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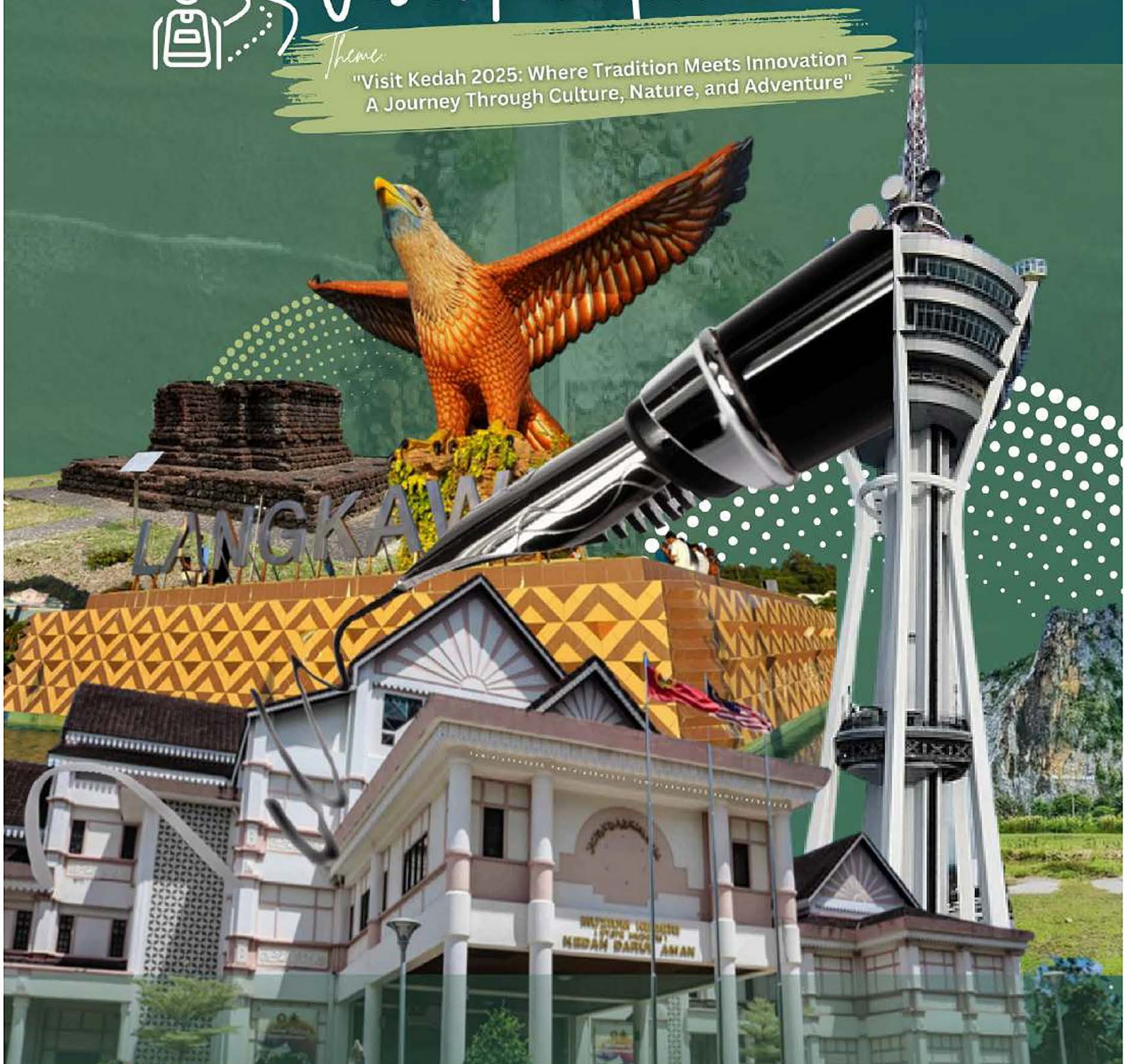


APB Kedah (e-magazine)

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.

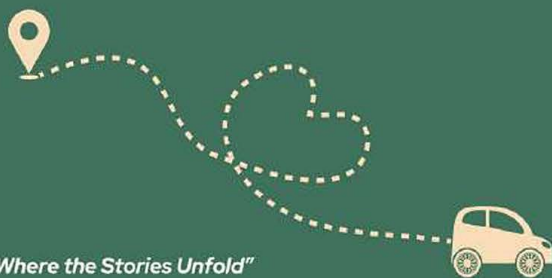
In the pages ahead, we delve into the many faces of Kedah, capturing the essence of its natural wonders, cultural landmarks, and unique experiences that define the state. Our stories, articles, and photographs will transport you to places where the past and present come together in perfect harmony – 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,

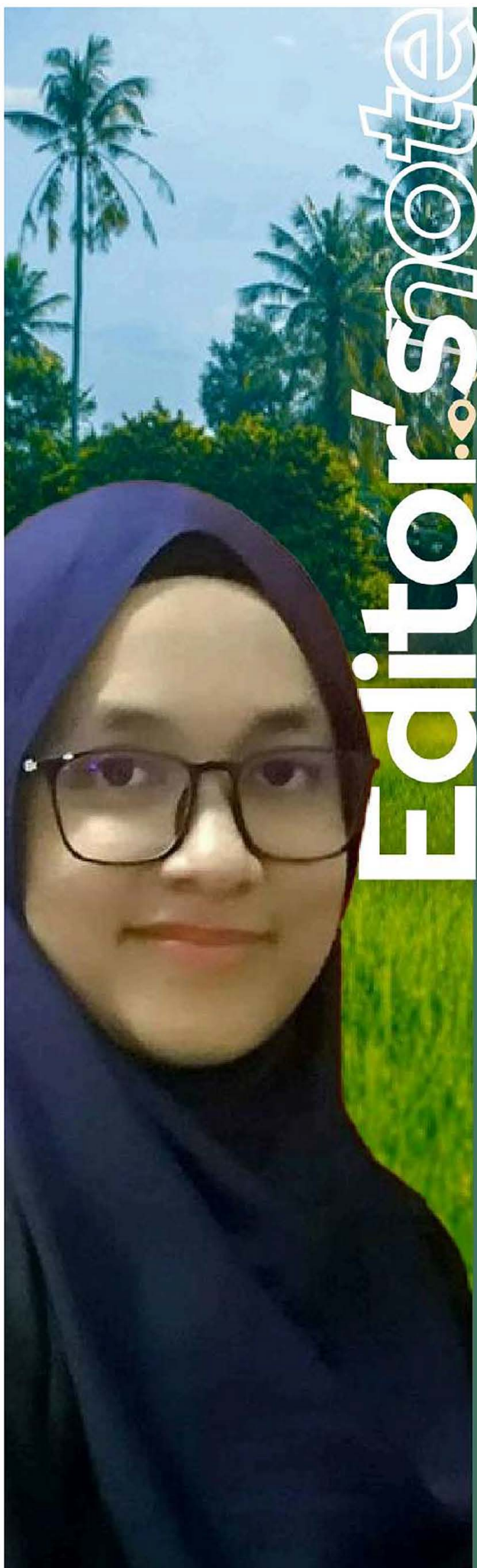
Razanawati Nordin

Chief Editor

THE EPITOME 2025

Editor's note





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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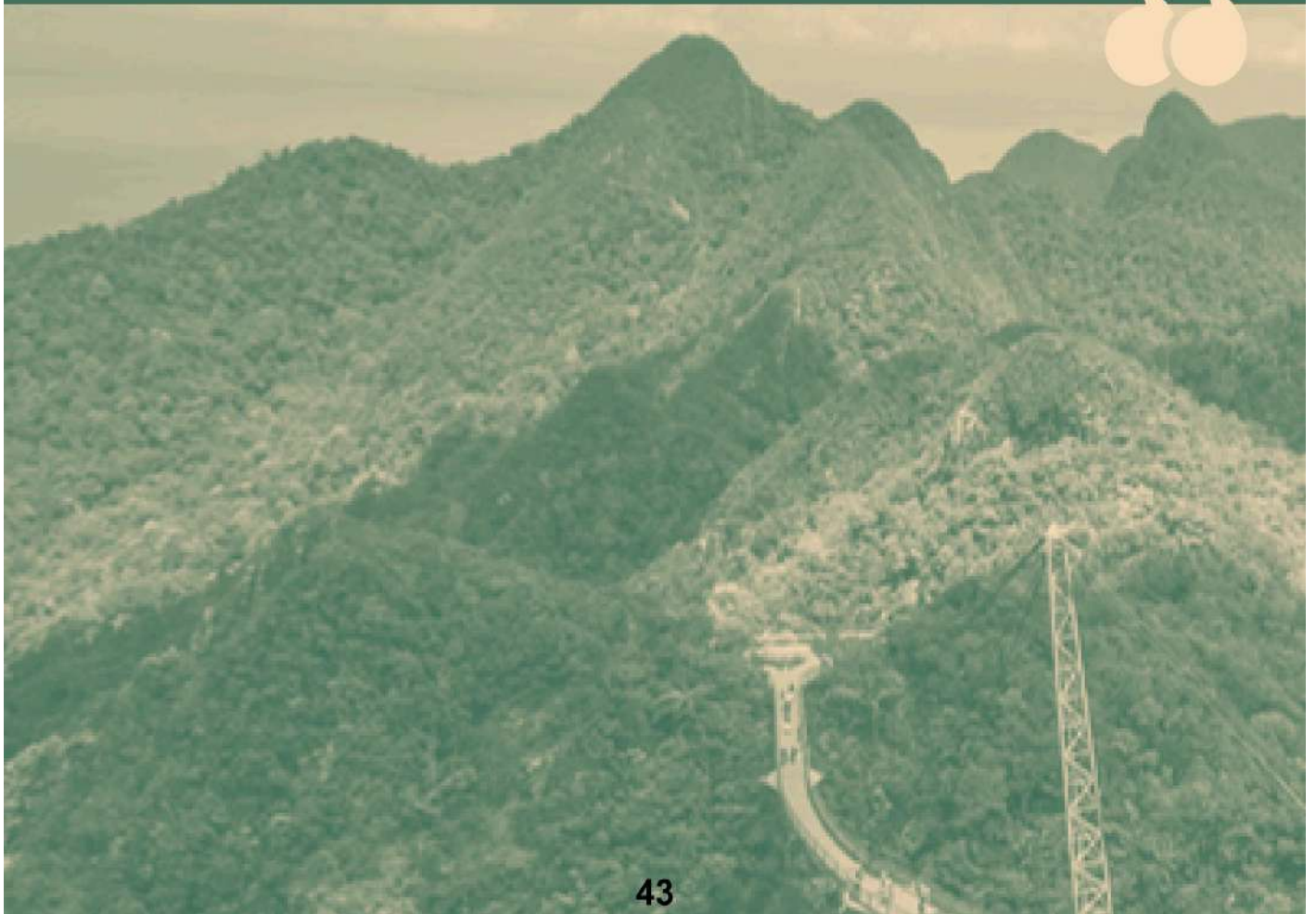
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NATURE, ADVENTURE & WELLNESS





Panic in Merbok

Ong Elly

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The most important thing that I learnt is that I should never panic if anything happens and be quick to ask for help. I cannot imagine getting panicked in the middle of nowhere. Not only will it put me in a dangerous situation as it might affect others unnecessarily.

We went to Pantai Merdeka for kayaking. I was in the front of a double seater kayak. My partner kayaked for a few minutes and then rested. He was complaining that it was hot, and kayaking was a lot of work. When the kayak floated around, I heard a loud nauseating sound. I turned to my back and saw my partner vomiting into the sea. We waved for help and got into a speedboat to get back to the beach.

Then, we had an overboard simulation offshore Pantai Merdeka. I volunteered to play the victim, floating in the sea as I thought I would be free of accidents as I am prone to knock into things and end up with bruises. It was not easy to stay afloat, even though I secured my crotch straps as the waves were stronger in the afternoon. There was another 'victim' floating near me and I saw that she looked weak and swallowed a lot of seawater. I repeatedly told her to keep her head out of the water. Before I started to cry for help, the rescue group which looked like a caterpillar bobbing on the water as they moved in one long line, reached us and dragged both of us towards the beach.



The next day, we went to Bujang Valley Archaeological Museum. I was busy making notes trying to complete the assignment given. When I heard a soft groan, I turned to my right and saw a girl looking at her bloodied right index finger. I managed to get her to the nearest gazebo and bandaged her injured finger. I tried to lighten the situation by joking that we had not had a proper meal.

On the way home, we stopped for prawn noodles and meat skewers with spicy peanut sauce. They are famous because the prawns in the noodle and the meat on the skewers were as thick as the big toe. We were eating and talking. All of a sudden, I saw the girl in front of me choking and pointing to her throat. The girl next to her started giving her back blows. After a few back blows, she coughed out a large chunk of unchewed beef skewer. The incident did not deter us from ordering takeaway.

I would return to Merbok with boxes of medicated oil, medical plasters, and analgesic patches in my backpack.



The white and maroon trucker hat belongs to the author of Panic in Merbok.



Ong Elly likes to tell stories.



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