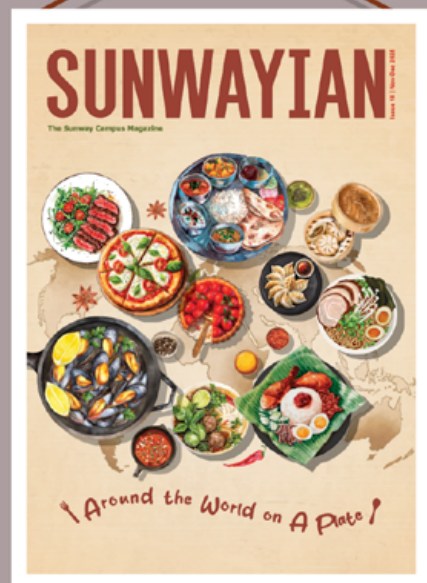


## Issue 18 | Nov-Dec 2025

# Around the World on A Plate





#### CONCEPT & DESIGN

Branding & Corporate Communications

#### EDITORIAL TEAM

Ang Hui Yen  
Caryn Lee  
Kylie Chow

#### ADVISORS

Joanne Teo  
Patrick McVeigh

#### ADDRESS

Sunway University  
No. 5, Jalan Universiti, Bandar Sunway,  
47500 Selangor Darul Ehsan

Let's be friends:



@SunwayUniversity  
@sunwayuniversity  
@sunwayuniversity



@SunwayCollegeKL  
@sunwaycollegekl  
@sunwaycollegekl



@SunwayInternationalSchools  
@sunwayschools  
@sunwayinternationalschools

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## Hello Sunwayians

Welcome to the final course of the year, and here we are, Sunwayians, back at our table for the 18<sup>th</sup> issue of the Sunwayian Magazine.

This edition is our grand year-end dinner service, cooked up for every Sunwayian who has been stirring, seasoning, and serving success all year long. Here is to the brilliant milestones that have plated this year so wondrously on the #MostHappeningCampus.

We open with a world map of international cuisines, a visual entrée celebrating the rich, global palate of our Sunway community. From there, embark on a flavourful journey through "Around the World on A Plate," where our international students share dishes seasoned with their heritage and heart.

On the Features menu, we are serving a hearty spread of inspiration, from "United Nations Rock the Goals", a reminder that youth leadership adds the perfect kick to progress, to "Bringing Young Malaysian Voices to Life", where budding poets from Sunway International Schools charm everyone with their verses, and "Sunway Stars", a toast to two of Sunway University's shining valedictorians.

If you are craving something substantial, do not miss "Hope Beyond Hardship", a slow-cooked #CampusWithAConscience story of resilience, or "Why Waiting Until Graduation to Plan Your Money is A Mistake", a financial recipe for success that every student should keep handy.

For lighter bites and digestible reads, savour "A Sandwich for Emergencies" (with a delightful cameo from Paddington) or treat yourself to "A Very Merry Movie Marathon", a cosy dessert of feel-good films to wrap up the year.

As the year comes to a close, being part of the Sunway campus feels like running a kitchen. It is fast-paced, joyfully chaotic, and brimming with heart. Every issue of Sunwayian Magazine is lovingly prepared by storytellers who pour their passion into every word. In the coming year, we would love for YOU to step into the kitchen too. Sprinkle your ideas, bring in your spice, and serve something unforgettable.

The kitchen never really closes; it just readies itself for the next great service. Just like the Sunwayian Magazine. So, before we fire up the stoves for a new year, take a moment to taste the memories you have made: the growth and discoveries that seasoned 2025 to perfection.

We hope you had a fulfilling 2025, and until our next course together, bon appétit.





# CAMPUS

# UPDATES



## Sunway University Remains ASEAN's Top University



Sunway University has surged ahead in the Times Higher Education (THE) World University Rankings 2026, climbing into the prestigious 301-350 band from last year's 400-500 position. This milestone cements Sunway's position as Malaysia's and ASEAN's No.1 non-government linked private university, reaffirming its leadership in the region and its growing global reputation.

## Sunway University Honoured with Dual Awards for Excellence and Sustainability



Sunway University received two honours: the Business Today Industry Choice Award for Best Employability-Focused University and the PC.com Award for Best Environmental Stewardship Educator. These accolades recognise our commitment to employability and sustainability, underscoring our pursuit of excellence, graduate success, and a sustainable future.

## Sunway University Leading the Way in Sustainability Education



Sunway University's S.U.S.T.A.I.N. Now for a Better Tomorrow initiative has been shortlisted for the Sustainability Education Literacy Award at the QS Reimagine Education Awards 2025. Selected from 1,600 submissions, the project ranks among the top 20% globally, reaffirming our mission as a Mission-Driven 5<sup>th</sup> Generation University dedicated to positive change and a sustainable future.

## Sunway A-Level Students Media Training Experience



Sunway A-Level Student Committee (ALSCO) hosted a media training session led by Sunway Education's Branding & Corporate Communications team, Ms Kylie Chow and Ms. Khairiah. The interactive workshop introduced students to public relations and social media fundamentals, best practices in professional communication, and real-world insights from industry experience.

## VU @ Sunway Alumni Sharing Forum



Victoria University @ Sunway hosted "Your Future, Your Path: What is the Game Plan?", bringing together over 100 business students and alumni for inspiring career conversations. Alumni from accounting, finance, marketing, and logistics shared insights on embracing AI, building skills, staying resilient, and leading inclusively.

## Launch of Sunway TES EDGE



Sunway TES launched Sunway TES EDGE (Empower, Develop, Grow, Evolve) to equip accounting students with future-ready skills in areas like ESG, digital innovation, leadership, and career mastery. The initiative enhances employability while complementing Sunway TES's strong track record of producing award-winning ACCA students.

## Fun at SIS Holiday Camp



Sunway International Schools (SIS) Iskandar Puteri students explored different cultures, tackled fun challenges, and gained valuable life skills during the three-day adventure at the first ever SIS Holiday Camp.

## Big Ambitions at Career Week



SIS Kuala Lumpur students got a taste of different career paths, from hands-on experiences to learning what it takes to succeed in various professions. It was an eye-opening and inspiring week that gave them a chance to dream big and explore what their futures could look like.

## Nurturing Curious Minds during IB Exploration Day



From engaging activities to meaningful conversations with our passionate educators, it was a day of discovery and inspiration as future learners explored what it means to be part of the International Baccalaureate (IB) journey.



# UNITED NATION ROCK THE GOALS IN MALAYSIA

In partnership with the United Nations (UN), Sunway University organised the Rock the Goals 2025 celebration to commemorate the 10<sup>th</sup> anniversary of the launch of UN 17 sustainable development goals (SDGs) in 2015. Let's take a look back at the wonderful evening.



The event brought together almost 1,500 students, staff, and guests alongside distinguished dignitaries from UN, UNICEF, European Union, World Health Organization, and ambassadors from all over the globe.

The evening was hosted by RD, renowned radio personality from Malaysia's MIX FM.



The Rock the Goal Adaptive Fashion Show was inspired by the spirit of punk rock to showcase fashion as a force for inclusivity and sustainability.



Multi-award-winning artist Uriah See

Malaysia's most inspiring neurodivergent band Zimi'J

The acclaimed electronic artist DJ Blink had the entire crowd on their feet.



Rock the Goals 2025 was hailed as a credit to Malaysia, amplifying the nation's commitment to sustainability on the global stage. A big thank you to everyone who joined us! We hope you enjoyed the evening and let's continue to advance sustainability together.

Distinguished guests and ambassadors on stage with the 17 SDG flags to commemorate the 10<sup>th</sup> anniversary of the launch of UN SDGs.







**Khant Kyaw Za**  
American Degree  
Programme,  
Myanmar



Known as the national dish of Myanmar, Mohinga is a fish soup made with rice noodles, and it is typically served as a hearty breakfast for the locals. It features a rich broth flavoured with lemongrass, turmeric, and fish sauce, often garnished with boiled eggs, cilantro, and crispy fritters.

**Tang Yu Yi**  
Master of Marketing,  
China



La Zi Ji is a popular Hunan-style spicy fried chicken dish made with bite-sized pieces of marinated chicken, deep-fried until crispy, and then stir-fried with generous amounts of dried chili peppers, garlic, and peppercorns. It is a dish that is packed with flavour and aroma.



Chicken adobo is a classic Filipino dish made by simmering chicken in a tangy, savoury sauce of vinegar, soy sauce, garlic, and peppercorns. Its name, from the Spanish adobar ("to marinate"), reflects its origins of an old Filipino method of preserving meat with vinegar and salt. Over time, it evolved with Spanish influences, becoming a beloved staple known for its tender chicken and rich, balanced flavour.



**Luis Reign Dazo Provendido**  
Monash University  
Foundation Year,  
Philippines



Mansaf is Jordan's national dish, traditionally served during celebrations and gatherings. It consists of tender lamb cooked in a rich sauce made from fermented dried yogurt called jameed, served over a large platter of rice and topped with almonds or pine nuts. Eaten communally, often by hand, Mansaf symbolises generosity, unity, and Jordanian hospitality.

**Hani Saad Ali Haidar Dajani**  
BSc (Honours)  
International Hospitality  
Management, Jordan



## Around the World on A Plate!

Embark on a culinary journey around the world as we ask Sunwayians from different corners of the globe to share a signature dish from their home country.

From comforting classics to flavour-packed favourites, get ready to explore international cuisines that celebrate culture, tradition, and a love for good food.

Bibimbap is a traditional Korean dish where many different ingredients like vegetables, rice, and sometimes meat are prepared separately but mixed together when eating. Just like Malaysia, a multicultural country, each ingredient keeps its own colour and flavour, yet together they create harmony. Bibimbap can be enjoyed by everyone: vegans can skip the meat, while others can add beef for extra flavour.



**Kim Gaon**  
BSc (Honours) in  
International Hospitality  
Management,  
South Korea



**Maram Ahmed Abdulwali Abdullah Azazy**  
Canadian International  
Matriculation Programme,  
Yemen

Mandi is a traditional dish from the Hadhramaut region, consisting of tender meat, usually lamb or chicken, and fragrant basmati rice seasoned with a blend of spices. The meat is often cooked in a special oven called a taboon.



**Kamal Muratbaev**  
Ontario Secondary  
School Diploma,  
Uzbekistan



Plov is a traditional Uzbek main course food. It is a hearty rice pilaf made with carrots, onions, and meat, most often lamb. Plov is one of the most socially and culturally important foods in Uzbekistan, often served for celebrations like birthdays, holidays, and weddings. It is best served with shakarob salad, fresh bread, and hot tea.



**Sinegugu Anne-Marie Such**  
Sunway Cambridge  
International  
Programme, Romania



These homemade sausages known as mici (which translates as "small" or "little" and pronounced "Meech") are a Romanian barbecue staple. Mici or mititei is a street food in Romania and a top choice for meat lovers. Love at first taste, it is usually served with a salad and mustard along with a side of fresh bread.



### FET Students Win the CIPTA Award 2025

Congratulations to our Faculty of Engineering and Technology (FET) students for winning the Silver Medal and 1<sup>st</sup> Special Mention Award at the Brunei Crown Prince CIPTA Award 2025. The team comprises Deaberniswarar Sharma A/L Ravindran (BIS (Hons) Data Analytics), Andrea Tan Chiao Pin (BEng Chemical Engineering with Hons), and Ir. Lewis Tee Jen Looi (PhD in Sustainability Science and Technology).

### Outstanding ACCA Achievements

We are proud to congratulate our 2024 Accounting graduate, Ms. Joyce Ang Kye Wei, on her outstanding achievements in the ACCA examinations with Sunway TES CAE, where she was named 1<sup>st</sup> Malaysia Top Affiliate, 3<sup>rd</sup> World Top Affiliate, and winner of the prestigious World Prize for Advanced Financial Management at the ACCA Strategic Professional Level.

## AVENUE OF ACHIEVEMENTS

### SFP Student Hala Achieves Gold in World Powerlifting Championship



Sunway Foundation Programme (SFP) proudly celebrates Hala for her outstanding achievement at the 2025 SJ World Powerlifting Championship in San José, Costa Rica. Competing in the Sub-Junior -57kg category, Hala brought home three gold medals in Squat, Bench Press, and overall weight category, a testament to her strength, dedication, and perseverance.

### SIS Iskandar Puteri's Top Archer Shines Internationally



Alicia Heo Yui En, together with her teammates, competed in the 60m team recurve event at the 2025 Singapore Youth Olympic Festival, and proudly brought home the bronze medal. Congratulations to Alicia as this success reflects her perseverance, precision, and collaborative spirit.

### SIS Iskandar Puteri U15 Netball Team Flies High



Sunway International Schools (SIS) Iskandar Puteri's U15 Netball team secured the 4<sup>th</sup> place at the MSSD JB U15 Netball Tournament. The players demonstrated impressive teamwork, determination, resilience and team spirit on the court.

Sunway International Schools (SIS) continues taking great pride in nurturing spoken-word talent among Malaysian youths after a decade-long legacy with the successful culmination of the 11th Sunway National Poetry Slam™ (SNaPS™).

Themed "Music and Myths", this year's edition drew an impressive 160 submissions from a total of 55 primary and secondary schools nationwide. From these, 47 finalists representing 14 schools qualified for the Junior, Senior and Group categories at the finale.



Executive Director of SIS, Prof. Cheng Mien Wee, remarked, "Over the past 11 years, young voices from diverse schools and states have stepped onto this stage reinforcing that when we nurture creativity, we unlock the limitless potential of our students. Their words remind us that education is more than just knowledge, but also courage, empathy, and the ability to inspire change".

Distinguished guests present at the event include Ms Emma Davidson, member of the Sunway City International School Board of Governors; Puan Azliza Binti Mohd Sarif, Chief Assistant Director and Puan Nor Husna Binti Habsirun, Assistant Director, both from the Selangor State Education Department.

Associate Professor Dr Nicholas Lee Boon Kheng, Head of Sunway University's Centre for English Language Studies served as Chief Judge during the grand finale.

Natalie Tan Sze Shyuen from SJK (C) Lai Meng emerged as the Junior Category champion, while Priyanka Gunalan from HELP International School claimed the Senior Category title. Team Chai Tea from Inspiros International School triumphed in the Group Category. The Spirit Award was presented to Inspiros International School for accumulating the most live votes during the grand finale. SMK Damansara Jaya, on the other hand, successfully bagged the Helios Award as the overall champion with the highest total combined scores.

Building on a successful decade of the SNaPS journey, this year's competition also featured a special unveiling of SNaPS – A Poetry Anthology and Other Narratives, comprising 30 award-winning poems from years 2018 to 2024. The collection also includes practical insights on crafting and performing poetry by renowned poet Jamal Raslan, and chronicles SIS's pioneering role in promoting poetry slam nationwide since 2013. Published by Sunway University Press, the anthology will be available soon at Popular Bookstore outlets.

Prof. Cheng continued, "Publishing this anthology is a milestone for us as we are proud to have provided a platform where students are empowered to think, feel, and express. More than just a collection of poems, these young voices and their powerful stories now live on beyond the competition, reaching new audiences and inspiring future generations".

## BRINGING YOUNG MALAYSIAN VOICES TO LIFE FROM STAGE TO PAGE





# Menu Adoption Cycle



## The Pervasiveness of Matcha

In recent months, we have witnessed how matcha has crawled its way off menu pages and into areas we least expect, from skincare to candles to becoming a key signifier of male performativity. It has happened before with turmeric, coconut and activated charcoal, all big trends that slowly faded out. Is matcha simply another trend that will die down, or will it cement itself as a part of culture? Let us explore the deeper implications behind the matcha boom, and what it entails.

## Menu Adoption Cycle

Before diving into the history of matcha, let's look at the trend of activated charcoal. First used in foods like burgers and ice cream, it soon appeared in toothpaste, face masks, and even capsules. This progression follows the four stages of menu adoption cycle:

1. Inception: This is when a new flavour emerges, often debuting in fine dining and found mostly in ethnic markets or aisles.
2. Adoption: After inception, the ingredient makes its way into casual independent restaurants, food trucks, farmers' markets and specialty grocers.
3. Proliferation: The flavours are now tweaked for mainstream appeal, slipping into pastas, burgers, cafes and grocery stores.
4. Ubiquity: In order to cater to the masses, the trend has been diluted from its roots and ethnic relevance.



Not all ingredients reach the ubiquity stage. Black garlic, for instance, despite its global debut in 2008, remains in the inception stage, mostly seen in fine dining. So what explains matcha's rapid rise and success in the market?

## Matcha's Success Story

The growth behind matcha can be largely attributed to social media; particularly microtrends and the algorithms behind it.

Remember when boba tea became a huge thing in the Western world despite having been a staple around East Asia for years? We can observe similar behaviour in the co-opting of Asian culture into Western society when it comes to yoga, or even Dubai chocolate. The West's fascination with trends from Asia often comes from their perceived "exotic" or "oriental" appeal.

This surface-level obsession and cultural appropriation tie back to a concept known as commodity fetishism, which explains how objects gain independent value as the human labour behind them is obscured.

The rise of matcha through wellness culture and viral trends shows how much identity fuels its appeal. Matcha has become the prevailing symbol of identity, especially for the youth. As a result, mass-market matcha is cheap and stripped of its original value, often produced through exploited labour. It also fuels pollution, served in plastic cups and straws—because paper cups are just not Instagram-able.

Echo  
MEDIA

Written By: Sera  
Edited By: Sarah Wong



## Doing Matcha Justice

In early civilisations, labour was not just about survival; it was a social act that required skill, practice, and artistry. Today, as labour is increasingly hidden in modern production, it is only right for us to honour those who make our matcha and appreciate the painstaking process behind it.

Did you know matcha takes five to eight years to grow? Towards the end of those years, the matcha is shaded, a crucial part to differentiate it from regular tea leaves, for roughly a month before it is harvested. Shading the leaves boosts chlorophyll production so they can absorb more sunlight, giving matcha its vibrant green colour.

This is just a glimpse into the early stages of the matcha production processes, not including the leaf-picking, sorting and grinding process. There are plenty of resources that detail matcha's full production process, so take some time to learn about it and appreciate the effort behind every cup ☺



## Practising Mindfulness

In an exploitative system, fully ethical or productive consumption can seem impossible; it is why the phrase "no ethical consumption under capitalism" exists. Still, there are ways to lessen our participation in these manipulative trends.

It goes without saying that there is no problem in finding a product you genuinely enjoy. However, it is crucial to take a step back and decide for yourself whether your consumption is manipulated by fictitious value manufactured by companies and media through identity and marketing, or derived from a genuine interest in the products of our labour; a defining characteristic of the beauty of human creation.



# Championing the Future

**Hema Sulakshana Mahadevan**

Public Engagement Campaigner  
Greenpeace Malaysia

I have always wanted to work in human rights, and that passion began during my high school years at SMK Puteri, where my Moral Studies teacher, Ms. Yap, first opened my eyes to issues of justice and equality. Her lessons planted the seed that would later shape my career path.

When I pursued my law degree at KDU College, I joined Amnesty International Malaysia as a youth member and began volunteering with Pink Triangle Malaysia. These early experiences exposed me to grassroots activism and gave me a glimpse of how collective action could make a real difference in people's lives.

After graduating, I started my professional journey as a paralegal in a law firm in my hometown, Seremban. I mostly handled personal injury litigation, and while the work was meaningful, I knew I wanted to use my legal training to help people in a more direct, rights-based way.



That calling led me to Protect and Save the Children, a child rights non-governmental organisation (NGO) that works to prevent sexual abuse and protect children with disabilities. My work there focused on community outreach, awareness programmes, and supporting advocacy around the Sexual Offences Against Children Act 2017, which deepened my understanding of how law and empathy can work together in protecting the vulnerable.

Joining Voice of the Children as an Advocacy Officer opened opportunities for me to work on issues of statelessness and juvenile justice. I was also involved in the production of the documentary *Stolen Futures: Child Marriage in Malaysia*, which showed me how storytelling can be a powerful tool for change.

These experiences grounded me in the realities of advocacy, where progress often takes time but every effort counts. That belief eventually led me to join Greenpeace Malaysia as a Public Engagement Campaigner. My role allowed me to connect with people on environmental issues that directly impact their lives, and help build communities that take action for the planet.

At Greenpeace, I have had the privilege of leading the plastics campaign, engaging restaurants, businesses, and the public through initiatives like the GenerasiREuse campaign, and advocating for stronger policies under the Global Plastics Treaty. Over time, my work has expanded to support local empowerment programmes and volunteer-led actions that bridge the gap between environmental justice and everyday life.

My journey has come full circle, and each chapter has taught me that change begins with awareness and grows through connection. And no matter the issue, whether it is children's rights or the climate crisis, what drives me has always been the same: the belief that everyone deserves to live with dignity, safety, and hope. It is inspiring to see institutions like Sunway, a campus with a conscience and a long-time partner of Greenpeace, championing this shared vision. I encourage all Sunwayians to continue contributing to sustainability in their own ways, because every effort, no matter how small, helps create a better future for all.



## A Sandwich For Emergencies: Why Paddington Deserves More Respect

By: Khairina Aliya  
Binti Khairul Annuar,  
Sunway College  
A-Level



Paddington once taught me this: "A wise bear always keeps a marmalade sandwich in his hat in case of emergency."

Not every student can keep one in their hat, but we all know the feeling of having a go-to comfort. For Paddington, it's marmalade. For many of us at Sunway, it's the hashbrown sandwich at the Boulevard. And, really, there's something wonderful about how a simple sandwich can carry so much reassurance.

From *My Little Pony* to *The Little Prince*, I've always felt that "kids' stories" have principles worth carrying into our futures. And Paddington is the perfect example. His films are packed with heart, wit, and moral depth, all wrapped in the soft fur of a talking bear. The best part? They're genuinely fun. They're proof that kindness, decency, and optimism can be just as entertaining as chaos and cynicism.



And that's where the sandwich becomes more than just a running gag. Yes, it's funny when he pulls it out at the most inconvenient times, but it's also his way of saying there is always a little comfort to be found. At the end of Paddington, he makes the family some marmalade, creating a moment of bonding.

Paddington 2, he teaches Knuckles how to make marmalade, turning hardened convicts into softies with a spoonful of sweetness. And who could forget his iconic teatime with Queen Elizabeth II, where a sandwich sealed the most unlikely of friendships? Marmalade, in Paddington's world, is more than food. It's kindness you can hold in your hands, proof that small, sincere gestures can brighten the darkest situations.

Take, for example, the dynamic between Paddington and the Brown family. The film even shows us their differences in one of its most brilliant sequences: the dollhouse scene. Each family member is tucked away in their own little compartment, Mr Brown fretting over risks and percentages, Mrs Brown trying to connect through her art, Judy shutting herself away in teenage defiance (even taking up Chinese to keep her mother out), and Jonathan happily absorbed in his trains and experiments. It's a witty, visual way of showing just how divided they are at the start.



And don't we, as students, feel that sometimes? We're all pushing through challenges, keeping our heads high, and carrying on even when things get messy. And like Paddington, we should all maintain our kindness and decency as he did throughout every hardship.

Paddington isn't just a children's character. He's a reminder that kindness, sincerity, and a little optimism go a long way. His "sandwich for emergencies" isn't really about marmalade (though he'd insist otherwise), it's about carrying with us small comforts that keep us going when life gets overwhelming. For us Sunwayians, that might look like a Boulevard hashbrown sandwich tucked into our day, or even just a quiet moment of reassurance at our favourite spot with our favourite people before diving back into assignments.



What changes isn't that Paddington forces his way in, but that his simple, sincere presence begins to soften those divisions. Mrs Bird is the first to point it out, gently reminding Mr Brown that a bear like Paddington is exactly what their family needs. And she's right. As time goes on, Paddington becomes the quiet thread binding them together, turning their little compartments into one shared home. By the end, when he's in danger, those differences no longer matter; the Browns rally around him without hesitation.

Much like his marmalade sandwich in the hat, Paddington himself becomes the quiet constant, a presence of sweetness and reassurance that holds people together, especially in moments of crisis.



Paddington deserves more respect not because he's perfect, but because he shows us that even in the messiest situations, a bit of heart — and a sandwich for emergencies — can make all the difference.

Have a story, poem, article, opinion, or creative work to share? Send it our way at [pr@sunway.edu.my](mailto:pr@sunway.edu.my)



# Sunway International Students

My name is Hansley Sunday Macharia Wanjagi, though I just go by Mach. I am 21 years old and come from Kenya, East Africa. Currently pursuing a degree in Medical Biotechnology at Sunway University, I completed the Sunway Foundation in Science and Technology (FIST) programme, where I was honoured to serve as the valedictorian of my graduating batch.



One of the first questions I often get asked when meeting new people here is, "Why did you choose Sunway?" That question always takes me back to the end of my high school years in South Korea. After three long and demanding years there, I returned home to Kenya and began applying to universities. Unfortunately, despite multiple applications, I faced several rejections and soon found myself uncertain about my next step.

**HANSLEY  
SUNDAY  
MACHARIA  
WANJAGI**



Once I complete my degree, I hope to build a career in microbiology. Although I still have much to learn, I am eager to deepen my understanding of the field through my remaining coursework and upcoming internship. My time at Sunway over the past year and a half has been transformative, from mastering laboratory techniques to learning about career opportunities at employment fairs, and even honing communication skills during Open Days.

FIST, I immediately knew this was what I had been looking for. The programme structure, the teaching approach, and the vibrant campus environment all stood out to me, and to my relief, my parents shared the same enthusiasm.

Being an international student in a completely new country can be a daunting experience. But since this was my second time studying abroad, the homesickness and anxiety were not as overwhelming. From the moment I arrived in Malaysia, I have felt genuinely welcomed not just by Malaysians, but also by fellow international students who have made this place feel like home.

At that low point, I attended a university fair with my mum, and that was where I met a representative from Sunway College. They patiently walked me through the different programmes available and helped me identify those that matched my interests. When I learned about

To my fellow international students reading this, I would strongly encourage you to become an active part of the Sunway community. Step out of your comfort zone. Join that club you have always been curious about, pick up a new hobby, or strike up a conversation with someone new. University life is the perfect time to take those leaps of faith. Do not let these years pass by with regrets over the things you did not try.

My name is Yelizaveta Krupskaya, and I am from Turkmenistan. I am currently studying Foundation in Arts at Sunway College. I have always been a creative person; I love filming, creating, and sharing moments from my life online. At the same time, I am deeply interested in business and how things work behind the scenes. That is why, after completing my foundation, I plan to continue with business studies. I enjoy combining creativity with practicality, and that is where I feel the most inspired.

**YELIZAVETA  
KRUPSKAYA**



When I was choosing where to study, I did not just focus on academics. I wanted a place that felt active, open, and full of opportunities to meet new people. Sunway College stood out to me because it offered exactly that balance. For me, education is not only about classes but also about the people you meet, and the experiences that shape you. I wanted to study in an environment where I could grow both as a student and as a person. Sunway felt like the right place for that.



One of the main reasons I chose Sunway College was actually because of my friends. A few of them had studied here, graduated, and then continued their education at Sunway University. They told me about the friendly lecturers, the supportive atmosphere, and how student life here really makes you feel part of something bigger. Their stories inspired me and gave me the confidence to take the same step.

So far, my experience at Sunway College has been extremely positive. The lecturers are not only professional but also genuinely caring. They take the time to learn about my background, my country, and my interests. That kind of attention makes me feel seen and supported. I have also learnt a great deal about independence; how to manage my time, communicate in an international environment, and strike a balance between study and personal life.

Living in Malaysia as an international student has been a unique and rewarding experience. Of course, there are moments when I miss home, but most of the time, I just feel grateful. Every day brings something new like trying local food, exploring new places, or meeting people from different cultures. Malaysia has such a warm and welcoming energy, and it makes you feel comfortable even when everything around you is unfamiliar.

After I graduate from Sunway College, I plan to continue my studies at Sunway University. My goal is to grow both creatively and professionally, to learn more about business, and one day, to start something of my own.

My advice to other international students is simple: start building connections early. Talk to people, make friends, and do not be afraid to step out of your comfort zone. Studying abroad is not just about education; it is about the people you meet and the person you become along the way.



# Journey from Camera Lens to A Cause

I never expected my life to take such a turn. It all started when a friend asked me to tag along and take photos for a fundraising project in an urban squatter area in Kapar. I had no idea that simple "yes" would lead to leaving the corporate marketplace and a decade-long journey in the non-governmental organisation (NGO) sector.



I still remember standing there, camera in hand, documenting what I thought was just another community project. But the moment I stepped into that neighbourhood, something hit me hard. The air felt heavy, not just with pollution or the smell of neglect, but with a sense of hopelessness. I looked into the eyes of the children and saw a lack of sparkle, like the light had been drained out of them. It shook me. This place was less than an hour from where I lived, but the contrast was worlds apart.

That moment stayed with me. It consumed me. I could not look away anymore.

I started volunteering more, driving kids to tuition, coaching football, helping wherever I could. The more time I spent with them, the more I learned. I began asking harder questions: Why are some children denied education just because they are stateless? Why do people in rural villages still lack electricity while development projects pass them by? Why do so many youths in low-cost flats get caught up in gangs?

These questions pointed to one thing: inequality. And over time, I realised that what I was seeing was not just poverty, it was systemic injustice. That was when I knew I had to make this my life's work.

So, about 14 years ago, I made the switch. I left behind a more comfortable path and joined the NGO sector full-time.

Working with Malaysian CARE, I have seen what long-term commitment to change looks like. It is slow but real. Whether it is helping marginalised kids stay in school, advocating for the Orang Asli, or supporting ex-prisoners reintegrate into society, every step matters.



**Keith Daniel Gonsalvez**

Communications  
Director,  
Malaysian CARE  
CIM Diploma, 2005



When I joined Malaysian CARE, one of the things that genuinely encouraged me was learning about our partnership with the Jeffrey Cheah Foundation Community Scholarship. A scholarship with complete financial assistance by Sunway Education and supported by Malaysian CARE aimed at helping students from orphanages and underprivileged backgrounds gain access to higher education. As a Sunway alumnus myself, this was exciting news!

For the past 20 years, this partnership between Malaysian CARE and the Jeffrey Cheah Foundation has opened doors for students who might have otherwise never had the chance to step into a college.

Working with Sunway Student LIFE has always been a pleasure. They are some of the kindest and most empathetic people I have come across, always ready to listen, understand, and do whatever they can to support the students under this scholarship. It is this kind of heart that makes a real difference, and I am proud to have witnessed the impact of this collaboration.

If you are thinking of getting involved in NGOs or community work, just start. You do not have to wait until you have it all figured out. Sometimes the best way to learn is by doing it.

Look for causes that speak to you. Volunteer. Listen to stories. Every big movement starts with someone caring enough to show up.

One quote that has stayed with me is this: "God does not choose the equipped, He equips the chosen."

My giving journey has taught me that you do not need to have everything figured out before you start giving back. Often, it is through the act of giving that you begin to uncover your purpose, and along the way, you grow into the role you were meant to play.

You may not have all the answers or resources right now, but if your heart is in the right place, that is more than enough to begin. You might not change the whole world overnight, but you can change someone's world. And that alone is always worth showing up for.





# Why Waiting Until Graduation to Plan Your Money is A Mistake

By: Shakirah Shahabudin, Lecturer, Victoria University @ Sunway Undergraduate Programme, Sunway College



For many students, it is tempting to see financial planning as a concern for the future, something to address only after graduation. But in today's uncertain climate of rising costs and growing financial pressures, cultivating sound money habits early becomes essential.

Financial planning encompasses analysing economic information, setting realistic goals, and making informed choices on how to achieve them. This includes managing debt responsibly, ensuring adequate insurance coverage, and planning the distribution of wealth.

By starting early, students lay a strong foundation to navigate financial challenges. Time, the key driver of long-term outcomes, strengthens financial planning and gives students confidence to secure their future. Even modest savings or investments made during student years can accumulate substantially through the power of compounding.

## Smart Habits Students Can Start Today

### Track Spending –

Awareness is the first step. Maintaining a simple budget helps identify where money goes and reveals opportunities to save.

### Build an Emergency Fund –

Setting aside even RM50 a month can create a safety net for unexpected expenses, reducing reliance on high-interest debt.

### Manage Debt Wisely –

Credit cards should be used with care. Borrow only when necessary and repay on time to avoid additional interest.

### Save with Purpose –

Whether for travel, postgraduate studies, or a first car, goal-based saving cultivates discipline and focus.

### Learn About Investing –

Starting small with low-risk, regulated products introduces students to the power of compounding and equips them for bigger financial decisions ahead. After all, experience is the best teacher.

Educational institutions today carry the responsibility of preparing students for real-life challenges. By embedding financial literacy into programmes and emphasising the application of theoretical knowledge to financial decision-making, it equips future graduates with the skills to take charge of their financial journeys. This holistic approach ensures that when students enter the workforce, they bring with them not just academic qualifications, but also the knowledge, resilience, and discipline to make informed financial decisions.

Financial independence is achieved through consistent decisions and habits developed early. It is a valuable life skill that every student can begin practising today, and the earlier they start, the greater the advantage they will gain tomorrow.

# Sunway Stars

Welcome back to Sunway Stars! In this edition, we shine the spotlight on two of Sunway University's valedictorians, Nur 'Aliah Syamimi Binti Muhammad Sazali (left) from BSc (Hons) in Actuarial Studies and Raja Aina Naqiyah Binti Raja Ismail (right) from BSc (Hons) in Marketing, whose stories of perseverance and achievement inspire us all.



I've always loved mathematics. I first explored Pure Mathematics in the UK but chose to stay closer to home. Discovering actuarial science as "the career for those who love math" has inspired me to pursue it, and I'm glad I found a way to turn my passion into something practical, while continuing as a JPA scholar since SPM.

Some of my best memories at Sunway were made beyond the classroom, from lunch breaks to spontaneous dinners, birthday surprises, and late-night drives with friends. Volunteering with School of Mathematical Sciences' Gift of Tomorrow programme was especially meaningful as I watched the children's joy and confidence grow through learning.

My time at Sunway University taught me how to fail gracefully and get back up without needing applause. As an overachiever, it was tough to realise I wasn't always the best, but I learned to stop chasing recognition and focus on improving myself. That shift helped me find meaning in small wins and shaped me into a more resilient person.

I aim to learn as much as possible in my current role in the insurance industry, using it as a stepping stone to grow confidently in the corporate world. The journey ahead feels both frightening and exhilarating, but I trust in my strength and drive to embrace it fully.



At first, I wasn't sure what I wanted to pursue, so I followed in my mother's footsteps in Tourism and Marketing. After exploring options, Sunway's Marketing course stood out for its strong business foundation and integration of social sciences. What began as following her path soon grew into my own appreciation for the art of marketing and its vital role in business.

Becoming Valedictorian was the highlight of my university life. The award recognised not only my academic achievements but also my involvement in clubs and societies. Joining the Lancaster University Study Abroad Exchange in 2022 was a life-changing experience that pushed me out of my comfort zone and strengthened my resilience.

At Sunway University, I experienced countless opportunities that shaped who I am today. Academic challenges became opportunities to learn from supportive lecturers who motivated me to do my best, while clubs and societies helped me build lasting friendships and expand my network.

I am currently enrolled in the PROTÉGÉ-GEES Program with PETRONAS Chemicals Group, where I hope to apply my skills in sustainable and social marketing to promote eco-centric values within the industry.

## WHAT INSPIRED YOU TO PURSUE YOUR CHOSEN FIELD OF STUDY?

## WHAT WERE SOME OF THE HIGHLIGHTS OF YOUR TIME AT SUNWAY UNIVERSITY?

## HOW DO YOU FEEL SUNWAY UNIVERSITY HAS PREPARED YOU FOR YOUR NEXT CHAPTER?

## WHAT ARE YOUR NEXT STEPS AFTER GRADUATION?





A big round of applause to our talented students from the Sunway Cambridge International Programme who made it to the grand finale of the 11<sup>th</sup> Sunway National Poetry Slam™ (SNaPS™) 🌟

Chooi Kate Lynn wowed the judges in the Solo Category and also teamed up with Chai Xin Jie in the Group Category, earning their well-deserved spots among the finalists. Here are their inspiring entries that brought their words to life 🌈🌟

# Little Big Voices

The wind whispered stories only myths remember.  
Soft as the hush before a storm.  
A breath that carried oceans.  
Was silent once more.

Hear her voice beneath the sea,  
Sleeping now so peacefully  
At the bottom of the sea,  
Held by waves and memories.

Hear her voice beneath the tide,  
Softly, where the secrets hide.  
Her sinister smile crushes all hope.  
A sad story for those who approach.

The harp plays, the sound barriers shook.  
Notes spilled like spells from a forgotten book.  
The sea stood still, the moon sighed.  
The wind howled in horror and refused to hide.

The wind knew secrets of forgotten shores.  
Which were abandoned for a reason.  
Where the smiling waves once danced in endless light,  
Now lost in the seas of Poseidon.

A voice rose soft, both sweet and dire,  
Accompanied by a soothing lyre.  
It called to hearts both brave and weak,  
A song no mortal tongue could speak.

She remembered when she stood on that shore,  
Torn between the life she knew and something more.  
The song, a promise whispered close to her,  
A voice as soft as wind and full of knowing.

Odyssey has sailed to hear her voice,  
To taste the myth, to make the choice,  
Risking his life to hear her sing,  
Not knowing what her notes would bring.

A song so sweet it pierced the sky,  
Promising truth but bearing lies.  
Just like a wolf in sheep disguise,  
Truths shall be revealed in true time.

The phoenix spreads its wings wide,  
Burning bright through the sky,  
A blaze of crimson, gold, and red,  
But as ashes fall, the old must be dead.

It sings of the ends that start again,  
Sings happily in sunshine, sings sadly in rain.  
Burns itself up, then reborn  
A cycle that ensures it never dies.

The wind recalls forgotten shores,  
Where time was lost, and silence roars.



There was once a story to be told,  
Of ancient myths and songs to behold,  
Someone sang it once, maybe around a fire,  
And was accompanied by a wooden lyre,  
To ease the burning pain down the drain.

Dryads defended the forest like it's home,  
Their voices blending with the twilight's dome,  
Could be mother nature's second clone,  
Which wood was she carved from?

She knew the oak and came to stay,  
While stars grew old and sky turned grey.  
No hunter's step escapes her ear,  
She is the woods. The woods are her.

You dare to strike or harm?  
She'll raise her axe and you'll regret  
She speaks in whispers, so and sweet  
But dangerous, if nature needs

A lion's form, a maiden's face,  
Wings outstretched in silent grace.  
They call me Sphinx, both curse and guide,  
A riddle worn where truths must hide,  
Those who challenged must be clever  
Or they would see the light never.

In the dry Sahara Desert,  
There lies an iconic landmark,  
enormous and dark,  
With a gaze that is silent and sharp.

A cold gale blew,  
The oceans arose,  
Poseidon almighty,  
Sat on his throne.

Out of the blue,  
A haunting tune,

They sang not for love, but for fame,  
Making most lives a daring game,  
The sirens sang, eyes hard and cold,  
But were lonely, if truth be told.

They sing together, easing their loneliness,  
Dragging others to the depths,  
Singing sadly at the fates they made,  
Singing together for warmth and pain.

Their tunes like a fishing hook,  
As sailors came their voices shook,  
They drag them down to meet their doom,  
Stunning appearance but never bloom.

They let the oceans fill their lungs,  
Struggle not, soon peace will come.

A beautiful woman, who a racted Poseidon,  
Got turned into a monster by Athena,  
Beautiful hair into a lair for snakes,  
Caring eyes into a person's doom to stone.  
So, is she really evil?



Perseus was tasked with killing Medusa,  
A lonely figure with only snakes for company.  
With a reflective shield and a sharp sword,  
He slayed her and beheaded her,  
Using her head as a weapon for himself,  
Turning everyone he wanted into stone.

Born from sorrow, born from blood  
Medusa's fall led to Pegasus's rise,  
He rose with his broad wings of the sky,  
Free and happy, an unbound soul.

Bellerophon once held his reins,  
And rode through sky and joyful plains,  
But he was too proud, his happiness short lived,  
Pegasus threw him to the ground.

Three heads, one heart, and never did rest,  
He guards the gate of life and death.  
Dangerous and fierce but always loyal  
Just like a dog with its owner,  
It never rests until its owner is safe,  
They're the definition of brave.

With coal for eyes and stone for heart,  
His mighty presence shadows the dark,  
Making those who dare to face it cower,  
Facing a trial of great power.

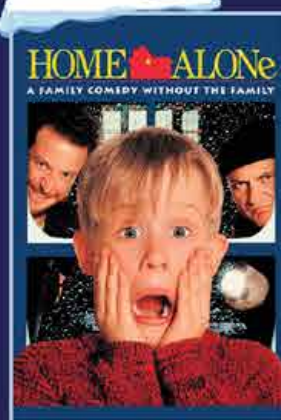
For music born from myth and fire,  
Outlives the harp, outlives the lyre.  
It echoes deep where legends sleep  
And sings the truths we dare not keep.





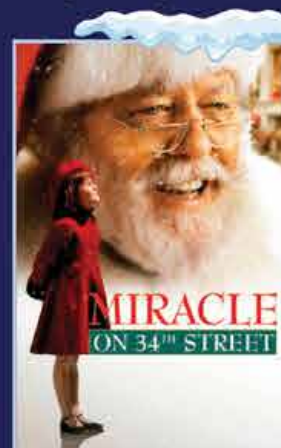
# A VERY MERRY MOVIE MARATHON

Christmas is coming, and what better way to get into the holiday spirit than with a festive movie marathon? From timeless classics to modern favourites, here are eight Christmas films that are perfect for cosy nights, hot cocoa, and plenty of holiday cheer.



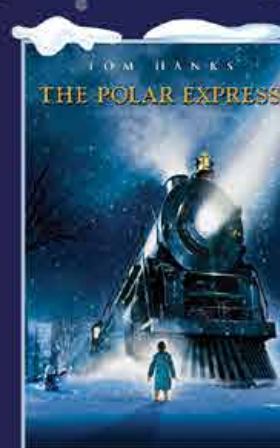
**Home Alone** (1990)

Starring Macaulay Culkin, this American comedy film is a Christmas classic that perfectly blends mischief, humour, and heart. It follows young Kevin McCallister, who is accidentally left behind when his family flies to Paris for the holidays. What starts as a dream come true quickly turns chaotic when two clumsy burglars try to rob his home, only to face Kevin's ingenious booby traps. Packed with slapstick fun and a dash of festive warmth, *Home Alone* remains a holiday favourite for every generation.



**Miracle on 34<sup>th</sup> Street** (1994)

It is the first theatrical remake of the original 1947 film, bringing a timeless holiday story to a new generation. This heartwarming story follows a young girl who begins to doubt the existence of Santa Claus until she meets a man named Kris Kringle, hired to play Santa at a New York department store. When Kringle insists that he really is Santa, his claim sparks both wonder and controversy, leading to a memorable courtroom showdown that questions faith, belief, and the magic of Christmas itself.



**The Polar Express** (2004)

Based on the beloved children's book by Chris Van Allsburg, this animated adventure tells the story of a young boy who boards a magical train to the North Pole on Christmas Eve. Along the journey, he learns about friendship, bravery, and the power of believing. With its beautiful visuals, touching story, and sense of wonder, *The Polar Express* captures the magic of Christmas through a child's eyes and reminds us that belief is at the heart of the holiday season.



**The Christmas Chronicles** (2018)

This Netflix original follows siblings Kate and Teddy Pierce, whose plan to catch Santa on camera takes an unexpected turn when they accidentally crash his sleigh. Teaming up with Santa, they race against time to save Christmas before it is too late. This film brings a modern twist to the classic Santa story and captures the joy of believing in holiday magic.



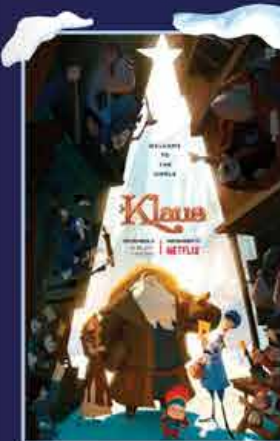
**How the Grinch Stole Christmas** (2000)

This live-action adaptation of Dr. Seuss's beloved story brings Whoville's festive spirit to life in a vibrant and whimsical way. It follows the Grinch, a grouchy outsider who despises Christmas and hatches a plan to steal it from the joyful Whos. Along the way, he discovers that the true meaning of the holiday goes far beyond presents and decorations. Featuring an unforgettable performance by Jim Carrey, *How the Grinch Stole Christmas* is a playful and heartwarming celebration of redemption and cheer.



**Elf** (2003)

This cheerful comedy follows Buddy, a human raised by elves at the North Pole, who sets off to New York City to find his real father and discover where he truly belongs. His innocence and enthusiasm clash hilariously with the cynicism of city life, spreading laughter and holiday cheer wherever he goes. With Will Ferrell delivering one of his most iconic performances, this film has become a modern Christmas classic loved for its humour, warmth, and unforgettable one-liners.



**Klaus** (2019)

This beautifully animated Netflix film reimagines the origin of Santa Claus through the unlikely friendship between a selfish postman named Jesper and a reclusive toymaker, Klaus. Set in a cold, divided town, their acts of kindness slowly bring warmth and joy back to the community. With its unique animation, charming story, and gentle message about kindness and friendship, *Klaus* has become a new holiday favourite.



**A Boy Called Christmas** (2021)

Based on the bestselling book by Matt Haig, this film tells the story of Nikolas, an ordinary boy who sets out on an adventure to find his father and the fabled village of the elves. Along the way, he discovers friendship, magic, and the true spirit of Christmas. Filled with imagination and heart, this is a warm, family-friendly tale about hope and believing in the impossible.



Campus With A Conscience

# HOPE BEYOND HARDSHIP

When the COVID-19 pandemic began in early 2020, Madam Farah Anjum, an Indian national working in Kuwait, faced a sudden and difficult change in her family's circumstances. A personal loss during that period left her to shoulder both household and financial responsibilities on her own. With her three sons Hadi, Hassan and Mohsin enrolled at Sunway University, she was confronted with the possibility of having to withdraw them due to financial constraints.

During this challenging time, Madam Farah reached out to the University for assistance. The International Office, together with several supportive staff members, responded with empathy and worked closely with the Finance Department to support her family. She was eventually granted an instalment plan for tuition fees, allowing her sons to continue their studies while she regained financial stability.

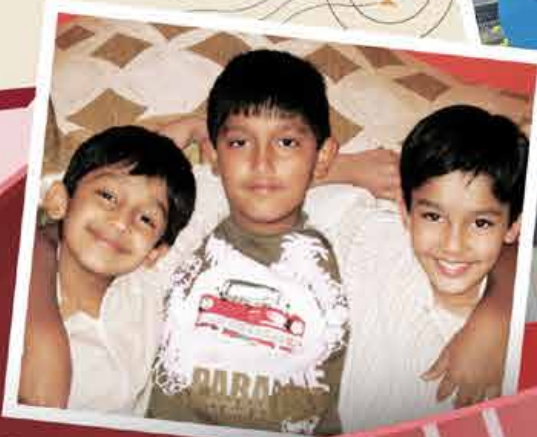
This support proved to be a turning point. As the pandemic situation improved and her employment in Kuwait stabilised, Madam Farah was able to resume full financial responsibility for her sons' education.

Today, her story is one of success and resilience. Hadi Saleem Busheri has graduated with a degree in International Hospitality Management, while Hassan Saleem Busheri completed his studies in Global Supply Chain Management. The youngest, Mohsin Saleem Busheri, is part of the graduating class of 2025 in Events Management.

Their achievements reflect not only their personal determination but also the importance of timely support and understanding from the community. Madam Farah's trust in Sunway University, even in the face of unimaginable loss and her commitment to her sons' education have led to a positive outcome that is deeply appreciated by everyone involved.

As a Campus with a Conscience, Sunway University believes in extending understanding and compassion when it is needed most. Madam Farah's story reflects the quiet strength of a supportive community, one that stands by its students through life's challenges. Her journey is a gentle reminder that with empathy and encouragement, it is possible to find hope and continue moving forward.

We celebrate this success, not just as an academic milestone, but as a shared victory of humanity, empathy, and hope.



NOVEMBER

18

10am-4pm

@ Avenue of Achievements

## PERKS FOR SUNWAYIANS

Hey Sunwayians! Get ready for a treat on 18 November as some of your favourite brands are coming on campus with irresistible deals and goodies 🍌🍩

From the iconic crunch of Biscoff to the refreshing care of Banana Boat, the soothing touch of Tiger Balm, and more from Eva, OSK, and Vico, there is something for everyone. Swing by the **Avenue of Achievements** from **10am-4pm** to sample their bestsellers and snag exclusive discounts and promos made just for Sunwayians! Don't miss the fun 🎉







# When you see the couch Join the chat

Comfy Chats offers a platform for students to dive into fun discussions on all things relevant and current.



Have something exciting to share?  
Reach out to us via [khairiahk@sunway.edu.my](mailto:khairiahk@sunway.edu.my)