

# SUNWAYIAN

Issue 06 | Nov-Dec 2023

The Sunway Campus Magazine

“DID YOU KNOW?”  
SERIES

**CHRISTMAS  
FUN FACTS  
AROUND THE  
WORLD**

*ECHO MEDIA*  
**MALAYSIAN  
FOOD  
REIMAGINED**



STORY HIGHLIGHT

**SHOEBOX  
CHRISTMAS  
A GIFT OF LOVE**

FROM SUNWAY TO  
STANFORD: THE STORY OF  
**SHIN JIE**  
**A TOP 2%  
RESEARCHER**

**INTERNATIONAL  
STUDENTS —  
ASILBEK & SALMA**



**CONCEPT & DESIGN**

Branding & Corporate Communications

**EDITORIAL TEAM**

Ang Hui Yen  
Caryn Lee  
Kylie Chow

**ADVISORS**

Joanne Teo  
Patrick McVeigh

**ADDRESS**

Sunway University  
No. 5, Jalan Universiti, Bandar Sunway,  
47500 Selangor Darul Ehsan

Let's be friends:



@SunwayUniversity  
@sunwayuniversity  
@SunwayU



@SunwayCollegeKL  
@sunwaycollegekl  
@SunwayC

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**BE ONE OF OUR CONTRIBUTORS**

Student contributors are **ALWAYS** welcomed 😊  
Email us at [pr@sunway.edu.my](mailto:pr@sunway.edu.my)

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Hello Sunwayians!

Ho ho ho! Welcome to the 6<sup>th</sup> issue of the Sunwayian magazine to wrap up 2023.

Embracing the festive season of giving, our cover story features 'Shoobox Christmas 2023, A Gift of Love,' an annual event initiated and organised by Sunway Student Volunteers since 2015. This event aims to provide educational gifts, enclosed in a creatively decorated shoebox, to children from marginalised communities. Wondering why a shoebox? Find out in the pages of Sunwayian magazine 😊.

In addition to the festivities, we also celebrate the remarkable achievements of our 26 distinguished scientists recognised on Stanford University's highly-cited Top 2% Researchers List, our alumni who are world bowling champions at the IBF 2023 World Championships, the gold award recipients of Sunway Diploma Studies at ESTE'23, and the winners of the Nationwide Blockchain Hackathon from the School of Engineering and Technology, who will proudly represent Sunway University in the international blockchain hackathon.

Following our previous special "Local Action for Global Goals 2023" edition of the Sunwayian, we have also included some highlights of the event which, thanks to you, was a resounding success. We extend our profound appreciation to all who have attended and contributed to making it possible. It is because of your support that we

continue to embody and uphold the #CampusWithAConscience spirit in the life of Sunway campus, striving for a better us and a better world.

Also included in this issue are stories of our proud students and alumni, showcasing how Sunway has played a pivotal role in supporting and facilitating their journeys, spanning various fields and representing students from all over the world.

This merry season would not be complete without the jolly laughter of our fellow Sunwayians. Unwind and have a laugh with our Fun & Games and pick up some intriguing Christmas fun facts to show off during parties.

We take pride in being an all-inclusive community, and we are always eager to serve as a platform for sharing your Sunwayian story. Take a step forward, embrace new challenges; we are here to support your aspirations. The 'you' of tomorrow will undoubtedly thank the courageous 'you' of today.

We hope you have enjoyed the year with us, and we look forward to bringing you many more issues. As the holiday season approaches, we wish this edition of Sunwayian serves as a gift, bringing happiness to you. Let's dash through the snow, I mean, the campus and spread positivity and joy because it is the season of giving, after all.

Thank you for being part of the vibrant #MostHappeningCampus! Happy holidays and see YOU next year!

# CAMPUS UPDATES



**We-CARE Appreciation Ceremony** - An Appreciation Ceremony was held to show our gratitude towards academic staff members who work hand-in-hand with the counselling team to create a nurturing and inclusive learning environment for all students.



**The Art Beats Festival 2023** - A collaborative effort between Sunway University and Lancaster University, showcased a diverse range of artistic expressions and celebrated 15 years of partnership between these institutions, reinforcing the connections between Lancaster Institute for Contemporary Arts (LICA) and Sunway's School of Arts.



**Sunway TES and ICAEW Partnership Prospers** - Sunway TES Malaysia and the Institute of Chartered Accountants in England and Wales (ICAEW) have successfully renewed their partnership. It also marked the start of the partnership with Sunway TES Iskandar College. Additionally, Sunway TES presented the ICAEW Global Accountant Scholarship Award, marking 854 scholarship recipients since the start of their collaboration.



**Campus With A Conscience Local Actions For Global Goals** - This event showcased Sunway's commitment to inclusivity. Over 50 charities, non-governmental organisations (NGOs), and global brands, along with Malaysia's first sustainable ambulance participated. The event also featured pre-loved items, book sharing booths, and a Wishing Wall, fulfilling wishes for 280 children from local orphanages and refugee homes.



**MUFY Talent Quest** - The MUFY Talent Quest made a triumphant return to the Jeffrey Cheah Hall, providing MUFY students a platform to showcase a variety of talents, including singing, dancing, and instrument recitals. Kayabuff emerged as the champion, winning both the main competition and the "People's Choice" award, while FIDA and Jesse Ling secured the runner-up positions.



**WeMind Mental Health & Suicide Prevention Campaign** - The Mental Health and Suicidal Prevention Campaign was held in collaboration with multiple artists, professionals, as well as students on campus, with the aim of spreading mental health awareness, sharing stories and showing support towards the Sunwayian community.



**Campus Visit by Netherlands-Asia Honors Summer School** - As part of the Netherlands-Asia Honors Summer School, 68 Dutch undergraduates from 12 universities visited Sunway University. They engaged in intercultural exchanges and participated in workshops on innovative solutions for Sustainable Development Goals, led by Prof. Mahendhiran Nair.



**'Women in Tech: Breaking Barriers and Shaping the Future' Forum** - Dean of the School, Professor Denny K. S. NG took on the duty of moderator for a discussion between four accomplished women in the tech industry. They shared their experiences, achievements, and challenges along the way. They also provided some wise words for students looking to break through in the male-dominated field of technology.

# Shoebox Christmas, A Gift of Love

The holiday season is upon us, and it is the perfect time to spread love and kindness. To add that magical touch – just like how the star is placed at the top of the Christmas tree as the finishing touch – we are bringing back Shoebox Christmas, which proved to be a crowd favourite with an astounding 5,797 gift-filled shoeboxes donated by all you generous souls since its inception in 2015.

Shoebox Christmas is one of the most distinguished annual events on campus. A heart-warming initiative by our very own Sunway Student Volunteers (SSV), Shoebox Christmas was initiated to provide educational gifts to children from marginalised societies such as the Orang Asli community, special needs community, low-income families, and refugees. The aim of this initiative is to spread happiness through the act of giving and by contributing to the lives of the underprivileged. Now you may ask, why Shoebox? Well, as underpinned by our motto #CampusWithAConscience, reusing shoebox is an excellent upcycling option which promotes cost efficiency and sustainability.

This year, SSV is taking things up a notch to provide a total of 800 sets of educational gifts to various chosen communities and organisations. The team believes that love is a universal language that transcends boundaries and brings communities together, hence the name “A Gift of Love”.

Some of the gifts included in the shoeboxes are baby products, stationery items, lunch boxes, toys, bags and socks. By packing these meaningful gifts into shoeboxes, it symbolises the act of presenting not only material possessions, but also the intangible gift of joy, love, care and support. Each shoebox serves as a reminder that every child deserves to be cherished and empowered.

Additionally, in recognition of the hardship faced by many families due to the pandemic and the aftermath that followed, the team has plans to extend their support beyond educational gifts. To alleviate the financial burdens faced, the team will be providing necessities to the families that they are paying a visit to.



Interested to play your part in putting a smile on these children's faces? The Donation Drive has already kicked off and we have until 10 December to put in our donation. You can get in touch with SSV through their Instagram page or email them at [ssv.info@imail.sunway.edu.my](mailto:ssv.info@imail.sunway.edu.my) to donate new or pre-loved items such as clothes, toys, books, stationery items, bags, and groceries. Alternatively you can make monetary donation by scanning the QR code at the bottom right of this page.

Remember, it is not about the size or value of the gifts in your shoebox, your simple act of kindness can have a big impact on someone's life this holiday season. We hope to provide as much love, hope and happiness to those who need it the most through this initiative. Join us in living the true spirit of the season by giving, and together, we can make this holiday season brighter for everyone. Share the love with Shoebox Christmas.



# From Sunway to Stanford: The Story of Shin Jie, a Top 2% Researcher



The excitement, joy and pride that we feel, seeing a fellow Malaysian being recognised globally for their success, is no doubt a special moment for us. Even more so when our fellow Sunwayian has made it onto Stanford University's Top 2% Researchers list!

Yong Shin Jie, a budding 23-year-old has remarkably immortalised his name on the list with his paper on COVID-19 and long-COVID, a post-COVID syndrome. Oh and did we mention? He achieved this remarkable feat all while still pursuing a master's degree in Life Sciences, specialising in neurosciences.

His story with science started off with an interest in biology during his secondary school days at St. Andrew's School in Brunei, further providing him the confidence to go down this path thanks to his excellent results in the subject. Hailing from Bandar Seri Begawan, Shin Jie has been studying in Malaysia (specifically Sunway) since the age of 16. Sunway has always been his first choice due to the rare and interesting combination of Biology with Psychology degree. He subsequently pursued his master's degree and the decision to remain with Sunway was attributed to the genuine appreciation and support he received from the University and lecturers.

Shin Jie shared that he was motivated to write a review paper on long-COVID due to the lack of information on the topic in existing academic literature. His study was recognised and cited by numerous academics worldwide. In addition to this research, Shin Jie has also authored more than 10 other papers. One of the key factors to achieving this impressive

track record at such a young age is having an analytical and determined mindset, a skill that Shin Jie learned from his lecturers, Associate Professor Dr Audrey and Associate Professor Dr Jactty.

The young researcher has an immense passion in scientific writing as well. He sees writing as a form of art which engages both the creative and intellectual minds. "I believe writing is one of the skills that can bring you anywhere when mastered correctly. Almost all high-end careers — academia, law, or business — demand good prose," he said.

Looking back on his journey, he recalled that his first academic paper took a lot of effort and time, spanning almost a year as he was still a novice writer. Overtime with every subsequent paper, his skills improved. "A realisation also struck me when I was young - my future self is also me. So, I always strive to conduct myself in a manner my future self would be proud of. Of course, I sometimes fall short of my standards, so the ability to get back on track is also important," Shin Jie added.

When he is not hours deep into his research, Shin Jie is just like any other youngster, spending most of his free time at the gym because guess what? Shin Jie also happens to be a competitive powerlifter! This chap is really one overachiever who shines in various aspects. Other times, you will find him watching some anime to unwind and spending time with his loved ones. How else does the talented and bright youngster keep his well-being in check,

you wonder? Sharing tips on managing stress and avoiding burnout, Shin Jie recommended regular exercise because a better health, both physically and mentally, helps in increased resilience against fatigue.

Shin Jie's strategy to achieve optimum productivity and focus levels can be obtained through training, so start small and improve gradually - like how you would get fitter physically by adding incremental workload over time. He said that any leisure time he can get is a bonus, which helps him to practise gratitude.

Concerning his achievements and success in the field of research, Shin Jie expressed his contentment with science (general) and scientific (academic) writing as a means of earning a living, which he has been doing since 2020. He enjoys the freedom and flexibility to work anywhere and to dive into any topics that he is interested in. Moving forward, he does hope to embark on a PhD journey, but it will not be anytime soon, and not until he finds a topic that he is keen enough to dedicate 3-5 years to.

Final words of advice from our talented Sunwayian to fellow young minds, who aspire to shine bright in their respective fields, is to not wait for opportunities; create them by, for example, starting a new daunting project, ideally something unique. "My work was highly cited because it was novel at that time. So, think outside the box and contemplate how you can contribute to scientific literature, in my case. And do be patient, as great projects take consistent effort and time," he said.

# AVENUE OF ACHIEVEMENTS

## 26 Sunway University scientists placed in Top 2%

26 scientists from Sunway University were named on Stanford University's highly-cited Top 2% list. This remarkable achievement signifies that 6% of Sunway University's academic faculty is recognised on this list, which is three times the global average. Stanford University's selection criteria for this list encompass two criteria: their career-long citation impact and their single-year citation impact. This indicates that Sunway University's scientists are exceptionally influential in their respective research fields, making substantial contributions to the existing body of academic knowledge.



## Sunway University students win Nationwide Blockchain Hackathon

Congratulations to the students from the School of Engineering and Technology who made Sunway University proud as they won the Nationwide Blockchain Hackathon. With over 400 applications received from universities across Malaysia, four Sunway University students made it to the Top 5, winning a total of USD 650. They achieved this feat with their project called "Mint Cycle", which aims to enhance the ESG footprint of companies in Malaysia by utilising a smart recycling machine. Team "Mint Cycle" will also represent Sunway University in the international blockchain hackathon, Hyperdrive.

## Sunway University Alumni Become World Bowling Champions

School of American Education alumni Natasha Roslan and Sin Li Jane met in the finals of the women's singles event in the World Championships, held at the Kuwait Bowling Sporting Club. The two teammates faced each other, and Natasha won the duel, ending Malaysia's 12-year wait for a singles gold at the event. Sunway University is incredibly proud of both young women for representing Malaysia on such a large stage and finishing as the Top Two. The University hopes that their achievements serve as an inspiration to all Sunwayians.



## Sunway College triumphs with Gold Awards at Este'23, outshining competitors

Sunway College's Diploma in Computer Science and Diploma in Information Technology students stood tall at the Engineering, Science & Technology Exhibition (ESTE'23), hosted by MAHSA University. The crowning achievement of the day belonged to Natalie Ng Yin Xin, who secured the prestigious Gold Award in the individual category for her project, "Expierify". In the fiercely competitive group category, Cheah Shaoren and Sho Yong Quan dazzled both judges and competitors, clinching another Gold Award for their project, "KiraMakan".

# LOCAL ACTION FOR GLOBAL GOALS HIGHLIGHTS



In a wonderful display of unity, corporate leaders, non-governmental organisations (NGOs), local school children, special society groups, influencers and over 22,000 students from all across Malaysia gathered at Sunway University, Sunway City from 18 to 22 September 2023 for a week-long festival of events and activations in support of the United Nations 17 Sustainable Development Goals (SDGs).

This unique festival, and the first of its kind in Asia, was back for the second year with featured talks, performances, interactive workshops, and corporate displays on sustainability. It also included a Sustainable Marketplace, Malaysia's first sustainable ambulance and a Wishing Wall which granted wishes for 280 children from local orphanages and refugee homes.

The week-long event was an overwhelming success and a great advert for Malaysia in the global world of sustainability. Representatives of the exhibitors have also shared some of the exciting moments during the event.

"A key focus of our Re.UNIQLO Studio initiative this week is our Repair and Remake Workshop. We aim to educate students and the broader community about the importance of extending the lifespan of their UNIQLO garments."

"We are glad to be part of this event and we hope to contribute more to sustainability through events like this in the future."

» Stand Pie Me «

"The key highlight of our participation in the event was the opportunity to deliver a special talk on coral conservation. It was an incredible experience to share our knowledge and passion for marine life with the students and VIPs in attendance. It is inspiring to see the younger generation so passionate about the animals and environmental issues."

"We got to meet and befriend several vendors that also hold close to sustainable principles. Meeting likeminded businesses is an encouragement."

"One of the highlights of the event was communicating with the students of Sunway campus, sharing our experience with them, and letting them know more about The Lost Food Project."

"Our Corporate Social Responsibility (CSR) programme is underpinned by UN SDG's Zero Hunger pillar. This event has given us a platform to connect to a wider audience and fulfil our sustainability goal."

"We gained a lot of exposure, and we thank Sunway for allowing us this opportunity to share our cookies with the community."

"Sunway University has always been at the forefront of higher education in Malaysia and around the world and our experience during the event affirms this. This event has definitely helped raise Blueshark's profile and the sustainability agenda we champion amongst young Malaysians and like-minded campaigners to pave the way forward for real change."

"This event has allowed us to interact with students and staff of Sunway campus, and share what Suriana is about."

"We witnessed a significant surge in volunteer registrations, which is truly encouraging. We also met many individuals and groups who are already part of the climate resilience movement and some, who want to learn and do more. This underscores the growing momentum behind our mission to educate and empower individuals on climate-related challenges and solutions."

"One of the biggest highlights for us was engaging with the students and sharing with them how our handmade and upcycled products contribute to sustainability. We fully support Sunway University's growing consciousness of the importance of sustainability, and it was such an honour to collaborate with them on this occasion."

# Nurturing Sustainable Futures: The Role of Higher Education in Shaping Eco-Conscious Leaders

Maslisa Zainuddin,  
School of Arts, Department  
of Art, Design & Media



In the quest for knowledge and personal growth, higher education takes centre stage as a powerful force. However, given the challenges our planet faces today, the spotlight on sustainability in higher education has become more crucial than ever. This highlights the potential of educational institutions; envisioning them as agents of change by instilling environmental awareness, ethical practices, and a commitment to global stewardship in the minds of future leaders.

Within academia, integrating sustainability principles into everyday learning becomes not just a nice-to-have but a necessity. Courses and modules across various disciplines can seamlessly incorporate aspects of environmental awareness, moving beyond textbooks to instil a foundational sense of responsibility among aspiring professionals. Sustainability-focused modules cover a spectrum of topics, from climate science to ethical decision-making. Encouraging collaboration across disciplines ensures students gain a well-rounded understanding of the complexities of sustainability.

Beyond the confines of formal learning, campuses themselves can become living examples of sustainability. Sunway University is currently ranked 189<sup>th</sup> in the UI Green Metric for Most Sustainable Universities in the world. The adoption of energy-efficient technologies, waste reduction programs, and eco-friendly transportation not only reduces the ecological impact of institutions but also provides students with tangible examples of sustainable living.

Experiential learning opportunities, like internships and community service projects, expose students to real-world sustainability challenges, fostering a genuine commitment to responsible practices that extend to lifelong learning.

Universities, known for research and innovation, can play a significant role in addressing sustainability challenges. Research initiatives focused on renewable energy, tangible and intangible heritage conservation and preservation, and

sustainable agriculture contribute practical solutions to real-world problems. Collaborations between academia, industry, and government amplify the impact of sustainability research. Encouraging a culture of curiosity and innovation among students opens doors to practical technologies and strategies promoting environmental well-being.

To address global challenges, students need more than just academic knowledge; they need a broad perspective on sustainability issues. International exchange programs, collaborative research projects, and partnerships expose students to diverse cultural approaches to environmental conservation. In our interconnected world, understanding the interplay between environmental, social, and economic systems is crucial. Higher education equips students with the skills and knowledge necessary to navigate complex global challenges and contribute meaningfully to international sustainability efforts.

Going beyond the classroom, higher education can inspire students to become advocates for sustainability. By nurturing a sense of civic responsibility, institutions motivate students to engage in environmental activism, policy advocacy, and community outreach. Empowered students play a pivotal role in raising awareness, shaping public discourse, and influencing sustainable policies.

With its ability to shape perspectives and influence societal values, higher education plays a vital role in the journey towards sustainability. By seamlessly integrating sustainability into curricula, championing sustainable practices on campuses, conducting impactful research, fostering global perspectives, and encouraging advocacy, educational institutions can nurture a generation of environmentally aware individuals. Through these efforts, higher education becomes a catalyst for change, preparing students to tackle the multifaceted challenges of sustainability and contribute to a world that thrives sustainably.



# TURNING PASSION INTO A DREAM COME TRUE



What could be more exciting when you received an offer to pursue your studies at a prestigious university which also supports your professional career in sports?

Hailing from Alor Setar, Kedah, Cambridge A-Level alumna cum professional Malaysian squash player Wong Heng Wai has received a spot to pursue her studies as a student athlete at Yale University and she will be playing for the Yale Squash Team. This is truly a dream come true for the young Kedahan who has always aspired to study in an Ivy League School and to participate in the College Squash Association (CSA) in the United States.

It all started back in Standard 1, when Heng Wai took part in the Kedah Squash Racket Association selection. She slowly developed a deep passion for squash and with the support of her family and teachers, Heng Wai eventually set her goal to strive towards becoming a student-athlete.

Heng Wai received the women's singles title at the Professional Squash Association (PSA) World Squash Federation (WSF) Satellite Tour in 2023. She also won the girls' Under-17 title at the US Junior Open Squash Championships in 2019. She currently ranks #145 on the PSA World Tour chart.

While athlete training takes up six days a week, it is

difficult to juggle between studies and squash training. A pro tip from the national squash player is to always plan a schedule and list down the tasks that need to be completed on a weekly or monthly basis.

Driven by her determination and hard work, Heng Wai successfully scored IOAs in her SPM exam. With advice from her seniors, Heng Wai decided to pursue Cambridge A-Level studies at Sunway College, and obtained a remarkable result of 2A\*s and 1A.

When asked about her experience studying at Sunway College, Heng Wai said "The lecturers here were very supportive and thoughtful. They understood my busy schedule as a student athlete, and they gave me extra guidance to catch up on the subjects and syllabus that I have missed. I am also grateful for meeting a bunch of like-minded friends, who shared similar goals and worked hard towards achieving them."

Heng Wai is currently taking a gap year to focus on her sports career as a full-time athlete where she continues to train, gain experience from elite players while she represents Malaysia to compete in professional tournaments.

With a strong passion to play in the courts, we wish Heng Wai all the best in her future endeavours.

# Echo Eats: Malaysian Food Reimagined

In the heart of Malaysia's culinary tapestry lies a rich and flavourful tradition that has been lovingly passed down through generations, creating a harmonious symphony of tastes and aromas that have stood the test of time. Malaysian cuisine is known for its diverse influences and distinctive flavours, and has been an integral part of the nation's cultural identity. But as the world evolves and palates broaden, a captivating transformation has taken place—one where local, traditional comfort foods have gracefully embraced the winds of modernisation.



Echo Media is a creative Student Leadership Body (SLB) and Sunway University's official student newsletter that provides a platform for students to be the voice that echoes!

## BETA

Experience Malaysia's rich flavours with a menu that takes you through some of the nation's iconic dishes.

The Tour of Malaysia begins with dishes such as the Fish Cracker, a crunchy ball of anchovies and fermented chilli, inspired by lekor; and distinct garlic and truffle-flavoured charcoal-grilled baby corn served with glazed kulim oil. There is also the 0.00% Yeast, a bread-like dish made of tapioca and fermented black beans served with a green chilli emulsion for a little kick.



For the mains, guests can choose between barramundi, also known as Asian sea bass, marinated with the flavours of turmeric and bird eye chilli, or a lamb rack served with a roasted garlic puree and a longan reduction.

Dessert features Kuih Loyang, a deep-fried festive cookie. Beta's take on Loyang Vol. 3 involves a white chocolate outer shell and filling the kuih with red bean before coating it with fragrant, toasted sesame seeds.

## RED RED BOTAK HEAD



Nestled within the shelves of contemporary bestsellers and classic novels, Red Red Botak Head serves local dishes with creative and playful twists.

Combining pasta and shoyu eggs with Japanese eel fillets, the Unagi Laksa is one of the restaurant's highlights. This dish is immersed in a hearty laksa broth specially curated by the chef to complement the unagi.

Imagine a plate of Ondeh-Ondeh, a pandan infused ball of dough filled with gula melaka and rolled in grated coconut. Now, envision an elevated twist where this humble kuih is artfully crafted into a choux, better known as cream puff. This bestselling pandan choux is not only piped with pandan pastry cream and gula melaka, but it also bursts when you take a bite, just like how the original would!



With each bite of modern Malaysian food, you become a witness to Malaysia's culinary story being retold in captivating and unexpected ways. This evolution is not a departure from tradition, but a celebration of it—a testament to the adaptability and creativity of Malaysian chefs. It is a journey where the past and the future intertwine, and the flavours of Malaysia continue to captivate hearts, old and new.

## OPENHOUSE

One experience that most Malaysians share is an "open house", inviting family and friends to our homes during the festive season. OpenHouse aims to emulate the warm hospitality of welcoming guests into your home, dishing up recreated traditional household recipes and unique creations.

Sample the Umai Prawn Borneo, the restaurant's reinterpretation of umai, a popular traditional dish in Sarawak. Prawn ceviche is tossed in calamansi juice and wrapped in betel leaves with ginger flower, cili padi, dried shrimp, and nuts - a little package of bright and refreshing flavours.

Sambal, a spicy dipping sauce made by pounding chillies and other ingredients in a pestle, can be unique to each state and region; even families pass down their recipes through generations. So, there is no doubt that OpenHouse has a variety of sambals on their menu. Among the selection are Temu Pauh, sambal infused with a green mango scent from a ginger-like root; Lengkuas; Tempoyak, flavoured with fermented durian and aubergine; Isi Rong; Kepayang, featuring the black jungle nut; Kulat Kukur; and Neraka.

OpenHouse also serves dishes like Pais Barramundi (barramundi wrapped in lerek leaves and baked with turmeric, shredded coconut, and chilli padi), Laksa Johor (spaghetti with white mackerel meat, shrimp, and vegetables), and Nasi Lemak Beef Rendang.

## ATAS



The Cultural Heritage dinner menu at ATAS features elevated Asian favourites with original and inspiring combinations of locally harvested and heirloom produce.

The dinner commences with a symphony of sweet and savoury flavours in the form of cucur Kapitan and mud crab sambal with hints of petai, served with soya milk loaf bread and pandan butter.

There is also a Japanese Squid Kerabu that incorporates fresh flavours from caramelised pomelo, an umbra vinaigrette, mint, and 48-hours salted duck egg yolk; and a Mentaiko Otak-Otak made with blue mackerel and aged mimolette cheese.

Asam pedas, a classic Malaysian dish, gets a unique approach as it takes centre stage as the main course in the form of a risotto. This risotto is made with sakura shrimp, blue belly shrimp, paku pakis, and winged beans.

A delicate and meticulously crafted dessert emerges as the menu unfolds to a sweet conclusion. Each bite of the heirloom carrot and nutmeg ice cream dessert is a homage to Chef Mandy Goh's Penang roots, intertwining the flavours of nutmeg, gula melaka, and calamansi.



## BIJAN

Bijan is a modern restaurant that specialises in Malay cuisine, with their menu ranging from kampung dishes to everyday favourites.

The appetisers include finger-foods that are well-known and loved by many: Popiah Goreng, crispy deep-fried vegetable spring rolls; Cucur Udang, deep-fried prawn and vegetable fritters; and Satay.

The Gulai Lemak Daging Salai dengan Jantung Pisang is among some of the noteworthy and innovative items on the menu. In this dish, banana flowers are simmered in a creamy turmeric gravy and finished with tender slices of chargrilled Australian sirloin.



Beta: Cormar Suites, No. 20, Jalan Perak, Kuala Lumpur

Red Red Botak Head: The Gardens Mall, Roof Top Floor (Level 6), RT-1, Lingkaran Syed Putra, Mid Valley City

Bijan: 3, Jalan Ceylon, Kuala Lumpur

OpenHouse: G9a, Bangsar Shopping Centre, Kuala Lumpur (temporary)

ATAS: The RuMa Hotel and Residences, Kuala Lumpur



**ASILBEK ABDULLAEV**

My name is Asilbek, and I come from Fergana, a small city in Uzbekistan. Growing up, I have always had a fervent passion for computers and technology. This interest has led me to choose computer science as my field of study at Sunway University in Malaysia.

Sunway's campus has been an incredible experience for me. Not only do I live right next to the campus, which provides great convenience, but the facilities and resources available here are exceptional. The campus is bustling with various activities and events, and the clubs operate efficiently, offering me numerous opportunities to meet new people and broaden my social circle.

Living and studying in Sunway City has been amazing. The city itself is well-integrated and highly developed, with a motto I truly appreciate — other universities have a campus, but Sunway has a city. It is a people-friendly city that is easily accessible, allowing you to explore and navigate different places on foot. Everything you need is within reach.

For international students considering studying at Sunway University, my advice is simple — just come here. You will find a warm and welcoming community of local and international students, and you will be able to strike a good balance between your studies and personal life.

I feel incredibly fortunate to be part of Sunway University and to have experienced the vibrant campus life which offers so many opportunities to learn and upskill myself professionally. It has truly been an enriching journey, and I encourage others to consider this exceptional educational environment.



**INTERNATIONAL STUDENTS STORY**



**SALMA ZINA GOUALA**

My name is Salma. I'm French, and I am from Marseille, a city located in the South of France. I have a Bachelor's degree in Hospitality Management from Coventry University, United Kingdom. I have had the chance to work abroad in London, Portugal, and Greece. I have always loved to travel the world, seeking adventure and discovering cultures, learning new languages, and meeting people from different communities. Malaysia, being one of the most diverse countries in terms of culture and its proximity to many other countries, would give me the best opportunity to travel and discover even more. That is why I decided to pursue my Master's degree here, to experience a whole new environment and broaden my knowledge and perspectives.

I am undertaking my Master's degree in International Hospitality Management. The primary reason I chose this field is, of course, my passion for travel and adventure. However, what I have realised, especially coming to Malaysia and studying in Sunway, is that living in other countries provides us with endless opportunities, whether it's learning a new language, experiencing a new culture, or exploring new places. The three main races of Malaysia — Malay, Chinese, and Indian, alongside several other ethnic communities, are what create a captivating variety of cultures, celebrations, traditions, and customs. I arrived in Sunway in January during Chinese New Year, and it was fascinating to witness the enthusiastic involvement in the celebration replete with numerous traditions and sharing. The effervescent parades, performances, the lion dances, and vivid decorations were all mesmerising.

I am deeply grateful for studying at Sunway University because it has allowed me to enrich my general knowledge and gain expertise specific to my field. I have delved into the history of Malaysia, China, and India, discovering how culture plays a central role in hospitality. I had the opportunity to visit the Kuala Lumpur Convention Centre and learned more about business event setup, management and risk

mitigation. This experience has introduced me to remarkable individuals, who have inspired me and become my friends. The most challenging aspect of being abroad is being away from my family, but through diversity, sharing, good times, and support, I was able to create a new family, an incredible experience that has significantly contributed to my personal growth and development.

Having the chance to study in such an incredible environment, where students are encouraged to strive for success and pursue their passion, has been profoundly enriching. The University offers us opportunities to diversify our skills, allowing us to realise our potential and become the best version of ourselves.

Of course, I could go on and on about the campus facilities and infrastructures, as well as the support from our lecturers and staff. Student well-being is genuinely considered, and the campus is always buzzing with liveliness. I can say that it is the #MostHappeningCampus without a doubt! I will be forever thankful for my experience and learning journey at Sunway University. Having such a diverse experience that coalesces Asian and European cultures would undoubtedly be an asset for my future, whether for my professional or personal life.

If I were to offer advice to other international students, it would be to make the most out of their experience by being bold and unafraid to try new things, be ebullient about discovery, learning and creating lasting memories.

Tout vient à point à qui sait attendre.  
"Everything comes just in time to those who know how to wait"

At times, you might feel frustrated when things are not turning out in your favour. Not all things will happen as you expected them to be. You ought to understand that everything has its own timing, and things will unfold as they have to.

# And, Scene!

Imagine a scene of an aerial view of a city. You hear footsteps shuffling about and people chattering, cars honking, and sirens blaring in the distance; you know it is a busy and lively city. Single out the sound of heels clicking on the pavement and cue a lighthearted soundtrack. Without even having any of these elements visually shown, the music and audio design paint a picture for you, playing a crucial role in setting the scene and stirring emotions.

Bringing life to performances through music and sound is Kirthana Kuhendran, an alumna from the BA (Hons) Contemporary Music (Audio Technology) programme. Currently, she is a freelance performer for musical theatre and live music performances, as well as the Resident Sound Designer for theatrethreesixty. An all-rounder for the theatre and performing arts industry, Kirthana has worked both on and off stage with jobs ranging from sound operating to production management over the past few years. She has also recently won 'Best Ensemble' and 'Best of' as an actor in Follow the Light presented by theatrethreesixty, directed by Christopher Ling in the 18<sup>th</sup> BOH Cameronian Arts Awards.

Throughout her time at Sunway University, the wide range of subjects, from performance and music theory to audio production and creative industries, allowed her to become a versatile employee and freelancer. She also believes that the subjects involving collaboration with other art students encouraged and strengthened her abilities to collaborate, adapt, and create with other artists of different mediums.

To add on, Kirthana said that the environment in Sunway is very progressive, with the latest equipment, modern designs, and a thriving student life ecosystem. She is also grateful to Associate Professor Dr Mayco Santaella who has supported her and given her opportunities to perform or explore during her days at Sunway University.

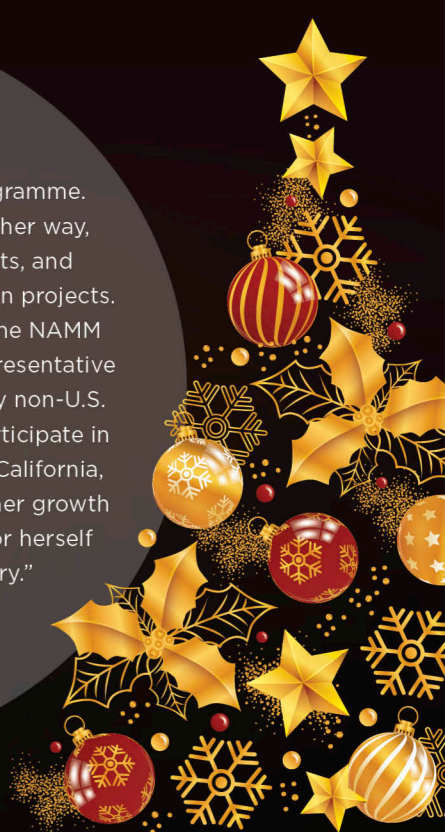
"Till this day he, (Dr Mayco), still attends my performances when he is able to and has been an inspiration for me to continue my work exploring more towards Malaysian culture and world music as I explore my sound design and composition for theatre." - Kirthana

Just as the crew hustles and bustles backstage for a show, working in the performing arts industry requires hard work and a collaborative spirit. Some of the biggest challenges in Kirthana's career are the intensive hours and how work can be inconsistent throughout. As a woman, it can also be difficult for Kirthana since the backstage is a very male-heavy industry. She overcomes this by standing her ground, trusting in her work, and delivering a good product. To stay inspired and motivated for work, Kirthana reminds herself how fortunate she is to do what she loves for work. Her advice for anyone who wants to pursue a career in the Malaysian performing arts industry is to be prepared to work long hours and fight for their love for the arts.

Malaysia is filled with talented people such as Kirthana. One would be able to find multiple productions and performances every weekend in just the Klang Valley region. The arts can thrive and survive, but it needs the support of the people to attend more local shows and give back to those who are fighting for the arts to stay alive. So, what are you waiting for? Go see a show this weekend and be awed!

Have a story to share?  
Reach out to the Sunway Alumni Relations team via [alumni@sunway.edu.my](mailto:alumni@sunway.edu.my) as we would love to hear from you!

"Kirthana was an exceptional student in the Contemporary Music programme. She seized every opportunity that came her way, performing in musicals, singing at events, and successfully completing major sound design projects. In 2017, we submitted an application for the Namm President's Innovation Award, and as a representative of Sunway University, she became the only non-U.S. student to receive this scholarship and participate in the prestigious Namm Show in Anaheim, California, in 2018. It has been a pleasure to witness her growth and the successful career she has built for herself in Malaysia's performing arts industry."  
- Associate Professor Dr Mayco Santaella



# La Musica Rasa Sayang



“Music is no illusion, but rather a revelation” - Tchaikovsky

United by their love for music, the Sunway Conservatoire of Music, Sunway University Ensemble, Sunway University Choir, and Yamaha Music Malaysia have come together to present a spectacular musical extravaganza on 26 August 2023.

This concert went beyond the usual classical ensemble, standing out as extraordinary due to its incorporation of orchestral music and vocal choir, as well as the use of the Yamaha Electone.

Tun Dr. Mahathir and Tun Dr. Siti Hasmah were also in attendance that night to show their support for the talented team behind this concerto.

The night was a roaring success with wonderful performances by many young talented musicians including Ms Lyubomira Stankova, Tammy Lee, Austen Zhang and Isaac Lee.

World-renowned and three-time ASCAP Morton Gould Awards winner versatile conductor Tengku Irfan was also present that night to conduct the concert. He is celebrated as a conductor, pianist, and composer who has worked with prominent orchestras worldwide. His compositions have been premiered by highly acclaimed orchestras and ensembles, including the New York Philharmonic. Currently, Irfan is studying orchestral conducting at Juilliard in New York.

What began as a hobby for Tammy Lee when she was 6 years old has transformed into her biggest passion. 11-year-old Tammy has conquered various competitions and is currently a student at Sunway Conservatoire of Music.

Born in 2013 and proud student of Sunway Conservatoire of Music, Austen Zhang is conferred as Young Musician of the year 2023 in the Alice Smith School. From simply shaking bells and tapping xylophones to fluently playing waltzes and Impromptues, Austen has put great effort in practising and has transformed to a young pianist, with his mentor Professor Panovska at the Sunway Conservatoire of Music.



You can check out the recorded performance and booklet here:  
<https://www.youtube.com/watch?v=XDH9IfDzjHk>  
<https://cdn2.me-qr.com/pdf/17237716.pdf>



# A KARATE ODYSSEY



Balancing books and black belts, Shamalarani Chandrani's Karate journey embodies the true essence of discipline. A Sunway University master's student on a mission, her life has been intricately woven with the art of Karate for the past 13 years. What started as a modest hobby at the age of 12 has evolved into a profound passion that fuels her daily.

It is a dream that propels her forward, compelling her to represent Malaysia on the grandest stage of all—the international championships. With two SEA Games victories under her belt, each a cherished memory, she stood adorned in her nation's colours, proudly clutching gold medals, marking moments of sheer elation and victory.

### Navigating academics and athletics

In the world of a national Karate athlete pursuing a master's degree, her story exemplifies unwavering determination and the path to success. Balancing the demands of her studies and the rigorous training required for international competitions is an impressive feat. A typical week sees her dedicating five to six days to gruelling training, sometimes even squeezing in two sessions in a single day. On top of this, she commits to additional national training that further hones her skills, ensuring she remains at the pinnacle of her sport. Each day, she prioritises her time and finds the strength to keep pushing forward. It is a tough journey, but she knows that the sacrifices will ultimately yield rewards.

Her ultimate goal? “To be a true example of how one can excel both in sports and academics, proving that passion knows no limits.”

Developing a strategy that enables her to thrive in both research and her karate career is crucial to juggle intense training, complex academics, and tight deadlines. During those precious moments between competitions, she seizes the opportunity to focus on her research and studies, facilitating necessary approvals and academic progress. When competitions and tournaments draw near, she channels all her energy, passion, and dedication to training. It is a relentless pursuit of perfection, fine-tuning techniques and strategies to excel in the ring. Pushing her limits, she continually seeks improvement, mentally strengthening

herself for upcoming challenges. After each competition, she refocuses on her studies, reflecting on her performance and using the determination gained from her experiences to fortify her academic pursuits. This dynamic approach has allowed her to effectively allocate her dedication to each aspect of her life when the timing was right.

“It's a delicate dance of passion, discipline, and adaptability.”

### Sunway University's Scholarship: Fueling the Scholar-Athlete's Journey

Reaching the midway point of her master's degree has been a rewarding journey, demanding her unwavering dedication to personal growth as both an individual and an athlete. What makes it even more exceptional is the generous scholarship offered by Sunway University. Not only has the scholarship advanced her academic aspirations in pursuit of a career as a lecturer, but it has also recognised and celebrated her commitment as a full-time athlete. Beyond the financial support it provides, the scholarship has connected her with mentors and a wealth of resources that have played a pivotal role in shaping her into the well-rounded individual she is today.

“To all those who have joined me on this incredible journey, I thank you. Thank you for your support, your encouragement, and for being a part of my story,” she said.

Sunway University is incredibly proud of Shamalarani's achievements!

# Christmas Fun Facts around the world

Hide your brooms and grab some new clothes! We are about to hop on Santa's sleigh and explore some unusual ways people from around the world celebrate Christmas!



## NORWAY

Boo! Although Halloween may be over, witches and malevolent spirits are still lurking around in Norway.

According to Norwegian folklore, evil spirits and witches visit homes on Christmas Eve to frighten humans and their children.

So, to stop these witches from venturing out to scare people during the holidays, families would hide their brooms before going to sleep.

No broom, no loom!



## CHINA

An apple on Christmas eve, to ensure peace we receive! In China, Christmas eve is called Ping'anye 平(píng)安(ān)夜(yè), which translates to peaceful night.

Apples or píngguō became a symbol of peace in China because the word 苹(píng)果(guō), sounds like 平(píng)安(ān), which is the Chinese word for peace.

This similarity in pronunciation has blended Christmas eve and apples, leading to the tradition of exchanging peace apples 平(píng)安(ān)果(guō) on Christmas eve to wish for harmony and a fruitful new year.



## CZECH REPUBLIC

Why don't carps ever get invited to Christmas parties? Because they're always carping about everything! But for the Czechs' fish-tive meal, carp is traditionally served with a side of potato salad and fish soup rather than the usual stuffed turkey.

That sounds pretty normal, right? Just wait until you find out that they buy home carps throughout December and leave them in the bathtub until Christmas Eve. This bathtub method is to ensure that the carp is fresh and tastier by keeping it in clean water before it is eaten.



## ICELAND

Are you a cat person? Well, in that case, you might want to buy yourself some new clothes before Christmas Eve in Iceland!

While cats may just be a teeny bit sassy, Jólakötturinn, the Child-eating Christmas cat, is a lot more formidable than your usual Oyen.

In Iceland, there is a chilling folk tale about the Yule Cat, known as Jólakötturinn, which descends from the mountains to devour people who have not received new clothes before Christmas Eve. What a nice reason to go shopping!



## PERU

If the Filipinos like to end the year warmly, the Peruvians of the Chumbivilcas province enjoy throwing some hands on Christmas. While they spend a joyous time with music and food, they also partake in a public fistfight.

The purpose of the Takanakuy festival is to resolve year-long conflicts by allowing participants to fight in the ring.

By settling these disputes through the expression of their aggression, it helps strengthen the community and pave the way for a peaceful start to the next year.



Were any of these fun facts new to your knowledge? Don't forget to share them at Christmas parties or even pass along the latest SUNWAYIAN issue to your friends!



## PHILIPPINES

How long do you usually celebrate Christmas? If you are always in the festive mood, the Philippines is the merry place for you!

Currently, the Philippines boasts the world's longest running festivity of the Christmas season, running as early as September until January. A jolly four-month extravaganza!



This is due to the family-oriented values prevalent in Filipino culture, where Christmas serves as the occasion for family gatherings. Extended festivities allow the people to deeply embrace the Christmas spirit of gratitude, kindness and end the year with a positive note.



## AUSTRALIA

A hot turkey near the fireplace is always portrayed in TV shows, movies, or even stock images on Google. However, in the land of Kangaroos (Australia), it is a similarly warm and festive atmosphere too.



Since it is the summer season during Christmas, Australians enjoy a nice beach barbeque with some refreshing beer out in the sun.

Also, approximately 80% of the population resides within a mere 50 kilometres from a beach.

# Christmas Riddles

What do snowmen call their offspring?  
*Chill-dren*

What do you call a disrespectful reindeer?  
*Rudz-olph*

Why didn't the stocking eat Christmas dinner?  
*He was stuffed!*

What kind of pictures do elves take?  
*Elfies*

What do you use to decorate a canoe for Christmas?  
*Oar-naments*

Where does Christmas come before Thanksgiving?  
*In the dictionary*

Where do snowmen go to dance?  
*The snowball*

Why do mummies like Christmas so much?  
*Because of all the wrapping!*

I come with many colors so beautiful and bright, I turn so many trees into a beautiful sight. What am I?  
*Christmas lights*

Why couldn't the teacher find anyone to help her wrap gifts?  
*No one was present*

What did the snowman do when he got upset?  
*He had a meltdown*

What do you call a reindeer with three eyes?  
*A reiiiinder*

Why is Santa so good at karate?  
*Because he has a black belt*

What was Santa's favorite subject in school?  
*Chemistree*

Where does Santa put his suit after Christmas?  
*In his Claus-et*

How does Santa feel when he's stuck in a chimney?  
*Claus-trophobic*

You place a skirt around my bottom once I've been chopped. On the other end, a star or angel is how I get topped. What am I?  
*Christmas tree*

I drop from the sky far more beautiful than rain. There are no two pieces that'll ever look the same. What am I?  
*Snow*

Where do little trees go to become Christmas trees?  
*Elementree school*

What did the Christmas tree say to the ornament?  
*"Aren't you tired of hanging around?"*

# SUNWAY CROSSWORD PUZZLE

**ACROSS**

- 3. A department offering support services to help students meet some of the challenges they may experience as a student.
- 4. Peppered with animals native to Malaysia, this extensive area is a versatile area to have group discussions, hangout, or study.
- 6. The bi-monthly Sunway campus magazine featuring everything Sunway.
- 8. The best of quality Sunway College and University offer their students.
- 9. Besides being a productive study place, this is where you will find diverse materials for your assignments.

**DOWN**

- 1. Introduced in 2013, this is Sunway University's first very own mascot.
- 2. Situated on the 1<sup>st</sup> and 2<sup>nd</sup> floor of Sunway college, this study spot is a student favourite, with ample natural sunlight.
- 5. This concept is emphasised and practised at Sunway for a better environment.
- 7. Sunway University foyer spot for career advice seekers.
- 10. Sunway University's only creative Student Leadership Body delivering newsletters and journalism.

- ANSWERS:
- 1. Samson
  - 2. Artium
  - 3. Studentlife
  - 4. Brainforest
  - 5. Sustainability
  - 6. Sunwayian
  - 7. Careerhub
  - 8. Education
  - 9. Library
  - 10. Echomedia



# SUNWAY STARS

Nov - Dec 2023

## SCORPIO (Oct 23 - Nov 21)

Pull off a good stint (re: sting) to end the year with a bang by taking charge of your Destiny. Embrace your passions to tackle challenging subjects as your determination and intensity are sure to drive your academic success.

## SAGITTARIUS (Nov 22 - Dec 21)

Constantly on the verge of erupting within you is an adventurous spirit that is eager to shoot down new targets in life. Book a slot with our Sunway Career Services to explore our extensive range of programmes offered for all academic levels and you just might hit bullseye in your next chapter.

## CAPRICORN (Dec 22 - Jan 19)

We have always been taught that discipline will get us far in life. Keep go(at)ing with that level of discipline in your goal-oriented approach and you'll find yourself on our Avenue of Achievements someday too. You've goat it!

## AQUARIUS (Jan 20 - Feb 18)

Your innovative thinking and open-mindedness make you a forward-thinking student. Consider pursuing your unique interests at our Sunway iLabs where you might find yourself immersed in the world of entrepreneurship and innovation, all while making a wave of difference in our ecosystem.

## PISCES (Feb 19 - Mar 20)

It is in your nature to be artistic and intuitive, so channel that gifted creativity into your studies. At the same time, embrace your empathetic nature when helping others, it is because of fin-tastic individuals that truly makes us a #CampusWithAConscience.

## ARIES (Mar 21 - Apr 19)

Aries are known to be natural leaders with a strong drive for success. You are filled with energy and determination, so use it to excel not only in your studies, but also in extracurricular activities. If you're not one to feel sheepish about taking risks, choose from over 90 clubs or societies and try out for a position in the committee.

## TAURUS (Apr 20 - May 20)

Despite possessing strong determination and practicality, which is helpful in keeping you grounded, don't forget to let loose by indulging in the pleasures of campus life. Charge over to our ever-busy Boulevard and build your connections with peers from over 100 nationalities.

## GEMINI (May 21 - Jun 20)

After having worked your hardest for the past 10 months, keep in mind not to neglect your health and well-being. If you haven't already, start incorporating positive changes into your daily routine and the best way to start is by clocking in those steps. Be it by strolling along the Canopy Walk or opting for the stairs to get to classes, don't skip leg day!

## CANCER (Jun 21 - Jul 22)

You've just emerged from a challenging period of changes and transition. Now, be confident and believe in your instincts as you let your creativity and intuition be your guiding lights. Be a shining Sunway star and make the most out of your Sunway journey to a brighter future.

## LEO (Jul 23 - Aug 22)

Roaring with confidence and natural charisma, have faith that hailing from A Class Above, you will surely soar alongside our glorious Sun-Birds as a proud and deserving recipient of those blue and red scrolls that you have been yearning for.

## VIRGO (Aug 23 - Sep 22)

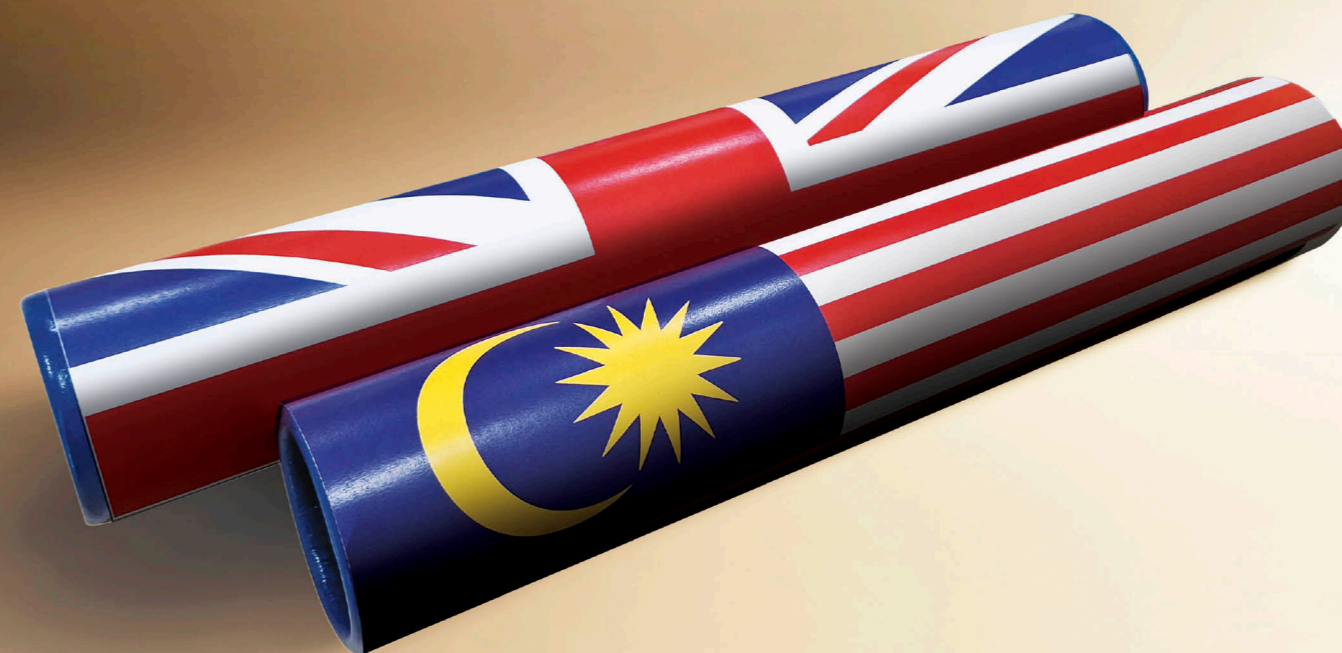
Being meticulous and analytical has proved to be highly advantageous in your academic studies. Set high standards for yourself, however, do take occasional breathers at the Roof Top Terrace where you may even gain different perspectives only found in carefree settings.

## LIBRA (Sep 23 - Oct 22)

It is totally normal to get caught up in the midst of everything, especially at a challenging phase in life while having to balance so much on our plates. If you find yourself feeling overwhelmed, that is a signal to pause, focus on self-improvement and set new goals. The serene noises echoing throughout the Brain Forest immediately transports you into the greens, making it a perfect spot to relax & reset.



# THE NATION'S CHOICE



**For the third consecutive year, more Malaysians have chosen the partnership of Lancaster University & Sunway University for their UK degree, than any other university in the country.**

**According to the official statistics of the Higher Education Statistics Agency, the popularity of the Lancaster degree at Sunway University continues to be the nation's choice, and it's easy to see why.**

**In addition to graduating with a Top 10\* UK degree from Lancaster, you also receive a degree from Sunway University, the nation's number 1 institution for Graduate Employability\*.**

**And with 2 degrees for the price of 1, it's also supporting families during these challenging financial times.**

**Join the thousands of Malaysians who are turning to the Lancaster - Sunway partnership for their UK degree.**

*The Nation's Choice & It Should Be Yours Too*

## A CLASS ABOVE

\* Complete University Guide 2024  
\* Talentbank GE Index 2023

# SUNWAY INTERNATIONAL SCHOOLS



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GLOBAL LEADER  
IN INTERNATIONAL  
EDUCATION



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