

# City Life

by TMG

Issue No.01 - JULY 2022

**10** THINGS  
*You Should Do*  
**IN AL REHAB  
& MADINATY**

**كريم  
عبد العزيز  
في مدينتي**



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# Welcome to City Life

**W**e are delighted to introduce our first edition of *City Life* by TMG, a new lifestyle magazine dedicated to our communities. Our mission is to create a warm, welcoming, and harmonious lifestyle for all our residents. We're aiming that *City Life* will enhance our communication and sense of togetherness.

Each day, something new and exciting is taking place all over our cities. In *City Life* we invite you to explore the community and learn about exciting world-class lifestyle brands, entertainment, cuisine, and specialized services that are just a few minutes' stroll away.

Looking forward, we would like to invite you to share your news and achievements as well as your suggestions for topics that are close to your heart. We care about the things that matter to you.

*City Life* sets out to be the heartbeat of our TMG communities, embracing the lifestyle that we love so much. We trust you will enjoy reading it as much as we have enjoyed creating it for you.

*CityLife Team*

**Citylife@tmg.com.eg**

# CONTENTS

JULY 2022

- Celebrity Feature  
**Karim Abdel Aziz**



- **10 Things You Should Do In Al Rehab and Madinaty**
- Feature Article: **Madinaty Golf Club**
- **Madinaty Half Marathon**



- **Warriors Sports**
- **Making Fitness a Part of Your Life**



- **Nelly Hammad: High Heel Entrepreneurs**
- Meet Our Expat Residents: **Sue Jones**
- **Spotlight on Talent**



- Restaurant Review: **Zooba**



- **Taking Care of Your New Pet**
- **Kids Zone**



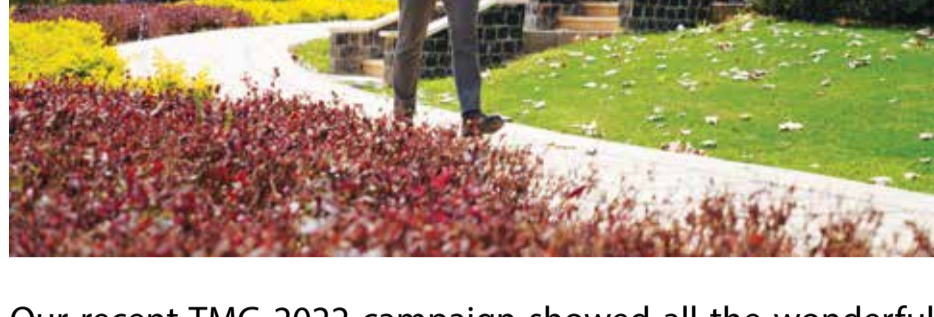
- Spotlight: **Xtreme Land**
- Spotlight: **Open Air Mall**
- Spotlight: **Park 15**
- Spotlight: **Gateway**
- Listings: **Craft Zone**
- **What's New**
- **City Hall News**



# Discovering Madinaty with Karim Abdel Aziz



Your eyes didn't deceive you! Your screens really did come alive recently with none other than celebrity and actor Karim Abdel Aziz having an amazing time in our very own Madinaty. TMG communities are unique, and there is nothing we enjoy more than sharing the vibe of our lifestyle with those around us, so who better than massively popular Karim Abdel Aziz to give that introduction.



Our recent TMG 2022 campaign showed all the wonderful lifestyle aspects that Madinaty has to offer with the help of this charismatic artist, and over the course of several days he enjoyed discovering the great venues, facilities and lifestyle attractions that residents and their visitors are fortunate to enjoy.



We jumped into the experience with him, and relived it every step of the way, enjoying the thrills, savoring the tastes and aromas, relaxing in the calm hideaways, and luxuriating in the spectacular scenery. From gentle strolls in the midst of the lush, manicured landscaping of Central Park, glorious with exotic plants and rich foliage, to leisurely cruising around the picturesque neighborhoods in a slick white convertible sports car, with time out to admire the stylish architecture in each distinctive area, Karim's every minute was packed with enjoyment. But, there was still so much to indulge in...



Surpassing his expectations, he was impressed by extensive infrastructure, rivalling any city around the globe. From chic, contemporary apartments, ranging from cute and cozy to spacious, family-sized spaces, and on to elegantly classic Golf Villas, the range of lifestyle options with the spectacular views that define Madinaty all definitely impressed Karim. He threw himself into the mood that makes Madinaty so unique and special with enthusiasm. He noted the selection of top-notch language schools, the dedicated City Hall, the hi-tech security system, Governmental facilities and essential services available for residents, the places of worship for the diverse community, the wealth of entertainment and sporting facilities, the state-of-the-art Medical Centre with its fully equipped ambulance, and the diverse shopping opportunities where every location has its own unique appeal. He enjoyed delving into the stores of Craft Zone, but we managed to tear him away, we had special plans for him. It was tempting to spend time browsing in the library, but the great outdoors was calling again, so off Karim went to explore the world-class facilities of Madinaty Sporting Club, before wandering along to South Park. It was a perfect way to enjoy some healthy exercise, without any stress factor!



Karim set out to explore further with Rima, an adorable little girl who was only too happy to have someone to share the fun with. Who doesn't love a great shopping and entertainment experience? Karim is no different. He spent hours exploring every nook and cranny of TMG's iconic new lifestyle destination Open Air Mall, reveling in the vast, aesthetically designed spaces. Then the chance to hop aboard one of the red San Francisco trams was a special moment for both of them, we just loved their smiles!

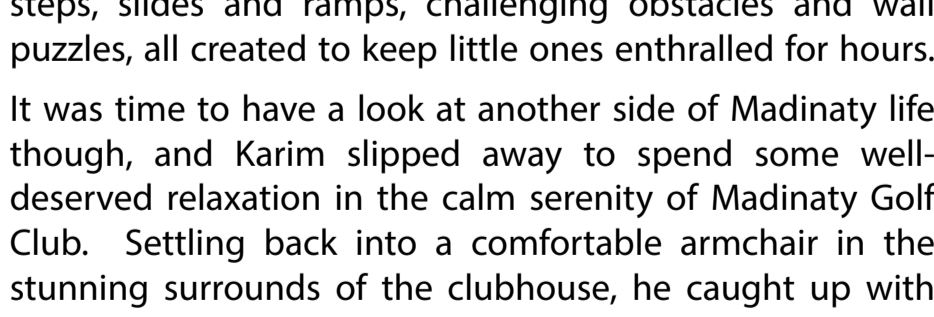


With four of the eight creatively themed buildings already in operation, Karim was in his element browsing the leading brand boutiques and retailers, with names like Matalan, Crave and Sedra all vying for his attention. Shopping can be hard work when you have so much choice, but with tempting places like Starbucks, Desouky & Soda and Cinnabon available to grab a cool drink, a tasty snack or a coffee, it is easy to recharge your batteries and start all over again. It is always important to make time to catch a newly released movie in the comfort of the 15-screen Renaissance Cinema Complex in Open Air Mall, with a constantly changing selection of entertainment geared to all the family, and that just had to be a part of their day! But, then it was time to unleash Karim's inner child...



Karim and Rima then headed for Xtreme Land, the ultimate destination for anyone looking for thrills and full on adrenaline-boosting fun. Rolling out the best time ever, Xtreme Land is the largest indoor entertainment hub ever seen in Egypt. With a huge 4.500 square meters located in Open Air Mall Madinaty, Xtreme Land is much more than a simple fun fair. It is a magical world, offering a fairground with the latest in exhilarating rides, an arcade packed with high-action games, and even a special sanctuary, My Town, on the mezzanine level, packed with toddler-sized tunnels, steps, slides and ramps, challenging obstacles and wall puzzles, all created to keep little ones enthralled for hours.

It was time to have a look at another side of Madinaty life though, and Karim slipped away to spend some well-deserved relaxation in the calm serenity of Madinaty Golf Club. Settling back into a comfortable armchair in the stunning surrounds of the clubhouse, he caught up with local residents and even showed his skills as a chess master. We loved those moves, by the way.



Surrounded by the idyllic expanse of well-manicured greens, the sophistication and impressive facilities of this iconic club won him over completely. A perfectly brewed coffee in hand, Karim took time to reflect on everything that Madinaty had to offer. From the warm, friendly vibe of the community, the myriad food options curated by Kempinski in its stylish restaurants, the endless lifestyle activities, the skillful city planning that allowed residents to enjoy life to its fullest, and the exemplary management and security installations that kept all residents safe and stress-free; everything was there for life as it should be lived.

We loved having Karim Abdel Aziz as our very special guest, and we are sure he will be back soon!



# The Best Golf Course in Egypt



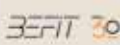
Egypt's  
Best Golf Course

Madinaty Golf Club offers a full-service premier golf destination with a spectacular 18-hole golf course and the first active 9-hole footgolf design course in Egypt located in the heart of Madinaty - New Cairo.

The club is managed by "Troon", the world's leader in club management, where its focus is always on creating extraordinary experience by delivering superior service, amenities, playing surfaces and exquisite dining. With its welcoming atmosphere and friendly staff, members and guests will be treated to an unforgettable world-class experience both on and off the golf course, we offer multiple restaurants managed by "Kempinski", swimming pools, gym by "BeFit", spa by "Troon Wellness", specialized academies.

It is worth mentioning that Madinaty Golf Club was proudly awarded "Egypt's Best Golf Course 2021" by World Golf Awards, the leading authority that recognizes and rewards excellence in golf tourism.

For more information and inquiries, please call: 01141415858



# 10 Things You Should Do in Al Rehab and Madinaty



Summer is in the air, and it's time to get out and about and make the most of what our vibrant community has to offer. Our residents of all ages will find plenty of ways to fill their day, with ample activities just right for the whole family to join in.

## 1. COFFEE IN FRESH AIR



This is the best reason ever for getting up with the birds. Enjoy a relaxing coffee with freshly baked pastries in the idyllic surroundings of Madinaty Golf Clubhouse. Kempinski knows how to treat valued guests with quality service and excellent cuisine, so this could become a regular habit. We also suggest trying Fifth Street and Breakfast in Open Air Mall when coffee cravings set in.

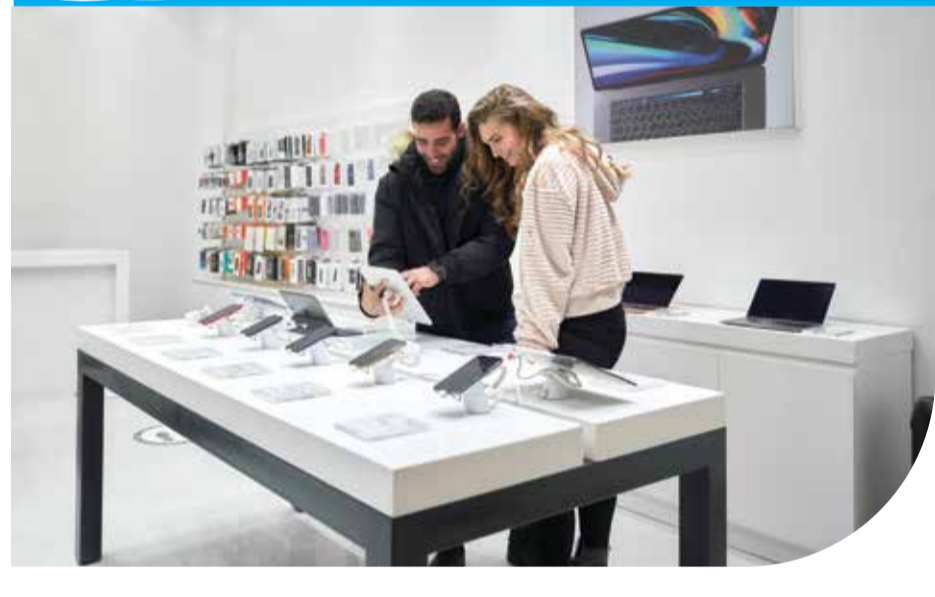
Al Rehab has its own share of lovely spots to catch a morning coffee, in fact you are spoiled for choice. Why not try them all, one by one? 2nd Cup and Starbucks in Avenue Mall, right by the fountain in Rehab, offer a serious kick-start to the day.

## 2. TAKE A DIP



When temperatures start to soar the best way to cool off is a splash in one of Al Rehab's or Madinaty's handy located swimming pools. Try a few laps in the glorious pools at Al Rehab Sports Club, or pop into Madinaty Golf Club or Madinaty Club. Apart from feeling refreshed, you need to know that swimming is one of the best forms of exercise for all ages.

## 3. SHOP TILL YOU DROP



For something specific, or just a bit of retail therapy, Open Air Mall in Madinaty is just what you need. Enjoy a wide array of famous international stores and all the luxury brands you love, along with tempting spots for a refreshing ice-cream or drink while you catch up with friends. Al Rehab has Mall 2 and Avenue Mall with its own impressive collection of famous brands. Don't miss out on recently opened Gateway Mall!



## 4. LEARN TO PLAY GOLF



With beautiful Madinaty Golf Club, one of the top golf courses in Egypt, a short stroll from home, consider yourself blessed. A sport for all ages, golf is a perfect way to keep fit and socialize while enjoying the beauty of natural surroundings. Don't forget to test your skill at footgolf while you are there. And Al Rehab residents are only minutes away.

## 5. CATCH A MOVIE



With 15 cinema screens at the Renaissance Cine Complex in Open Air Mall, and two screens at Mall 2 in Al Rehab featuring the latest blockbuster releases, the whole family will find something to enjoy when they need to kick back and relax.

[www.rnscinemas.net](http://www.rnscinemas.net)

**REFRESH YOUR ENERGY****6.**

Exercise is more than just staying in shape. The benefits extend to your mood, general health and mental attitude. Madinaty and Al Rehab offer a plethora of spaces just begging to be enjoyed, by bike, by jogging or even a leisurely walk. For those looking for sports on wheels, we suggest joining Madinaty Cycling Team (MCT) or Rehab Cycling Team (RCT) for some exciting trips inside the city.

Or why not amp up your action with a bout or two at Z10 boxing at Gateway Mall, or discover why Padel Tennis at Al Rehab Club is such a hit? For children, the Liverpool FC International Academy Egypt, which is an official part of the International Football Academy in Liverpool, England, provides a great opportunity to train the Liverpool way. Both cities are full of sporting gyms, centers, and clubs. With the increased popularity of CrossFit, Al Rehab has opened its doors to BeFit 360 at Park 15, while Madinaty residents can keep in shape at BeFit 360 at Madinaty Golf Club.

**7.****GET AN ADRENALINE BUZZ**

Don't fall into a rut! Sometimes a bit of excitement is all that it takes to get a new feel for life. Adventures Park in Al Rehab Club by Gate 14 offers plenty of thrills, and for kids of all ages who need to let off steam, a visit to Xtreme Land in Madinaty's Open Air Mall is a must. There's also Egypt Paintball Academy at Rehab Club, where you can come with a team of 4 to 20 persons and get ready to immerse yourselves into the excitement.

**NURTURE AND PAMPER YOURSELF****8.**

When life gets busy it can be easy to forget to take care of yourself. Nothing restores a sense of wellbeing more than a visit to your favorite hairdresser or nail spa, and it should be considered a necessity, not a luxury! Al Rehab and Madinaty have a host of top notch hairdressers and barbers, including Mohamed Al Sagheer and Bekky Barber in Open Air Mall, along with Hisham Rabee3 and Coquette in Arabesque Mall. And a visit to the spa in Madinaty Golf Club is a treat not to be missed. In Al Rehab, Coquette Beauty Lounge in Mall 2, The Barber and Joe at Avenue Mall are always popular choices. Gentlemen can also pop into Beatles Salon in the Commercial Market for the best grooming treatments.

**9.****INDULGE IN DELICIOUS FOOD**

With so many great venues begging to tickle the taste buds, you are spoiled for choice. From food courts and food trucks to patisseries, coffee shops, bistros and restaurants, Al Rehab and Madinaty have it all. Check out South Park, Open Air Mall, Central Park and Arabesque in Madinaty, or explore the cuisines of Al Rehab Food Court, East Court in the Eastern Market, and the food court in Avenue Mall.

**CULTURE, LEARNING, BUSINESS AND NEW SKILLS****10.**

If you're a book-worm or you just love to explore arts and science, then you should pay a visit to the Great Library at Masjed Al Jamea or the cultural center at Madinaty Sports Club to explore the different courses they provide. Little ones can develop their talents with lessons in art and musical instruments at Pioneer Academy located inside Sesame Club, or at Cambridge Club in Park 15.

Whether you are a start-up, a small or medium business, a freelancer or a remote worker, shared spaces are great productivity and creativity-boosting environments to work in. Thanks to the newly opened MQR co-working space in Park 15, you can meet and collaborate with different individuals and business professionals all while avoiding the extra costs of renting an office.



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## MADINATY GOLF CLUB

### Escape Your Everyday



A masterpiece of technical design, with exquisite, natural surroundings and sumptuous facilities, Madinaty Golf Club is a gem in the TMG crown. To undertake such a project as a private entity may have been daunting, but upon completion, the exceptional teamwork, inspiration and commitment to excellence have paid off with both a spectacular 18-hole golf course and 9-hole footgolf course, both designed by world-renowned Robert Trent Jones Jr., that can proudly hold their place on the international circuit.



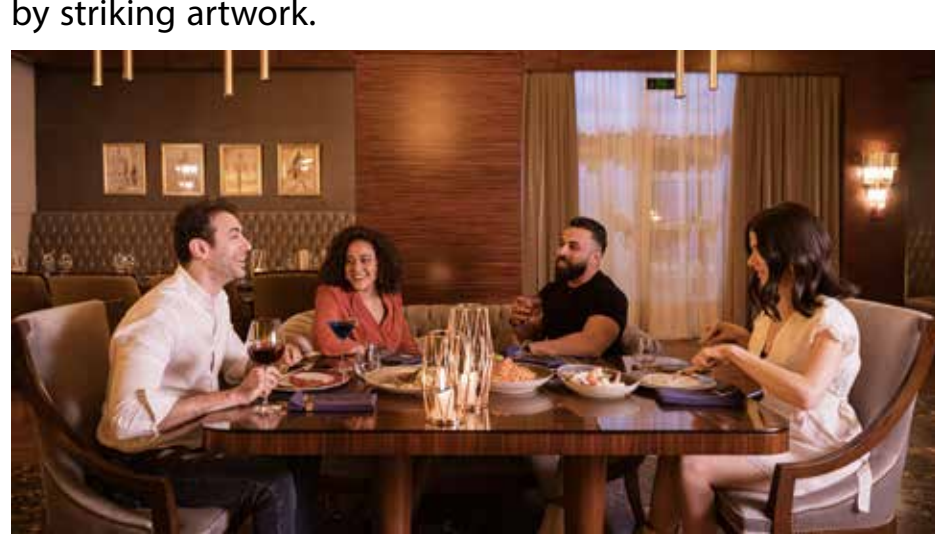
Right at the heart of Madinaty and awarded "The Best Golf Course in Egypt 2021" by World Golf Awards, Madinaty Golf Club attracts golfers from around the globe as well as local players, with the club already being a recognized name for its top-end amenities. Regular tournaments and events are welcome fixtures on the golfing calendar and are held for different levels of skill and ability, bringing the community together with participants and spectators able to enjoy a fun day out both on and off the golf course. For beginners, or anyone looking to hone their skills, the Golf Academy offers lesson plans with instructors fluent in Arabic and English, and is equipped with the latest in golf teaching equipment as well as a state-of-the-art golf simulator. Expertly managed by Troon, a leading name worldwide in golf club management, this is golfing at its best.



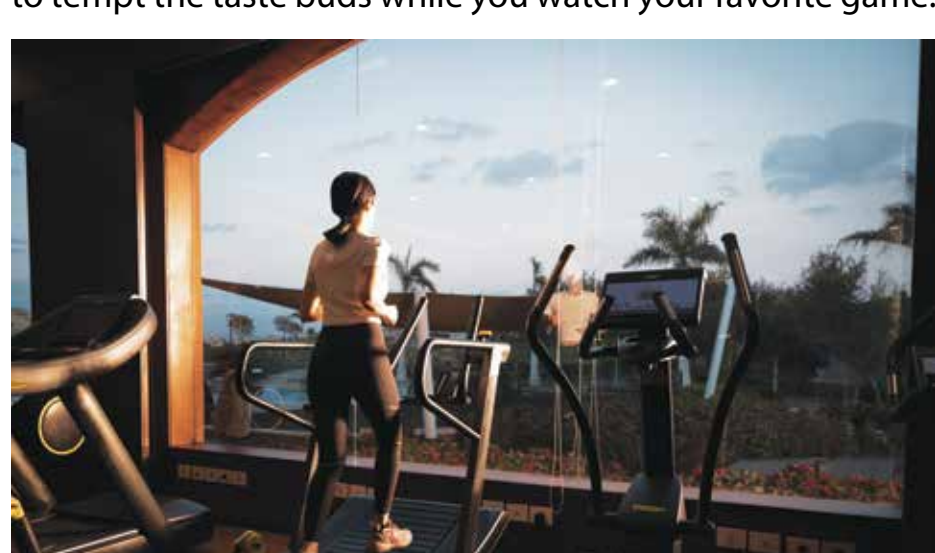
Beyond the world of golf, stepping inside the calm elegance of the clubhouse, a visitor will feel a shift of mood, an anticipation of good things to come. From the gentle glow of marble floors to the rich but understated upholstery of the generous seating, Madinaty Golf Clubhouse exudes quality, refinement and a genuine care for the comfort and wellbeing of each and every guest. The Royal Lobby is a charming and inviting spot for a leisurely breakfast, tempting pastries and bakery items, a cool drink, relaxed coffee or afternoon tea, where guests can luxuriate in a unique ambience enhanced by striking artwork.



Several exceptional dining venues, each offering a variety of world-class cuisine, under the management of globally acclaimed hotelier Kempinski offer different moods for different occasions and times of day. An early breakfast or *al fresco* lunch at Golf Terrace, where you can indulge in memorable dishes from around the Mediterranean, with a special homage to the traditional favorites of Egypt, Asia and the Levant is always special. Alternatively, try lunch or a relaxed dinner, delving into Italian and Japanese specialties at signature restaurant TWO, where the authentic flair and the rich flavors of Tuscany are counterbalanced by the subtle flavors of Japan. For creative, innovative snacks and meals to meet any mood it would be a sin to miss out on RTJ, a cozy and distinctive sports bar and cigar lounge with scrumptious burgers, innovative sandwiches and palate-pleasing plates to tempt the taste buds while you watch your favorite game.



Boasting world class amenities, including its top-rated golf course, a golf shop and superb Kempinski dining venues, with the increased popularity of CrossFit, Madinaty has also opened its doors to BeFit 360 at Madinaty Golf Club. Under the direction of top fitness professional Aly Mazhar, BeFit 360 offers high-end facilities and training programs to suit all ages and fitness levels with professional trainers, as well as nutritional guidance. Warriors Sports offers synchronized swimming and water polo classes conducted by expert trainers, and for less strenuous activity, panoramic swimming pools sparkle temptingly to guests looking for refreshing relaxation. Catering to the diverse interests of the community, Archery Hub offers training for enthusiasts from as early as 6 years of age, with the possibility of working up to becoming expert archers. Also hitting the mark as a popular pastime, Adly Chess Academy allows players to exercise their little grey cells while mastering the skills of the great game, with regular tournaments an added attraction.



Then, when a spot of pampering is the only thing on your mind, the spa beckons, with a promise of a soothing time to unwind. Operated by Troon Wellness, world experts in the management of the highest quality facilities, treatments and services are totally focused on your wellbeing and serenity. You deserve it!

More than just a haven for golfers of all ages, the Madinaty Golf Club is a relaxing escape, dining destination and activity hub where residents and their guests can enjoy top-notch facilities. It is impossible to keep something as good as this a secret for long.



# Madinaty Half Marathon 2<sup>nd</sup> Edition



The Madinaty Half Marathon 2<sup>nd</sup> edition for 2022 took place in the fresh early morning air of Friday 13<sup>th</sup> of May, with a great turnout of spectators following the day's events. *City Life* was there to catch up with the organizing team along with some of the 1500 enthusiastic participants who shared with us their thoughts on what made the event such an attraction. Launched by the Minister of Youth and Sports, Ashraf Sobhi, and attended by Omar Hisham Talaat, Chief Business Development Officer of TMG, the day's event was enjoyed by many honored guests, all showing their support for the runners.



Planning a sports event as such takes experience and coordination, and by teaming up with TriFactory, one of the leading names in the field, TMG is upholding its ongoing mission to ensure that sport and other lifestyle amenities play a vital role in the wellbeing of community residents.



Youssef Kadri, Clubs Commercial Director at TMG, explained what makes Madinaty such a great location for such sports' event. Madinaty has a wide range of open spaces everywhere, with lush greenery making it an inspiring location for runners. Not to mention the great well designed city planning, allowing creating Routes for Runners with Safety majors taken in consideration and closing Main Roads during the run.

The popularity of Madinaty Half Marathon event is increasing year on year. On its Second Edition, Madinaty Half Marathon was able to attract 1,500 participants this year, while 1,200 participated initially last year. This year also saw the newly introduced 3k run, a relatively easy fun run for families and friends. For those seeking a greater challenge, the day's program covered the 5km and 10km runs, along with the half marathon, which extends to 21km.



Ayman Hakky, founder and CEO of Trifactory, was eager to share his enthusiasm of utilizing space with great scenery for runners, the spectacular support, and the continuous management collaboration they got from Talaat Mostafa Group. He believes that in the future, with the expertise of Trifactory in sports and the great Spaces at Madinaty, more collaborations for different sports events locally or internationally can be done to help these event become an internationally attractive event on the Sport's event calendar.



The participating runners expressed their praise for the running conditions, while a fully prepared team ensured an exquisite experience running around the beauty of Madinaty and the different attractions within the city.



BRINGS YOU ACTION GALORE!

## AMERICAN FOOTBALL, WATER POLO AND SYNCHRONIZED SWIMMING

TMG believes that to excel in any field, it takes effort, training, and expert coaching. For the residents of Al Rehab and Madinaty there can be no such thing as second best when they have the chance to develop new skills and enjoy the thrill of competition. The choice of Warriors Sports for its expert coaching and professional approach in water polo, women's football and synchronized swimming came through careful deliberation, bearing in mind the diverse needs of the community. We chat with Ahmed Aboutaleb from Warriors Sports first, to learn more about the growing popularity of American Football in the region.

### What makes American Football such a great sport for all members of the family?

American Football is one of the world's favorite pastimes and a very popular sport that is played in many schools and colleges in the USA. It's a sport that captivates fans across the world, with its action-packed games and intense rivalries. It's a sport that is family-friendly, not only to watch but to participate in as well. It is one of the only non-continuous motion sports with a time limit, and it can get dramatically fast paced. The unpredictability of American football is one of the qualities that make it great. All family members can play American Football! Many parents don't realize that girls and boys of all abilities and sizes can learn how to play Flag Football. It's no contact, inclusive, and easy to learn, starting from age 5. It gives boys and girls of all abilities a chance to develop their fundamental football skills in a positive environment. Women's' American Football or Flag Football is also becoming more popular. They mostly play with the same rules as their male counterparts but use a slightly smaller football.



### How did you select Al Rehab Sporting Club and Madinaty Sporting Club as being ideal locations to establish Warriors Sports?

Not everyone has access to authentic local sporting clubs in Egypt to enjoy the sports they wish to play. Warriors Sports was looking to bring its expertise for those who have a passion for sports like Water Polo and Synchronized Swimming to have the chance to play those sports. Moreover, with a hectic daily work and family life, families now look for convenience and proximity when it comes to their children's activities.

Madinaty and Al Rehab Sporting Clubs have exceptional facilities and an ever-growing community. Our partnership with TMG is based on encouraging and introducing families to new sports within the community, to make it not only convenient for them, but also to encourage the youth to go outside their comfort zone and try new sports.

Warriors Sports has been a partner with TMG for over a year now, offering Aquatic Sports. We offer Water Polo Program starting from 6 years, in addition to Synchronized Swimming, also starting from the same age.

Warriors Sports will soon be introducing its Swimming Programs in both Clubs as well, starting from age 2.5 years.



### What is the best age for children to start training?

We encourage children to start training early to benefit from the sport they are doing. Our starting age for our activities ranges between 5 and 6 years of age, as each child is different when it comes to development.

### How do players benefit, both physically and mentally?

American Football has many benefits, both physical and mental.

- Enhances cardiovascular health.
- American Football keeps the players heart rate up, helps them stay in shape and provides a great cardio workout, which helps increase their stamina.
- Improves muscle tone and decreases body fat. American Football helps you develop physical fitness without having to go to the gym every day. The combination of working your muscles and increasing your heart rate helps the body burn fat quicker. It is a full body sport that helps in overall muscle strength.
- Teaches coordination. American Football requires a variety of complex movements including dribbling, turning, passing, walking, running and sprinting. All these improve the players hand-eye coordination.
- Enhances cognitive brain function. American Football is a fast-paced game which required players to make quick decisions. This helps with concentration, persistence, and self-discipline skills.
- Encourages teamwork. There is no better way to learn life lessons and to build friendships than on the field. Having the capability to work with others to achieve a common goal on the field creates a passion for teamwork.
- Boosts self-esteem, improves self-confidence and reduces anxiety. The development of physical strength and endurance increases the player's confidence both on and off the field. Exercise increases the feel good endorphins that reduce anxiety and stress as well.

### Do you see American Football gaining in popularity in Egypt?

American Football is relatively new to Egypt, and not many people are aware of the sport, or have many misconceptions about it. With the correct knowledge being passed on, and by educating the people about the sport, we are hoping it will start getting the publicity it deserves as a sport that is for all age groups and both genders.

### We do not see mention of a women's team on the website. Is this something being introduced?

Yes of course! For the Women's team we will start off with Flag Football, which is like regular American Football except with less body contact. In Flag Football players pull flags off a player's belt to down them.



## WATER POLO WARRIORS

Put together a team of seven enthusiastic youngsters, a ball, and a sparkling pool of water, and you have a great time guaranteed. No wonder water polo has been around for so many years, it has so much to offer both players and their fans.

Warriors Sports has brought this high-adrenaline game to Al Rehab Sporting Club and Madinaty Sporting Club, encouraging young residents to make the most of the opportunity to build on both their physical strength and endurance, as well as developing their social skills through team spirit, persistence, self-discipline and confidence. It is a perfect way to make new friends!

Classes are arranged for different age groups, creating a safe environment where young players can gradually up their game and progress to more competitive levels. Programs are offered for children starting from 6 years upwards, and are all conducted by professional water polo players who are dedicated to sharing their knowledge with the young generation wanting to enter the sport. Still in its early days in Egypt, they are keen to see water polo develop and become an important part of the growing sports scene.



The game has come a long way from its early roots, where it was first played as a form of water 'rugby' in lakes and rivers of Great Britain. Combining the skill-sets of both rugby and basketball, it takes strength, dexterity and good swimming skills to keep the ball in action, all the while avoiding putting a foot on the bottom of the pool. Players quickly build up their muscle mass and breathing abilities, even at an early age, developing an athleticism that contributes to their physical fitness and stamina for all life's activities. An Olympic sport since 1900, the sport is increasing in popularity in countries across the globe, making it a sport for now, and the future.

To learn more about the classes and schedules just give Warriors Sports a call.



**Locations: Madinaty Sporting Club - Madinaty Golf Club - Al Rehab Club**

**Tel: +20 12 12 84 3333**

**[www.egypt.warriorssports.com](http://www.egypt.warriorssports.com)**



## SYNCHRONIZED SWIMMING WARRIORS

Why not take advantage of our leisure time by hitting the pool to take our water skills to a whole new level? Beautiful to watch, synchronized swimming has a host of fitness benefits as well, and is ideal for all the family. As TMG wants nothing but the best available in lifestyle options for its community, it selected Synchro Warriors to offer top-of-the-range training to budding young water stars.

Synchro Warriors offers classes for a wide range of age groups, where participants not only learn the graceful routines combining swimming, dance, and gymnastics, but are also able to build up their strength, grace, flexibility, breathing control and endurance through training and group sessions. Each level of learning covers important training, and when proficiency has been achieved, the pupil is able to progress to a new level of the artistic discipline.

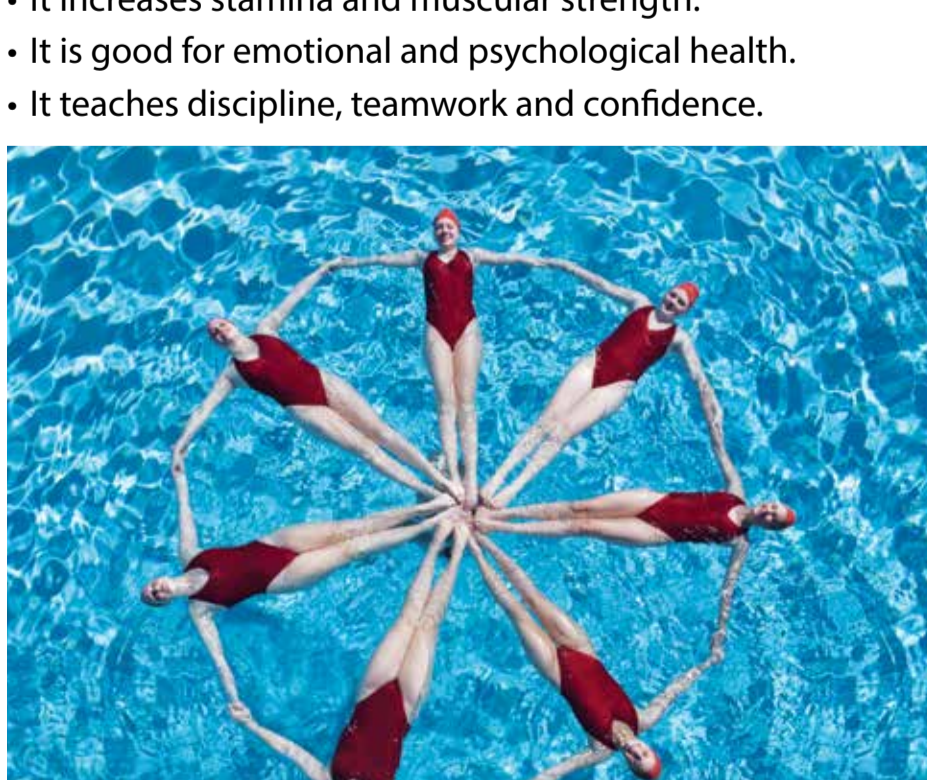


It is not only about swimming, there are other developmental benefits for young people to enjoy:

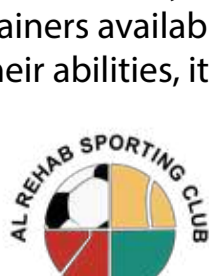
- Synchro Warriors teaches the team discipline, time management, multitasking and social skills.
- Synchro Warriors also offers quality time for children and their families.

Competitions bring them together to show support while they are entertained by the routines.

- It offers a great environment for building social skills and making lifelong friendships.
- Building your body.
- Synchronized swimming works the brain.
- It increases aerobic and lung capacity.
- It increases stamina and muscular strength.
- It is good for emotional and psychological health.
- It teaches discipline, teamwork and confidence.



Although this elegant, graceful sport is quite new to Egypt, Synchro Warriors is on a mission to make it one of the most popular water activities for young residents of Al Rehab and Madinaty. And with highly experienced professional trainers available to take young swimmers to the peak of their abilities, it is not an opportunity to miss out on.



**Warriors Sports – Al Rehab Club**

**Tel: +20 12 12 84 3333**

**Email: [admin@warriorssports.com](mailto:admin@warriorssports.com)**



Some of the best things about life in Al Rehab and Madinaty are the top-of-the-range amenities that enhance the quality of life on all levels. Dr. Ahmed Essam brings us up to speed on the expansion of IconFit to a new location in Al Rehab.

### **What can you tell us about your new branch of IconFit?**

IconFit is a brand new fitness concept, using the latest equipment and professional, specialized trainers for all activities. Our first IconFit within TMG operates in Madinaty Sporting Club, and now we are expanding to our next location in Park 15 in Al Rehab.

### **What type of workouts, fitness sessions and activities do you offer?**

We offer all types of workouts, with fitness activity classes along with our personal training team that helps our members to achieve their fitness goals.

### **What equipment can members benefit from?**

All our machines are top-end model techno gym. We have a machine for every muscle group as well as our functional training area that offers different classes throughout the day.



### **Can you tailor programs for all levels of fitness and different age groups?**

Absolutely. That's where our personal training team comes into play, as they specialize in tailoring all fitness programs for all our members.

### **What are your top tips for Al Rehab and Madinaty residents to stay healthy and fit when they have a busy lifestyle?**

Our society nowadays has such a busy lifestyle, but that being said, everyone can make one hour of free time in a day that should be dedicated to their health. That's why IconFit was established, to support better health and well-being in our community.

# “HIGH HEEL EGYPTIAN ENTREPRENEURS”

Chatting With

## Nelly Hammad



Photography: Amira El-Ghandour

When it comes to business, and empowering women who want to launch their own startups, Nelly Hammad has all the knowhow and experience needed to create success stories like her own. A longtime resident of Al Rehab and Madinaty, she has spent nearly 15 years enjoying the vibrant TMG community lifestyle with her family. We caught up with her to learn more about what makes this dynamic, powerhouse businesswoman and mother tick.

### **Nelly, what do you like most about living in a TMG community?**

Privacy, luxury, the Medical Center which is extremely well equipped. Adding to all this is my kids' school, The British International School of Madinaty which they joined 8 years ago. And all existing facilities inside Madinaty that enable you to stay inside the compound without having to leave.

### **What inspired you to launch High Heel Egyptian Entrepreneurs?**

I am in a mega medical business. Our medical factory is located in the Free Zone of Ismailia and we have seen some decent support from the Chamber of Manufacturing and other entities in the country that made us grow locally and internationally in a short time span.



You could say that the main reason that made me launch HHEE late in 2018 was to see how to assist these entities and the Governmental sector to help women wanting to launch startups as well. I tried to use all my connections to help them boost their sales.

### **What have been the big success stories so far?**

Our initiative has been recognized by the Ministry of Communications and Information Technology and we are working under the umbrella of the government. We offer free business courses to the ladies and mainly assist them in selling their products abroad and locally with the help of the Electronic Gates, and help them try to reach a higher target audience on their social media networks.

### **How do you do this?**

We don't have a specific platform but we deal with trustworthy platforms like AMAZON EGYPT, JUMIA, MITCHA, MUQBIS, EASWAQ, ZVENDO, KEMITT, HOMZMART, and other E-Gates. We also help them use Electronic Payments platforms like PAYTABS and PAYMOB instead of banks. All these Electronic Gates and electronic facility services help the SMEs sell their products and promote their work freely and help them grow their business volumes in a short time span.

### **What is your advice to women wanting to venture into a business startup?**

One big piece of advice, and actually it is the most important tip of all, you need to see where your brand is going to land.

This will be your main target to plan ahead, have a decent Business Model Plan, a creative marketing strategy and last but not least, you need to have decent surveys and databases about your products.

### **What are the important steps to getting a project off the ground?**

Most of the startups and entrepreneurs think that sufficient funds and regular cash flow are the two main factors that will make your brand and your business boom and flourish in no time. On the contrary. I always say this to the entrepreneurs in HHEE community, "Working without a strategy or a decent business model plan will take you nowhere."



There are a few simple steps to get your project off the ground. First create a market study, you need to see if the market needs your products or not. Do not compete in a Red Ocean Market, compete in a Blue Ocean Market. Red Oceans are all the industries in existence today, the known and recognized market space. Blue Oceans are the industries not in existence today, the unknown market space that is ripe for innovation and development.

Then develop your business plan, including your Finance and Marketing strategies. When you are ready to launch in the market don't use your full product range. Test the market first.

### **On a more personal level, how do you enjoy spending your free time?**

I am a former athlete. I was a swimmer at the Maadi Club for 10 years in a row, and I used to play tennis with my mom and brother. When I feel tense and need to ease up a bit I just take a deep breath and go jump in the pool at Madinaty Club for a long decent swim, or play a tennis match. On the other side, reading clears my mind and helps me navigate through my more stressful tasks.

### **How do you make sure you maintain a healthy work/personal life balance and how important do you think it is?**

It is not an easy job to be a working mom with a load of responsibilities, but I am blessed with a lovely supportive partner. My husband helps and participates in all the aspects of my life.



# Meet Sue Jones



Madinaty is known for its vibrant community, with Egyptian residents along with a host of diverse nationalities. The lifestyle is loved by Egyptians and expats alike, and in this first article where we get to know our international residents, we took the opportunity to get to know what makes life in Madinaty so special for British resident, Sue Jones.

## **Sue, how long you have been in Egypt, and how long have you lived in Madinaty?**

I am British and have lived in Egypt for 7 months. I spent the first three months in Heliopolis, moving to Madinaty in January of this year.

## **How did you come to choose Madinaty?**

Prior to moving to Egypt, my husband and I had searched online for the ideal place to live and Madinaty met all our needs.



## **What do you think of the multiple communities and their diversity and harmony within the TMG community?**

My observation is that, away from the stress of big city living in Cairo, people are more relaxed and appreciative of nature, which has a calming effect. There is a definite sense of harmony among the various communities with people going out of their way to help each other. By the same token, privacy is respected. It is a very peaceful environment.

## **How do you spend your free time in Madinaty?**

An avid cyclist, I spend my free time cycling and walking around Madinaty, as well as reading, decorating and gardening. I plan to join the Madinaty Cycling Club and Arabic lessons are a must.

## **What do you enjoy most about living in Madinaty?**

I most enjoy the beauty of Madinaty, with its abundance of green spaces, water, lovely trees and flowers, cleanliness and pure air. I like the fact that Madinaty is an independent city with a range of services, negating the need to travel to Cairo for such things as ID's and POA's. However, should we need it, a comprehensive bus service links us to Cairo, Heliopolis, Rehab and Tagamoa. I am impressed with the attention to detail in the planning of the city; for example, rubbish is collected underground so no unsightly bins or lorries are seen. I like the fact that dogs must be leashed and owners are required to clean up after them. As a walker, this is important to me. I love the bustle of Cairo with its rich history and Madinaty offers me easy access to the historic sites that interest me, as well as the healthy life-style that is so important to me.

## **Would you recommend it to friends looking for a nice place to buy a home?**

I would definitely recommend Madinaty to friends looking for a nice place to live. It is the ideal place to raise a family.

## **What do you think of the leisure, entertainment and shopping facilities in Rehab and Madinaty?**

The leisure, entertainment and shopping facilities in Madinaty are excellent. Central Park, with its multi-national food trucks, is our go-to destination for an evening walk and first-rate cappuccino. We also enjoy South Park, a very pretty setting beside a little river, for many excellent restaurants and cafés. The Arabesque Mall and Souk have everything from Carrefour to small, local shops, while the huge and impressive Open Air Mall, with its international shops and restaurants promises to be a destination even for those not living here.

# Let's Zooba!

## Authentic Egyptian Street Food at Its Best



Traditional street food has captured the hearts of locals and visitors to Egypt for centuries, with the local take on a convenient and filling snack available in handy locations across the country. When Zooba launched to embrace the philosophy by championing iconic dishes and sandwiches, it opened up a world of nostalgia and gastronomic memories, with none of the risks and all of the joy.

With branches of Zooba in both Al Rehab and Madinaty, residents can now indulge themselves to the max, reveling in the time-honored aromas and flavors of myriad delights, all served in brightly cheerful wraps and tubs. Whether you prefer the simple classics, or innovative and totally yummy options with Zooba's special touch, everything feels like a familiar, comforting hug. The best news is that there is something for everyone, vegetarians and vegans included.



**What you will find:** Every imaginable type of time-honored Egyptian sandwich, from Ful, Tameya and Basterma, to Hawawshi, Shawerma, Liver and Sausage, and everything in between. You are totally spoiled for choice, and with generous portions and affordable prices, you can rustle up a feast in no time. If you are looking for something even more substantial, you could opt for Molokheya, Khoshari, Orzo, Fereek, Shakshouka, Okra or a meaty Tagen. But, don't miss out on the amazing salads and appetizers, they are superb and can make up a meal in themselves. Then something sweet for dessert of course! With one of the most extensive menus we have ever encountered of mouthwatering options, it might take months, or even years to try them all, but we have a short list of our current favorites that we cannot recommend enough.

**Our suggestions:** Beetroot Hibiscus

Tahina is one of our all-time favorite dips; it's all about the flavor and the color. Bring on that freshly baked baladi bread and we can't hold back. We team it up with a generous serving of Zooba's incredible Bessara dip, before maxing out on a Spicy Hawashi Sandwich. The secret ingredients elevate it to another level, so we suggest you try it out for yourself. Zooba

turns out a delightfully simple, citrusy fresh salad, making it a perfect foil for the spices and full-on food experience, but do leave a little space for their signature Zooba Rice Pudding. Angel hair halawa, clover honey, crushed nuts and orange zest give it a unique twist. We are addicted!

📍 **Open Air Mall – Madinaty**

🕒 Sunday-Saturday 08:30 am - 23:30 pm

📍 **City Square Mall – Al Rehab**

🕒 Sunday-Saturday 8 am – 1 am

☎ **16082**

🌐 **www.egypt.zoobaeats.com**



# 100%

## عصير طبيعي



# Spotlight on Talent

## Mostafa Hassan



Congratulations must go to 16-year-old Mostafa Hassan for scooping up 2<sup>nd</sup> place in Category B of the prestigious 7<sup>th</sup> Chopin Piano Competition for Children and Youth in Egypt. Celebrating Chopin, one of the world's greatest composers, the competition was made possible by Ambassador Michał Łabenda and Mrs. Elżbieta Durska from the European Foundation for Education and Culture in Zielona Góra in Poland, accompanied by the chairman of the jury, Professor Mariola Cieniawa-Puchała and members of the jury, Maestro Ahmed El Saeedi, head of the Cairo Symphony Orchestra, and Professor Helgeheide Schmidt.

**Well done Mostafa; we wish you all success in your continuing studies and hope that your talent will continue to be recognized with more awards to come.**

If you are a music enthusiast you can receive lessons at Pioneers Academy inside Sesame at Al Rehab Sporting Club, Cambridge Club at Park 15 or the Culture center at Madinaty Sporting Club.

## Marwan Tawfik



A big bravo goes to 7-year-old Marwan Tawfik, an Al Rehab resident who took 1st place in Red Ball U8 ETF Tournaments, with matches taking place at EL Mokawleen in March 2022, El Sherouk in April 2022 and El Zehour Club in June 2022.

**Keep up the great work Marwan, it looks as though you could be a star in the making!**

To sign up for tennis lessons as a beginner, or to improve your skills, head down to Stars Academy in Al Rehab Sporting Club or Elite Academy at Madinaty Sporting Club.

## Heba Fattouh



Heba Fattouh has been a certified newborn and baby photographer for almost six years, specializing in baby portraits, maternity and family sessions. After graduating from the Faculty of Fine Arts, Heba worked as an interior designer, until she pursued her dream to be a photographer, going on to study with top photographers from America and Australia.

A resident of Madinaty since 2013, she always gets inspired by the amazing landscape and beautiful scenery.

**To check samples of her work:  
Instagram: @babyblissphotography**

## Hagar Shaban Abdalaziz



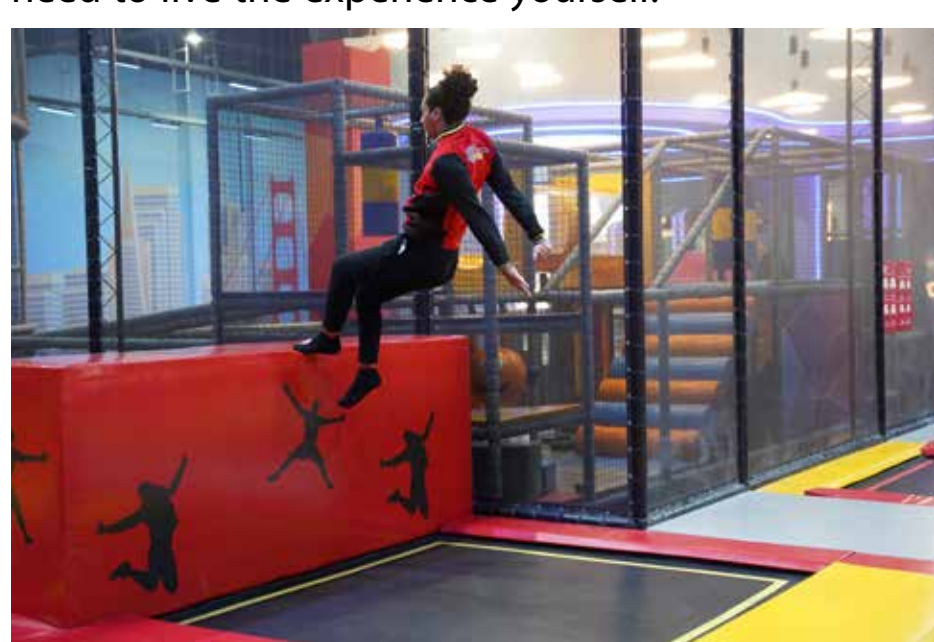
Self-expression and creativity came easily to Al Rehab resident, 13-year-old Hagar Shaban Abdalaziz. Her art work shows a lot of promise, we are sure you will agree.

**Well done Hagar, we look forward to seeing your first exhibition!**



## One Destination for Total Entertainment

What visit to Open Air Mall would be complete without spending an hour or two in the leisure destination for kids of all ages? A great time is guaranteed, for all the family. But, don't just take our word for it, you need to live the experience yourself.



This is Xtreme Land, simply buzzing with activity, flashing neon lights, bursts of color, and exhilarating energy. Whether you crave the thrills of the very latest in fairground rides, either high in the air or zooming around, or love testing your skills in the arcade crammed with games, it would be hard to find so much enjoyment packed under one roof anywhere else.



Parents must know that, for safety reasons, there are strictly observed guidelines for use of all the fairground rides, but with so many to choose from, even the littlest ones will find hours of fun. With mom or dad along for the ride it makes it even more of a family affair. Would you dare to test your nerves and head for heights on the Big Air Twist Coaster, way up above the crowds? Or opt for Look Out, Wave Up, or even Drop N` Twist Tower. Choose your vehicle on Convoy Rides or sail through the air on Family Swing, it just couldn't get more exciting than this.



If Formula 1 is your passion, then head straight for Bumper Cars or take on the challenge of Drift Race. You may not quite match the speeds of your favorite drivers, but it will amp up the adrenaline levels, for sure. Budding young equestrians will love every minute of the Carousel, with colorful ponies so adorable that we would adopt them all in a flash. And who couldn't use more bounce in their day? Not just one, but 10 huge trampolines set together for maximum high energy fun.



There is also a very special treat for kiddies aged between 1 -12 at My Town. Imagine a unique 6 level-high soft play center, created as an adventure land with multidimensional slides, ramps, rope bridges and puzzles of all shapes and sizes, just begging to be enjoyed. The teeniest visitors even have a dedicated zone with loads of clamber-on toys to keep them busy for hours. Don't forget to take those precious photos!

For a change of pace, and the chance to win some great prizes, your next destination should be the Arcade Games. Pile up those winning tokens and redeem them for a special prize to help you treasure the memories until your next visit, which we are sure will be quite soon!

# OPIEN AIR Mall



## A World of Shopping, Food, Entertainment and Fun for All!

Setting a new benchmark for lifestyle destinations in Egypt, and the Middle East, Open Air Mall offers visitors a new and unparalleled experience. With four of the planned eight themed buildings already in operation, the 92,000 sqm area encompasses everything anyone could dream of for a unique day out. As the largest indoor mall of its type in the Middle East, Open Air Mall is set to attract not only local residents, but friends from points all over Cairo.



The stunning, spacious, light-flooded design is exquisitely landscaped and a joy to relax in, with every facility laid out with an easy flow, making browsing a pleasure. Getting around is a breeze, especially when you hop on board one of the iconic San Francisco-inspired trams. They are easy to spot!

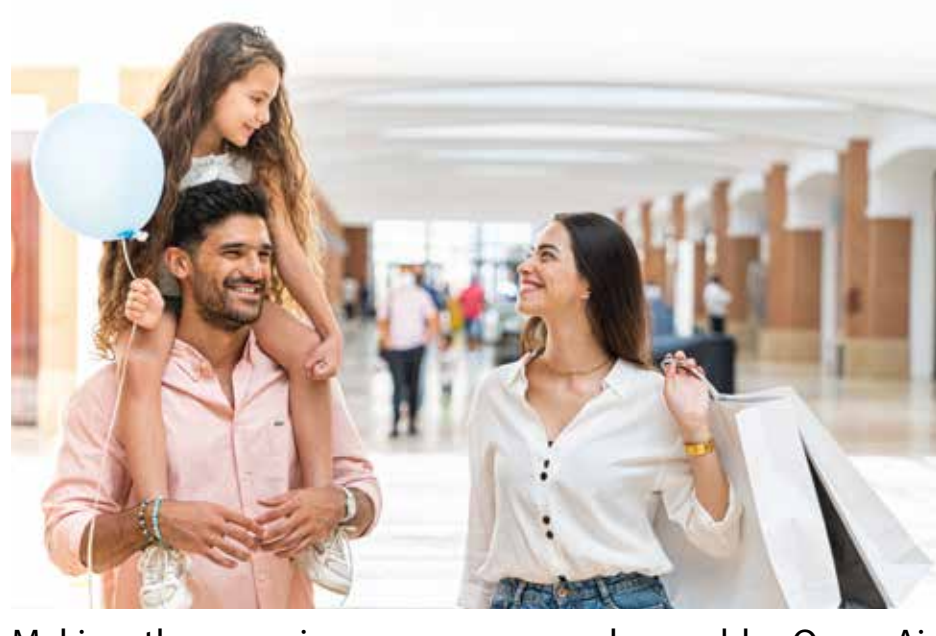
The first building is home to Carrefour Hypermarket, with everything a family could need, from produce and groceries to household essentials, electronics, toys and clothing. Could life become more convenient than this? Other shopping attractions cover some of the most iconic clothing and lifestyle brands on everyone's radar, so don't forget the credit cards!

The unmissable second building houses a magnificent 15-screen Renaissance Cinema Complex, offering the very latest foreign and Egyptian releases with multiple screenings featuring the latest in projection technology every day.



Scrumptious food comes high on any list for a great day out, and Open Air Mall boasts an unmissable Food Hall. Defined by its stylish, contemporary design, the attractive space features a cornucopia of top international, local brand food outlets and chain restaurants, offering a diverse range of cuisines and food options to meet all tastes. Not just a place to have a quick bite, it is a treat that all the family will love and keep coming back for.

It is easy to guess that the very special fourth building is sure to come top of any little one's bucket list. Xtreme Land simply has to be the ultimate escape into a wonderland of white-knuckle rides, adrenaline-pumping action, and the latest arcade games. Introducing the latest in entertainment experiences, with vibrant color, thrills, lights and non-stop action, Xtreme Land will bring out the kid in anyone who steps inside.



Making the experience even more pleasurable, Open Air Mall is easily accessible from both inside Madinaty, and for the residents' visitors. It is only a 10 to 20-minute drive from New Cairo, the New Capital and Al Rehab City; it is also strategically located in close proximity to the 1st, 3rd and 5th Settlements. With so much to offer, this is sure to be the ultimate leisure and lifestyle destination the community deserves!

# PARK FIFTEEN

Get right to the **heart of the action!**  
**Park 15** is now open and waiting for you.



Located in the center of Al Rehab, with easy access from Gates 20 and 22, next to the Al Rehab Sporting Club, Park 15 covers three floors offering 13 shops and great facilities.

There's no doubt this is going to be a top destination for both Al Rehab residents and their visitors from the surrounding New Cairo area. Park 15 comes with idyllic surroundings, beautiful landscaping, a fountain and even a small stage area, making it a perfect spot to catch up with friends and chill.

## Work and Leisure Fit Seamlessly Together



The variety of services, fitness facilities and food and beverage outlets includes well-known names like Yatta, BeFit 360, Cambridge Club and MQR co-working spaces, and some great news ... IconFit Gym will be opening soon.

A perfect fit for the lifestyle concept of Al Rehab, where work and leisure fit seamlessly together, Park 15 is a culture hub for the community, where work and study flow into working out, followed by a spot of shopping and a relaxed meal. Sounds good to us!



# GATEWAY



Gateway Mall is a welcome addition to Talaat Moustafa Group's distinctive shopping centers and retail destinations. The newly launched community center and cultural hub is positioned in the heart of Al Rehab City, and provides a comprehensive shopping experience for Al Rehab residents and their visitors residing in nearby communities. Consisting of four buildings surrounding an attractive courtyard, with a carefully curated selection of around 257 stores, the mall is sure to establish itself as a favourite with local residents and visitors alike.



Going beyond its top-notch retail services, Gateway Mall offers entertainment venues and well-designed commercial spaces, in addition to administrative and medical facilities for the city's residents and visitors. The new mall reflects the latest in retail trends, geared to capture the mood of trend-conscious shoppers of all ages, while a stunning open-air courtyard plays host to cultural, community and entertainment events. Gateway Mall has been thoughtfully designed to pamper its visitors with a calm oasis of foliage and landscaping, regal palm trees, eye-catching flower beds, cooling water features, and spacious open-air walkways.

Alfa Market is an important feature of Gateway Mall, along with the first bowling center in Al Rehab City, the Escape the Room and Z10 boxing, all popular venues for family fun. Visitors can find a multitude of leading brand names such as MAGRABi, B. Tech, Raya Electronics as well as other well-known attractions such as Starbucks, Princess Café,



Cinnabon, Abu Auf, Kids Station, and Alter 8. Taking care of the community, Gateway includes a medical clinic hub housing Alfa Labs, Mokhtabar and Radiance, amongst other medical services. Convenient, comprehensive and charming, the mall is easily accessible from the Mohamed Naguib Axis through Al Rehab City's gates 12 and 13.





# CRAFT ZONE

## CAR

### SERVICES

**Hany Motors**

B5, U010

0100 1776 123

**Ahmed Coupe**

B5,U041

0114 3000 097

**RAZ Car**

B7, U001

0100 9966 097

**Fouad Nassar**

B8,U005

0100 6696 000

**Al Fares**

B9, U006

0100 9992 961

**Protection Hub**

B1, U005

0110 0338 666

**VIP Car Lounge**

B1,U006

01098181654

**One Zone**

B1, U007

0106 1801 333

**Black Diamond**

B2, U003

0114 8181 831

**Greater JK TYRE**

B2, U004

0128 0619 629

**Syrian Company**

B2,U006

0120 0006 769

**Korea and Japan**

B2,U007

0100 329 4930

**One Stop**

B1, U010

0110 1251 522

**Car Nova**

B4, U005

0100 3391 423

**Vanguard**

B4, U007

0106 7239 881

**7 Minutes**

B4, U012

0102 9999 046

**Car Club**

B4, U014

0114 4408 194

**Exotica**

B4, U016

0109 6981 706

**Syrian Center**

B5, U002

0101 2242 443

**Hero**

Car Services

B1, U011

0115 8551 337

**Moomen Car Services**

B1, U 011

0102 1460 596

**Barakat**

B2, U012

0111 1562 227

**FIT & FIX**

B2, U013

0121 00664 137

**212**

B2, U013

0111 7754 746

**G-Auto**

B3, U010

0100 2009 065

**Contact**

Office Car

B5, U066

0102 3980 607

**CAR WASH**

**Extreme Car Services**

B1, U009

0101 4831 520

**Magic Wash**

B 3, U001

0106 3208 979

**Auto Time**

B3, U003

0111 9288 890

**CAR MAINTENANCE**

**Bosh**

B1, U002

0100 1780 453

**Swift Auto Services**

B2, U002

0127 3344 371

**Swift Auto Services**

B2, U002

0127 3344 371

**Classic services**

B2, U008

0122 4976 696

**BMW Station**

B2, U011

01122009935

**Alhabiba Auto**

B3, U006

0102 0100 654

**Qandil**

B3, U014

0100 9097 900

**Top Line**

B4, U008

0100 8390 383

**MARKET**

**AlSaad Market**

B1,U027

0127 5863 696

**Market 24**

B2, U026

0106 4386 866

**Sofra Shamia**

B2, U034

0112 8977 701

**A Mart**

B2, U061

0112 0530 252

**Medallel El Sham**

B2, U068

0114 4110 159

**Al Harbi Market**

B5, U020

0110 0650 034

**Nur Alaislam**

B5, U024

0100 2607 544

**Syrian Bee**

B3,U42-43

0114 2944 148

**ATARA**

**El Atara El Sorya**

B3, U049

0115 1112 900

**BIRDS**

**Shaheen Farms**

B2, U065

0109 9499 182

**Sharif & Hamada**

B4, U061

0111 3363 702

**Toyoor Al-Amin**

B3, U031

0100 8551 428

**BUTCHER**

**Al-Saad Butcher and Grill**

B1, U042

0127 5863 696

**Auf**

B3, U047

0100 9005 543

**VEGETABLES AND**

**FRUITS**

**Saad Fruit & Vegetables**

B1, U004

0127 5863 696

**Singer Son**

B2, U027

0111 0697 253

**Refai Fruit & Vegetables**

B2, U066

0115 3389 530

**FAST FOOD**

**Hari2a**

B1, U 018

0110 2444 420

**Neama**

B1, U031

0100 2404 555

**Shabrawy**

B2, U025

0100 0409 986

**Kebda fallah**

B4, U051

0121 1119 879

**Chicken Planet**

B2, U067

0122 2102 110

**Shadir Alsamak**

B3, U052

0122 9200 019

**BAKERY**

**City Bakery**

B1, U035

0111 9916 512 - 0109 0644

688

**La Dorée**

B3, U062

0112 6401 966

**BILLIARDS & CAFÉ**

**Sunday Funday**

B2, U022

01201001231

**Shots N' Dots**

B2, U070

0106 4602 742

**Rand Mart**

B1, U022

0100 3206 110

**Abou**

**Auf**

B1, U024

0109 2498 606

**Derma Café**

B1, U025

0109 8587 688

**Orca Café**

B2, U042

0100 7224 265

**HT 5**

B4, U048

0114 4014 141

**Eali Aldaakih**

B5, U017

0109 0646 408

**Murra's**

B5, U040

0100 3512 725

**RESTAURANT**

**Asmak El Safa**

B5, U051

0100 2539 246

**Doner Misr**

B1, U033

0101 5213 961

**Sham El Qadim**

B2, U041

0109 9900 099

**ElGendy**

B2, U071

0121 2166 665

**3m Foad**

B2, U046

0100 1266 686

**New Sharkawi**

B2, U047

0100 4744 009

**Mr Crab**

B3, U017

0155 5399 222

**Chicken Fire**

B3, U018

0122 3198 980

**Burito**

B4, U018

0112 1229 346

**Tanour**

B5, U048

0100 7976 139

**HALAWANI**

**Les Dames**

B5, U038

0115 0574 148

**ICE CREAM**

**Omay**

B2, U057

0115 4339 166

**JUICES**

**Qabasy juices**

B3, U029

0100 9995 758

## Central Grand Library Embracing Culture and Knowledge



Opened in 2018 as a very special resource and facility for all Madinity residents, Central Grand Library in the Jamia Mosque offers a wide range of genres, such as philosophy, psychology, Islamic religion,



interpretation of the Holy Qu'ran, social sciences, languages, art, literature, geography and history, along with many other subjects. The 7,400 book library also includes a special section for younger readers, giving them the opportunity to develop an appreciation for books at an early age. Keeping abreast of the latest technology, the library uses Koha, a full-featured, scalable library management system, which is one of the most important in the field to maintain a record of all books.



Central Grand Library also conducts special courses on a variety of subjects, helping residents broaden their knowledge and expand their interests. Learning and culture thrive in harmonious surroundings, and the elegant building is styled to blend in with the traditional Islamic style of the adjacent mosque with a cool, airy courtyard graced by curved arches and sheltered walkways, making it a peaceful oasis where the mind can feel at peace.

**Visiting hours:** 10 am to 8 pm daily

**For information:** 0114 221 1558



## Abu Auf to Open 6 New locations across TMG Shopping Malls

Abu Auf, the largest specialty food retailer in Egypt will be expanding with 6 new branches spread across TMG's developed Malls. Three of the locations will be housed at different retail destinations located across different shopping centers within Al Rehab City the hub of New Cairo, while the other three locations will be located at different retail destinations located within Madinaty, the fully integrated city.



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# كريم عبد العزيز في مدينتي



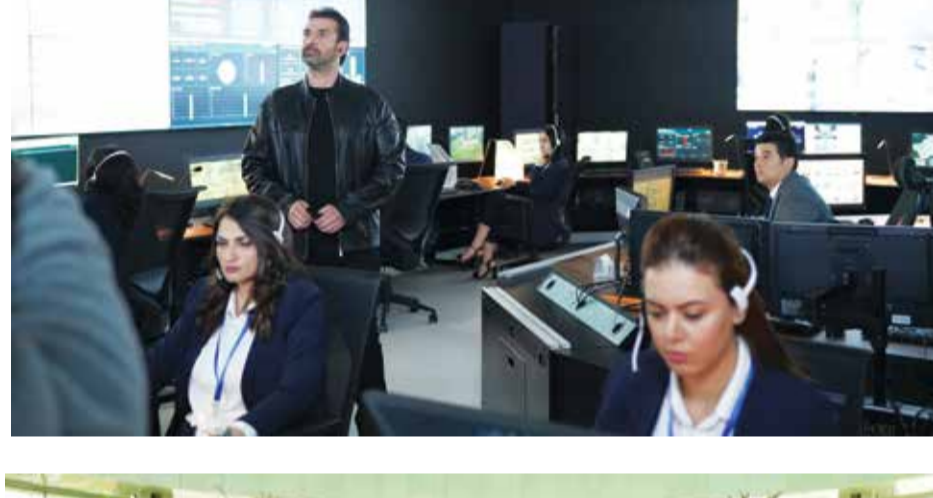
كلنا شاشتنا نورت بالنجم الكبير كريم عبد العزيز في آخر حملات مجموعة طلعت مصطفي المميزة لعام 2022. عرض كريم عبد العزيز شكل الحياة في مدينتي ما بين المساحات الخضراء والخدمات المتنوعة و الرفاهية اللي بيستمع بيها كل سكان وزوار مدينتي. لأن مجموعة طلعت مصطفي دائماً بتبني مجتمعات فريدة من نوعها.



بدأ كريم التجربة وعاش كل ثانية فيها، من التجول في الحدائق الصغيرة و الاستمتاع بالطبيعة الخلابة المريحة للأعصاب في السنترال بارك محاطاً بالأشجار والنباتات النادرة والمساحات الخضراء على مدى البصر، للتجول في أحياء مدينتي والاستمتاع بالتصميمات المعمارية المختلفة المريحة للعين والنفوس. كل دقيقة عاشها كريم استمتع بها، وكان لسه فيه أكثر.



تجاوزت التجربة توقعاته، وانهر بالبنية التحتية الي بتنافس الكثير من المدن العالمية. من أول الوحدات السكنية بتصميمها الأنيق والعصري، ومساحاتها المختلفة للأفراد والعائلات، ووصولاً لفيلات الجولف الكلاسيكية. الاختيارات المتعددة هو شيء مميز في مدينتي وكان سبب انهيار كريم بالمكان. وأشاد بوجود عدد من المدارس الدولية والخاصة والتي تعتبر من الأفضل في مصر، وكما أشاد بأنظمة الأمان عالية التقنية، والمرافق الحكومية والخدمات الأساسية لسكان مدينتي، ودور العبادة لكل طوائف المجتمع، والتنوع بين الأنشطة الترفيهية والرياضية، والمركز الطبي على أحدث طراز ووحدة العناية المركزة المتنقلة. ومنطقة الـ Craft Zone، المكون من 1400 وحدة تجارية التي توفر كل أنواع الخدمات.



كمل كريم يومه مع البنت الجميلة ربما في أجواء المرح و الاستمتاع الموجودة في أكستريم بارك في "Open Air Mall".

تعتبر اكستريم بارك أكبر مركز ترفيهي داخلي في مصر، على مساحة 4500 متر مربع داخل Open Air Mall في مدينتي، مساحة المكان المميزة بتساهم في تقديم تجربة مرح أكبر بكثير من أي مكان ثاني. عالم سحري، ملئ بالمتعة اللامتناهية في كل خطوة، وكمان My Town المكان المخصص للصغار اللي بيوفر مساحة أكبر للعب و الاستمتاع في منتهى الأمان.



انطلق كريم و ربما بعد ذلك للأختيار ما بين 15 قاعة عرض سينمائية مصممة بأحدث الطرق التكنولوجية من أجل تجربة سينمائية فريدة في مجمع سينمات Renaissance الموجود في Open Air Mall.



بعد ساعات من المتعة والاثارة، بدأ كريم في التسوق بأشهر المحلات التجارية و قضاء يوم مشمس في الهواء الطلق.

وعلى جانب آخر من الحياة في مدينتي، قرر كريم العودة للهدوء والاسترخاء في نادي مدينتي للجولف. و قابل كريم سكان مدينتي ولعب معاهم جولف وشطرنج.



زار كريم في نادي مدينتي الرياضي، واستمتع بحمامات السباحة الأولمبية، والمطعمة والترفيهية وأكاديمية الملاكمة والعباب القوى، وتشجيعه ابطال كرة القدم داخل أكاديمية ليفربول العالمية، ومحاولاته للعب في ملاعب الـ Go Padel.

التطور والرقي في كل خدمات مدينتي جعلها المكان المناسب لحياة أمنة و خالية من التوتر.

في قمة سعادتنا لوجود الفنان الكبير كريم عبد العزيز بمدينتي وفي انتظار زيارة جديدة.



# تفعيل نظام الإنارة الذكية بمدينة الرحاب



بعد سنوات عديدة من العمل بحوالي ٨٠٠٠ وحدة إضاءة تقليدية ، تم الانتهاء من أعمال تطوير شبكة الإضاءة في جميع شوارع الرحاب حيث تم استبدال الإضاءة القديمة بإضاءة ليد صديقة للبيئة. أصبحت الآن إنارة شوارع الرحاب مرتبطة بوحدة تحكم مركزية عبر شبكة ألياف بصرية، بالتعاون مع إحدى أكبر شركات التكنولوجيا المتخصصة في العالم.



وبهذا سوف تكون الإضاءة جذابة ذات لون ذهبي، مصممة لإبراز الطابع المعماري للمدينة. وسيسمح النظام عالي التقنية بالتحكم في مستوى الإضاءة وهو مبسط للغاية بحيث يمكن بسهولة الحفاظ عليه ومراقبته من قبل فريق التشغيل، واتخاذ إجراءات فورية في حالة حدوث أي عطل.



# من أجل مدينة أفضل قواعد وإرشادات جهاز مدينتي للسكان

## قواعد اصطحاب الحيوانات الأليفة في الأماكن العامة داخل مدينتي

- يجب الالتزام برفع مخلفات الحيوانات اثناء تجولها مع صاحبها في الاماكن العامه.
- يحظر تجول اي كلب بدون صاحبه (فوق 18 سنه) وبدون (ليش) أو (كمامة) و في حالة مخالفة ذلك يتم إتخاذ الإجراءات اللازمة لإيداع الكلاب المضبوطة إحدي جمعيات الرفق بالحيوان بالتنسيق مع أجهزة الشرطة.
- يحظر اقتناء الكلاب المعروفه بشراستها .

## إرشادات مروريه

- الإلتزام بالقياده على الطرق بالسرعات المحددة.
- عدم السير عكس الاتجاه.
- ركن السيارات في الاماكن المخصصه بعيدا عن الممرات الخدميه ومحطات رفع القمامه.

## نصائح للحفاظ على النظافه العامه

- المحافظه على نظافه المدينه وعدم القاء المخلفات والقمامه في الحدائق والشوارع .
- إحكام غلق أكياس القمامه قبل وضعها في الامكان المخصصه لها.

## الحفاظ علي الهدوء و الحد من الضوضاء

- يحتاج الاطفال الى اللعب و لكن في عطلة نهاية الاسبوع في الاماكن المخصصه للعب مثل النوادي حيث ان لعب الكره في الحدائق يتلف الزراعه ويعتبر تعدى على مساحات خضراء ملك جميع قاطني المدينه.
- الضجيج الليلي يعد اساءه اجتماعيه و يمثل احد اشكال العنف ضد الاخرين.

## استخدام المصاعد

- يجب الحفاظ على المصاعد نظيفه وعدم ترك الاطفال دون سن ال 12 عام بالصعود في المصعد بمفردهم.
- يجب استخدام المصعد في الاغراض المخصص لها و عدم حمل اي متعلقات ثقيله الوزن مثل (اجهزة المنزل) لعدم تعرض المصعد للتعطل والتلف .

# ORION

## حياتك أسهل مع اورايون

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الليموزين	صيانة التكييفات	خدمة التسويق العقاري (بيع - شراء - إيجار)
مشاركة السيارات في المشاور اليومية بين الزبائن	صيانة الأجهزة الكهربائية	التصميمات والتنشيطات الداخلية
خدمات الصيانة والعناية الشخصية في المنزل	خدمة الكي والتنظيف الدائم	خدمة نقل الأثاث
رعاية الحيوانات الأليفة	طبليات البيت	خدمات النظافة المنزلية والتطهير
خدمات طبية منزلية	خدمة النقل والتوصيل المنزلي	خدمة مكافحة الآفات والحشرات
خدمات السفر والسياحة	شحن عدادات الكهرباء والمياه	تنسيق الحدائق والبرجولات
خدمة المدفوعات	خدمة إنقاذ السيارات (الونش)	التجارة والسياحة وأعمال الكهرباء
خدمة الركاب والألومنيال	صيانة السيارات	الدهانات
خدمات التشطيب	غسيل السيارات	صيانة الدش

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# رواد الأعمال المصريات

## ندوة مع نبلي حماد



Photography: Amira El-Ghandour

**عندما يتعلق الأمر بالأعمال التجارية وتمكين النساء الراغبات في إطلاق شركاتهن الناشئة، تمتلك نبلي حماد المعرفة والخبرة لكتابة قصص نجاح شبيهة بقصتها. نبلي المقيمة في الرحاب ومدينتي منذ فترة طويلة تقرب من 15 عاماً تستمتع مع عائلتها بمجتمع مجموعة طلعت مصطفى النابض بالحياة. التقينا بها لمعرفة المزيد حول ما يميز هذه المرأة القوية والأم العاملة النشيطة.**

**نبلي، ما أكثر ما يعجبك في الحياة في مجتمع مجموعة طلعت مصطفى؟**

الخصوصية والفخامة والخدمات المميزة خاصة المركز الطبي المجهز بشكل رائع، بالإضافة إلى المدرسة البريطانية الدولية في مدينتي التي انضم إليها أطفالي منذ 8 سنوات، وجميع المرافق الموجودة داخل مدينتي التي تتيح لك الحياة داخل المدينة دون الحاجة إلى الخروج منها.

**ما الذي ألهمك لإطلاق مبادرة HIGH HEEL EGYPTIAN ENTREPRENEURS؟**

أنا أعمل في المجال الطبي حيث يقع مصنعنا في المنطقة الحرة بالإسماعيلية وقد تلقينا كثير من الدعم من غرفة التصنيع وبعض الكيانات الأخرى مما ساعدنا على النمو محلياً ودولياً في فترة زمنية قصيرة.



يمكنك القول أن السبب الرئيسي الذي جعلني أطلق هذه المبادرة في أواخر عام 2018 هو مساعدة هذه الكيانات والقطاع الحكومي لتدعيم النساء الراغبات في إطلاق شركاتهن الناشئة ومساعدتهن على زيادة المبيعات.

**ما هي أكبر قصص النجاح حتى الآن؟**

تم الاعتراف بمبادرتنا من قبل وزارة الاتصالات وتكنولوجيا المعلومات، والآن نحن نعمل تحت مظلة الحكومة. نحن نقدم دورات عمل مجانية للسيدات ونساعد بشكل أساسي على بيع منتجاتهن في الخارج والداخل عن طريق البوابات الإلكترونية، كما ونساعد في الوصول إلى عدد أكبر من الجمهور المستهدف عبر صفحات التواصل الاجتماعي الخاصة بهن.

**وكيف تقومون بذلك؟**

ليس لدينا منصة محددة نتعامل من خلالها ولكننا نتعامل مع منصات موثوقة مثل أمازون مصر، جوميا، ميتشا، muqbis و E-ASWAQ وغيرها من البوابات الإلكترونية. ونساهم أيضاً في استخدام منصات المدفوعات الإلكترونية مثل PAYTABS و PAYMOB بدلاً من البنوك. تساعد جميع خدمات البوابات الإلكترونية والمرافق الإلكترونية هذه المشاريع الصغيرة والمتوسطة الحجم على بيع منتجاتها والترويج لعملها بحرية وتساعد أيضاً على زيادة حجم أعمالها في فترة زمنية قصيرة.

**ما هي نصيحتك للنساء الراغبات في إنشاء شركات ناشئة؟**

نصيحة واحدة أساسية، وهي في الواقع أهم نصيحة على الإطلاق، تحتاجين إلى معرفة إلى أين ستذهب علامتك التجارية.

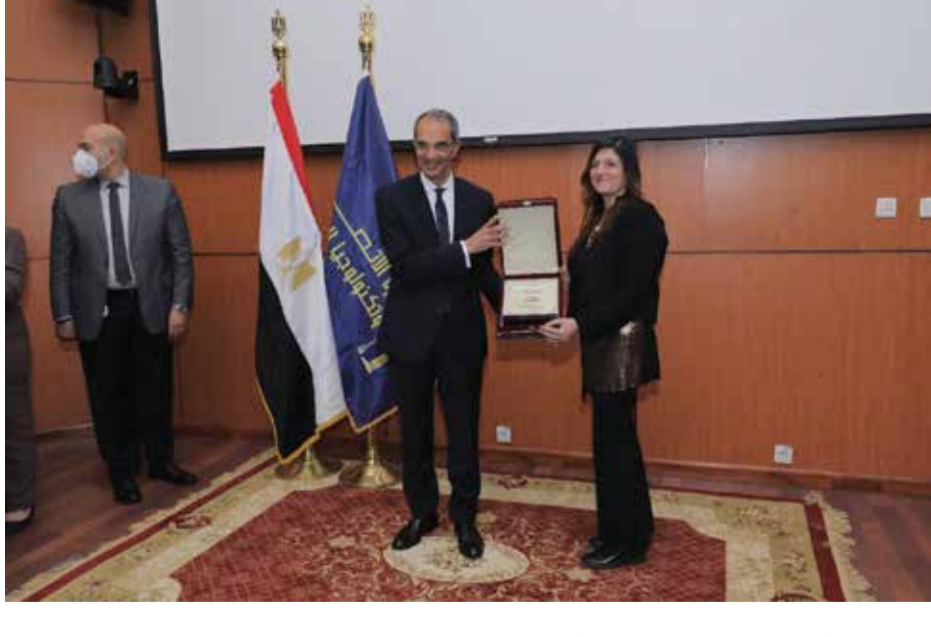
سيكون هذا هو هدفك الرئيسي للتخطيط للمستقبل، ضعي نموذج أعمال مناسب، واستراتيجية تسويق إبداعية، وأخيراً وليس آخراً، استطلعي رأي عملائك في منتجاتك وكوّني قاعدة بيانات واسعة.

**ما هي الخطوات المهمة لبدء أي مشروع؟**

يعتقد معظم أصحاب الشركات الناشئة ورواد الأعمال أن الأموال الكافية والتدفق النقدي المنتظم هما العاملان الرئيسيان لجعل عملك وعلامتك التجارية يزدهران في وقت قصير. على العكس، أقول هذا دائماً لرواد الأعمال في مجتمع المبادرة، "العمل بدون استراتيجية أو نموذج عمل مناسب لن يجعلك تخطو أي خطوة."

هناك بعض الخطوات البسيطة لإطلاق مشروعك. أولاً، قم بدراسة السوق حيث تحتاج إلى معرفة ما إذا كان السوق بحاجة إلى منتجاتك أم لا. لا تنافس في المحيطات الحمراء، ونافس في المحيطات الزرقاء. المحيطات الحمراء هي كل الصناعات الموجودة اليوم، ومساحات السوق المعروفة والمعترف بها. المحيطات الزرقاء هي الصناعات غير الموجودة اليوم، ومساحات السوق غير المعروفة المحتاجة إلى الابتكار والتنمية.

ثم قم بتطوير خطة عملك، بما في ذلك استراتيجيات التمويل والتسويق الخاصة بك. وعندما تكون مستعداً للظهور في السوق، لا تطلق مجموعة منتجاتك الكاملة، اختبر السوق أولاً.



**إذا تحدثنا عن الجانب الشخصي، كيف تستمتعين بقضاء وقت فراغك؟**

أنا رياضية سابقة، كنت سباحة لمدة 10 سنوات متتالية، وكنت ألعب التنس مع أمي وأخي. عندما أشعر بالتوتر وأحتاج إلى التخفيف قليلاً، آخذ نفساً عميقاً وأذهب للسباحة لفترة كافية، أو ألعب مباراة تنس. وعلى الجانب الآخر، تصفي القراءة ذهني وتساعدني على الانتقال بذهن صافي بين مهام المهنة.

**كيف تتأكدين من الحفاظ على التوازن الصحي بين العمل والحياة الشخصية وما مدى أهمية ذلك في رأيك؟**

ليس من السهل تماماً أن أكون أمّاً عاملة لديها الكثير من المسؤوليات، لكنني محظوظة بشريك حياة يدعمني بشدة، زوجي يساعدني ويشاركني في جميع جوانب حياتي.





سوبر ماركت



مطاعم وكافيهات



مستلزمات بيطرية



خدمات صيانة السيارات

كرافت زون... أكبر منطقة تجارية داخل  
مدينتي تضم أكثر من 600 محل تجاري  
لمختلف الخدمات التي تلبي كافة  
الاحتياجات اليومية للسكان.



## الرياضة بشكل جديد في

# ICONFIT

من أفضل الأشياء في الحياة في الرحاب ومدينتي هي توفر وسائل الراحة بأعلى مستوى وهو ما يعزز جودة الحياة على جميع المستويات. سيخبرنا د. أحمد عصام سيخبرنا بكل ما هو جديد عن توسع IconFit بفرع جديد في مدينة الرحاب.

### ماذا لديك لتخبرنا به عن فرع IconFit الجديد؟

IconFit يقدم مفهومًا جديدًا للياقة البدنية، باستخدام أحدث الأجهزة وبوجود مدربين محترفين متخصصين في جميع الأنشطة. تم إنشاء أول فرع لنا في مجتمعات TMG داخل نادي مدينتي الرياضي، وها نحن الآن نتوسع وننشئ فرعنا القادم في Park 15 في نادي الرحاب الرياضي.

### ما أنواع التدريبات وحصص اللياقة البدنية والأنشطة التي تقدموها؟

نقدم جميع أنواع التدريبات، من فصول اللياقة البدنية، بجانب وجود فريق التدريب الخاص الذي يساعد أعضائنا على تحقيق أهدافهم الشخصية للياقة البدنية.

### ما هي الأجهزة التي يمكن للأعضاء الاستفادة منها؟

جميع أجهزتنا هي من شركة تكنو جيم المتطورة، حيث يتوفر لدينا جهاز لكل مجموعة عضلية بالإضافة إلى ساحة التدريبات المتخصصة لدينا والتي نقيم فيها عدد من الحصص المختلفة على مدار اليوم.



### هل يمكنكم تصميم برامج تدريبية لجميع مستويات اللياقة البدنية والفئات العمرية المختلفة؟

بالتأكيد، هذا هو دور فريق التدريب الخاص، فهم متخصصون في تصميم جميع أنواع برامج اللياقة البدنية لجميع أعضائنا.

### ما هي أهم نصائحك لسكان الرحاب ومدينتي للبقاء بصحة جيدة ولياقة بدنية عالية بأسلوب الحياة المزدحم؟

يعيش مجتمعنا في الوقت الحاضر أسلوب حياة مزدحم، ومع ذلك، يمكن لكل شخص إيجاد ساعة واحدة من وقته يوميًا من أجل صحته. لهذا السبب تم إنشاء IconFit لدعم فكرة حياة صحية لمجتمعنا.

# كيف تستقبل حيوانك الأليف الجديد وتضمه إلى عائلتك؟



أوقات طويلة من المرح والمحببة والعلاقة الودية، هذا ما تتوقعه عندما ينضم إلى عائلتك قط أو جرو جديد، أن الحيوانات الأليفة تحتاج لمعاملة خاصة تمامًا مثل الأطفال الصغيرة، ولهذا يجب عليك أن تعرف كيف تمنح حيوانك الأليف البداية الأمثل لحياته.

## نصائح للتعامل مع قطتك الجديدة

في أي سن يمكن للقطعة مفارقة أمها؟

خلال أول ٤ أسابيع من حياتها تكون القطعة متعلقة بشدة بأمها في التغذية وفي تحقيق احتياجاتها الأساسية، ففي هذا السن لا تستطيع القطعة تنظيم درجة حرارة جسمها فيكون وجود الأم ضروريًا للحفاظ عليها نظيفة، دافئة، وآمنة. بعد مرور هذه الفترة تتعلم القطعة كيف تصطاد وتأكل وتقضي حاجتها بمفردها. ننصح ببقاء القطعة الصغيرة مع أمها حتى بلوغ عمر من ١٢ إلى ١٤ أسبوع.

تأكد من تجهيز صندوق لقضاء الحاجة ووضعه في مكان سهل الوصول وقم بتنظيفه بشكل دوري، فالقطط كائنات نظيفة بطبيعتها وستتعلم استخدام الصندوق في وقت قصير.

ما الطعام الذي يمكن تقديمه لقطعة صغيرة؟ وكم وجبة يمكن تناولها يوميًا؟

عند إطعام القطعة في عمر ٤-٦ أسابيع مع فطامها أو الانتقال إلى مرحلة الغذاء الصلب، نقوم بتقديم عدد من الوجبات لها على مدار اليوم بكميات صغيرة. قم بإعداد لها وجبة حساء تضع فيه طعام القطط الصغيرة الملعب بجودة عالية في وعاء من الماء الدافئ.

عند بلوغ عمر ٥-٦ أسابيع يصبح للقطعة أسنان صغيرة تمكنها من مضغ الطعام فيمكن حينئذ الاستغناء عن الحساء.

وعندما تبلغ القطعة عمر ٨ أسابيع يمكنها تناول الطعام وشرب الماء بدون مساعدة، في هذا العمر يمكن تقديم الطعام الجاف لها ولكن بعد وضعه في كمية بسيطة من الماء الدافئ أولًا. وفي عمر ١٠ أشهر يمكن لمعظم القطط تناول طعام القطط البالغة.

## نصائح للتعامل مع كلبك الجديد

في أي سن يمكن للجرو مفارقة أمه؟

يمكن للجرو مفارقة أمه عند بلوغه كحد أدنى ٨ أسابيع، لكن ينصح الكثير من الخبراء ببقاء الجرو مع أمه حتى عمر ١٢ أسبوع.

ما الطعام الذي يمكن تقديمه لجرو صغير؟ وكم وجبة يمكن تناولها يوميًا؟

تعتمد كمية الطعام وتوقيتات تقديمه للجرو بشكل أساسي على عمره، فالجراء الصغيرة جدًا تحتاج لتناول طعام جراء عالي الجودة ٣ أو ٤ مرات يوميًا تقريبًا. وتقل عدد الوجبات إلى ٣ وجبات يوميًا في عمر من ٣ إلى ٦ أشهر، ووجبتين فقط يوميًا في عمر من ٦ إلى ١٢ شهر.

تذكر أن جروك يحتاج إلى الخروج خارج المنزل بعد الاستيقاظ من النوم وبعد الأكل والشرب لقضاء حاجته، ويحتاج الجرو الصغير إلى الخروج من ٤ إلى ٥ مرات يوميًا، وبالطبع لا تنس ربطه بسلسلة عنق.

بعد مرور عام تقريبًا، تستطيع معظم الجراء تحويل نظامها الغذائي إلى نظام متوازن يتم فيه تناول طعام الكلاب البالغين مرتين يوميًا. التزم بجدول مواعيد الطعام واحرص على تقديم الطعام لجروك في نفس المكان، نفس الميعاد، ونفس المدة الزمنية الفاصلة بين الوجبات.

عندما يعتاد جروك على مواعيد الوجبات الثابتة ستجد أنه قد قام بتثبيت مواعيد قضاء حاجته كذلك.

## قائمة المأكولات الممنوعة للكلاب والقطط

- السمك ولحم الخراف وعظام الدجاج
- الكميات الكبيرة من الكبد لتجنب خطر الإصابة بسمية فيتامين أ
- الشوكولاتة
- العنب والزبيب
- أي طعام يحتوي على السكر

## انتبه من فضلك

يتميز مجتمع الرحاب و مدينتي بالأمان ووجود مساحات شاسعة من الحدائق مما يجعلها مثالية لحياة جيدة لك وحيوانك الأليف، ومن أجل الحفاظ على رفاهية وحقوق جيرانك، هناك قواعد أساسية وحيوية لامتلاك حيوان أليف في مجتمعنا.

- احرص دائمًا على الحفاظ على بيت حيوانك الأليف نظيفًا وخاليًا من الرائحة.
- قدر الإمكان، اجعلهم مستمتعين وأطعمهم جيدًا لتجنب أي ضوضاء لجيرانك.
- ضع طوقاً على حيوانك الأليف، وتأكد من حصولك على رخصتك وأوراق اللقاح الخاصة به، وتجنب إزعاج المارة بأي شكل من الأشكال، واجمع فضلات كلبك للتخلص منها في واحدة من العديد من صناديق النفايات الخاصة بالحيوانات المتوفرة في جميع أنحاء الرحاب و مدينتي.



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