

Zafigo X 2018

Event
SCHEDULE
Whos, whats,
and whens of
ZafigoX 2018

ESSENTIALS
checklist
Everything you need
for your stay

GETTING AROUND
The ins and outs of the city

KL

SIGHTS & SOUNDS
The city's popular landmarks
mapped out just for you

BEST BITES
Get ready for the
food fest of your life!

Produced by

Zafigo

For women travellers in Asia



www.zafigo.com



Zafigo



ZafigoAsia

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ZAFIGO TRAVEL CARDS



zafigo For women travellers in Asia

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Drop us an email at editor@zafigo.com



ABOUT ZAFIGO

TRAVELLING IS A VERY GENDERED BUSINESS

Women have to look out for many things that men may not. 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, a play on the phrase "safe I go", is dedicated to helping you navigate that maze by making travel safer, better, easier and more interesting for women. We offer dedicated city guides, tips, and stories that are written by women travellers for women travellers. It is our vision to foster a community where women can connect with one another in their adventures across the globe.

Find us at www.zafigo.com to get travel ideas and inspirations, or to simply share your escapades.

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zafigoX 2018

SCHEDULE

9 NOVEMBER

Arrival & Registration 10.00am

What Do Women Want When They Travel?
Moderated by Dr. Catheryn Khoo-Lattimore 11.00am

Selling Travel To Women: A Masterclass
by Dr. Catheryn Khoo-Lattimore 2.00pm

The Art Of Travel Writing
Moderated by Teh Sue May 2.00pm

10 NOVEMBER

Arrival & Registration 8.00am

Opening Remarks by Marina Mahathir 9.00am

Travel Trends: What 2019 Will Look Like For Women
by Dr. Catheryn Khoo-Lattimore 9.30am

Breaking Gender Stereotypes And Discrimination Through Travel
by Dr. Sakia Haque 10.00am

Tea Break 10.30am

Millennial Travelling: Not Doing It For The 'Gram
by Mei Mei Chu 11.00am

Breaking Boundaries: From Domestic Worker To International Photographer
by Xyza Cruz Bacani 11.30am

A Woman Traveller's Worst Nightmare: What I Did To Overcome It
by Claire McFarlane 12.00pm



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SCHEDULE

10 NOVEMBER

Lunch Break 12.30pm

Impressions From War And Other Life Adventures
by Beverly Aisha Roach 2.00pm

Breaking Boundaries, Stereotypes, And Records Through Travel
Moderated by Anita Ahmad 2.50am

Age, Responsibilities, And Expectations: Should These Things Stop You From Travelling
Moderated by Khairun Nisa Mohamed Zabidi 4.10pm

Tea Break 5.00pm

Street Smart Self-Defence
by Beverly Aisha Roach 5.20pm

The Reality Of Solo Travel In Bangladesh
by Dr Sakia Haque 5.20pm

Capturing Unforgettable Moments While Travelling
by Mandy Tay 5.20pm

11 NOVEMBER

Arrival & Registration 8.00am

Emcee Opening Remarks 9.00am

Why India Is Safe To Travel Solo For Women
by Himadri Garg 9.30am

Living Life In The Fast Lane: One Woman, One Motorbike, And The World
by Anita Yusof 10.00am

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SCHEDULE

11 NOVEMBER

Tea Break 10.30am

Creating Jobs For Women Through Travel
by Adrienne Lee 11.00am

65 Countries At 75 – What I Have Learned
by Hermandari Kartowisastro 11.30am

Why & How I Did The Explorer's Grand – What's Next
by Marin Minamiya 12.00pm

Lunch Break 12.30pm

Wanting The World And Going Out To Get It
Moderated by Marina Mahathir 2.00pm

Overcoming Fear And Trauma To Travel
Moderated by Sumitra Selvaraj 2.50pm

Women Travellers: Balancing Life, Career, And Travel
Moderated by Marina Mahathir 4.10pm

Tea Break 5.00pm

Women's Circle With Claire McFarlane
by Sumitra Selvaraj 5.20pm

Answering The Call Of The Open Road
by Khairun Nisa 5.20pm

Climbing The World's Highest Peaks, And Trekking The North And South Poles
by Marin Minamiya 5.20pm

Industry Event Talk Panel Workshop



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THE WOMEN OF ZAFIGOX 2018

A SNEAK PEEK AT SOME OF THE EXTRAORDINARY PERSONALITIES YOU'RE ABOUT TO MEET



MARINA MAHATHIR

Founder, Zafigo.com & ZafigoX

Marina is a writer and HIV/AIDS activist whose passion for women's rights has been a constant thread throughout her working life. In 2014, Marina founded Zafigo.com, a travel website for women in Asia, which seeks to empower women through informed and independent travel.



MANDY TAY

Photographer

A visual storyteller, Mandy is more into meeting locals than she is striking off lists of sights to see when she's travelling. Finally back in Singapore after time in Hong Kong and Dubai, she is on a quest to expand the hearts of everyone she meets (by at least two sizes), one travel video at a time.



XYZA CRUZ BACANI

Photographer

Xyza Cruz Bacani is a Filipino street and documentary photographer. She uses her work to raise awareness about under-reported causes. Having worked as a domestic worker in Hong Kong for almost a decade, she is particularly interested in the intersection of labor migration and human rights.



BEVERLY AISHA ROACH

High-Risk Security Expert

Bev served in the Canadian Army for 21 years followed by a career in high-risk security. She picked up Brazilian Jiu Jitsu at 52, and is now a certified self-defence instructor, and also teaches security programmes.



ANITA YUSOF

Solo Motorcycle Explorer

Anita picked up motorbiking six years ago, just to travel. After only three years of riding, she went on a solo journey around the world. The ride spanned 65,369km in 40 countries across four continents in 370 days.



CLAIRE MCFARLANE

Founder, Footsteps To Inspire

Claire is founder of Footsteps To Inspire. A rape survivor, Claire is on a mission to run over 3,500 kilometres of beach across 230 countries to peacefully end sexual violence. She has already run in 45 countries.



ADRIENNE LEE

Consultant, Tourism Cares

Adrienne is a consultant for Tourism Cares, a non-profit working to advance the travel industry's social impact. Over the last 10 years, she has lead programmes in socioeconomic and community-development spaces, focusing on creating non-traditional livelihoods especially for women.



MEI MEI CHU

Award-Winning Travel Blogger

Mei Mei first started travelling at age 18, at a time where travel narrative and images were dominated by men. "Where are the Asian women who travel?" she asked herself, thus sparking a life-long commitment to meimeichu.com, a travel blog where she shares stories from her experiences of solo travel.



HIMADRI GARG

Photographer & Founder, Ghoomophiro Sisters

Himadri of Ghoomophirosisters is a traveller, photographer, and digital marketer. Together with her sister Prachi, she has been exploring India for over eight years. They have been featured in various publications, and have won multiple awards for their services to the travel industry.



DR. SAKIA HAQUE

Founder, Travelettes of Bangladesh

The Travelettes of Bangladesh, are a travel group of over 23,000 women who love travelling. Coming from a society that simply doesn't allow for women to travel the world, Sakia is teaching her countrywomen explore the world beyond them. She is working to empower women and inspire them to travel so that they grow to be free-spirited and independent.



DR. CATHERYN KHOO-LATTIMORE

Women Travel Researcher

Catheryn is a senior researcher at Griffith Institute of Tourism and the Regional Field Expert for the United Nations World Travel Organisation (UNWTO)'s Global Report on Women in Tourism. She authored *Asian Genders in Tourism and Women and Travel: Historical and Contemporary Perspectives* and has numerous other internationally-published works on solo female travellers.



HERMANDARI KARTOWISASTRO

Photographer

Hermandari, or Ibu Ndari, is a photographer, activist, and world traveller. At 67, she picked up an interest in photography, went on to pursue her passion and became a professional photographer. On her 70th birthday, she launched her first photography book titled *Mengapa Tidak?*. To date, Ibu Ndari has travelled to over 60 countries and is showing no signs of stopping.



ANITA AHMAD

Founder, Travel & Be

Anita has spent the last 15 years working in humanitarian and social development fields, and has travelled to 50 countries. She has worked in conflict countries like Afghanistan, Iraq, and Sudan despite evident risks. Anita loves to travel because she says her experiences help her discover new aspects to both herself and humanity.



SEEMA VISWANATHAN

Editor-in-Chief representing herinspirasi.com

Seema has been a lifestyle journalist for over 20 years. She is currently the editor-in-chief of CLEO Malaysia and SHAPE, which is one of the titles on herinspirasi.com. Besides shopping on her travels, she enjoys trying new food, exploring historical sites, and seeing natural wonders.



MICHELLE CAPORICCI

Managing Director, St. Regis Langkawi

Michelle's 25 years in hospitality includes various senior leadership roles. She is currently overseeing three iconic properties in Langkawi. She's spent the last 10 years living in China, Hong Kong and Malaysia. A yoga enthusiast, with an inquisitive culinary curiosity, she enjoys getting lost in any city.



KHAIRUN NISA ZABIDI

Sustainability Consultant

Khairun Nisa recently moved back to Malaysia from London, after taking a four-year sabbatical to live abroad, travel, study, and raise her kids. She packed up her children and crossed 11 international borders over 30 days, to start afresh. She now consults clients on future-proofing their businesses with PwC Malaysia's Sustainability and Climate Change practice.



LAVINIA RAJARAM

Regional Head of Communications, Expedia Asia

Lavinia oversees the brand identity, media relations, corporate communications, and consumer and technology PR for the brand across 11 markets. She was recently presented with the Asia's Greatest CMO award, as part of Asia One's annual Pride Of Asia series. She's a passionate traveller and lover of technology, wildlife, and the arts.



GABRIELLE TAN-HELFMAN

Director of Marketing, The Gardens Mall

Gabrielle loves travelling and likes to think of herself as an amateur photographer. She has a travel bucket list that is slowly being ticked off. Having had the opportunity to travel from a young age, she is doing the same for her child as she believes travel affords us experiences and knowledge of the world beyond our own.



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KL CITY GUIDE

"Muddy confluence" – not exactly the most romantic of monikers, but that's what Kuala Lumpur means in Malay. The name was derived from its location, right at the junction of the Klang and Gombak rivers. KL along with the suburbs that it's borders touch within the state of Selangor, are collectively known as the Klang Valley. Sometimes, this is referred to as greater Kuala Lumpur, or simply just KL.

When one speaks of the KL city centre however, it usually refers to the area around Petronas Twin Towers and Bukit Bintang stretch, which is where some of the city's biggest shopping malls and high-end restaurants are concentrated. This is where everyone wants to be, be it for shopping, dining, or to immerse in its energetic buzz, which lasts through the day and into the night. It also means, naturally, that the streets are often congested with traffic so if you have strict appointments to keep, do allot significant time to get there.

One of the first things you'll notice is that KL is a city that was built for cars first. Roads tend to be wide, with few pedestrian walkways or along some stretches, none at all. In the last few years however, the city council has stepped up efforts to correct this balance. The result is a 1.173km-long pedestrian bridge that zig-zags between the KL Convention Centre and Pavilion Kuala Lumpur mall, with multiple entry and exit points along the way, including Impiana KLCC hotel and Raja Chulan monorail station.

Launched in 2012, the Bukit Bintang-KLCC Pedestrian Walkway opens from 6am-11pm each day and is air-conditioned, which makes it not only a useful

link but a comfortable one too, especially given the punishing heat during the day.

General weather

Malaysia's tropical climate means that we get abundant sunshine all year round, except during the monsoon season that usually falls between May-September and November-March. But it's not always so cut and dry, what with increasingly erratic weather fluctuations, so you should always be ready for either humid heat or rain. It's not at all uncommon to have it sunny and hotter than 30 degrees Celsius in the mornings and early afternoon, only to find yourself caught in a heavy downpour by late afternoon or early evening.



A good idea would be to keep a foldable umbrella in your bag that won't take up too much space or weigh you down. It'll also come in handy to shield from the sun. If you worry about looking silly using an umbrella to protect yourself from the scorching sun rays, don't be – you'll see locals doing the same. Think of it as extra UV protection on top of your sunscreen. Trust us, your skin will thank you.

Note to women travellers

For solo women travellers, Kuala Lumpur is generally safe. Locals have a tendency to stare so be prepared for that if you do stand out in any way.

While you won't be expected to cover yourself from head to toe, dressing a little more on the conservative side would be best. Low necklines and high hemlines are perfectly acceptable for nightlife wear, but if you don't want extra attention, stick to less revealing attire during the day.

Besides the odd catcall or wolf whistle, women shouldn't feel too threatened by local men. Do be wary about purse snatchers and pickpockets though, one of the unfortunate side effects of rising urban crime.

Best times to visit

Unlike four-seasoned cities, KL is good to visit all year around. The tropical climate makes it such that even the monsoon seasons aren't too harsh and there's almost always something interesting going on, on weekends and public holidays. Thanks to our cultural diversity, Malaysia celebrates many different traditional festivals, and they're colourful extravaganzas that provide authentic encounters and wonderful photo opportunities for visitors.

You may want to avoid the school holidays though, as that's usually peak period with higher accommodation rates while popular tourist spots and family friendly locations will be more crowded than usual.

Check onestopmalaysia.com and publicholidays.com.my for calendars on school holidays. If you'd like to experience KL's festivities, time your visit to coincide with these days:

2019 Public Holidays

Jan 1	New Year's Day
Jan 21	Thaipusam
Feb 5-6	Chinese New Year
May 1	Labour Day
May 19-20	Wesak Day
May 22	Nuzul Al-Quran
Jun 5-6	Hari Raya Aidilfitri
Aug 11-12	Hari Raya Haji
Aug 31	Merdeka Day
Sept 1-2	Awal Muharram
Sept 9	Agong's Birthday
Sept 16	Malaysia Day
Oct 27-28	Deepavali
Nov 9	Prophet Muhammad's Birthday
Dec 25	Christmas



GETTING AROUND KL

While Kuala Lumpur (KL) is notorious for heavy traffic during rush hour travellers have a fair few options getting around the city.

From the airport

As soon as you've touched down at Kuala Lumpur International Airport (KLIA), you can queue up for a taxi or take the high-speed ERL train that'll take you right to KL Sentral station within the heart of the city. The low-cost terminal KLIA2 has shuttle bus services as well, running to and from KL Sentral station, and Paradigm Mall in Petaling Jaya.

Try to avoid taxi touts at the airport. Be sure to take only taxis or rental cars from the official counters of KLIA and KLIA2 as taxi touts are notorious for overcharging. Touts can be aggressive; do not engage with them and simply walk away as briskly as you can.

Getting around

Walking

Most of KL isn't pedestrian-friendly. Crossing the streets can be a terrifying prospect, even at zebra crossings, as Malaysian drivers are known to be impatient. Stick to the overhead bridges if you can and keep an eye out for pedestrian lights to turn green before crossing.



Bicycling

Cycling in KL is not for the faint of heart. At present time, dedicated bicycle lanes are far and few between, with construction of the bicycle infrastructure still underway. There are a fair few city bike tours (Bike with Elena, Mike Bikes) if you're up for the challenge though.

Hiring a car

Unless you're planning to take a trip out of town, hiring a car to drive around the city isn't recommended as KL traffic can be overwhelming for newcomers. You're better off taking a combination of rail and taxis, or simply hopping in a Grab (there's no longer any Uber services in Malaysia).

Figuring out the trains

With the recent completion of the Mass Rapid Transit (MRT), more parts of KL are also connected by rail. Apart from the MRT, other rail services include the Light Rail Transit (LRT). These trains in the city pass through iconic attractions such as KLCC, Central Market, and Muzium Negara (our National Museum).

Purchase a Touch 'N' Go card or a MyRapid card to avoid having to purchase tickets for each individual trip. The card can be used on all trains, as well as RapidKL buses.

Taking the bus

For the most part, buses in Malaysia have good safety records where women are concerned. MyRapid also has bus services that service KL and the Klang Valley with fares that usually hover around the RM2 (approximately USD0.50) mark.

Hopping in a cab

Regular budget taxis are aplenty. Blue cabs and gold cabs are bigger and thus better for large groups, but they do charge a higher fee. Avoid asking the hotel to call you a cab as it's common for hotel staff to strike a deal with drivers to give them preference for a cut. This will see you paying more. You'll also want to insist on using the metre – don't be duped into haggling for a price.

If you feel uncomfortable at the prospect of hailing and jumping into taxis, you can also have these numbers saved:

- Public Cab (03-62592020)
- Sunlight (1300-800-222)
- Comfort Taxi (03-80242727)
- Supercab (03-20953399)
- Mesra Cab (03-40430659)
- UpTown Ace (03-9283-2333)

Ride hailing

Utilising ride-hailing services is as easy as downloading an app. Other options include Carriage For Her and Riding Pink – where the riders and drivers are all exclusively women.



Look out for the free purple Go KL buses within the central business district that run along popular sites and famous shopping districts.



MALAYSIAN CUSTOMS & CULTURES

WE'RE AN EASY-GOING BUNCH, BUT THERE ARE SOME THINGS YOU NEED TO NOTE...

Before we go into the bewildering demographics, the first thing you need to know is this: It's perfectly fine to ask a Malaysian what race or religion they are. We understand that it's often difficult for foreigners to tell.

Malaysia's diverse ethnic makeup is one of its attractions. In West or Peninsular Malaysia, Malays are the predominant race, followed by the Chinese, then the Indians, and then other smaller minorities.

In Sabah and Sarawak, a different mix of tribes can be found. Sabah's largest ethnic group is the Kadazandusun, followed by the Bajau as well as other tribes including the Murut. The Murut can also be found in Sarawak though the state is more known for the Dayak, Bidayuh and Iban.

On religious sensitivities

Islam is the country's official religion, but other religions are also practised. Public discourse on matters of faith can be sensitive for some, so unless you know them well enough, it's best to steer clear of the topic.

Showing interest and a curiosity to learn are perfectly acceptable, just keep judgements and harsh criticisms out of the mix.

Attitudes towards women

Generally, women in Malaysia enjoy a respectful standing in everyday society and most arenas, from the academic fields to the corporate world. We have the same access to education, healthcare and other rights as the men do. That said, we are not entirely immune to the issues and limitations faced by women around the world. Expect the odd catcall or whistle (this happens to local women too), and men attempting to proposition you.

General etiquette

Malaysians are generally courteous and appreciate a simple 'Hello'. Unlike other predominantly Muslim countries, only Muslims will greet other Muslims with the *salam*, where the tips of the fingers touch briefly and are put to the chest to indicate that the greetings come from the heart.

Some Muslims do not shake hands with members of the opposite sex, so don't be surprised or offended when your extended handshake goes unreciprocated. The easiest way to know whether a handshake is welcomed is to wait a split second and then see whether it is being offered in return. When it is not being offered, it would be fine to just smile, nod, and offer greetings.



With non-Muslim Malaysians, handshakes (or even hugs, if familiar) are perfectly fine and are the usual way of greeting someone upon meeting.

Business etiquette

Business etiquette in Malaysia does not differ much from general global practices though it is helpful to remember that as an Asian and Muslim country, we are generally more conservative than our Western counterparts.

Dress conservatively unless you're in an industry such as fashion or entertainment, where dress codes are a little more relaxed. If find yourself needing to deal with government officials so keep a smart outfit on standby. Some government offices may bar entry to those who are dressed inappropriately – shorts, sandals, sleeveless attire, and skirts above the knee are all no-no's.

FEEL-GOOD FOOD

SOME MUST-HAVE EATS IN KUALA LUMPUR



Roti Canai



Nasi Lemak



Hainanese Chicken Rice

Few things unite Malaysians like a good meal. To truly experience the local life, plan your Malaysian chow-down adventures with our list of must-eats, all repeatedly tried, tested, and recommended by **#teamZafigo**!

Nasi Lemak

A dish universally known as the national dish of Malaysia, you simply cannot leave the country without trying nasi lemak. It is a rich coconut cream cooked rice, with a side of hot spicy paste called sambal, and garnished with anchovies, peanuts, egg, and a choice of protein. Nasi Lemak can be eaten at any meal of the day.

#teamZafigo recommends Nasi Lemak Antarabangsa

4, Jalan Raja Muda Musa, Kampung Baru, 50300 Kuala Lumpur



Eliza Thomas
Editor

The key to a good nasi lemak is a thick, flavourful, and spicy sambal. Nasi Lemak Antarabangsa is one of the few places in KL that gets it right every time. Try their *paru goreng* – or fried beef lung. It tastes like fried spiced slivers of lamb.

Roti Canai

Another one of those iconic Malaysian dishes that cannot be missed, roti canai is served practically anywhere. Crispy, fluffy, and served with a side of lentil, fish, or chicken curry, this much-loved flatbread is a good jumping off point for those looking to explore the local roti. Sweet and savoury variations are also easily available.

#teamZafigo recommends RBL Banana Leaf

38-G, Jalan Telawi, Bangsar, 59100 Kuala Lumpur



Tengku Zai
Sub-Editor

While RBL have had their share of unsavoury virality in the past, their roti canai still ranks as one of my faves!



Rojak & Cendol

In most parts of Malaysia, rojak refers to the assortment of fried fritters, beancurd, hard-boiled eggs, and julienned cucumber and turnip, mixed with a sweet, spicy, and nutty sauce. These rojak stalls usually serve cendol, a mouth watering dessert made of finely-shaved ice drizzled with Gula Melaka syrup, coconut milk, red beans, and soft and chewy green rice flour jelly strands.

#teamZafigo recommends Rojak Bellamy

Pernama Jalan Bellamy, Bukit Petaling, Bukit Petaling, Kuala Lumpur 50460



Maggie De Souza
Events/Partnerships
Manager

Rojak Bellamy has been around for decades and generations, earning an unofficial title of "Best Rojak In Town". If you've got the tummy space, give their mee rebus a go too!

Hainanese Chicken Rice

Chances of getting authentic Hainanese chicken rice in KL is slim but Kam Kee Chicken Rice delivers. The rice, cooked in chicken broth with ginger, is tasty and aromatic. The chicken is tender, juicy and flavourful. The accompanying chilli sauce provides just the right balance of sweet, sour, tang, and spice to round off the meal.

#teamZafigo recommends Kam Kee Chicken Rice

42, Jalan Sultan, City Centre, 50000 Kuala Lumpur



Lee Xin Xin
Designer

For those who are worried about antibiotics in their chicken (like me!) you can enjoy your chicken rice worry-free, as Kam Kee exclusively uses farm- and free-range chickens! Their chilli packs quite the punch too, tying the dish together perfectly.

Chicken Wings

Unlike most versions of wings, Malaysian chicken wings are barbecued on charcoal and reliant on flavour instead of a crunchy, battered exterior. The famous Wong Ah Wah chicken wings have a great smokey flavour that you don't often get anywhere else, and the flavours are very well balanced. It's also not excessively sticky on the outside, and always tender and juicy on the inside!

#teamZafigo recommends Wong Ah Wah, Jalan Alor, Bukit Bintang.

16, Jalan Alor, Bukit Bintang, 50200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

Satay

Satay is an iconic Malay dish that's mainly comprised of just one ingredient: seasoned meat! Whether it be chicken, beef, lamb (or in some rare cases, pork) the meat is marinated in spices, skewered on a thin wooden stick, grilled on charcoal. It is then served with a nutty spiced sauce, compressed rice cubes, and fresh onion and cucumber. Satay makes for a great snack or can even be a full meal (should you order enough sticks!)

#teamZafigo recommends Suzi's Corner

Kampung Berembang off Jalan Ampang 55000 Kuala Lumpur

Dim Sum

Imagine carts of bite-sized food pushed around the restaurant so you can order anything to your heart's desire without even leaving your seat. That's the allure of traditional Cantonese teahouses that serve dim sum brunches. Although popular with the Chinese, there are a fair few spots that offer halal dim sum.

#teamZafigo recommends Celestial Court at Sheraton Imperial Kuala Lumpur Hotel

Jalan Sultan Ismail, Chow Kit, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur



Teh Sue May
Content Associate

Celestial Court is one of the best value-for-money spots for a dim sum buffet. They offer over 70 varieties at only RM138 nett. Add on RM100 nett per diner for a free flow of wine or beer for a boozy brunch.

Banana Leaf Rice

Traditional South Indian culture has a strong place in the hearts of Malaysian foodies. There's just something about a banana leaf meal that is so satisfying. Steamed hot rice is served with rich curries, and assortment of vegetable sides and also chicken, mutton, fish, and squid cooked in myriad styles to keep you spoilt for choice. A banana leaf meal usually puts you in a food coma so try not to have too much planned after.

#teamZafigo recommends

Devi's Corner

14, Jalan Telawi 4, Bangsar Baru, 59100 Kuala Lumpur

Nasi Padang

A miniature banquet of sorts, nasi padang is arguably Sumatra's most famous export and the Minangkabau people's great contribution to Indonesian cuisine. A nasi padang restaurant is generally set with over a dozen dishes filled with richly flavored food such as curried fish, chili eggplant, curried beef liver, tripe, intestines, fried beef lung, fried chicken, and of course, an assortment of sambal.

#teamZafigo recommends

Restoran Rose

49a, Jalan Raja Alang, Kampung Baru, 50300 Kuala Lumpur



Chilli Pan Mee

This Hakka noodle dish can be found from speciality eateries to kopitiam. Flat flour noodles

are served in soup or dry with mince meat, crisp shallots, fried anchovies and a poached egg. The chilli is served on the side, to be added to your liking. It packs on the heat and flavour to the noodles. Being heavy-handed with the chilli, however, might cause your stomach to revolt, so be wary.

#teamZafigo recommends

Super Kitchen Chilli Pan Mee

33, Jalan Dewan Sultan Sulaiman 1, off Jalan Tunku Abdul Rahman, 50300, Kuala Lumpur



TAPAK Urban Street Dining

2A, Persiaran Hampshire, Hampshire Park, 50450 Kuala Lumpur

Located on Jalan Ampang, just a short walk from KLCC, TAPAK is an open space area where food trucks sell their fare. Operating in the evenings, you'll find locals congregating for a post-work meal at TAPAK. And rightly so too, seeing as the location has food trucks selling everything from nasi lemak and kolok mee to western food with a twist. Think yummy soft shell crab burgers, mac n cheese burgers, massive 12 inch hotdogs, churros and more!



Dim Sum

Banana Leaf Rice



Nasi Padang



Sate

NOTE: TAPAK has ample parking bays for those planning to drive, but you can beat the KL traffic by taking the LRT to KLCC station and walking over. Just follow the smell of food.



Yut Kee Restaurant

1, Jalan Kamunting, Chow Kit, 50300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur

For a taste of heritage, head over to Yut Kee. What was once one of the last remaining Hainanese coffee shops in town made itself a new home in Jalan Kamunting, and business is still booming for this old school kopitiam.

Established since 1928, Yut Kee offers a variety of old-style Chinese fare which caters to different tastes and preferences. Dishes like the chicken chop, lamb chop, roti babi, kaya toast, and lam mee were put on the menu by the current owner's grandfather who came from Hainan Island to serve as a cook to a colonial family.

NOTE: The lack of parking in the area and the wait time does not prevent Yut Kee's loyal customers from flocking in for breakfast. So you might want to be prepared to wait 15-30 minutes before you're seated.



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

Sedap (sehr-dahp): Delicious

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 better known as Manglish. 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 practical. Manglish is mostly standard English, though it shares some similarities with pidgin English, with little added suffixes and local colour.



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

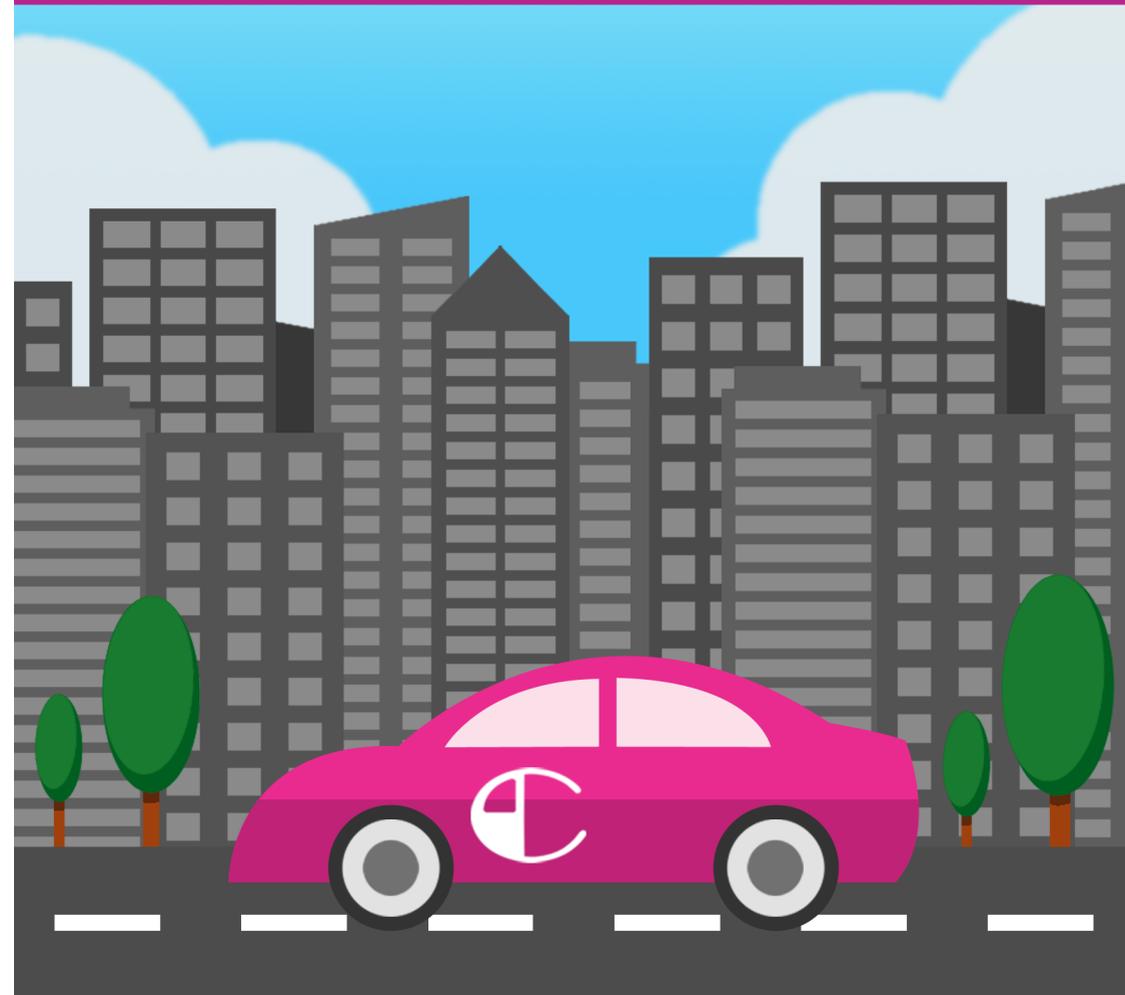
Practice One of the simplest forms of Manglish is the addition of the suffix '*lah*' (with the 'a' as in father) to the end of sentences.

For example: Can *lah* (Sure, fine by me) or no *lah* (No, of course not). It may sound odd at first, but knowing when to include the *lah*'s will come naturally.

Z Pick up other useful and popular Malaysian phrases at zafigo.com (Kuala Lumpur/More on the City/Tips)

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KUALA LUMPUR LANDMARKS

Visitors to Kuala Lumpur – or KL as it's affectionally known – usually say one thing: It is nothing like they expected. To the first-time visitor, it is a city with many facets and even more surprises. Shiny steel skyscrapers fill the skyline, and towering above all of them are the metal ambassadors known the world over as the Petronas Twin Towers. But beyond this modern facade, you can find little nooks and corners that make you feel as if you're in a bucolic small town. It's easy to forget that you're in the country's capital and its biggest, most populous city — until the bustle of traffic reminds you just where you are that is.

How ever you enjoy spending your time, one thing is for sure, Kuala Lumpur doesn't disappoint. With offerings that range from temples and mosques that reflect the cultural and religious diversity of the city, spectacular towers and skyscrapers with rooftop pools and bars, local markets and just about anything else you can imagine, there's something for everyone. Don't believe us? Check out some of the very best landmarks in Kuala Lumpur.



1. Visit the Petronas Twin Towers

It goes without saying that if you're visiting Kuala Lumpur, you have to at least visit the Petronas Twin Towers. One of the most iconic sights in the world, the towers feature postmodern architecture and Islamic design. Visitors flock here for the walk over the sky bridge that connects the two towers, and to admire the view of the city. If you're not one for heights, you can also take photos at the base of the towers.



National Mosque

2. Absorb history at Sri Mahamariamman Temple

Being the oldest Hindu temple in Kuala Lumpur, Sri Mahamariamman Temple is well worth a visit for those wanting to learn about the diverse cultures and religions that make up the city. Explore the grounds and wonder at the architecture and atmosphere of this working temple situated at edge of Chinatown on Jalan Bandar. It is easily recognisable thanks to its vibrant and colourful façade, featuring a host of Hindu deities depicting famous legends. oday functions as an important cultural and national heritage.

3. Explore the six tiers of Thean Hou Temple

Thean Hou Temple is something of an iconic landmark Kuala Lumpur thanks to its six-tier design. One of the oldest and largest temples in Southeast Asia, it is one of the popular tourist attractions thanks to its grandiose design. The inside of the temple features Confucian, Tao, and Buddhist decorative pieces and it is widely considered as one of the most decorative temples in Kuala Lumpur, with its intricate carvings and decorated raised ceilings painted in red and gold.

4. Marvel at the beauty of Islamic architecture of the National Mosque

Surrounded by lush greenery, the National Mosque is an enormous structure that can accommodate 15,000 worshippers at any given time. Built in the '60s, the mosque follows principles of Islamic architecture. There are also fountains and reflective pools throughout the mosque complex. Visitors can tour the mosque, but ladies will be given a dress robe before entering as there are strict rules regarding appropriate attire.

5. Make some feathery friends at Kuala Lumpur Bird Park

This enormous aviary is home to over 3,000 birds of over 200 species, making it a must-visit for ornithophiles. Recognised as the world's largest free-flight walk-in aviary, KL Bird Park allows for visitors to chase peacocks, pose with parrots, feed parakeets, and be awed by soaring storks. Apart from birdwatching, visitors can also learn about the local flora and fauna in the park as it is a well-respected scientific location with a strong emphasis on conservation and education.

KL Bird Park



6. Have yourself a Blue Planet experience at Aquaria KLCC

Keen to explore metres-long underwater tunnel where you can see rare sand-tiger sharks, green sea turtles and red-bellied piranhas? Not just an aquarium, but an oceanarium housed in the depths of the Kuala Lumpur Convention Centre. Aquaria KLCC spans over 60,000 square feet and features a 300-foot tunnel. The experience is set up as a land-to-sea journey and aims to educate visitors on Malaysian aquatic life, from fresh water rivers and swamps, to the vast ocean. Be sure to buy tickets online from Aquaria KLCC though, as there are many scam sites that claim to sell tickets to Aquaria that turn out to be duds.

7. Slow down at Kuala Lumpur Butterfly Park

Head to Kuala Lumpur Butterfly Park and marvel at the hundreds of different colourful butterflies in residence. Housing over 120 species, the park itself is modelled after a jungle forest experience featuring walkways, footpaths, lakes, ponds, and gazebos. There are educational explanations such as breeding programmes and life-cycle information for visitors to enjoy the quieter and calmer pace as they take in the local wildlife right in the heart of KL.

Kuala Lumpur Butterfly Park



8. Islamic Arts Museum Malaysia Located at the heart of Kuala Lumpur, the Islamic Arts

Museum Malaysia houses many artifacts all the way from China, Southeast Asia, India, and even the Middle East. Expect to see one of the most beautiful ceiling domes and plenty of Islamic architecture on full display, with 12 permanent galleries and thousands of artefacts housed in the spacious 30,000-square metre building. If you're lucky, your visit might even coincide with a particularly exciting exhibition, usually aimed at providing education and awareness on the religion.



Islamic Arts Museum

9. Shop 'til you absolutely drop at Suria KLCC

Within the enormous KLCC complex that includes the Twin Towers, Suria KLCC is a six-storey shopping centre that is arguably one of KL's greats. From luxury goods to everyday items, Suria KLCC has it all. It also houses a fantastic food court, a cineplex, a Kinokuniya bookstore, and even a fun-filled science discovery centre.

10. Get your bargain on at Central Market

Opened in 1888 as a wet market, KL's Central Market (today also affectionately known as Pasar Seni) has seen it all. The area has since been updated since it's meat and fresh fruit-selling days and now includes different sections to reflect the various influences and ethnic backgrounds in Malaysia, while selling souvenirs, and arts and crafts. The adjoining Kasturi Walk also features an array of food stalls if you're feeling peckish after all that bargaining. Within Central Market is also Annexe Gallery, a modern art gallery located on the second floor which hosts a series of talks, art exhibitions, book launches, movie screenings, and fashion shows throughout the year. Check out the gallery's schedule to see if anything strikes your fancy!

Central Market



KL's Chinatown aka Petaling Street

11. Enjoy some quality street food at Hutong

Food courts in shopping malls are pretty much a dime a dozen in Kuala Lumpur, but Hutong, housed inside Lot 10 Mall, is said to be one of the best in the biz. The food court is made up of local street vendors specifically selected to set up shop in the food court, and as such, what we have is a string of famed street food vendors all under one roof so you don't have to pound the pavements in search of a feast. Revel in the more popular local dishes such as oyster omelette, noodles soups, dumplings, meatballs, and an assortment roasted meats.

Note: As the food sold here are predominantly famed Chinese vendors around KL, the selection here is not considered halal.

12. Experience the food haven that is Jalan Alor

Jalan Alor may have once been famous for being a red light district and a place of dubious repute, but today it is best known as a haven for foodies. Though it may look a little bare and disappointing during the day, the vendors set up as the sun begins to set and the street transforms into a hive of culinary activity, complete with plastic tables and chairs seemingly appearing from nowhere. Vendors here have focused on perfecting their signature dish over the years, so don't expect to find all the goodies in one place, but do feel free to explore all the stalls available.

Note: While there are halal establishments on Jalan Alor, you'd probably have to walk around to find one that best suits your palate. The streets are usually busy all throughout the night as well, so you might want to be extra wary of pickpockets.

Batu Caves



13. Wander through KL's Chinatown aka Petaling Street

With its grand Chinese arch and blue covered walkway, Petaling Street Market nestled in the heart of Kuala Lumpur's Chinatown, simply buzzes with life. Sure, it may be grimy in places and has a tendency to get overcrowded, but the mix of buzzing tourists and laidback locals are what makes these streets so appealing. Of course, it helps that you can pretty much shop for anything in Petaling Street; from gems and incense, to toys and t-shirts. The fast pace of the area has seen it going through multiple changes in recent years, with old buildings being refurbished into modern hotels and trendy cafes or eateries popping up and closing down, but Petaling Street will always retain its old town charm.

14. Climb up the colourful steps of Batu Caves

This 400 million-year-old limestone hill that houses a 100-year-old temple within it is perhaps best known as the focal point of the annual Hindu festival of Thaipusam. Batu Caves itself is a popular tourist destination for multiple reasons. For one, it is home to the tallest Lord Murugan statue in the world. It also has 272 steps leading up to the entry point of the temple. Insta-worthiness aside, the caves and temples are Hindu shrines, and are considered an important place of pilgrimage for Hindu devotees. Visitors can visit the caves and also experience the flora and fauna that include wild monkeys and cave-dwelling bats. There are also rock climbing opportunities and trekking routes available!



KL ESSENTIALS CHECKLIST

✓ Packing to come over

Pack for tropical weather and the occasional rain shower. Some items like mosquito repellent cream and sunblock can be purchased on arrival. A small, portable umbrella and a stylish pair of sunglasses will likely be firm companions on your trip. Roads and pavements in Kuala Lumpur are not well-maintained and can be murder on pricey heels so save them for nice dinners and not for traipsing around the capital.

✓ Important documents

Do check your country's entry requirements on the Malaysian Immigration website. If you need a visa, make sure whether you can get one on arrival or if you need to, apply for one in advance. Make enquiries beforehand about your nearest embassy and keep its phone number within easy reach.

✓ Money matters

Try to always have at least RM100 on you in small bills in case of emergencies. But don't carry too much, as snatch theft and pickpocketing are, unfortunately, common occurrences in the country.

Your best bet if you are bringing cash is the good ol' US dollar. Exchange counters are easily found in malls and airports as well as the bigger branches of some major banks. You will get a much better rate converting dollars in the country than outside so wait until you arrive in Malaysia.

While food is relatively cheap in Malaysia, you might need to budget for getting around whether via taxi, rail, or hired car. Costs could vary between RM20-RM50 daily depending on which option you choose.

✓ Banks, ATMs, credit cards

If your bank is on a major network like PLUS or CIRRUS, you should have no problem making withdrawals at ATMs as most support both those networks. American Express is not as widely accepted and very few establishments accept Diner's Club cards.

Traveller's cheques are not recommended. Few places still accept them and the exchange rate is poor so you would likely get a better rate from your credit card or ATM withdrawal.

✓ Phone & the Internet —

Roaming, prepaid SIM cards, WiFi access

The Malaysian love affair with mobile phones can be evidenced by the mushrooming of kiosks dedicated to telco and mobile phone services everywhere. Malaysia has three main telcos — Maxis, DiGi, and Celcom — all of whom have signed roaming agreements that pretty much guarantee your roaming should work in KL. However, Malaysia only supports the GSM network so you won't be able to use your WCDMA phone. Prepaid SIM cards are easy to procure but registration is mandated in the country, so you must bring your passport along when buying a SIM. Free Wi-Fi is easy to find as many restaurants and coffee chains offer it. Some will require you to register your details to obtain access so decide if you're willing to take the privacy hit for a free internet connection.

Tipping isn't a part of Malaysian culture. Most establishments will levy a service charge on top of the bill in lieu of tipping.

WITH THE REPAIRING POWER OF CENTELLA FOR YOUTHFUL SKIN ON 8 KEY ZONES



"It makes me believe, wrinkles really can be healed"

Gong Li



L'ORÉAL PARIS

SHOP 'TIL' YOU DROP

TOP SPOTS FOR THE DISCERNING SHOPAHOLIC

You'll be glad to know that indulging in a local shopper's experience in Kuala Lumpur is not the least bit difficult. From the massive, upscale malls on Bukit Bintang, to the street stalls that line Petaling Street, you will be spoiled for choice.

For the designer doll

At the top of Bukit Bintang, Kuala Lumpur's most famous shopping street, sits Pavilion KL. Standing loud and proud at the heart of Kuala Lumpur, Pavilion is the place to be for the luxury shoppers, with boutiques from some of the world's most sought-after designer brands such as Dolce & Gabbana, Givenchy, and Saint Laurent.

Breeze on over to Suria KLCC which is connected by an air-conditioned walkway. This luxury mall occupies the bottom six podium floors of the Petronas Twin Towers and has everything from luxury goods to everyday items. It also has a food court, a cineplex, a huge Kinokuniya bookstore, a Science Discovery Centre, and even an aquarium.

For the smart shopper

We can't not include of Asia's largest shopping spaces that is Mid Valley Megamall. While it can't match Bukit Bintang malls for high-end luxury, Mid Valley is one of KL's most popular malls for its abundance of affordable shopping. With its huge array of stores and restaurants, an 18-screen cineplex, department stores, exhibition centre, and two food courts, it's easy to see why it's a crowd favourite.

If you prefer an upmarket fix, you can even walk across the connecting passageway to The Gardens Mall.



Lee Xin Xin
Designer

Looking for discounted authentic branded goods? The recently-opened Mitsui Outlet Park, Sepang which is near the Kuala Lumpur International Airport is worth a look if you have some time (and luggage space!) to kill before your flight.



Tengku Zai
Sub-Editor

Dubbed by CNN as one of the best shopping cities in the world, you can bet that KL will have everything you crave for from high street to lux fashion. If you're looking for the finer things, I'd recommend popping over to Starhill Gallery too.



Bukit Bintang, Kuala Lumpur

For the bargain hunter

Lively and vibrant, Petaling Street is arguably the most popular street market in Kuala Lumpur. This shopping district in KL's Chinatown houses hundreds of stalls selling everything imaginable at super-affordable prices. Try your hand at haggling and see just how low you can go. If you get a little hungry from all that bargaining, grab a quick bite at one of the many hawker stalls can be found along its many alleyways.

For those wishing to experience the bustle of a crowded Malaysian night market, there's the Taman Connaught Night Market that takes place every Wednesday evening, set along a two-kilometre laneway. Exploring the entire marketplace can take up hours though, as there are hundreds of stalls peddling clothing, accessories, handicrafts, and more. Indulge in some local snacks and meals along the way. You should be warned though, like the durian, some of the snacks are an acquired taste. If you're feeling adventurous, follow your nose to get a taste of a Taiwanese delicacy affectionately known as stinky tofu, a type of fermented bean curd with a strong and powerful taste.



Teh Sue May
Content Associate

Got the time and want more? Head to Little India. The neighbourhood's main street is full of the sights, smells, sounds and tastes of India. You'll find aromatic spices, traditional garments such as sarees, along with jewellery aplenty here.



(Top) Central Market, (Bottom) Petaling Street

For the souvenir scout

Hankering for a truly Malaysian souvenir to bring home? Drop by the Craft Complex located at the heart of Kuala Lumpur. This hidden gem doesn't just house wonderfully traditional architecture, but also various handicraft shops in little craft village settings. Walk through these villages and see for yourself how potteries, key chains, batik, kain songket, and jars are made. You can even join in on an array of interactive workshops available and unearth a hidden craftsman talent or two.



Your next best bet would be Central Market. From experiences like getting a henna tattoo or making your own batik, to buying handmade local art and crafts, Central Market has got you covered.

If you'd like to add a little history to your shopping trips, head over to Royal Selangor. The free guided tours at the Royal Selangor KL Visitor Centre takes you through the brand's history (they've been around since 1885!) and the science behind pewtersmith. Check out the gift shop to take home a special Malaysian souvenir.



Eliza Thomas
Editor

Looking for traditional attire such as sarongs and *baju kurung*? Hit up The Kampung Baru Sunday Market. Running from Saturday evenings to Sunday mornings, it also offers speciality food like rojak, grilled fish, satay, and sweet Malay cakes.

STAYING CONNECTED GET YOUR CLICK FIX ON THE GO

The creation of the internet ranks pretty high on the list of things travellers are thankful for. The rise in phone apps that help us travel safer and better have also made mobile data a precious commodity when travelling. So how do you best stay connected during your stay in Malaysia?

Commit to the data life

While there's nothing wrong with a social media blackout every now and again, if you're visiting Malaysia (ranked 45 out of 180 countries on the World Internet User Penetration list) you're going to want to stay connected. The best and cheapest way is to get a prepaid SIM. Most airports in Malaysia have counters in the arrival halls, but even if you're not arriving through the airport, you can buy a SIM from bus stations, shopping malls, or convenient stores.

Lay of the land

There are Traveller SIM card packages specifically designed for tourists be staying for short periods. These packages typically come with a preloaded credit, certain number of minutes, and X amount of data.

Pick your package

"But which is the best telco?"

While the answer you'll get depends on who you ask, there is actually no right answer to this question. Here is a break down on the plans available and their prices, by network:

U Mobile Traveller Sim

Sim pack is free for foreigners
Payment of RM30 for credit
1GB basic internet + unlimited data for social apps.

Tune Talk Lite Plan

Sim pack costs RM25
Comes preloaded with RM5
5GB high-speed internet + 10GB basic internet.

Digi 4G Plus Internet Traveller Sim

Sim pack costs RM20
Comes preloaded with RM5
2GB data + 1GB/day WhatsApp, Facebook, WeChat.

Maxis Hotlink Red

Sim pack costs RM15
Comes preloaded with RM5
1.5GB data + free unlimited chat or social.

Celcom All-New Xpax

Sim pack costs RM10
Comes preloaded with RM6
10GB basic internet monthly.

Things to keep in mind

- Sellers are required by law to register mobile users, so have your passport ready.
- 4G coverage is mostly limited to major towns and cities, but most areas in Peninsular Malaysia would have more than acceptable coverage.
- Plan your data needs in East Malaysia (Sabah and Sarawak) as coverage tends to be inconsistent the further away you are from city centres.



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DANGERS TO AVOID

TIPS AND TRICKS TO AVOID BEING THE VICTIM OF CRIME WHILE TRAVELLING

Crime and dangers

Kuala Lumpur is generally a safe city but snatch thefts happen often enough to warrant extra precaution. Keep an eye out for pickpockets in crowded areas like shopping malls, train platforms, or while riding public transport. Keep your bag close to you when walking, and avoid carrying it on the side nearest a busy road or intersection. If in a car, keep your bag on the floor as snatch thieves are known to smash windows at traffic stops to steal bags left on seats.

You'll also want to avoid wearing gold necklaces or bracelets as they will make you a target

for thieves. Stick to costume jewellery and leave your more expensive accessories at home. Like most cities, standard safety precautions come into play. Avoid back alleys especially at night, stick to public areas with lots of people, and last but not least, avoid ostentatious displays of wealth.

Taking public transport

In general, buses in Kuala Lumpur are a safe mode of transport, but you'll want to avoid being alone at bus and taxi stands late at night. In a taxi, the driver's information should be displayed on the dashboard on the passenger side, and if it does not match the actual driver, it's best you take another cab.

Avoid sitting in the front seat of a cab, especially if you're a woman and alone. Usually, the city's working girls are known to sit up front with the drivers to proposition them, so there's a chance your intentions may be misinterpreted.

Trains are also generally safe in the city, with the local Komuter train service offering women-only carriages. Stay alert and be mindful of your surroundings; some stations are poorly lit at night and snatch thieves often lurk near parking lots.

Police and emergency numbers

If you become a victim of theft or any other crime, make a police report as soon as possible. Passersby should be able to direct you to the nearest police station. Legally, it does not matter which police station you lodge your report at, as the demarcation of territorial jurisdiction is merely for administrative purposes. So if you wish to instead lodge a police report at a station that's located closer to your hotel, it should not be a problem.

The emergency number in Malaysia is **999** on land line, and **112** on mobile phones.



MEDICAL & EMERGENCIES

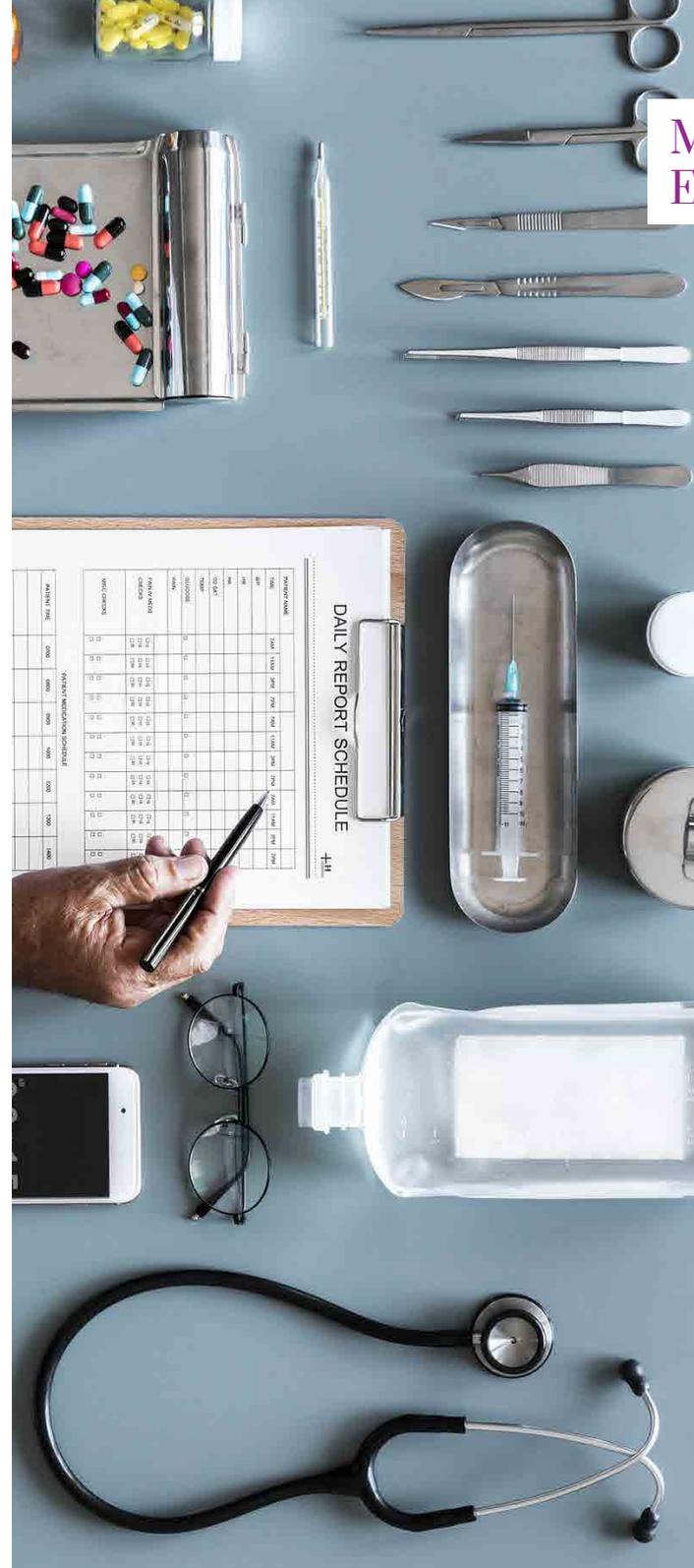
JUST-IN-CASE REMINDERS

As far as getting medical attention goes, Kuala Lumpur has plenty of walk-in clinics with 24-hour clinics being easy to find. Prepare at least RM100 on hand to cover any fees, part of that being for consultation and the rest to cover medicines.

Make sure to inform the doctor any allergies or special conditions you have and if you have any special requirements or health conditions, bring along a note from your home doctor as a precaution.

If you need medicine, pharmacies are easy to find with a few open on Sundays. But you will need a prescription for certain medicines so be sure to pack those too. Basic over-the-counter medicines such as aspirin, paracetamol, and cough syrup can be purchased at convenience stores.

Should you become ill to the point of requiring hospitalisation, public hospitals are open to foreigners. Do take note, however, that unless it's an ER situation, you face long waiting times due to high traffic. You will likely need a referral, so visit a GP first before you head to the hospital. Private hospitals are usually more accommodating, but they might require proof of funds or a sizeable deposit, so it would be wise to ensure you're properly insured.



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