malaysia airlines

TIME FOR MEMORABLE JOURNEYS

— MALAYSIA —

THE JOURNEY OF

This book is specially made for you.

Discover tips, write down your thoughts and
make this journey a memorable one.

TIME FOR MALAYSIA

Malaysia is a tapestry of rich traditions, stunning landscapes and heartfelt hospitality that lingers long after you leave.

From the sizzle of street food to serene rainforests and the dazzling skyline of Kuala Lumpur, every moment is an invitation to indulge your senses.

It's time to say *selamat datang*
to a journey unlike any other.



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1

Your Essential Phrases

In Malaysia, a warm smile goes a long way. But knowing a few key phrases can make your journey more enjoyable.

With its rich melting pot of culture across the country, pick up simple greetings in the various languages found locally. Whether you're ordering food or asking for directions, make every interaction more meaningful.

FUN FACT

Bahasa Malaysia is an easy language to pick up and is often woven with English to create *Manglish*.

Here are some essential phrases to help you navigate the city and make meaningful connections.

Good Morning

SELAMAT PAGI

(Se-la-mat pa-gee)

Thank You

TERIMA KASIH

(Te-ree-ma ka-seh)

How Are You?

APA KHABAR?

(A-pa ka-bar)

Goodbye

SELAMAT TINGGAL

(Se-la-mat ting-gal)

It's Okay / Never Mind

TIDAK APA

(Tee-dak ah-pa)

Sorry

MAAF

(Ma-ahf)

Please / Help

TOLONG

(Toh-long)

You're Welcome

SAMA-SAMA

(Sa-mah sa-mah)

2 Point And Show

Starting a conversation in a foreign country can be challenging. Worry not, these key phrases will help you navigate Malaysia with ease.

FUN FACT

The word *lah* doesn't mean anything specific, but Malaysians use it all the time. Can *lah*, No *lah*, Chill *lah*! Master it, and you'll sound like a local in no time.



Is there free Wi-Fi here?
Adakah terdapat Wi-Fi percuma di sini?



Where can I buy tickets?
Di manakah boleh saya membeli tiket?



Do you have vegetarian options?
Adakah terdapat pilihan vegetarian?



What's the best way to get to _____?
Bagaimanakah cara terbaik untuk ke _____?



I'm lost. Can you show me the way?
Saya sesat. Bolehkah tolong tunjukkan arah yang betul?



How much does this cost?
Berapakah harga barangan ini?

3

Getting Around Town



From taxis to e-hailing services, this guide will help you minimise travel time and maximise your exploration of everything this country has to offer.

FUN FACT

Looking for a unique way to get around? Try hopping on a trishaw in Penang and Melaka. It's a great way to see the sights and experience the local culture.

TRAIN

Malaysia has various rail services – namely the **LRT, MRT, Monorail and KTM** that serve as intercity travel and even between states.

Tickets or tokens can be purchased at a kiosk or over the counter at respective stations. While each train service offers its own commuter card, travellers may purchase a **Touch 'n Go** card, accepted on major public transports in the Klang Valley.

DAILY OPERATING HOURS

LRT | MRT | Monorail	6:00 a.m. – 12:00 a.m.
KTM	5:30 a.m. – 12:00 a.m.

*Train operating hours may vary. For the most accurate and up-to-date schedules, please check with the official transport provider before your journey.





E-HAILING

Getting around Malaysia is more convenient with e-hailing services. Download the app to book a ride, view the fare upfront and track your driver for a smooth experience.

ELECTRIC SCOOTER

Urban mobility is enhanced through electric scooter services offering a convenient and eco-friendly way to navigate city areas, especially in Kuala Lumpur. Access them easily via the app as you move around town.

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Plan Your Days

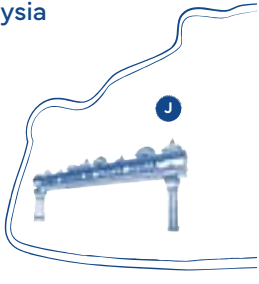
Malaysia offers a diverse mix of attractions, from modern skyscrapers to lush rainforests.

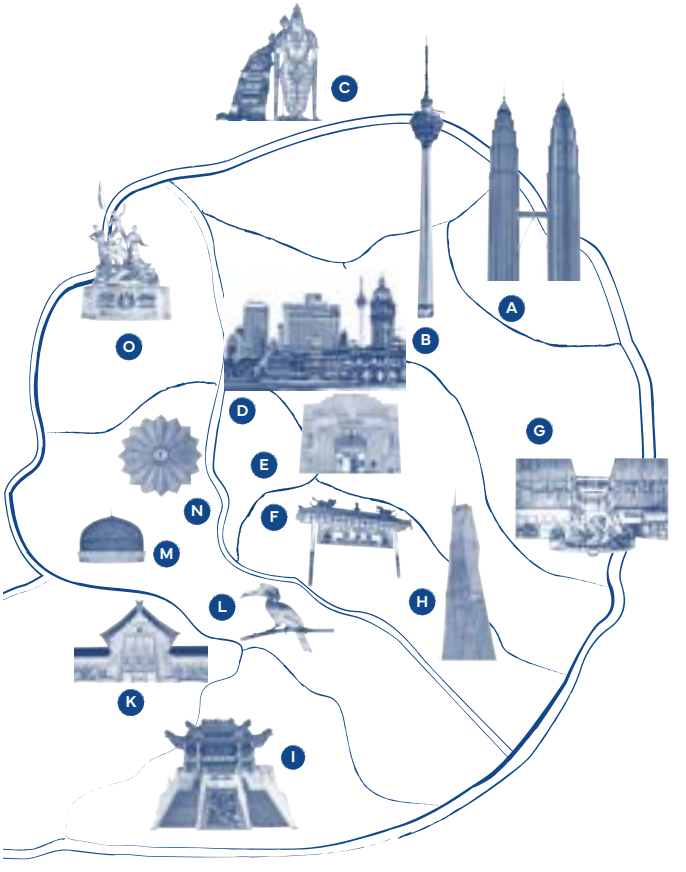
So, planning your itinerary wisely can make all the difference. Cities like Kuala Lumpur are known for their bustling streets and varied public transport options – grouping nearby attractions together will help you maximise your time.

FUN FACT

With Malaysia's tropical climate, hydration, good SPF and an umbrella are just as important as your passport.

A — Petronas Twin Towers
B — Kuala Lumpur Tower
C — Batu Caves
D — Merdeka Square
E — Central Market
F — Petaling Street (Chinatown)
G — Bukit Bintang
H — Merdeka 118
I — Thean Hou Temple
J — Little India
K — National Museum
L — KL Bird Park
M — Islamic Arts Museum Malaysia
N — Masjid Negara
O — Tugu Negara




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EXPERIENCE MORE OF MALAYSIA

Kuala Lumpur may be the bustling heart of Malaysia, but the country's beauty and diversity go far beyond the city. From the beautiful beaches of Langkawi to the tropical rainforests of Sabah and Sarawak, each state offers a unique cultural experience and breathtaking landscapes. Discover the best of Malaysia with our seamless connections to these incredible destinations.

BONUS SIDE TRIP

Double your adventure with a stopover and enjoy a flight to one of seven destinations in Malaysia at no extra fare – just pay the taxes.



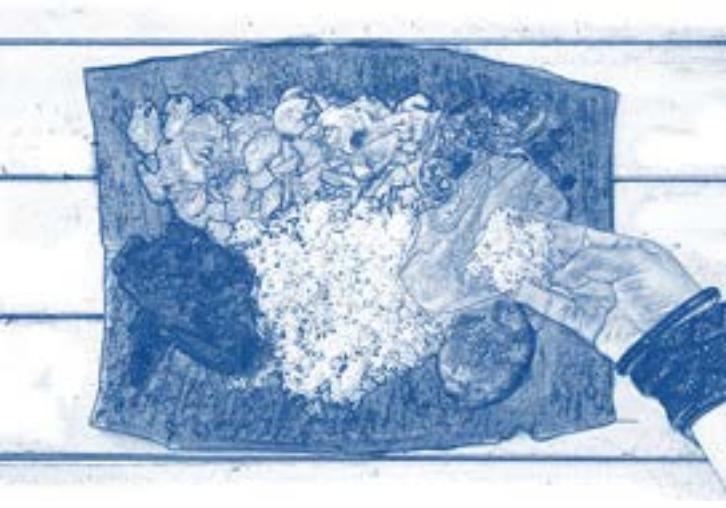
A — Kuala Lumpur (Capital city)
B — Selangor
C — Negeri Sembilan
D — Melaka
E — Johor
F — Pahang
G — Terengganu
H — Kelantan
I — Perak
J — Kedah
K — Penang
L — Perlis
M — Sabah
N — Sarawak

Routes shown above are updated as of March 2025.

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Live Like A Local

Explore Malaysia the way the locals do. Immerse yourself in its unique culture, customs and traditions.

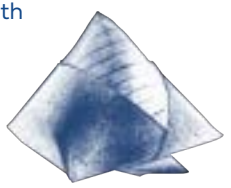


FUN FACT

Malaysians are known for their friendliness and hospitality. If you need some help with the culture or local norms, don't hesitate to ask the locals. They're always happy to help.

BREAKFAST STAPLE

Malaysians often start their day with *Nasi Lemak* and *Teh Tarik*. A key component in *Nasi Lemak* is a spicy paste called *sambal*.



SHOES OFF

It's customary to remove your shoes when entering someone's home as a sign of politeness.

RESPECT IS KEY

You'll often hear younger folks calling older people 'auntie' or 'uncle', even if they're not related. The term 'boss' is also commonly used when addressing waiters.

EATING WITH YOUR HANDS

When enjoying local favourites like *Nasi Kandar* or *Roti Canai*, it's common to eat with your hands.

DRESS MODESTLY AT RELIGIOUS SITES

When visiting cultural or religious sites, it's customary to dress modestly and respectfully.

DURIAN

One of Malaysia's most beloved fruits. Divisive by nature with its strong smell and unusual flavour, you can find Malaysians enjoying the 'king of fruits' at roadside stores, large canopies or proper sit-down restaurants. Take note of its sharp spikes as they can leave a prick.



FUN FACT

Malaysians enjoy taking their time when eating. It's common to find locals sitting and chatting for hours at a kopitiam on the weekends.

HALAL FOOD

Halal fare isn't confined solely to Malay or mamak restaurants and stalls. In fact, the dishes at Malaysian hotels are largely halal catering to local needs.

KOPITIAM CULTURE

Locals visit these traditional coffee shops to enjoy a simple breakfast of *Kaya* Toast and soft-boiled eggs, paired with strong local coffee.

TIPPING ETIQUETTE

Tipping is entirely optional here since most restaurant bills already include a service charge. However, if you're feeling generous, a small tip is always appreciated.

GIFT GIVING

If you ever find yourself invited into a Malaysian home, don't forget to bring a small gift like fruits or sweets. Known as *buah tangan*, meaning 'fruit of the hands', this thoughtful gesture shows appreciation and respect for your host.

WHAT OTHER MALAYSIAN EXPERIENCES DID YOU ENCOUNTER?

Snap and share with the hashtag
#MalaysiaAirlines #MHTimeForMalaysia
#YourGatewayToAsiaAndBeyond
and tag **@malaysiaairlines**

6

Authentic Local Cuisines

As a melting pot of cultures, there are plenty of cuisines to try in Malaysia – you'll never run out of options.

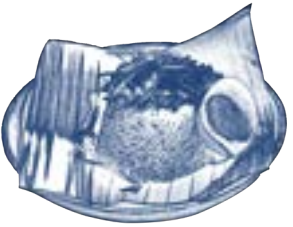
FUN FACT

Malaysian cooking naturally emphasises local ingredients. Chilli peppers, coconut milk and spices are essential in many Malaysian dishes.



MEALS & SNACKS

Nasi Lemak



Considered Malaysia's national dish, *Nasi Lemak* consists of fragrant coconut rice served with *sambal* (a spicy chilli paste), hard-boiled eggs, crispy anchovies and peanuts.

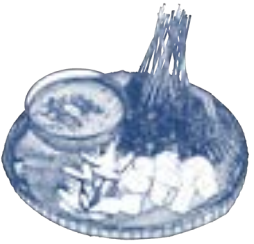
Char Kuey Teow

Stir-fried flat rice noodles, prawns, eggs, bean sprouts and Chinese sausage. This is a beloved favourite at hawker stalls across Malaysia.

Roti Canai

A local favourite made by folding and stretching dough to create layers, resulting in a buttery, crispy bread. Perfect with curry.

Satay



Skewered, marinated meat (often chicken or beef) grilled over an open flame, served with a rich, sweet peanut sauce.

Hainanese Chicken Rice

Juicy poached chicken served with fragrant rice cooked in chicken fat, complemented by chilli sauce and ginger paste.

DRINKS & DESSERTS



Teh Tarik

When in Malaysia, this is the number one drink to try. This creamy, frothy tea is perfect for any time of the day.

Sirap Bandung

A refreshing and sweet drink made from rose syrup and milk, often served chilled. Its smooth, floral taste is the perfect complement to spicy dishes.

Soybean Milk

A creamy, plant-based drink made from ground soybeans and water. It's often served sweetened or unsweetened, and can be enjoyed hot or cold.

Kopi O

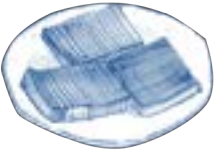
The Malaysian version of black coffee, with a stronger taste and served sweetened with sugar. It's commonly enjoyed for breakfast.

FUN FACT

Teh Tarik **or 'pulled tea' received its name from the 'pulling' motion where the tea is poured back and forth between two containers.**

Kuih Lapis

A colourful, layered cake made from rice flour, coconut milk and sugar. This dessert is best enjoyed by peeling off each layer one at a time.



Cendol

A sweet, icy dessert made with coconut milk, palm sugar and green rice flour jelly, often topped with shaved ice.

Tau Fu Fa

A smooth, silky tofu pudding served with a sweet, warm syrup, typically made from brown sugar. It's light, delicate and has just the right amount of sweetness.

FUN FACT

***Gula Melaka*, or palm sugar, is a key ingredient in many Malaysian desserts. Its rich, caramel-like flavour adds a unique sweetness to treats like *Cendol, Kuih Lapis* and more.**

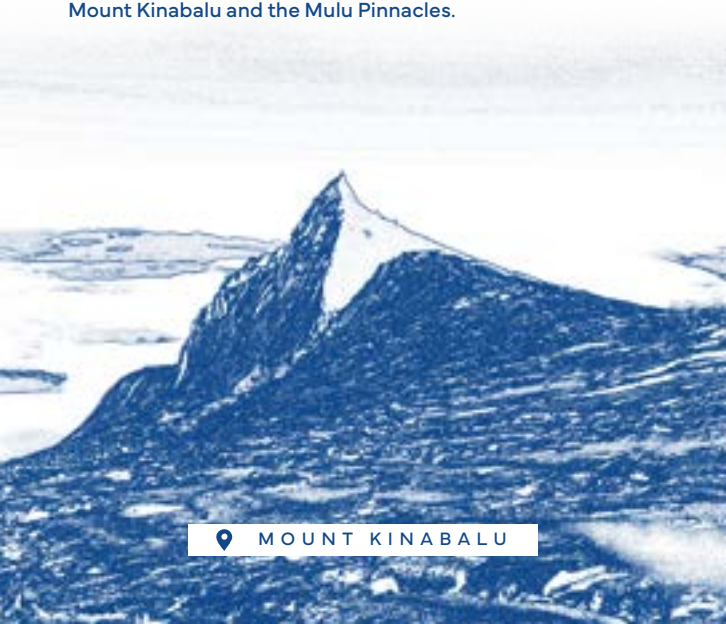
7

Visit The Sights

There are plenty of places to visit in Malaysia. Whether it's nature or the city streets, there's something for you to enjoy.

FUN FACT

If you look at the MYR 100 banknote, you'll spot images of Mount Kinabalu and the Mulu Pinnacles.



CULTURE

KUALA LUMPUR

Masjid Negara

With its star-shaped dome and 73m tall minaret, this mosque is a must-see.



SELANGOR

Batu Caves

With rainbow steps leading up, this temple features a golden statue of the Hindu god, Lord Murugan, at the foot of the stairs. Keep your belongings close, as there are cheeky monkeys about.

PENANG

Street Murals

Instagram-worthy street art all over George Town, with some interactive pieces that let you jump in and be part of the fun for the perfect photo.



PUTRA MOSQUE


PULAU PERHENTIAN

BEACH & NATURE

TERENGGANU

Pulau Perhentian

See wonderful sea creatures up close in the crystal-clear waters of this tropical paradise.

LANGKAWI

Telaga Tujuh Waterfalls

Enjoy a unique and beautiful natural experience with its seven interconnected pools and cascading waterfalls.

SABAH

Mount Kinabalu

The tallest peak in Southeast Asia, Mount Kinabalu's majestic beauty can be appreciated from afar or experienced up close with a challenging hike.

FOOD

KUALA LUMPUR

Jalan Alor

The best place to explore Malaysian street food from *Satay* to *Apam Balik*.

KELANTAN

Siti Khadijah Market

Local wet market where you can find fresh goodies like vegetables and seafood.
Also, try out the local *keropok* here – a must-try when in Kelantan.



PENANG

Gurney Drive Hawker Centre

This famous hawker centre offers delicious local dishes like Penang *Rojak* and *Hokkien Mee*.
Open in the evenings, it's the perfect spot to enjoy dinner.

SHOPPING

KUALA LUMPUR

Pavilion

Enjoy a shopping haven of luxury brands, unique finds and delectable dining in the heart of Kuala Lumpur.

KUALA LUMPUR

Central Market



Here, you'll find traditional handicrafts, *batik* clothing and more, all made by local talents. A great spot to explore Malaysia's culture.

JOHOR BAHRU

Johor Premium Outlet

Shop your favourite international and local brands, from fashion and accessories to homeware.

FUN FACT

Batik is considered a cultural icon in Malaysia, with '*Batik* Day' celebrated annually on 3 December. You can also spot the unique floral designs on the uniforms of our cabin crew.

Essential Need-To-Knows

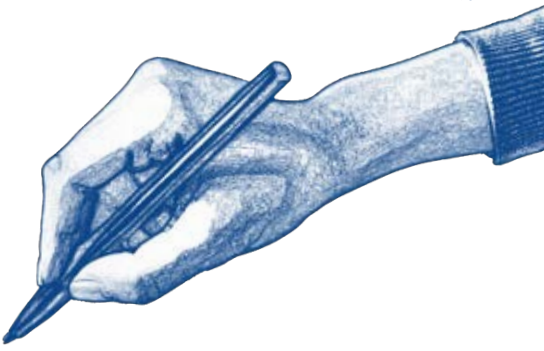
When travelling in Malaysia, getting your everyday essentials is a breeze. Find plenty of options available to keep you stocked up no matter where you are.

PHARMACIES

From toiletries to wellness products, Malaysia's pharmacies have you covered. Explore a wide range of skincare and hair care options, featuring both local and global brands.

Popular Pharmacies in Malaysia

Watsons | Guardian | BIG Pharmacy | CARiNG Pharmacy



Write Your Own Malaysian Story

Every journey is made up of little moments – some planned, some unexpected, but all worth remembering.

Use these pages to capture your favourite places, flavours and feelings from Malaysia, so that long after you've left, the memories will still feel as vivid as the day you lived them.

PLACES THAT STOLE MY HEART

The most unforgettable place I visited

SAVOURING THE TASTE OF MALAYSIA

The best meal I had and what made it special

SIGHTS, SOUNDS & FEELINGS

The most beautiful view I captured

REFLECTIONS & MOMENTS

Something new I learned about Malaysia or myself

Your journey should be nothing short of extraordinary, and your peace of mind is our priority. Here are some essential contact numbers to take note of.

Malaysia Emergency Numbers

#999 or #112 (from mobile phones) – Police and ambulance

#994 – Fire brigade

#991 – Civil defence





Selamat Jalan

MALAYSIA AIRLINES WISHES YOU A PLEASANT TRIP TO MALAYSIA

Take this pocketbook with you as you explore the best of Malaysia. Document your journey, share it and tag us.

#MalaysiaAirlines
#MHTimeForMalaysia
#YourGatewayToAsiaAndBeyond

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