

Festivals in MALAYSIA

Celebration of various festivals and events is a significant characteristic of Malaysian culture as a result of its multiracial population. The year is filled with colourful, exhilarating and exciting activities. Some are religious and solemn, but others are vibrant, joyous events.

An interesting feature of the main festivals here is the "open house" custom. This is when Malaysians celebrating the festivals invite friends to come by their homes for some traditional delicacies and fellowship. Family reunions are commonplace during the main festivals in the country such as Hari Raya Aidilfitri, Chinese New Year and Deepavali. With people decked out in their traditional finery, these festivals are an integral feature of Malaysian society. Festival dates may vary from year to year as some are based upon the lunar calendar.

Hari Raya Aidilfitri



The holy month of Ramadhan culminates in the celebration of Hari Raya Aidilfitri for Muslims around the world. It is celebrated mostly in the villages or hometowns of the urbanites. Special morning prayers are held in mosques and visits are made to homes of friends and relatives.

Deepavali



Hindus celebrate this festival of lights by adorning their homes with oil lamps, taking a ritual morning bath and offering ceremonial prayers in temples.

CONTINUE...

Chinese New Year



The Lunar Chinese New Year marks the beginning of spring in China, beginning on the first day of the lunar calendar year, the first day of the new moon, and ends on the 15th day, known as Chap Goh Meh, the last day of the full moon. It is celebrated by the Chinese with an abundance of food, family reunions, the lion dance, firecrackers, *mahjong*, mandarin oranges and giving/collecting ang pow.

Thaipusam



The sights and sounds of thousands of devotees carrying kavadis, or ornate frames as penance, makes this an extraordinary festival to witness at Batu Caves in Selangor, or in Penang.

Tadau Ka'amatan (30-31 May)

Thanksgiving is offered to the spirit of the paddy, Bambaazon, by the Kadazan Dusun in Sabah. Abundant rice wine or tuak, delicious food, dancing and other festivals take place as part of the celebrations.

Wesak Day

Religious offerings and rituals such as the “Bathing of the Buddha”, chanting of sutras, lighting of joss sticks and ordination of monks take place in Buddhist temples around the country.

Colours Of Malaysia

This event kicks off with a colourful parade displaying the diversity of Malaysian culture through music and dance.



Gawai (1-2 June)



The Ibans, Orang Ulu and Bidayuh in Sarawak celebrate this harvest festival where traditional ceremonies and dances are held in various “long houses” or communal homes around the state.

Food and Fruits Fiesta (July)

This is the opportunity to sample the best of Malaysia’s tempting local delicacies such as satay and nasi lemak, tropical fruits and delectable desserts during the month-long fiesta.



CONTINUE...

National Day (31 August)



Malaysians everywhere celebrate Merdeka Day or the nation's independence on this day in full force. Celebrations are held in all states with the National Day March, interesting singing and dancing. The National flag is displayed on vehicles, buildings and homes as a symbol of love for the country.

Lantern and Mooncake Festival (Mid-Autumn)

This festival has come to symbolize a quiet celebration of peace and shared prosperity. Take delight in the colourful lanterns displayed during this time while enjoying the variety of mooncakes available.



Christmas (25 December)

Like their brethren around the world, Malaysian Christians attend church services, hold family dinners and exchange gifts on this festive day.

JUST FOR LAUGHS

Good news and Bad news

This old man visits his doctor and after a thorough examination, the doctor tells him, "I have good news and bad news, what would you like to hear first?"

Patient: Well, give me the bad news first.

Doctor: You have cancer; I estimate that you have about two years left.

Patient: OH NO! That's awful! In two years, my life will be over! What kind of good news could you probably tell me, after this???

Doctor: You also have Alzheimer's. In about three months you are going to forget everything I told you.

9 tips for learning a language in a foreign country

It's not easy to learn a language by just being in a country where it's spoken, whatever you might believe. You simply have to make an effort to improve your language skills. Here are some ways to start you off:

1. Talk to the locals.

-Speak the language every chance you get. Most people forgive a few grammatical errors and appreciate that you're trying to learn their lingo.

2. Practice writing.

-When sending an email to some local agencies or friends, use the language you want to learn.

3. Get started straight away.

-Don't procrastinate and say you want to get acclimatized first. You'll improve your speaking and listening skills faster.

4. Read the local newspapers, magazines and books.

-Pick up sentence structures and learn about the happenings about town at the same time.

5. Bring your dictionary with you.

-You can look up any unfamiliar words and remember them.

6. Ask questions.

-If something isn't clear to you, ask someone. You'll get a chance to practice your listening skills too.

7. Use cognates.

-When you're searching for a word in mid-sentence, and can't seem to find it, try pronouncing the English word in the accent of the language you are learning. It may not work sometimes, but it's worth a try.

8. Find a language buddy.

-There are plenty of locals who are willing to guide you in the language, especially if you are fluent in English.

9. Study.

-Pick up a simple grammar book or take a language class. Nothing beats getting the basics first before learning by conversation.

Source: <http://gogreentravelgreen.com/>

Word-matching

Instructions: Match the following drug to their correct description

1.	Maraviroc
2.	Trovafloxacin
3.	Rifampin
4.	Salbutamol
5.	Vancomycin
6.	Lignocaine
7.	Pyridoxine
8.	Streptomycin
9.	Lipitor

a.	An anti TB drug that induces CYP450 metabolism of a number of drugs
b.	A fusion inhibitor antiviral drug
c.	An aminoglycoside used as first-line anti TB drug
d.	A 4 th generation fluoroquinolone
e.	Another name commonly used to refer to vitamin B6
f.	No. 1 Top-selling blockbuster drug in year 2006
g.	An anti asthmatic drug
h.	An antibiotic produced by <i>Streptomyces orientalis</i>
i.	A local anaesthetic agent

ANSWERS:
1(b), 2(d), 3(a), 4(g), 5(h), 6(i),
7(e), 8(c), 9(f)

In next issue,

**Malaysia Delicacies
Ways to build your
bones**



ANNOUNCEMENTS

Dear friends,

Registration for APPS 2009 can now be done via the online form in the official APPS 2009 website. Please tell your friends about it and register TODAY!

Online form is available at:

<http://www.usm.my/apps2009/>

SORRY

We **apologize** to you as we are unable to upload our APPS Promo Slideshow on time to the website due to some technical problems. It will be available for download latest by first week of April 2009!