

# City Life

by TMG

Issue No.04 - July 2023

*Summer  
Vibes*





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# CityLife

## Celebrates Its First Anniversary

**H**appy First Anniversary to **CityLife** and our readers! With the delights of summer already here, we look back at the months that have passed since our very first issue. In each issue we set out to bring you everything you need to know about TMG communities, with insightful interviews, news, project updates, events, exhibitions, and all the practical information you need to make life flow smoothly. We have met with celebrities and popular chefs, and found inspiration for your wardrobe, and your home.

You, our readers, have reached out and greatly added to the richness of **CityLife** content with enthusiasm, contributing with your talents, and showing appreciation for the harmonious lifestyle that Madinaty and Al Rehab offer. Going forward, in this issue, we feature a host of ideas for summer fun with a look at the many activities and amenities available in our community. We have rounded up the latest gadgets, and some great fashion and beauty suggestions as well. We chat with successful figures and sporting champions from our community, and have interviews with competitors in the Madinaty Half Marathon and the Madinaty Skating Event. Be inspired to join in the fun next year!

You will also see that there is no shortage of talent in our TMG communities, as evident in the photography exhibition focusing on the beauty of our environment, as seen through the eyes of our residents.

Upon this first anniversary of **CityLife**, with our hearts warmed by the support and appreciation we have received from our community, we look forward to entering our second year with the passion and commitment that defines each vibrant quarterly issue. 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.

**CityLife** is created for our diverse, multinational TMG communities, to entertain and inform you. We wish you and your loved ones a wonderful summer, with nothing but the best of times ahead.

*CityLife Team*

**Citylife@tmg.com.eg**

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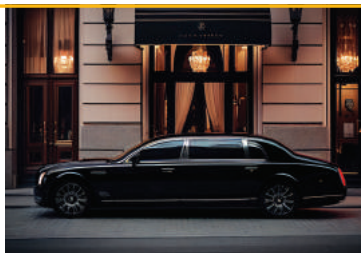
GEN Z: **Summer Horizons**

**City Hall News**

**ORION**

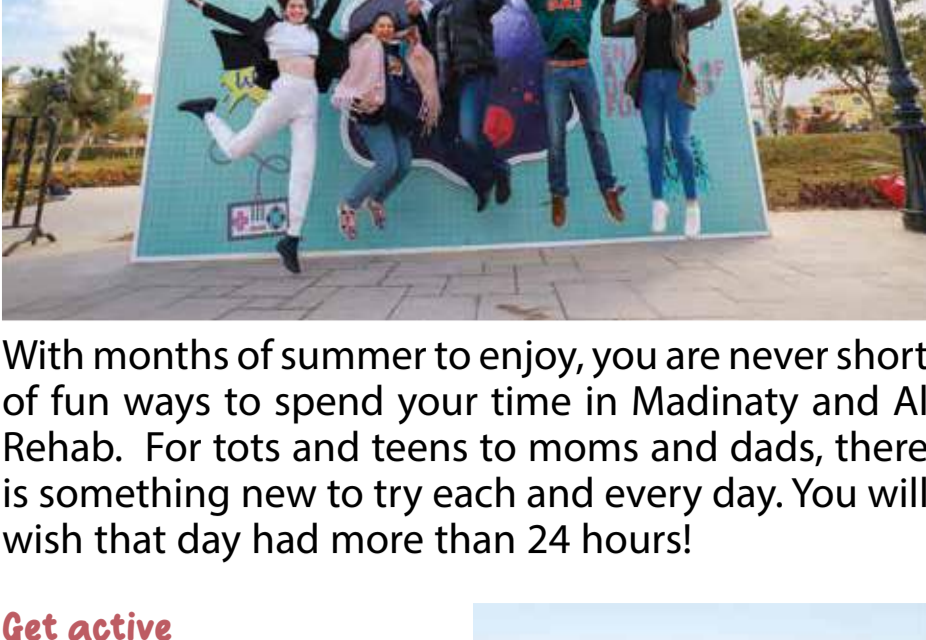
**Al-Rehab Map**

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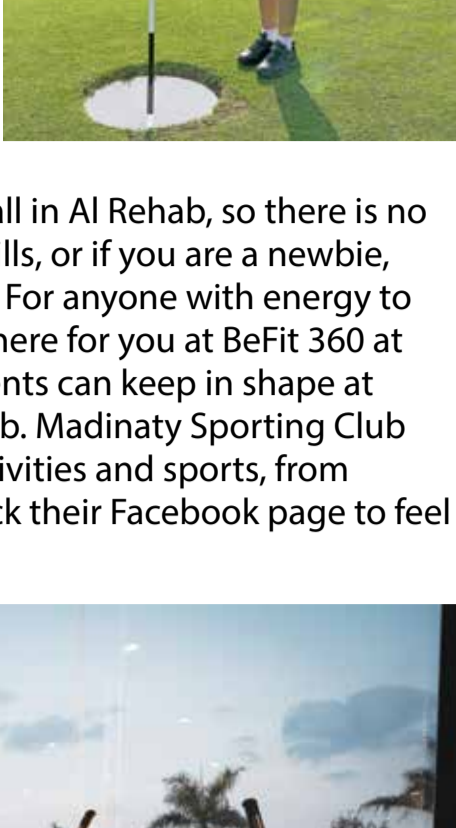
# Vacation! Vacation!



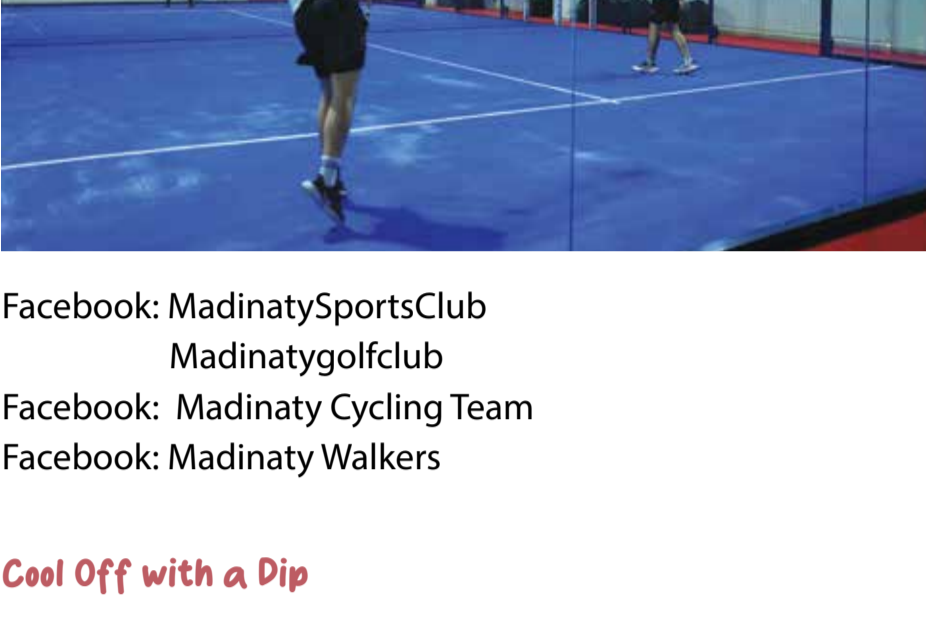
With months of summer to enjoy, you are never short of fun ways to spend your time in Madinaty and Al Rehab. For tots and teens to moms and dads, there is something new to try each and every day. You will wish that day had more than 24 hours!

## Get active

Madinaty and Al Rehab offer delightful open spaces, ready to be enjoyed by bike, jogging, or just a leisurely walk. To get around in the fresh air in good company, why not join Madinaty Cycling Team (MCT), Rehab Cycling Team (RCT), or link up with Madinaty Walkers? GoPadel has excellent Padel courts available at Al Rehab Sporting Club, Madinaty Sporting Club, and Avenue Mall in Al Rehab, so there is no excuse not to work on your skills, or if you are a newbie, to learn the rules of the game, or if you are a newbie, to spare, CrossFit in Al Rehab is there for you at BeFit 360 at Park 15, while Madinaty residents can keep in shape at BeFit 360 at Madinaty Golf Club. Madinaty Sporting Club also offers a huge range of activities and sports, from martial arts to archery, so check their Facebook page to feel inspired.



Of course, a leisurely round of golf is always appealing, and beginners will find professional trainers eager to help them get into the swing of things. Also at Madinaty Golf Club, for a fun challenge, why not give Footgolf a try?

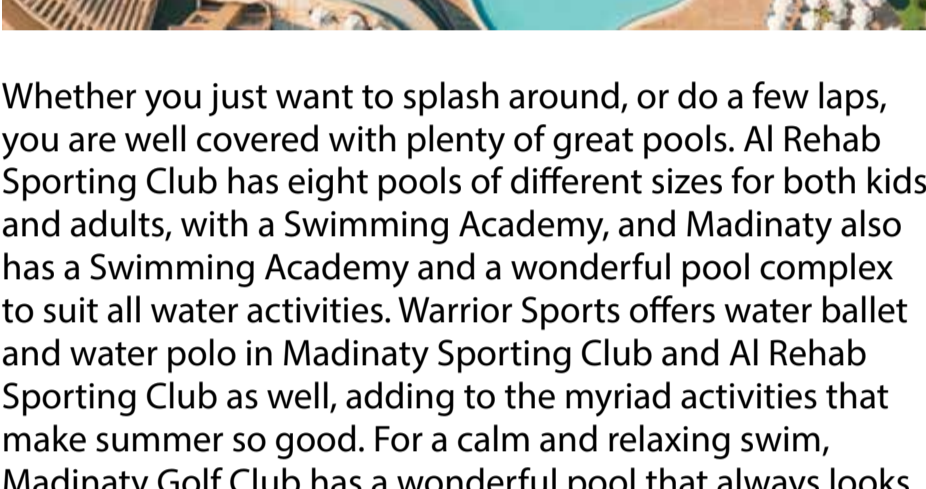


Facebook: MadinatySportsClub  
Madinatygolfclub

Facebook: Madinaty Cycling Team

Facebook: Madinaty Walkers

## Cool Off with a Dip



Whether you just want to splash around, or do a few laps, you are well covered with plenty of great pools. Al Rehab Sporting Club has eight pools of different sizes for both kids and adults, with a Swimming Academy, and Madinaty also has a Swimming Academy and a wonderful pool complex to suit all water activities. Warrior Sports offers water ballet and water polo in Madinaty Sporting Club and Al Rehab sporting club as well, adding to the myriad activities that make summer so good. For a calm and relaxing swim, Madinaty Golf Club has a wonderful pool that always looks inviting.



Facebook: warriorssportsegypt

## Develop Kids' Talents

### Al Rehab

From art lessons, to ballet and gymnastics, and music classes, it's all available at **Cambridge Club** with the help of experienced, professional teachers.



Location: Park 15

Tel: 0101 737 3088

Facebook: Cambridgemusicschool

**Pioneers Academy for Music and Arts** will teach your kids how to draw and paint, or how to play a musical instrument.

Tel: 0111 066 6176

Facebook: pioneersmusicandarts

### Madinaty

Madinaty Sports Club Academies let your young ones learn chess, drawing, and music from experts who can encourage creativity and skills.

**Chess Academy:** 0127 000 2317

**Drawing Academy:** 0102 701 2368

**Music Academy:** 0109 566 3042

**Cambridge Club** can also be found in Madinaty, and offers art lessons, ballet and gymnastics, and music classes.

Locations: Madinaty

Tel: 0101 737 3088

Facebook: Cambridgemusicschool

This summer kids can amp up the fun factor at **Wild Academy Summer Camp**, taking place at Madinaty Sporting Club. In the summer camp, your child will play, learn, and discover himself or herself with professional coaches in all fields.

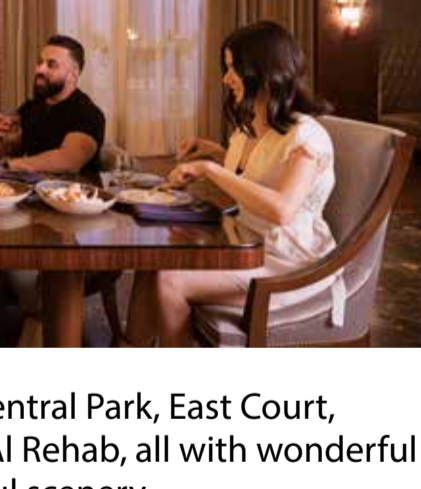
Tel.: 0115 749 4466 – 0111 660 3008 – 0103 273 2845

## Discover a New Shopping Experience



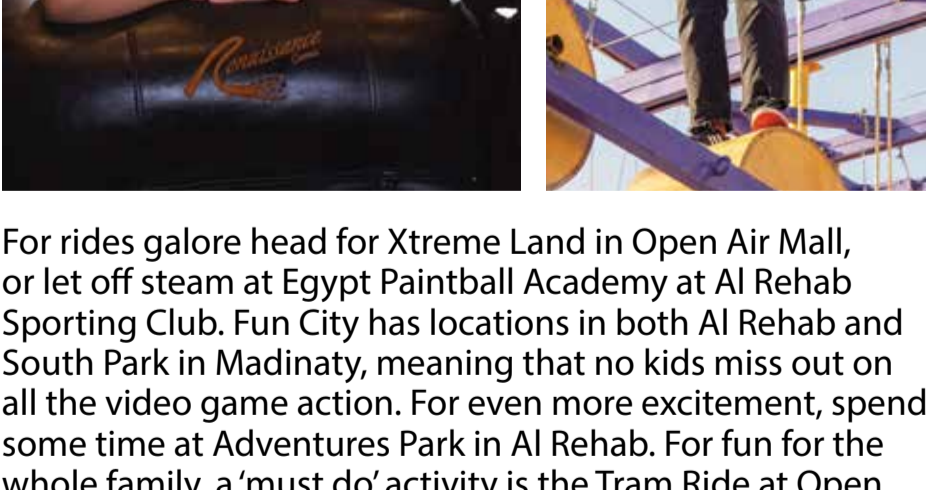
With exciting, contemporary malls, both Madinaty and Al Rehab offer all the top international brands in fashion, accessories, and lifestyle essentials. Not something to be rushed, make time for a snack or lunch at one of the many stylish cafes or restaurants dotted around.

Don't miss out on East Hub Mall and Open Air Mall in Madinaty, Avenue Mall and Gateway Mall in Al Rehab.



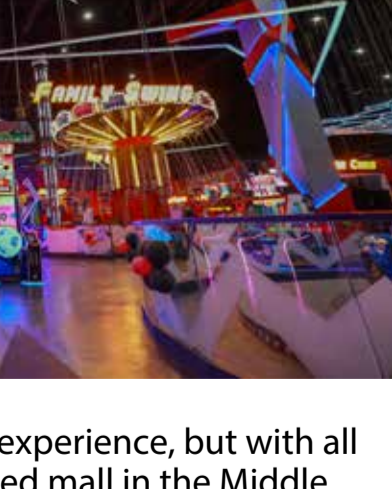
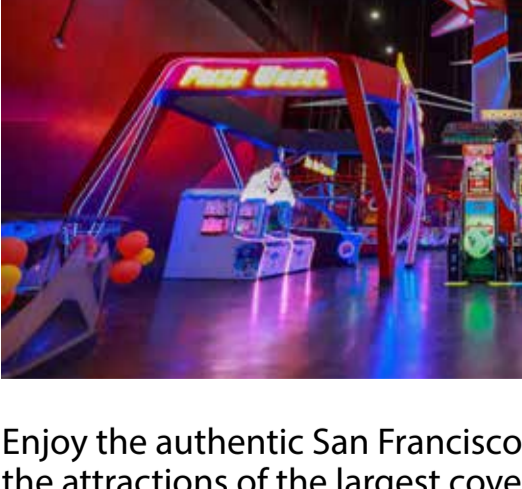
## Eat your Heart Out- With a View

Whichever way you turn, you will find myriad tempting food options. With cuisines from every point on the globe, you are spoiled for choice, whatever your mood. In the glorious surroundings of Madinaty Golf Club, TWO offers superb fusion Italian/Japanese dishes, or head for Open Air Mall or South Park in Madinaty, with their lively, stylish atmosphere.

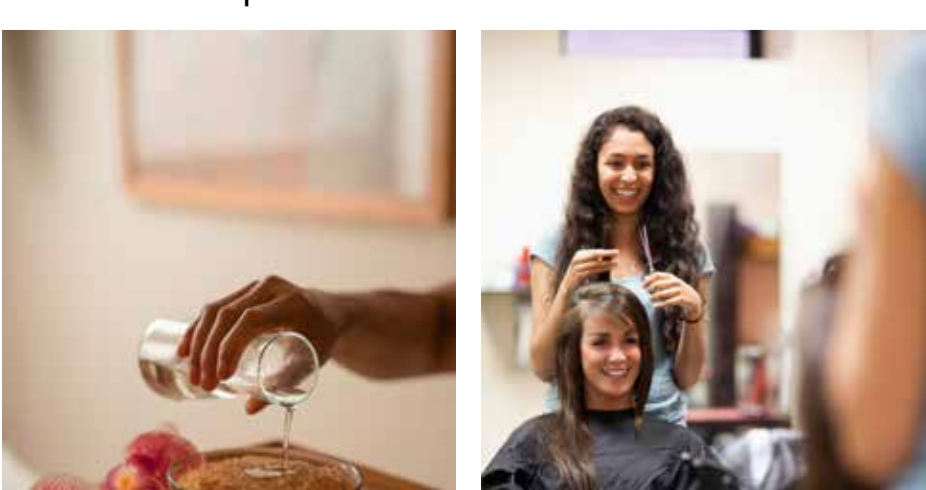


Explore the Open Food Court, Central Park, East Court, Avenue Mall and Gateway Mall Al Rehab, all with wonderful spaces to relax amongst beautiful scenery.

## Have a Funday



For rides galore head for Xtreme Land in Open Air Mall, or let off steam at Egypt Paintball Academy at Al Rehab Sporting Club. Fun City has locations in both Al Rehab and South Park in Madinaty, meaning that no kids miss out on all the video game action. For even more excitement, spend some time at Adventures Park in Al Rehab. For fun for the whole family, a 'must do' activity is the Tram Ride at Open Air Mall.



Enjoy the authentic San Francisco experience, but with all the attractions of the largest covered mall in the Middle East. Catch the latest movies at Renaissance Cinemas in Open Air Mall in Madinaty, with a choice of 15 screens, or Mall 1 in Al Rehab, and don't forget the popcorn!

For Cinema please visit website: [rnsinemas.net/en](http://rnsinemas.net/en)

## Feel pampered

When life gets too hectic, it's time to head for the spa for a relaxing massage or one of the many salons for a stunning manicure and blow dry. An hour or two at Madinaty Golf Club spa followed by coffee and cake in the fresh air of The Terrace sounds perfect to us.





# SUMMER *Women*

## FASHION TRENDS



Rectangular Sunglasses - H&M

1. Printed Midi Dress - ZARA

2. Ribbed Striped Tank Top - MASSIMO DUTTI

3. A Shoe With A Wedge And A Bow - ZARA

4. Shirt Dress - H&M

5. Linen Jumpsuit with Belt - MANGO

6. Ethnic Ruffle Skirt - MANGO

7. Metallic Straps Sandals - MANGO

8. Pointed-collar Shirt - H&M



# SUMMER *Men*



Linen/Cotton Trousers - ZARA



Sandals with Buckles - ZARA

Short Sleeve Linen and Cotton Blend T-Shirt - MASSIMO DUTTI

3-Layer Linen Blend Overshirt - MASSIMO DUTTI

Floral Print Swimming Trunks - ZARA



2-Piece Printed Set - H&M

Ribbed Skirt - H&M

## Kids



Cargo Bermuda Shorts - MANGO



Floral Print Shorts - MANGO

Sandals - H&M



Products for

# SUMMER SKINCARE

Enjoy summer to the max while you protect your skin from damaging UV rays.



Sun Care Duo - CLEO



Hair Shield Serum - MERAKI

Body Sun Protection SPF30 - MERAKI

Anthelios Uvmune 400 Invisible Fluid - LA ROCHE-POSAY



Hyaluronic Aloe Vera Soothing Lotion - MERAKI

Daily Sheer Broad-spectrum Spf 50 - ZO

Water and perspiration resistant, this non-greasy sunscreen, with ZOX12® complex dries quickly with a sheer matte finish to shield against UVA/UVB and IR-A rays, and HEV light. Protects while also hydrating.

45 ML / 1.5 Fl. Oz



Sun & Sea Sun Screen Spray For Kids - EVA







# NAIL THAT LOOK!

When summer rolls around, your manicure and pedicure are in the spotlight. Stay sandal-pretty with our pick of products to see you through the holiday season.



Gel Couture Top Coat 13.5ml - **LUNA**



Kinetics Nail Polish Solargel 15ml - **BLOOM**



Treatment Apricot Nail & Cuticle Oil 13.5ml - **ESSIE**



Gel Couture Top Coat 13.5ml - **ESSIE**



Nail Polishing Block - **THE BODY SHOP**



Skin Care Hand Scrub Tropical - **EVA**



Skincare Foot Scrub Tropical 60 ML - **EVA**



Foot Exfoliating Scrub in a Glass Jar - **NEFERTARI**



Acetone Nail Polish Remover Peach Scent 200 ML with Pump - **EVA**







**As Egypt's first integrated Smart City, Noor stands out as a visionary project that creates a new step in the path to sustainable, environmentally friendly living. Seamlessly integrated into the biophilic ambiance and sympathetic architecture, the very latest in smart technology plays out discretely, enabling residents to enjoy a lifestyle totally geared to today's world.**

**Digitally futuristic modules support every element of life, offering accessibility without disturbing the organic flow of the community. Taking all the essentials for security and peace of mind as a high priority, Noor has integrated an unparalleled safety system, with 24/7 surveillance using CCTV cameras, well-distributed control rooms, and the latest in security systems.**

### **SMART, ENVIRONMENTALLY FRIENDLY INFRASTRUCTURE**



Noor Smart City implements an infrastructure that has been meticulously designed to accommodate the needs of the city and achieve them in a sustainable and operational manner. Optical fiber networks and systems are designed to be prepared for new high-speed 5G networks, with public places that have WIFI service available to all residents. Ubiquitous connectivity – WIFI.

Sustainability and environmental measures are basic factors to be considered, consequently designated places over the roofs of residential and commercial buildings and public spaces and parking shades could accommodate solar panel installation, feeding into the city's electricity grid. This is called Smart Renewable Solutions.

### **EV- POWERED PUBLIC TRANSPORTATION**



The allocation of separate lanes for passenger vehicles, buses, and electric vehicles ensures a high level of driving safety, and conveniently located EV Charging Stations are easily accessible to encourage environmentally friendly transportation options. Today's homeowners place a high value on green areas and pathways where cycling, walking, and running can be a part of their daily fitness and well-being routine, and Noor offers these in abundance.

Ease of communication with all points both internally and outside is vital for the functions of work and greater social interaction. With this in mind, Noor has implemented a full fleet of smart transportation options with autonomous EV buses and cars, smart screens will be available at all transportation stations to facilitate users in selecting their route. Bus routes have been planned with direct schedules and advanced ticketing for routes inside and outside the city to minimize traffic time, minimize air pollution, and allow passengers to plan their days with ease.

### **CONSERVING VITAL WATER RESOURCES**



Water is one of the most critical resources we have. In Noor the wastewater treatment system is powered by solar energy generation which re-purifies and irrigates the huge green spaces in the city. Well-planned waste management means that the garbage collection system is completely underground to ensure that there is no visible, odorous garbage around the city, with vehicles collecting it through an AI system that reduces the proportion of carbon dioxide by up to 60%.

### **YOUR FIRST SMART INTEGRATED CITY**



At the heart of everything lies the home. The sanctuary where any stress of the day simply floats away. Utilizing nature's resources fully, residential units have been designed for the optimal utilization of the interior spaces with more than one façade, maximizing sun, fresh air, and surrounding views of the stunning green areas. A smart video intercom service for all units enables residents to communicate with visitors before granting entry to the property through the Facial Recognition feature. With Noor Smart City App residents can request all support services, such as maintenance, cleaning, and other services, in addition to making the tracking of utility consumption and electronic payments a simple task. The headache is even taken out of parking, with technology applied to the system.

Noor has been painstakingly planned to offer safety, comfort, convenience, and practicality within a green, harmonious landscape, with roads and walkways designed to meet the future needs of a growing population. Modern, smart traffic systems allow for a smooth flow between all points in the city, with access to main external highways strategically positioned to avoid backups and delays.

### **AN INTEGRATED LIVABLE CITY FOR AN IDEAL LIFESTYLE**



Community cohesion is bolstered through essential amenities, with each neighborhood having a mosque, a daycare center, a commercial hub, and a community center, along with well-distributed open spaces. Supplemented by gyms, co-working, and meeting spaces for each building, a holistic and balanced range of facilities will afford maximum convenience for Noor's homeowners from day one.



Noor is the light of the future, encompassing our technological progress into a livable, sustainable, advanced high-tech, futuristic city that nurtures all who live and work in it.

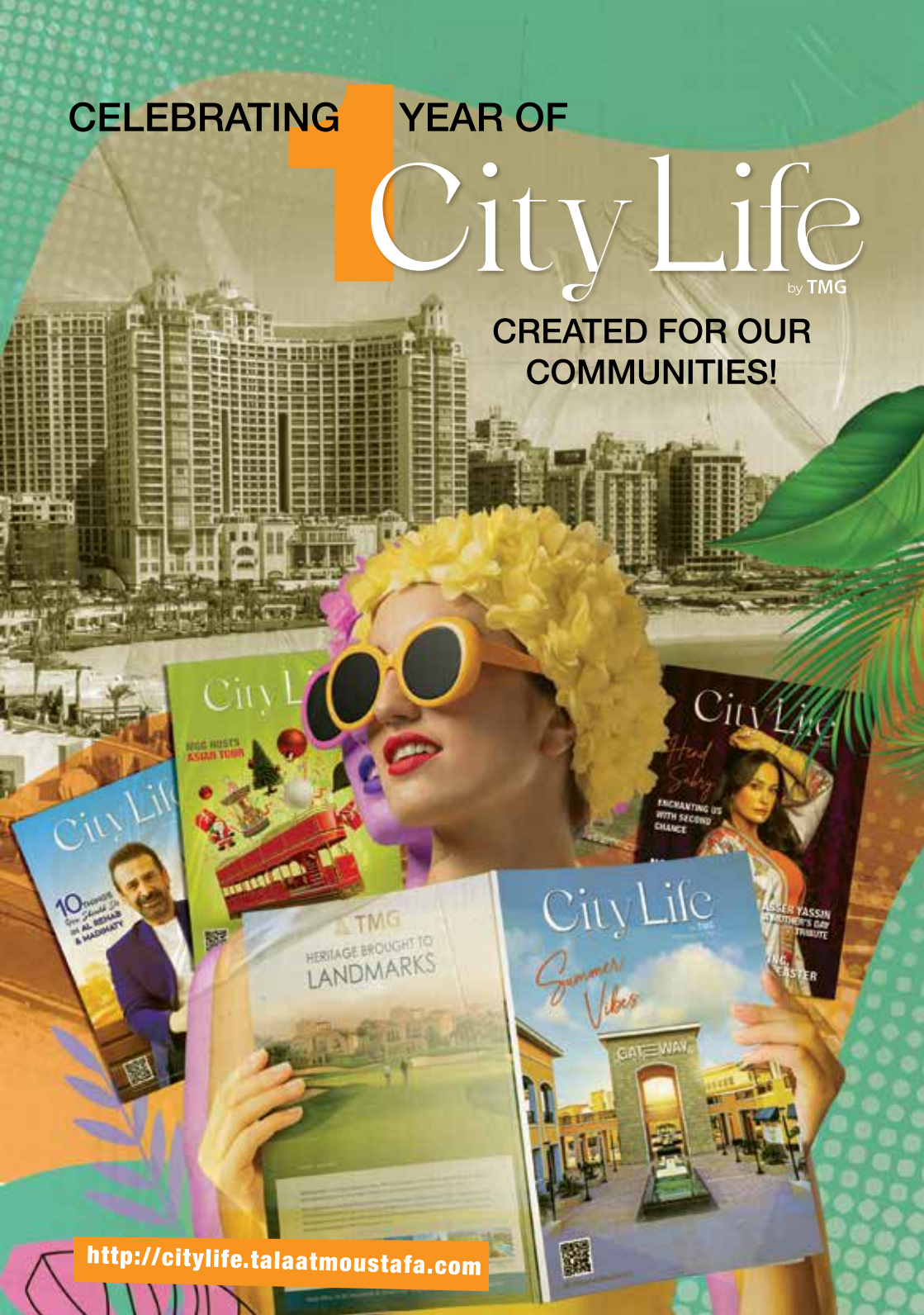


CELEBRATING 4 YEAR OF

# CityLife

by TMG

CREATED FOR OUR  
COMMUNITIES!



<http://citylife.talaatmoustafa.com>



# UNRIVALED SUMMER EXPERIENCES AT FOUR SEASONS EGYPT



**Talaat Moustafa Group values quality, in every element of its world. With this evident in all of its projects, it is also very much at the core of its hospitality ventures, where it has created three outstanding hotels to turn this ethos into a luxurious reality. Meet Four Seasons Hotel Cairo at Nile Plaza, Four Seasons Resort Sharm El Sheikh, and Four Seasons Hotel Alexandria at San Stefano. By selecting Four Seasons Resorts and Hotels for the management of these iconic properties, TMG has ensured that guests and visitors will have an unrivaled experience, and memories to treasure.**



It is during summer in Egypt that the true beauty of the region lets itself shine through these celebrated Four Seasons Hotels and Resorts. Each with its own unique appeal, they share a commitment to providing impeccable service, thoughtful hospitality, outstanding cuisines, and everything needed to turn a holiday into a celebration of living. This is something we all deserve, and TMG has opened the door to step in.







An outstanding Talaat Moustafa Group property, Four Seasons Hotel Cairo at Nile Plaza is a gem in the heart of the historic city. Set on the banks of the majestic Nile, with panoramic views of the River Nile and Cairo's skyline, perfectly located for a unique Cairo experience. A stay at Four Seasons Hotel Cairo at Nile Plaza cossets guests within a cocoon of attentive luxury, tempting them to escape the world and enjoy the wonderful ambiance, exciting cuisines, and impressive hospitality.



### Tying the Knot

With a comprehensive range of stunning venues perfectly suited to host extraordinary wedding, the Hotel is an idyllic choice for the most bespoke events in the destination. Modern elegance, local authenticity, flawless service, and inspired culinary experiences work seamlessly together to create an unforgettable occasion with Four Seasons expert Wedding Specialists.



### A World of Discovery

Steeped in history and with a vibrant, thriving culture, the diverse charms of downtown Cairo are within an easy walk or short taxi ride. Who could miss out on the magnificence of the Egyptian museum, with its irreplaceable treasures? Or not be enchanted by the color and clamor of 1,000-year-old Khan El Khalili Market, where every small alleyway opens up a new vista of delightful souvenir shopping opportunities.

### Dive into History

Even the majestic Great Pyramids of Giza and the enigmatic Sphinx are within easy reach, transporting you to a distant time, with their awe-inspiring grandeur to be forever etched in your memory. The vast desert entices you to explore further, to feel the mystery and imagine the wonders that might lie below, waiting to be revealed. If a leisurely walk leaves you wanting more adventure, why not try dune driving with a quad bike for a thrilling experience?

### Architecture and Urban Charm

Cairo is brimming over with spots that simply ooze history, stately villas that seem to hold secrets from bygone years, sitting alongside stylish designer shops, quirky boutiques, and galleries. The island of Zamalek is a short drive away, with a mélange of cafes and shops that offer beautifully crafted items and unique finds. Stop for coffee, and do a little people-watching to observe the true diversity of Cairo's inhabitants.

### Sailing on the Nile

A perfect end to a perfect day. Just a few steps away, try a sunset sail on a traditional felucca with the city bathed in the early evening light as a backdrop. The hustle and bustle of the streets floats away and tranquility takes over.

### A Choice of Cuisines

Enjoy a culinary treat in one of the nine restaurants at Four Seasons Hotel Cairo at Nile Plaza, where taste buds can be tantalized by Lebanese, Chinese, and Italian. Egyptian and Mediterranean dishes.

### Time to Unwind

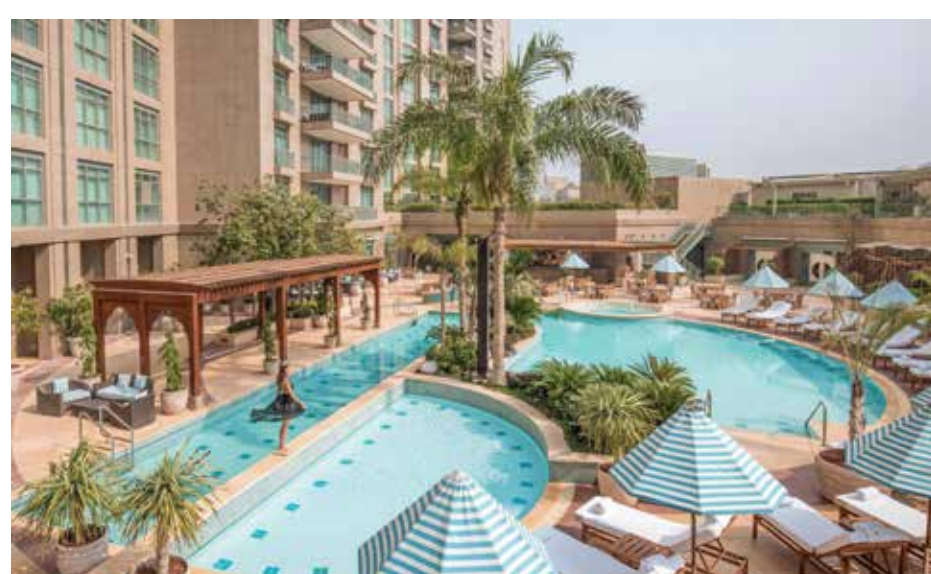
Relax your body and refresh your soul as you reflect on your day at The Spa offering authentic treatments, including the Cleopatra Bath Ritual and a Moroccan Bath Ritual. Guests will enjoy thirteen treatment rooms, a relaxation lounge with panoramic views, steam, and sauna facilities, a 24-hour fitness center with specialized trainers, and an indoor pool. Couples can even enjoy a shared session, letting the mood of an idyllic day continue.

### And So to Bed

Escape to your tastefully designed suite, and watch the Nile flow by from your private in-room terrace before tumbling into the most comfortable bed you may have experienced. Rooms have all the little touches and amenities you could wish for, with 100% Egyptian cotton bedlinen and bathrobes, even for the most junior members of the family.

### Pool Time

After enjoying sweet dreams and waking refreshed, make the most of an early morning dip in one of the three outdoor pools or the indoor pool, before letting another fascinating day unfold in the historic city of Cairo. The setting is so enjoyable and the water so fresh and invigorating, you may even choose to stay longer and enjoy the atmosphere.



To make the most of summer at Four Seasons Hotel Cairo at Nile Plaza, please visit

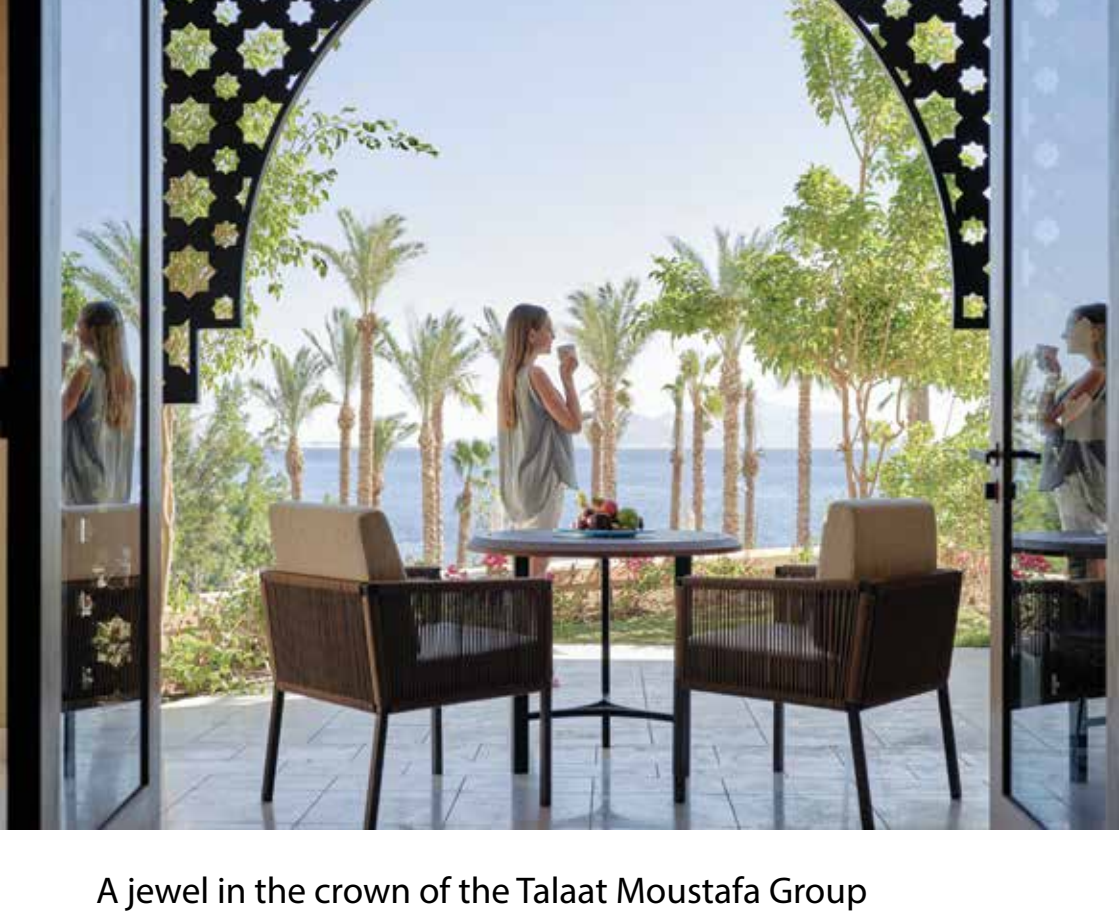
[www.fourseasons.com/caironp/offers](http://www.fourseasons.com/caironp/offers),

or email: [reservations.cai@fourseasons.com](mailto:reservations.cai@fourseasons.com)





# FOUR SEASONS RESORT SHARM EL SHEIKH



A jewel in the crown of the Talaat Moustafa Group hospitality portfolio, Four Seasons Resort Sharm El Sheikh captures all the elements needed for the ultimate Red Sea holiday. Bathed in endless hours of sunshine, with refreshing breezes and a full kilometre of palm tree-lined beachfront, the spectacular recently expanded property is only a short drive from Sharm El Sheikh International Airport.

## Traditional Architecture



Celebrating the beauty of Arabesque design, the Hotel offers a range of family-sized suites, some with full-sized private pools, with amenities included to make the stay a luxurious home away from home experience. There are equally impressive suites for groups of friends, as well as a romantic suite with a private plunge pool allowing seclusion and together time for couples.

## The Red Sea Life

A paradise for water lovers, the location offers some of the best diving opportunities available from its expanded dive center, and a choice of four pristine pools beckon invitingly for all the family. The Resort's PADI dive center experts can tell you where to go for the best sites to meet dolphins, explore historic shipwrecks and embark on exciting night dives in unspoilt underwater worlds. For fun on the surface, the Dive Center has kayaks and stand-up paddle boards, as well as offering adrenalin-packed motorized water sports like wakeboarding, parasailing, and banana-boating for family fun. For a more leisurely way to sail the Red Sea, the Dive Center will be happy to arrange a private yacht charter.

## It's a Kids' World, Too

Kids have myriad activities and options to pack their days, with dedicated pools and swimming lessons, and even diving certification for children from the age of 10. The Resort's Kids for All Seasons Club offers beach and pool games as well as a full program of creative activities as well as a dedicated space with PlayStation, X-Box, billiards, air hockey, table tennis, and foosball.



## Local Culture

What could be more exciting than an adventure to discover the rich local culture and spectacular scenery of the Sahara desert? From beachfront Bedouin breakfasts to camel and quad bike safaris in the desert, full-day cruises, and much more, the Concierge is always there to help arrange your day. A welcoming team of local insiders will connect you with the best of this Red Sea destination, whether it's underwater, above water, or through exploring the extraordinary landscapes that make this sea-meets-desert destination a perennial favorite.

## Global Gastronomy

There is nothing like fresh air, sun, sea, and sand to work up an appetite, and with 12 restaurants and bars to choose from, presenting a variety of cuisines, including a selection of dining creations and signature cocktails, each meal becomes a delightful occasion.

Five new restaurants, Mediterranean seafood Bullona, Lebanese Zitouni, Asian Yatai, poolside Luna, and Breeze beach bar offer mouth-watering dishes, well-curated by skilled chefs, allowing guests to enjoy a different experience day after day. And, as it is ice cream season, poolside Waha offers delectable homemade flavors to beat the heat. Perfect for a summery day, guests can head over to Luna infinity pool, and enjoy the traditional Latin American vibe.

## Unforgettable Weddings, Where the Desert Meets the Sea

For a romantic wedding, straight out of a fairy tale, there could hardly be a more ideal venue than Four Seasons Resort Sharm El Sheikh. Nine indoor and garden settings provide exquisite settings for any ceremony and celebration, from an intimate gathering to a magnificent gala for 2,000 people, with the dreamy atmosphere and lush landscape of the new beachfront Royal Palm Garden enhanced by the twinkling stars above, creating a storybook vista that will remain a cherished memory for many years to come.



Every detail is taken care of by creative culinary teams, renowned on-site flower artists, and expert event planners, letting the happy couple revel in the precious moments.

To make the most of summer at Four Seasons Resort Sharm El Sheikh, visit [www.fourseasons.com/sharmelshikh/offers](http://www.fourseasons.com/sharmelshikh/offers), or email: [res.sharmelshikh@fourseasons.com](mailto:res.sharmelshikh@fourseasons.com)





The beauty of summer in Egypt is encapsulated at Four Seasons Hotel Alexandria at San Stefano. Set in the historic city of Alexandria, every experience during a stay will evoke memories of special times, while creating new ones to treasure.



Four Seasons Hotel Alexandria at San Stefano reminds guests of what truly matters, precious together time away from routine and stress, with glorious weather, amazing food, and thoughtful Four Seasons care. An evening stroll, or an impromptu gathering with friends, romantic sunset dinners, and glorious sunrises, are all part of the recipe for a memorable holiday on the Mediterranean.

### Resort Lifestyle



Four Seasons Hotel Alexandria at San Stefano combines the appeal of a resort lifestyle with the charm of the historic city. Guests may opt for beach suites or sea-view villas with private pools, on an island where they can wake up to the view of the Mediterranean. This is the ultimate summer escape with live entertainment, sundown cocktails, and freshly caught seafood at the Beach restaurant. Diners will experience a trip into the rich cultural history of the city, with Mediterranean, Italian and Syrian cuisines featured on the creative menus.

### Engaging Activities



From sun up to late, there is such a variety of activities for all ages and interests that boredom is never a possibility. Children can revel in Kids for All Seasons or enjoy a dedicated playground, while anyone wanting to burn off a bit of excess energy can enjoy the tennis court, beach volleyball, exercise sessions, and beach gym, along with the help of professional coaches. If something less strenuous appeals, wellness enthusiasts will find yoga sessions by the sea a soothing, holistic experience. The Hotel's fishing experts are even at hand to help guests land a prize catch for dinner.

### Saying "I do"



Could there be anything more magical than exchanging wedding vows in such a romantic setting? The gently lapping waves of the Mediterranean, the twinkling of city lights in the distance, the stars above. Your dream wedding can become everything you had imagined, and more, with a team of wedding specialist who know how to create the moments of a lifetime.

Experience a summer getaway at Four Seasons Hotel Alexandria at San Stefano, visit

[www.fourseasons.com/alexandria/offers](http://www.fourseasons.com/alexandria/offers),

or email:

[res.alexandria@fourseasons.com](mailto:res.alexandria@fourseasons.com)



# SWING INTO SUMMER

MADINATY GOLF CLUB

AT MGC

More than just a world-class, award-winning golf course, managed by Troon, Madinaty Golf Club offers all the ingredients for a memorable summer. Set against an idyllic background of greenery, there is a range of amenities and attractions to tempt taste buds, encourage a sense of well-being, and amp up fitness levels. There truly is something for everyone.

## DINE IN STYLE



With four exceptional dining venues offering well-curated menus of perfect summery dishes, all under the acclaimed banner of Kempinski, you must put this very high on your list. For a relaxed bite, pop across to the Golf Terrace, for breakfast, lunch, or dinner. Or opt for something exotic with the Japanese / Italian fusion menu at T.W.O. For a delightful afternoon tea just head over to Royal Lobby Lounge, where deliciousness reaches a new level. Cigar lovers can wind up their game at RTJ cigar lounge, within an ambiance that invites relaxation in luxurious surroundings.

For reservations, call us on 0110 113 4516/17.

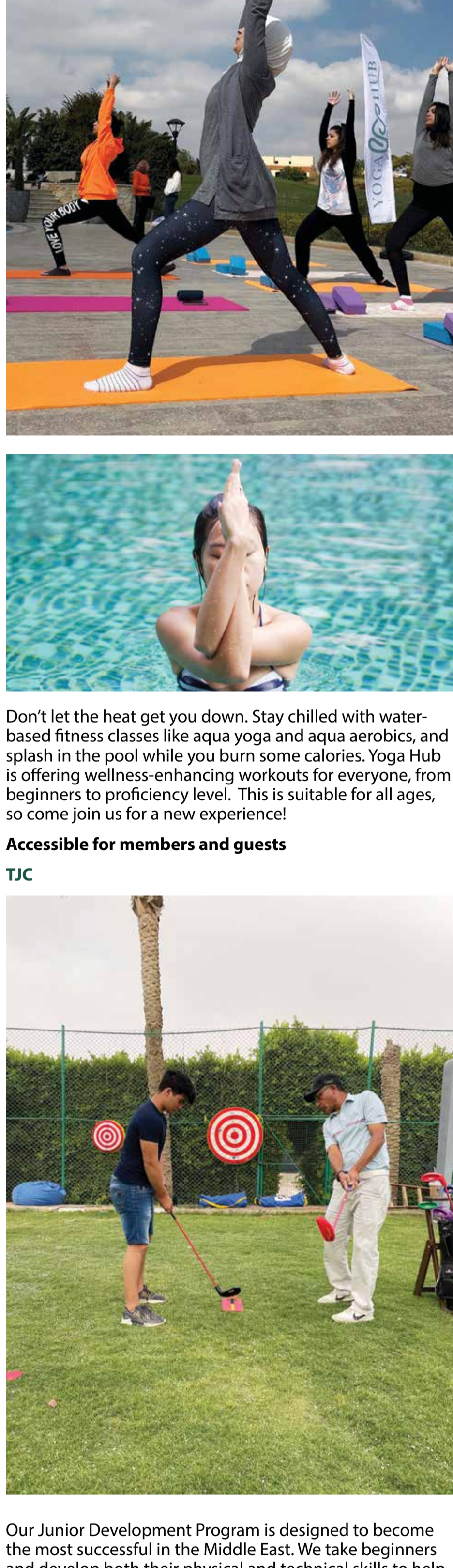
## SPA



Nothing provides an instant boost to your general well-being than treating yourself to an amazing spa experience. Our brilliant Thai Spa offers a range of treatments by expert therapists, available for your relaxation and wellness. Not just a once-in-a-lifetime experience, make this a regular indulgence.

For inquiries please call us on: 0114 419 0008

**Accessible for members and guests**



## YOGA AND AQUA YOGA



Don't let the heat get you down. Stay chilled with water-based fitness classes like aqua yoga and aqua aerobics, and splash in the pool course with a variety of aqua aerobics. Yoga Hub is offering wellness-enhancing workouts for everyone, from beginners to proficiency level. This is suitable for all ages, so come join us for a new experience!

**Accessible for members and guests**

## TJC



Our Junior Development Program is designed to become the most successful in the Middle East. We take beginners and develop both their physical and technical skills to help them play at an international and even professional level. Our program is designed to help the kids improve their skills while having fun.

For registration, please call: 0110 113 4518

or via email: akamel@tmg.com.eg

**Accessible for members and guests**

## FOOTGOLF

When you combine two of the world's most popular sports, football and golf, you take life to a new level of fun and excitement. Pump up that adrenalin on the greens as you navigate the golf course with a football at your feet and try to get the ball into the oversized cups in as few shots as possible. Footgolf is available 7 days a week from 3.00 pm till sunset with the last 'Kick Off' at 5.00 pm. You can just turn up and play the subject to availability, and if you would like to book your game of Footgolf call us on 0110 113 4518

**Accessible for members and guests**



MGC is an idyllic setting where any shot is a winner. Get a 50% discount on all photo sessions during June and July. Book now and capture memories that'll last a lifetime with our professional photographers.

**Offer is available for members and guests.**

For reservations, call us on 0110 113 4518.



## TIME FOR A DIP

Beat the heat this summer with a leisurely swim in our tranquil infinity edge pool, a sparkling panoramic expanse of refreshing blissfulness that brings a whole new meaning to the word 'relaxation'. Just one of our two tempting pools, you can also enjoy the luxury of our heated pool to unwind.





# Meet Vanessa Pavão

## From Brazil to Al Rehab



### What brought you all the way from Brazil to Egypt?

I've dreamed of visiting Egypt ever since I was a child, to see the Pyramids and the River Nile! So when I found a volunteer program called AIESEC, I didn't think twice. I enrolled in their Global Talent project in Cairo.

### How long have you lived here?

I have been here for 4 years.

### Is there a big Latin American community in Al Rehab and Madinaty?

There's a Latin community in each compound. Each community has WhatsApp and Facebook groups to share experiences. It is very helpful to have them around and to be able to count on them if needed.

### What are the things you enjoy doing most in Rehab?

I love the fact that we can find literally every service we need nearby, so I enjoy being able to do so many things by walking (as I don't have a car). I am also planning on buying roller skates and learning to use them around Al Rehab's green streets and squares. I can find a big variety of malls, and even a pub a few km from Rehab.



### What is a normal day for you?

A normal day means -arrive back from work, walk to the gym at City Square and head to the juice place to have my favorite smoothie at the Souq on the way back.

### What makes it such a great place for expats to live in?

Al Rehab is definitely a safer place compared to other areas I've lived in. The fact that most of the people speak English makes life easier as well.

### Are there any things in Egypt that remind you of life in Brazil?

I love the fact that you can make new friends with ease and feel welcome in Egypt. That reminds me of how Brazilians are to each other.

### Would you recommend Al Rehab for your friends?

I would recommend Al Rehab to friends that are looking for a quiet and organized place in Cairo.

### How has living in TMG premises helped with daily life?

Living in a compound allows me to feel safe and have access to many services.

### What is the thing you like most about Al Rehab?

Definitely the green areas.

### What is your job?

I am an English Teacher and a Nutritionist.

# Enjoying Life with Madinaty Walkers



We don't think there could be a better way to enjoy the beauty and fresh air of Madinaty than putting on our trainers and hitting the trail. Heba Hakim, Co-founder of Madinaty Walkers shares what makes it such a popular group with the community.



## Heba, when did Madinaty Walkers start, and who were the founding members?

The group started in 2016, it consisted of only three people, and the journey began from there. The idea for the group came from Muhammad Suleiman and Muhammad Abdel-Wahhab, and I, Heba Hakim, am the one who continued to expand and develop the group, with the main purpose of maintaining a healthy lifestyle and encouraging the bonding between the residents of our city.



## What makes Madinaty such a good place for this type of activity?

The availability of green spaces and well-organized, paved streets makes Madinaty a special place for walking and running.

## Is there any age limit for joining the group?

You can enjoy this type of activity as any age, we have all ages in the group, from young to old.

## How long is each get-together?

It usually takes between an hour and an hour and a half.

## Do you only walk in Madinaty or do you also have other activities?

The group provides several other activities, such as women's football and paddle sports, and competitions are held between the participants every year. Other members branch out from the group for various trips. The person responsible for managing these trips, Ms. Ola Bodour, is a specialist in the field of tourism, and we also have Captain Shinawy who provides training for riding motorcycles. It is also offered to members of the group fitness class.

## How many nationalities do you have amongst your members?

The nationalities in the group have multiplied with the diversity of nationalities in our city as it grows, to include Spaniards, Greeks and Syrians etc.

## Is walking a good way for newcomers to the community to make new friends?

Absolutely. The group has contributed greatly to the interdependence between the residents of Madinaty, and we consider all members of the group a part of our big family.

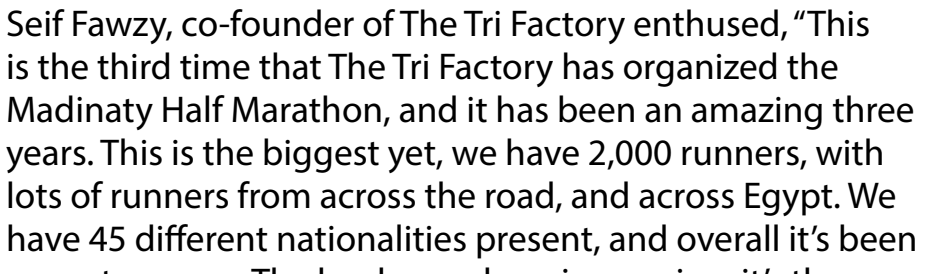


# Madinaty HALF MARATHON

## Third Edition Gets Even Stronger

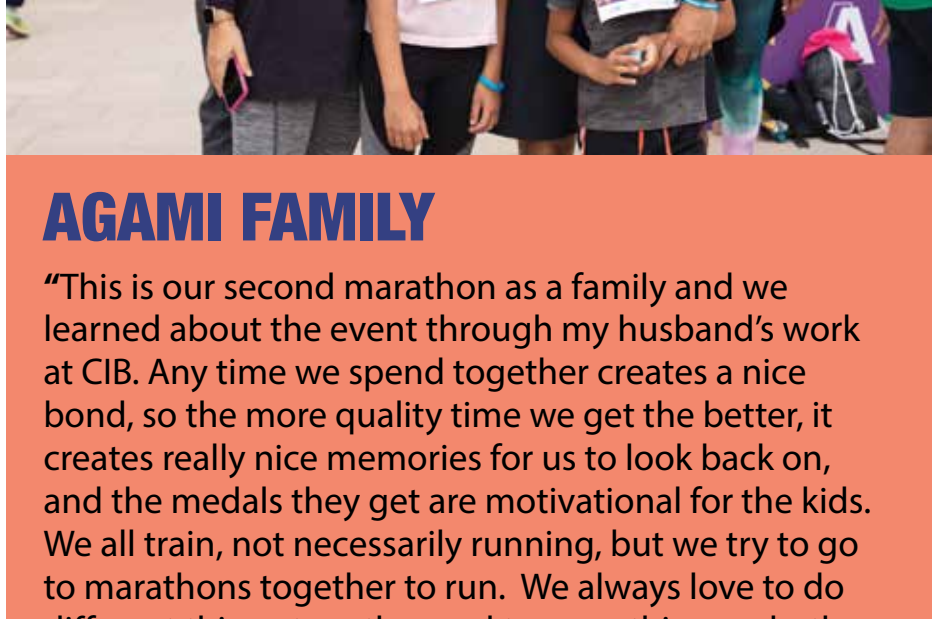


The peaceful streets of Madinaty were buzzing with runners and onlookers of all ages when the third edition of the Madinaty Half Marathon took place on the 9<sup>th</sup> of June. Brought to you by TMG in collaboration with organizer The Tri Factory, and under the auspices of the Ministry of Youth and Sports, the Egyptian Athletics Association, and Egypt Skate, the annual event aligns with TMG's commitment to ensure that sport and culture play a dynamic role in the community. A skating competition also took place, with the whir of wheels giving an extra adrenalin edge to the day. The Half Marathon event was officially launched by a representative of the Minister of Youth and Sports, Mr. Omar Hisham Talaat, and the President of the Athletics Federation. Captain Hussein Abd El Dayem, Ignite gym owner, was also present amongst the honored guests, showing his support for the runners.



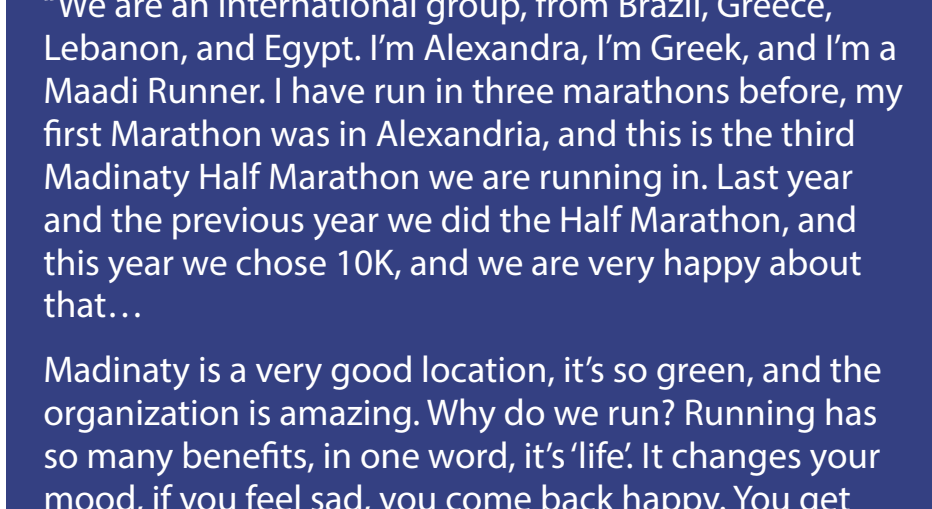
Seif Fawzy, co-founder of The Tri Factory enthused, "This is the third time that The Tri Factory has organized the Madinaty Half Marathon, and it has been an amazing three years. This is the biggest yet, we have 2,000 runners, with lots of runners from across the road, and across Egypt. We have 45 different nationalities present, and overall it's been a great success. The landscape here is amazing, it's the greenest place in Cairo. The resources of TMG, Madinaty, and Open Air Mall make for a fantastic destination. TMG and the Madinaty team are fantastic and have really supported us by shutting down the roads and making sure that all the runners have a great experience. I think marathons are essential, especially as we offer distances for younger participants. We start with a 3K Fun Run and go up to 5K, 10K, and 21K. That's important in encouraging everyone to take part, have fun, get outdoors, and start running."

While the Half Marathon and the Skating Race were the sporting events that drew the competitors, the huge numbers of attendees and onlookers also enjoyed attractions like face painting and live music, making it a great day out for all the family. The 2023 Half Marathon started bright and early from Open Air Mall. CityLife was there to chat with some of the 2,000 participants to learn why the event is such an attraction.



### AGAMI FAMILY

"This is our second marathon as a family and we learned about the event through my husband's work at CIB. Any time we spend together creates a nice bond, so the more quality time we get the better, it creates really nice memories for us to look back on, and the medals they get are motivational for the kids. We all train, not necessarily running, but we try to do marathons together to run. We always love to do different things together and try new things, whether it's sports or mental health, anything that will get us out of the daily things in life and create more fun. As parents we want to create good memories for our kids and people should try things like these more often."



### MAADI RUNNERS

"We are an international group, from Brazil, Greece, Lebanon, and Egypt. I'm Alexandra, I'm Greek, and I'm a Maadi Runner. I have run in three marathons before, my first Marathon was in Alexandria, and this is the third Madinaty Half Marathon we are running in. Last year and the previous year we did the Half Marathon, and this year we chose 10K, and we are very happy about that..."

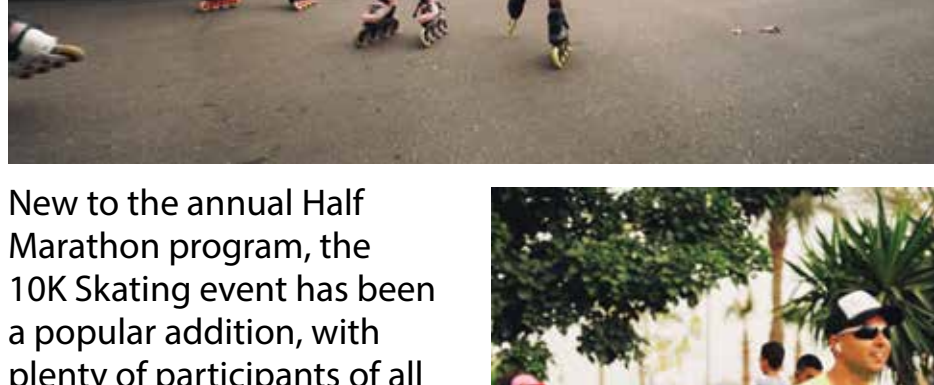
Madinaty is a very good location, it's so green, and the organization is amazing. Why do we run? Running has so many benefits, in one word, it's 'life'. It changes your mood, if you feel sad, you come back happy. You get energy, you get fit, you are happy."



### MAZEN AHMED

"This is my second marathon, and I learned about the event through Instagram and my friends.

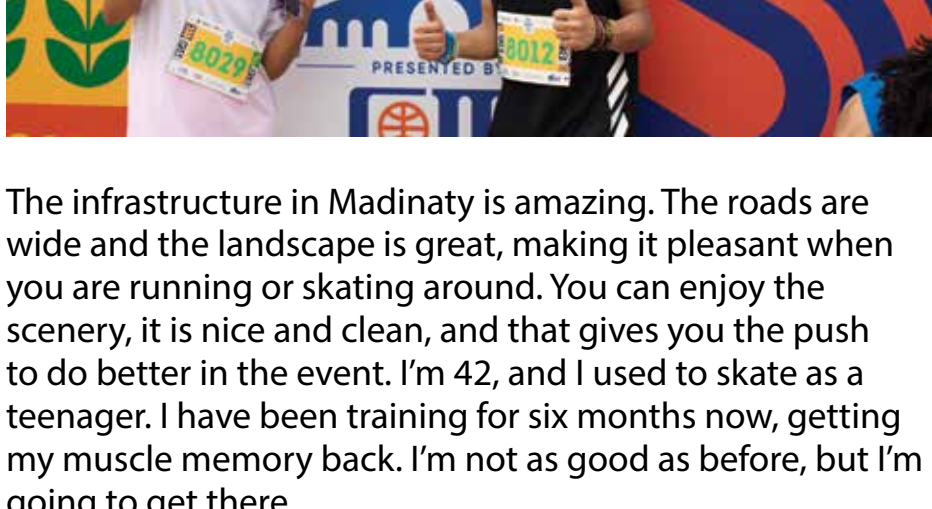
I have always played football, so I started running at an early age and love it. Madinaty is a new place for me, but the atmosphere is really nice to run in, with so much greenery making it a great environment. I advise anyone to start running, even for fun, and with time you'll get better and be able to participate in marathons."



New to the annual Half Marathon program, the 10K Skating event has been a popular addition, with plenty of participants of all ages. Keeping up the pace with them was a challenge, but City Life managed to catch up with skater Marwa El Saban and get her take on the day, and the joys of skating.



"I actually live nearby, and I learned about the event through the billboards. It's not my first time attending the Half Marathon, but the billboards were everywhere. Usually, I go for the Half Marathon, but today I did the 10K Skating and really enjoyed it. I thought it was something new.



The infrastructure in Madinaty is amazing. The roads are wide and the landscape is great, making it pleasant when you are running or skating around. You can enjoy the scenery, it is nice and clean, and that gives you the push to do better in the event. I'm 42, and I used to skate as a teenager. I have been training for six months now, getting my muscle memory back. I'm not as good as before, but I'm going to get there...

These events are great as they get people together to do something that is good for the body and the mind. I like how you see familiar faces, with smiles and hellos. Also, coming to participate is a nice thing to do in the morning, a nice way to start the day. Meeting other people is a plus.

I would absolutely recommend skating as an activity. Especially at my age, as it teaches you to balance, and to take risks. When you feel you can master that you can do a lot of other things."

Thanks must go to the sponsors, without whom sporting events would not be able to thrive. CIB was the Title Sponsor, Open Air Mall and Madinaty Golf Club were the Platinum Sponsors, Racemate was the Gold Sponsor, along with Official Sponsors: Andalusia Hospital, Cell Nutrition, Cleopatra Hospital Group, Decathlon, Fit Choice by Al Doha, Ignite, Lamar, Mash Premier, Nestle, Pharco, Premium Card, Rabbit, and Sigma Fit.





# Get on your Bike!

## Madinaty Cycling Team Hits the Road



You may have seen them cruising past, looking happy and relaxed, and wanted to know more. Founding member Wael ElSabrout brings us up to speed.

### **How did Madinaty Cycling Team (MCT) start, and how quickly has it expanded?**

We started our activities as a team in June 2014, nearly 10 years ago. We tried to expand our team activities in Madinaty by carrying out some advertising on social media to introduce ourselves and our activities to all our neighbors living in Madinaty, to encourage them to come cycling with us. In the early days we had just one cycling event per week to teach our members how to ride a bicycle safely in a group. We started with just 11 members in our first cycling event, and step by step we have reached a lot of neighbors living in Madinaty.



### **What makes Madinaty such a good place for this type of activity?**

Madinaty is a very good place for cycling, the weather is really nice, the roads are great for cycling, and also we have some bicycle lanes.

### **Do you have an age limit for joining the group? What age is the youngest member, and what age is the oldest?**

Our team members' ages range from 6 years up to 70 years, both male and female.



### **How often do you get together?**

From day one, we made a Facebook group, to reach all our members, also we post our cycling events on our group, including our meeting point, time, safety information, and cycling route. We hold 4 events per week, covering an entertainment ride on Friday, a training ride on Tuesday, a free ride on Sunday, and a kids' ride on Saturday.

### **Do you mainly cycle in Madinaty or do you also have outside trips?**

We organize a lot of cycling trips to some cities close to Madinaty, such as Suez, Ismailia, and El Sokhna, along with some entertainment trips to Alexandria and Port Said.

### **How many nationalities do you have among your members?**

We have a lot of nationalities from different countries joining our activities, such as Syrians, Russians, Jordanians, and Yemenis.

### **What are the health benefits of biking?**

Cycling can help to protect you from serious diseases such as stroke, heart attack, some cancers, depression, diabetes, obesity, and arthritis. Riding a bike is healthy, fun, and a low-impact form of exercise for all ages, and is easy to fit into your daily routine by riding to the shops, park, school, or work. Aside from being a great way to get around, riding a bike is fun. Do you remember how free you felt riding a bike as a kid? You can have that again by going on an adventure in your neighborhood.

### **And what are the social benefits?**

Cycling enables people to interact socially and feel more connected with their local community.

### **How can people contact you and join up?**

They can reach out through our Facebook group.



# Beach Tech to Make Summer Even Better

## Go Pro

Catch all the action with memorable shots to keep forever with Hero 11 Black Mini - Compact Waterproof Action Camera with 5.3K60 Ultra HD Video 24.7MP Frame Grabs.



## Xiaomi Active Waterproof Watch S1

With all the functions you need for an active life, it can handle extreme conditions, or simply look great as you laze around on your favorite beach.



## Stay Connected

No electricity source? No problem, just stay charged with SBS TTBS5000WPK Solar Waterproof Power Bank. It's waterproof as well, and can handle tough conditions.



## Solar Powered Fridge and Freezer

When the action heats up keep your drinks and snacks cool with a portable ACOPower X50A LiON Cooler 52-Quart Portable Solar Fridge & Freezer.

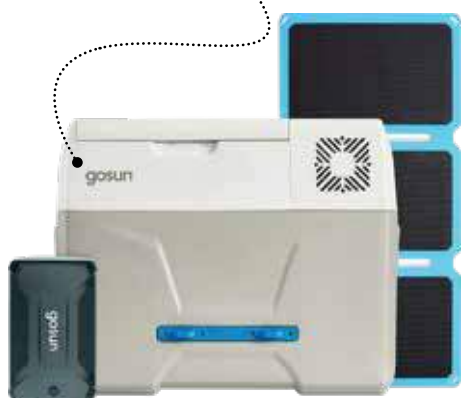
## Go Sun Chill + SolarPanel 30

Another option for keeping things cool, this handy Electric Cooler + 30W Solar Charger is flexible for beach and home use.



## Master Lock Portable Small Lock Box

Don't risk leaving your valuables unattended while you cool off with a swim, with this Set Your Own Combination Lock Portable Safe you can stash them away from sun and sand, and other risks.





# Who Says MEN Can't Wear JEWELRY?

Pounamu Jade Toki Necklace  
- STONERS JEWELRY



Wooden Prayer Beads inlaid with silver & bone, Botswana Agate & Thai silver - MOUSHA'Z



Sun Arc Keychain - ISLAM KHALIL DESIGNS



Wing Pin - AZZA FAHMY

Protector Bracelet - AZZA FAHMY



Double Faced Sun Pendant - ISLAM KHALIL DESIGNS



The Cubes© Cufflinks in 925 Silver - ZAGH



Micro Nebulae - STONERS

Braided Leather Bracelet - TOM FORD





# Summer Life at Madinaty Sporting Club



Cool down and stay fit with water activities for the whole family. It's never too early to let your children learn essential swimming skills, and then they can take it further with all the adrenalin-boosting fun of water polo, and the grace of water ballet.



## SWIMMING ACADEMY TM

Let your little ones develop confidence in the water with the expert guidance of professional swimming instructors. Training sessions take place daily, apart from Fridays, from 2 pm until 10 pm, with sports team training according to birth date for participation in the championships of the Egyptian Federation.

For inquiries: 0128 813 3191 / 0128 813 3181

## WARRIORS SPORTS ACADEMY

### Water Polo

It gets competitive with water polo, as well as being loads of fun. Training takes place for players aged 5 years up to 20 years each Saturday, Monday, and Wednesday, from 8 pm to 9.30 pm.

### Water Ballet



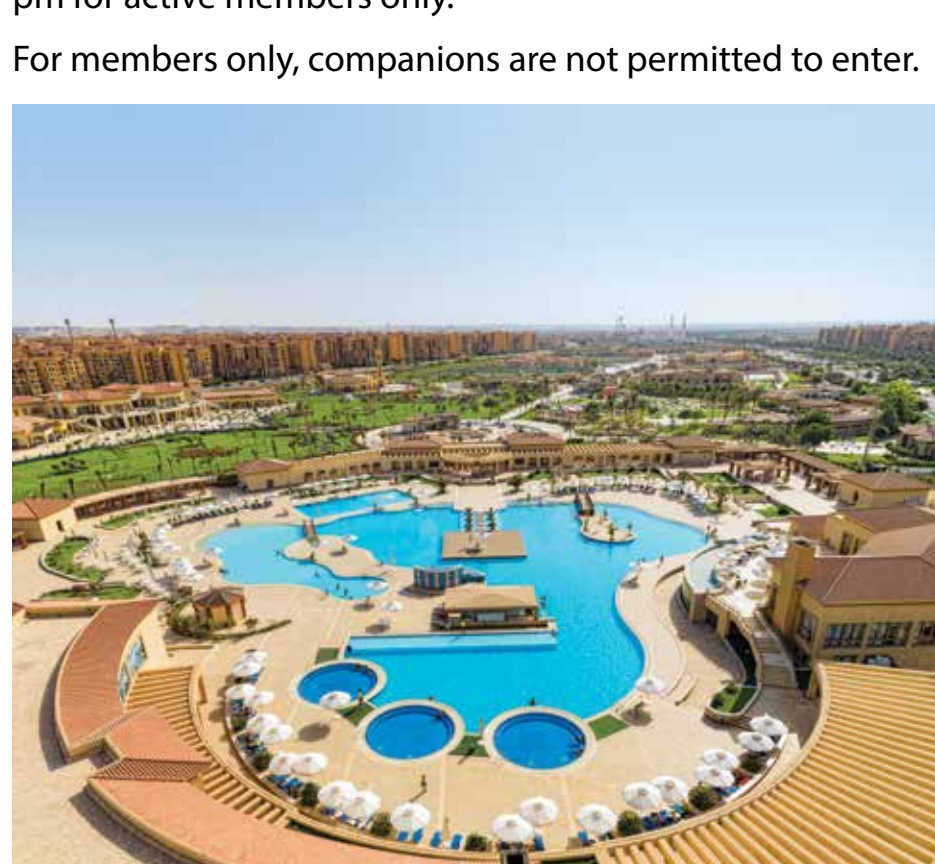
Combining water skills with grace and precision, training sessions for ages 5 to 16 years take place each Saturday, Monday, and Wednesday, from 8 pm to 9.30 pm.

For inquiries: 0121 284 3333

## LEISURE SWIMMING POOL COMPLEX

Covering a total area of 4200 m, the recreational swimming pool complex has training pool, a children's pool, 3 Jacuzzis, along with a restaurant and cafeteria. Daily working hours extend from 10 am to 6 pm for all ages, and from 6 pm to 8 pm for active members only.

For members only, companions are not permitted to enter.



## HEALTH CLUB AND SPA

Reinvigorate and reboot with a total spa experience. The men's spa offers a Turkish bath, steam room, sauna and massage to help unwind and de-stress in a calm, soothing ambiance.

The women's spa has sauna, a steam room, slimming wrap and massage to tone and relax.

Working hours are daily from 10 am to 10 pm.

For inquiries: 0114 550 1622 / 0111 600 0476 / 0112 966 0680

## EVENTS

### Visit by the President of the International Technical Committee for General Gymnastics



Mr. Rogerio Valerio, Chairman of the International Technical Committee for General Gymnastics, was recently hosted for an inspection visit by the management of Madinaty Club, represented by Mr. Khaled Owais, General Manager of the club. He praised the club facilities, and the efforts made to keep pace with the latest developments in the field of sports.

### Madinaty Squash Championship (TM Sports Championship)



In the presence of Mr. Ahmed Hawass, member of the Egyptian Squash Federation, Mr. Khaled Owais, General Manager of Madinaty Sports Club, Mr. Mohamed Yousry, Assistant Director of the club, Mr. Mohamed Abdel Hamid, Director of Sports Activity, and Captain Hatem Hassan, Managing Director and Chairman of the Board of Directors of TM Sports for Club Management, the Madinaty TM SPORTS Squash Championship for the year 2023 was held on the courts of Madinaty Sports Club from the 25<sup>th</sup> to the 30<sup>th</sup> of April 2023. 530 male and female players participated from 25 clubs to bring the 2022 season to a close.



# It's Action Time at **Al-Rehab Sporting Club**



When the temperatures soar, it's time to hit the water. And there couldn't be a better place for that than Al-Rehab Sporting Club.



## **Time for a Dip**

You have plenty of choices with Al-Rehab Sporting Club's swimming pools. Their 8 swimming pools are the perfect way to cool off, with options for both adults and kids. With recreational swimming, competitive games, and more, the excellent facilities make this the ideal destination for summer fun.

## **Swimming Academy**

Al-Rehab Swimming Academy can launch your kids into swimming with highly qualified, experienced coaches who will help them develop their technique and confidence. They offer programs for kids aged 4 to 15 years. Sign them up today and see the results!



## **Martial Arts Academy**

Al-Rehab Sporting Club is the perfect place to take your Martial Arts skills to the next level. With classes ranging from Taekwondo to Karate, pupils have the opportunity to learn from the best, reach their full potential, and have tons of fun while doing it.



### **Rehab Swim:**

0100 008 7384

### **Warriors Swimming Academy:**

0121 284 3333

### **Other sporting activities:**

02 269 22285





## Padel Comes to Avenue Mall



In case you hadn't heard, Al Rehab's new WPT court is now open on the second floor and waiting for you. The first court to be constructed in Egypt entirely with Egyptian materials to meet WPT standards, it is a testament to the rapidly growing popularity of the sport, both in Egypt and abroad. Book your game now at [www.gopadel.co/bookingall](http://www.gopadel.co/bookingall)



**Facebook:** gopadel

**Instagram:** gopadelegypt

Offering a huge selection of high-quality home appliances and electronics, Abdul-Aziz Stores has opened in Avenue Mall. In operation since 1985, Abdul-Aziz Stores is one of the leaders in retail home appliances in Egypt, with most leading international and local brands. With a strong track record of customer satisfaction and excellent after-sales services it offers online shopping and free delivery in Cairo, and during the summer season, to the North Coast. An authorized warranty is provided with free installation and free home delivery.

[www.abdulaziz-stores.com](http://www.abdulaziz-stores.com)

Those in the know say that Avenue Mall is one of the loveliest spots to enjoy a great cup of coffee in a fresh, appealing ambience. Plants and fountains offer a cool, relaxing mood, which is perfect for those summer days.

**Facebook:** rehabavenue







## GATEWAY MALL

### A Portal for Beauty

GAT≡WAY

One of the nicest mood boosters ever is a few hours dedicated to some serious pampering. And Gateway offers just that. Newly opened salons offer all the latest in facials, cosmetic procedures, hair care, and manicures, all guaranteed to leave you feeling as pretty as a picture.

**Facebook:** gatewayalrehab



## RADIANCE MEDICAL CENTER



With a wide range of cosmetic procedures, Radiance Medical Center offers the latest techniques carried out by certified professionals. Facial and body treatments using dermatology and laser, aesthetic gynecology, surgical and non-surgical plastic surgery, and nutrition and slimming programs within a few minutes of home, what could be more convenient?

**Facebook:** Radiance.Madinaty.Egy

## QUEEN'S BEAUTY SALON



Ladies! For cuts and coloring, hair treatments, and the very latest trends in manicures, this is the place to go. Using the highest quality materials, the skilled, professional team will treat you like the queen you truly are.

**Facebook:** queensbeautysalon.eg

## SAYED RABIE



Looking great isn't just a woman's prerogative, and we all love a well-groomed man. Up-to-the-minute hair and beard styling and grooming treatments under the expert hands at Sayed Rabie will have your guy looking his absolute best, and feeling great as well.

**Facebook:** SayedElMezien





# EASTCOURT

ALREHAB 2 - GATE 22

## for Great Eats



It's no secret, for authentic dishes across a spectrum of cuisines, in generous quantities, head over to East Court. Celebrating the joys of Syrian Cuisine, the recently-opened Ibn El Sham has a menu jam-packed with traditional specialties to capture your heart, and your taste buds. All of the favorites are there, along with dishes that may be new to your palate, which makes a meal there even more exciting. Don't miss out on the Hummus Chicken Shawarma, or the Mansaf Chicken on Charcoal, our personal favorites. For us, the traditional cheese and pistachio kunafa always winds up our meal on a sweet note. You can order online, but we love being there in person to soak up the vibe.



Buzzing with atmosphere, East Court has ample shopping opportunities, with new stores opening on a regular basis. Have a relaxed wander around, you never know what you will discover.

**Facebook:** [AlRehabCityHall](#)

**Facebook:** [IbnAlShamRestaurant](#)







# Leasing Launch of East Hub Madinaty

## The Newest Commercial Center

Prominent members of the community attended an iftar organized by Talaat Moustafa Group to launch East Hub, the most modern integrated commercial center in Madinaty. The iftar took place at the heart of the East Hub project, with the presence of Mr. Omar Hisham Talaat, CEO of Business Development of Talaat Moustafa Group, several of the group's leaders, and a number of tenants of commercial units in East Hub and various commercial centers in Madinaty, Al Rehab, and San Stefano.



Mr. Omar Hisham Talaat welcomed the attendees and affirmed that the launch of East Hub reflects Talaat Moustafa Group's keenness to provide a wide range of services and facilities to meet the needs of the residents of Madinaty and the various regions of East Cairo.



### About East Hub

East Hub is one of the latest integrated commercial centers and shopping destinations for Talaat Moustafa Group in Madinaty. Located in a prime location in the southeast of Madinaty, near the Administrative Capital and Mostakbal City, East Hub offers of 100,000+ m2 of commercial spaces. East Hub consists of 8 buildings, 5 of which are connected buildings for commercial use, with 3 separate buildings for bank branches and medical clinics. It also includes an underground garage with a capacity of about 1,200 cars, in addition to ample parking spaces in front of East Hub.



# SUMMER

## at All Seasons Park



It's always the right season for a great time at All Seasons Park. Located conveniently between B10, B11, and B12, it is handy to a school and a mosque and covers an expanse of 32,000m<sup>2</sup>, all dedicated to offering exciting retail and dining experiences.



TSEPPAS, the much-loved patisserie, continues its rich history with a brand new branch. Dating back to 1912 when Greek chef Evangelos Tseppas launched his first bakery in Farouk St. in Cairo, it served the royal family and high-end customers. Taken over by Genena Group in the 50s, a signature line of oriental desserts and decadent French pastries at affordable prices ensured its popularity. Excelling in these products to this day, TSEPPAS also offers high-quality catering services for all types of events. Now in All Seasons Park, TSEPPAS is sure to continue its place as a treasure trove of deliciousness.



Also home to a large branch of Carrefour, All Seasons Park will be welcoming notable global brands LC Waikiki, De Facto, and Sun & Sand Sports in the very near future.







# Baladina

## Traditional Egyptian Food to Warm the Heart

Sometimes nothing hits the spot like well-loved Egyptian dishes that have been enjoyed by families throughout the years. The familiar flavors and aromas that bring back memories of gatherings, celebrations, and simple meals with loved ones. Baladina offers a menu of dishes that tick all the boxes, so delve in and enjoy.



We love the hearty soups, like Set El Kol with carrots, zucchini and red sauce, and the ever-popular Knuckle Soup, and often opt for Orzo Soup, Lentil Soup, or the signature Baladina Soup with Marmarya pasta, chickpeas and red sauce. We also love to see a load of salads to brighten our table, and Baladina does them so well, from traditional, to a noteworthy Chicken Caesar Salad.

The vast selection of appetizers is so tempting you may not make it through to the main dishes, so we suggest you try just a few on each visit. We highly recommend Naknokh, a tasty combination of fried zucchini, fried potatoes, fried eggplant, fried pepper and *da'aa*, and Chicken Liver with Pomegranate Molasses. For a selection to please all diners, it is worth having the Baladina Mix Appetizers, with generous portions of kobeba, mombar, meat sambousek, cheese sambousek, and vine leaves.



The Baladina grills are known for their quality and variety, and why not share so you find space for one of their richly filling oven-baked rice dishes? With meat, chicken, or pigeon, they never disappoint. The menu encompasses every imaginable dish, from pies and pasta to casseroles, so you need to become a regular guest to work your way through!

Fans of molokhia must try the Baladina version, it is aromatic and authentic to a 't'. Served with chicken, duck, or roasted shank, it is a tribute to Egyptian culinary skills. Dining at Baladina should never be a rushed affair, you can't bypass the decadently yummy desserts. All of the favorites you remember from your childhood, with Umm Ali, Pumpkin, Cream Caramel, Feteer Meshaltet, and Rice Pudding. If you are like us, and couldn't care less about calories, then order Baladina Qonbela, a divine rice pudding with konafa, basbousa, cream and nuts.

Baladina offers a good range of soft beverages, both hot and cold, including traditional options not often found, making it an all-round, enjoyable dining experience.



**Address:** Gateway Mall, Al Rehab

**Takeaway and Delivery:** Available

**Tel:** 0120 288 9977

**Facebook:** Baladina.Oriental.Restaurant



Combs  
with TWO  
Sandwiches???



Yes,  
Please!



The Best  
Doughnuts  
in Town



HAPPY  
Chicken  
100%  
Locally  
Farmed



Premium  
100% Local  
Ribeye Cut



Have you  
Tried Our  
Doughnut  
Bites Yet?!

**See you at the North Coast:**

- Marassi
- LakeYard

**Meet us in Cairo:**

- AlBorouj – El Shorouk City
- FoodHall, Open Air Mall – Madinaty

**Boho Catering:** 0110 301 1938

  @BohoBun



# PRAWN WALDORF SALAD

Created by celebrity chef Gordon Ramsay, this summer salad is low on calories but big on the wow factor. It deserves a spot on your next party menu!



Photographer: Jamie Orlando Smith

## INGREDIENTS

- 75g walnuts
- 1 small romaine lettuce, finely shredded
- 200g cooked, peeled king prawns, deveined
- 1 celery heart, chopped
- 1 eating apple e.g. Granny Smith, cored and cut into 1cm pieces
- 100g seedless green grapes, washed and halved

## FOR THE DRESSING

- 100g Greek yoghurt
- 1½ teaspoon Dijon mustard
- 1 teaspoon cider vinegar
- Juice of ½ lemon
- Sea salt and freshly ground black pepper



## PREPARATION

Start by making the dressing; whisk together all the ingredients in a small mixing bowl. Taste and adjust the seasoning as necessary, adding a little more lemon juice if required.

Toast the walnuts in a dry frying pan over a medium heat for 2 to 3 minutes until golden.

Put the shredded lettuce leaves into a large mixing bowl and add the prawns, celery, apple, and grapes. Spoon in the dressing and toss to coat. Taste and adjust the seasoning as necessary before serving.



## Jessica Simpson's Breakfast Smoothie



There's a secret to looking so good. Personal trainer to Jessica and other A-listers, Harley Pasternak, has the recipe...

### Ingredients

- 5 raw almonds, chopped
- 1 red apple, chopped
- 1 banana
- 3/4 cup low-fat Greek yogurt
- 1/2 cup non-fat milk
- 1/4 teaspoon cinnamon

### Preparation

Place all ingredients in a blender. Blend on medium-high for 30 seconds (or until desired consistency).



## Kylie Jenner's Green Detox Smoothie

Light and refreshing, this smoothie is Kylie Jenner's go-to for flavor and an energy boost.

### INGREDIENTS

- Handful of washed spinach
- Half a frozen cucumber
- Some stalks of celery.
- Half a green apple.
- Handful of frozen pineapple chunks
- A pinch of pure collagen peptides (Optional)
- Freshly squeezed orange juice, as required
- Water or ice, as required

### PREPARATION

Put all ingredients into a blender and whizz for 30 seconds.



# Trending VACATION SPOTS for Your Bucket List



## CLOSE TO HOME

### RAS SEDR

A haven for windsurfers of all levels, the calm, pristine waters, and refreshing breezes make this a perfect holiday spot for families as well as couples. The casual, laid-back atmosphere and vibrant mix of ages and nationalities offer everything you need for an entertaining and relaxing stay.

**What to see and do:** Learn to windsurf and kitesurf with some of the best instructors in the world. Laze on the beach, or make an excursion to Ain Musa, the springs with a history dating back over 4000 years.

**Where to stay:** Most options are budget-friendly, and these come highly recommended.



### Moonbeach Resort

**Facebook:** moonbeachresort.ras.sedr

### Matarma Beach Residence

Cute chalets right on the beach.

**Website:**

matarmabeachresidence.com

**Where to eat:** Make the most of beachside eateries near the windsurfing spots. Food should be simple but tasty.

### DAHAB

On the southeast coast of the Sinai Peninsula and formerly a Bedouin fishing village, Dahab is now considered to be one of Egypt's most treasured diving destinations.

**What to see and do:** Swim, dive, snorkel, windsurf, kitesurf, and laze around.

**Where to stay:** Situated directly on the sandy beach of a natural lagoon, **Jaz Dahabeya** is away from it all and looks over the lagoon to the mountains of Sinai and Saudi Arabia as a backdrop.

**Ecotel Dahab Bay View Resort** is located next to a private sandy beach overlooking the Gulf of Aqaba. It has three swimming pools and a great choice of restaurants and bars.

**Where to eat:** **MeYa MeYa** gets rave reviews for its great food, ambiance, and vegetarian options. **ZANOBA Slow Cooking** also is popular for tasty food cooked for up to seven hours in clay pots.

## A COUPLE OF HOURS AWAY

### SICILY

Steeped in atmosphere and local culture, Sicily offers loads of Mediterranean charm, and wonderful scenery. Less crowded than many summer hotspots in the region, it offers interesting local cuisine, unique accommodation, and secluded beaches on the nearby islets.

**What to see and do:** Take a cable car up Mt. Etna to more than 2,500m above sea level to see sweeping panoramas. Visit **Villa Romana del Casale**, to see some of the best mosaics from the Roman Empire. Go island-hopping through the **Aegadian Islands**, a protected marine reserve to visit small towns, swim, and snorkel. Visit stunning examples of Baroque towns in the **Val di Noto** area, with unique architecture. For a family-friendly beach spot with character, try **Cefalu**, and for great restaurants and a thriving street-food culture head for **Palermo**. Catch **Syracuse**, **Catania**, and **Taormina** as well.

**Where to stay:** A short drive from Taormina, the 17th-century castle **Castello di San Marco** offers luxury, style, and character. At a price. To immerse yourself in the atmosphere of Sicily, try **Boutique Hotel Borgo Hedone**, a renovated mansion in the historic center of Scicli.



Castello di San Marco

**Where to eat:** Sicilian cuisine is a rich reflection of Arabia, Africa, Spain (and, of course, Italy), countries that have been a part of its turbulent history. Whether you dine in simple, rustic spots, or go high-end, try to sample as many traditional dishes as possible. Sicily is renowned for its sweets, so leave space for a cannoli or two!

### PAROS

Set like a jewel in the Aegean Sea, Paros is everything you would hope for. White homes glowing under the summer sun, highlighted by blue shutters and splashes of color from bougainvillea, turquoise sea, golden sand, and a host of traditional tavernas and cafes. And, not to forget, a very lively night scene for those who like to stay up late.

**What to see and what to do:** It's mainly about relaxation, with some of the best beaches on the planet it would be a shame to waste the chance to chill. You should, however, explore mountainous **Lefkes Village**, with its cobblestoned streets, and traditional food, and take a boat from **Naoussa** to **Kolymbithres** beach to swim in the crystalline clear water.



Aegadian Islands

**Where to stay:** Pamper yourself with a stay at **Cosme**, where local culture and luxury meet in the best possible way. Budget-friendly **Stelia Mare Boutique Hotel** is also minutes away from Naoussa, and with fresh, minimalistic Aegean style, offers comfort with chic.

**Where to eat:** Seafood is a specialty in Paros, and the traditional harbourside tavernas in Naoussa deliver on great food and atmosphere. Then you are in the right spot for popping into one of the clubs to listen to music and dance the night away.



Kolymbithres Beach





# Pet Hotels

Summer vacation time should be a chance to unwind and relax, but while you are traveling you need to know that your furry family members are safe and happy as well. Here are some options for cats and dogs, but please make your own inquiries to ensure that they offer the services you need.

## ANUBIS K9 FACILITY, CAIRO-ALEX RD.

The five-star dog hotel has the biggest standard rooms in town (10 m2) and the biggest suites as well (20 m2), with exceptional medical care, ample exercise, and a wide range of special diets. Your canine buddy can stay for long or short periods, and you have access to daily live videos during play sessions.

**Location:** Sakkara Road, Mansouria, Giza. (Beside Sakkara Country Club)

**WhatsApp:** 0115 555 6500

**Tel:** 0109 128 9344

**Facebook:** anubisk9facility

**Instagram:** Anubisk9

**Website:** www.anubis-K9.com

## BRITISH DOG HOTEL

British Animal Hospital Boarding Kennel offers a healthy, safe environment for your pooch with well-balanced fresh or dry diets and full veterinary support. You can stay reassured while traveling through camera surveillance for your dog online through your phone.

**Location:** Marioutia, near Khan Yusuf village.

**Tel:** 0103 381 1218 – 0100 634 4025

**Facebook/Instagram:** British Animal Hospital

**Website:** britishanimalhospital.com

## EASTWIND KENNELS

EASTWIND offers a variety of training programs tailor-made for your needs, in addition to excellent boarding conditions and spa treatments. There is a bring-your-own-food policy which entitles you to send your dog's regular food for the duration of his stay, along with any dietary supplements or requests you may have. Veterinary support is available if required.

### Locations:

- Off 26th of July Corridor – Abu Rawash – 6th of October
- Hyde Park Compound – New Cairo
- Different Locations- North Coast

**Tel:** 0111 504 9999, 0111 506 9999

**Email:** info@eastwind.dog

**Website:** www.eastwind.dog

**Facebook:** Eastwind training

## MADINATY PETS RESORT

Madinaty Pets Resort is a dog park, dog vet clinic, pet store, pet-friendly café, and dog boarding facility in an open-air and indoor area.

**Location:** Madinaty

**Tel:** 0100 177 6247

## HOUND'S CLUB BOARDING KENNEL, CAIRO-SUEZ RD

All breeds of dogs are accepted, and boarding facilities include a dry food diet. Veterinary support is available on call 24/7.

**Location:** Suez Road, between Al Rehab and Madinaty.

**Tel:** 0122 221 5507

**Facebook:** hounds.club

## BRITISH CAT HOTEL

Also under the umbrella of British Animal Hospital, this boarding facility will make your furry feline feel right at home. Special diets can be arranged, and full veterinary support is on hand.

**Location:** 11 Tag El Deen El Sobky, Heliopolis, Cairo.

**Tel:** 0100 544 9533 – 0100 634 4025

**Facebook/Instagram:** British Animal Hospital Heliopolis

**Website:** britishanimalhospital.com

## MEOWGICAL NIGHTS - CAIRO'S LUXURY CAT HOTEL

Reputed to be a purr...fect place for your kitty to vacation, with all the comforts of home, you can feel relaxed while you are out of town.

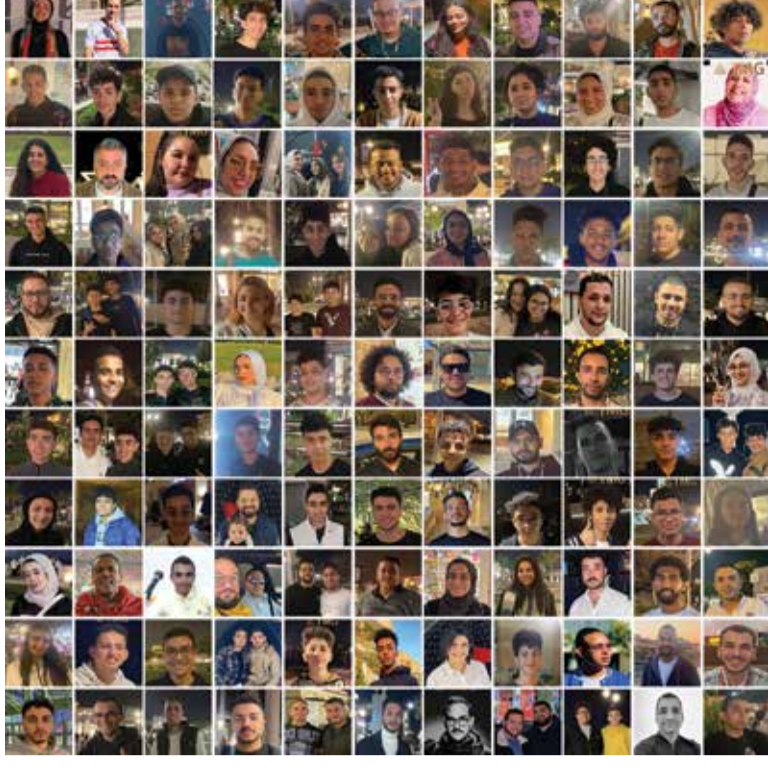
**Location:** Extension Rd 14, off Ahmed Adeweya St; Sakanet, Maadi

**Tel:** 0100 150 0902

**Facebook:** Meowgical Nights - Cairo's Luxury Cat Hotel



## GIVING BACK WITH TMG



At Talaat Moustafa Group, we are proud to say that we care about giving back to our community. During Ramadan, we collaborated with Impactyn in “Donate With Your Picture” campaign, which allowed people to participate by capturing their moments at any of our projects, then upload it to their social media accounts. Based on the interactions made on the picture/video, the donation amount was calculated, and we, at TMG, donated on their behalf to those in need. This campaign was a huge success, with over 7,000 people participating in the campaign. Thanks to the overwhelming response from the public, we were able to collect over 5 million Egyptian pounds, which we donated to well-known NGOs in Egypt such as the Magdi Yacoub Heart Foundation, Baheya, Hand in Hand Organization, Egyptian Food Bank, and Orman Foundation, based on each participant’s preference.

Our collaboration with Impactyn is a prime example of how businesses can use their resources to make a positive impact in the community. As we continue to grow, our commitment to social responsibility remains a core value that we will continue to uphold. By encouraging people to participate in a fun and rewarding activity, we were able to raise awareness and funds for important causes. We are excited to participate in more initiatives like this in the future and proud to be part of a company that cares about making a difference in people’s lives.



**TMG**



## MADINATY CITY HALL HOSTS DELEGATES FROM EL GEZIRA CLUB



A group of 23 high-profile lady delegates from El Gezira Club recently paid a visit to Madinaty, an occasion that reflected the pioneering role that TMG plays in serving other communities.



Prior to the tour, delegates were briefed about TMG’s leading history in the real estate and hospitality sectors. The group then enjoyed the ultimate experience of a simple and stress-free life, from the imposing main gate with its cascading waterfalls, the Data Centre with its fully integrated security system, and on to Madinaty Club to see all the facilities and the clubhouse, where they had coffee while enjoying the beautiful view of the water fountains and surrounding landscape.



The site-seeing continued to Masjid Al Gamea, the national and international schools, Central Park, East Hub, Craft Zone, the Strip, All Seasons Mall, and finally ended up at Open Air Mall, where they took a tour before enjoying an elegant lunch in one of the OAM restaurants.



# Talented Menas Lasheen

As a part of TMG's support of creativity and self-expression, a recently held art exhibition in Madinaty attracted works by artists from the community. We caught up with a young talent whose vibrant artwork stood out with its energy and use of color.

## **Menas, when did you start drawing and painting?**

I fell in love with art when I was a little girl and I started drawing when I was 5 years old. My parents noticed that I had potential so they kept on encouraging me and gifting me art supplies, and I kept drawing and sculpturing with clay until I learned about acrylic and oil paints.

## **Have you taken art lessons?**

No I haven't. I just kept practicing a lot and learning from my own mistakes and experiences.

## **How many exhibitions have you participated in?**

Three until now and I am planning to participate more in the future. Working on it!

## **How has Madinaty as a location helped in developing your talent?**

Actually Madinaty's beautiful nature inspires me a lot, I keep capturing all the single details and posting them on a page to inspire others too with this beauty, and to help them see it how I see it. Madinaty is calm, beautiful, and peaceful. That's why I love it so much, it helps me to meditate and prepare my mind for art.

## **How did you feel when Madinaty started holding exhibitions? Does it help in drawing the community together?**

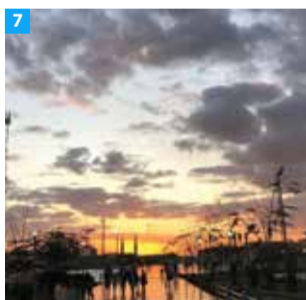
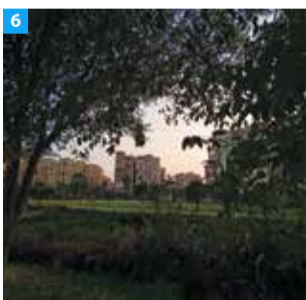
It was the best thing that happened in my life. It helped me to value my art, and to see how people love it just brings peace to my heart. It helped me to finally find other people with the same interests and the same appreciation for art, and the best part is that we are neighbors. I am looking forward to doing more activities with my new colleagues.

## **What is your message to parents about supporting their children's creativity?**

I believe that talent and creative habits help a lot in forming a peaceful state of mind and heart. Developing creativity in your child can influence their whole life, with your encouragement. It's food for the soul, and believe me when I say that planting creativity and encouraging talent in your child is like reserving a therapist for the rest of their lives. It would help them to learn from the experience and mistakes of applying their talent, and relate it to their real life, not to mention that learning patience, motivation, and brainstorming actually helps you to live longer.



## *Capturing the Moment*



## *Exhibitors:*

1. Fadi Koupsi
2. Manal Ahmed
3. Marwa Ahmed
4. Mahmoud Osman
5. Joanna Ibrahim
6. Raheeq Haggag
7. Essam Gomaa
8. Ramez Zaky
9. Fatma Shafik
10. Hossam Abbas
11. Mohammed Tolba
12. Soliman Hamdy
13. Ahmed Abdelhaq
14. Sara Reda



# SUMMER HORIZONS



School's out, and you have the greatest gift in the world – free time. Each minute is precious, there to be used wisely, because once it is gone, you can never reclaim it. Why not opt out from the digital world this summer by closing your tablet, and discover the wealth of amazing, inspiring, and exciting activities right on your doorstep?

## ART AND MUSIC

### Pioneers Academy for Music and Arts

Add a new dimension to your life through Pioneers Academy in Al Rehab. Learn how to draw and paint, how to play a musical instrument, and make new friends through a shared love of creative activity.

**Tel:** 0111 066 6176

**Facebook:** pioneersmusicandarts

### Cambridge Club

Also close to home, Cambridge Club offers activities for young people wanting to learn new skills and hobbies. From art lessons, to ballet and gymnastics, and music classes, it's all there. Discover your talents with the help of experienced, professional teachers, and enjoy every minute of your summer break.

**Locations:** Park 15 in Al Rehab, and Madinaty

**Tel:** 0101 737 3088

**Facebook:** Cambridgemusicschool

Pioneers Academy for Music and Arts

## JUST CAN'T STOP DANCING

Let the beat go on, work on your moves, and have the best time ever with the chance to make new friends who love dancing as much as you do at DanZone Art & Dance Studio. Professional instructors conduct classes in contemporary dance, combining ballet and the improvisation characteristic of modern dance, tap dancing, ballet, hip-hop and street dance, including b-boying, break dance, hip hop, popping, locking and krumping. There are even music classes available, where you can enjoy learning piano, guitar, violin, and tabla.

- Villa 12 Beshir Neama Street, behind El Nozha Police Station, Heliopolis.

- The Field Community Club, Maadi

**Tel:** 0101 957 5782

**Facebook:** Danzonestudio

**Website:** www.danzoneegypt.com



## AUC SUMMER 2023 YOUTH PROGRAMS

Keep your brain buzzing by enrolling in one of AUC's Summer 2023 Youth Programs. The University offers a diverse and interesting variety of programs for elementary, middle and high school students. Upgrade your skills in language, computer, communication, design and more, according to your age bracket. College Bound, an AUC program, allows high school students to transfer their course credits when they enroll in the University as undergraduate students after graduation.

**Courses include:** Art and Design, Interior Design, Young Architects: Think like an Architect, Communications and Public Speaking, Creative Drama, Creative Writing, Nutrition and Envision Your Future: A Career Exploration Journey.

**College Bound** is a unique three-week learning experience that simulates an actual college experience and is available for high-school students (entering grades 10-12) and includes subjects such as Computer Science, Design Foundations, Entrepreneurial Leadership and Critical Global Issues, Introduction to Political Science, Financial Accounting, Free-Hand Representation for Architects, Media Enlightenment: Behind the Scenes, Street Math: Exploring Mathematical Thinking in Everyday Life, and Introduction to Psychology.

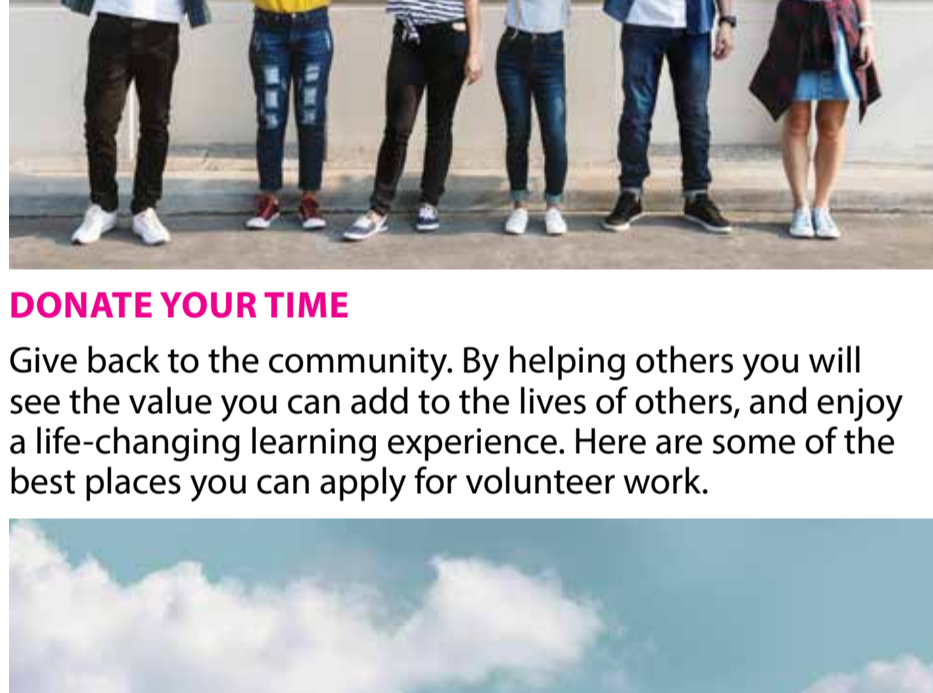
**Program Duration:** Three weeks, from the 23<sup>rd</sup> of July to the 10<sup>th</sup> of August, 2023

**Application Deadline:** 6<sup>th</sup> of July, 2023

**Website:** www.aucegypt.edu/academics/summer-youth-programs

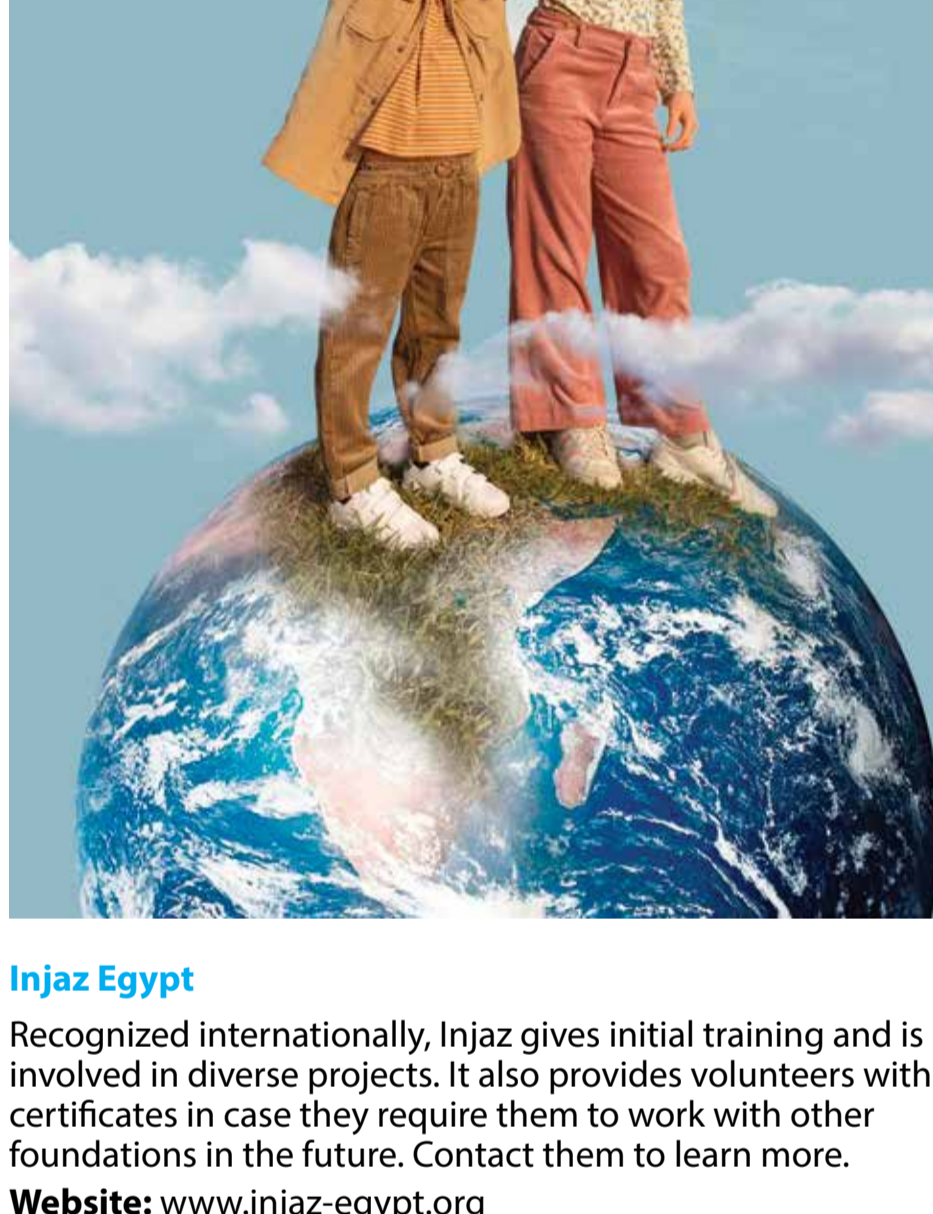
## REAL JOB EXPERIENCE THROUGH AN INTERNSHIP

Build your resume from now by taking on an internship for a few weeks. You get to work alongside experienced professionals and develop skills in a real work environment, and may find it opens the door to a fulfilling future career. Check out [wuzzuf.net/a/Internships-in-Egypt](http://wuzzuf.net/a/Internships-in-Egypt) and get browsing.



## DONATE YOUR TIME

Give back to the community. By helping others you will see the value you can add to the lives of others, and enjoy a life-changing learning experience. Here are some of the best places you can apply for volunteer work.



### Injaz Egypt

Recognized internationally, Injaz gives initial training and is involved in diverse projects. It also provides volunteers with certificates in case they require them to work with other foundations in the future. Contact them to learn more.

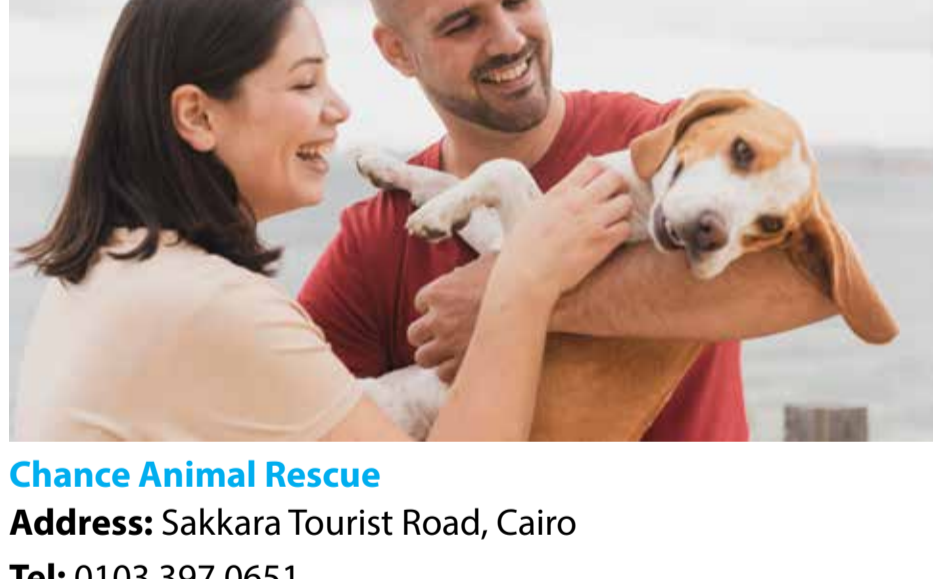
**Website:** www.injaz-egypt.org

### 57357 Children's Cancer Hospital

The 57357 Children's Cancer Hospital is always looking volunteers to assist in activities to ease the children's experience during their cancer treatment. These activities could include drawing and coloring, and even reading books and stories to the children.

## SHARE SOME LOVE

Egypt sadly has many abandoned pets who once knew the comfort of having a home with a family. Life in a shelter gives them basic food and safety, but they all miss the affection and companionship of humans. The following shelters invite visits, where volunteers can help in the animals' grooming, organizing and cleaning the shelter, temporarily adopting an animal, and more.



### Chance Animal Rescue

**Address:** Sakkara Tourist Road, Cairo

**Tel:** 0103 397 0651

**Facebook:** chance.animal.shelter

### Egyptian Society for Mercy to Animals (ESMA)

**Facebook:** esma.egypt

**Website:** www.esmaegypt.org

### HOPE - Egyptian Baladi Rescue & Rehabilitation

**Address:** After Abu Sir Pyramid, Kafr Abù Sir, Cairo Governorate

**Tel:** 0109 445 8429

**Facebook:** hope4egyptianbaladi

## Embrace the World

CISV is a global, volunteer-led organization committed to working for a more just and peaceful world through community-based projects. All CISV programs have a peace education focus, used to inspire participants to become active global citizens. Over the years, these programs have provided opportunities for thousands of participants to meet and develop friendships with people from different countries, backgrounds and cultures. Learn more by emailing them or visiting their website.

**Address:** 3 El Hadayek Street, Maadi, Cairo

**Email:** info@eg.cisv.org

**Instagram:** cisvegypt

**Website:** eg.cisv.org/programs/junior-branch

## UNLEASH YOUR INNER ARTIST

### Start Art Academy

Offering classes for all age groups, at Start Art you can learn both traditional and contemporary oil painting, pencil drawing, acrylic painting, portrait drawing, mosaic making, stained glass, decoupage, and painting on ceramics and wood. There is also a very special workshop for school-aged children, working with recycled materials to create artistic sculptures and installations.

**Address:** New Cairo, 1st Settlement, Banafseg 10, Villa 70, Cairo

**Email:** startartacademyeg@gmail.com

**Facebook:** startartacademy

And something for the younger ones...

### Get Work Skills with Kidzania

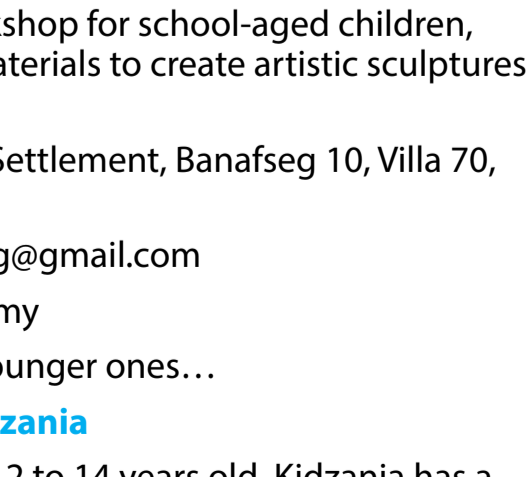
Created for children from 2 to 14 years old, Kidzania has a full summer program, offering a chance to explore more than 80 professions where they can role-play and discover more about their interests. It's a fun learning experience where real-life skills are developed, helping kids to acquire useful knowledge and grow their natural talents as a stepping stone to careers later in their life path. KidZania Summer Camp runs from the 11<sup>th</sup> of June to the 9<sup>th</sup> of September.

**Address:** Cairo Festival City

**Tel:** 0102 461 4788

**Facebook:** KidZaniaCairo

**Website:** cairo.kidzania.com/en-eg





# KIDS ZONE

FUN & PLAY

## Find 10 Differences

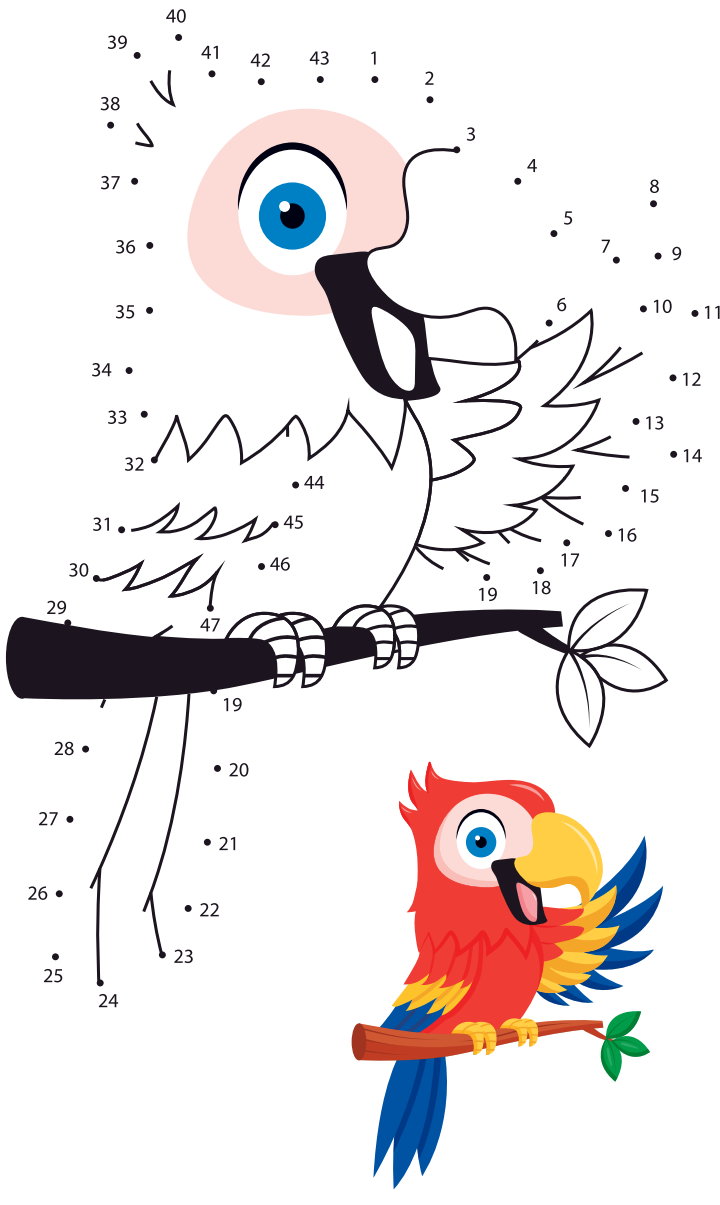


## CROSSWORD

### BEACH CROSSWORD

Answer Key  
 Down: 1 Umbrella, 2 Shell, 4 Sunglasses, 5 Shovel  
 Across: 1 Surfboard, 4 Sunscreen, 6 Crab, 7 Towel, 8 Sand Castle, 9 Bucket

## DOT-TO-DOT



## CROSS WORDS

**Across**

- 3. Footwear for summer
- 5. A water sport we love
- 6. We play it with our feet
- 7. A nice way to get around Open Air Mall
- 8. It keeps us fit
- 10. A refreshing fruit

**Down**

- 1. A musical instrument
- 2. A hobby using colors
- 4. When we have no school
- 5. An activity on wheels
- 9. Where we can relax by the sea

Check for the answers in the next issue of City Life







## أول سمارة سيتي متكاملة

**مدينة نور هي الخيار الأمثل لك إذا كنت تبحث عن الحياة الحضرية العصرية المتكاملة. فهي توفر أحدث التطبيقات الذكية لتلبية كافة احتياجاتك في المستقبل. تمتاز نور بتنوع مساحات الوحدات السكنية بكافة أشكالها، وبالمساحات الخضراء الشاسعة. تم تصميم وتخطيط الوحدات بعناية فائقة وبرؤية شمولية لشكل الحياة في المستقبل. مع استخدام أحدث التقنيات والتصاميم العصرية التي تلبي احتياجات الحياة الحديثة.**

### تخطيط ذكي للطرق والشوارع



مدينة نور هي مكانك المناسب للمستقبل، فهي تتميز بتصميم مدروس للطرق والممرات المختلفة للسيارات والحافلات والسيارات الكهربائية والدراجات النارية، لضمان أعلى مستويات السلامة والأمان أثناء القيادة. تهتم نور بصحة سكانها وتوفر مساحات خضراء وممرات لممارسة الرياضات المختلفة، لتلبية الاحتياجات المتزايدة للسكان.

### وسائل النقل الذكي



توفر مدينة نور منظومة نقل ذكية بخطوط كاملة وبمواعيد محددة تسهل التنقل داخل المدينة وخارجها، لضمان جو صحي وبيئة خالية من التلوث. كما تقوم بتوفير محطات الشحن الكهربائية في مواقع مميزة لتشجيع استخدام وسائل النقل الذكية والصديقة للبيئة. تتضمن هذه الوسائل أحدث التقنيات والشاشات الذكية في جميع محطات النقل لتسهيل اختيار الطريق الأنسب للمستخدمين ولتقليل الازدحام المروري وتسهيل حياة الركاب.

### منظومة الأمن والأمان



نور ليست مجرد مجمع سكني فقط، بل هي حياة عصرية متكاملة وذكية. تضم مدينة نور أحدث أنظمة الأمان فائقة الجودة للمراقبة ولحماية السكان على مدار الساعة.

### خدمات المنزل الذكي



تجربة العملاء مع مدينة نور هي تجربة متكاملة وفريدة من نوعها ومصممة لتلبية جميع الاحتياجات الحياتية اليومية.

تتيح مدينة نور خدمة الفيديو «الانتركم الذكي» من خلال شاشات ذكية تعمل باللمس ومزودة بأحدث التقنيات للتعرف على الوجوه ومساعدة العملاء على التواصل بسهولة مع الزوار.

تطبيق نور (موبايل إيليكيشن) يتيح للعملاء الاستفادة من خدمات الصيانة والاستهلاك والمدفوعات الإلكترونية بسهولة. يمكن للعملاء الاطلاع على الخدمات المتاحة وطلبها عن بعد بكل سهولة.

توفر مدينة نور منظومة باركنج تسهل على العملاء التحكم بأماكن الوقوف بسهولة وبالقرب من وحداتهم السكنية، وكل هذا بفضل التخطيط الدقيق المسبق في إنشاء جميع الوحدات

### مدينة خضراء ومستدامة



تعد المحافظة على البيئة والاستدامة من الركائز الأساسية في مدينة نور، حيث تم تصميم العديد من الأنظمة والخدمات لتحقيق هذه الأهداف، ومن بينها:-

#### البنية التحتية

تم تصميم البنية التحتية باستخدام أحدث الأنظمة الذكية، ومواد بناء صديقة للبيئة لتحسين جودة الهواء الداخلي، وتقليل اهدار الطاقة والمياه، وتقليل النفايات والانبعاثات الضارة، مما يساعد على الحفاظ على البيئة وتحسين جودة الحياة. كما تتضمن أنظمة صيانة متطورة تقوم بتحديد الأعطال ومصادرها والتنبؤ بها لخدمات المدينة في جميع الأوقات لتحقيق راحة السكان.

#### شبكات الألياف الضوئية وأنظمة الاتصالات

تجمع مدينة نور بين التصميم المستقبلي والتكنولوجيا المتطورة، فقد تم تجهيز المدينة بشبكات اتصالات فائقة السرعة تدعم خاصية ال 5G، مع توفير خدمة WIFI في الأماكن العامة لسهولة التواصل.

#### الألواح الشمسية



تعتمد مدينة نور على الطاقة الشمسية كمصدر رئيسي لتوليد الكهرباء. فقد تم توفير أماكن مخصصة لتثبيت الألواح الشمسية على أسطح المباني السكنية والتجارية والأماكن العامة وأسقف السيارات، لتغذية شبكة الكهرباء في المدينة بالطاقة النظيفة المتجددة.

#### منظومة الإضاءة الذكية

تتميز مدينة نور باستخدام تقنيات حديثة لسهولة حياتك في المدينة من اليوم الأول يوم. فقد تم استخدام نظام ذكي لضبط مستوى الإضاءة، والذي يتيح التحكم في استهلاك الكهرباء في المدينة لترشيد الطاقة والحفاظ على البيئة. يسمح النظام الذكي بالكشف الفوري عن الأخطاء والتعامل معها بشكل فعال وسريع.

#### منظومة الري الذكي

تهتم مدينة نور بالمحافظة على المياه كمورد حيوي، لذلك تم تركيز نظام معالجة مياه الصرف الصحي المدعوم بالطاقة الشمسية في المدينة. ويتم إعادة تصفية المياه واستخدامها لري المساحات الخضراء الواسعة، مما يساهم في الحفاظ على البيئة.

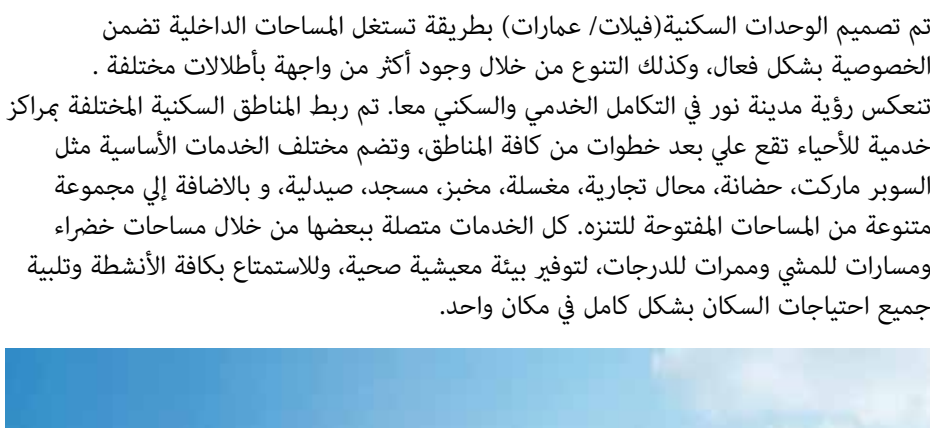
#### منظومة ذكية متطورة لإدارة المخلفات

في إطار الحفاظ على البيئة، يتم جمع النفايات تحت الأرض عن طريق سيارات تعمل بنظام الذكاء الاصطناعي من خلال منظومة صممت خصيصاً لتكون تحت الأرض وهذا لتقليل انبعاث ثاني أكسيد الكربون بنسبة قد تصل إلى ٦٠٪.

#### استمتع بالحياة في مدينة سكنية عصرية متكاملة



تم تصميم الوحدات السكنية (فيلات/ عمارات) بطريقة تستغل المساحات الداخلية تضمن الخصوصية بشكل فعال، وكذلك التنوع من خلال وجود أكثر من واجهة بأطلالات مختلفة. تنعكس رؤية مدينة نور في التكامل الخدمي والسكني معاً. تم ربط المناطق السكنية المختلفة بمراكز خدمية للأحياء تقع على بعد خطوات من كافة المناطق، وتضم مختلف الخدمات الأساسية مثل السوبر ماركت، حضانه، محال تجارية، مغسلة، مخبز، مسجد، صيدلية، وبالاضافة إلى مجموعة متنوعة من المساحات المفتوحة للتنزه. كل الخدمات متصلة ببعضها من خلال مساحات خضراء ومسارات للمشبي وممرات للدرجات، لتوفير بيئة معيشية صحية، وللإستمتاع بكافة الأنشطة وتلبية جميع احتياجات السكان بشكل كامل في مكان واحد.





# إرشادات جهاز مدينتي في فترة الصيف



من أجل الحفاظ على سلامة وراحة سكاننا، وتوفير بيئة آمنة للعيش في مدينتي واحدة من أروع المدن الجديدة في مصر، والتي تجمع بين الحداثة والتقنية العالية، بالإضافة إلى الحداثة والمساحات الخضراء الواسعة. نذكر الجميع بأهمية الالتزام بالقواعد واللوائح المتبعة فالمدينة، والتي تعد جزءاً من المسؤولية المجتمعية التي يتحملها كل فرد في المجتمع. ويمكن للسكان من خلالها المساعدة في الحفاظ على المدينة، والمساهمة في جعل المدينة مكاناً مثالياً للعيش والاستمتاع. وحرصاً منا على سلامتكم وراحتكم، نذكركم بما يلي:

## المسطحات العامة



يرجى العلم بأنه يحظر نهائياً استخدام المسطحات الخضراء للعب الكرة أو ركوب الدراجات أو أنواع التزلج بأنواعها داخل الحدائق العامة و ما حولها حفاظاً على تلك المسطحات الخضراء و عدم إتلافها و يحق لشركة « مدينتي لإدارة المشروعات العقارية» بمصادرة أدوات اللعب و فرض مصاريف إدارية على المتسبب في تلك الأضرار و ذلك حفاظاً على راحة و سلامة القاطنين و عدم الإزعاج. و ذلك طبقاً للبند الثالث و العشرون باللائحة الداخلية بمدينتي.

## إتباع نظم و قوانين المرور حفاظاً على سلامتكم

نذكر سيادتكم بإتباع نظم و قوانين المرور بالإضافة الى الإلتزام بالسرعات المقررة للقيادة داخل المدينة ، إضافة لعدم السماح لأي شخص من تابعة بالقيادة دون الحصول على رخصة منعاً لوقوع أية حدوث حوادث و حفاظاً على الأرواح و سلامة الأشخاص و الممتلكات ، كما أنه غير مسموح بدخول أو تسيير الدراجات الألية ذات الأربع عجلات ( البيتش باجي) داخل شوارع المدينة و ممراتها نهائياً. و ذلك طبقاً للبند الرابع باللائحة الداخلية بمدينتي.



## أماكن الإنتظار

يرجى الإلتزام بعدم شغل أماكن إنتظار السيارات في كافة مناطق المدينة بالسيارات المخزنة و المعطلة و المصدومة و في هذه الحالة يحق لشركة مدينتي لإدارة المشروعات العقارية رفع تلك السيارات و وضعها بالأماكن المخصصة لذلك خارج أو داخل مدينتي و في هذه الحالة يكون المخالف ملزماً بدفع المصاريف الإدارية عن كل يوم يتم تخزينها، و عدم الإنتظار في الأماكن الممنوع الإنتظار فيها أو التي من شأنها عرقلة الحركة المرورية أو تعطيل أداء الأعمال أو غسيل السيارات في أماكن إنتظار السيارات في كافة مناطق المدينة. و ذلك طبقاً للبند السابع باللائحة الداخلية بمدينتي.

## في حاله اصطحابك لحيوانك الاليف في الاماكن العامة



في حالة اقتناء الحيوانات الأليفة يجب ان تكون تلك الحيوانات مرخصة و مطعممة ، طبقاً لما هو مقرر بشأنها من جانب الجهات البيطرية كما يجب عدم تركها خارج الوحده او في الطرقات او الممرات او الحدائق الا بصحبة شخص بالغ يستطيع السيطرة عليها ملتزماً بالقواعد المقررة لإصطحابها (طوق، كمامه، سلسله، قفص .... الخ) و ذلك طبقاً للبند الخامس و العشرون باللائحة الداخليه بمدينتي .

و جدير بالذكر أنه طبقاً لقانون تنظيم حيازة الحيوانات الخطرة والكلاب الذي وافق عليه مجلس النواب حيث تم الاشارة الى ضرورة إلتزام حائز الحيوانات الخطرة بإتخاذ الإحتياطات و التدابير اللازمة لضمان عدم هروبها، و التي يصدر بتحديددها قرار من الوزير المختص، طبقاً للمادة رقم ٤.

كما ايضا يتعين على كل من يجد أيا من الحيوانات الخطرة متروكا أو ضالا، و على كل من يعلم بوجود حيوان خطر غير مرخص بحيازته لدى أي حائز ، إبلاغ السلطة المختصة لأتخاذ التدابير و الإجراءات اللازمة و ذلك طبقاً للمادة رقم ٨.

يجب أن تكتم الكلاب و تقيدها بقلادة مناسبة بحيث يتم السيطرة عليها، و ذلك أثناء التنزه أو عند اصطحابها خارج حدود اماكن إيوائها، و في جميع الاحوال لا يجوز ان يقل سن مصطحب الكلب عن ثمانية عشر عاما و ذلك طبقاً للمادة رقم ١٢.





# إنشاء خزان مياه شرب بالمرحلة الرابعة



«نحن فخورون بتقديم خدمة جديدة ومتطورة في مدينتنا، حيث تم إنشاء خزان مياه شرب المرحلة الرابعة بأحدث التقنيات والمواصفات العالمية. يتضمن هذا الخزان العديد من المزايا الرائعة التي ستجعله حلاً مثاليًا لتلبية احتياجات المياه في المدينة. بفضل تصميمه الفريد، يتميز الخزان بوجود ٤ طلمبات رأسية متغيرة السرعات، بتصرف ٥٠٠ متر مكعب / ساعة، مما يتيح التحكم في ضغوط المياه وتدفقها بشكل دقيق على مدار اليوم. يمكنه أيضًا تخزين المياه لفترة تصل إلى ٦ ساعات، وذلك لتلبية الطلبات المتزايدة وضمان توفير المياه النظيفة والصالحة للشرب بأعلى مستويات الجودة والأمان. تم تصميم الخزان ليعمل بضغط ثابتة وجيدة على مدار ٢٤ ساعة، مما يضمن توفير المياه بشكل مستمر للمراحل الرابعة والخامسة والسادسة. بالإضافة إلى ذلك، سعته البالغة ٣٠٠٠ متر مكعب تجعله حلاً كبيراً وفعالاً لتلبية احتياجات المياه في المدينة. نحن نفخر باستخدام أحدث التقنيات والمعدات في بناء هذا الخزان، ونتطلع إلى تقديم خدمة موثوقة وفعالة للمجتمع. فنحن نسعى بشكل مستمر لتحسين جودة الحياة وتلبية احتياجات السكان المتزايدة في مدينتنا.»

## تعليمات السلامة الخاصة باستخدام المصاعد



- تجنب الحمولة الزائدة داخل المصعد (أقصى حمولة ٤ اشخاص).
- لاتقف في مجري غلق الباب المصعد .
- ممنوع التدخين نهائياً داخل المصعد .
- لاتضغط علي زر فتح الباب لفترة طويلة.
- غير مسموح للاطفال اقل من ١٢ سنة الا بالركوب بصحبة ذويهم.
- في حالة الحبس داخل المصعد رجاء المحافظة علي الهدوء وضبط الاعصاب مع ضغط زر استدعاء الطوارئ او الجرس واستخدام الهاتف للابلاغ في حالة وجود شبكة.
- لا تستخدم المصعد نهائياً في حالة حدوث حريق.
- في حالة الطوارئ رجاء الاتصال علي رقم ١٦١٨٢.

### سلوكيات استخدام المصعد

- عدم القاء المخلفات داخل المصعد .
- عدم اصطحاب الحيوانات الاليفة داخل المصعد .
- عدم استخدام المصعد في نقل العفش او الدرجات .
- عدم الكتابة علي حوائط المصعد .
- عدم الضغط علي زر الطوارئ (السايرينه ) الا في حالة الطوارئ .



# بهاز مدينة سيليا



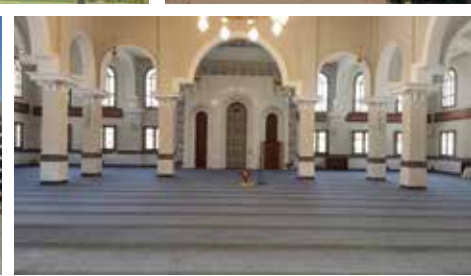
## حياه جديدة متطورة لملك مشروع سيليا!

بدأت عملية تسليم الوحدات السكنية في مدينة سيليا اعتباراً من ١٥-٦-٢٠٢٢، بفضل تطبيق منظومة متطورة تضمن اليسر والسلاسة لكل ملاك العقارات.

تم تسليم ١٥٤٢ وحدة/ فيلا حتى الخامس عشر من يونيو ٢٠٢٣، بما في ذلك ١٨١ وحدة/ فيلا مجهزة بالكامل. كذلك تم تركيب عدادات المياه والكهرباء لـ ٥٦٧ وحدة، مما يعزز السعة السكانية للمدينة. تنعم المدينة بسكن ٤٣ عميلاً يستمتعون بحياة هادئة ومستقلة تماماً.

تعد تجربة العيش في مدينة سيليا بمثابة نقطة تحول جذرية للحياة الراقية، حيث يتم توفير كل ما يحتاجه العميل منذ اليوم الأول. تم تفعيل نظام حماية البيئة والأمن والزراعة، بالإضافة إلى تطبيق أحدث الأنظمة والبرامج لتقديم جميع الخدمات التي تساهم في راحة وسعادة العملاء.

وتتيح المدينة للعائلات الاستمتاع بأوقات مليئة بالمرح في مناطق الترفيه المتاحة، مثل الملاعب، ومناطق الألعاب للأطفال، والمقاهي. كما تم افتتاح ميني ماركت لتلبية احتياجات السكان المقيمين.



إذا كانت الرفاهية هي هدفك، فإن مدينة سيليا هي وجهتك المثلى. لا تدع فرصة الاستمتاع بأسلوب حياة لا مثيل له تفوتك!



## ORION

## قطاع الصحة



## MEDOC

### APPLICATION

صحتك في عهد جديد مع تطبيق ميدوك. لا تدع الرعاية الصحية مصدر قلق، فميدوك هو دليلك الشامل المتكامل لإدارة الرعاية الصحية. أحصل علي أفضل خدمات الرعاية الصحية مع أفضل مقدميها في كل تخصص وفي كل مكان. وقم بتسجيل تاريخك الطبي واحصل على تقارير زيارة الطبيب بالكامل على الفور. يمكن طلب الأدوية، وحجز الأطباء من خلال دليل الأطباء الشامل المتاح على التطبيق. كما يمكنك من الاستفادة من العروض والخصومات المتاحة على زيارات عيادات مدينتي والرحاب.



## خدمة الليموزين



تسهم خدمة الليموزين في توفير تجربة تنقل مريحة وأمنة لسكان مدينتي والرحاب، وتوفير الكثير من الوقت والجهد والمال، عن طريق توفير سائقين محترفين لأي مشوار بداخل مدينتي والرحاب بسعر ثابت 30 جنيه لأي مشوار في أي وقت.

لليموزين عن طريق  
Orion Call Center

# 16286





ORION

# منصة الكل في واحد

وفرنا كل احتياجاتك وانت في مكانك!

## تشطيبات

جميع التشطيبات

## نقل اثاث

نقل اثاث منزلي

## إدارة الممتلكات

الاجار والتأجير  
الخدمات العقارية  
التصميم والتشطيب

## خدمات أخرى

سوبرماركت  
خدمات طبية  
السكوترات

## مكافحة الحشرات

مكافحة عامة

## صيانة سيارات

أعطال البطارية  
تغيير زيت وفلتر  
تغيير قطع غيار  
كاوتش  
صيانة عامة

## نظافة منزلية

نظافة عامة  
نظافة عميقة نظافة  
ما بعد التشطيب

## أعمال نظافة وتعقيم

تنظيف اثاث و مفروشات  
تطهير وتعقيم

## خدمات السيارات

أنفاذ السيارات  
الليموزين  
غسيل السيارات

## صيانة منزلية و توريدات

التكيف, الوميثال,دش  
دهانات, رخام, زجاج  
سباكة, سيراميك  
صيانة أجهزة منزلية  
كهرباء, نجارة تركيب  
بولي كاربونيت

## شحن ومدفوعات

شحن كارت الكهرباء  
و المياه





# رزان جمال



**شاركت الفنانة اللبنانية رزان جمال مؤخرا في الدورة الـ 76 من مهرجان كان السينمائي، حيث تم اختيارها من قبل مجلة فانيتي فير ضمن أفضل 6 نساء مؤثرات. تحت عنوان "قص المرأة" وذلك بالتعاون مع مهرجان البحر الأحمر السينمائي الدولي.**

**ويأتي ذلك بالتزامن مع احتفالها بنجاح مسلسلها الأخير "الأمّن" الذي يتم عرضه على إحدى المنصات العربية، ويشاركها في بطولة: باسل خياط و نيقولا معوض، سارة أبي كنعان، وآخرين.**

وتأتي شهرة رزان في الدراما العربية بداية من ٢٠١٤ حيث لعبت أول أدوارها في الدراما العربية بمسلسل «إمبراطورية مين» للنجمة التونسية هند صبري، وفي ٢٠١٥ شاركت في الجزء الثاني من مسلسل سرايا عابدين، لكن البداية الحقيقية تعد في مسلسل «ماوراء الطبيعة» الذي قدمته عام ٢٠٢٠ من إنتاج نتفليكس امام الفنان أحمد أمين، ليقع اختيار المخرج مروان حامد لها لتشارك في فيلم «كيرة و الجن» أمام كريم عبد العزيز.

## هل توقعت كل ذلك النجاح للمسلسل الثمن قبل العرض؟

في الحقيقة لا.. لم يكن يتوقع أحد كل ذلك النجاح وردود الأفعال، ولكننا عملنا بحب شديد جدا، و اخلاص لمدة أكثر من ٧ شهور تصوير.

## ما الذي جذبك من البداية للعمل؟

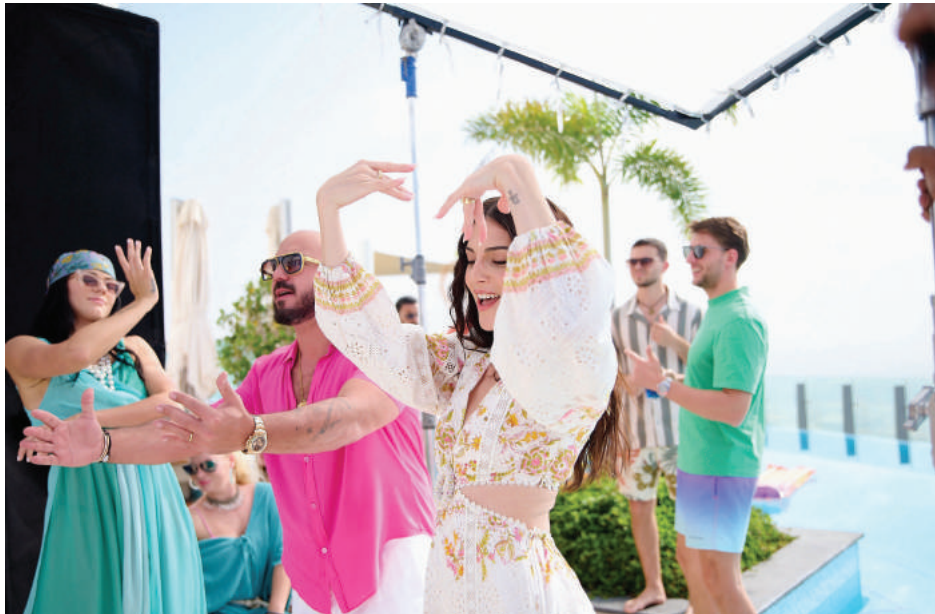
دائما ما اركز في اختيار أعمال علي الورق و فريق العمل، فعندما عرض علي دور «سارة» لم يكن الورق قد انتهى من كتابته، و قرأت حينها الحلقات الأولى، ووجدت ان الشخصية علفت في ذهني جدا، سارة شخصية متعبة وكانت فترة الأشهر السبعة مليئة بالدراما والبكاء، لأنني عشت نفس تجربة «سارة» في الواقع مع أمي التي كانت مريضه بالسرطان.

## هل ترددت في قبول العمل خاصة وسط كم الحزن الموجود في داخله؟

ضع نفسك مكان «سارة» فهي أرملة ليس لها أهل، زوجها مات في حادثه، و اهله رافضين الاعتراف بها، و ابنها مريض بالسرطان، و يحتاج لعملية باهظة الثمن، كيف سوف تشعر، وفوق كل ذلك تجد عمل و تخشى الافصاح عن انك لديك ابن لأنه لا يتم توظيف من لدية أولاد، وبعد ذلك تحب رجل فيخطف ابنها، وتتعرض للخطر، فهي طوال الوقت تشعر بخنقه، وقرفانه من حالها و ما يحدث لها، فهو أمر ليس بيدها، لذلك تجد الجمهور يبكي معها و يختنق منها، فكل ذلك دليل على نجاح العمل.

## لماذا يتم حصرك في ادوار حزينة؟

اول دور قدمته في مصر كان دور «كارلا» في مسلسل «امبراطورية مين»، ولكن فعلا بعد ذلك كل الادوار كانت حزينه، بس في النهاية هذا هو المعروف عليّ، ففي كل مرة كانت شخصية مختلفة، ففي مرة فتاة من اسكتلندا، فاتعلم اللهجة الاسكتلندية، مرة بريطانية، و مرة اتعلم الرقص، و مرة لبنانية، ففي كل مرة كان يوجد تحدي شخصي، حتى في شخصية سارة هي حزينة طوال الوقت، و لكنها تضحك في «مود» معين.



## جميع ادوارك ايضا قبل «الأمّن» كلها شخصية أجنبية؟

عندك حق، لكن هي دي الفرص التي كانت امامي، بجانب ان العربي عندي لم يكن جيد، فكنت اتحدث انجليزي اكثر، فكنت اقرب للشخصية الاجنبية، فتعلمت مصري في «امبراطورية مين»، وبعد ذلك في كيرة و الجن كانوا يبحثون عن فتاة تحكي عربي وشكلها اجنبي، فكانت فرصة لي ان اشارك في اعمال كبيرة مثل التي قدمتها، بعد ذلك سوف اقوم باختيار ادواري، فمن يستطيع ان يقول لا لمروان حامد، او عمرو سلامة ومريم ابو عوف، واخيرا اود ان اقول انه لا يوجد مثل الجمهور المصري و محبة الشعب المصري، والدعم الذي رأيته منهم، فلا يوجد شعب عربي دعمني مثل الشعب المصري.

## كيف استعدتني للشخصية؟

المشاهد كلها كانت صعبة، و تحضيرها كان أصعب، فقبل التصوير جلست في غرفتي شهرين لا اتحدث مع أحد، لكي أهتمها، جلست افكر فيها كثيرا و اضع نفسي مكانها، و الاحساس بكل مشهد.

## هل اثرت علي نفسك؟

بالطبع بشكل كبير، فيوجد ممثلين يستطيعون تقليد الشخصيات، والجمهور يستطيع احساس ذلك، اما انا كنت اشعر بالوجع و الام التي كانت تمر بيه، وهذا كان اكبر تحدي لي، ان استطيع بعد ذلك ان اعود الى شخصية رزان الحقيقية، و افصل عن سارة.

## متى استطعت الفصل عن سارة؟

الثانية التي ركبت فيها الطائرة وانا في العودة الى لندن فصلت تماما عن شخصية سارة، بعد ٨ شهور تصوير، ٩٠ حلقة قمت بتصويرهم وانا سارة، فكانت ضغط كبير، واتعذبت بها، رغم الاستمتاع بالتصوير، لذلك فانا وانا اشاهد المسلسل كنت اتفاجيء مع الجمهور بما رأيته.

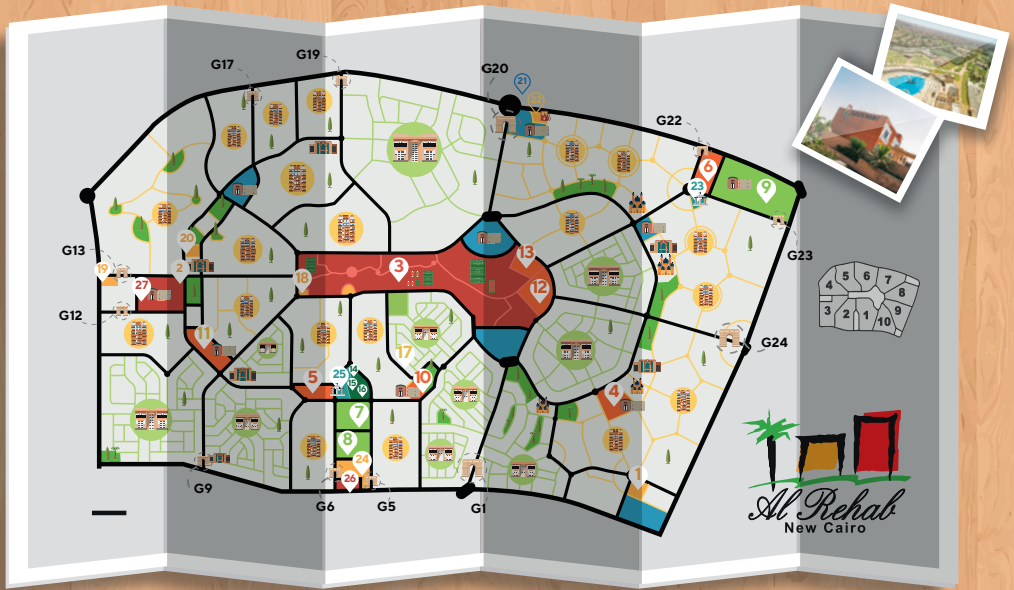
## ماذا اعطت «سارة» ل رزان؟

تعبتها كثيرا، ومع ذلك علمتني كيف يمكن ان ابكي وفي نفس الوقت مواصلة حياتي، و ان اكون قوية، وان الطريقة الوحيدة لكي تجعلك تستمري حياتك هو ان تسامحي، فسارة اعطتني الكثير فانا شاكرة ليهها جدا.

## ما اوجه الشبه و الاختلاف بينك و بين سارة؟

الحنان والوفاء، أنا مثل سارة أتحوّل إلى أسد عندما أذافع عن الناس الذين أحبهم، ولكن سارة شخصية بسيطة، وأنا مركبة، سارة لا تعبر عما تشعر به، أما أنا فأعبر عن كل شيء بسهولة.





**1** Al Rehab City Hall

**2** TMG Sales Office

**3** Al Rehab Sporting Club

**4** Avenue Al Rehab 

**5** Open Food Court

**6** East Court 

**7** New Souk

**8** Old Souk

**9** Al Souk Al Sharqi

**10** Mall 1 & Cinema

**11** Mall 2

**12** Park 15 

**13** Adventures Park 

**14** Medical Center 1

**15** Medical Center 2

**16** Medical Center 3

**17** Old Medical Center

**18** Al Rehab Central

**19** Gas Station

**20** Electricity Company

**21** Main Bus Station

**22** Gas Station

**23** Banks Area

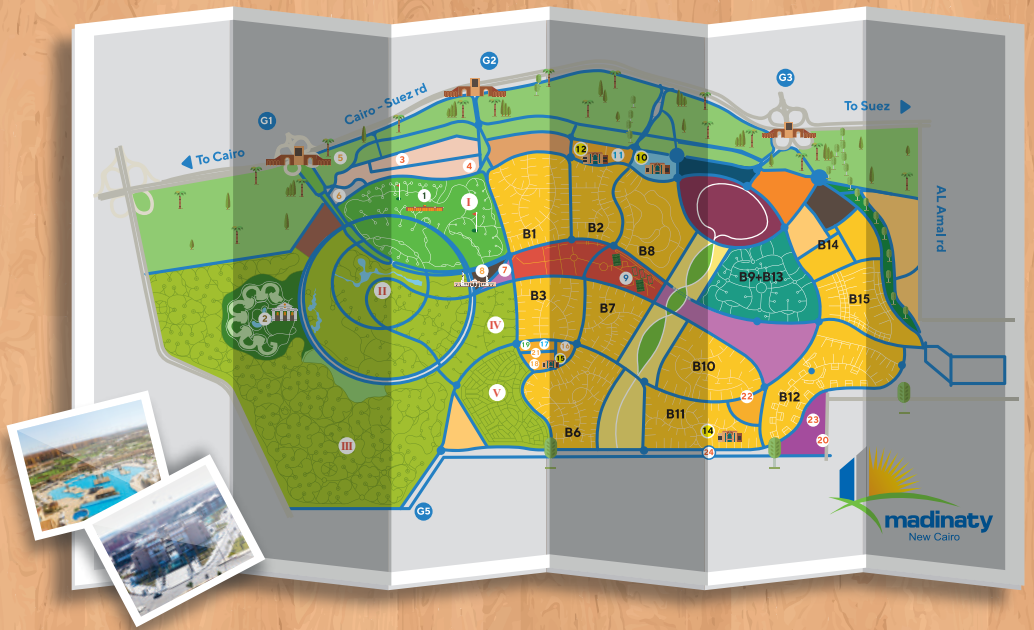
**24** Post Office





**25** Banks Area

**26** The Yard Mall

**27** Gateway 





- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li><b>1</b> Madinaty Golf Club </li> <li><b>2</b> Four Seasons Madinaty</li> <li><b>3</b> Open Air Mall </li> <li><b>4</b> Arabesque</li> <li><b>5</b> Gas Station</li> <li><b>6</b> TMG Sales Office</li> <li><b>7</b> Central Park</li> <li><b>8</b> Al Jamea Mosque &amp; Grand Library</li> <li><b>9</b> Madinaty Sporting Club</li> <li><b>10</b> The British International School</li> <li><b>11</b> Banks Area</li> <li><b>12</b> Madinaty Language School (MLS)</li> </ul> | <ul style="list-style-type: none"> <li><b>13</b> Privado</li> <li><b>14</b> Madinaty Integrated Outstanding Language School (MIOLS)</li> <li><b>15</b> Madinaty Integrated Language School (MILS)</li> <li><b>16</b> Main Bus Station</li> <li><b>17</b> Medical Center</li> <li><b>18</b> Madinaty City Hall</li> <li><b>19</b> South Park</li> <li><b>20</b> Craft Zone </li> <li><b>21</b> Madinaty Central</li> <li><b>22</b> All Seasons Park </li> <li><b>23</b> East Hub</li> <li><b>24</b> Strip Mall</li> </ul> |
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NOOR - CAPITAL GARDENS



CELJA - NEW CAPITAL



AL REHAB - NEW CAIRO



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