

# City Life

by TMG

Issue No.15 - April 2026

A WORLD  
AT YOUR  
*Doorstep*

THE  
SPINE  
THE 1<sup>ST</sup> COGNITIVE  
CITY IN THE WORLD



## A FESTIVE SPRING!

نشرة دورية توزع داخل مدينتي والرحاب مجاناً

# TMG Life<sup>®</sup>



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YOUR CITY**



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# City Life

**3** 100 B.C. The people of Egypt have been able to withstand quite a few challenges along the way since then. Now, as 2026 plays out before us, once again we are put to the test. Defined by pragmatic energy, and with a dedication to working as a community in the knowledge that together, we not only survive, but thrive. So let's limit our screen time, stop feeding any anxiety with the barrage of minute-by-minute news, and instead, enjoy special moments with family, friends, colleagues, and neighbours.

Living in a TMG community gives us the benefit of that sense of community, and *City Life* shares the energy throughout its pages. Delve in, and see what is going on in your corner of the world.

The huge news is The Spine. A ground-breaking first for Egypt, this amazing city set in the heart of Madinaty is so innovative with its AI technology, and cognisant infrastructure that it will be a game changer. Read more inside.

Spring brings us plenty to celebrate, and we have a dedicated section filled to the brim with ideas. Things to do, places to visit, and traditional dishes to enjoy. We also look at our much-loved sporting clubs. They are a perfect day out for the whole family, with an abundance of amenities and things to enjoy.

Of course, we bring you three great celebrity interviews, perfectly timed for the new season of films. It's time to meet Nour Ehab, Karim Kassem, and Sedky Sakhr. They are not the only interesting personalities we have in board. This is your chance to get to know three members of our very own communities, from their hobbies to their favourite chill out spots.

Spring is just the right time to plan a getaway out of town, you will find our suggestions inside, for a few days away with friends, or fun day trips to two historic locations. We also look at easy-to-wear fashion items to fit the mood, and add some beauty tips for sensitive skin.

So settle back and enjoy our latest issue, you will find your favourite sections there, ready to inspire and entertain you.

Created for our diverse, multinational TMG communities, *City Life* is available in print and online to entertain and inform you. Wishing you a joyous, peaceful spring season, filled with harmony and happy times!

# C O N T E N T S

April 2026

CELEBRITY FEATURE

**Nour Ehab**  
**Karim Kassem**



FASHION & BEAUTY

**Spring Trends**  
**Products for Sensitive Skin**

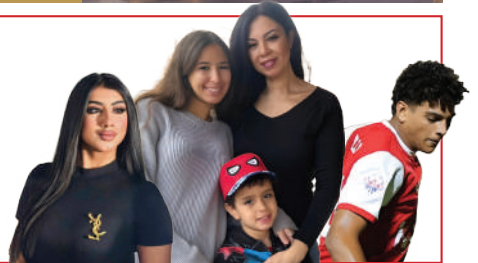


**The Spine**  
**TMG Life**  
**MGC News**



MEET OUR COMMUNITY

**Gihane El Nashar**  
**Karina Kashmir**  
**Mourad Sultan**



SPORTS AND ACTIVITIES

**Madinaty Sports Club**  
**Al Rehab Sporting Club**  
**Yoga and iChoreo**  
**Spinning Wheels**



EID & EASTER

**Spring Traditions**

**Spots to Enjoy Eid - Al Rehab**

**Spots to Enjoy Eid - Madinaty**

**Spots to Enjoy Eid - Celia**

**Eid Getaway**

**Artique**



HOME & GARDENS

**Bring Spring into Your Home**

FOOD SPOTLIGHT

**Renga Salad**

**Feast On Sushi**



WELLNESS

**It's Allergy Season!**

**Gateway Clinics**



TRAVEL

**Day Trip: Port Said & Ismailia**



GEN Z

**Refresh, Renew, Recalibrate  
Open Up Career Opportunities**

**Pets**

**Kids Zone**

**Orion**

**Sedky Sakhr**

**City Hall**





We enjoyed catching up with Nour Ehab and learning about her role as Alia in the new Ramadan series, *Etnen Gherna*, and popped a few personal questions to get to know her better.

### **Congratulations on the release of *Etnen Gherna*!**

Thank you.

### **When you first read the script, what was the first thing that resonated with you?**

The first thing I saw in my character Alia was her relationship with her family. I loved how much emotion there was between them, so this was the thing that drew me to her.

### **If someone watches *Etnen Gherna*, and they can walk away with one thing from your character, what would you like it to be?**

I hope they remember the family's relationship in general, and how close the family was to each other and supportive, because I feel like this is the most important thing in life. Thankfully everyone is saying they want to be a part of this family, and this was the comment I was hoping for.



### **Are you and your character Alia alike in real life?**

Yes, very, very, alike and that's why I wanted to play this role with this character and showcase this relationship.

### **Outside of acting, what inspires you creatively, or what hobbies do you make time for?**

Anything related to travel, and to sports and music. These are the top things.

### **Do you play any instruments?**

Yes I'm at the conservatoire, so piano, drums, marimba, a lot of things. I adore music.

### **Are there are projects lined up, or projects you're working on in 2026?**

There are things, if God is willing, but the year is still starting. Soon, hopefully.

### **What's the message you want to give to Gen Z or teenagers in general about finding their life goals?**

I want to tell them not to rush, and to listen to their family's advice, because in the end they're always right, so they just have to be patient.

### **Since *Etnen Gherna* is a romantic series, called 'Bare Minimum or Princess Treatment', I'll tell you a few things and you have to tell me if it's bare minimum or princess treatment.**

First of all everything is bare minimum. We want princess treatment in everything!

### **Yes! Okay, if he pays on every date.**

Bare minimum.

### **If he tells you beforehand that he's going to be busy and won't be answering you throughout the day so that you're not overthinking.**

That's cute, princess treatment.

### **If he texts you good morning and good night every day.**

No, princess treatment and I wouldn't like that. We can just wake up and talk, there's no need for the whole good night, good morning. I don't need to feel like someone's watching me.



### **If he buys you flowers with no occasion?**

Princess treatment.

### **If he takes his jacket off when it's raining to cover your head with it.**

Princess treatment.

### **What's your favorite song that you're currently stuck on right now?**

Angham's song from *Etnen Gherna*, I adore it.

### **Are you an eating out person, or do you prefer home-cooked meals?**

Definitely, at home, everything. We eat at home, we sit at home, and we gather at home.

## **“ The first thing I saw in my character Alia was**

*her relationship with her family.*



## *Quick-fire Round of Questions*

### **Your role model?**

My mother, may God protect her.

### **Four favourite movies?**

*P.S I Love You, Pretty Woman, Aan El Eshq w El Hawa, and El Selem w El Tebaan.*

### **Favourite actor or actress you have worked with?**

Salah Abdallah.

### **Favourite vacation destination?**

In Egypt, I love Ras Sedr. Outside Egypt, Athens and Johannesburg.

### **Romantic or realist?**

I consider myself a Gemini kind of personality, but if I had to choose, I would be a realist.

### **Any pets?**

Yes, Milo, my dog.

# Karim Kasseem



From intense TV drama to a big-screen project, Karim Kasseem is having a standout moment. Following his striking role in the TV series *Manna'a*, the actor opens up about the process of shaping his complex character and the preparation that brought it to life. He also talks about sharing the screen with Hend Sabry and Hoda El Etreby, and teases what audiences can expect from his upcoming film *Ad'aaf Khal'o*, as well as what he knows about *Welad Rizk 4* so far. In this interview, Kasseem reflects on collaboration, transformation, and the exciting roles defining this new chapter in his career.

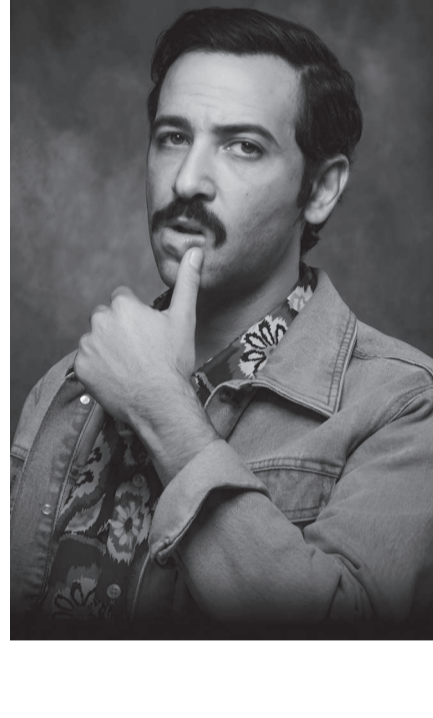
**Most of the roles you play are morally grey or bad boy characters, do you deny that you must have some bad boy part in your real personality that makes these characters very fitting for you to play?**

Recently, I have been playing bad boy roles, that's true, however, at the beginning of my career I used to play cute good boy characters. I'm actually glad I transitioned to playing darker characters. It's surprising to me that you think I fit more in morally grey or bad boy characters because it's so different from my personality in real life. Of course every person has anger inside that he/she can channel through acting or martial arts et cetera.

**So, you believe in method acting?**

Not only do I believe in method acting, I introduced method acting in Egypt. It's been 15 years and I have trained 600 actors in Egypt, including 300 who act for a living now. Half of the Egyptian youth now act using method acting.

**Do you know that there are people who are against method acting? They believe that one shouldn't involve real and personal feelings and matters in one's work.**



I don't know why people would backlash about a technique an actor uses whether it's involving personal things or out of the imagination. It's not something to judge. To each their own, and every actor has his own techniques. All of the new generation now uses method acting and we deal with it like athletes. We finish a TV series and go right into a workshop and keep developing our skills.

**Which do you enjoy playing more, the role of a bad boy or morally grey character or a righteous good character?**

Honestly, I don't look at roles this way, whether they are on the right or wrong side of humanity and so on. I have to sympathize with him in any way because this is my job as an actor even if I'm playing the role of a serial killer. I have to understand his motives and what drives him. But, generally, I look at roles in a whole other way, I perceive them as a challenge. As an example, the role of Meneam. I was so scared of it and I was thinking about withdrawing, because I didn't know what to do. At the beginning I read the script, and it was amazing, but I didn't know where to start, I had no clue. Thankfully because the series was still being written, we had the space to change things in the script. I developed the character with Mr. Hussien, we both wrote Meneam's character. It took us three days to reach Meneam's final appearance after 3 attempts, including a face scar and so on.

**I look at roles in a whole other way, I perceive them as a challenge.**



**How would you describe Meneam's character to someone who hasn't watched the series?**

Umm, I think Meneam is too complex to be described in a sentence, but I can say that he is a fragmented character that harms himself and people around him without realizing, but in the end he is kind, funny, he loves life, and in his core, he is a human.

**This was the first time you star alongside Hend Sabry, tell us more about your experience working with her.**

Yes, it's the first time, but actually we are now working on another project together starring Ahmed Helmy, in *A'aaf Khal'o* movie. Hend is amazing professionally and human-wise. She's a beautiful person, and I really felt like she was my sister.

**How would you describe Hoda El Etreby's personality in real life?**

She is so kind and gentle. She's one of the kindest people I've met. She cares about people around her. For example, one day I hadn't slept well and she encouraged me, calmed me down, and she was amazing to be honest.

**Will there be Welad Rizk 4?**

I heard that, yes. But, I don't think us, the original cast, will be in it because it will be like a prequel about the Rizk boys when they were young.

## Quickfire Questions:



**Basbousa or Kunafa?**

Aesh el saraya!

**Are you a night owl or an early bird?**

In daily life, I'm a night owl. But, I'm working on becoming an early bird. It's been 25 years now of trying to become an early bird.

**Are you a romantic or a pragmatist?**

I'm a hopeless romantic but it's important to also be a pragmatist sometimes. So, a balance of both. I'm a Libra so, it's also hard to let myself be a romantic all the time.

**Favourite vacation spot in Egypt and outside Egypt?**

Dahab and Nuweiba in Egypt, and Greece. Also Italy and France.

# Spring Trends

## Women



Pleated Balloon  
Leg Pants – **CLUE**



Blue & Green  
Geometric Print  
Shirt – **DALYDRESS**



Ribbed Square  
Neck Top – **FRILLU**

Beige Elastic Boho  
Pants – **FRILLU**

High-Low Relaxed  
Shirt – **CLUE**



Pleated Wide-Leg  
Formal Pants – **S.B.R**

Floral Embroidered  
Vest – **CLUE**

White Textured  
Embroidered Shirt  
– **DALYDRESS**

# Men

# Spring

# Trends



Lilac Linen Shirt –  
**KAI COLLECTIONS**



Basic Linen Camp Shirt  
& Pants – **OR**

Casual Leather  
Shoes – **ZARA**



Black Crochet Button Up  
Shirt - **KAI COLLECTIONS**



Locco Sweatpants  
– **NATIVE**



Premium Jogger Waist  
Sweatpants – **DOCKLAND**

# Gen

Unfinished Textured Blue  
Jeans - **IN YOUR SHOE**



Striped Long Basic  
Dress - **FRILLU**



Street Icon Vest - **FRILLU**



Red Printed Scarf -  
**FRILLU**

Creamy Wide Leg Swants  
- **IN YOUR SHOE**



I Live With My Parents Printed  
Kids Tee - **IN YOUR SHOE**



T-shirts - Oversized fit  
- **TOWN TEAM**

# Caring for Sensitive Skin

If flare ups and breakouts are a part of your life, you can find more and more affordable local brands ready to come to your rescue with products created just for you!

## Acne Soothing Deep Cleansing Mask - MERAKINATURAL CARE

For deep cleansing, calming, blackheads removal and pore tightening.



## Anxiety and Stress Balm - MERAKINATURAL CARE

A blend of natural ingredients that aid in relieving anxiety and stress symptoms.



## Calm Vanilla Moisturizing Body Cream - AREEJ AROMATHERAPY

Provides intense, long-lasting hydration to combat dryness and leave skin supple.



## Acne-Prone Skin Corrective Care - EVA COSMETICS

A non-drying formula that is quickly absorbed by the skin and helps to diminish the appearance of blemishes.

## Clementine Moon Milk SPF20 Skin Perfecting Moisturizer - CLEMENTINE

Moon Milk is Infused with pore-refining technology, it smooths and perfects, while providing daily sun protection.

## Lip Balm Geranium & Peppermint - AREEJ AROMATHERAPY

Damaged lips will be instantly soothed with this geranium and peppermint oil infused lip balm.





## Soft Moisturizing Cream with Aloe Vera, Panthenol & Vitamin E - EVA COSMETICS

A unique blend to  
moisturize and soothe  
your skin.



## Clementine Cleansing Milk - CLEMENTINE

This exceptional cleanser  
deeply purifies the skin  
without over-drying it.

# CREATING THE FUTURE THE SPINE



Positioning Egypt at the forefront of next-generation urban living, vision has become reality, shining a beacon to inspire the region. Launching an AI managed, dynamically elevated lifestyle, Madinaty introduces The Spine.



Already a thriving contemporary city spanning 8000 feddans, Madinaty has established itself as a gem in the TMG portfolio, where dreams have become tangible, and families build their futures with confidence. Now, for the first time in Egypt, AI-empowered living takes centre stage.

## INTUITIVE AND RESPONSIVE COGNITIVE LIVING

Stepping beyond the realms of cities as we know them, TMG has taken a quantum leap by pioneering a totally new concept, something revolutionary. A city that responds to you, lives and breathes with you, understanding your needs, for today and tomorrow. The Spine is a walkable, integrated space where everything celebrates seamless connectivity, an ergonomic hub that hums with autonomous mobility through AI-driven infrastructure, and embedded sustainability.



## A LANDMARK AT SCALE

The development features an iconic skyline of 165 towers rising up to 130 meters, alongside over 1 million sqm of landscaped areas and water features, creating an immersive green and blue environment.



## TECHNOLOGY MEETS LIFESTYLE

The Spine is proudly Egypt's first cognitive city, where AI, IoT, and cutting-edge technology optimize infrastructure, mobility, and services to create a seamless, intelligent urban experience. All smart services are coordinated via The Spine Control Room, ensuring smooth digital operations across the city.

Smart energy, water and security are seamlessly managed by AI-driven systems for sustainable utilities, along with lighting, waste management, and surveillance. Data-driven mobility and space management result in intelligent traffic, with parking, autonomous transport, and tram networks optimizing movement across the city.

AI-powered platforms personalize resident experiences by integrating virtual and metaverse environments for community planning and management.

## CAR-FREE, LUXURIOUS AND INTERCONNECTED

An urban corridor that connects the lifestyle elements of Madinaty into a vibrant, cohesive experience, stretching across 5 kilometres, nature, business, culture and the rhythm of daily life merge harmoniously. The Spine combines luxury, innovation, and sustainability, creating a benchmark for integrated urban developments in Cairo and the region. Designed for easy walkability, it integrates data-driven mobility and space management.



## INTEGRATED LIVEABILITY AND SUBTERRANEAN SERVICES

Everything flows seamlessly. Plazas connect to lakes, offices connect to residences, and technology connects everything. Above ground, life flows through gardens, promenades, and car-free public spaces, while below ground, a fully integrated logistics and service network powers the city, invisibly and efficiently with autonomous vehicles, a tram system, underground parking, smart access, and a fully integrated sub-surface logistics and services level.



## LOCATION AND ACCESSIBILITY

Positioned in the heart of Cairo's Eastern Growth Corridor, The Spine offers unmatched accessibility. Just 12 minutes from the New Administrative Capital, 20 minutes from Al Rehab, and 25 minutes from Cairo International Airport, it places residents and visitors within effortless reach of key destinations.



## REACHING FOR NEW HEIGHTS

The numbers speak for themselves. Envision a 2.4 million sqm land area, delivering a remarkable 3.8 million sqm built-up area.

### The development includes:

- 580,000 sqm of Grade A+ office space.
- 565,000 sqm dedicated to retail, dining, entertainment, and cultural experiences.

Creating a dynamic ecosystem designed to attract global enterprises, forward-thinking businesses, and discerning residents.



## HOLISTIC LIVING WITH NOTHING OVERLOOKED

As Cairo's first car-free community, with a walkable city layout, and extensive public green spaces, The Spine has been conceived as a city within a park. Discreetly tucked away underground, logistics and services preserve the surface exclusively for people, greenery, and water-enhanced public spaces. Enter a world of high-end, luxury, and ultra-luxury residences, including branded units and lagoon-front homes, boasting world-class amenities, with the added appeal of a private club with sports and social facilities.

Your needs are anticipated, with concierge, nurseries, fitness, dining, and training services, as well as medical readiness. A few minutes away you have Grade-A office spaces within a Special Economic Zone, designed for ICT, professional services, corporate headquarters, and financial sectors. No commuting time, no stress, just feel the flow.

## HOSPITALITY & LIFESTYLE

The Spine introduces a world-class hospitality offering, featuring 3,500 hotel rooms and suites, alongside serviced apartments tailored for elevated guest experiences.



## SMART INVESTMENT POTENTIAL

Already established as a regional leader in its field, and with a proven track record, TMG offers The Spine with unique investment opportunities, underpinned by comprehensive property management services. Master-planned by OBMI, a globally acclaimed urban design firm, the project's iconic architectural landmarks shape the skyline, standing out as a distinctive, aesthetically appealing statement of urban development at its most refined. Designed to serve a burgeoning population projected to reach seven million by 2040, The Spine is set to become one of Cairo's most significant mixed-use developments. Strategically positioned, it reinforces Madinaty as a key urban hub within Greater Cairo that enjoys efficient, direct connectivity to key regional corridors. By connecting residents, businesses, and visitors in a cognitive, mixed-use city, it offers a lifestyle, investment, and community experience like no other.



## ICONIC EXPERIENCES

Welcoming both residents and visitors alike, The Spine has Cairo's first swimmable lagoon, a landmark dancing fountain, walkable streets, parks, and social spaces. Throwing a spotlight on culture and leisure, amenities include a theatre, a multi-use arena, a digital art gallery, and adventure attractions, sports facilities, and family-friendly activations. Alongside a luxury retail district, there are creative markets for local talent, experiential fine dining, and AI-powered digital installations.



## AI-DRIVEN BUILDING MANAGEMENT, SUSTAINABILITY, AND QUALITY OF LIFE

Pioneering carbon-credit trading potential, a first-of-its-kind in Egypt, the city enjoys centralized cooling, reducing energy consumption by approximately 30%, while the use of AI-driven building management and eco-friendly materials promotes a healthy, active, and modern lifestyle. In a prime location, within easy reach of everything Cairo has to offer, The Spine marks a new era of living.



## THE SPINE APP

The cherry on top is The Spine App. A single interface for services, data insights, and community interaction, it is a user-friendly tool to ensure that each day seamlessly exceeds expectations.

## THE FUTURE IS NOW

The Spine is a future-forward model for integrated development, continuing the TMG legacy, and positioning itself as a world-class destination that redefines Cairo's urban lifestyle.

# Living Gets Even Smarter with the TMG Life®



As TMG communities continue to grow, digital tools play an increasingly important role in making everyday life more convenient, interactive, and rewarding.



Already an invaluable asset, the TMG Life App is now introducing new features designed to enhance residents' experiences, and strengthen the connection between the community and the services around them.



## A Platform that Listens: Polls and Surveys

The new Polls and Surveys feature allows residents to voice their opinions on various topics related to community life. From services and facilities to events and new initiatives, residents can participate in quick polls and surveys directly through the app.

This feature allows community management teams to better understand residents' needs and expectations in real time. By gathering insights from the community, it becomes easier to shape initiatives, events, and services that truly reflect residents' concerns and preferences.

Beyond feedback, this feature also encourages a stronger sense of involvement, giving residents the feeling that their voices are heard, and that they play an active role in shaping the lifestyle within their community.



## Introducing the Loyalty Program: Turning everyday spending into rewards

Another exciting addition is the TMG Life Loyalty Program (**Life Rewards**), designed to reward residents for enjoying the services and vendors within their city, while supporting the vibrant ecosystem of businesses within the communities.

Residents will be able to collect points when spending at participating vendors and using city services. These points can then be redeemed for exclusive benefits and rewards, or more buys, turning everyday purchases into added value.

With the goal of integrating a wide network of vendors and services within each community, the loyalty program encourages residents to explore and support the businesses around them while enjoying special perks.

## Improving your Life

These new features reflect TMG's ongoing commitment to enhancing everyday life through smart, resident-focused solutions. By combining engagement, feedback, and rewarding experiences in one platform, the TMG Life App continues to make community living more connected, convenient, and enjoyable.



Download the App now, register, and step into the future of community living.

**Welcome to TMG Life**

Where everything you need is right in your pocket.

[www.tmglife.talaatmoustafa.com](http://www.tmglife.talaatmoustafa.com)

# Meet Gihane El Nashar



A resident of Al Rehab since 2003, Gihane Nashar values freedom, sports, and maintaining a healthy lifestyle, making this a perfect place to call her home. An active member of the community, she is always looking to contribute to keeping Al Rehab looking its best. We jumped at the chance to get to know her better with a candid chat.

## How did you decide on the move to Al Rehab?

It was an easy decision; Al Rehab was a new and promising city, and a good opportunity for stability. My mum, sister, and cousins are also living here.

## Has life here fulfilled your expectations?

Al Rehab has really exceeded my expectations; it's become a central city in New Cairo, and a hub for all services.

## What are your thoughts on the way Al Rehab has developed?

It's developed significantly and become a self-contained community.

## Are there privileges with life in Al Rehab that you wouldn't find elsewhere?

Safety, cleanliness, everything is available and it provides many amenities. Everything is easy.

## What has been the biggest surprise?

That Al Rehab has become my real home, not just a place to live, it's a complete part of my life and I belong here.

## What has made it the right place to raise your two children?

Al Rehab is a safe and comfortable place; with everything they need, making it the ideal place to raise my kids.

## Do you think your lifestyle is influenced by the amenities and facilities?

Absolutely, all facilities and services here help me maintain a healthy and balanced lifestyle. Roads are easy to walk around, the club is few minutes away, and medical services are also a few minutes away.

## Has living in Al Rehab been a positive for your career in marketing? Do you find it helps in networking?

Definitely, Al Rehab is a comfortable and motivating place, and has helped me develop my marketing career. Al Rehab is a central location, easy for meetings, especially after entry became easier for guests by QR code. There are nice new cafes where we can have work meetings, a calm place that allows easy communication with people, and this has helped me in my marketing job and makes networking easier.

## How do you spend your leisure time?

I like to work out at the club, and spend time with family and friends, and sometimes we make a group for walking, which is really great.

## Do you have favourite places to hang out?

The Food Court. I am a regular daily guest at Costa Coffee, it's my second home.

## Where do you escape to for 'quiet time'?

Sometimes the pool is a great option inside the club, or again, my favorite coffee place. Believe it or not, I enjoy sitting in my balcony which has a great view.

## How do you start your day?

I start my day at the club, work out, go to my favorite coffee place for a coffee, and then start work.

## What is a thing you find you can enjoy together as a family?

We like to cook together at home, or do sports, and play music.

## How would you describe life in Al Rehab to anyone thinking of moving here?

Al Rehab is a comfortable and safe city, with everything you need, and neighbours are like family.



# A Refined Perspective on Life in Madinaty

Madinaty has a rich, multicultural environment, adding vibrancy and interest. We chat with Indian/Singaporean expat resident **Karina Kashmir** to get more insight into her fast-paced lifestyle, and learn how Madinaty suits her down to the ground.



## **Karina, when did you come to live in Madinaty?**

Our family has owned our home in Madinaty since 2014. Initially, it was a weekend retreat where I would spend time occasionally. However, starting from 2019, I made the transition to living there full-time. Since then, Madinaty has become not just my residence, but a fundamental part of my lifestyle and daily rhythm.



## **What brought you to Egypt?**

My presence in Egypt is rooted in my family's business, which has been established here for over 30 years. This long-standing foundation has shaped both our personal lives and professional journeys in the country.

## **Are you here with family, or alone?**

I am based in Egypt with my family. However, in terms of day-to-day living in Madinaty, I share my home primarily with my sister, which creates a balance between independence and family connection.

## **What do you find most exciting about living in Madinaty?**

I feel deeply connected to Madinaty on both a psychological and emotional level. I truly love the overall atmosphere, the sense of community, the cleanliness, the security, and the seamless availability of services.

It feels like a fully integrated city where everything is accessible, from essential services to both local and international brands. There is a sense that you do not need to leave, as everything you need is already within reach.

## **Tell us about your work in marketing. Is your team all young and motivated like you?**

I am an Account Manager at Kinetics Group, where we provide comprehensive 360-degree marketing solutions.

I manage accounts across both Egypt and Dubai, handling a wide scope that includes social media management, websites, applications, and events. I am fortunate to be part of a team that shares the same energy and mindset, young, driven, and highly motivated, which creates a strong sense of community within the workplace.

## **Are you active on social media?**

Yes, I am highly active on social media. It plays an important role in both my professional and personal life. I genuinely enjoy capturing moments through photography and engaging with content, which aligns naturally with my role in marketing as well.

## **What are your sports and hobbies? How do you fill your spare time?**

I am very passionate about sports, particularly padel, and I also maintain a consistent gym routine. In my spare time, I focus on self-care, spending quality time with the people I love, exploring new restaurants, reading to stay continuously updated, and travelling whenever I have the opportunity, especially during long weekends.

## **Where do you like to chill and hang out?**

I enjoy exploring new restaurants and cafés, as I appreciate discovering different concepts, atmospheres, and experiences within the dining scene.

## **Where do you like to shop?**

Open Air Mall is my preferred destination, as it offers a wide range of both local and international brands, making it a very convenient and complete shopping experience.

## **Have you found it easy to make friends in Madinaty?**

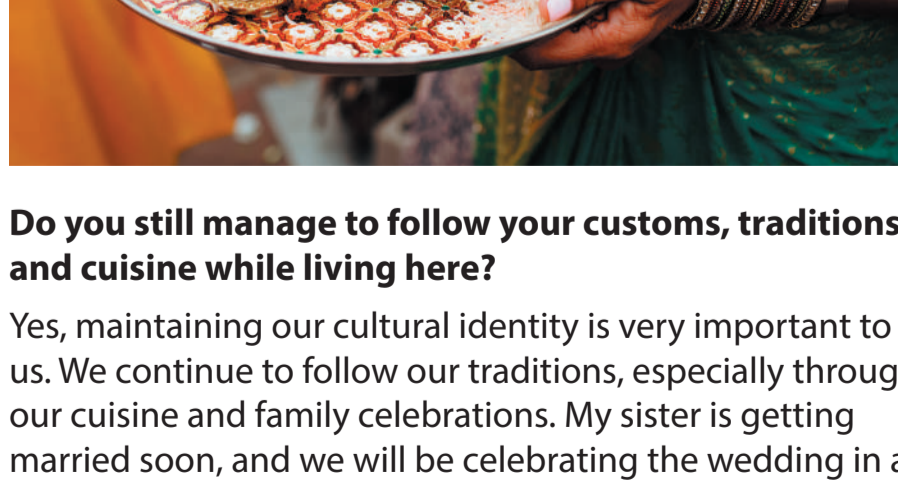
Yes, absolutely. Madinaty offers a very welcoming and social environment. It has been incredibly easy to build friendships here; I have a wide circle of friends, to the point that it is difficult to count them.

## **What did you study, and where did you complete your studies?**

I completed my studies in Egypt at the British University in Egypt, where I majored in Mass Communication with a specialization in Marketing and Advertising.

## **Do you have a large Indian community here, and do you have any organized group?**

To be honest, the Indian community here is not very large. However, my immediate family including my parents and grandparents, are based in Egypt. My grandmother is Singaporean, and my uncle also lives here with his Egyptian wife and their children. Additionally, we have close connections with Indian professionals working within the same industry as my father.



## **Do you still manage to follow your customs, traditions, and cuisine while living here?**

Yes, maintaining our cultural identity is very important to us. We continue to follow our traditions, especially through our cuisine and family celebrations. My sister is getting married soon, and we will be celebrating the wedding in a traditional Indian style, including wearing traditional attire. Additionally, my mother continues to cook authentic Indian food at home.

## **What makes Madinaty such a comfortable place for expats to live?**

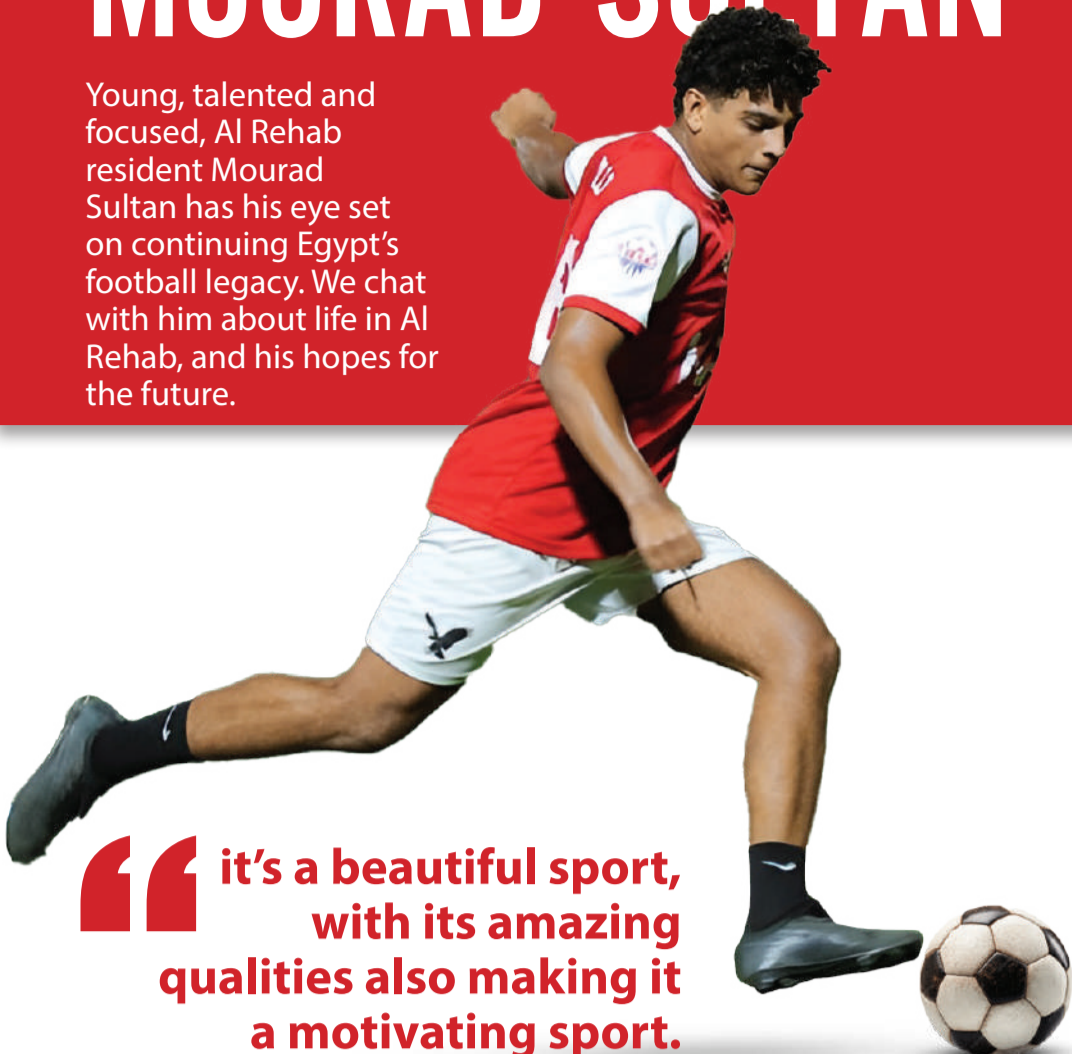
For me, Madinaty offers a deep sense of comfort and belonging. I feel very safe, and I cannot imagine myself living elsewhere with the same level of ease. The city's structure, security, and lifestyle offerings make it an ideal environment for expats seeking stability, comfort, and a high-quality living experience.



# Has His Eye on the Ball

## MOURAD SULTAN

Young, talented and focused, Al Rehab resident Mourad Sultan has his eye set on continuing Egypt's football legacy. We chat with him about life in Al Rehab, and his hopes for the future.



“ it's a beautiful sport, with its amazing qualities also making it a motivating sport.”

### **Mourad, when did you come to live in Al Rehab?**

I started living in Al Rehab three years ago; we had been living nearby before that.

### **How old are you and do you have brother and sisters? Do they enjoy sport as well?**

I'm 17, and I have two brothers and one sister. My sister is 24 and my brothers are 22 and 20. One of my brothers does wrestling and my sister runs.

### **Do you go to school here, and what do you study?**

Yes, my school is next to Al Rehab and I am studying for my IGCSEs.



### **What sport do you play, and why did you choose it?**

I play football as it's a beautiful sport, with its amazing qualities also making it a motivating sport.

### **What career would you like to follow, and why?**

It has been my dream since I was five to be a football player, so that is what I follow.

### **What is your normal day?**

I wake up at 8 am, go for a quick walk, come back and study, then go to the gym, and after that go to football training and come back home, and repeat the next day.

### **How do you plan to take your sports to the next level?**

My next step is hopefully to fulfil my dream and travel abroad to play football in Spain.



### **Where do you like to relax and hang out in Al Rehab?**

Going to Gateway Mall has been a regular for me since I started living here.

### **How has living in Al Rehab had an influence on your lifestyle?**

Given Al Rehab's beautiful streets, it gives me motivation to go on walks every day and sometimes train. I also can go and have fun at any mall with my friends.

### **Do most of your friends live in Al Rehab?**

Yes, most of my friends live in Al Rehab as it has all kinds of people, of all ages, and everyone is friendly.



### **Do you have a favourite spot to eat at? What is your favorite cuisine?**

Yes, Mo Bistro is my favourite restaurant, and it serves international cuisine, which I like.

### **And what is your favourite beverage?**

Powerade.

### **What do you enjoy most about life in Al Rehab?**

The streets of Al Rehab have a lot of life in them, which makes me happy whenever I'm out.

## A Perfect Day at MADINATY GOLF CLUB



In the heart of Madinaty lies a destination that feels like a quiet escape, offering a full day of experiences for the whole family. Known as the largest golf club in the Middle East, Madinaty Golf Club is far more than just a golfer's paradise, it's a lifestyle destination where every hour of the day has its own charm.

### Ease into the Day

Kick off the day with a peaceful breakfast at the clubhouse. Whether you choose the open-air balcony overlooking the sweeping greens or the elegant indoor lounge, the setting transforms a simple coffee into a moment of calm. The early morning light, paired with the quiet serenity of the course, creates an atmosphere that feels miles away from the city.



### Time to Tee Off

At its core, the club is a golfer's paradise. The expansive course has been thoughtfully designed to challenge experienced players while still welcoming beginners who are just discovering the game. With its perfectly maintained fairways, scenic water features, and wide-open landscapes, every round feels immersive.



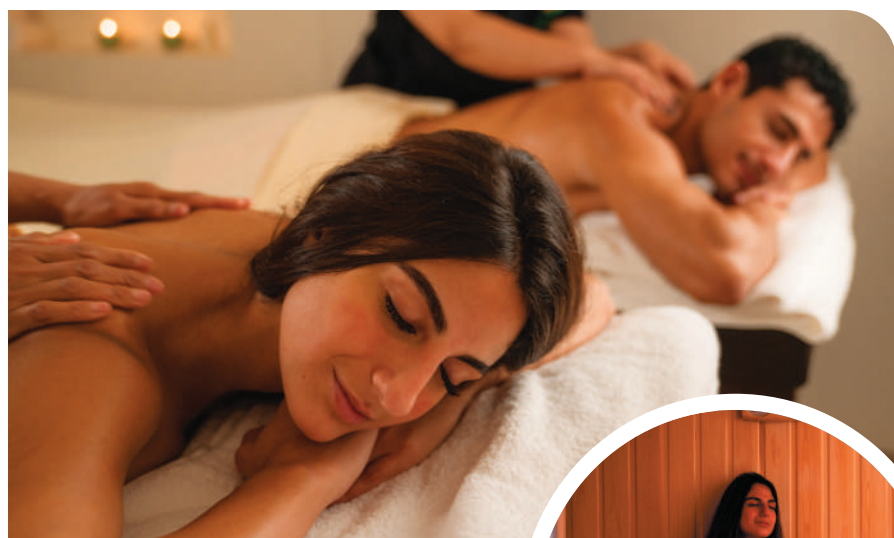
### Savour Each Moment

Even if you're not playing, there's something captivating about watching the game unfold, the focus, the precision, and the slow, intentional pace that defines golf. For those curious to try, it's an experience that combines sport with detachment from daily stress in a way few activities can.

### Say Hello to FootGolf

Perfect for family fun, the club also offers footgolf, an exciting combo of soccer and golf that's taking the younger crowd by storm. Using a football to kick into oversized golf holes, footgolf is accessible for all ages and skill levels. It's social, energetic, and provides lots of laughter, making it perfect for groups of friends or family outings. The wide-open greens provide plenty of space to move freely, and the game's relaxed, fast-paced vibe makes it a refreshing alternative to traditional golf. It's sporty, lighthearted, and the ideal way to enjoy the outdoors without pressure.





### Cruise into the Afternoon

You are spoiled for choice as the day progresses. The spa provides a sanctuary of tranquility, offering massages, and wellness treatments that melt stress away.



For those wanting to stay active, the gym is fully equipped with modern machines, free weights, and personal training options. And for pure relaxation, the swimming pools offer sparkling, serene waters framed by sun loungers and greenery. From laps in the pool to leisurely floats, from energizing workouts to calming spa treatments, the club ensures every moment can be tailored to your mood—active or relaxed, social, or solo.



### Winding Down

As the sun begins to set, the entire club is bathed in golden light, highlighting the greens, water features, and surrounding landscapes. Whether you're finishing a round of golf or a footgolf game, strolling through the grounds, or simply sitting on the terrace, it's a picture-perfect time that invites reflection and serenity.



### Tantalize your Taste Buds

As the day unfolds, the clubhouse transforms into a dining destination. Lunch or dinner at the restaurant, managed by Kempinski, elevates the experience even further. Elegant and inviting, the restaurant offers gourmet dishes with a local and international twist. Large windows frame the lush greens, making every meal feel like part of the scenery itself. Whether it's a casual meal with friends or a special occasion, the combination of food, service, and view is unbeatable.





## An Opportunity Not to Be Missed

Madinaty Golf Club has just launched Vitality, a new membership programme that not only allows members to enjoy its own exceptional spaces; it embraces the best facilities and amenities on offer in both Al Rehab and Madinaty.

### **Vitality Membership Benefits:**

- Access to Madinaty or Al Rehab Sports Clubs
- Gold's Gym passport (14 visits across all branches)
- Unlimited access to MGC Gold's Gym
- Unlimited access to pools & Troon Wellness Spa
- 25% discount at Kempinski restaurants
- 20% discount on Troon Wellness services
- 10% discount on Pro-shop merchandise
- Exclusive discounts on green fees
- Special prices for FootGolf

### **In addition, upon joining, members receive a voucher booklet that includes:**

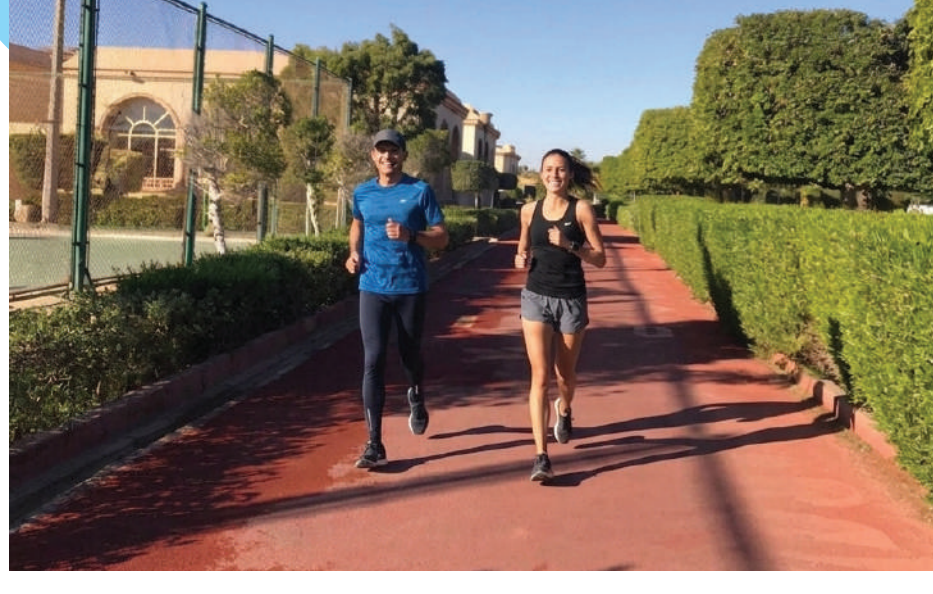
- Five guest passes allowing guests to enter with the member and enjoy access to swimming pools, spa facilities, and Gold's Gym
- One green fee voucher for 1 player (18 holes), including access to the driving range with a small basket of balls
- Five golf lesson vouchers for a 45-minute session at the Golf Academy (for 1 person)
- One orientation session at Madinaty Gold's Gym
- One nutrition session at Madinaty Gold's Gym

**Madinaty Golf Club isn't just about golf—it's about experiencing a full day in a hidden gem that blends sport, leisure, and luxury. From rounds of golf and footgolf, to wellness and poolside relaxation, to gourmet dining and sunset views, it's a destination that transforms ordinary days into extraordinary ones.**

# Al Rehab Sporting Club Has It All



At Al Rehab Sporting Club, it's not just about sport. Although, we admit, you will find just about every sport you could wish for, with top notch trainers ready to take you to the next level. With cultural activities, workshops, and great food venues, the club's wide range of facilities allows parents and children to enjoy an active day side by side.



## Walking and Running Tracks

Stretch your legs, and choose your pace. The goal is simply to enjoy the fresh air and movement. Breathe deeply and soak up the atmosphere, it is a great way to unwind.

## Learn More about the Sports Available

- Karate in the Al Rehab Club starts kids on a path to self-defense, patience, and self-control.
- The squash courts at the Al Rehab Club hope you are ready for the next challenge.
- Volleyball in the Al Rehab Club teaches kids teamwork and cooperation.
- The gymnastics academy works towards flexibility, balance, and strength.
- Al Rehab Taekwondo School teaches our kids self-defense and builds strong character.
- Competitive spirit is always there at the Ping Pong Academy.
- Every strike teaches focus at the Tennis Academy.
- At the Rehab Handball Academy, teamwork and commitment will always be the way to the crowning podiums.
- In Rehab Club Basketball Academy, every challenge on the court makes them stronger and faster to become the champions of the future.



## Activities & Family Competition

### Swimming Together

Swimming is always a family favorite. Kids enjoy the freedom of the water while parents join them for fun and refreshing moments at the pool.



### Padel Along

Perfect for bringing the family together, padel has become very popular. The smaller court and dynamic gameplay make padel exciting, while still being easy for beginners.

It can be loads of fun, and quite competitive, no wonder it has become such a hit.



### Football Time

One of the most exciting moments of a family sports day happens on the football field. Children participate in training sessions where they develop their skills, teamwork, and love for the game. It helps, of course, to have parents there to give them support and cheer them on.



### Quality Family Time

A day together at Al Rehab Sporting Club is a bonding experience. Everyone finds something they enjoy—there are activities for all ages, and wonderful spots to relax and enjoy fresh air in a friendly vibe.



Family Sports Day at

# Madinaty Sporting Club



At Madinaty Sporting Club, sports are not only about training or competition; they are also about spending meaningful time together. A Family Sports Day highlights how the club's wide range of facilities allows parents and children to enjoy an activity packed day, side by side.



## Start the Day



### Family Yoga Sessions

Family yoga sessions offer a calm and refreshing start to the day. Parents and children can practice simple poses together, focusing on breathing, balance, and relaxation.



### Stretch Your Legs

The club's walking and running tracks are perfect for families who enjoy staying active outdoors. Go for a light jog while the kids run alongside you, or walk together at a relaxed pace. Turn it into a mini challenge by timing your laps or setting small goals, or simply enjoy the fresh air and movement.



### Family Cycling Around the Club

Cycling is one of the easiest activities for families to enjoy together. The whole family can explore the club by bike, turning a simple ride into a shared adventure.



## Midday Activities

### Swimming Together

Swimming is always a family favorite. Kids enjoy the freedom of the water while parents join them for refreshing moments at the pool.



### Family Padel Matches

Since padel is typically played in doubles, parents and children can easily team up for friendly matches. The smaller court and dynamic gameplay make padel exciting while still being accessible for beginners. Whether you are playing casually, or trying to score the winning point, padel burns up energy with lots of shared excitement.



### Kids' Football Training

Things get exciting when you hit the football field. Kids can participate in training sessions to develop their skills, teamwork, and love for the game, with parents cheering them on and celebrating every pass and goal.



### A Day That Brings Families Together

By the end of the day, families leave feeling energized and connected. The variety of activities ensures that everyone finds something they enjoy, whether it's relaxing during yoga, cycling around the club, or competing at a padel match.

At MSC, sports become more than just activities. They become shared experiences that strengthen family bonds, and turn an ordinary day into something memorable.

# Another Path to

# Wellness



Different strokes for different folks. There are those amongst us who pale at the thought of a sweaty session at the gym, yet still want their bodies to be fit, supple, and exuding an aura of calm wellness.

Enter yoga and iChoreo. With some excellent centres offering these options just a few minutes from your front door, what is holding you back?

## Yoga

A discipline that originated in ancient India over 5,000 years ago, yoga offers physical and mental health benefits for people of all ages. It improves strength, balance and flexibility, helps with back pain relief, and can ease arthritis symptoms.

It doesn't stop there. Yoga benefits heart health. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga. Yoga relaxes you, to help you sleep better, helps you manage stress, which can mean more energy and brighter moods. There are different levels and instructors are there to guide you every step of the way.

**Classes are available within a few minutes from your door.**



Yoga Hub is in Al Rehab, and Madinaty Golf Club.



101 Wellness has their newest branch with yoga at The Strip, in Madinaty.



Yoga and iChoreo for ladies are available at GEMS British School, next to Othman Ibn Affan Mosque.

## iChoreo



iChoreo is a new fitness and dance workout innovation that has a five main complete fitness and dancing training programmes using the main health components of Cardio, Fitness, Strength, Toning Dancing, Mood boosting and Flexibility. You can never get bored, and it is fun all the way.

If you need a bit of a refresh in your fitness programme, why not give them a try?

# SCOOTING ALONG

It's official. Two wheels are the new choice for zipping around our community streets. Start-ups like Rabbit Mobility have already established electric scooters as an alternative form of transport. With the convenient option of picking up at points close to you, all through a handy app, they are environmentally friendly, and won't break the budget. So let's look at what's on the scene, locally, and what's coming up on our radar.

## The Xiaomi Electric Scooter 5 Plus

The Xiaomi Electric Scooter 5 Plus delivers dynamic performance with a top speed of 25 km/h, supported by three flexible riding modes (Walk, Standard, and Sport) to suit various daily commuting conditions.

Madinaty: The Strip Mall, Land 5, Building 01, G1



## Aero-Ev-Electric-Scooter

Sit comfortably with this Electric Scooter. Boasting a powerful 500W motor, it reaches a top speed of 40 km/h and has a range of up to 30 km per charge. Available online through Homzmart.



## FIIDO 14-Inch Foldable Electric Bike

A 200 km whopping range with pedal-assist, and 128 km with throttle will take you where you need to go, at speeds of up to 25 km/h. Fiido can be folded to be fitted into the car trunk, or stored somewhere handy. Thanks, Amazon!



## YADEA E-Bike – EBX046

Looks like a standard bike, but the power is there. Offering a range of 45 km, it has a charge time of only 6 hours.

Al Rehab Gate 1: Malha and El Ghoneimy



## G2 SIDECAR

Meet the Glide G2. An eco-friendly 3-seater with an 1800W motor and a striking "Powder Pink" finish. Silent, stylish, and the new standard for urban exploration.



## ON OUR RADAR:

The recent CES 2026 in Las Vegas showcased high-performance, carbon fibre, and tech-heavy electric scooters, including ultra-fast models from Nami, innovative designs like the Navee UT5 Ultra X, and award-winners like the Segway Myon/Muxi, aiming for premium, lightweight, and long-range mobility.

- Please remember, current regulations restrict the use of motorised two-wheelers to roads in new cities, coastal resorts, and gated communities.
- Electric scooters are prohibited on all streets and main roads in Cairo Governorate, but we hope that future city planning will make provision for riders.
- Electric scooters are generally not permitted on roads with a speed limit exceeding 50 km/h. In areas where they may be allowed (outside the strict Cairo ban), they are generally restricted to sidewalks, where they must yield to pedestrians.
- Riders of motorized two-wheelers are required to be at least 16 years old, and helmets are mandatory for riders under the age of 18.

# New Tech on Our Radar

It's time we got selective about the technology we snap up. So much ends up as clutter, so think carefully before you reach for your credit card. That being said, we found some really life-enhancing innovations at this year's edition of CES in Las Vegas. We are sure you will agree!

## 1. Nike's New Sneakers

Nike plans to launch Project Amplify commercially in 2028. Like an E-Bike for your feet, the Project Amplify system attaches motorized leg shells, augmenting natural lower leg and ankle movement to sneakers to help everyday runners go faster and farther.



## 2. Allergen Alert

The mini lab by Allergen Alert is a portable, fast, reliable solution designed to detect selected food allergens and gluten in meals.

## 3. Plaud NotePin S

The Plaud NotePin S, is a versatile, wearable AI notetaker designed to clip onto clothing, wrists, or necklaces for recording. It works in conjunction with the Plaud app to provide summaries of meetings and voice notes, utilizing AI to transcribe conversations.

## 4. RingConn Gen 3

Upgraded from Gen 2, AI-enabled diagnostics RingConn Gen 3 carries out blood pressure monitoring, monitors sleep stages, assesses apnea risks, stress, and 24/7 heart rate.

## 5. Lego Smart Brick

Not to forget our kids of all ages. The brand-new, jaw-dropping Lego smart brick tech can recognize other bricks, activate effects and play music. They're debuting in Star Wars Lego sets this spring

## 6. NuraLogix's Longevity Mirror

NuraLogix's Longevity Mirror can estimate health risks up to 20 years in advance. By analysing your face's blood-flow patterns, the mirror scores the following from zero to 100: your heart health, mental stress, cardiovascular disease risk, metabolic health and biological age, which represents how old your body is from a biological standpoint.

# It's In The Bag

Stay organized and ready for anything, in style. Casual or corporate, take your pick from our best finds for packing just what you need for any meeting, work session, or escape out of town.



## RBN in Red – HAMMERAWL

The large interior with zipped and slip pockets makes organizing your gear easy, the removable shoulder strap and short handle allow versatility. The RBN is large enough to carry you through, stylish enough to take anywhere. Premium full-grain leather which has been semi-vegetable tanned.

## El Boss – NUNIZ

The perfect marriage of sleek design with smart practicality, designed with spacious organization in mind, it is ideal for on-the-go professionals.



## LX00021 Black Gym Bag – ARCTIC HUNTER

Discover a perfect blend of style, comfort, and smart features. From busy commutes to spontaneous adventures, Arctic Hunter bags are made to move with you anywhere, anytime.



## Large Grained Leather Briefcase – SANDRO

Keep things stylish with this large grained leather zipped briefcase with adjustable, removable shoulder strap and removable label holder.

## Brown Crossbody Bag – IN YOUR SHOE

This crossbody bag will 100% carry everything you may (and may not) need in one compact place. Made out of tough gabardine material, durable and practical.



## CARRY-ALL Tote Bag - Hitch

Meet the CARRY-ALL Tote Bag — a spacious, lightweight, and versatile tote, designed to carry everything you need. Perfect for work, travel, gym days, or weekend runs, it's your everyday bag, upgraded.

# SPRING COMES TO OUR COMMUNITIES



Warmer weather combines with global feasts and celebrations to make this one of the most special times of the year. This time is so precious it needs to be enjoyed to the full, so enjoy the customs and decorations, dive into the traditional treats and festive meals, and let the fun begin. Forget about hitting traffic, just to get to a crowded destination, when you have everything you need for a perfect day within easy reach.



Each of our communities, Madinaty, Al Rehab, and Celia, have their own unique appeal, and all of them hit the mark with the ingredients needed for quality time with family and friends. So skip the hassle, save on petrol, and have a wonderful start to spring.

# SPRINGTIME CELEBRATIONS

## from Around the Globe

Springtime ushers in a period of growth and rebirth, and special customs and tradition around the globe mark this in unique ways. From Europe to Asia to North and South America, from the ancient Hindu celebration of Holi, to Amsterdam's Tulip Festival, cultures around the world mark the start of the season.

### BABA MARTA DAY | BULGARIA

Bulgarians honour Baba Marta, an old woman who only smiles when the sun comes out, which many believe brings an end to the long, cold winter. Every year on March 1st the centuries-old tradition of exchanging *martenitsi*, which are interwoven red-and-white strings, meant to bring good health and happiness throughout the year.



### HOLI | INDIA

The "Festival of Colours," the ancient Hindu celebration of Holi celebrates the divine love of deities Radha and Krishna. This serves as the unofficial start of spring in India and every March, the locals celebrate by lighting bonfires, eating sweets, throwing brightly coloured powder (called gulal), and dancing to traditional Indian folk music.

### SHUNBUN NO HI | JAPAN

Shunbun no Hi is a Japanese holiday celebrating the vernal equinox. Most Japanese people choose to spend the day with family and friends, with many organizing picnics at renowned cherry blossom viewing spots across the country.



### SECHSELÄUTEN | SWITZERLAND

The symbolic act of burning sculptures in effigy marks the change in seasons in many cultures around the world. This is central to the celebration of Zurich's Sechseläuten holiday. Observed each year on the third Monday of April, Sechseläuten features parades, music, flags, flowers, and the burning of the Böögg, a snowman sculpture stuffed with explosives, to celebrate the end of winter.

### TULIP FESTIVAL | NETHERLANDS

Holland's Tulip Festival ushers in springtime in the Netherlands. Every year between March and May, thousands of visitors from around the world flock to Keukenhof in Amsterdam, Europe's largest flower garden, to enjoy a sea of tulips, daffodils, and hyacinths.



### SONGKRAN FESTIVAL | THAILAND

Every year throughout the month of April, people across Thailand celebrate Thai New Year, or Songkran, with neighbourhood parties, loud music, parades, and even giant water fights. Locals collect water in squirt guns, buckets, and anything else they can find before going into the streets in search of people to drench.



# BLISSFUL LIVING IN AL REHAB



Why not celebrate Eid family time with a relaxed vibe close to home by heading to a breakfast spot that has everything you need to kick off your day? Get up with the birds and enjoy every moment.



## EID BREAKFAST WITH THE FAMILY

Start the first day of Eid with a relaxed breakfast at one of Al Rehab's favorite spots. What could beat a calm morning with fresh coffee, pastries, and a sunny outdoor atmosphere.

**YATTA** (Park 15)

**What to try:** Their amazing coffee selection, mouthwatering croissants and brioches, a flavour packed Turkish breakfast...for a start.



**Vasko** (Gateway Mall)

**What to try:** Their unmatched beverage menu, with memorable coffee. Pastries and sweet treats are out of this world, forget about the calories.

## FAMILY TIME AT THE CLUB

With breakfast taken care of, it's time to head to the **Al Rehab Sporting Club** for a classic Eid gathering.

### FAMILY VIBES

- Stroll around the green areas
- Watch the kids play sports
- Meet up with friends and relatives
- Enjoy the festive Eid atmosphere
- Why do we love the club? It's the perfect place for kids to run around while adults relax and socialize.



**EID  
FAMILY  
TIME WITH  
A RELAXED  
VIBE CLOSE  
TO HOME**

## LUNCH AT THE OPEN FOOD COURT

By now you will have worked up an appetite, so after the club, head to one of the liveliest places in Al Rehab.



### Al Rehab Food Court

Here you can find:

- Casual restaurants
- Desserts and coffee
- Outdoor seating perfect for Eid gatherings

The food court becomes especially lively during holidays with families and friends soaking up the festive vibe.

## MOVIE NIGHT

It's time to wind down. End the day with a fun cinema experience at Mall Number 1. Grab your popcorn and settle into your comfortable seats, let the show begin!



### Renaissance Cinema Al Rehab

Catch one of the new Eid movie releases — a favorite holiday tradition for many families.

# FEEL THE LOVE IN MADINATY NEIGHBOURHOOD



Your ultimate Eid in Madinaty should be blissful, from start to end. You really can't go wrong, but take a peek at our suggestions...

## SLOW, SUNNY AND IN THE ZONE

Start your day soft — no rush, just good vibes. Have your morning tea and biscuits on your balcony, with a view. Then head off for a late breakfast.

**Paul** (Open Air Mall)

**What to try:** Paul has mastered the art of keeping it classic. Don't miss out on their fluffy omelettes, or their indulgent salmon and avocado croissant.

**Sultan Saray** (East Hub Mall)

**What to try:** Hands down, the Turkish themed breakfast buffet is hard to beat. Take it slowly, this is not an experience to be rushed.

**Yew Bakery** (The Strip)

**What to try:** It seriously doesn't get more decadent than this. From the beverage list to the array of mind-blowingly scrumptious pastries, everything is geared to pampering your taste buds.

Line up iced coffee, flaky croissants, and golden sunlight. Snap a cute pic, romanticize your morning, and ease into the day.



## LET LOOSE SOME ENERGY AT THE CLUB

**Madinaty Sporting Club**

**What to do:**

- Play a quick game of padel.
- Chill on the grass and focus on that earthy connection to ground yourself.
- Let the kids run wild, they will be fine. Then the parents can actually relax.

**HOW IS THE VIBE? THINK SAFE, SOCIAL, AND WITH JUST THE RIGHT AMOUNT OF ENERGY.**

## FOOD, WALKS AND RANDOM STOPS

This is your "let's just walk and see where we end up" moment. But lunch comes high on the agenda. We should give you a list of our favourite spots, but there are so many we all love. Open Air Mall is the best place to start for every sort of cuisine, something for all tastes.

**Open Air Mall Madinaty**

**The plan:**

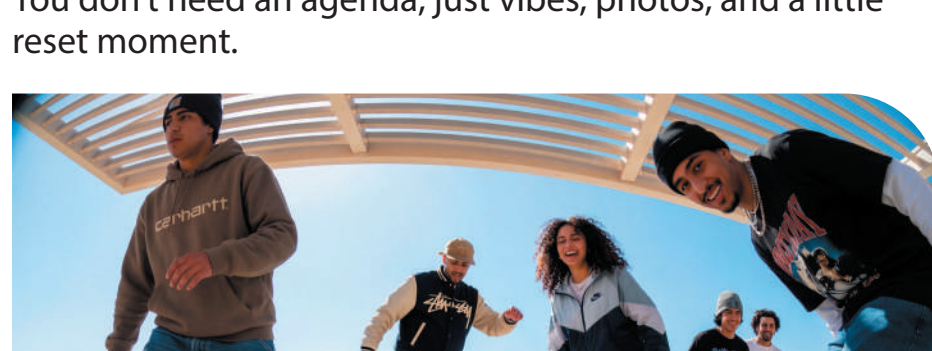
- Grab lunch (whatever you're craving).
- Dessert is NOT optional.
- Iced matcha or iced latte break.
- Meander along, catch up on the gossip, and sit in the sun.
- Expect music, movement, and that festive buzz everywhere. The atmosphere comes alive during holidays, making it a perfect spot to gather, dine, and soak up the festive vibe.



## SUNSET RESET

Before the night plans take shape, take it slow again. Immerse yourself in the last rays of the spring sun, anywhere around Madinaty's green spaces and lakes.

You don't need an agenda, just vibes, photos, and a little reset moment.



## CHOOSE YOUR MOOD

As night falls you have to see what matches your mood.

## CREATIVE NIGHT

**Artique** (Privado)

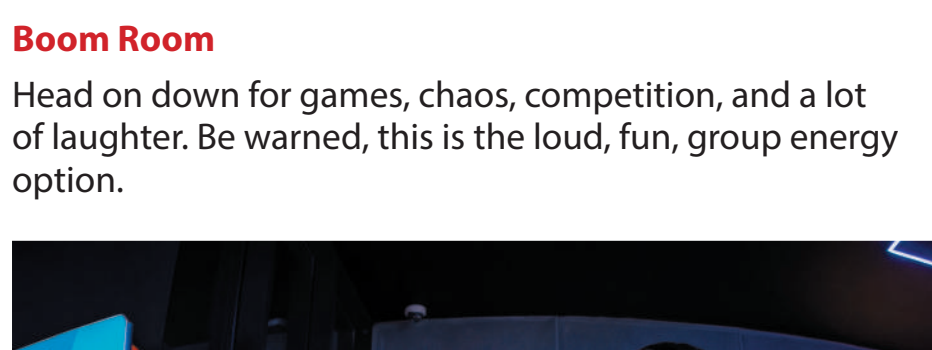
Paint, pour, create — even if you "can't draw," it's all about the fun. Perfect for something different (and very Instagram-worthy).



## PLAY MODE ON

**Boom Room**

Head on down for games, chaos, competition, and a lot of laughter. Be warned, this is the loud, fun, group energy option.



## YOUR CLASSIC EID TRADITION

**Renaissance Cinema Madinaty**

Nothing beats an Eid movie night. Grab friends, family... whoever, and let the magic of the big screen spirit you away.



# PRECIOUS MOMENTS IN CELIA



Eid means quality relaxation time with family and friends. Start your day slow... Celia style. Keep it calm and cozy. There's nothing better than a quiet morning, coffee in hand, overlooking the green landscape. Soak up the fresh air, soft sunlight, and peaceful surroundings to set the tone for a beautiful day ahead.



## FAMILY TIME AT THE VILLAGE

Now it's time to step out and bring the day to life. Head to **Celia Village** with your kids and let them enjoy the Kids' Station. While they're having fun, grab a coffee at Kids' Station Parent Café

It's the perfect balance, fun for them, relaxation for you.

## AN AFTERNOON GATHERING AT THE CLUB

This is where the day can get extra special. Instead of the usual lunch outing, plan a **dish party at Celia Sporting Club**. Each family should bring a homemade dish. Something they love, something they're known for, or even a simple favorite.

The table turns into a mix of flavors, stories, and shared moments. Kids are playing, families are laughing, and everything feels warm, effortless, and full of connection. It's not just a meal... it's a memory.



**START YOUR DAY SLOW... CELIA STYLE. KEEP IT CALM AND COZY.**



## WIND THINGS DOWN

After all the food and fun, keep things light and simple. Stop by **Carrefour** to grab some snacks or desserts. Think something sweet, something quick, or just whatever you're craving.

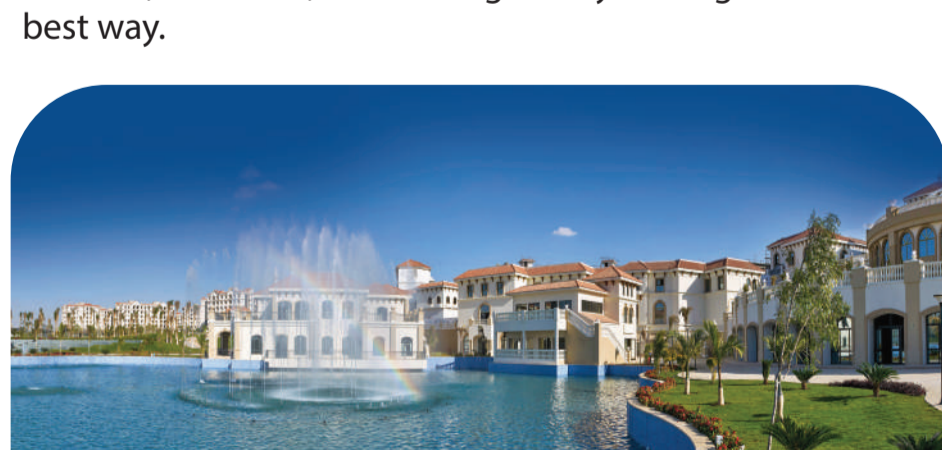
Take a stroll, and enjoy those easy in-between moments that make the day feel complete.



## DANCING FOUNTAIN BY THE LAKE

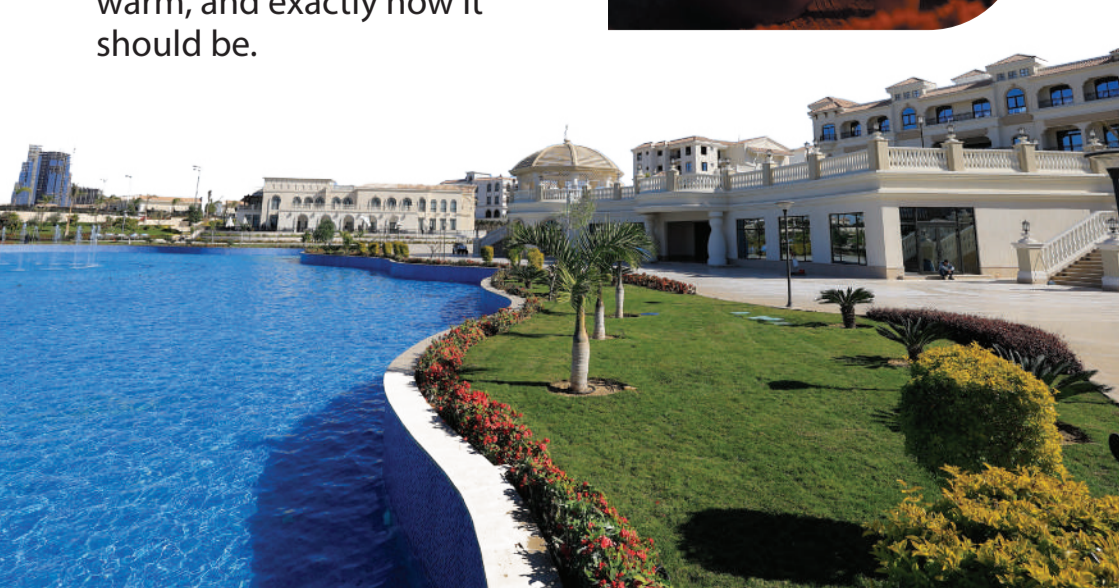
As the sun sets, head back to the village for one of the most beautiful moments of the day. Find a spot near the lake and enjoy the **dancing fountain show** — lights reflecting on the water, music in the background, and a magical atmosphere all around.

It's calm, it's scenic, and it brings everyone together in the best way.



## A COZY MOVIE NIGHT AT HOME

End the day on the coziest note. Head back home, get comfortable, and turn the night into a relaxed movie experience. Open Netflix, pick a movie everyone loves, and don't forget the popcorn. Lights dimmed, blankets out, and everyone gathered together — the perfect ending to a full, beautiful day. Simple, warm, and exactly how it should be.



## BEYOND THE CROWDS

# DAHABEYA DREAMING



Want to escape the crowds, but still crave some good company? It's time to grab your besties, unplug your phone, and get close to nature.

A few cabins, a flexible programme, and the relaxing beauty of the Nile. Dahabeyas have become the ultimate getaway option, and a quick browse online will give you plenty to choose from. Each boat has its own style and vibe, from simple to upscale, but the common factor is the fact you can have it all to yourselves.

Socialise with your own selected bunch of buddies, or grab a book and seek out a quiet corner, life on board is all about unwinding, kicking back, and letting the stress just float away.



## Camping or Glamping

Camping has come a long way in recent times, and while it can still be a very low key, close to nature experience, today's operators make sure that you are safe and have all the creature comforts you need.

Again, take a look online to whet your appetite, there are trips suited to all tastes.

Explore the pristine beauty of Bawati or the White Desert, or stay closer to home and chill out in the historic spaces near Fayoum. Stargaze, or sand board, find solitude, or a soulmate, the desert has mysteries to unravel and secrets to reveal. Come back refreshed and recalibrated!



# ARTIQUE

*Where Every Stroke Tells a Story*

## *A Creative Hub in Madinaty*

Nestled in the heart of Madinaty is a place where imagination takes center stage, and every visit becomes a vibrant celebration of creativity.



Stepping into Artique feels like entering a joyful palette of colors and possibilities. Whether you're picking up a brush for the first time or you're a seasoned creator, the studio invites everyone to explore the magic of painting, coloring, and color pouring, an art form that blends precision with pure creative freedom.



One of Artique's most exciting offerings is their pour painting sessions, a trendy and expressive technique where colors are poured, swirled, and blended on canvas, producing mesmerizing abstract patterns that are entirely unique. This isn't just art; it's a vibrant experience that bridges playfulness with artistic depth.



Whether you're attending a workshop with friends, joining a public event, or simply stopping by to create your next masterpiece, Artique encourages a special kind of artistic freedom: one where beauty, expression, and fun unite under every brushstroke.



Artique is not just a place on the map; it's a creative experience that turns celebrations into colorful memories, perfect for those festive moments that deserve to be remembered in every shade and hue.

Instagram: @artique.ee

# Bring **Spring** into Your **Home**

It's time to say goodbye to the cosiness of winter, so pack away the throws and heavy curtains. You can invite all the freshness of spring into your living space with a few easy tweaks. A makeover doesn't mean breaking the budget, tap into your creativity and follow our tips.

## Switch Furniture Covers

Splurge on slip covers in lighter fabrics for a brighter, fresher-coloured decor.

## Invite Nature Inside

- Use fresh flowers, houseplants, and bright, airy colours to channel nature.
- Introduce fresh, floral, or herbal scents and maximize natural light. Create a lighter, more energetic, and rejuvenated environment to embrace the spring mood.

## Declutter and Clean

Get rid of winter items, clean windows, and clear spaces for a fresh start. Dispose of trash, empty boxes and containers, packaging, and items that are expired, broken, or stained. No time or energy? Invest in a few hours with your local cleaning wizards. You know who they are!



## Freshen up your Kitchen

- Make a spring simmer pot. Add the below ingredients into a medium size pot filled with water. After bringing it up to a boil, you can let it simmer all day, adding more water as needed. It will have your entire house smelling lemony fresh and clean.
- 2/3 lemons, cut into wedges
- A few sprigs of fresh rosemary
- A sachet of vanilla



**Shopping  
guide:**

meraclass.online  
 www.hometexeg.com  
 www.sol-shade.com  
 Naguib Selim Textiles Open Air Mall  
 www.raiftextile.com  
 www.kabbanifurniture.com

# EAST HUB

MADINATY

*More Than a Mall, IT'S YOUR HUB!*



**TMG**



East Hub Madinaty



East Hub

# Celebrate Spring

Welcoming spring each year is the time-honoured custom of serving Fessikh, a dish made from smoked mullet, served with lettuce, spring onions and boiled eggs, or Renga (smoked herring) Salad.

## Egyptian Renga Salad with Tahini



### INGREDIENTS:

- 2 whole smoked herring fish, cleaned, skinned, and deboned
- 1/4 cup tahini
- 1 or 2 onions, finely chopped
- 2 bell peppers, chopped
- 1 teaspoon diced chili pepper or jalapeño, optional
- 1 tablespoon fresh parsley or dill, chopped
- 2 carrots, shredded



### DRESSING:

- Juice of 2 large lemons
- 2 tablespoons vinegar
- 1 teaspoon mustard
- 3 tablespoons olive oil
- Salt and pepper to taste



### PREPARATION:

Clean the herring by removing the head, tail, skin, and bones. Cut the fillets into small, bite-sized pieces. In a large bowl, mix the chopped herring with the onion, bell pepper, carrots, and herbs. In a separate bowl, whisk together the tahini, lemon juice, vinegar, olive oil, and mustard until smooth. If it is too thick, add a little warm water to reach the desired consistency.

Pour the dressing over the fish and vegetable mixture and toss well.

Garnish with extra parsley, lemon slices, or a drizzle of olive oil. Serve with hot *baladi* bread.



# Feast on

# SUSHI

# 寿司

Somehow, spring weather and sushi are a match made in heaven. If, like us, you are a full on sushi fan, this is where to find it close to home. It's made for sharing, so look for your favourite combo platter... and call your besties.



**Mori Sushi**  
at Open Air Mall

Could you manage the MORE MORE MORI? 100 mouthfuls of deliciousness

🌐 [mori-sushi.com](http://mori-sushi.com)



**Clamori Sushi**  
at East Court

Sophisticated presentation comes with top notch ingredients.



📍 ClamoriSushi

**Ozuki Sushi** at Gateway Mall

A big range of combos, with all of your favourites.

📍 Ozuki Sushi



**Crunch Sushi**  
at Avenue Mall

Mix it up, choose some hot rolls, and some cold, it's the way to go.

📍 Crunch Sushi & Burger



**Sushi Plus** at East Hub Mall

Watch out for some great discounts and offers!

📍 Sushi Plus



**AMA Sushi**  
at The Strip

Choose from set combos, or customize your own.

🌐 [amasushiegy.com](http://amasushiegy.com)

**Sushirito** at East Hub Mall

When it looks too good to eat, it must taste sublime.

📍 Sushirito



# Allergy Season



It's that time of year, again. Even if you are robust enough to exist in urban smog, *khamaseen* season can wreak havoc with your health. Dust and high pollen counts contribute to a noticeable increase in respiratory ailments, spreading misery and an upsurge in tissue sales.

Symptoms like sneezing, itchy watery eyes, congestion, and cough can impact your daily life by making you less productive, affecting sport and leisure activities, and also making you irritable and more difficult to live with.

How can you find relief? Do you load up on meds, or try a more holistic route? Let's check them out.

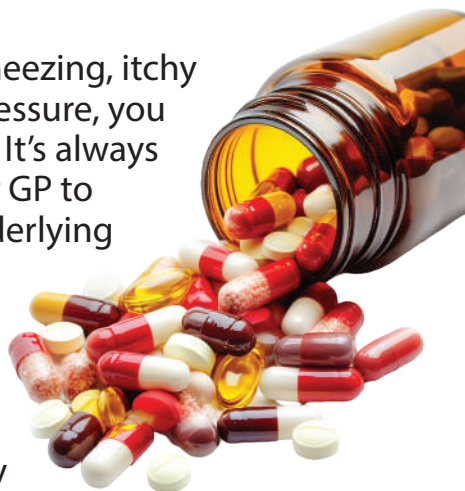


## Protect Yourself

- Check local air quality and pollen forecasts regularly.
- Keep windows closed during high-wind periods.
- Wear masks and sunglasses outdoors to reduce exposure to pollen and dust.
- Use air conditioning (with clean filters) to reduce indoor exposure.

## Type of Treatment

If you have seasonal allergies, like sneezing, itchy eyes, nasal congestion, and sinus pressure, you know they can be hard to deal with. It's always a good idea to touch base with your GP to make sure that there is no other underlying cause before you decide on how to approach treatment. Many allergy medications on the shelves of your local pharmacy work as antihistamines, but if you prefer, certain foods and plant extracts may similarly block the effects of histamine.



- Natural antihistamines, such as vitamin C and quercetin, an antioxidant found naturally in onions, apples, grapefruit, okra, and other produce may help alleviate allergy symptoms by blocking histamine activity, offering a complementary approach to traditional medications. Vitamin C is a water-soluble vitamin found in plant foods such as citrus, leafy greens, and berries. It has several functions, such as being able to heal wounds and manage infections.
- Incorporate foods rich in probiotics, like sauerkraut, kombucha, and yogurt, into your diet. This could potentially reduce and prevent allergy symptoms by improving gut bacteria levels.
- Supplements like stinging nettle and bromelain are considered natural antihistamines. But before using them, be sure they're sourced from quality providers.



# Going Natural

# Discover GATEWAY Clinics

An essential part of our daily life, for regular check-ups and attention to any medical issues, reliable, accessible medical services elevate our feeling of personal health and wellbeing. Offering a comprehensive range of medical services and quality care for AI Rehab residents, Gateway Mall medical services are covered through primary care and specialized care clinics with highly qualified teams of medical professionals.



## SERVICES

The specialized clinics cover a full spectrum of services, from Laboratory Testing, Physiotherapy, Dentistry, Cardiology and Vascular Diseases to Dermatology, Ophthalmology and Cosmetic Surgery, Holistic Health, Paediatric Consultancy and Gastroenterology, Digestive System and Food Allergies, Life Coach, Treatment for Obesity Gynaecology, Laser and Cosmetics, and Psychology.

Visit Gateway Mall to learn more about how our clinics can benefit you.

## Clinics & Specialisations

### Building C

#### **CARDIOLOGY & INTERNAL MEDICINE**

##### **Dr. Ramy Magdy Clinic**

Tel: 0127 497 6665

Clinic: Cs8

#### **DENTISTRY**

##### **Al Banan Dental Clinic**

Tel: 0111 112 6020

Clinic: Cs15

##### **Cairo East**

Tel: 0127 393 1329

Clinic: Cs8

##### **Celva Clinics**

Tel: 0107 040 3078

Clinic: Cs12

##### **Crystal Smile**

Tel: 0109 279 7153

Clinic: Cs7

##### **Peace Sun Clinic**

Tel: 0109 890 6250

Clinic: Cs20

#### **EYE CENTRE**

##### **El Durrh Specialized Eye Centre**

Tel: 0109 086 2323

Clinic: Cs13

#### **HEALTH CLUB & WELLNESS**

##### **Asbo Physical Exercise**

Tel: 0110 365 9995

Clinic: Cs3

#### **LABORATORY**

##### **Al Mokhtabar**

Tel: 19014

Clinic: Cs1

#### **PHYSIOTHERAPY**

##### **The Third Element**

Tel: 0122 946 6541

Clinic: Cs17

#### **PLASTIC SURGERY**

##### **Wael Saad**

Tel: 0100 399 9043

Clinic: Cs16

### Building D

#### **DENTISTRY**

##### **Hi Dent**

Tel: 0122 388 1849

Clinic: Ds30

##### **The British Dental Hub**

Tel: 0155 688 7765

Clinic: Ds26

#### **DERMATOLOGY, COSMETICS, AND LASER**

##### **Beauty Life**

Tel: 0102 636 9863

Clinic: Ds25

##### **Sharm Beauty Clinic**

Tel: 0100 809 9000

Clinic: Ds23

#### **LABORATORY**

##### **Alfa Scan**

Tel: 0128 409 2018

Clinic: Ds1

#### **LIFE COACH – FAMILY**

##### **COUNSELLOR**

##### **Serenity Health Centre**

Tel: 0100 260 8236

Clinic: Ds21

#### **MEDICAL CENTRE**

##### **Aspects Clinica**

Tel: 0122 982 0000

Clinic: Ds22

#### **PAEDIATRIC CONSULTANTS**

##### **Khateeb Kids Clinic**

Tel: 0112 380 0501

Clinic: Ds12

##### **Tiny Tummies**

Tel: 0112 380 0501

Clinic: Ds13

#### **PHYSICAL THERAPY & WOMEN'S HEALTH**

##### **Hwa Centre**

Tel: 0106 466 3066

Clinic: DS27

#### **SPECIALIST PSYCHIATRIST**

##### **Psyche Clinic Mental Health**

Tel: 0111 323 8792

Clinic: Ds29

# Suez Canal Gems

Sometimes a change of scene for just a day can work wonders. Often overlooked, there are two charming escapes within an easy drive from Cairo, both loaded with atmosphere, culinary treats and historic architecture.



## PORT SAID

A regular haunt of shoppers hunting down duty-free bargains, Port Said is a historic coastal city at the Mediterranean entrance of the Suez Canal. The city offers a unique experience where cruise ships dock directly in the town centre.

### WHAT TO SEE

Visit the 19th-century Port Said Lighthouse, and enjoy some fresh sea air along the vibrant Corniche.



The Admiral's House, located near the port, is a beautiful colonial-era building that offers a glimpse into Port Said's history during the early 20th century.

Explore the streets and stroll past colonial-era architecture with large balconies, and if time allows, take a free, short ferry ride across the canal to Port Fouad to see lovely scenic, green areas. Don't forget to capture some great photos and enjoy coffee at one of the many cafes.



### WHAT TO DO

Wander through the Old Market (Souq el-Gomaa), where you can find everything from local spices and handmade crafts to clothing and souvenirs.



### WHAT TO TASTE

Visit a local restaurant and dive into local delicacies like grey mullet roe (batarikh) and fresh seafood.

Founded in 1863 by Khedive Ismail, Ismailia is located along the Suez Canal and Lake Timsah. A historic city, known for its role as the Suez Canal Authority headquarters, it offers a relaxing, green ambiance with gracious French-style architecture. Its European feel, with a colonial-era vibe, means it is often called the "City of Beauty and Enchantment."

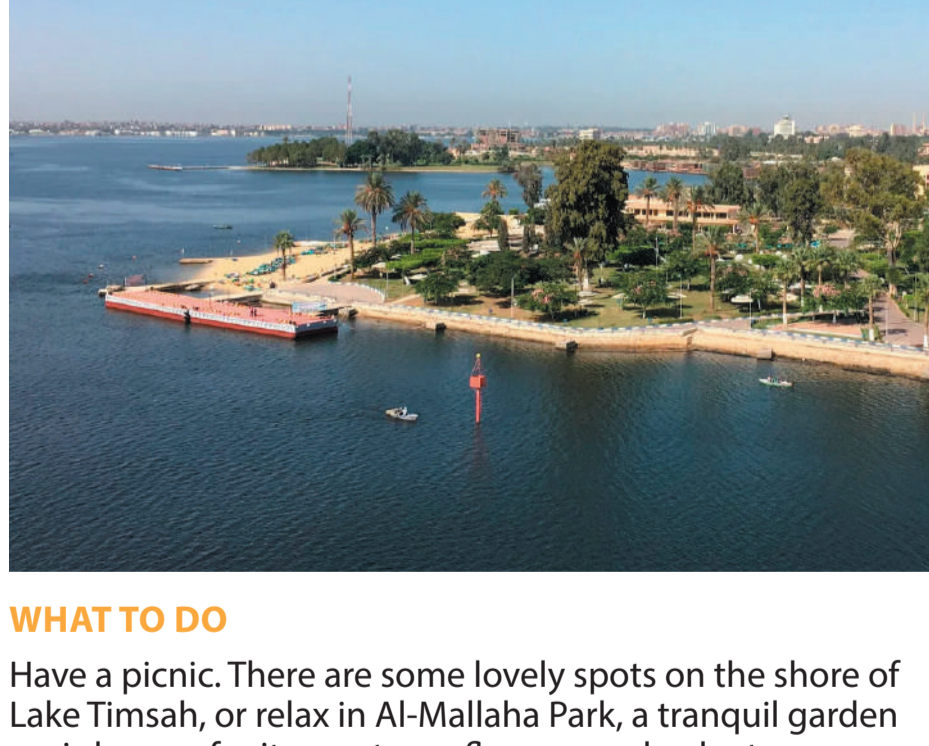


## ISMAILIA

### WHAT TO SEE

The city hosts the Suez Canal Authority headquarters and was a British base following the 1882 Battle of Kafr-el-Dawwar. Idle some time away by watching ships on the Suez Canal, before visiting the Suez Canal Authority building. The Suez Canal itself remains one of the most important and heavily trafficked waterways in the world, and this has cemented the city's status as a vital through point for international trade.

Today, the city's population is mostly Egyptian, but it retains a mix of cultural influences. The historical presence of foreign nationals has left a legacy in the form of architectural styles, educational institutions, and social structures. Take a stroll downtown and absorb the atmosphere.



### WHAT TO DO

Have a picnic. There are some lovely spots on the shore of Lake Timsah, or relax in Al-Mallaha Park, a tranquil garden oasis known for its rare trees, flowers, and palm trees.



Visit the Ismailia Museum. It boasts a remarkable collection of artefacts that highlight the history of the Suez Canal, ancient Egypt, and the various civilisations that once ruled Egypt.

Enjoy the beauty of Al-Mansheya Mosque, one of the most beautiful religious landmarks in Ismailia. It is known for its Ottoman architectural style.



### TOP TIP!

Time a visit to coincide with mango season. There is a regular Mango Festival that celebrates this favourite fruit, with Ismailia claiming to have the best.

# Spring into Your New Life

It's easy to fall into a rut, repeating routines out of habit. In an era where mindfulness really matters, it could be time to make a few meaningful pivots and recalibrate, reenergize, and push your restart button to tap into the spirit of new growth.

Prioritize. Simplify schedules and commitments so what remains actually matters.

Tackle unfinished business that drains your mental energy.

Get rid of what's no longer needed: clothes, objects, habits, obligations.

Refresh your routines with healthier eating and daily movement.

Cleanse toxic environments, physically, emotionally, energetically. Pay attention to locations and situations where you feel depleted, diminished, or disoriented.

Delete old photos, files, and digital clutter that drag you down with stale emotional energy.



Cancel subscriptions you no longer use.



Set social media boundaries.

Harbouring a grudge or feeling resentment? Tidy emotional loose ends: forgive where you can, release where you must.

Clear out piled-up junk.

Focus, meditate, and revisit career goals to ensure they align with your current values.

# Career Opportunities Through Internship

A chance to experience a real time work environment, internships can be worth their weight in gold. Major companies, TMG included, have well managed internship programmes across multiple departments, where students and new graduates can get practical, hands-on experience, and be first in line for recruitment in a competitive job market.

## Know Your Strengths

Internship programmes can be specifically tailored to attracting potential employees, especially in high demand fields. If you lean towards data analysis, AI, software engineering or the tech sector in general, seek out internships that have a fast track recruitment policy. Equally, you may have other skills that equip you for jobs where more soft skills are needed, where people still cannot be replaced in the rush to embrace AI. Choose your niche.



## Think Outside of the Box

As an intern, you may still be able to bring valuable insights to the table, making you more desirable as a future team member. Problem-solving is a sought-after skill by employers, so this could be an opportunity to develop and showcase your abilities.



## Network!

Everyone you meet in your internship could potentially be the key to unlocking a great job opportunity, as well as boosting your knowledge and experience. And, who knows, you may also be able to give someone else a boost up the ladder at a future time. Let your character shine as well as your skillset and ambition, it may be the deal breaker.



## Corporate Culture

This is where you need to develop your soft skills. Working as part of a team, interconnecting with other teams, both inside and outside your area of experience, can stretch your ability to communicate professionally and effectively.

## Top Tips to Secure Your Future

- Make sure you have researched the company, its mission and its values.
- Get an idea of the personalities or work habits you might be working alongside so you can see if you could fit in.
- Having internship experience on a CV is often expected by employers, making candidates more appealing. Letters of recommendation enhance future job prospects.
- Performing well and making a good impression during your internship can boost your chances of gaining a full-time opportunity. Approach responsibilities with enthusiasm.
- Learn about the rules, procedures and other codes of conduct the company expects you to follow.
- Be punctual by arriving on time to work and meetings.
- Ensure you are building professional and personal relationships with your colleagues.
- Set up a meeting with your supervisor to discuss your career options during the last week of your internship.

You may not receive a full-time job offer after your internship, but stay in contact with your supervisor and fellow internees. Maybe they will reach out to you about any vacancies, and keeping in regular contact improves your chances.

# Pretty Pally



Highly intelligent, and easily bored, colourful parrots can be messy and high maintenance, meaning there is a lot of work needed to take care of them. The larger breeds can have lifespans of up to 70 years, so it is really important to be sure that you can take care of a parrot and offer the necessary commitment to its upkeep before buying one.

## 5 Things You Need to Know

1. Parrots need spacious aviaries that allow for wing stretching without touching the walls and room for playtime, with natural perches, foraging toys, and swings to simulate the wild.
2. Time outside the aviary every day is also essential for mental and physical health, but take care; even well-trained birds may fly away if they become startled.
3. Air quality matters when choosing a place in your home for an aviary.
4. Pet parrots enjoy a mixed diet of pellet foods and fresh vegetables, leafy greens, limited fruits, grains, and legumes. Like all pets, parrots need fresh water daily.
5. Parrots not only love toys, they need them to encourage physical and mental activity, avoid boredom, and keep their brains sharp.

## 5 Things to Love about Pet Parrots

1. They often bond deeply with their caretakers.
2. They have beautiful plumage, with bold shades of red, orange, yellow, blue, and green.
3. Each parrot has a unique personality, with comical social skills, and witty intelligence.
4. It's common to hear parrots whistle, chirp, squawk, sing, and mimic human speech.
5. They are highly affectionate, entertaining, capable of learning tricks, and make loyal companions.



**Before you become a parrot parent, decide what size bird would be right for you. Remember, budgies are also from the parrot family, and could be just the right choice!**

**Instagram: Egyparrot**

# DIY Round Braid Bracelets

## What you need:



Coton Cords



Plastic Beads



Key Ring



Scissors



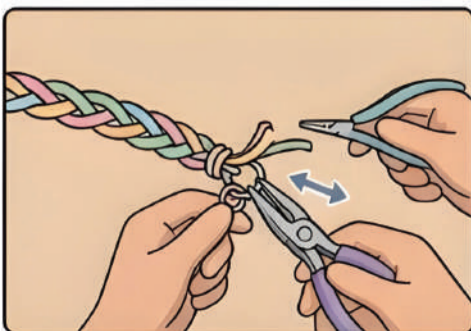
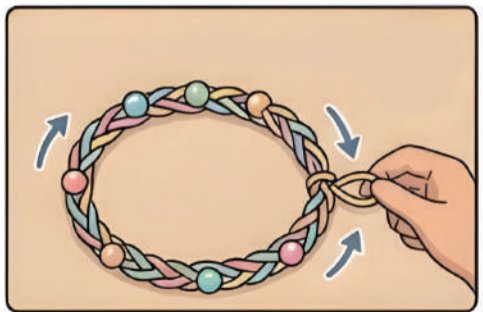
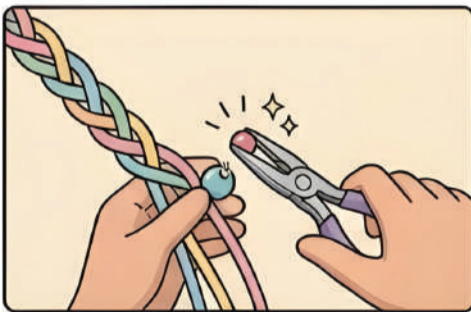
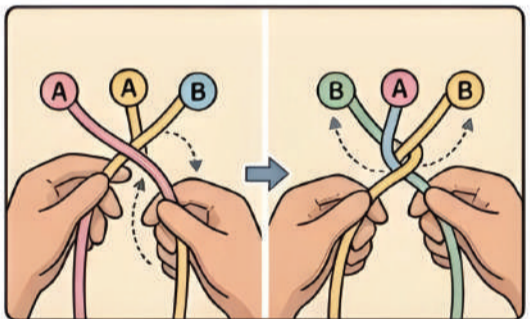
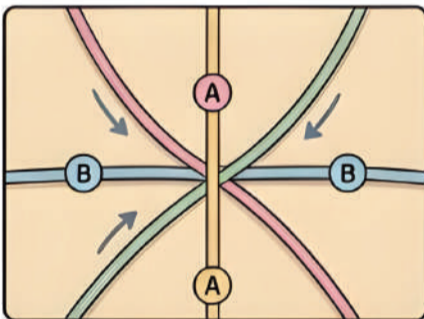
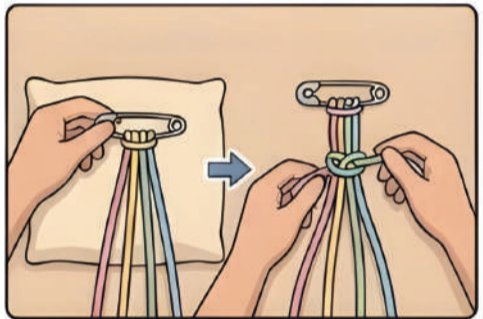
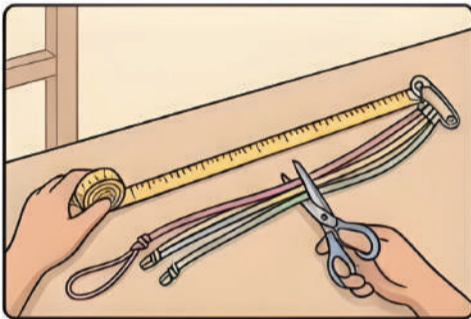
Measuring Tape



Safety pin



Craft pliers





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أو تبعت رسالة علي الواتساب ٠١١٠٣٨٤٦٦٦١  
او حمل تطبيق TMG Life و اطلب من خلاله

# صدقي صخر

من أول لحظة يظهر فيها صدقي صخر على الشاشة في مسلسل "لا تُرد ولا تُستبدل"، يبقى واضح إنه مش مجرد ممثل بيأدي دور، لكنه عايش الشخصية بكل تفاصيلها. في الحوار الصريح ده، صدقي بيأخذنا لكواليس المسلسل الناجح، ويكشف التحديات والمفاجآت واللحظات الفارقة اللي شكّلت أداءه.

## هل تعتقد إن نادر شرير ولا شايف إن الإنسان ممكن يبقى ضعيف ويتصرف بالطريقة دي؟

أنا مش شايف إن نادر شرير بالمعنى المطلق للشر. مفيش حد يبقي شرير خالص من غير سبب. هو شخص عنده عيوب، واترني بطريقة معينة خلّته مش متاح عاطفياً، ومنفصل عن مشاعره، وأنا في ومتمركز حوالين نفسه. شايف إن هو،

وشكله، ونمط حياته أهم حاجة. عنده نقص في التعاطف، وده اللي بيخليه يتصرف كده. ولما بيعمل حاجات كويسة، بيعملها بدافع الالتزام الأخلاقي، مش نابعة من تعاطف حقيقي.

## لما بتستعد لشخصية سلبية زي نادر، بتكره الشخصية عشان تبرز عيوبها، ولا بتحاول تتعاطف معاها وتفهمها؟

اختياري دائماً هو التعاطف. إني أفهمه ودوافعه بشكل كامل، لدرجة إني أدافع عنه كمان، بس عشان أحييه على الشاشة بعيد عن رأيي الشخصي. أنا بانتمني للمدرسة دي في التمثيل.

## أنهي مشهد في المسلسل حضرت له أكثر؟

بصراحة، في مشاهد كتير حضرت لها جداً. زي مثلاً مشهد حمام السباحة اللي حصلت فيه المواجهة. وكمان مشاهد النهاية، لما نادر زار ريم في المستشفى وفي البيت، ومشهد بكائي في العربية كان من أثقل المشاهد.



## بما إن المسلسل بيتكلم عن الفرص الثانية، هل إنت بتؤمن بيها ولا بتدي فرصة واحدة بس؟

مشكلتي إني بدي فرصة واحدة كبيرة! والفرصة دي بتأخذ وقت طويل. بصراحة، أنا دائماً بدي الناس أعذار كتير. لو حد جه وضرني، ممكن أقول إنه أكيد كان يومه وحش، وده عيب بحاول أصلحه. مهما أديت أعذار، المفروض الأعذار دي ما تأذيني، بس ده بيحصل أحياناً، لما تكون في علاقة أو صداقة، ممكن ما تحسش قد إيه بتضغط على نفسك، ولما بقطع مع الشخص ده تماماً، ما بيقاش في مجال للنقاش أو التفاوض، لأنني بكون استنفدت كل الأعذار معاها.

## لو كنت مكان ريم، كنت هتدي نادر فرصة ثانية؟

لو حسيت إن نادر واجه نفسه بجد، وفهم أخطاؤه وإيه اللي ناقصه وإيه اللي محتاج يشتغل عليه، اه. بس ده ما حصلش خالص. ما شفناش نادر يراجع نفسه أو بيحاول يفهم غلطاته. عشان كده، أكيد مش هدي له فرصة ثانية.

## لو في رسالة أو فكرة واحدة عايز توصل للجمهور من المسلسل، إيه هي؟

في رسائل كتير في المسلسل، وكلها مهمة جداً. بس بالنسبة لي، أهم فكرة إن الإنسان ما يظلمش نفسه. في ناس كتير بتدخل علاقات وبتقبل بأقل من اللي تستحقه عشان الاستقرار. عشان كده مهم إن الواحد يعرف قيمته واحتياجاته، ولو ما لاقاش اللي محتاجه في شريك حياته، يبقى لازم يعرف إن الشخص ده مش مناسب له. علاقة ريم ونادر ما كانتش صح من الأول. لا نادر مناسب لريم ولا ريم مناسبة لنادر. ودي نقطة لازم الناس تفهمها كويس. لازم الإنسان يفهم نفسه الأول قبل ما يدخل في علاقة عشان يختار الشخص الصح.

## أحكيلنا عن موقف أو لحظة مش هتنساها أثناء التصوير.

في ذكريات كتير. بصراحة، مريم أبو عوف استعملتني كتير لأننا كنا بنناقش شخصية نادر طول الوقت. كنا متفقين على حاجات كتير قبل التصوير، لكن حتى أثناء التصوير كنا بنناقش معاني الجمل، وكنا مش عايزين الجمهور يحب نادر أوي ولا يكرهه أوي. كنا عايزينه يفضل في المنطق الرمادي. بصراحة، تعبتنا معاً، لكن هي شخصية صبورة جداً وبتسمع كويس.

## المسلسل فيه جمل حكيمة كتير، في جملة معينة عجبك أو حسيت إنها قريبة منك؟

أعتقد المشهد اللي قالت فيه ريم لنادر إنها كانت محتاجة حزن بس، وهو فكر شوية وقال إنه يمكن ما اداهاش حزن، بس لأن الحزن مش هيحل المشكلة، و هو كان عايز يحلها. الحوار ده بيلخص شخصية نادر، ويوضح أهمية التوفر العاطفي رغم بساطته.

## هل كان في رأي أو تعليق عن المسلسل أو عن نادر فاجأك؟

سمعت إن في ناس قالت إن نادر لما عيط في العربية، كان ندمان إنه ما اداش ريم كليته. كان رأي غريب بالنسبة لي لأنني ما فكرتش فيه قبل كده. عجبني التفسير ده، لكن من وجهة نظري، نادر كان زعلان على الحالة اللي وصل نفسه ليها. في اللحظة دي، كان تعرض لإهانة، وقضى ليلة في الحجز، واتضرب و عنده كدمات في وشه. ويمكن ما كانش دخل خناقة قبل كده. فإنه يشوف وشه بالشكل ده كانت صدمة كبيرة له، خصوصاً كشخص أناني ومتمركز حوالين نفسه.

## أحكيلنا عن كواليس الشغل مع دينا الشربيني وأحمد السعدني. كانت التجربة عاملة إزاي؟

دينا شخصية سلسة جداً، لطيفة وتلقائية. بتغيّر هدموها بسرعة وترجع للتصوير. وفي حاجة كمان! هقول سر عنها، رغم إنه معروف تقريباً. دينا بتحب الأكل جداً، وبتحب كل الناس تاكل كمان. وفجأة نلاقي نفسنا كلنا ماسكين ساندويتشات من معرفش مينين ويناكل. أحمد السعدني شخص لطيف جداً وحنين وودود. برجه السرطان زيي، فحصل بينا انسجام كبير. في مرة كنا بنصوّر في مستشفى، وكانت ريم على السير في أوضة العمليات، وكل الناس، حتى مدير التصوير ومهندسين الصوت، كانوا ماسكين ساندويتشات شاورما. و أول لما المخرج يقول "أكشن"، بنخبي الساندويتشات ونكمل شغل. الجو كان جميل، وكل الناس كانت لطيفة، منهم ياراز جبران وفدوى عابد، وهما أصحابي من زمان. كانت تجربة جميلة إننا بنقى سوا، لأن كلهم محترفين وبيحبوا شغلهم.

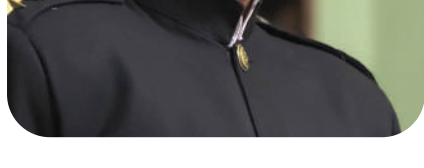
## مريم أبو عوف، المخرجة، كانت شاهدة على بدايتك واشتغلتموا سوا في "ليه لأ" الجزء الأول، ودلوقتي في "لا تُرد ولا تُستبدل". أحكيلنا عن الشغل معاها.

مريم أبو عوف شخصية حساسة جداً وبتحب التفاصيل. عارفة كويس هي عايزة إيه وإيه الإحساس اللي عايزة توصله للمشاهد. يمكن مش مكاني إني أقول ده، لكن أنا فخور جداً بمشاورها وبالي حقيقته. لما كنا بنتفرج على الحلقات الأخيرة، كنا كلنا بنعيط رغم إننا عارفين السيناريو. هي بتقدر تأثر عاطفياً في كل واحد. وكمان مؤمنة بدور الممثل الإبداعي وبتسمع له. زي ما قلت، تعبتنا معاً، لكن هي كانت بتسمع بصبر وبتد. كنت مبسوط جداً بالتجربة دي، وبتمنى أشتغل معاها دايماً.

## كانت إيه تجربة فيلم "الست"؟

فيلم "الست" كان تجربة كبيرة جداً. أولاً، لو كيشن التصوير كان ضخم جداً، بديكورات وملابس استثنائية. هو فيلم ضخم بكل معاني الكلمة، وهيفضل في تاريخ السينما المصرية. متقن جداً في كل عناصره، سواء تصوير أو إخراج أو موسيقى أو مونتاج. كل حاجة فيه معمولية باحترافية عالية. وكمان ممتع جداً، بنتفرج على سيرة ذاتية من غير ما تمل. كان شرف ليا إني أكون جزء من العمل ده. وكمان اتعلمت العود مخصوص عشان الفيلم، واتدربت على عزف الأغنية اللي قدمتها في المشهد. تجربة أفخر بيها جداً.

## مبروك على دورك في مسلسل "اتنين غيرنا" و"النص الثاني" في رمضان، أحكيلنا أكثر عن دورك فيهم؟



الله يبارك فيك، شكراً جداً. أنا سعيد جداً بالمشاركة في العملين لأن كل واحد فيهم له طابع مختلف وتجربة خاصة. "اتنين غيرنا" كان فيه تحدي جميل على مستوى الشخصية والتفاصيل، أما "النص الثاني" فهو تجربة مميزة لأنه استكمال لمسلسل ناجح بنفس فريق العمل بعد عشر سنوات من الجزء الأول. أتمنى إن الجمهور يكون استمتع بالعملين.



# تطوير منظومة النظافة في الرحاب



ضمن جهود تطوير مستوى الخدمات داخل المدينة، بدأ جهاز الرحاب في تطبيق حلول حديثة لتعزيز كفاءة أعمال النظافة والصيانة، من خلال إدخال ماكينات متطورة مخصصة لتنظيف رحام الأرضيات في المساحات المفتوحة.



وتأتي هذه الخطوة في إطار الحرص على استخدام تقنيات صديقة للبيئة، حيث تساهم الماكينات الجديدة في تقليل استهلاك المياه، مع الحفاظ على المسطحات الخضراء أثناء أعمال التنظيف، إلى جانب تحقيق نتائج أكثر كفاءة في نظافة الممرات والمناطق المفتوحة بين العمارات.

وتعكس هذه الإضافة توجهاً مستمراً نحو تطوير منظومة التشغيل والصيانة داخل الرحاب، حيث أكد الجهاز أنه سيتم دعم المدينة بعدد أكبر من هذه الماكينات الحديثة خلال الفترة القادمة، بما يضمن الحفاظ على مستوى راقٍ من النظافة والمظهر الحضاري.



## حياة ذكية جاهزة لاستقبالك



تحكم كامل بالمنزل  
عن طريق تابلت نور الذكي.



في قلب "نور"، تتحول رؤيتنا لتطور أول مدينة ذكية إلى واقع فريد، حيث للتحقق أحدث الابتكارات التكنولوجية مع منظومة متكاملة من الخدمات والحلول الذكية، لتوفر مجتمعاً نابضاً بالحياة، يقوم على الاستدامة ويمنح قاطنيه أسلوب حياة أكثر راحة، وتكامل، ومحاكاة للمستقبل. ومع استعدادنا لاستقبال سكان المرحلة الأولى، نفتح أبواب تجربة سكنية استثنائية، جاهزة منذ اللحظة الأولى لتفتح آفاق جديدة للسكن العصري الذكي متكامل الخدمات.



وسائل مواصلات ذكية  
بتوصلك في كل مكان.



WIFI  
في كل مكان في المدينة.



نظام ذكي وأمن  
لدخول المناطق السكنية.



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