

CityLife

by TMG

Issue No.09 - October 2024

ELITE HOME STORE

Abdul Aziz Stores

CELIA
Makes a Splash

AUTUMN BREEZE

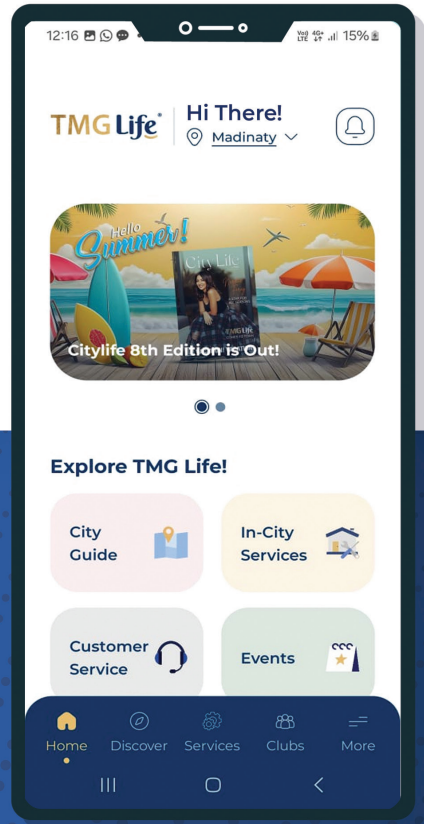


نشرة دورية توزع داخل مدينتي و الزحباب محانا



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GATEWAY
TO **VIBRANT**
COMMUNITIES

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City Life

Let's celebrate the keenly awaited end to a long, hot summer. While we all love everything that makes our summer in Egypt so special, this year we are ready to embrace cooler days, and a return to our winter routine. School is back, so we take a look at how the rules keep changing. AI plays a big role, and major exams have quite few changes in store. Don't blink, you might miss something.

This issue looks at ways we can improve our lives, along with coverage of a successful wellness conference and initiative, an important internship programme, and the fun-filled water centre launch of Celia, the TMG gem in the heart of New Capital City. Celia stands out as being the very first residential development in New Capital City to welcome its new residents. 25 families have already moved into their beautiful new units, and the celebratory event to launch the two new pools in Celia Sporting Club saw a full day programme of water activities providing entertainment for all.

This summer 1500 interns joined TMG departments, learning the A-Z of what makes a highly successful real estate development empire. This annual programme has already helped many young graduates get their foot on the corporate ladder by developing their career within TMG. Taking things a step further, the young interns in the Communities Marketing Department got to know what their peers really think about TMG life in one-on-one interviews.

You will enjoy reading about two of our longstanding residents, both of whom play an important role within the community. And, of course, we look forward to an exciting new offering of movies and TV series to keep up entertained during the cosy winter days, and who better to chat with than the amazing Sherine Reda.

As always, we have all you need to stay in the loop. We invite you to share your news and achievements, as well as your suggestions for topics that will benefit our residents. Your thoughts and milestones are important to us.

City Life is created for our diverse, multinational TMG communities, to entertain and inform you. We wish you and your loved ones a happy and productive autumn, with wonderful days ahead.

City Life Team

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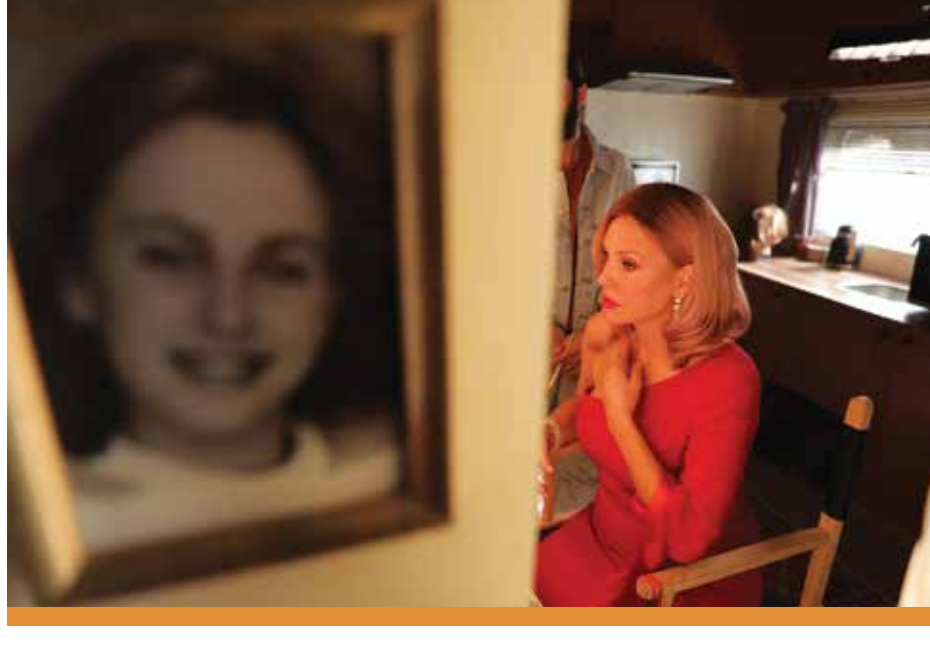
Inside The Life Of Shereen Reda



The radiant, infectious, and charismatic Shereen Reda takes us inside her head and heart to get to know her better. She shares with us her love for animals, art, and a hearty Egyptian breakfast, while telling us the importance of green spaces and the outdoors in her life.

You have a busy schedule, yet you seem very organized, can you talk to us more about that?

I love to be punctual. If I have an appointment, you will always find me on time, or even before that. Of course if it's a doctor's appointment I would not arrive early. But if it is for work, filming, I could go as early as an hour to set. My dad taught me when I was growing up that people have to respect time, because that is a reflection on who the person is and their level of respect to those around him. He would say to be punctual to the second, not even the minute. I try to live by that, and that reflects on my work. I am even organized in my thoughts. Being organized in my thoughts makes it easier to debate and connect with people. Talking with people is not about being right all the time, but to be able to make your point of view come across in a clear way that the other person would understand.



Are you also as organized in your life?

I know where everything is in my house, it's pretty organized. But I also do have this one drawer that has everything in it. Anything you need you will find in there.

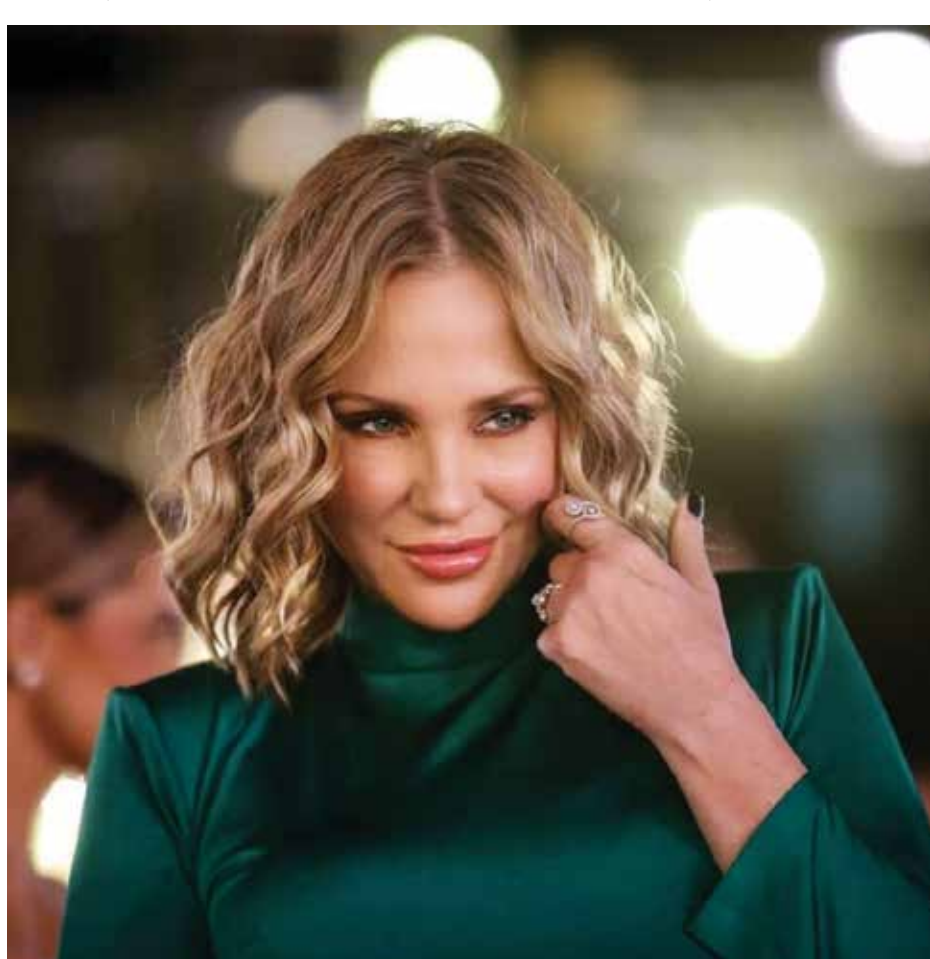
I love art, seeing it and being around it. It's what I enjoy spending my money on.

You have a lovely art collection around; does it fuel your creativity?

I am a small art collector, I love art, seeing it and being around it. It's what I enjoy spending my money on. Being spontaneous really helps in my creativity. I really respect people who have everything lined up and know exactly what they will be doing a year from now. But for me, if I think too much about it, it will block me, because I like to be natural. Too much planning kills creativity and makes people less authentic.

What does greenery and being around nature mean to you?

It means everything to me. Being in nature is grounding, it's healthy, it puts things into perspective, it's oxygen.



I also believe that we, each one of us, choose the path we want to walk in and how to be.

What activity do you like to do outdoors?

I just like being in nature and being spontaneous, trying new things in life and seeking new experiences. But if I have to choose one favorite outdoor activity I would say it's swimming.

Do you constantly worry about the future?

I am a very optimistic person, optimistic about the future! I also love it when people are optimistic, because it's all about energies. I believe in energies and what you put out. What you attract can be based off your energy. Being optimistic and seeing the bright side can attract the good into your life, just as negative energy can attract the bad. I also believe that we, each one of us, choose the path we want to walk in and how to be. We choose to be upset or happy, grateful and thankful. That is a big thing, being thankful and to appreciate the good that is in our lives makes a huge difference in how we perceive things.

Can you tell us about your love for animals and your pets.

I have in my house here like 14 cats, and in another house I have around 150 cats and 6 dogs, you can call it my personal animal shelter. Here in this house, it's all cats because my dog died and I can't bring myself to get another one. You can even see a stray cat in the garden if you look out, it must be feeling hungry so it's just hanging around happily.

As a vegan, what is your favorite meal?

Breakfast is my favorite meal of the day because I get to eat all this delicious food like foul, tameeya, aubergines, tahini, balady bread, rocca leaves, tomatoes, and torshy (Egyptian pickled vegetables). Yum!

Quick Fire Round

Cats or dogs? Both

Tea or coffee? Coffee

Beach or mountains? Beach

Movies or TV Series? Movies

Favorite time of day? Early in the morning

Best holiday destination? El Gouna inside of Egypt, Greece outside of Egypt.

Song you have on repeat at the moment? You don't want to know haha



Fall Fashion Trends

Crease-Leg
Trousers - H&M



Double-Breasted Suit
Jacket - MANGO



Wide
Trousers -
H&M



Cropped Cotton Co-Ord
Shirt - MASSIMO DUTTI



Satin Ballet
Flats - ZARA



Cotton Blend Mouliné Knit
Sweater - MASSIMO DUTTI





Jacket with Floral Embroidery - ZARA

Matching Waistcoat Dress - ZARA



Tapered-Waist Denim Shirt - H&M



Ribbed T-Shirt Dress - H&M



Cropped Jacket with Contrast Collar - BERSHKA



Leather Biker Jacket with Tie Detail - BERSHKA



Oversize Open-Knit Sweater - MASSIMO DUTTI



Wide Cargo Trousers - H&M



Fall Fashion Trends

Men

Leather Shopper
Bag - ZARA



Mixed Leather Blucher
- MANGO



Stretch Fabric
Slim-Fit Suit
Jacket - MANGO



Smart Trench Coat with Cuff Tab
Detail - MASSIMO DUTTI



100% Wool Jacket
with Pocket Details -
MASSIMO DUTTI



Zip Neck
Jumper -
H&M



Cotton
Overshirt
With Buttons
- MANGO



MARVEL
COMICS
T-SHIRT -
ZARA



Sweatshirt
Baseball Jacket
- H&M

TEEN SKINCARE



It's never too soon to get into good habits. And that includes taking care of your skin. But, for Gen Alpha and Gen Z it can get a little complicated. Hormonal changes can bring on acne, blackheads, dry patches, and blotches. Self-conscious teens may spend hours scrolling through reels, Instagram and Tik Tok searching for products that make their favourite celebrities look so perfect. And that is where things go downhill. Young skin can't cope with the active ingredients in many of these products. Teen and adolescent skin really needs only a three-step routine, regardless of skin type or concerns: cleansing, moisturizing, and applying SPF.

The experts say – Keep it simple!

TEENS WITH ACNE



ACNEMINTY
Facial
Cleanser



Bioderma
Sébium Gel
moussant



Ultra-Light
Moisturizing
Lotion



Acne
Control
Cleanser

TEENS WITH OILY SKIN



Oil Control
Moisturizing
Gel-Cream



Clean That Skin!
Face Wash

TEENS WITH SKIN SENSITIVITIES



Sensibio Light
Soothing and
moisturing care
for sensitive skin.



Ultra-
Light Gel
Moisturizer

TEENS WITH DRY SKIN



Atoderm
Intensive
baume



Ultra-Light
Moisturizing
Lotion



Hydrating
Facial
Cleanser

FOR ALL TEENS

- Skin-protecting daily SPF Sunscreen protects the skin from sun damage and skin cancer.
- Avoid going to bed with a dirty face.
- The key to getting oil under control and preventing breakouts is to keep the skin cleansed and moisturized.



DANIELA ALTIEVA

Connecting our Ex-Pat Community

Well-known for her tireless work in maintaining Facebook platforms for ex-pat news and activities, Daniela Altieva is a long-time resident of Al Rehab. She takes us through her journey, and tells us why the community has become so special to her.



Daniela, what brought you to Egypt and how did you choose Al Rehab to be your new home?

I met my husband when he was on a work assignment in my home country of Macedonia, and we moved to Egypt together when we got married. Coming from a tranquil European country with a lot of greenery, I wanted to find a place that was clean and green, where we could raise our family. The integrated community was a new concept in Egypt at the time, and it was unique to find a place like Al Rehab with a lot of green spaces, with all facilities like health care, schooling, shopping and leisure all readily available within one place. We were among the first residents, and now we have lived here for 24 years.



“Whenever newcomers arrive to Egypt and ask about places to live, I always recommend Al Rehab”

What makes Al Rehab such a great place to live?

There is so much that makes Al Rehab a wonderful place to live. It is truly different from most other compounds because all of the services are available here. We can educate our kids, go shopping for groceries, home goods, and clothes. There are plenty of great cafes and restaurants. I also love how Al Rehab is such a mixture of Egyptian and international residents.

Whenever newcomers arrive to Egypt and ask about places to live, I always recommend Al Rehab, and I truly believe it is one of the best places to live.

Can you tell us about your family?

I live here with my husband, and our son, Nor Khalid, who was born and raised here.



Do friends and family come to Egypt to visit you?

My sisters and their families have come to visit me in Egypt many times. I always try to show them the best that Egypt has to offer.

Did you find it easy to make friends and settle in?

Because I was working I was able to meet many people that way, which helped a lot. But I moved here before the days of social media, so there were fewer opportunities to arrange for outings and to socialize with other expat women.

What prompted you to start the Al Rehab English Speaking Ladies Facebook group?

I recently shifted my focus to social media and began using it as a tool to build community and to promote Egypt.

Working in international schools I met many women from different countries and with different backgrounds, and it became clear that we were all seeking a sense of community. I created the Al Rehab English Speaking Ladies Facebook group as a way to help the women living in Al Rehab to connect to one another. We had many women who joined our events from Nasr City and other areas, and that lead me to also create the larger Facebook group of Expat Women in New Cairo. These groups have helped many women feel more secure and settled into their new lives in Egypt.

How important is it to have a social media platform to allow people to communicate in your community?

Social media has become such an important tool for communication, and this is especially true within expat communities. In addition to the two Facebook groups, I have created a few different WhatsApp chat groups, where women can ask questions and get immediate responses.

Do you organize social activities and gatherings for your group members? Do you use the FB page to let people know about events, new openings and local news?

Yes, we have many different types of activities, and we share the information through various channels, include the Facebook groups and WhatsApp group chats. We also organize different kinds of meetups including brunches, coffee outings, and group walking,

How do you like to spend your leisure time in Al Rehab?

I love to go to the Al Rehab Sporting Club with friends and family. In the cooler months we love to walk on the track, or sit in one of the cafes. During the summer the swimming pools are one of my favorite places to be.

What are the best things about living in Egypt?

There are so many wonderful things about living in Egypt. Of course the incredible history, and the opportunity to visit such historic sites such as the Pyramids and the Nile. I love the life my family and I have built here, and the fact that I have amazing friends from all over the world.





Ammal Saleh Morsi

Omar's Coffee & Kheir Geddeity



A vibrant, dynamic member of the Al Rehab community, Ammal Saleh Morsi packs so much into her active day we were fortunate to have a chance to chat and learn more about her life and new venture. Owner of two successful local businesses, Kheir Geddeity and Omar's Coffee, and a busy grandmother, she is a stand-out example of local entrepreneurial spirit.



How long have you lived in Al Rehab, and how did you choose the location?

I've been a resident of Al Rehab since 2012, attracted by the advertisements from Talaat Moustafa Group that highlighted the unique appeal of the community. What captivated me most were the green spaces, the peaceful environment, and the comprehensive range of facilities that make daily life convenient and enjoyable. It's these qualities that made Al Rehab stand out as the perfect place to call home.

How many of your family live here with you?

I live with my husband and daughter, and one of my daughters also lives here with her husband and children.



Please tell us more about your businesses.

I started my project, Kheir Geddeity, in 2015, driven by my passion for cooking and some encouragement from my elder daughter. Initially, I focused on pickles and expanded into sauces like sweet chili, chili jam, and Indian mango chutney. I enjoy creating unique products such as zucchini pickles, beetroot pickles, pickles with Himalayan salt, and my best-seller, minced lemon. In 2020, I introduced jams made with bee honey for a healthier option.



My husband and I launched Omar's Coffee in Souq Al Sharky, building on his expertise in coffee and seeds. Omar's Coffee follows a family legacy of coffee blending and grinding that goes back three generations. We offer a variety of coffee blends made from the highest quality beans, including options from Colombia, Indonesia, and Brazil. Customers can choose from our special blends or create their own, all at great prices.



We also serve hot and cold beverages. Omar's Coffee has become a popular spot in the local community, and coffee enthusiasts can purchase freshly ground coffee from prime international sources for home enjoyment.

We're delighted that Omar's Coffee and Kheir Geddeity have come together to serve the Al Rehab community.

Has living here as part of the community contributed to the success of your businesses?

Being part of this thriving community has been great for our business. It's a friendly place where news travels fast by word of mouth. When people enjoy our products, they share their experience with friends and family, who then spread the word further. This creates a loyal customer base and attracts new people every day.



Do you see a lot of women entrepreneurs in Al Rehab? What makes it such a good environment for women to start their own businesses?

Yes, there are many women entrepreneurs in Al Rehab. People here are eager to discover new products and services, often learning about them through *CityLife* and social media. Women in Al Rehab are particularly encouraging, readily supporting and promoting fellow female entrepreneurs, which helps new businesses gain visibility and success.

When you are not busy with your work, how do you like spending your leisure time in Al Rehab?

I'm into fitness and aerobics, and I also love walking around the beautiful green areas of Al Rehab. Sometimes I go alone to clear my mind, and other times I go with family or friends for a fun, refreshing experience.

What are your favourite places to relax?

While Al Rehab has many lovely spots to unwind, my favourite place to relax after a hectic day is my own home. It's where I truly feel calm and at ease, surrounded by the comforts of my personal space.

What makes life in Al Rehab so convenient for busy people?

Al Rehab has a special spirit that makes life easy for busy people. The community is supported by excellent services, a wide range of retail options, and various sports and leisure facilities, all conveniently located and easy to access. With everything close at hand, daily tasks are quick and efficient, allowing residents to make the most of their time.

Would you recommend Al Rehab to anyone looking for a change of home?

I would absolutely recommend Al Rehab to friends and anyone considering a change of home. It offers something for everyone, regardless of age or lifestyle, making it a diverse and vibrant community that's both welcoming and fascinating.

Omar's Coffee - بِن عُمر

Store 30C – El Souk Al Sharky

Instagram: omarcoffee1979

Kheir Geddeity

By Delivery

WhatsApp: 0128 506 6664

Facebook: Omar's Coffee & Kheir Geddeity

MGC Brings Golf to MSC



Get started on a golfing adventure through MGC Golf Academy! Our specially designed program, created for beginners, focuses on enjoyment in a positive environment, with Captain Raouf bringing his skills to guide you on your golf journey.



The opening of a new academy at Madinaty Sports Club, dedicated to supporting the next generation of golf champions, aims to coach young talent within the Madinaty community. This initiative makes way for future stars to join the Madinaty team and potentially represent Egypt on the national stage.



Whether you're a member or a non-member, you are warmly welcomed to join the academy. Let's explore the potential of our community, turning weekend golf outings into opportunities for growth and discovery.

The program will teach you all the basic terminology and aspects of the game. You will begin by practicing with short-distance targets and learning shot techniques for chipping and putting. This will help you develop shot sensitivity and learn how to handle small obstacles. Through this academy, we aim to inspire a new wave of golf enthusiasts and contribute to the growth of Madinaty golf both locally and nationally.

For inquiries call: 0110 113 4518





Troon Wellness Spa

Experience ultimate relaxation at the Troon Wellness Spa, where tranquility meets luxury. Our spa offers a serene atmosphere designed to soothe the senses and rejuvenate the spirit. Indulge in our expertly crafted massages, which not only relieve stress but also improve circulation, reduce muscle tension, and enhance overall well-being. Each session is tailored to your needs, promoting deep relaxation and a sense of inner peace. Discover the benefits of our massages and let Troon Wellness guide you to a revitalized state of body and mind.



For inquiries call: 0114 419 0008

Life Has Begun at CELIA

in the Heart of The New Capital

Celia is definitely something to celebrate. And a recent event to bring the community together provided the opportunity. It was not just a day of connecting, sharing stories and meeting new faces; it also saw the official launch of the stunning swimming pool complex in the beautiful clubhouse.

The sole residential compound located in the heart of the Green River, Celia spans over 500 feddans of land in one of Cairo New Capital City's most desirable locations. Boasting innovative designs created by the leading American design firm HHCP, Celia is considered the area's greatest integrated project to date.

This first community event welcomed 25 families to Celia, making it the only compound to date in Cairo Capital City with residents already occupying their units. The day was a massive success, with everyone socializing and family members of all ages enjoying the water activities.

City Life was not going to miss out on the opening day fun, and our team enjoyed mixing and mingling with the buzzing crowd of attendees. They jumped at the chance to chat with friendly residents of Celia, to see how they were enjoying their day.

Meeting the Residents

Ahmed El Gendy

Do you live here in Celia?

Yes.

What do you think of living here?

I love it here. The area is clean and calm, the air is very pure, and everything seems to be well-maintained. I also appreciate how everything is so easily accessible.

Ahmed Wael

Who are you here with?

I came with my family, but I've met up with some of my friends here.

Do you live here in Celia?

Yes.

What do you like most about living here?

I love how clean the place is. It's also really quiet and peaceful.

What do you think of the event?

Honestly, I'm having so much fun. The vibes are amazing.

What activities have you tried?

I haven't tried anything yet, but I'm planning to try several things since there are such a variety of activities.

Mostafa Shaker & Amira Omar

What do you enjoy most about Ceila New Capital?

Mostafa: I love the tranquillity. It's so peaceful and picturesque here.

Amira: What stands out to me is the privacy. My previous compound was overcrowded with no personal space, so this place feels refreshingly private.

What do you like most about the event?

Mostafa: I enjoy the opportunity to explore Celia's vast spaces and connect with neighbours.

Amira: The atmosphere is fantastic—everyone's friendly, and it's great to see everyone having fun. Since this is a new compound, this event is our first chance to mingle and enjoy some family time.

Which activity are you most excited about?

Mostafa: I'm looking forward to the water games.

Amira: I can't wait to watch the performers and enjoy some great music.

Ibrahim

Are you enjoying the day so far?

It's been a great day. We didn't expect it to be this good. We bought our house here in 2017, and we can't wait to start living here. We don't want to leave the New Capital City.

What do you think of the event?

The event is very well-organized. The animation team is amazing, and the support team from TMG is both respectful and professional. They really made my day.

Are you enjoying the activities?

The activities are all fantastic. I never expected such a wide variety. However, I'm leaving most of it to the younger generation. I'm older now, so I may not handle it as well. The kids are also enjoying the catering a lot; everything is very tasty and well-prepared.

Would you like events like this to be held on a regular basis?

Absolutely. Without such events, no one would know about Celia. Events like these are crucial for marketing. Since the New Capital City is still relatively new, developers should use events like this to promote their projects. These events are not only enjoyable for us, the residents of the New Capital City, but they also help tourists learn about the New Capital City and see how much fun we're having here.

Nermine

Do you live here in Celia?

Not yet, but I'm almost ready with the house. I'm just finishing up with the last touches and hope to move in very soon.

What do you think of the activities here today?

They're great. Everyone seems to be having a lot of fun, especially with the handball.

The Wellness Journey Event



Inspiration, education, and empowerment were all on the agenda at the recent TMG Wellness Journey Event. Held on the 13th of July, 2024 at Madinaty Sporting Club, and organized by the Customer Relations Dept. for TMG Projects, the event brought together 150 women from diverse backgrounds for a day of informative discussion and presentations. Through a panel featuring esteemed speakers, the attendees gained insights, tools, and strategies to enhance their overall wellness.

With a clear objective to raise awareness and create momentum for women-focused initiatives, services and products, experts in various fields put the spotlight on women's wellness by sharing their knowledge and experiences. The busy agenda, serving the goal of creating a "Healthy Community", was filled with educational messages, entertainment, health and self-care, business and entrepreneurial opportunities, networking interactions, and chances to showcase talents residing in our community projects aimed at and created by women.

The event raised awareness about the importance of women's wellness and encouraged women to prioritize their physical, mental, and emotional well-being, while offering practical advice, tips, and real-life examples for our residents to improve their overall quality of life. It also prompted the community to facilitate open and honest discussions about common issues and challenges that women face in relation to their health and wellness.

The agenda included opening speeches by Mr. Ziad El Chazli and Sponsors UNICAF and Dabur Vatika. This was followed by Dr. Nadine Hamada delivering a presentation on skin and hair wellness, and Dr. Maha Salem, who spoke at length on nutritional wellness. Women in the business world were not overlooked, as Dr. Soha El Baklawy (moderator-speaker) addressed workplace wellness, with Sarah Alaattar moderating her in her speech.

This was followed by a coffee break, allowing attendees to mix and mingle and chat about the topics, after which the programme resumed.

Dina El Shourbagy got the second half underway, with an informative presentation on home wellness. Next was Dr. Nancy Labib, who delved into psychiatric wellness, then Nouran Salah, who rounded off the day with a talk on physical wellness.

Sponsors:

- UNICAF is an affiliation of 5 universities that provide post-graduate degrees on scholarship schemes, courses and training modules.
- Dabur Vatika gave away hair and skin product gift bags to the attendees.



Partners:

- Businessita is an innovative business service company that empowers women in business through a one-stop platform that provides trainings, advisory, consultations and diverse business support.
- The Presidential Cancer Early Detection and Management initiative offered a mobile cervix cancer screening and early detection van.



OUR ESTEEMED SPEAKERS



"Promoting nutritional wellness for her kids through recipe sharing and connecting with mothers on the same challenges that they face in their daily lives."

Dina El Shourbagy

Dina El Shourbagy is a stay-at-home mother who has started several platforms on social media to help mothers that are struggling with home wellness (decluttering) and mental wellness through helping guide them through remote work. She promotes nutritional wellness for her kids through recipe sharing and overall connecting with mothers on the same challenges that they face in their daily lives through her own experiences.

Dr. Nancy Labib

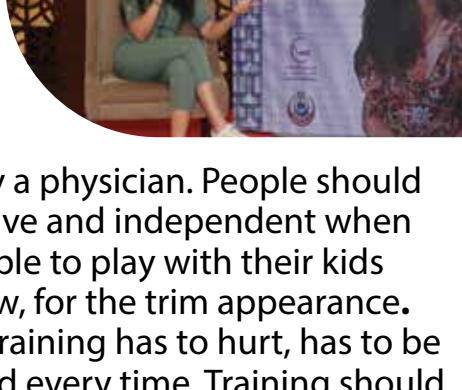
Dr. Nancy Labib responded to questions that helped the attendees evaluate themselves to see if they need psychiatric consultation or not, such as what are the most common diagnosis, what signs indicate that one should visit a psychiatrist and when to assess that, "I'm feeling better now". Caption "Do I need to seek psychiatric consultation? Do I feel good, or should I feel better?"



"Do I need to seek psychiatric consultation? Do I feel good or should I feel better?"

Nouran Salah

Nouran Salah said that she faced challenges in making people view physical wellbeing as a necessity, not a luxury, where it shouldn't be considered just when it's just recommended by a physician. People should train to be able to be active and independent when they're older and to be able to play with their kids or grandkids, not just now, for the trim appearance. Many people think that training has to hurt, has to be intense, and must be hard every time. Training should be judged based on results, not by sweat or how sore your muscles are the next day, as long as you feel stronger and healthier than when you first started.



"Training should be judged based on results, not by sweat or how sore your muscles are the next day."



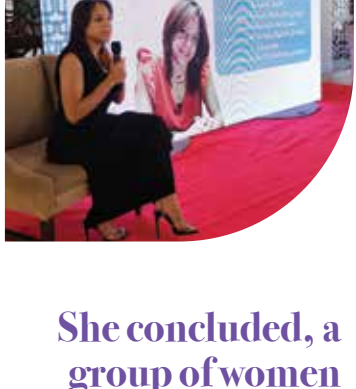
"HIFU or PROFHILO? Threads or Fillers? Hollywood Peel or Black peel? What is right is that you need to consult before you ask for a specific treatment!"

Dr. Nadine Hamada

Dr. Nadine Hamada raised awareness about dermatology and aesthetics through interactive discussions about different skin care routines based on age and skin type. Another topic of interest to the mothers of teenagers looked at the negative trending practices they have picked up from social media platforms, and what would help them prevent future complications.

Dr. Soha El Baklawy

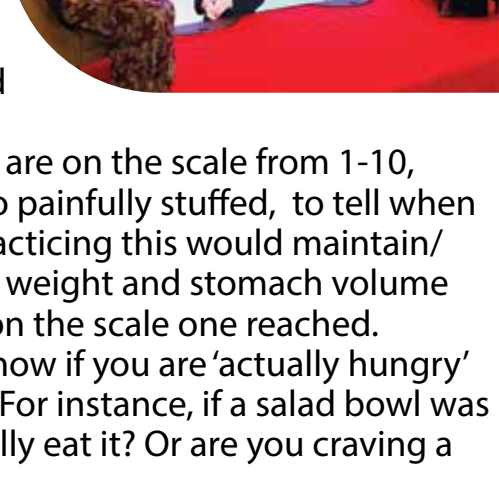
Dr. Soha El Baklawy believes that "women are the strongest creatures ever created as we have the infrastructure to have it all". However this starts with self-awareness to avoid falling into the common pitfalls of lack of self-belief; that she cannot have work/social life synergies while maintaining her social role as a wife/mom etc., entrapped with loneliness, convincing herself that she is fine. As quoted "women thrive best when they have a group of women who act as their "safety net". Having such a tribe is the secret to powering through the challenges faced in life.



She concluded, a group of women who act as your "safety net" is the secret to powering through the challenges you could face.

Dr. Maha Salem

Dr. Maha Salem recommended a set of exercises for the attendees to research into, and that they start practicing the Hunger Scale, where they would assess themselves to see how hungry they are on the scale from 1-10, ranging from starving to painfully stuffed, to tell when to eat or stop eating. Practicing this would maintain/decrease/increase body weight and stomach volume depending on how far on the scale one reached. Another practice is to know if you are 'actually hungry' or 'emotionally hungry'. For instance, if a salad bowl was served would you actually eat it? Or are you craving a juicy burger?



"If a salad bowl was served would you actually eat it? Or are you craving a juicy burger?"

The event was judged to be a great success, bringing women together to learn, network and bond. We look forward to more in the future.

Madinaty Welcomes Privado Central Park



Perfectly located as part of Privado, the upscale gem within Madinaty, Central Park takes an aspirational lifestyle to new heights. Privado already boasts excellent amenities within its three exclusive areas, encompassing 336 stylish, contemporary residential buildings, and the launch of Central Park will open up even more sporting and leisure options to enhance the everyday life of residents.



STYLE WITH FUNCTIONALITY

Defined by sleek, contemporary design that showcases striking angles, natural materials and innovative use of space, Central Park was designed by Perkins – Eastman to lie on a total area 643,262.43 m². The aesthetic cohesion between the 23 buildings, accommodating a club house, wellness centre, entertainment area, restaurants, lockers, banks, cafes, squash courts, a supermarket, and retails outlets works seamlessly within a creatively planned landscaped area where water features abound, with swimming pools, a water lake and fountains interspersed amongst sports courts and convenient parking areas.



Essential features like sidewalks, lighting systems, infrastructure utilities, water supply, sewage drainage, rain drainage, firefighting systems, and electrical power supply system have been unobtrusively incorporated into the project, resulting in a softscape that is harmonious and relaxing. Close to the main access road on the eastern edge of Madinaty, and bordered by Privado B7, B8, B9, B10, and B12, Central Park is at the heart of things, while still retaining an air of seclusion and privacy.

FROM FITNESS TO CHILL

Zone 1 features a stunning circular Clubhouse, designed to be an attractive hub for the community. Its rounded form is welcoming, and the use of subtle, natural colours and materials is both elegant and relaxing. A few minutes' walk away, the Wellness Centre and Zen garden offer a chance to unwind and reboot, while the well-appointed Squash Court Building offers more of an adrenalin boost. A well-equipped Kids' area is just what young ones need to let off steam at a comfortable distance. Swimming pools round out the mix, offering a choice for serious laps or just cooling down.

COMMERCIAL FACILITIES

Business is covered, with banks, a supermarket and handy retails outlets, keeping everything you need close at hand. Time for coffee, or a bite to eat? Chic cafés are waiting, and restaurants with a range of cuisines.

Created for the lifestyle you have always dreamed of, Central Park is your new haven, in the heart of Privado.





2024 Internships Support Future Careers



Did you experience a lot of interest in this summer's internship program?

Yes, we experienced a strong level of interest during this summer internship program as the number of applicants exceeded our expectations, with 26,809 candidates from a diverse range of academic backgrounds and skill sets.

It's amazing to see such enthusiasm for the opportunities we offer. This level of interest reaffirms the value of the TMG Academy program in providing a meaningful and hands-on experience.



As a CSR initiative, how valuable is this program in strengthening community ties, and helping our young people to build fulfilling careers?

Our summer internship program plays a key role in our CSR strategy. The TMG Academy internship program encourages active democratic engagement in the workplace. This means that our internship is not just about transferring knowledge but inspiring students to think critically, ask questions, and engage with real work issues.



How many applications did you receive this year, and has the number increased?

We received 26,809 applications in 2024 vs. 11892 last year, and we succeeded to offer 1626 internship opportunities, achieving a significant increase compared to last year.

What were the most popular fields?

Actually we had many popular fields this year as follow,

- "Engineering "Civil, Electric, Chemical, Mechatronics and Architecture"
- Cyber security and ethical hacking
- Accounting and Finance
- Marketing
- HR
- Computer science
- Landscape
- Communication
- Bioinformatics
- Management
- Business



What are the key lessons the interns take away from their internship?

The TMG Academy internship program seeks to foster growth, academically, morally and socially. So, we aim to connect students to both their community and the workplace.



Do you see this is an important indicator as to current business trends?

Absolutely, it is an important indicator because human capital is the country's greatest asset. This is why the TMG Academy internship program is designed with clear objectives to encourage students' critical thinking, cultural awareness, and sense of social responsibility and talent development, aligning with TMG strategy and the business trends.



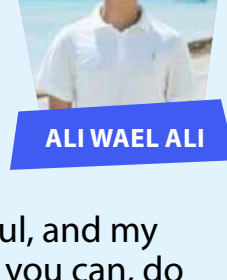
We at TMG build The Future builders"

Summer Intern Program

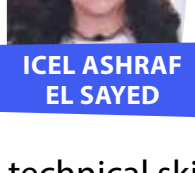
As we say goodbye to summer, we look back at yet another successful intern Program. Going from strength to strength, the Program has proved to be a popular dip into the on-the-ground realities of working life for our young residents. As part of its expansive CSR program, TMG Academy gives this invaluable opportunity to young undergraduates each summer, where they benefit from practical training in diverse fields by working alongside skilled teams of experienced employees.

We catch up with some of this year's young interns.

I am 22 years old, and am a third year undergraduate in construction and engineering management at Cairo University. This was not my first internship, and I spent time with the Civil Engineering Department. I gained important experience in site and work experience, and found that the internship made me love the career more and more. My mentors were very helpful, and my advice to interns would be to ask as much as you can, do not be ashamed to ask for any information or to show that you do not know something.



ALI WAEL ALI



ICEL ASHRAF EL SAYED

I'm 20 years old and am in my third year at Arab Academy for Science and Technology, majoring in Business Information Systems. This was my first internship and I spent it in the IT Department. I developed my soft skills a lot from this internship; I understood a lot of IT operations. There were a lot of

technical skills, hands-on experiences, and critical thinking situations, and that opened a lot of future job opportunities for me.

I live in Madinaty, and this is my third year in the Business Administration and Human Resources faculty at Cairo University. This was my first internship, and I worked with the Human Resources Department at Madinaty Golf Club. I gained more confidence in talking to people, interviewing them and asking them about their job. The most important part was that I saw the real work place, so it's not only about the theoretical aspects but the practical ones as well. This internship made me realize that I chose the right career path.



SALMA TARIQ SHABAAN



BASANT TAREK MOHAMED

I am a Madinaty resident, an undergraduate in the Faculty of Commerce at Zagazig University, and have completed several bank internships in the past. I interned with the Banking Department and Customer Service Department and found that the most helpful part was improving my customer service and

communication skills, along with learning how to handle clients and the challenges we might face in this field. It made me more interested in pursuing a career in banking or Customer Service and gave me deeper insights into the skills required for this field

I'm 21 years old, a Madinaty resident, and a fourth year undergraduate at the German University in Cairo, studying in the Faculty of Management Technology with double majors in Marketing & Finance. I was an intern in the HR Department, specifically with the Learning and Development Department, at TMG. I had an effective hands-on experience that helped me explore the career of the HR from a real perspective. Feedback was regularly provided to me from my supervisors, which helped me to improve and focus on my skills and gain insights into industry practices.



ESRAA WALEED MAHDY



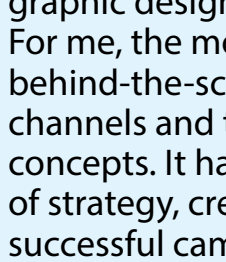
MOHAMED AHMED SAKR

I am 19 years old, a Madinaty resident, and in my first year studying Computer Engineering/Business Administration at the University of South Florida. This was my first internship, and I worked with the HR Department. The most impactful aspect of my internship was the opportunity to witness firsthand how a large corporation like TMG operates on a day-to-day basis. Being part of such a well-established organization gave me invaluable insights into the practical workings of HR within a highly structured, fast-paced corporate environment. This experience has given me a deeper appreciation for the complexities of corporate life.

I'm a 21-year-old undergraduate student at The German University in Cairo, currently in my senior year double majoring in Marketing and Strategic Management (Faculty of Management Technology, General Management Department). I interned in the marketing department. My experiences ranged all the way from content creation and graphic design to developing strategies for brand growth. For me, the most helpful aspect was getting to know the behind-the-scenes of how TMG operates their marketing channels and the application of real-world theoretical concepts. It has provided valuable insights into the blend of strategy, creativity, and analytics required to build successful campaigns.



OMAR NASHAAT

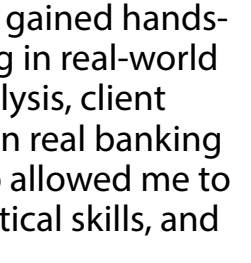


SAHAR ESSAM

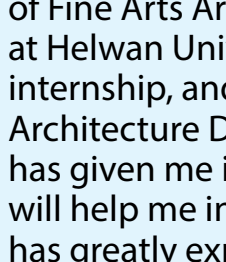
I'm 19 years old and live in Madinaty. I study Business Administration at the British University in Egypt. This was my second internship, and I worked in the Banking Department at Madinaty. I gained hands-on experience by engaging in real-world tasks, such as financial analysis, client interaction, and working on real banking statements. The internship allowed me to apply theoretical knowledge and gain practical skills, and made me excited to start my career.

My mentors were supportive, and this made me want to have extra time in this internship because of the way they supported and motivated me.

I am currently studying in the Faculty of Fine Arts Architecture Department at Helwan University. This is not my first internship, and I spent my time in the Architecture Department. My internship has given me invaluable experience that will help me in my future profession and has greatly expanded my understanding of the construction sector. The practical experience, in conjunction with guidance from senior experts, reinforced my desire to pursue a career in this area. I feel more confident of my skills, and I now have a clearer vision of the path I want to take.



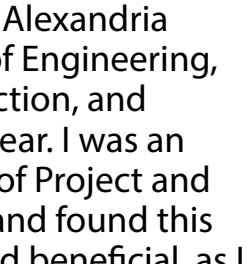
YASMIN IBRAHIM MUHAMMED



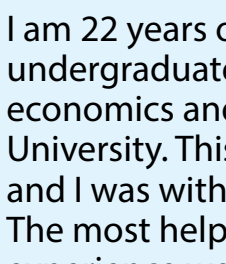
SAMA SHERIF ALY

I am an undergraduate at Alexandria University, in the faculty of Engineering, Architecture and Construction, and expect to graduate next year. I was an intern in the department of Project and Execution Management, and found this internship very helpful and beneficial, as I was able to relate between the theoretical information I receive in college and its practical applications. It gave me an incentive to continue in construction management, as I find it an interesting area and a promising career.

I am 22 years old, and a fourth year undergraduate in the faculty of economics and political science at Cairo University. This was my third internship, and I was with the Club Sales Department. The most helpful part of this internship experience were the negotiation and client management skills I got from the employees, who were extra helpful in each and every way. For me it wasn't just a certificate it was a whole experience.



SALSABEL AHMED SOBHEY



MARTINA TANAGHOUE

I am 20 years old, an Al Rehab resident, and am a fourth year student majoring in economics and finance at European Universities in Egypt. My internship took place in the Banking Department at the new Rehab City Hall. During my time there, I gained hands-on experience with Excel and the SAP system, which are crucial tools in financial operations.

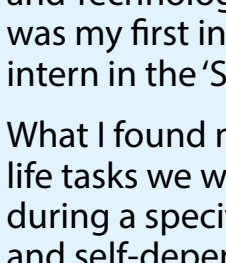
The internship provided me with insights into TMG's interactions with banks, deepening my understanding of financial processes and relationships. The mentors at TMG were exceptionally patient and supportive, guiding us through complex concepts and practical applications.

I'm 19 years old and a second year undergraduate at the German University in Cairo, majoring in Media Engineering and Technology. I live in Al Rehab, this was my first internship ever, and I was an intern in the 'Smart City' department.



TIA MOHAMED MAHMOUD

What I found most helpful were the real life tasks we were assigned to submit during a specified deadline, which taught us commitment and self-dependency. I loved how we experienced more than one department. TMG's internship made me more comfortable and confident in the career path I have chosen by providing the perfect work environment.



JUDY MOHAMED GAMAL

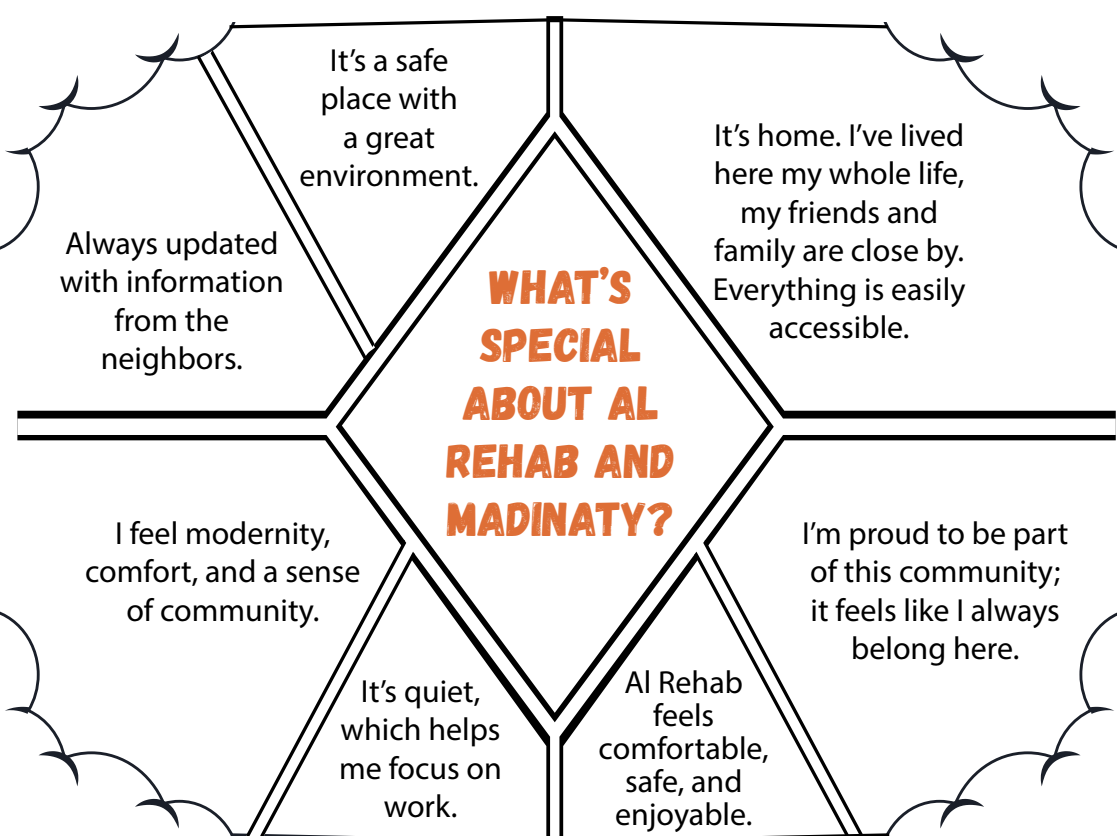
I am a third year undergraduate at Helwan University, studying graphic design, and an Al Rehab resident. This was my first internship, and I worked with the graphic design and marketing department. I found the whole internship very helpful, my mentors were super supportive, and it did change my perceptions about my future career path. I would advise young interns to absorb the whole experience, and to use the opportunity to work on themselves.

INTERNS MEET THE COMMUNITY

TMG's Intern Programme created a hive of activity this summer with welcome additions to the workforce. Six young interns rolled up their sleeves and threw themselves into the never-ending hustle and bustle of the busy hub that can be considered the heartbeat of TMG Community life. One important assignment was to reach out to the youth of Al Rehab and Madinaty to get candid Gen Z opinions on the experience of TMG community living.

Written & Interviewed by: Mariam Mohamed, Logaine Gehad, Omar Bassem, Amr Minisy, Jana Wael & Hala Tagoon,

Design Concept: Zaina Ahmed



HOW HAS LIVING HERE UPGRADED YOUR ROUTINE?



APPLIANCES THAT MAKE COOKING A BREEZE

Guys, are you tempted to try your hand at cooking, but need a little help in mastering the finer points? Your family and friends will cheer you on when they enjoy the chef-quality results of these multi-tasking gems.



ANOVA PRECISION OVEN

The Anova Precision Oven covers all the bases. It lets you bake, roast, slow cook, sous vide, and steam food to perfection, making it one of the smartest countertop ovens you can buy. You can use the Oven App to remotely set and monitor your cooking progress from anywhere, or let Alexa be your sous chef by pairing your Precision™ Oven to an Alexa device.

GE PROFILE SMART INDOOR SMOKER WITH ACTIVE SMOKE FILTRATION

Don't let a lack of outdoor space hold you back from producing mouthwatering BBQ grills. This electric indoor smoker turns real-wood pellet smoke into warm air using Active Smoke Filtration, so you can smoke meats, seafood, vegetables, and more, any time, right in your kitchen. Get the convenience of smoking foods indoors while still delivering delicious, true wood-smoked flavor.



Want just a hint of smoke, or maybe a full smoked BBQ taste? The indoor smoker lets you control the taste with five different smoke settings so you can experiment with smoke levels until you find your ideal flavor.



MOLEY ROBOTIC KITCHEN

A game-changing step into the future of cooking at home, Moley brings you the world's first fully robotic kitchen. Men, this is what you have been waiting for.

The Moley Robotic Kitchen allows you to save time, plan and adapt your menu according to different diets and lifestyles, enjoy international cuisine anytime, control calories and get cooking tips and recipes from chefs around the world. And let your wife have a well-deserved rest!

INSTANT POT PRO PLUS

A fully connected multi-cooker you can wirelessly control through the Instant Connect™ App. Versatile and multi-function, the 10-in-1 pot can be used as a pressure cooker, slow cooker, rice cooker, steamer, sauté pan, yogurt maker, warmer, or for professional sous vide preparation.



COSORI SMART 5.8-QUART AIR FRYER



The Cosori Smart Air Fryer has an LED touch screen with 11 pre-sets for one-touch cooking, as well as connectivity with an app that lets you control cooking and browse recipes from your phone. The smart model also supports Amazon Alexa and Google Assistant, so you can automate the cooking process with your voice.

MADINATY GOES TECH

With the school year back in full swing, home-owners and students of all ages will find themselves spoilt for choice when it comes to tech needs. If you can't find it here, maybe it just hasn't been invented yet?



2B in East Hub has it all, from home appliances through to electronic devices and personal care products. And of course, **Abdul Aziz Stores**, also in East Hub, is your first stop for home appliances. **El Araby** in Open Air Mall is a great place to find a full range of home appliances and electronic devices, so make a note. Gamers should head for **Echo Tech**, **Play n Trade**, **XPRS**, and **Dream 2000**, and for the latest in electronic devices check out **Virgin Megastore**, **B-Tech** and **Mobilaty**. And, when your mobile needs accessories, pop along to **Mobi**, in The Strip.



For the leading trends and latest technology in home appliances, you won't need to go much further than **Bosch Home** or **LG** in Open Air Mall, or **Tefal** for everything your kitchen needs. Apple users have **Link Em** in Open Air Mall, as an Apple Authorized reseller, it sells Apple products only.

One way or another, all your tech needs are covered, just minutes from home. Could life get much better?



ARE YOU A SECRET WORRIER?



According to the World Health Organisation, an estimated 4% of the global population currently experience an anxiety disorder.

WHAT ARE THE SYMPTOMS?

In a recent article in www.findapsychologist.org, Kenneth J. Martz, PsyD, MBA addresses the key issues, symptoms, and solutions for anxiety disorders. He points out that often men's anxiety does not present itself in the classic symptoms of nervousness or worry. Instead, it can manifest through physical symptoms like chronic pain, headaches, gastrointestinal issues, or unexplained fatigue. This physical manifestation can sometimes lead to misdiagnosis or delay in recognizing anxiety as the root cause.

HOW ANXIETY PLAYS OUT

He notes that men are more likely to engage in risk-taking behaviours as a coping mechanism for anxiety. This can include substance use, reckless driving, or other forms of dangerous behaviour. It's a way of diverting attention from their internal struggles, but these actions can compound their problems over time.

PERFORMANCE STRESS

Men often channel their anxiety into their work or achievements, driven by societal pressures to succeed and provide. This can lead to a form of anxiety that is closely tied to professional performance, financial stability, and personal accomplishments, making it difficult for men to separate their self-worth from their achievements.

Many men experiencing anxiety may become withdrawn or isolated. They might avoid social interactions and activities they used to enjoy, not out of disinterest, but as a coping mechanism to manage their anxiety.

THE SOLUTION

FORGET COMPARISONS

People with anxiety tend to compare themselves to others, feel the need to improve and want to be more like someone else. Comparison can rob you of joy and contentment.

SEEK A HEALTHY LIFE FLOW

Each person has different needs and energy levels. Your needs for sleep, self-care, nutrition, exercise and work-life balance will differ from others.

CREATE A SUPPORT NETWORK

People with high-functioning anxiety may believe they must deal with their behaviours alone because they fear criticism or negative outcomes. A positive support network of people who care for you can help ease anxiety symptoms.

IDENTIFY CORE VALUES

Some people with high-functioning anxiety become fixated on society-defined success, like having the "right" job, car, house and material possessions. A therapist can help you uncover what is important to you outside society's expectations, and align your thoughts and actions with your core values.

LEARN TO ACCEPT CRITICISM

A therapist can help you identify ways to evaluate feedback neutrally without emotion.

PRACTICE MINDFULNESS

This is the practice of purposefully being aware of and focusing on the present moment. Concentrating on one thing or moment can increase feelings of calm and peace.

SEEK HELP IF YOU NEED IT

People with anxiety often are caring, empathetic, peacemakers, rule followers and good citizens. Counselling and therapy play crucial roles in helping people with high-functioning anxiety effectively manage their symptoms.



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SIXT Egypt is the leading car rental service provider in Egypt, known for offering a diverse fleet of high-quality vehicles, from economy cars to luxury models, catering to both local and international customers. With convenient locations across key cities and airports, including Cairo, Alexandria, and Hurghada, **SIXT Egypt** is committed to delivering exceptional service, flexible rental options, and competitive pricing. Whether you need a car for business, leisure, or long-term use, **SIXT Egypt** ensures a seamless rental experience that aligns with its global reputation for excellence in mobility solutions.

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TMG Clubs Social Activities for All the Family



More than just an excellent destination for a huge range of sporting activities, you can discover creative, life-enriching activities at Madinaty and Al Rehab Sporting Clubs. Al Rehab Sporting Club believes in nurturing creativity from a young age. Its arts and crafts programs are designed to engage kids in fun, hands-on activities like knitting and crochet workshops, where they can develop new skills, foster creativity, and build confidence—all while making new friends!



Supporting rewarding family life, Madinaty Sporting Club focuses on fostering strong human connections and a healthy lifestyle. It offers insightful seminars on human relations development, covering essential topics such as parent-child relationships, the importance of healthy diets, and overall wellness. These seminars are a great opportunity for families to strengthen their bonds and adopt healthier habits for a more balanced life, and are available all year long.



Gather for Work and Relaxation at TMG Clubs Social Buildings



When life gets busy and multitasking takes over, it's time to discover the ultimate work and study hubs at Madinaty and Al Rehab Sporting Clubs Social Buildings



Designed to provide a calm and inviting atmosphere, Madinaty and Al Rehab social buildings are ideal spaces for members looking to combine work, study, and relaxation in one spot. These buildings offer everything you need for a productive day away from any distractions.



Beyond the well-thought-out workspaces, what truly sets these spaces apart is the exceptional F&B service. Members can enjoy a premium dining experience with a variety of offerings from some of Egypt's finest restaurants. The carefully curated menu ensures there's something to satisfy everyone's tastes, from gourmet meals to light snacks and beverages, just right for keeping you energized throughout the day.



When it's time to take a break, the cosy lounge areas provide the perfect retreat. You can relax in comfort, enjoy the beautiful surroundings, or hold informal meetings with fellow members. The welcoming environment also makes it a great place for networking, socializing, and sharing ideas, enhancing your overall experience.

The clubs' social buildings are a unique blend of functionality and comfort, tailored for those seeking an elevated work or study environment within the club. Impeccable facilities and first-class service make them a must-visit for any member looking to be productive in style.

OUR MSC CHAMPIONS GO INTERNATIONAL



MARIAM HELMY

**TM SPORTS CHAMPION & EGYPT
SWIMMING NATIONAL TEAM PLAYER**

Making a splash on the swimming scene, Mariam Helmy is Champion of TM Sports Academy and a member of the Egypt National Swimming Team. She is doing well internationally, and secured 2nd place in the 2024 World Ranking for the 50-meter Diving Youth event, and 10th place in the 50-meter Mono Youth event. This followed a successful year where she achieved 7th place in the 2023 World Championship. Amongst her numerous achievements, Mariam has set multiple Egyptian records, won several "Best Swimmer" awards, and earned many medals at the national level.



NOUR EL MALT

**EGYPT NATIONAL TEAM
U14 TENNIS CHAMPION**

Ranked as one of the top seven players in her age group in Africa, Nour Al Malt took the championship at the Elite Tennis Academy and is an Egypt National Tennis Team player. Nour won first place in the African Championship, competing in both singles and doubles in Namibia for the U14 category. She also competed in both LEG1 and LEG2 tournaments. With a busy competition schedule, Nour led the national team in the U14 Arab Championship in Tunisia, and is expected to participate in the African Masters Championship in Morocco this month. Her intensive training helped her team secure victory in the Arab Championship against Morocco and Tunisia, and we have great hopes for her future success.



Congratulations to Our EGYPTIAN OLYMPIANS!

The Egyptian delegation, the largest in the country's history at 164 athletes, including 16 substitutes, made headlines with their noteworthy achievements. Let's take a look at moments to remember.



Ahmed El Gendy - Modern Pentathlon

Ahmed El Gendy delivered an outstanding performance to capture the gold medal in Modern Pentathlon. His final lap in the Laser Run received thunderous applause from the spectators as he achieved a new world record with an impressive 1,555 points. With Los Angeles 2028 definitely on his radar, we cheer him on.

Facebook: ahmedelgendy00



Sara Ahmed Samir - Weightlifting Women's 81kg Category

Following up on her bronze medal triumph in Rio, weightlifter Sara Ahmed Samir went a step further in Paris. The 26-year-old secured a silver medal in the women's 81kg category, lifting a total of 268kg with 117kg in the snatch and 151kg in the clean and jerk. Can she aim for the top step of the podium in Los Angeles 2028? We think so.

Instagram: @sarasamir76kg

Mohamed El Sayed - Fencing

Fencer Mohamed El Sayed surprised everyone by winning his country's first medal in Paris. The 21-year-old maintained his momentum through extra time to overcome Tibor Andrasfi of Hungary in the bronze medal match of the men's épée individual event. He showed consistent form in working his way through the rounds, but missed out on a gold medal after a semi-final loss to Frenchman and world number 3 Yannick Borel (15-9). El Sayed's medal marks the first for Africa in the épée discipline.

Instagram: @ _supermooo



Malak Ismail - Modern Pentathlon

19-year-old Malak Ismail made an impression in her first Olympic appearance, reaching the final of the Modern Pentathlon. She finished 11th overall with 1395 points. Keep her on your radar!

Facebook: Malak.Ismail05

Egypt U-23 Football Team

The young Pharaohs did us proud, reaching the Olympic semi-finals for the first time since 1964.



Egypt Handball Team

The Egyptian handball national team, considered a medal contender, saw their Olympic dreams blown away in the quarterfinals. After a strong showing in the group stage, finishing second in Group B behind reigning World and Olympic Champions Denmark, they were narrowly defeated 29-28 by Spain.

Instagram: @egyhandballnt



I'm a Champion!

Madinaty Sports Summit 2024



If ever there was a time to showcase the wealth of young talent in TMG communities, the annual ceremony to honour excellence and outstanding performance in both academic and sporting pursuits was it. Taking place on the 20th of September, Madinaty Sporting Club played host to the summit, and the day saw a massive turnout of families and friends eager to support the 659 prize-winners. A notable amount of students received prizes for their academic achievements as well.



In addition to these achievements on the academic front, there was plenty of recognition for 60 teams of young champions across a range of sporting disciplines, including 14 international champions. It was heart-warming to see how well our young residents have excelled in diverse fields, we can be truly proud of them, and offer congratulations and our wishes for bright and shining futures.



Game Changing Co-working Spaces in Al Rehab

MQR Park 15 Mall



MQR - AlRehab-Park15 offers a dynamic and productive workspace, spanning an impressive 850 square meters. Designed to cater to the needs of modern businesses, it provides a perfect blend of privacy and collaboration.

With eight offices, businesses of all sizes can find the ideal space to accommodate their teams. Whether it's a small startup or a growing enterprise, MQR offices offer the privacy and focus necessary for productivity.



For collaborative work and brainstorming sessions, the location boasts three versatile meeting rooms of varying sizes. These spaces are equipped with state-of-the-art technology, making them ideal for client meetings, team workshops, or video conferences.

To foster innovation and networking, the location features a spacious co-working area. This open layout encourages collaboration and provides a stimulating environment for freelancers, entrepreneurs, and small teams, while the training room offers a dedicated space for professional development and team building activities.

MQR AlRehab-Park15 is more than just a workspace; it's a hub for business success. Experience the perfect blend of comfort, productivity, and collaboration.

MQR Gateway Mall



MQR's newest co-working space in the heart of Gateway Mall, Al Rehab is a state-of-the-art facility, spanning an impressive 1019 square meters, and is designed to cater to the evolving needs of modern professionals. Whether you're a freelancer, entrepreneur, or established business, MQR Gateway Mall offers the perfect environment to thrive.



The space features a dynamic blend of private and collaborative workspaces. Twelve fully equipped offices provide the ideal setting for focused work, while versatile meeting rooms are perfect for client meetings and team brainstorming.

At the core of the space is a vibrant shared workspace, designed to foster collaboration and networking among members.

Stay tuned for the grand opening announcement and get ready to experience the future of work at MQR Gateway Mall.

Upgrade Your Skillset



There's nothing more inspiring or motivating than adding new skills to your resume. It's not just about the workplace. There are life skills that will enrich your daily routine, open up new career paths, or simply bring hours of pleasure.

AUC SCHOOL OF CONTINUING EDUCATION - INTERPERSONAL SKILLS



This 30-hour course covers soft skills, the vital communication tools that mark a successful marketer or business leader. Available at AUC Tahrir Square or AUC New Cairo, either Online or Face to Face, it comprises three Continuing Education Units. The Interpersonal Skills course covers topics including effective communication skills, types of presentations, planning and delivering presentations, establishing goals, time management, handling stress, resolving conflicts, cross-cultural communication, self-concepts, and self-esteem.

For further information, contact 16723

sce.aucegypt.edu/programs/interpersonal-skills

ITI-ARTIFICIAL INTELLIGENCE ACADEMY FOR EVERYONE



Artificial Intelligence (AI) has become an integral part of our daily lives, from smartphones to home appliances and cars and with recent AI breakthroughs, AI uses and applications are present across all industries. If you are interested to know how AI works, how it is changing our future lives, and how employees at different organizations can benefit from its multiple uses, ITI-Artificial Intelligence for All brings you self-paced, interesting, and informative courses aimed at raising AI community awareness, regardless of your educational background.

Facebook: [maharatech.Eg](https://www.facebook.com/maharatech.Eg)

maharatech.gov.eg/mod/page

FIRSTAID RESPONDERS



Although both Al Rehab and Madinaty have excellent, convenient medical resources, sometimes it is the work of the first responder that can make a difference. First Aid Responders is an accredited Emergency First Response Training Center whose founder Youmna Khalil is an internationally certified CPR, First Aid and AED Elite instructor trainer for both adults and children. The course helps emergency responders properly sequence patient care, tackles emotional aspects of offering emergency care, and eliminates the fear of doing something wrong. Now, isn't that a skill worth its weight in gold?

Facebook: [FirstAidResponders](https://www.facebook.com/firstaidresponders)

faresponders.com

The Paths to Higher Education



Let's take a look at what is involved for the American High School Diploma, IGCSE Certificates, International Baccalaureate, and Thanawiya Amma/STEM/Thanawiya Azhariya.

THANAWIYA AMMA/STEM/ THANAWIYA AZHARIYA



The Ministry of Higher Education and Scientific Research recently announced the redesign of the scientific and cognitive content of high school education. Made this September, the most significant change for 10th grade, known domestically as the first year of Thanaweya Amma, is the reduction in the number of subjects from ten to six, compared to the previous academic year 2023/2024. The minimum Thanaweya Amma (high school) scores required for first phase admission to the top faculties at the country's public universities for the 2024/2025 academic year have just been released.

Science Section

93.2 percent for medicine, 92.8 percent for dentistry, 91.7 percent for pharmacy, and 92.2 percent for physical therapy.

Faculty of Engineering

88.65 percent.

Faculty of Economics and Political Science (EPS)

85.24 percent




Al Alsun (Languages)

84.26 percent

Mass Communication

83.17 percent

Second-phase students must have scored at least 64.63 percent in the science section and 56.09 percent in the literature section.




- **Madinaty Language School (MLS)** 
- **Madinaty Integrated Outstanding School (MIOIS)** 
- **Othman Ibn Affan School – Al Rehab** 

BRITISH SYSTEM

Leading up to Year 9, students will generally follow a programme covering Reading/Language, Numeracy, Science, Humanities, Art, Drama, Physical Education, French/German or another third language. Students should also study Arabic, Religion and Arabic Social Studies (starting year 4) to meet the Ministry of Education requirements. At the end of year 6, students undergo a Check Point Exam with another at the end of Year 8, when students will sit for another check Point Exam. At this point, students will be ready for the IGCSE program. In Year 9, students will study the Core curriculum and will sit for the Core exam which is a preparation for Year 10 to study the Extended Curriculum. IGCSE exams are done by Cambridge or Edexcel universities. They are approved by all universities internationally.

IGCSE

To complete the IGCSE, students are required to be examined in 8 or more subjects along with AS/a levels and the choice based on the universities' requirements. In addition to the IGCSE subjects, students are required to study Arabic, Religion and Civil Studies to meet the Ministry of Education requirements. 8 (OL) subjects are required for all the faculties. For the Faculty of Engineering and the Faculty of Computers & IT: Math ASL or AL is required in addition to the 8 OL subjects, including Math Level.

- **Madinaty Integrated Language School (MILS)** 
- **British International School Madinaty (BISM)** 
- **British School Al Rehab, GEMS (TBS) International School** 



AMERICAN HIGH SCHOOL DIPLOMA



The evaluation of the American Diploma certificate is a combination of two factors; the cumulative GPA (grades 9 to 12) and SAT-I or ACT-I scores. The minimum scores for admission consideration are generally a combined total score of 950 for the SAT 1 or a composite score of 20 on the ACT. A minimum cumulative grade point average (GPA) of 2.0 (on a scale of 4.0) from an accredited school is usually needed for university admission consideration. Applicants interested in engineering programs, actuarial science, data science, and computer science majors are required to have a minimum SAT I-Math score of 560 or an ACT I-Math score of 22 to be considered for declaration at the admission stage. SAT testing is not currently available in Egypt, but ACT admissions tests accepted by most U.S./Egyptian colleges and universities.

- **Gems International School (GISC) - Al Rehab** 

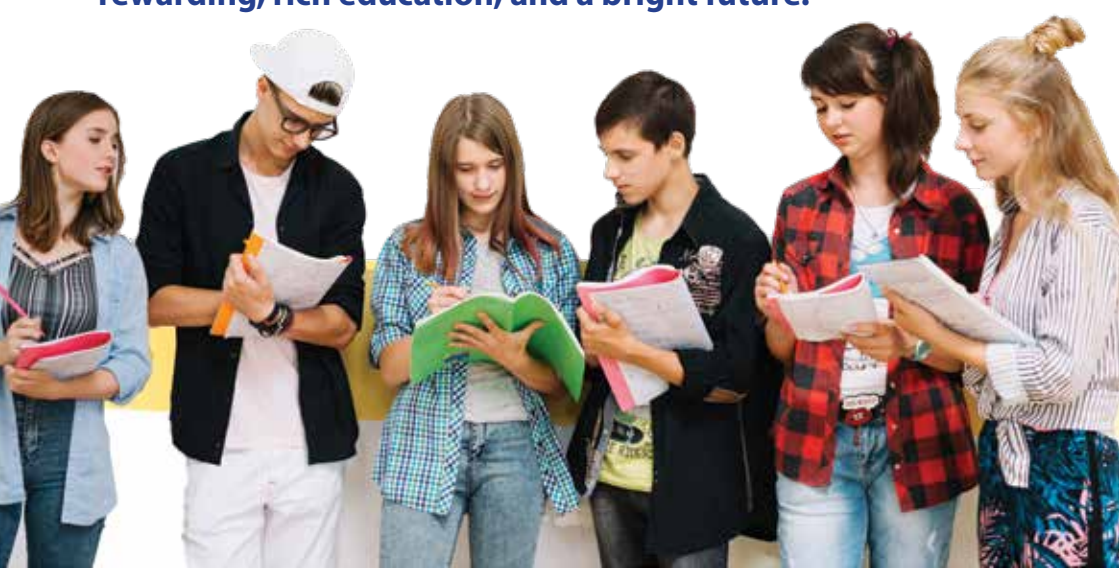
INTERNATIONAL BACCALAUREATE (IB)

Considered a key qualification for entry to prestigious universities worldwide, the IB is known to be more intense and rigorous than many diploma courses. For acceptance into Egyptian National Universities the IB needs to be submitted for approval to The Ministry of Higher Education and Scientific Research Coordination office (Tansik) by June of each year. The decision will be issued prior to university enrolment dates. For private and international universities, IB grades are set on a scale according to other main accepted diploma scores, and treated accordingly.

FLS French and German schools

- **L' Ecole De l'Avenir – Al Rehab** 
- **German School (FLS) - Al Rehab** 

Whatever educational system you choose to go with, remember that this is a decision with long term impact on your child's life. Take time to discuss this together, and seek advice from the school counsellor as well. By choosing the right path, your young student can look forward to a rewarding, rich education, and a bright future.



Bringing **FUN** into the Picture

Summer can't last forever, and with the cooler days of October, it's time to head back to school. So, how can you get your little ones excited about the transition back to study and a set routine? Try these innovative, enjoyable apps. Fun and creative, they will make it a breeze.



HABITICA

Habitica is a mobile app that makes games out of important daily activities. The right motivation is important for kids, and Habitica works with that. Set to-dos and tasks such as brushing teeth, leaving for school on time, and completing assignments. When kids complete tasks, they earn gear for their avatars and defeat monsters. Habitica calls itself a "gamified task manager" and uses its multiple task-tracking features to encourage follow-through. You can also sync across devices so users can see their tasks wherever they are. Available on: iOS, Android

habitica.com/static/home



JOON

'Tasks' sound like hard work, so why not set your young ones daily quests to complete instead? With Joon, the video game-like task management app, kids ages 6 to 12 have an app-based pet that grows and thrives as they complete quests.

When a kid completes an item on their list, parents receive a notification. Once the parent approves the quest, kids receive rewards for their pets. Joon allows you to add any quest you want, and also suggests quests that are research-backed.

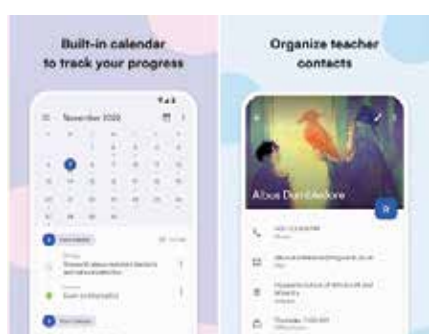
Available on: iOS, Android

www.joonapp.io



SCHOOL PLANNER

School Planner is a handy app for students of all ages. Keeping track of homework, assignments, exams and reminders is simple and fast, and daily notifications will make it easy to stay on track. The built-in calendar is highly optimized for the needs of students and is highly customizable. You can assign different colours to each subject and view events saved in the calendar. Special features allow students to manage their grades and subjects, and stay up to date on their progress thanks to the automatic calculation of average. The app can record lectures and organize them automatically as well as being able to sync agendas with devices and back up data on Google Drive. An added bonus, it looks great too!



SCHOOLY

iOS users can download Schooly | School Planner for free! The sleek and functional school planner app gives everything you need to manage school schedules, timetables, to-dos and assignments.

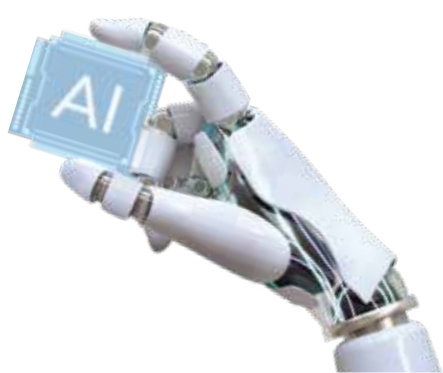


Preparing For a Digital World

Ask any Gen Alpha about a day in the classroom. Or even your Gen Z kid. They are in the midst of a revolution. Tech has taken over, and AI plays an indisputable role in how their futures will develop. In a nutshell, AI refers to computer programs or systems that can perform tasks that make them seem smart, in such a way that they display human cognitive abilities or human intelligence.

AI LITERACY FOR FUTURE SUCCESS

With many of our young ones being prepared for jobs that haven't even been envisioned yet, AI literacy will be essential to find a productive role in a competitive marketplace. While the focus remains on STEAM education (Science, Technology, Engineering, the Arts, and Mathematics), AI tools are rapidly being adopted by students. It should come as no surprise that Egypt is actually one of the regional leaders in embracing AI, and this reflects at all levels of education. The use of adaptive learning software, offering automated learner feedback and basic follow-up tasks based on performance, has been steadily growing in Egypt's international schools.



KNOW YOUR APPS

Well-known local platforms include **Madrasty**, a leading educational platform that provides an immersive learning journey tailored to the Egyptian curriculum. A plus point, Madrasty offers live online sessions conducted by experienced teachers, an extensive question bank, and comprehensive coverage of all subjects and proficiency levels.



AI Adwaa series covers all levels starting from kindergarten up until grade 12 courses for all subjects. These series are certified and approved by the Egyptian Ministry Of Education. Popular teaching guides by Selah El Telmeez have also gone digital. These technologies are designed to supplement what schools offer by providing more tailored and individualized learning approaches.

THE BENEFITS OF AI

AI is there to guide and support learning, not to replace the mental work done by students. It gives valuable feedback and can tailor learning programmes to improve individual learning needs. Advanced AI software could even rival teachers in helping students remember and understand information. Teachers can see individual student challenges, and look at the big-picture data to see when whole classes are struggling with particular concepts.



AI can actually accelerate aspects of learning, often when it comes to remembering and understanding information. It could sometimes even do this better than a single teacher in a class full of students, because it's so personalized.

RISKS OF USING AI

Questions are raised about privacy and cybersecurity, as well as academic integrity. And can AI make students lazy and less willing to put in effort? Class interaction with teachers and peers, and ongoing evaluation is essential to avoid excessive student reliance on AI tools.



CHATGPT



ChatGPT is grabbing attention, simply because it can step in and take over tasks, including academic and writing work, with ease. Still, depending on a friendly little bot will not be a solution when life throws some real challenges, just saying.

With pros and cons to be considered, there is no doubt that AI is here to stay, and knowing how to utilize it effectively starts from now. Are you ready?

A Place for Everything

Back to school shouldn't mean a return to clutter. Take a look at these practical and stylish solutions for storing kids' toys, magazines, trinkets, books, and all of those items that you simply can't live without.



Hangers -
CARAVANSERAI



Shoe Storage - MARKAZ



Basket - IKEA

Clothes Hanger
- HOMZMART



Pouf-CHICHOMZ



Brown Hammered
Bowl with Wooden
Cover - MARKAZ

FROM HOME APPLIANCES TO HI TECH

When it's time to get back to work and back to school, it's also a great time to see what new tech is available for your desk and home to make life a bit easier. The best news is, you don't need to go far to find some of the latest appliances and digital tools, they are right here. We suggest you pop in to these local Al Rehab stores, and be pleasantly surprised.



B.TECH - GATEWAY MALL

B.TECH is the largest retailer for home appliances and consumer electronics in Egypt. Brands under guarantee by B-Tech include global names like Ultra, Ariston, Indesit, and Mila. Shop online options include affordable payment option, Mini Cash!



ABDUL AZIZ STORES – AVENUE AL REHAB:



Abdul Aziz Stores is a well-established marketplace with branches all across Egypt, earning a place in the hearts of Egyptian since its creation in 1985. Over the years it has become a top choice for newly marrieds, who rely on the brand for purchasing electronics and appliances for their new homes, as well as established families. Developing a relationship built on trust and familiarity, Abdul Aziz Stores has become a cornerstone in the lives of people throughout Egypt, and is so embedded in Egyptian culture that if you ask anyone on the street where they bought their first home appliances, many will point to Abdul Aziz Stores.



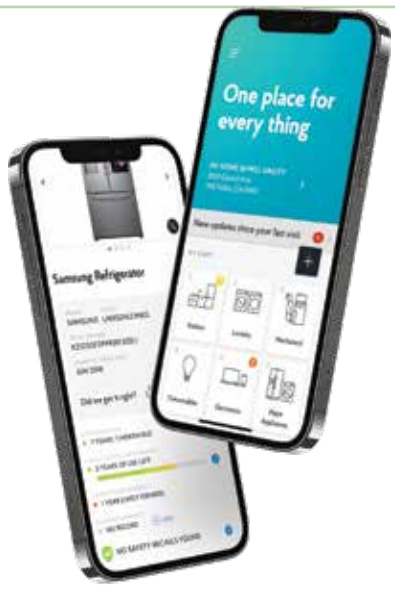
Top Apps to Make Routine a Pleasure

Say goodbye to summer and brace yourself for 'back to school, back to work' mode. Make it easy with some timesaving apps that will help you make a seamless transition back to a structured routine.

CENTRIQ: MAINTENANCE REMINDER

Keep all your appliances and gadgets in working order with a little help from Centriq. This inventive app provides everything you need and more, from spare parts to DIY repair videos. You can even use the app to set reminders about upcoming maintenance. Centriq is easy to use. Just upload a picture of your appliance label to access everything you need to fix and maintain the appliances and other devices in your home. Centriq will find and store your user manuals, receipts, and product information in one easy-to-find-place!

Available for iOS and Android.



ZENDEN: HOUSE MANAGER

Many hands make light work, and with ZenDen as your house manager, tasks around the house can be allocated fairly. The app can be shared so everyone can be in the loop. Cool features include adding recurring tasks, with rotation of task assignments, reminders, shared grocery lists, to-do lists, and one-off tasks. You can even check up on what got done by who with the History filter. ZenDen keeps it simple, the home view shows you only what you need to do today. Another Apple product, it is available for ZenDen is available for iOS and iPad.



LYFAI: HOME ORGANIZATION APP

One of the golden rules is 'a place for everything and everything in its place'. Apple has come up with LyfAI, a free personal home organization assistant app that effortlessly organizes things and finds them quickly, with a bit of help from Alexa. LyfAI can help you organize and store shoes, office stuff, home appliances, food, books, clothes, gadgets, tools, kid's toys, and whatever else you need your home inventory management app to organize.

BIGOVEN: RECIPES & MEAL PLANNER

With more than one million recipes, you have lots of inspiration in this app, which is available on iOS and Android devices. We love The Use Up Leftovers tool, which suggests a recipe you can make with the three ingredients you enter.

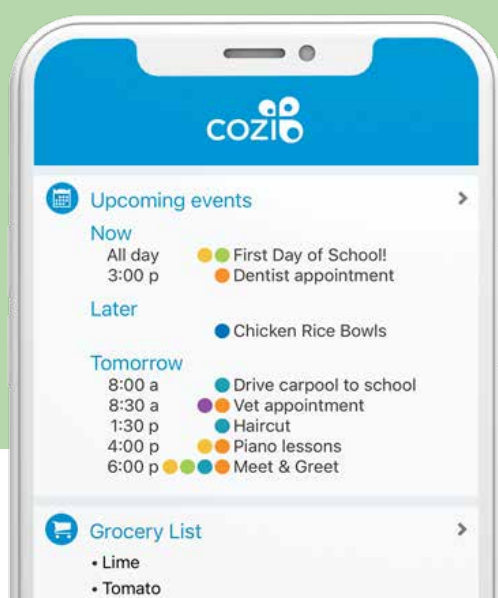
Available for iOS and Android.



COZI: MANAGE YOUR HECTIC SCHEDULE

Cozi is an innovative app that helps you manage your hectic schedule. With Cozi, you can keep tabs on your activities, appointments, school events, and more, in a single, centralized calendar. Keeping everyone in the loop, the app lets you create shared grocery lists, chore charts, and other lists to help you manage your household. No more missed appointments or piled up chores.

Available for iOS and Android.



Clamori Seafood Restaurant



Saying goodbye to summer doesn't mean that you have to miss out on amazing fresh seafood, you have it right on your doorstep. You can almost hear the waves and smell the fresh sea air while you are giving your taste buds a treat to remember. Clamori has you totally covered with a mouth-watering range of sushi, nigiri, crab, lobster, shrimp, calamari, and fresh fish, all prepared to the highest standard.



The menu is so tempting and comprehensive you are really spoiled for choice, with soups, rice, and pasta dishes guaranteed crowd-pleasers as well. Whether you want to push the boat out and opt for a feast, or simply sink your teeth into a seafood-packed sandwich, you really can't go wrong. This is a restaurant that calls for regular visits, just to be able to fully enjoy the incredible variety available. Platters are perfect for sharing, and keep an eye out for regular promotions.



For added convenience you have a choice of dining in, takeaway, or home delivery. Try, and thank us!



Opening hours: From 1pm to 2am, all week long

Delivery: 0112 222 0182

Facebook: Clamorirestaurant

Instagram: clamorirestaurant

Address: East Court, Al Rehab City



Lunch in a Flash

School is back and that means lunchboxes. Out of ideas and time? Al Rehab and Madinaty have plenty of great supermarkets and bakeries, so you can put together some appetizing snacks in just a minute. Cold cuts, cheese, fruit, fresh bread rolls, olives, tuna, and more. Pack in some freshly baked biscuits, and maybe a brownie or cupcake, and they are ready to go.



BAKERIES AND PÂTISSERIES WE LOVE

Open Air Mall

Thomas ● Sedra ● Oro Blanco ● BreadFast ● La Poire ● Nola ● Paul
● Los Pinos ● The Bakery Shop (TBS) ● Vasko ● Attibassi Café ●
Cinnabon ● Abd El Rahim Kouider

The Strip

Suss ● The Bakery Corner

All Seasons Park

Tseppas

East Hub

Breadfast ● Palme Bakery

Craft Zone

City Bakery



SUPERMARKETS WITH EVERYTHING

Al Rehab

Hypermarkets:

- Panda @ Gateway Mall

Supermarkets:

- Metro Market - Al Rehab Mall 2
- Carrefour Market - Avenue Al Rehab
- BIM - Al Souk Al Sharqi

- Bassem Market - Al Souk Al Sharqi
- Moamen & Bashar - Al Souk Al Sharqi
- El Hussieny - Al Souk Al Sharqi
- New Penny - Al Souk Al Sharqi
- Kazyon - Al Souk Al Sharqi

Madinaty

Hypermarkets:

- Carrefour - Open Air Mall
- Carrefour - All Seasons Park
- Metro Market - B1
- Oscar - South Park

Supermarkets:

- Flamingo - East Hub
- Dina Farms - East Hub

- Gourmet - Open Air Mall
- Mahmoud El Far - B6
- The Mart - B8
- Exception - B3
- New Penny - B10
- Penny - B7
- El Husseiny - B11

Super Sandwich Ideas

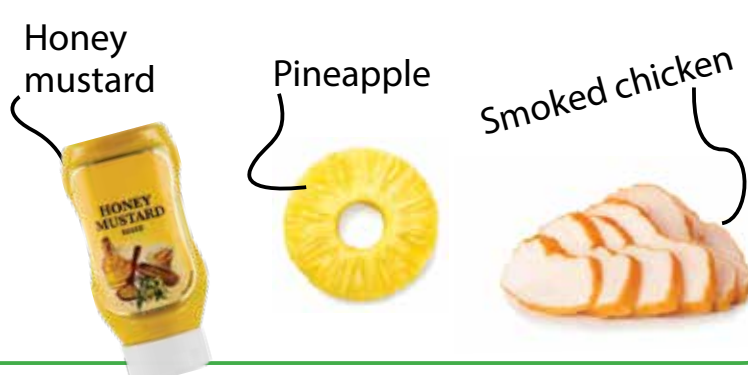
Always popular, sandwiches are a lunch box staple. Jazz things up a bit with these easy combinations.



Super Sandwich 1



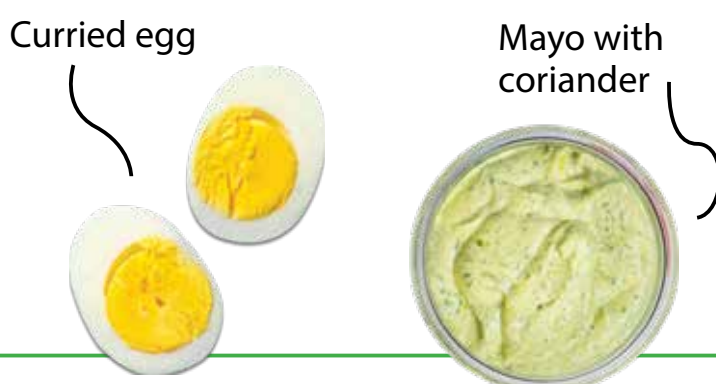
Super Sandwich 2



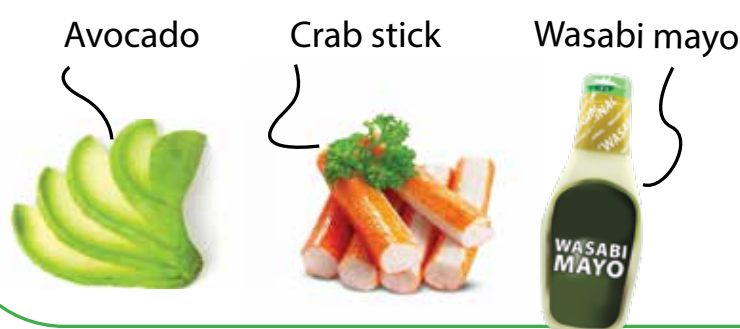
Super Sandwich 3



Super Sandwich 4



Super Sandwich 5



Super Sandwich 6



A RESPITE FROM ROUTINE

Sometimes a few days connecting with nature can do more to restore your equilibrium than any full-on luxury stay in a resort. Disconnect, keep it simple, and come back refreshed. These escapes are within a few hours of Cairo, but totally worth the drive.



Tunis Village

Tucked away in Qarun, Fayoum, Tunis village offers all the charm of Egyptian village life, complete with a rural organic farm ambience.

Honouring traditions that have withstood the test of time, this idyllic hideaway delivers an authentic agri-tourism and local crafts experience, inviting visitors to get hands on and create their own pottery. Dishes like pigeon and duck, in tagens and grills, are traditional favourites worth sampling at local restaurants. Accommodation options are comfortable, and generally reflect the colours and crafts of the location, with places to suit everyone, from singles and couple up to families. With so many activities like birdwatching and excursions, a weekend stay can be as busy or as laid back as you want.



Sinai

The areas of Nuweiba and Taba on the Red Sea in South Sinai offer simple accommodation focusing on sustainable forms of tourism with minimal impact on the surrounding environment.

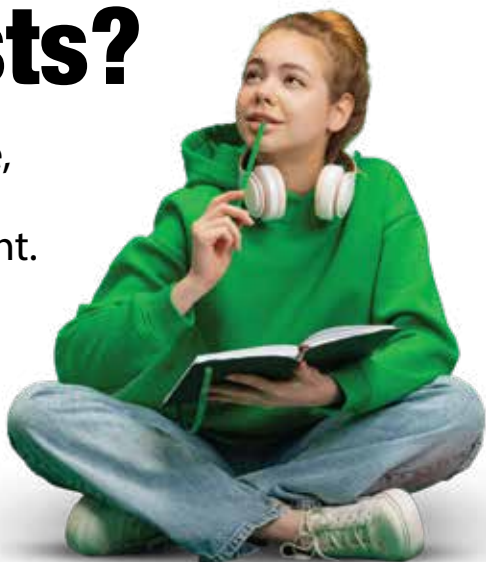
Local authentic food experiences celebrate traditional Egyptian cuisine and days can be filled with simply chilling, or with camel excursions into the mountains, or day hikes into the wadis.

With a maximum dose of local style and character, set against the stunning backdrop of the mountains, and located on pristine beaches, accommodation options may be simple, ranging from camping in tents on the beach, through to bamboo huts, with electricity only occasionally available. But, candlelight creates a special magic. Give it a go.



Who Keeps Moving the Goalposts?

Welcome to a brand new age, where the playing field is morphing at the speed of light. Lifestyle choices, new career options, and an emerging new perspective on what is desirable and viable for our embattled planet. As you study and work towards achieving a degree that hopefully might be the key to a future with boundless opportunities, why not take pause and look at the bigger picture.



FEEL PASSION FOR WHAT YOU DO

What matters to you? Really matters, not just what you are told you should devote your time to. If you have a passion for tech, look at the incredible developments happening on a daily basis. If you believe you have the ability to contribute to the journey, set to work finding the universities and courses that could help you enter the field. Find summer apprenticeships where you can learn and develop.



CARE FOR THE PLANET

Maybe you are losing sleep over the daily devastation of our environment? There are many opportunities to enter fields of research, seeking ways to reduce our overconsumption and abuse of the environment. Find opportunities to volunteer free time, there are many local projects that could use your help.



DESIGN A BETTER WORLD

If you envision a world where spaces are functional, sustainable, and created for harmonious living for the greater community, put your imagination and innovative design skills to the test. The planet needs you.

Each day brings new breakthroughs, new benchmarks, and new ideas to be explored, so your most important assets are a willingness to learn, curiosity, a strong work ethic, flexibility, integrity, and the ability to think outside of the box. So, why not think about 'who' you want to be, as well as 'what' you want to do. That is the first step to happiness and self-realisation.



NURTURE YOUR TALENTS

Inspired by the spectacle of the Olympic Games, and love the physical challenge and camaraderie of competitive sport? If you think you have what it takes, and the willpower to put in hours of training, find the sport that brings you the most satisfaction, and get to work.



Build Your Self-Confidence

Sometimes life puts us in situations where we need to stand tall, speak out, and tackle new challenges. There are some simple tips to help you become a strong, confident young member of the community.

BE POSITIVE

Be positive about tackling new tasks and situations. Take time to plan your actions, and then proceed. Don't stress about achieving perfect results, but understand that effort is important.



LEARN TO TRY NEW THINGS

Instead of putting all your energy into what you are already good at, why not try to pick up new skills? It will help you feel capable and confident that you can tackle whatever comes your way.



MISTAKES ARE NOT A BIG DEAL

Fear of failure should not get in the way. Everyone makes mistakes and the important thing is to learn from them. Confident people know how to take setbacks in stride, and are able to use the experience.



FAILURE IS VALUABLE

You naturally want to succeed at everything, but falling short on a goal can help you find out that it's not fatal. It can also encourage you to make a greater effort, which will help you as an adult.

FEEL GOOD ABOUT TRYING

Learning not to give up at the first challenge or opt out after one setback is an important life skill. Confidence and self-esteem are not about succeeding at everything all the time, they're about being resilient enough to keep trying, and not being upset if you're not the best. Be proud of your efforts regardless of the outcome.



SET GOALS

Defining goals, large and small, and achieving them can make you feel capable. Help turn desires and dreams into actionable goals by making a list of things you would like to accomplish. Get involved with activities that make you feel comfortable and confident enough to tackle a bigger challenge.



BE PROUD OF YOUR UNIQUENESS

We know perfection is unrealistic, but being less than perfect is human and totally okay. By exploring your own interests, you develop a sense of identity, which is essential to building confidence. Seeing your talents grow will also give a huge boost to your self-esteem.



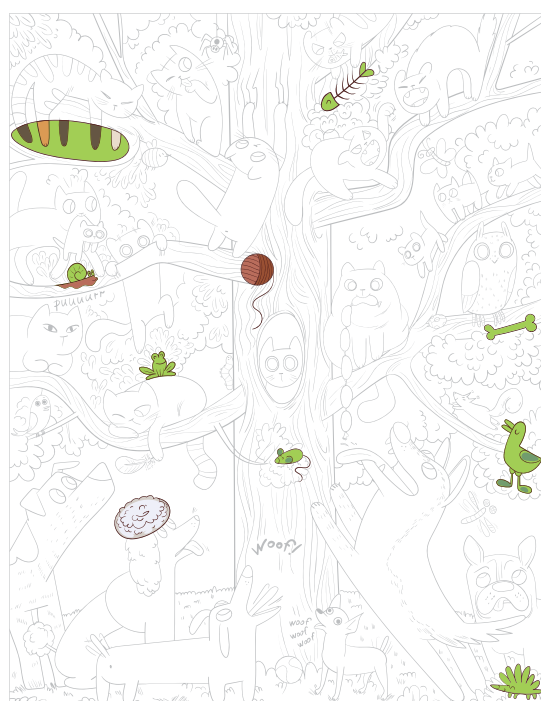
KIDS ZONE

FUN & PLAY

FIND 10 HIDDEN OBJECTS



ANSWER →



MAZE



CROSSWORD



ما يحتاجه ابنائنا



بقلم: د. أمل عفيفي

تعد تربية الابناء واحدة من اكثر المهام صعوبة ، وفي نفس الوقت تعتبر من اكثر المهام متعة وحب ، فكلنا نسعي لان يسعد ابنائنا سواء في الدراسة او خلال مسيرتهم المهنية ، ومع اسرهم الجديدة فيما بعد.

ولعل التغيرات السريعة في المجتمع والعالم الرقمي وانفتاح الثقافات واكتساح السوشيال ميديا ، يجعلنا نعيد حساباتنا فيما يحتاجه ابنائنا ونحرص علي تقديمه لهم منذ الصغر ومرورا بمرحلة المراهقة .

بيئة آمنة داعمة صحية



حيث يشعر فيها الابناء بالحب والقبول والتواصل الرحيم ، بيئة بعيدة عن العنف القوي او الفعلي ، نخبرهم فيها بمميزاتهم ونوجههم بلطف لتعديل سلوكهم ونساعدهم علي اصلاح عيوبهم.

نحرص علي خلق ذكريات سعيدة تجمع الاسرة وهذا مايؤهلهم لاستقرار نفسي ومواجهة الصعاب في حياتهم فيما بعد.

ضبط الانفعالات وادارة المشاعر



الطفل يكتسب سلوكه من والديه من خلال مراقبتهم لتصرفاتنا وافعالنا حتي تعبيرات وجهنا يقلدونها تلقائيا ، فنعلمهم كيفية التعبير عن مشاعر عديدة مثل الغضب، الحزن، الفرح، الحب ، كيف تدار النقاشات، كيف نتعامل مع من يختلف عنا ؟ كيف نتصرف عندما نغضب وماذا نقول.

يحتاج ابنائنا منذ الصغر تطوير هذه المهارات وتوجيههم ، وهذا يلقي علينا مسؤولية لكوننا قدوة حيث نقدم لابنائنا نموذج للتعلم خاصة خلال مرحلة الطفولة ، وتطوير هذه المهارات خلال مرحلة المراهقة بإدارة المشاعر والتصرف بشكل لائق ومقبول.

تدعيم ثقتهم بأنفسهم واحترامهم لذاتهم



اكثر ما يحتاجه الابناء منذ الصغر تدعيم ثقتهم بأنفسهم ، خاصة مع ازدياد ظاهرة التنمر بين الاطفال والمراهقين ، فتعد الثقة بالنفس احد افضل المهارات التي يواجه بها ابنائنا التنمر .

علينا ان نخبرهم دوما بصفاتهم الجيدة ، ونشير الي مواطن القوة في شخصيتهم ؟ وان نعلمهم قبول وحب انفسهم بصفاتنا وشكلها التي خلقها الله ، وعدم المقارنة بين الابناء وبعض من حيث الشكل او اللون او الجسم ، حتي ينشأوا علي حب انفسهم والثقة فيها واحترامهم لانفسهم.

تحمل المسؤولية واتخاذ القرارات



يحتاج ابنائنا الي تنشئتهم علي تحمل المسؤولية واتخاذ القرارات وفقا للمراحل السنية المختلفة .

هذه المهارة تدعم ايضا ثقتهم بأنفسهم وتعتبر من المهارات الحياتية الهامة التي ينشأ عليها ابنائنا.

وعلي الرغم من اننا نسعي جميعا لتوفير الراحة والرفاهية لابنائنا ، الا ان ذلك قد يسفر عنه اشخاص غير قادرين علي تحمل المسؤولية وادارة مهام حياتهم فيما بعد.

فالنسمح لهم بإدارة مصروفهم ، وتجهيز شنطة المدرسة او التمرين او شنطة السفر ، نشركهم معنا في التخطيط للعلات والاجازات واختيار اماكن الخروج، ندعهم يختارون الهوايات التي يريدون ممارستها والرياضات المختلفة ، وضع جداول المذاكرة وكيفية تقضية وقت الفراغ ، لا نتدخل لحل مشكلاتهم الصغيرة بل يقومون بحلها بأنفسهم تحت اشرافنا وتوجيهنا .

يحتاج ابناء هذا الجيل ان يتراجع الاباء خطوة الي الخلف والسماح لابنائهم بتحمل مسؤولياتهم وحل بعض مشكلاتهم حتي يصبحوا قادرين علي مواجهة صعوبات الحياة فيما بعد .

تخصيص وقت لاجتماع الاسرة



في ظل ضغوط الحياه وارهاق الابوين في تلبية احتياجات الاسرة وتوفير مصادر دخل قد لايجدون وقتا قيما لاجتماع الاسرة معا في جو يسوده الود والهدوء، ويعتبر تواصل الاسرة خلال هذا الوقت طال او قصر ، بشكل يومي او اسبوعي ، من اكثر ما يحتاجه ابنائنا في ظل ازدحام جداول الجميع .

فالنحرص علي الاجتماع في جو يسوده الحب والدفع ومشاركة الانشطة المسلية ، بعيدا عن النقد واللوم والشكوي من سلوكياتهم ،وهو مايخلق اتصلا حقيقيا وعميقا مع ابنائنا ويدعم صحتهم النفسية ويمدهم بصلة مع الاسرة تؤهلهم للاستقرار النفسي والشخصي علي مدار حياتهم فيما بعد.

المشاركة والاعمال التطوعية



يحتاج ابنائنا الي الخروج خارج منطقة الراحة التي اعتادوها ، وتعودهم علي النعم المحيطة بهم ، والاحساس بالاكل منهم.

هذا من خلال اشراكهم في اعمال تطوعية علي مدار العام وليس خلال مواسم معينة مثل رمضان.

هذا التكاتف الاجتماعي والرغبة في مساعدة الاخرين تكسب ابنائنا مشاعر الانتماء والرضا عن انفسهم وحب العطاء وهو مايخلق توازنا لنفسياتهم وسلوكهم فيما بعد.

وفي النهاية علينا ان نشير لاهمية الصحة النفسية لابنائنا وان نعلمهم التوازن في كل شئ وهذا يبدأ من تعاملنا مع ابنائنا ووعينا الي ان كل سلوك غارسه سيترك اثرا لعشرات السنين ، وانهم دوما بحاجة الي الحب والاحتواء والاستيعاب ، الامومة والابوة رسالة وهدف ومسؤولية علينا ان نتعلمها ونمارسها علي اسس علمية وانسانية نراعي فيها الجوانب المختلفة في شخصية ابنائنا ، حتي يصبح تنشئتهم هدفا اصيلا من اهداف حياتنا اليومية .



تعليمات الأمن والسلامة في حالات الحرائق



يجب إتباع التالي

قم بغلق مصادر
الكهرباء والغاز قبل
مغادرة المنزل

اطلب المساعدة على الفور
عن طريق الإتصال برقم
الخط الساخن ١٦١٨٢

احتفظ
بهدوئك

في حالة وجود حريق في العمارة

- لا تستخدم كلمات قسدت تحدث زعمر للأخرين.
- لا تخرج من المنزل إلا بعد التأكد من مكان الحريق في العمارة (تحسس باب المنزل وأوكرة الباب - وفي حالة ارتفاع درارتهما يعتبر دليل على وجود الحريق بمكان قريب من باب المنزل).
- لا تستخدم المصعد تحت أي ظرف، واستخدم السلالم لمغادرة العمارة.
- قم بالتوجه الى نقطة آمنة أمام العمارة بعيدة عن حركة المرور.
- لا تقم بالرجوع الى المنزل إلا بعد التأكد من سيطرة فريق الإطفاء والإنقاذ على الحريق.

في حالة وجود حريق في المنزل

- تأكد من وجود أفراد الأسرة جميعاً في مكان آمن وبعيد عن الحريق.
- لا تحاول أبداً إطفاء حرائق الدهون بالماء، فذلك سوف يؤدي إلى إتساع رقعة النار.
- ضع غطاء على المقلاة أو إنعاء الطهي لخنق اللهب.
- قم بوضع منشفة مبللة في حالات انتشار النار على الأسطح العادية أو الأخشاب لإخماد النار.
- في حالة فقد السيطرة على الحريق، غادر المنزل مع الأسرة على الفور.
- لا تستخدم المصعد تحت أي ظرف، واستخدم السلالم لمغادرة العمارة.
- قم بالتوجه إلى نقطة آمنة أمام العمارة بعيدة عن حركة المرور.
- لا تقم بالرجوع إلى المنزل إلا بعد التأكد من سيطرة فريق الإطفاء والإنقاذ على الحريق.

- قم بوضع منشفة مبللة أسفل باب المنزل لمنع دخول دخان الحريق الخارجي إلى المنزل.
- قم بوضع مناديل مبللة على الأنف والفم للمساعدة في عملية التنفس.
- للمحافظة على عملية التنفس بطريقة سليمة، ابقي قريب من الأرض نظراً لتصاعد الأدخنة إلى الأعلى.
- قم بتبريد جسمك بالماء كلما ارتفعت درجة حرارة الغرفة/ المنزل أو حرارة جسمك.
- انتظر المساعدة.

في حالة التعرض
عن الخروج
من المنزل

تعرف على حياة شيرين رضا

المشرقة، المتألقة والكاريزما شيرين رضا تأخذنا في جولة داخل عقلها وقلبها لتتعرف عليها بشكل أفضل. تشاركنا حبها للحيوانات، الفن، وحبها للأكل المصري، وتحدثنا عن أهمية المساحات الخضراء والطبيعة في حياتها. فلنبداً الجولة

عندك جدول أعمال ممتلئ ولكن يبدو عليك النظام، أخبرينا عن ذلك؟

أنا أحب الالتزام بالمواعيد. ولو عندي موعد، ستجدني دائماً في الوقت المحدد، أو حتى قبل الموعد. إلا إذا كان موعداً عند الطبيب، لن أصل مبكراً ولكن سأصل في موعدي. لكن إذا كان العمل أو التصوير، يمكنني أن أذهب قبل الموعد بساعة. والدي علمني عندما كنت صغيرة أن احترام الوقت هو انعكاس للشخص نفسه ومستوى احترامه لمن حوله. كان يقول إنه يجب أن نكون دقيقين في الوقت واننا يجب ان نتعامل بالثانية وليس الدقيقة فقط. أحاول أن أعيش بهذه الطريقة، وهذا يظهر في عملي، حتى أفكاري منظمة، وهذا يساعدني في التواصل والنقاش مع الآخرين. النقاش ليس دائماً هو أن تكون على حق، بل أيضا ان تتمكن من توضيح وجهة نظرك بطريقة يفهمها الشخص الآخر.



هل أنت منظمة أيضاً في حياتك الشخصية؟

بالتأكيد، أعرف مكان كل شيء في منزلي. ولكن لدي درج واحد يحتوي على كل شيء، أي شيء تحتاجه ستجده فيه.



لديك مجموعة فنية رائعة، هل تساعدك في الحفاظ على إبداعك؟

أنا مُقتنية صغيرة للفن، أحب الفن وأحب أن أكون محاطة به. هذا ما أحب أن أنفق أموالي عليه. والتلقائية تساعدني كثيراً في إبداعي.

وايضا أحترم الأشخاص الذين لديهم خطط دقيقة ويعرفون ما سيفعلونه بعد سنة. لكن بالنسبة لي، إذا فكرت كثيراً، أشعر بالتعبيل، لأنني أحب أن أكون طبيعية. وأشعر ان

الامتنان وتقدير الأشياء الجيدة في حياتنا يحدث فرقاً كبيراً في نظرتنا للأمور.



التخطيط الزائد يقتل الإبداع ويجعل الناس أقل عفوية.

ماذا تمثل لك المساحات الخضراء والطبيعة؟

تمثل لي كل شيء. أن أكون في الطبيعة هو أمر يعيدني إلى الأرض واحساس الأكسجين في الهواء يجعلني أشعر بالسعادة، وهو صحي أيضاً.

ما هو النشاط الذي تفضلين ممارسته في الهواء الطلق؟

أحب ببساطة التواجد في الطبيعة وتجربة أشياء جديدة، والبحث عن تجارب جديدة في الحياة. لكن إذا كان عليّ اختيار نشاط خارجي واحد، فسأقول السباحة.

هل تقلقين باستمرار بشأن المستقبل؟

أنا شخص متفائل جداً، متفائلة بشأن المستقبل! أحب أيضاً أن أرى الناس متفائلين، لأن الأمر يتعلق بالطاقة. أنا أؤمن بالطاقة وما نبشه في الحياة. ما نجذه يعتمد على طاقتنا. التفاؤل ورؤية الجانب المشرق يمكن أن يجلب الأشياء الجيدة إلى حياتك، كما أن الطاقة السلبية يمكن أن تجلب الأشياء السيئة. أؤمن أيضاً بأننا نختار طريقنا في الحياة وكيف نكون. نختار أن نكون حزينين أو سعداء، ممتنين وشاكرين.

الامتنان وتقدير الأشياء الجيدة في حياتنا يحدث فرقاً كبيراً في نظرتنا للأمور.

هل يمكن أن تحدثنا عن حبك للحيوانات وحيواناتك الأليفة؟

في منزلي هنا لدي حوالي ١٤ قطة، وفي بيت آخر أملك حوالي ١٥٠ قطة و ٦ كلاب، يمكنك تسميته مأواي الشخصي للحيوانات. هنا في هذا البيت، كل الحيوانات قطة لأن كلبتي توفي ومازلت متعلقة بيه لحد الآن ولا أستطيع الحصول على واحد آخر. حتى أن هناك قطة ضالة في الحديقة هنا.

بما أنك نباتية، ما هي وجبتك المفضلة؟

وجبة الإفطار هي المفضلة لدي لأنها تحتوي على كل الأطعمة التي أحبها مثل الفول، الطعمية، الباذنجان، الطحينة، الخبز البلدي، الجرجير، الطماطم، والمخللات.

أسئلة سريعة:

قطط أو كلاب؟ الاثنين

شاي أو قهوة؟ قهوة

شاطئ أو جبال؟ شاطئ

أفلام أو مسلسلات؟ أفلام

ما هو وقتك المفضل في اليوم؟ في الصباح الباكر

أفضل وجهة عطلة؟ الجونة داخل مصر، واليونان خارج مصر

الأغنية التي تستمعين إليها حالياً؟ لن تصدق!

تطبيق

TMG Life®

بوابتك الذكية لمجتمعات ناشطة بالحياة!



تقدم مجموعة طلعت مصطفى تجربة إستثنائية لعملائنا الكرام من خلال تطبيق TMG Life. ليكون رفيقكم المثالي لاكتشاف مدننا الرائعة و الإطلاع على كل ما هو جديد .

يعد تطبيق TMG Life دليلكم لاكتشاف المزايا والخدمات التي توفرها مشاريعنا. سواء كنتم مقيمين حاليين أو تبحثون عن مجتمع جديد وملهم. فإن TMG Life هو الواجهة التي تلبى كل تطلعاتكم وتحقق لكم أسلوب حياة متميز .

اتبع الخطوات التالية وسجل بياناتك عبر خطوات بسيطة لتكون جزءاً من تجربة فريدة تفتح لك أفقاً من الراحة والتجديد:



الخطوة 1

- أنشئ حسابك من خلال إدخال اسمك ورقم هاتفك.
- قم بإنشاء كلمة مرور آمنة.
- تحقق من صحة معلوماتك ثم اضغط على زر التسجيل.

الخطوة 2

- اختر صفة الملكية الخاصة بك، سواء كنت مالكاً أو مستأجراً.
- إذا كنت مستأجراً، حدد تاريخ بداية ونهاية عقد الإيجار.
- اختر المدينة التي تعيش فيها سواء كانت الرحاب، مدينتي، أو سيليا.
- قم برفع صورة من جواز السفر ساري أو بطاقة الرقم القومي السارية.



الخطوة 3

- اختر نوع الوحدة الخاصة بك، سواء كانت فيلا أو شقة.
- اختر رقم المجموعة.
- اختر رقم المبنى.
- اختر رقم الوحدة.
- حدد اسماً لمنزلك لإضفاء لمسة شخصية على تجربتك.
- قم بتحميل وثيقة إثبات الملكية/ الإيجار.
- للحصول على أي توضيحات حول ما يجب رفعه، اضغط على «مزيد من المعلومات».
- وافق على الشروط والأحكام.



الخطوة 4

- سيتم مراجعة الطلبات خلال يومين عمل. في خلال هذا الوقت يمكنكم تصفح تطبيق TMG Life لمعرفة المزيد واكتشاف المزايا المذهلة التي ستضيف لمسة من الراحة الى حياتك!



حمل تطبيق TMG Life الآن

www.tmglife.talaatmoustafa.com

الميزات الرئيسية



التحكم في الدخول - مدينة الرحاب

قل وداعًا للانتظار والقيود عند الدخول.
قم بإنشاء رمز QR شخصي لتسهيل دخولك
من أي بوابة.

إرسال الدعوات الإلكترونية لدخول الرحاب

أرسل دعوات دخول للضيوف ببضع خطوات بسيطة لتسهيل دخولهم بأمان.

دليل المدينة

انطلق في رحلة استكشافية داخل مدينتك.
اكتشف أفضل المطاعم، المتاجر المتنوعة،
الخدمات الأساسية، والأماكن الترفيهية. حان
وقت اكتشاف مدينتك.



حجز الخدمات المنزلية

اكتشف و احجز خدمات الصيانة والنظافة الشاملة من الكهرباء والسباكة إلى تنظيف المنزل وغيرها من خلال بوابة أوريون الذكية. لتتمكن أنت من الاستمتاع بجوانب الحياة.



الإشعارات والرسائل الفورية

تلقى إشعارات فورية حول أحدث المستجدات،
بما في ذلك العروض الترويجية، والأخبار الهامة،
والفعاليات، و تنبيهات جهاز المدينة للأطلاع
على كل ما هو جديد.

خدمة العملاء

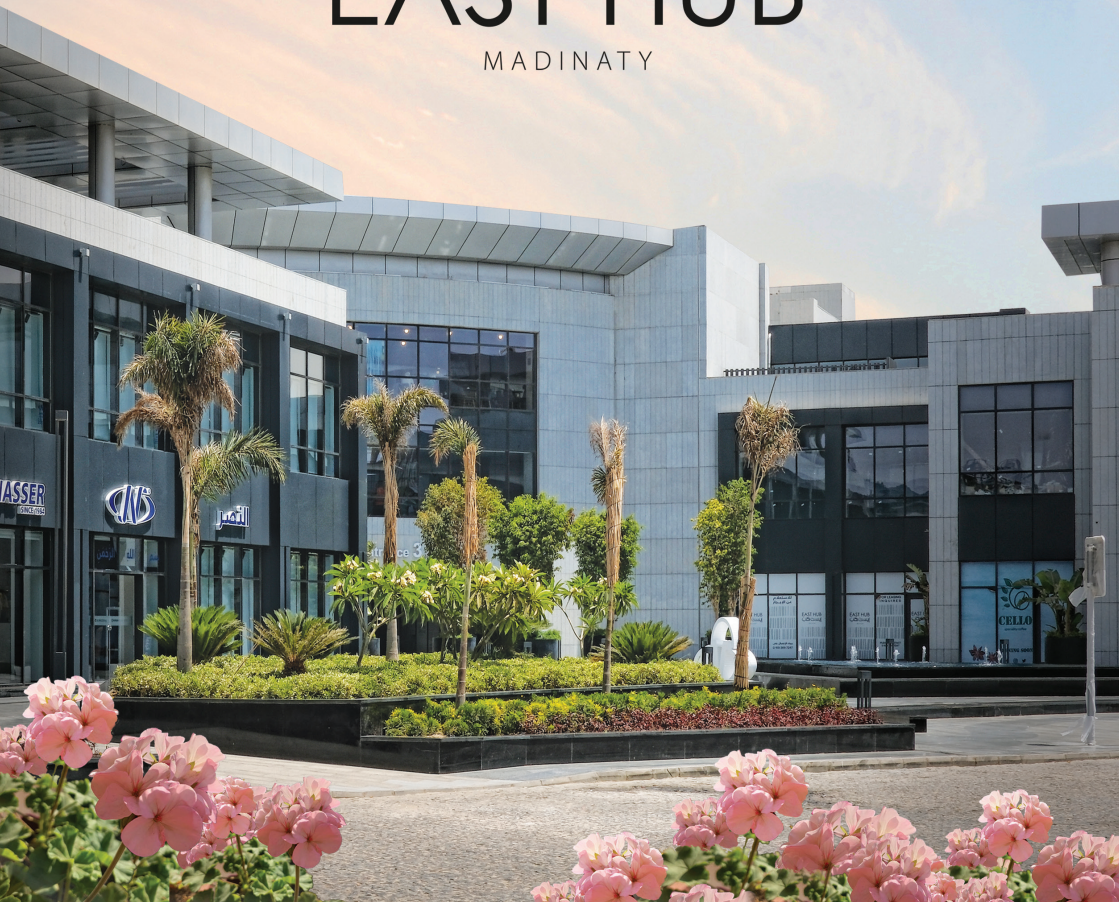
يوفر لك التطبيق مجموعة متنوعة من وسائل التواصل مع خدمة العملاء التي تسهم في تيسر سبل التواصل وتقديم تجربة معيشة متميزة، وذلك من خلال: نموذج تقديم الطلبات والشكاوى - إتصل بنا - دليل الهاتف - قسم الأسئلة الشائعة.



CREATE LASTING MEMORIES
AND ENJOY EVERY SECOND AT

EAST HUB

MADINATY



A place where joy and fun never end!

Expanding to NEW HORIZONS



SOUTHMED - EGYPT

For Online Reservation:



In a passion to develop for humanity and with an aim to create quality of life, TMG's vision extended the scope of development beyond residential cities or hotel amenities to cover all aspects of life.

For more than 55 years, TMG was consistently mapping out the wayforward in real estate and tourism development by being the first to create unparalleled self-sustaining communities and lavish properties, in addition to developing unique luxurious hotel and resort facilities, which are all made to the highest standards and the latest technologies.

LANDMARK PROJECTS ACROSS EGYPT AND EXPANDING GLOBALLY



MADINATY - NEW CAIRO



NOOR - CAPITAL GARDENS



CELIA - NEW CAPITAL



AL REHAB - NEW CAIRO



BANAN AL RIYADH - SAUDI ARABIA



FOUR SEASONS NEW CAIRO CAPITAL
MADINATY



FOUR SEASONS NILE PLAZA
CAIRO



FOUR SEASONS SAN STEFANO
ALEXANDRIA



FOUR SEASONS RESORT
SHARM EL SHEIKH



KEMPINSKI NILE HOTEL
CAIRO