINESS

Business Strategy, Leadership and Change kvF1/brs IN/3467/08391(FA5527) 08/20
International Business Management with Marketing kvF1/brs (IR/3407/102581(FA304) 10/23
Master in Business Administration kvF1/brs (IR/3457/10288)(FA2182) 08/22
Strategic Project Management kvF1/brs (IN/3457/10288)(FA2182) 03/24
Business Psychology kvF1/brs (IN/347/10288)(FA3653) 05/23

ENGINEERING

Energy kpt/jbps (rk/s22/t/0033)(FA2722) 03/23 Renewable Energy Engineering kpt/jbps (rk/s22/t/0030)(FA2721) 02/23 Petroleum Engineering kpt/pbs(rk/s4/t/000)(FA3741) 06/23

BUILT ENVIRONMENT

Construction Project Management KPT/2PS (R/526/7/0025)(FA2926) 02/23 Commercial Management and Quantity Surveying KPT/2PS (R/526/10023)(FA297) 06/23



Open for consultation: Monday to Friday (9am - 5pm) and Saturday (10am - 4pm) Heriot-Watt University Malaysia (DULN007(WP)) No. 1, Jalan Venna P5/2, Precinct 5, 62200 Putrajaya C +603-8894 3888 S +6012-651 2599 Studypostgrad@hw.ac.uk

The other Halong Bay

While otherworldly seascapes and limestone cliffs have long brought cruises to Vietnam's most iconic destination, adventure seekers are now heading to the equally stunning Lan Ha Bay, a quieter corner of the Gulf of Tonkin, where forward-thinking tour operators and fewer restrictions are creating an alternative scene. Joshua Zukas reports

> Photography Bao Khanh



t's late afternoon and Bal Valdehuesa clings to a reverse incline, the peachcoloured sunlight illuminating his yellow-tinged dreadlocks and the thin glaze of sweat on his taut, muscular back. He's about 15m high with no safety ropes – one false move and the climb will be over in an instant. The limestone rock face is menacingly jagged, but there are plenty of nooks and pockets he can wedge his hands and feet into. The top, another 15m or so, is covered with tufts of deep green jungle, while a few straggly bushes creep over the side as if

while a few straggly bushes creep over the side as a offering a helping hand.

Bal's foot slips, eliciting a reflexive gasp from the small crowd of onlookers below, but he quickly recovers and counters with a daring grab for a cavity about half a metre above. The risk pays off, and he lands his hand inside the hole. Now he's secure enough for a trick. He puts his other hand flat on the surface and manoeuvres the rest of his body as far out as possible, a gymnastic demonstration of strength known as the human flag.

Satisfied with the height he's gained, Bal moves his feet back to the wall and propels himself from the cliff surface. He leaps away with a yelp of triumph. Instead of crashing to the ground, he splashes into the emerald green waters of Lan Ha Bay. He surfaces after a few moments, ready to go again. The setting sun has morphed into a titian orb and is bathing the seascape with a gentle light, arousing dreamy greens and greys from the surrounding islands and islets.

The 30-year-old Filipino climbing guide has been scaling vertical surfaces for six years and leading climbing trips with Langur's Adventures since August 2019. "When I first went out into Lan Ha Bay, I was amazed by the landscape," shares Bal, who's now been to Lan Ha Bay over 50 times. "It's a maze of cliffs, beaches and water – it holds so many details that unravel as you move farther into the bay."

Left to right: Bal Valdehuesa on a climb; tranquil Lan Ha Bay sees far fewer tourists than Halong Bay







Deep-water soloing – climbs above water without ropes – and rope-assisted rock climbing are the most popular activities Langur's Adventures offers. "One of the main reasons we set up here is that the limestone structures, formed millions of years ago, offer the ideal conditions for our climbing excursions," says Langur's Adventures' sprightly owner and director, 29-year-old Nguyen Thi Minh Ngoc. "There are various pockets of unspoiled natural beauty – and a growing number of visitors in recent years."

Ngoc's small frame, styled dark hair and square spectacles – together with her young age – make her appear an unlikely owner for one of Lan Ha Bay's burgeoning adventure tour companies, but she's become a major innovator in the destination. When Langur's Adventures launched last March, it catered mainly to customers from Europe, but it has since seen an increase in visitors from other parts of the world eager to experience the outdoor adventure playground for themselves.

MORE THAN JUST A CRUISE

Lan Ha Bay's main draw is that it offers experiences that Halong Bay cannot. To safeguard Halong Bay's reputation as a cruise destination, authorities have long been sceptical about alternative activities. In April 2017, they banned kayaking without warning, only to backtrack a month later after protests from tour operators and cruise providers. But kayaking, together with stand-up paddle boarding (SUP), has proved to be one of the most popular activities at Lan Ha Bay.

"Lan Ha Bay is much smaller than Halong Bay, but also sees far fewer tourists," explains 42-yearold Tran Trung Kien, an outdoor enthusiast and co-founder of Umove SUP Club, which offers kayaking and SUP in several places across Vietnam. "But the best thing about Lan Ha Bay is the freedom it offers – you can swim and cruise anywhere you want." He points out that in Halong Bay cruising is the only option for visitors, while in Lan Ha Bay they can enjoy trekking, cycling, camping, climbing, kayaking and SUP.

MAKING A SPLASH

While deep-water soloists, rock climbers, stand-up paddle boarders and kayakers spend most of their time above water, British swimming tour company SwimTrek takes people below. SwimTrek pioneered multi-day swimming holidays and now offers tours in Europe, the Americas and the Middle East. In 2018 it launched in Southeast Asia, with its first Lan Ha Bay tour selling out in a matter of days.

"SwimTrek is always on the lookout for amazing new locations to swim – locations that offer something different," says 32-year-old Graham

Left to right:

Stand-up paddle boarding with Umove SUP Club; Langur's Adventures' owner Nguyen Thi Minh Ngoc; SwimTrek organises swimming holidays where you can cover up to 4km a day





Buckley, one of the company's lead swim guides. British-born and sporting a stubbly beard, Graham moved to Vietnam permanently in 2016 and immediately began scoping out sites for SwimTrek. Lan Ha Bay quickly emerged as the best place to launch its maiden expedition.

"Lan Ha Bay offers the same limestone scenery that Halong Bay is so famous for, but without the mass tourism," explains Graham, "and due to the more flexible regulations in Lan Ha Bay, we are able to explore and try out new swims all the time." In Halong Bay, swimming is restricted to a few beaches, in part due to the sheer number of cruise ships present. But there are no such regulations in Lan Ha Bay, so it's possible for SwimTrek to coordinate swims that cover up to 4km a day, including island circumnavigation, as well as swimming from beach to beach.

"Due to demand, we're steadily increasing the number of departures in Lan Ha Bay," says Graham, explaining that this year SwimTrek is offering more Vietnam trips than ever before, with three tours scheduled for April and three more in October. "Being based in Lan Ha Bay also allows us to stay on Cat Ba Island, which lets the guests experience local Vietnamese culture as well as the scenery and huge biodiversity that the island has to offer."

GETTING THERE

E.

By bus Bus routes from central Hanoi to Cat Ba Island are available with companies like Good Morning Cat Ba. goodmorning catba.com



By train Trains to Hai Phong depart from Hanoi daily, and the journey is about 3 hours long. From Hai Phong, take a boat from Binh port in the centre of the city to reach Cat Ba Island.

TRAVERSING CAT BA ISLAND

As the jumping-off point for most excursions into Lan Ha Bay, Cat Ba Island is fast becoming a hub for adventure travel in northern Vietnam. It's the largest island in the Gulf of Tonkin and Cat Ba National Park, and a sprawling swath of lush flora and rare fauna covers most of it. According to Le Manh Kien, the 35-year-old general manager of Cat Ba Eco Lodge, a small collection of wooden cabins nestled in a pretty jungle-encircled valley, Cat Ba Island is also quickly becoming a popular destination for enjoying leisurely strolls.

"I love oceans and mountains, and Cat Ba offers both," says Kien, who took over the family business in 2014 and arranges half- and full-day guided walks in Cat Ba National Park. Trails in the park have been designed to let visitors take in spectacular views of the land and sea, and there is also the rare chance to spot the golden-headed langur, one of the most endangered primate species in the world.

Kien also offers cultural visits to the Cai Beo floating village which, since the relocation of the residents of similar hamlets in Halong Bay, has become one of the largest of its kind in northern Vietnam. Cai Beo is an extraordinary example of how locals have lived on the water – for thousands of years, some argue – in makeshift, colourfully painted houses while cultivating small-scale fish farms.





LAN HA BAY ADVENTURES

Langur's Adventures Rock climbing, kayaking and deep-water soloing. langurs adventures.com

Umove SUP Club Stand-up paddle boarding, kayaking, camping and jungle trekking. suptour vietnam.com

SwimTrek Long-distance outdoor swimming. swimtrek.com

"Most remain optimistic that Lan Ha Bay can maintain its unique appeal if managed correctly"

Top to bottom: Cat Ba Eco Lodge offers rustic stays in a jungle setting; Cat Ba Island, a hub for adventure travel in Vietnam

BACK TO BASICS

Despite the rise of alternative activities, cruising still remains both possible and popular. Topas Travel specialises in tailor-made tours across Vietnam for active travellers and now favours Lan Ha Bay for its cruising options.

"The itineraries are more flexible so the boats can work by themselves and don't overlap with each other," says 37-year-old Tran Thuy Hai, director of Topas Travel, comparing Lan Ha Bay to Halong Bay, where cruise routes are fixed and often crowded. With a long history of working in Vietnam's most scenic destinations, from the northern mountains to the central caves, Hai is keen to show off the most pristine spots in the country. "Also, there are more small beaches," she adds with a grin. "Who doesn't love a good beach on a deserted island?"

While Hai and the destination innovators are eager to promote Lan Ha Bay, the looming threat of overtourism is still keenly felt. But with lessons learnt from the development of Halong Bay, most remain optimistic that Lan Ha Bay can maintain its unique appeal if managed correctly.

"My hope is that Lan Ha Bay remains emerald green," says Bal. "When I come back here many years from now, old and barely able to climb, I hope I will still be able to see langurs frolicking on the side of the cliffs."



Malaysia Airlines flies 7x weekly between Kuala Lumpur and Hanoi.







London is making up for its late arrival to the food hall trend with quality and diversity. Killian Fox steps into extravagant spaces to sample dishes from the city's top restaurants

Walaupun trend dewan makan ("food hall") baru muncul di London, namun ia berkualiti dan beraneka pilihan. Killian Fox menjejak ruang-ruang menarik untuk mencuba menu dari restoranrestoran tersohor bandaraya itu

> Photography **Tim E White**



t's 12.35pm on Thursday in central London, and at Market Hall West End – a gargantuan new food hall off Oxford Circus – the trickle of customers is fast becoming a flood.

Up the escalator, past the neon sign that says "Stairway to Food Heaven", people flow – a boisterous mix of office workers, holiday shoppers, tourists and food obsessives united by the singular desire for a tasty, relatively inexpensive lunch in a communal setting. As the crowd fans out across this massive, stripped-back space that was once a department store, about a dozen different food outlets scramble to meet the lunchtime rush. They serve everything from tacos to rotisserie chicken, ravioli to roti canai.

With so much to choose from, indecisive diners – myself among them – are prone to experiencing momentary paralysis. Should we go the vegan route and order pad thai with tofu puffs from Cookdaily? Or pop around the corner to Hotbox for a burger made with a 28-day dry-aged beef patty topped with melted American cheese?

Eventually, after much agonising, I decide on these two: a chicken katsu curry *sando* (sandwich) from Yatai, served with exquisite pickles and a Japanese curry sauce, followed by an intensely delicious crab spaghetti with chilli and *bottarga* (cured fish roe) from Pastaio.

Being able to globetrot like this within a single meal, under one roof, is still quite a novelty in London. Until recently, a food hall to a British person meant the section of a department store where food and drinks are sold. You could find an array of dining options in one place at street food markets too, which have become popular over the past decade, but these tend to be situated outdoors or in temporary indoor venues. Market Hall West End is something new: A permanent indoor space, more luxurious and cohesive than its street food counterparts and more accessible. You can rock up here any day of the week before noon, contemplate menus indebted to China, Mexico or the Deep South and lounge around till closing time at midnight.

Sprawling across 3,252m² with seats for nearly a thousand diners over two floors, Market Hall West End is the biggest food hall in the UK – but it doesn't lack for competition. In the past six months alone, three more food halls, each with a dizzying variety of options, have opened in prime locations – in Mayfair, New Oxford Street and Covent Garden. am menunjukkan 12.35 tengah hari, hari Khamis di tengah-tengah London, dan semakin lama semakin ramai pengunjung yang datang ke Market Hall West End - sebuah dewan makan baru yang besar di Oxford Circus.

Menaiki eskalator, selepas tanda "Stairway to Food Heaven", kelihatan ramai pengunjung - dari kalangan pekerja pejabat, mereka yang bercuti, para pelancong dan juga penggemar makanan yang disatukan oleh keinginan untuk menikmati makanan tengah hari yang lazat dan serba murah dalam suasana komunal. Sedozen kedai makanan yang terletak di ruang yang dahulunya pasar raya menawarkan taco, ayam rotisserie, ravioli, roti canai dan bermacam-macam lagi.

Dengan begitu banyak pilihan, mereka yang tidak pasti apa yang mahu dipilih - termasuk diri saya sendiri - pasti tergamam. Nak pilih makanan vegan dengan memilih pad thai dengan tepung tauhu dari CookDaily? Atau singgah HotBox untuk burger yang menggunakan daging "dryaged" 28 hari, dengan keju American cair di atasnya?

Akhirnya, saya memilih sandwic kari ayam katsu dari Yatai yang dihidangkan dengan jeruk dan sos kari Jepun, diikuti dengan spageti ketam masak cili dan bottarga (telur ikan) dari Pastaio.

Merantau seantero dunia sebegini melalui satu hidangan, di bawah satu bumbung - masih merupakan satu pengalaman yang baru di London. Sebelum ini, bagi orang British, dewan makan atau "food hall" bermaksud bahagian pasar raya di mana makanan dan minuman dijual. Kini pasar makanan jalanan atau "street food" sudah menjadi kebiasaan, walaupun ianya seringkali terletak di luar mahupun di lokasi sementara. Market Hall West End menonjolkan satu konsep baharu: ruang dalaman kekal yang direka dengan baik, dibuka setiap hari dari tengah hari hingga lewat malam, dengan menu berinspirasikan negara China, Mexico atau makanan "Deep South".

Dengan keluasan 3,252 m2 yang mampu memuatkan hampir seribu pengunjung, Market Hall West End yang mempunyai dua tingkat ini merupakan dewan makan yang terbesar di UK - tapi ia mempunyai persaingan. Sejak enam bulan lepas sahaja, tiga lagi dewan makan serupa, dengan pelbagai pilihan yang menarik, telah dibuka di lokasi-lokasi utama dalam lingkungan satu batu dari sini, iaitu di Mayfair, New Oxford Street dan Covent Garden. Jumlah ruang makan yang serupa juga makin bertambah di luar bandar. Malah, lebih banyak sedang dalam perancangan, termasuk Eataly dan Time Out yang merancang untuk membuka ruang yang serupa pada 2020 dan 2021.

Clockwise from top left:

Japanese pickles from Yatai; neon sign at Market Hall West End; Simon Anderson, chief creative officer of Market Halls; diners enjoying their meals at Market Hall West End; a chef at work at Pastaio; crab spaghetti from Pastaio

Gambar, ikut arah

jam dari kiri atas: Jeruk Jepun dari Yatai; Market Hall West End menarik pelbagai pengunjung; tanda neon di Market Hall West End; Simon Anderson, ketua pegawai kreatif Market Halls; pengunjung menikmati juadah di Market Hall West End; chef sedang bekerja di Pastaio; spageti ketam dari Pastaio They've added to a growing number of similar venues outside the city centre – and there are even more to come, with Eataly and Time Out planning to muscle in on the action within the next two years.

For a city that prides itself on being at the forefront of food trends, it's curious how long this phenomenon has taken to materialise in London. "The growth of food halls has been really prolific across America," says Simon Anderson, chief creative officer of Market Halls, which opened its first two sites in 2018, in Fulham and Victoria. "And, of course, this style of dining is really common across the whole of Asia, but culturally, it's just something that wasn't happening over here."

So, what's changed?

One key factor, according to Simon, is the decline of the high street. As online shopping becomes more prevalent, brick-and-mortar retailers have been scaling back or going out of business entirely, leaving a trail of empty real estate in their wake. The building now partly occupied by Market Hall West End used to belong to the department store chain BHS before it closed in 2016.

"Spaces are becoming available in prime locations," says Petra Barran, founder of the street food organisation Kerb, which launched Seven Dials Market in September. "Five years ago, you might have been able to open a street food market in places like Dalston [a fashionable neighbourhood in east London], but due to competition for space and prohibitively high rents, central London was out of bounds."

Seven Dials Market is set in an old banana warehouse in Covent Garden – a space which was, according to Petra, earmarked to become the latest outpost of a well-known fashion retailer before she and her company persuaded the landlord that a food hall would be a better bet.

If the hordes on a Friday evening are anything to go by, they have a point. Around 5.30pm, this airy,

Right:

Seven Dials Market is set in a former banana warehouse in Covent Garden

Kanan: Seven Dials Market dibuka di sebuah bekas gudang pisang di Covent Garden

"Being able to globetrot within a single meal, under one roof, is quite a novelty in London"

"Bila kita dapat merantau seantero dunia sebegini dengan hanya satu hidangan, di bawah satu bumbung, ianya masih satu pengalaman yang baru di London"

> Sebagai bandar yang terkenal dengan trend makanan terkini, agak menghairankan mengapa fenomena ini mengambil masa agak lama untuk muncul di London. "Kalau di Amerika Syarikat, konsep dewan makan ini telah lama bertapak," jelas Simon Andersen, ketua pegawai kreatif Market Halls, yang telah membuka dua ruang pertama pada 2018 di Fulham dan Victoria. "Dan semestinya konsep makan sebegini telah lama ada di seluruh Asia, tetapi dari segi budaya, ia baru hendak bertapak di sini."

Jadi, apa yang berubah?

Menurut Anderson, salah satu faktor adalah kedaikedai yang popular sebelum ini kini kurang dikunjungi. Dalam era di mana membeli-belah atas talian semakin tersebar luas, kedai-kedai fizikal semakin mengecil atau terus tutup, dan mengakibatkan banyak ruang terbiar kosong begitu sahaja. Bangunan yang digunakan Market Hall West End ini pernah diguna kedai BHS sebelum ia ditutup pada 2016.

"Ruang-ruang yang kosong kini tersedia di lokasi-lokasi utama," kata Petra Barran, pengasas organisasi makanan jalanan Kerb yang melancarkan Seven Dials Market pada bulan September. "Lima tahun dulu, anda mungkin dapat membuka tempat makanan di lokasi seperti Dalston [kejiranan yang agak bergaya di timur London], tetapi oleh kerana faktor persaingan dan sewa yang terlalu tinggi, pusat London jarang menjadi lokasi pilihan."

Seven Dials Market bertempat di satu gudang simpanan pisang yang telah lama digunakan di Covent Garden - satu ruang yang, mengikut Barran, telah dikenalpasti sebagai lokasi kedai terbaru bagi satu label fesyen sehingga beliau dan syarikat beliau meyakinkan pemilik premis bahawa dewan makan mungkin lebih sesuai.



two-storey space switches from laid-back daytime mode – parents with buggies munching on steamed buns, freelancers on laptops sipping IPAs, reggae playing on the sound system – to post-work frenzy. Down in the coral-pink basement, the communal seating fills up within minutes with a young, international crowd that swigs rum cocktails and debates over ordering crispy calamari from Ink or guava-glazed chicken wings from El Pollote.

The variety here is even greater than at Market Hall. The larger, café-style units upstairs include the Jewish deli Monty's, beloved for its salt beef sandwiches; Club Mexicana, known for vegan tacos and burritos; and Pick & Cheese, which claims to have launched the world's first cheese conveyor belt – where you grab plates of Cornish gouda and Basque-style burnt cheesecake as they whizz by underneath your nose.

The current popularity of food halls like Seven Dials Market can, according to Petra, be attributed to "a confluence of things". "Dining culture in London has really loosened up over the last ten years," she says. "Our living spaces have got smaller, so we're eating out more. And we don't want to commit ourselves in the same ways."

Simon agrees that the versatility of food halls is a major selling point. "You can come on your own or in a group, and you can all choose your own food. You can bring your fussiest friend and be assured that they might find a vegan bite or an obscure dish. And then, at the end of the night, there won't be a need to split the bill."

Almost all of the traders at Seven Dials Market had their start in street food, but Market Hall chooses to draw primarily from established restaurants – as does Arcade Food Theatre, a glitzy operation on New Oxford Street. In this large, expensively fitted glass box of a space at the foot of the Centre Point tower, you'll find distilled versions of popular restaurants such as Lina Stores, the Soho pasta specialist, and Pophams, a bakery noted for its imaginative pastries.

I make a beeline for Oklava. While the original restaurant in Shoreditch is hailed for its modern take on Turkish-Cypriot cuisine, the concession at Arcade focuses mainly on a single dish: the Black Sea *pide*, a sort of Turkish pizza enclosing a pool of molten cheese with a raw egg yolk on top. Every bit as indulgent as it sounds, with black garlic and *za'atar* (an aromatic spice blend) adding sweetness to the crust, the pide is probably the most satisfying dish I've encountered in my food hall adventures thus far.

These bustling, often chaotic establishments are not for everyone, or every occasion. If it's intimacy

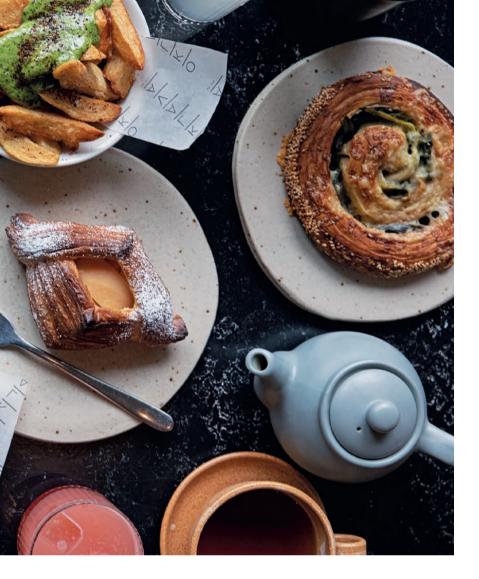


Kalau nak diikutkan kehadiran yang ramai pada salah satu Jumaat yang lalu, nampaknya hujah mereka bernas. Sekitar 5.30 petang, tempat pelbagai tingkat ini bertukar dari mod siang hari yang santai - ibu bapa dengan kereta sorong bayi menjamah ban stim, pekerja bebas dengan laptop mereka sambil menikmati minuman, dan muzik reggae dimainkan - menjadi riuh rendah selepas waktu kerja. Di tingkat bawah tanah, tempat duduk komunal dipenuhi dengan anak muda yang menikmati koktel rum sambil berbincang untuk memesan cumi goreng dari Ink atau kepak ayam bersalut jambu dari El Pollote.

Kepelbagaian juadah di sini lebih banyak dari Market Hall. Unit-unit yang lebih besar dengan stail kafe termasuklah deli Yahudi Monty's yang terkenal dengan sandwic daging lembu; Club Mexicana, dengan taco dan burrito vegan; dan Pick & Cheese, yang mendakwa telah melancarkan tali penghantar keju pertama di dunia - dan anda boleh memesan keju Cornish gouda dan kek keju hangus Basque.

Populariti dewan makan seperti Seven Dials Market, menurut Barran, mungkin disebabkan pelbagai faktor. "Budaya makan di London telah semakin santai sejak sepuluh tahun dahulu," katanya. "Ruang tempat tinggal kita semakin kecil, jadi kita lebih suka makan di luar. Dan kita mahu mengubah selera selalu."

Anderson bersetuju bahawa sifat dewan makan yang versatil membuatkannya diminati ramai. "Anda boleh





THE BEST OF LONDON'S FOOD HALLS

Seven Dials Market Covent Garden

This glass-roofed space draws a fashionable crowd with its produce market and variety of eateries. *sevendials market.com*

Market Hall West End Oxford Circus

The largest food hall in the UK boasts 11 kitchens, a cocktail bar, a roof terrace, event spaces and a TV studio. markethalls.co.uk/ mrket/west-end

Arcade Food Theatre New Oxford Street

Arcade has a carefully curated line-up that includes taco concept Pastorcito and rarebreed steak purveyor Flat Iron Workshop. *arcade-london.com*

DEWAN MAKAN TERBAIK LONDON

Seven Dials Market Covent Garden

Dengan pelbagai kafe dan kedai konsesi termasuk pasar tani, dewan makan berbumbung gelas ini menarik ramai para pengunjung yang ceria dan bergaya.

Market Hall West End Oxford Circus

Dewan makan terbesar di UK

terbesar di UK ini mempunyai 11 dapur, bar koktel, teres bumbung, ruang acara dan studio perfileman.

Arcade Food Theatre New Oxford Street

Arcade merupakan sebuah dewan makan mewah yang menawarkan hidangan seperti taco dari Pastorcito dan stik daging "rare-breed" dari Flat Iron Workshop.

43

datang sendiri atau berkumpulan, dan anda semua boleh memilih makanan anda sendiri. Kalau bawa kawan yang paling cerewet pun, anda pasti akan dapat jumpa makanan yang mereka gemari. Dan bila tiba masa nak bayar bil nanti, masing-masing boleh bayar sendiri."

Hampir semua peniaga di Seven Dials Market bermula sebagai penjual makanan jalanan, tapi Market Hall mengetengahkan makanan dari restoran terkemuka - sama seperti Arcade Food Theatre di New Oxford Street. Di dalam kotak kaca yang terletak di kaki menara Center Point, anda akan menemui cawangan restoranrestoran popular seperti Lina Stores, iaitu sebuah restoran pasta dari Soho, dan Pophams, sebuah bakeri yang terkenal dengan pastri imajinatifnya.

Saya bergegas ke Oklava - di mana kedai asalnya di Shoreditch terkenal dengan masakan Turki-Cyprus, namun di Arcade ia lebih fokus kepada satu hidangan: pide Laut Hitam, sejenis pizza Turki yang dilitupi keju cair dan kuning telur mentah. Ia cukup menyelerakan, dengan buah zaitun hitam dan za'atar (sejenis rempah campuran) yang menambah kemanisan pada kerak, membuatkan pide ini antara hidangan paling memuaskan yang pernah saya cuba sepanjang "pengembaraan" saya di semua dewan makanan hingga kini.

Tempat makan yang sibuk sebegini bukan untuk semua orang, atau untuk setiap masa. Sekiranya anda

Left to right:

Enjoy a variety of international flavours at Arcade Food Theatre; grab plates of Cornish gouda and Basque-style cheesecake at Seven Dials Market's Pick & Cheese

Kiri ke kanan:

Nikmati pelbagai citarasa antarabangsa di Arcade Food Theatre; dapatkan Cornish gouda dan kek keju ala-Basque di Seven Dials Market's Pick & Cheese you're after, or the warmth of a waiter's attention, you may want to stick to the traditional restaurant, of which this city has countless great examples.

But London's particular strength as a food capital lies in its diversity: You can find almost any type of food here, from any part of the world, cooked to a high standard by people who really care about what they're doing. And if you want to get a flavour of this diversity under one roof, a food hall is an excellent place to start.

Now excuse me while I work out what to eat next – the steak wrapped in Yorkshire pudding, or the lychee and tomato coconut ceviche? Or perhaps that piri-piri chicken with Portuguese fries...



Below: You'll find distilled versions of popular restaurants at Arcade Food Theatre

Bawah: Nikmati menu versi khas dari restoranrestoran terkenal di Arcade Food Theatre

"You can find almost any type of food here, cooked to a high standard by people who really care about what they're doing"

"Anda dapat mencari hampir semua jenis makanan dari serata dunia di sini. Ia dimasak dengan standard yang tinggi oleh mereka yang benar-benar mempunyai minat mendalam terhadap apa yang mereka lakukan"

ingin makan dalam suasana yang lebih intim, atau mendapat layanan seorang pelayan, anda mungkin mahu mengunjungi restoran tradisional yang banyak terdapat di bandar ini.

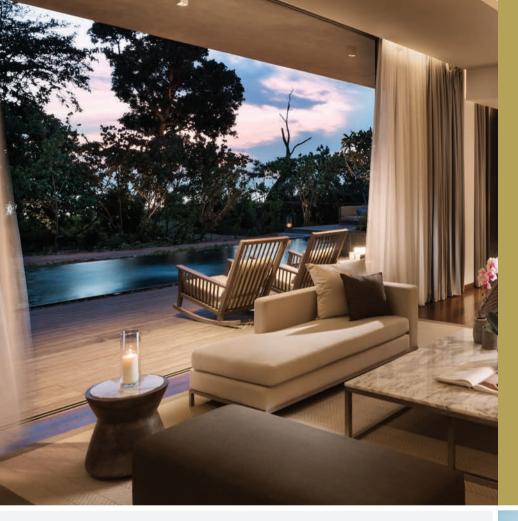
Tetapi kekuatan London sebagai syurga makanan terletak pada kepelbagaiannya: anda dapat mencari hampir semua jenis makanan dari serata dunia di sini. Ia dimasak dengan standard yang tinggi oleh mereka yang benar-benar mempunyai minat mendalam terhadap apa yang mereka lakukan. Dan jika anda ingin merasa kepelbagaian ini di bawah satu bumbung, dewan makan adalah tempat yang sangat sesuai.

Sekarang saya mahu berfikir apa nak dimakan seterusnya - stik yang dibungkus dalam puding Yorkshire, atau ceviche laici dengan kelapa dan tomato? Atau mungkin ayam piri-piri dengan kentang goreng Portugis...



Malaysia Airlines flies 14x weekly between Kuala Lumpur and London.

YOUR LUXURY BEACHFRONT RESIDENCE IN DESARU, MALAYSIA





Choose your sanctuary among 20 Iuxurious three- and four-bedroom beachfront pool villas in Johor, Malaysia – within easy reach of Singapore and Kuala Lumpur.

Surrounded by nature, each residence features 288 to 380 sqm of fully-furnished living space and a private infinity pool.

Owners enjoy the service, management and five-star facilities of Anantara Desaru Coast Resort & Villas.

YOURS TO OWN FROM USD 1.75 MILLION. CONTACT US FOR A PRIVATE VIEWING OF OUR SHOW VILLA.

+66 (0)85 484 8752 propertysales@minor.com anantaradesaru-residences.com

A development by













Navigating strict conservation guidelines, passionate architects have turned heritage shophouses and army barracks into Singapore's newest luxury hotels

Words Sanjay Surana Photography Juliana Tan







n Singapore, where modern buildings shoot up with breakneck regularity, the adaptive reuse of heritage buildings offers a refreshing counterpoint. Most recently, the opening of a clutch of hotels – or reopening, rather – late last year has showcased this architectural discipline where old buildings are restored to give them new purposes.

Among the city-state's newest examples of adaptive reuse are Barracks Hotel, a former army barracks with a sublime infinity pool; Hotel Soloha, comprised of ornate shophouses in a hip stretch of Chinatown; and of course Singapore's fabled Raffles Hotel, once a beachside residence. Reviving these buildings while preserving their rich backstories was laden with challenges. According to the Urban Redevelopment Authority (URA), Singapore's national planning body, work on conserved buildings must adhere to the three Rs - maximum retention, sensitive restoration and careful repair - and all original structural and architectural elements need to be retained, restored and in the case of new use, strengthened. Throughout the work, technical aspects and processes have to be documented, too.

It's worth the effort, many would say, to ensure the survival of historic buildings while allowing people to enjoy them alongside the comforts of modern living. "In an ever-changing cityscape, it is important to preserve our country's history and culture," says Singaporean designer Leonard Lee, the Singapore and Tokyo regional managing director at Wilson Associates. The design firm is behind several hotel projects in Singapore, including Swissôtel The Stamford in the heart of the city.

According to Leonard, adaptive reuse not only updates heritage properties, but also restores historical architectural details to their former glory. "It provides people with the perfect platform and opportunity to relive the old-world charm and experiences of Singapore's past."





RAFFLES HOTEL

A grand dame's makeover

Given the fame of Raffles in Asia and beyond, any work on this historic hotel, declared a National Monument in its centennial year of 1987, would require extreme vigilance. This, after all, is a property that drew international glitterati and literati. To accommodate its growing popularity, the original beach house was replaced in 1899 with the distinct Late Victorian Italianate Revival-style central building that still stands today. "The history of Raffles Hotel is very unique," says Leslie Danker, resident historian at the hotel. "Singapore was administered by the British and Raffles became the meeting place for many of them. The saying among them was 'We'll meet at Raffles.' They often gathered here for drinks, fancy-dress parties, dancing and even roller-skating."

In 2017, the hotel closed for the most extensive renovation in its history, reopening in August 2019 even more resplendent thanks to a makeover by New York-based Champalimaud Design. Two years might seem like an eternity to close a hotel with just 115 suites (up from 103), but the refit presented numerous challenges since the designers







WHERE TO EAT AROUND CITY HALL Tantalising new openings

Yì by lereme Leung Singaporean chef Jereme Leung makes a triumphant return after 17 years away with a fine dining concept at Raffles Hotel, presenting a variety of ancient Chinese dishes with modern flair. Signature plates include hundredring cucumber with poached sea whelk, and roasted duck with rose and fermented bean sauce and rainbow pancakes. yi-

restaurant.com.sg

Liao Fan Hawker Chan

Ipoh-born chef Chan Hon Meng shot to global fame in 2016 when his soya sauce chicken rice stall at **Chinatown** Complex Food Centre earned a Michelin star the first hawker stall in the world to be awarded the accolade. He now has four outlets across Singapore - serving roasted meats with rice or noodles and side dishes including one at Funan Mall. liaofan hawkerchan.com

were mindful not to dilute the historical DNA of the heritage property.

"The client wanted us to create a bridge that honours the property's heritage and pulls its legacy forward," says Jon Kastl, partner at Champalimaud Design. "Our design vision was focused around paring back and brightening the spaces within the hotel and, at the same time, using contemporary and elevated touches to amplify their beauty." Jon explains that, in addition to bringing Raffles up to date, creating more public spaces was another objective of the refurbishment. "This in turn would create more touch points for visitors to engage with the property."

The work ranged from the mundane (scraping off old paint and replacing it with emulsion that lets the walls breathe) to the jaw-dropping (installing an 8,000-crystal Czech chandelier in the lobby). The lobby as a whole was opened up, part of a push to create more social spaces, with strategically placed screens that resemble the old hotel gates to create discrete sections. The Tiffin Room restaurant has been beautified by racks of vases and vintage tiffin boxes, while the Writers Bar, previously little more than a counter by the lobby, now has its own dedicated, enclosed home. Guests can also look forward to new restaurants from star chefs Anne-Sophie Pic, Alain Ducasse and Jereme Leung.

Other changes are less obvious but have quietly improved the experience. In the rooms, the floorboards were removed, restored and soundproofed, so guests will no longer hear the creaky floor or the clicking of heels in the rooms above. New double-glazed windows further dampen sounds that come from outside.

It wasn't all smooth sailing, though. The architects encountered an unexpected obstacle while redesigning one of the presidential suites. "We discovered there was a structural column in one of the suite's rooms – something neither the client nor our studio knew was there!" Jon explains. "The column didn't work with our plans for the space and redesigning the room wasn't an ideal option. After some back-and-forth it was decided that the column would be removed and the architects would install a beam in its place."

Left to right: Raffles Hotel in

Raffles Hotel in 1965; its stately exterior today; the lobby's 8,000-crystal Czech chandelier



HOTEL SOLOHA

Global elements converge in Chinatown

The lively Chinatown district has long drawn visitors for its mix of rich architecture and culture as well as buzzing nightlife. It's here, in trendy Keong Saik, that the 45-room Hotel Soloha opened in August 2019. Occupying a row of refurbished shophouses with indigo blue shutters, white windowsills and stately Corinthian columns, the hotel boasts fun interiors that reflect its design theme of urban jungle chic. Besides tropical prints, bright colours, neon signs, murals, moody lighting and marble bathrooms with rain showers abound. Plenty of works by local artists Ethrisha Liaw and Danielle Tay also grace the lift and guestrooms.

The exact origins of the property are a little murky, but it was the site of the Chinatown Hotel for 25 years, and was a residential block before that. "Having a hotel in a historic building allows guests to experience Singapore beyond just mere sightseeing," says Josh Hu, Hotel Soloha's founder. "They can stay in a living, breathing piece of history. We have preserved the exterior of the original shophouse but completely transformed its interior to pay tribute to the internationalism, tastefulness and chic modernism that the Keong Saik neighbourhood represents."

Josh was inspired by the artistic cosmopolitanism of Omotesando and Shibuya in Tokyo, as well as their small buildings, narrow alleyways, surreal streetscapes and strong art and graphic design culture. "As Hotel Soloha was our first hotel, we were eager to establish a strong brand and design concept," he shares. "We were looking to create a hip, vibrant and high-end hotel for the young and the young-at-heart." As such, Josh explains, a great deal of investment went into touches like in-room smart panels, technology, art and décor.

But before all that came the practical aspects of restoring heritage buildings. Josh and his team initially wanted to create a fully open reception and first-level façade – usually found in typical commercial units – but since the shophouses were originally residential dwellings, the URA advised them to retain the covered shopfront. This impacted what could be done with the façade, windows, doors and original walls, forcing the designers to develop ideas around these protected elements. The original timber floors had to be kept, too, so learning how to adequately soundproof the guestrooms was a challenge. The team had to create multiple mock-up rooms before they discovered the winning formula.

"We had to create bespoke pieces and fittings for each individual room based on the configurations of each allocated space," Josh says. The end result is a truly charming property with a sophisticated, traditional exterior that belies the riot of colour and design inside.



Left to right:

Hotel Soloha occupies a row of refurbished shophouses; its interior décor was partly inspired by the artistic cosmopolitanism of Omotesando and Shibuya; artwork by a local artist in the lift; the walkway outside the hotel



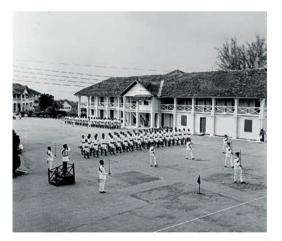
WHERE TO SHOP IN CHINATOWN More than just touristy trinkets

Anthony the Spice Maker This family-run business has outlets in Kreta Ayer and Chinatown Complex. Replicate the taste of Singaporean cuisine at home with spice blends that include laksa, chilli crab, BBQ stingray and more. anthonythespice maker.com Woofer & Puurlensky

Pamper your pooch at this boutique located at The Scarlet Hotel. It stocks all manner of luxe pet products – think leather collars, comfy pet beds and handcrafted toys, including a squeaky toy shaped like a durian. wooferand purlensky.com





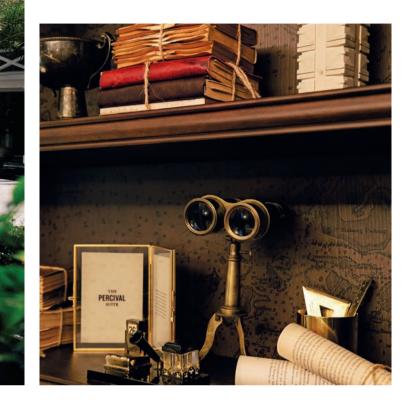


BARRACKS HOTEL

 $Cosy\,digs\,in\,a\,115\text{-}year\text{-}old\,army\,camp$

Singapore's military past emerges at the Barracks Hotel, which opened in Sentosa last December. It occupies the former Blakang Mati Artillery Barracks, originally constructed in 1904 and used by the British artillery unit. When Britain withdrew its forces from Singapore a few years after independence in 1965, the barracks became a training ground for the Singapore Armed Forces and later a tourism office. In 2014, the Far East Organization was awarded the land for development and has since launched three hotels on the site – the Barracks follows Village Hotel and the Outpost Hotel, both of which opened in April last year.

Inside the Barracks, past and present co-exist in style with the careful restoration of the property's structure and decorative features. The URA's regulations shaped much of the way forward for the hotel's construction, explains Laurence Liew, the Barracks' architect and director of Arc Studio Architecture + Urbanism. "The historical significance of the site was an excellent starting point for design," he shares. New structures were introduced in a manner sensitive to the scale and proportions of the existing buildings, along with new materials that were compatible in appearance and feel with the old. "This way, the original



barracks' look and character keep their place at front and centre."

The interior design, done by KKS International, explores a similar theme of timelessness. "In order to bring back the early days' atmosphere, the overall mood remains cosy with warm lighting in both public areas and guestrooms," says managing director Kunio Iwata. "Natural sunlight plays a big role in the design as well in order to brighten up the existing conserved building."

Earthy tones and dark timber convey a rustic feel, reminding guests that they are in an old military outpost. As part of the aesthetic, leather armchairs and sofas, camping chairs and aged lanterns feature throughout the property. White paint and stone lighten the ambience, while wood accents in the guestrooms as well as stylish marble bathrooms add modern twists to all of these reminders of the past.

Surrounded by these markers of timeless sophistication, it's easy to see the success of Laurence's architectural vision: "The Barracks Hotel serves as an effective conduit for linking the past, present and future."

Malaysia Airlines flies 56x weekly between Kuala Lumpur and Singapore. Clockwise from far left: An assembly of the Gurkha unit at the Blakang Mati Artillery Barracks in 1960; the greenery adds a tropical touch to Barracks Hotel; a mishmash of nostalgic objects in the hotel



EXTRAORDINARY STAYS Other heritage hotels across Singapore

Capella Singapore A luxury property

featuring a mix of colonial and contemporary buildings designed by Foster + Partners, set in 30 lush acres on Sentosa. **capellahotels.com**

Goodwood Park Hotel This iconic Queen

Anne-style structure was originally built in 1900 as the Teutonia Club for Singapore's German community. goodwoodpark hotel.com

53

"Earthy tones and dark timber convey a rustic feel, reminding guests that they are in an old military outpost"

Add comfort and convenien with these add-on products

Before your flight



Book Now, Pay Later

• Secure your preferred fare for up to 72 hours by paying a holding fee (This fee is not a deposit).

PLATFORMS:



MHinsure

- Get comprehensive protection benefits when you travel. This includes:
 - Cashless Hospital Admission
 - Flight Cancellation & Delay
 - Luggage Damage
 - Lost & Delay
- Available for a Single Trip Plan or an Annual Plan.

PLATFORMS:



Temptations

- Shop online and get duty free items sent to your home (Worldwide) or FREE delivery to your seat on board.
- Earn Enrich Miles with every purchase.

PLATFORMS: • •

AVAILABLE VIA THESE PLATFORMS:

 MH Signature Satay
 Pre-order and indulge in our Chicken Satay with Nasi Impit

you fly Economy to London,

Melbourne & Sdyney.

PLATFORMS:

during Refreshment Service when

- ONLINETRAVEL AGENT
- CALL CENTRE
- MOBILE APP
- TICKETING OFFICE
- ON BOARD

ce and services.



Extra Baggage

PLATFORMS:

• Save more than 20% from the excess baggage rates at the airport.



KLIA Golden Lounge

Access

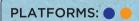
• Purchase in advance for ease and for savings.

PLATFORMS: • • • •



Car Rental

• Find great deals on worldwide car hire and earn up to 2 Enrich Miles per 1 USD spent.

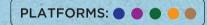




Seat Selection

Pre-purchase and choose from:

- Standard Seat
- Extra Legroom Seat (Additional 5" Legroom)
- Emergency Exit Seat



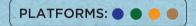
Premium Bundle

 Get more than 15% off regular rates with the KLIA Golden Lounge Access
 + Extra Legroom Seat bundle.

PLATFORMS:

Value Bundle

• Get more than 15% off regular rates with the 10kg Extra Baggage + Standard Seat bundle.





Airport Transfer

• Enjoy a comfortable ride to and from the airport with a wide choice of vehicles. Choose from limousines, rail, cars or minibuses.

mala

PLATFORMS:

oneworl

Snrich

On Board

Wi-Fi On Board

- Competitive rates starting from 2 USD for 10MB.
- Currently available on A350.





Snacks and Beverages

• A variety of snacks and beverages are available for additional purchase.

PLATFORMS:



Temptations

- Shop online and get duty free items sent to your home (Worldwide) or FREE delivery to your seat on board.
- Earn Enrich Miles with every purchase.

PLATFORMS:

.....

N

Enjoy comfort with savings. Visit www.malaysiaairlines.com today.

AVAILABLE VIA THESE PLATFORMS:

ONLINE TRAVEL AGENT CALL CENTRE MOBILE APP

TICKETING OFFICE **ON BOARD**











Earn and redeem Enrich Miles with Sunway Pals

Sunway Pals is the loyalty programme of Malaysian conglomerate Sunway Group. The new partnership between Sunway Pals and Malaysia Airlines' frequent flyer programme, Enrich, will benefit members through a points exchange collaboration. Start exchanging Enrich Miles and Sunway Pals Points to discover the best of both worlds. Lau Yin May, chief marketing and customer experience officer of Malaysia Airlines Group, says, "This partnership with the Sunway Pals loyalty programme provides our Enrich members more choice in how to spend their accumulated miles beyond travel-based redemptions." Evan Cheah, executive vice president, president's office of Sunway Group, also points out that with the increase of travel to Malaysia that's predicted for 2020, "inbound and domestic travellers will be able to optimise their reward options exponentially".



HOW DOES

Redeem Enrich Miles

Do more with your Enrich Miles. Convert Miles to Pals Points and use them to redeem lifestyle rewards at over 1,000 merchants at Sunway Malls, Sunway Theme Parks, Sunway Medical, Sunway Education, Sunway Property and other Sunway businesses.

Earn Enrich Miles

If you're a Sunway Pals member, you can earn Enrich Miles by converting from as low as 2,000 Pals Points. Spend at over 1,000 merchants at Sunway's malls, theme parks, medical centres, education groups and other Sunway businesses to earn Sunway Pals Points.

Going for gold at the 19th Malaysia-International HR Awards

Malaysia Aviation Group (MAG) has won gold in the Employer of Choice (Private Sector) category at the 19th Malaysia-International HR Awards. The awards, held by the Malaysian Institute of Human Resource Management, recognise organisations and HR industry leaders for their extraordinary achievements in developing and executing innovative human resources practices.

Dato' Mohd Khalis Abdul Rahim, group chief human capital officer, says, "We put people first at the heart of everything we do to deliver our promise of Malaysian hospitality. That is why we are committed to being a leading employer of choice to uphold our responsibility as the flag bearer of Malaysia."



Malaysia Aviation Group celebrates outstanding staff achievements



Champions of Malaysian hospitality from across the Malaysia Aviation Group (MAG) were recognised for

their hard work and efforts at Anugerah Wow, held in November.

> The latest edition of Anugerah Wow featured a stellar line-up of winners and special guests. Composer Datin Saidah Rastam and singer Misha Omar both spoke about how proud and inspired they felt watching the winners take the stage. Additionally, Datin Saidah gave a heartfelt and insightful talk on the history and origins of "Negaraku", Malaysia's national anthem. She also spoke about how

"Negaraku" symbolises an emotion that Malaysians carry within their hearts when they travel across the globe

"Negaraku" symbolises an emotion that Malaysians carry within their hearts when they travel across the globe.

Misha rocked the Tan Sri Md Nor Yusof Auditorium with her powerful performances of "Bunga-Bunga Cinta", "Manusia" and other songs. She capped off the show with an amazing rendition of Malaysia Airlines' theme song, "This is MH", with the MAG family.

Our support for the Vendor Development Programme

Malaysia Airlines has signed a Memorandum of Understanding (MOU) with the Ministry of Entrepreneur Development (MED) for the implementation of the Vendor Development Programme (VDP) at the Vendor Innovation Partnership Programme. VDP is a government initiative to develop small and medium enterprises.

The MOU was signed by Malaysia Airlines' chief operations officer, Ahmad Luqman Mohd Azmi, and MED's secretary general, YBhg Datuk Wan Suraya binti Wan Mohd Radzi, and witnessed by Malaysia Airlines' head of engineering, Eke Nazri Rahim, and MED's deputy secretary general, Muhammad Razman Abu Samah.

As the anchor company, Malaysia Airlines will start implementing the VDP with engineering, maintenance and AeroDarat services. The five initial pilot projects for the VDP within Malaysia Airlines are mainly in sourcing additive manufacturing, carpets, seat upholstery, aircraft cleaning materials and chemicals.

The implementation of VDP within Malaysia Airlines aims to decrease the costs attributed to spending on non-critical parts and components by 15%, as well as decrease turnaround time and boost operational efficiency.



EVERY GETAWAY IS NOW MORE REWARDING WITH



Introducing Enrich Hotels, opening doors to new and enriching experiences. Pick from over 400,000 properties worldwide and choose how you want to be rewarded. Earn Enrich Miles for every night's stay, or redeem Miles for a free holiday – the choice is yours.

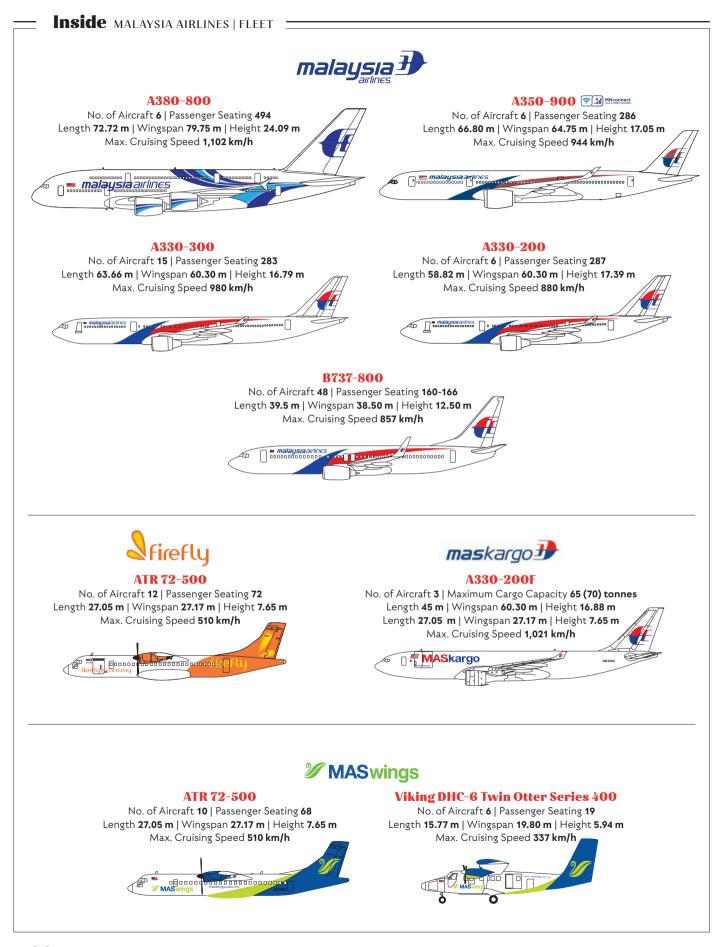
Enrich |

You next rewarding getaway begins here at enrichhotels.com

Not a member yet? Scan to sign-up









SKY51, THE NEWEST ROOFTOP BAR AND RESTAURANT IN KUALA LUMPUR

There's only one thing to do when the sun goes down – find the nearest rooftop bar and cool down with a cocktail or two. EQ, the newest 5-star hotel has opened it's highly anticipated Sky51, located on the highest floor of the hotel. It nests Sabayon, a contemporary European with artisanal Malaysian restaurant with a kitchen helmed by Michelin star holder Chef Hans Boren from Sweden alongside Blue, a bespoke speakeasy bar and lounge with a live band, sky pods, a private upper deck and a DJ. The obsidian black surroundings of the lobby are illuminated with spellbinding stretches of starlight embellishments that demand for photos to be taken. The floor-to-ceiling windows of the city skyline boasts one of the best views of the iconic Petronas Twin Towers. Expect world-class service, crafted cocktails, 100 pointer wines by the glass and some of the most exquisite food that exudes luxury from its core with one of the most fascinating panoramic views of Kuala Lumpur. Guests are encouraged to book tables in advance and dress upscale-casual as no shorts, open sandals or slippers are allowed.

eqkualalumpur.com

EXPERIENCE THE BEST AT DESARU COAST

THE ELS CLUB

GET 10% OFF YOUR STAY & PLAY WHEN YOU REFERENCE SP10



The Els Club Desaru Coast No. 4, Jalan Danau,Desaru 81930 Desaru, Johor T. +607- 878 0000 E. reservations.ecdc@elsclubmalaysia.com

TROON GOLF

ON-TIME PERFORMANCE

Our check-in counters close 60 minutes before departure. Please allow at least 45 minutes for immigration and security clearance. Boarding gate will close 20 minutes prior to departure and late passengers will not be accepted.

CABIN LUGGAGE HANDLING

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

PORTABLE ELECTRONIC DEVICES (PED)

For safety reasons and in line with the Civil Aviation Authority of Malaysia guidelines, mobile phones and all PEDs must be switched off once the aircraft has moved out of bay/gate for departure. Whilst cruising, devices placed in flight mode may be used. The devices must again be switched off during the approach for landing until the aircraft is parked at the terminal building. Devices transmitting strong signals must remain switched off throughout the flight, until disembarkation. The Captain may prohibit the use of devices that can interfere with the aircraft's system.

LITHIUM BATTERIES

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

NO-SMOKING POLICY

Smoking, including the use of electronic cigarettes, is prohibited on all flights.

ELECTRONIC CIGARETTES

Electronic cigarettes must be carried on one's person or in carry-on baggage only. Recharging of the device in-flight is not permitted.

COMFORT & CARE

Personal care, baby paraphernalia and first aid treatment are available upon request.

ZERO TOLERANCE OF ABUSE

We value courteousness. Any form of threat, verbal abuse

or violence towards our staff will be taken seriously. We are committed to supporting anyone who has been the victim of an assault.

BAGGAGE FOR TRANSIT PASSENGERS

We recommend that transit passengers in KLIA reconfirm their final baggage destination at the Transfer Desk to ensure they are identified and loaded accordingly. Just show your baggage identification tag to the Transfer Desk officer.

ENTERTAINMENT

Movies, TV and Music On-Demand are available on selected flights.

ONBOARD CONNECTION

Laptop power points are fitted on Business Suite and Business Class seats.

USB CHARGING

Available on selected aircraft type (A350-900 and A330-200).

FOOD & BEVERAGE

All food served is halal. Special meals can be prepared with 24-hour notice. First and Business Class guests may use Chef-on-Call services to book meals 24 hours prior to departure on selected flights. Alcoholic drinks are available on flights longer than three hours to passengers above the age of 21. Our cabin crew reserve the right to decline serving and selling alcohol to any passenger who appears intoxicated. Consumption of personal alcoholic drinks is prohibited.

FRESH & FROZEN SEAFOOD

Fresh and frozen seafood are strictly not permitted in check-in baggage. They may be accepted in cabin baggage, subject to the destination's quarantine regulations. They must be properly packed and meet the cabin baggage weight and size requirements. A maximum of 2.5 kg of dry ice per passenger is permissible if dry ice is used to carry these items. We reserve the right to refuse carriage if the items are not properly packed.

PEANUT & NUT ALLERGIES

Meals containing peanuts or tree nuts may be served throughout the aircraft. We cannot accommodate requests for peanut/nut-free zones in the aircraft. In addition, we cannot prevent other passengers from bringing peanuts or other tree nuts on board. We strongly encourage those with allergies to take the necessary medical precautions before flying, including travelling with medications such as EpiPens in their hand luggage.

WHEELCHAIR ASSISTANCE

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

UNACCOMPANIED MINOR (UMNR) POLICY

We provide assistance for children aged five to 15 years old travelling alone, with 24-hour advance request.

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



WEB Check in online at malaysiaairlines.com. Print out the boarding pass yourself.



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



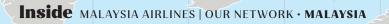
MHMOBILE Visit malaysiaairlines.com to download the Malaysia Airlines App to perform mobile check-in.



FAST-CHECK SELF-SERVICE KIOSK Check in and print your boarding pass at these kiosks at the airport.



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





CORRECT AT THE TIME OF PRINT / DESTINATIONS ARE SUBJECT TO CHANGE.

LOG ON TO MALAYSIAAIRLINES.COM OR ONEWORLD.COM FOR THE RESPECTIVE ROUTE/DESTINATION MAPS





CORRECT AT THE TIME OF PRINT / DESTINATIONS ARE SUBJECT TO CHANGE.

b LOG ON TO **MALAYSIAAIRLINES.COM** OR **ONEWORLD.COM** FOR THE RESPECTIVE ROUTE/DESTINATION MAPS





TRAVEL WITH PEACE OF MIND

Get coverage for travel inconveniences and enjoy a blissful vacation. Protect yourself with **MHinsure** today.





Cashless Medical Care



Flight Delay, Cancellation & Curtailment benefit up to Trip Value



Luggage Damage, Lost or Delay benefit up to RM7,500

Add **MHinsure** when you purchase your flight ticket on **malaysiaairlines.com**

Terms and conditions apply









Business Suite Economy **Business Suite** Business Class & **Business Class** All passengers & Business Class Class A350-900 Extra Legroom A332 A333 & B737-800 A380 A380 Seats A350-900 0 16 • 4 0 17 🛞 🕓 🕘 4 (144 | 1 | 22) $\overline{\mathbf{O}}$ **a** (a) 7 *For Economy Class passengers, access to in-flight entertainment and service functions is via the seatback touch screen monitor.

GETTING STARTED For passengers with a seatback personal screen, please refer to the following instructions for use of the remote control 擁有個人屏幕的乘客請參照以下圖像和說明來使用您的遙控器。 個人スクリーンをお持ちのお客様はお手元のハンドセットを下の画像と合わせてから続けてお読みください。

- Control Paddle
- 2 Window Display
- 3 Mode
- 4 Reading Light ON/OFF
- 5 Channel UP/DOWN
- 6 Volume UP/DOWN
- Brightness UP/DOWN
- Button Disabled
- Select/Start*
- DelectionEnter*
- Enter*
 Audio/Video Controls To Rewind, Play/Pause, Forward
- and Stop for Audio/Video **Back Button**
- To go to previous screen Screen ON/OFF Button
- To switch the Interactive screen ON/OFF
- Home Button Shortcut to go to Main Menu
- QWERTY Keyboard B738/A333
- Magnetic Card Reader
- Cabin Crew Assistance





- 3 模式
- ④ 閱讀燈 ON/OFF
- 5 頻道 UP/DOWN
- ⑥ 音量 UP/DOWN
- ⑦ 亮度 UP/DOWN
- ⑧ 呼叫乘務員/取消
- ③ 選擇/開始*
- 10 確認*
- 🕦 音訊頻/視訊控制項
- 倒轉、播放/暫停、快轉及停止音訊頻/視訊。 12 返回按鈕
- 轉至上一個螢幕。
- 13 螢幕開/關按鈕 切換互動螢幕的開/關。
- (4) 首頁按鈕 捷徑至主功能表選項單。
- **QWERTY** 鍵盤 輸入短訊/電郵的文字本訊息及/或電話撥號。
- 16 磁卡讀卡機取器 刷劃信用卡。
- 🕖 机舱服务员协助

*此項不適用於座位視頻系統

0.	上下左右ボタン*
2 7	ウィンドウ表示
3 =	モード
4	読書用ライトON/OFF
5 =	チャンネルUP/DOWN
6 7	音声ボリュームUP/DOWN
7 F	明るさUP/DOWN
8	乗務員呼び出し/取消
9 i	選択/スタート*
10	入力*
2	オーディオ / ビデオ コントロール オーディオ / ビデオの巻き戻しや再生 / 一時停 上、早送りを行います。
	戻る」ボタン 前の画面に戻ります。
	画面をオン / オフ」ボタン インタラクティブ画面をオン / オフにします。
-	ホーム」ボタン メインメニューに移動するショートカットです。
S	QWERTY キーボード iMS / 電子メールのテキストメッセージおよび / ま こはテレフォニーのダイアル番号を入力します。
	滋気カードリーダー クレジットカードを通します
17 -	フライトアテンダントアシスタンス

*印の項目はインシートビデオシステムには該当しません。

your boutique urban resort

Take a step from the city, into resort serenity. In the heart of city's business and commercial districts, our neighbours include the iconic Petronas Twin Towers with the city's premier shopping centre - Suria KLCC & Avenue K. Hotel Maya is Kuala Lumpur's boutique urban resort offering comfort and convenience with distinct personality. Experience a unique & wholesome retreat with well furnished suites, 3 trendy dining outlets, 2 lounge, in-house spa & gymnasium, heated hydrotherapy pool, meeting facilities & other amenities.



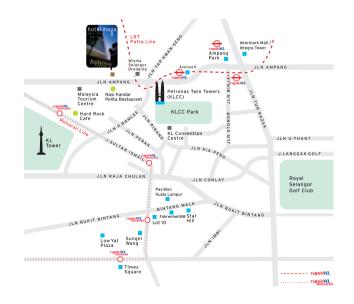
studio room lead in room type **anggun spa** massages & spa treatments sky lounge lounge with a views hydrotherapy pool heated indoor pool





138 jalan ampang, 50450 kuala lumpur, malaysia.
t +603 2711 8866 f +603 2711 9966
e info@hotelmaya.com.my www.hotelmaya.com.my

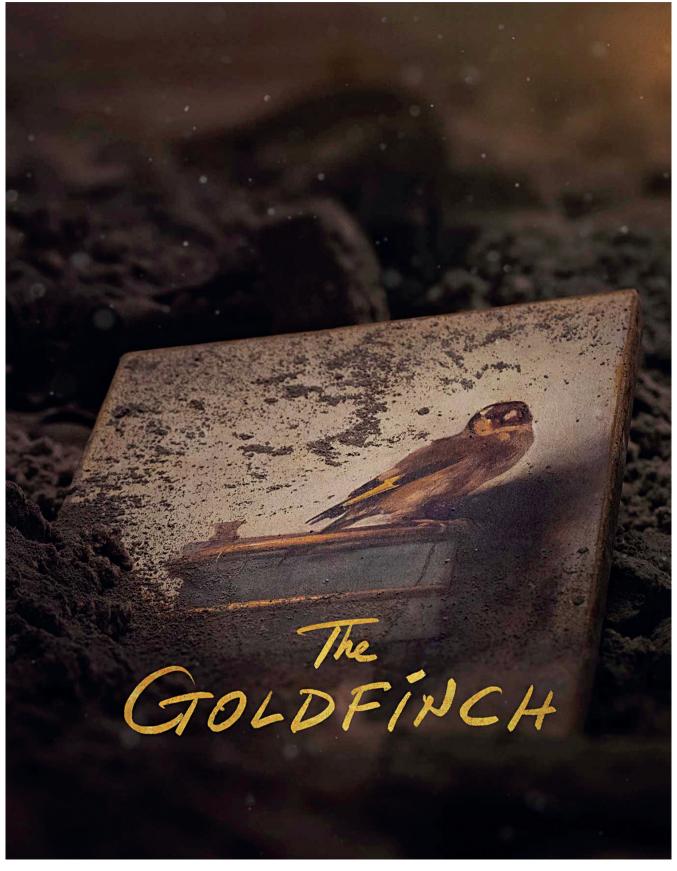
f Hotel Maya Kuala Lumpur
 hotelmayakualalumpur



Entertainment

72 INTERVIEW73 NEW THIS MONTH

4 MOVIES 6 TV SHOWS



The good fight

Malaysia-based Indian director Kabir Bhatia tackles mixed martial arts (MMA) in his 2019 action movie, *Sangkar*

Tell us more about what inspired Sangkar.

My main challenge was to create something with a strong storyline that didn't already exist. We were fortunate to have had a scriptwriter onboard who brought fresh ideas to the table, and we could do what we set out to accomplish. The core of *Sangkar* lies in the story of two individuals with completely different backgrounds who meet during an incident outside the ring.

I wasn't an MMA fan – neither was I familiar with the scene in KL – and saw my first live fight only while preparing for this film. I was lucky to get a crash course when I met the fighters after the match. It was important that we captured their fighting spirit as accurately as possible – we owe that much to the fighters and their fans.

What sort of training did the cast have to undergo?

Both Remy [Ishak] and Zul [Ariffin] were required to increase their body weight, which proved to be very challenging. They also underwent months of MMA training with fight choreographer Saiful Reza to





look, move and hit like real MMA fighters. To master boxing techniques, Zul had to undergo boxing training in Thailand. In the end, I think both Remy and Zul delivered because they were so well-prepared.

What were some of the challenges you faced making *Sangkar*?

Making sure no one got hurt. I don't think any filmmaking is worth it if it injures the crew – the industry is duty-bound to ensure the safety of the talent involved. Nevertheless, many of the actors, stuntmen and even MMA fighters went the extra mile. Zul and Remy took a few hard ones but no one complained. One of the other actors dislocated his knee but he was still determined to finish his scene. I'm happy to say he's 100% fit now.

Making the scenes look realistic was also important. We watched a lot of MMA fights and incorporated a few of the best moments we saw onscreen. But there are also some great moments that take place outside the cage that are relevant to the plot. Sangkar is as much about friendship and romance as it is about sport – when

"Sangkar is as much about friendship and romance as it is about sport"

you watch it, you'll see a man who's trying to overcome his demons.

I was also inspired by the different types of MMA athletes, and the ones who are differently abled, like Remy Ishak's character, really do exist in real life.

What do you hope this film achieves?

Since Sangkar has received such a positive response, I hope that more sport-themed movies will be made in Malaysia.



angkar is playing onboard. Check your in-flight atertainment system for channel information.

HOLLYWOOD



"IT" CHAPTER TWO JESSICA CHASTAIN, JAMES MCAVOY, BILL HADER R / • / 169 mins / Drama, Fantasy, Horror / E, E+

Twenty-seven years after their first encounter with the terrifying Pennywise, members of the Losers Club have all grown up and moved away, until a devastating phone call brings them back. Pennywise finds new ways to torment the misfits as they struggle to cope with horrors in their hometown.



LUCY IN THE SKY NATALIE PORTMAN, JON HAMM, ZAZIE BEETZ R / • / 124 mins / Drama, Sci-Fi / E, E+

Astronaut Lucy Cola returns to Earth after a transcendent experience during a mission to space, and begins to lose touch with reality in a world that now seems too small. The film is loosely based on a real-life tale of love gone wrong between two wayward astronauts.



PALM BEACH FRANCES BERRY, SAM NEILL, BRYAN BROWN PG13 / • / 112 mins / Comedy, Drama / E, E+

Lifelong friends reunite for a very special party at Sydney's Palm Beach, affectionately known as "Palmy" by locals. Inspired by events in writer-director Rachel Ward's life, this film explores upper-middle class existential crises and stars Ward's real-life husband Bryan Brown.

THE MEANING OF LIFE JOHN BOYLAN, JOEL CHICO, DANIEL DESANTO PG13 / • / 93 mins / Drama, Music / E, E+

Starving musician Finn Faber gets a temp job as a therapeutic clown at a hospital for sick kids. He is assigned a nine-year-old leukemia patient: Sophia. Finn realises that the meeting with Sophia is the conduit for an important lesson he needs to learn before making a big step forward in life.

MALAY



SANGKAR ZUL ARIFFIN, REMY ISHAK, ZARUL ALBAKRI PG13 / • / 112 mins / Drama, Action / E+

This film follows the story of two MMA fighters, Adam and Johan, who get into a fight outside the ring, which seriously injures Johan. Filled with guilt, Adam attempts to redeem himself by turning to underground fights for financial rewards, which he then shares with Johan's family.

CHINESE



FLY BY NIGHT 非常盗 SUNNY PANG, JACK TAN, FABIAN LOO PG13 / • / 100 mins / Drama, Crime / M, E+

Three taxi drivers led by Tailo have perfected their small and moderately profitable extortion game of blackmailing airport pickups. When his younger brother's impulsive behaviour brings the cops and the triad to his doorstep, he stops at nothing to protect all who matter to him.

KOREAN

EXIT 極限逃生 CHO JUNG-SEOK, LIM YOONA PG13/9/108 mins / Action, Comedy / K, E+

Young and jobless Yong-nam strategically plans his mother's 70th birthday party at the workplace of his old college crush, Eun-joo. When an ominous white gas envelops part of the city, Yong-nam must turn to his only discernible skill – rock climbing – to save the day.

MALAYALAM



MY GREAT GRANDFATHER JOHNY ANTONY, ASHA ARAVIND PG13 / • / 122 mins / Comedy, Familyu, Drama / E+

Michael, Sivan and Sadhaam are friends. The film's main story revolves around the incidents that binds them together. After Michael gets engaged to a much younger woman, things get unexpectedly messy when a mysterious girl shows up claiming to be his daughter.

RATINGS:

- G/U General audience. Suitable for all ages.
- PG Parental guidance recommended. Some content may not be suitable for children.
- PG13 Parental guidance strongly recommended. Some content may be inappropriate for children under 13 years of age.
- 15 Suitable for audiences aged 15 years and above.
- R Restricted. Not suitable for audiences under 17 years of age
- NR Not rated by Motion Picture Association of America.Contains scenes or language that may be disturbing or offensive
- Viewer discretion is advised.
 Programmes with Malaysian content.
- Award-winning movies/programmes

LANGUAGES:

A Arabic / D Danish / E English / ES Spanish / F French / G German / H Hindi / I Italian / IN Indonesian / J Japanese / K Korean / M Mandarin / ML Malay / T Tamil / TA Tagalog

SUBTITLES:

A+ Arabic / C+ Chinese / E+ English / J+ Japanese / M+ Malay



LUCY IN THE SKY NATALIE PORTMAN, JON HAMM, ZAZIE BEETZ R / • / 124 mins / Drama, Sci-Fi / E



THE GOLDFINCH OAKES FEGLEY, ANSEL ELGORT, NICOLE KIDMAN R / • / 149 mins / Drama / J,K,E



"IT" CHAPTER TWO JESSICA CHASTAIN, JAMES MCAVOY, BILL HADER R / ● / 169 mins / Drama, Fantasy, Horror / E



MALEFICENT: MISTRESS OF EVIL ANGELINA JOLIE, ELLE FANNING, HARRIS DICKINSON PG / ● / 119 mins / Adventure, Family, Fantasy / E

LATEST

PALM BEACH

FRANCES BERRY,

SAM NELLI

BRYAN BROWN

PG13 / 112 mins /

Comedy, Drama / J,E

ANING

THE MEANING OF LIFE

JOHN BOYLAN.

JOEL CHICO, DANIEL

DESANTO

PG13 / 1 / 93 mins /

Drama, Music / E

DIE HARD:

WITH A VENGEANCE

BRUCE WILLIS, JEREMY IRONS,

SAMUEL L JACKSON

R / 128 mins /

Action, Adventure, Thriller / E

MRS. DOUBTFIRE (1993)

ROBIN WILLIAMS.

SALLY FIFLD

PIERCE BROSNAN

PG13 / 124 mins /

Comedy, Drama, Family / J,E



RIO 2 JESSE EISENBERG, ANNE HATHAWAY, JEMAINE CLEMENT PG / 101 mins / Animation, Adventure, Comedy / J,E



THE PREDATOR BOYD HOLBROOK, TREVANTE RHODES, JACOB TREMBLAY R / @ / 124 mins / Action, Adventure, Sci-Fi / J.E



DEADPOOL RYAN REYNOLDS, MORENA BACCARIN, PG13 / @ / 108 mins / Action, Adventure, Comedy / K,E



THE THREE STOOGES SEAN HAYES, CHRIS DIAMANTOPOULOS, WILL SASSO PG13 / ① / 92 mins / Comedy, Family / J,E



THE WATCH BEN STILLER, VINCE VAUGHN, JONAH HILL PG13 / ① / 102 mins / Action, Comedy, Horror / E



THE SHAPE OF WATER SALLY HAWKINS, OCTAVIA SPENCER PG13 / @ / 123 mins / Adventure, Drama, Fantasy / J,E

FAVOURITES

42 PG13 / 🕘 / 143 mins / Biography, Drama, Sport

300: RISE OF AN EMPIRE R / • / 117 mins / Action, Drama, Fantasy

> THE BOOK THIEF PG13 / • / 131 mins / Drama, War

DARK SHADOWS PG13 / • / 113 mins / Comedy, Fantasy, Horror

> GET HARD R / () / 100 mins / Comedy, Crime

HORRIBLE BOSSES PG13 / • / 98 mins / Comedy, Crime

For the complete list of Favourites, please refer to your in-flight entertainment system.





102 DALMATIANS GLENN CLOSE, GÉRARD DEPARDIEU G / 100 mins / Adventure, Comedy, Family / E



INCEPTION LEONARDO DICAPRIO, JOSEPH GORDON-LEVITT PG13 / 1 / 100 mins / Action, Adventure, Sci-Fi / E



RYAN REYNOLDS, MORENA BACCARIN R / 1 / 108 mins / Action, Adventure, Comedy / E



IRON MAN 3 ROBERT DOWNEY JR, GUY PEARCE PG13 / 1 / 130 mins / Action, Adventure, Sci-Fi / E

MRS DOUBTFIRE

ROBIN WILLIAMS, SALLY FIELD, PIERCE BROSNAN PG13 / 1 / 125 mins / Comedy, Drama, Family / E

For the complete list of award-winning movies, please refer to your in-flight entertainment system.

MALAY



SANGKAR ZUL ARIFFIN, REMY ISHAK, ZARUL ALBAKRI PG13 / () / 112 mins / Drama, Action / ML, E+



NASIB SI LABU & LABI P RAMLEE, M ZAIN, UDO OMAR PG13 / () / 98 mins / Comedy / M, E+

PASKAL HAIRUL AZREENM, AMMAR ALFIAN PG13 / ① / 95 mins / Action, Drama / M, E+

PENDEKAR BUJANG LAPOK P RAMLEE, S SHAMSUDDIN, AZIZ SATTAR PG13 / ① / 104 mins / Comedy / M, E+

RISE OF THE LEGEND JAKE ENG, TOSH CHAN PG13 / • / 111 mins / Biography / M, E+

TAGALOG

ALONE TOGETHER LIZA SOBERANO, ENRIQUE GIL PG13 / • / 148 mins / Drama, Romance / TA, E+

INDONESIAN

MILLY & MAMET (INI BUKAN CINTA & RANGGA) DENNIS ADHISWARA, SISSY PRESCILLIA PG13 / ① / 148 mins Comedy, Drama / IN, E+

CHINESE



FLY BY NIGHT SUNNY PANG, JACK TAN, FABIAN LOO PG13 / () / 100 mins / Drama, Crime / M, E+



ATM ZHU YA WEN, SANDRINE PINNA PG13 / • / 102 mins / Romance, Comedy / M, E+



SUMMER OF CHANGSHA ZU FENG, HUANG LU, CHEN MING HAO PG13 / @ / 120 mins / Crime, Suspens , Fantasy / M, E+

> LOOKING UP CHAO DENG, YU BAI, SUXI REN PG13 / • / 147 mins / Drama / M, E+

VORTEX BINGKUN CAO, WEIYU CAO, CHENGPENG DONG PG13 / • / 114 mins / Crime, Drama / M, E+

MILLION LOVES IN ME JOHN Y, KOON-LAN LAW, WILSON LEE PG13 / • / 108 mins / Drama / M,E+

JAPANESE



MENTAI-PIRIRI HAKATA HANAMARU, YASUKO TOMITA PG13 / • / 115 mins / Drama / J, E+



DANCE WITH ME AYAKA MIYOSHI, YU YASHIR, CHAY PG13 / • / 3 mins / Music, Comedy / J, E+

BIRTHDAY WONDERLAND MATSUOKA MAYU, ICHIMURA MASACHIKA, YAJIMA AKIKO PG13 / • / 116 mins / Animation / J,E+

> RAMEN SHOP SEIKO MATSUDA, TSUYOSHI IHARA, TAKUMI SAITO PG13 / ① / 89 mins / Drama / J, E+

BORN BONE BORN AYAME MISAKI, EIJI OKUDA, MICHITAKA TSUTSUI PG13 / • / 108 mins / Comedy, Family / J, E+

5 MILLION DOLLAR LIFE AYUMU MOCHIZUKI, RYU MORIOKA, SUMIRE ASHINA PG13 () 104 mins / Mystery, Drama / J, E+

TELUGU

F2 - FUN AND FRUSTRATION TAMANNAAH BHATIA, PRAKASH RAJ PG13 / • / 148 mins / Action, Drama / E+

TAMIL



SIVAPPU MANJAL PACHAI SIDDHARTH, GV PRAKASH KUMAR PG13 / • / 120 mins / Action, Thriller / T, E+

TO LET DHARUN BALA, T ARUL EZHILAN, MK MANI PG13 / ① / 99 mins / Family / T, E+

SARVAM THAALA MAYAM G.V. PRAKASH KUMAR, NEDUMUDI VENU PG13 / () / 131 mins / Drama, Music / T, E+

THADAM ARUN VIJAY, TANYA HOPE, SMRUTHI VENKAT PG13 / • / 119 mins Action, Crime, Thriller / T, E+

DHILLUKU DHUDDU 2 SANTHANAM, SHRITHA SIVADAS PG13 / • / 153 mins Comedy, Horror / T, E+

KOREAN



EXIT CHO JUNG-SEOK, LIM YOONA PG13 / ① / 108mins / Action, Comedy / K, E+

TRADE YOUR LOVE KIM DONG-WOOK, KO SUNG-HEE PG13 / () / 87 mins / Drama, Romance, Comedy / K, E+

HINDI



GULLY BOY RANVEER SINGH, ALIA BHATT PG13 / • / 150 mins / Drama, Music / H, E+

MANIKARNIKA: THE QUEEN OF JHANSI KANGANA RANAUT, ATUL KULKARNI PG13 / • / 121 mins / Biography, Action / H, E+

> LUKA CHUPPI KARTIK AARYAN, KRITI SANON PG13 / ① / 126 mins / Comedy, Romance / H, E+

SIMMBA RANVEER SINGH, SARA ALI KHAN PG13 / • / 107 mins / Action, Thriller / H, E+

ZERO SHAH RUKH KHAN, ANUSHKA SHARMA PG13 / 1 / 183 mins / Drama, Romance / H,E+

MALAYALAM



MY GREAT GRANDFATHER JOHNY ANTONY, ASHA ARAVIND, BABURAJ PG13 / ① / 120 mins / Comedy, Family, Drama / E+

ILAYARAJA AJAYKUMAR, HARISREE ASKAN PG13 / • / 141 mins / Drama / E+

KIDS



SMALLFOOT CHANNING TATUM, JAMES CORDEN PG / 96 mins / Animation, Adventure, Comedy / E



RIO 2 JESSE EISENBERG, ANNE HATHAWAY PG / 101 mins / Animation, Adventure, Comedy / E



TANGLED MANDY MOORE, ZACHARY LEVI PG / 100 mins / Animation, Adventure, Comedy / E

> PAN LEVI MILLER,

HUGH JACKMAN PG13 / 111 mins / Adventure, Comedy, Family / E

102 DALMATIANS GLENN CLOSE, GÉRARD DEPARDIEU PG / 100mins / Adventure, Comedy, Family / E

For the complete list of movies for kids, please refer to your inflight entertainment system.

COMEDY

FULLER HOUSE S4

CANDACE CAMERON

BURE, JODIE SWEETIN

9 Episodes / () / 30 mins

each / E

FRESH OFF THE

BOAT S5

RANDALL PARK.

4 Episodes / 30 mins

each / E

MURPHY BROWN S1

CANDICE BERGEN, FAITH

FORD, JOE REGALBUTO

5 Episodes / 30 mins

each / E

WHISKEY CAVALIER S1

SCOTT FOLEY, LAUREN

COHEN, ANA ORTIZ

11 Episodes / 1 / 30 mins

each / E



MODERN FAMILY S9 JESSE TYLER FERGUSON, SOFÍA VERGARA 3 Episodes / 30 mins each / E

When Claire lands a big opportunity for Pritchett's Closets, Jay expects a little validation for his contribution. Pam's ex-boyfriend, Bo, shows up – and Mitchell sees this as the perfect opportunity to finally get Pam out of their house. Meanwhile, Luke and Alex stumble upon a successful online business that finally gets them on their feet.



LOVE IS_____S1 MICHELE WEAVER, TYRONE BROWN 10 Episodes / 30 mins each / E



MOM S6 ANNA FARIS, ALLISON JANNEY, MIMI KENNEDY 12 Episodes / 30 mins each / E



BIG BANG THEORY S12 JOHNNY GALECKI, JIM PARSONS 18 Episodes / () / 30 mins each / E



YOUNG SHELDON S2 IAIN ARMITAGE, ZOE PERRY, LANCE BARBER 4 Episodes / ⁽¹⁾ / 60 mins each / E



THE KOMINSKY METHOD S1 MICHAEL DOUGLAS 8 Episodes / 30 mins each / E



SPLITTING UP TOGETHER S2 JENNA FISCHER 4 Episodes / 30 mins each / E



TRIAL & ERROR S2 NICHOLAS D'AGOSTO, JAYMA MAYS 10 Episodes / 30 mins each / E

BETTER THINGS S3 PAMELA ADLON, MIKEY MADISON 8 Episodes / () / 30 mins each / E

LIFE IN PIECES S4 COLIN HANKS, BETSY BRANDT 3 Episodes / () / 30 mins each / E



TOUCH YOUR HEART S1 LEE DONG-WOOK, YOO IN-NA 4 Episodes / 60 mins each / K, E

Jung Rok says that he will give Yun Seo an opportunity to become a real secretary. Yun Seo tries her best to keep up, but she gets frustrated by the heavy workload. Jung Rok also takes on the case of a high school student who has been accused of fraud. Yun Seo tries to help Jung Rok, but it gets complicated as the accused continues to lie about the case.



SWAMP THING S1 CRYSTAL REED, VIRGINIA MADSEN 10 Episodes / ① / 60 mins each / E



VERONICA MARS S1 KRISTEN BELL, ENRICO COLANTONI 8 Episodes / • / 60 mins each / E

KRYPTON S2 CAMERON CUFFE, GEORGINA CAMPBELL 10 Episodes / ① / 60 mins each / E

LEGACIES S1 DANIELLE ROSE RUSSELL, ARIA SHAHGHASEMI 10 Episodes / • / 60 mins each / E

DRAMA

NYWORT

PENNYWORTH

IACK BANNON

BEN ALDRIDGE

7 Episodes / 60 mins

each / E

OUEEN SUGAR S4

KOFI SIRIBOE,

RUTINA WESLEY

10 Episodes /

60 mins each / E

THE ORVILLE S2

SETH MACFARLANE,

ADRIANNE PALICKI

4 Episodes / 60 mins

each / E

PRETTY LITTLE

LIARS S1

TROIAN BELLISARIO

8 Episodes / () / 60 mins

each / E



RIVERDALE S3 KJ APA, LILI REINHART, CAMILA MENDES 12 Episodes / () / 60 mins each / E



THE RED LINE S1 NOAH WYLE, EMAYATZY CORINEALDI 8 Episodes / 60 mins each / E



THE CROWNED CLOWN S1 JIN-GU YEO 4 Episodes / () / 60 mins each / K, E

BLINDSPOT S4 SULLIVAN STAPLETON, JAIMIE ALEXANDER 8 Episodes / 1 / 60 mins each / E

DC'S LEGENDS OF TOMORROW S4 ROBERT TAYLOR 10 Episodes / • / 60 mins each / E

> THE FLASH S5 GRANT GUSTIN, CANDICE PATTON 6 Episodes / 60 mins each / E

THE RESIDENT S1 MATT CZUCHRY, EMILY VANCAMP 4 Episodes / (1) / 60 mins each / E

KIDS TATED **DC SUPER HERO UNIKITTY! RASA ANAK TRAVEL LIKE** EMAK ANAK LOCAL X 5 Episodes / G / BAPAK AUSSIE 5 Episodes / G / 30 mins each / E 30 mins each / E G / 30 mins / E G / 30 mins / E LIFESTYLE TRAVEL UNPLUGGED IMELDA 2019 G / 30 mins / E G / 60 mins / E GOOD TASTE: JOHN TORODE'S MIDDLE EAST **GIRLS DAY** PG / 30 mins / E PG / 30 mins / E G / 30 mins / E THE **SOUNDSTAGE** MISADVENTURES OF ROMESH RANGANATHAN PG / 60 mins / E **CRAZY BEAUTIFUL** HISTORY WEDDINGS PG / 60 mins / E JESSE COOK: FOLLOW **KIRSTIE'S CELEBRITY THE ROAD CRAFT MASTERS** G / 60 mins / E PG / 30 mins / E **BUSINESS DYNASTIES: FAMILIES THAT** PG / 30 mins / E **CHANGED THE** WORLD PG / 60 mins / E SHOWDOWN PG / 30 mins / E THE AFRICA/ **MODERN WHEELS ASIA PROFIT OR CLASSIC WHEEL** POINT PG / 30 mins / E PG / 30 mins / E PG / 30 mins / E **RACHEL KHOO: MY MEGHAN & HARRY:**

GIRLS

CHINESE

HOLIDAY

MAKEOVER

SUGAR

SWEDISH KITCHEN

PG / 30 mins / E

PG / 60 mins / E

BABY FEVER

BEST OF MALAYSIA

CNN: **TALK ASIA** PG / 30 mins / E





TANYA DOKTOR

AROMA TRADISI G / 30 mins / E

SCIENCE & TECH



CURING CANCER PG / 60 mins / E

NAKED SCIENCE PG / 60 mins / E

NATURAL WORLD



WILD ABOUT

CHIMP BABIES PG / 60 mins / E

JAPANESE



MIDNIGHT DINER: TOKYO STORIES G / 30 mins / E



SEARCH FOR MADE IN JAPAN G / 30 mins / E

KOREAN



KANG'S **KITCHEN** G / 90 mins / E



WELCOME **FIRST TIME** IN KOREA G / 90 mins / E

SPORT



TCRASIA PG / 30 mins / E

HINDI



KOFFEE WITH KARAN G / 60 mins / E



KHICHDI G / 30 mins / E

TAMIL



SIRIPPU DA G / 30 mins / E



KINGS OF COMEDY JUNIORS G / 60 mins / E

ARABIC



AKALNAHA G / 60 mins / E

For the complete list of TV programmes, please refer to your inflight entertainment system





THE HITS



including... Pixies (above), Gucci Mane, Lizzo, Foals, Stereophonics, Neil Young with Crazy Horse, James Blunt, Wale, Jessica Mauboy, James Arthur, The Script, TOOL, H.E.R., Midnight Fusic

JAPANESE



including... WANIMA (above), Nogizaka46, miwa, Masaki Suda, GOT7, Aimer, Luna Haruna, SawanoHiroyuki[nZk], SEKAI NO OWARI, OH MY GIRL, GOT7, Misia, Mika Nakashima, Nogizaka46, Hiragana Keyakizaka46

CLASSICAL

including... Montserrat Caballé, Sir Richard Branson, The Melbourne Symphony Orchestra & Benhamin Northey

WORLD

including... Becky G, DARMAS, BEN&BEN, Ricky Martin, Malaysian Philharmonic Orchestra, Santana

KIDS

including... The Wiggles, Fairy Tales for Kids, Kids & Fairy Tales, Captain Allen Swift, ABC Kids, Little Feet Music, Annabelle Ferro, My Little Pony

NASYID

including... Raihan, Sabyan, Mesut Kurtis, Raef, Mohamed Tarek, Hafiz Hamidun, Opick, Maher Zain, Ustaz Abdullah Fahmi, Inteam, Haddad Alwi, Harris J

MANDARIN



including... Princess Ai (above), UNINE, Priscilla Abby, CoCo Lee, Hacken Lee, A-Lin, Jolin Tsai, Eric Chou, Maggie Chiang, Karen Mok, Rainie Yang, Jeff Chang, Jolin Tsai, Xue Zhi Qian

KOREAN



including... AB6IX (above), ATEEZ, KANG DANIEL, CIX, EXID, Jung Dongha & Oh Jun Sung

JAZZ

including... The Bad Plus, The Shanghai Sisters, Dato Mokhzani, Branford Marsalis Quartet, Julian Lage, Cyrille Aimee, Thomas Quasthoff, Nostalgia 77, Dizzy Gillespie, Bria Skonberg, Flabby, Miles Davis

CANTONESE

including... Cath Wong, Leo Ku, Candy Lo, Hacken Lee, Sandy Lam, Arial, Ekin Cheng

INDONESIAN including... Padi, Ari Lasso, Bunga Citra Lestari, Judika, Sheila On 7

HINDI

including... Mannan Shaah, Badshah & Rishi Rich, Arijit Singh, Pritam, A.R. Rahman

TAMIL

including... AR Rahman, D. Imman, Yuvanshankar Raja, Shreya Ghoshal, Harris Jayaraj

MALAY



including... Yasin (above), Sheila Majid, Ella, The Venopian Solitude, Zainal Abidin, Faizal Tahir, Alif, SonaOne, Dayang Nurfaizah, Ziana Zain, Misha Omar, Exists, Datuk Ahmad Jais, Sheila Majid, Malique

MEMORIES



including... Rick Astley (above), Tom Petty, Rod Stewart, David Bowie, The Doors, Fleetwood Mac, Phil Collins, Enya, Kylie Minogue, Madonna, Eagles, Led Zeppelin, Toni Braxton, Westlife, DJ Jazzy Jeff & The Fresh Prince, Earth, Wind & Fire, Oasis

RELAX

including... Enya, Above & Beyond, Hauschka, Sleepy John, Jean-Michel Jarre, Emerson Phillips, Jens Buchert

PLAYLIST

(Not available in A350) including... Ibiza Closing Party Anthems 2019 (Presented by Spinnin' Records), Essential Opera: The Best Duets Ever

LIGHT & EASY

including... Susan Boyle, Dami Im, Barbra Streisand, The Piano Guys, EB Duet, Michael Bolton, Boyz II Men, The Piano Guys, Il Divo

TALK RADIO

(Not available in A350) including... Friends Cast, Mike Birbiglia, Bob Newhart, Flight of the Conchords, Bocey

COUNTRY (Not available in A350)



including... Zac Brown Band (above), Willie Nelson, Maren Morris, Kane Brown, Loretta Lynn, Connie Smith, Jason Aldean, Scotty McCreery, Dolly Parton, Carrie Underwood, Jason Aldean, Johnny Cash

ROCK



(Not available in A350) including... Pixies, Foals, Stereophonics (above), Neil Young with Crazy Horse, Beth Hart, TOOL, Blink-182

RHYTHM & BLUES

(Not available in A350) including... Beth Hart, Jordan Rakei, Joanne Shaw Taylor, Macy Gray, Charlie Wilson, Alicia Keys, Stan Walker

COMEDY

(Not available in A350) including... Friends Cast, Mike Birbiglia, Bob Newhart, Flight of the Conchords, Bocey, "Weird Al" Yankovic

CLUB

(Not available in A350) including... Sofi Tukker, Kayzo, Alle Farben, Gareth Emery & Ashley Wallbridge, Flume, Crooked Colours, Big Wild, Martin Garrix, Danny Byrd

SOUNDTRACK

(Not available in A350) including... Blinded by the Light (OMPS), The Lion King: The Gift, The Greatest Showman (OMPS), Tolkien (OMPS), Creed II (OMPS)

RADIO CHANNELS

CHART TOPPERS

including... Electric Guest, Harry Styles, Lizzo, Ali Gatie, Tones and I, Kasbo, Camila Cabello, Coldplay, Geowulf, Travis Scott, Rex Orange County, PRETTYMUCH x CNCO, Cody Lovaas, Allen Stone, Tom Walker, Lost Kings feat. Marc E. Bassy, Grace VanderWaal, JP Saxe feat Julia Michaels, Madeon, Au/Ra x Alan Walker

MALAY FAVOURITES

including... Charis, Chaleeda, Neeta, Siti Nordiana, Gamaliel, Hattan, Isyana Sarasvati, Dayang Nurfaizah, Luqman Faiz, Fieya Julia, The Brothahood feat. Altimet, Hafiz Hamidun, Syech Razie, Sufi Rashid, Usop, Faizal Tahir, Misha Omar, Afif Tirmizie, Amylea, M. Nasir, Padi, Fatin, Aishah

HINDI RHYTHMS

including... Badshah, Dhvani Bhanushali, Nikhil D'Souza, Tanishk Bagchi, Sachin-Jigar, Badshah, Shalmali Kholgade, Gurdeep Mehendi, The Landers, ARIJIT SINGH, Vayu, Aastha Gill, Akasa, Puri, Khushbu Tiwari, Badshah, Neeti Mohan, Guru Randhawa, Raj Barman, Nakash Aziz, Neha Kakkar, Mohan Kannan, AR Rahman, Javed Ali

POP ASIA

including... AleXa, BAECHIGI, Ovan, CIX, OH MY GIRL, Maktub, Leeraon, Marcus Chang, Princess Ai, Hinatazaka46, GANG PARADE, Sonnet Son, george, Han All, Vincy Chan, Lee Aram, Wine Loop, waa wei, Henry Mak, SBGB, Kana Adachi, ALI, Yuta Hashimoto, Eric Chou, Gladys Li, Rainie Yang

Passengers with AVOD can enjoy a host of radio shows across a range of genres. Channel numbers depends on the aircraft. Check your aircraft type and then on your in-flight entertainment system to find out.

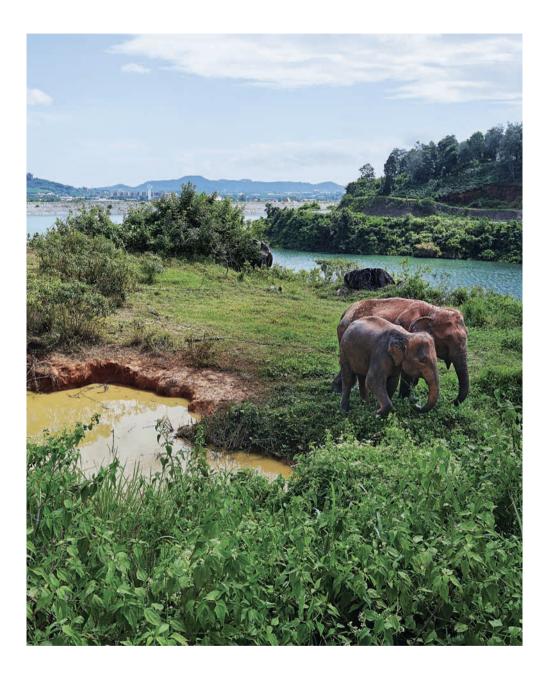
Audio On-Demand segments depend on your aircraft type. Please refer to your in-flight entertainment system to see which segments are available to you



Nurturing Minds. Building Character.







Where the wild things are

At two sanctuaries on a Thai island, former working elephants finally get the chance to roam free. Read all about it in the February issue of *Going Places*!



TO DO NOT THE

PAVILION

Malaysia's Premier Shopping Destination





Pavilion Kuala Lumpur is the epitome of style. Embrace your senses with the finest in shopping, dining and urban leisure from over 700 stores and eight lifestyle precincts. Renowned for luxury shopping and home to some of the finest brands and flagship stores, let the endless appeal of this shopping destination fulfil your every shopping desire.

Centre Court

CONNECTION

Events, Performances, Festivities

BEAUTY HALL Relax, Rejuvenate,

Pavilion REIT Management Sdn Bhd (939490-H)

Designer Luxury, International Boutiques

Couture Pavilion

tion D:



Epicentre of

Voque & Trend

Japanese Food Arts, Culture



FREE WIFI MALL-WIDE





LOUNGE

JTY HALL C , Rejuvenate, Stre Renew

Connection L Street Bistros, Cafés Urban Leisure

 Renew
 Urban Leisure
 Great Times
 Groceries

 168 Jalan Bukit Bintang, 55100 Kuala Lumpur, Malaysia. Concierge: +603 2118 8833
 1

<mark>「</mark>F Pavilion KL 斧 吉隆坡柏威年广<u>场</u>_____

ARMANI

✓ Pavilion_KL ☆ 吉隆坡柏威年广场 PavilionKualaLumpur 合 吉隆坡柏威年广场

DE BEERS

VISIT OUR BOUTIQUE AT SURIA KLCC Lot LC-G05 Ground Floor, Retail Podium Menara 3 Petronas KLCC, 50088 Kuala Lumpur +603-2166 8863 Facebook.com/HomeOfDiamonds1888 Instagram.com/debeersofficial



MORE THAN A GIFT

Ш