



# UOA JEWELS

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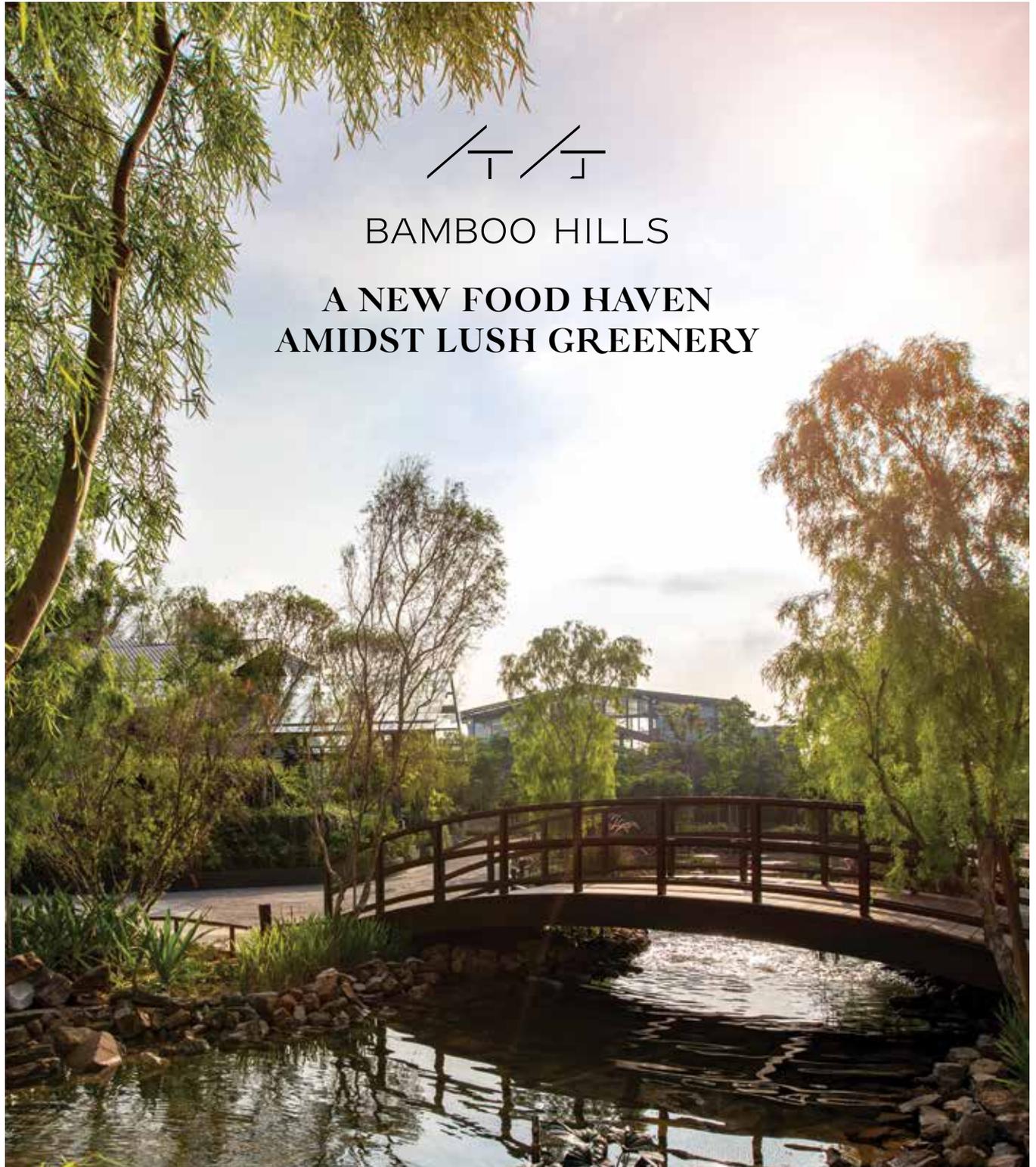
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14-17  
**LIFESTYLE**  
Hidden Gems

18-19  
**RESIDENTIAL**  
Aster Hill

22-25  
**MIXED DEVELOPMENT**  
Komune Living & Wellness

28-29  
**AWARDS & ACCOLADES**  
Industry Recognition



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Bedroom - Aster Hill

# CONTENTS

- 06 FEATURE**  
Bamboo Hills
- 10 UPDATES ON BANGSAR SOUTH**  
Choices Galore  
Digital Community
- 14 LIFESTYLE**  
Hidden Gems
- 18 RESIDENTIAL**  
Aster Hill
- 20 LIFESTYLE**  
A Balancing Act
- 22 MIXED DEVELOPMENT**  
Komune Living & Wellness
- 26 LIFESTYLE**  
Kefir - Great Grains & Gains
- 28 AWARDS & ACCOLADES**  
Industry Recognition
- 30 COMMUNITY**  
Tides Of Hope  
UOA Academy

# FOREWORD

## MAKING POSITIVE STRIDES

As we approach the end of an eventful year and welcome the arrival of a brand new year, we are delighted to share with you exciting news on our developments and achievements. We shine a spotlight on the cover story of Bamboo Hills - a new dining discovery filled with exceptional food scenes, quirky café cultures, gourmet dining experiences and fresh local produce.

Bangsar South continues to be buzzing with excitement as we unveil a diverse range of food options, lifestyle offerings, and community-based initiatives. As UOA's flagship integrated city development, Bangsar South is also the first development to be accorded The Edge Malaysia Excellence In Place Regeneration Award 2022, that recognises an outstanding catalytic development that has rejuvenated an area.

In addition, UOA has been accorded numerous prestigious awards including The Edge Malaysia Top Property Developers Awards 2022, Highest Return On Equity and Highest Returns To Shareholders Over Three Years at The Edge Billion Ringgit Club Awards 2022. UOA REIT was recognised for achieving Highest Growth In Profit After Tax (PAT) Over Three Years under the REIT sector at The Edge Centurion Club & Corporate Awards 2022, while UOA Tower, Vietnam garnered Best Office Development Award at PropertyGuru Vietnam Property Awards 2022.

Next, we take you on a journey to mystical Japan, revealing stunning places that are underrated and off the beaten path for foreign tourists, but destinations that locals frequent for authentic and unique experiences.

Read further and discover Aster Hill, our new residential development in Sri Petaling, a flourishing suburb that is steadily gaining popularity as a vibrant and convenient address. You can also explore the latest offerings at Komune Living & Wellness - the largest integrated co-living and wellness hub in Southeast Asia catering towards the lifestyle and medical needs of the elderly.

We also bring you stories of wellness on lifestyle topics such as Traditional Chinese Medicine (TCM) and Kefir that offer an understanding into the benefits of nurturing your health and well-being. Last but not least, take a moment to read about our Corporate Social Responsibility (CSR) efforts in reaching out to the underserved communities.

We hope you enjoy this issue as we celebrate a year of positive strides with great anticipation of a new and better tomorrow.



# A NEW FOOD HAVEN

AMIDST LUSH GREENERY

Bamboo Hills is the new gastronomic destination for the insatiable foodie crowd in Kuala Lumpur. Located in the unassuming hilly Taman Bamboo in Jalan Ipoh, this 16-acre purpose-built food lifestyle concept development is surrounded, as its name suggests, by bamboo landscapes and a nature-inspired ambience. There are 11 unique dining pavilions, each establishment featuring its themed dining spaces that connect to the vast outdoor greenery.

The first impression when stepping inside Bamboo Hills is one of awe and excitement. Guests are immediately welcomed by a stunning waterfall feature with a grand entrance to the pristine bamboo garden setting. Bold and beautifully designed architectural structures make up the unique event



BAMBOO HILLS

spaces at Bamboo Hills, curated for special events and functions – from wedding ceremonies to product launches. With its enchanting and tranquil environment surrounded by verdant spaces, ponds and pathways, Bamboo Hills is the place to be for those who enjoy dining in a relaxing and alluring natural environment.

It also houses an organic farm that is jointly managed with Homegrown Farms with the aim to cultivate vegetables and herbs, which will be supplied directly to some of the Food & Beverage establishments in Bamboo Hills - bringing a unique farm-to-table experience closer to diners. Whether you are looking for a place to catch up with family and friends, go on a date, or just spend some me-time, this new dining and chill-out destination with flora abound offers the perfect spot for conversation, relaxation and enjoyment.



Bamboo Hills is centrally located and easily accessible by DUKE Highway for those coming in from Kuala Lumpur City Centre, Petaling Jaya, Bangsar, Subang, Sungai Buloh, and surrounding suburbs.

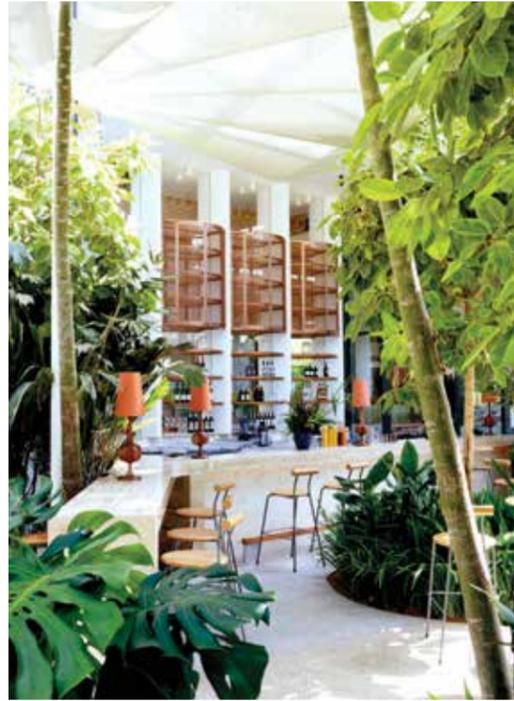


### BOTANICA+CO

If you are looking for a dining experience that offers fresh, wholesome and unpretentious fare, Botanica+Co features an extensive selection of hearty and authentic international cuisine made for sharing. Underlined by a charcoal grill and wood-fired oven for bolder, smokier flavours, each creation on its menu is centred around smoky char and fragrant heat, completed with sides and sauces made from scratch. Taste authenticity in pastas hand-kneaded by a pasta master and feed your most voracious appetites with bold meats and seafood fired to perfection by a live grill. Washing it all down are innovative cocktails and libations shaken up with ingredients infused, cured and aged in-house. International flavours are created with a focus on local produce for a dynamic melding of global influences with Malaysian best.

The menu is a serving of Botanica+Co all grown up, with an evolved line-up of offerings inviting all for a taste of something new. The Botanica+Co DNA is retained with the feeling of dining outdoors amidst lush greenery in a welcoming and homy glasshouse. An al fresco bar extends on the good times with drinks to take the party outdoors, where a lawn also awaits for barbecue parties on the weekends and special occasions. They all come together to bring home the essence of Botanica+Co as a place for date nights, gathering of friends or family days out.

Unit P-09  
☎ 017 659 1838



### STARBUCKS

A place that embraces diversity with a menu as unique as you are, Starbucks offers an abundance of the world's most delicious drinks; each innovatively created and thoughtfully handcrafted by friendly baristas. Whether you are looking to get your daily caffeine fix or a spot to unwind and catch

up with friends, Starbucks got you covered in this cosy and serene setting with green surroundings. Anyone can truly enjoy a great cup of joe paired with delicious food.

Unit P1-01



### GINGER KL

Bringing an entirely new concoction of contemporary cuisines to Kuala Lumpur, Ginger KL presents an exciting menu of fine food brimming with hints of flavourful Indian spices and modern Australian influence. Designed to elevate your culinary experience, its interior speaks of elegance and class with chandeliers, towering glass panels and a luxurious bar. This ritzy

character is also befitting any upscale occasion, be it a wedding or gala dinner. Here, casual fine dining is truly redefined from the moment you enter to the taste of the last bite.

Unit P-05  
☎ 016 406 5218



### NOK YUNG

Taking its name from peacock in the Thai language that signifies the grace and beauty of this exotic bird, Nok Yung impresses with a menu that is distinctively Thai and an elegant fine-dining experience reminiscent of the Land of Smiles. Authentic recipes are brought onto the plate through handpicked premium ingredients and time-honoured Thai cooking styles. With a fine showcase of delicious Thai

delicacies and a strikingly modern yet inviting space, Nok Yung is an ideal place for an indulgent meal with family and friends.

Unit P2-01  
☎ 017 994 7686

# CHOICES GALORE

A MYRIAD OF LIFESTYLE OPTIONS WITHIN EASY REACH

## FOOD CITY

Deciding where to go for a meal can be really tough sometimes, especially if you are unsure of what you want to eat. Food City is the answer. It can be quickly summed up as a food hall with a scrumptious variety of local favourites and international flavours. Here, you will be spoilt for choice as this stylish setting with a modern twist has it all.

It is a haven for anyone with an interest in food and your culinary cravings will surely be satisfied. Even with a full stomach, this place is where great conversation flows as freely as the drinks. It is an ideal hangout for any occasion to try out the beverage list including the special Taiwanese drinks that are available here only.

Unit B1-12, Basement 1, South Link  
☎ 011 1218 8975



## KUBIS & KALE

Founded in 2019, Kubis & Kale has been shaking up the nutritious food scene, especially in the local community. The team is committed to make eating well fuss-free for all its customers with a focus on unlocking the potential of healthy food by transforming dull and boring food into flavour-bursting favourites as well as variations for vegan options.

Living up to the motto of serving simple, seasonal and wholesome food, everything is prepped from scratch using high-quality ingredients selected with love and care. Each dish fulfils the nutrient chart criteria as advised by a certified dietician. Kubis & Kale also works with agriculture experts who pioneered carbon vegetation, and makes it a priority to ensure that all the greens served are locally sourced.

Unit B1-11, Basement 1, South Link  
☎ 011 2439 1452



## TAKE A BOW

Take a Bow adopts a new way of dining, where each meal is a celebration of our daily achievements, or put simply, the tiny victories. Themed to reflect its menu, this rustic European countryside café offers all-day dining featuring heartwarming British fare and mouthwatering European desserts.

Tying the food and the spirit of celebration into one cohesive concept is the iconic Charlie Chaplin himself. Take a Bow thus embodies the values of quirky humour, fun, generosity, good food, and friendship. Enjoy a leisurely meal in its cosy urban oasis, or grab a coffee and a slice of pie to go from the pastry counter. There is always something for everyone here.

Unit UG-05, Upper Ground Level, The Sphere  
☎ 03 2242 0599



## CHAGEE

Tea is an intrinsic part of many cultures around the world but on a global scale, it is recognised that China is the birthplace of tea along with the planting skills and exquisite tea-making ceremony. Inspired by this, Chagee embarked on a mission to share the passion for great tea and established itself as the purveyor of Original Tea Leaf of the Chinese culture across Asia.

Its beverage collection is curated with premium tea leaves, New Zealand fresh milk and local daily-supplied fresh fruits. With over 700 Chagee outlets, it has now opened Chagee Express at The Sphere - the first in Southeast Asia - to welcome tea fanatics for a taste of its distinctive blend of beverages.

Unit LG-13A, Lower Ground Level, The Sphere

## IGNIS KL

Heating up the Malaysian food scene is the arrival of Ignis KL, a bar and grill revolving around an open kitchen wood-fired grill. It offers a unique farm-to-table experience by farming responsibly and sourcing sustainably. The brand has its own farm in Bentong, Pahang which produces some of the vegetables that are used in the restaurant. Ignis KL also sources their poultry and most of the seafood locally in an effort to both support local communities and lower its carbon footprint.

With a fusion of modern European and Asian-inspired ingredients, almost everything on the menu gets a taste of the flames as it represents Ignis KL's passion in living up to the true definition of the Latin word ignis which signifies fire. It is also the perfect setting to wind down and enjoy a memorable food-pairing experience with dishes that celebrate locally sourced produce and an extensive beverage list.

Unit G-02A, Ground Level, The Sphere  
☎ 012 343 9566



## CHICKICKY

There is something magical about a great bite of fried chicken, particularly one that is crispy, crackling and juicy. The golden goodness by Chichicky is the first in the market that introduces crispy fried chicken with no flour. Each bite packs a juicy and tangy punch that keeps you coming back for more. This beloved protein comfort food will surely hit the spot for every mood or occasion, at any time of the day.

Introduced in 2021, Chichicky is well on its way to break through the traditional industry of fast food by featuring a fried chicken brand that is proudly made in Malaysia. So, join the Chichicky vibe and indulge in a tantalising meal that is packed with tons of flavour.

Unit B1-18, Basement 1, South Link  
☎ 012 966 4134



### NOODLES EXPERT

The Sichuan cuisine - famous for its fiery chillies and bursts of complex flavours - has long been known as a means to endure harsh winter. However, the craving for delicious noodles knows no season. Nothing is more comforting than a bowl of noodle soup made from fresh ingredients, let alone freshly made noodles prepared daily for a truly delish experience. Noodles Expert offers just that.

Bathed in gentle tonics made from fresh vegetables and boiled in rich broths from lean meat or ribs, the menu presents a complexity of Sichuan cuisine that goes beyond chilli-oil-laden dishes. Expect comfort food that is easy to love. For a more personalised dimension of flavours, diners can add a variety of condiments to their liking.

Unit B1-19, Basement 1, South Link  
☎ 018 381 9508



### SUSHI VILLAGE

Easy and affordable, Sushi Village is a grab-and-go sushi place with a creative flair. Established in 2022, its outlet at South Link features a quick-service Muslim-friendly kiosk showcasing a repertoire of handcrafted sushi. Each item on the menu is delicately prepared with high-quality ingredients and locally sourced produce delivered daily to ensure freshness.

The usual favourites such as maki roll, sashimi & salad inari, onigiri, fruit sushi and California roll are all part of the 50 varieties. But it is not all about sushi only. Sushi Village also serves many creative delights including sashimi bento box set, sushi cake, sushi doughnut and festival party platter.

Unit B1-02, Basement 1, South Link  
☎ 016 928 6732

### CENTRAL DERMATOLOGY

Bringing together six Malaysian dermatologists who are all Board-certified and registered dermatologists, Central Dermatology is a collaborative skin care and treatment practice that sets itself apart from the rest. It aims to become a centre of excellence for skin in Malaysia by offering dermatology services with a difference. As one of Malaysia's most ethnically and multi-culturally diverse dermatology practices, it is founded with the objective of giving patients access to the best dermatological care, by doctors who are fluent in all major languages and dialects of the country.

Central Dermatology is also committed to treating all skin conditions in people of all ages, making it a practice that caters to the care of skin through all life stages. It treats the length and breadth of skin conditions from general skin diseases including acne, psoriasis, eczema, hives, hyperhidrosis (excessive sweating), scar treatment, and skin infections, to pigmentary disorders, and hair, scalp and nail disorders.

Unit 01-08, Level 1, Nexus  
☎ 012 408 1977



# DIGITAL COMMUNITY

A CULTIVATION OF DIGITAL ECOSYSTEM EXCELLENCE



Digital is the new way of business. This is evident by the increasing technology companies and tech start-ups that occupy both the UOA-managed cybercentres as well as UOA office towers across the city. In support of Malaysia Digital's intention to develop Malaysia as a Digital Nation and building a strong Digital Economy, UOA has established Digital Community to promote inter-company engagement within a common shared ecosystem. It serves as a platform for knowledge exchange, collaboration and exploration which will lead to a more robust and powerful digital presence in Malaysia.

UOA's Digital Community is built on 3 framework pillars, namely BU1LD, NURTUR3 and LAUNC1-1

- :: BU1LD  
The Build Pillar functions as a bridge between the up-and-coming companies within UOA's incubation centres with funding from venture capitalists or angel investors. All good ideas require funds to grow. UOA hopes to ensure that those good ideas have the best opportunities to develop in the Digital Community.
- :: NURTUR3  
The Nurture Pillar is one that ensures an existing tech business stays relevant, competitive and sustainable. The pace of technology can make one company thrive in one year and completely irrelevant in the next. In order to ensure that these companies are constantly aware of their trajectory, Digital Community aims to connect these

businesses with industry experts through inter-company dialogues, panel discussions and workshops organised by Digital Community.

- :: LAUNC1-1  
The Launch Pillar provides a platform enabling companies to showcase new or enhanced products, innovations or services in the technology sphere. The community could come together to learn about the new products that are ready to market with potential business matching while complementary products or services could further enhance the ecosystem within the community.

The true strength of the initiative lies in collaborations, where two or more technologies join forces to create new services and products. This can only be achieved through engagement in a safe environment where companies can learn, share and collaborate with each other to foster growth and relevance in their respective industries. Some of the notable events held at Bangsar South, and supported by Digital Community include:

1. Balancing Innovation & Security in Financial Technology Services Panel Discussion with MDec, Microsoft, NetAssist, Matrix Invent & Paynet
2. Enhance the Sustainability Roadmap of Your ESG Workshop with Alibaba Cloud
3. Up Close & Personal with Successful FinTech Technopreneurs (BigPay and JurisTech)



## HIDDEN GEMS

A TRIP TO JAPAN DOESN'T HAVE TO BE LIMITED TO ITS MOST FAMOUS ATTRACTIONS. WHAT COULD BE MORE FASCINATING THAN EXPERIENCING A DIFFERENT SIDE TO THE LAND OF THE RISING SUN?

## MOUNT ZAO (YAMAGATA)

On the border between the Yamagata and Miyagi prefectures sits a volcanic mountain range that plays home to some of the most active volcanoes in Japan, with a central peak that stands an impressive 1,841 metres tall. Don't worry about the frequent eruptions, though - it's this volcanic activity deep within those mountains that gives life to the mineral-laden hot springs which flow through the inns, hotels, and public baths of the ancient Zaō Onsen town. The fine, powdery snow on Mount Zao's elevation also makes it an ideal winter spot for skiing between early December and May. If you're there in the coldest month of February, you might catch sight of 'snow monsters' or *juhyo* just below Kumano Peak: conifers transformed into towering ice giants by freezing winds sweeping across the area.



Okama Crater, Mount Zao (Image: ©JNTO)

## ISE-SHIMA (EASTERN MIE)

The Shima Peninsula, situated in the eastern Mie Prefecture, is considered the last stronghold of the *ama* divers - 'women of the ocean' capable of holding their breath for long periods of time, which enables them to free dive for shellfish and seaweed at considerable depths. These techniques are estimated to date back as far as 3,000 years, passed down between generations to the 1,000 *ama* divers who continue their traditional way of life in Ise-Shima. Learning the *isobue* breathing method (which translates directly to 'sea whistle') and searching the inlets of Ise-Shima National Park for seafood between May and October is one way of dipping into this enigmatic culture, but if you're not quite so comfortable getting wet, there's a tasty alternative. 'Ama huts' give tourists the opportunity to meet real *ama* divers in their characteristic white diving suits, and savour chargrilled local sea delicacies that have just been plucked straight from the sea.

## AINOKURA GASSHŌ-ZUKURI VILLAGE (TOYAMA)

Only 150 examples of *gasshō-zukuri* architecture - historical farmhouses with steeply-sloped thatched gable roofs - exist in modern Japan, making these structures incredibly rare and special. The remote village of Ainokura - set in the Gokayama area of Toyama prefecture - is one of the largest farmhouse villages of the region, boasting over 20 well-preserved *gasshō-zukuri* structures that provide an insight into pre-modern Japan. Travellers can spend the night in a farmhouse, feasting on mountain trout, locally produced springy tofu, and Gokayama soba, and learn about the *washi* paper produced by the village's artisans. While Ainokura is open to visitors throughout the year, it is especially picturesque in the summer when set against a backdrop of blue skies and lush green rice fields.



Gokayama (Image: ©JNTO)

## HAKONE OPEN AIR MUSEUM (KANAGAWA)

First established in 1969, this outdoor art museum allows visitors to interact with sculptural art in a stunning 70,000-square-metre garden, which also presents a view of the Hakone mountains. The permanent display includes around 120 masterpieces by modern and contemporary sculptors such as Auguste Rodin, Henry Moore, and Medardo Rosso - certainly enough to capture the attention of 'those both interested in and indifferent to art', as the museum charmingly puts it. Different seasons shape and transform visitors' art-viewing experiences at the museum,



Ine Funaya (Image: ©JNTO)



Ama Divers, Ise-Shima (Image: ©JNTO)

## INE FUNAYA (KYOTO)

This unique fishing village in the north of Kyoto prefecture is known for its *funaya* or wooden boathouses, which are constructed with direct access to the sea on the first floor - essentially a garage for fishermen's boats and fishing gear - and a secondary living room above, with an entrance to the road from the main house. 230 *funaya* line the five-kilometre stretch along Ine Bay, overlooking the Sea of Japan's coast, all of which are protected under the country's Historic Preservation Act due to their 300-year-old provenance. The best way to tour the waterfront of this ancient fishing village - long regarded as one of the most beautiful in Japan - is to board a sightseeing boat or a sea taxi on a scenic loop around the bay. Go in winter, and you'll get to take in the sights of the boathouses' thatched roofs laden with thick layers of gleaming snow, framed with Ine's frosted trees and hillsides.



Tateyama Kurobe Alpine Route

from the stillness of a winter's silence to the brilliance of summer light - but spring is considered the highlight of the year, when flowers all around the meticulously tended garden burst into a riot of colour.

## CHUBU SANGAKU NATIONAL PARK (NAGANO)

This vast 1,743-square-kilometre park encompasses Japan's Northern Alps, proffering a wonderland of mountain ranges (including 10 peaks that exceed heights of over 3,000 metres), glacial valleys, lava plateaus and riverside forests across the Gifu, Nagano, and Toyama prefectures. Adventurous visitors

are encouraged to take the Tateyama Kurobe Alpine Route - a 90-kilometre journey involving cable cars, electric buses, and hiking trails - which passes by the Bijodaira beech and cedar forests and the cobalt-blue crater lake, Mikurigaike. To describe the scenery at Chūbu-Sangaku National Park as spectacular is something of an understatement, but it arguably reaches the height of its beauty in autumn from late September to mid-October, when the *dakekanba* beech trees turn a vivid yellow and the Japanese rowans burst into flame-like shades of red. Hiking, cycling, or simply relaxing in the hot waters of an *onsen* ryokan inn within the park are all memorable ways to soak in the colours of the season.

# AN URBAN SANCTUARY

IN A VIBRANT NEIGHBOURHOOD



Artist's Impression - Drop-Off Area

Aster Hill is an upcoming freehold high-rise residential development in the thriving suburb of Sri Petaling. With its positive attributes, verdant surroundings, established community and excellent connectivity, the neighbourhood is one that is bustling and alive. Food choices are aplenty as it is home to a number of popular local and international eateries, offering a burgeoning range of options for lively days and nights out.

Outlets for recreation and leisure are also present within 5km of Aster Hill where residents can expect a convenient living experience complemented by shops, cafés and restaurants as well as retail establishments such as NSK Trade City, Endah Parade Mall, and the S\*Park Plaza for your everyday needs.

Taman Desa Medical Centre and IMU Healthcare are two established healthcare and wellness institutions in the vicinity, providing a wide array of healthcare services ranging from western to eastern medical practices.

Aster Hill also benefits from its proximity to early years childcare centres, schools and institutes of learning such as Beaconhouse Preschool, SRJK (C) La Salle, SM Seri Saujana, SMK Bandar Baru Seri Petaling and International Medical University.



Living Area



Dining Area

In addition, Kuala Lumpur Sports City - a hub for sport, live entertainment and community events - is within easy reach, offering access to engaging activities such as sporting events, major concerts and musicals, international forums and trade shows.

Designed with urban lifestyles in mind, Aster Hill comprises a collection of practical and comfortable living spaces with a community-oriented mix of amenities to suit every lifestyle. Living is made simple with the introduction of carefully crafted units that combine functionality and flexibility with comfort and privacy against the backdrop of green and peaceful surroundings.

The residence units range from 846 square feet to 1077 square feet in built-ups with 3-bedroom layouts. Each unit will come with 2 or 3 designated parking bays, depending on the size of the unit.



Study Area



Bedroom

This residential haven will embody the spirit of Sri Petaling, presenting an enviable laid-back lifestyle that reflects the cosy charms of an understated locale, giving residents a sense of home and community amid a vibrant neighbourhood.

Aster Hill is strategically located to surround its residents with exciting sights, sounds and tastes Sri Petaling has to offer. Residents will enjoy all the benefits of inner-city life in a flourishing township with quick access to the city, bringing convenience to the fore.

Conveniently linked to all major Klang Valley destinations, it is accessible via major highways including Maju Expressway or MEX, Shah Alam Expressway or KESAS, New Pantai Expressway or NPE and KL-Seremban Expressway. Residents can enjoy seamless connectivity to the city centre, Bangsar, Petaling Jaya township, Mont'Kiara district, and even the neighbouring state of Seremban.

At Aster Hill, a modern living experience that exudes serenity and relaxation awaits. Here, you can escape the pace of city life at your leisure and enjoy comfort, convenience and complete peace of mind.



Kitchen Area

# A BALANCING ACT

A BRIEF EXPLORATION OF TRADITIONAL CHINESE MEDICINE (TCM) TREATMENTS - DERIVED FROM ONE OF THE OLDEST MEDICAL SYSTEMS IN THE WORLD - EXAMINES THEIR MARVELLOUS ABILITY TO RESTORE BALANCE TO THE BODY AND REPLENISH ENERGY.

Within the enormous breadth of China's history, Traditional Chinese Medicine - popularly referred to as 'TCM' - has long been a part of it, with practices such as acupuncture and Chinese herbal remedies dating back to an estimated 2,200 years ago. Having been tried, tested, and developed over two millennia, these ancient healing techniques have travelled beyond China's borders and are increasingly viewed as credible and effective methods of complementary medicine across the globe.

While the intricacies of TCM need to be mastered through rigorous theoretical and practical study in order to be applied by a certified practitioner, its main focus is balance - particularly of the energy or life force, *qi*, that runs through the human body. As *qi* circulates through bodily channels, which are in turn connected to the body's organs and functions, an imbalance of interdependent energies (Yin and Yang) can cause illness and pain, affecting a person's mind, body, and spirit.

TCM has been described as a healing method that does not only treat the illness, but the person with the illness, seeking to restore balance to the *qi* of each patient in order to achieve well-being - often utilising these five well-known TCM practices:



## ACUPUNCTURE

Thin needles are inserted into specific points along the body's meridians (or 'channels'), each of which correlates to one of the 12 major organs within the TCM theory. Doing so helps manipulate the *qi* that flows through the body's interconnected energy network, thereby invigorating that energy and assisting a weak or tired organ to function more effectively. Acupuncture is used to address a wide range of issues including fatigue, digestive disorders, muscular and skeletal conditions, fertility concerns, addictions, and even premature ageing.

## CHINESE HERBAL MEDICINE

Visiting a Chinese herbalist's shop is an experience that Malaysians might be familiar with, where - following a diagnosis obtained through evaluating a customer's pulse and understanding their symptoms - a personalised selection of herbs is prescribed, along with detailed instructions on how to prepare them. Herbal TCM formulas contain four categories of herbs: ministerial (to address the main pattern of the illness), deputy (to assist the ministerial herb or combat coexisting conditions), assistant (to reduce any side effects), and envoy (to direct therapeutic effects to a specific area of the body).



## TUINA

Thought to be the world's oldest-known form of massage (the ancient Chinese medical text from the third century B.C.E., Huangdi Neijing, contains the first literary reference to tuina), it works on a similar basis to acupuncture by stimulating pressure points in a patient's body. Rather than using needles, practitioners employ massage techniques such as kneading, pushing with one finger, rolling on soft tissue, and even bone-setting manipulation methods that realign the musculoskeletal system. These hand and arm techniques go beyond treating joint, muscle, and bone pain, relieving problems like constipation, diabetic foot disease, and chronic bronchitis.



## MOXIBUSTION

Known as an even more ancient healing technique than acupuncture, moxibustion involves burning dried mugwort on or near specific points on a patient's body, with application methods that can range from small mugwort cones to moxa sticks. Traditionally performed on those displaying signs of coldness within their bodies or stagnant *qi*, burning mugwort is said to heat meridians and expel cold, allowing both *qi* and blood to flow more smoothly. One medical study in the United States of America even found that moxibustion appeared to help turn breech babies into a normal head-down position prior to delivery.

## CUPPING

Glass, bamboo or ceramic cups are placed over acupuncture points for a few minutes, creating suction (sometimes through the use of heat) to draw and hold the skin and superficial muscles briefly inside each cup. The vacuum effect on the surrounding skin and muscles is believed to open stagnant meridian points and encourage a better flow of *qi*, while also kickstarting the lymphatic system and encouraging blood circulation. Bear in mind that cupping can leave bruise marks for up to a few weeks, and is not suitable for patients with bleeding disorders like haemophilia.



# kömune living & wellness

## A COMPLETE WELLNESS DESTINATION

Launched in May 2022, Komune Living & Wellness is the first integrated facility in Asia that combines co-living spaces with a dedicated wellness hub that offers high-quality senior care, professional medical services, Traditional Chinese Medicine (TCM), and other wellness pampering options to both residents and walk-in guests.

Adjoined to the biggest tropical public park in Cheras, Komune Living & Wellness basks in serene green surroundings and beautiful sprawling views. This makes the

destinations and specialist hospitals, which make it a convenient and enjoyable place to visit, stay a few nights, or even move in for months.

Although the property welcomes guests of all generations, Komune Living & Wellness' rooms, amenities, and community spaces are specially tailored to be inclusive and cater to the needs and requirements of elderly residents as well as those seeking post-hospitalisation monitoring, or require swift access to advanced medical care.



Exterior Façade

development a perfect sanctuary for short vacations, long-term stays and senior living where relaxation, rejuvenation, active ageing, and wellness all come together.

Strategically located just 12 minutes from Kuala Lumpur City Centre, 10 minutes from KL Sentral Station, and 8 minutes from TBS Transport Terminal, Komune Living & Wellness is nicely tucked away from the city in the heart of the 99-acre Tasik Permaisuri Park while maintaining its accessibility. It is also close to several popular shopping

Alongside the number of medical practices, health-centric treatments, wellness pampering services, inviting accommodation spaces, extensive dining choices, practical community areas, and a host of delightful recreational activities to suit every need, Komune Living & Wellness fully encapsulates a dynamic, integrated, community-focused approach towards wellness – one that also revolutionises the idea of senior living and active ageing in Malaysia.

[www.komunewellness.com](http://www.komunewellness.com)



### A FOCUS ON WELLNESS

Bringing together a range of comprehensive health and wellness programmes as well as services with a focus on delivering quality care, outstanding outcomes that help maintain healthy lifestyles for the community.



### A SENSE OF COMMUNITY

Curation of regular community events and activities for guests and residents including activities in the park, daily morning and evening exercises, leisure activities, weekly walks and courses, group workshops, and even external excursions.



### A CARE-INTEGRATED LIFESTYLE

Access to a 6,000-sq. ft. senior day care facility which can accommodate up to 60 senior citizens, and a variety of special services including full/part-time care packages, an emergency response system, medical escort services and healthy meal plans.



### RECREATION & RELAXATION

Resort-like surroundings with a 40,000-sq. ft. area filled with over 20 different types of community spaces, wellness amenities, and recreational facilities that create an engaging and enriching atmosphere.



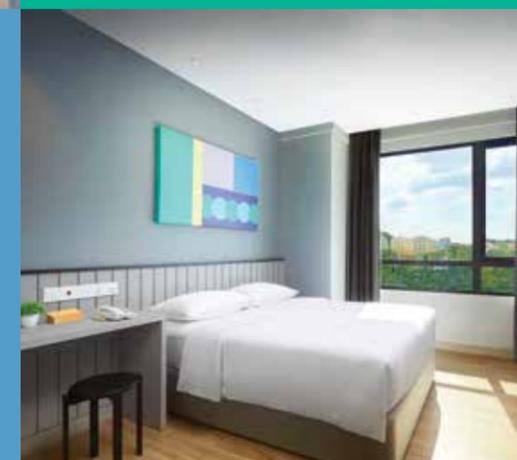
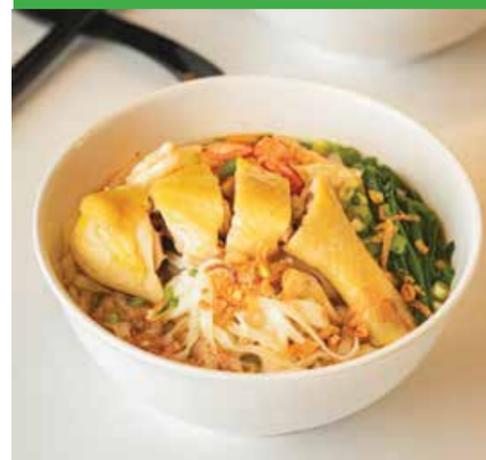
### SPOILT FOR CHOICE

Explore a myriad of amenities that are accessible to the public including a 12,000-sq. ft. food court that houses 12 food stalls, and a 11,000-sq. ft. meetings and events venue.



### ROOMS WITH A GREEN VIEW

Featuring 792 co-living units, the property offers various room types including studio rooms, two-bedroom studios, one-bedroom suites, and residence suites ranging from 173 sq. ft. to 573 sq. ft.





### KOMUNE CARE CLUBHOUSE

As the largest senior day care service in Malaysia, Komune Care Clubhouse applies the Montessori-inspired approach to support and guide semi-independent seniors, seniors living with early Dementia, Parkinson's disease, and seniors who are feeling lonely at home. Its approach is structured around person-centric and group activities, where members are encouraged to participate in activities of their choice - ensuring meaningful involvement, while developing their physical, cognitive and psychosocial well-being. The clubhouse also has a dedicated team of certified nurses and caregivers to provide services such as assistance in basic daily activities, medication management, monitoring/recording of diet and vitals.

Unit M-03A, Mezzanine Level  
 ☎ 016 537 6689

### UMH HEALTHCARE & MEDICAL

UMH, which stands for UOA Medical Healthcare, is an integrated medical hub at Komune Living & Wellness, and consists of a Medical & Aesthetic Clinic, a Dental Clinic and a Spa & Wellness Centre. As a one-stop centre for health and beauty, it provides services such as day-to-day health checks, specialised medical attention, EECF treatments, dental care, as well as beauty and aesthetics procedures, all under the care of a professional team of experts.

Unit G-01-03, Ground Level  
 ☎ 010 319 9229 (Medical Clinic) / 010 886 2246 (Dental) / 010 517 9229 (Spa & Wellness)



### TONG XIN TANG

Tong Xin Tang's flagship and largest outlet here offers CM Medical services to enhance your health and wellness quality. With the use of pulse diagnosis, acupuncture therapy, massage treatments and herbal remedies, it offers treatments targeting musculoskeletal, stroke recovery, internal medicine, gynaecology, sub-health management, and more. Leveraging on its Chinese medicine expertise in prevention of illnesses and self-healing ability, Tong Xin Tang has recently opened a wellness centre that offers a full suite of wellness programmes including dampness removing treatment, TCM neck shoulder and back relaxation, and ovarian care treatment.

Unit M-01, Mezzanine Level  
 ☎ 018 946 0090

### LUCKY LUCKY FOODSTORE

An uplifting, light-filled food hall with a modern personality, Lucky Lucky Foodstore is home to 12 food concepts, offering delectable comfort fare through a variety of popular cuisines - from local to café favourites. It is the anchor Food & Beverage establishment in Komune Living & Wellness. With a welcoming ambience designed to buoy your spirits, this is a destination for enjoyable meals and conversations.

Unit LG-08, Lower Ground Level  
 ☎ 012 958 0889



### ESTHER POSTPARTUM CARE CENTRE

Esther Postpartum Care Centre offers the best postnatal care for new mothers and their newborn babies. From quality nourishment and meals, to postnatal massages, baby care, parenting guidance and other crucial support, the centre provides personalised and specialised professional care for an enjoyable postpartum recovery journey. Be pampered and well supported in this comfortable environment as Esther Postpartum Care Centre's professional and experienced team of nursing staff, paediatricians and doctors take care of you and your baby.

Unit L7-01, Level 7  
 ☎ 019 211 3155

### CUTIE COTTAGE BABY & CHILD CARE CENTRE

Cutie Cottage Baby & Child Care Centre was founded by Ms Yew Tian Tian. Dedicated to empowering breastfeeding working mothers, she has opened up centres near office buildings to provide professional childcare services for children from as young as 2 months old. Her passion for childcare speaks volumes through the values her centre holds dearly - professionalism, transparency and empowerment to mothers by promoting breastfeeding.

Unit M-03, Mezzanine Level  
 ☎ 017 656 5278



### DBC PHYSIOTHERAPY

Established in 2000, DBC Physiotherapy is an outpatient treatment provider using evidence-based protocols and Finnish Active Reconditioning Technology. It is the leading treatment provider in delivering excellence in physiotherapy and musculoskeletal rehabilitation by providing effective, efficient, and economical solutions.

Unit M-05, Mezzanine Level  
 ☎ 016 537 6689



Jointly Managed by UOA and Care Concierge

## KOMUNE SENIOR CARE FUND

Bringing Care Support Closer To Seniors In Need

- Senior Post Hospitalisation Care Programme
- Clubhouse Senior Day Care Programme
- Caregiver Training Programme

In conjunction with the launch of Komune Living & Wellness, a RM500,000 Komune Senior Care Fund is set up by UOA to subsidise senior care services for eligible families in need of support to care for ageing parents, with the expertise of Komune Care, powered by senior living specialist, Care Concierge.

[www.komunecare.com](http://www.komunecare.com) | 1 300 22 8822

# Kefir

## GREAT GRAINS & GAINS



THE PROCESS OF MAKING KEFIR MAY BE A RELATIVELY SIMPLE ONE, BUT AS ITS BREWERS AND ADVOCATES WILL ATTEST, THE IMPRESSIVE BENEFITS OF CONSUMING THIS HUMBLE FERMENTED DRINK HAVE DISTINGUISHED KEFIR AS A NUTRITIONAL POWERHOUSE.

There's something exciting brewing in Malaysia - and don't worry, it isn't trouble. If you take a look at the drinks section of a health-oriented eatery, a pharmacy, a supermarket (often on the dairy shelves), or even on food delivery services, you'll find bottles labelled 'kefir' in numerous varieties and flavours. But what exactly is kefir, and why has it suddenly become so popular here?

Kefir - a word thought to have come from the Turkish term *keif* for 'good feeling' - is a fermented drink produced by adding live kefir grains to fresh milk or sugary water and culturing the mixture. This allows a symbiotic community of bacteria and yeasts (typically referred to as 'soby') in the grains to produce lactic acid plus minuscule amounts of alcohol and carbon dioxide, resulting in a tangy, slightly effervescent beverage with a high nutritional content.

Far from being a new development, the origins of kefir stretch back several millennia where traces of milk kefir were discovered in the 4,000-year-old Xiaohu Cemetery in

western China, while the nomads inhabiting the Caucasus Mountains 2,000 years ago are thought to have fermented milk from their goats or cattle with kefir grains in goatskin bags. Today, it is produced for private consumption and on a commercial scale - sometimes with one leading to the other. Local kefir maker C.Y. Wong, the founder of My Kefir World, recalls, "I started making kefir at home. As the orders increased, some retail health stores reached out to us and requested that we supply our kefir to them."

Stepping into the world of kefir, you'll find there are two types: milk kefir and water kefir, which have slightly different compositions of bacteria and yeast strains, and require separate methods of preparation. As Patie and Nicole of The Pharm - a family-run fermentory based in Penang - explain, "Milk kefir cultures feed on lactose found in dairy milk. We use it to create our smooth and creamy kefir yoghurts, and kefir milk drinks." while, "Water kefir is the culture that we use to make our signature fizzy kefir sodas. It feeds on sugar and is completely vegan."



The Kefir King



The Pharm

It shouldn't take much prodding to enjoy kefir - milk kefir will appeal to anyone who likes its velvety texture with a sourish flavour similar to yoghurt, and as water kefir comes in a surprising variety of flavours (the Malaysian kefir-brewing family behind The Kefir King ferment theirs with apples, blueberries, mulberries, lemons, and strawberries), it presents a far healthier alternative to sugary soft drinks. Above all, kefir's health benefits are an enormous draw, given a rising awareness of the importance of digestive health - particularly the way the gut microbiome, as the body's 'second brain' affects the overall well-being.

Even as early as the 14th century, the remarkable longevity of Caucasian mountain people was attributed to kefir, and today it is hailed by enthusiasts as a superfood rich in beneficial probiotic bacteria, antioxidants, amino acids, enzymes, minerals, and vitamins. Although avenues of research into kefir's positive effects still need to be explored, existing research has highlighted its potential anti-cancer, cholesterol-reducing, gut flora-modulating, and antibacterial properties. Improved digestion, reduced inflammation, healthy bowel movements, and weight loss are often cited as noticeable benefits, while other consumers have praised kefir's effectiveness at alleviating a range of health complaints from irritable bowel syndrome to acne.

For those tentatively curious or time-pressed, milk and water kefir can conveniently be purchased online from any of the local Malaysian kefir brewers mentioned in this feature, to be delivered ready for consumption (do take a look at their other kefir-infused products including sourdough bread, soap, and probiotic skin cream). If you're brave enough to start experimenting, you can take the plunge by purchasing kefir grains - carefully follow the recipe to its exact specifications and enjoy your freshly fermented kefir 24 hours later. Rest assured, you shouldn't experience many challenges or complications when leaving your kefir to brew in Malaysia's tropical temperatures.

"In fact," laughs C.Y., "I think it is more challenging to make kefir in a cold country!"



My Kefir World

# INDUSTRY RECOGNITION

A CELEBRATION OF LOCAL & INTERNATIONAL ACHIEVEMENTS

## THE EDGE PROPERTY EXCELLENCE AWARDS 2022

UOA Development Bhd (UOA) was honoured with three prestigious awards at The Edge Property Excellence Awards (TEPEA) 2022. This year marks the 20th anniversary of TEPEA which serves as an in-depth benchmarking of Malaysian property developers' expertise, financial strength, creativity and resilience.

### The Edge Malaysia Top Property Developers Awards

UOA has again been named as one of the top 10 winners for The Edge Malaysia Top Property Developers Awards (TPDA), making it the ninth time that UOA is recognised for excellence in the property industry since 2013.

As the anchor award of The Edge Malaysia Property Excellence Awards, TPDA celebrates the country's best in property development. Taking the third position for TPDA 2022, UOA is also the award recipient of the Best In Quantitative Attributes category for the fifth consecutive year.

TPDA aims to identify and rank the top property players in the country – from the consumers' perspective – based on both their quantitative (shareholders' funds, pre-tax profit, revenue and net gearing) and qualitative (product quality, innovation, creativity, value creation for buyers, image and expertise) attributes.

### The Edge Malaysia Excellence In Place Regeneration Award

Bangsar South, Kerinchi has been honoured as the first development to be accorded The Edge Malaysia Excellence In Place Regeneration Award 2022. The inaugural award recognises an outstanding catalytic development that has rejuvenated an area.

As UOA's flagship integrated city development, Bangsar South is a highly sought-after address amongst today's discerning urbanites with its central location, excellent internet and transport connectivity plus a host of retail, service, medical and recreational facilities.

Its uniqueness lies in its remarkable transformation from a former squatter settlement into a 60-acre fully integrated award-winning urban formation. The award recognition serves as a testament to its aspiration to become the preferred business and lifestyle hub within Kuala Lumpur's dynamic cityscape.



(Left photo) Stephanie Kong (centre), General Manager, Projects of UOA Development Bhd receiving the awards from The Edge team (from far left) Kathy Fong, Editor-In-Chief of The Edge Malaysia, Dato' Ho Kay Tat, Publisher & Group CEO of The Edge Media Group, Au Foong Yee, Editor Emeritus of The Edge Malaysia, and E Jacqui Chan, City & Country Editor.



Kong Sze Choon (centre), General Manager of UOA Development Bhd with (from left) Dato' Ho Kay Tat, Publisher & Group CEO of The Edge Media Group, Kathy Fong, Editor-In-Chief of The Edge Malaysia and Tuan Syed Abdul Aziz Jailani Syed Kechik, CEO of OCBC Al-Amin Bank Bhd.

## THE EDGE BILLION RINGGIT CLUB AWARDS 2022

UOA garnered two awards at The Edge Billion Ringgit Club (BRC) Awards 2022. The awards event honours Malaysia's biggest and best performing companies. UOA was selected as the award recipient for Highest Return On Equity Over Three Years (for the fifth consecutive year) and Highest Returns To Shareholders Over Three Years (for the third time) under the RM3 billion and above market capitalisation category.

Recognising corporate excellence for the 13th year, The Edge BRC Awards celebrates Corporate Malaysia's best performing companies and top responsible organisations with market capitalisation of above RM1 billion. Companies are evaluated on growth in profit, returns to shareholders and corporate responsibility commitments, among others.

## THE EDGE CENTURION CLUB & CORPORATE AWARDS 2022

UOA Real Estate Investment Trust (UOA REIT) has emerged as an award recipient for The Edge Malaysia Centurion Club & Corporate Awards 2022 which recognised companies across 12 sectors with solid foundations in both their business model and management capacity. UOA REIT is recognised for achieving the Highest Growth In Profit After Tax (PAT) Over Three Years under the REIT sector.

Launched in 2019, The Edge Malaysia Centurion Club & Corporate Awards honours Malaysia's best-performing publicly listed small and mid-sized companies in the country with a market capitalisation of RM100 million to below RM1 billion. The awards event aims to uncover deserving smaller companies whose performances and potential match that of larger conglomerates.



Dato' Gan Boon Khuay (centre), Chairman of the Board, UOA REIT with (from left) Tan Sri Datuk Tong Kooi Ong, Chairman of The Edge Media Group, Dato' Abdul Rahman Ahmad, Group CEO of CIMB Group Holdings, YB Senator Tengku Datuk Seri Utama Zafrul Tengku Abdul Aziz, Finance Minister of Malaysia and Dato' Ho Kay Tat, Publisher & Group CEO of The Edge Media Group.



Stephanie Kong (right), General Manager, Projects of UOA Development Bhd receiving the award from Chau Ta, Executive Director, Legal Transactions of SC Capital Partners Pte Ltd.

## PROPERTYGURU VIETNAM PROPERTY AWARDS 2022

UOA Tower, Vietnam has been accorded the Best Office Development Award at PropertyGuru Vietnam Property Awards (PVPA) 2022. Celebrating the best projects, designs, and innovations within the property industry, the 8th annual PVPA is the most respected and most sought-after real estate industry honours in Vietnam. The event is part of the regional PropertyGuru Asia Property Awards programme that was established in 2005.

Situated in Phu My Hung City Center in District 7, one of Ho Chi Minh City's most desirable zip codes, UOA Tower is a modern high-rise Grade A office building with an MOC Certificate. It features efficient office layouts spanning 23 levels with spacious and dynamic environments.

# TIDES OF HOPE

REACHING OUT TO THE COMMUNITIES IN NEED

## RAYA FOOD HAMPERS DISTRIBUTION TO 250 SINGLE PARENTS & OKUS

In April 2022, UOA held the annual Sambutan Aidilfitri in Kerinchi to bring cheer to the underserved community. Some 250 food hampers together with duit raya were distributed to single parents and Orang Kurang Upaya (OKUs) in the presence of YB Fahmi Fadzil, Member of Parliament for Lembah Pantai, and Stephanie Kong, General Manager, Projects of UOA Development Bhd, welcoming the Raya hamper recipients at the event.

The Raya hamper distribution was conducted with strict adherence to the established Covid-19 Standard Operating Procedures (SOPs) and guidelines to protect the safety and well-being of the community. Each hamper comprised food items such as rice, cooking oil, sugar, flour, coffee, biscuits and canned food.



YB Fahmi Fadzil (centre), Member of Parliament for Lembah Pantai and Stephanie Kong (front row; fourth from left), General Manager, Projects of UOA Development Bhd, welcoming the Raya hamper recipients at the event.

## RM300,000 DONATION TO UTAR HOSPITAL PROJECT



Tan Sri Chor Chee Heung (centre), UTAR Council Member receiving the mock cheque from CS Kong (right), Managing Director and Kong Pak Lim (left), Executive Director of UOA Development Bhd.

In conjunction with the official launch of Komune Living & Wellness in May 2022, UOA has donated RM300,000 to UTAR Education Foundation (UTAR), which would contribute to the development of UTAR Hospital in Kampar, Perak. UTAR embarked on a journey to establish the hospital as it foresees the need to improve the quality healthcare services that will be affordable to meet the needs of the local community and the needy.

UTAR Hospital will also pave the way for the training of its medical students in the right environment with qualified staff and modern facilities. Sharing a common goal with UTAR to make a positive difference by providing a holistic approach to healthcare and wellness for the community, UOA is honoured to be given the opportunity to support the development of the not-for-profit community and teaching hospital by UTAR.

## RM60,000 E-PAPER SPONSORSHIP TO BENEFIT TERTIARY STUDENTS

In September 2022, UOA sponsored subscriptions of The Star ePaper worth RM60,000 for selected higher learning institutions, under SMG's University Sponsorship Programme 2022. The ePaper will serve as a convenient and beneficial educational resource for university students in need to keep abreast with current affairs, and support their academic pursuits. UOA hopes that the sponsorship will provide students with greater access to knowledge and information as they work on pursuing excellence, particularly in English.

In the spirit of lifelong learning and good reading habits, UOA believes it is important to help these students, who are our future leaders, to be equipped with a strong foundation in information literacy and analytical thinking, so that they can develop sound judgement and make informed decisions. A total of 800 students from the B40 group and self-supporting part-time student groups will benefit from the university sponsorship programme.



Kim Ang (right), Executive Director of UOA Development Bhd presenting the mock cheque to Au Chen Sum (left), Group Chief Financial Officer of Star Media Group.

# UOA ACADEMY

BRIDGING THE EDUCATION GAP



competitive, and fresh graduates. For working adults who feel that they might be left out in the digital evolution, they will be provided with a career progression pathway based on their current situation. They are able to then decide how they would like to move forward through the courses and practical real-life simulation that UOA Academy provides.

In the case of fresh graduates, UOA Academy emphasises on career advice and gaining exposure. For many who are unsure, they will be guided and made aware of the choices available to them with the objective of assisting them to kickstart their career doing something that they love, and that they see a long-term succession plan in.

For all academy recruits, going beyond the training and learning skills, high importance is placed on building resilience and emotional intelligence. These two skills will serve all Malaysians well when faced with future shortcomings.

As a skill, leadership and industry-driven institution, UOA Academy provides vocational and technical education and training to Malaysians who wish to attain new skills, upskill their current vocation or reskill in order to pivot into areas where there are more opportunities to further their careers. The academy aims to make these new skills and education accessible to all, and to bridge any gap from traditional skill sets to those that have risen from the evolution of information technology and modern internet-based businesses.

UOA Academy was established with a strong belief that learned knowledge is more practical and relevant to the actual needs of employers. Those with real-life and day-to-day experience would normally be better equipped in solving problems and apply their vocation in a much more meaningful way. But in order to gain this experience, one needs to be exposed to the real world. This is where UOA Academy comes in. It provides guidance and exposure within a safe and nurturing environment.

There are two pathways currently offered by UOA Academy, which are two of the most important career pivot points for any individual - being working adults who want to stay

UOA Academy is supported by the Department of Skills Development, an agency under the Ministry of Human Resources for co-ordination and control of training skills for Malaysian citizens. It researches and develops standards to evaluate job expertise and competency. Other partners include Malaysian Productivity Corporation (MPC), TalentCorp and Human Resource Development Corporation (HRDC).



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