

# CULTIVATING CONNECTIONS: A TRANSFORMATIVE JOURNEY IN INTERNATIONAL COMMUNITY SERVICE

The expedition from the Faculty of Pharmacy from UiTM to Universitas Pakuan, Bogor, Indonesia demonstrated the effectiveness of international exchange and community engagement. This expedition was not just a mere visit but a transformative experience, forging connections and fostering a deeper understanding of the world around us.

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## September 8: Exploring the Heart of Indonesia

Our adventure commenced with the warm embrace of Indonesia's rich culture as we touched down at Bandung Terminal 2 CGK. Pak Usep, our gracious host, extended his hearty welcome and led us on a journey to Bogor. Along the way, we were treated to a captivating sight of Indonesia's government buildings.

To savour the true essence of Indonesian cuisine, we dined at "Little Minang Jakarta." The feast included a mouth-watering array of dishes such as ikan kakap, teh talua, sop durian, daging rendang, and Gulai daun singkong. The flavours danced on our palates, leaving an indelible mark.

We had the privilege to visit Fakultas Matematika dan Ilmu Pengetahuan Alam (FMIPA) where we met the Dean, Pak Asep. His words resonated with warmth and importance, setting the tone for our visit. We explored the faculty, laboratories, pharmacognosy cabinets, lecture halls, and the serene Graha Pakuan Siliwangi, a building that houses various facilities for students and staff at the university.

An evening of cultural exchange transpired over dinner with FMIPA lecturers and students at Shabu Hachi, fostering knowledge-sharing and camaraderie.



## September 9: Empowering Communities and Herbal Wisdom

Our second day was dedicated to experiencing the heart-warming efforts of rural communities. In the village of Pagelaran, Bogor, we witnessed the empowerment of Tani moms in managing small gardens filled with herbal plants. They guided us through the art of making herbal drinks and products, ranging from ginger drinks to ginger pudding, sharing centuries-old wisdom.

A culinary adventure led us to Bakso Rusuk Joss to explore the world of Bakso, an Indonesian meatball, and sempelak, a savory and spicy traditional Indonesian cracker tantalizing our taste buds.

The day concluded with an artistic and musical delight as we visited Lawang Suryakencana, a cozy hipster cafe. Local buskers set the mood as we painted and savoured coffee, experiencing the pulse of Bogor's creative culture.



## September 10: Nature's Treasures and Botanical Wonder

An enchanting day awaited us as we explored the Istana Presiden Bogor and Bogor Botanical Gardens. A brisk walk amidst lush greenery turned into a picnic, where we indulged in local snacks called "cemilan," including kuih ape, kuih cubit, tahu walik, martabak cheese, telur gulung, and kuih ranggin. These local flavors told stories of tradition and innovation.

We also had the privilege of visiting a herbarium, home to numerous plant species, including beautiful orchids. The day culminated in the Festival Literasi Digital, where local singer Feby Putri left us mesmerized with her captivating performance, igniting our spirits.



## September 10: Nature's Treasures and Botanical Wonder

The final day brought together reflections and discussions on potential collaborations, ranging from student activities to academic research and development for post-graduates. Our hearts were full, and our minds brimming with possibilities as we prepared to take our flight back to Malaysia.

Our journey to Universitas Pakuan, Bogor, was not just a visit; it was an impactful exploration of culture, community, and collaboration. It revealed the potential of international partnerships in creating a more interconnected world. We returned home with enriched hearts and a deepened commitment to global engagement.

As we reflect on our time in Bogor, we are reminded that in the tapestry of life, every thread of connection counts. This experience has served as a beacon for the Faculty of Pharmacy UiTM, motivating us to persist in our efforts to foster friendship, establish connections, and contribute to a more interconnected and empathetic global community.

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# PRESCRIPTION

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