

City Life

by TMG

Issue No.06 - December 2023

TMG Milestones

ALL SEASONS PARK
Grand Opening



New Year, **New Beginnings**

نشرة دورية توزع داخل مدينتي و الرحاب مجاناً

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TMG





CityLife

As the year draws to a close, with this, the 6th issue of **CityLife**, we take time to reflect on the events that have moved us, the changes our world has undergone, and how we, as a community are part of a much broader map. We have had many reasons to celebrate throughout the past 12 months as TMG has continued to flourish, with new growth and expansion. On the brink of 2024, we look forward to a brighter future, not only for our residents and team, but for those who lack the peace and security we are so fortunate to enjoy.

This issue pays tribute to young members of our greater community as they strive for success, in sport, in education, in the arts, and as they launch themselves onto solid career paths and contribute to Egypt's development. Inside, you can read about how TMG has played an important role through its internship programs and Career Day. We bring you a peek into just some of the huge portfolio of assets owned by TMG, covering the world-class retail, commercial, medical, entertainment and F&B facilities that support you with a wealth of quality products and services, right here in our TMG Communities.

Our stunning new smart city Noor continues to take shape, and we bring you updates and insights into how this will be a life-changing residential experience, shaping the way we define our lifestyles. We also catch up with two more members of our diverse community, and learn how they contribute with their knowledge, caring, and skills to enrich our learning and wellbeing. And, as a reminder to keep an eye on our health as the festive season takes over, popular nutritionist and coach Zeina Kassas gives us the gentle nudge we need to keep us on track.

Of course, you will find all of our regular feature pages, bringing you fashion, home décor, travel suggestions, and beauty tips, along with a mouth-watering recipe for your Christmas Turkey from our favorite chef, Amal Elbanna.

CityLife shares important TMG achievements and community news, and showcases the success of the many departments within the TMG community. Brought to you by our Community Marketing Department, this quarterly publication keeps you connected. And, they have already lined up a whole host of surprises and exciting events for 2024!

Created for our diverse, multinational TMG communities, **CityLife** is available in print and online to entertain and inform you. We take this opportunity to wish you and your loved ones a festive season filled with the spirit of love, the joy of sharing, and a wonderful start to 2024.

CityLife Team

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GOUNA FILM FESTIVAL

A Tribute to Palestinian Film Makers



This year's edition of Gouna Film Festival took on a more sombre tone, with little of the usual fanfare, in respect for the ongoing anguish about the situation in Gaza. The programme, however, provided an invaluable opportunity for Palestinian filmmakers and actors to bring their work to a broader audience, telling stories both harrowing and inspirational. Peeling back the layers of life in Palestine, each filmmaker brings fresh perspectives, human insights, and an intensely real sense of what the people of Palestine have to endure.

Fittingly, the programme opened with a heart-wrenching rendition of *Olive Branch*, by young Palestinian- Chilean singer and songwriter Elyanna. Expressing pain, despair, and prayers for peace, her words paved the path for the films that followed.

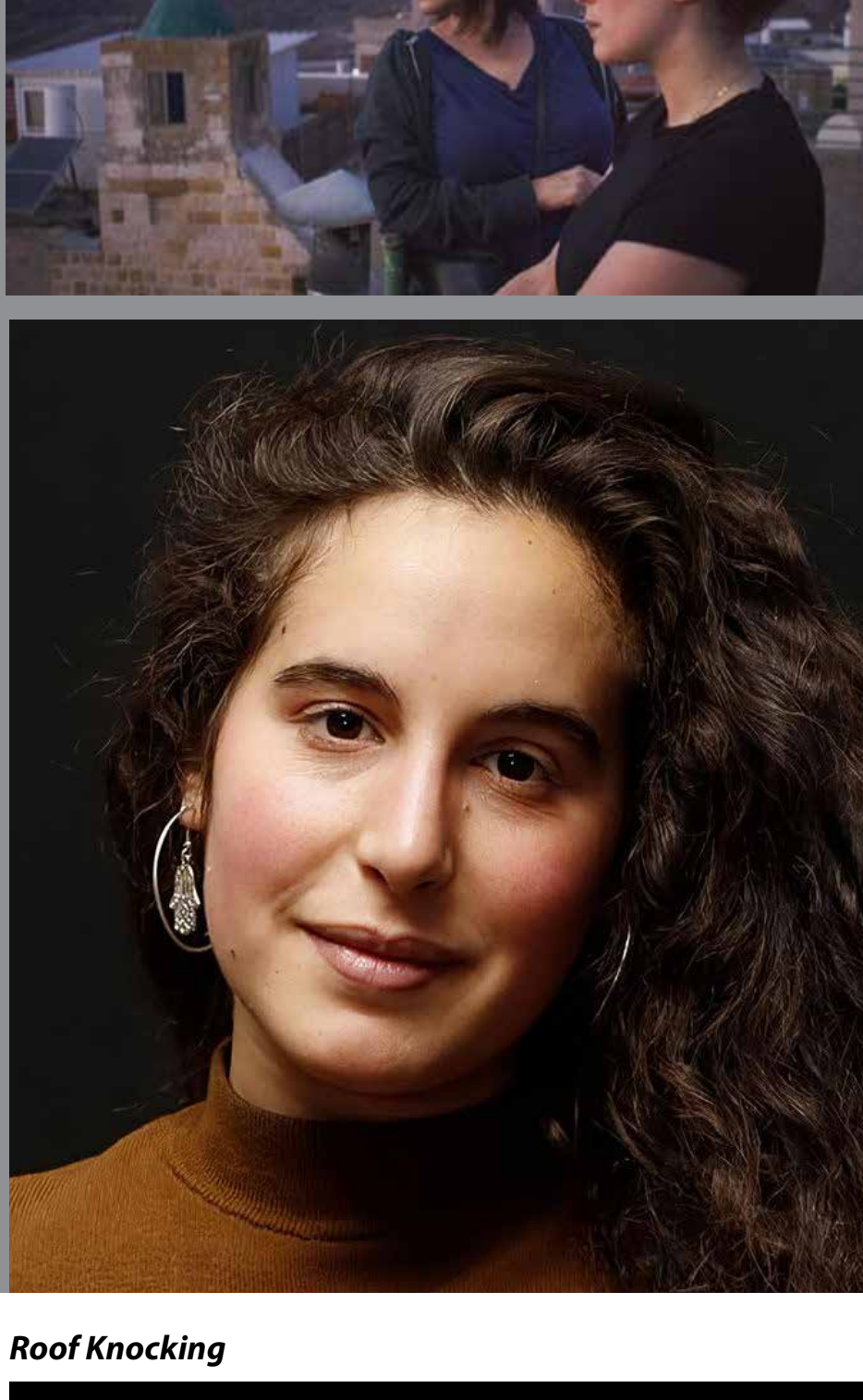
The sixth edition of the event, in collaboration with the Palestinian Film Institute, is dedicated to Palestinian cinema.



Bye Bye Tiberias

A 2023 documentary film directed by Lina Soualem, *Bye Bye Tiberias* chronicles the story of her mother, renowned Palestinian actress, Hiam Abbass, who left her village of Deir Hanna, in lower Galilee, to chase her dream of becoming an actress. Leaving behind her mother, grandmother, and sisters, she finds success, and years later, she returns to her village, with her daughter, Soulaem, to explore the life choices of her mother, and the family influence.

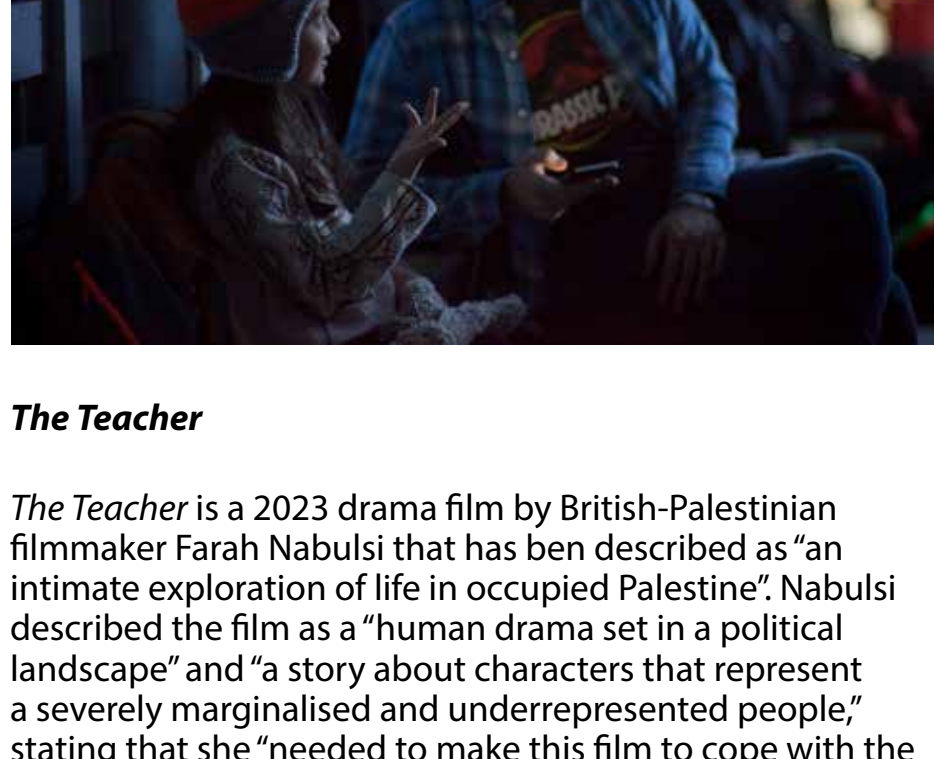
The recent recipient of the Grierson Award for Best Documentary at the 2023 BFI London Film Festival, the production is already garnering worldwide praise.



Roof Knocking



Capturing the inescapable reality of war-stricken Palestine, *Roof Knocking* refers to the IDF procedure of giving minimal advance notice to residents that their building is about to be destroyed. It focuses on a woman preparing an *iftar* meal for her family in the month of Ramadan. A phone call by an Israeli soldier alerts her of the imminent bombing of her building in 10 minutes. Directed by Sina Salimi, the excellent cast includes veteran actors Sameera Asir, Ahmed Abdelrazek, and Leila Ziyad, alongside a riveting performance by Alaa Zubaydi.



The Teacher

The Teacher is a 2023 drama film by British-Palestinian filmmaker Farah Nabulsi that has been described as "an intimate exploration of life in occupied Palestine". Nabulsi described the film as a "human drama set in a political landscape" and "a story about characters that represent a severely marginalised and underrepresented people," stating that she "needed to make this film to cope with the injustice I've witnessed."

Basem is a Palestinian schoolteacher who struggles to reconcile his risky commitment to political resistance with his emotional support for a student and the chance of a new romantic relationship with a volunteer worker. Featuring rising new talent, Muhammad Abed Elrahman as Adam, the film also stars well-known names Mahmood Bakri, Saleh Bakri, and Nabil Al Raei.

Ambulance

Ambulance, a feature documentary by Mohamed Jabaly is a searing first-person account of the war in Gaza in the summer of 2014. Mohamed Jabaly, a young man from Gaza City, joins an ambulance crew as war approaches, looking for his place in a country under siege, where at times there seems to be no foreseeable future. Echoing today's misery, this story couldn't remain hidden.

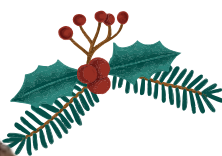


WINTER FASHION TRENDS

Women

Fur Effect Jacket
- MANGOFaux
Shearling
And Leather
Flat Ankle
Boots - ZARAWool-blend
knit sweater -
MANGO

It's time to
cozy up as the
temperatures
drop, get the
layered look or go
baggy, it's all hot
this season.

Soft Oversize
Coat - ZARAContrast Leather Biker
Jacket - MANGOPrinted Gilet -
MANGOWool Blend Knit
Vest with Pockets -
MASSIMO DUTTIJumpsuit with
Button and Pockets
- MASSIMO DUTTIPolyamide
Midi Dress
- ZARAKnit Paillette Sweater
- MANGO

WINTER FASHION TRENDS

Men



Double-Sided Leather-Effect Jacket - **MANGO**



Zip-Neck Fleece Sweatshirt- **MANGO**



Super Loose Jeans - **BERSHKA**



Birkins Collar Sweater in Faux Wool- **MASSIMO DUTTI**



Knit Cotton Sweater - **MANGO**

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Let it rain, let it blow, you can still send out the warmest vibes wherever you go. Shine and shimmer, you light up any room with our pick of party season goodies.



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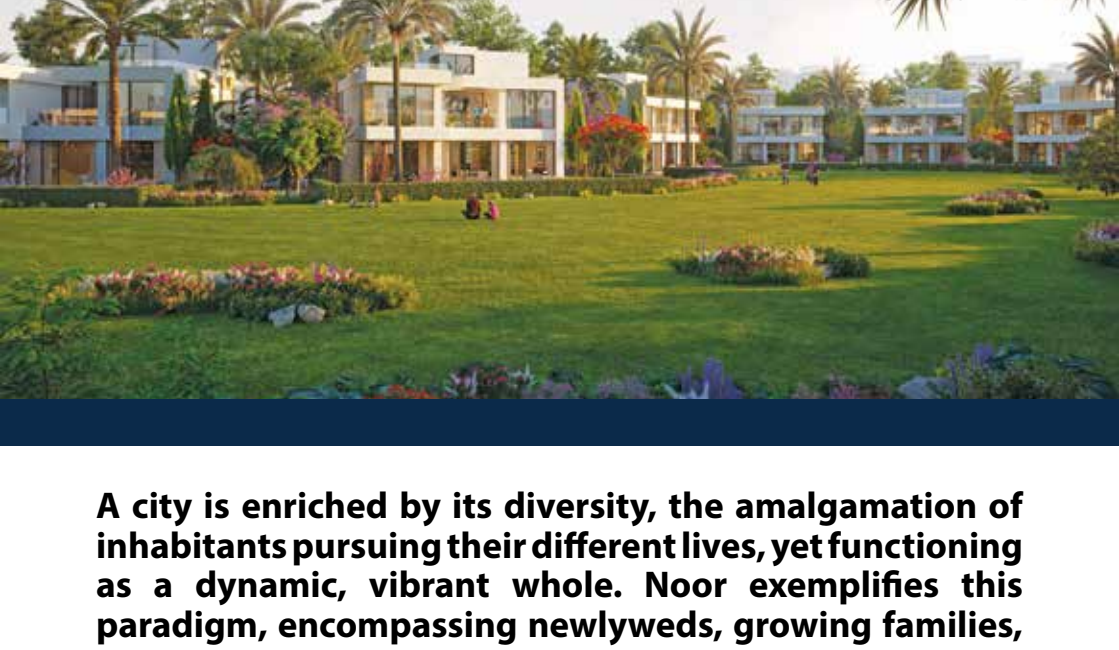
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AN ENHANCED FULL SMART CITY EXPERIENCE



A city is enriched by its diversity, the amalgamation of inhabitants pursuing their different lives, yet functioning as a dynamic, vibrant whole. Noor exemplifies this paradigm, encompassing newlyweds, growing families, career-oriented singles, and retirees looking to spend their golden years in secure, stress-free surroundings. The uniting factor is the unparalleled level of technical infrastructure that elevates life with full smart city experiences.



Through its co-operation with Boston Consulting Group, a leading international communications consulting group in the field of smart cities, artificial intelligence, and digital transformation, alongside Perkins Eastman, SAW and SASKI, Noor has been able to realise its unique vision and innovative approach. Careful consideration of the needs of each and every individual has resulted in an aspirational lifestyle that facilitates daily tasks, allowing more free time to enjoy the biophilic ambiance and leisure activities the city has in abundance.

OUR HOMEOWNERS

NEWLYWEDS

Recently married and proudly moving into your new home, life can be a juggling act as you navigate career, domestic responsibilities and the need for culture, hobbies, sport and an active social life. Every moment is precious, with the commute and long work day sometimes eating into your packed schedule. That's why the Smart Home features integrated seamlessly into Noor are such a game-changer. From high-quality connectivity, top-level security, convenient delivery service, to automated services, all the essential features are there to make your day flow more smoothly. Already accepting smart technology and its innovations as part of your working and social life, it makes perfect sense to have it enhancing your domestic life with quality smart connectivity, with shopping, home automation and smart transportation available at the touch of a fingertip. Entertaining, quality down-time, and up-to-the-minute information on a wealth of local activities take on a new sense of enjoyment when everything is so easily accessible.



GROWING FAMILIES

Nobody ever claimed that raising a family is a breeze. The demands are high, but then, so are the rewards. As parents, your focus is on providing the best for the ones you love. A secure, healthy environment, high quality educational facilities, top-notch sporting clubs, convenient shopping outlets, online entertainment options, global standard medical facilities, community interaction, reliable smart transportation options, and handily located places of worship. The list seems endless. Noor provides it all. Through Noor Mobile Application a busy household benefits from a host of functions that work together to save time, energy and money. Just consider the benefits of having intelligent speakers or digital assistants to empower you to effortlessly control various aspects of your home using voice commands, even remotely. Or smart home technology to intelligently optimize power usage, where you can remotely monitor and regulate energy consumption of appliances and apply climate control. Imagine the reduction in utility bills while you reduce your environmental footprint. Think of the convenience of having safe, reliable smart mobility, with transportation options that work for all the family, and the peace of mind that comes with integrated security systems leveraging a network of advanced sensors, cameras, and alarms to provide comprehensive around the clock protection. All of which means more quality family time, enjoying life with friends and neighbours.



SENIOR CITIZENS

As the golden years approach, life takes on a different rhythm. The pace slows a little to allow time to appreciate the green spaces surrounding you, moments of companionship with friends and family, gentle exercise, and entertaining activities. Contentment and an improved quality of life come through living in a healthy, low-pollution environment, feeling secure, having convenient access to essential services, medical facilities, and smart transportation. The stress points that often come with age fade away as home management, communication, and social interaction are efficiently managed by a tap of the finger. Peace of mind is ensured with Noor Mobile Application, where your needs have been anticipated, and catered to. Remote home monitoring, using smart cameras and sensors, allows residents to check for intrusions, smoke, leaks, or other emergencies, with alerts and notifications are promptly sent to the user's mobile device. All the joys of relaxing in environmentally managed surroundings are accentuated by the knowledge that your home benefits from smart automated lighting systems that allow you to remotely control lights or automate them using timers or motion sensors. Not only convenient, this promotes energy efficiency by turning off lights when not in use and creating tailored lighting schemes for various activities. Coupled with appliance control, where smart plugs and switches enable you to remotely control appliances, even when away from home, and climate control, where smart thermostats can remotely regulate your home's heating and cooling systems, you can enjoy a world of comfort and reduced utility bills.



VISITORS

With so much to attract, from lush nature to prime retail malls, dining, and exciting entertainment options, Noor will act like a magnet and destination hub for visitors from near and far. And for those with family and friends already enjoying their lives as residents, the opportunity to share their unique smart city lifestyle will be irresistible. Finding your way around a new place can usually be confusing and a bit daunting, but Noor Mobile Application will make it a simple process. Linked in to smart mobility, smart administration and smart e-commerce, the well-planned business infrastructure can be accessed in seconds. Smart mobility options will whisk you around with ease, and smart e-commerce will give you an instant overview of the wealth of shopping choices available with a few minutes reach. Gaining access to Noor via the smart security system is both easy and reassuring. Connect with your hosts, and they will enable your entry. In fact, the whole experience should be so enjoyable you may want to explore the possibility of moving in yourself!



BUSINESS COMMUNITY

Quality, high-value-for-money products and services are core to the commercial life of Noor. As a retailer, you are in a prime position to cater to the needs of a large, diverse consumer base. The benefits of conducting business in a smart integrated city are manifold. Smart security enables you to monitor your premises continuously, smart energy allows you to reduce your consumption and reduce overheads without compromising the level of service you provide, and smart mobility facilitates the easy flow of employees to and from the workplace. With all the boxes ticked, being part of Noor's dynamic business community seems an obvious choice.

Noor Mobile Application serves as a user-friendly interface accessible through smartphones or tablets, allowing users to conveniently access and control their smart home devices from anywhere, at any time. Saving valuable time and energy, each feature has been carefully selected to simplify daily tasks, ensure residents' comfort and convenience in a sophisticated, environmentally aware ecosystem.



Atrium and ACC

Lead in Occupational Safety and Health



Meeting its commitment to the highest levels of workmanship and technology, with its outstanding performance, Noor Project is honored to be the first in the TMG Group to activate the evaluation of contractors' performance according to established international standards. The introduction of the evaluation has contributed significantly to raising the degree of performance, and exceptional results were achieved by two TMG companies involved in the construction, alongside Noor Construction.

Alexandria Contracting Company and Atrium Contracting Company obtained first place for occupational safety and health, with one million hours having passed without any accidents on site.



With over 30 years of experience, Alexandria Construction Company (ACC) is considered to be one of the leading companies in the Egyptian construction industry, and a pillar of the country's economy. Established in 1980 by Eng. Talaat Moustafa with the vision of creating a contracting company that would build the future of a new Egypt, the company began to take part in construction projects that would later on become popular landmarks. ACC is classified as a Category (A) company for Civil and General Construction works, employing over 7,000 individuals.

Atrium Quality Contractors is Talaat Moustafa Group's Construction Arm specializing in commercial, medical, educational, corporate, recreational, hospitality, and high-end residential projects. Atrium has also invested in Atrium Project Management (APM), which aims to be the leader in the project management industry. With a track record of delivering prestigious projects such as The Four Seasons Sharm El-Sheikh Extension Project, The Four Seasons Cairo at Nile Plaza Renovation project, The Four Seasons Giza at First Residence Nile Boat project, Mall F and Mall A projects at the Open Air Mall of Madinaty, East Hub project at Madinaty, GEMS School Project at Al-Rehab, The Four Seasons Beach Villas project at San Stefano, The Gateway Mall project at Al-Rehab, and The Madinaty Clubhouse and Spa projects, Atrium has further established its credentials with its new accolade.

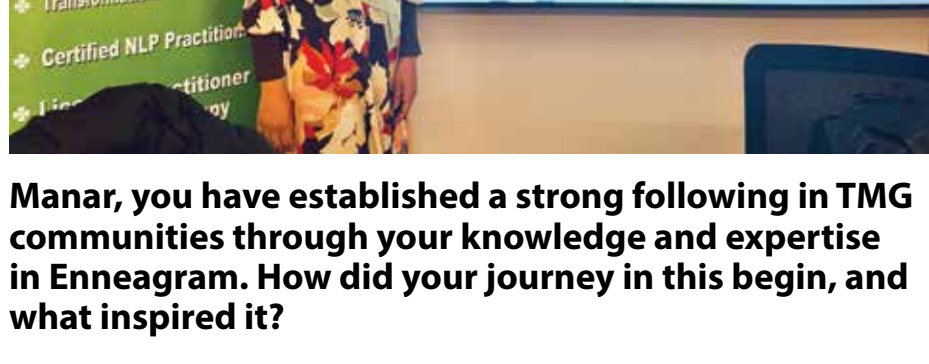


Atrium is currently contracted to construct mega projects such as The Four Seasons Cairo Capital project at Madinaty with CCC (Atrium-CCC Joint venture), The Four Seasons Luxor project, The Madinaty Hospital project, Privado project, Townsquare project at Cairo Gate, Elie Saab Signature Villas, Celia Villas project, Celia Village project, and Noor City.

Unlocking Enneagram Insights with MANAR MADY



Longstanding resident of both Al Rehab and Madinaty, and vibrant mother-of-two, Manar Mady has become well known in the TMG community, and further afield, for her work with Enneagram, the powerful system for personal growth and a great resource for transforming our relationships in every sphere of life.

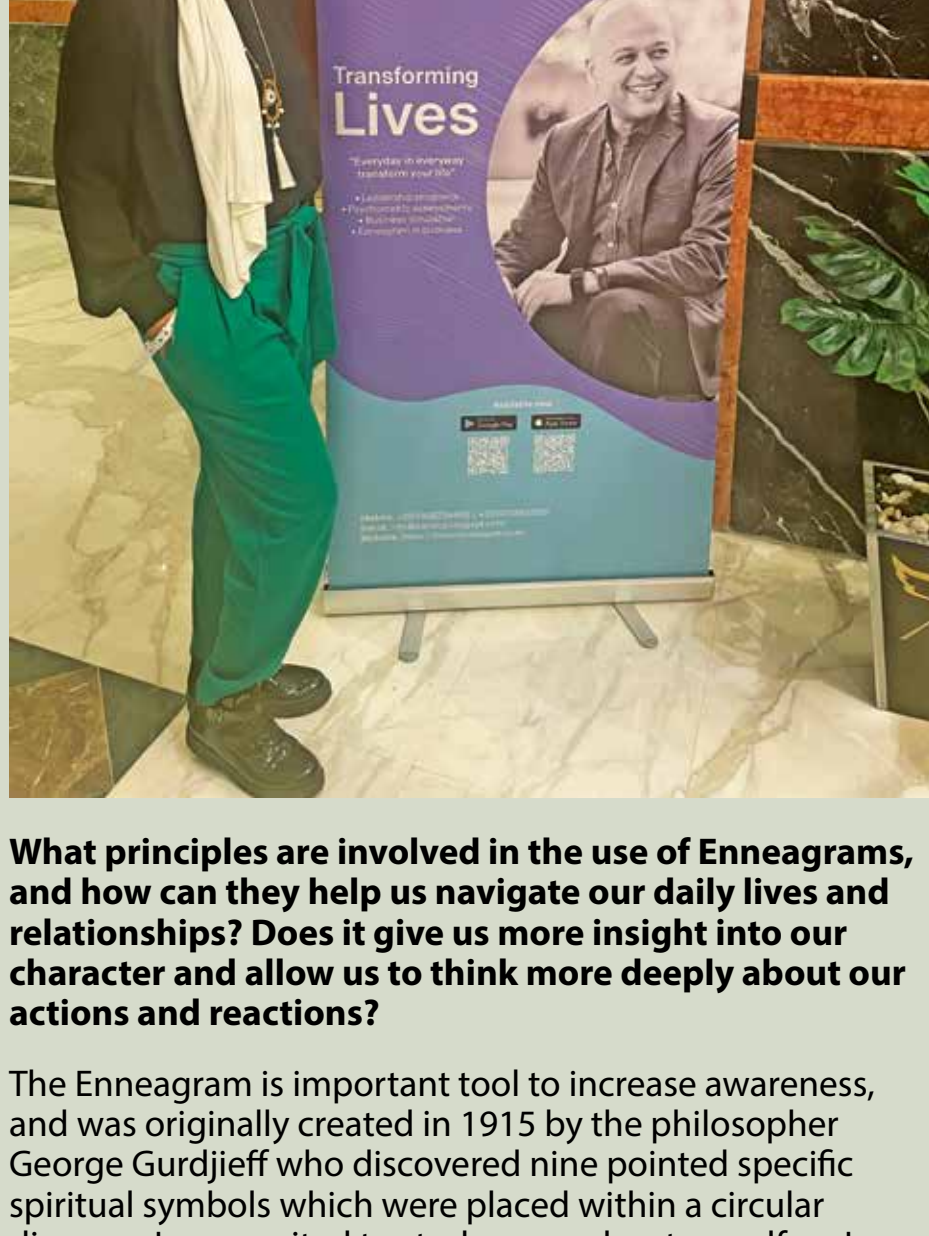


Manar, you have established a strong following in TMG communities through your knowledge and expertise in Enneagram. How did your journey in this begin, and what inspired it?

From around 15 years ago I have had questions running through my head about who I am and what my purpose is here on earth. So I started to search for the answers in books related to consciousness and the life force, the subconscious mind, and its role in opening up a deeper understanding for everyone. Through these books I realized that there was more to discover inside myself, and the secret to living a happy and connected life. Then I became excited about the idea of studying coaching with Enneagram so I could help other people in my community to develop better self-understanding.

What studies did you undertake to reach your level of proficiency?

I finished studies in neuro- linguistics programming, coaching with Enneagram, business consultation and Neuro Science, for individuals and organizations. These studies were an eye opener to me in seeing how the universe works in connecting the dots to acknowledge the purpose of life.



What principles are involved in the use of Enneagrams, and how can they help us navigate our daily lives and relationships? Does it give us more insight into our character and allow us to think more deeply about our actions and reactions?

The Enneagram is important tool to increase awareness, and was originally created in 1915 by the philosopher George Gurdjieff who discovered nine pointed specific diagram symbols which were placed within a circular diagram. I was excited to study more about myself, so I choose the Enneagram, which I like the most because you are diving into deep layers of your true self.

The Enneagram allows you to know:-

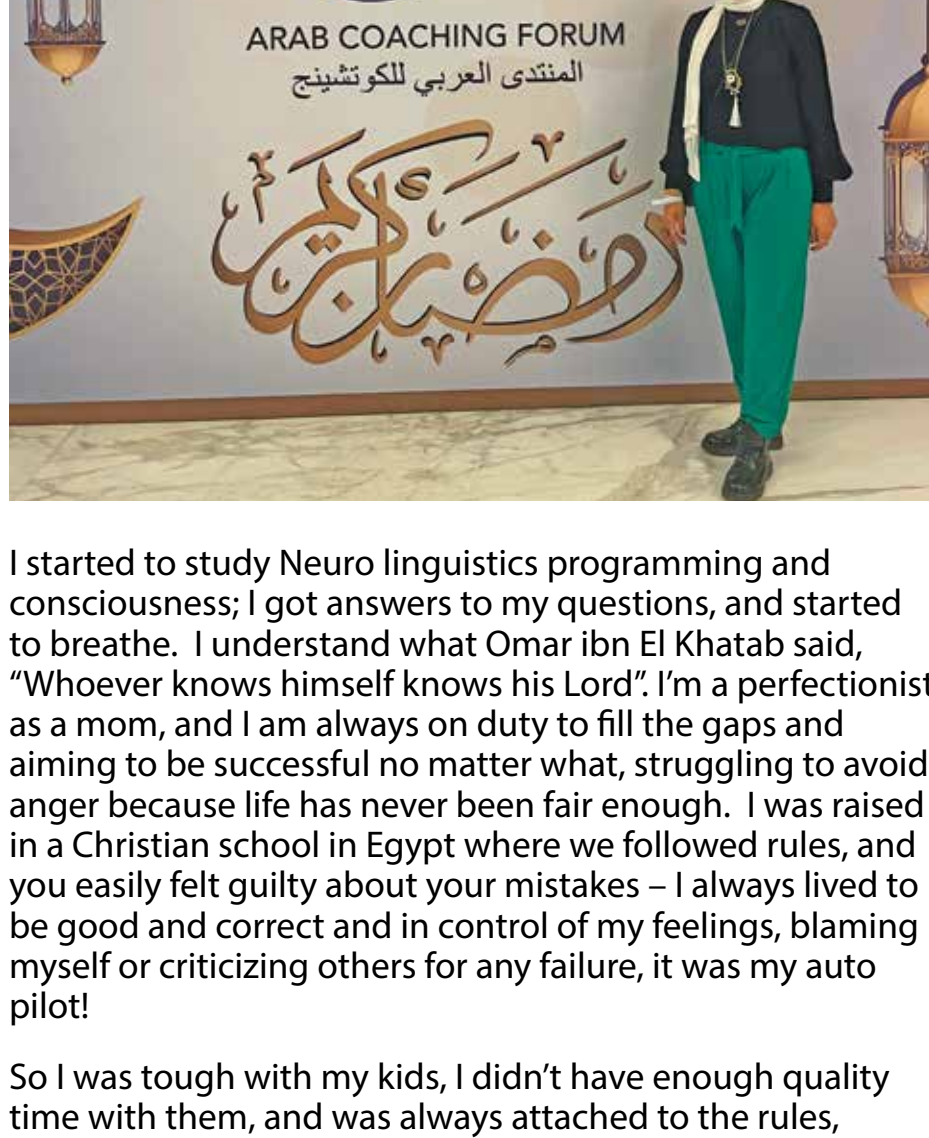
- Your type, your strength, your path and how to understand people around you.
- What the motives are behind your actions.
- What your original wound is.
- Why you have such a defense mechanism.
- How to connect with your essence.
- How you get out of the box in every situation, and how to be responsive instead of reacting impulsively.
- How you align with your 3 energetic centers of body, heart and mind.

When you know the insecurities of your type in the Enneagram you are more aware how it affects your personal growth and relationship!

How has your insight and knowledge in this subject benefited your personal life, especially as a mother?

When life gave me my first baby, born with Down syndrome, it was big struggle to accept, so the questions became multiplied in my head. "Why me, what can I do, how can I accept the situation?"

I went through massive pain and resistance. Immersed in married life and raising kids, I became frustrated and depressed, then suddenly a friend recommended that I to start to study some self-development courses to change my life, and to know more about how to recharge myself.



I started to study Neuro linguistics programming and consciousness; I got answers to my questions, and started to breathe. I understand what Omar ibn El Khatab said, "Whoever knows himself knows his Lord". I'm a perfectionist as a mom, and I am always on duty to fill the gaps and aiming to be successful no matter what, struggling to avoid anger because life has never been fair enough. I was raised in a Christian school in Egypt where we followed rules, and you easily felt guilty about your mistakes – I always lived to be good and correct and in control of my feelings, blaming myself or criticizing others for any failure, it was my auto pilot!

So I was tough with my kids, I didn't have enough quality time with them, and was always attached to the rules, not leaving them a chance to make mistakes. Enneagram taught me that I am a type who likes to be good and correct, someone who wants to avoid being mistaken or being bad / wrong ... That's why I understand it's a protection to my ego - it's not my true self, and I worked on that to get out of my patterns. Life got easier for me and my kids, and now I value spending time with them more than filling the gaps. I started to forgive all mistakes they make so we can grow and learn from them, I have become more relaxed and self-aware of what has happened inside me and how I see the big picture.



My pain has diminished month by month, and I have become more aware of how to live the life I really want.

Have you seen an increasing awareness and interest in the use of Enneagram in the community?

In recent years we have had the International Enneagram Association (IEA Global) and (IEA Egypt), which organize yearly conferences where we can meet Enneagram coaches and teachers from different countries around the world, to explore theories and new modalities



How can anyone interested in learning more find courses and information?

In Egypt we have many schools that provide Enneagram of personality, spirituality and transformation courses.

- My page is "Enneagram by Manar Mady."
- Facebook: Enneagram by Manar Mady
- Instagram: @enneagram_by_manar_mady

Alongside your fascinating work, as a longstanding resident of both Al Rehab, and Madinaty, what do you think makes them such great places to raise a family?

I'm an owner in Madinaty and have spent 15 years as a resident of El Rehab. I was comfortable with the idea of having everything nearby, especially training in the club, and the many activities to enjoy in the city. I always like to work in my garden, and I care about trees and green grass. This is one of the main things I like about Talaat Moustafa Group, also that the security departments are so alert in keeping kids in a safe environment. I am relaxed enough to leave my kids riding their bikes and scooters.

MEET JANE KNIGHT



Hailing from Glasgow, Scotland, Jane Knight has built a career in education across several continents. However, she has settled into Egypt quite happily and is pursuing her mission to bring the best possible learning environment to Al Rehab. City Life caught up with her as she returned from a trip to Qatar with the young members of the football team. Her job has many facets, it seems!

What do you find most rewarding about your role as Principal of GEMS The British School in Al Rehab?

I have only ever wanted to be a teacher, thanks to my very first teacher when I was five, Mrs. Woods. Throughout my teaching career I have strived to be as great a teacher as she was and inspire the students in my care. I am a firm believer that we need to create a supporting learning environment for students to enable them to learn and reach their full potential. The relationships between teachers and students must be one of respect. Students need to feel valued and be able to make mistakes knowing that their teachers are there to give them the feedback needed to improve. This applies not only to their academics but also to their social and emotional needs too. We all remember those teachers who made a difference to our lives so I am very proud to be in GEMS TBS and support our teachers to make the impact on every student enabling them to fulfil their career goals and be happy and valuable members of the world of tomorrow.

What brought you to Egypt, and when did you take up this position?

Before taking up this position I had been to Egypt as a tourist visiting Cairo, Luxor and Aswan and then again as a leader at a British Schools in the Middle East Headteacher's conference. At the conference I had been talking to some teachers working in Cairo who could see the Pyramids from their classrooms. I remember thinking how amazing that was and what an honor it would be to work here. However, my career path kept me in Dubai for many more years and then to Kazakhstan before a phone call came asking if I would be interested in this job. I jumped at the chance and thankfully after all the interviews I was offered the role. I arrived in January 2022 and have enjoyed working at GEMS TBS and exploring more of Cairo and other parts of Egypt. The food, the people, the music, the layers of culture have all combined to make me fall in love with the country.



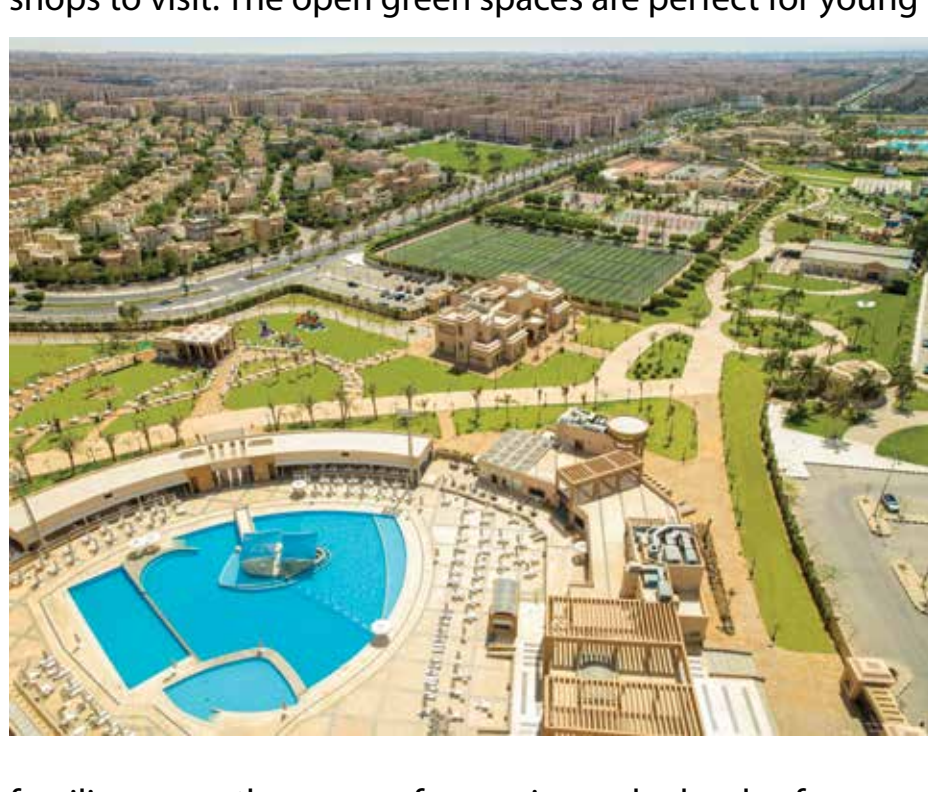
Can you tell us a little about the educational approach at GEMS, and why it works so well within the Al Rehab community?

The word 'community' says it all because at GEMS TBS we are a community, a family and therefore our holistic view of education means that our focus is on developing the whole child: their social, emotional and academic needs and their role as a Global Citizen. Being a Global Citizen supporting our local community as well as others in need in the wider community is embedded in our curriculum and student voice is much valued. As part of Egypt Education Platform, we take part in an annual Challenge of the Pharaohs which asks students of all ages to come up with innovative solutions to support the United Nations Development Goals.

We are also here to support families as we are partners in their child's education. Bringing up children in the 21st century can be challenging as there are so many different pressures from what we experienced as children both socially and academically. Our weekly workshops focus on not only our rationale of how we teach and why but also what parents can do to support learning at home and strategies for topics such as healthy eating, bedtimes, developing confidence and resilience and more.

As a resident of Al Rehab, what do you most appreciate about the ambiance and amenities?

Al Rehab is a great community to be part of. I particularly love the greenery, the flowers and the trees that bloom throughout the year bringing blasts of colour around every corner. The many open garden areas and pathways are a great way to enjoy the fresh air and get some exercise safely. I have found everyone living and working here to be so friendly and helpful, especially when I arrived at first. How wonderful that you can eat, play, shop and exercise without having to leave Al Rehab's safe environment. There are so many different kinds of restaurants and coffee shops to visit. The open green spaces are perfect for young



families as are the range of nurseries and schools of many different curriculums.

How do you spend your leisure time?

I enjoy travelling so have taken every opportunity to explore Cairo and Egypt. When I cannot travel I love to read about travelling and planning my next trip. There is nothing better than enjoying a coffee and reading book at one of the many coffee spots in Al Rehab. I also have been re-learning golf. I say re-learn as I did play before in Dubai but definitely need more practice. My other passion is music. Although I do not play in an orchestra in Cairo as I have done in previous cities, I do sing with the Maadi Community Choir every week.

Is Al Rehab an easy place to make friends and develop an active social life?

I found Al Rehab a very friendly place and if you enjoy sports or being outdoors the Club and open spaces are perfect. Being able to speak some Arabic would be an advantage for anyone living here to really make the most of exploring the Souks.

Would you recommend relocating to Al Rehab to anyone looking for an improved lifestyle?

Al Rehab is the perfect place for families. With the many child friendly amenities, play areas, nurseries and schools for all ages and many curriculums it means everything is nearby and easily accessible. The safe walkways and gardens are great for playing and exploring and with the trees and plants attracting beautiful birds there is always something to see and do. The air is clear and the environment is so safe Al Rehab is a great place to live and work.

A WORLD OF EXCEPTIONAL RETAIL & UPSCALE SERVICES



15 outstanding shopping, dining, and service hubs, conceived to meet every imaginable need of the diverse communities of Al Rehab and Madinaty. Offering leading global names alongside exciting local fashion brands, international level medical services, essential services and entertainment options, each venue has its own charm and unique identity. All easily accessible to maximise convenience, they elevate the relaxed, enjoyable lifestyle that these iconic residential communities are so well known for.

Amongst TMG's largest and most prominent development projects, Al Rehab spreads over 10 million sqm to host 300,000 residents, while Madinaty spans over 8000 feddans of land with 800,000 target residents, making it the largest all-inclusive enclosed city in the Middle East.

Between Al Rehab and Madinaty cities, TMG planned for a commercial portfolio of a 15 million GLA, of which 420 km² are built in over 28 locations, with the rest to be completed by 2035. The company has 400 feddans of sports clubs, with two of the largest in the region with the capacity for almost 200 k members and an international golf club house with a signature world class 18-hole golf course by RTJ managed by Troon International and serviced by Kempinski.

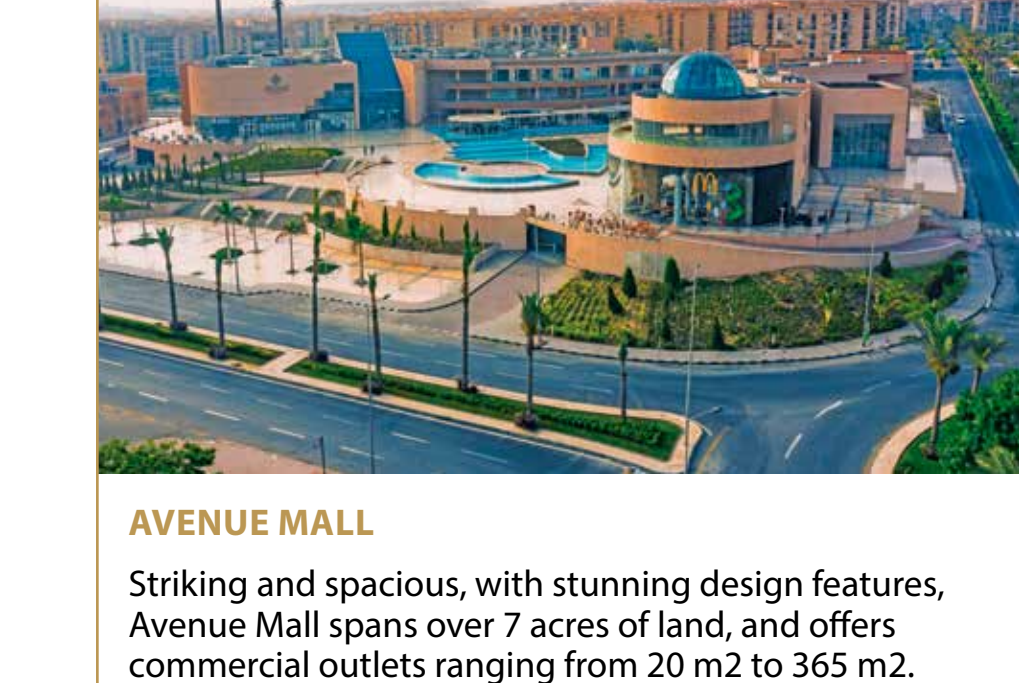
Impressive numbers, and this shows in the huge footfall each mall or center experiences each day. But, thanks to well thought out design and exceptional construction, everything flows easily, with ample parking, sympathetic landscaping and a natural play of light and texture creating a sense of harmony and wellbeing.

AL REHAB CITY



GATEWAY MALL

Gateway Mall is an integrated hub for entertainment, retail, commercial activities, and is easily accessible through Al Rehab Gate 12, with the exit from Gate 13. Already building up a steady clientele, the newly opened salons offer some serious pampering, with all the latest in facials, cosmetic procedures, hair care, and manicures. And no-one should overlook the fantastic new food venues, Panda supermarket, services, fashion, electronics, specialty retail, accessories and luxury goods. Entertainment options include the area's first bowling center, a boxing academy, and an escape room. The word is definitely out, as recent months have seen nearly 58,000 visitors a week. With four buildings of three floors in attractive landscaped surroundings, access is easy from the huge underground parking area. Offering 12 escalators, 23 elevators, surveillance and security, Gateway is easy to get around and explore.



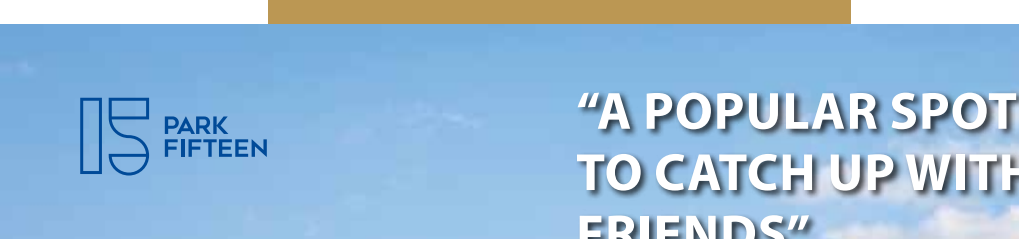
AVENUE MALL

Striking and spacious, with stunning design features, Avenue Mall spans over 7 acres of land, and offers commercial outlets ranging from 20 m² to 365 m². Conveniently located close to Gates 1 and 24, Rehab City Hall and Omar Ibn El Khattab Mosque, Avenue Mall offers all the amenities that make shopping a pleasure. A gathering point for every age and interest, it draws around 10,000 local residents and visitors from the vicinity daily. Anchored by Carrefour Market, it also has McDonald's, Second Cup and KFC amongst its convenient mix of retail, services and F&B outlets, as well as a State Civil Registrar.

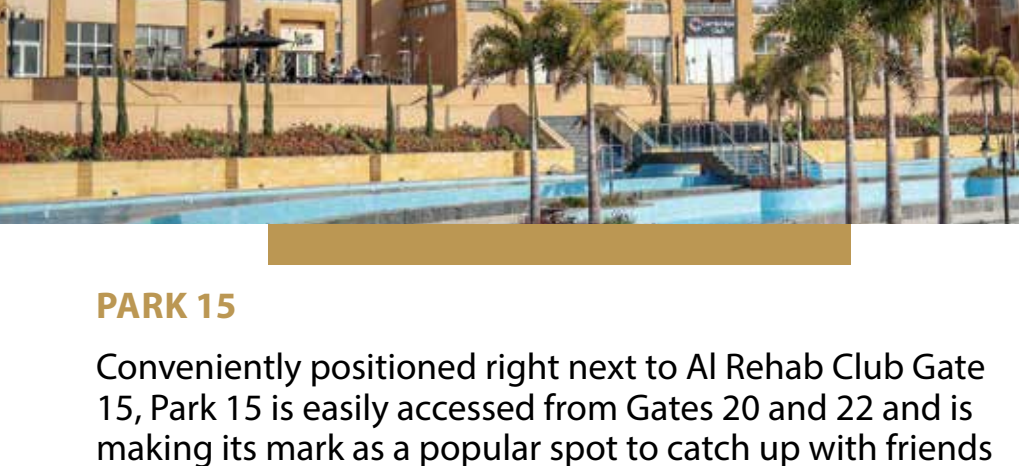


EAST COURT

East Court sits near Gate 22 and Al Souk Al Sharqi, and brings an upbeat vibe and exciting food outlets along with branches of major banks, Al Mokhtabar Labs, Al Ezaby Pharmacy, Abu Auf, Zack's, and Ibn El Sham. Covering two floors across 6,833 sqm, the well-planned mall has six elevators, automated underground parking and free street parking, surveillance cameras, security, and WC facilities. A perfect outing for families, kids can have a fantastic time at Fun City, and then enjoy some of their favorite foods. A hot spot for both local residents and the vicinity, it sees around 3,000 visitors a day.



**"A POPULAR SPOT
TO CATCH UP WITH
FRIENDS"**



PARK 15

Conveniently positioned right next to Al Rehab Club Gate 15, Park 15 is easily accessed from Gates 20 and 22 and is making its mark as a popular spot to catch up with friends in fresh, attractive surroundings. The stylish, contemporary building covers 9,645 sqm, dedicated to educational facilities, Yatta café and restaurant, workspaces and several fitness centers, and attracts around 8,000 visitors a day.



MALL 2

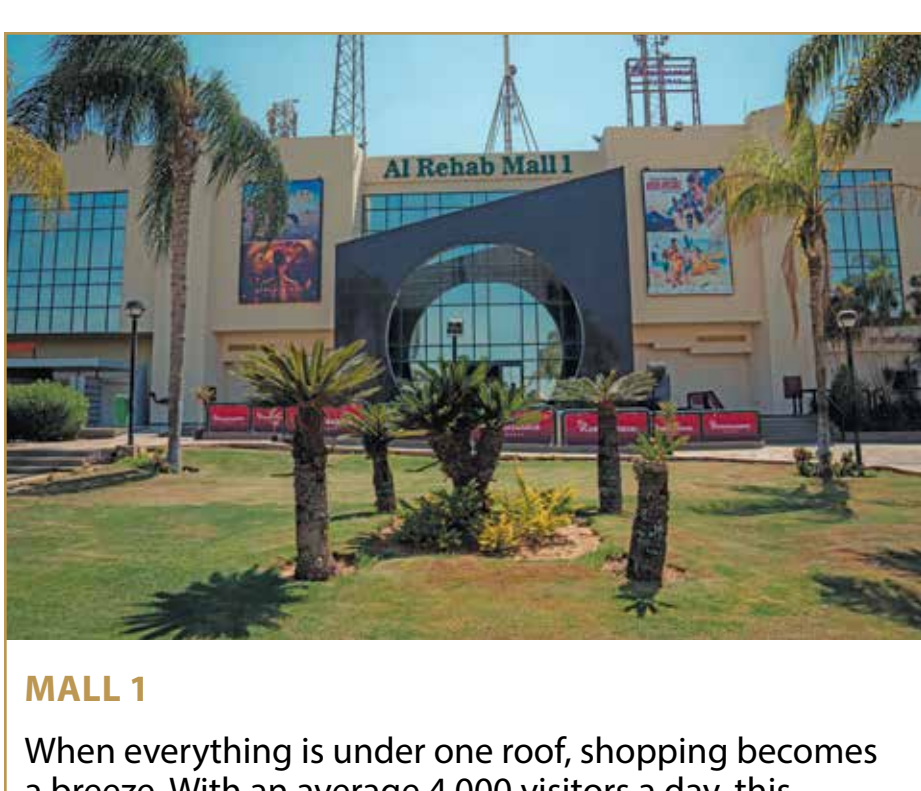
Spread over two spacious floors with 9,660 sqm dedicated to offering a great shopping experience, and as one of the very first operating malls within the city catering to residents shopping needs, Al Rehab Mall 2 offers fashion, eyewear, home wear, leather goods, pharmacies, jewelry, and chocolatier stores as well as kids fun park (Fun City). You will find Metro Market, Adidas, Nike, along with RA Sports and other favorite brands. Easy to access, with free ground parking slots, and attracting around 10,000 visitors a day, it is situated on Talaat Moustafa Main Street, close to Gates 9 and 12.



OPEN FOOD COURT

Located in the center of Al Rehab, the Open Food Court covers 2,838 sqm, and attracts at least 8,000 visitors a day. Its diverse cuisines are geared to offer exceptional food and beverage experiences, with a multitude of seated restaurants, cafes and hangout venues, where you can grab a fast snack during the day or sit for a meal at the end of a long day of work overlooking beautiful fountains. A favorite with both Al Rehab residents and residents of neighbouring areas, diners can enjoy a host of top local food brands as well as international names.





MALL 1

When everything is under one roof, shopping becomes a breeze. With an average 4,000 visitors a day, this multipurpose shopping destination has 104 individual shopping outlets spread over 6,075 sqm, offering up-to-the-minute fashion, quality eyewear, home wear, pharmacies, beauty salons, leather products, and a Renaissance cinema showing the latest blockbusters. In operation since 2005, this is the spot to look for popular brand names at affordable prices. Close to gates 5 and 6, and nearby to the British School, it couldn't be handier.



AL REHAB NEW SOUQ

The strip-style mall of 1,500 sqm features service-oriented shops, including major bank branches, telecom branches, stationery stores, and more.

MADINATY



OPEN AIR MALL

One of the most exciting venues in Cairo, the largest in the MENA Region, and the only super regional open-air mall in Egypt, Open Air Mall is spread over 404,000sqm, with a 6,000-car parking. With a total GLA of 92,000sqm, and 256 units, in 8 stunningly themed stand-alone buildings overlooking a lush central landscaped area surrounded with fountains and lakes, it features a bright, eye-catching tram, inspired by the iconic San Francisco Tram, to transport visitors and shoppers around the attractive buildings. Providing a unique introduction to an unforgettable shopping and leisure experience for all members of the family, it is just one of the myriad attractions the mall has to offer. Easily accessible, with convenient, multiple access and exit points, Open Air Mall has established itself as a destination, drawing local residents and over 5 million residents from neighbouring areas, as well as further afield, and sees in the range of 90,000 visitors on a daily basis.



Each building offers a world to discover. Unparalleled shopping experiences abound, with high-end fashions from the world's trendiest labels alongside up and coming local designers, take a peek in Buildings B, E and G. Tantalising food adventures with a choice of cuisines from around the globe beckon at Food Hall in Building H, and fun is on the menu at Xtreme Land, the ultimate leisure destination for the whole family. The largest indoor entertainment hub ever seen in Egypt, Xtreme Land rolls out some of the best rides ever in Building E, all guaranteed to boost adrenalin levels sky high. And while you are there, cruise by Building D to catch one the latest movies to hit the big screen at a choice of 15 luxurious cinemas.

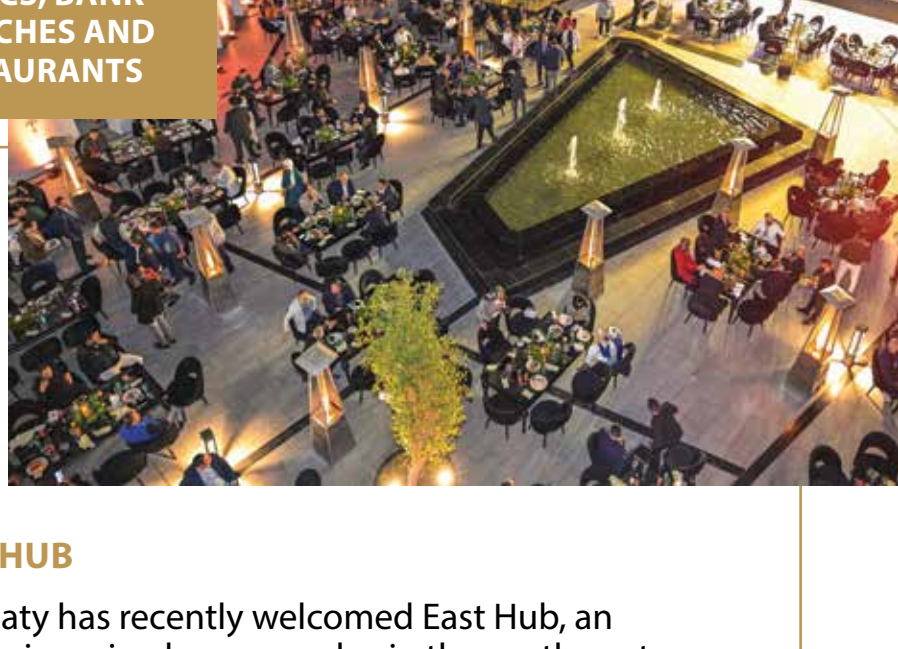
Browse around, you can find an absolute treasure trove of great boutiques, accessories, beauty, food, fashion, furniture, and everything your heart could desire.

Facebook: openairmall

Instagram: openairmall



200 OFFICES AND CLINICS, BANK BRANCHES AND RESTAURANTS



EAST HUB

Madinaty has recently welcomed East Hub, an impressive mixed-use complex in the south-eastern region of Madinaty, facing areas B11&B12. The generous built-up area of 191,000 sqm spreads across eight buildings, offering a diverse and engaging environment. There are approximately 405 commercial units for various activities, including 200 offices and clinics, bank branches and restaurants, and an underground garage with a capacity of about 1,200 cars, in addition to parking spaces in front of the mall buildings. Five of the buildings are primarily dedicated to retail use, providing a wide array of shopping opportunities with well-known brands like Oriental Weavers, Adidas, Thai House, Abdul Aziz Stores, Flamingo, Etisalat, DHL, Sultan Saray, Beit Ward, Casaletti Furniture, and Brisk by Sonic. Three buildings are specifically designated for medical, administrative, and banking services, and are handily located for both Madinaty residents and visitors from nearby Al Mostaqbal City, making East Hub a valuable addition to the area.

ALL SEASONS PARK



ALL SEASON'S PARK

Newly opened, All Seasons Park is located in the heart of the eastern residential area, and boasts a large 54,000 m2 sqm with 230 shops distributed over three spacious floors, as well as a dedicated medical center located on the second floor, containing 100 clinics covering all medical specialties, clinics, laboratories, x-ray centers and MRI services. This facility is a boon for residents, as it brings peace of mind to know that the highest level of medical professional are close at hand to deal with any medical situation. Adding even more convenience for the average 8,000 visitors each day, underground parking slots and open space slots can take up to 1,500 cars.



Chic and elegant, with eye-catching architectural features, the mall features a network of winding corridors that converge to form an appealing space for shopping, dining and relaxation. With an abundance of natural light and fresh air, the mall has various seating areas throughout the pedestrian corridors, which are lined with high-end stores.

It's not just about world-standard medical services, there is a Carrefour Premium Market to offer a premium shopping experience with a selection of more than 500,000 products. The shopping experience is enhanced by innovative product displays and advanced technology, along with the introduction of a self-checkout system for speed and convenience. After taking care of groceries and household needs, take time to browse the great selection of retail outlets. Look out for big brands like New Balance, Beverly Hills Polo Club, Sun and Sand, Activ, De Facto and LC Waikiki, Mellow, People, and Tseppas. There is plenty of entertainment to attract the whole family, and the mall is quickly becoming a focal point for the area.

Instagram: allseasonspark

Facebook: madinatymalls





CRAFT ZONE

When there is so much to do, and never enough time, head down to Craft Zone, the biggest 'services' hub in Madinaty. Handily located at the south-east end of Madinaty, close to the New Administrative Capital and Mostakbal City, the L-shaped structure encompasses 2 commercial and administrative zones with easy access from within and outside the city. Truly a one-stop- shoppers' dream, with in excess of 10,000 visitors a day, it has 600 service shops for workshops, car maintenance, bakeries, supermarkets, pharmacies, butchery and poultry shops and grocery stores, plus everything else you could imagine, and it is a game changer when it comes to covering the daily needs of residents of both Madinaty and surrounding neighborhoods.

It is easy to find well-known brands like Abu Auf, Prego, Fit and Fix, Vodafone and Kodak Express along with the only civil registration office in Madinaty,

Facebook: madinatycraftzone



SOUTH PARK

Located in the heart of the city of Madinaty, South Park, is packed with over 13,300 sqm dedicated to good times. Enjoying over 10,000 visitors a day, it is an entertainment zone buzzing with an upbeat vibe, great food, and activities designed to offer loads of fun for the whole family. Offering an array of culinary experiences cuisines from all over the world, ranging from beverages and light snacks to full mouth-watering meals, the venue also includes banks and a hypermarket. South Park is made to measure for families, who will find all of their favorite Egyptian foods, as well as popular Syrian dishes at Sayed Hanafy and Al Dahan, along with a choice of many international names like Pizza Hut, Hardee's, Starbucks, KFC, McDonald's, Chili's, and Costa.



ARABESQUE

Capturing the charm of a traditional 'souk' style mall, Arabesque was the first commercial multipurpose center to open in Madinaty. Catering to the daily needs of residents, it has been designed to incorporate oriental elements to stand true to its name. The mall covers 81,000 sqm, offers parking spaces, and features several supermarkets, furniture shops, bakeries, restaurants, cafes, beauty salons, electronic shops, and branches of Vodafone and Etisalat.

TMG MILESTONES

City Life looks at the outstanding progression that marked TMG's journey representing the pulse of urban living and celebrating the notable achievements.

January

MGC Hosts the MENA Tour



MGC hosted the MENA Tour from January 31st to February 7th, 2023, providing an excellent venue for international players as they competed for the lead position in the prestigious Order of Merit.

February

TMG Opened It's First Show Room at Arkan Plaza.

TMG opened the first sales showroom in West Cairo at Arkan Plaza, Sheikh Zayed City.



March

TMG Collaborates with Impactyn in "Donate with Your Picture".

TMG and Impactyn collaborated on the "Donate with your Picture"



campaign in Egypt, allowing people to capture their moments at TMG projects and upload them on social media. Over 7000 people participated, collecting 5 million EGP for well-known NGOs in Egypt, including Orman Foundation, Magdi Yacoub Heart Foundation, Baheya, Hand in Hand organization, and Egyptian Food Bank.

Activating the City Pay Smart Payment Portal

The City Pay portal was launched to facilitate the payment process of the maintenance and utility fees, especially for customers residing abroad and whose circumstances do not allow them to pay physically inside TMG's headquarters. The application works throughout the day with the service available on a 24 hour basis.

April

TMG Was Honored During the Announcement of "EGX Awards" Among the Best Success Partners.

The Egyptian Stock Exchange (EGX) handed out EGX Awards to success partners, in appreciation of their performance. This came during the activities of the annual Suhoor organized by the EGX. TMG was awarded as the best company using money market tools.

June

Madinaty Half Marathon



Madinaty Half Marathon was organized by Tri Factory in partnership with TMG, offering runners three different races: 5k, 10k, and 12k, including automatic timing for every runner, fully closed-off roads reserved for runners only, and special race medals at the finish line

Talaat Moustafa Group Leads Egypt Summit for the Best.



Talaat Moustafa Group heads the list of the 100 most powerful companies in the Egyptian economy and receives the Sustainable Building of the Year Award 2023. Mr. Omar Abdel Rahman, Vice President - Marketing at TMG received the award.

July

Citylife Celebrates 1st year Anniversary



TMG Acquires a Significant Stake and Management Rights in Seven Hotels Located in Cairo, Alexandria, Luxor, and Aswan.



TMG hospitality arm, Arab Company for Tourism and Hotels Investments ("ICON"), which is one of TMG subsidiaries offered to acquire a significant stake and management rights for seven E.G.O.T.H. owned hotels located in Cairo, Alexandria, Luxor, and Aswan.

These hotels include Sofitel Legend Old Cataract Aswan, Mövenpick Resort Aswan, Sofitel Winter Palace Luxor, Steigenberger Hotel Tahrir, Steigenberger Cecil Hotel Alexandria, Marriott Mena House Cairo, and Marriott Omar Khayyam Zamalek.

TMG Dominates the Real Estate Sector on Forbes' List of the 50 Most Powerful Companies for 2023.

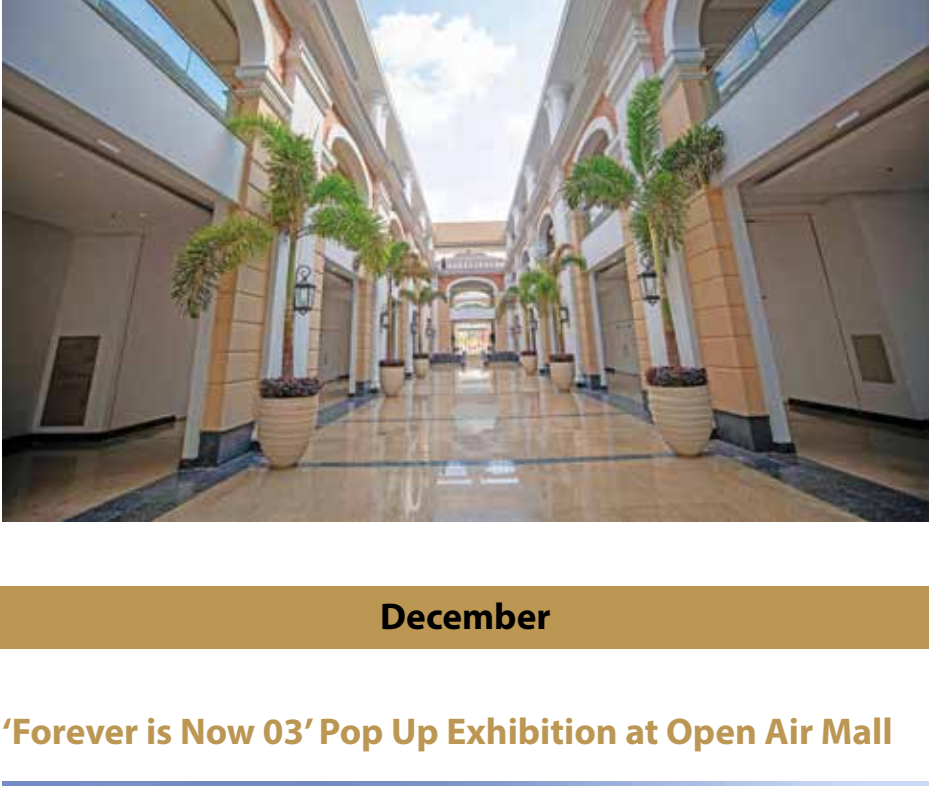


TMG established itself as a prominent player in the real estate industry, attaining the sought-after first position on Forbes Middle East's esteemed list of the strongest 50 companies in Egypt for the year 2023.



September

TMG Declared a Strategic Partnership with Colin's Company.



TMG signed a strategic partnership with Colin's Company, a prominent name in the ready-made clothing industry, to inaugurate three new branches which have already been opened at Open Air Mall and All Seasons Park in Madinaty, and will soon be launched at San Stefano Mall in Alexandria.

October

TMG Partners with Hungarian Veszprém KC



TMG partnered with Veszprém KC to establish a handball academy at Al Rehab and Madinaty Sporting Club. This agreement is considered an important milestone in the long-term partnership between the two sports entities, since the academy will help discover and develop Egypt's best handball players.

Madinaty Golf Club (MCG) Awarded Best Golf Club Course for Three Consecutive Years.

MGC was awarded as Egypt's best golf course for three consecutive years (2021, 2022, and 2023) and Africa's best golf course for 2023 by the World Golf Awards.

November

All Seasons Park Opening

TMG opened for the public "All Seasons Park" on November 17 and 18, 2023. All Seasons Park community mall includes a mix of retail options and covers a variety of amenities that include lots of entertainment options, and famous brands like LC Waikiki, Sun and Sand, and Defacto.

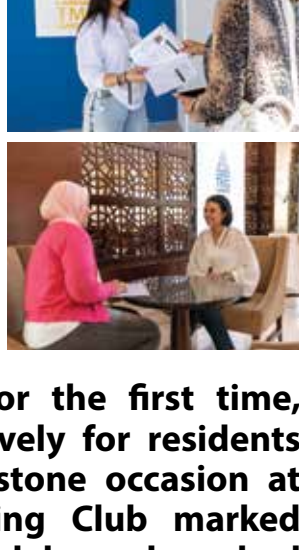
December

'Forever is Now 03' Pop Up Exhibition at Open Air Mall

The third edition of the much-praised exhibition and installation Art D' Egypte 'Forever is Now 03' drew to a fitting close with a pop-up exhibition which took place in Open Air Mall in Madinaty. TMG was proudly the main sponsor of this global event which drew visitors from around the world.

TMG CAREER DAY

“Building a Bright Future”



Taking place in November 2023, for the first time, TMG launched a Career Day exclusively for residents of its residential projects. The milestone occasion at the Clubhouse in Madinaty Sporting Club marked the first time such an initiative had been launched by a developer. A collaborative event, staged by TMG HR, Client Relations and Marketing Departments, the recruitment day reached out to the pool of talent spread throughout the community. Encompassing all age groups and both genders, it welcomed applicants at all levels of experience to explore the diverse and exciting career opportunities available.

CAREERS WITH TMG

The TMG Career Day stirred up great interest in the community, with over 1,700 registration forms being collected before the event, and 900 resumes being submitted on the actual day. Using a simple and efficient process, interested job-seekers were able to apply for the vacancies available through scanning a QR code and filling out their information, then uploading the CVs. An impressive response came from young adults, setting out on their career journey, already well-armed with a solid education on today's business methodology.



The TMG HR team was on hand to assist with recruitment enquiries from the many attendees, ready to respond to their interest in TMG as a leading regional employer. Additional event support came from Marketing, Clubs, Media and Security departments, all playing an important role in ensuring the success of the day.



TALKS FROM THE EXPERTS

The busy day also included four riveting presentations, conducted by leading figures across a range of industries, each addressing new technology and key points of the entrepreneurial cycle process. Following an opening speech from Mr. Ziad El Chazli, the experts shared their wealth of experience, backed up by strong educational backgrounds and impressive track records in their fields, with the receptive, enthusiastic audience.



DR. RASHA TANTAWY - 10 Myths of Entrepreneurship

Dr. Rasha Tantawy, Marketing Director at Techne Summit, covered *10 Myths of Entrepreneurship*. Her extensive experience includes establishing and managing the Technology Entrepreneurship Accelerator in 8 cities, designing and founding the women entrepreneurship program, working closely with startups, regularly mentoring SUs, business support and startup support programs and access to finance for startups and SMEs.



DR. SHERIF HAMMAD - Keys of Success

Dr. Sherif Hammad, CEO and Founder of Garraio LLC – Automotive Embedded Systems, spoke about *Keys of Success*, elaborating on 10 points inspired and quoted from Dr. Ibrahim ElFekky's book. Member of Board of Trustees for several Egyptian universities e.g., EUI, UFE, and Ejust and Ex Minister of Scientific Research, Dr. Hammad is the founder of Avelabs LLC (Automotive Embedded Systems), Dean of Faculty of Engineering, Ain Shams University and an authority on microcontrollers modeling, hardware-software co-design, system level modeling, and automotive and embedded software.



DR. KHALED HAWAS - A Winning Mentality

World swimming champion and CEO HSG for Business Management Consultation, Dr. Khaled Hawas delved into *A Winning Mentality*, and the key to cultivating a “winner's mindset”, associated with a strong desire and determination to achieve success. He has worked with renowned organizations such as Johnson and Johnson, Pfizer, and Vodafone, providing expert guidance in areas such as performance management, learning and development, digital transformation, and organizational development.



DR. AMR ABDELKARIM - New Digital Era

Business consultant and facilitator, Dr. Amr Abdelkarim addressed the *New Digital Era* and looked into Egypt's 2030 vision and digital transformation strategy. A strategic professional with 23 years of International and National diversified professional experience, his skills encompass Telecom, Banking, Hospitality, Media industries, Customer Care, Sales, L&D, and Project Management.





HR TEAM SUPPORT

With positive feedback from the productive first edition of the TMG Career Day, this looks to become a regular item on the TMG CSR calendar. This initiative is supported by Mrs. Heba Samir, TMG Human Resource VP, with rich experience in numerous industries and multinational companies. Her extensive knowledge and approaches have elevated the performance of the HR Department, and have a dynamic overall impact on the business.

“TMG HR focuses on people, growth, and success, providing TMG employees with multiple development programs that impact both employees and business success shares”, says Deena Mekki, Head of Talent Acquisition, as she shares valuable insights into the TMG recruitment process.

WHAT QUALITIES DOES TMG LOOK FOR IN PROSPECTIVE EMPLOYEES?

TMG is always seeking talented individuals in various fields, irrespective of their experience level. We offer a wide range of opportunities, including internships for those starting their careers, as well as positions for recent graduates and experienced professionals. Enthusiasm, leadership, a strong desire to learn, and a sense of belonging to a large organization like TMG are among the top qualities we look for in candidates.

IN WHAT WAYS DOES A CAREER WITHIN TMG OFFER POTENTIAL FOR PERSONAL GROWTH AND ADVANCEMENT?

At TMG, we provide a unique exposure to multiple industries and various business lines, such as real estate development, retail, hospitality, sporting clubs, entertainment, and more. Working with TMG not only grants employees exposure to these industries but also valuable experience within them.

WHAT TYPE OF CAREER OPPORTUNITIES DOES TMG OFFER?

We have vacancies available in various roles, including community management, project management, marketing, finance, HR, investment banking, sales, and more.

Additionally, we have front-line functions that provide essential support to our clients, whether it's assisting with property purchases or fulfilling everyday needs within our communities.



WHICH SKILLS ARE ESSENTIAL TO PROGRESS IN TODAY'S BUSINESS ARENA?

Cross-cultural communication skills, excellent networking abilities, collaboration, interpersonal influence, adaptive thinking, emotional intelligence, and resilience are some of the important qualities we value in our employees.

HOW IMPORTANT A ROLE DO CAREER DAYS PLAY IN THE RECRUITMENT PROCESS?

Career Days play a significant role in introducing TMG projects and opportunities to job seekers, including the newer generations exploring their careers and the job market. We educate young individuals on how to approach the job market and provide information on trending career portals. We also guide them on where and how to reach our Talent Acquisition Team for potential opportunities with us.

WHAT TRAINING PROGRAMS DO TMG EMPLOYEES BENEFIT FROM?

TMG offers a variety of training programs, ranging from on-the-job training to techniques that help sales and leasing forces excel in their roles. Additionally, we provide leadership and executive training programs to support the strategic goals of the organization and enhance the skills and capabilities of our employees.



Summer INTERNSHIP



First-hand experience can be one of the most rewarding ways to understand the demands of any job. As part of its expansive CSR program, TMG gave this invaluable opportunity to around 1200 young undergraduates this summer, enabling them to benefit from practical training in diverse fields while working alongside skilled teams of experienced employees. .



Upon completion of the summer internship programme the undergraduates received certificates detailing the achievement. The practical training in Talaat Moustafa Group projects and departments included different departments and sectors, such as financial, banking, human resources, marketing, sales, media, maintenance, customer service, engineering, landscape, technical department, information technology and systems, project execution management, city hall management, FF & E, club sales, sporting clubs, commercial centers, and smart cities.



Leading universities in Egypt's education sector participated in this year's internship program, namely AUC, GUC, Misr International University, University of Hertfordshire, Ain Shams University, Heliopolis University, Oct 6 University, The British University in Egypt, Egyptian Chinese University, Helwan University, Mansoura University, Zagazig University, Coventry University and Nova (Lisbon) University, in addition to Al-Shrouk Academy, Caro University and Alexandria University.

This year the group's training also saw the inclusion of new sectors. Interns were trained in project implementation management, FF&E, city hall management, club sales, and commercial centers. The training was notable for the high level of involvement and great interaction from the students, culminating in the presentation of practical projects. The training programme for students was assessed according to the latest approved evaluation system, "360 Evaluation".



Talaat Moustafa Group maintains a mission based on delivering practical training aimed at refining and developing the scientific and practical skills of students, qualifying them for a competitive and demanding labor market. By providing them with a wide range of experience in diverse majors, the CSR initiative serves to bridge the gap between theoretical study and practical life.

PRIVADO TUNNEL PROVIDES SMOOTH ACCESS

Marking yet another success for the Project Management Department, not only impressive in engineering design and scope, the new Privado tunnel is a masterpiece of functional construction, with a host of benefits for residents and visitors to the upscale community.



The construction process began in December of 2022, and took about ten months to complete. Designed by leading firm Dar El Handassa in collaboration with Burescape Consultant, and constructed by Alexandria Contractor Company, the sweeping tunnel is 315 metres in length, and 24.6 metres wide, with two traffic lanes allowing a fluid stream of traffic with minimal congestion. Transportation time has been shaved by an impressive 15 to 20 minutes, even in peak periods, resulting in improved convenience for Privado residents and the surrounding area.



Aesthetic elements combine seamlessly with the highest level of technical precision to cover safety and environmental considerations in a stylish, modern feature that blends harmoniously with its surroundings. Mechanical works include auto-control system lighting, fans to extract harmful fumes, CO2 and nitrogen, with an advanced fire extinguishing system and fire alarm network, and a fully integrated rain drainage network with grilles to ensure speedy evacuation of water.



Meeting the highest levels of occupational safety and health in terms of its structural design, the new Privado tunnel is setting the benchmark for design and engineering in the rapidly developing lifestyle destinations in the area.



AAST Visits MADINATY



Madinaty is well known for its wonderful landscaping and profusion of impressive plants, a feature that attracts admirers from near and far. Recently a group of 72 students from the Faculty of Engineering from the Arab Academy for Science, Technology & Maritime Transport – Alexandria Branch and 10 of their faculty members visited Madinaty for a pre-planned tour of the landscaped areas, where they learned about the agricultural methods used, showing practical examples of methods that the students studied in their curriculum.



The tour, an initiative under the TMG CSR program, started in the Sales Center where the visiting students were given an introduction and preview using a realistic maquette by Ziad El Shazly, GM of Customer Relations, Sales Manager Wael Heida, Eng. Amr AlBastaweesy, Eng. Alber Maher, and Eng. Mohammed Ameen from the Agriculture Department.



A group photo to commemorate the visit was taken on the top of Gate 1, a vantage point from where the students could enjoy the vista of the golf and regular landscapes before they proceeded to the Strip Mall to see an under-construction site where site engineers explained the ongoing work process, before going on to view another completed site. A highlight of the visit was the torrent stream, where they were amazed how a natural occurring feature could be to be beautified in such a way.



Winding up the fascinating tour, the last stop was in Privado, where they saw the different pavement used in the hardscapes, and how the trees in the landscapes complemented and complete the essence of the project. Lastly, they exited Madinaty through the new tunnels and Gate 1, giving them a full overview of the rich foliage and well-planned infrastructure that defines the city.



GADGETS TO GIFT

Looking for something out of the ordinary for a techie you want to impress?

We have rounded up our wish list, and thrown in an adorable portable barbeque for good measure.



Gentlemen's Hardware Retro Portable Barbeque In Metal Carrying Case

Portable and versatile suitcase-style barbecue pit with removable coal tray and carry handle, just perfect for those spontaneous picnics, lunch on the beach and your patio or balcony.

Hyperice Venom Go

The Venom Go is perfect for anyone with general aches and pains, because it can be applied to any muscle, and the combination of heat and vibration actually works wonders.



TP-Link-Tapo-Dimmable-Trimable-L930-5

Smart strip lights are made of a flexible rubbery material with embedded LEDs and are designed to be more permanent than seasonal string lights. Setup and control are both simple, and all of the features are straightforward and easy to use. This smart strip light also produces accurate colors and brightness and has a bunch of less common features, such as Scenes, Animations, and Away Mode.



Apple AirTag

AirTags leverage Apple's huge network of devices to find lost goods, and they're impressively accurate in pinpointing an item's precise location. This is a great gift for anyone prone to losing smaller items. If you're shopping for an iPhone owner, get them an Apple AirTag, which employs the massive network of nearby Apple devices to help find the item; when the AirTag is within the iPhone's Bluetooth range, it can pinpoint the item within inches.

Aura Carver

The Aura Carver is a fantastic digital photo frame gift for any person in your life. It is the best choice for easy uploading, fantastic photo quality, and security for the uploaded photos. Plus, it allows many people to add photos to the frame, so it's a great pick for anyone with family and friends they would like to see photos from.



Moleskine Smart Writing System

This is a real, physical paper notebook that transfers your pages to digital files as you write. Enjoy the best of both worlds.

Samsung The Freestyle Smart Portable Projector

Are TVs on the way out? Maybe smart projectors are the future. The easiest way to upgrade your entertainment room is with Samsung's portable silver screen.



RAPTIC Link & Lock

The heavy-duty Raptic Link + Lock polycarbonate combination carabiner securely attaches Apple AirTags, our favorite Bluetooth trackers, to anything big that your gift recipient may want to keep track of, from a bike to a suitcase to a car. Simply slide an AirTag into the protective case and close the carabiner lock around whatever needs tracking.

TACKLING INSOMNIA

To function effectively and maintain health levels, a normal adult ideally should get a minimum of 7 hours sleep a night. If you are among the 1 in every 3 people who falls way short of this, you could meet the criteria of having an insomnia disorder. With the global sleep aids market size accounted at USD 78 billion in 2022 and being expected to reach around USD 131.35 billion by 2032, a recent report showed that almost 1 in 5 American adults regularly use prescription or over-the-counter medicine to help them sleep. While statistics are not so readily available in Egypt, odds are that you are not alone.

Studies conducted by the Cleveland Clinic reveal that sleep habits and needs can be very different from person to person. Some examples of this include:

- Early birds/early risers: Some people naturally prefer to go to bed and wake up early.
- Night owls/late risers: Some people prefer to go to bed and wake up late.
- Short-sleepers: Some people naturally need less sleep than others. Research indicates that there may even be a genetic reason for that.

The crunch is, do you feel tired, lacking energy and listless, when you have a full day ahead of you that needs everything you can throw at it? Do you toss and turn, rerunning the day's events or tomorrow's challenges through your mind, on constant replay?

INSOMNIA SYMPTOMS

You have insomnia if you regularly find it hard to go to sleep, wake up several times during the night, lie awake at night, wake up early and cannot go back to sleep, still feel tired after waking up, find it hard to nap during the day even though you're tired, feel tired and irritable during the day and find it difficult to concentrate during the day because you're tired. Sound familiar?



INSOMNIA CAUSES

An increasing number of people suffer from stress, depression and anxiety, all prime factors contributing to insomnia. These should be addressed with the help of a certified professional if insomnia persists.

SIMPLE SLEEP HACKS

- Avoid TV screen, computer and mobile phone exposure in the hours leading up to bedtime, as they can hinder sleep. Blue light suppresses the body's release of melatonin, a hormone that makes us feel drowsy.
- Remove all electronic devices from your sleeping space. That means TVs, mobile chargers and computers.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Avoid large meals and caffeine before bedtime.
- Do not exercise at least 4 hours before bed.

WHAT TO TRY

Try to get into a regular sleep/wake cycle — especially on the weekends. If possible, try to wake up naturally at a similar time every day.

Take a melatonin supplement. Melatonin is a key sleep hormone that tells your brain when it's time to relax and head to bed and is often used to treat insomnia.

Relax at least 1 hour before bed, for example, take a bath or read a book.

If insomnia becomes chronic, you can seek help through an accredited sleep clinic, like the Cairo Center for Sleep Disorders, where qualified medical professionals can conduct tests and arrange courses of treatment.

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

GOLD'S GYM Launch Brings Exciting Benefits



MADINATY GOLF CLUB



Madinaty Golf Club has appointed GOLD'S GYM to be its official gym operator, a partnership that will provide members with a host of fitness and lifestyles services and benefits. These include 40 free-of-charge group exercise classes per month, certified NASM certified personal trainers, an online nutrition service and an online booking facility. Members will also enjoy access to other branches of GOLD'S GYM, both locally and internationally.



Personal training sessions are available for an extra fee, and relaxed "ladies-only" sessions are held at fixed times.

An authority on fitness since 1965, dating back to the original GOLD'S GYM in Venice, California, it first launched in Egypt in 1997 and has been raising the bar of fitness ever since. Being the first international franchise brand in the fitness market in Egypt, with its first branch and head office in Maadi, it has surpassed all its competitors and continued expanding throughout the country, with 20 branches today.





Juniors Tee Off at MGC's New Golf Academy Launch

Nurturing budding talent, MGC has launched a new golf academy dedicated to young players aged between 6 and 17 years. Under the expert management of Captain Raouf, juniors who have a passion for the game and the right talent will benefit from his expertise and wealth of experience, and may qualify for entry into a team where they can go on to take part in professional tournaments, with the opportunity to win prizes. To celebrate the launch, and introduce the academy, the first weekend will be free for all juniors. Captain Raouf's dedication to elevating the golfing experience for members and players of all ages and levels of experience, while improving their skills, perfectly reflects MGC's commitment to excellence.



Enquiries: 0110 113 4518, 0100 169 3028

Email: info@madinatygolfclub.com

Madinaty Golf Club Scoops Up WGA 2023



For the third year in a row, MGC has been awarded Egypt's Best Golf Course. In addition to holding "Egypt's Best Golf Course for 2023", the club also received the grand accolade of "Africa's Best Golf Course for 2023", awarded by World Golf Awards. The awards were presented at a prestigious ceremony held in Abu Dhabi.

Thanks go to the members, supporters and dedicated agronomy team who have played an invaluable role in maintaining the course's excellent condition throughout the year. Appreciation also must go to Troon Golf for their unwavering support and World Golf Awards for bestowing this honor upon MGC.

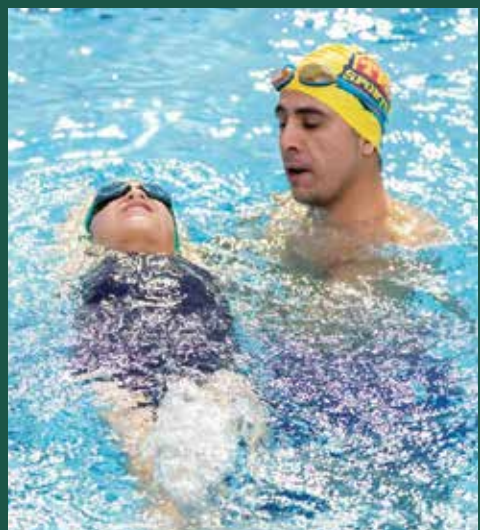


Book your next round now on Africa's best golf course through calling us on 0110 113 4518 or sending us an email on info@madinatygolfclub.com

TM Sports Swimming Academy



Introducing TM Sports, an exceptional swimming academy recently launched at Madinaty Golf Club. We proudly provide swimming classes tailored for separate age groups, including 3 to 5 years old and 5 to 16 years old. Additionally, we offer the flexibility of private classes for individuals of all ages.



To obtain further information or make reservations, kindly reach out to us at 0128 813 3191 or 0128 813 3181.

TMG Teams with Veszprem to Launch Handball Academy



Opening up opportunities for talented young athletes, Talaat Moustafa Group has signed an agreement with Hungarian Veszprém KC to establish a handball academy in Al-Rehab and Madinaty Sporting Clubs. A press conference took place at Madinaty Sporting Club, in the presence of Mr. Amr El Adl, member of the Board of Directors of the Egyptian Handball Federation, the Hungarian Ambassador to Cairo, H.E. András Kovacs, Mr. Omar Hisham Talaat, CEO of Business Development at Talaat Moustafa Group, and a number of leaders of the Egyptian Handball Federation to announce the signing of this important partnership, a further step in TMG's dedication to world quality sporting facilities it clubs and communities.



This partnership will mark the first international handball academy in the world for the Hungarian club, known for sponsorship reasons as Telekom Veszprém. The most successful team in their home country, Veszprém KC aims to discover talents and develop their skill levels, which will have a positive impact on the development of handball in Egypt.

Mr. Omar Hisham Talaat expressed his delight in the new collaboration between TMG and Veszprém KC and the launch of the first international handball academy in Al Rehab and Madinaty Clubs. He said that the academy will provide an opportunity for players living in Al Rehab and Madinaty to interact with professional players through camps and international tournaments, along with helping to promote outstanding players to the top handball clubs in Europe.



He emphasized that the partnership with Veszprém KC is part of the group's strategy to partner with prestigious international institutions in various fields. He added that the new handball academy is a welcome addition to the local and international academies currently existing in both Al-Rehab and Madinaty Clubs. The two clubs include many sports academies for various individual and team games that have discovered and developed many sporting talents, such as the Liverpool International Football Academy, the Captain Mahmoud Al-Khatib Football Academy, and others. He also noted that there is an ambitious plan to expand and open new branches of the Veszprém Academy across the country.

Pointing out that TMG has been creating self-contained integrated urban communities that meet the needs of their residents and provide services to more than a million people for over 50 years, he drew attention to the fact that out that the group pays great attention to providing sports services in its projects, through more than 30 diverse sports facilities invested in their role of enhancing physical and psychological health in residential communities. He also mentioned that the group has recently succeeded in hosting and organizing international tournaments with the participation of some of the world's most famous players, which received high praise from both the public and sports experts. The most prominent of these were the 2022 Women's Squash World Cup at Madinaty Club and the Qadi International Martial Arts Championship.



Nader Shaaban, Head of the Clubs Sector at TMG, drew attention to Egypt's sporting superiority in handball, with a long record of international achievements and the popularity of the game motivating the TMG clubs to go forward with this partnership.

Youssef Qadri, head of the commercial sector of TMG clubs, said that the opening of Veszprém Handball Academy is a great addition to both Al Rehab Club and Madinaty Club. He explained that Veszprém aims to teach the basics of handball, develop players physically and technically, and refine their skills through advanced training programs according to the latest international training methods.

Hossam Gharib, the sports advisor for handball at TMG clubs, said that Veszprém KC had contributed to the great technical and physical development of Yehia Khaled, an Egyptian national team star who joined the Hungarian club. He said that Khaled gave his best performance with the national team after joining Veszprém club, and that the partnership between TMG clubs and the Hungarian Veszprém Club will flourish when camps and training courses are held for players and coaches in coordination with the Hungarian club. This will provide greater opportunities for outstanding players to go global.

Meanwhile, András Kovacs, Hungarian Ambassador to Cairo, said that this will give the opportunity to thousands of Egyptians and Hungarians to discover their talent in handball and develop it.

Cesek Zoltan, Executive Director of Veszprém KC, said that the club had sensed, since its first meeting with TMG, its commitment to developing sports. He said that the club appreciated the group's achievements in establishing major clubs for the benefit of developing sports. He added that Veszprém International Academy represents the first cooperation of its kind between the club and one of the largest real estate developers. He said that it is a real opportunity for players who want to play professional handball, especially in light of the group's distinguished facilities that will help them achieve their dreams.

Laszlo Nagy, sports director of Veszprém KC, expressed his happiness with the opening of Veszprém Club Academy in Egypt. He expressed his hope that the academy will succeed in discovering the talents of children and youth.

This was supported by Omar El-Adl, a member of the Board of Directors of the Egyptian Handball Federation, as he affirmed his confidence in the contribution of Veszprém International Academy in discovering Egyptian talent.



YOUNG MADINATY SPORTING CLUB CHAMPIONS SCOOP UP INTERNATIONAL MEDALS



It takes hard work, dedication and the help of skilled trainers to reach the top in any sport, but our young champions have shown the world how it is done. Our congratulations to these outstanding athletes, we wish them all success as they go forward.

TAEKWONDO KARATE SWIMMING MODERN PENTATHLON



Ahmed El Helw



Adam Ahmed



Adam Wael



Adham Ahmed



Osama Mohamed



Al Baraa Mohamed



Amna Ahmed



Eiad Mohamed El Sayed



Gamila Mohamed Saied



Ziad Ahmed



Sajeda Adel



Saga Nabil



Alia Samy



Ali Ahmed Al-Wageeh



Ahmed El Helw



Omar Sherif



Karma Mohamed Abo Halawa



Logain Amr Ezzat



Malek Mohamed Saied



Malika Ahmed Alaam



Mohamed Adel



Mohamed Mohamed Adel



Murad Mohamed



Maram Mohamed



Marwan Hossam



Mira Shaday



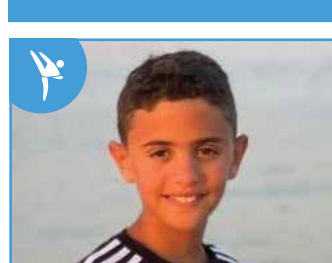
Hagar Sameh



Heba Allah Ayman



Yassen Amir Hassan



Yassen Hossam



Yahia Ahmed



Yousef Al Farouk



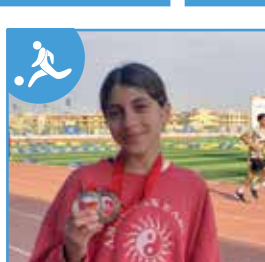
Malak Hisham



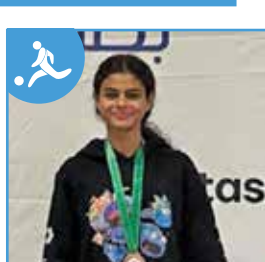
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Ahmed Haytham



Haya Mohamed Ahmed



Borj Ahmed Ali

AL REHAB SPORTING CLUB JUNIOR CHAMPIONS GO INTERNATIONAL



Our congratulations go to these young champions. They have captured top place in international competitions in their disciplines, thanks to their hard work, intense training, and commitment. Bravo!



KUNG FU



Khaled Abd El-Fattah Saad

- First African Championship



Moustafa Samy Aziz

- First African Championship



Yahia Ayman Ismaeel

- First African Championship



MODERN PENTATHLON



Mohamed Hatem Mohamed

- First World Championship U17
- First World Championship U19



Mahmoud Hossam Mohamed

- Second Laser Run Portugal



Saif Ahmed Al Bendary

- Third – Spanish International Championship



GYMNASTICS



Mariam Ahmed Adel

- Gold Medal: The first level for women 2023-2024
- Two gold medals for the first level of the Republic Championship and the Egypt Cup last season 2022-2023.
- Aerobic gymnast at Al-Rehab Sports Club



CHESS



Noha Mahmoud Saif

- African Championship



David George

- Third African Championship

How Strong is Your EQ?



Look around you at the people who seem to be on top of the game. Rising to the top in competitive careers and leading the pack in their field. “It takes intelligence”, you say to yourself, “they must be smart”. But, step back a minute, and ask yourself, “Are their lives well rounded? Have they found contentment and true friendship?”

This is where emotional intelligence comes into play. While a high IQ can be a game changer in getting ahead, emotional intelligence can be the key to lasting success in both the workplace and personal life. Let’s break it down:

IQ measures your cognitive and intellectual skills, like working memory, analytical thinking, and knowledge retention, along with your ability to learn, interpret, and process information needed in coping with the demands of daily life. EQ involves the innate ability to tap into the right brain. The right brain is more social, and is involved with the nonverbal forms of communication; facial expression, tone, and body language. The right side is more emotional as well and covers emotional intelligence, or EQ. Once a person learns how to interpret their own emotions they should develop the ability to empathize, or see the emotions in someone else.

Why EQ is so important

A healthy EQ means you can empathize with others and control your reactions, significantly influencing your ability to create rewarding relationships. Through increasing your EQ you should be able to develop immense self-awareness in identifying your emotions and their subsequent expression. Your EQ refers to your emotional abilities and social skills, including cognitive empathy, emotional regulation, and motivation. It is also linked to your ability to perceive and understand your and others’ emotions based on information like verbal and nonverbal cues.

Why the right balance of EQ and IQ is the key

Many situations in life call for a broad range of skills and personal traits. When there is an imbalance, there is something lacking, and in time this can play out as a stress factor, causing relationship breakdowns or health problems. Your emotional and intellectual intelligence work together to resolve conflicts. While EQ helps you understand the other person’s perspective and controls emotional responses, IQ determines how logically and efficiently you can solve the issue at hand.

A recently published article in *Better Up* pointed out that IQ measurement standardized tests were historically correlated to higher job performance, but that recent studies suggest a more complex relationship between IQ and EQ. Regarding EQ versus IQ in leadership, leaders with strong emotional intelligence tend to lead more successful teams. These leaders nurture healthier workplace environments with higher productivity, employee retention, and profitability. Self-confidence, stress management, and motivation are non-cognitive abilities that significantly impact your ability to perform your job. And learning to leverage both is integral to leading a successful and fulfilling life in and outside the office.

If you would like to learn more about your EQ abilities, try any of these simple tests.

- www.truity.com/test/emotional-intelligence-test
- www.eiconsortium.org/measures/msceit.html
- globalleadershipfoundation.com/geit/eitest.html

Create a **Spa** **Style** Bathroom

It's time to tap into the relaxing colors, aromas, and textures of nature as you add the feel of an organic spa to your bathroom. Pamper yourself!



Cotton Bath Mat - H&M



Beige Marble Bathroom Set - ZARA HOME



Cape with a Hood
- ZARA HOME

Cactus Long
Handle Brush -THE
BODY SHOP



Round Body Brush
-THE BODY SHOP



Breathe Massage
Melt- THE BODY
SHOP



Acacia Wood
Towel Hanger -
ZARA HOME



3-Pack Cotton
Terry Flannels- H&M



Jute Laundry
Basket - H&M



Cotton Storage
Basket- H&M



Create a Christmas Mood

Bring all the joy of the festive season into your home with just the right details.



Christmas Decoration - H&M

The Mistletoe Set of Two Guest Towels - MAWD



Christmas Stocking - H&M

The Snowflake Set of Four Napkin Rings - MAWD



Christmas Decoration - H&M

Paper Christmas Decoration - H&M



The Christmas Carafe & Five Glasses Set - MAWD



Geometric Porcelain Christmas Candlestick - ZARA HOME



Led Lighting Chain - IKEA



Tin with lid, set of 3 - IKEA



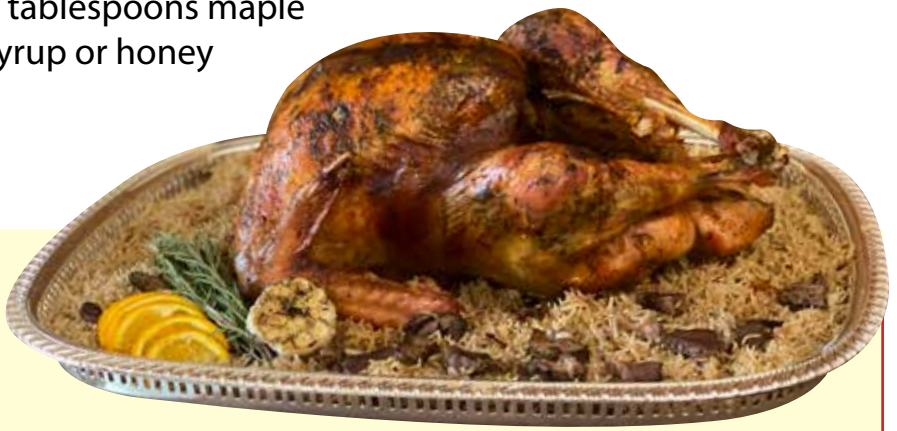
Citrus-Herbed Butter Roast Turkey

This delicious take on the traditional festive turkey from popular chef Amal El Banna elevates the family favorite to a new level. Pair up with your choice of side dishes and celebrate!



Ingredients:

- 10 kg whole turkey
- 300g Rama Professional butter - room temperature
- 1/2 bundle parsley, finely chopped
- 1/2 bundle fresh rosemary, finely chopped
- 1/4 bundle fresh thyme leaves, minced
- Zest and juice of 2 oranges
- Zest and juice of 1 lemon
- 5 cloves garlic, minced
- 3 tablespoons maple syrup or honey
- 4 tablespoons mustard
- 2 teaspoons each of salt, onion powder, garlic powder, smoked paprika
- 1 teaspoon black pepper
- 1 onion, quartered
- 1 orange, quartered
- 2 carrots, quartered
- 2 onions, quartered
- 2 celery stems, quartered
- 1 whole garlic bulb, halved
- Butcher's twine



Preparation

In a bowl, combine softened butter, maple syrup, mustard, orange and lemon zest and juice, and spices. Divide this mixture into two equal halves.

Mince the fresh herbs and mix them with one half of the butter mixture. Carefully separate the skin from the turkey meat, and massage the herb butter mixture underneath the skin, ensuring an even spread. Rub the remaining half of the butter mixture all over the outside of the turkey. Stuff the turkey cavity with quartered onion and orange. Tie the turkey legs together with butcher's twine for even cooking. Cover and refrigerate the turkey overnight to allow flavors to meld.

Preheat and Assemble for Roasting:

Preheat the oven to 160°C (320°F). Place quartered onions, carrots, celery, and halved garlic bulb on the bottom of a baking tray. Set a baking rack over the vegetables and place the marinated turkey on top. Cover the turkey with parchment paper and aluminum foil, ensuring it's sealed tightly. Roast in the preheated oven for 4 hours.

Remove the cover and continue roasting for an additional 1 hour or until the skin is golden brown and the internal temperature reaches a safe level. Once cooked, remove the turkey from the oven and allow it to rest for 1 hour before carving.

Enjoy this beautifully roasted turkey, infused with citrus and aromatic herbed butter, as the centerpiece of your Christmas table.

Discover more:

Instagram: @chefamalelbanna

Facebook: Amal elbanna

Strawberry Pavlova

Created as a tribute to graceful ballerina, Anna Pavlova, this light-as-air dessert melts in the mouth, but definitely tempts second helpings. Celebrating strawberry season, it deserves a special place on your festive table.



INGREDIENTS

6 servings

For the meringue

- 4 egg whites
- Pinch of salt
- 1¼ cups superfine sugar
- 2 teaspoons cornstarch
- 1 teaspoon white-wine vinegar
- A few drops vanilla extract



For the topping

- 350g ripe strawberries, hulled and halved or quartered
- ½ teaspoon high-quality vanilla extract
- 1 teaspoon high-quality balsamic vinegar (optional)
- 2 teaspoons superfine sugar
- 2 cups heavy whipping cream

PREPARATION

Step 1

To prepare meringue: heat oven to 120 degrees C. Line a baking sheet with parchment paper, cut in a circle. In a clean, dry bowl of an electric mixer, combine egg whites and salt. Begin beating at low speed, slowly increasing to high. Continue until satiny peaks begin to form; gradually beat in sugar a tablespoon at a time until meringue is stiff and shiny.

Step 2

Sprinkle in cornstarch, white-wine vinegar and vanilla, and fold in gently. Mound onto parchment within the circle, and shape into a disk, flattening top and smoothing sides. Place in oven, and immediately reduce heat to the lowest temperature possible. Bake 1 hour and 15 minutes. Turn off heat, and allow meringue to cool completely in oven.

Step 3

To prepare topping: in a mixing bowl, combine strawberries, vanilla, and sugar. Cover with plastic wrap and let sit at room temperature for up to 2 hours.

Step 4

To serve, carefully peel off parchment and place meringue on a platter or cake stand. Gently crack the top with the back of a soup spoon to make a shallow nest for the whipped cream and berries. Whip cream until it is thick enough to hold peaks, and spoon it evenly over meringue. Cover cream with strawberries, allowing a small amount of their liquid to dribble onto cream. Serve immediately.



Creative Cuisine at Hookah Lounge



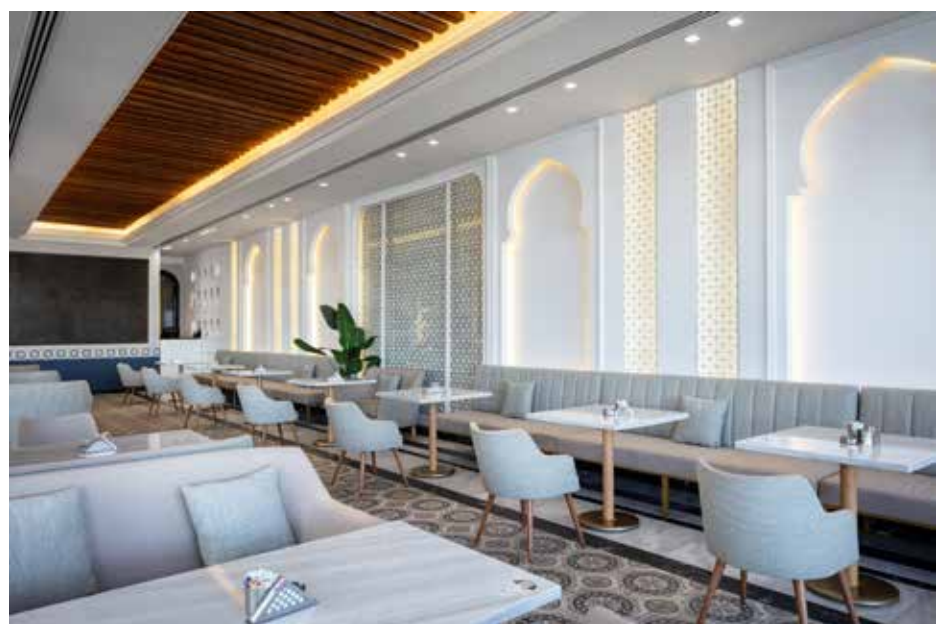
The name could be misleading. Banish those thoughts, and prepare yourself to dive into some of the tastiest, most innovative dishes you have seen for a while. Choice ingredients, thoughtful combinations, all well-prepared, you are in for a treat. The menu is so comprehensive it may be hard to know where to start, but whichever direction you go in, your taste buds will thank you.

It's hard to go past a warming bowl of soup when winter sets in, and with a choice of Chicken Cream Soup, Truffle Mushroom Soup, New Zealand Prawn Chowder Soup, Keto Chicken Vegetable Soup and Carrot and Ginger Soup, with Egyptian Lentil Soup and French Onion Soup in winter, the bases are covered. The salad selection looks tempting as well, and we have an eye on the Chicken Peach Salad and Quinoa with Pomegranate Molasses Salad, but we would leave those for warmer days. Our hearts would be set on some tasty appetizers to follow the soup. Nothing beats The Real Deal. A platter brimming over with onion rings, potato croquettes, chicken tenders, fried mozzarella, and nachos, served with honey mustard sauce, marinara sauce and BBQ sauce. Bliss! But you should take time to browse through the huge range of options, nothing will disappoint. The beverage selection covers everything imaginable, including shakes, juices, smoothies and hot coffees and teas.



Cooler weather gives us healthy appetites, so we appreciate the generous portions at Hookah. Penne Alfredo Pasta is one of our all-time favorites, and we also love the Ginger Sesame Stir Fry Beef. The menu really is a culinary journey around the world, so we suggest you get ready for the adventure. No matter how well we have

over-indulged, there is always space for desserts at Hookah Lounge. In winter Om Ali hits the spot perfectly, as does Dates and Keshta Feteer.



For us, one of the best things about Hookah Lounge is that it is there at any time of day, rolling out a range of breakfasts to start any day on the right note, and snacks, sandwiches, feteer, burgers, omelettes, pancakes and sweet bites to curb the hunger pangs whenever they hit.

Location: Open Air Mall, Madinaty and more

Tel: 0120 871 1180

Facebook: HookahEgy

Instagram: hookahegy



Shaping Up with

Zeina Kassas



Two times CrossFit regional athlete, three times CrossFit champion of Syria, Elfit winner 2023 (Masters +35), strength and conditioning coach and sports nutritionist, super-motivator Zeina Kassas is known for helping people get impressive results on their journey to weight loss and improved fitness. Put it down to her infectious enthusiasm, or her realistic approach, her fan base is growing daily.

What are the most reliable ways to lose weight and avoid gaining it back?

The only way to ensure that you're not going to gain all the weight back is to set reasonable targets and goals, do not rush the results. You cannot lose in a month what you gained in two years for example. Setting a long term plan is not only helpful to lose weight, it also teaches you how to stay disciplined and build up healthy habits that you can follow even when you're not trying to lose weight.

What are the best times of day to eat, and what types of foods?

Eat when you're hungry, not when you're bored! This is your perfect time to eat, unless if you are going to train, then you probably need to fuel your body well for your workout even if you are not hungry and make sure that you're helping your muscles recover with a post workout high protein meal.



Eat all types of food in moderation; once you skip one type because "this will make you lose fat faster" you're going to develop cravings. Be mindful, eat everything, indulge yourself sometimes and think of it as a lifestyle not a dieting phase.

What food combinations should be avoided to stay healthy?

You can still eat everything in moderation and stay healthy as I mentioned earlier, just try to stick to less sugar and processed food.

What is a foolproof way to beat food cravings?

- Drop the 'Diet Deprivation' mindset
- Say no to a 1200-Calorie Diet
- Eat real food
- Enjoy yourself from time to time

Do people have more success in sticking to a diet when they have the support of a nutritionist and coach?

Having a support system is important in all life changing decisions, your coach / nutritionist will cheer for you in every step and small progress will lead to bigger progress, achieving a huge success over time.

Why do people so often fail and give up when trying to improve their eating and lifestyle habits?

Setting unrealistic goals can lead to big disappointments. When you decide that you will lose up to 5 kg a week and you end up losing 1 kg, which is already a great progress, you will be disappointed! Which will push you back to your bad eating habits because "it's not working anyway", and you will be stuck in this loop forever.

What do you consider to be the three most important self-disciplines to follow when making lifestyle and dietary changes?

- Stay consistent.
- Stay active.
- Set progress checkpoints and treat yourself when you reach them.

Facebook: CoachZeinaKassas

Instagram: coachbigzee

CR KEEPING US CONNECTED

Recent weeks have seen a lot of activities organized by the Client Relations Dep. team, creating opportunities to mingle, commemorate special events, and engage in creative activities.

Free Drawing Day

Every month the department organizes a free drawing day for the tenants in Madinaty Central Park, where they are able to use the scenes around them for inspiration. More than 20 artists enjoyed the initiative, giving them the chance to build connections and share knowledge between one another.



Kids' Drawing Day

One of the key objectives of the department is to build a strong cultural base amongst the youngsters. Every month a seminar workshop is organized to teach children aged 7 years upwards some foundations, such as group work, library etiquette and personal spacing.

In November, around 60 children were divided into three stations, namely drawing, leather work and origami, and took turns learning and participating in each. The kids left with giveaways from their teachers, as well as a great Montessori experience.



Forever is Now 03

FOREVER EDITION 03 الأبد هو الآن IS NOW النسخة الثالثة



The Giza Pyramids plateau exuded a special energy last month as the third edition of the much-praised exhibition and installation Forever is Now 03 brought a splash of color and vibrancy to the desert sands. As an active supporter of culture and the fine arts, Talaat Moustafa Group was proudly amongst the sponsors of this global event, which drew visitors from around the world.



The exhibition was organized and curated by “CulturVator - Art D’Egypte” under the auspices of the Ministries of Tourism and Antiquities, Foreign Affairs, Culture, and the Egyptian National Commission for UNESCO. It brought together 14 artists from the region and various countries worldwide to engage artistically in a place of worldwide historical significance, offering contemporary artworks that blend the present with the past, all while echoing history, the land, the environment, and humanity. Celebrating ancient Egypt’s cultural heritage, the contemporary installations stand as a testimony to the irrepressible evolution of art. Through art we look at the narrative of past achievements to find inspiration for successive generations.



The exhibition also highlighted the importance of cultural exchange among artists, demonstrating the position of human creativity at the heart of pulsating history and ancient Egyptian civilization, especially with the presentation of the largest collection of artworks by local and international artists, a step that will undoubtedly contribute to promoting Egyptian tourism.

Art D’Egypte ‘Forever is Now 03’ drew to a fitting close with a pop-up exhibition which took place in December in Open Air Mall in Madinaty, in collaboration with Talaat Moustafa Group.



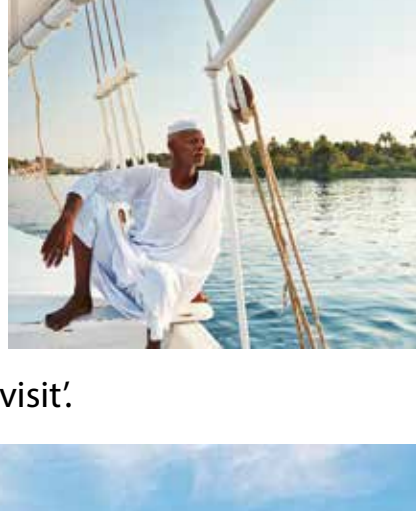


Steeped in history, Aswan has served as a gateway between Egypt and the great expanses of Africa to the south since time immemorial. A busy trade center, rich in antiquities and monuments, it was known for two vital commodities, spices and camels. Thankfully, much of the mystique and atmosphere lingers to this day, drawing visitors from across the globe. Served by regular flights from Cairo, within a mere one and a half hours you can set foot in what could arguably be the prettiest city in Egypt.

On the doorstep of Nubia, the culture is everywhere. In the souk, on the Nile, in charming little restaurants and coffee shops, and in the museums. It is vibrant and inescapable, go immerse yourself in the mood!

What to see and do

No matter how many times you visit, the **Sanctuary of Isis at Philae** will never fail to enchant. The setting is wonderful, and the short trip by boat is part of the fun. Younger family members will adore **Animalia**, a cute zoo with plenty to take selfies with. The **Nubian Museum** is an important record of Nubian culture, with beautifully arranged exhibits, and is a 'must visit'.



Even on a short trip, spend time, or even stay, in the **Nubian Villages**, to soak up the colors, the music and aromas, and indulge in traditional dishes. The people of ancient Nubia can claim one of the oldest cultures on the planet. Descendants of the Khartoum Mesolithic culture, a highly advanced civilization responsible for some of the oldest sophisticated pottery in the world, they are also known for building one of the world's first astronomical devices. Nubian villages are now mostly located on the west bank of the Nile and on Elephantine Island. Gharb Soheil is one of the most famous, and is near the first cataract of Aswan. Nubian mud-brick houses are often brightly colored in light blue, orange, yellow, and red tints, with curved or dome-shaped roofs, a practical design used to trap hot air in the blistering heat.



Nature abounds, with beautiful gardens and lush foliage contrasting with majestic granite and endless desert expanses. Escape to **Kitchener's Island**, **Elephantine Island**, **Aswan Botanical Garden**, or **Feryal Island**, or venture further to **Seheil Island**. Spend an hour enjoying the Nile on a traditional felucca, sharing tales with your Nubian boatman. Or enjoy some relaxed sightseeing along the corniche in a horse-drawn hantour.

The **Aswan High Dam** is impressive, and first time visitors should put it on their list, along with the **Unfinished Obelisk**. And shopaholics can get lost in the delights of Aswan Old Souq, with fabrics, clothing, and spices galore. Don't miss out on a visit to one of the several perfume factories, where you can have a perfume made exclusively for you, or choose from the many essential oils or versions of popular fragrances. Another interesting cultural venue is the **Aswan Sculpture Park**, where artists from around the globe gathered to work on the diverse pieces that decorate the landscape.

ABU SIMBEL

If time allows, take a side trip to awe-inspiring Abu Simbel. Home to the Temples of Ramses II, and the Great Temple, carved out of an escarpment of solid rock. Its design and layout allow rays of the sun to penetrate to the innermost chamber twice annually on the equinoxes. The bus trip



from Aswan takes 3.5 to 4 hours and you should arrive at the temple by 8 am. This allows around two hours for sightseeing before you make your way back to Aswan. The other option would be to go by private car.

Where to stay

To make the most of your Aswan experience, we heartily recommend a stay in a Nubian village. While not the height of luxury, they compensate in terms of character and atmosphere. However, if you can't manage without your creature comforts, there are more upscale options.



SOFITEL LEGEND OLD CATARACT

This world-famous hotel was built in 1899 by Thomas Cook and Sons, after the Cairo-Aswan railway was built in 1898. It has seen a lot of famous guest since then, and commands an unbeatable view over the Nile. While not the cheapest place to stay, it is worth pushing the boat out just to revel in the history. Expect excellent service and loads of ambiance.



Facebook: SofitelLegendAswan

KATO DOOL WELLNESS RESORT

One of the colorful Nubian guesthouses you see lining the Nile in the Gharb Soheil area of Aswan, where the Nubian Village is, Kato Dool Wellness Resort provides accommodation with an outdoor swimming pool, free private parking, a garden and a shared lounge. With a terrace, the 4-star hotel has air-conditioned rooms with free WiFi, each with a private bathroom. The property has evening entertainment and a tour desk.

Facebook: KatoDool

ANAKATO NUBIAN EXPERIENCE

Built as traditional Nubian houses, this colorful guest house consists of three buildings offering a tree-framed terrace over the Nile River. The rooms of the Anakato Nubian Experience are simply furnished. They are decorated in traditional style, with bright contrasting colors. The guesthouse features a private sandy beach and an array of activities can be enjoyed on site or in the surroundings like kayaking, sandboarding, sand burying, mud masks and hiking.

Facebook: AnakatoNubianHouses

BENBEN BY DHARA HOTELS

Located on Heissa Island surrounded by the Nile, this boutique hotel and ecolodge has views of not only Philae Temple, but the Aswan High Dam as well. The hotel has 24 rooms, each with an outdoor jacuzzi. The hotel is built in the eco-friendly Nubian style, with strong focus on its natural surroundings and best ecological practices.

Facebook: benben.dhara



Resolutions to Kick-Start 2024



Start a journal and record your thoughts

Capture those insights and emotions, they will be great to look back on



Give up self-criticism

Embrace yourself for who you are and don't compare yourself to others



Bond more deeply with friends and family

Make a point of carving out time to sit together and chat. Turn off the mobiles, and really listen to one another.



Cut down on screen time

Social media can be addictive, and have a negative impact on your mental health if it becomes too obtrusive



Spend more time outdoors

The benefits of getting close to nature can't be over-emphasized. Do yoga, meditate or hike.



Help someone achieve their goals

Enabling others can have a knock-on effect, so get the ball rolling



Recycle, repair and repurpose

Get off the consumer merry-go-round by making the best use of whatever you have



Be kind

It doesn't take any effort and it could change someone's day



Take up pottery

There is a lot of satisfaction in using something you have created yourself. Check out pottery classes in your area, or spend a weekend in Tunis, Fayoum.



Cook a new dish once a week

Be adventurous with herbs and spices while you explore different ingredients



Sleep early and wake up early

By adjusting your biorhythms you will find a new type of energy and productivity.



Simplify your life

Ditch old habits that consume too much of your day. Become more organized and save time for doing things you love.



Find a wellness routine that works for you, and stick with it

Life is to be enjoyed, and fad diets and tough workouts aren't for everyone



Counting Our Blessings

What do we love most about the festive season? The decorations, the parties, and the gifts under the tree? Or the chance to have the family all together, enjoying the passage into a new year together? Look back over the past year, with the good times, and the tough times, and say a little thank you inside yourself. Studies by doctors have shown that being aware of how fortunate we are can have a positive effect on our happiness. By practicing gratitude we can see improvements in physical and psychological health, happiness, mood, and life satisfaction, and find it easier to bounce back when times are tough.



SO, WHAT IS GRATITUDE?

Gratitude is the appreciation of the things that make our life meaningful. It can also help us to connect with something larger than ourselves, such as other people, animals, and nature. We can feel happy for what we have, rather than having a long wish list of what we want. If our happiness becomes conditional on striving for something we don't have, if we don't get it we can be left feeling frustrated, angry, stressed, and anxious or depressed. In contrast, gratitude focuses on appreciating what we have.

HOW DOES GRATITUDE IMPACT OUR BRAIN?

When we show gratitude, our brain releases 'feel good' neurotransmitters called dopamine and serotonin, and we feel happy. If we make it a habit to be grateful instead of taking things for granted, we develop and strengthen neural pathways in the brain. Being grateful becomes a more automatic response to the challenges we face, and makes our life seem brighter.

WAYS TO PRACTICE GRATITUDE

Remember to show appreciation for the things others do for you. Call and thank friends after they have invited you. Thank your grandparents for being a part of your life. Thank your teachers for the care they give in helping you learn. Thank your parents for the time and effort they give in taking care of your needs, and the love they show each day.

SHARING YOUR BLESSINGS

While you can be grateful for your blessings, there are many others who are suffering and in need. Look for ways you can help, even with a kind word, because that may be just what is needed to change someone's day.

BE MINDFUL

Keep a diary and write 5 things each day that you have been grateful for.

Create a list of things that you can do to help others, and each time you tick one off, add a new one.

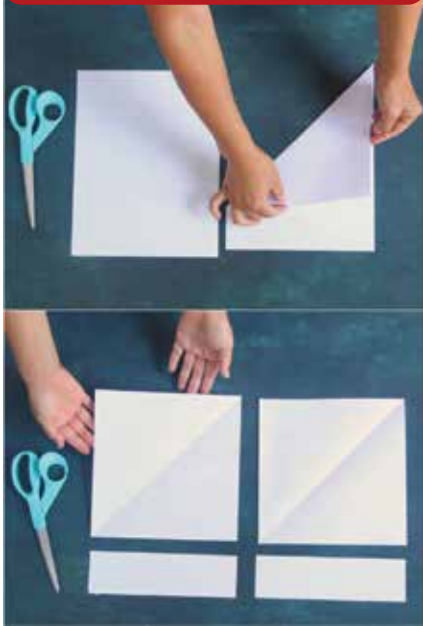
Each day, make a note of times you have been selfish or ungrateful and ask yourself, "Why".

Find a community initiative that you can support in your free time. By sharing your time and energy you can help to make the world a better place.



Make Paper Snowflakes

Step 1: Fold A Square Piece Of Paper Into A Triangle



Start with a square piece of paper. Fold the square diagonally in half to form a triangle.

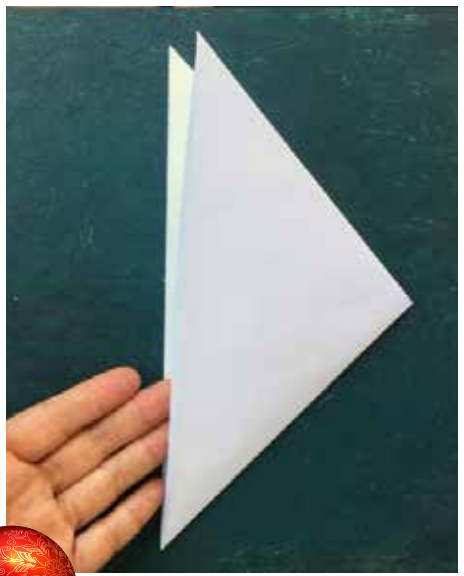
You can also easily make a square sheet of paper from any rectangular paper. Just fold one corner to meet the opposite edge, forming a triangle, and cut the excess paper outside the triangle, as shown in photo above.



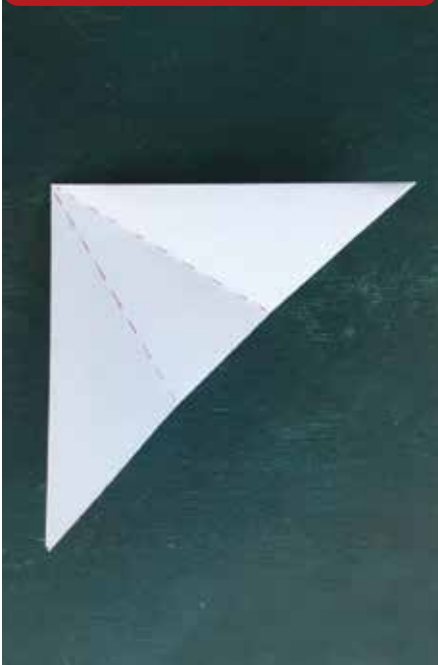
Step 2: Fold A Smaller Triangle



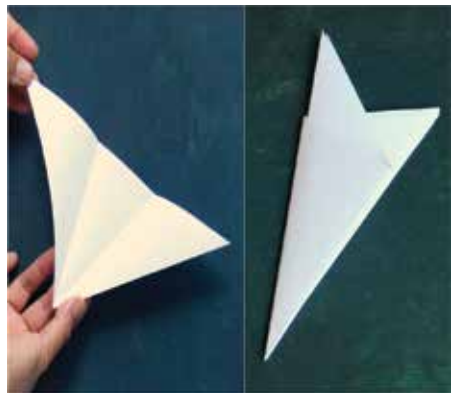
Fold the large triangle (from Step 1) in half to make a smaller triangle. As shown along the dotted line.



Step 3: Fold The Triangle Into A Wedge

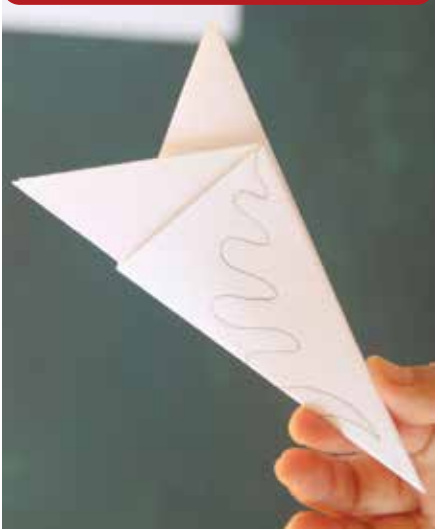


As we fold the triangle into smaller triangles / wedge shapes, we are dividing the square paper into equal parts through the center point. You can create 6-pointed, 8-pointed, or 12-pointed snowflakes etc, just keep folding from the apex which is also the very center of the paper.



To make 6-pointed paper snowflakes, divide the small triangle into three equal sections at the 90 degree apex point (also the center of the square paper), each section has a 30-degree angle.

You can use a protractor, or just estimate the size of the sections, which is what we did here.



It is helpful to draw a design on the wedge first with light pencil lines, then cut it out, especially if you want to make elegant paper snowflakes for winter and Christmas decorations.



Open the cut wedge very carefully into a big paper snowflake! You can download our easy-to-cut and free templates at the end as guides to draw and cut your paper snowflakes, or create your own patterns.

KIDS ZONE

FUN & PLAY

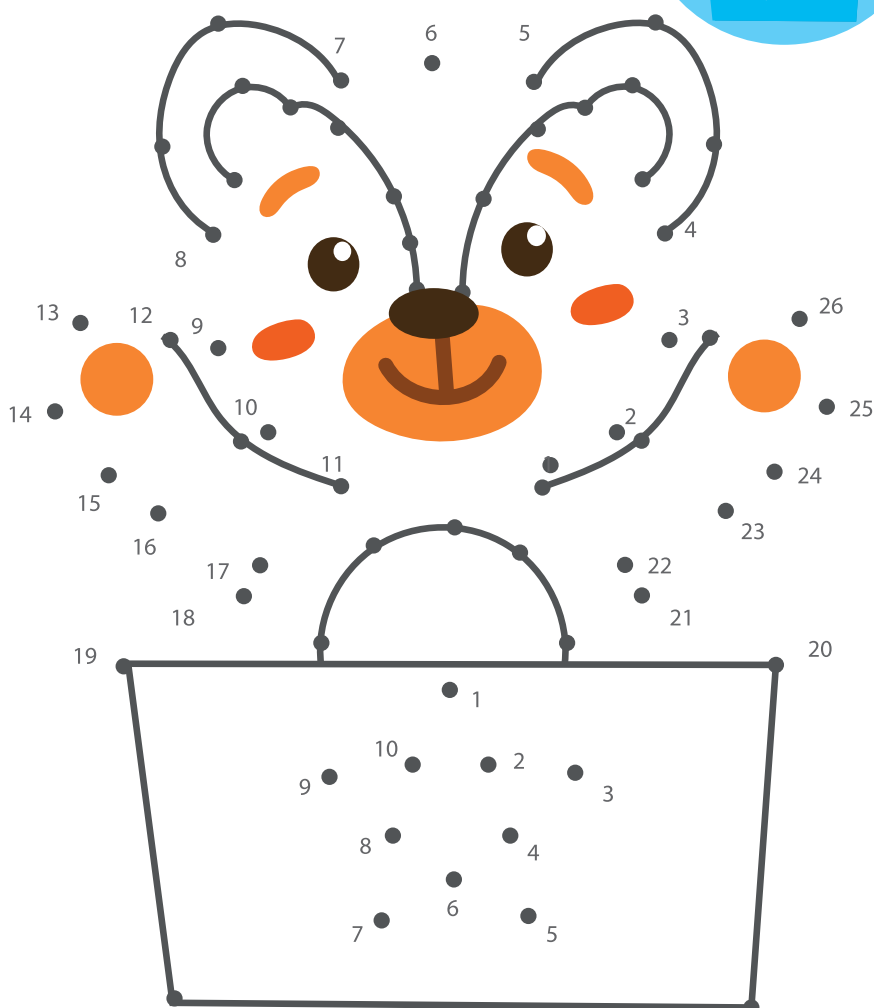
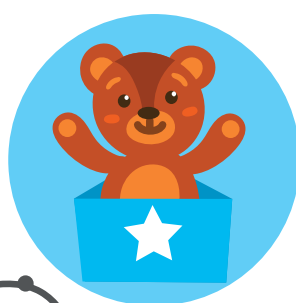
LOGIC PUZZLE



THE MAZE



DOT-TO-DOT





Beautiful Budgies!

Bright, colorful and full of personality, who could say no to a budgie as a new member of the family? Low maintenance, they are easy to care for and definitely inexpensive to feed. They are friendly and love human company, and clever enough to learn tricks. And, there couldn't be a better pet for a compact living space. Budgies are flock birds that enjoy the company of other birds, so why not get two so they can play together?

CARING FOR YOUR BUDGIE

Budgies prefer a habitat with limited noise and traffic but where they can see people going about their activities, such as a living room. Their cage should be positioned away from direct sunlight and drafty doors and windows.

Keep the budgie cage off the floor and away from countertops or furniture to limit access to the cage by your other pets. If you have cats, be careful that they can't jump and reach the budgie cage. Budgies should not be allowed to fly or play close to other pets to avoid injury. Very small children should only be near budgies if their parents or older siblings are there to make sure accidents don't happen.

CHOOSING A CAGE

When housing two budgies together, the enclosure should ideally measure 80x20x20 cm, with bars spaced 1.25 cm apart or smaller. The perch rail should be a comfortable size, and material that they can grip easily. They also enjoy having toys and even a small mirror, so why don't you explore your local pet shop and choose some.

BEDDING

The bottom of the cage should be lined with newspaper and paper towels for daily cleaning, and droppings should be monitored for signs of illness.

FEEDING YOUR BUDGIE

Feeding dishes may include a plastic trough with hanging hooks, a stainless-steel bowl with a clamp attachment to hang from the cage, or a ceramic bowl that sits on the cage floor. You must be careful to wash and dry these dishes daily. Dry food, fresh food, and water should be offered in separate dishes. The water dishes should be large enough to allow the budgie to bathe, and each budgie should have their own feeding station to discourage competition over food. Your local pet shop will have the correct high-quality pelleted diet, which should make up 60-70% of a budgie's diet. Fruits may include berries, melons, and papaya, while budgies also like vegetables such as broccoli, sweet potatoes, pea pods, and bell peppers.

TRAINING YOUR BUDGIE

Budgies can be trained using food rewards and regular attention to establish trust. Like most pet birds, budgies defend themselves by biting when they feel threatened. A nip from a budgie is a little painful, so avoid handling them until they have settled in and become familiar with you. They are most likely to bite people who approach too closely.

TALK TO YOUR BUDGIE

Some budgies can imitate repeated words, phrases, or chattering sounds, and all budgies will chirp and whistle. Male budgies are more likely to mimic words and phrases.



ORION

منصة الكل في واحد

وفرنا كل احتياجاتك وانت في مكانك!

تشطيبات

جميع التشطيبات

نقل اثاث

نقل اثاث منزلي

إدارة الممتلكات

الإيجار والتأجير
الخدمات العقارية
التصميم والتشطيب

خدمات أخرى

سوبرماركت
خدمات طبية
السكوترات

مكافحة الحشرات

مكافحة عامة

صيانة سيارات

أعطال البطارية
تغيير زيت وفلتر
تغيير قطع غيار
كاوتش
صيانة عامة

نظافة منزلية

نظافة عامة
نظافة عميقة
نظافة ما بعد التشطيب

أعمال نظافة وتعقيم

تنظيف اثاث و
مفروشات
تطهير وتعقيم

خدمات السيارات

أنقاذ السيارات
الليموزين
غسيل السيارات
باص المدارس

صيانة منزلية و توريدات

التكييف، الوميثال، دش
دهانات، رخام، زجاج
سباكة، سيراميك
صيانة أجهزة منزلية
كهرباء، نجارة
تركيب بولي كاربونيت

شحن ومدفوعات

شحن كارت الكهرباء
و المياه



تجربة معيشية متكاملة



نور سمارة سيتي، عالم تكنولوجي يتلاقى بداخله التنوع السكني والتجانس الخدمي في مدينة هدفها ربط المستقبل بالتنمية والتطوير والثقافة بالاستدامة وأيضاً ربط متطلبات التكنولوجيا بالتجربة المعيشية الفريدة وهذا من أجل بناء مجتمع نابض بالتفاعل.

سواء كنت، أسرة تبحث عن بيئة آمنة ومريحة، أو فرداً يسعى لأن يجد في هذا المكان النابض بالحياة جميع الخدمات على بعد دقائق معدودة، في نور نقدم أحدث التقنيات التكنولوجية الغير مسبوقة كنموذج للحداثة والتنوع، فهي تجعل حياتك اليومية أكثر راحة من خلال التواصل السلس بالإضافة الى توفير مرافق وخدمات عديدة و متطورة، لتيسير حياتك داخل المدينة منذ الوهلة الأولى، لتقدم نموذج فريد للسكن العصري، حيث تلتقى المجتمعات المختلفة ليندمجوا مع أسلوب حياة إستثنائي ، يقدم جميع وسائل الراحة و الأمان و الإسترخاء، داخل مدينة تعكس روح العصر الحديث بكل تفاصيله.



خدمات المنزل للذكي للعملاء والقاطنين (عائلة جديدة - حديتي الزواج)

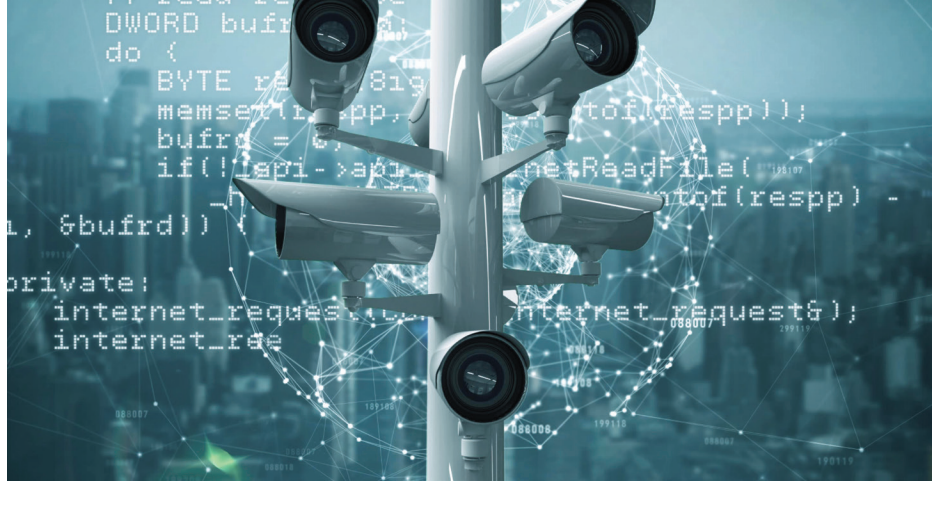
بداية حياة في نور سمارة سيتي ، منزلك وعائلتك الجديدة تصبح أسهل بفضل فكرنا و توجهنا لتيسير الحياة اليومية و مواكبتنا للعصر الحديث داخل مدينة ذكية و مستدامة.

دعنا نأخذك جولة في عالم التكنولوجيا المبتكرة التي تدمجها منظومة المنازل الذكية، فقد تم الاستعانة بأكبر المكاتب الاستشارية في العالم للتعاون معا في تطبيق أحدث التقنيات التي من خلالها يمكنك التحكم في منزلك بكل سهولة وراحة، ضغطة واحدة تسهل تجربة العيش داخل المنزل سواء كنت ترغب في التحكم من بعد في أنظمة المنزل، كالضوء ، درجة حرارة المنزل و نظام الموسيقى بكل سهولة و يسر. أو حتى متابعة منزلك عن بُعد من خلال منظومة الامن والأمان وكاميرات المراقبة (CCTV) ، فإن تقنياتنا التكنولوجية المستدامة مصممة لتلبية جميع احتياجاتك وتسهيل حياتك اليومية داخل نور سمارة سيتي من اليوم الأول.



العائلات

مع كل تحدي، يزيد الاهتمام بتوفير الأفضل دائماً من بيئة آمنة وصحية، وتعليم متميز، ونوادي رياضية، وأماكن للتسوق ، ومرافق طبية بمستوى عالمي، وخيارات نقل ذكية. من خلال تطبيق نور للهواتف المحمولة، تستفيد الأسرة من مميزات المنزل الذكي التي تعمل عن بُعد لتوفير الوقت والطاقة والمال. يمكن التحكم بسهولة في جوانب مختلفة من المنزل باستخدام الأوامر الصوتية، أو تحسين استخدام الطاقة حيث يمكن مراقبة وتنظيم استهلاك الأجهزة الكهربائية والتحكم في المناخ عن بُعد، وخيارات نقل تناسب جميع أفراد العائلة بالإضافة الى توفير حماية شاملة على مدار الساعة.



كبار السن

في نور سمارة سيتي ، تتخذ الحياة إيقاعاً مريحاً يسمح لكبار السن بالاستمتاع بالمساحات الخضراء الهادئة وبيئة صحية خالية من التلوث. يتم التركيز على تحسين نوعية الحياة من خلال توفير سهولة الوصول إلى الخدمات الأساسية ومرافق الرعاية الطبية، بالإضافة إلى خيارات النقل الذكي والأمن. يعمل تطبيق نور للهواتف المحمولة على تسهيل إدارة المنزل والتواصل الاجتماعي، حيث يمكن مراقبة المنزل عن بُعد باستخدام الكاميرات الذكية واستقبال التنبيهات في حالات الطوارئ بالإضافة الى أنظمة الإضاءة الذكية التي تتيح التحكم عن بعد وتشغيل الأنواء تلقائياً لتعزيز كفاءة الطاقة، وكذلك يمكن التحكم في درجة الحرارة وأجهزة التدفئة والتهوية بسهولة. نور سمارة سيتي تقدم لكبار السن عالماً مريحاً وآمناً يتيح لهم الاستمتاع بحياتهم بكل راحة وسلام.



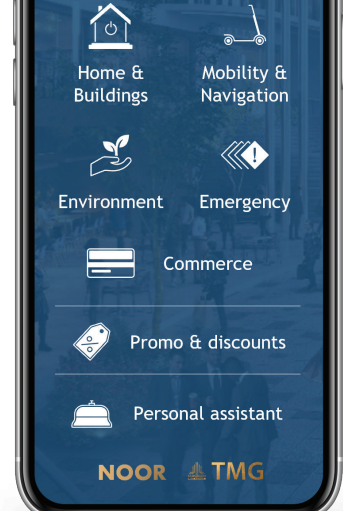
المراكز التجارية - و خدمات الترفية

وجهة واحدة تجمع بين جمال الطبيعة والمساحات الخضراء، المولات مع المراكز التجارية المتنوعة والخدمات الترفيهية المتكاملة ، بالإضافة الى المطاعم التي تناسب جميع الأذواق، لتصبح نور سمارة سيتي بمثابة منطقة جذب للزائرين من جميع المناطق المحيطة. بالإضافة الى دراسة وتسهيل حركة الزائرين داخل المدينة لسلاسة الوصول لكافة الأماكن من خلال تطبيق نور للهواتف المحمولة، وربطه بمميزات التنقل الذكي حيث تتوافر الخيارات المتعددة لتوفير الوقت وضمان تجربة تنقل آمنة داخل المدينة .



المؤسسات التجارية والمشروعات

موقع المدينة الاستراتيجي يخدم قاعدة عملاء واسعة ومتنوعة هذا بتوفير بيئة ذكية، مستدامة، ومتكاملة والخدمات، من خلال تطبيق إجراءات مراقبة المباني وتحسين الكفاءة وتقليل التكاليف دون التأثير على جودة الخدمات . تقدم مدينة نور إتصالاً متكاملًا بين الأجهزة الذكية، والتشغيل التلقائي، وتطبيق نور الذي يعتبر حلقة وصل أساسية لتشغيل وتسهيل هذه الخدمات، مما يؤدي إلى بيئة سكنية متطورة تعزز الراحة والاستدامة والتقدم نور سمارة سيتي هي المستقبل للحياة الحضرية العصرية من خلال التكنولوجيا المتقدمة والتصميم المبتكر، تستقبل المؤسسات التجارية والمشروعات المستقبلية في نور فر ا صا غير محدودة لتحقيق النجاح والتطور في مجالاتهم التجارية.





الإبداع و المواهب بين سكان الرحاب و مدينتي



.. نجاح كبير للنسخة الثالثة من معرض مدينتي و الرحاب للفنون.

شهدت النسخة الثالثة من «معرض مدينتي والرحاب للفنون» الذي أقيم بنادي مدينتي عرضاً مذهلاً للإبداع و المواهب ، حيث تم بالمشاركة 43 فناناً من سكان مدينتي و الرحاب لعرض قطعهم الفنية الفريدة . اجتذب الحدث حشداً متنوعاً من عشاق الفن الذين أسروا بجمال الأعمال الفنية المعروضة.



إفتتح المعرض المهندس وائل الديب نائب الرئيس التنفيذي لمجموعة طلعت مصطفى والمهندس علي رشاد مساعد نائب الرئيس التنفيذي للمجموعة، والأستاذ زياد الشاذلي مدير عام إدارات عملاء مشروعات مجموعة طلعت مصطفى.

شارك في المعرض عدد كبير من الفنانين بمختلف الأعمار ، و قاموا بعرض أكثر من ١٢٠ لوحة فنية كما تضمن المعرض أعمال متنوعة كالديكوباج والحرف اليدوية التي وصل عددها الى أكثر من ١٥٠ قطعة فنية.

إن تنظيم معرض مدينتي و الرحاب للفنون يأتي في إطار حرص مجموعة طلعت مصطفى على إكتشاف المواهب و دعمها و تشجيع القاطنين على تقديم أعمال فنية مميزة تسهم في الإرتقاء بالذوق العام مع الحرص الدائم على تواجد بيئة ملهمة للفن و الإبداع .



اسماء المشاركين بالمعرض :

- | | | |
|---------------------|----------------------|---------------------|
| ٢٩. رباب الدفراوي. | ١٥. منال احمد. | ١. أماني النحاس. |
| ٣٠. مينا لاشين. | ١٦. صفا حازم. | ٢. أشرف شندی. |
| ٣١. إيناس الطحان. | ١٧. هبة جمال الدين. | ٣. أيسن الحمزاوي. |
| ٣٢. شيماء سالم. | ١٨. سماح محمد. | ٤. علا أبو النجا. |
| ٣٣. أسماء ناصف. | ١٩. مريم الحسيني. | ٥. نانسي نصار. |
| ٣٤. نجوان حسن. | ٢٠. سارة رضا. | ٦. ريم عبد الغفار. |
| ٣٥. أية سيد. | ٢١. سوسن إسحاق. | ٧. عطية عمر. |
| ٣٦. زينب رضا. | ٢٢. إيناس الجوهري. | ٨. نهى محفوظ. |
| ٣٧. ريجان سعد. | ٢٣. رنا الناظر. | ٩. سارة أحمد. |
| ٣٨. ملك خيال. | ٢٤. إيمان غانم. | ١٠. روان السيد. |
| ٣٩. أمينة عدلى . | ٢٥. هبه حمادة. | ١١. هانيا خانكاكان. |
| ٤٠. الشيماء الجالى. | ٢٦. مجدى عبد الحميد. | ١٢. أحمد عربي. |
| ٤١. هايدى على. | ٢٧. ندى بانا. | ١٣. صفاء مختار. |
| ٤٢. مصطفى صقر . | ٢٨. أحمد حسين. | ١٤. نهال زكي. |
| ٤٣. دينا الهامي. | | |



سيليا اليوم

حقةائق وأرقام

بفضل الخبرة الإستثنائية لمجموعة طلعت مصطفى في صناعة التطوير العقاري ، تم الإنتهاء بكفاءة من الخدمات التالية:

تم تسليم 1965 وحدة سكنية متميزة و 132 فيلا فاخرة.



بدأت الحياة في سيليا حيث يتمتع القاطنين بالعيش فيها



تم الإنتهاء من تركيب 120 عموداً للإنارة الذكية في المرحلة الأولى، مما سمح بوصول الكهرباء الى 1080 شقة سكنية و 33 فيلا فاخرة.

توفر سيليا مساحات خضراء و مرافق ترفيهية في غاية التقدم تستوعب 50 % من إجمالي مساحة المشروع .



تقدم سيليا خدمة الرى الذكي بالإضافة الى تفعيل نظام حماية البيئة و خدمات الأمن و الزراعة الممتازة.



توفر سيليا جميع الخدمات التجارية و المرافق المتكاملة لتشمل أحدث مراكز التسوق و المطاعم والمقاهي بالإضافة الى جميع الخدمات الصحية و التعليمية على أعلى مستوى.



تم الإنتهاء من تركيب عدادات المياه لتشمل 1075 شقة سكنية و 33 فيلا فاخرة.

تتميز سيليا بتطبيق نظام أمان متقدم للغاية ، ليتضمن كاميرات مراقبة و أنظمة إنذار و حماية عالية الدقة.

يتميز مشروع سيليا بتوفير نظام إدارة التفايات الحديث لمواكبة الإستدامة البيئية.

تلك الإنجازات و الخدمات
تعكس إلترام مجموعة
طلعت مصطفى بتقديم
مشروع متكامل يجمع بين
الرفاهية و الإستدامة ، و
يوفر بيئة معيشية متكاملة
للسكان.



LAMAR

الشكل الجديد من مشروب لمار





EXPANDING TO NEW HORIZONS



Driven by a passion for development with the utmost integrity, and a belief that environmental awareness is an ethical commitment to the community and the globe at large. The vision of Talaat Moustafa Group is to bring to life sustainable and environmentally conscious solutions by developing a new generation of smart green communities with people at their core and to ultimately map out the real estate development for the next technological era by integrating cutting-edge technology and innovative design principles.