

BULAN SUKAN 2021 REVIEW BOOKLET

AUGUST 2021 - OCTOBER 2021

GET UP! MALAYSIAN

Bulan Sukan 2021



Organised by:

Malaysian Students Association in Shanghai
(MSAS)

Co-organised by:

Malaysian Student Association in Fujian
(MSAFJ)
Malaysian Student Association in Guangxi
(MSAGX)
Malaysian Students Association in Hunan
(MSAHUN)
Malaysian Students Association in Shan-
dong (MSASD)
Association of Malaysian Students in
Shaanxi (AMSISX)
Malaysian Student Association in Zhejiang
(MSAZ)

Supported by:

Education Malaysia Beijing (EMB)
Malaysian Students Association in China
(MSAC)



MSAS总协调

微信公众号：马来西亚驻上海同学会

联办



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Foreword

First and foremost, I would like to express my gratitude to all of the event's partners, executive committees, cooperative student associations, participants and sponsors. This event would not have been a success without their unwavering support, assistance, and encouragement. From the time we devised the concept to the event's formal launch, Ts. Abdul Aziz How Abdullah, Director of Education Malaysia Beijing, Ts. Jason Choy Min Sheng, Education Attaché (Promotion) of Education Malaysia Beijing, Dr. Cherry Wei Xiao Yun, voluntary student advisor, and Malaysian Students Association in China (MSAC) provided invaluable assistance and advice. MSAS, MSAFJ, MSAGX, MSAHUN, MSASD, AMSISX, and MSABZ, the cooperative student associations, conducted multiple brainstorming sessions to provide excellent ideas, resulting in rich and diverse activities. Besides, we have 70 members on the committee who worked around the clock to assist in the preparation of five series of activities. They are the enthusiastic promoters who ensure that the event runs well and that all participants have the best experience. Thankfully, the active involvement and outstanding performances of the participants to put on the finishing touches.

The national sports day is held annually on the second Saturday in October, with the main objective of promoting a healthy lifestyle among its population. Adhering to the national event, Bulan Sukan held by the provincial Malaysian students' associations in China strives to provide a platform for students to showcase their talents online, in the fields of sports knowledge, online marathon, physical endurance, and e-sports. Throughout the event period, 5 events serve different approaches to sports, to which participants can choose from depending on their interest and capability.

Despite being physically constrained in the pandemic, it is still important to exercise our body regularly to achieve a healthy lifestyle. We hope, by organising the Bulan Sukan event series, everyone can maintain a good physique in their home. Other than that, we are also happy to see participants socialising with each other during the event, it is really meaningful to form bonds with people at a time when everyone is restricted from actually meeting people. Sometimes I think to myself, that we should all appreciate the invention of the Internet, for bringing people a little closer.

This event drew the attention of the majority of students and outsiders, as well as favorable feedback from those who took part. It is both an innovation attempt by the provincial student associations and a novel experience for participants during the pandemic. Out with the old, in with the new, cheers to the future, and all that we do. We look forward to seeing you at the next event!



Tan Guan Ming

Chairman of Bulan Sukan 2021

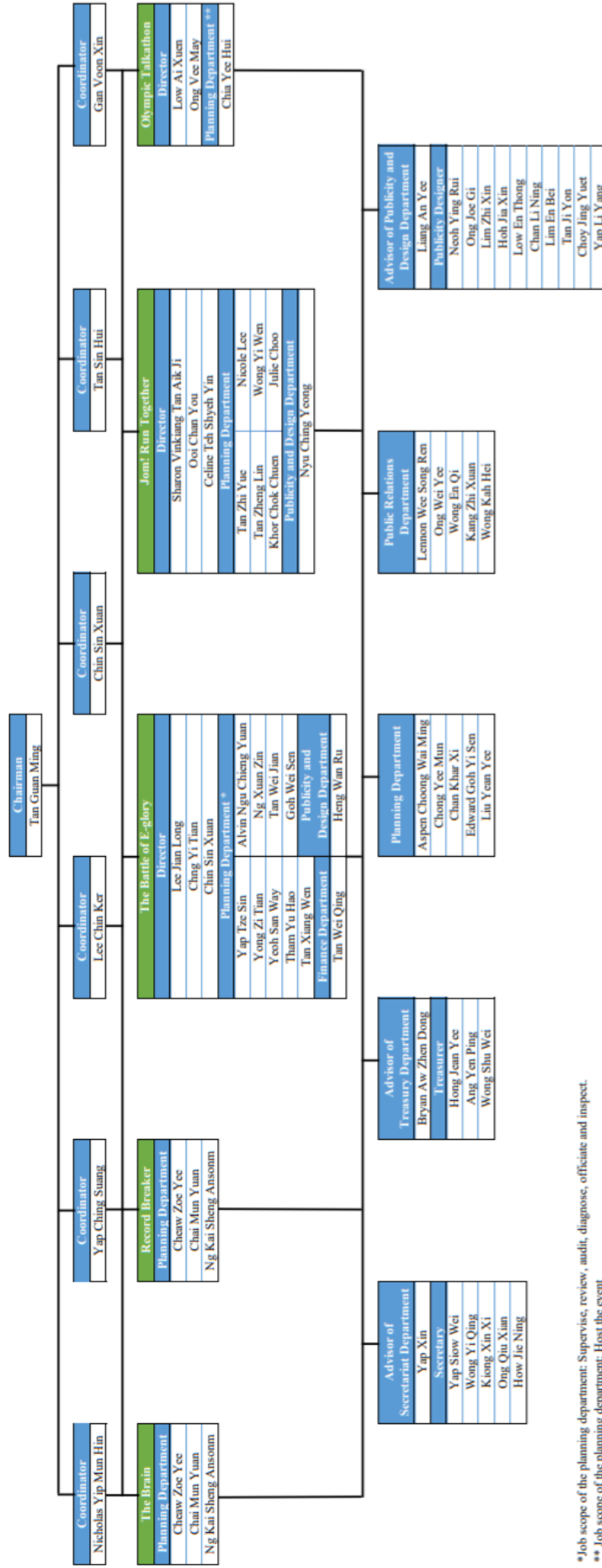
Summary of Bulan Sukan Event

Due to the unexpected pandemic, most of us are forced to stay at home and have our classes online. The new norm has us dealing with academic pressure and internship errands online, which means we are always pinned in a small space, not being able to go out for sports as before.

Inspired by many others, students have started to work out at home, adhering to the work-life balance spirit. However, working out at home means there will not be any company except for cold walls and space-occupying furniture, making the healthy lifestyle a little bit boring.

In response to Malaysia's National Sports Day, Education Malaysia Beijing (EMB) has proposed the idea of organising an online sports event to promote a healthy lifestyle among the youth. The Bulan Sukan Committee was led by MSAS, and jointly formed by members across all PSA, including MSAS, AMSISX, MSAHUN, MSASD, MSAZ, MSAGX, MSAFJ, and some were volunteers who applied through the interview.

Bulan Sukan 2021 aims to provide a platform for all our targeted audiences (Malaysian students studying in China) to connect, by offering five events that suit different groups of audiences. Whether you love running, exercising, or simply enjoy sitting down and competing on your smartphone, there will always be an event for you.



*Job scope of the planning department: Supervise, review, audit, diagnose, officiate and inspect.

** Job scope of the planning department: Host the event

Committee Member of Bulan Sukan

Bulan Sukan Event Timeline

D ^{ate}	E ^{vent}	A ^{ssociation}
1/8/21	Provincial students association (PSA) Meeting	All PSA Involved
19/8/21	1st Meeting of "Let's Run Together"	MSAS, MSAZ, MSASD, MSAGX
	1st Meeting of "Record Breaker" & "The Brain"	MSAS, AMSISX
25/8/21	1st Meeting of "The Battle of E-glory"	MSAS, MSAFJ, MSAGX
27/8/21	1st Meeting with EMB	EMB, MSAC, BS Top Committee
28/8/21	BS Committee Meeting	BS Committee
11/9/21	2nd Meeting of "The Battle of E-glory"	MSAS, MSAFJ, MSAGX
16/9/21	2nd Meeting of "Let's Run Together"	MSAS, MSAZ, MSASD, MSAGX
1-2/10/21	The Brain	MSAS, AMSISX
9/10/21	2nd Meeting with EMB	EMB, MSAC, BS Top Committee
9,16,23,30/10/21	Record Breaker	MSAS, AMSISX
15-22/10/21	Let's Run Together	MSAZ, MSASD, MSAGX
1-31/10/21	Olympic Talkathon	MSAS, MSAHUN
9-17/10, 23-24/10/21	The Battle of E-glory	MSAFJ, MSAS, MSAGX
24/10/21	Start of BS Booklet Design	BS Committee
6/11/21	BS Review Meeting	BS Committee
28/11/21	BS Conclude Meet	BS Committee



Number of Participants

E vent	N umber of Participants
The Brain	70
Record Breaker	36
Let's Run Together	146
Olympic Talkathon	5160*
The Battle of E-glory	211

* The 7 live broadcasts of "Olympic Talkathon" have a total reach of 5160 participants. There were data of only 7 live broadcasts from MSAS as MSAHUN's Instagram account is not a professional account.



THE BRAIN

Organised by AMSISX, MSAS

INTRODUCTION OF EVENT

Aim:

- To raise awareness of the importance of physical exercise among Malaysian youths.
- To promote sportsmanship among Malaysian youths.
- To enhance the popularity and the influence of the Malaysian Students Association.

Targeted Participants:

- Malaysian students studying in China.

The topics of this sports knowledge contest cover health, sports, Olympics, and other related fields. Participants can sign up for the contest individually or in a duo.

INTRODUCTION OF PLATFORM



Kahoot! is a game-based learning platform, used as educational technology in schools and other educational institutions. Its learning games, "kahoots", are user-generated multiple-choice quizzes that can be accessed via a web browser or the Kahoot app.

SUMMARY OF EVENT

EMCEE

Chan Khar Xi, Liu Yean Yee

PARTICIPATING TEAMS



Below are the winners of the contest:

CHAMPION

草船借箭, 满载而归

RUNNER-UP

两个臭皮匠抵队诸葛亮

RECOGNITION AWARD x8

开智校友代表队, 独自奋战101, 嘿嘿, 331组合,
乖巧宝宝, 破晓壹贰, 地上有坦克, 毛毛虫队

CERTIFICATE OF ACHIEVEMENT



荣誉证书 *Certificate of Achievement*

祝贺
郑宇惠
在由Bulan Sukan执委团主办的
最强大脑, 有胆来战! 中策联*冠军
特颁此证, 以资鼓励!

This certificate is awarded to
Nelly Tee Yu Hui
for winning *Champion in The Brain
organized by Bulan Sukan Committee
Congratulations!




Bulan Sukan 执委团主席
President of Bulan Sukan Committee
郑冠明 Tan Guan Ming

NO:BS21002002

SUMMARY OF THE CONTEST (PRELIMINARY ROUND, SEMI-FINALS AND FINALS)

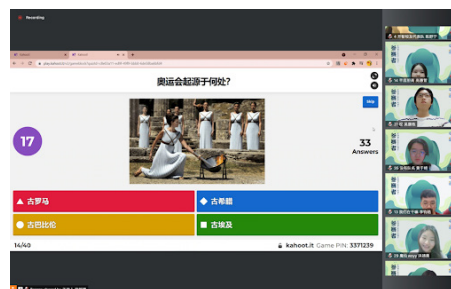
After three rounds of intense brain power and reaction competition, Bulan Sukan The Brain - Sports Knowledge Contest came to a successful conclusion on the evening of October 2.

The preliminary round was held on October 1, 2021, at 8pm. There were 39 groups of contestants with high fighting spirit joined the VooV meeting room. There were a total of 40 questions, and the first question started with "The Father of the Modern Olympics".

Let's start with a question from the contest, this question below has a 98% correct answer rate, which was the highest among the 40 questions in the preliminary round!

Where did the Olympic Games originate?

- A. Ancient Rome
- B. Ancient Greece
- C. Ancient Babylon
- D. Ancient Egypt



The 10 teams with the highest scores in the preliminary round are "开智校友代表", "独自奋战101", "嘿嘿", "两个臭皮匠抵队诸葛亮", "草船借箭，满载而归", "乖巧宝宝", "毛毛虫队", "破晓壹贰", "331组合", "地上有坦克".

They were promoted to the semi-finals that was held on October 2, 2021, at 10am. At the beginning of the Top 10 semi-finals, the emcee also introduced the rules of the contest in detail. The semi-finals not only added a make-up quiz session for mistyping, but also the ability to choose the difficulty (corresponding to different cash prizes) and a point deduction mechanism, which instantly raised the difficulty of the contest.



Lastly, the finals was held on October 2, 2021, at 8pm. The finals consisted of 10 multiple-choice questions and 16 essay questions, all of which were answered using a grab-and-go mechanism. In addition, there were two power cards for each team, which are a hint card and an outside helper card. This made the tense and exciting finals more interesting.

The two groups of contestants ("两个臭皮匠抵队诸葛亮" and "草船借箭, 满载而归") in the finals finally decided on the results of champion and runner-up after a brain-burning session of 26 questions, and received huge cash prizes.

LUCKY DRAW



Participants who answer the questions on Instagram correctly and complete the required steps stated on the lucky draw poster will be eligible for the lucky draw. There were 4 lucky draw winners.

BULAN SUKAN

运动挑战赛

- 乒乓
- 羽球
- 扎马步
- 平板支撑
- 跳绳
- 自由投稿!



09/10

16/10

23/10

30/10



组织单位



支持单位



RECORD BREAKER

Organised by AMSISX, MSAS

INTRODUCTION OF EVENT

Aim:

- To raise awareness of the importance of physical exercise among Malaysian youths.
- To promote sportsmanship among Malaysian youths.
- To enhance the popularity and the influence of the Malaysian Students Association.

Platform:

- VooV Meeting

Date :

- Saturday, 9 October 2021
- Saturday, 16 October 2021
- Saturday, 23 October 2021
- Saturday, 30 October 2021

Competition System:

Four rounds of competitions were held in whole month of October. Each participant was given one chance for discipline(s) challenged per round. Record Holder list was then renewed every week according to the latest result. During the final week, Best Player and Best Challenger for the whole event in each category were born.


SUMMARY OF EVENT

Thirty-six participants from seven students associations, including AMSIB, MSAFJ, MSAJS, MSAH, MSAS, MSAZ and MSAT, took up the challenge. With no limit to the number of disciplines to be challenged per person, the highest number recorded is five. PLANK appears to be the female category's favorite, while PUSH-UP, a category added at the request of participants, appears to be the male category's favorite. As for the results, one participant managed to be called Best Player in three disciplines and, PUSH-UP, as famous and challenging as stated, recorded two participants tied the score and both awarded as Best Player in male category consequently.

AWARD LIST


Rank	Student Association	Best Player	Best Challenger 1	Best Challenger 2	Total
1	AMSIB	4	4	2	10
2	MSAS	3	2	3	8
3	MSAT	3	1	1	5
4	MSAJS	2	3	1	6
5	MSAH	2	2	0	4
6	MSAZ	1	0	3	4
7	MSAFJ	0	2	3	5

CLIFFS NOTES AND CERTIFICATE OF ACHIEVEMENT

体能大挑战! 

最强冠冕王


STEP 1

 扫码报名 (乒乓/羽球/平板支撑/扎马步/创新项目)

STEP 2

每周五到会议室挑战极限, 留下记录 (累积挑战时数/每周榜单更新)

STEP 3

 榜单出炉, 看看有没有上榜!

STEP 4

四周后最终榜单出炉, 最终省代表冠冕王, 项目冠冕王出炉, 赢取奖品

报名二维码




截止日期: 27/10

或添加群组管理人

微信 Yasminechong

备注: 姓名+学校+BS最强冠冕王

组织单位

 @msashanghai  @amsix.official 

Cliffs Notes

NO:BS21003001



荣誉证书

Certificate of Achievement

祝贺

李广浩

于2021年10月举办的

最强冠冕王

荣获

整羽球项目记录保持者荣誉

特颁此证, 以资鼓励

This certificate is awarded to

Li Guang Hao

for winning *Shuttlecock Juggling Best Player*

in *Record Breaker*

held on October 2021

Congratulations!



陈冠铭 Tan Guan Ming

Bulus Sukan 教委会主席

President of Bulus Sukan Committee

Certificate of Achievement



THE BATTLE OF E-GLORY

Organised by MSAFJ, MSAGX, MSAS

INTRODUCTION OF EVENT

Aim:

- To allow students to participate in co-curricular activities actively.
- To improve the relationships between Malaysian students studying in China.
- To provide a platform for electronic sports performance.
- To promote e-sports as an emerging sports event.

Targeted Participants:

- Malaysian students studying in China.
- Chinese college and university students (including Hong Kong, Macau and Taiwan).

Date & Time:

- Preliminary rounds: 16 October - 17 October (10am - 8pm)
- Final rounds : 23 October - 24 October (10am - 8pm)

INTRODUCTION TO HONOR OF KINGS



Honor of Kings, unofficially translated as King of Glory, or alternatively transliterated as Wang Zhe Rong Yao, is a multiplayer online battle arena (MOBA) game developed by Timi Studio Group and published by Tencent Games for the iOS and Android mobile platforms for the Chinese market. The basic gameplay across all game modes involves controlling a character with unique abilities to kill non-player characters and opponents to gain experience and gold, with experience used to unlock their character's abilities or further augment the ability's power, and gold used to purchase items at the shop (which change specific attributes depending on the item bought). Players then coordinate to knock down the enemy's defensive structures called turrets, and victory is achieved by destroying the core building within the enemy team's base. Specific gameplay mechanics vary depending on the game mode chosen.

SUMMARY OF EVENT

AWARDS LIST

Below are the winners of the contest:

Champion: 土鸡 Team

First Runner-Up: 阿发伯

Second Runner-Up: 华大队

Third Runner-Up: 是个狼人

For the 16 teams advanced to the group stage, each team had to send a representative to play in an additional 1v1 solo elimination match, in which "侯俊良" from Team "好运来" came out on top and clinched the Solo Champion title.

CERTIFICATE OF ACHIEVEMENT





“疫”起 RUN!

LET'S RUN TOGETHER!



LET'S RUN TOGETHER

Organised by MSAZ, MSAGX, MSASD

INTRODUCTION OF EVENT

Aim:

- To raise awareness of maintaining a healthy lifestyle.
- To raise patriotism and promote sports nationwide.

Targeted participants:

- Malaysian citizens

INTRODUCTION OF PLATFORM



MoveOn is Malaysia's first virtual event planning application designed for runners and cyclists. You can customize your virtual marathon by selecting your preferred route, music, and speed. MoveOn will also update your result in real time, allowing you to track your progress.

SUMMARY OF EVENT

This event is a 7-day virtual run event from 15th October to 22nd October and it attracted a total of 146 participants. All participants have completed a total distance of 2271.54km, successfully achieved the goal of 1957km and commemorated Malaysia's National Independence Day! Out of 146 participants, 138 participants completed more than 7km for their personal goals. Each runner ran an average of 16.5 kilometers. Among them, 8 participants completed more than 40km, 13 participants completed more than 30km, 11 participants completed more than 20km and 40 participants completed more than 10km. Participants who have completed the minimum distance of 7km will receive the souvenirs (E-bib, event T-shirt and medal) and an e-certificate. Participants who have not achieved the minimum distance of 7km will only receive the souvenirs.

SHOWCASE OF SOUVENIRS



Medal



T-shirt



E-certificate



E-bib

CLIFF'S NOTES AND CERTIFICATE OF ACHIEVEMENT

"疫"起RUN
LET'S
RUN TOGETHER!
VirtualRun for Malaysian

Step 1
扫描二维码填写报名表并汇款RM38

Step 2
当晚10点收到报名成功邮件及优惠券码

Step 3
到 MoveOn App 找到 Let's Run Together 注册报名并填上优惠券码

Step 4
在活动期间(15/10-22/10)完成 7km 路程

Step 5
在家坐等超漂亮纪念品!

KL
MOVE-ON

Certificate of Participation

THIS IS TO CERTIFY THAT

David Chen

HAS PARTICIPATED AND SUCCESSFULLY COMPLETED THE

LET'S RUN TOGETHER

IN OCTOBER 2021.

DISTANCE _____ KM

PRESENTED BY

KULAN SUKAN

SPONSORED BY

MOVE-ON



OLYMPIC TALKATHON

Organised by MSAHUN, MSAS

INTRODUCTION OF EVENT

Aim of the event:

- To raise awareness of maintaining a healthy lifestyle.
- To raise patriotism and promote sports nationwide.
- Sharing from the athletes on the tips and mindset for exercising on a daily basis.

Introduction of the event:

- Platform: Instagram (MSAS, MSAHUN, and account of each guest)

EVENT DETAILS

LIVE SESSIONS

DATE	TIME	GUEST	THEME
OCTOBER 3RD, 2021 (SUN)	7:00 PM	COLLEEN AUGUSTIN	MMA FIGHTER
OCTOBER 3RD, 2021 (SUN)	9:30 PM	SONIIA CHEAH	BADMINTON SINGLE
OCTOBER 7TH, 2021 (THU)	9:00 AM	JULIAN YEE	FIGURE SKATING
OCTOBER 9TH, 2021 (SAT)	7:00 PM	NUR SURYANI	SHOOTING
OCTOBER 16TH, 2021 (SAT)	9:00 PM	LIM SHI YU	BASKETBALL
OCTOBER 17TH, 2021 (SUN)	8:30 PM	STEVE KHIEW	SWIMMING
OCTOBER 21ST, 2021 (THU)	8:30 PM	YEONG ZHEN YI	TRACK CYCLING
OCTOBER 22ND, 2021 (FRI)	7:00 PM	JONATHAN WONG	LONG JUMP
OCTOBER 23RD, 2021 (SAT)	8:30 PM	MADELINE WONG	KARATE
OCTOBER 30TH, 2021 (SAT)	8:30 PM	CHEONG JUN HOONG	DIVING

LIVE REVIEW

COLLEEN AUGUSTIN



Picture Source: Instagram@colleenaugustinmma

OI

COLLEEN AUGUSTIN: "FULL PASSION,
ZERO HESITATION"

Colleen Augustin, a mixed martial arts (MMA) star, exudes an aura of confidence and power. MMA is a part of her life and she can't express how much she loves it.

Since she was young, Colleen has had a wide range of sports interests. She spent ten years studying ballet and training in Muay Thai and Brazilian Jiu-jitsu. Before training in MMA, she had a short career as a Spartan obstacle course racer. These sports provide her with a strong base of balance and flexibility.

"I need to step out of my comfort zone and spend some time figuring out what I really wanted to do if I want to progress," she said. Her parents were always supportive of her choices and transitions. This gave her the motivation to keep going. Over the years, she has continued trying new things and exploring herself, using the skills that had learned in the past to her MMA training.

MMA is a sport that is known for being rough, explosive, and competitive. It is common to sustain an injury while training or competing, but if you are overly concerned and hesitant, it will impact your overall performance. Colleen has a strong belief in MMA and continues to pursue it because of her passion for the sport. Despite the risks involved in MMA, she chooses to participate and fight regardless.

At the age of 21, Colleen made a historic moment by winning her first gold medal for Malaysia at the 2019 Asian Open International Mixed Martial Arts Federation (IMMAF) tournament.

She revealed that she experienced mental stress and anxiety prior to the matches. Encouragement from her teammates and coaches gave her the courage to stand firm and defeat her competitors. "They told me to believe in myself and just do it!" she said. All I have to do now is go out and show the crowd that I am the champion.

"Is there a conflict between female beauty and mixed martial arts?" "There is no conflict between martial arts and dancing. You don't need to choose only one, it's more important to find a balance between Yin and Yang." She has taken up dancing again since last year to nourish her inner soul and heal herself.

Colleen's passion for MMA has turned into a career, and she is eager to continue learning and improving. "When things get tough and you want to give up, remember why you started. As long as you have a strong passion, you will be able to overcome the difficulties and persevere to the end."

She hopes to do her best and make some breakthroughs in the future.



Picture Source: Instagram@soniia.suyia_official

O2

Soniia Cheah: "Firm in faith and forge ahead bravely"

Soniia began devotedly training in badminton when she was 7 years old, and by the age of 13, she was a member of the national youth team.

"Besides having a well basic skill, professional athletes must be dedicated and self-disciplined." Soniia focuses training on single categories, believing that a single player needs to have a well-rounded ability and skill. With her unremitting efforts and enthusiasm for badminton, she has represented Malaysia and won awards many times.

In July 2013, Soniia unfortunately sprained her right ankle during training. Her doctor advised her that she might not be able to compete again. She was at her lowest

point in her life at the time, and she was depressed. But faced with the difficulties, to make it no regrets, she chose to keep going on step by step. With the support and encouragement from her family and friends, Soniia continued her badminton journey at an international match in 2016.

The sequelae of her injury often caused her severe pain, but she decided to bear it alone in order to keep her family and friends from becoming concerned. Fortunately, all the efforts were not in vain. The rough time was eased when she had the honour of representing Malaysia in the 2020 Tokyo Olympics. However, before going to the Olympic Games, she reluctantly became a freelancer. She had to find sponsorship on her own after losing access to the national team's resources. She was involved in a terrifying car accident at the time, but she was unharmed.

"I don't feel like I'm turning over a new leaf at the moment. I just realized that my journey to pursue my dream is difficult. I can finally tell myself that all of my hard work was well worth it." She said she learned a lot from the process, despite how difficult it was.

"You have to believe in yourself, even if others don't. When it comes to pursuing a dream, there will be a lot of doubters, but you must have strong faith in yourself. Don't give up because of other people's doubts."

With an interest in Badminton, Soniia enrolled in the major of Sports Science. She gets help from this major during the period of convalescence. Besides, this major is common in many countries but not in Malaysia, which means that there will be more development in the future. She hopes to gain a better understanding of this field through systematic study.

In these years, Soniia's life was full of badminton, but she enjoyed it and had no regrets because of her passion. "I will keep playing badminton even if I retire in the future," she said.



03

Julian Yee: "Passion is the key to perseverance"

Julian Yee, a 24-year-old Malaysian charismatic figure skater, won the hearts of the audience with his creative "The Janitor" choreography at the 2018/19 International Skating Union (ISU) Grand Prix of Figure Skating Skate America and became a hit on the internet. You might not think that a person who grew up in a hot climate would excel in winter sports. His accomplishments demonstrate that anything is possible, and Malaysia is well on its way to a promising future in this field. The dream of ice for this tropical boy is slowly becoming a reality.

Since he was four years old, Julian has been skating with his mother and elder brothers at the ice rink located in a shopping mall. "Because I was still young at the time, I was not afraid of doing anything. If I fell, I would stand up and smile; then it was all fine," he said. When he was first introduced to figure skating, he thought it was fun, but as the years passed, he grew to love the sport and formally committed to training. "The most important key is to get started, take action, and go forward. Stick with it if you enjoy it."

Unfortunately, on-ice training is limited due to the lack of proper facilities and expertise for figure skating in Malaysia. All of the local ice rinks are located in shopping malls, which primarily serve the public for recreational skating. Those ice rinks are only two-thirds of the size of Olympic Stadium. But in the face of these limitations, Julian believes it is both a challenge and an opportunity. "Shift your mindset, you will find that this is actually good training. For example, skaters can challenge themselves by performing the jumps in a small space."

Julian also mentioned that learning to skate is a process that takes time. When you first begin training, skate freely on the ice, then gradually try some jumps and spins. "When skating, try not to look down and keep your eyes straight ahead; otherwise, you might fall face-down on the ice," he said.

To gain more experience, Julian started his part-time job as a skating coach at the age of 16. He chose to go to Canada for further studies and training after graduating from high school in order to pursue a better training environment and guidance. Julian's routine was 'study-training-teaching' and as a result, he developed good time management skills. In elementary and middle school, he stated that he would finish his homework before going to practise or competition. In his current university routine, he usually practises and coaches in the morning and then devotes himself to his studies in the evening.

"Although I had a different childhood compared to other kids, I don't envy them. Everyone has their own path, and by thinking from a different perspective, I have more time to spend on the things I love."



Picture Source: Instagram@julianyeeee

It's not easy to persevere as a Malaysian figure skater. Julian believes he has put in more than 100% effort into this sport. "As long as you persist, you may succeed. I always think about my goal and why I want to achieve it, as the motivation to keep persevering." In addition, the support and encouragement of his family and coaches have given him a lot of strength on this dream-chasing path.

Thanks to his dedication and passion for the sport, Julian became the first Malaysian figure skater to compete in the Winter Olympics. He represented Malaysia at the 2018 Pyeongchang Winter Olympics, serving as the national flag bearer for Team Malaysia at the opening ceremony. In an interview, he stated that he hopes to serve as a role model and mentor to young skaters in order to help expand our Winter Olympic lineup.

Julian's training has unfortunately been affected by the epidemic. He revealed that he plans to withdraw from the 2022 Winter Olympic Games for personal reasons and a lack of adequate preparation.

Julian stated that he intends to continue as a figure skater. Even if he retires in the future, he plans to work as a coach in this field and assist more skaters in achieving their goals. He also hopes that figure skating can be popularized in Malaysia and that there will be excellent and affordable rinks where people could learn about and appreciate the sport.



04

Nur Suryani: "Enjoyment of Self-Breakthrough"

Nur Suryani, who qualified for the 2020 Tokyo Olympics with a wild card, is on her second Olympic journey in her sports career. As early as 2012, she competed in the London Olympics.

Nur Suryani has been shooting since she was 15 years old. At the age of 38, she is already a veritable veteran. "You have to keep trying until you find a sport that suits you." She also emphasised that this challenging sport must be carried out under strict safety guidelines. "Only a few people would describe this sport as fun. Breaking through is something I enjoy doing. That's where I have the most fun."

Shooting necessitates a high level of physical fitness, superior technique, and mental fortitude. Even though she has more than 20 years of shooting experience, Nur Suryani admitted that she is nervous before each competition. "I'm bothered by apprehension. I occasionally have lofty goals for myself or am concerned that I won't be able to meet them." As a result, the ability to remain calm and focused on the task at hand under extreme pressure is crucial to success. "When I get on the range, the only thing I can do is control my emotions, maintain a high level of concentration, and make adjustments based on various situations."

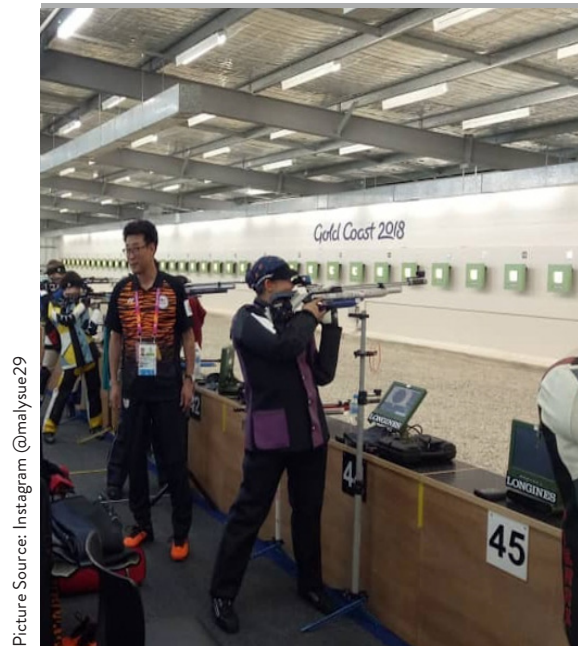
Looking back on the 2012 London Olympics, Nur Suryani said that she discovered she was pregnant and qualified for the Olympics at almost the same time, which was a double blessing. Her coach and friends, on the other hand, did not encourage her to participate, but her husband was of a different mind.

"My husband advised me to take advantage of the opportunity because it is a once-in-a-lifetime opportunity and there may not be another, so he fully supports my participation in the game."

Her greatest fear is that her baby will kick at the crucial moment. Therefore, she must seize the opportunity to complete the shooting as soon as possible while the baby is relatively stable. "I would talk to the baby before the match not to kick me and to lie quietly. Thankfully, the baby is well-behaved, and having her around makes me feel less alone."

"Is there someone you admire in the field of shooting?" "The one I admire is myself," Nur Suryani always says firmly in response to this question. She will keep challenging herself to be better.

"Don't be afraid to try new things; you must be brave enough to do so in order to avoid regret. "You have to do what you've never done if you want something you've never had," she said. At the same time, she encourages more young people to get involved in this sport. "Practice develops a high level of discipline and attention that is useful in your daily life." Above all, it highlights your distinct personality."



Picture Source: Instagram @malysue29

05

Lim Shi Yu: "The Mamba Spirit"



Picture Source: Instagram @shiyu_lim

Shi Yu, also called "Little Chili", has a lively and cheerful personality. She has been involved in a variety of sports since she was in elementary school. Aside from the other sports, she believes that basketball is the lowest-cost sport; all you need is a ball and a group of friends to have a great time. She eventually chose basketball as her specialty because she enjoys the atmosphere of basketball games.

She started basketball training when she was ten years old, but she had no lofty goals at the time. She became a Penang state representative player when she was 14 years old, and after the national basketball game, she was named to the national youth team. So, she believes that with passion, anything is possible; the question is whether you dare to dream and act on your dreams.

Apart from on-court practice, physical training is also a very important part of the national youth team training. Mountain climbing, which sometimes requires carrying a person up a mountain, is one of the physical training activities that lasts around two hours. The training sessions were torturous, and she now wonders how she managed to stay motivated to keep going.

There is a popular misconception that "basketball players must be tall." Shi Yu responded to this myth by stating that a person's height is simply an innate advantage. Don't feel inferior because of your height; the skills can be practised through hard work and acquiring efforts. Each player's role on the basketball court has its own set of expectations. For example, a person who stands in the forward position needs to have a flexible body, wide vision, and fast speed, while the centre position needs a tall stature for taking jump balls.

Her favourite NBA player was Kobe Bryant. Former Los Angeles Lakers player Kobe Bryant was known as the "Black Mamba." He was adamant about getting up at 4 am to practise for an extended period of time, working harder, taking every game seriously, and never giving up until the game was over. The "Mamba Spirit" is the name given to Kobe's spirit.

She was taken aback when she first heard the sad news about him. But as the news continued to be reported on various social media platforms, she realised that Kobe Bryant had left this world forever. She was in a terrible mood at the time. "I admire his tenacity in pursuing his objectives and making demands on himself. He became a legendary player because of his spirit and ambition. He is my hero," she said.

Shi Yu's basketball career revolves around the phrase "original intention." She was a passionate basketball player before she became a state or national youth player. When a hobby turns into a career, her enthusiasm wanes and she grows tired of it. Her original motivation is to support and encourage her to move forward at this time.

Basketball is leading the way in her life. This optimistic girl has gained a lot from it, not only in terms of ball skills but also in terms of life skills. She learned how to work better as part of a team and how to be more self-reliant and responsible.



06

Steve Khiew: "A young man swimming forward"



Picture Source: Instagram@stevekhiew

Steve, a 19-year-old Malaysian swimmer, is a rising star. He swam his personal best in all four events he competed in in June 2021, and he achieved the Tokyo Olympic Selection Time. Meanwhile, he put in a strong showing by breaking the national records in the men's 200-meter backstroke and men's 800-meter freestyle with times of 2:00.80 and 8:06, respectively.

Steve believes that his performance in the Malaysian Open Swimming Tournament is just the beginning, and that there is still a lot of room for improvement. He felt great because he had a chance to compete with his senior, Welson, and breaking the record was an incentive for him. The Olympic Games has long been a dream for this shy, soft-spoken young man, and he is now "swimming" toward it.

Inspired by his elder brother, Steve began swimming when he was four years old. Despite the fact that many others had surpassed him, he persisted and joined the national team at the age of 17. He related how, at every swimming competition, he would enlist the assistance of his teammates to take the film. He'll go over it again and again to see where he can improve. He encouraged everyone to try new things without fear of failure, learn from their mistakes, recognise their own strengths and weaknesses, and realise their own potential.

Steve excels at backstroke and freestyle, but he also has experience with other swimming strokes. He explained his backstroke tip by using the hull's shape as a metaphor: bend your body slightly, relax, and learn to float. In addition, he had to keep diet control because swimming consumes a lot of energy and he needs to maintain muscle strength. He eats protein, carbohydrates, and a well-balanced diet of vegetables and fruits in his daily life. During the Movement Control Order (MCO) period, he continues to exercise at home at least twice a day to keep his body in good shape.

Due to the COVID-19 pandemic, many sporting events were postponed, rescheduled, or cancelled last year. Steve hasn't competed in the competition in a long time, and he is longing for the thrill of the competition. In preparation for a competition in the United States in December 2021, he and his teammates trained in Spain. He believes that continuing to compete is critical for a swimmer; otherwise, they will forget how to race.

He believes that there will be many opportunities in the coming year, and he will do everything in his power to qualify for the 2024 Paris Olympic Games.





07

Yeong Zhen Yi: "Challenge yourself, surpass the limits"

"This sport has taught me the value of hard work, perseverance, and never giving up."

Zhen Yi, 18 years old, is a member of the Wilayah Persekutuan Kuala Lumpur Track Cycling Team. It has been four years since she started participating in this sport at the age of 14.

In December 2020, Zhen Yi and her Wilayah Persekutuan Kuala Lumpur Track Cycling Team visited the National Velodrome in Nilai to challenge five national records. In the women's 2 km individual pursuit, she came up one second short of breaking Anis Amira's record. However, she showed her potential by breaking her personal best record of 2:35:623.

She was asked if being named the media's "most promising rookie" would put her under pressure, to which she replied, "No," and that she would use it as motivation to break through and beyond the different stages of herself.

"My goal is to compete in the Asian Games, and I hope that through my efforts, I will be able to compete for Malaysia one day."

Track cycling is not a particularly popular sport in Malaysia, and people know even less about it. Therefore, Zhen Yi gave a brief introduction to track cycling in the live broadcast.

Dato' Muhammad Azizulhasni bin Awang, nicknamed "The Pocket Rocketman", who specialises in sprint races, where speed is the key to victory. He won the first silver medal in the men's keirin at the 2020 Tokyo Olympics. On the other hand, Zhen Yi specializes in endurance racing and focuses on training for individual pursuit races.

In addition, Zhen Yi mentioned that the difference between a track bike and a regular bike is that the former is not equipped with brakes. This is because the slope of the curve in track cycling tends to have high gradients. There is a greater risk of falling or affecting the riders behind them if the athlete brakes suddenly at high speed. So, this design will prevent the sudden deceleration of riders during a race and protect them.

"When we wish to stop the bike, we must stomp on the pedals in opposing directions with both feet to moderately slow it down. Leg strength training is therefore crucial for cyclists."

Finally, Zhen Yi encourages those who are interested in cycling to try outdoor cycling. After mastering the skills, it will be easier to get started with track cycling. It is also difficult for the public to get into professional training. If you're interested in joining track cycling, try contacting the cycling team in your state and applying to the coach.



08

Jonathan Wong: "It's all about courage and perseverance."

Jonathan is a track and field athlete who excels in the triple jump and long jump.

When asked about his chance to become a track and field athlete, Jonathan mentioned that the first sport he was exposed to was hurdles. "However, because I was a long jumper rather than a fast jumper, my teachers advised me to try both high and long jumping."

Jonathan demonstrated his athletic talent and potential during his second year of junior high school by winning a gold medal in the triple jump event at the school's field day. "The long jump technique necessitates maintaining your body balance while landing, as well as pedalling with precision," he said. "As I began to make more significant progress in this area, I decided to attend this event." From that time on, Jonathan went on to win numerous medals and honours in a variety of competitions.





Despite his vision impairment, Jonathan has continued to pursue his education and sports. He accepts his visual impairment and uses it to his advantage in life and in sports. "If you want to succeed, you must work harder than others." He believes that if he has a clear goal in mind, his dream will always come true.

In the year 2021, Jonathan competed for Malaysia in the 2020 Tokyo Paralympic Games. He was injured in the fourth jump of the T13 men's long jump final and decided to withdraw early, finishing sixth in the competition.

Jonathan has spent nearly three years preparing for the 2020 Tokyo Paralympic Games. "In 2017, I am confident that my performance will qualify me for the Paralympics, so I set that as my goal and increased my training efforts." In 2019, I was informed that I had qualified for the Olympics.

"It gives me great pleasure and honour to represent my country at the 2020 Tokyo Olympics. I consider this competition to be a positive learning experience, and I believe there is still room for improvement in the future, " he said. "Physical fitness is important for athletes. Take it easy and don't push yourself if you're injured. I believe there will be more opportunities, and I will be stronger once my condition has been restored. "

When asked if he plans to compete in the next Olympic Games, Jonathan said he would first recover from his injury and then see if his performance could be maintained at a certain level. He will compete again if he meets the standard.

"No matter what you're up against, you have to believe that you can overcome it. Be brave to pursue your dreams." There is a strong sense of faith and perseverance in him.



Picture Source: Instagram (@madeline_wongg)

09

Madeline Wong: "Break constraints, conquer yourself"

Madeline has aspired to be an athlete since she was a child. She started participating in the elementary school karate club at the age of nine, and has since embarked on her journey as an athlete. "I was very excited when I saw my seniors competing in various karate competitions, and I wanted to be as good as them," she said.

The karate tournament is divided into two parts: kata (a detailed choreographed pattern of martial arts movements designed to be practised alone) and kumite (sparring). Madeline specialises in the first, while Kata, which incorporates gymnastics-related elements, is more akin to a performance. Kumite, on the other hand, is a more "intense" sport in which two athletes compete for points by punching and kicking each other.

She also stated that karate is a sport that can be enjoyed by people of all ages and that it depends on the physical condition of the individual. "I have friends who began karate later in life and did just as well. As a result, it's all about personal interest, and each person's situation is different," she explained.

Furthermore, when asked how she manages to strike a balance between academics and sports, Madeline admitted that it was difficult at first and that she is still tormented. "However, I try not to let the two collide, which means concentrating on one thing at a time. If I lose a tournament, I will try not to bring that emotion into my studies." Madeline also revealed that she didn't do well in her PT3 exams because she was fully engaged in karate. "If you can't achieve a balance between school and karate, then you should quit karate," Furthermore, when asked how she manages to strike a balance between academics and sports, Madeline admitted that it was difficult at first and that she is still tormented. "However, I try not to let the two collide, which means concentrating on one thing at a time. If I lose a tournament, I will try not to bring that emotion into my studies." Madeline also revealed that she didn't do well in her PT3 exams because she was fully engaged in karate. "My parents told me if I can't achieve a balance between school and karate, then I should quit karate."

She was devastated, but she was determined to improve her grades. She took very little time off in middle school and spent the rest of her time practising karate and reviewing homework. "In retrospect, I'm impressed that I was able to get through such a trying time."

When the epidemic broke out in 2020, sports events were suspended one by one. Madeline admitted that it had an impact on her. "I'm 19 years old, and junior competitions have an age limit of 21. I haven't competed internationally in over a year and have fewer chances to win. As I get older, senior group tournaments will become more difficult as the best of the best compete, and my chances of winning will be slim." Fortunately, as the vaccination rate rises, the training is gradually returning to normal.

She also mentioned that karate is a pastime for her if she doesn't encounter any tournaments. However, if there are many tournaments, she prefers to sleep to relax her brain and relieve stress.

"I used to be nervous before every match when I was 13 or 14 years old. But now I've changed a lot, and my mindset has shifted. I believe it's better to relax and deal with the situation calmly." Madeline's biggest change as a result of karate is that she now has more persistence and perseverance in dealing with problems. "I was able to deal with challenges and handle things more decisively than before."

"The situation in a match is ever-changing, and I have to learn to improvise. I'm still frustrated at times, wondering why I can't do this. Why can't I keep up with other people's pace? But thinking that way isn't helpful. Everyone has different strengths, so if one movement isn't working for you, switch to another, relax, and take it easy. I should practise at my own pace."

Madeline believes that "hard word" and "respect" are the spirits of karate. "Athletes have paid 99% of their efforts to get to where they are today. Karate also places a strong emphasis on etiquette, which teaches us to respect our opponents as well as the environment in which we train and compete," she said.

At the conclusion of the interview, Madeline revealed her athletic ambitions and career goals.

"I still believe in this dream and hope that the Olympic Committee will announce karate's inclusion in the Games. One day, I hope to be able to perform on a world-class stage."

"I want to be a Malaysian police officer and give back to the country where I grew up. I'll be taking my exams right after I finish my undergraduate degree, and I'm hoping to start working as a cop as soon as possible! "

Madeline stated unequivocally. In the face of challenges, she is fearless.



IO

Cheong Jun Hoong: "Diving Dream
undefeated by reality"



Picture Source: Instagram @cheongjunhoong

Jun Hoong began diving training at the age of 9 under the direction of Xiyang Zhou, a former Beijing diving coach, and joined the national team at the age of 13. Springboard diving and platform diving are the two types of diving. The height of the diving board from the water surface is specified as 1 metre and 3 metres for springboard diving. For platform diving, the height of the diving platform from the water surface for platform diving is 5 metres, 7.5 metres, and 10 metres.

Learning to dive is a gradual process. It necessitates dedication to drill and practice. The splash-free entry is merely a minor aspect of the overall evaluation. The athletes' startup actions, platform steps, takeoff, position in the air, and entry actions will all be factored into the judges' final score. Women must complete five rounds of diving in the platform diving competition, while men must complete six rounds. The key to winning is the coefficient of difficulty and stability.

Jun Hoong mentioned that diving is not a one-off sporting program. When a diver learns a set of dives, ensuring zero mistakes and completing them in every competition is not an easy task. This requires athletes to master the basic skills and train a lot. Whether in training or competition, divers need to be highly focused on the takeoff process. An unguarded moment may affect the accuracy of the posture.

Diving is a high-risk sport. Athletes may sustain injuries as a result of repeated contact with the water surface or close proximity to the springboard during takeoff. To restore body temperature and relieve muscles, drivers will take a hot shower to perform better in the upcoming dives during the rest in between two dives.

Maintaining a good mindset is vital for an athlete to perform well. Her competitive experience over the years has improved her pressure resistance. In the 2016 Rio Summer Olympics, the diving competition was held outdoors. The change in weather brought many challenges to the divers. She was bothered by them and even complained about them at times, but she reasoned that it was pointless to complain about something she couldn't control. Adapting, improvising, and overcoming are the only options. She will try not to be distracted if one of the rounds underperforms and will concentrate on the remaining rounds.

At the 2017 World Aquatics Championships, Jun Hoong became Malaysia's first diving world champion after winning the 10 meters platform event. Every competition she has competed in, including the Asian Games, Southeast Asian Games, FINA Diving World Cup, World Championships, and Olympic Games, has provided her with invaluable experience and growth.

"When faced with adversity, we are prone to negative thoughts and emotions. Don't be depressed or try to run away. The most important thing is to accept our current situation and try to digest, overcome, and overcome ourselves," she said.

While an exceptional athlete may not be the best coach, she believes that an exceptional coach not only teaches skills but also develops training strategies, guides in life, and helps elevate mentality and morale.

Jun Hoong's coach, Zhuliang Yang, has always been a key figure in her diving career. "He helped me get out of my funk, gave me encouragement, and gave me hope for the future of my career. He is both my coach and my life mentor, and I will be eternally grateful."





OTHER DESIGNS

EVENT LOGO



- The font design incorporates sports elements (badminton, track and field).
- The sport icon emphasises the theme of sports (cycling, gymnastics).
- The national flag's elements (the axle of the bicycle) and colours (the colour of the bicycle wheel) are involved in the design.

EVENT MASCOT



- Name : MoMo
- Breed : Malayan tapir
- Purpose : To awaken everyone's patriotism and the importance of protecting the Malayan tapir
- Image : Flip flops, a national flag, and a sports headband with Bulan Sukan LOGO printed on it

VIEWS ON DIFFERENT SOCIAL MEDIA

The Bulan Sukan publicity team has been publicizing the event through several platforms such as WeChat, Instagram, and Facebook. The materials are posted on each co-organising Provincial Student Association's social platform account to maximize reach to the event's potential participants. Below are some of the insights on the feedback on our publicity materials, reflected from the statistics of various MSAS social media accounts.

Throughout the entire event, our publicity team published 15 WeChat articles in Chinese and English versions, with contents including preview, teaser, event information, recap, etc. According to the statistics, it shows that Chinese pushes tend to get a higher view count compared to the English version, with the highest view counts of 1295 views and 270 views respectively. It is believed that it's due to our targeted audiences being often Malaysian Chinese studying in China, hence leaning towards the Chinese version for better understanding.

Instagram is one of the most favourable social applications among the youth, and it is also our priority in event publication, to extend our reach to students that are more active on the platform instead of WeChat moment. The materials are available in Chinese and English, as separate posters or pictures. Throughout the event, we have posted numerous story contents (including posters, question stickers, votes, and trivia), with view counts averaging around 3000-4000 views. Other than that, we have also posted 1-3 feeds of content for each activity, with view counts averaging around 1500-3000 views. One of the advantages of Instagram is its wider coverage compared to other platforms. Committees can easily share the contents on their account to promote the events. People tend to have more connections on Instagram, so the contents can easily be spread among the targeted participants.

For Facebook, we have a reach average of around 250–500 people per post. It is believed that our targeted audience uses Facebook the least, resulting in a lower reach count. However, the posted contents are the same materials as posted on Instagram, so posting on Facebook on

top of Instagram is still a relatively wise and fruitful decision.

The outcome of the publication effort was undoubtedly a pass, considering we did hit our targeted participation rate on our events. Thanks to the publication team for putting in so much time and effort to ensure a smooth publication process.

SPECIAL THANKS

EDUCATION MALAYSIA BEIJING (EMB)



Education Malaysia Beijing is one of the overseas offices under the Ministry of Higher Education Malaysia and is based at the Embassy of Malaysia in Beijing, the People's Republic of China. Our role is to enhance the Malaysia-China Education diplomacy on various aspects such as internalisation, development, research and commercialisation, support and assistance in the element of different part of student academic achievement and development.

It was formally established in Beijing, China in 2003. We cover China (Including Hong Kong, Macau and Taiwan), South Korea, Mongolia, Japan, Bhutan and Russia.

We aim to be a bridge of cooperation and communication between Malaysia and China in the field of education. Provide information about studying in Malaysia to international students To provide accurate information about higher education institutions and programmes in Malaysia To facilitate the cooperation between Higher Education Institution of Malaysia and China Provide excellent services to students who intent to further their study in Malaysia.

The main purpose of this office is to:

- Provide information about studying in Malaysia to international students
- To provide accurate information about higher education institutions and programmes in Malaysia
- To facilitate the cooperation between Higher Education Institution of Malaysia and China
- Provide excellent services to students who intent to further their study in Malaysia

WeChat Official



Weibo



Facebook



MALAYSIAN STUDENTS ASSOCIATION IN CHINA(MSAC)



Malaysian Students Association in China (MSAC) is a student organization established by a group of Malaysian students back in 1999 and officially registered under Education Malaysia Beijing in 2011.

There are currently 15 provincial Malaysian student associations registered with Education Malaysia Beijing in China which are based in Beijing, Tianjin, Shanghai, Guangdong, Guangxi, Fujian, Shaanxi, Jiangsu, Zhejiang, Hubei, Heilongjiang, Henan, Sichuan, Shandong, and Hunan.

MSAC's Board of Council is composed of the Presidents of each provincial student association. They are the highest deliberative body of MSAC, and they are tasked with the supervision of the Executive Committee.

The Executive Committee is responsible for MSAC's daily operation and coordinating of events in addition to other related tasks of MSAC. MSAC strives to be the central communication point that connects the Education Section to all provincial Malaysian student associations from different parts of China.

Members of all provincial Malaysian student associations, along with individual members who do not have a provincial branch of the student association, are all members of MSAC.

MSAC aims to share resources, provide support, promote mutual help, networking, and opportunity among Malaysian students.

COMPOSITION OF MSAC

Members of all provincial Malaysian student associations along with individual members who do not have a provincial branch of student association are all members of MSAC. There are currently 15 provincial Malaysian student associations in China which are based in Beijing, Tianjin, Shanghai, Guangdong, Guangxi, Fujian, Shaanxi, Jiangsu, Zhejiang, Hubei, Heilongjiang, Henan, Sichuan, Shandong and Hunan.

MSAC Board of Council is composed of the Presidents of each provincial student associations. They are the highest deliberative body of MSAC and they are tasked with the supervision of the Executive Committee. The MSAC Executive Committee is elected for a one-year term among the nominees from each province, and its positions include: President, Vice President, Secretary, Treasurer, Department of Public Relations, Department of Operations Management, Department of Media and Department of Event Planning. The Executive Committee are responsible for MSAC's daily operation which is in charge of the execution and operation of events and other related assignments of MSAC.



WeChat Official

SPONSORS

ZEBRA-EXPRESS



ZEBRA-Express is committed to providing fast and convenient cross-border freight services for overseas Chinese and international students. Adhering to the spirit of "Service first, Integrity-based", ZEBRA-Express focuses on providing cross-border freight services from China to Malaysia, Singapore, Indonesia, the Philippines, Australia and other global areas, including free warehousing, free packaging, one-stop Taobao freight forwarding and many other services.



WeChat Official



玖印实业

Founded on March 25, 2016. Shanghai Inseal Industrial Development Co. Ltd company is headquartered in Shanghai, the financial capital of China, and our manufacturing base is located in Shenzhen, the tech capital of China. We are a high-tech enterprise focusing on automotive electronic products and integrating software development, research and development, production and sales of automotive electronic products.

Currently, our main business is to supply auto parts and accessories for major automobile manufacturers, and provide high-quality services such as technical development, technical support services and technical consultation. Our product series are mainly categorised into six sections, including automobile camera series, intelligent access series, tire pressure monitoring series, charging series, vehicle body decoration series and automotive air purification series.

Since Shanghai Inseal Industrial Development Co., Ltd establishment, we have always been guided by the market and customer needs, constantly innovating and striving for perfection, to provide customers with an assurance of quality and confidence in using our product.

End of Booklet

