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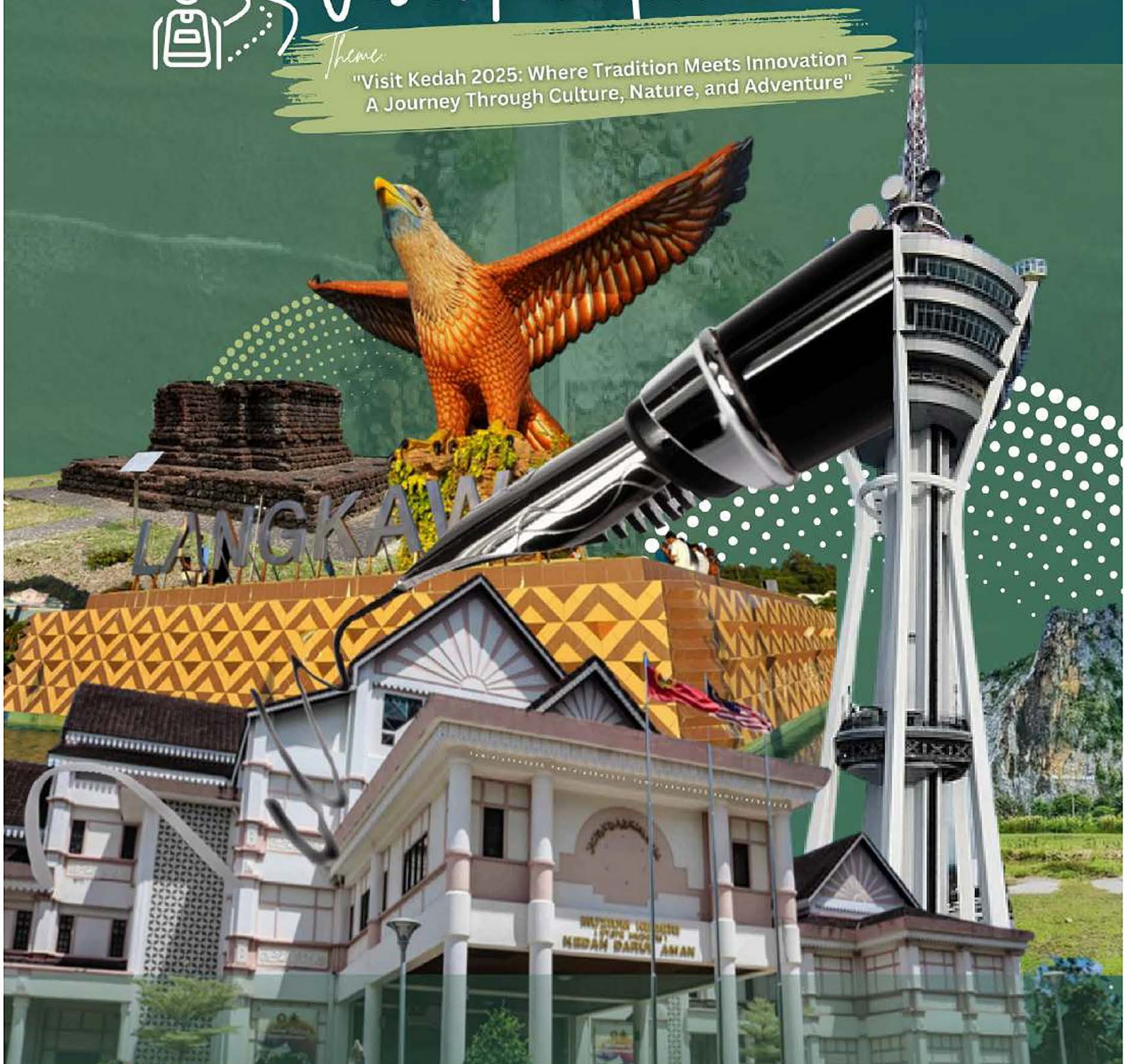


APB Kedah (e-magazine)

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.

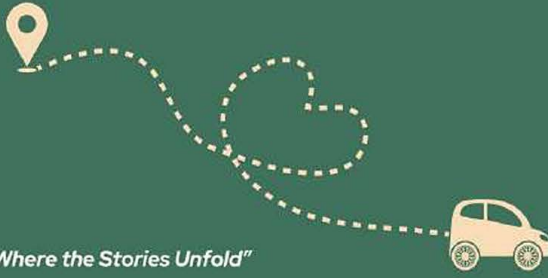
In the pages ahead, we delve into the many faces of Kedah, capturing the essence of its natural wonders, cultural landmarks, and unique experiences that define the state. Our stories, articles, and photographs will transport you to places where the past and present come together in perfect harmony –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

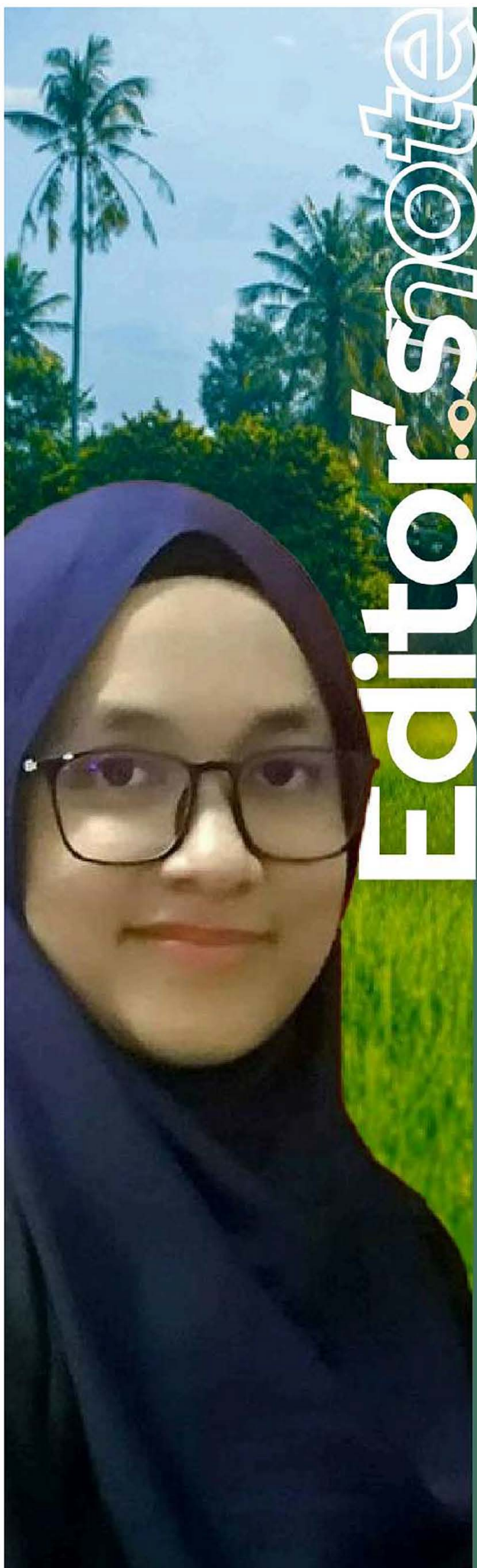
Warmly,

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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SUSTAINABLE TOURISM & ECO-FRIENDLY INITIATIVES







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The smile on our faces, I will never forget about it for the rest of my life. It was our third day in Langkawi Island. My colleagues and I were torn between island hopping or mangrove tour for our activity. Finally, our group leader made the decision, mangrove tour. Off we go to Kilim Geoforest Park! As a first-timer, I did not know what to expect except that we would go into a cave. I was excited about our adventure!

The smell of the sea and mud filled the air as we embarked on the boat for the tour. We were welcomed with a warm smile by our boatman, Ahmad. Our journey began with an explanation of the mangrove ecosystem on Langkawi Island. I was mesmerised by the lush green view of the mangrove. Ahmad informed us that it played a significant role in the legendary island because it acted as a defense system from erosion and a sanctuary for the wildlife. Mudskippers and fiddler crabs could be seen at the muddy banks.

Next, the boat went to the open sea. I was wondering where to focus my attention as I could not see anything. To my surprise, Ahmad pointed up. It turned out that there were a flock of white-bellied sea eagles soaring above us. Ahmad fed the eagles. It was quite a view. We were captivated to observe them flying freely and majestically in their natural habitat.

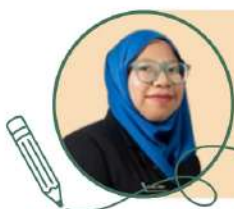
After that, our boat headed towards the Bat Cave. Ahha! This was what I had anticipated earlier; the cave. Ahmad provided us all with flashlights. At this pitstop, we walk inside a magnificent limestone cave. It was dark and kind of scary for a city girl like me. We could see stalactites inside the cave. I wondered how long it took to form as such. In the darkness, with our flashlights' assistance, we could see the bats clinging to the cave's ceiling. It felt surreal. There must have been hundreds of bats in the cave. I was a bit scared that the bats might fly away, swooping at us, but of course, that was just my active imagination.

Finally, our last destination was a floating fish farm in the middle of the sea. Normally, visitors would have had their lunch here. We decided to skip that part as we were still full. If you are not hungry, fear not, as you could still have a great time here by looking at the marine species, swimming beneath us. For instance, you could enjoy looking at the stingrays and giant groupers swimming gracefully. If the time is right, you will also get the chance to see the staff feeding the fish. It was a great experience for us. As we approached the jetty, all of us were beaming with joy. The smile on our faces, I will never forget about it for the rest of my life. I will surely miss the salty air, the panoramic view and my team. This was the last trip that we took before each of us embarked on a new journey for our career.



The author with her colleagues in front of the entrance to the mangrove tour. From left: Sha, Nana, Ayu, Raha, Jalil, the author, and Huda

All in all, Langkawi's mangrove ecosystem was intriguing with its flora and fauna. If you are looking for an adventure and hope for it to be tranquil, Langkawi's mangrove tour is the answer. Being a part of the tour made me appreciate nature even more. Can't wait to come here again with my family soon.



Farah Zahidah Mohd Noor is an academician specializing in English language teaching and research in blended learning, ESL pedagogy, and student engagement. She is a lecturer in the Academy of Language Studies at Universiti Teknologi MARA, Melaka. She has 13 years experience in teaching English language courses. She received a Master's Degree in TESL and a Bachelor's Degree in TESL (minor in Counselling) from Universiti Teknologi MARA. Her areas of interest for research are blended learning, digital literacy and sociolinguistics. With a strong passion for research and teaching, she is currently preparing to pursue a PhD in TESL.



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