

MARCH 2022

# NEWSLETTER

ABOUT INTERNATIONAL  
WOMEN'S DAY

YONG TAI BERHAD  
EXECUTIVE DIRECTOR  
DATO' SRI  
LEE EE HOE, JP

MELAKA LISTED IN  
WORLD'S TOP 8 TRAVEL  
DESTINATIONS TO  
VISIT IN 2022





# ABOUT INTERNATIONAL WOMEN'S DAY

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Marked annually on March 8th, International Women's Day (IWD) is one of the most important days of the year to:

- celebrate women's achievements
- raise awareness about women's equality
- lobby for accelerated gender parity
- fundraise for female-focused charities

What's the International Women's Day 2022 theme?  
The campaign theme for International Women's Day 2022 is #BreakTheBias.

Whether deliberate or unconscious, bias makes it difficult for women to move ahead. Knowing that bias exists isn't enough. Action is needed to level the playing field.

Sources : <https://www.internationalwomensday.com/>

YONG TAI BERHAD  
EXECUTIVE DIRECTOR

# DATO'SRI LEE EE HOE, JP

Dato' Sri Lee has more than 30 years of experience in the tourism industry.

He is the Co-Founder, Group Executive Chairman of Apple Vacations.

He is the first recipient in the tourism industry worldwide to be bestowed the Imperial Decoration Order of the Rising Sun, Gold and Silver Rays by the Emperor of Japan in 2015.

This is in recognition of his longstanding contributions in the development and

promotion of tourism between Japan and Malaysia, as well as his bold move to lead the first tour to Japan soon after Japan's devastating tsunami and earthquake in 2011.

On 28 Dec 2020, he was awarded the Miri Mayor Special Award in recognition for his contributions and support towards Sarawak's tourism during the Covid-19 pandemic.



# TIPS FOR HEALTHY LUNGS

We don't often consider the role our lungs play in keeping us strong and well. It's only when we experience breathing problems that we begin to appreciate how hard our lungs work for us. The truth is that, like the rest of our body, our lungs require daily care and attention to function at their best.

Follow these tips and to help improve your lung health and keep these vital organs going strong for life:



## Simple deep breathing

Deep breathing can help you get closer to reaching your lungs' full capacity.



## 'Counting' your breaths

You can also increase your lung capacity by increasing the length of your inhalations and exhalations. Start by counting how long a natural breath takes. If it takes to the count of five to inhale, it should take to the count of five to exhale. Try to keep them to an equal length.



## Staying hydrated

Staying well hydrated by taking in fluids throughout the day helps keep the mucosal linings in the lungs thin. This thinner lining helps the lungs function better.



## Laughing

Laughing is a great exercise to work the abdominal muscles and increase lung capacity.



## Staying active

Regular, moderately intense activity is great for the lungs, and when you increase your daily activity you get three things done at once: healthy lungs, a healthier heart and a better mood.



Melaka listed in world's

**TOP**



# TRAVEL DESTINATIONS

to visit in 2022

Calling all travellers looking for new off the beaten track travel experiences for 2022!

An accommodation reservation platform has many surprises in store with truly extraordinary destinations for the coming year. Thus predicted Booking.com, which has proposed eight ideas for getting out of popular tourist routes during your getaways in 2022.

With its list of "top trend" destinations for 2022, the platform highlights cities rarely considered as vacation stops .

Eight hottest travel destinations for 2022:

1. Atlanta, United States
2. Taichung, Taiwan
3. Gramado, Brazil
4. Santo Domingo, Dominican Republic
5. Brasov, Romania
6. Llandudno, Great Britain
7. Montpellier, France
8. Melaka, Malaysia

Malacca is the historical state of Malaysia, rich with heritage buildings, ancient landmarks and colonial structures. It was here that colonial forces first made contact with Malaysia, which eventually shaped the country into its current economic and political system.

Today, in Malacca, you can still see the imprints of British, Dutch and Portuguese forces left behind in forts, museums, churches and towers. Visit Malacca for the cultural experience of a lifetime.



HAPPY  
WOMEN'S  
DAY!

Scan Here for WhatsApp



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