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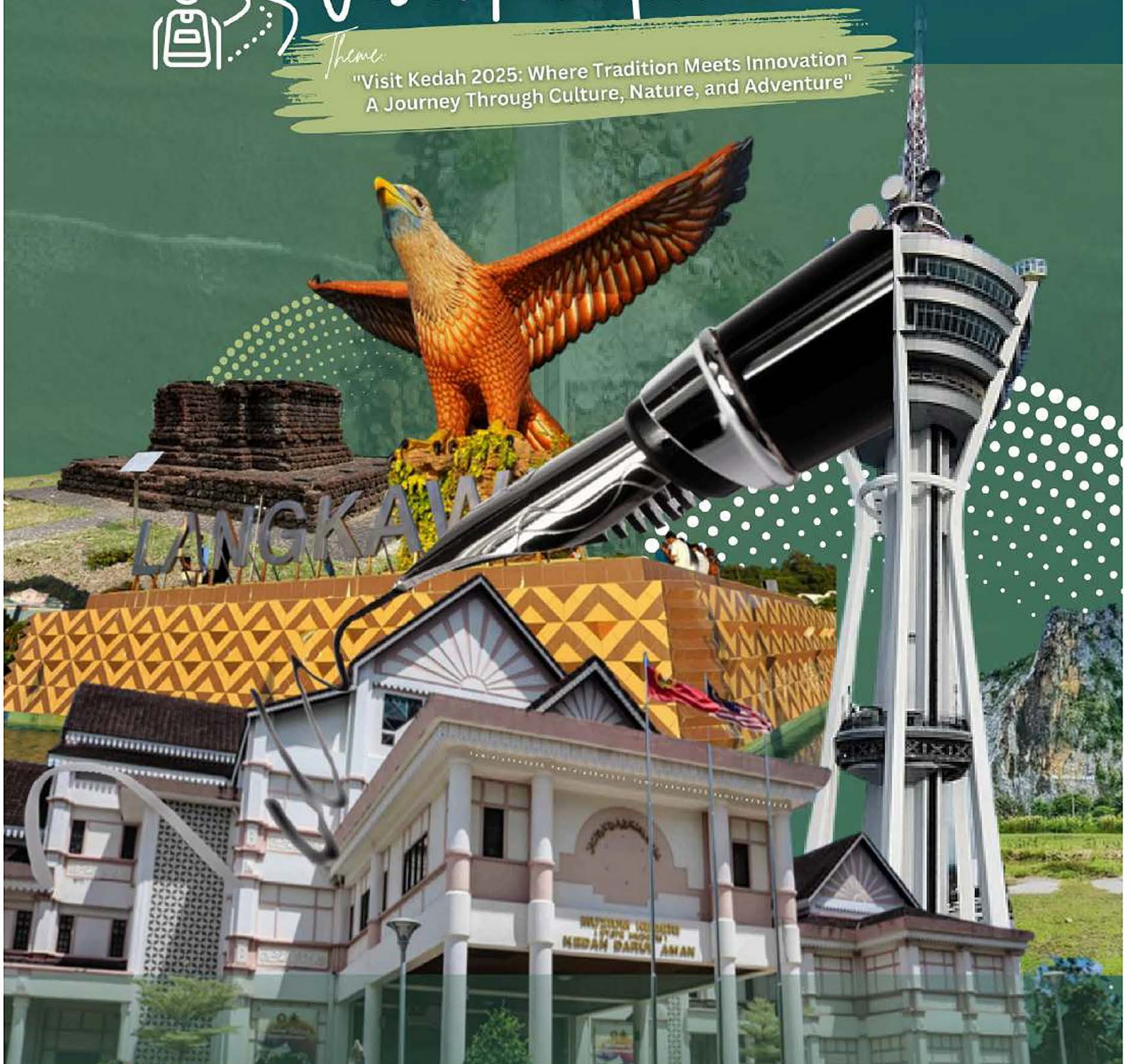


APB Kedah (e-magazine)

SPECIAL ISSUE EPITOME

Visit Kedah 2025

Theme:
"Visit Kedah 2025: Where Tradition Meets Innovation –
A Journey Through Culture, Nature, and Adventure"





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Synopsis

The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah, is excited to present the special issue of its e-magazine, *The Epitome – Visit Kedah 2025*. This special publication, produced in conjunction with Visit Kedah 2025, represents our steady dedication to cultivating creativity in language and literature while highlighting Kedah's unique blend of culture, nature, and innovation through diverse written expressions.

The primary objective of *The Epitome – Visit Kedah 2025* is to join in the celebration of Visit Kedah 2025, especially as our branch is located in the heart of the state. This special edition invites writers to share their Kedah-inspired stories and experiences through personal essays and short stories, with the aim of embracing diverse linguistic expressions. Contributions are presented in two languages: English and Bahasa Melayu.

face of Kedah

Mr. Azlan Abdul Rahman
Head of Faculty
Akademi Pengajian Bahasa (APB)
UiTM Kedah Branch

Welcome to this special edition of Epitome, where we embark on an exciting journey through the rich heritage, stunning landscapes, and vibrant culture of Kedah – one of Malaysia's most beloved and fascinating states.

As we look ahead to Visit Kedah 2025, this issue invites you to explore the treasures that await in this beautiful destination. From the serene beauty of Langkawi's beaches to the historical charm of Alor Setar, Kedah offers something for every traveller. Whether you are an adventure seeker, a history enthusiast, or someone simply in search of tranquillity, Kedah has it all.

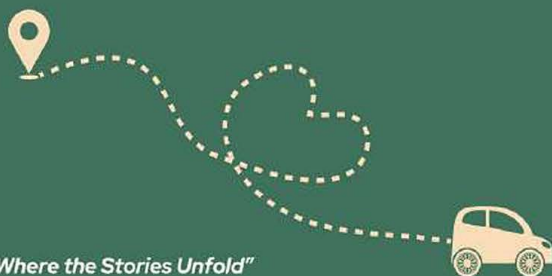
In the pages ahead, we delve into the many faces of Kedah, capturing the essence of its natural wonders, cultural landmarks, and unique experiences that define the state. Our stories, articles, and photographs will transport you to places where the past and present come together in perfect harmony – where lush green paddy fields stretch as far as the eye can see, and the rich flavours of local cuisine tantalize the senses.

Visit Kedah 2025 isn't just a campaign; it's an invitation to connect with the heart of Malaysia. It's an invitation to discover the unforgettable experiences that make Kedah a must-visit destination for travellers from around the world. In this edition, we hope to inspire you to plan your own journey to Kedah, whether it's to explore its breath-taking landscapes, immerse in its cultural heritage, or simply take in the warm hospitality of its people.

As you turn these pages, may you feel the spirit of Kedah calling to you – the call to discover, explore, and experience all that this incredible state has to offer.

Thank you for joining us on this exciting adventure. We hope to see you in Kedah in 2025!





Kedah, Where the Stories Unfold"

As the Chief Editor of Epitome, it gives me great pleasure to present this special edition in celebration of Visit Kedah Year 2025—an ode to a land where history, heritage, and heart live in every corner.

Nestled in the warm embrace of the northern Peninsula, Kedah is more than just Malaysia's rice bowl. It is a living canvas where time whispers through the ancient stones of Bujang Valley, dances across the rippling paddy fields, and echoes through the melodic drawl of the Kedahan dialect. Each tale we share in this issue draws its breath from Kedah's unique rhythm—where old meets new, tradition hugs the modern, and culture is not just remembered but lived.

From the misty peaks of Gunung Jerai, which once guided ancient mariners, to the shimmering flow of Sungai Merbok, where history quietly flows, Kedah's ecological richness is a story waiting to be told. Its mountains are guardians of myths; its rivers, keepers of memory. The lush rainforests, secret waterfalls, and wild orchids—all are pieces of a vibrant narrative woven by nature itself.

Yet, it is Kedah's people who breathe soul into this land. The warmth of pasar malam banter, the flavours of authentic laksa Kedah, the grace of traditional dance, and the way elders tell stories in that soft, endearing dialect—it all becomes poetry in motion. And in this special issue, we invite you to read, feel, and immerse yourself in the charm, wit, and wonder of Old Kedah and New Kedah alike.

Through creative fiction, heartfelt essays, and evocative poetry, Epitome brings together voices that sing of Kedah's mountains, rivers, food, language, and legacy. We hope this edition will not only inspire a visit but stir something deeper—a connection to the essence of a land that has long cradled Malaysia's earliest civilizations and continues to nurture its cultural heart.

Let the pages transport you to Kedah Darul Aman—a realm of peace, a sanctuary of stories.

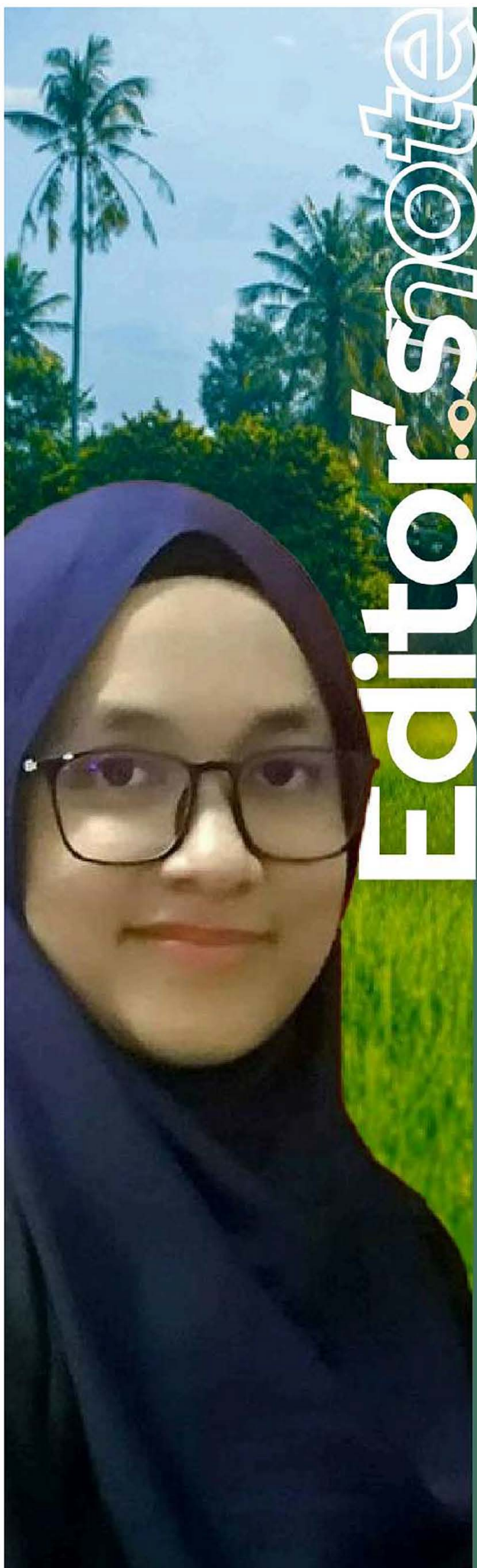
Warmly,

Razanawati Nordin

Chief Editor

THE EPITOME 2025





Editor's Note



It is with great pleasure that I present to you this special issue of The Epitome in conjunction with Visit Kedah 2025. I would like to extend my heartfelt thanks to the Head of Department for initiating this wonderful idea. As a proud Kedahan working in Kedah, I instantly agreed to be part of this project, knowing how close it is to my heart.

Reading the personal essays and short stories submitted by our contributors has been a truly enjoyable experience. I found myself smiling, reminiscing, and even imagining familiar places through their words. What makes this issue even more exciting is that some contributors are not originally from Kedah, yet they have beautifully shared their own reflections and experiences related to this charming state. Their fresh perspectives reminded me of the beauty I sometimes take for granted, having been born and bred in Kedah.

To all our contributors: thank you for your creativity, your voice, and for allowing us to travel through your narratives. Your stories have added soul and colour to this edition, and I hope our readers enjoy the journey through Kedah just as much as I did.

With appreciation,

Dr. Nur Syazwanie Mansor

Chief Editor, The Epitome
A Proud Kedahan

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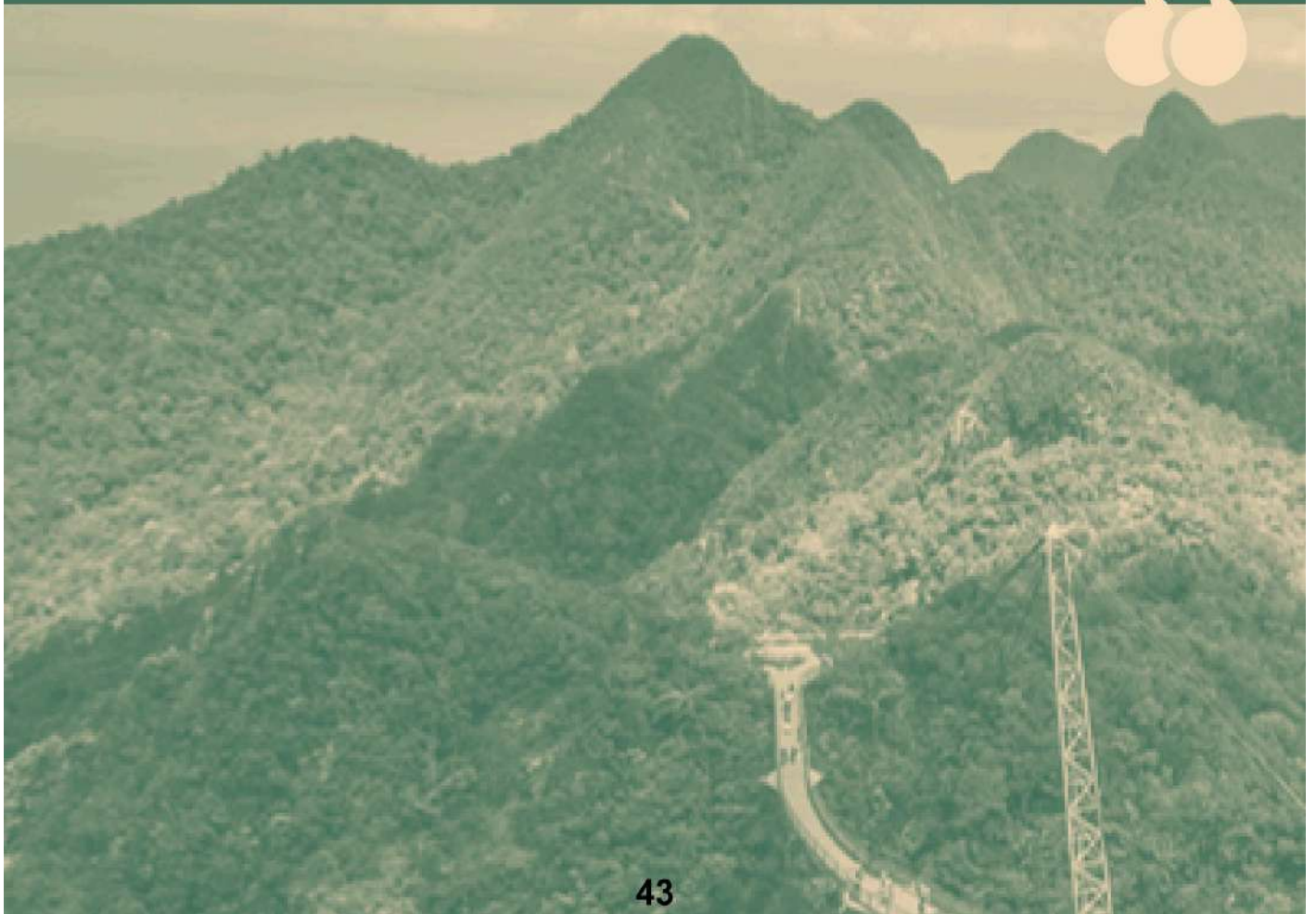
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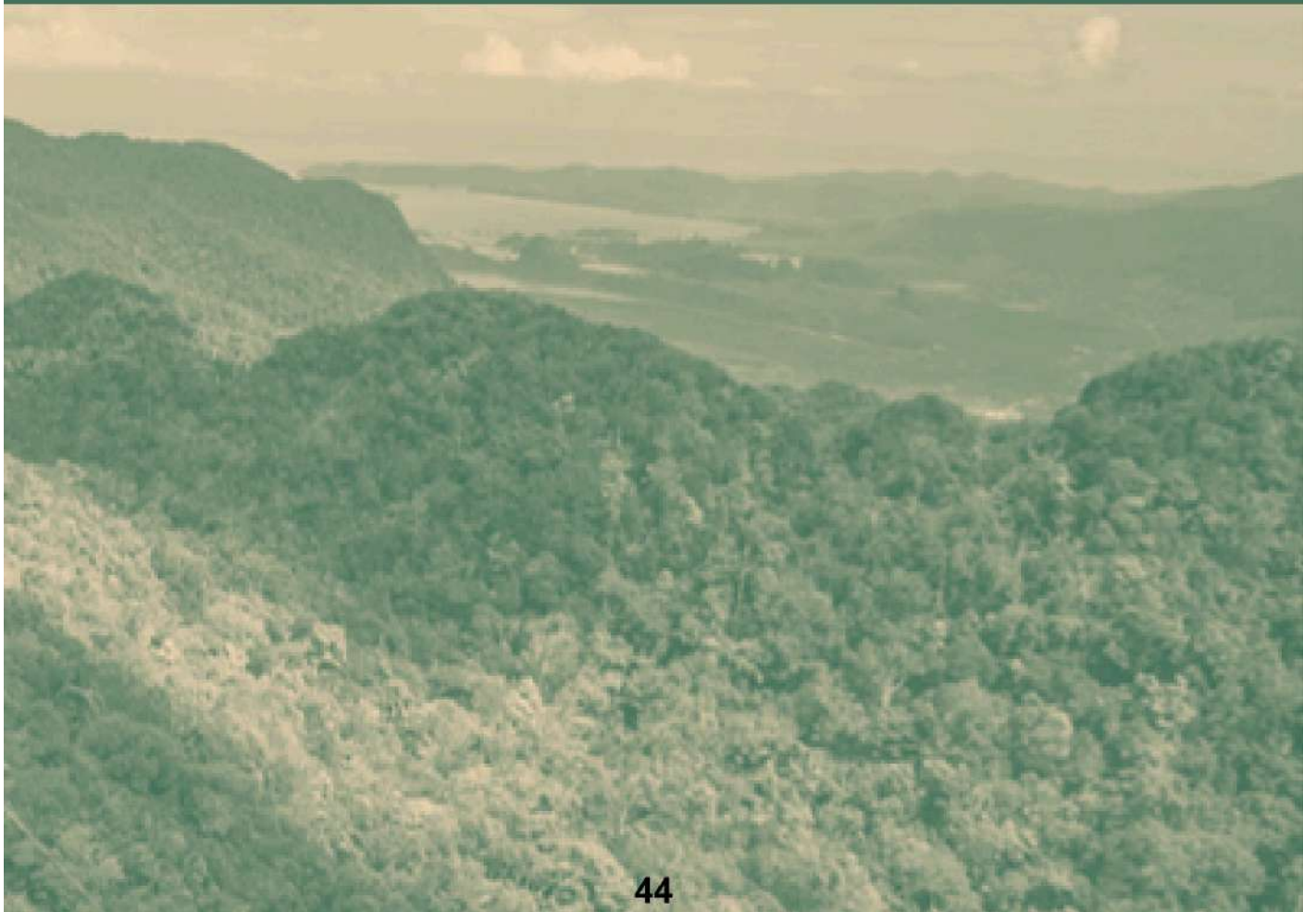
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NATURE, ADVENTURE & WELLNESS





From Peaks to Plates:

A UUM Hiking Tradition

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Looking back on our university days at Universiti Utara Malaysia (UUM), one of the most cherished memories was escaping the pressures of academic life and embracing the beauty of nature. One of our favourite healing ports was Bukit Bunga Raya, a tranquil hiking location renowned for its beautiful scenery and cool air.

Morning Ritual of Adventure and Serenity

This hike was not just a weekend activity for students at UUM, but it became a ritual for those who want to refresh their mind and soul. We would gather at dawn when the misty landscape transformed into a canvas of sunlight, filled with excitement for the adventure ahead. This 1.4 km trail takes about 34 minutes of hiking on average at Changloon, Kedah. Perfect for walking, running, and hiking, it became a haven away from daily stress.

The idea of every step taken, birds chirping, or rustling of leaves-what a contrast it made from our busy academic lives. It was not a test of physical endurance but rather a time to appreciate the beauty of nature and acknowledge the depth of those simple experiences. Sometimes we stopped taking a break to view the change of scenery as the sunrise coloured the sky with golden hues in different shades. It was breathtakingly beautiful, getting better with each upward climb, reminding one again and again of nature's beauty.

A View Worth the Journey

At the summit of Bukit Bunga Raya, time seemed to pause as the wind carried quiet whispers, and the world below felt miles away. From this high point, the vast greenery of UUM stretched out to the horizon. The calmness environment created an ideal setting for reflection—a space where worries and troubles faded away in the presence of nature's splendour. Some took photos to preserve the beauty, while others sat in silence, allowing the serenity to envelop them.

Reaching the peak wasn't only about breathtaking views, but it was bonding. It had been a spot for friends to come together, where memories were made, discussions were had, and laughter echoed. With each hike different, sharing of jokes and discussions and shared feeling of achievement made every other hike unforgettable. Even as time passes, such experiences etch in our hearts and form part of our journeys in university life.



The Best Reward After the Hike: Taste of Kedah's Heritage

The real treat after the hike itself, however, awaited us downstairs: an authentic Kedahan breakfast. A visit to any of the local warung near Bukit Bunga Raya was never complete without indulging in some of the region's most loved traditional dishes. Tiredness from the hike turned into hunger rather fast, and what better than satisfying it with a feast of roti canai, lempeng nyoq, and nasi lemak kuning utara?

That crispy-outside-fluffy-inside roti canai complemented the spicy-savoury dhal curry so well, while the sweetness of the traditional coconut pancake lempeng nyoq native to Kedah completed the meal. Such a staple was the aromatic nasi lemak kuning utara, infused with turmeric and served with a spicy sambal that always proved timeless. Washing it all down with a steaming glass of teh tarik, we savoured every mouthful as our laughter filled the air, joking that we probably consumed more calories than we burned.

More Than Just a Hike: A Legacy of Friendship and Growth

Looking back, Bukit Bunga Raya was more than just a hiking trail, it was a cornerstone of our university years, a place where we learned the value of friendship and determination. This journey taught us that life is not solely about rushing towards deadlines and accomplishments, but also about pausing to breathe, appreciate, and connect with one another.

For those planning to visit Kedah in 2025, this hidden treasure offers a unique experience that beautifully combines adventure with tranquillity. Whether you're a student, a traveler, or a nature lover, Bukit Bunga Raya invites you to rediscover the joy found in simple moments.



I'm an Accounting Lecturer at UiTM Cawangan Sarawak, where I mix accounting with tech to create exciting and engaging learning experiences. I graduated from Universiti Utara Malaysia, specializing in Accounting Information Systems, and I love using tools like Power BI and spreadsheets to show students how data works in the real world. I also incorporate gamification into my lessons, turning activities into fun challenges and quizzes that motivate students to actively participate and apply their knowledge. This approach makes accounting more engaging and helps students develop practical skills in a way that's both enjoyable and effective. My goal is to make accounting feel fresh, relevant, and interactive, helping students build practical skills while enjoying the learning process.



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