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ROYAL BRUNEI AIRLINES | MARCH - APRIL 2020



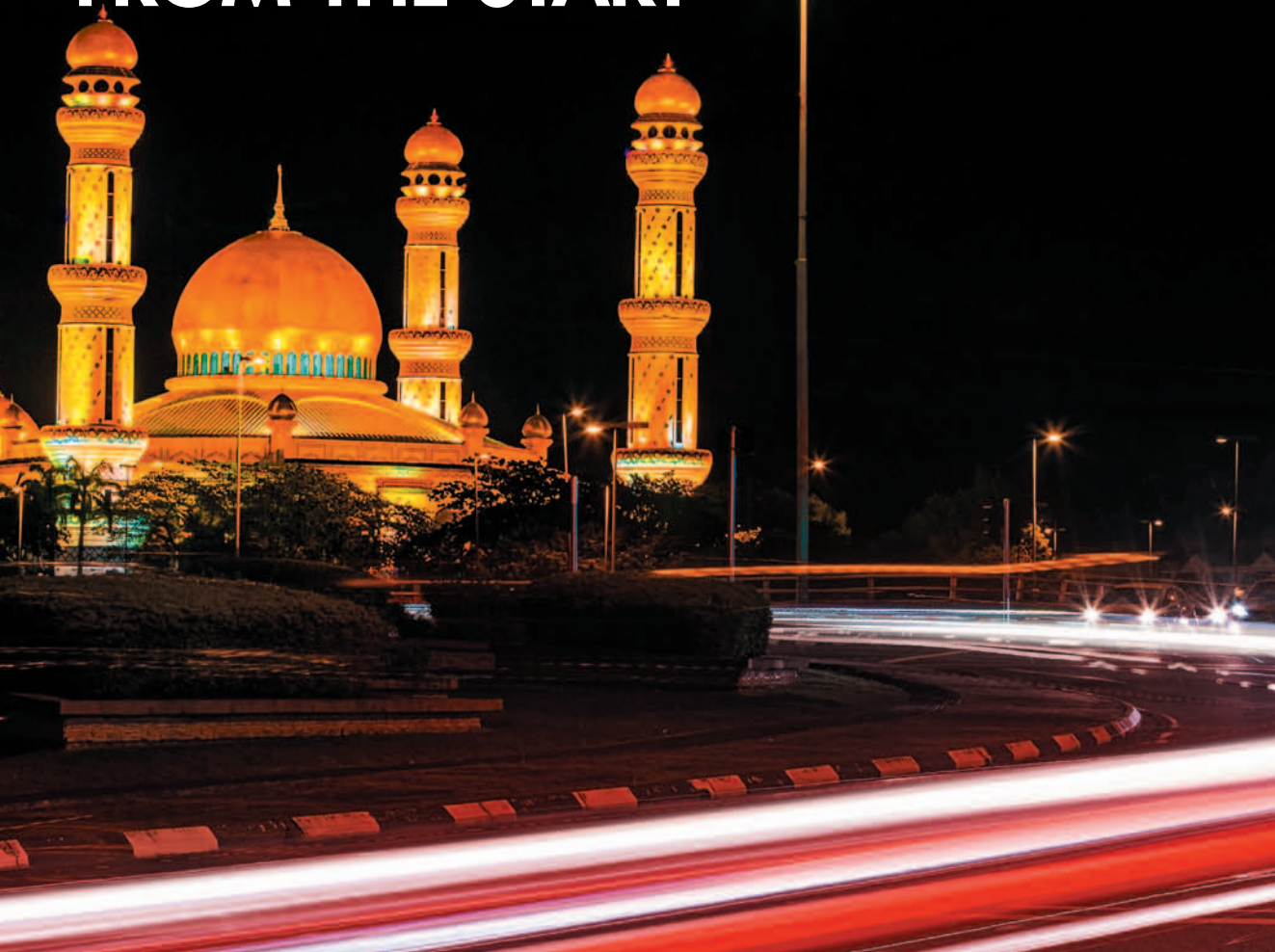
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PRINCE 'ABDUL MATEEN



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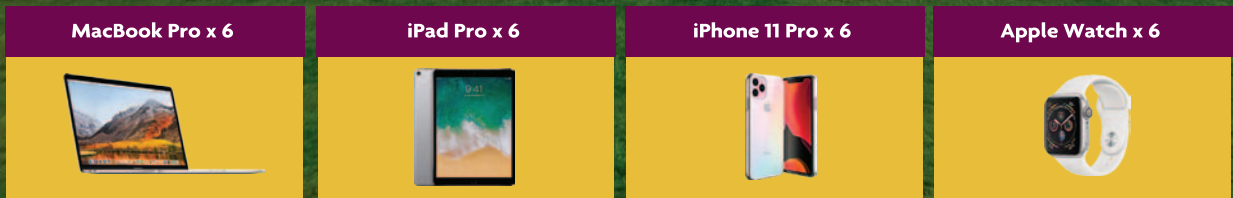


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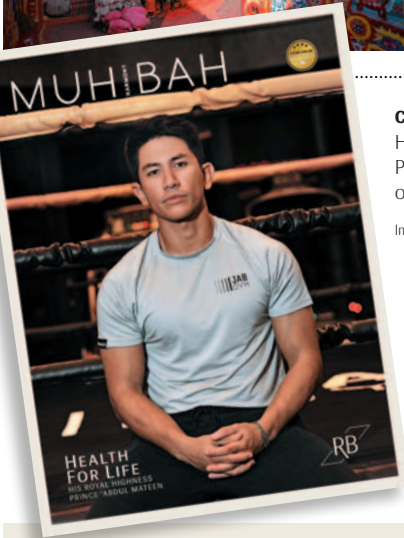
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08
50



14 22



56



58

COVER

His Royal Highness Prince 'Abdul Mateen on fitness and health.

Image: Dean Kassim



AWARD FOR BEST MAGAZINE Indian International Journalism Festival 2011

FEATURES

- 08 **Island Fitness**
Enjoy Koh Samui's beautiful outdoors at Belmond Napasai.
- 14 **Britain's Best Places To Visit**
Make these part of your UK holiday itinerary.
- 22 **Defining Muslim Friendly**
Jeju strives to court Muslim guests.
- 28 **Australia's Pink Lakes**
You'll never see anything like these.
- 36 **Amazing Architecture**
Awe-inspiring works of art.

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28 36



David Kirkland / Brunei Tourism

- 42 Best of Borneo
60 Years And Growing Stronger.
- 46 Best of Borneo
Happy 36th National Day, Brunei Darussalam.

LIFESTYLE

- 50 Motoring Road Trippin' in Taiwan
- 52 In Person His Royal Highness
Prince 'Abdul Mateen
- 54 The Buzz What's New
- 56 Take 5 Osaka
- 58 Travel Diary

WELCOME ABOARD

- 05 CEO's Message
- 06 Inside RB
- 62 Selamat Datang
- 64 Brunei International Airport
- 65 Traveller's Guide
- 66 Travel Smart
- 68 Route Map & Destinations
- 70 Abode of Peace

54



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منجايکن وawasن نگارا
MENJAYAKAN WAWASAN NEGARA
23 FEBRUARI 2020

Celebrating 36 Years of Independence



HAPPY NATIONAL DAY BRUNEI

Royal Brunei Airlines would like to extend warmest congratulations and best wishes to His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah ibni Al-Marhum Sultan Haji Omar 'Ali Saifuddien Sa'adul Khairi Waddien, Sultan and Yang Di-Pertuan of Brunei Darussalam and the people of Brunei on the auspicious occasion of the 36th National Day





Dear Guests,

Welcome aboard Royal Brunei Airlines (RB). It is my great honour to extend our heartfelt congratulations and best wishes to His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, Sultan and Yang Di-Pertuan Negara Brunei Darussalam, and the people of Brunei, on the 36th National Day celebrated on 23 February, 2020.

We are very proud to feature His Royal Highness Prince 'Abdul Mateen in our cover story. We are very grateful to His Royal Highness Prince Mateen for sharing his thoughts and advice on adopting healthy lifestyles. The full interview can be found in the In-Person section at page 52.

Like previous years, in conjunction with National Day as well as Brunei Gastronomy Week launched on 19 February, 2020, we introduced a special Bruneian meal selection for our guests flying with us from 23 to 25 February, 2020. We trust you will enjoy the Bruneian culinary delights onboard and many more choices on offer at the various participating restaurants in Brunei. You can read more about this in the Inside RB section of the magazine.

In line with the National Day theme of "Achieving the National Vision", RB has recently completed the renovation of our two hangars at Brunei International Airport (BIA). These hangars allow us to carry out

maintenance work including c-checks on our new technology fleet of B787/A320neo aircraft and also provide office space and supporting infrastructure for the vast majority of our Operations Team. Launching in April 2020, RB Hangar 1 will feature the RB Centre of Excellence where training will be conducted in areas such as aircraft engineering, safety management, ground handling, services and products, and for the development of RB team members across the business. We have also added a Staff Café aptly named the Hub Café (Brunei is our hub airport) for our staff based at Hangar 1, Hangar 3, BIA, and other team members based airside.

Lastly, a sincere thank you for choosing to fly with RB. We look forward to earning your continued loyalty into the future.

Team RB at Brunei National Day parade
23 February, 2020.



Warmest regards,
Karam Chand
Chief Executive Officer

INSIDE RB

Roundup of Royal Brunei Airlines happenings.



BRUNEI GASTRONOMY WEEK 2020

RB took part in the annual Brunei Gastronomy Week 2020 organised by Brunei Tourism. An official launch of the event was held at the Ministry of Primary Resources and Tourism on 19 February, 2020. With coconut as this year's main ingredient, RB presented our special meals: *Ayam goreng kelapa parut dengan nasi kuning, umbut rebus lemak dan telur belado* (Crispy fried chicken with desiccated coconut served with turmeric rice and hearty palm coconut stew accompanied with a sambal egg) for Business Class, and *nasi kuning ayam masak lemak kuning dengan sayur lodeh* (lightly fragrant braised coconut chicken stew with tasty turmeric rice and sautéed vegetables) for Economy. Both meals were available onboard from Brunei National Day on 23 February until 25 February, 2020.



BIRTHDAY OF HIS ROYAL HIGHNESS CROWN PRINCE

His Royal Highness Prince General Haji Al-Muhtadee Billah ibni Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, the Crown Prince and Senior Minister at the Prime Minister's Office, and General of the Royal Brunei Armed Forces (RBAF), turned 46 on 17 February, 2020. On this special occasion, High Royal Highness the Crown Prince received a *pesembah* from Team RB, led by Martin Aeberlie, Chief Commercial Officer.



BRUNEI NATIONAL DAY 2020

RB staff participated in the annual march pass for Brunei's 36th National Day celebrated on 23 February, 2020 at Padang Sir Muda Omar Ali Saifuddien. We were honoured to wave the national flag during our march and to be a part of this exciting affair attended by both locals and tourists.



ASEAN TOURISM FORUM

We were proud to participate in the 39th ASEAN Tourism Forum 2020 hosted by Brunei Tourism at BRIDEX Hall Jerudong from 12 to 16 January, 2020. The forum is a cooperative regional effort to promote ASEAN as one tourist destination.

RB HANGAR AND NEW CENTRE OF EXCELLENCE

Launching in April 2020, the newly renovated RB Hangar 1 now features the RB Centre of Excellence where training will be conducted in areas such as aircraft engineering, safety management, ground handling, services and products, and for the development of RB team members across the business.



ISLAND FITNESS

Enjoy both a tropical escape and unforgettable fitness holiday? Make it happen at Koh Samui's luxurious hotel, Belmond Napasai.

Words & Images BELMOND LTD





Whether conquering the waves, being pampered with slimming-spa rituals or trying your hand at authentic Thai boxing, Koh Samui has endless options to help you stay in shape. And the ideal base for all of the above and more is Belmond Napasai. "Our gym, Muay Thai boxing ring, watersport facilities, yoga sky deck and complimentary bicycles provide everything you need to stay active during your tropical holiday," says Assistant Sport Manager Khun Chud. "You can always find the time for leisure on the golden sands of our private beach... After a tennis match, of course."

A true Thai treasure nestled in the hills of the northern coast of Koh Samui, you'll find Belmond Napasai, enveloped in acres of lush greenery. The villas are tucked between cashew and coconut groves, amidst blooms of hibiscus and branches of bougainvillea. After you're welcomed with coconut ice cream, wander through the gardens to meet the resident water buffaloes.

Through its doors, teak furnishings bring the feel of nature inside, while traditional weavings and cotton drapes billow in the breeze. The hardest decision you'll have to make is whether to look out onto the sugar-white sands of the beach or the rambling wild of the jungle.

FEATURES

The one thing we say you must do? Kickstart your wellbeing and take part in complimentary fitness options that change with the season, along with a range of classes offered throughout the year at the grounds of the hotel. Sure, there will always be plenty of time to R&R with the cool sea breeze across your face but why not make it also an energetic and fruitful island-fitness holiday at Koh Samui by taking advantage at what's available in Belmond Napasai.

For starters, feel your pulse race as you take one of the resort's bikes for a tour through the jungle, guided by one of its local experts. It's an excellent way to sneak in some cardio, while keeping your eyes open for the island's exotic flora and fauna. Pick your partner and head to the resort's tennis courts, free to use for all guests including racquet and ball hire. Whether a total novice or a seasoned pro, a healthy competition with your friends, family or colleagues will get your blood pumping and work off any of those extra calories.

For those looking for something truly authentic, try your hand (or foot) at Muay Thai, traditional Thai boxing. The national sport of Thailand and known as the 'art of eight limbs', this combat technique requires the use of hands, feet, elbows, knees and shins. The sport is so intrinsically entwined with Thai culture that the country celebrates Boxer's Day every March. The event is held in honour of Nai Khanomtom, a prisoner of the Burmese King in the 18th century, who used his exceptional unarmed fighting skills to defeat 10 of the king's best champions and earn his freedom. "Every part of the Thai is blessed with venom," remarked the impressed king, "even with his bare hands he can fell 10 opponents."

Complimentary classes are held each week at Belmond Napasai to introduce visitors to this time-honoured and historic sport. It's an exceptional cardio activity and will help build core and muscle strength. "One hour of Muay Thai will make you move more and work up more of a sweat than is possible in the gym," explains Khun Chud, who also serves as the resort's Muay Thai instructor. "Getting started is simple, even for beginners. We'll teach you the very basics of kicking, punching, elbow and knee movement." For those looking to take their studies further, Khun Chud can also offer personalised one-on-one sessions to help you achieve your individual goals.





AQUATIC ADRENALINE

You don't have to stay on terra firma to find ways to stay in shape. The dazzling waters of the Gulf of Thailand beckon, filled with fun activities that double as a great workout. Take to the waves in the resort's kayaks. As you propel through the azure tides, the swaying palms dotting the horizon, it is easy to assume that this is a leisurely pastime. However keeping the kayak moving even at a low speed of around half a mile per hour will burn almost 500 calories over 60 minutes. Without noticing, you will be making around 500 strokes per mile with the oar; with the resistance of the water, this is a phenomenal way to tone your back, chest, stomach and arms. Not only that, but being away from your everyday cares in this picture-perfect setting, totally in control of your own speed, will work wonders to combat stress.

Try your hand at windsurfing, also complimentary for all guests. This is also a great calorie-burning sport, calling on many muscle groups to keep you standing and balanced, making it superb as both a cardiovascular workout and a core-strengthening exercise.

For those accustomed with exercising above the waves, consider delving beneath them for an exciting sub-aquatic experience. With a great position near some of Thailand's best diving destinations, Belmond Napasai is a fantastic base for scuba diving and snorkelling adventures. PADI-certified instructors also run introductory sessions twice a week in the resort's pool.

The natural resistance of the water provides great muscle toning throughout your body and helps improve physical stamina, while an hour scuba diving can easily burn as many calories as you'd work through in a standard gym. Moreover, scuba requires mindfully-slow, deep breathing to optimise air consumption, similar to breathing exercises required during meditation. This helps promote a calm, clear and relaxed state of mind that, combined with the fascinating underwater encounters with local plants and fish, will work wonders for your general sense of wellbeing.

And if you are in search of more peaceful pursuits, you might wish to unwind beside the freshwater infinity pool. With stunning ocean views, it's the perfect place as the sky turns pink.

FEATURES



MIND/BODY BALANCE

Maintaining physical fitness often goes hand-in-hand with improving mental and emotional health. Exercise is proven to provide an endorphin release that combats stress and leaves you feeling positive. However, for those in need of an additional spiritual top-up, Belmond Napasai has you covered.

Take part in a complimentary yoga session, offered throughout the week on the panoramic skydeck. Expert instructors will lead you through a series of stretches and poses, promoting flexibility and muscle elasticity, paying special attention to breathing techniques and mindfulness. Not only can yoga help de-stress and promote a calm, relaxed state of mind, other benefits include boosting immunity on a cellular level, improving sleep quality, reducing the risk of heart disease and it can even ease chronic conditions such as back pain and arthritis.

Further holistic indulgence can be found at Napasai Spa, a tranquil sanctuary offering treatments rooted in traditional Thai medicine and Oriental philosophy. Feel light as a feather with the Kra-Chap Slimming Body Ritual; a combination of Sea Salt Body Scrub, Contouring Body

Wrap and Slimming Massage to help tone and define your silhouette. Or enjoy a Traditional Royal Thai Massage, an ancient therapy with a history dating back over 2,500 years. This mindful treatment uses pressure and body manipulation to boost internal energy flow, balancing the spirit and providing the ultimate in relaxation.






EXPLORE THE ISLAND

Decide to give the fitness activities a rest? Don't forget to explore the beautiful island of Koh Samui. For an insight into Eastern spiritual practices, visit the temple of Wat Phra Ya. A golden statue of The Buddha towers over visitors at a striking 12m in height. Two rainbow-coloured dragons trail down the temple staircase, guarding against ill will.

The jungle is so lush and the waters so clear that it feels as though nature offers an insight into the divine here, too. Explore the untouched inland with a jungle trek, passing thunderous waterfalls and hilltop lookouts. Nestled behind the rock formations of Hun Ta Hin Yau on the southeastern side of the island, the Lamai Viewpoint offers breathtaking views. Gaze over the treetops and out across the sea.

You simply won't be able to resist jumping in. Your scuba diving introductory lesson in Belmond Napasai's infinity pool comes in handy. Hit the open water at Ang Thong National Marine Park. The reserve offers 100sq km of perfectly-preserved waters that teem with colourful corals and tropical fish. Be sure to stop for lunch at one of the many hidden coves.

For it is through the captivating flavours of Thai cuisine that this tropical land is truly brought home. Venture into the nearby town of Maenam for a local breakfast from the legendary Pancake Man, or learn the tricks of the trade with a cooking class at Belmond Napasai. Led by local chefs, you'll learn to recreate authentic recipes and will cook with ingredients grown in the hotel's acres of farmland.

And after all the adrenalin-pumping activities, nothing feels more satisfying than to just sit back and relax. Come nightfall, the hotel grounds are lit with fire torches and fairy lights strung through the trees. Enjoy Mediterranean and Asian dishes at its fine-dining restaurant, Lai Thai, or tiptoe towards the sound of the sea and find the beach restaurant. Try the traditional hotpot or expertly prepared local seafood as the waves lap gently on the shore. On the way back to your hillside villa, breathe in the delicate scent of frangipani mixed with the sea breeze – indeed, a true slice of paradise for a sense of serenity and calm. 

Royal Brunei Airlines flies Bangkok daily via codeshare with Thai Airways for easy connections to Koh Samui. Discover things to do in Koh Samui in www.muhibah.com.bn



BRIGHTON PIER

BRITAIN'S BEST PLACES TO VISIT

Planning a trip to England soon?
There's more to it than just London.
Here are some other popular
destinations, from bustling cities to
off-the-beaten-track villages.

Words MELISSA GAN
Images VISIT BRITAIN



When you think of the United Kingdom, the first place that comes to mind is London. After all, the capital has it all – history, culture, art, style and great food. But there are a lot of other just as exciting places to visit like these six must-see destinations with its own charm as well. Bonus: They are easy to get to from London.

IDEAL FOR EVERYONE:

BRIGHTON

Whether you're looking for a romantic getaway, a family eager for some seaside fun for little ones or a solo traveler who loves nothing more than to explore interesting alleyways, then Brighton is the place to be. There's always something happening in this little pier town that will keep you occupied from AM to PM. The Brighton culture is exciting and full of quirkiness that you won't get elsewhere. Make sure to grab a fish and chips meal on the beach to really soak in all that Brighton charm.

WHAT TO DO

- **Explore Brighton Pier.** Take a stroll out to see over the wooden deck and check out some of the fairground rides.
- **Visit the Royal Pavilion,** an 18th century royal residence that makes for a perfect picture.
- **Stroll around The Lanes,** Brighton's coolest shopping areas filled with every type of shop and restaurant.
- **Check out Brighton Art Museum and Gallery** for culture fun.

For more activities, go to visitbrighton.com

GET HERE FROM LONDON

Great thing about Brighton is that you can get there from London Victoria and London Bridge stations in just under an hour by train, making it the perfect day excursion. Go to southernrailway.com for ticketing details.

FEATURES

PERFECT FOR AN ADVENTURE:

LAKE DISTRICT

Sometimes, you just want to get out and experience some nature instead of walking around a city. If this is the case the next time you head to England, make your way to the Lake District in northwest England, Cumbria. This huge national park has it all – mountains, valleys, coastlines and lakes, as well as some quaint little villages and towns to call it a day after all that exploring.

WHAT TO DO

- **Visit the former home of children's author Beatrix Potter**, the Hill Top, to see furniture, photos, paintings by Potter and much more, as well as roam her famous garden. There is also a Beatrix Potter Trail you can download from nationaltrust.org.uk/hill-top that will take you around parts of Lake District that inspired her writing.
- **Check out the Castlerigg Stone Circle**, a fascinatingly intriguing collection of boulders that dates back to the Neolithic period, much like the Stonehenge.
- **Join a guided walk** to explore the area's best sceneries, perfect to do from March to October.
- **Rent a bike** and go around Lake District's many family-friendly cycle routes.

For what's fun in Lake District, lakedistrict.gov.uk has it all.

GET HERE FROM LONDON

Just hop on a train from London to get to Lake District. It takes an average three hours and train fares start from £25. There are 18 trains per day so you can conveniently plan your journey. Check out www.trainline.com for more details.





GET HERE FROM LONDON

It takes less than five hours to get from London to the heart of Cornwall by either train or car. You can jump on the high speed train service that runs frequently from London Paddington station. Go to nationalrail.co.uk for more info.

HIDDEN GEM: CORNWALL

When it comes to coastal holidays and getaways, very few places in the UK can match the stunning sights that await you at the ancient Celtic kingdom of Cornwall. The beaches and coves will fill up your days exploring and soaking in nature's charm. There's also history here, being the home of King Arthur. With its fresh, clean Cornish air and seafood straight from the sea, Cornwall is just what you need to unwind, rejuvenate and recharge.

WHAT TO DO

- **See the Eden Project**, the world's largest greenhouses that have become Cornwall's most famous landmark housing all kinds of plants.
- **Head to Tintagel Castle** for legendary ruins and dramatic sea views.
- Discover legend, myth and over a thousand years of history at the amazing island world of **St Michael's Mount**.
- **Explore the Lost Gardens of Heligan**, the real-life secret garden with carpets of moss, plants and flowers at every turn in the path.

For more exciting things to do in Cornwall, check out visitcornwall.com.

GET HERE FROM LONDON

You can hop on the Oxford Tube bus service (oxfordtube.com) that picks up from Marble Arch and Notting Hill Gate with frequencies every 10 to 15 minutes. Or get on the express train from London Paddington from just £5.40 for an advance single ticket with Chiltern Railways (chilternrailways.co.uk).

A SPOT OF HERITAGE:

OXFORD

Oxford is one of the most famous places in the UK and it definitely lives up to expectation. There's beautiful architecture to look at, great shopping and the most charming streets to walk around and take pictures. Then of course, there's the prestigious Oxford University where its 200-year-old history is enough to warrant a trip here to explore the college grounds, magnificent buildings and world-class museums.

WHAT TO DO

- **Take a walking tour** to cover all the must-see places in Oxford like the University Colleges, Radcliffe Camera and more. There is an official walking tour that starts at the visitor centre.
- Love Harry Potter? Check out the **Harry Potter filming locations** in Oxford such as the beautiful Christ Church college.
- **Be in awe of the Bodleian Library** where at least five kings, dozens of prime ministers and Nobel laureates have studied in.
- Visit Britain's oldest public museum, **the Ashmolean Museum** that was established in 1683.

Planning your itinerary to Oxford? Get more info from visitoxford.org.

FOR OLD-SCHOOL CHARM:

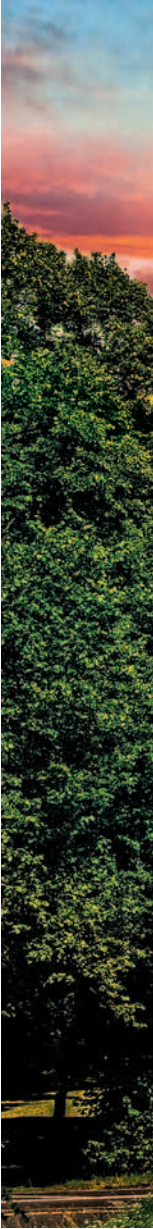
YORK

York's the place to go if you love discovering little cities. It features a Medieval layout that is fun to explore with lots of history and culture in every nook and cranny thanks to its Roman roots and Viking past. The social scene is buzzing too with many contemporary shops and vibrant eateries. No wonder it was voted the best place to live in the UK by *The Sunday Times*!

WHAT TO DO

- Check out **one of the 30 world-class museums** in York.
- Foodie? Head to the **smaller market town of Malton** that's a food paradise.
- Take a fascinating tour through **the grounds of York Minster** for the most extensive collection of medieval stained glass, underground chambers, treasured artefacts and more.
- **Visit the Jorvik Viking Centre**, a museum containing lifelike mannequins and life-size dioramas depicting Viking life in the city.

visityork.org is your one-stop site for all things York related.





GET HERE FROM LONDON

It takes only one hour and 15 minutes to get to York from London via the London North Eastern Railway starting from £18.50. Get value tickets and cheap rail fares at lner.co.uk.





GET HERE FROM LONDON

Windsor & Eton by train takes between 30 minutes to one hour, depending on which route you take. Regular routes start from London Paddington or London Waterloo, and the fee is £10.50 for a return ticket. Or you can hop on a bus from London Victoria (Green Line 702) for a £10 return ticket. For details, check out www.theoriginaltour.com

A ROYAL TREATMENT: WINDSOR & ETON

One of the main reasons to visit Windsor? To visit the Queen's castle, Windsor Castle. It is the largest occupied castle in the world and has been in the Royal Family for over 900 years. For this alone, the Berkshire town attracts tourists from all over to check off their list of things to see when in the UK. It's not just the castle; Windsor & Eton is also worth stopping by for its buzzing restaurants, exciting shopping and other fun and sights.

WHAT TO DO

- **Immerse yourself in royal history at Windsor Castle.** Don't miss Queen Mary's Dolls' House a miniature replica of a 1920s mansion complete with electricity and running water.
- Travelling with kids? **Legoland Windsor** is a must do!
- **Take a stroll down Windsor Great Park**, a sprawling, 4,800-acre green space.
- **Don't forget to visit Eton**, Windsor's twin town that's across the Thames dominated by Eton College.

Head over to windsor.gov.uk to find out what else is happening at Windsor & Eton. 

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Defining
**MUSLIM
FRIENDLY**

Jeju strives to offer a place for Muslims at its tables.

Words ANIS RAMLI
Images JEJU TOURISM ORGANIZATION



01
Hanyeos are integral to the history
of Jeju and its people.



02

Jeju used to attract young newlyweds that would arrive to the island seeking a memorable honeymoon. And they are not disappointed. Dramatic volcano landscapes, insta-worthy UNESCO-listed attractions, scenic beaches and breathtaking hiking trails – Jeju is possibly Asia’s answer to the West’s Hawaii.

The tuff-coned Seongsan Ilchulbong, or “Sunrise Peak”, is especially spectacular and remains one of the “hero images” of Jeju Tourism Board. It is also where you can connect with the island’s unique women divers that date back to at least the 17th century. Known locally as *haenyeo*, these women can dive more than 10 metres without using any oxygen mask to harvest the sea for sea urchins, shellfish, octopus and more.

Fresh seafood, in fact, can be found aplenty around the island. At the bottom of Seongsan Ilchulbong,

restaurants such as Uribong Sikdang that specialises in grilled mackerel and abalone seafood hotpot, are a common sight. What makes this eatery a rarity, however, is the Muslim-friendly sign at its entrance and the presence of a *musholla* (Muslim prayer room) in the restaurant.

Signs like those displayed by Uribong Sikdang are becoming increasingly common in Jeju. It alludes to the efforts made by Korea Tourism Organization (KTO) to make South Korea a reputable and trusted destination for Muslim travellers, which is not surprising as the Muslim travel market is reported to be worth over \$100 billion. In the 2019 Mastercard-CrescentRating Global Muslim Travel Index (GMTI) report that also looked at nations outside the Organisation of Islamic Cooperation (OIC), South Korea ranked within the top 10 in the list of non-OIC destinations.

In 2016, KTO introduced its own standard of classification status for restaurants in an attempt to ease the Muslim traveller’s dietary needs in the country. Broken down into four groups, they are Halal Certified (certified by the Korea Muslim Federation, KMF), Self-Certified (owners are Muslims), Muslim Friendly (no pork on the premises, some halal dishes, and alcohol may be sold) and Pork Free (restaurants do not offer a halal menu but do not use pork, and also, alcohol may be sold). What needs to be known too is that hotel restaurants and buffets that are categorised as Muslim Friendly may serve dishes that contain pork. To further boost convenience, KTO has published the food guide into a book with dedicated pictograms for each category to show detailed restaurant information. The information can also be accessed from the official Visit Korea site at visitkorea.or.kr and includes other practical information such as prayer rooms in major cities, useful visitor phrases and transportation guide.

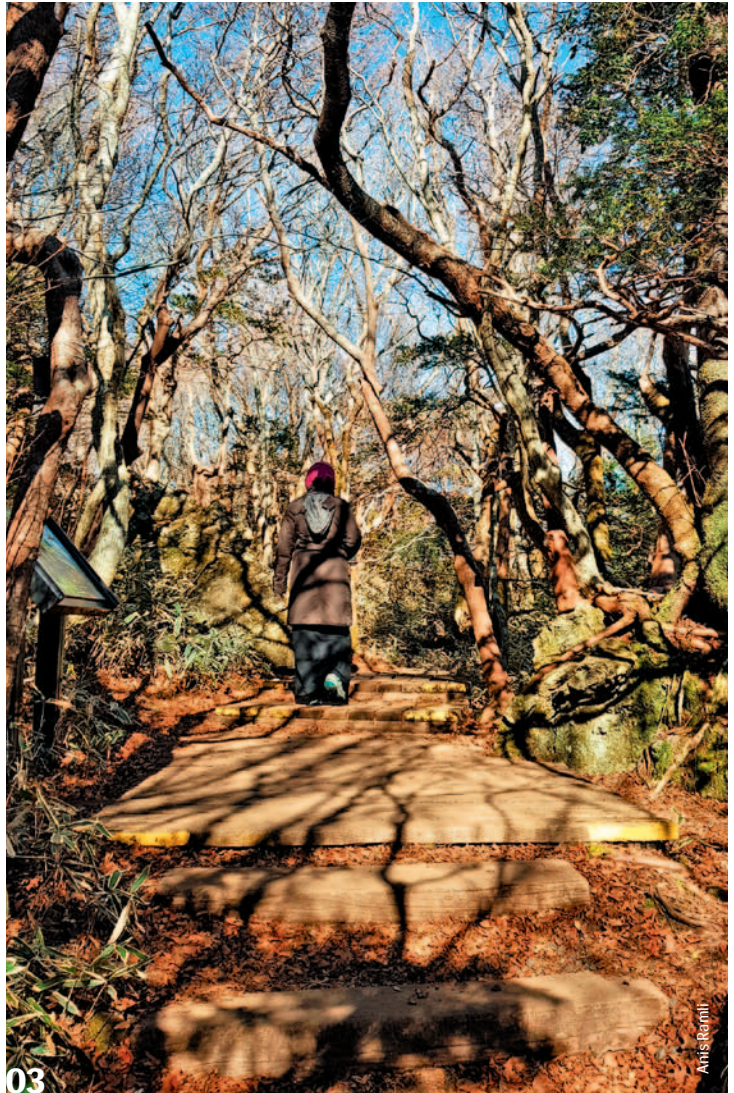


02
Home to dramatic volcanic landscapes like this UNESCO-listed Jusangjeolli Cliffs, the island is pure Instagram gold.

03
An idyllic trek to the top of Mount Hallasan envelops hikers with the sound of silence.

04
An abundance of museums makes Jeju a paradise for art lovers.

At the moment, only halal-certified restaurants bearing the halal logo are genuinely compliant with halal standards that meet the stipulations of the religion. The rest of the categories – and visiting its premises – are best done with discretion. This is because of how these restaurants obtain their positioning, in particular the Muslim Friendly and Pork Free categories. A restaurant is required to perform a self-audit of its kitchen based on a KTO checklist developed in partnership with the Ministry of Food and Drugs Safety to ensure it is devoid of any non-halal produce or ingredients. Once these self-audit documents are submitted to KTO, their premises will then be inspected by KTO representatives to ensure compliance before a Muslim-friendly or Pork Free certification is awarded. In the absence of an Islamic regulatory body, continued compliance is open to the discretion of the business operators.



03

Anis Ramli

04



Anis Ramli



05


Anis Ramli

While a KMF official follows and inspects the restaurant during the KTO inspection process after the restaurant's self-audit, it is not clear whether this is done just for those applying for halal certification or for all four categories. Therefore, the trust of halal implementation rests on the consumer's self-knowledge and discretion. For KTO to capture the popular Muslim travel market and earn the trust of Muslim travellers, South Korea can further improve its Muslim-friendly SOPs to truly welcome the world's Muslims to its tables.


Certainly, South Korea is to be lauded for its efforts to cater to the Muslim travellers, for whom the country is high on their bucket list. KTO organises the annual Halal Restaurant Week Korea (the first in 2016) for its Muslim visitors to experience Korean halal food as well as other cuisine around the country that have been subdivided into its four categories. Visitors were able to download the list of participating restaurants and discount coupons from the event's official web page to further enhance the experience.

As South Korea's island paradise, Jeju certainly is charming. Its tropical weather – where even the winter is balmy – and volcanic nature offer the visitor plenty to explore. Mandarin orange picking, visiting the various UNESCO-inscribed sites, volcanic formations, and exploring the vast array of beaches and waterfalls are typical highlights in Jeju. For an alternative way to explore the island, consider doing the Jeju Olle Trail. The brainchild of a Jeju native, the trails (now numbering 26) connect and restore broken paths that were used previously by locals (or forgotten), bringing walkers and hikers closer to the island's people and heritage. And yes, some even cut across owners' properties!

The trails succeed in showcasing the island's varied landscape, and with the shifting in topography that awaits visitors at various trails, it brings walkers across top scenery spots and a deeper appreciation of Jeju's wonders. The website (jejuolletrailguide.net) has detailed route information, maps and guides for hikers.

This trip was made possible by Jeju Tourism Organization. 

Royal Brunei Airlines flies Incheon 4x weekly for easy connections to Jeju. Discover things to do in Jeju in www.muhibah.com.bn



05
Thanks to its mild climate and heavy rainfall, Jeju is a haven for temperate plants such as the camellia.

06
The booming mandarin orange farming entices those who love a fruit-picking experience.



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AUSTRALIA'S PINK LAKES

Australia is home to many beguiling natural attractions, but its extraordinary pink lakes have got to be seen to be believed.

Words TOURISM AUSTRALIA

Images TOURISM AUSTRALIA, TOURISM WESTERN AUSTRALIA, SOUTH AUSTRALIAN TOURISM COMMISSION, ISAAC FORMAN, SERIO, CHLOE TODD, TOM CUNNINGHAM, OCKERT LE ROUX



Australia's vast country boasts more than a few unbelievable natural wonders, but few are more beautiful – or baffling – than Australia's pink lakes. From the outback of South Australia to the coast of Western Australia, here are the country's must-see pink lakes.

LAKE HILLIER

near Esperance, Western Australia

Lake Hillier, on Middle Island in Western Australia's Recherche Archipelago, lies about 130 kilometres from Esperance, or an eight-hour drive from Perth. It's a surreal sight; the pink lake neighbours the dark blue waters of the Indian Ocean, with a strip of lush green forest acting as a barrier. Although you can see the lake by boat, one of the best ways to take in the spectacle is from the air on a scenic flight with Goldfields Air Services. Make a road trip of it on a colourful journey along Western Australia's diverse coast.

HUTT LAGOON

Coral Coast, Western Australia

From its red cliffs to bright blue waters, Western Australia's Coral Coast is known for having some of the most vividly-hued nature found anywhere in the country. Located under a six-hour drive north of Perth, Hutt Lagoon is one of the region's most vibrant attractions. Depending on the season, time of day and cloud coverage, this lake changes from red to pink and even to lilac purple. Visit during mid-morning or sundown to catch the best of its colourful spectrum. You can easily access the lake by car on the George Grey Drive, or see the mesmerising marvel from the sky with Shine Aviation or Kalbarri Scenic Flights.

LAKE EYRE

outback South Australia

The pale pinks, oranges and yellows of Lake Eyre epitomise the vast landscapes of outback South Australia. Located a six-hour drive or 1.5-hour flight from Adelaide, the lake is usually a salt pan, its blinding white salt plains glistening in the Australian sun. It's a stunning sight, but becomes a different kind of beautiful every few years as the lake floods with water. The flooding brings flourishing greenery, flocks of birds and a lake turned dreamy shades of pink and orange. This desert oasis is best experienced from the air; book a scenic flight with Wrightsair to witness this unforgettable natural wonder.



LAKE BUMBUNGA

near Clare Valley, South Australia

Less than a two-hour drive from Adelaide, Lake Bumbunga is not only one of Australia's most accessible pink lakes but also one of its most photogenic. Its magenta shores draw amateur and professional photographers alike, moving between hues of pink, white and blue depending on the salinity of the water.



LAKE MACDONNELL

Eyre Peninsula, South Australia

Contrasting colours of pink, blue and green create the striking scene that is Lake MacDonnell. Located in South Australia's breathtaking Eyre Peninsula, Lake MacDonnell is one of the country's most intensely pink lakes, owing to its high salt concentration. Take the ultra-Instagrammable road between the bubblegum-hued Lake MacDonnell and its neighbouring blue-green waters to discover Cactus Beach at the end of the path. After drinking in the beauty of Lake MacDonnell, eat up some of Australia's freshest seafood as you continue your journey to Coffin Bay.

LAKE HART

Woomera, South Australia

Lake Hart, set in the seemingly endless outback of South Australia, is as beautiful by night as it is by day. This shallow pink lake has a high salt concentration that creates salt crystals under the pastel water. Its isolation in the outback makes way for incredible star-gazing, but the lake is equally impressive as the salt sparkles in the sun. See Lake Hart onboard the Indian Pacific, a world-class train journey between Sydney and Perth, or the Explorer's Way road trip through the outback.




AUSTRALIA BUSHFIRES: HOW CAN YOU HELP?

Australia is experiencing the worst bushfires this summer. It is affecting lives, its wildlife and forest lands. To date, over 10 million hectares of national parks, bush and alpine forests have been burned with over a billion animals killed. Over 2,000 homes and lives lost.

The fires are anticipated to burn for months, leaving behind a state of emergency, not only to people but also to the environment. Even when the fires have cleared, there is still plenty that needs to be done. Our hearts go out to the affected.

THE PINK LAKES

near Mildura, Victoria

The Murray-Sunset National Park brings starry nights and rugged landscapes, but its most intriguing drawcard is the Pink Lakes. Located in the vast and wild landscape of north-west Victoria, about a five-hour drive from Melbourne, these lakes change from brilliant pink to glistening white, and tend to be at their most vibrant on cloudy days. Plan to spend more than a day here; you'll find great walking tracks as well as campgrounds near the park's Pink Lakes. Hikers will love the Kline Nature Walk, which takes about two hours to complete. Alternatively, embark on the Lake Becking Nature Walk, which takes only 45 minutes from start to finish. 

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You can help provide relief support by contributing to these emergency funds:

Australian Red Cross' Disaster Relief and Recovery
(fundraise.redcross.org.au/)

WIRES, the organisation committed to Australian wildlife
(wires.org.au/)

WWF Australia (wwf.org.au/)

NSW Rural Fire Service (rfs.nsw.gov.au)

Victorian Country Fire Association (cfa.vic.gov.au/)

Queensland Rural Fire Brigades (ruralfire.qld.gov.au/)

Wildlife Victoria (wildlifevictoria.org.au)

A mazing rchitecture

A touch of old, a touch of new.
A city isn't one without its
stunning architecture. Here,
the most outstanding buildings
found in RB's destinations.

Words ALYSSA C



BANDAR SERI BEGAWAN

Brunei is home to some of Asia's most beautiful Islamic architecture, blending traditional with modern elements for outstanding facades. The best examples are its religious structures, the most popular and illustrious one the Omar Ali Saifuddien Mosque. The pride of Bandar Seri Begawan, this beautiful mosque with its marble minarets stands out as a national icon with its gold dome that shines in the night sky. Floral gardens surround the exterior while an artificial lagoon acts as a reflecting pool for an out-of-this-world mirror image.

OPULENT INDEED

The mosque is indeed a magnificent icon with imported Italian marble pillars and floor granite from Shanghai, crystal chandeliers from England and ornate carpets from Saudi Arabia.





SINGAPORE

Step aside Marina Bay Sands, there's a new architecture wonder in Singapore – Jewel Changi Airport. Part airport, part tourist attraction, this new gem is the ideal welcome to all who passes through Singapore's Changi Airport. The 10-storey wonder is a sparkling mix of dining establishments, top-notch retail and breathtaking spaces that intertwines artistry and nature at its most amazing. The most impressive feature? Definitely the 40-metre-high Rain Vortex, the world's largest indoor waterfall amidst 2,000-over trees in the Shiseido Forest Valley.

Royal Brunei Airlines flies Singapore 2x daily.

A GARDEN BEAUTY

Don't miss out on the spectacular 14,000 square-metre rooftop park whilst here, which houses spectacular landscaped gardens, walking trails and play attractions.

TAIPEI

Towering above the city of Taipei like the gigantic bamboo stalk it was designed to resemble, Taipei 101 is quite the architectural feat. At 508m, it held the title of world's tallest building for a number of years. Tourists make it a point to get all the way to the top here; the ride up itself is quite an adventure! At 1010m per minute, it takes a mere 40 seconds to get from ground level to the 89th-floor observation deck. Besides the tower, Taipei 101 is also home to a multi-level shopping mall.

Royal Brunei Airlines flies Taipei 4x weekly.

UNWIND WITH A CUPPA

The Starbucks at Taipei 101 holds the title of the tallest Starbucks in the world (located on the 35th floor) and the views are amazing from its window seats. You will need reservation and a minimum spend to visit the coffeehouse.





TOKYO

The largest mosque in Japan and one of the most beautiful in East Asia, Tokyo Camii is an architectural wonder that impresses till today. Inspired by Ottoman architecture, the mosque was completed in 2000 as a replacement for a former structure built by Turkish immigrants. In fact, most of the materials used were imported from Turkey. Naturally, the mosque doubles up as the Turkish Culture Centre in Tokyo. Explore the mosque for its wealth of geometric designs and Arabic calligraphy to marvel. The second floor is where you'll find yourself surrounded by beauty with stunning blue carpeting on the floor and the most intricate blue stained glass.

Royal Brunei Airlines flies Tokyo 4x weekly.

CHECK IT OUT

While you are here, why not visit the halal market that's open every day from 10am to 7pm at the grounds?



LONDON

The city is home to a plethora of impeccably designed buildings and structures but a little train trip to Brighton will bring you to one of the amazing architecture you would not have expected to exist this side of the world. The Brighton Royal Pavilion is an exotic palace with a colourful history stretching back over 200 years. It was built as a seaside pleasure palace for King George IV in the visual style of India and China mixed with Regency grandeur, a symbol of yesteryears decadence. Today, it is a proud Brighton history that houses the most incredible history of England. 🚩

Royal Brunei Airlines flies London daily.
You can then take a train direct to Brighton.

OF DRAGONS AND SNAKES

The entire palace is a spectacle on its own with its eye-popping interior, and none stand out quite like the dragon-themed banqueting hall. Motifs of dragons and snakes are found all over, including the splendid ceiling of 26,000 gold scales.



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Brunei Shell Marketing Company Sendirian Berhad (BSM) celebrates its 60th anniversary with a milestone of accomplishments and the commitment to fuelling Brunei's future.





First established in 1959 as Shell Marketing Company of Borneo Ltd, Brunei Shell Marketing Company Sendirian Berhad (BSM) later changed to Shell Marketing Company of Brunei Ltd from 1974 to 1977. It was then formed as a joint venture between the Government of Brunei Darussalam and Shell Overseas Holding Limited.

It has been an amazing 60 years for the company with its milestone of accomplishments, and BSM looks forward to even more success as it expands its presence to adapt to the ever-changing consumer and technological demands of the new decade.

Over the past six decades, BSM has continuously ensured security of supply to the nation and its customers. The sole supplier of fuel products such as fuel, Liquefied Petroleum Gas (LPG) and Shell brand lubricants in Brunei Darussalam. Day after day, BSM delivers on an average 80 trips per day and transports about one million litres of gasoline and diesel, and another million litres of aviation fuel that serve the Sultanate's

national carrier Royal Brunei and foreign airlines at the Brunei International Airport. In addition, BSM also provides bitumen, paints and drilling fluids to the nation's oil and gas industry.

Today, with a total of more than 90 employees, BSM operates from the main office in Bandar Seri Begawan, Muara Terminal and Brunei International Airport Aviation Depot.

At the heart of its commitment and deliverables is to ensure that people get to their destinations safely and products are delivered on time to motorists, individuals, industries and domestic use. To do so, BSM relies on the people behind the company, many of which are local talent. From its Aviation team, Commercial Team, the Supply and Distribution team and many more, its staff stays true to the company's passion to serve the Sultanate via its vision: "Delivery Energy for life... fueling Brunei's future." Many of them are long-serving staff who have benefited from the company's mentoring culture and key values of honesty, respect and integrity.

Says BSM's newly appointed Managing Director Muhammad Norshafiee bin Dato Paduka Haji Abdul Jalil, "We are able to leverage on Shell International standards, and this is the benefit of being a part of the Shell Group because it enables us to pull expertise that we need from the

global experts in the respective areas for training and assignments to ensure our staff have the right competencies." In this aspect, BSM employees are sent on international assignments so that they can return to Brunei with new skills and knowledge to coach others while on the job and eventually become leaders in key positions.

There is another group of people that has contributed to BSM's success – its customers. "Strong relationship with our retail stations, partners, suppliers, distributors and the community has fueled the company's success," says the Managing Director. This is particularly crucial for a company like BSM that has been deeply engrained with the history of the oil and gas industry in Brunei.

Needless to say, the company is appreciative of all the support it has received over the decades. Therefore, in return it is actively supportive of the community via its many Corporate Social Responsibility (CSR) initiatives. Over the years, BSM has sponsored many events that support nation building and community development as well as those that contribute towards cultural heritage and local entrepreneurship. One new initiative includes sponsoring young students to study at tertiary level locally or overseas, to groom new leaders for its marketing, commercial and retail departments.



BSM BY THE NUMBERS

60

YEARS
in establishment

Average

80

TRIPS PER DAY

transporting one million litres of gasoline and diesel, and one million litres of aviation fuel

Over

90

EMPLOYEES

who are 98 percent local

36

RETAIL PETROL STATIONS

all over Brunei

Over

500

MILLION LITRES OF FUEL

sold annually

Fueling an average of

25

AIRCRAFTS PER DAY,

175

AIRCRAFT PER WEEK



THE FUTURE AHEAD

BSM has been a key player in the Sultanate's economy for 60 years now but there is still much to be accomplished, especially on the digital front. Needs are changing, trends are happening – and to remain relevant, BSM will need a new focus to tap the vast opportunities. For one, it is making use of data analytics to gather useful data that will allow it to utilise technology in different aspects of its business to provide even better services.

“As BSM reaches a milestone of 60 years of operations in Brunei, we are constantly exploring ways to innovate our business and enhance customers’ experience. We are looking into offering alternative energy solutions such as EV charging, as well as bringing customised non-fuel products while leveraging on digitalisation, all geared towards offering convenience to our customers,” says Muhammad Norshafiee during the launching of two new fuel variants, the Shell V-Power Gasoline and Shell V-Power Diesel, to the Brunei market on February 2020 where His Royal Highness Prince Haji Al-Muhtadee Billah ibni His Majesty Sultan Haji Hassanal

Bolkiah Mu'izzaddin Waddaulah, the Crown Prince and Senior Minister at the Prime Minister's Office and the Chairman of the Board of Directors for Brunei Shell Marketing Company Sdn Bhd was the guest of honour. The launch marked exactly 20 years since BSM introduced the new fuels into the Brunei market.

Again, BSM's success attributes to its people – being able to understand customers better and encouraging its talent pool to take advantage of available technology to innovate and improve. After all, BSM touches the lives of all in Brunei and therefore, from here on, everything it does will continue to improve the quality of lives for Bruneians. ✓



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Celebrating the nation's anniversary in independence.

Images INFORMATION DEPARTMENT BRUNEI

Bruneians once again rose to the occasion to celebrate National Day, this year our 36th year of independence, on 23 February, 2020, with the theme 'Accomplishing the National Vision'. The highlight of the celebration is of course the vibrant and colourful National Day parade where Bruneians and tourists alike converged upon Taman Haji Sir Muda Omar 'Ali Saifuddien (An Independence Square) to enjoy the display of marching procession by various government agencies and private companies holding flags or traditional *hardrah* drums in the spirit of strength, national pride and unity, and other fantastic demonstrations and performances by local school children as well. This celebration, 161 teams and 26,296 participants marched in the parade while 7,336 participants performed on field in a wonderful mix of performances that showcased the efforts to build a nation as notable as Brunei Darussalam.

The event is made even more special graced by the presence of His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah ibni Al-Marhum Sultan Haji Omar 'Ali Saifuddien Sa'adul Khairi Waddien Sultan and Yang Di-Pertuan of Brunei Darussalam; His Royal Highness Prince Haji Al-Muhtadee Billah, the Crown Prince and Senior Minister at the Prime Minister's Office; His Royal Highness Prince 'Abdul Malik, His Royal Highness Prince 'Abdul Wakeel, His Royal Highness Prince Mohamed Bolkiah, His Royal Highness Prince Haji Sufri Bolkiah, and His Royal Highness Prince Haji Jefri Bolkiah. Performers, parade participants and students lined along the shoulder of the main road to greet the royal family. Her Royal Highness Princess 'Azemah Ni'matul Bolkiah, Her Royal Highness Princess Fadzilah Lubabul Bolkiah and Yang Amat Mulia Pengiran Muda Bahar were also involved in the march-past, leading the Brunei athletes of Southeast Asian (SEA) Games 2019.

The festivities continue all month long with special events and activities taking place throughout the nation.

Until next year, Happy National Day, Brunei! 🇧🇷



Performing on the field during the National Day celebration were students from secondary, post-secondary schools, colleges and higher education institutions.



His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah ibni Al-Marhum Sultan Haji Omar 'Ali Saifuddien Sa'adul Khairi Waddien, Sultan and Yang Di-Pertuan of Brunei Darussalam and His Royal Highness Prince Haji Al-Muhtadee Billah, the Crown Prince and Senior Minister at the Prime Minister's Office at the 36th National Day celebration.



The performances were choreographed to showcase this year's theme, 'Accomplishing the National Vision'.



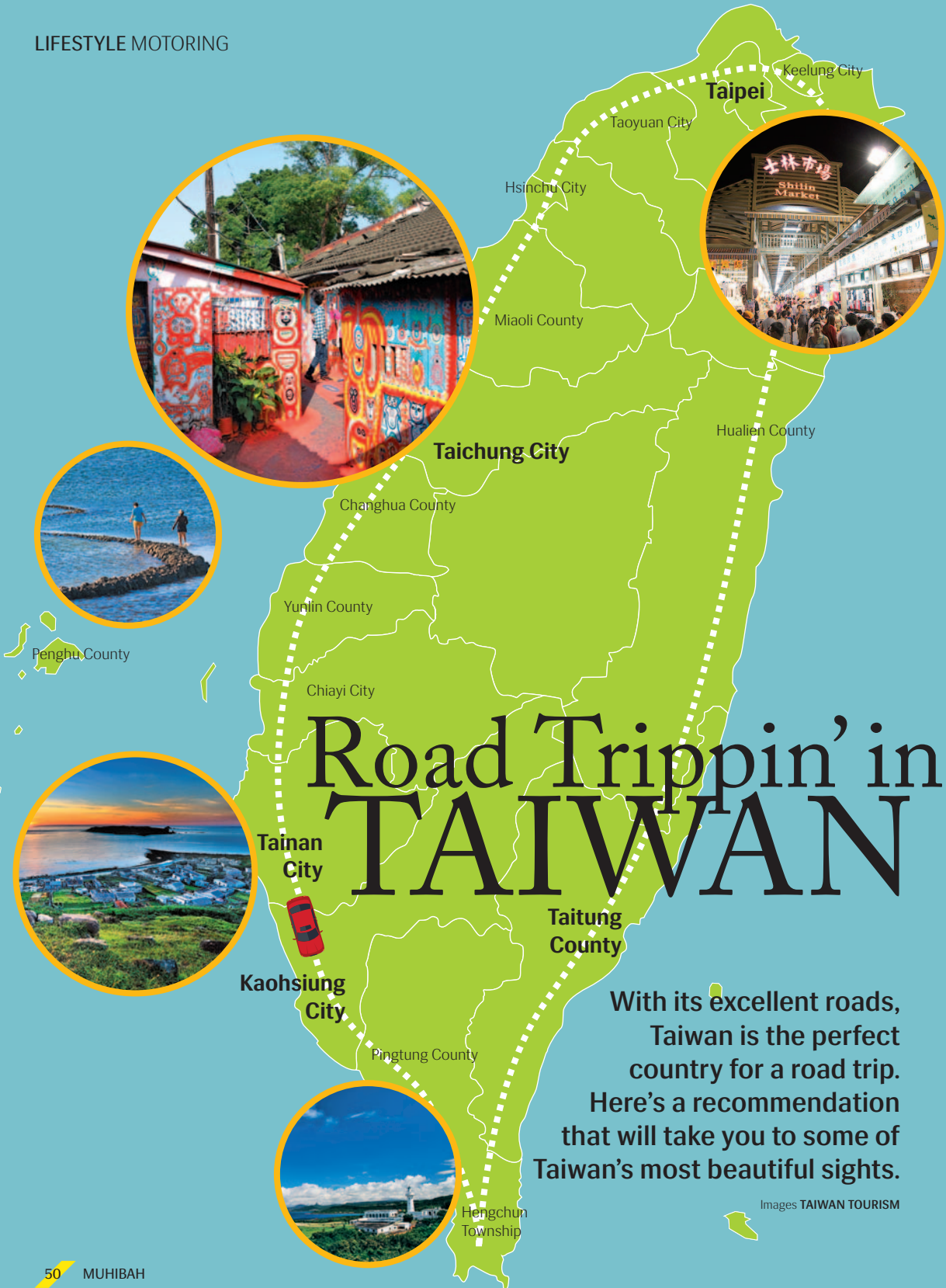
Parade participants having a time of their life at the National Day celebration.



Old - and young - converged at the Taman Haji Sir Muda Omar 'Ali Saifuddin for the National Day parade.



The grand assembly witnessed a march-past of 15 clusters incorporating 161 teams and 26,296 participants.



Road Trippin' in TAIWAN

With its excellent roads, Taiwan is the perfect country for a road trip. Here's a recommendation that will take you to some of Taiwan's most beautiful sights.

Images TAIWAN TOURISM

There are a few reasons why Taiwan makes for the ideal country for a short road trip. First, the size of this island allows you to explore its length and breadth in less than two weeks. Second, it's a relatively safe country to drive around with local law enforcements easily contactable for any help you need along the way. Plus, there are many things to be discovered in just about every corner of the country, from hundreds of years old shrines to hillside escapades and bustling food markets to get a taste of authentic Taiwanese cuisine and to really absorb the buzz of the country.

Kickstart your road trip by flying into Taipei where you can easily chart the rest of your tour, rent a car and get all the essentials you need. Spend a few days exploring the city first, making sure to cover popular spots like Shilin Night Market, Taipei 101, CKS Memorial Hall, Longshan Temple and Beitou Hot Springs.

Day 1, 2 and 3: **ROAD TRIP BEGINS**

Let's start driving! Make your way to Taichung, which is an easy four-hour drive from Taipei. The scenery will start changing as you leave bustling Taipei and start making your way to the quieter cities of Taiwan and its countryside. Taiwan is peppered with 7/11 outlets, which is heaven for road-trippers as you can get anything and everything from the convenient store. Make your pit stops here for essentials.

Check into your Taichung hotel and start exploring! Aim to stay at least two nights here to really cover all grounds. Like most other parts of Taiwan, Taichung is also a foodie haven – not just Taiwanese food but a whole lot of other cuisine as well. Other things worth doing in Taichung? Bike along Highway 139, which is one of the most scenic bike routes (don't worry, it's safe too as almost everyone cycles everywhere in Taiwan), visit Yun Lin for its coffee plantations and hillside, Rainbow Village for its vibrantly painted houses and streets, Lavender Cottage Farm that fills up with the beautiful flower

from November to April, Feng Chia Night Market and if you're an anime fan, don't forget the Totoro Bus Stop.

Day 4: **SUN MOON LAKE, HERE WE COME**

Taichung is the gateway to the popular Sun Moon Lake, and here's where you'll drive to next for your road trip. Aim to head here early so you can take your time exploring the area. There's really not much to do but to relax and enjoy the quiet ambience (albeit the large crowds of tourists during holiday season). Things to do? Rent a bike to ride around and explore the alleyways and quaint little shops. You can head back to Taichung or check yourself into one of the many Sun Moon Lake hotels for the night.

Day 5 and 6: **HEAD TO HENGCHUN**

Hengchun is the main town north of Kenting, which is the direction you're heading. From Sun Moon Lake, it is an easy drive but takes four to six hours so head out early. Once here, you can spend two days to explore places like Hengchung's Old City with its ancient city walls, the 200-year-old Checheng Fuan Temple, amazing seafood restaurants and a bustling night market.

Day 7: **TO KENTING NATIONAL PARK**

Taiwan is home to many beautiful sights by Mother Nature, and Kenting National Park is a highlight located in Southern Taiwan. It is one of the nine national parks of Taiwan known for its lush forests and splendid beaches. The best months to visit are March until May and October and November for the weather. It's a short drive from Hengchun to Kenting National Park, and along the way you'll pass by gorgeous beaches as well as stunning vistas. Once here, take your time to explore the lush green stretches, hidden forests, hot pools and sand dunes.

Day 8: **BACK TO TAIPEI**

Time to head back to Taipei! You can either drive back or if you've arranged to drop your car off at a specific spot in Kenting (some rental services will allow that), then you can opt to take the public transportation back to the capital. It's really easy! Take a bus from Kenting to Kaohsiung, which will take approximately two-and-a-half hours, and once in Kaohsiung, take the High Speed Rail (a really convenient way to get around Taiwan) to Taipei, which will take 90 minutes. ✨





HEALTH for LIFE

To practise a healthy lifestyle, start slowly and make small changes to work towards your bigger goal, advocates **His Royal Highness Prince 'Abdul Mateen** who has made healthy living a big part of his life.

Images DEAN KASSIM



Today, the world trends towards health and wellness living through practising mindfulness and leading an active lifestyle, fitness regime, balanced nutrition and dietary, sustainable and responsible living, and more. Here in Brunei, His Royal Highness Prince 'Abdul Mateen subscribes to this concept. He often shares glimpses of how he manages a daily routine that incorporates fitness and sports as well as leading a well-balanced healthy life. The active lifestyle advocate aims to inspire others to follow suit with the same passion and determination he carries in his everyday life, as he details in this exclusive interview.



There are different ways to practise a healthy lifestyle. What does living healthy mean to you and how do you embrace that in your daily routine? I think having a healthy lifestyle involves making small healthy habits every single day. You can't just wake up one day and drastically change your lifestyle; it's something that you need to do slowly before making it a lifestyle. With nutrition, for example, eating well is a huge part of my life, but I still don't restrict myself. If I feel like chocolate cake, I eat it. Just maybe not every day!

As an avid sportsman in the field of polo and boxing, what other activities do you do to stay active and healthy?

I try to do different workouts every day, so it ranges from HIIT, hiking, strength training, mobility work and swimming. Having a varied weekly schedule that incorporates a few vital exercises definitely benefits me as a sportsman and makes things more fun.

Another thing I have recently found very beneficial is how you recover from a hectic week. It's very easy to over-train, especially as you get older, so lately I have been focusing on doing more slow sessions like yoga. I would like to encourage people here to become healthier, which is why I decided to open Jab Gym and offer a variety of different workouts.

What is the scene like in Brunei – are there more gyms and fitness community being established? More sporting and active events organised?

Yes, I think it's definitely picking up, especially in the last few years. There are a lot more gyms opening up, especially studios focused on group classes, which I think is great. I have also noticed that there are so many more people in Bukit Shabandar than before. It's just great to see how people in Brunei are generally becoming more and more active, and health conscious.

Any latest trend here locally that has caught your attention regarding health and active lifestyle? Are there any health and wellness initiatives you would like to see grow here?

I've noticed a spike in mixed martial arts in Brunei, which I think is a really good way to keep fit and one of the best disciplines to have. In terms of health and wellness, recovery seems a little neglected at times but it is so important, especially for professional athletes. I think it would be great to try and focus on that a bit more.

How difficult or easy is it to stay healthy in Brunei and why is it important for us to adopt it as part of our lifestyle?

In my opinion, it's easy to stay healthy anywhere as long as you put your mind to it. At the end of the day, it's a matter of making smart choices and making time.

It helps to incorporate healthy habits into your daily routine so it doesn't feel like a chore in the first place. Another way is being creative with your food and workouts so that it is exciting and you're not doing the same thing every day. Mixing up your exercise routine is a great way to do that – for example, if you do something like boxing one day, try yoga the next.

Healthy living is not just physical; it is mental as well. This is especially so in this day and age where we tend to neglect our mental wellbeing when lives get hectic. Your thoughts on this and why mental wellbeing should be part of a balanced approach to maintain health and wellness living?

Mental health is so important because it directly correlates to your physical health. If you work on the mind, you will feel it in your body and vice versa. Sometimes life does get very hectic and so I always try and make sure that I set aside time to just reflect and slow down. There's still a long way to go but it's great to see mental health challenges being destigmatised. Yoga and meditation are great ways to de-stress but if that isn't enough, people should know that asking for help is OK, and shouldn't be afraid to talk about it.

Any message for young Bruneians on the joy and benefits of living this lifestyle and how we can celebrate being the best version of ourselves?

Always start off slow and steady; it's much better to make small lifestyle changes as opposed to jumping in the deep end. It's also more likely to be sustainable in the long term, which is ultimately the end goal.

Finally, as a proud Bruneian, kindly share with our readers your favourite local dish and some of the must-visit places to go to in Brunei.

My go-to favourite dish is definitely *soto*, a spiced soupy bowl of noodles or rice vermicelli topped with chicken or beef and garnished with chillies and herbs. For places to go, Brunei has so much to offer in terms of nature. I love the outdoors so my favourite places have to be Bukit Shabandar, a recreation park that's popular for hiking; Brunei's beautiful beaches, and Temburong mangrove waterways with breathtaking views, flora and fauna. ✨



A DELIGHT TO THE SENSES

Alteya Organic's new range of liquid soaps are not only gentle on your skin but also your soul. These plant-based cleansing soaps are formulated with an organic blend of moisturising and skin-conditioning ingredients and aromatic essential oils to help maintain the natural moisture of your skin without over drying. Suitable for daily use and for all skin type, you can use as a hand and body wash without having to worry about dry and itchy skin later. Available in five different scents: Citrus & Mint, Grapefruit & Orange, Lavender & Aloe, Chamomile & Calendula, and Geranium Rose.

www.lovelula.com



ICONIC STYLE

Ferragamo rolls out the 40th anniversary of its iconic shoe, the Vara. Created by Fiamma Ferragamo (the founder's daughter), Vara has not only been the single bestselling model in the history of the brand but has also set the standard for young women with a modern, dynamic lifestyle with a pair of shoe that meets the ever-changing needs of daily life while still fulfilling the desire to look stylish. To celebrate this icon, the brand introduces its personalisation project, My Vara, where you can now add your own personal touch to the popular shoe by customising the signature hardware with a choice of letters and two special ornaments of a heart and a star. The special-edition shoe is available in lipstick, bon bon (pink) and black.

www.ferragamo.com

WHAT'S NEW

Trends and gadgets from around the globe.



STREET STYLE

Moving away from its normally elegant design, **Montblanc** releases an unexpected street-style interpretation with its new Sartorial Calligraphy leather collection. The signature bold lettering of the brand gives way to an unconventional handwritten expression in a stylish nod to its calligraphy heritage. The result is a collection of leather accessories that combines generations of craftsmanship with today's street-style trend. Our pick is the leather knapsack that will come in handy for your next travel.

www.montblanc.com



SILKY SOFT

Traveling can take a toll on your skin, making it dry and dull. But not if you have this latest from **Anna Sui**. The Sui Black UV Primer Water is a two-in-one: It is a water lotion that keeps your skin highly moisturised which is perfect for all that flying and being in countries with different climates as well as a UV protection that helps block harmful UV rays with its SPF30/PA+++ protection. A first for the brand, this watery lotion with UV protection also contains Pore Cover Powder in different sizes to conceal pores and smoothen out skin. Really, everything you need for great skin while holidaying!

www.annasui.com



SCENT OF A MAN

Jimmy Choo releases a new masculine fragrance – Urban Hero – that combines sophistication and sensitivity with woody notes. The new fragrance starts off fresh with lemon caviar that then leads to the warmth of black pepper, rosewood and vetiver. It's all part of the Jimmy Choo man's sense of adventure, elegance and a hint of rebellion, packaged in a flask-shaped glass bottle partially clad in metal with a mirror-effect chrome finish.

www.row.jimmychoo.com

KEEPING TIME

Looking for a minimalist watch to bring along on your holidays?

Check out the **Marc Jacobs** recently launched timepiece line, THE Marc Jacobs. Featuring clean and bold shapes that depart from your usual watch design, THE Marc Jacobs is all about details. Our favourite is this line of cuff watches that is minimalist at its best with its clean dial matched with either a boldly hued strap in cobalt and pink or a more elegant approach with black and steel.

www.marcjacobs.com



LINE FREE

Want to do something about those wrinkles? Get your hands on **KOSÉ's** latest Intensive Wrinkle Serum. Based on the concept of Derma-Fitness, this anti-wrinkle cream helps to firm up skin to avoid a sagging and loose texture that leads to wrinkles. Ingredients such as Red Wine Yeast Extract and Wrinkle Niacin help to prevent wrinkles by improving skin's production of collagen so that skin is able to support its own process of rejuvenation. The result is a more youthful appearance that looks well rested and stunning.

www.kose.com



OHAYO OSAKA!

Amazing architecture, exciting city buzz and hearty street food – Japan’s second largest metropolitan, Osaka, will not cease to excite. Here are the things to add to your itinerary for a memorable holiday.

Images JAPAN NATIONAL TOURISM ORGANIZATION



SEE One of the most famous spots in Osaka, the Osaka Castle (Osakajo) was built between 1583 and 1585 by the warlord Toyotomi Hideyoshi who ruled over Japan at that time. The current castle tower is a reconstruction of its remains after the bombing raids of World War 2 and stands tall in the midst of modern Osaka as a stunning city symbol. It’s a place for history buffs (there are eight floors of displays related to the castle’s history) as well as nature lovers (the castle park extends over two square kilometres and contains grassy lawns, plum, peach and cherry blossom groves as well as the popular Nishinomaru Garden). If you’re visiting in early April,

the castle park is one of Osaka’s most popular hanami spots during the cherry blossom season.

DO Japan is known for its seafood markets and at Osaka, the place to check out is the Kuromon Market. This covered public market stretches around 600 metres and has about 150 shops that predominantly sell fish, meat and produce as well as other Japanese goodies like traditional sweets and souvenirs. Even if you’re not up for a meal of fresh seafood here (but why not!), it’s worth visiting to soak up the environment and to see the live action of a buzzing market.





SHOP Bright lights, shopping galore, food feasts – it has to be at the Dotonbori district where you’ll find the best shopping and eating in Osaka. To shop till you drop, head to Shinsaibashi-suji Shopping Street where eight blocks of retail heaven await. Shopkeepers and merchants have been plying their trade here since the 1600s and while traditional kabuki theatres are no longer here, the street is packed with shops where customers walk in and out getting a hold of Osaka’s best goods. There are shops to suit every budget and taste, and if you’re tired from all that shopping, the endless choices of cafes and restaurants are exactly the break you need from your retail therapy. While here, make sure you take that obligatory touristy selfie at the Dotonbori Bridge over the 400-year-old canal. Just look out for the iconic Glico Man!

STAY Aside from the excellent customer service you’ll get at the Osaka Marriott Miyako Hotel (miyakohotels.ne.jp), you can also enjoy unparalleled views over the city with the hotel located on the top

floors of Japan’s tallest building, the Abeno Harukas. Gaze outside the large floor-to-ceiling windows for that pinch-me-now moment with the amazing city scene below. Bonus: The hotel is conveniently located in the city for you to go sightseeing and hit the theme parks such as Tsutenkaku and Universal Studios Japan.

For more information, go to japan.travel.

Royal Brunei Airlines flies Tokyo 4x weekly for easy connections to Osaka. Discover things to do in Osaka in www.muhibah.com.bn





Now til
14 Mar

UNITED ARAB EMIRATES

DUBAI FOOD FESTIVAL

Sample your way through Dubai's eclectic culinary delights, be it fine dining or a variety of small eats throughout the city. Head over to the Beach Canteen that is a gathering of some of the best home-grown food concepts along the sparkling shores, discover wallet-friendly hidden gems across the city or savour meals to remember at exclusive culinary hotspots during Dubai Restaurant Week happening at the festival period.

www.visitdubai.com

WHAT'S ON

A world of adventure and new experiences await you when you fly with Royal Brunei Airlines.

Make your trip even more memorable with free flights, seat upgrades and other privileges with **Royal Skies**, our frequent flyer programme. Not yet a member?

Register on:

www.flyRB.com/royalskies



Now til **3** May

UNITED KINGDOM

TUTANKHAMUN: TREASURES OF THE GOLDEN PHARAOH

The legend of Tutankhamun captured imaginations globally when in 1922 his tomb was unearthed by British explorer Howard Carter and financier Lord Carnarvon. TUTANKHAMUN: Treasures of the Golden Pharaoh will be featuring 150 original artefacts from Tutankhamun's tomb, with 60 on their first journey outside Egypt at the Saatchi Gallery in London.

tutankhamun-london.com



7-16 Mar

TAIWAN

TAIWAN INTERNATIONAL ORCHID SHOW

For ages, orchids have enchanted people with their delicate beauty. Visit the Taiwan Orchid Plantation in Tainan City to enjoy thousands upon thousands of these bewitching blooms placed in various creative exhibits and designs. See for yourself just how elegant orchids can be.

www.tiostw.com

THAILAND

THAILAND COFFEE FEST 2020

Java enthusiasts, this is one festival you don't want to miss! With up to 190 local and international vendors gathering at IMPACT Muang Thong Thani, you'd definitely be in for the time of your life. From beans to tools to services, you can find it all at the biggest coffee festival in Southeast Asia. And if you are interested in learning more about your favourite bean, there'll also be guest speakers from the industry that will be giving talks.

www.thailandcoffeefest.org/en

12-15 Mar



12-22 Mar



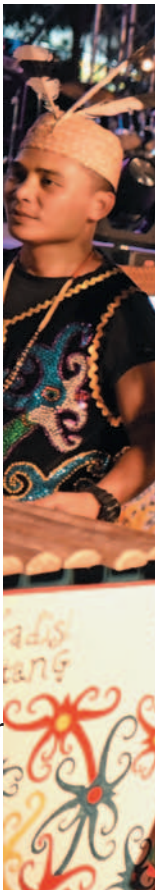
MALAYSIA

9TH TAWAU INTERNATIONAL FESTIVAL 2020

Join this colourful celebration at the Tawau Municipal Council Square at Sabah. With around 18 ethnic groups from Tawau itself and a showcase of other international act, you will be able to learn more and educate yourself on the cultural aspects of the locales, their traditional wear and weapons, as well as music instruments. Other things you can look forward? The delicacies and performances by each ethnic group.

www.malaysia.travel

19-21 Mar



AUSTRALIA

MELBOURNE DESIGN WEEK

Melbourne Design Week presents its largest programme to date, with more than 300 events over 11 days. Planned around the theme 'How Can Design Shape Life?', this event will be taking place at various locations state-wide. The theme will be explored through exhibitions, workshops and events under five thematic pillars – healthy cities, design culture, waterfront, waste, and design evolution.

www.designweek.melbourne



21-24 Mar

JAPAN

ANIMEJAPAN 2020

AnimeJapan 2020 will take place at the Tokyo Big Sight. As one of the biggest anime conventions in the world, the event will return to its roots as the country has entered the new Reiwa era, with the theme of "JAPAN". Fans can look forward to AJ Stage, where talk shows and stage performances for popular and new titles will be the highlight of the event as well as cosplays, exclusive official goods and behind-the-scenes galleries of various anime productions.

www.anime-japan.jp/en/





SELAMAT DATANG

Selamat Datang means 'Welcome' in Malay, and your seamless journey begins here.

BUSINESS CLASS

RB B787 Dreamliner Business Class cabin features "Contour" seats that recline to a 180 degree flat bed for a peaceful rest, along with a plush duvet and pillows. Each seat is equipped with a 15.4" touchscreen LCD Monitor powered by the Panasonic eX2 in-flight entertainment system and in-seat power connector. The Business Class cabin lavatories are also fitted with bidets for guests' convenience.

RB A320neo Business Class cabin features a spacious 43" seat pitch with in-seat power port. The seats are also fitted with an 11.6" touchscreen monitor with Thales Avant (Gen5) inflight entertainment system.

ECONOMY CLASS COMFORT

RB B787 and A320neo Economy Class cabin seats with semi-articulating

recline, adjustable headrest and better legroom make for a more comfortable journey. Each seat is also fitted with a personal touchscreen monitor and in-seat USB charging port.

RB IMPIAN INFLIGHT ENTERTAINMENT

RB Impian Inflight Entertainment system offers 1,000 entertainment options throughout the flight. A library of hit movies, classic Hollywood films and TV and audio programmes for all ages are available on board. Refer to the Impian entertainment guide to make your entertainment selection. For Business Class seats, the audio jack and audio/video remote control are located in your seat armrest. Seatback-mounted personal screens are only available on our B787 and A320neo aircraft. Elsewhere, guests can avail our service, sit back and relax with our overhead movie screens.

CUISINE

RB serves a Halal menu that combines both Western and Asian flavours with ingredients that have been carefully chosen for freshness.

Business Class guests on long-haul flights can now pre-select meal times. Our 'Dine Upon Request' service is available throughout the flight up until 90 minutes before landing. Guests on all classes can also enjoy our 'Food Fit to Fly by' service menu that features healthier and lighter meal options, complemented by our award-winning cabin service from our crew.

We also offer tasty culinary options to meet various dietary requirements. Special meals can be ordered when you make your reservation. Please confirm your request at least 24 hours before boarding your flight.

ALCOHOL-FREE ENVIRONMENT POLICY

Royal Brunei Airlines operates alcohol-free flights to all destinations.

HAND LUGGAGE

For your safety and comfort, you may store your hand luggage in the overhead lockers or under the seat in front of you. Please do not hesitate to ask our cabin crew for help in stowing your luggage properly. Be careful when opening the overhead luggage compartments, as items dislodged by aircraft movement may fall on you or fellow guests.





LIQUIDS, AEROSOLS AND GELS (LAG)

Various countries have implemented restrictions on the carriage of liquids, aerosols and gels in compliance with new guidelines set by the International Civil Aviation Organization (ICAO). Guests transiting through airports and carrying any liquids, pastes and gels in containers over 100ml may be asked to dispose the items at security checkpoints.

These restrictions may affect your ability to carry duty-free purchases on board the aircraft. Customers are advised to check with duty free personnel before making their purchases. All liquids, aerosols and gels must be carried in containers of no greater than 100ml/3.3oz capacity (approximately 100gm in weight) and placed in a transparent, resealable plastic bag. The plastic bag must be removed from the carry-on baggage and presented to security personnel at the checkpoint for inspection and separate x-ray screening.

Exceptions to the new regulations are medicines and dietary supplements needed during a flight, including baby food. Proof of need may be required.

USE OF ELECTRONIC EQUIPMENT

Electronic devices such as Citizen's band (CB) radio, remote-controlled devices (such as radio controlled toys), and transmitting devices that emit radio frequencies are not to be used at any time during the flight. These devices may interfere with the aircraft's electronic equipment, compromising aircraft safety and endangering the lives of guests and crew.

The following devices may be used on board, except during take-off, initial climb, approach and landing: mobile phones (which must be switched to flight mode), personal computers, FM receivers, calculators, electronic shavers, audio and video recorders, hand-held computer games, and playback devices.

LITHIUM BATTERIES

The abundant stored energy that makes lithium batteries practical also makes them dangerous when they are not packed and carried properly. RB follows the recommendations from ICAO and IATA Dangerous Goods Regulations in our efforts to mitigate these risks of the hazards.

Low and medium powered rechargeable batteries in equipment and limited quantity of spares are recommended as carry-on baggage. All spare units must be in the original packaging or have the exposed terminals taped over. Medium and large non-rechargeable must be carried as cargo/freight in accordance with current Dangerous Goods Regulations. High-Powered batteries are not permitted on board passenger aircraft.

Information of safe carriage of lithium batteries on board RB flights is also available at www.flyRB.com.

PORTABLE CHARGERS OR POWER BANKS

In line with safety regulations on the carriage of lithium batteries, the following policy applies on the carriage and use of portable chargers or power banks on all RB flights:

In cabin baggage (carry-on)

RB allows for the carriage of portable chargers or power banks in carry-on baggage under the following guidelines:

- device cannot be charged or used in flight at any time
- device is switched off and placed in a sealed bag prior to the flight



WELCOME ONBOARD



- device with lithium ion batteries and a watt-hour rating that does not exceed 100Wh is permitted up to a maximum of four batteries per person
- device with lithium ion batteries and a watt-hour that **exceeds 160Wh** is permitted with prior-approval from airline, up to a maximum of two batteries per person.

For checked baggage

Portable chargers or power banks are **strictly prohibited** in checked baggage for all RB flights.

NON-SMOKING POLICY

Royal Brunei Airlines operates non-smoking flights to all destinations.

ONLINE BOOKING

Fly through the airport. You can now book online at www.flyRB.com, check-in online and print your own electronic ticket (e-ticket). Online check-in is available 48 hours before flight departure and closes 60 minutes before departure time.

CHECK IN

Check-in counters at the Brunei International Airport are open three hours

before flight departure, and from 12 noon for evening flights. Guests are advised to check-in at least two hours before departure to allow for security and baggage checks. Check-in counters will be closed 45 minutes before departure, after which no boarding passes will be issued. Royal Brunei Airlines also advises its guests to reach the boarding gate 20 minutes before the flight departs to avoid missing their flights.

GUEST COMMENTS

Your comments and suggestions will help us enhance our services. Please e-mail us at: feedback@rba.com.bn.

BRUNEI INTERNATIONAL AIRPORT

Brunei International Airport's computerised passenger and cargo handling facilities can handle 3 million guests and 50,000 tonnes of cargo a year. Among the facilities offered at the airport are the Airport Prayer Hall (*Surau Lapangan Terbang Antarabangsa Brunei Darussalam*), telephones and Free Wi-Fi services, restaurants and shower facilities for guests who want to rest or freshen up before their flight.

For guests's comfort and convenience, RB Service Centre is located on the Departure Hall area. Guests can make reservations, ticket purchase, book tour packages and redeem Royal Skies miles. The Customer Service Centre at the Brunei International Airport operates 7 days a week, from 8am to 9pm Mondays to Saturdays, and 8am to 5pm on Sundays; except for Friday midday break from 12noon to 2pm.

Our Business Class and Royal Skies Elite guests can now enjoy the service of our RB porters at departure curb-side for

baggage assistance and trolley service to the check-in counters. The premium check-in lounge offers our Business Class and Royal Skies Elite guests with a relaxed check-in experience.

RB Economy class guests and groups booking may proceed to RB check-in counter Row B.

Business Class guests and Royal Skies Gold members are invited to access the RB Business Class Lounge prior to their flights. Fitted with plush, comfortable interiors and furnishings designed to make guests feel at home, the lounge offers ample opportunity to relax and experience RB's warm hospitality. Guests at the Business Class Lounge have access to executive meeting rooms and all the facilities offered at the Sky Lounge in addition to the coffee bar.

The RB Sky Lounge is open to Royal Skies Silver members, corporate guests, customer airline guests, Priority Pass

customers and walk-in guests. The lounge can seat 120 guests and features buffet dining, a prayer room, a movie room, kids' room, a family zone, a gaming area featuring PS4 and Xbox Kinect, as well as a Virtual Reality station. Other facilities include complimentary massage chairs, shower rooms, ablution areas and High Definition TVs.

Duty-free shops offer consumer goods at competitive prices. There are several outlets, including a money changer located at the departure/transit hall. On sale are portable electrical goods with international warranties, designer goods, perfumes and confectionery. Brunei International Airport is a smoke-free airport.

A mobile application app has been developed by the Department of Civil Aviation to help guests/visitors experience the newly refurbished Brunei International Airport seamlessly through the 'iFLYBRUNEI' app on the smartphone.

TRAVELLER'S GUIDE

Brunei Visitor Information

Visas* Austrian, German, Malaysian, Singaporean, British nationals with the right of abode in the United Kingdom, The Netherlands and New Zealand nationals are exempted from the requirement to obtain a visa for visits not exceeding 30 days. American passport holders can enter Brunei Darussalam for three months without visas. For nationals of Belgium, Canada, Denmark, France, Indonesia, Italy, Japan, Luxembourg, Republic of Maldives, Norway, Oman, The Philippines, South Korea, Spain, Sweden, Switzerland, Thailand and The Principality of Liechtenstein – visas are waived for 14-day visits. Nationals of Australia are issued visas on arrival at the Brunei International Airport for visits not exceeding 30 days.

All other visitors entering Brunei Darussalam must have visas obtainable from any Brunei Darussalam diplomatic mission abroad. These visas are normally issued for a two-week stay but can be renewed in Brunei. Visitors must hold onward tickets and sufficient funds to support themselves while in the country.

N.B. For more details, please contact your nearest Brunei Embassy or diplomatic representative.

Currency Bearer Negotiation Instrument Declaration Guests entering or leaving Brunei who carry physical currency or bearer negotiable instruments valued at BND15,000 or more are required to complete a declaration form and submit it to a customs officer (if arriving in Brunei) or an immigration officer (if departing Brunei).

Duty-free Allowance* The import of the following products is subject to restrictions imposed by Brunei's Customs and Excise Department.

Cigarettes: Effective 1 April, 2017, guests will be charged duty on cigarettes at the following rates:

per stick	\$0.50
for each 20 sticks pack	\$10
for each carton of 10 packs	\$100.

Please refer the new charges imposed by Royal Customs and Excise Department.

Alcohol: Non-Muslim guests may bring in two bottles of liquor plus 12 cans of beer for personal consumption only; and a reasonable quantity of perfumes.

Transportation Brunei International Airport is about 11km from the capital, Car rental, public buses and registered taxis are available at the arrivals. The Land transport department strongly advise visitors to only use regulated and insured taxis. For more info on registered taxis you may visit – www.mincom.gov.bn/ brunitaxifare or contact +6737181643.

Currency The Brunei dollar is on a par with the Singapore dollar, which is also accepted in Brunei. Banks, hotels and many department stores will cash traveller's cheques.

Language Malay is the official language but English is widely used. Other languages include Chinese and its dialect variants and other indigenous dialects. Although the official religion is Islam, other faiths including Christianity and Buddhism are practised.

Clothing Light clothing is advisable as the climate is generally warm and humid. Women are requested to dress modestly in keeping with local customs.

Health Doctors provide private medical services for a nominal charge. There are a number of state health clinics and hospitals.

Credit Cards Hotels, department stores and other major establishments generally accept all internationally known credit cards.

Tipping Optional. Some hotels add a 10 per cent service charge to their room rates.

Telephones Overseas calls can be made from hotel rooms through the operator, or via international direct dialling (IDD). There are also coin and phonecard operated public telephones.

Utilities Power supply is 220 - 240v, 50 cycles. The PAL and NTSC systems are used by local television. Tap water is generally safe to drink although some take the precaution of boiling it.

Media Radio Television Brunei has nightly news bulletins and a range of popular entertainment in both English and Malay. Cable network and Malaysian television programmes can also be received. There are two local daily newspapers namely: Borneo Bulletin (English) and Media Permata (Malay). Other regional and international publications are also available at newstands.

Food For the adventurous, the food stalls offer Malay favourites, such as satay (barbecued meat on a skewer) and local dishes prepared with curry or coconut milk. Chinese, European and Indian cuisines are also available. All F&B businesses, including hotel restaurants, close for Friday prayer 12pm to 2pm. For hotel guests, room service dining operates as usual.

Hotels Accommodation in the capital ranges from international standard to middle range hotels. Service apartments are also available at reasonable rates.

Shopping Department stores and shops offer goods ranging from cosmetics and stereos to local handicrafts such as the keris (an ornamental dagger), miniature brass cannons, and kain tenunan, a cloth woven with gold or silver threads.

Festivals and Celebrations National Day, 23 February, Hari Raya, the end of the Muslim fasting month, and His Majesty The Sultan's birthday, 15 July. Other public holidays include Chinese Lunar New Year and Christmas.

Customs and Courtesy

- In mosques, visitors should remove their shoes and should not pass in front of people at prayer. A woman should ensure that her head, knees and arms are covered before entering mosques. Robes are provided at the entrance to the mosque.
- A Bruneian shakes hands lightly and brings his hands to his chest. Members of the opposite sex do not shake hands.
- It is impolite to point with the index finger (use the right thumb instead) or to beckon someone with fingers and palm facing upwards. Instead the whole hand should be waved with palm facing downwards. The right fist should never be smacked into the left palm.
- Gifts, particularly food, are passed with the right hand.

* The visa and duty-free allowances are provided as a guideline and may change without notice.

BOOK YOUR SEAT BEFORE YOU FLY

Did you know that you can book your preferred seat before you fly with RB? This is especially handy for those travelling with an infant and require a seat that can be fitted with bassinets or if you're travelling with a group and want everyone to be seated near each other. Pre-purchase your preferred seating when you make your booking with Royal Brunei on our website or up to three days before your scheduled departure.

For more information, go to www.flyRB.com and select seat selection under Help & Support.



EARLY CHECK-IN FROM 12 NOON

Nobody likes to feel rushed, especially not at the airport where there are a million and one things to remember and do. To give you ease of mind, why not do an early check-in and baggage drop when you fly with RB? This service is available from 12 noon for RB evening departures on day of travel at Brunei International Airport (BIA). You can also check in online; it is available 48 hours to 90 minutes before your scheduled departure time. Don't forget that the airport check-in opens three hours and closes 45 minutes before your scheduled departure time. For more information, go to Online Check-In FAQ on our website (www.flyRB.com).

HEALTHY AND HALAL

All meals onboard RB are halal and prepared in the most healthy way possible. But if you have a special meal request, let us know during booking through our online portal (www.flyRB.com) or by contacting your nearest RB office. Make sure you make your special meal requests no later than 24 hours prior to your scheduled flight departure time. The meals available are vegetarian meals, baby, infant and child meals, religious meals and others with the emphasis on healthy eating for specific dietary needs.











David Kirkland/Brunei Tourism

HOURS OF ENTERTAINMENT WHEN YOU FLY

Aside from the great service you'll receive onboard with us, one thing worth looking forward to is our Impian inflight entertainment! With more than 1,000 content available from movies to TV shows, games and music, you'll find something to keep you entertained during your flight. Want to just sit back and relax? Check out our music selection where you can pick from oldies but goodies, classical, Chinese as well as easy listening. And now you can experience our inflight entertainment on a whole new level with Appi-ness by streaming our content directly onto your personal mobile devices in the comfort of your own seat. To find out how, go to impian.flyroyalbrunei.com

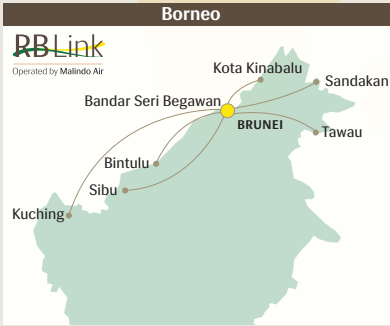
How to enjoy appi-ness in the air

- 1  Download the latest version of the RB Impian app before your flight. Available on both iOS App store or on Google Play
- 2  Turn on airplane mode, enable Wi-Fi & connect to RB Impian Wi-Fi on board. System will be activated at **10,000ft**
- 3  Launch browser
Android: Google Chrome
iOS: Safari
- 4  Log on to www.rbimpian.com and register
- 5  Make sure your device is well charged. You can charge your phone using the in-seat USB ports available on selected A330 aircrafts
- 6  You're all set, and good to go! Enjoy and don't forget your headphones!

EXPERIENCE WITH ROYAL BRUNEI HOLIDAYS

Want to take the hassle out of holiday planning? Check out Royal Brunei Holidays, a platform for you to book tours while in Brunei. The platform offers different tours and holiday activities at exclusive and affordable deals so you can save while you holiday. One to check out is the Proboscis Monkey Tour where you'll be taken on a 2.5 hour tour that takes you on a boat ride through Brunei's mangroves in search of the wild indigenous Proboscis monkeys. For bookings and enquiries, contact your near RB Office or email holidays@rba.com.bn.

ROUTE MAP & DESTINATIONS



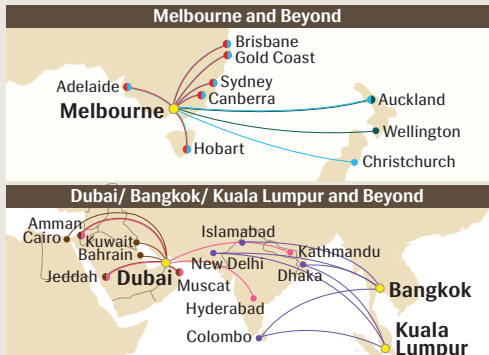
— RB's Current Routes Codeshare Airlines

Codeshare Partners



Interline Partners

Operated by: ● British Airways ● Emirates ● Flydubai ● Virgin Australia ● Air New Zealand ● Qantas ● Thai Airways ● Bangkok Airways
 ● Biman Bangladesh Airlines ● Malaysia Airlines ● Hong Kong Airlines ● Cathay Pacific ● Dragon Air and more



ABODE OF PEACE

Brunei Darussalam is a country rich in culture and heritage. It is a small, peaceful, prosperous kingdom on the northern shore of the ecologically-rich island of Borneo. Come and discover Brunei, a Kingdom of Unexpected Treasures.

Brunei is arguably best known today as an oil producing country. The nation became independent in 1984 and, thanks to its large reserves of oil and gas, now has one of the highest standards of living in the world. Its population of just over 408,000 is made up of two-thirds ethnic Malay, with the remainder being Chinese, Indian and other indigenous groups. The Sultanate has four districts: Brunei-Muara (which includes the capital Bandar Seri Begawan), Temburong, Tutong and Belait. 'Darussalam', the Arabic word for 'Abode of Peace' describes Brunei's Islamic history that dates back some 1,500 years. Today, Brunei remains the world's only Malay Islamic Monarchy with an unbroken royal lineage that has ruled the nation for the past 600 years.

www.bruneitourism.travel

For more information on Brunei, email: info@bruneitourism.travel

Images DAVID KIRKLAND/
BRUNEI TOURISM AND
JACQUELINE WONG

CAPITAL ATTRACTIONS

Small in size but big in attractions, Brunei's capital has lots to offer.

Brunei-Muara

1 THE OMAR ALI SAIFUDDIEN MOSQUE

Brunei Darussalam's iconic landmark, the mosque was completed in 1958 and is named after the 28th Sultan, the late Sultan Omar Ali Saifuddin, who is referred to as the Architect of Modern Brunei.

2 ISTANA NURUL IMAN

The official residence of His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, Sultan and Yang Di-Pertuan of Brunei Darussalam. Although not open to public, except during Hari Raya Aidil Fitri, its golden domes and vaulted roof can be viewed from Kampong Ayer.

3 LAPAU AND DEWAN MAJLIS

The Royal Ceremonial Hall features an exquisite golden dome and hosts all of the Sultanate's traditional royal ceremonies.



MUSLIM PRAYER TIMES in Brunei Darussalam

Rejab 1441 / Sya'aban 1441

March 2020

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Hijriah	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	
Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	
Imsak	5.04	5.04	5.04	5.03	5.03	5.03	5.03	5.02	5.02	5.01	5.01	5.01	5.00	5.00	5.00	4.59	4.59	4.58	4.58	4.57	4.57	4.57	4.57	4.56	4.56	4.55	4.55	4.54	4.54	4.53	4.53	4.52
Subuh	5.14	5.14	5.14	5.13	5.13	5.13	5.13	5.12	5.12	5.11	5.11	5.11	5.10	5.10	5.10	5.09	5.09	5.08	5.08	5.07	5.07	5.07	5.06	5.06	5.05	5.05	5.04	5.04	5.03	5.03	5.02	
Syuruk	6.32	6.31	6.31	6.31	6.30	6.30	6.30	6.29	6.29	6.29	6.28	6.28	6.27	6.27	6.27	6.26	6.26	6.25	6.25	6.24	6.24	6.24	6.23	6.23	6.22	6.22	6.21	6.21	6.20	6.20	6.20	
Doha	6.54	6.54	6.53	6.53	6.53	6.52	6.52	6.52	6.51	6.51	6.50	6.50	6.49	6.49	6.48	6.48	6.47	6.47	6.47	6.46	6.46	6.45	6.45	6.44	6.44	6.44	6.43	6.43	6.42	6.42	6.42	
Zohor	12.34	12.33	12.33	12.33	12.33	12.32	12.32	12.32	12.31	12.31	12.31	12.31	12.30	12.30	12.30	12.29	12.29	12.29	12.29	12.28	12.28	12.28	12.27	12.27	12.27	12.26	12.26	12.26	12.26	12.25	12.25	
Asar	3.49	3.49	3.48	3.48	3.47	3.47	3.46	3.45	3.45	3.44	3.43	3.43	3.42	3.41	3.40	3.40	3.39	3.38	3.37	3.36	3.36	3.35	3.34	3.33	3.32	3.31	3.30	3.29	3.28	3.27	3.26	
Maghrib	6.33	6.33	6.33	6.33	6.33	6.33	6.33	6.33	6.33	6.33	6.32	6.32	6.32	6.32	6.32	6.32	6.32	6.31	6.31	6.31	6.31	6.31	6.31	6.30	6.30	6.30	6.30	6.30	6.30	6.29	6.29	
Ishyak	7.43	7.43	7.43	7.42	7.42	7.42	7.42	7.42	7.42	7.42	7.41	7.41	7.41	7.41	7.41	7.41	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.40	7.39	7.39	7.39	7.39	7.39	7.39	7.39	7.38

4 THE ROYAL REGALIA BUILDING
The museum is home to a collection of royal regalia, including the royal chariot, gold and silver ceremonial armoury, the jewel encrusted crowns used during the coronation and a replica of the throne, which is used by the Sultan on state occasions.

5 ISTANA DARUSSALAM
Located on Jalan Sumbiling, this wooden palace captures the architectural heritage of old Malay palaces. Visitors may view only from outside.

6 THE SULTAN HAJI HASSANAL BOLKIAH FOUNDATION COMPLEX
The capital's most popular shopping venues, it combines both traditional Malay and modern architecture.

7 BRUNEI MUSEUM
Brunei's national museum spotlights Brunei's role in Southeast Asia's history. The Islamic Art Gallery has historical pieces of Islamic art and a commendable Quran collection.

8 BRUNEI ARTS AND HANDICRAFTS CENTRE
Brunei's ancient and traditional arts and crafts – *kain tenunan*, silver & brass ware, wood carving and basketry – are showcased in this centre, aimed to preserve its rich legacy.

9 TAMU KIANGGEGH
The Tamu, or open air market, on the banks of the Kianggeh River is a popular local market for traditional dishes, fruits, vegetables, flowers and handicrafts.

10 KAMPONG AYER
The world's largest water village that is home to more than 30,000 people living on unique wooden houses on stilts over the Brunei River.

OFF THE BEATEN TRACK

11 Temburong
ULU TEMBURONG NATIONAL PARK
Explore Brunei's lush virgin forest through lofty canopy walkways, scenic hiking trails and a thrilling river ride to the park on the Temburong River.

12 Tutong
TASEK MERIMBUN
Brunei's largest lake that curves in an 'S' has an island in the centre accessible via a wooden walkway and various facilities for picnics and recreation.

13 Belait
OIL & GAS DISCOVERY CENTRE
An 'edutainment' facility, this interactive science centre aims to make science exciting and accessible to all with more than 100 hands-on exhibits in themed areas to explore.



Sya'aban 1441 / Ramadhan 1441

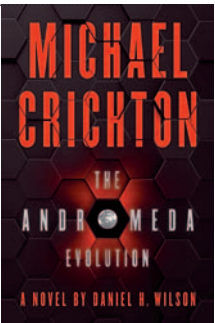
April 2020

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Hijrah	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	1	2	3	4	5	6	7	
Day	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	
Imsak	4.52	4.51	4.51	4.50	4.50	4.49	4.49	4.48	4.48	4.47	4.47	4.47	4.46	4.46	4.45	4.45	4.44	4.44	4.44	4.43	4.43	4.42	4.42	4.41	4.41	4.41	4.40	4.40	4.39	4.39	4.39
Subuh	5.02	5.01	5.01	5.00	5.00	4.59	4.59	4.58	4.58	4.57	4.57	4.57	4.56	4.56	4.55	4.55	4.54	4.54	4.53	4.53	4.52	4.52	4.51	4.51	4.51	4.50	4.50	4.49	4.49	4.49	
Syuruk	6.19	6.19	6.18	6.18	6.17	6.17	6.17	6.16	6.16	6.15	6.15	6.15	6.14	6.14	6.13	6.13	6.13	6.12	6.12	6.12	6.11	6.11	6.11	6.10	6.10	6.10	6.10	6.09	6.09	6.09	
Doha	6.41	6.41	6.41	6.40	6.40	6.39	6.39	6.39	6.38	6.38	6.37	6.37	6.37	6.36	6.36	6.36	6.35	6.35	6.35	6.34	6.34	6.34	6.34	6.33	6.33	6.33	6.32	6.32	6.32	6.32	
Zohor	12.25	12.25	12.25	12.24	12.24	12.24	12.23	12.23	12.23	12.22	12.22	12.22	12.22	12.21	12.21	12.21	12.21	12.20	12.20	12.20	12.20	12.20	12.19	12.19	12.19	12.19	12.19	12.19	12.19	12.19	
Asar	3.25	3.25	3.25	3.26	3.26	3.27	3.27	3.28	3.28	3.29	3.29	3.29	3.30	3.30	3.31	3.31	3.31	3.32	3.32	3.32	3.33	3.33	3.33	3.34	3.34	3.34	3.34	3.35	3.35	3.35	
Maghrib	6.29	6.29	6.29	6.29	6.28	6.28	6.28	6.28	6.28	6.28	6.28	6.27	6.27	6.27	6.27	6.27	6.27	6.27	6.27	6.27	6.27	6.26	6.26	6.26	6.26	6.26	6.26	6.26	6.26	6.26	
Isyak	7.38	7.38	7.38	7.38	7.38	7.38	7.38	7.38	7.38	7.38	7.37	7.37	7.37	7.37	7.37	7.37	7.37	7.37	7.37	7.37	7.37	7.37	7.37	7.37	7.37	7.38	7.38	7.38	7.38	7.38	



THE MIRROR & THE LIGHT
Hilary Mantel

The long-awaited sequel to *Wolf Hall* and *Bring Up the Bodies*, *The Mirror & the Light* continues Hilary Mantel's tale of the Thomas Cromwell, the boy from nowhere who climbs to the heights of power and wealth. With rebellion at home and traitors plotting abroad and the threat of invasion testing Henry VIII's regime to the breaking point, Cromwell continues his vision for a modern nation all while wondering what he will do when the king turns on him sooner or later as he turns on everyone close to him. The triumphant close to the popular trilogy.



THE ANDROMEDA EVOLUTION
Michael Crichton

Deep inside Fairchild Air Force Base, Project Eternal Vigilance has continued to watch and wait for the Andromeda Strain to reappear. On the verge of being shut down, the project has registered no activity... until now. A Brazilian terrain-mapping drone has detected a bizarre anomaly of otherworldly matter in the middle of the jungle, and worse yet, the tell-tale chemical signature of the deadly microparticle that will threaten humankind.

THE BEAST OF BUCKINGHAM PALACE
David Walliams

The no. 1 bestselling author David Walliams is back with another epic adventure of myth and legend, good and evil. This time, the setting is 1210 and London is in ruins. The young Prince Alfred, who has never known a life outside Buckingham Palace, must save the world when his mother, the Queen, is dragged away to the Tower of London. And so he enters a world of mystery, adventure and monsters in this enthralling tale of myths and legends.



BOOKS

TO UNPLUG AND UNWIND.

KIM JIYOUNG, BORN 1982
Cho Nam-Joo

The South Korean sensation that has got the whole world talking, this international bestseller centres on the life of one young woman born at the end of the twentieth century that raises questions about endemic misogyny and institutional oppression relevant to us all. Follow the young woman as she goes through life living in Korea and how she is being treated by her own family and society because of her gender.



1922

Stephen King

A chilling novella of murder and madness – what else from the King! Wilfred James owns 80 acres of farmland in Nebraska that have been in his family for generations. His wife, Arlette, owns an adjoining 100 hundreds. She wants to sell her land but if she does, Wilfred will be forced to do the same. Wilfred will do anything to hold on to his farm, even if it means murdering his wife, which he attempts to get his son to go along with the plan. Another murder mayhem magic from the great Stephen King.



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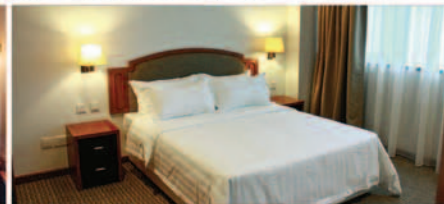
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GROUP OF HOTELS



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