



# FPHP HOT & TOUR BULLETIN



## HIDDEN GEMS; MY HOMETOWN

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**Faculty of Hotel & Tourism  
Management  
Universiti Teknologi MARA  
Cawangan Pulau Pinang  
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# PEMBACA YANG BUDIMAN

Pg iw



## KATA-KATA KPP FPHP

Tahniah kepada para penulis dan penyumbang **FPHP Bulletins - Hot & Tour Newsletter Siri 1 dan Siri 2**. FPHP Bulletins - Hot & Tour Newsletter berfungsi sebagai platform bagi para akademik untuk membentangkan penulisan mereka dalam Siri 1 serta berkongsi perkembangan aktiviti tahunan fakulti dalam Siri 2.

Pada tahun 2024, Siri 1 mengangkat tema **"The Hidden Gem: My Hometown"**, yang menampilkan kisah mengenai kampung halaman penulis, aktiviti riadah, serta tempat menarik yang mempunyai makna istimewa bagi mereka. Siri 2 pula bertemakan **"Colours of Hospitality: Faculty's Happenings in 2024"**, yang mengetengahkan acara dan program akademik fakulti yang berkesan sepanjang tahun 2024.

Dengan sumbangan daripada penulis-penulis yang berpengalaman, diharapkan FPHP Bulletins - Hot & Tour Newsletter dapat memberikan perspektif baharu, memperkayakan pengetahuan am, serta mengimbas kembali detik-detik penting dalam aktiviti fakulti sepanjang tahun 2024.

Melangkah ke hadapan, marilah kita terus berusaha mencapai kecemerlangan demi kemajuan FPHP.

**Team Inspired**  
**Quality Perfected**  
**Success Engineered**

*Selamat membaca!*



**Prof. Madya Dr. Azila Azmi**

**Ketua Pusat Pengajian**

# SALAM PENGENALAN & TERIMA KASIH!



## **Salam sejahtera sahabat pena & pembaca yang dihargai,**

Selamat datang ke edisi terkini buletin FPHP! Naskah kali ini istimewa dengan tujuan membawa penulis & pembaca menjelajah tema "**Hidden Gems; My Hometown**". Dalam edisi istimewa tahun berlangsung 2024-2025, keluarga editor ingin menyoroti pelbagai aktiviti & cerita menarik dari perspektif penulisan kampung halaman yang mungkin belum pernah dijejaki. Tema ini diilhamkan untuk menyemarakkan lagi kreativiti & minat warga FPHP dalam penulisan, sekaligus memperkukuhkan ikatan serta mendekatkan minat sesama komuniti FPHP, sesuai dengan tagline kami, "**Menyemarakkan Kreativiti & Minat FPHP dalam Penulisan**".

## **NOTASI & PENGHARGAAN**

### **"Menyemarakkan Kreativiti & Minat FPHP dalam Penulisan"**

Kejayaan setiap karya terbitan adalah hasil usaha sumbangan pelbagai pihak. Terima kasih kepada sidang editorial atas dedikasi dalam menjayakan buletin edisi ini. Penghargaan juga kepada penulis yang telah berkongsi cerita & pengalaman, menjadikan buletin ini penuh warna-warni kehidupan & inspirasi dengan 15 buah karya penulisan.

Penghargaan khas kepada ahli editorial yang memastikan setiap artikel & cerita disusun dengan rapi-menarik. Dengan tema 'GEMS', kami berharap buletin ini memberikan inspirasi & pengetahuan baru tentang kampung halaman yang penuh permata tersembunyi. Teruslah menyokong & menyemarakkan kreativiti dalam penulisan! Alhamdulillah

Dengan ikhlas,

IRINA MOHD AKHIR

**Ketua Editorial**

*Kami amat menghargai sumbangan anda untuk terbitan kali ini!*





# SALAM PENGENALAN EDISI!



## ***Salam sejahtera sahabat pena & pembaca yang dihargai,***

Selamat datang ke edisi terkini buletin FPHP! Bertemakan **"Hidden Gems; My Hometown"**, naskah ini adalah istimewa kerana ia memberi peluang penulis berkongsi pengalaman dan aktiviti menarik berkenaan kampung halaman yang belum pernah dijejaki oleh pembaca. Sebagai edisi istimewa bagi tahun berlangsung 2024-2025, tema ini diilhamkan untuk menyemarakkan lagi kreativiti & minat warga FPHP dalam penulisan, sekaligus memperkukuhkan ikatan serta mendekatkan minat sesama komuniti FPHP, sesuai dengan tagline kami, **"Menyemarakkan Kreativiti & Minat FPHP dalam Penulisan"**.

## **KATA PENGURUS EDISI**

### ***"Menyemarakkan Kreativiti & Minat FPHP dalam Penulisan"***

Setinggi-tinggi penghargaan dan ucapan terima kasih buat semua penulis dan barisan editor yang telah bertungkus lumus dalam menjayakan penerbitan edisi terkini buletin yang mengandungi 15 karya penulisan. Komitmen, dedikasi, dan usaha gigih yang dicurahkan oleh semua pihak dalam merealisasikan penerbitan naskah menarik ini amat kami hargai.

Semoga dengan tema 'GEMS', kami berharap buletin ini dapat menyebarkan ilmu dan menambah maklumat baru berkenaan 'permata' tersembunyi di kampung halaman. Kepada para pembaca, sekali lagi, jutaan terima kasih diucapkan. Teruslah menyokong & menyemarakkan kreativiti dalam penulisan! Alhamdulillah.



**Dr. Arnieyantie Abdul Hadi**

**Pengurus Editorial**

*Kami amat menghargai sumbangan anda untuk terbitan kali ini!*



# EXPLORING TELUK INTAN; A JOURNEY THROUGH TOURISM, FOOD, & HERITAGE

PG 1



by

Dr. Suria Sulaiman



Nestled in the heart of Perak, Malaysia, Teluk Intan is a charming town brimming with history, culture, and culinary delights. Growing up in Teluk Intan, many changes and progress can be seen from year to year.

It is a city with various ethnic and religious backgrounds, and this is what makes Teluk Intan unique. Teluk Intan offers a unique blend of old-world charm and modern attractions that make it a must-visit destination.

The most iconic and historical marvel is the Leaning Tower of Teluk Intan or Menara Condong Teluk Intan. Over the time, the soft ground under Menara Condong Teluk Intan caused the tower to tilt, giving it a distinctive lean just like Pisa. Constructed in 1885, this pagoda-style structure was originally a water tank designed to supply the town during droughts. Today, visitors can explore this historical marvel, learning about its architectural quirks and enjoying panoramic views of the town from its upper levels. During weekends, a lot of activities around the area like night markets, special events, and a place for locals and visitors to hangout and enjoy the night scenery of the Menara Condong.

Visitors can also enjoy the scenery of Sungai Perak at the Teluk Intan Riverfront. The serene Sungai Perak offers a tranquil setting for a leisurely walk, with opportunities to spot local wildlife and enjoy the picturesque sunset. To get more, hop on the river cruise and enjoy the activities which include scenic views, historical insights and wildlife spotting.

The mangrove areas are particularly rich in biodiversity, making it an excellent opportunity for nature lovers and bird watchers. You can also choose for a river cruise during sunset. As the sun sets over the horizon, the sky is painted in hues of orange and pink, creating a breathtaking backdrop.

Among the famous restaurants in Teluk Intan are Restoran Nasi Lambai, Gulam Rasul, Restoran Undang Galah and Mastan Ghani. Restoran Undang Galah and Mastan Ghani's Mee Rebus and Rojak are perfect for those looking to enjoy traditional Malay flavors,

while Gulam Rasul's and Nasi Lambai offer extensive menu provides a wide array of options for fans of Nasi Kandar and other South Asian dishes. These restaurants have become iconic for their delicious dishes and are must-visit spots for anyone traveling to this charming town.

A must try beverage is the unique Bandung Tarik in Teluk Intan, a heritage of Abdul Malik family who run a stall at Kampung Bahagia. What makes it special is its traditional preparation method which is similar to the preparation of teh tarik. This technique not only enhances the drink's creamy texture but also makes it frothier, more visually appealing and memorable.



**“Teluk Intan may not be the most famous tourist destination in Malaysia, but it is certainly the closest to my heart”**

Whether you are an adventurer, a foodie, or a history buff, Teluk Intan welcomes you with open arms and promises memories that will last a lifetime...

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# EXPERIENCE THE SERENITY OF TANJUNG JAGA DE CAMPHECE, YAN: BEACH CAMPING GETAWAY

PG 2

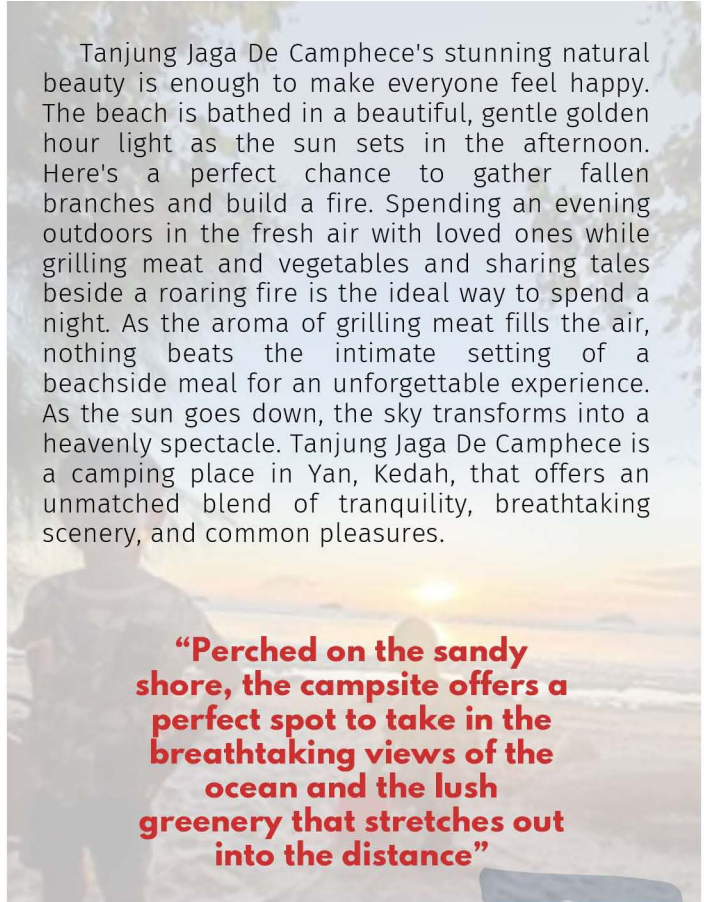
by

Norfiana Hashim, Farhan Faat,  
Dr Suria Sulaiman & Nakia Nordin



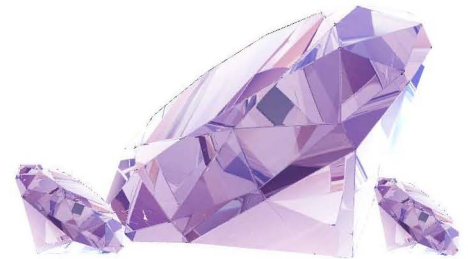
Welcome to Yan, Kedah's Tanjung Jaga De Campece, a hidden spot where the harmony of the sea meets the tranquillity of an ethereal landscape. Picture yourself in a mystical coastal retreat, where the simplicity of beach camping and the soothing sound of the waves create an unforgettable escape. The breathtaking vista at Tanjung Jaga De Campece awaits you as you arrive. As the sun starts to rise, it casts a golden glow that illuminates the tranquil waters and flawless beach.

Perched on the sandy shore, the campsite offers a perfect spot to take in the breathtaking views of the ocean and the lush greenery that stretches out into the distance. Get ready for your stay to the soothing melody of the waves as you go about your day. Spending the night under the stars at this campground is like vanishing into nature. With the gentle white sand beneath your feet and the brilliant blue ocean as a backdrop, your excursion will be a serene affair. In the gentle seaside breeze, you can practically make out the faraway song of seabirds as you pitch your tent and gather all of your camping necessities.



Tanjung Jaga De Campece's stunning natural beauty is enough to make everyone feel happy. The beach is bathed in a beautiful, gentle golden hour light as the sun sets in the afternoon. Here's a perfect chance to gather fallen branches and build a fire. Spending an evening outdoors in the fresh air with loved ones while grilling meat and vegetables and sharing tales beside a roaring fire is the ideal way to spend a night. As the aroma of grilling meat fills the air, nothing beats the intimate setting of a beachside meal for an unforgettable experience. As the sun goes down, the sky transforms into a heavenly spectacle. Tanjung Jaga De Campece is a camping place in Yan, Kedah, that offers an unmatched blend of tranquility, breathtaking scenery, and common pleasures.

**“Perched on the sandy shore, the campsite offers a perfect spot to take in the breathtaking views of the ocean and the lush greenery that stretches out into the distance”**



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# EXPLORING HERITAGE & ART AT GALERI DIRAJA ARAU: REFLECTIONS FROM AN ACADEMIC VISIT

PG 3

by

*Azlan Safim,  
Joessri Mohd Sabar, Teku Zariff Zaemodin & Syuhirdy Mat Noor*



On 26th June, 2024, faculty members from the Faculty of Hotel and Tourism Management, UiTM Penang visited Galeri DiRaja Arau in Arau, Perlis. This visit provided an opportunity to delve into the gallery's role in preserving and showcasing the cultural heritage of the Perlis



royal family. While the specifics of our visit are secondary, understanding the gallery's significance offers valuable insights into its broader educational and cultural impact.

## Galeri DiRaja Arau: An Overview

Galeri DiRaja Arau, established to celebrate and preserve the rich heritage of the Perlis monarchy, stands as a crucial institution for cultural education and conservation. The gallery's mission is twofold: to preserve significant artifacts from the Perlis royal lineage and to educate the public about the region's royal history. Situated in Arau, Perlis, this gallery serves as a cultural hub where history and heritage are meticulously curated and presented.

## Historical Significance and Collections

The gallery's collection is a testament to the historical and cultural depth of the Perlis monarchy. It houses an impressive array of artifacts, including royal regalia, traditional costumes, ceremonial weapons, and manuscripts. These items not only illustrate the opulence and historical significance of the Perlis royal family but also offer a glimpse into the ceremonial and socio-political aspects of Perlis' history. Among the notable exhibits are intricately designed traditional costumes that reflect the craftsmanship and artistic achievements of the Perlis court. The gallery also

features manuscripts and artworks that highlight the intellectual and cultural contributions of the monarchy. Each exhibit is carefully curated to provide visitors with a coherent narrative of Perlis' royal history and its evolution over time.

## Educational Outreach and Cultural Preservation

Galeri DiRaja Arau goes beyond traditional museum functions by actively engaging in educational outreach. It offers guided tours, workshops, and seminars designed to enhance visitors' understanding of Perlis' cultural heritage. These programs cater to both local communities and international tourists, thereby broadening the gallery's educational impact.

The gallery's commitment to preserving Perlis' cultural identity is evident in its meticulous conservation efforts. By safeguarding invaluable artifacts and integrating them into its educational programs, Galeri DiRaja Arau ensures that future generations can access and



appreciate the region's rich royal heritage. This balance between conservation and public engagement underscores the gallery's role as a steward of cultural history.



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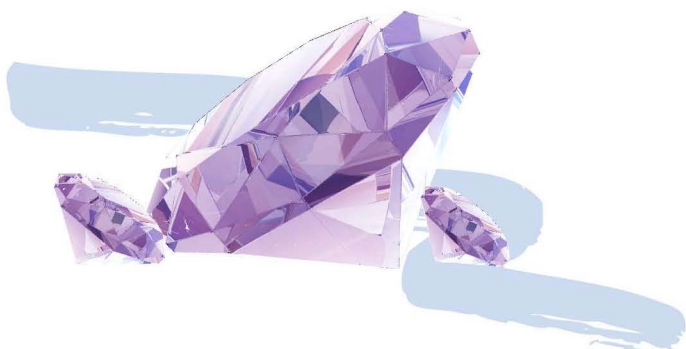
## Architectural and Cultural Integration

Architecturally, Galeri DiRaja Arau merges traditional Malay design with modern exhibition techniques. The gallery's layout facilitates an immersive exploration of its exhibits, providing a serene environment conducive to reflection and learning. The integration of multimedia displays and interactive elements further enriches the visitor experience, making the exploration of Perlis' royal history both engaging and informative.

**“Galeri DiRaja Arau is more than a repository of historical artifacts; it is a vibrant cultural institution dedicated to preserving and promoting the heritage of the Perlis monarchy”**

## Conclusion

Through its comprehensive collections, educational initiatives, and thoughtful architectural design, the gallery plays a pivotal role in enhancing public understanding of Perlis' royal traditions and ensuring that this heritage remains accessible for future generations. Our visit underscored the importance of such institutions in fostering cultural appreciation and historical continuity.



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# TRADITIONAL KALAKATAR DESSERT IN PERAK

PG 5

by

Noorfiza Zainol.

Mohamad Azli Razali, Syarifah Atifah Syed Hamzah & Siti Khadijah Abdullah

Perak, a state in northern Malaysia known for its lush landscapes, historic sites, and cultural richness, is home to a lesser-known culinary gem: Kalakatar. This traditional delicacy offers a unique glimpse into Perak's vibrant food culture and is a testament to the state's rich culinary traditions. Despite its relatively low profile compared to more famous Malaysian dishes, Kalakatar represents a significant part of Perak's heritage.

## What is Kalakatar?

Kuih Kalakatar is a traditional dessert associated most with the Banjar community in Malaysia, especially the northern part of Perak where there is a huge population of Banjar people. Kuih Kalakatar is not commonly found in Malaysia except at places with a huge Banjar population, like Kerian district of Perak.

**Kuih Kalakatar is basically a coconut-flavoured cake with custard-like texture and is a traditional dessert popular among the Banjar community, particularly during festive seasons like Ramadhan.**

During Ramadan month, this kuih is made especially to be eaten before and after fasting.

It is made from grated young coconut, flour, sugar, and eggs, mixed and baked until it forms a firm yet moist cake. The origin of the name is not officially documented. Some speculated that the name "kalakatar" derives from Banjar language, where "kala" means 'time' and "katar" means 'hot', suggesting it should be enjoyed while still warm and soft. This dessert is cherished for its rich, sweet, and slightly tangy flavor, making it a beloved treat among those familiar with Banjar culinary traditions. It is sometimes called Wadai Kalakatar, Bingka Kelapa Muda or just plainly Bingka Kelapa.



## Cultural Significance of Kalakatar

In Perak, Kalakatar is more than just a dessert; it is a symbol of local culinary traditions and communal bonding. The dish is often prepared during festive occasions, family gatherings, and cultural celebrations. Its preparation involves a level of craftsmanship and attention to detail that reflects the value placed on traditional cooking methods in Perak. Kalakatar holds a special place in the hearts of many locals due to its association with home-cooked meals and family recipes passed down through generations. The use of fresh, local ingredients and the traditional methods of preparation underscore the importance of preserving culinary heritage in a rapidly modernizing world.

## Preparing Kalakatar: A Culinary Tradition

The preparation of Kalakatar is a process that combines skill and tradition. Here is an overview of how this traditional dessert



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is typically made; kuih Kalakatar is quite easy and straightforward to make. Fresh coconut water is mixed with flour (plain flour, rice flour or a combination of both), eggs, sugar and salt to form a batter. Milk and vanilla essence are sometimes added to the batter for a more complex flavour. Once the batter is thoroughly mixed, it is poured into an oiled mould, and strips of young soft coconut flesh are added. The batter is then baked until the cake firms up and a crust is formed. This kuih can be steamed too.

### The Experience of Enjoying Kalakatar

Tasting Kalakatar is a sensory delight that engages both the palate and the nose. The moment we take a spoonful, the soft, sticky texture of the glutinous rice combines with the rich, creamy coconut milk to create a comforting and satisfying experience. The aromatic pandan leaves and the subtle sweetness of palm sugar add layers of complexity to the dish, making each bite a flavorful journey.

Kalakatar can be enjoyed at local markets, traditional food stalls, and during family gatherings. These settings offer an authentic taste of the dessert, often made using time-honored recipes and techniques. The communal aspect of enjoying Kalakatar enhances the experience, as it is often shared among family and friends, reinforcing the sense of togetherness and cultural pride.

### Kalakatar's Place in Perak's Culinary Landscape

Kalakatar may not be as widely recognized as some of Malaysia's other desserts, but it holds a significant place in Perak's culinary heritage.



It represents the essence of traditional Perakian cooking, characterized by its use of local ingredients and artisanal methods. The dessert's unique flavor profile and cultural significance make it a valuable part of Perak's food culture.

As global cuisine continues to evolve and expand, traditional dishes like Kalakatar offer a glimpse into the lesser-known yet deeply rooted culinary traditions of the region. Its preservation and appreciation contribute to a broader understanding of Malaysia's diverse food culture and the importance of maintaining culinary heritage.

### Conclusion

Kalakatar is indeed a hidden gem within Perak's culinary repertoire, offering a unique and authentic taste of local tradition. Its preparation and consumption reflect the region's rich cultural heritage and communal spirit. For those willing to explore beyond the more widely known Malaysian dishes, Kalakatar provides a delicious and meaningful connection to Perak's culinary past and present. Whether enjoyed at a local market or as part of a family gathering, Kalakatar stands as a testament to the beauty and depth of Perak's traditional cuisine.



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# A DAY OF SUN AND SERENITY: PICNIC AT PULAU KAPAS, TERENGGANU

PG 7

by

Farhan Faat,

Ahmad, Fauzan Bin Badruzaman, Nor Hafizah Mazlan, & Sperico Michael Alden

An enchanting journey commences as the sun's rays whimsically scatter across the sea. With the help of Mak Cik Gemuk boat service and crew, we discover the tranquil Terengganu Island of Pulau Kapas, where the soothing embrace of nature is practically tangible. This little island is ideal for a day excursion due to its picturesque tropical setting, beautiful beaches, and pristine waters.

On the way to Pulau Kapas, we caught sight of the stunning island. Just a short boat trip away from the mainland is a gorgeous paradise with crystal-clear beaches and emerald-green waters. As we get closer to the island, the seemingly endless expanses of unspoiled beach tempt us to step ashore and enjoy some peaceful relaxation.



Upon arrival in Pulau Kapas, a wonderful sense of tranquillity will overwhelm us. Powdery white sand, verdant dunes, and dazzling blue waters make up this island's beaches. Under the shelter of a tree, we will pitch our beach tent and listen to the soothing sound of the waves lapping on the shore. Jump right in for a swim, it will do wonders for your body and mind. Because the water is so clear, we can make out vibrant schools of tropical fish. Put our snorkelling gear on in preparation for an underwater exploration of this tropical paradise. Exploration as we float amid beautiful underwater creatures.



The next step is to head back to the beach for some much-needed sunbathing. Lay back on the beach, close your eyes, and enjoy the sunshine and sea breeze. We

may find that a stroll down the beach is the perfect way to get some exercise as the days pass. The time for a gorgeous beach picnic is drawing near as the sun sets on another beautiful lunch date with the companion and the kiddos. With our very own picnic basket stocked with tasty treats, lunch meals, and refreshing beverages.

Eating outside of our tent with those you care about, relishing a meal while listening to the sound of the ocean, is the perfect moment to complete the day. As the sun sets and prior to the day transitions into night, it is time to return to the mainland.

**Pulau Kapas is the perfect place to unwind and daydream after a long day. A getaway from the stresses of everyday life would be ideal on this island, thanks to its tranquil environment, stunning beaches, and placid waters.**

The abundant marine life, breathtaking scenery, and soothing water contact will remain with us as we bid farewell to Pulau Kapas. Get whatever you need and head for Pulau Kapas. Immerse yourself in the island's flawless beauty and let your day excursion transform into an unforgettable paradise getaway.



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# TANJUNG PIANDANG: A JOURNEY BACK TO MY HOMETOWN'S HEART

PG 8

by

*Fadhina Mahat,  
Dr. Arniyantie AbdulHadi, Rabiatus Adawiyah Ab Rahman & Johanna Adlin Ahmad*

Tanjung Piandang, a serene town nestled within the district of Parit Buntar, Perak, is more than just a place on a map—it holds a special place in my heart. While I didn't grow up here, it's where I was born, and it remains my refuge when I 'balik kampung' for family gatherings, Raya celebrations, and 'kenduri' events. This town's charm lies in its beautiful blend of tradition, nature, and steady development, representing a harmonious coexistence that draws me back every time.

My connection with this town grew stronger when I began my career here after completing my diploma. I got my first job with the Kerian District Council (MDK), marking the start of my journey toward financial independence. Working in this environment gave me a deeper appreciation for the people and the place, as I witnessed the development of Parit Buntar firsthand. What once was a quiet town is now home to a thriving community, with local markets, eateries, and new businesses shaping the landscape.

One of the crown jewels of Tanjung Piandang is Ban Pecah, a breathtaking coastal retreat where the sea and land meet in a stunning display of natural beauty. As the sun sets, the sky is painted in hues of orange and pink, making it a perfect spot for photographers and nature lovers. Visitors are drawn here not only for the views but also for the delicious local dishes served in humble seaside eateries.



The fresh mee udang, grilled fish, spicy prawn sambal, and the rich ais coklat kental are some of the must-try signature dishes that reflect the freshness of the sea and the warm hospitality of the locals.

Do you know the historical reason why it's called Ban Pecah? Well! Let me tell you about it from the local sources. Ban Pecah got its name from a local legend tied to its history.



The name, which means "Broken Bund," originated when a water bund (or embankment) in the area was deliberately damaged, causing seawater to flood the paddy fields.

**According to a far-off story of the olden times, a man, upset with his nephew's success broke the bund out of jealousy, leading to the area's current appearance and the name Ban Pecah.**

This tale has become part of the local folklore, adding a layer of mystery to this beautiful coastal spot.

Tanjung Piandang's paddy fields stretch far and wide, offering a peaceful, almost meditative scene. The rhythm of rural life here, where rice farming has been passed down through generations, makes the town feel like a place where time slows down. It's a reminder of how nature and human efforts come together to create something beautiful. In many ways, Tanjung Piandang and Parit Buntar are symbolic of Malaysia's rural beauty and quiet progress. The balance of tradition and development, the warmth of the community, and the picturesque views make this town a truly special place. It's not just a hometown but it's where my story began, and it's where others can find a peaceful escape, steeped in culture, natural beauty, and genuine hospitality.

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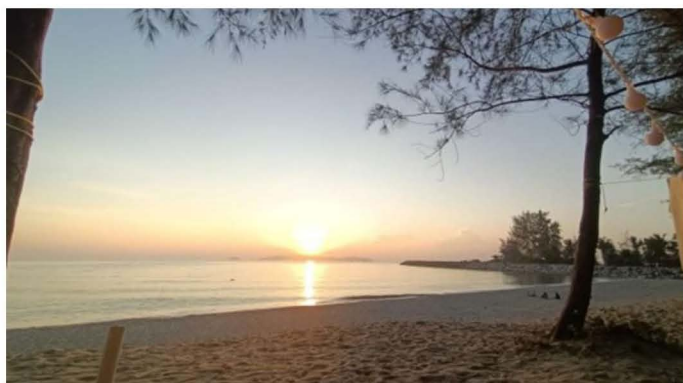


# A NIGHT UNDER THE STARS AT PANTAI KEKABU, MARANG, TERENGGANU

by



*Farhan Faat,*  
Amirul Hakim Zulkafli, Nor Farawahidah Mohd Khamis & Dr Nik Mohd Shahril Nik Mohd Noer



Pantai Kekabu is a public beach famous for its vibrant ambience and immaculate beauty. My family arrived as the sun was setting, a luminous ember fading into the horizon. Excited for the adventure that lay ahead, we slid our toes into the warm, golden sand as we unloaded our belongings and set up our tents.

Our tent was arranged in a perfect spot. The smell of the sea and the salty air that carried it lifted our spirits as we unfolded our sleeping bags and established our space. After setting up camp, my youngest son and I decided to take a stroll along the beach before it got dark. As the sky turned into a kaleidoscope of oranges and pinks, we dashed to the shore, where the refreshing waves were waiting to welcome us. We snapped pictures, frozen moments of happiness against the stunning backdrop of the beach, time seemed to fly by.

Dinner time we had a simple meal and we gathered around a fire pit that we had lit during the last rays of daylight as the sun dipped below the horizon. As time went by, the crackling fire warmed the night and threw shadows that danced over our faces and we were making our own Malaysian s'mores with roasted marshmallows and local cream crackers brought me even more joy in spending time with the kids.

After we finished eating, we sat down by the fire and listened intently as tales started to pour. The stories are hilarious anecdotes about me and my spouse's youth that brought tears of laughter to our eyes.

The mesmerising ambience created by the dancing flames drew us more into the present, as if our words had come to life. At last, sleep was in order. The lullaby-like rhythm of the waves lulled us into a restful sleep as we dove headfirst into our mattresses. We drifted into a peaceful condition as we whispered secrets and shared fantasies, lulled by the gentle ocean lull.

I was roused from my sound sleep when the first rays of morning light seeped through the tent's fabric. As I came to a halt, I beheld the warm rays of the sun streaming down from above the horizon, casting a warm glow over the scenery.



With the beach less crowded and the warm glow of the fire's embers lingering from the previous night, the salty air carried a sense of hope. We enjoyed a substantial breakfast prepared by my wife while we savoured the simple pleasure of being together in this enchanting location.

**Pantai Kekabu camping was an experience that brought true simple joy and served as a poignant reminder of the wonders of love and the natural world.**

We knew that the shore of Pantai Kekabu would always hold a special place in our hearts. The memories of laughter and starry skies will always be with us.



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by

Rashid Salleh,  
Ashraf Siddik Khan Abdul Rahim Siddiqe, Farhan Faat & Dr. Norhamizan Hamir

Pursuing Malay cuisine in Penang is not as easy as you imagine. A lot of food recommendations from foodies in social media were focused on Mamak or Chinese cuisine. As a person from outside Penang and born eating a Malay cuisine, it's a journey for us to search for a restaurant that offers what we want. Our search has found an unexpected place that serves delicious Malay food at a reasonable price. Who would have expected that food at the golf course would serve a set of delicious Malay food at a reasonable price.

Bertam Golf Resort is strategically located, making it easy to access from various parts of the region. The resort is located just beside the exit Bertam of PLUS highway. The entrance to the resort is spacious with the beautiful scenery of the golf course. Its setting provides a serene view of the lush golf course, adding to the overall dining experience. The restaurant offers a range of Malay dishes, each crafted to deliver an authentic taste experience.

We had our lunch set of Talam Anakanda which was recommended for 2-4 persons. The cost for this set was RM45. There are three Talam sets that are offered by Bertam Golf Resort which are Set Talam Anakanda, Ibuanda and Ayahanda. The set of Anakanda includes rice, 'daging salai masak lemak', chicken soup, fried fish, 'sambal belacan', 'ulam' and drink. Al-Mubarak.

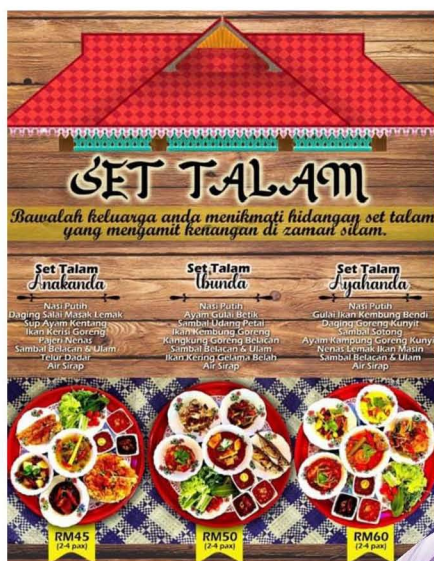
**The most interesting menu for this set is their 'Daging Salai' which fulfilled our taste bud. The spices and the main ingredients of 'Daging Salai' itself complements each other.**

For those of us who do not really love spicy food feel very comfortable with this set. But, for those who love spicy food you can try 'Ibunda' or 'Ayahanda' sets and each set also provides spicy shrimp paste.

Of course, each restaurant has their own pros and cons. We start with the cons of this place, the stunning view of the golf course in the open dining area may increase your satisfaction to dine here. While you have lunch with your family, you may see the wonderful flora and fauna that is being maintained in this golf course. The taste and prices of the food for me can be described as value for money. The easy access location and spacious parking also become the advantages of this restaurant.

For me, the BGR can be improved in some areas to make sure that they will become more competitive for the future. The first area was the cleanliness of the dining area. While the food and ambiance are commendable, there have been occasional concerns regarding the cleanliness of the tables as it was an open area. The surface of the dining table was not clean, so we needed to ask the waiter to clean our table before we could sit at the table. Beside that, the ceiling of this dining area was habitable with bird nests and that is a big no for hygiene and food safety in a restaurant. The last area was on their service staff. The staff of this restaurant for me does not meet

the average service of the hotel and restaurant. We as a customer need to call them several times in order to ask them to clean the dirty table. Overall experience in this restaurant is still amazing. The pricing and taste of the food with the view of golf course was something that was memorable for us.



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# A MEMORABLE VISIT TO A SPICE FACTORY: DISCOVERING THE HEART OF NUTMEG IN BALIK PULAU

PG 11

by

*Noraini Binti Rahim,  
Irina Mohd Akhir, Noosa Riza Johari & Siti Rohimi Mohamed Apandi*

Recently, I had the pleasure of visiting a renowned spice factory located in the scenic town of Balik Pulau, Penang. This visit was not just a journey into the world of nutmeg but also an enriching experience that deepened my appreciation for this aromatic spice and the dedication behind its production. Upon arriving at the factory, I was immediately enchanted by the lush greenery of nutmeg trees surrounding the area. The air was filled with the pleasant scent of nutmeg, creating a perfect atmosphere for a memorable tour. The factory, operating since 1953, showed the long history and lasting tradition of nutmeg farming in Penang.



The tour began with a warm welcome from the factory staff, who provided a fascinating overview of nutmeg's history in Penang. They explained how nutmeg was introduced during British colonial era and has since become a

significant part of the local economy and culture. It was interesting to discover that nutmeg is used for more than just pickles. It's also found in medicinal oils, balms, teas, syrups, cooking powders, and refreshing juice.

One of the highlights of the visit was seeing how nutmeg is processed. Skilled workers cut open the nutmeg fruits to reveal the seeds and bright red mace. Although most of the work happens behind the scenes, they gave a clear demonstration of each step, from drying to grinding and packaging.

This careful process ensures top-quality products. During the visit, I also had the chance to sample a variety of nutmeg-based products. The nutmeg juice, with its tangy and refreshing flavor, was a delightful highlight. I couldn't resist purchasing a few bottles to take home, along with some nutmeg oil and balm, knowing they would serve as wonderful reminders of this memorable experience.

The heart and soul of the factory are its people. Meeting the founder's daughter and hearing her stories was the highlight of the visit. Although the founder, Mr. Chang Kun Min, is very old and mostly stays in the back, I was fortunate to say hello.



His daughter's enthusiasm and deep knowledge about the factory and its history added a personal touch to the tour.

Before leaving, I explored the factory's shop, which offered a range of nutmeg-based products perfect for souvenirs or personal use.

**Each product are crafted with care, steeped in tradition which promises health benefits and the essence of Penang's agricultural heritage...**

My visit to the factory was an eye-opening experience that I would highly recommend to anyone visiting Penang. The visit gave me a detailed look at nutmeg, showing the steps and history behind this popular spice. The friendly and dedicated staff made the visit even more memorable, leaving me with great memories and a deeper appreciation for Penang's nutmeg heritage.



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# PANTAI SEPAT IN KUANTAN, PAHANG: A PICTURE-PERFECT SCENERY

PG 12

by

Farhan Faat,  
Shahrool Rezza Salim, Rashid Salleh & Nur Nadia Maisarah Mohd Fisol



Pantai Sepat was illuminated by a calm, golden light as we emerged into the morning. The sky was awash in gentle shades of pink, orange, and blue, and the water mirrored these hues, giving the beach a burst of early morning brightness.

In their excitement to play, the kids run frantically towards the shore. As for breakfast, even though it was simple, the meal was substantial. We enjoyed our bread and coffee. The distant chirp of seagulls and the salty scent of the ocean were transported on a brisk breeze. A perfect way to begin the day, the sunbeams warmed our cheeks as the gentle lapping of waves on the shoreline. We felt a wave of peace and satisfaction as we gathered all of our belongings.

At the stroke of midnight in Kuantan, Pahang, we stepped into the tranquil public beach Pantai Sepat. As it awaited for our arrival, the beach lay in a serene darkness, exposing its undulating curves and the soft murmuring of the South China Sea. Our vehicle's headlights briefly illuminated the peaceful expanse before we turned them off, allowing them to merge into the lunar terrain and pierce through the night like twin beacons. We carefully emptied our camping gear onto the soft grass.

With the moon's silvery light reflecting off the lake and the sky seeming like an inkblot of stars, the scene was like something out of a fairy tale. Very quickly, our tents were set up, and the fabric began to rustle in the slightest breeze. As the darkness fell, our eyes grew tired. We crawled into our mattress and sought refuge where the soothing sound of the waves played like a soothing song. Our airtight tents protected us from the night's cold, and the soothing sound of the waves rocked us to a restorative slumber.

Morning crept up on us with a soft, golden embrace. Our sleep was abruptly broken by the gentle rays of dawn breaking through the tent walls.



**Pantai Sepat has provided us with more than just a place to camp, it has become an ecological sanctuary.**

The beach had been our retreat, a spot of peace and natural beauty where we could escape our cares and just be. As we departed, the sun climbed higher in the sky, signaling the arrival of yet another beautiful day. Our night at Pantai Sepat lingered on our skin like the salt air, bringing back the simple joys of camping under the stars and the ocean.



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# HIKING EXPERIENCE: DON'T AVOID EATING RICE! PG 13

by

*Hussin Khan Rahmatullah Khan*  
*Mohamad Azli Razali, Noorliza Zainol & Dr Arniyantie Abdul Hadi*



The 15kg bag I was carrying became an unbearable burden. My body signaled that it could no longer sustain the effort, and fatigue gripped me.

I decided to take a break and lay down on the narrow forest path, supported only by an aluminum pad. I hoped that the group behind would catch up and find me. I fell asleep for nearly an hour, only to be awakened by raindrops and the itchy bite of a leech feeding on my blood. Despite my weakened state, I knew I had to keep moving. Eventually, I reached the endpoint, exhausted but relieved.

**This experience taught me the invaluable lesson of the importance of proper nutrition, especially the role of rice as the primary source of carbohydrates.**

Mountain hiking in Malaysia has become a popular physical activity that attracts people from various groups, genders, and races. In this piece, I want to share the significance of eating rice during hiking, especially when the trek is challenging.

Hiking for three days and two nights in the forest requires meticulous planning, particularly in terms of nutrition. Ensuring an adequate supply of food, especially rice, is crucial. Rice is a primary source of carbohydrates essential for sustaining intense physical activity like hiking.

During the hike, I learned firsthand how crucial it is to maintain a proper diet, especially when undertaking such demanding physical activities. One evening, after a long day of hiking, me and my group prepared a meal that included a travel pack (Rice), instant noodle, meatball, energy drink, energy bar, Milo 3 + 1, coffee, and tea. This meal was essential in restoring our depleted energy levels. However, I made the mistake of not eating rice the next morning. Instead, I opted for bread, tuna spread, and oat biscuits, thinking they would suffice. This decision proved to be a grave error.

As we descended the mountain, my energy levels plummeted. My body began to tremble, my face turned pale, and my mind became confused. The inadequate intake of carbohydrates took its toll, and I found myself struggling to keep up with the rest of the group.

Without adequate carbohydrate intake, the body struggles to perform, leading to fatigue and other health issues. It is essential to plan meals carefully, ensuring an adequate supply of rice and other energy-providing foods.

Additionally, managing water consumption is crucial during such hikes. Cooking rice in the forest can be challenging without a reliable water source. Carrying enough water and rationing its use wisely becomes imperative. Each drop of water is precious and must be used judiciously to ensure that you stay hydrated and have enough for cooking.

In conclusion, my hiking experience underscored the importance of rice as a vital source of energy. Avoiding rice can lead to severe consequences, including physical exhaustion and mental confusion. Proper planning, adequate food supplies, and careful water management are essential for a safe and successful hiking trip. Ensure you prioritize your nutritional needs to maintain your energy levels and enjoy a resilient and fulfilling hiking experience.

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# LATA TEBING TINGGI, SELAMA, PERAK: THE IDEAL SPOT FOR A PICNIC & AN APPRECIATION OF NATURE

by

*Farhan Faat,*  
*Aida Khalida Mohamed Idris, Ahmad Hidayat Ahmad Ridzuan & Rashid Salleh*



Just imagine for a second a world where you may run away from it all and have fun in serene nature. Lata Tebing Tinggi in Selama, Perak is the kind of place where a picnic may turn into a fantastical day trip complete with roaring waterfalls, lush vegetation, and the enchanting sounds of the forest.

Commuters' clamour fades into a serene setting as you approach Lata Tebing Tinggi. More and more breathtaking landscapes appear around every corner as the journey winds its way through the picturesque countryside. You can almost feel the lush sanctuary beckoning you as you approach the park gate, thanks to the soothing sound of trickling water. The brisk scent of the forest will greet you as you exit the car. You can feel the newness in the air. The picture-perfect river glistens and calls out to you when the sun rays reach it. The soothing sound of the waterfall's trickle will put your body and soul to rest and rejuvenation.

Picking the perfect spot for a picnic in Lata Tebing Tinggi is effortless. Look for a pleasant, shady area away from trees or along the riverbank. Lay down your blanket and take out your basket of favourite foods for a picnic. Maybe some homemade sandwiches, fruit, and iced tea are in it. Your picnic will feel even more enchanted when you put it up against the backdrop of the beautiful waterfall and lush woodland.

Savour your picnic as you unwind to the sound of the waterfall's calming stream. To cool off, a swim in the river would be perfect. Wading into the stream will provide a welcome relief from the scorching sun and the cool water will feel great. The riverbed rocks are perfect for relaxing on, whether you're out in the sun or just need a place to kick your feet up.

The waterfall is mesmerising since it is a natural phenomenon. The icy rush of the oncoming waterfall caresses you as it thunders down the granite cliff, dousing you in a haze of mist.

When you listen to the water fall into the pool below, you can't help but feel a sense of peace and awe. Snapping some photos here will immortalise the tranquil beauty of the waterfall and the joy you experienced while enjoying a day in nature. Packing up and driving home will bring you a sense of calm and renewal.

**The Lata Tebing Tinggi is more than just a picnic spot, it is a sanctuary where you can recharge with the stunning nature, thrilling adventures, and serenity.**



In light of this, I recommend that you visit Lata Tebing Tinggi with your picnic essentials. Enjoy the simple pleasures of nature and let the calm atmosphere, lush plants, and rushing streams turn your day's journey into a memorable one with your loved ones.



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# THE HIDDEN GEM: EXPLORING THE ALLURE OF KEDAH

PG 15

by

*Noorliza Zainol,*  
Mohamad Azli Razali, Dr Noorina Din & Dr Arniyantie Abdul Hadi



## Introduction

Nestled in the northwestern region of Peninsular Malaysia, Kedah might not always be the first destination that comes to mind when one thinks of Malaysia's tourist hotspots. However, this charming state, often overshadowed by its more illustrious neighbours, is a hidden gem teeming with cultural richness, culinary delights, and natural beauty. Kedah, known as the "Rice Bowl" of Malaysia, offers an array of experiences that weave together its unique historical legacy, delectable food, and picturesque landscapes. This article delves into the multifaceted allure of Kedah, offering insights into its culture, gastronomy, and geographical features, as well as recommendations for those seeking an off-the-beaten-path adventure.

## Cultural Heritage and Historical Significance

Kedah's cultural tapestry is woven with threads of tradition, history, and diversity. As one of the oldest states in Malaysia, Kedah has a rich historical heritage that dates back over a millennium. The ancient city of Kuala Kedah, located at the mouth of the Kedah River, is a historical site of great significance. It was once a prominent trading port in the region, and remnants of its past are still evident in the historical architecture and archaeological sites scattered throughout the state.

The Kedah Sultanate, with its royal lineage tracing back to the early Malay kingdoms, continues to play a pivotal role in the state's cultural identity. The Istana Anak Bukit, the royal palace, stands as a testament to Kedah's regal past and offers a glimpse into the opulent lifestyle of the royal family. Visitors can explore the rich traditions of the royal ceremonies and festivals that continue to be celebrated with grandeur.

## Culinary Adventures: A Gastronomic Journey

Kedah's culinary scene reflects its diverse cultural influences and agricultural bounty. The state's reputation as the "Rice Bowl" is well-deserved, with vast paddy fields shaping the landscape and the local cuisine heavily featuring rice in various forms. Kedah's culinary delights are characterized by their authenticity and use of locally sourced ingredients.



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One must-try dish is the Nasi Ulam, a traditional Kedah rice dish mixed with a variety of fresh herbs, vegetables, and sometimes grilled fish. It's a flavourful representation of the local palate, combining aromatic herbs and spices to create a unique taste profile. Another local favourite is Kedah Laksa, a variant of the traditional laksa noodle soup that features a rich and spicy broth, often accompanied by fish and a medley of fresh vegetables.

For dessert lovers, Kedah offers an array of sweet treats. The Kek Lapis Kedah, a layered cake known for its intricate patterns and rich flavour, is a popular choice. Similarly, Pulut Kuning, a dish made from glutinous rice steamed with turmeric, is often served during special occasions and festivals.

### Natural Beauty and Geographical Wonders

Kedah's geographical features are as diverse as its culture and cuisine. The state is blessed with a blend of coastal beauty and verdant landscapes. The Langkawi Archipelago, a cluster of 99 islands, is perhaps the most famous natural attraction in Kedah. Langkawi's pristine beaches, clear turquoise waters, and lush rainforests make it a paradise for nature enthusiasts and beachgoers alike. The island is also home to the Langkawi Sky Bridge, an architectural marvel offering breathtaking panoramic views of the surrounding landscape.

Kedah's natural beauty continues to impress with its mountainous terrain and fertile valleys. The Bujang Valley, an archaeological site, is notable for its ancient ruins and is a testament to the area's historical significance. The Pedu Lake, with its serene environment and recreational activities, provides a tranquil escape for visitors seeking respite from urban life.

### Accommodations and Hospitality

Kedah's hospitality is as warm and inviting as its natural beauty. The state offers a range of accommodations to suit different preferences and budgets. From luxurious resorts on Langkawi Island to charming boutique hotels in Alor Setar, visitors can find a comfortable base to explore the region.

The emphasis on providing a personalized and welcoming experience is evident in the local hotels, where the friendly staff and attention to detail enhance the overall stay.

**In conclusion, Kedah is a hidden gem, offering a rich tapestry of experiences that encompass cultural heritage, culinary delights, and natural beauty. It stands as a testament to the lesser-known wonders that Malaysia has to offer...**

inviting travellers to explore its historical sites, savor its unique cuisine, and immerse themselves in its picturesque landscapes. For those willing to venture off the beaten path, Kedah promises an enriching and memorable journey, revealing the multifaceted charm of this enchanting state.



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# FROM KAMPUNG ROOTS TO UNIVERSITY TOWN: THE UNIQUE GROWTH OF PERMATANG PAUH

by

Fadhina Mahat,  
Johanna Adlin Ahmad, Irina Mohd Akhir & Rabi'at Adawiyah Ab Rahman



Before the establishment of UiTM in Permatang Pauh, the town was known for its strong local community and traditional Malay *kampung* (village) atmosphere. Permatang Pauh is situated in the Seberang Perai region of Penang, an area historically characterized by agricultural activities and village lifestyles, with many residents engaged in rice farming and small-scale businesses. The town's name, "Permatang Pauh," itself reflects its rural roots, with "permatang" referring to ridges or raised areas in rice fields, hinting at the area's agricultural past.

As urbanization gradually increased, Permatang Pauh maintained much of its traditional heritage, including its iconic *rumah kampung* architecture and communal village life. This strong community-oriented culture provided a foundation for harmonious development when UiTM's Permatang Pauh campus was established in 1996.

**The university's presence has since contributed to the town's growth, creating an educational hub while allowing the local culture and heritage to thrive alongside modern advancements.**

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With a broad range of programs and a diverse student body, UiTM not only enriches the local academic environment but also stimulates economic growth in the area. The influx of students and faculty supports local businesses and services, from housing and transportation to dining and retail. This has led to an expansion of facilities and infrastructure, as the community adapts to meet the needs of its growing university population.

The presence of UiTM also brings cultural and educational events to Permatang Pauh, further integrating the university into the fabric of town life and providing opportunities for local residents to engage with the academic community. As a university town, it hosts multiple educational institutions, drawing students and educators from diverse backgrounds, fueling local businesses, and enhancing the town's economic prosperity. This student-driven economy boosts sales for local shops, eateries, and services, creating a thriving marketplace that directly benefits the town's residents.



Despite this growth, Permatang Pauh proudly retains its *kampung* (village) heritage. Traditional *rumah kampung* (village houses) are a hallmark here, with their timeless raised wooden structures standing alongside modern developments. The presence of these traditional homes, surrounded by greenery, reminds residents and visitors alike of the town's historical roots while enhancing the unique ambiance of this modern yet culturally rooted area.

During the rainy season, the *kampung* spirit comes alive by the riverbanks, as families gather to fish a cherished tradition enjoyed by all ages. This scene, where both young kids and lifelong residents come together, symbolizes Permatang Pauh's unique balance: a town thriving in development yet deeply anchored in tradition. Through its continued cultural preservation, vibrant community life, and robust economy, Permatang Pauh offers a beautiful example of how progress and heritage may live together in harmony.



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# ESCAPE TO NATURE: CAMPING AT BANANA CAMPSITE, KAMPUNG KELIAN DALAM, BALING, KEDAH.

by

*Farhan Faat, Elyssa Maisara Ahmad Ruslin,  
Ashraf Siddik Khan Abd ul Rahim Siddiqe & Mohamad Farhan Bin Azmi*



For those in search of a one-of-a-kind camping adventure, Banana Campsite at Kampung Kelian Dalam provides a tranquil retreat. Envision a peaceful haven on the banks of a river, where the melody of nature and the sight of lush bamboo trees create an idyllic setting.

A picturesque section of the riverbank, the Banana campsite riverside is bordered by lush bamboo trees that sway subtly in the wind. The sound of the river and the earthy river scent fill the air, creating a refreshing and calming tropical atmosphere. If you set up camp here, it will be like having your very own private heaven. Set up your tent and listen to the calming sound of the river while you listen to the sounds of nature at work.

Bamboo trees create beautiful shadows as you set up your tent, and the sound of birdsong in the distance adds to the serene atmosphere. The Banana campsite is a stunning natural attraction that you should investigate once you have set up your tent. As it winds its way through the countryside, the river creates a dazzling ribbon.



After a long day of exploring, nothing beats jumping into the crystal-clear waters for a relaxing swim. A magical element is added to your

aquatic adventure as you wade into the river, feeling the soft current caress your legs and watching the glittering fish beneath the surface. A lovely opportunity for discovery awaits you beyond the river in the orchards. The tropical paradise is brought to life by the banana, durian, coconut and jackfruit trees, which boast large, verdant foliage and bunches of luscious.



A sensory experience that embodies rural Kedah is the sight of these colourful groves accompanied by the pleasant aroma of nature. The riverbank becomes the ideal location for a casual

riverside cookout as the midday sun sets below the horizon. Prepare a barbecue using ingredients brought from home, with the sound of the crackling fire and the joyful chatter of loved ones makes for a comforting and welcoming ambience. Dine in tranquility as the river and orchards provide a picturesque backdrop. Without any light pollution, the night sky becomes a mesmerising tapestry of constellations. Get away from the chaos of everyday life in this tranquil setting.

**More than just a getaway,  
camping at Kampung Kelian  
Dalam's Banana campsite  
immerses you in Kedah's rustic  
allure and natural beauty.**

A one-of-a-kind and restorative experience is created by the combination of river, orchards, and peaceful surroundings. Get ready for a memorable riverbank retreat at Banana campsite, Kampung Kelian Dalam, where the beauty of nature and simplicity converge.



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