

Academy of Language Studies
UiTM Cawangan Pulau Pinang

e-Lingua

APRIL 2026

1/2026

*Connecting Cultures
One Word at a Time*

你好

Apa Khabar?

Bonjour

Hello

مرحبًا

Hallo

こんにちは



The Lighter Days

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*The semester begins again—
new names on the attendance list,
fresh slides glowing on the screen,
a room waiting for my voice.*

*I wore my blouse.
I stand tall.
I begin.*

*At home,
a small pair of shoes waits by the
door.
There is always a cup soaking in
the sink,
a half-folded basket of laundry,
a lullaby I hum without thinking.*

*My days stretch wide—
lecture hall to office desk,
office desk to daycare pickup,
emails sent with one eye on the
clock.*

*For a while
it feels like carrying everything
in both hands
without setting anything down.*

*Then slowly,
in the quiet of our office,
We started talking.*

*Not formally.
Not planned.*

*Just lepak after class,
bags dropped on chairs,
shoes slipped off under desks.*

*Someone shows a photo
of her precious little one.
Someone else laughs about
How quirky toddler tantrums are.*

*We decided to go out for lunch—
nothing fancy,
just rice and conversation.
And somewhere between
sharing meals
and stories about daycare germs,
something eases. We are
educators, yes.
But here,
We are mostly mothers.*

*We compare bedtime routines
the way others compare research
grants.*

*We trade tips
like secret recipes.*

*There is comfort
in not having to explain
why you look tired.*

*In knowing that everyone at the table
has also packed a tiny bag
before packing their laptop.*

*The work is still there.
The calendar is still full.
The nights are still short.*

But the days feel softer at the edges.

*The office no longer echoes.
There is laughter in it now—
low, familiar,
carrying us through the week.*

Nothing dramatic changes.

*And yet—
life feels
a little lighter.*

*Because when we sit together,
bonding over small humans
who rule our worlds,*

the load does not disappear.

*It simply
rests
in more than one heart.*

The Team



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