

SUNWAYIAN

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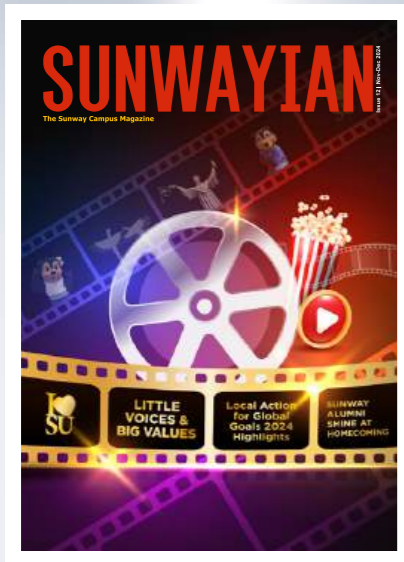
The Sunway Campus Magazine



LITTLE VOICES & BIG VALUES

Local Action for Global Goals 2024 Highlights

SUNWAY ALUMNI SHINE AT HOMECOMING



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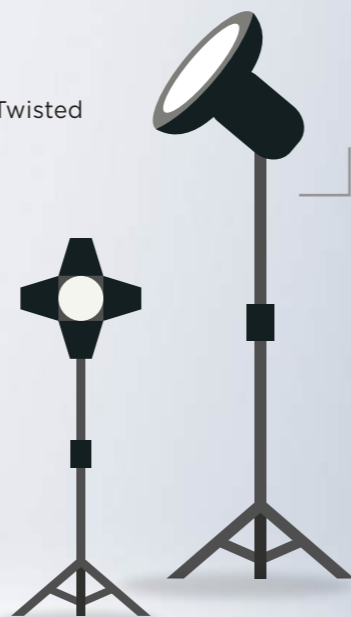
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Welcome to the 12th and final issue of 2024, wrapping up the year with memories and milestones. It has been a delightful year filled with joy and cherished moments alongside our dear Sunwayians.

Throughout the year, Malaysia's #MostHappeningCampus thrived with vibrant events, inspiring collaborations, and a #CampusWithAConscience spirit that has united us all. As we reflect on the year, we hope that Sunway has enriched your academic journey with many unforgettable chapters. The values you have embraced here will undoubtedly carry forward into 2025 and beyond.

As we head to Sunway International Schools Kuala Lumpur, our cover story features our little bear cubs. Join us as we delve into their radiant insights on the lifelong values they learned in school, in celebration of World Children's Day. These little ones inspire us to turn these values into meaningful actions in our daily lives.

This year has also seen Sunway University reach significant milestones, including our inclusion in the Academic Ranking of World Universities (ARWU) and a remarkable rise in the Times Higher Education (THE) World University Rankings 2025, moving from the 601-800 band to the esteemed 401-500 band.

In addition, the Sunway TES Centre for Accountancy Excellence (CAE) proudly celebrated its 30th anniversary this year, while the Monash University Foundation Year marked an impressive 25 years

of academic excellence. The Sunway community extends heartfelt congratulations for their remarkable contributions to education, and we anticipate many more years of outstanding achievements together.

From the dynamic Sunway College campus in Johor Bahru, two exceptionally talented students captured the spotlight at the Intervarsity University Open Solo Latin event, dazzling the audience with their skill and grace. Their remarkable performances earned them a prestigious place in the Top 10, showcasing their dedication and talent.

This edition is a celebration of more than just milestones. Enjoy a delightful Deepavali feature from Echo Media, revealing fascinating and fun facts about the festival. Within these pages, you will also find a delectable Black Forest Yule Log recipe crafted by Chef Stéphane Frelon of Sunway Le Cordon Bleu, ensuring your Christmas is filled with joy and sweet moments shared with loved ones.

We hope you have had a fantastic year with us, and we eagerly anticipate a thrilling 2025, overflowing with colourful and spirited adventures on campus. As we near the end of the year, we invite you to pause, reflect on our shared journey, celebrate our milestones, and envision the exciting possibilities that lie ahead.

Catch you next year as we close this chapter and embark on a new one together. 😊

CAMPUS UPDATES

Freshman Fiesta

Sunway University Student Council recently concluded Freshman Fiesta, a lively event for the September 2024 intake of new students. This event provided freshmen with a fantastic opportunity to make friends and connect through exciting station games and interactive icebreakers. The atmosphere was filled with energy and enthusiasm, featuring team-building challenges and celebrations for the winners.



Celebrating Brazil's National Day with the Embassy of Brazil

Sunway University recently celebrated Brazil's National Day, organised by Euroasia in collaboration with the Brazilian Embassy in Kuala Lumpur. Distinguished guests included Tunku Zain, Brazilian Ambassador H.E. Ary Quintella, and other international ambassadors. The School of Arts showcased talented student performances, featuring violinists Lim Zhi Hsuan and Alyssa Chong, and pianists Gan Wen Qin, Sonia Rai, and Eason Lai, supported by Dr. Poom Prommachart and Dr. Tom Pierard.



Sunway University Hosts PLS 2024

Sunway University recently hosted PLS 2024, the International Conference on Partial Least Squares Structural Equation Modeling, gathering distinguished scholars, practitioners and researchers worldwide. The event featured engaging presentations and panel discussions that fostered rich academic exchanges.



AUSMAT's Teacher Appreciation Day and Talent Time 2024

Sunway College's AUSMAT Student Council held its Teacher Appreciation Day and Talent Time, themed as a Tropical Luau, with participation from students across various Pre-U programmes. The Talent Time featured five acts and concluded with a lively group dance, leaving attendees with joyful memories and gratitude for their teachers.



Victoria University's APA Referencing Workshop

Victoria University @ Sunway kicked off its latest intake with an engaging APA referencing workshop alongside seniors. Recognising that referencing can be challenging for newcomers, VU lecturer Ms. Moy designed the workshop to make it accessible and manageable. With clear rules, practical examples and hands-on activities, she equipped over 60 attendees with valuable skills.



SIS Cubesat Challenge

Sunway International Schools (SIS) hosted the exhilarating Cubesat Challenge, where teenagers from across Malaysia joined forces with scientists and astronauts to design and build their own Cubesat that could soar into the edge of space. Along the way, they honed their leadership, teamwork, and public speaking skills, taking their skills to new heights.



Sunway Diploma Studies Lecture Series Finale

The Sunway Diploma Studies Lecture Series finale covered "Incorporating Technology and Creative Content in Teaching". Industry speakers highlighted the importance of media and data for engagement, followed by discussions on multimedia and AI in education.



MYP Sports Day

SIS International Baccalaureate Middle Years Programme students showcased amazing teamwork, determination and school spirit in every event during Sports Day, creating an atmosphere filled with energy and excitement.



Sunway Charity Run

SIS Iskandar Puteri organised a charity run to unite the community in the fight against cancer. It was truly inspiring to see students, teachers and parents come together for this meaningful cause. Their participation made a significant impact, demonstrating the strength of collective action.



LITTLE VOICES, BIG VALUES

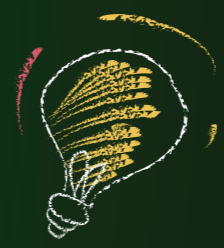


Caring

Teamwork

Kindness

Honesty



Empathy

Respect



Discover the Values for Life



How can you use empathy to help others feel better or understood in the future?

Put yourself in other people's and think it through, or offer them advice on what I would do in a certain situation.

Can you give an example of a time when you felt respected by someone?

When someone notices that I feel uncomfortable about a certain topic in a group setting and they change the topic.

Why is it important to be kind even when others might not be?

What others do is a reflection of themselves, not you. Just because they are bad does not mean you have to be bad also.

How can you show more care for others in your school or community?

Be there for them during their lowest point.



From right:

Luisa Francis | Year 10

Aleesya Maisarah | Year 10

Ashley Ooi | Year 10

Hillary Chong | Year 10

Sarah Tang | Year 10



Takuto Riku | Year 6

How do you care for your friend and make sure they feel included?

Talk to them and ask them to explain what happened if they're facing a problem.

What is one thing you can do to be a better friend or teammate in the future?

Think before you speak.



Wan Zhi Qi | Year 1

What does kindness look like to you?

I play with my friends and share my food with them.



Emmett Weston Warr | Year 3

Why is it important to be honest?

You will get into trouble and be grounded if you tell lies.



Heng Teck Zhi | Year 9



Omer Sami Oksuz | Year 9



What does it mean to be empathetic?

When you try to think from other people's perspective and about their experience.

Why is it important to put ourselves in other people's shoes?

So that we know how to fix the problem if we are caught in a conflict.

Leading Private Higher Education in ASEAN

Sunway University has achieved a significant milestone by becoming the only private university in Malaysia and ASEAN to be ranked in all three of the world's most prestigious university rankings: Times Higher Education (THE) World University Rankings, QS World University Rankings, and Academic Ranking of World Universities (ARWU).

Established in 2003, the ARWU, or Shanghai Ranking, emphasises institutional research performance, academic staff quality, and student and alumni achievements. Unlike other rankings that require universities to apply, ARWU evaluates institutions using publicly available data from independent repositories and databases.

In Malaysia, only four other universities—Universiti Malaya, Universiti Kebangsaan Malaysia, Universiti Sains Malaysia, and Universiti Putra Malaysia—ranked in the ARWU rankings, all of which are research-intensive public institutions. Sunway University's inclusion in the ARWU is a testament to its significant investment in research and development that has led to the rapid growth in high-quality research output and impact.

Furthermore, the University was also ranked in the top 300 globally in the field of Energy Science and Engineering, an area where Sunway University continues to invest significantly in with

the introduction of various new flagship engineering degree programmes (Electrical and Electronics, Mechanical, Chemical, Civil, and Mechatronics (Robotics) at its School of Engineering and Technology.

Professor Sibrandes Poppema, President of Sunway University stated that, "This ranking reflects Sunway University's mission as an education-focused research-intensive and impact-driven, not-for-profit private university. This latest achievement is a result of the steadfast dedication and continued excellence of our staff, whose hard work has driven our rise in these prestigious rankings. We will continue to enhance our research infrastructure and research output as well as continue to foster innovation and excellence across all disciplines. Sunway University's presence on the global stage reflects our vision as a world-class university that not only impacts the region, but also the world."

Sunway University's ongoing success in prestigious global rankings reflects the institutional efforts to fulfill the Foundation Chancellor Tan Sri Sir Dr. Jeffrey Cheah's vision of making Sunway University the "Harvard or Cambridge of the East."



AVENUE OF ACHIEVEMENTS

SET and SOA Team Triumphs at Net Zero Tech International Contest in Taiwan

Sunway University proudly celebrates the collaborative team from the School of Engineering and Technology (SET) and the School of Arts (SOA) for winning the Excellence Award at the prestigious Net Zero Tech International Contest in Taiwan. Competing against 64 teams from 13 countries, they were the only Malaysian team to make the Top 20 finalists, showcasing their innovation and excellence on the global stage.



SET PhD Student Wins Best Presenter Award

Mr. Yasir Ali Bhutto, a PhD student from SET, won the Best Presenter Award in the Building and Environment category at the 4th Joint Higher Degree by Research Conference (JHDRC 2024). His presentation on "Green Synthesized Bamboo Shell Particles Embedded in Phase Change Materials" showcased innovative solutions for sustainable energy.



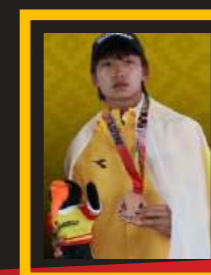
Sunway College A-Level Ranks Among the Best at IMU Science Discovery Challenge 2024

The Pre-University team of Sunway College Kuala Lumpur excelled by securing a spot in the Top 5.2% of 7,688 participants in the Grand Finale of the IMU Science Discovery Challenge 2024. After a nerve-racking yet composed performance, three A Level students led the charge into the Top Five, with their fellow Pre-University teammates into the Top 20. Sunway College was also recognised as the Institution with the Most Participants at the event.



Sunway CIMP and A-Level Students Excel at the Harvard Prize Book Award 2024

In the 2024 Harvard Prize Book Award, Keshav Palaniappan from the Canadian International Matriculation Programme (CIMP) and Chadwyck See Yue Shen from the A-Level programme were crowned the top winners, while Amber Chong Wen Xuan, also an A-Level student, earned recognition as the runner-up. These exceptional students distinguished themselves among a competitive field of applicants, impressing the panel of Harvard alumni judges with their brilliance, ambition, and unwavering dedication.



SIS Students Medallists at SUKMA Games

Saif Nordin and Andrew Yap of Sunway International Schools (SIS) both made the community tremendously proud by successfully securing bronze medals at the 2024 SUKMA Games in the Men's Foil Team Event for Fencing and Boys Team event for Golf respectively.

SIS Maestro

SIS Iskandar Puteri's Anya Ong's hard work and talent truly shined as she delivered an outstanding performance at the Asia Pacific International Arts Festival and took home the Gold Prize in Piano.

LOCAL ACTION FOR GLOBAL GOALS 2024 HIGHLIGHTS

As part of the ongoing Campus With A Conscience initiative, Local Action for Global Goals 2024 was held from 23-25 September. The event gathered regional heads from United Nations and World Health Organization, members from the European Union (EU) in Malaysia, UNICEF Malaysia Education Specialist as well as ambassadors from over 12 nations. It also featured corporate displays from pioneering brands like BloomThis, Blueshark, Decathlon, HP, Origins, The Body Shop, Uniqlo, and many more.

A highlight of the three-day event was the daily flag parade, where students and vendors carried the 17 United Nations Sustainable Development Goals (SDGs) flags across campus. On 25 September, in celebration of the 9th anniversary of the launch of United Nations SDGs, international ambassadors and NGOs joined our students in leading the parade, symbolising global unity in the pursuit of a sustainable future.



This remarkable occasion received royal recognition from His Royal Highness, Raja Muda of Selangor, Tengku Amir Shah Ibni Sultan Sharafuddin Idris Shah Al-Haj, who graced the campus with his presence and enjoyed a live performance by the Malaysian Philharmonic Orchestra.



A standout feature of this year's event was the Garden of Hope. In support of UNICEF Malaysia and flowered by BloomThis, this initiative invited the community to purchase flower seeds from a vending machine, plant them, and make a meaningful impact. All proceeds from the initiative were donated to UNICEF Malaysia, directly benefiting underprivileged children in the local community.



Sunway University was also excited to collaborate with EU to launch the EU Pavilion, presenting over eight dynamic booths that showcased a variety of EU-led initiatives in Malaysia. Among the attractions was an "Experiential Room", which provided visitors with an immersive journey through the EU's rich history while exploring a sustainable and innovative future.



Enhancing the festival's appeal was the SDG Deck, a vibrant showcase of booths from local and international organisations championing sustainable lifestyles.



We proudly hosted the Sustainable Marketplace, highlighting innovative local businesses and brands that are leading the way in sustainable practices. This vibrant event featured a diverse range of sustainable products, including sustainable fashion, organic foods and pre-loved items.



MESSAGES FROM EXHIBITORS:



"The European Union is proud to partner with Sunway University in advancing our shared commitment to the United Nations' SDGs. Sunway's dedication to sustainability aligns with the EU's 2030 Agenda."



"Our experience at the Local Action for Global Goals event has been excellent. We hope for more events like this to boost Malaysia's sustainability efforts."



"It was a wonderful opportunity for companies like Pos Malaysia to engage meaningfully with students from both universities and schools, as well as staff members, on the vital topic of sustainability. The event provided a unique platform for dialogue and interaction, allowing us to share our vision for a sustainable future."



"A huge thank you to Sunway for allowing us to set up our booth and share our mission. Together, we helped raise awareness for the 17 SDGs."



"Chargé d'Affaires Mr. Robert Bissett was enthusiastic about participating in the Local Action for Global Goals 2024 festival. The event was filled with engaging activities, learning, and inspiration for a sustainable future."

Local Action for Global Goals 2024 emphasised global collaboration to achieve the SDGs by 2030. As the world unites in effort to meet these critical targets, Malaysia as a nation can take great pride in Sunway's unique festival and its ongoing contribution to these global goals.



Beyond The Festival of Lights

Deepavali, also known as Diwali, is a festival of lights celebrated by millions of people around the world with great joy and zeal. Deepavali, which is rooted in Hindu traditions, has a luminous influence that extends beyond religious boundaries, making it a cherished and widely celebrated cultural celebration.

The term "Deepavali" is derived from the Sanskrit words "deepa," which means "lamp or light," and "avali," which means "row." They represent the rows of lamps that people light to dispel darkness and bring in a sense of hope and positivity. Deepavali is a time for family reunions, festive gatherings and the exchange of gifts and sweets, in addition to its religious origins. Homes are adorned with colourful decorations, and the air is filled with the aroma of delicious sweets and savories. The festival provides an opportunity for people to express gratitude, seek blessings, and strengthen bonds with loved ones.



Here are 3 fun facts about Deepavali:

Early Mornings

On the festival morning, the entire family will rise early, embracing the benefits of early awakening for health, moral conduct, work efficiency, and spiritual progress. Prior to sunrise, a significant ritual involving a sesame oil bath will take place. Among Hindus, this ceremony is conducted to cleanse both the body and spirit, symbolising a form of self-purification. Each family member will have sesame oil applied to their heads' during this process. Following the bath, there is a custom of donning new attire and jewellery on Deepavali morning, symbolising the removal of negativity from the body. The next destination is the temple, where prayers are conducted in adherence to ceremonial traditions.

Rangoli Festival

Kolam, which translates to beauty, is an age-old traditional folk art with a rich history dating back thousands of years. Rangoli, as a form of Kolam, encompasses a diverse array of motifs and designs, including floral patterns, illuminated lamps and more. Serving as a floor decoration made from vibrant rice, it is placed in front of homes as a symbol of safety and elegance, wishing prosperity for every household. The skill of creating Kolam is typically handed down through generations, and despite its initial complexity, it exudes beauty, uniqueness and charm. The appeal of Kolam extends across all races and religions, making it a form of art appreciated by people from diverse backgrounds.

Festival of Lights

The incorporation of lights during the celebration holds significance as Deepavali commemorates the victory of good over evil and the triumph of light over darkness. During the day, homes are meticulously cleaned and adorned, while at night, they glow with the radiance of earthen oil lamps, candles or ornamental light bulbs.



Written by:
Tisyha and
Priyanka

Edited by:
Tisyha

Of course, there is no better way to learn about Deepavali than by hearing directly from those who celebrate it. So, we at Echo have taken the liberty to talk to several of our Hindu friends to gain more insights into the festival:

The Firecracker Fanatic:

What did you do this past Deepavali?

This Deepavali, I started off by playing fireworks. I woke up early in the morning, got ready, and went to the temple. As the temple was just right in front of my house, I walked there with my cousins. We then returned home and got together at the dining table to have our lunch. After eating, we continued our day by playing cards and more fireworks. It is a tradition that every Deepavali, my aunts and uncles must give their nieces and nephews ang pow. In the evening, we put on our new clothes and gathered on the porch to take some pictures before ending the night by watching a new Tamil movie.

What food did you enjoy, and how was the environment eating with your family?

The food that I really enjoyed was the Indian traditional food - thosai and chicken curry. Almost every year, we eat that for breakfast. The best part about Deepavali is eating with your family. As we eat, we tend to gossip about our neighbours and friends, and talk about our problems. The table was chaotic, yet we were all happy because we could spend more time together.

The Biryani Addict:

What is your favourite part of Deepavali?

My favourite part of Deepavali this year was the rangoli. I have always wanted to do the rangoli by myself, but I usually end up fighting with my siblings as they want to do it. But this year, I got to do it by myself and I was actually proud of my final product. It was good for a beginner, I would say.

Do you have any traditional rituals that your family carries out during Deepavali?

My family is big on traditions. Usually, we just make it a habit to go to the temple every Deepavali in the morning. We also make it a tradition to gather at my grandmother's house just to get together with my relatives.

The Ang Pow Hunter:

Are there any specific clothing or attire associated with Deepavali celebrations?

Saree and lehenga are common among women, while kurta or veshti are common among men. Girls can also wear kurti if they prefer a simpler option.

Are there any specific preparations or activities that you and your family engage in leading up to Deepavali?

My family begins by thoroughly cleaning our home. It symbolises the removal of negativity and the welcoming of prosperity. The entire house, including the corners and nooks, is cleaned. After cleaning, we make our house look vibrant with colourful decorations. Rangoli, made from coloured powders, flowers, or rice, is created at the entrance to welcome guests. My family also uses decorative lights, candles and diyas to add a festive touch. It is also customary for my family to shop for new clothes, jewellery and accessories in the weeks leading up to Deepavali.

Through the lens of our Hindu friends, we can see that Deepavali is a vibrant tapestry woven with diverse experiences and traditions. As we bid farewell to this year's Deepavali, let us appreciate the cultural richness and familial warmth that colour this festival, letting the light carry us through the darkest of our days.



BRT Sunway: Your Ticket to Fun, Food and Fabulous Finds

The eco-friendly Bus Rapid Transit (BRT) – Sunway Line, powered by electric buses on a dedicated elevated track, is part of the Klang Valley Integrated Transit System, serving the southeastern Petaling Jaya suburbs. Join us on a journey along the BRT line as we explore exciting activities at each station, helping you make the most of public transport while discovering the vibrant Sunway area and beyond.



Mentari

Got a sweet tooth? A short walk from Mentari Station, Fluffed Cafe is perfect for dessert lovers. Nearby, Gundam Toy Shop offers an impressive selection of figures—an ideal spot for collectors and fans.

Sunway - Setia Jaya

Our first stop takes us to Leisure Commerce Square, where you can enjoy authentic Penang cuisine at Bapak Ku Lejen Cafe and hearty Pakistani dishes at Haider Maju Restaurant. For tasty baked goods, stop by Bake With Dignity, where skilled adults with learning disabilities create each treat with care.

Sunway Lagoon

At the Sunway Lagoon station, the two main attractions are undoubtedly Sunway Lagoon and Sunway Pyramid. Beyond exploring the six parks at Sunway Lagoon, spend time with friends at Sunway Pyramid doing activities like movies, bowling, ice skating, archery, and more.

SunMed

Near SunMed Station, you'll find a few hidden gems. Inside Sunway Medical Centre is SunMed Cafe, offering affordable mixed rice and tasty vegetarian options. Across at Sunway Geo Avenue, Rock Cafe and HD Bistro serve a variety of tempting dishes to satisfy any craving.

SunU - Monash

Certainly, Sunwayians, you are already familiar with the exciting options around the station. From bubble tea spots and diverse eateries to snooker above Rock Cafe, Sun U - Monash is a vibrant hub for entertainment. A recent addition, Impulse Gaming, is a must-visit for those who like video games and collectibles.

USJ 7

Hold on tight as we head to our final stop. What better way to end the ride than with some delightful treats? At 17 Gram Beans, enjoy delicious cakes and coffee in a cozy café setting—perfect for unwinding or studying while escaping campus for a bit.

South Quay - USJ 1

The area around the South Quay - USJ 1 station features two shopping malls where you can enjoy a variety of activities. Looking for a golf session? Visit Fun X Golf at Summit USJ mall for an exciting indoor golfing experience with its state-of-the-art simulators.

SUNWAY STARS

In this edition of Sunway Stars, we shine a spotlight on Tan Kit Yen, an inspiring psychology graduate from Sunway University. Her unwavering commitment to personal growth and her desire to make a difference have shaped her path to success. Let us dive into her story and the personal experiences that guided her along the way.



Could you share a bit about your personal journey and what inspired you to pursue higher education?

KY: I was born prematurely at 29 weeks and diagnosed with Spastic Diaplegia Cerebral Palsy, which primarily affects my lower limbs. Growing up with my older sister, I didn't see myself as having a disability, thanks to my parents for striving to provide me with a normal childhood. It wasn't until I started school that I began to realise I was different. I struggled hard to hold a pencil and couldn't write until I was seven. Despite these challenges, my parents have always instilled in me the value of education, teaching me that education is key to success, and that belief has stayed with me ever since.

How did you navigate the academic environment at university? Were there any aspects that were particularly challenging or rewarding?

KY: Navigating university life during the COVID-19 pandemic was challenging as I focus better in physical classrooms. However, I was fortunate to meet supportive seniors and batchmates who were always there to guide me. A highlight of my experience was during the final year when we had the chance to organise an exhibition to raise awareness about learning disabilities. I also had the rewarding opportunity to present my final year project at the Malaysian Psychology Students Assembly.

Could you share any strategies that helped you manage your responsibilities and maintain balance during your studies?

KY: To maintain balance and effectively manage my responsibilities during my studies, I developed a strategy of listing all my due dates and tackling assignments individually as they came up. When multiple assignments or class readings were due at the same time, I would break my time into manageable chunks, working on both assignments and readings simultaneously. This helped me to stay organised and maintain a balance between my university commitments and leisure activities.

What drew you to your chosen field of study, and what was your experience like in that programme?

KY: I was initially misdiagnosed with global developmental delay due to the limited availability of clinical and child psychology services at the time. My misdiagnosis sparked my passion for understanding the human mind, leading me to pursue a Bachelor of Science with Honours in Psychology at Sunway University. I want to use my knowledge to help others facing similar challenges and give back to the society.

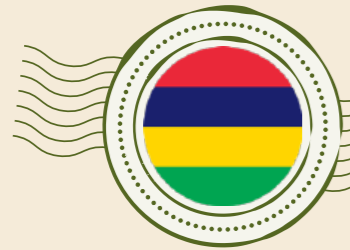
Were there any individuals or groups that played a significant role in your success?

KY: I am particularly grateful to Dr. Lee Ai-Suan, my thesis supervisor; Ms. Elaine Yong, my academic mentor; and Dr. Eliza Berezina, who demonstrated unwavering belief in my potential. Their encouragement and understanding empowered me to overcome all obstacles and strive for excellence. I truly believe I wouldn't be where I am today without their invaluable support and guidance.

What advice would you give to other students with similar experiences who are considering or currently attending university?

KY: My advice to other students is that everything is possible if you believe in yourself. It's essential to maintain a positive mindset and never underestimate your potential. As Dr. Amelia Shepherd from Grey's Anatomy said, "The key, though, win or lose, is not to fail. And the only way to fail is not to fight." Keep pushing forward, stay determined, and remember that every challenge can be an opportunity for growth.

INTERNATIONAL STUDENT STORIES



**RYAN
PYNAM**



My name is Ryan Pynam, and I am currently in my seventh semester pursuing a Bachelor (Hons) in Contemporary Music and Audio Technology. I am from Curepipe, a city in Mauritius located in the Indian Ocean near Madagascar.

I have been a singer for over 10 years, beginning my journey in choir and gradually evolving into solo performances. Enrolling in the Contemporary Music and Audio Technology course at Sunway University has allowed me to deepen my understanding of the technical aspects of music. While performing is vital, having a solid grasp of production and sound fundamentals is equally crucial for a musician.

Here on campus, I started by participating in small events, which helped me build the confidence needed to enter the Malaysian music industry. The unwavering support from the Sunway team has been instrumental in my journey, and I am genuinely grateful for their encouragement throughout this process.

As an international student in Malaysia, my experience began with a sense of uncertainty, navigating the challenges of being alone in a new environment.

However, I was determined to seize the opportunity to immerse myself in a different culture and embrace the adventure that awaited me. Looking at where I am now, I can confidently

say that coming here was one of the best decisions of my life. I learned so much from the Sunway team about myself and the world around me, broadening my perspective and fostering personal growth

Looking ahead, I hope to continue performing in Malaysia and possibly pursue a career in event management, a field I find both rewarding and fulfilling.

To other international students, my advice is to remain open to the diverse world and culture surrounding you. It may seem intimidating at first but trust me, it only gets better from here.



**NGUYEN
THANH HUY**



My name is Nguyen Thanh Huy, and I come from Ho Chi Minh City, Vietnam. I am currently studying BSc (Hons) in International Hospitality Management. Prior to this, I have completed the Canadian International Matriculation Programme (CIMP) at Sunway College.

During my research on universities across Vietnam and Southeast Asia, what really drew me to Sunway University was its well-structured programme, which perfectly aligned with my career goals in hospitality. The fact that this degree comes with dual certification from Le Cordon Bleu was a huge plus, as it gives me a competitive edge in the industry. My aunt, who also studied and graduated from Sunway with the same major, strongly recommended it to me. Additionally, Sunway University's location in Sunway City offers everything a student needs, from accommodations and public transport to medical services, shopping malls, and entertainment—making it a very student-friendly place to live and study.

My passion for hospitality began back in high school, where I spent my summer vacations working part-time in cafés and restaurants. Those experiences gave me a deeper understanding of the service industry. The hands-on learning I received through those jobs inspired me to pursue professional hotel management, and I found that Sunway University could provide the skills and knowledge I need to succeed in this field.

The University has been instrumental in helping me move closer to my goals. Sunway offers excellent facilities where we can apply what we learn in real-life simulations, whether in the kitchen, food service, or hospitality management. The lecturers are incredibly

supportive and committed to delivering high-quality education. I have also had opportunities to intern with leading hotel chains, both in Malaysia and internationally, which has given me invaluable real-world experience.

Living in Malaysia as an international student has been a transformative experience. The climate here is quite similar to Vietnam, which made my transition much easier. More importantly, the people are so kind and welcoming, always ready to lend a hand when needed. Initially, I was worried about the language barrier, but with most people speaking English, it was not as challenging as I had anticipated. Their warm hospitality helped me quickly adjust to life in a new country, and I have come to feel very much at home here.

After I graduate, my plan is to return to Vietnam and work with international hotel chains. In the future, I would love to return to Malaysia to work, as I now see it as my second home.

For anyone considering studying abroad, I would encourage you to take full advantage of the opportunity to immerse yourself in the cultural diversity that Malaysia has to offer. It is also helpful to maintain strong ties with students from your home country for support during challenging times. Most importantly, stay focused on your goals, believe in yourself, and enjoy the journey.



Sunway Alumni Shine at Homecoming

The Sunway Alumni Relations team recently hosted the annual Sunway Alumni Homecoming. This tradition was created to bring together alumni from all walks of life, uniting those who have been a part of the Sunway family over the years.

This year, we were honoured to have Professor Dr. Dato Sri Idris Jala as our esteemed Guest of Honour. His inspiring speech and captivating performance left a lasting impression on everyone present.

A key highlight of the evening was the presentation of the Sunway Alumni Awards. The awards committee introduced four special categories to celebrate the outstanding contributions of our alumni to their fields and the Sunway community. The awards recognise dedication, excellence, and commitment to the institution and society.

This year, we are proud to present these awards to five remarkable alumni:



SUNWAY DISTINGUISHED ALUMNI AWARD

The Sunway Distinguished Alumni Award recognises the remarkable accomplishments of alumni who have excelled in their fields or communities, reflecting positively on the Sunway institutions. This year's recipient is Dr. Lim Teck Ting, who is the first Ph.D. graduate from Sunway Business School in 2017 and the founder of the Super Memory Map Education Group.

His organisation pioneered whole-brain development programmes for children in Malaysia and Singapore. Additionally, Dr. Lim's generous donation of RM360,000 to the Jeffrey Cheah Foundation to fund doctoral scholarships in entrepreneurship exemplifies his commitment to nurturing the next generation of scholars and entrepreneurs. This scholarship not only honours his dedication but also promotes a culture of entrepreneurship within the university community.



SUNWAY OUTSTANDING YOUNG ALUMNI AWARD

Loh Wan Chin is our Sunway Outstanding Young Alumni Award 2024 recipient. This prestigious award honours alumni aged 30 and below who have made significant contributions in their respective fields or communities, reflecting the values and excellence of Sunway institutions.

As the co-founder of the Malaysian Youth Fintech Association, Wan Chin has successfully expanded its partnerships on an international scale. Her dedication and commitment to the fintech sector earned her the title of "Rising Star of the Year" at the Asia Fintech Awards 2024. Additionally, she has been instrumental in establishing university-based fintech societies and frequently volunteers as a speaker at major conferences, addressing topics such as fintech, AI, and insurtech, both locally and globally. Her past and ongoing involvement with Sunway University underscores her passion for inspiring the next generation of students. Reflecting on her recent accolade, she expressed how meaningful it is to her, recognising the hard work she invested in the challenging journey of founding the Malaysian Youth Fintech Association. She hopes to encourage more Sunway Alumni to invest in the next generation to give them a brighter future.



GIVING SUNWAYIAN AWARD

Our recipient for the Giving Sunwayian Award 2024 is none other than Kimberley Mah from VU @ Sunway. This award acknowledges alumni whose dedication and involvement in the programmes and activities of Sunway institutions have profoundly benefited the institution.

Kimberley was a scholarship student for both her AUSMAT and VU studies at Sunway. Currently, she excels in her role at HSBC. She is also an accomplished international Latin dance performer. Kimberley has consistently given back to Sunway by serving as a speaker, leading projects, and assisting with fundraising efforts. Grateful for the recognition of her contributions, Kimberley emphasises that Sunway is the perfect place for individuals to learn, develop their skills, and discover their career passions.



SUNWAY AWARD FOR EXCELLENCE IN SUSTAINABILITY

The awards selection panel chose two recipients for the Sunway Award for Excellence in Sustainability. The first recipient for this award is Freida Razali, a leader in sustainable business who provides advisory and coaching to SMEs transitioning to low-carbon operations. She actively promotes youth empowerment through the GreenTech Youth Innovation Challenge, encouraging students to engage in green innovation. Freida co-authored "That Green Book," which advocates for green lifestyles among tweens and teens. Grateful to be part of the Sunway Alumni community, she believes this award motivates her to continue her advocacy for sustainability and hopes it inspires others to create a positive impact on the environment and society.

The second recipient for the Sunway Award for Excellence in Sustainability is Ang Ker Soon. Ker Soon can be described as a modern indoor farmer and an ethical and socially responsible entrepreneur. He launched an indoor farming business amidst Covid-19 and evolved the whole concept of indoor farming, integrating it with farm-to-table F&B + lifestyle. The focus is to promote a healthy eating lifestyle by cultivating pesticide-free herbs and greens, aligning seamlessly with the sustainable development goals. Being socially responsible, he has donated his greens to various old folks and orphanages. This achievement holds significant meaning for him, as he believes that every effort, no matter how small, contributes to a greater purpose and drives positive change in society. He encourages everyone to keep putting in the work, whether big or small, because each action can profoundly impact the next generation.



SUNWAY AWARD FOR EXCELLENCE IN SUSTAINABILITY

We are incredibly proud of the remarkable achievements of our alumni and their dedication to making a difference in the world. Their hard work, commitment and passion inspire us all to strive for excellence, reminding us that no matter the size of our contributions, they all add up to create a better future.





Buche Foret Noire

BLACK FOREST YULE LOG

Serves 6

There is no better way to embrace the festive season just around the corner than by filling your home with the comforting aroma of a homemade treat. This Christmas recipe baked up by Chef Stéphane Frelon, Executive Chef and Cuisine Chef instructor at Sunway Le Cordon Bleu, is the perfect way to add a little sweetness to your holiday cheer.



Ingredients

Chocolate Sponge

- 30g Egg yolk
- 80g Eggs
- 60g Sugar (1)
- 50g Egg white
- 20g Sugar (2)
- 40g Cake flour
- 7g Cocoa powder

Chocolate Crumble

- 30g Demerara sugar
- 25g Cocoa powder
- 35g Almond powder
- 50g Cake flour
- 0.5g Salt
- 30g Butter
- 25g Eggs

Cherry Compote

- 100g Cherry puree
- 100g Frozen cherries
- 2.5g Pectin NH
- 40g Sugar

Chocolate Cream

- 125g Cream
- 125g Milk
- 50g Egg yolk
- 25g Sugar
- 110g Dark chocolate

Kirsch Vanilla Chantilly

- 200g Cream
- 25g Icing sugar
- ½ Vanilla pod
- 15g Kirsch

Decor

- 150g Dark Chocolate
- 40g Cocoa powder

Preparations

Chocolate Sponge

- Sift the flour, cocoa powder together, set aside.
- Whisk the eggs, yolks and sugar (1) together until ribbon stage.
- Whisk the sugar (2) and egg whites together until firm peaks.
- Spread onto a baking tray lined with paper and bake at 190°C for 8 minutes.
- Remove from oven and cool immediately. Reserve for assembly.

Chocolate Crumble

- Combine all ingredients together until a crumble forms then bake at 160°C for 15-20 minutes until cooked.
- Break into smaller pieces. Reserve for assembly.

Cherry Compote

- In a pan bring the puree, frozen cherries sugar and pectin to a boil. Cook for 1-2 minutes.
- Place on a tray.
- Cover with film and chill. Reserve for assembly.

Cherry Gel

- In a pan place all the ingredients and bring to a boil.
- Place on a tray and cover with film, chill. Reserve for assembly.

Chocolate Cream

- In a bain-marie cook the milk, cream, yolk and sugar until thick. Pour over the chocolates and emulsify.
- Pour onto a tray and cover with film, chill. Reserve for assembly.

Smoked Vanilla Chantilly

- Whisk together the cream, icing sugar and smoked vanilla powder until firm peaks. Reserve for assembly.

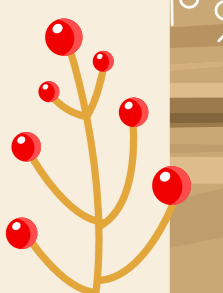
Décor

- Melt the dark chocolate in a bain-marie until 40°C. Reserve for assembly.



Assembly & Finishing

- Spread the cherry gel onto the chocolate sponge. Allow to firm up.
- Spread the chocolate cream approx. 350g onto the sponge and gel.
- On one side of the sponge (lengthways), pipe a thick line of cherry compote.
- Begin to roll the sponge up centering the compote. Once finished rolling, place into refrigerator or freezer to firm up.
- Once firm spread the cream all along the outside of the sponge. Be generous and don't aim to get something too neat.
- Press the chocolate crumble onto the ends. Place in the freezer until firm.
- Brush the melted chocolate all along the sides to give a wood texture effect. Dust with cocoa powder
- Decorate the top of the log with extra creams, gels and crumble.





INTERNATIONAL MOUNTAIN DAY

In honour of International Mountain Day on 11 December, join us as we delve into the impressive stature of Mount Kinabalu, a cherished natural landmark that proudly represents Malaysia's breathtaking landscapes.

Mount Kinabalu stands as a profound source of national pride for Malaysians, recognised as one of the most significant biological sites on the planet. Nestled within the UNESCO World Heritage Site and Global Geopark of Kinabalu Park, Sabah, this majestic mountain attracts numerous visitors eager to explore its rich diversity of flora and fauna, which change with the varying altitudes.

For many Malaysian Sunwayians, it is often taught in school that Mount Kinabalu is the tallest mountain in Southeast Asia. However, it actually ranks 28th among the highest peaks in the region.

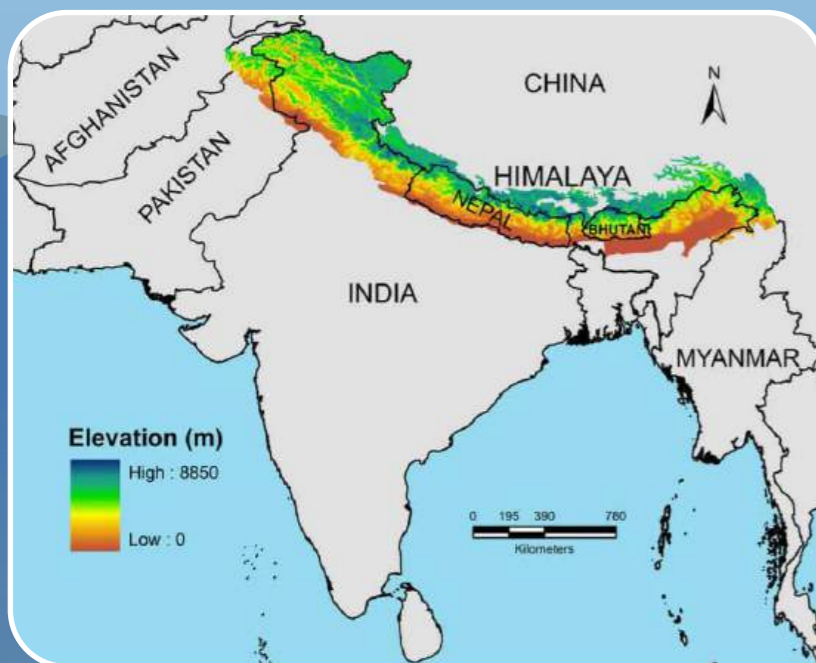
So, why is that? It ultimately hinges on how we define Southeast Asian territory.

Myanmar boasts many of the tallest mountains in the region, with its mountain ranges originating from an area known as Kachin in the north. The intriguing aspect is that these mountains extend from the Himalayan range, which is specifically linked to the Indian subcontinent and the Tibetan Plateau. As a result, even if portions of the range extend into other countries, they are officially attributed only to those regions.

Indonesia, another country rich in towering mountains, shares a similar mountain situation with Myanmar. Its highest peaks are located in Papua, which borders Papua New Guinea. Geographically, the entire island of New Guinea—comprising both Papua and Papua New Guinea—falls within the Oceania continent. Contemporary politics has led to the separation of Papua and Papua New Guinea into Southeast Asia and Oceania, respectively, meaning that all the mountains in the Papua region lie outside Southeast Asian territory.

Indeed, Mount Kinabalu is technically the highest mountain in Southeast Asia as it firmly stands on Southeast Asian soil. While there are taller mountains in neighboring nations, the boundaries become blurred and the geographical classifications of these peaks are often open to debate.

Share this fun fact about Mount Kinabalu as we celebrate International Mountain Day, a time to embrace and cherish mountains as the natural jewels they truly are.



Which Season Matches Your Student Spirit?

Ever wonder which season reflects your approach to studies and Sunway campus life? Take this quiz to find out whether you are a blossoming spring, an energetic summer, a cozy autumn, or a focused winter when it comes to your student journey 🌸☀️🍂❄️

What is your ideal study environment?

- A. An open space like the Sunway University Foyer or Brain Forest with natural sunlight and fresh air
- B. A lively place like the Galley to study with friends
- C. A quiet corner in the Tun Hussein Onn Sunway Library
- D. A peaceful place like the Rooftop Terrace which offers stunning views of Sunway Lagoon

How do you handle a busy schedule?

- A. I stay organised but leave room for spontaneity—new experiences keep things interesting
- B. I am always on the go and love balancing academics with extracurriculars
- C. I pace myself, focusing on a steady routine to avoid burnout
- D. I plan meticulously, setting clear goals and sticking to them no matter what

When group projects come around, how do you participate?

- A. I like brainstorming creative ideas and collaborating with everyone
- B. I am the one taking charge, organising meetings, and making sure we stay on track
- C. I work diligently, often taking on tasks that require deep focus and attention to detail
- D. I am the strategist, ensuring every step is well thought out

How do you recharge after a long day of classes?

- A. Taking a relaxing stroll around the Sunway campus to clear my mind
- B. Hanging out with friends at nearby cafés or exploring Sunway Pyramid for some fun
- C. Joining in on Sunway clubs and societies' events to stay engaged and social
- D. Reflecting on the day's achievements while organising tomorrow's game plan

What motivates you to keep going when things get tough?

- A. I remind myself that challenges are just opportunities to grow and learn
- B. I thrive on competition and love proving to myself (and others) that I can succeed
- C. I focus on the bigger picture, knowing that steady progress leads to long-term rewards
- D. I rely on discipline and consistency, knowing that hard work pays off over time

What is your study strategy?

- A. I change it up by studying in different places and trying new methods
- B. I study in bursts, tackling tasks quickly during high-energy sessions
- C. I break assignments into manageable chunks and maintain a routine
- D. I create detailed study plans and stick to them closely

RESULTS

Mostly A's: Spring

You are like the season of growth and renewal—optimistic, adaptable, and always ready to embrace new challenges. You enjoy the excitement of fresh beginnings and thrive on the idea of personal development.

Mostly B's: Summer

Just like summer, you are energetic, bold, and always on the move. You love tackling challenges head-on and balancing your academic life with extracurriculars and social events. Your passion and drive make you a natural leader, and you inspire others with your enthusiasm for both work and play.

Mostly C's: Autumn

You are thoughtful, steady, and reflective, just like the cozy season of autumn. You prefer a slower, more consistent pace, focusing on deep understanding and personal growth. Your nurturing approach to both your studies and relationships makes you a great friend and a dependable student.

Mostly D's: Winter

Like the calm and focused season of winter, you are disciplined and strategic. You prefer to work behind the scenes, quietly achieving your goals with meticulous planning. You are not easily swayed by distractions, and your determination ensures that you always reach your academic milestones.

Let's Get Twisted

Get ready to twist, tangle, and trip over your words with these quirky tongue twisters 🗣️

They may look harmless, but once you get started, you will be in for a hilarious challenge. Give it a whirl and try not to tie your tongue in knots.

Think you can tackle this challenge with your tongue game? Here are some tongue twisters to try out and see if you can truly keep up.

Pad kid poured curd pulled cod

The sixth sick sheikh's sixth sheep's sick

Rory the warrior and Roger the worrier were reared wrongly in a rural brewery

Betty bought a bit of butter. But the butter Betty bought was bitter. So Betty bought a better butter, and it was better than the butter Betty bought before

Silly Sally swiftly shooed seven silly sheep. The seven silly sheep Silly Sally shooed shilly-shallied south. These sheep shouldn't sleep in a shack; sheep should sleep in a shed

Peter Piper picked a peck of pickled peppers, a peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?

As he gobbled the cakes on his plate, the greedy ape said as he ate: The greener green grapes are, the keener keen apes are to gobble green grape cakes. They're great!

Can you can a canned can into an un-canned can like a canner can can a canned can into an un-canned can?

The thirty three thieves thought that they thrilled the throne throughout Thursday

Imagine an imaginary menagerie manager managing an imaginary menagerie

Six sick hicks nick six slick bricks with picks and sticks

A skunk sat on a stump and thunk the stump stunk, but the stump thunk the skunk stunk

Lesser leather never weathered wetter weather better

If you must cross a course cross cow across a crowded cow crossing, cross the cross coarse cow across the crowded cow crossing carefully.

Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't very fuzzy, was he?

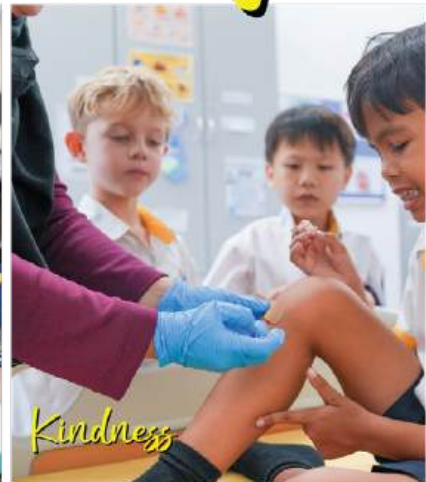
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