

**11<sup>TH</sup> ASEAN YOUTH FORUM**

Hosted by: BRUNEI DARUSSALAM

**FUTURE  
READY IN  
THE NEW  
NORMAL**

**ASEAN  
ZINE**

CO-ORGANISED BY:



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# Welcoming Message



The ASEAN Youth Forum is a forum organised to discuss and promote ideas of youth from ASEAN Member States with the aim of producing the ASEAN Youth Statement. The 11th ASEAN Youth Forum is co-organised by the Brunei Youth Council and ASEAN Youth Advocates Network Brunei Darussalam.

The ASEAN Zine is a special collection of artwork, digital media, and literature created by the young advocates of ASEAN curated by Majlis Belia Brunei (MBB) and AYAN Brunei. It is a platform that hopes to promote the voices and multitude of expressions on how the current generation of ASEAN citizens identify with, interpret, and navigate being part of this extended community. Through this collaborative process, the ASEAN Zine strives to enrich and enlighten the ever-increasingly integrated ASEAN network, celebrating the connections that have formed during this year's ASEAN Youth Forum.

Majlis Belia Brunei (MBB) and AYAN Brunei would like to express our deepest gratitude and special thanks to distinguished partners, ASEAN Youth Forum and Brunei Chairmanship 2021, supporters, ASEAN delegates and volunteers in taking part in the 11th ASEAN Youth Forum. This has been an opportunity to strive for "One Vision, One Identity, One Community".

We hope you enjoy reading this ASEAN Zine.



# Youth Frontliner

-Adli Razak

When I first landed in Brunei in March 2020, I witnessed our volunteers and frontliners working tirelessly and endlessly at the isolation, swabbing and quarantine centres, sacrificing their lives in trying their best efforts in keeping the nation's health and welfare in check. During my 14-day quarantine, I reflected, "Brunei is doing their very best trying to contain the COVID-19 virus, and we (youth) more than ever need to play a major role in helping Brunei now". Hence, when I first got out of quarantine, I thought to myself, "Hey, I want to contribute more to the country", and so I did. I initiated a compilation of videos from almost 110 students to show our appreciation to His Majesty's Government, our volunteers and frontliners. I later volunteered for SCOT's social kitchen/charity drive, and for Sukarelawan Belia's Projek Kasih Lebaran. Subsequently, I involved myself more in a series of dialogues hosted by various youth organisations, addressing issues about living in these unprecedented times called the 'new normal' (i.e skills for a resilient youth, smart nation and the issue and stigma surrounding mental health). Over the past year, I learned that there is a long-lasting value in volunteering and when it comes to dialogues, they are not the answers but merely questions I ask myself whilst proactively thinking about the next steps.

# Mengalinga

-Hartini Mashod

'Mengalinga' is a Brunei word that translates to care for others. It is part of the Bruneian culture to reach out to others in need of help or assistance. Mengalinga can be in the act of helping your friends with a school assignment to providing aid to flood victims. To further cultivate the essence of caring, especially among the youths, a new app called 'Mengalinga' was recently launched. This digital platform aims to enable and encourage more volunteering activities from Bruneians across the nation. Various organisations such as Brunei Darussalam AIDS Council, Big BWN Project, and ASEAN Youth Advocates can be found in the mobile application. With this Mengalinga app, volunteering is just a click away!



# Volunteering experiences

-Aqil Arjune

I first joined the Brunei Darussalam Red Crescent in 2015 as part of a volunteering team and has been an active member ever since. By participating in this volunteering program, I learned and developed my first aid skills and communication skills, which are the crucial skills needed to serve the community. Being a first aider in this NGO has a vital role in assisting the Ministry of Health during medical needs for large-scale events such as the Sultan's birthday celebration across four districts. Especially now due to COVID-19, our role as Red Crescent members and volunteers play a crucial role to assist the health workers and frontliners in combating the widespread of this virus in our country.



Photos by: Aqil Arjune

# Meet the delegates from Brunei Darussalam

"During The pandemic, I..."



*Zafirah Samsudin*  
I learned how to grow my favourite veggies. Now, I'm a student studying Crop Technology.

Lumut



*Hamizah Nor*  
I became a mother and discovered a strength within me that I never knew existed.

Bebatik



*Adli Razak*  
I involved myself in various dialogues hosted by various youth organisations.

Jerudong



*Jia Cheng How*  
I learned how to bake cookies and some basic programming!

Tungkun



*Zulariffin Hashim*  
I became more involved with the community, both as a COVID-19 frontliner and as a social volunteer.

Lugu



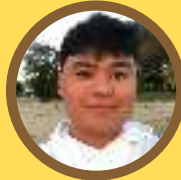
*Nor Amalina Jaafar*  
I became a mother and I have to learn to adapt to both motherhood and this new normal at the same time!

Jerudong



*Syarfa Syazwina*  
I learned the beauty of reading and started buying more books!

Bukit Beruang



*Danial Hashimi*  
I learned the beauty of self-love and helped a lot of people that were struggling with their mental health. I also became more passionate about reading books.

Lumut



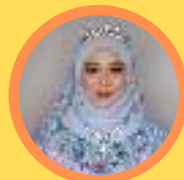
*Afiqah Ahmad*  
I co-authored a book chapter on COVID-19 for Springer Nature and it led me to more invitations to write.

Tanjong Maya



*Dina Haszahaidi*  
I learned how to fish and became obsessed with it!

Penanjong



*Iffah Nabilah Muzri*  
I went on a cultural excursion with my friends to learn more about Bruneian history and culture and was blessed with getting married to my nerdy best friend.

Bebatik Kilanas



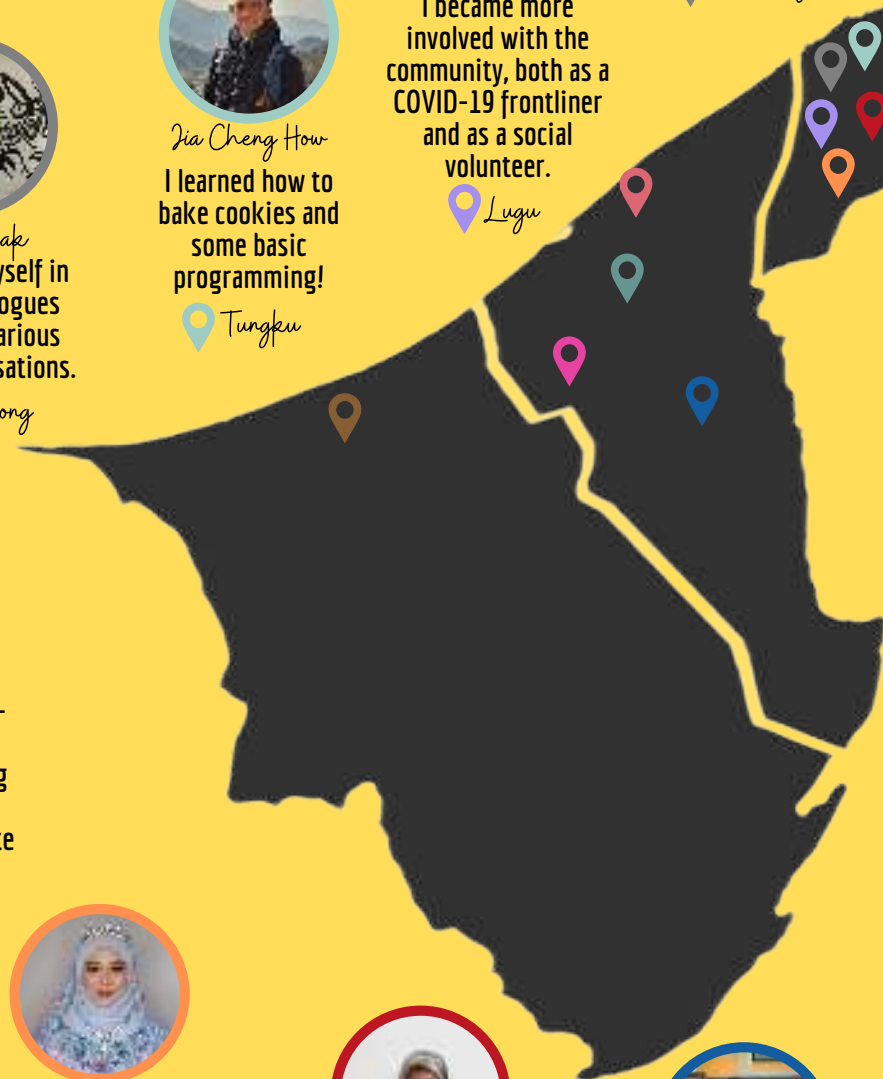
*Azzarina Akhmalnizam*  
I managed to grow many plants and started my online business from the plants I grew.

Mata-Mata



*Aqil Arfan*  
I learned how to motivate myself and motivate other people that needs it.

Sinaut



Brunei Darussalam is made up of 4 districts, which are Belait, Tutong, Brunei-Muara and Temburong (from left to right). This country has a population of less than half a million people.

The youth of Brunei is made up of driven individuals that are continuously seeking to improve themselves and inspire those around them.

We asked 26 of the delegates where they are from and what they have been up to during the pandemic.

**Mohammad Asyraf**  
I started to gain weight from 49kg to 65.2kg.  
📍 Rimba

**Ninna Suffri**  
I got into fitness and I started a workout routine which I still use today!  
📍 Terunjing

**Hartini Mashod**  
I mastered the art of speed reading and spent quality time with my cats.  
📍 Lambak Kiri

**Hasina Hj Abu Bakar**  
I started going through a journey of self-love, appreciating the people and things around me more than ever and learned the wisdom of it!  
📍 Salambigar

**Ain Jaferi**  
I tried baking fudge brownies and developed a motivation to pursue my writing again.  
📍 Lambak Kiri

**Azizan Anas**  
I built up the courage to step forward and take various opportunities to contribute my inputs.  
📍 Kota Batu

**Al-Syukeri Sarbini**  
I have turned some of my weaknesses into strengths.  
📍 Mentiri

**Abdul Azim Kassim**  
I had the honour of contributing to the Ministry of Defence of Brunei Darussalam's Chairmanship of the ASEAN Defence Minister's Meeting (ADMM) and also blessed with getting married to my equally nerdy best friend.  
📍 Lumapas

**Rahimi Afiq Hasyir**  
I volunteered as a frontliner. I am also a scout.  
📍 Seri Tanjong Belayang

**Khairunisa Pungut**  
I learned that online shopping was the reason why I was broke, so I taught myself how to manage my finances wisely and invest for the future.  
📍 Mukim Bukok

**Abdul Muiz**  
I learned how to cook and garden. I have also developed some new skills related to IT and learned how to use Canva.  
📍 Mentiri

**Farhan Jafar Ali**  
I alternate from working at a cafe as a barista and a delivery runner so people can still get their caffeine fix from home.  
📍 Sungai Besar

**Khairurrijal Hazim**  
I learned how to build a PC myself via YouTube and developed an interest to pursue skills relating to the IT field.  
📍 Madewa

Designed by: Dina Haszahaidi



Photo by: Adli Razak



Photo by: @ajdancers.bn



Photo by: Hartini



Photo by: Khairurrijal Hazim



Photo by: Khairurrijal Hazim



Photo by: Iffah Muzri



Photo by: Iffah Muzri



Photo by: Infototo



Photo by: Hartini



Photo by: Ninna



Photo by: Zulariffin Hashim



Photo by: Iffah Muzri



Photo by: @isyraq.hm



Photo by: @ajdancers.bn



Photo by: Zulariffin Hashim

2024-2025 Year



CC

Quoting UNCTAD Briefing

As a member of the ASEAN Generation of Leaders, members in ASEAN and beyond, the UNCTAD briefing was an eye-opening and valuable experience. It provided me with a comprehensive overview of the current state of the ASEAN region and the role of UNCTAD in supporting its growth. I am grateful to the UNCTAD and UNCTAD Briefing for their support and guidance.

From Thongyong Chai



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CC



From Tawin Chai



From Tawin Chai

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## Youth Multilateralism in ASEAN

The rapid growth of the ASEAN region and its role in the global economy has led to a significant increase in youth multilateralism. This is evident in the ASEAN Generation of Leaders (AGL) initiative, which provides a platform for young leaders from ASEAN member states to engage in dialogue and collaboration. The AGL initiative is a key component of the ASEAN Youth Development Strategy, which aims to enhance the capacity of young leaders and promote their participation in regional and global affairs.

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"A journey of a thousand miles begins with a single step"  
- Lao Tzu





# Gold in the Jungle

## ប្រាសាទព្រះវិហារ/ Preah Vihear Temple

9th to 12th century dedicated to Hindu god Shiva,  
Located in Chaom Khasan District, Preah Vihear Province, Kingdom of Cambodia,  
Tangible World Heritage Site by UNESCO on 7 July,2008.

The majestic Preah Vihear temple is located on the Dagret Range, known as Phnom Kampheng (ភ្នំកំពែង) or Mountain wall in time of Angkor. Nestled on the cliff-top, the complex location represents spiritual, moral and material norms of the Angkor civilization.

The wandering Hindu god Shiva has already reached the rocky slopes of the Dangrek Range located in the Chaom Khasan District of Preah Vihear Province, 40km from Preah Vihear Temple where the god, Shiva left his footprints, in Prasat Nak Buos(ប្រាសាទអ្នកឃ្នូស) which is a temple built in the 7th century.

Connecting from the southern half of the Angkor Empire the Dangrek rang stood as a stood formidable barrier to build the temple. However, this barrier could not stop the strong commitments of the king as well as ingenious invention of the architects of the era. So one of the difficult Khmer architectural project stated focusing on the building of a stairway toward the top of the Dangrek mountain over the eastern rugged cliff and the project was realized in three important phases. In brief Eastern stairway is the in realizationally equal to all architectural project at Preah Vihear taken together, accomplished by the insightful Khmer architects of Angkorean time. Constriction of Preah Vihear temple is the great sample of build Angkor because of quarry and temple at the same place.

Preah Vihear Temple was built from the 9th century until the 12th century, with six consecutive kings and prince all dedicated to Shiva. Preah Vihear temple is located on the highest peak of the Dangrek Mountain, at 625m of high with a 800m long staircase from the South to the North and there are 5 gopuras (ក្រុង ឃ្នូស).

As the Virashrama, the contracting was initially made of lightweight materials. Later, perhaps during the reign of King Yasovarman (យសោវរ្ម័ន), light-wall structures were replace and instead came the rocky walls with their roof tiled on wooded carcasses.

After traveling through the Eastern Antiqua Stairs, then the visitor arrived at the Gopura V, which is cross shaped pavilion is open to the four direction. It's the smallest pavilion but the most elegant of all as a simple of inviting people from all corners of the vast Angkorean empire to continue their upward journey to pay respect to Shiva, the Lord of the Mountain Top (Shikhareshvara-សិក្ខារាជ្យស្វរៈ).

Connecting the Gopura V to Gopura IV, we have to travel on a road that carries marble, limestone marble, palm-shaped sandstone which is accounting to the early 12th century of King Suryavaraman II call this avenue as Preah Thnal(ព្រះថ្នល់) or the Sacred Path. And this similarity will continue from each to each gopura. In all tympanum of each door delicately carved with stories of gods which won the heart of Angkoreans and which continue to enchant Visitor from all over the world.

May all visitor to Preah Vihear walk on the Sacred Path (Preah Thnal) with deep respect for the presiding god Sikhhareshvara! And remember that TIME(ពេលវេលា-KaLa) is the most powerful element of the Cosmos and depiction of Kala abounds at Preah Vihear.

Source: Ministry of Culture and Fine Art,  
Kingdom of Cambodia.

Article by Mr. HAK Bunleng



# Our National Symbols

## គោក្រៃ Kouprey (*Bos sauveli*)

The national Mammal of the Kingdom of Cambodia. It's an original Khmer species, has been recognized worldwide and named in Khmer version by international biologists even though English, Spanish and French call it Kouprey.



## ត្រីយ៉ង់ Giant Ibis (*Pseudibis gigantea*)

The National Bird of the Kingdom of Cambodia. The Khmer common name is "Trar Yong". It's one of the species that in the past distributed almost throughout Southeast Asia, but at present time it can only find in the North and Northeast parts of Cambodia.

## អណ្តើកកញ្ចប់-Royal Turtle (*Batagur baska*)

The National Reptile of the Kingdom of Cambodia. The Khmer common name is "Andoeurk Sarsai or Andoeurk Lung". Royal Turtle is classified as globally threatened species in the IUCN Red list. For year ago, the species has been protected by the royal decree and has been regarded as royal property in Cambodia.



## ត្រីតល់រំដំ-Giant Mekong Barb(*Catlocarpio siamensis*)

The National Fish of the Kingdom of Cambodia The Khmer common name is "Trey Kahor or Trey Kbal Lan or Trey Koolreang". The fish is found in the Mekong River, especially in the Tonle Sap Lake. In ancient times the barb was carved on the wall of temples at Angkor.

## ដើមត្រៃតិ-Sugar Palm (*Borassus flabellifer*)

The National Tree of the Kingdom of Cambodia The Khmer common name is "Thnoat". Sugar palm is a popular plant representing Khmer society, it provides many advantages to Khmer nation since the early build of the Kingdom; and it is an identity that Khmer people recognize as a view of their territory since the ancient time until present with an expression that "sugar palm tree is a shelter of Khmer house".



## ផ្ការំដួល Rumdul (*Mitrella mesnyi*)

The National Flower of the Kingdom of Cambodia The Khmer common name is "Rumdul". Cambodian people like to grow it for decoration of houses and public parks. Due to fragrant smell of Rumdul flower, ancient time of Khmer people like to use it for material to produce lip waxes for women. Stem of Rumdul can also be used for supplement construction materials and firewood.

## ចេកកង្កែប Chicken Egg Banana (*Musa aromatica*)

The National Fruit of the Kingdom of Cambodia. The Khmer common name is "Chek Pong Moon". Cambodian people like to use banana for offering to the spirit or for present in many ceremonies and also used for offering to Thevada every Buddhist Saintday too. Most chicken egg banana grows along the Mekong River, especially on the new emerging islands. Banana has been grown in Cambodia for a long time even though it originated from India. As an example, in ancient Khmer story "Grand Child of Banana Sheath" is an evident.



# Cambodia Youths in the New Era



I give my all to thee, cause i am proud of my country.  
No matter how tiring I will be , I'll never backdown It's my duty.  
Pandamic has gave us such hard times, but together hardships will decline.  
And soon we can freely enjoy our time, cause pandamic will be over if we unite.

by Mr. KHENG Sofrawlth

IMAGINATIVE LOVE PASSIONATE  
EQUAL CURIOUS CREATIVE  
YOUNG  
COMBATIVE STRONG VIBRANT  
REBELLIOUS UPDAJED



# Indonesia 's Diversities

## The Legendary Story of Two Immortals

Written by Ratu Ayu Allysia Luna Sita Manik Mas



Indonesia has a lot of folklores in it. Likewise with The Island of Gods, Bali. The folklore that is often performed as a traditional dance is a folklore that is commonly known by the Balinese, namely The Story of Rangda and Barong.

The story begins with a queen from Mahendradatta Kingdom, Rangda, who took revenge for being exiled by King Dharmodayana because she was accused of performing witchcraft against the king's consort. She took revenge by killing half of the people in the kingdom.

Rangda is described as a scary woman with long-tangled hair, big fangs, long nails, and a long sticking out tongue. She is the leader for the Leak (ghost) against the figure of Barong. Barong is considered the king of the good spirits who described as the figure of a lion with thick hair and long fangs. Barong accompanying King Airlangga, heir to the throne of King Dharmodayana, to defeat Rangda.

People in Bali believe in the concept of "Rwa Bhineda" which teaches that different characters actually balance each other and make life more complete. The concept of "Rwa Bhineda" can be seen in the feud of Barong and Rangda which symbolizes that good and bad actually coexist. There is good because there is bad, and vice versa. Even though there are many castes in Bali, Balinese people see everyone as the same. Same with Indonesian people.

Source: [indonesiakaya.com](http://indonesiakaya.com)

Painting by I Wayan Gede Tirtayasa from Lebih, Gianyar.



# Travel Back in Time in Kampung Baduy

You can experience how it feels like to travel back in time, here in Kampung Baduy. Living without smartphones, electricity, and any other electronic technology devices.

There are only pure human interactions, and magical bond between the people and mother earth.

Baduy tribe is divided into two sub groups; Baduy Dalam (inner Baduy) and Baduy Luar (outer baduy). Their homeland is located in Lebak regency, Banten province. Baduy Dalam is more strict with their ancestors' rules and thus they have made very few contacts with the outside world.

Whereas the people in Baduy Luar, they do follow the rigid system but not as strictly as the Baduy Dalam. They are more willing to accept modern influence into their daily lives and to welcome the visitors who would like to spend the night to learn about their cultures.

Written by Alisatul Aini

Photo by Saiput Bahri

## Hidden Jewel

A poem by Ni Ketut Alit Astuti



Your warm sunshine is real  
Your magical colors so true  
Beauty and pure  
The Melody from sasando found me  
Make me dance and sing  
With smile, with love  
I'm deeper in love with you  
Yes you, my East Nusa Tenggara

You have Flores, Sumba, Timor, Rote, Sabu & Alor islands  
Place where bright memories and hearts started  
In silence they whisper you are the hidden jewel  
I found thousand wonders hidden inside you  
Pink Beach, Nihiwatu, Nembrala, Kolbano Beach amazed me  
Tenun NTT is your heritage for children and their children

I'll never forget you, place where I was born, grew up and  
have a thousand dream  
I promise to make you proud, Like a sun promise to rise in  
every morning for earth  
You are my treasure, My Hidden Jewel - East Nusa Tenggara



Photos by Ni Ketut Alit Astuti

# 10 New Balis: The New Heavenly Tourism Spots in Indonesia

Written by Fauzan Al-Rasyid

Since 2016, the Indonesian government has made the tourism sector as one of the spearheads of the country's economy. In line with the infrastructure program launched by President Joko Widodo, the government is developing a number of tourism areas in various regions — apart from Bali — called "10 New Balis": Lake Toba (North Sumatra), Tanjung Kelayang (Bangka Belitung), Tanjung Lesung (Banten), the Thousand Islands and the Old City (Jakarta), Borobudur (Central Java), Bromo Tengger Semeru (East Java), Mandalika (West Nusa Tenggara), Labuan Bajo (East Nusa Tenggara), Wakatobi (Southeast Sulawesi), and Morotai (North Maluku).

Of the ten destinations, **four** of them are super-priority destinations, namely Lake Toba, Borobudur, Mandalika, and Labuan Bajo.

## Toba Lake

Lake Toba is located in the mountains of Bukit Barisan, North Sumatra. The area of 1.1145 square kilometers makes it the largest lake in Southeast Asia. Lake Toba was formed due to a volcanic eruption, which caused a crater. Over time, it filled with water and became a lake.

## Borobudur

The largest temple in the world, Borobudur attracts millions of tourists. Founded around 750 AD, it was built by the king of Samaratungga of the Syailendra dynasty. This temple was abandoned due to the eruption of Mount Merapi which made residents move to safer places, from some sources also saying this place was abandoned after Islam spread to Java.

## Mandalika

One of the hidden tourism areas in Indonesia is Mandalika, which is part of the West Nusa Tenggara Province. It has beautiful beaches and green hills, making many tourists come to this place to find tranquility. It has clear water and a fresh breeze. According to legend, the name Mandalika came from a beautiful daughter from the Sasak tribe, so many men wanted to marry her, but as the woman didn't want to hurt their hearts, she decided to jump into the sea, and sea worms appeared on the beach.

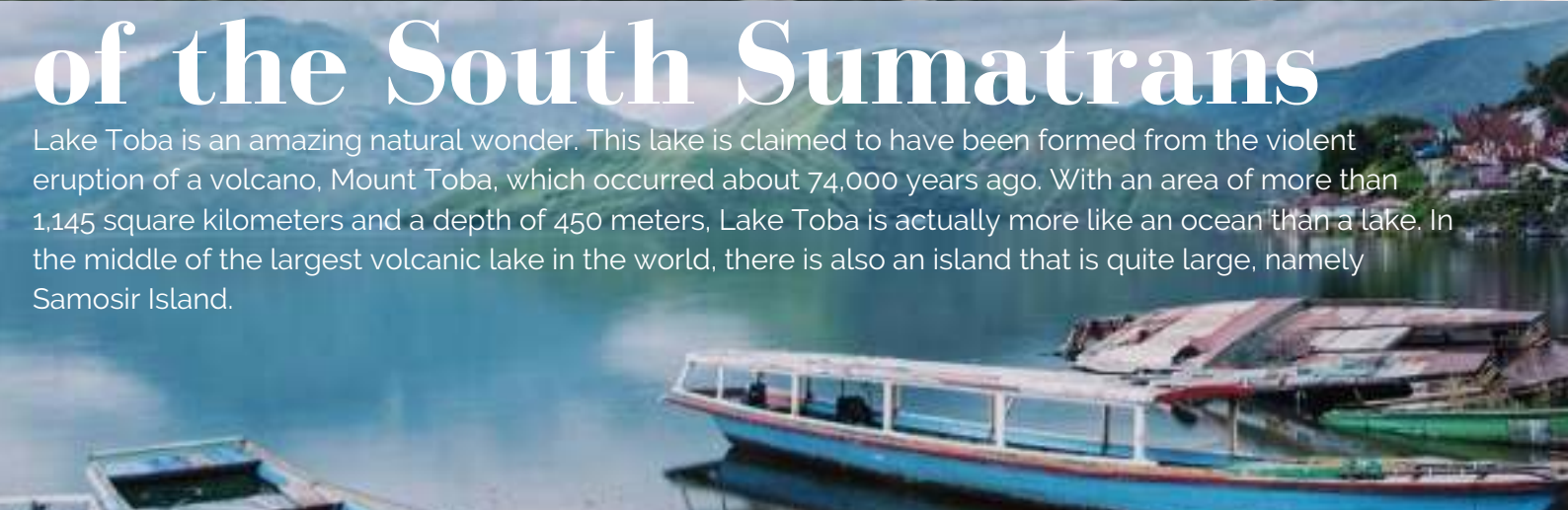
## Labuan Bajo

In East Nusa Tenggara there is also a tourism area that is often visited by tourists, namely Labuan Bajo, which is the capital of West Manggarai district and is located at the westernmost tip of Flores Island. The residents in Labuan Bajo mostly make a living at the sea because there are many sailing ships and motorized boats. Besides being a place to earn a living, Labuan Bajo has a beautiful sea and is known as the most romantic vacation spot.



# The Magnificent Lake Toba of the South Sumatrans

Lake Toba is an amazing natural wonder. This lake is claimed to have been formed from the violent eruption of a volcano, Mount Toba, which occurred about 74,000 years ago. With an area of more than 1,145 square kilometers and a depth of 450 meters, Lake Toba is actually more like an ocean than a lake. In the middle of the largest volcanic lake in the world, there is also an island that is quite large, namely Samosir Island.



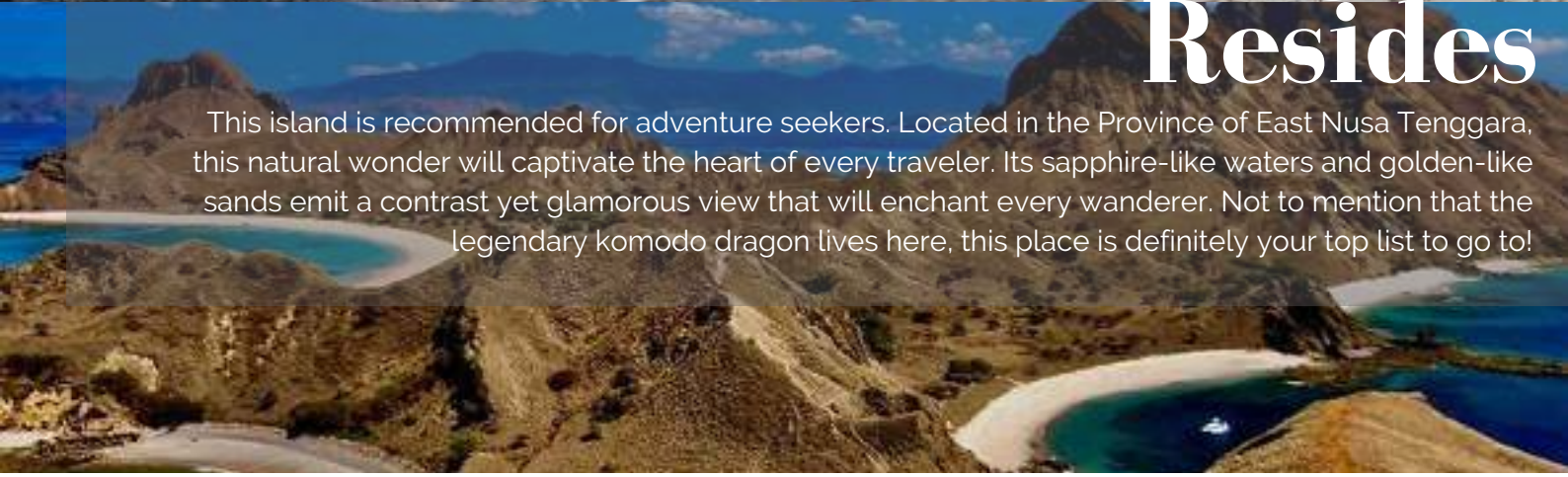
Written by Dio Tobing

Photos by Dio Tobing



# Padar Island, A Place Where "Dragon" Resides

This island is recommended for adventure seekers. Located in the Province of East Nusa Tenggara, this natural wonder will captivate the heart of every traveler. Its sapphire-like waters and golden-like sands emit a contrast yet glamorous view that will enchant every wanderer. Not to mention that the legendary komodo dragon lives here, this place is definitely your top list to go to!



Written by M. Fikri Al Hafidh

Photos by Tammy Nugroho

# MALAYSIA?... WHERE?... SELAMAT DATANG!

## THE CHARM OF MALAYSIA

Do scan QR code to enjoy a virtual tour in Malaysia.

Oftentimes, phrases like the one above articulate the idea of "What and where is Malaysia?" Despite the presumptions put forth, Malaysia's introduction supersedes its very establishments. Though you may question, what introduction? Therefore, we from the Malaysian Delegation to the 11th ASEAN Youth Forum would like to wish you "Selamat Datang ke Malaysia" and will take you on a journey to remember!



Compiled by:



**SAIF**

SELANGOR



**JOYIEN**

JOHOR



**NORMAN**

PENANG



**FITRIYATI**

SABAH



**SIRHAN**

KEDAH



**DAVINA**

NEGERI  
SEMBILAN



**JEFFREY**

MELAKA



## EAST MALAYSIA

### SABAH

#### THE LAND BELOW THE WIND

Sabah, situated at the northern part of Borneo, caressed by the South China Sea on its west, Sulu and Celebes seas on its eastern coastline, seems almost unfairly blessed with nature's beauty. Sabah is well known as "THE LAND BELOW THE WIND", because it is located just south of the typhoon-prone region, making it free from typhoons. Home to 32 different indigenous groups that consist of over 30 ethnic races, Sabah is often described as the people that make visiting Sabah so special.

The mountainous terrain of Sabah ranges from long white sandy beaches to coastal mangroves, from rivers to fertile plains, from limestone caves to ranges covered with rainforest, all this culminating in the majestic granite massif of Mount Kinabalu, the "TOP 5 highest mountains in Southeast Asia".



**Desa Cattle Dairy Farm**  
Dubbed the New Zealand of Sabah, the rolling green pasture with grazing cows at foothill of Mt. Kinabalu is a sight to behold.

**Sipadan Kapalai Island**  
Dubbed the "Maldives" of Sabah. This island is so isolated and look like another world. Its "magical" beach only appears during low tide.



**Maliau Basin Conservation Area**  
Also known as Sabah's Lost World is a huge bowl of pristine forests.

Info credits: <https://www.amazingborneo.com/sabah/about-sabah>

### SARAWAK

#### LAND OF THE HORNBILLS



Sarawak is Malaysia's largest state. With a population of around 2 million, Sarawak's rich ethnic diversity offers a uniquely local experience at the very moment you step off the plane.

Sarawak has an extraordinary mix of peoples: the largest ethnic group is neither Chinese (26%) nor Malay (21%), but the Iban (29%), who gained worldwide notoriety as the fiercest headhunters on Borneo. Other tribes of note include the Bidayuh (8%) and the Melanau (5%), as well as a smattering of Kenyah, Kayan, and a group of tiny tribes in the deep heartland known collectively as the Orang Ulu (Malay for "upriver people"). Sarawak is a place where commonality and peacefulness is a way of life.

Info credits: <https://sarawaktourism.com/discover-sarawak-malaysia/>

**Hornbill Bird**- The state bird of the Malaysian state of Sarawak.



**Bako National Park** - one of the best places in Sarawak for wildlife experiences. It is Sarawak's oldest national park and was gazetted in 1957.

**Gunung Malu National Park**

Justifiably famous for its limestone karst formations, some of the most spectacular caves on earth. A UNESCO World Heritage.





# NORTH OF MALAYSIA

## PADDY FIELDS AS FAR AS THE EYES CAN SEE



Kedah is famous for its sprawling paddy fields. According to the Muda Agricultural Development Authority, Kedah boasts over 82 hectares of paddy fields.

Throughout the year, locals and outsiders alike would come by the fields to witness the mesmerising change of the agricultural landscape.

Langkawi Island, known fondly as '*Pulau Langkawi*' among the locals have become a hotspot for tourists seeking a short escapade from the hustle and bustle of work.

Surely, it has a lot to offer; sandy beaches, a UNESCO Global Geopark, duty-free shopping and many more!



PULAU LANGKAWI

## KEDAH

### THE RICE BOWL OF MALAYSIA

**LOCAL DIALECT** Bahasa Melayu Kedah, the dialect typically used by locals in Northern Malaysia is slightly different from the standard Malay language.

Let's start with the basics!

How are you doing?  
*Apa khabar?* (standard)  
*Apa habaq?* (dialect)



## PERLIS



### THE SMALLEST STATE IN MALAYSIA



The first thing that people would point out when visiting Perlis was its calming charm.

Perlis's pristineness has allowed the natural biodiversity to flourish and prosper, away from the hands of unwanted exploitation. As a result, various local ecotourism spots and also the local's way of life have been preserved for our enjoyment.



Photo Credit: t.ly/xxLI

**Harum Manis mangoes** - an icon synonymous to Perlis's fertile land



Photo Credit: t.ly/5kqS



Photo Credit: t.ly/xsch

**Gua Kelam** - a network of caves with captivating natural rock formations

**Padang Besar Shopping Square** - a shopaholic's paradise with a variety of goods at affordable prices



## PERAK



### THE LAND OF EXPLORATION



Perak's mining culture during the age of colonialism has made many discoveries in Perak; from the first human recording in Malaysia to the leaning tower of Perak. Its history and culture have sparked many famous tourist sights and visits.

Perak's food culture is also one to explore when visiting this pristine state as famous dishes such as the beansprout chicken rice is something to try out when visiting Perak.



**Tempurung Cave** - a historical treasure in Malaysia, with some of the earliest historical records were established

**Ipoh white coffee** - a must-have when visiting the district of Ipoh in Perak



**Pulau Pangkor** - a relaxing beach away from the hustle and bustle of the city



**The Penang Ferry** - catch a glimpse of Penang Island through a slow shuttle service from mainland Penang to the Island.

**Armenian Street** - witness a never-ending path of restaurants and cafes that will take your appetite on an endless streak of munching.



**Batu Ferringhi** - enjoy the cinematic sunset while enjoying a glass of "teh tarik" at world class resorts and hotels.



## PENANG

### THE PEARL OF THE ORIENT

Well known for its colonial footprints embedded in buildings, culture and food, Penang or in Bahasa Malaysia "*Pulau Pinang*" to date is regarded as the second most developed cities in Malaysia after the capital Kuala Lumpur. With a mixture of old colonial sites with advanced technologies and infrastructural marvels, Penang is destination for tourist, travel loggers, photographers, and even foreign direct investors from all over the globe.

Reported by CNN Travel in 2019, Penang is unique for its "rojak" style assimilation of the Malay, Chinese, and Indian cultural outlook in food. Among these outlooks includes, The Penang Rojak, Mee Goreng Sotong, and the infamous Penang Authentic Cendol.

# CENTRAL OF MALAYSIA

## MELAKA

### A PLACE OF HISTORY



Melaka is the historical state of Malaysia, rich with heritage buildings, ancient landmarks and colonial structures. It was here that colonial forces first made contact with Malaysia, which eventually shaped the country into its current economic and political system.

### THE STADTHUYS (RED HOUSE)



The Stadthuys is believed to be the oldest-surviving Dutch building in the East. Built between 1641 and 1660 on the ruins of a Portuguese fort, The Stadthuys of Melaka was the focus point of several successive governments (Dutch, Portuguese, British etc.) for over 300 years, from its completion until 1980. In 1982, Stadthuys was converted into a museum. The Stadthuys displays typical features of Dutch colonial architecture with massive walls, louvred windows and chunky doors with wrought-iron hinges.

### PORTA DE SANTIAGO

A Famosa, which means "The Famous" in Portuguese, is located in Melaka. The fortress, built in 1511, is one of the oldest surviving remains of European architecture in the Far East and South-East Asia.



Info & Photo credits: <http://www.malacca.ws/>

## NEGERI SEMBILAN



### THE HEART OF MALAYSIA'S MINANGKABAU CULTURE

Negeri Sembilan translates to "Nine States". This was due to the initial ruling of nine different chiefdoms. It later formed as one unified state, while keeping its name.

Some of the earliest settlers of Negeri Sembilan are the Minangkabaus from Sumatra, Indonesia. Negeri Sembilan is famous for its spicy food, great hospitality and Minangkabau influence of its buildings. Similar to many other states in Malaysia, Negeri Sembilan is famous for its dialect, known as Baso Nogoghi.



**Muzium Negeri** - a spot located in Seremban - a great place to start when learning about Negeri Sembilan's culture and history

**Port Dickson** - an iconic location to relax and chill outside the city



**Centipede Temple** - a temple that highlights the Chinese culture in Negeri Sembilan with a beautiful scenery and an overview of the state

## SELANGOR



### THE CENTRAL STATE OF MALAYSIA



Selangor is the Malaysia's most developed state. It is also the wealthiest, with a sizable portion of the nation's industry and trade centered too! It also encircles the Federal Territories of Kuala Lumpur and Putrajaya, which were established on Selangor territory.

Selangor is at the west coast of the Peninsular Malaysia, which bordered by Pahang, Perak, Strait of Melaka and Negeri Sembilan. Besides, Port Klang is the main hub for export import of trade and logistics via ship while KLIA and KLIA2 is two busiest airport in Malaysia for now.



**Bukit Broga** - a renown hill peak that we could climb together with friends.



**Kajang**- Here we have local famous food like Sate Kajang that are yummy to eat with nutty gravy sauces.

## PETRONAS TWIN TOWER WORLD'S TALLEST TWIN BUILDING



Soaring to a height of 451.9 metres, the 88-storey twin structure is Kuala Lumpur's crown jewel. Majestic by day and dazzling at night, the PETRONAS Twin Towers is inspired by Tun Mahathir Mohamad's vision for Malaysia to be a global player. Together with master architect Cesar Pelli, the international icon powerfully captures the nation's ambitions and aspirations.



## KUALA LUMPUR

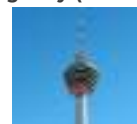
### THE CAPITAL OF MALAYSIA

#### National Monument

Commemorating the thousands of warriors and civilians who died defending the sovereignty of Malaysia against the Japanese occupation during World War II (1941-45) and during the Malayan Emergency (1948-1960).



NATIONAL MUSEUM



KL TOWER



MERDEKA SQUARE

Info credits: <https://www.petronastwintowers.com.my/the-stories/>

# EASTCOAST OF MALAYSIA

## JOHOR

### A PLACE OF DIVERSITY



The story of Johor is a regal epic tale, a land rich with adventures waiting to be embarked in all 10 districts of this majestic state. Johor invites you to experience the majesty in all its vastness while embracing you as one of its own.

Info credits: <https://tourism.johor.my/>



### CHINGAY PARADE

The annual celebration of the Chingay Festival marks the end of the Chinese New Year and is celebrated by almost 50,000 people all in one place together. This is an annual event that most excited in Johor and currently in the progress of applying UNESCO endorsement as historical culture.

### SOUTHERN POINT OF MAINLAND ASIA (1° 16'N)

It is the most southern point of mainland Eurasia is located at Tanjung Piai, a cape in Pontian District, Johor.

Tanjung Piai has 22 mangrove tree species. It is also an important habitat for migratory and resident birds. These include the IUCN-listed vulnerable species, such as the Lesser Adjutant Stork.



## JUNGLE RAILWAY



The Jungle Railway is one of the main spot that highly recommended by the local at Kota Bahru.

You will be able to enjoy the wildlife and amazing views throughout the railway. Besides that, alongside in the railway, you may also drop off to "Gua Ikan". Hence, Kelantan is a hidden spot for natural lover.

## KELANTAN

### A PLACE FULL WITH INSIGHT GEMS

#### GUA IKAN



Gua Ikan means Fish Cave in Malay.

The reason why this cave with this name is that, there are some small streams that withing the cave and the local are able to get fishes from that.

Info & Photo credits: <https://www.thecrazytourist.com/25-best-things-to-do-in-kota-bharu-malaysia/>



## GELANGGANG SENI

Helanggan Seni in English will be Art Central. There are numerous traditional show will be showcase here such as puppet shows and "Silat", a traditional Malay Martial Art.

If you are interested on kite, you can try to make your own unique kite here as well.



## TERENGGANU

### A STATE OF 'TURTLE'



Terengganu is 13,000 square kilometres along the South China Sea coast. They have beautiful villages, sandy islands, and the major attraction, Kuala Terengganu itself, may all be found within this state.

Besides, one of the best thing here is, its diversity. This is due to the substantial local Chinese community, you'll discover a mix of Malay culture here, in addition to stretches of sandy coastline. Hence, you may wander the town and see the beautiful buildings like museums.



Rantau Abang - a hotspot for turtle to hatch and you all can see the turtle hatches when the season had come!



Keropok Lekor - a famous local street food and it is delicious.



Batu Bersurat which was discovered and marks the significance of Islam in Terengganu.

## PAHANG

### HIS MAJESTY'S KINGDOM

Pahang is the largest states in Peninsular Malaysia. Total land area is 35,515 square kilometres. The state occupies the huge Pahang River river basin.

Its state capital is Kuantan, and the royal seat is at Pekan. There are 11 districts in Pahang which are Kuantan, Maran, Pekan, Rompin, Temerloh, Jerantut, Bentong, Raub, Lipis, Cameron Highlands and Bera. People of various religions and races make up the population.



The head of state of Malaysia - His Majesty Yang Maha Mulia Seri Paduka Baginda Yang di-Pertuan Agong XVI Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah from the Pahang State.

Tioman Island, Pahang - a must visit island for endless supplies of seafood and Pahang style cuisines.



Genting Highland Theme Park & Resorts - situated in the highlands of Pahang, this site provides exciting rides and serene views above sea-levels.

# DELEGATES

## PHILIPPINES



**RICHMOND SALES, 23**

- Gamer
- Graduate of Bachelor of Science in Business Administration Major in Marketing Management as Cum Laude at Mariano Marcos State University, Batac City, Ilocos Norte
- Youth Volunteer
- Served the Province of Ilocos Norte as a Youth Development Staff implementing programs and projects for the empowerment and development for the youth of the province.



**VLADEMHER LACTAOEN, 24**

- Travelling, professional volleyball player, reading, photography
- SK CHAIRPERSON
- Secretary of the Camiling, Tarlac Volleyball
- Founder BACABAC Cabataan Youth Organization Camiling, Tarlac
- Student Leader during college Days 2013-2017
- Athletic of the year- TAU 2017
- A mental health and emotional advocate
- Leadership Award Citizenship Advancement Training (CAT) - Bilad High School
- Professional Fashion Model
- Eonion Next Top Model Grandwinner in Tarlac
- BS Psychology Graduate
- Master in Human Resources Management Degree

**MONSOUR A. PELMIN, PHD, 29**

- Traveler
- University Professor, Mindanao State University-General Santos City
- Peace Action Coordinator, Institute of Peace and Development in Mindanao
- Certified Hospitality Professional
- Certified Human Resource Associate
- Youth Researcher and International Presenter
- Public Speaker in Business, Entrepreneurship and Management



### Future Ready in the New Normal

11th ASEAN Youth Forum, co-organized by The Ministry of Culture, Youth and Sports Brunei Darussalam and ASEAN Youth Advocates Network Brunei, in collaboration with Brunei Darussalam Youth Council

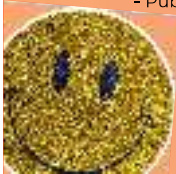


**FITZKEN GARCIA, 19**

- volunteering, playing arnis, travelling
- Executive Vice President of All About Mental Health
- Secretary General of Yapak Philippines
- Team Albay Youth Organization Inc., Youth Bureau Head on Livelihood and Employment / Volunteer
- Auditor and Youth Ambassadors of the Office of the Vice Governor Albay
- Junior Councilor of Bicol University
- University Student Council A.Y. 2020-2021
- Pioduran Commissioner of Youth Advocate of the Philippines
- Division Federated Supreme Student Government of SDO
- Albay President S.Y. 2019-2020
- Municipal Federated Supreme Student Government President of Pioduran S.Y. 2018-2020
- Supreme Student Government President of Malapay High School S.Y. 2017-2020
- Former Purok President

**ALYNNA M. GONOS, 21**

- Dancing and Reading
- Studying International Studies major in Asian Studies- Ateneo de Davao University
- AISSO Assistant Creatives Head
- Human Rights Advocate
- Indigenous Peoples' Right Advocate
- Youth Presenter
- Youth Volunteer



# PHILIPPINES

## INABEL

Richmond Sales

Handed down from generation to generation, the art of inabel weaving is a golden thread entwined in the Ilocano culture. Manually woven through a wooden loom, an abel fabric is made up of pure creativity, imagination, positivity, respect, discipline and keenness.

The abel is certainly a representation of the elegant past of Ilocos Norte Province in the Philippines. The various abel weave designs are inspired by natural elements. It maybe land formation patterns, the colors of flowers and vegetation, the ripples of a calm blue ocean, or the sky on a bright night.

The abel fabric is hand woven on ancient looms by Filipino women. It takes 2 weeks just to set up a pattern on a loom and a loom can produce only about 2 meters of fabric a day.

Today, there are less than 10 inabel master weavers alive.

One of the master weavers include Magdalena Gamayo, from Pinili Ilocos Norte. She is awarded as the National Living Treasure of the Philippines by the National Commission for Culture and the Arts (NCCA). A living treasure indeed!



# DESTINATION

## PHILIPPINES



Basanga, Davao Oriental



Buhawi Hills



Cateel, Davao Oriental



# YOUTH ADVOCACY

PHILIPPINES



# **TEAM** **SINGAPORE**

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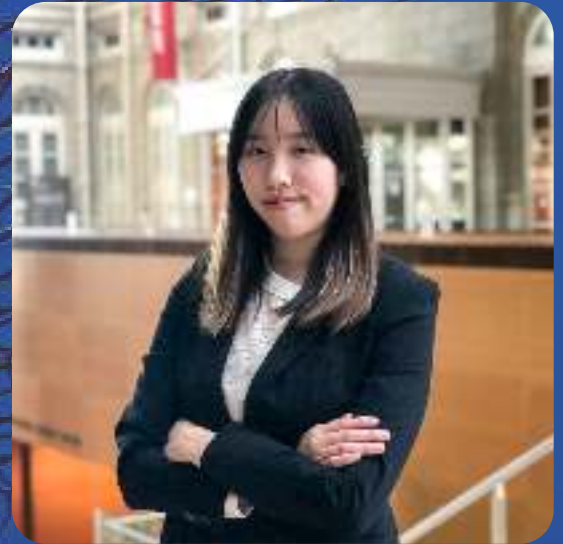
**Done by:  
Michelle Lee Chuan Ling  
Nur Hazeem bin Abdul Nasser  
Nur Kamilia binte Abdul Aziz**



## MICHELLE

Walking, wondering and discovering, that's how we really get to know our city! Since young, Michelle always enjoyed being out on the streets. From taking photos of roaming otters to chatting with ice-cream sellers, Michelle has learnt much of Singapore's unwritten codes through her experience. But outside of this curiosity, Michelle has also represented Singapore in both swimming and fencing on the youth national level.

Currently, Michelle is pursuing a major in Urban Studies and a minor in Philosophy at Yale-NUS College.



## HAZEEM

Hazeem is a 4th-year undergraduate student at Yale-NUS College, pursuing Philosophy, Politics and Economics. He cares deeply on issues such as wealth inequality and support for low-income families. In such fields, he has started initiatives such as A Little Change and The Signpost Project which provides broad-based support for the vulnerable in collaboration with relevant ministries.

In his free time, he enjoys listening to Studio Ghibli music and is a diehard anime fan. He also likes to dabble in Chinese philosophy literature while learning Arabic on the side.



## KAMILIA

Kamilia is a penultimate-year undergraduate majoring in Sociology and Political Science in the Singapore University of Social Sciences. As an aspiring diplomat, Kamilia aims to gain insights of ASEAN-related issues in the perspectives of other global thinkers while forging friendships beyond geographical and cultural boundaries in the era of the COVID-19.

A fun fact about Kamilia is that she can speak fluent Korean and has entered multiple Korean speech contests both in and out of Singapore! In her free time, she loves to sing in front of her cats (while being blatantly ignored) and e-skate through Singapore's tropical greenery.



# FOODIE GUIDE

**Rojak** is a well-known yet unique cuisine, which means an “eclectic mix” in colloquial Malay. Known to reflect the cultural diversity of Singapore, every race has their own versions of the rojak! While the Chinese-style rojak is usually made up of *youtiao* (Chinese fried dough), the Indian-style rojak includes a variety of ingredients such as potatoes, tofu and meat, and the Malay-style rojak typically consists of a mix of different types of fruits!

Yup, you guessed it! There is definitely no one way of making a rojak. Indeed, the highlight of every rojak is bringing together disparate ingredients with strong, distinct flavours into a harmoniously tasty blend.



**Chinese-style rojak**

Taken from BearNakedFood blog



**Indian-style rojak**

Taken from Tropika Club Magazine



**Malay-style rojak**

Taken from Asian Inspirations

Embracing the multi-cultural diversity of Singapore's population, **laksa** was created by the merging of Chinese and Malay cuisine.

Some might debate its origin but one thing's for sure - you can't get a more Singaporean laksa than at 328 Katong Laksa. They use rice vermicelli that is deliberately cut into short pieces such that you only need a spoon to eat it. In 2013, this dish even beat Gordon Ramsey in a laksa challenge!



Taken from Tuan Nini



Both citizens and observers alike cannot disagree that the Merlion remains a national icon of Singapore.

The **Merlion** is an architecture unique to Singapore, representing Singapore's history as a fishing village and a representation of Singapore as the "Lion City". Originally built in 1972, it was relocated to its current position in 2002 to complement the Marina Bay waterfront view.

Taken from Hotels.com

"To the young and to the not so old, I say, look at that horizon, follow that rainbow, go ride it"  
Lee Kuan Yew, 1996



Taken from Roots.sg

The older generation made memories with it. The younger generation know it as a heritage icon.

The **Toa Payoh Dragon Playground** is one of the last two remaining playgrounds with the dragon design. Built in 1979, it has withstood time and resisted the rapid modernisation of Singapore.

Today, it appears to be a bridge between generations, for generations. A kid can experience the same thrill our grandparents had. The only difference is the landscape and the date.



## Sarynar Jearasuk (Rin/Jaa)



A half-blood of Nonthaburian and Bangkokian, also, a fresh-grad-student from Political science, Thammasat University. I will be studying in Taiwan in a few weeks in Human Resource Development. Since I'm living in Nonthaburi, one of the most popular things from my hometown is Nonthaburi durian and Koh kret, which is a place surrounded by a river. You can take around of cycling to explore local ethnicity, culture, and visit a leaning pagoda.

**Interests:** Politics & International Relations, Civic Engagement, Youth Community , Social Innovation

## Tawanrat Marit (Prae)



I'm currently a 4th year student, studying Social Policy and Development at Thammasat University. I was born and raised in Yala, a southernmost province of Thailand. My hometown is well-known for the "Shougun tangerine". As my hometown is bordered to Malaysia, there is a traditional Muslim dish in Yala called "Nasi Dagang" and it's my favorite dish.

**Interests:** Human Rights Issues, Criminal Justice, and Public Policies

## Panchaya Burakorn (Yam)



A 3rd year student of studying Lifelong Education and English, Faculty of Education, Srinakharinwirot University. I recommend you to come to my hometown, Trang. Here, the weather is very good, local food is super delicious, Roasted Pork and Trang cakes. It will surely impress you. There are wonderful beaches and islands here that will make you feel amazing! Do you know underwater wedding ceremonies? This event is only available in Trang!! Trang a-must to visit if you come to Thailand.

**Interests:** Teaching strategies, Lifelong Learning, and Education

## Bimvilai Sundararohita (Bua)



A second-year student studying at Social Policy and Development Program, Thammasat University. I am from Thailand and currently living in Samutprakarn, a province that sits just south of Bangkok, which has varieties of options for seafood, since the province is on the Gulf of Thailand, at the mouth of the Chao Phraya River. I enjoy it when people come to me to talk about their struggles, and I can offer them support or helpful advice.

**Interests:** Deep Conversation, Individual Trust worthy, CSR/CSV Project

## Sasipa Nakornsree (Mulan)



I'm 18 year-old and currently a freshman studying at faculty of Political Science (International relations), Chulalongkorn University. I was born in Samutprakarn, the province located next to Bangkok. The signature dish of Samutprakarn is "Pla Salid" or Harmand's, a native fish water and a main source of protein for local people. Another signature dish from Samutprakarn is a dessert called "Kanom-Chak". Moreover, my hometown also has a recommended attractions called "Ancient city" and "The Erawan Museum".

**Interests:** China's Politics, Chinese and Korean Language, and Holocaust



WHAT COME TO YOUR MIND

# WHEN YOU THINK ABOUT THAILAND?

## Thainess

Hello! or, in Thai, Sawadee was announced to be a standard word of greeting in Thailand since 1943. They also applied Arunsawad (Good Morning), Tiwasawad (Good Afternoon), Sayansaawad (Good Evening) and Rattrisawad (Good Night) to say in different time relying on the English word. Many cultures and practices were promoted during the age of Field Marshal Plaek Phibunsongkram. He aimed to uplift the national spirit uniting people in the nation and set a standard of being 'Thai'.

One significant transformation was the changing of the name of the country from "Siam" to "Thailand". Some foreigners might wonder why people stand up and stop while the national anthem plays at 8 am and 6 pm? Why do Thai people look so kind? The evidence demonstrates that nation - building during the 1930s has influenced the definition of 'A Good Thai'. A good Thai should always be kind and helpful to the young, the elderly and the sick. All Thai had to pay respect to the national flag and anthem.



Rice noodles were modified to Pad Thai which is a product of the government's promotion in order to support local goods through the idea of "For Thais to Utilize Only Produces from Thailand". Pad Thai is internationalized with the government desire to enhance Thai economy, mainly come from tourism sector, through 'Global Thai' program by increasing Thai cuisine's popularity oversea.

Source: The Standard, Refworld, Storymap, Cambridge University Press, Eve Wongworakul

### ELEPHANT PANTS

Some tourists say the pants are comfortable and cheap to wear (about 150 THB each), also elephants are the official national animal for Thailand. They're a phenomenon worn by a majority of tourists during the day as they come in very colourful shades with light and breezy trouser fabric.



## Digital Media Content

The content in the Y series, also known as Boy's Love. Nowadays, are more accepted and well known until it makes the trend of the series more popular. Some of the well-known series are 2gether the series and the I Told Sunset About You. Thailand is regarded as one of the world's leading content production series and number one in Asia. The Ministry of Commerce organizes a project to promote Y series content producers. The project generated more than 158 business negotiations, generating revenues of more than 10 million USD.



Source: Money and Banking Thailand

### GHOSTS IN THAI CULTURE:

There are several folktales related to ghosts in all regions of Thailand but one thing in common is that Thai people believe the ghosts can give you a hint to win the lottery! This is also a reason why you can see big trees in Thailand tied with colourful fabrics. Thai people believe that there are good spirits in the big trees and those spirits can give them the numbers to win the lottery.

Source: Timeout Bangkok, Culture Trip

Moreover, Ghosts are not just local folklore but the ghost story in Thailand is quite internationally famous such as Nang Nak (1999), Shutter (2004), 4bia (2008), and Laddaland (2011). The current movie "The Medium" (2021) is Thai-Korean film, inspired by Thai beliefs related to ghosts and shamanism practiced in the northeastern part of Thailand.



# Thailand Cultural Map

## Northern Region

### Doi Suthep

A regal mountain overlooks the city from the northwest, providing commanding views from its summit.

### Whisper of Love painting

Popular traditional Thai painting from Nan province. This unique Thai folk art depicts a romance scene of the Burmese man whispering to his beloved lady. At the same time, the charming lady responds to him with a lovely smile.

### Paper Umbrella

The paper material, the thin bamboo frame and the delicate designs practical for real life use not just for decoration. The grain of Saa paper helps prevent the rain from soaking the paper and when coated with oils, these paper parasols become even more waterproof.

### Thi Lo Su Waterfall

Majestic waterfalls in Thailand, located in the most untouched area of Tak Province which borders to Myanmar.

## Western Region

### WWII Route

It was built from the blood and sweat of WWII prisoners of war and Asian slave laborers as Japanese troops attempted to cross border to Myanmar during the wartime.

### Thai Dessert

The famous souvenir from western Thailand is Thai dessert such as Khanom Mhokeang, Arlua, Lukchoop and etc.

### Seafood

As a gateway to southern Thailand, you can enjoy eating seafoods in Prachuap Khiri Khan.

**Chilli Sauce (made of shrimp paste)**  
Dipping with Fried Fish and veggies  
Traditional combo dish can be found in Southern Thailand.

### Scuba Diving

Recommended activity if visit southern Thailand. You'll see beautiful coral reef and diversity of marine lives.

### Khao Yum

Khao Yum literally means rice salad in Thai. This dish comprises of local veggies, herbs and fermented fish sauce dressing called 'Budu'.

### Phra That Doi Suthep

One of northern most sacred temples found on the mountainside. According to legend, the temple was built to hold a piece of bone from the Buddha's shoulder.

### Khao Soi

A deliciously rich, creamy, slightly spicy yellow curry dish originating in Northern Thailand. This dish is inspired by southern Chinese and Burmese cuisine.

### Prasat Pimai

Mahayana Buddhist sanctuary and the largest Khmer temple compound in Thailand, located in Nakhon Ratchasima.

### Phra Tat Phanom

The 57 Meter-tall Laotian style Chedi, located in Nakhorn Phanom Province. According to the legend, this temple contains Buddha's breast bone.

### Phi Ta Khon or Ghost Festival

A famous festival in Leoi Province, where the local celebrate the rebirth of Prince Vessantara (Buddha's past life). There's a parade of the people wearing handcrafted colorful and scary 'Phi Tha Khon' masks.

### Ban Chiang Archeological Site

Another World Heritage Site in Thailand located in Nong Han District, Udonthani. It's where the prehistoric human settlement had been found.

## Northeastern Region

### Pha Tam National Park

Apart from the beautiful scenery, there're prehistoric paintings on the cliff and inside the cave, which is 3,000-4,000 years old.

### Dong Ruk Mountain Range

Natural border between Cambodia and Thailand

### Khao Yai National Park

The 3rd largest national park in Thailand, covering areas of 4 provinces of the eastern Thailand. It was declared as World Cultural Heritage by the UNESCO.

### The Chicken Ceramics

The rooster chicken ceramic factory has established by the Chinese immigrant in Lampang and later become famous throughout Thailand.

## Central Region

### Floating Markets

It's a wonderful place to enjoy riverside shopping and seeing the traditional way of living of people in central Thailand at the floating market communities.

### Grand Palace

It was built in 1782. Inside the Grand Palace, there are including of the several buildings such as halls, pavilions set around open lawns, gardens and courtyards.

### Street Food

Thailand is a home of street food. People can easily find food sold for every corner of the street! There are variety of foods that can be found as well.

## Southern Region

### Pattani Central Mosque

The largest mosque in Thailand. The architecture is western, with similarity to the Taj Mahal of India.

- Sources:
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### For more information:

<https://www.th.undp.org/content/thailand/en/home/presscenter/pressreleases/2020/you--me--we--us--a-search-for-self-and-others-from-diverse-ethni.html>



## MY HAPPINESS

By Nguyen Vu Bao Chau & Nguyen Vu Huy Hoang

When I was a child, I heard people say: "Food can make you happy." As an ordinary kid, it was more of finishing the meals and less enjoying the meals. But growing up, from a sweet-lover only, I find myself turning into a Vietnamese food enthusiast, running on a journey of food and self-discovering for 21 years of life.

Vietnamese food never fails to amaze me with its unique flavors and extraordinary ingredients combinations. I sometimes wonder how Vietnamese people came up with such ideas: how pork can become a delicious dessert, and egg can actually go well with coffee, how such simple ingredients can create an explosion of flavours in your mouth and leave an impression so great you always crave for more. And I think that is what makes food a source of happiness: it soothes you, it calms you, it calls for peace and excitement even before it touches your tongue. Growing up discovering all the diversity of Vietnamese food, until now, I still can't have the confidence to declare "I know it all" because there are so many dishes to count, so many variations to compare, and so many cultural factors to appreciate.

Vietnamese food, not only about Vietnamese food, it is also an experience of a lifetime. When I was 5 years old, I was on my toes waiting for the uncle that sells

**keo keo** to pass by my house. When I was 11, I thought my stomach was going to burst because I ate 3 bowls of **bun hen** (clam noodles) paired with **che bap** (sweet corn soup) when my parents brought me to the legendary area for the dish. Now I am 21 and in the pandemic, missed the feelings of going from place to place, from one street vendor to another, hanging out with friends, those experiences add more love to the food, and they complement each other so well.

Because food is a part of the daily life I love, it is also a part of me. Vietnamese food with the perfect combination of sour, sweet, spicy, salty and bitter, sounds like it is a part of my identity.



**Banh Cuon** - A starter pack of energy and goodness for a happy day. Personally, the dish puts together basic local ingredients in a way that each compliments another. It goes well with my motto in life as I stick to the basics and combine them with my own recipe to create a highlight.

"A Tasty Day in Ha Noi" - capital of Viet Nam. To kick off the day, let's hit the streets. We need that energy from **Banh Cuon**. A recipe that makes great use of local ingredients (proteins, herbs and sauce) and blends them in such a way that each piece compliments another. Then, to rinse off the aftertaste of the fish sauce, we need that infamous **Egg Coffee** which ranks top of the list in Vietnam. Or that, we reach Cafe Giang to enjoy such a beautiful cup of traditional drink that would certainly boost your concentration and help you stay upbeat for a day. The interesting combination of sweetness, bitterness, and saltiness in the drink suits the atmosphere in the streets of Ha Noi. After a couple hours of chattering, looking at the streets or perhaps working, it is time for a nutritious lunch. A recommendation

among hundreds of choices would be a quick bowl of **Pho** - renown for the flavors; and most interestingly, you can find **Pho** easily since such a dish can be found everywhere in Ha Noi. In the afternoon, we would move further inwards to the Ha Noi Old Corners; while exploring the antique cultural sites, we may enjoy some snacks on the way.

**Che**, which can be referred as sweet soup, goes with a variety of toppings and is ideal for our tour; my personal preference would be **Che Khuc Bach** which is refreshing and tasty. If we reach Loan Kiem Lake, we also

need a **Trang Tien ice cream** for a wholesome experience as we stroll around the place. In the evening, we can enjoy grills on Ham Cau street where we grilled the meat ourselves right at the table with herbs and sauces pre-served. Afterward, we can wrap up and call it a day, or we can continue the tour around the city and get ready for a night food tour.





# HOW AN EDUCATIONAL INSTITUTION HAS BEEN STRIVING TO OVERCOME CHALLENGES POSED BY PANDEMIC COVID-19 OUTBREAK

By Hien Minh Luu

I am Hien Minh Luu – Founder & CEO of WISE English – one of the most reputable English learning centers in Danang, Vietnam. Having left life and work opportunities in England behind, I returned to my country to launch a startup business of my own.

Two years since the opening, WISE English has established three separate branches and educated more than 2,000 students coming to learn English, all the staff members and I have experienced many emotional ups and downs, especially the severe impact of recent growth in COVID-19 cases across my country. Everyone has to work remotely for safety during lockdown and, more unfortunately, all of our English offline classes are postponed temporarily until further notice, which is a major setback for our students and also for our company.

In order for my business to sustain and survive a worldwide pandemic, I have been racking my brain trying to figure out how to handle the difficult dilemma.

**Our mission is to help young generation in Vietnam alter their method of learning English according to NLP and Linguistics to conquer this language in the fastest and most effective way, which is why we always try our best to maintain the continuity of learning through online classes.**

Initially, parents and students were reluctant as shifting to digital learning raised their doubts about its effectiveness. However, owing to the enthusiastic support of our staff members, together with the fact that we have integrated formalities like Zoom and Google Meet into teaching as well as encouraged our teachers to incorporate learning platforms such as Quizlet, Quizizz and Kahoot! in order to make studying less boring, eventually our customers have put their faith in us.



Unlike other English centers that were shut down due to low budgeting, we have to come up with various new strategies to increase our revenue and retain great employees. Extending our brand to reach new potential customers in other fields is also of paramount importance, so we take the initiative in opening a marketing agency business school called **WISE Business** which offers marketing services and training courses in building profitable sales and marketing strategies for those who are in their first steps of starting a business in the time of COVID-19. By doing this, we can lend them a helping hand in boosting their sales so that they can survive and thrive through this global crisis.

"A satisfied customer is the best business strategy of all" (Michael LeBoeuf). Amid the COVID-19 pandemic, businesses are especially vulnerable. As a person who have been through this situation many times, I believe that not only should we focus on understanding customers' physical and psychological needs, but we also have to stay innovative so as to maintain business continuity and overcome obstacles during these unprecedented times.



# YOUTH INITIATIVES TO TACKLE COVID-19 IN VIETNAM

By Do Thi Linh Trang

In Vietnam, there is a saying: "Đầu cần thanh niên có, đầu khó có thanh niên", meaning the Youth will be where needed and where difficult in English. This phrase expresses the pioneering spirit of Vietnam's Youth. Amid COVID-19 pandemic, Young Vietnamese has done wonderfully in portraying this spirit.

The first confirmed case of Coronavirus in Vietnam was found on January 23rd, 2020. Since then, the country has been dealing with this infectious disease for almost 2 years. Upon the early day of the outbreak, young people all over Vietnam have been engaging in the fight against the pandemic. Many initiatives and creative measures have been implemented on a voluntary basis. Regarding the medical aspect, thousands of young medical staff, doctors and medical students have moved to affected areas to support localities to fight the epidemic. And recently, a network of young physicians is established to consult people displaying symptoms of Coronavirus through digital channels since there is a significant increase of COVID-19 cases. In order to support the healthcare frontline workers, the youth have applied their knowledge and technical skills to create medical equipment such as sanitizing booths, cooling vests, etc.

In affected areas, young people join forces with local governments and local youth organizations to combat COVID-19 by taking part in several vital and demanding tasks. They participate in emergency aid programs such as Millions of Meals to provide food and essential items where strict social distancing measures are being applied. They prepared meals and delivered them directly to people in need. They also volunteer at checkpoints to control the movements of citizens in the areas.

Considering people's mental health and psychological well-being during this crucial time, Ho Chi Minh's youth set up a music event in quarantine areas and field hospitals. This was an emotional and inspiring event for both performers and audience. Young artists and performers have collaborated to soothe people and frontline workers since Ho Chi Minh City is a COVID-19 hotspot.

Although they encounter many difficulties during the process, Vietnamese youth will still put on a brave face, share a feeling and join hands to overcome the pandemic. The youth of Vietnam will continue to demonstrate the spirit of pioneering, creativity and active ness in the new normal.



# THE VIETNAMESE AO DAI

By Nguyen Minh Ngoc

A costume that flatters every figure

The beauty of women dressed in "Ao Dai" always leaves a deep impression on foreign visitors to Vietnam. Students dressed in white long robes take to streets on the way to schools or back home, or gracefully sail on their bikes along streets. Female secretaries in delicate pastels greet you at an office door and older ladies in deep shades of purple, green or blue put a striking pose at a restaurant dinner. The "Ao Dai" appears to flatter every figure.

Today, "Ao Dai" has been a bit modified. Its length is cut shorter usually just below the knee. Variations in the neck, between the boat and mandarin style, are common. And even adventurous alterations such as a low scooped neckline, puffed sleeves, or off the shoulder designs are appearing as ladies experiment with fashion. It is hard to think of a more elegant, demure, and charming outfit that suits Vietnamese women of different ages than "Ao Dai".

Throughout the many trials and tribulations of Vietnam's history, the "Ao

Dai" remained unchanged in its symbolism and the image it conjures in the hearts of all Vietnamese. Today, due to its timelessness, the ao dai remained the national dress for both Vietnamese men and women. The "Ao Dai" and what it represents transcends all ages and it reaches the lives of people from all walks of life. To the Vietnamese people, the ao dai is still the dress of choice on a social occasion and enjoys a preference on special occasions as well.



# VIETNAM'S HIDDEN GEMS: TREKKING & MUST-SEE LANDMARKS

By Do Linh Anh & Le Hoang Thanh Tu

A myriad of new tourism trends, tailored specifically for youth and more active adults, has emerged during the COVID-19 pandemic. Forget flight hassles and plan your next trip to Vietnam with us.

## ● TREKKING IN NORTHERN VIETNAM

### Ta Xua – The Land above Clouds

Known for its beautiful sea of fluffy clouds around the mountain, Ta Xua will make you feel like you are in Heaven. The three most important peaks here form a line that looks like the back of a dinosaur, making the scenery even more epic.

Best time to visit: December – March



Credit: Dzung Vu/ Shutterstock.com ▲

### Ma Pi Leng Pass – Happiness Road

Ma Pi Leng is considered as the King of Passes in Vietnam. The pass offers breathtaking landscape and exotic walking trails along the mountain. The turquoise colored Nho Que River flowing below the cliff valley is must-see spot.

Best time to visit: September – October

Credit: Nasyak32/ Shutterstock.com ▲



Credit: Trisipalakov/ Shutterstock.com ▲

### Mu Cang Chai – Home of Terraced Rice Fields

With the pristine natures of high forested mountains, deep valleys & wonderful waterfalls, Mu Cang Chai will definitely take your breath away.

Best time to visit: October (during the rice harvest season)



## ● VIETNAM'S SIGNATURE LANDMARKS

**Temple of Literature (Hanoi)** Vietnam's first original university dedicated to the teachings of Confucius in 1070. Considering its age, the temple is exceptionally well preserved and is a prime example of traditional Vietnamese architecture. The temple is made up of five courtyards, filled with pristine gardens, a large pond known as the Well of Heavenly Clarity, and a large bell and drum tower.



Credit: Vietnam Stock Images/ Shutterstock.com ▲



Credit: Nguyen Quang Ngoc/ Shutterstock.com ▲

**Imperial City (Hue):** Hue is the birthplace of the Nguyen Dynasty and also the last feudal dynasty of Vietnam. It was the capital of Annam country from 1802 to 1945. The Imperial City is the perfect introduction of Vietnam's history before war times. Make sure to visit the Gate of Merit, Benevolence, the Pavilions of Splendor, Hall of Supreme Harmony and the The Forbidden City.



Credit: Nguyen Quang Ngoc/ Shutterstock.com ▲

# WHAT WE SEE, WHAT WE KNOW

featuring hartini and davina



## issue 1

Released August 2021. What We See, What We Know is a zine devoted entirely to observations from Hartini and Davina on all things education. Such works include writing, art, photos, music and more.

**Hartini tells us about online learning through memes**

**Davina writes about her experiences in school**

And more!

# EDITORS' NOTES

Although the pandemic has given us more reasons to stay disconnected and isolated, Hartini and I have found ourselves more connected through this zine than ever. Coming from a small town in Malaysia, opportunities to meet new people are few and far between, and with the pandemic exacerbating this situation, I could not help but think that I would be left to my own devices yet again.

Meeting Hartini through the 11th ASEAN Youth Forum has been an absolute delight! We bonded quickly over our love for teaching and learning and tried our best to replicate our experiences of education under these difficult conditions.

All hope is not lost. Though miles apart, Hartini and I were able to come together and work on this zine for all of you in order to document and inspire you to keep the momentum going and to not lose faith in yourselves and your abilities.

We sincerely hope that you enjoy this issue we have created. Feel free to contact us about your stories and challenges while learning during a global pandemic.

Your stories matter to us.

Together we can connect and share our experiences around learning and growing and become more connected than ever before. If small-town Davina could do it, you can too.

Best wishes,  
Davina

Overviewed and approved with smiles and hugs from  
Brunei,  
Hartini



**davina anne rajah**

Davina Anne Rajah is currently an undergraduate student at Universiti Malaya pursuing a Bachelor of Education. In her free time, she is a podcast host of an education-based podcast called *Schooling, The Podcast*. When she has downtime, she enjoys a casual grocery shop and an occasional cup of tea. If you would like to connect with her, email her at [davinaa@gmail.com](mailto:davinaa@gmail.com) or connect with her on LinkedIn at [linkedin.com/in/davina-anne](https://www.linkedin.com/in/davina-anne)



**hartini mashod**

A researcher studying personality types and employability. A homebody that is fueled by caffeine and dreams. In her free time, she enjoys playing squash and binge watching K-dramas.

# HOW TO GET THROUGH ONLINE CLASSES

by Davina Anne Rajah

Online classes can take a toll on one's physical and mental wellbeing. Hence, it is important to know about the possible ways one can cope with the hectic challenge of online learning. Below are some tips on how to stay active and sane during this pressing time. Hope these tips help!

## #1: Take breaks

Taking the time to relax and unwind is necessary for ensuring that you don't constantly stay glued to your screens. It also keeps you interested in things outside your education, which is necessary for your overall development.

## #2: Ask for help

Sometimes going through online classes can be a challenge, asking for help, whether it would be getting feedback on an idea or simply rereading an essay could go a long way in helping you feel less isolated throughout this process.

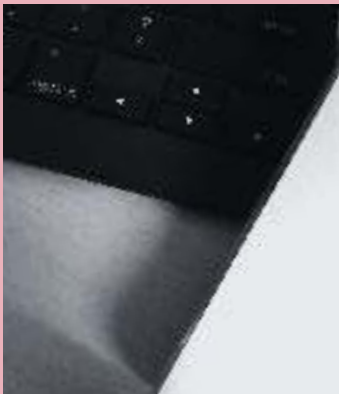
## #3: Pursue your hobbies

Because of the online pressure faced, it is easy to forget the things that matter to you the most. If you love to cook, write, play, or sing, make sure to pursue your passions. You'll never know when your passions might save you for a rainy day.

## #4: Stock up

Whether it be simply charging your device or stocking up on snacks, ensuring that you have enough of what you need to get by a busy day is important in maintaining overall moods and can alleviate some of the stresses of a hectic study schedule.

**“Don't be afraid to ask for help when you need it.”**



"Remember the good old rattan?"

# MEMES



Parents now have an additional job as teacher for their kids. Especially for younger students, parents have to ensure their kids are really focus during the class - with a rattan ready to swing!



Online class means your bedroom or living room becomes your classroom. Thanks to the virtual background feature, you don't have to clean up anymore (or so?). This might also be only opportunity to show-off your cute pet to your classmates.

**AVOID EYE CONTACT!**



Just because it's online doesn't mean the teachers will stop doing this. Now that it's online, maybe we can pretend that there is a connection problem.

#plsdontpickme



Let's just say with online class, time is on our side. With just a screen away, we can attend the classes in our pyjamas & unbrushed teeth.

# ONLINE LEARNING

REALLY COOL SITES TO  
CHECK OUT TO AID YOUR  
ONLINE LEARNING  
EXPERIENCE!

## **Khan Academy**

A great place to get topics such as  
maths explained in detail.

## **TED.com**

A website that has a talk on almost  
any topic in the world!

## **Microsoft OneNote**

A note-taking software that helps  
you easily take notes digitally.

## **Quizlet**

Create quizzes for yourself or try  
an existing quiz that is about your  
subject of study.



# THE LOST GENERATION

Words and Photography  
Davina Anne Rajah

No one knew that the COVID-19 pandemic would last as long as it did or does.

Across the country, students face difficulties with the education system, either exacerbated by a lack of access to technology or by a general uncertainty wrought by the pandemic. These factors weighed heavily on the hearts and minds of students, who are trying their best to keep up with the changes in systems and rules.

Through these changes, we see a trend of students who are unable to cope with the technological and attention demands of online learning. Online learning is taking a physical and mental toll on students, tiring them at a very early age and robbing them of developing intrapersonal and interpersonal skills such as discipline.





self-gratitude and non-verbal cues in their daily interactions.

It is futile to solely blame teachers, as most of them are concerting great effort to solve what works best for their students. Teachers are fast-tracking their technological knowledge and taking into significant consideration their students' performance and assessments.

The pandemic-borne uncertainty looms stakeholders in education. While all stakeholders are trying their best to work amidst the trials and tribulations of the COVID-19 pandemic, online teaching and learning will result in many students suffering from unknown

effects, further pushing them behind on the educational frontier.

The effects of the fragmented education system due to the pandemic will inadvertently trickle down to Malaysia's global education presence. The best course of action to eradicate the unknown effects of the pandemic on students, teachers, and the administration is to constantly check up on each of these parties and attend to their needs in the most efficient way possible.

Letting any of our young ones suffer throughout this contentious time is only going to further dissolve a generation, making them the lost generation.



**The best course of action to eradicate the unknown effects of the pandemic on students, teachers and the administration is to constantly check up on each of these parties and attend to their needs in the most efficient way possible.**

DAVINA ANNE RAJAH

**'IN THE END,  
WE ONLY REGRET  
THE CHANCES WE  
DIDNT TAKE'**

Let's do this!



**FLEE AGAIN**

sunlight and sea breeze  
will set you free.

—Suzanne Collins, *Hunger*, 2004



**WHAT  
WE  
SEE,  
WHAT  
WE  
KNOW**

**CHANGE IS THE  
END RESULT OF  
ALL TRUE  
LEARNING**

—Lao Tzu

**CHALLENGE  
ME  
AND I WILL  
RISE**



*Our Journey to the new normal....*

# The power of art to unify against COVID - 19

Amidst the onslaught of unsettling news, anxiety and uncertainty that surrounds the COVID-19 pandemic, we have seen a heartwarming surge of talented young artists tapping into their creative skills to promote a sense of unity and togetherness amongst the public to combat COVID-19. Here's a look into these budding artists and their featured artwork.

## Spotlight on local artists in Brunei:



Image by: Joanita Zain

Name: Joanita Zain

IG handle: @Jellybeandreams

Background: Creative Illustrator with a background in Communications and an MA in International Politics.

Commonly known as Jo or Miss Jellybeandreams - after the Bruneian grown company that she has been building as a creative-preneur for the last 8 years. She is a digital illustrator, nature-lover and a sentimental artist at heart. Her art can be described as both dreamy and colourful, and thrives on evoking feelings of happiness, of family, of love and hope.

## Featured artwork:

*“When COVID-19 reached Brunei's shores in 2020, we all felt the nerves and the anxiety of the unknown. Through the difficulty, I found the quick response of Brunei's government and the calm cooperation that rose amongst the community humbling to be a part of. With social distancing measures keeping everyone physically apart - art was my medium to band people together in spirit, as well as to show my gratitude to the nation. I drew inspiration for the droplet shaped design from Ryunosuke Sataro's quote that reads, 'Individually, we are one drop. Together we are an ocean'. A merge of various simple illustrations of key workers and the words 'Stronger Together' serves as the overarching message.” – Joanita Zain*



Title of art: 'The Tribute'  
Art/Illustration by: Joanita Zain

Name: Ainan Salsabeelaa Kassim

IG handle: @ainansalsabeelaa

Background: Watercolour Artist running her own art studio, Petals and Palettes

Ainan grew up with her dad being her first art teacher at home as early as nine years old. Having a father who is also a painter has helped her grow not just in terms of developing her skills and self-expression, but also finding her own identity as an artist.



*Image by: Ainan Salsabella Kassim*

## Featured artwork:

*Loosely translated from Brunei Malay as 'Stay at Home' – this creative art piece has gained traction and made its way around the social media platforms as Brunei battled its second wave of COVID-19 with a sharp increase in community spread cases. The art piece calls upon the public to do their part in curbing the spread of COVID-19 by staying at home and engaging in productive and meaningful activities.*



*Title of art: 'Teranah di Rumah'*  
*Art/Illustration by: Ainan Salsabella Kassim*





*Image(s) by Davina Anne Rajah*

# BETWEEN THE

DAVINA ANNE RAJAH (Malaysia)



# STREETS

*Seremban town, Negeri  
Sembilan, Malaysia*

# Street art has also found its way to express itself during the COVID - 19 pandemic....

Street and graffiti art are projected to reshape Jalan Roberts in Bandar Seri Begawan.

The work shown here are called the "Seven Padians" which 7 artists were called for to collaborate on. The artwork aims to represent Brunei's past businesses over the river. Each padian are designed to portay the ethnic groups in Brunei such as the Bruneien Malay, Kedayan, Murut, Tutong, Belait, Dusun and Bisaya.



*Image by: Adli Razak*

*Image by: Adli Razak*

*Image by: Ainan Salsabella Kassim*

**“We are a local company that is really passionate about murals... It’s one of the ways we can help to contribute to build up Brunei tourism one day, maybe after the pandemic dies down.” Said Ariff Suhaimi, a representative from “Guerilla Architects”**





*Image by: Adli Razak*



The artists did encounter certain challenges like requesting this project to be approved as they want to portray their graffiti art in a positive way, rather than falling into the stigma of vandalism

# Digital art is thriving!

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"SOAS Mosque, Floating on a Dream"

*The skies are a light with the brilliant colours of Brunei's sunsets- purple pinks and orange hues glitter behind the iconic Sultan Omar Ali Saifuddien (SOAS) Mosque, named after the 28th Sultan of Brunei, Omar Ali Saifuddin III. The skies are reflected in the artificial lagoon created for the mosque, on the banks of the Brunei river at Kampong Ayer, the water village. It is calm, there is no wind- making it look like the mosque, is floating on a dream.*



*Title of art: 'Jame Asr' Hassanal Bolkiah Mosque'*  
*Art/Illustration by: Ainan Salsabella Kassim*



Image by: *filmbetracher* (Pixabay)

# Protector or Polluter ?

---

1.6 million tonnes/day of plastic wastes generated,  
Since the beginning of the outbreak,  
3.4 billion single-use facemasks discarded daily,  
Due to an avalanche of COVID-19 cases worldwide.

Chloroethene polymers, neoprene, and vinyl,  
Macro-, meso- and micro-plastics,  
Infiltrated the atmosphere without remorse.

A momentum of years-long global battle to reduce plastic waste  
pollution, Turns into unmanageable levels of biomedical plastic  
wastes.

Heaps and heaps of face masks everywhere,  
Parking lots, dumpsites, gutters and shopping carts,  
A pitiful sight that isn't all that uncommon.

Improperly discarded and never segregated,  
Capable of floating around in the environment,  
Accumulating toxic pollutants and pathogens on their surfaces,  
Posing risk to humans and marine organisms.



## **A PICTURE IS WORTH A THOUSAND WORDS**

My name is Meas Soreach. A sophomore year student based here in Phnom Penh. My passion is about exploring whether its culture, language and people as I developed a knack for it. Travel and photography has been my way of articulating those passions into visual format and sharing it with the community.

Travel is a way to seek refinement and wisdom, well it's for me though. In my experience, travelling let me meet the other side of myself that I didn't know existed through the interaction with local people, exploring new landmarks, feeling the cold breeze while I ride my bike and ultimately taking photos. It seems like I'm in a universe of my own and reality is what I shape it to be.

Honestly speaking, I absolutely adore capturing moments. Moments like laughter, smile, the look of excitement and the surrounding. I do believe that positive surroundings give off a happy and nostalgic vibe and through photos, others will be able to feel it just like I did.

Myself, I wanted to tell my stories through photos, to portray the person that I am. They say, words are powerful, but combined with visuals, they are majestic.

A picture is a depiction of reality, a tiny fraction among the vast universe. Every picture that has been taken always contains a backstory to it, regardless of different point of view. Each message of a picture is distinctive depending on a person's two sets of eyes. Therefore, a picture is a message with no letters to it. Indeed, powerful in its own grace.



KHENG SOFRAWITH (Cambodia)

# The art of understanding....

In the age of the pandemic, we can not deny that it is a hard time for everyone especially for medical profession who devote themselves being a front-line in the biggest disease war recently. As a doctor or nurse who has faced thousands of cases in each day, their mental health and heart have been shaken so hard.

The Tua Lek Jai Yai project (Little body, Big Heart) was launched under Let's Be Heroes Foundation after surging number of cases in third wave of pandemic. They opened for medical profession volunteers to have a telemedicine, onsite medical support while general public volunteers help to coordinate administration system, facilitate medicine, and transfer urgent cases.

Art does not defined only in circumstance of painting and drawing but it is also the expression or application of human creative skill. I have known psychiatrist who has volunteered in the project (Little body, Big Heart). She gives an art of understanding and empathy through conversation. Doctors and nurse are healed through talking and getting advice after facing tough situation and loaded works. She creates a safe space allowing them to release their tiring and weakness. She will present there, in the safe space, providing an emotional support holding their back when they need through the art of understanding.



Image by:  
Let's be  
Heroes  
Foundation



*Title of art: "Let's be Heroes"*  
*Art/Illustration by: Let's be Heroes Foundation*

**SARINYAR JEARASUK (Thailand)**



# BRUNEI

traditional  
delicacies

## Cincin

This sweet treat is made from rice flour, brown sugar and red-palm sugar (hence the colour). Once shaped into multiple small rings, it will be deep-fried, creating a crispy layer outside and a chewy texture inside.



## Kusui



No, it's not Lamington (we get that all the time). This is another delicacy made from rice cake that can be flavoured with palm sugar or pandan, and coated with freshly grated coconut.

## Lenggang



These thin pancakes are rolled with scrumptious fillings of gradated coconut and palm sugar. A perfect treat for every occasion!

## Penyaram



Another delicacy with rice flour as the main ingredient! Mix with coconut milk & palm sugar, and it's ready to be deep fried.

This sweet & fluffy cake comes in various shapes. It's a favourite for Bruneians of all ages - crusty outside and soft inside. P/S: Best enjoyed with a cup of tea!

## Bahulu



Art/Illustration by: Hartini Mashod



# Share

by Davina Anne Rajah

I like food.  
Not like, love.

Like my soul aches just to  
be near food that tastes  
good.

Good food tastes like a ride  
around town,  
Or a pat on the head.

But shared food,  
Shared food tastes  
great.

The company is why I  
love  
food.



**CAMBODIA'S VERSION OF A FISH CURRY:**

# **AMOK TREY**

Fish Amok or you can call it “Amok Trey” or “Amok Fish” is a traditional Cambodian food. It is a type of steamed fish curry in Cambodian way. According to some historians, it is believed that Amok Trey is a delicacy for royalties dating back to Khmer Empire. Currently, it is one the most popular dishes among tourists visiting Cambodia. So much so, Amok Trey is now the national dish for Cambodia!!! If you're visiting Cambodia without trying Amok Trey, you didn't visit Cambodia at all!





*Image by: GnarfGnarfTravels*

## **KHENG SOFRAWITH (CAMBODIA)**

FEELING LIKE A SULTAN THROUGH:

# RABEG

Sultan Maulana Hasanuddin was the second ruler of Banten Sultanate back in the 16th century. Banten is one of the 34 provinces in Indonesia which located on the western-most java island. The province is a transit corridor to the neighbouring island of Sumatra, making it an important commercial center on international trade back then. Under Sultan Maulana Hasanuddin rule, the spread of Islam was carried out intensively and it also accelerated the process of Islamization in Banten.

When we talk about Banten, it is nearly impossible to just skip the talk about the foods!

Banten is not only rich with its beautiful natural tourism destinations, but it also offers a variety of appetizing, tempting, and mouth-watering traditional dishes. One of the most popular dishes is Rabeg.

From the title above, can you guess what Rabeg has to do with Sultan?

Yes, you likely guessed it right. One fun fact about Rabeg is that it was on the Banten Sultanate menu lists. In fact, it was once Sultan Maulana Hasanuddin's favorite!

Rabeg itself is made from mutton meat and innards cooked with shallots, garlic, white pepper, nutmeg, ginger, galangal, salam leaves, lemongrass and pepper/chilli. The creation of Rabeg started from the journey of Sultan Maulana Hasanuddin who went on hajj in the 17th century. He ate food in a city called Rabiq that he later deeply fell in love with.

When he returned to Banten, he seemed to be unable to get rid of its savory taste from his mind. He then called the palace chef and ordered him to cook a dish made from mutton like the one he had in Rabiq. Long story short, the chef formulated the recipe to replicate the dish which is now popularly known by Banten people as Rabeg (sounds similar to Rabiq).

So come to Banten and discover the rich, savory, sweet yet a bit spicy taste of Rabeg and feel like a Sultan!

**ALISATUL AINI (INDONESIA)**



Image by: Alisatul Aini



Image by: Alisatul Aini

THAILAND AS A.....

# GASTRONOMIC TOURIST DESTINATION!

**Thai Government has had Amazing Thailand campaign since 1990s which it highly highlighted Thai Cuisine especially in 2009 promoted as a Thai Kitchen of the World and Amazing Thai Taste campaigned in 2016.1The continuously of supporting policy significantly promote Thailand's gastronomy tourism through community-based tourism, food festival, Thai cuisine story.**

**This year, Massaman curry is selected to be The World's Best Foods by CNN travel<sup>2</sup> for five consecutive years along with 8th of Tom Yum Goong and 46th of Som Tam. Massaman curry sometime is called to be king of curry influenced by India and Persian around 1600s. It was mixed and combined with Thai, previously called Siam, food culture and become Massaman curry like today. If you wonder how great it is, it is great until it was mentioned in the food appreciation poem during the reign of King Rama II.**

**Another dish of Cultural Heritage is Tom Yum Goong that has long historical which firstly appear as a written evidence name Royal Cuisine in 1888. The writer wrote about the dish that he recently served in Majesty Palace that HM Queen Sirikit had asked the writer to present her and he changed the ingredient from fish to shrimp. Later, it went widespread to be local food and has become the iconic Thai dish.**



*Image by: Pixelbay*



**Lastly, Somtam or papaya salad appeared during Ayutthaya period (1350 -1767) and spread to North Eastern of Thailand. Even Papaya Salad previously related and concentrated in North Eastern of Thailand, now, you can find Som Tum restaurant in every single valley in Bangkok due to the flow of work force in recently 50 years. Som Tum are adopted to local taste which make it different from place to place with dry shrimp, pickled fish, papaya slice, and other ingredients.**

**With this food cultural heritage and government supporting policy, it is a great opportunity of Thailand to be a food tourism destination for foreigner. Therefore, Thailand is now working on food innovation policy through Food Innopolis by combining endogenous resource, culture, material with technology and research and development, and entrepreneur network to add value to Thai food supply chain and create regional innovation ecosystem.**

**SARINYAR JEARASUK  
(THAILAND)**

## **FUNFACT:**

*There is a well-known thai classic song named Som Tum sang by Pumpuang Duangjan, famous singer, and composed by HRH Princess Sirindhorn in 1970. Its lyrics mentioned on how to make som tum and ingredient.*

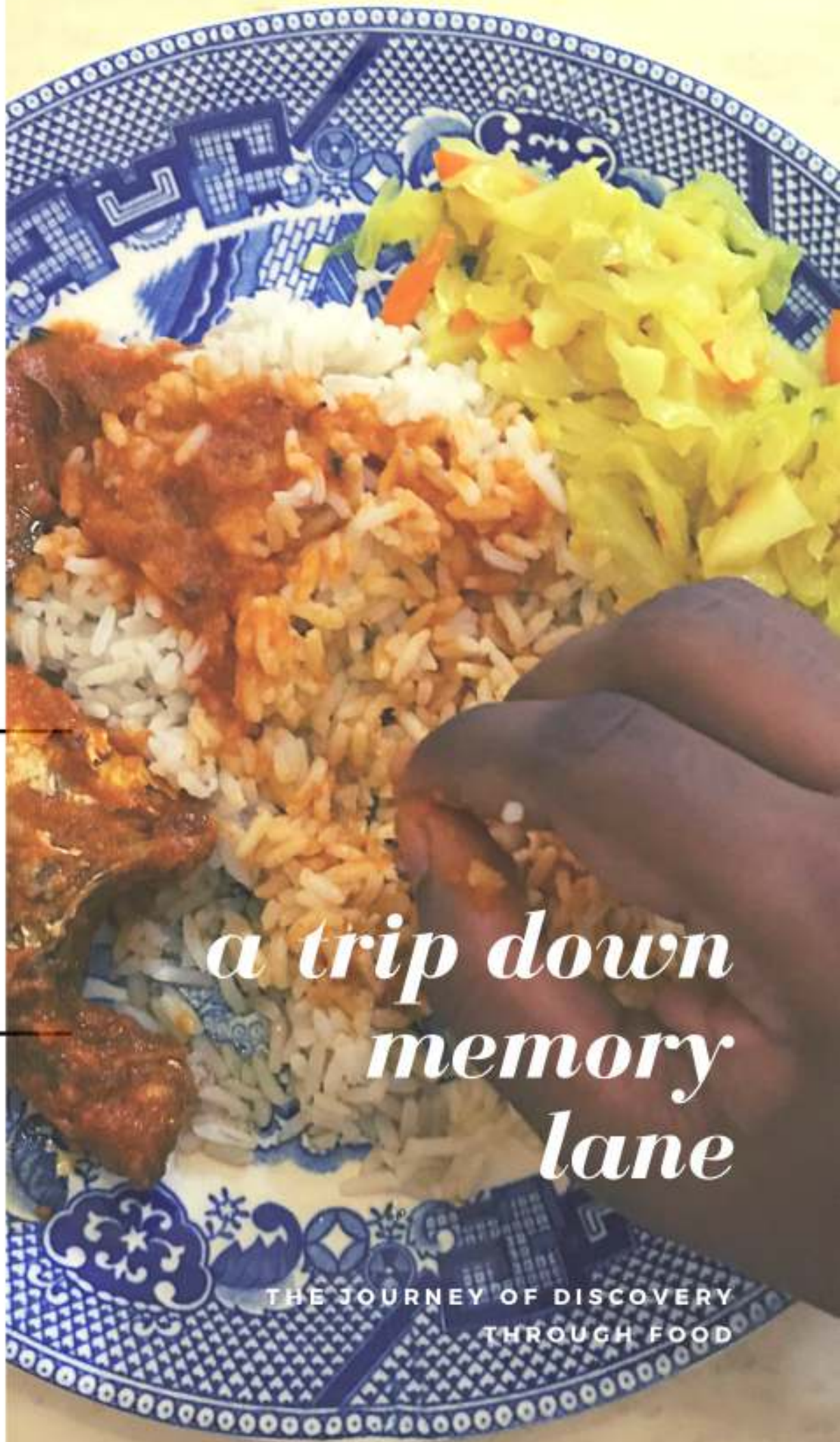




*davina's food journey*

TRAVELING WITH  
AND THROUGH  
FOOD

CONTENT AND  
PHOTOGRAPHS  
ARE BY DAVINA



*a trip down  
memory  
lane*

THE JOURNEY OF DISCOVERY  
THROUGH FOOD





# *my food journey*

AN ESSAY BY DAVINA ANNE RAJAH

**My name is Davina, and I am in a relationship, or at least I think I am. Our relationship started well. We were always happy together. I beamed with glee every time I encountered my love and my love made me feel all warm and cosy inside. Over time, however, my relationship with my partner began to shatter.**

I had been neglectful towards my dearest and pushed them away. A part of me always wanted to be closer and go back to the years where nothing else in the world mattered—where social media didn't dictate the way we looked together, where people did not judge us when we spent time in the drive-thru or when we walked around the malls together. Other emotions began to invade our relationship, and our relationship was on the verge of non-existence.

It was only later in my early 20s when our relationship found a new purpose.

We reevaluated our principles and understandings of one another and we found a way to exist in pure bliss. I would be lying if I said I had not thought about dumping my love, every once in a while, or worse, cheating on them. But I'm glad I'm mending my relationship with them, where we can communicate with one another and talk about issues and emotions that lead us astray. And honestly, I don't ever want to be without them.

My love is none other than food.

If you grew up in an Indian household, it was almost impossible to drift away from food. Food was a big part of my identity growing up. I vividly remember being around my aunties in our home kitchen, not being tall enough to reach the stove, and being sent away to play with "fake food", which was also known as water and dirt. My eldest aunt, Theresa was in my eyes, a master chef. She would cook up a storm and we were all always left in awe. Food was a big part of her identity too, and I guess that is the reason she and I bond well together.

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## DAVINA'S FOOD JOURNEY

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Over the years, age had caught up to her. Her sight began to deteriorate and her ability to move became limited. She's now 82, going on 83 and cannot cook my favourite meals anymore. I regret the countless years where I would refuse to eat her meals because of some silly comment someone passed in school, or the types of things people said about me online. I allowed my anger, shame and embarrassment to consume me, and let a lot of great memories around food pass me by. There were also times where I would allow feelings of unworthiness and disgrace to manifest themselves in food and would use food to suppress those emotions.

In recent years, I have changed the way I speak about myself and food. I try my best not to associate being fat and ugly with the types of food I consume. I have noticed that when I talked about food in ways that were unkind and hurtful, I was only damaging my own body and spirit.

We need to change the way we talk about food and ourselves. We need to start saying kinder things to ourselves when we eat and don't eat. We need to acknowledge that the way we speak about ourselves manifests in the actions we take, especially when it concerns the consumption of food. Food changes lives, it has the ability to create new experiences, introduce cultures and unite communities. The more we can talk about food in a less isolationist way, the more we can relate and recognize that gastronomy and life go hand in hand.

Schools play an active part in shaping our conversations about food. School canteens are doing their best in trying to ensure that students have a meal that is affordable with the limited resources that they have. They have no choice in a lot of the decisions they make. They are being told what to do by higher-ups that do not want to incur a loss. So what do we do? What can we do? What then becomes our role as future educators of the next generation?



## DAVINA'S FOOD JOURNEY

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We need to start by showing students where food comes from. We need to show them various types of food and their uses. We need to stop associating food with being "good" or "bad". We need to create safe spaces where students will be able to talk about their relationship with food and the various associations of those foods. We need to equip every student with at least three simple and easy recipes that they will be able to cook up at any time with minimum equipment. We need to introduce farm-to-school programmes in school because some students are unaware of where food comes from. Most assume a lot of produce comes from the supermarket and not farms, where they are grown and harvested.

Schools need to take a productive effort in ensuring that their students are fed and able to sit through classes day in, day out. They should be aware of whether their students have eaten the night before because their parents were fighting and couldn't put a meal on the table or when single parents are juggling several jobs trying to make ends meet. These are things that can be done within the four corners of the classroom and should be done to save an entire generation from developing an unhealthy relationship with food and their bodies.

If I could go back to my past and change one thing, I would go back to all the moments I had turned away from home-cooked meals and say, "I should have eaten that." There is no love as intimate, exhilarating or more comforting than food, and I cannot wait to share that with the world.

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A close-up photograph of a bowl of ramen. The bowl is filled with a rich, dark brown broth. In the center, a perfectly fried sunny-side-up egg sits atop a bed of thin, curly ramen noodles. The egg's yolk is bright yellow and slightly runny, while the white is cooked and slightly browned at the edges. Various toppings are visible, including slices of pink sausage, green leafy vegetables, and pieces of ginger. The lighting is warm, highlighting the textures of the food.

*"the secret ingredient is always love."*



*Image by: Dina Haszahaidi*

## FISHING: A MEAL & A HOBBY

**Brunei waters is home to many species of fish which makes fishing a good hobby and a viable way to get protein-rich meals.**

**One of the species that I love to catch and eat are Selungsong. In English, this species is also known as Sea Bass or Barramundi.**

**In my opinion, Selungsong is best served steamed. Not only it is tasty, it is also simple and fast to cook. There are many ways to serve steamed Selungsong, but the key ingredients in some steamed fish recipe are some lemongrass, garlic, calamansi and bird's eye chilis. The fish is cooked in a covered steaming pot along with the ingredients above boiling water.**

**After it's cooked, the fish is served with the ingredients and some soup from the water used to steam the fish. The soup has a fishy taste and because of the calamansi and the chilis, it also has a hint of sour and spice. Steamed Selungsong is best eaten with rice, and is a great way to end a long day of fishing!**

**DINA HASZAHAI**  
**(BRUNEI DARUSSALAM)**

# 3 Colourful Gengan, East Kalimantan Soup Delicacies !

Not only being the province with many wonderful destinations, rich cultures and regional arts, East Kalimantan is also very famous for its traditional cuisines. The most commonly sought-after delicacies by travelers are dishes called Gengan or Gangan.

*This soup-like delicacy offers a delicious and refreshing taste and is usually being eaten alongside warm cooked-rice as a side-dish, the snakehead-fish meat is also otherworldly delicious!. As its name implies, Sayur Gangan Asam Kutai has sour yet sweet flavor.*

## Sayur Gangan Asam Kutai (Snakehead Fish Sour Soup)



## Sayur Gangan Bening (Clear Vegetable Soup)



*Tasty and fresh, this soup is a choice for vegetarians as its only using vegetables as its ingredients which is very good for your health! Delicious and Healthy, come get some!*

## Sayur Gangan Santan Blemak (Rich and Fatty Soup with Coconut Cream)



*This one is delectable and super rich, this fatty and meaty soup is very famous in the west part of East Kalimantan Province, Dig in!*

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Hak Bunleng  
Hai Sreyleak  
Khuon Dany  
Rorn Malin  
Norn Samnangseymony

### Indonesia's Diversities

Alisatul Aini  
Ratu Ayu Allysia Luna Sita  
Manik Mas  
Fauzan Al-Rasyid  
Ni Ketut Alit Astuti  
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### Dive Into The ASEAN Culinary Scene

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*Handwritten blue scribbles on the left side of the page.*

