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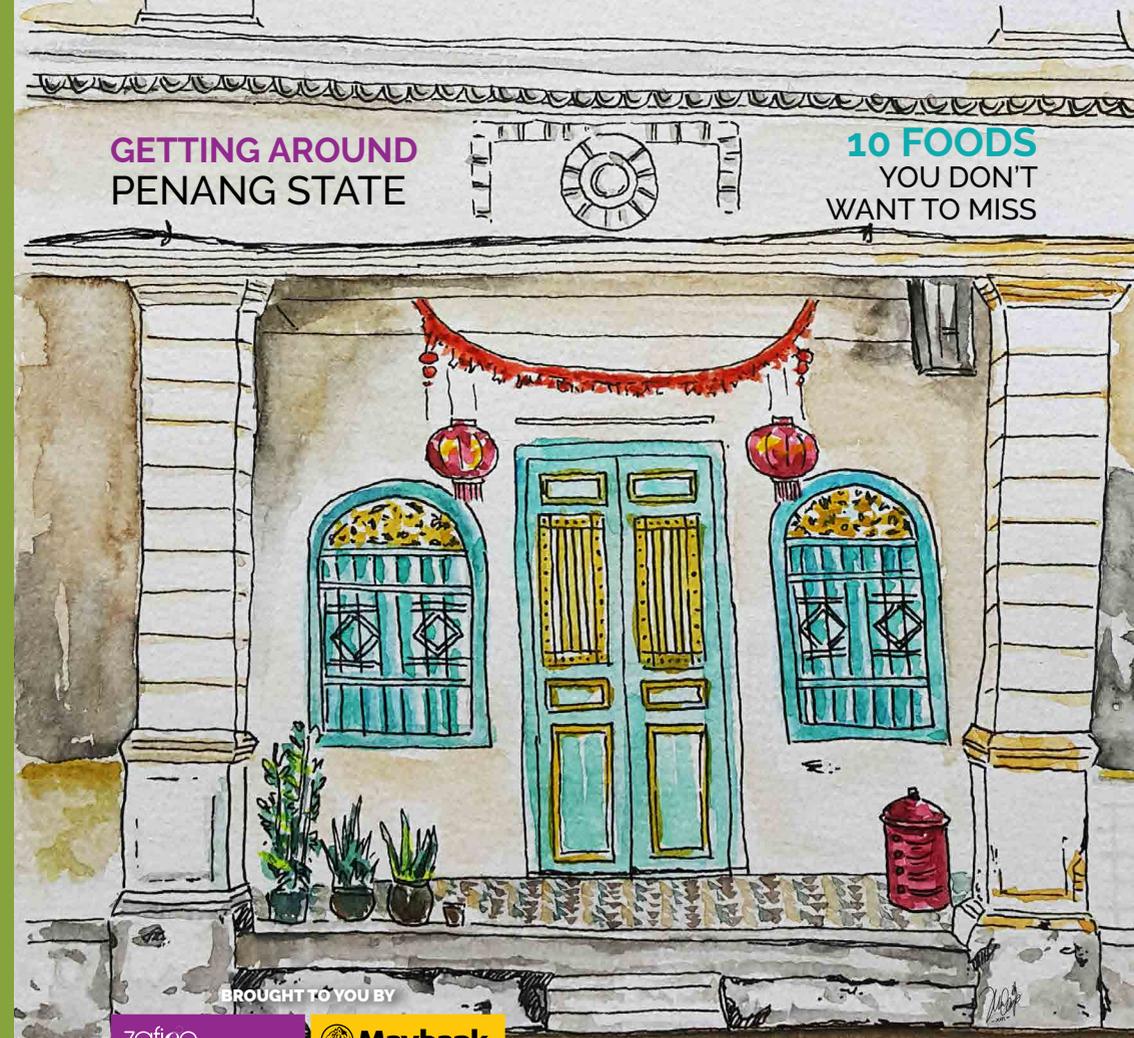
10 THINGS TO
KNOW ABOUT
GEORGE TOWN

ZafigoX Event Schedule
DON'T MISS OUT!

**DISCOVER PENANG'S
HISTORICAL SITES**

**GETTING AROUND
PENANG STATE**

**10 FOODS
YOU DON'T
WANT TO MISS**



Produced by
zafigo For women travellers in Asia

 www.zafigo.com

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ZAFIGO TRAVEL CARDS



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Drop us an email at editor@zafigo.com

ON THE COVER
Illustration by Lee Xin Xin,
featuring an old heritage building in Penang
xin2lee.tumblr.com

Don't be
a tourist,
be a
traveller

— ANONYMOUS

”

INSPIRATION CAN
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ABOUT ZAFIGO

TRAVELLING IS A VERY GENDERED BUSINESS

Women have to look out for many things that men may not have to. This is especially so in Asia and the Middle East, where social and cultural norms that affect women vary from one country to the next.

Zafigo is dedicated to helping you navigate that maze by making travel safer, better, easier and more interesting for women. Hence its name, a play on the phrase "Safe I go." We offer dedicated city guides, tips and stories that are written with women travellers in mind. It is our vision to foster a community where women can connect with other women in the cities that they are travelling to.

Find us at www.zafigo.com for travel ideas and inspiration, or to share yours.

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Take only
memories,
leave only
footprints

”
- CHIEF SEATTLE

zafigoX SCHEDULE 30.8.2017

zafigoX talks



MARINA MAHATHIR

09:10AM Getting The Frog From Under The Coconut - Welcome Remarks By Marina Mahathir



DEEPTI ASTHANA

09:30AM Overcoming Expectations & Barriers On Women And Telling Their Stories



PETRINA THONG

09:50AM Hitchhiking From Sweden To Malaysia: Of Money, Men, And Misconceptions



ÖZGE ELIF ÖZER

10:10AM Turkey, Military Coups And Menstrual Cycles



BRENDAN Ó SÉ

11:00AM Amazing Smartphone Photography



CATHERYN KHOO-LATTIMORE

11:20AM Women, Wanderlust & Wellbeing: What Travel Does To You

zafigoX talks

WOMEN & INDEPENDENT TRAVEL: THE GREATEST CHALLENGES & WHY WE SHOULD DO IT ANYWAY

Moderated by Anita Ahmad

11:35AM

zafigoX talks

TRAVEL & MAKING A POSITIVE IMPACT

by Sumitra Selvaraj

02:00PM

zafigoX workshops

SELF-DEFENSE FOR THE FEMALE TRAVELLER

by Ann 'Athena' Osman & Emily Barner

03:30PM

zafigoX activities

AN AFTERNOON OF SAREES & STORIES

by Sumitra Selvaraj

03:30PM

zafigoX workshops

TRAVEL BEAUTY: BRING YOUR ENTIRE COSMETICS WARDROBE EVERYWHERE

by Tengku Zai

03:30PM

zafigoX workshops

CROSS-BORDER CYCLING: WHAT & HOW TO PREPARE FOR YOUR ULTIMATE BIKING TRIP

by Jin Jeong

03:30PM

zafigoX SCHEDULE 31.8.2017

zafigoX talks



JIN JEONG

09:10AM 6 Years, 67 Countries, 62,000kms, 5 Continents, 1 Girl: What I've Learned Cycling The World



DEBORAH CHAN

09:30AM Stepping Up & Out: Moving My Family To Cambodia And What It Takes To Make A Difference



KELLY LEWIS

09:50AM How I Built A Business In Travel



CHRYS TAN

10:10AM In Pursuit Of Happiness: Why I Left Singapore And Became A Digital Nomad



NELLEISA OMAR

11:00AM When You Think Cancer Stops You From Life



MANAL AL-SHARIF

11:20AM Drive Your Own Destiny

zafigoX talks

SEXUAL HARASSMENT WHILE TRAVELLING: THE REALITY & HOW TO OVERCOME IT

Moderated by Kudsia Kahar

11:35AM

zafigoX talks

"IT WAS TOUGH, IT HURT, BUT I DID IT, AND IT MADE ME FEEL GOOD"

Moderated by Marina Mahathir

02:00PM

zafigoX workshops

SELF-DEFENSE FOR THE FEMALE TRAVELLER

by Ann 'Athena' Osman & Emily Barner

03:30PM

zafigoX workshops

TRAVEL SAFE, TRAVEL SMART, TRAVEL NOW: A PRIVATE SESSION

by Kudsia Kahar, Priscilla Patrick & Özge Elif Özer

03:30PM

zafigoX workshops

FINDING REMOTE WORK: HOW TO START YOUR LOCATION-INDEPENDENT LIFESTYLE

by Chrys Tan

03:30PM

zafigoX

SPEAKERS AND MODERATORS

A SNEAK PEEK OF SOME OF THE AMAZING WOMEN YOU'RE ABOUT TO MEET



DATIN PADUKA MARINA MAHATHIR

Founder, Zafigo

Marina is a writer and activist for women's rights and HIV/AIDS. As a newspaper columnist, she has written about the many injustices Malaysian women suffer.

MANAL AL-SHARIF

Author & Columnist

One of *TIME Magazine's* 100 most influential people, Manal is a prominent voice advocating for women's rights and empowerment in the Muslim and Arab world.



DR CATHERYN KHOO-LATTIMORE

Women Travel Researcher

Catheryn is an international expert on women and children in tourism. She has recently co-published two books and her work has been published in international journals.



KELLY LEWIS

Founder, Go! Girl Guides

She's the founder of Go! Girl Guides, the world's first and only series of travel guidebooks for women, and the Women's Travel Fest, an annual conference centred around inspiring and empowering women to travel.



ANITA AHMAD

Founder, Travel & Be

This wonder woman has spent the last 14 years working in the humanitarian and social development field. She has travelled to 50 countries for both leisure and work, including Afghanistan, Iraq and Sudan.



DEEPTI ASTHANA

Founder, Women of India

A self-taught photographer, Deepti is a travel addict and storyteller with her photos. She's also a Canon India mentor and winner of many accolades including the Youth Photography Award from UNESCO.



DEBORAH CHAN

Travel Writer & World Explorer

Deborah is behind the Ardent Traveler, a site focused on sustainable travel, unique accommodations and personalities in the travel industry. Deb's written for multiple publications.



JACQUELINE FONG

Co-Founder, Tanoti

In 2012, Jackie and her former school-mate, Dr June Ngo started Tanoti Sdn Bhd, an award-winning social enterprise to preserve heritage craft, empower women and build rural communities.



JIN JEONG

Solo Cyclist

Jin has cycled through 67 countries in North America, Latin America, Africa, Europe, the Middle East, Central Asia and South East Asia. And all without going back home for six years. That's over 67,000 kilometres!



KUDSIA KAHAR

Co-Founder & CEO, Kudsia+Co

Kudia has over 25 years of radio experience and was at the helm of several top Malaysian stations. She's now the Co-Founder and CEO of Kudsia+Co and regularly speaks at international conferences and forums.



NELLEISA OMAR

Founder, The Godmothers

Nell and her best friend founded clothing line The Godmothers after she was diagnosed with breast cancer. The brand's apparel carries messages of strength and hope while spreading cancer awareness.



ÖZGE ELIF ÖZER

Consultant & Traveller

Elif is the current Head of Special Projects for Tune Talk Sdn Bhd. She has lived in six countries and travelled across 30 more. She believes travelling alone is empowering, and that it makes you question everything you have been taught.



HAZLEEN PANAYIOTOU

Founder, Amazing Trekkers Club

The CEO of a fully-licensed travel company (TrekksAsia), Hazleen is also the founder of the Amazing Trekkers Club – a women-only mountaineering group. She's travelled extensively, and has even climbed 29 mountains.



BRENDAN Ó SÉ

iPhone Photographer Of The Year

A fine art and iPhone photographer, Brendan has won awards in prestigious international competitions and exhibits his work around the world. His work was part of the Apple World Gallery shot on iPhone 6 in 2015.



SUMITRA SELVARAJ

Founder, Sarees & Stories

As a writer, presenter and media professional, Sumitra has spent the last 18 years in Malaysia's communications industry. She chronicles wearing a saree everyday and everywhere in her blog, Sarees & Stories.



CHRYS TAN

Founder, Women Digital Nomads

Two and a half years ago, Chrys decided to leave her fast-paced advertising career. Now she works location-independent as a digital nomad and Women Digital Nomads, a popular website about working remotely.



PETRINA THONG

Solo Traveller

Petrina once flew to Stockholm on a whim, with only USD200. She made her way home to Kuala Lumpur by hitchhiking and now works as a freelance scriptwriter so when the urge to leave hits, she can jet anytime.



ROYALE CHULAN PENANG

Royale treatment only at Royale Chulan

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GEORGE TOWN

– A CITY GUIDE FOR WOMEN

WHAT TO EXPECT AND WHAT TO LOOK OUT FOR ON THE BEAUTIFUL, TROPICAL ISLAND OF PENANG

George Town is the capital of Penang state, which consists of Penang Island and Seberang Perai, a strip of land across in Peninsular Malaysia. Separated by the Straits of Malacca, Penang Island and Seberang Perai are linked by two bridges: The 13.5km Penang Bridge and the newer 24km Penang Second Bridge.

In 2008, [George Town](#) was recognised as a **UNESCO World Heritage Site**, covering two zones in the north-eastern tip of the city. The Core Zone is a 109-hectare site on the north-east of Penang Island that consists of over 1,700 buildings. Surrounding that is a 150-hectare band called the Buffer Zone. The earliest wave of heritage appreciation activities took place in the Core Zone (especially around Lebuhr Armenian and Lebuhr Pantai) but in the last couple of years, the goodness has spilled over into the Nagore enclave in the buffer zone as well.

There are two ways to commute between Penang Island and Mainland: Drive across one of the two bridges, or take the [Penang Ferry service](#) that has been operating since the 1920s, making it the oldest ferry service in Malaysia. We recommend taking the 15-minute ferry ride – it's a fun, inexpensive way to soak in Penang's sky and seashore. You only have to pay RM1.20 when you come back from the Mainland. Operating roughly between 6.00am-12.00am, the ferry departs at 20- to 30-minute intervals.

Here are 10 things every woman traveller ought to know and do when in George Town:

01 USE KOMTAR TO GET YOUR BEARINGS

If you ever get lost, just look at KOMTAR. At 232m (761ft), the island's tallest landmark can be seen from any point within George Town. It may no longer be the hippest hangout but intra-city bus routes radiate from this terminal, and this is also the main place to buy inter-city bus tickets and hail trishaws.

02 TRAVEL PRIVILEGE CARD – PENANG

This smartcard is one of the most useful and cost-effective ways to explore Penang with. Costing only RM20, it provides up to **20 per cent discount** on transportation, tourist attractions, dining and shopping. Get your hands on one of these at the [Penang Tourist Centre](#) or selected museums.

03 WORK THOSE LEG MUSCLES

With its narrow, atmospheric streets, George Town is ideal for walking. You can stop and marvel at street art, scrutinise stunning architectural details, and observe all the little things that give the heritage area its charm. Remember to wear sensible shoes (or get a pair made at [Hong Kong Shoe Store](#)).

04 RIDE IN A TRISHAW

It may be touristy but is an enjoyable experience no less that harks back to the days when these three-wheeled vehicles were the main mode of transport. It can, however, be a tad uncomfortable on a hot day.

Tip: Wait till the early evenings when temperatures drop.

05 CHIC CAFÉS FOR CHILL-OUTS AND CAKES

Once synonymous with street food, Penang's fabled culinary scene has expanded considerably with a raft of cool cafes and coffee bars that even non-hipsters love to be seen at. Perennial favourites include [China House](#), [Mugshot Cafe](#) and [Cozy in the Rocket](#). Flip to **page 15** for more great eats.



Photo credits: [khookongsi.com.my](#)

06 THERE'S MORE TO STREET ART THAN PHOTO OPPORTUNITIES

Lithuanian artist Ernest Zacharevic's murals, which started as a commission for the George Town Festival 2012 to liven up old buildings, still have travellers flocking to the city. In truth, the street art renaissance started in 2009 with the city-wide installation of steel rod caricatures that depict historical events and figures.

07 CLAN HOUSE CULTURE

The [Leong San Tong Khoo Kongsi](#) is the most distinctive and reputable clan house in Penang. It's usually closed in the evenings, but every last Saturday of the month, Khoo Kongsi turns on the lights at its courtyard between 6.30pm-10.00pm to accommodate exciting Chinese art and cultural performances on the opera stage.

08 BEAUTY THROUGH THE AGES

If you've ever wondered how our matriarchs dolled up before the advent of digital perms, get a blowout at an old-school perm parlour. These legacy institutions stand along Jalan Dato Keramat and Lorong Hutton, recognisable by the portraits of women with their resplendent pompadours in the window displays.

09 MODERN ART IN AN OLD BUS DEPOT

[Hin Bus Depot](#) is a contemporary art centre housed in a 68-year-old abandoned bus depot that has been lovingly restored while keeping to its nostalgic aura. With expansive spaces, a lawn and outdoor mural area, there is always something going on (most of their exhibitions are free), so check their [calendar](#).

10 SUNDAY STRUT ALONG CAR-FREE STREETS

Between 7am and 1pm every Sunday, the areas of Lebuhr Pantai, Lebuhr Bishop, Lebuhr Gereja and Gat Lebuhr Gereja are car-free for Project Occupy Beach Street. They transform into a street carnival of al fresco bazaars, outdoor markets, outdoor sports and many other family-friendly activities.

GASTRONOMY GETAWAY

THE ROYALE CHULAN PENANG IS NO STRANGER TO THE ART OF CREATING GOOD FOOD

Penang is known to be a paradise for foodies, with myriad culinary options that are mostly affordable and always delectable. Even so among the locals, where out-of-towners drive for hours just to queue up for a piping hot plate of *nasi kandar* or *char kuey teow*.

Being situated right at the heart of George Town, you can count the **Royale Chulan Penang** as a must when building your foodie trail. This four-star heritage hotel has four dining outlets with food offerings for any occasion that's sure to tantalise your taste buds.



Sri Tanjung Café

This is the Royale Chulan Penang's coffee house and the hotel's busiest restaurant, where you can enjoy leisurely meals in a comfortable ambience. We recommend trying their signature oxtail *assam pedas* – a delicious spicy and sourish Nyonya dish normally served with a side of white rice.

Tea Room

Everyday from 2pm to 5pm, the Tea Room serves up a delightful English afternoon tea. Each order comes as a set for two, and includes a pot of fine tea from TWG of your choice, deluxe sandwiches, a selection of yummy cakes and tartlets and of course, warm scones with fresh cream, strawberry jam and fresh strawberries.



Poolside Bar

No better way to enjoy the lovely tropical sun than with a dip in the hotel's pool. To make your swim even better, the Royale Chulan Penang's poolside menu makes soaking under the sun much more satisfying. Our favourite poolside snack? The chips!

The Spice

Set right by the pool, enjoy an ambient degustation dinner made up of fusion cuisine. Reservations can be made for Saturdays through Thursdays. In the day, pop by for a hearty executive lunch that features a three-course set menu, topped off with a complimentary Royale Passion mocktail.



FOODIE PARADISE

Here are some other dining options loved by locals that are just a short distance away from Royale Chulan Penang (RCP):

Sri Weld Food Court
80m from RCP

The Leaf Healthy House Café
550m from RCP

ChinaHouse
800m from RCP

Hameed Pata Mee Sotong
900m from RCP

Nasi Kandar Beratur Original
1km from RCP



KEYNOTE SPEAKER



Roy Sheppard
Expert Facilitator & Author

Roy Sheppard is a specialist conference facilitator, an experienced speaker and author of eight books. Roy works on high-profile conferences, including trade shows for some of the world's largest and most respected organisations such as the ICCA Congress and International Olympic Committee (IOC). Additionally, he is a distinguished European expert on building profitable business relationships through networking and referrals.

WHY YOU MUST ATTEND?

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- Capitalise on business opportunities
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MAH Members	RM400	RM300
Non Members	RM500	RM400

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GETTING AROUND PENANG

TIPS ON THE MANY WAYS YOU CAN EXPLORE GEORGE TOWN WITH EASE

RapidPenang is the city's main public bus network; **iOS users** can download their **mobile app** to check bus arrival times. Flash your passport to purchase a rapid Passport (RM30) for 7 days of unlimited travel and rebates from partner merchants.

Penang CAT is a free shuttle bus service that plies the heritage sites and major thoroughfares. (download the map [here](#)).

Like Kuala Lumpur, Penang also has the double-decker **Hop-On Hop-Off** bus that stops at 22 attractions along two different routes (City and Beach).

Regular taxis don't go by meter. Cabbies charge a fixed price depending on the destination; **Grab** and **Uber** are popular (and usually cheaper) options.



Photo credits: [Fauzi Yusoff/Flickr](#)

Penang Rapid Terminal Photo credits: [Fitri Agung/Flickr](#)



Trishaw Photo credits: [Shankar S/Flickr](#)

With a rising number of designated lanes, cycling is an increasingly popular way to commute around George Town. Shops in the core zone offer rental on folding bikes, tandem bikes, family four-seaters and even classic Japanese city bikes. Getting consistently good reviews are [Metro Bike](#), [The Leaf Bicycle Rental](#), [Freedom Leisure Cycle Supply](#) (155 Lebu Victoria) and [Townbikes](#) (5 Lorong Chulia).

If you're touring a small area, consider exploring on foot. George Town is ideal for walking everywhere, and along the way you'll likely find plenty of photo ops. Another fun option is to get around by trishaw. It may be touristy but riding a trishaw is an enjoyable experience no less that harks back to the days when these three-wheeled vehicles were the main mode of transport. It can, however, be a tad uncomfortable on a hot day. So perhaps wait till the early evenings when the temperatures drop.

ETIQUETTE: HOW TO DRESS

TIPS FOR WOMEN TRAVELLERS ON HOW TO DRESS TO OCCASION

When going out and about in Penang, it is fine to be casually dressed – shorts, sleeveless tops and skirts are all acceptable attire.

However, a few places and occasions impose dress codes. At mosques, they provide robes for you to cover up, or you may want to bring a shawl to cover up with. Chinese and Indian temples don't have the same requirements.

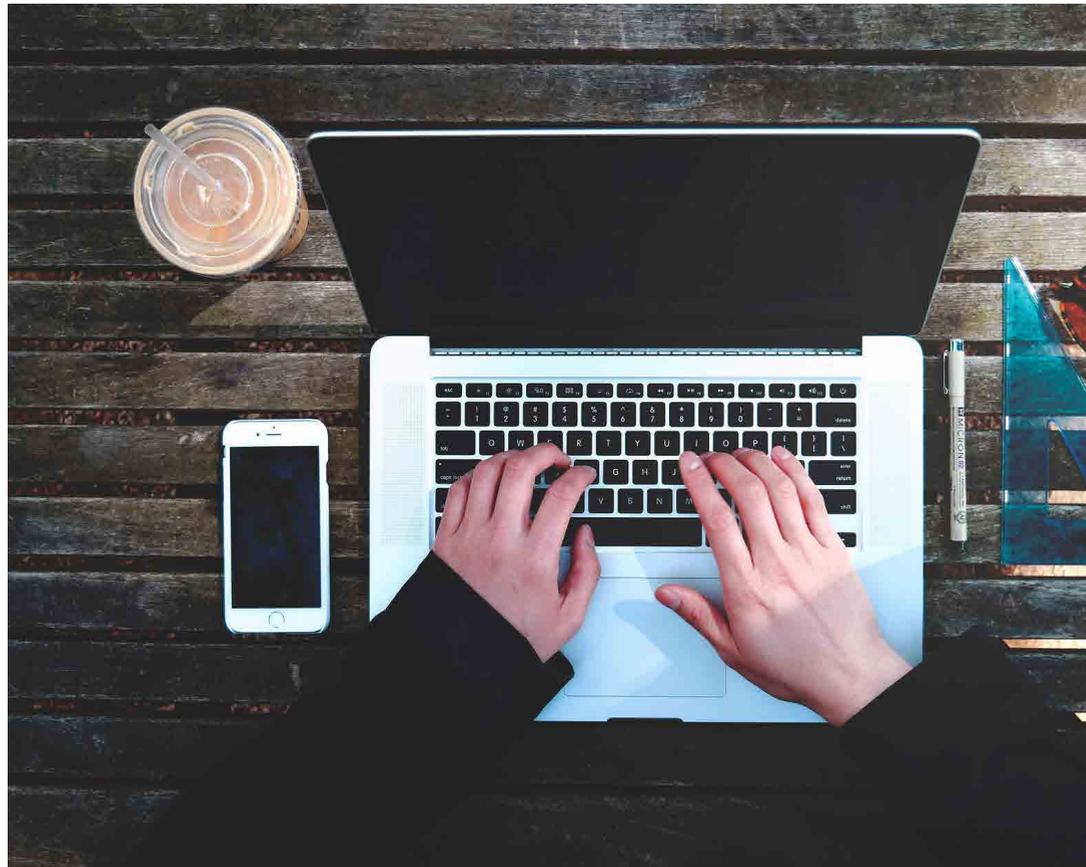
In any case, common sense should always prevail, especially if you're travelling alone. Flashing too much skin may invite unwanted attention, and this applies anywhere in the world. May we add that going braless in public is never a good idea in Malaysia.

If you happen to find yourself in a formal setting, it is best to dress conservatively – unless you're in an industry such as fashion, media, advertising or entertainment, where dress

codes are a little more relaxed. Even then, you might find yourself needing to deal with government officials so keep a smart suit on standby. In place of business suits, you can also opt to wear traditional Malaysian outfits to meetings and formal functions. Our favourite is the Nyonya kebaya, a traditional Peranakan outfit for ladies that comes in many attractive colours, fabrics and embellishments.

Regular Western-style work wear is appropriate for most meetings. It is also acceptable for women to wear pants.

If you have a meeting or function at a government department or office, do remember this: Government offices may bar entry to those who are dressed inappropriately. This includes the immigration office. So keep in mind that shorts, sandals, sleeveless attire and skirts above the knee are all no-no's.



STAYING CONNECTED

PENANG OFFERS EASY AND AFFORDABLE MOBILE AND INTERNET SERVICES



WIFI ACCESS

You can almost take **free Wi-Fi** for granted in Penang, with most cafes, fast food outlets, coffee chains and restaurants providing what locals consider an essential service. Just look for the familiar **Wi-Fi symbol** that's typically displayed at the entrance, or ask the staff for a password. Some shopping malls also provide complimentary Wi-Fi, as do service outlets such as hair salons and even reflexology centres.

INTERNATIONAL ROAMING

Malaysia has three main mobile service providers – **Maxis**, **DiGi** and **Celcom** – and all have signed roaming agreements that pretty much guarantee that international roaming services on your mobile network should work in Malaysia. To get the best deals, you may need to choose the carrier manually, based on your service provider.

SIM CARDS

Prepaid SIM cards are easy to procure, like at the airport as soon as you arrive, where you can buy **SIM packs** that are designed for travellers. Otherwise, you can head to any telco shop or kiosk at a mall, while convenience stores like **7-Eleven** sell them too.

IN CASE OF EMERGENCY WHO TO CALL FOR HELP

MEDICAL ASSISTANCE

Should you require hospitalisation, note that while public hospitals are open to foreigners, there is usually a long waiting time. You will likely need a referral so visit a GP first instead of heading straight to the hospital. Private hospitals are usually more accommodating but they might require proof of funds so it would be wise to ensure you're properly insured.

For milder issues, there are walk-in clinics, with some that are open 24 hours. Have at least RM100 on hand to cover consultation fees and medicine.

If you need medicines, you can find pharmacies at all shopping malls. Basic over-the-counter medicines such as aspirin, paracetamol and cough syrup can also be purchased at supermarkets, convenience outlets, traditional Chinese medicine stores, and small sundry shops.

POLICE AND EMERGENCY NUMBERS

The emergency number in Malaysia is **999 (112 on mobile phones)**. If you need to urgently get in touch with someone from Zafigo or ZafigoX, you may reach **James** at +6016-213 1133 or **Maggie** at +6016-3075316. It's also handy to have a safety app installed on your phone. Here are a few to consider:



Red Alert

Besides a panic button that can be activated with a tap, which then launches its Black Box audio-capturing feature, this app then sends your GPS location to registered contacts on your phone. Available on [Android](#).



Alarms & Sirens!

This app offers a collection of siren sounds you can activate to scare off attackers, or at least throw them off guard, and attract attention. The list of sounds includes air raid alarms and police sirens. Available on [iOS](#).



Malaysia Hotlines

Find contact numbers useful in cases of emergencies, including that of local authorities and foreign embassies. You can dial the numbers from within the app. Available on both [iOS](#) and [Android](#).



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10 MALAYSIAN DISHES YOU SIMPLY CAN'T MISS

IT'S HARD TO CHOOSE AMONG MALAYSIA'S ENDLESS FOOD OFFERINGS, SO WE'VE NARROWED IT DOWN TO HELP YOU GET STARTED



01 NASI LEMAK

The rice is cooked in coconut milk for a creamy fragrance, and served with spicy sambal, crispy *ikan bilis* (anchovies), hard-boiled egg and cucumber slices. That's just the '*biasa*' or basic offering; you can pile curries and meat dishes on top of that. Fried chicken is a local favourite.



02 MEE SOTONG

Unique to Penang, this dish is not to be missed. What it really is, is your usual *mee goreng* (fried noodles), but topped with spicy-sweet dollop of '*sotong mamak*' (squid). For the real deal, head over to Hameed Pata Special Mee at Padang Kota Lama.

03 ROTI CANAI

An Indian bread that can be enjoyed several ways: With curry, slices of bananas (*roti pisang*) or sardines in tomato sauce (*roti sardin*) folded within. Try it dipped in *dhal* and sugar, a Malaysian childhood classic.

04 CURRY LAKSA

Noodles in a spicy broth enriched with coconut milk and garnished with bean sprouts, long beans, juicy cockles, fishcakes, tofu puffs and chicken slices. At the more indulgent stalls, you get crispy skin roast pork too.

05 PISANG GORENG

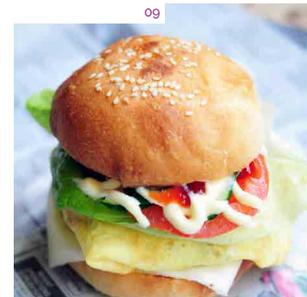
We love our bananas, but we love them even more when battered and deep-fried. Sold at street stalls, the current fad sees the fritters topped with a variety of sauces, from cheese to chocolate, strawberry and even yummy butterscotch.

06 CENDOL

Jelly-like with a bright green or emerald hue, the *cendol* swims in coconut milk sweetened with *gula Melaka* (coconut palm sugar) syrup under a heap of crushed ice. Dig into the island's best one at [Penang Road Famous TeoChew Chendul](#).

07 DURIAN

The indisputable King of Fruits is a divisive subject - you'll either love it or hate it. The only way to find out is to give it a try. It also features popularly in desserts such as cakes, cream puffs, over *cendol* and made into a sticky cake called *dodol*.



08 ASSAM LAKSA

If you love spicy food, you're going to love this! Spicy, sour, savoury... this tamarind-based soup noodles loaded with chunks of fish is an explosion of flavours that's bound to make you sweat and want more.

09 RAMLY BURGER

Sometimes, nothing beats a good old Ramly burger - Malaysia's quintessential street burger, grilled and flipped upon order. Customisation is encouraged: Double patties, cheese, eggs?

10 BANANA LEAF RICE

Steaming hot rice served on a banana leaf, with at least two types of vegetables, cucumber *raita*, your choice of protein and ladles of curries to douse the grains in. You don't eat the leaf, but everything on it will be highly satisfying.

INSPIRED BY HERITAGE

NESTLED IN THE CORE ZONE OF GEORGE TOWN'S UNESCO HERITAGE SITE IS ROYALE CHULAN PENANG

The beauty of **Royale Chulan Penang** is in the building itself. This 4-star heritage hotel is housed within the Boustead Building, built in the late 1800s along Weld Quay (or Pengkalan Weld), a coastal road along the eastern shoreline of Penang island, together with other European trading houses.

Today, you'll find that the Boustead Building has been transformed. Although retaining most of its unique British colonial style, it fuses this façade with a modern interior that pays homage to the multi-ethnic heritage of the people who call Penang 'home'. Royale Chulan Penang thus offers its visitors the best of both worlds – the charming history of days gone by juxtaposed with modern luxury and friendly service.



Lobby

So you can rest easy, and experience a perfect blend of Eastern and Western hospitality in an atmosphere of timeless elegance, beyond comfortable and stylish rooms.

You'll also notice that as soon as you set foot out the doorstep of this majestic colonial building, you'll land yourself right at the heart of the historical city of George Town. This city was first inducted into the UNESCO World Heritage List of Cities and Sites in 2008. Royale Chulan Penang is also strategically located in the George Town's financial district with many dining, retail and entertainment outlets just a short distance away.



Heritage Tunnel



Heritage Lounge

So take a stroll along the Weld Quay area, and immerse yourself in a city steeped in myriad culture. This is an area where you can explore a melange of late 19th century colonial and settler architecture, textured by a community that still maintains a traditional way of urban life.

Take for instance the old, pre-war terraces that are now being renovated into ultra-cool boutiques and retail spaces, art studios and galleries, restaurants and cafes. And once you're done wandering through Penang's vibrant city streets, may we suggest a visit to Royal Chulan Penang's The Royale Spa? Here, you are welcome to relax the senses and rejuvenate your body by indulging in one of our signature Thai treatments. From aromatic body scrubs to Thai traditional massage therapies, we have it all. So get comfortable.



The Façade

6 KEY LANDMARKS

A TOWN REPLETE WITH HISTORICAL SITES, STREET ART AND THEN SOME, YOU DON'T HAVE TO VENTURE FAR FROM ZAFIGOX TO FULLY EXPERIENCE GEORGE TOWN AND HER HISTORY



PENANG HERITAGE TRUST

450m from Royale Chulan Penang (RCP)

A six-minute walk from RCP, visit the headquarters of NGO the Penang Heritage Trust, where you can learn and discover the island's history and countless stories. Founded in 1986, the trust also regularly hosts talks and numerous workshops open to members and non-members. We suggest using a trip here as a starting point to help you decide which of Penang's numerous historical sites you wish to visit.



650m

CLAN JETTIES OF PENANG

650m from RCP

Just a stone's throw from Penang's ferry terminal, the Clan Jetties are a part of the island's heritage trail and worth a visit. Six jetties still stand today and each one of them are named after a clan. The Chew Jetty is thought to be the most tourist-friendly of the lot, for being the most snap-worthy with the longest walkway and most stilt-houses.



KUAN IM TENG (KUAN YIN TEMPLE)

800m from RCP

Penang's oldest temple. When it was first built and completed in 1728 by early Chinese immigrants, the newly-renovated Kuan Yin Temple was considered the most magnificent Chinese-style erection in all of Northern Malaysia with its intricate dragon carvings, stone pillars and high ceilings. As its name suggests, the temple was constructed in honour of Kuan Yin, the Chinese Goddess of Mercy but is also dedicated to Ma Chor Poh, the patron saint of seafarers.

900m



PENANG STREET ART

900m from RCP

Located along several streets in inner Georgetown, a walking tour of Penang's Street Art is not to be missed. Start your stroll from Muntri Street all the way up to Weld Quay to enjoy London-trained Lithuanian artist Ernest Zacharevic's handiwork. It was commissioned by the island state's municipal council in 2012, and has since breathed new life into the century-old Chinese shop lots of the area.



KAPITAN KELING MOSQUE

1km from RCP

Sitting pretty at the corner of Lebuhr Buckingham and Jalan Masjid Kapitan Keling today is the Kapitan Keling Mosque that was first built in 1801. Standing amidst eight acres of lush greenery, the mosque's real highlights are its interior of gentle sloping arches and exterior Mughal-style domes. Entry to those visiting is at the discretion of mosque officials. Visitors are advised to be modestly attired – meaning long sleeves and pants or long skirts for women and a shirt with long pants for men.



1.5km

CHEONG FATT TZE MANSION (THE BLUE MANSION)

1.5km from RCP

This beautiful indigo blue mansion was first built in the late 1800s by a wealthy Chinese merchant named Cheong Fatt Tze. It remains a private residence today, but also doubles as a 16-bedroom bed-and-breakfast. The mansion is also open to visitors who simply wish to tour its unique architecture that melds the East and West with gothic louvered windows and art nouveau stained glass windows set alongside Chinese porcelain mosaics.

ETIQUETTE: DOS AND DON'TS

A QUICK GUIDE TO CULTURAL CONSIDERATIONS AND BUSINESS ETIQUETTE

In Malaysia, the mix of cultures and a predominantly Muslim population have resulted in a melting pot of influences that are reflected in local lifestyle practices and socially-acceptable norms. Penang may be as modern as most major cities in the world, but it exists within the context of a society that is generally considered conservative. Here are some basic pointers to help you find your way around our cultural maze.



DO remove your shoes at the door when visiting someone's home. Most mosques and some temples will require you to do the same. As an easy guide, if you see many pairs of shoes at the entrance, you should leave yours there too.



DON'T display affections publicly. While it is acceptable for couples to hold hands and people to give each other quick friendly hugs, that's about as far as it goes where PDA is concerned.



DO share a table when dining out. It is common practice at local eateries such as the mamak restaurants and Chinese kopitiams during peak hours. If you see an empty spot at a table, just ask the person next to it if it's available.



DON'T assume that all meetings and functions will start on time. The infamous 'Malaysian time' does come into play often, though not all the time. That doesn't mean you should aim to be late, however, but bring some reading materials to keep you company in case you need to wait.



DO customise your food if you wish when dining at street stalls and hawker centres. Malaysians love our food and we know exactly how we like them. 'More chili', 'No egg', 'Less bean sprouts' and 'Kosong (no sugar)' are common requests. Ask and you shall receive.



DON'T bring pork to a Muslim home or an occasion where there are Muslim guests present, or eat non-halal food in an area that's frequented by many Muslims. At the shopping malls, you will notice that most food courts only serve halal fare. If pork is on the menu, those stalls are normally parked in a separate area. Likewise, supermarkets have a separate section for non-halal food.



DO feel free to greet someone. It is generally accepted to shake hands, even with members of the opposite sex, particularly in a business setting. However, some of the more religious Muslim men may prefer to refrain from doing so. If you're unsure, offer a smile and greeting, and let him take the lead.

GTF FINAL WEEK HIGHLIGHTS

ANTHAR AGNI

BY TEMPLE OF FINE ARTS

30 & 31 AUG 2017 | Dewan Sri Pinang | Music

"A music and dance production that pays tribute to the sacred fire." – Asia One



Photo © Ella Wright

THE ADVENTURES OF ALVIN SPUTNIK:

DEEP SEA EXPLORER

30 & 31 AUG 2017 | Loft 29 | Theatre

"... akin to a theatrical Wall-E." – The New York Times

THE MEMORIES

1 & 2 SEP | Gat Lebu Macallum | Music

24 FESTIVE DRUMS' FRANCE TOUR SHARING
EXPERIENCE WITH A PRIVATE SCREENING

BY LIM CHEE YONG

1 & 2 SEP | Gat Lebu Macallum | Music



Photo © Ban Teng Ruen



Photo © Peter Tan

18+

THE HUMAN VOICE

2 & 3 SEP 2017 | Loft 29 | Theatre

THE DEAD TWIN

2 & 3 SEP | Whiteaways Arcade | Theatre

28 AUG - 3 SEP | Whiteaways Arcade | Exhibition



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SOUNDBYTES

MYTHS, STORIES AND LITTLE-KNOWN FACTS ABOUT PENANG ISLAND, SOME STRAIGHT FROM THE PENANGITES THEMSELVES

Hokkien Mee (Also Known As (A.K.A.) Har Mee)

But why? It is said that the first wave of Chinese who arrived in Penang hailed from the Fujian (Hokkien) province in China. This wave of migrants settled in and spread their cuisine. Kuala Lumpur didn't get the note however as Central Peninsular has darker, stir fried variant.

Tok Tok Mee (A.K.A. Wantan Mee)

But why? In the good old days, *wantan mee* was sold by uncles who pushed their carts while knocking bamboo sticks together making the 'tok tok' sound. The name '*tok tok mee*' eventually just stuck!



THE POPULATION

Penang's population currently stands at roughly 1.5 million people. Although Malaysia is predominantly made up of ethnic Malays, in Penang, ethnic Chinese make up the majority at over 43 per cent.



COOL CHOOS

Penang is the birthplace of one of fashion's living legends – Datuk Jimmy Choo. Born to a family of shoe-makers, Choo made his first pair of shoes at the tender age of 11. He further honed his skill in London, England, where he co-founded his eponymous shoe label.

Curry Mee (A.K.A. Curry Laksa)

But why? *Laksa* is the old term used for the noodle/thick rice vermicelli that is in the dish. In Penang, *assam laksa* uses this noodle hence why the locals refer to what other states call '*curry laksa*' as *curry mee*.

Pasembur/Choh Hoo (A.K.A. Indian Rojak)

But why? More popularly known as Indian *rojak* anywhere other than Penang, *pasembur* is a popular Indian Muslim dish that's often indulged in by the roadsides. In Chinese, it is also known as '*choh hoo*', which translates to raw fish, due to the variation where boiled cuttlefish is added.



Hokkien Mee Photo credits: [mmsedap/Flickr](#)

did you know?

- The name Penang comes from the Malay word 'pinang', meaning areca nut palm.
- Penang's other name is the 'Pearl of the Orient'
- George Town is named after King George III of Great Britain.
- The Sultan Abdul Halim Muadzam Shah Bridge (or Penang Second Bridge) is the longest bridge in South East Asia, stretching 24 kilometres.



Photo credits: [Mark Meng/Flickr](#)

AN ISLAND OF FIRSTS

- George Town is the first city in the Federation of Malaya; granted by Her Majesty Queen Elizabeth II on January 1, 1957.
- Penang's original name is Pulau Ka-satu (First Island) for being the largest island encountered on the trading sea-route between Lingga (in Indonesia) and Kedah.
- The island state is also the first British outpost in South East Asia.
- St George's Church in Penang is the oldest Anglican church in South East Asia.
- Penang is the first state in Malaysia to launch the 'No Plastic Bag Day' campaign.



SPOOKY ISLAND TALES

Penang War Museum

Dubbed as Bukit Hantu or Ghost Hill, the Penang War Museum used to be a maternity hospital in 1915. It became a military defence fortress for the British in the 1930s and was a British stronghold until it fell to the Japanese in 1941. In the years after the war, the military installation was abandoned, the reputation of tortured soldiers haunting the site alongside the ghost of a crazy Japanese officer kept locals away. The Penang War Museum stands in its place today, and as the guides will warn you, explore its dark corners at your own risk.

Chung Ling High School

As a school that was actually used as a military hospital at some point in its lifetime, ghostly tales from this school is not unusual. It is said that during the Japanese Occupation of World War II, teachers and

students from Chung Ling were killed on the grounds thanks to the Chinese Malayan massacre (yes, it was a thing). This story breathed life to many paranormal sightings that spread hysteria until today. Tales of headless students roaming the hallways or ghostly soldiers marching in the school fields run rampant. Stray dogs in the area are also known to bare their teeth and incessantly bark at what looks to be thin air late at night.

Hantu Tetek or The Breast Ghost

Another superstition that parents use to keep their children in check, the *Hantu Tetek* is supposedly a ghostly hag who (you've guessed it) is endowed with a gigantic bosom. The said chest area is so large that if she catches you out and about at night, she'll hold you hostage within her bosom and smother you to death with them.

MANGLISH 101

THE ZAFIGO GUIDE ON COMMON LOCAL PHRASES AND HOW TO FUSE IT WITH THE ENGLISH LANGUAGE



Learn our national language

Bahasa Malaysia is fairly easy to pick up as most words are pronounced exactly as they are spelled. These are some basic words and phrases that can help you go a long way – or at least endear you to the locals.

Terima kasih (tehr-ree-mah kah-seeh): Thank you

Maaf (mah-ahf): Sorry

Tak/Tidak (tahk/tee-dahk): No

Boleh (bow-lay): Can

Bukan (boo-kahn): Not

Kiri (kee-ree): Left

Kanan (kah-nahn): Right

Terus (tehr-roos): Straight on

Nak (nahk): Want

Lapar (lah-pahr): Hungry

Saya (sah-yah): I, or me

Anda (ahn-dah): You

Dia (dee-yah): He/she

Try some Manglish

In Malaysia, English is just as widely spoken as Bahasa Malaysia or to be more accurate, it's Manglish that you are likely to hear us speak. Malaysian English, like its moniker suggests, is a mangled form of the language that can be confusing at first, but once you get the hang of it, you'll likely find it funny and even practical. Manglish is mostly standard English, though it shares some similarities with pidgin English, with little added suffixes and local colour.

Tip A special note to English speakers: 90 per cent of the time, 'a' is pronounced as in 'father' and not 'a' as in 'that'. The 'e' is usually pronounced as in 'the', and only very occasionally as the 'e' as in 'they'.

Practice One of the simplest forms of Manglish is the addition of the suffix '*lah*' (with the 'a' as in father) to the end of sentences. For example: Can *lah* (Sure, fine by me) or no *lah* (No, of course not).

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don't take
trips, trips
take people

– JOHN STEINBECK

”

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NO EGGS



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