

# City Life

by TMG

Issue No.11 - March 2025

OPEN  
AIR Mall  
EXTENSION

*Yusra  
El Lozy*

on Motherhood

CELEBRATE  
SPRING

GATEWAY



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# City Life



**T**his spring issue is dedicated to bringing us closer together, bonding with our families and the community around us. We have so many occasions to gather with ones we love, and Ramadan is now here for us to celebrate. This is a time when our diverse community draws together and shares the joys and traditions of the Holy Month. The iconic mosques in each of our communities each hold their own unique beauty, providing serene spaces for daily worship and the evening *taraweeh*.

Inside this issue you will also find everything you need to make it truly Ramadan Kareem, from a Ramadan calendar and a guide to the mosques near you, to comforting recipes and list of *musalsalat* to catch. We also celebrate Mother's Day, so let's give a shout out to all of the wonderful women who juggle careers, create and inspire, all while taking care of their families. We also take a peek at the talented actresses who have played memorable motherhood roles in our favourite films across the years. Yosra El Lozy even shares her thoughts on being a mum in a one-on-one chat.

Eid El Fitr, Easter, and Sham El Nessim all offer a perfect opportunity to join with family and friends to relax and engage in shared activities. If you want to skip out of town, take a look at our travel ideas. Enjoy some adrenalin-boosting activities right here in Egypt, or visit a small country that is big on scenery and culture. It's football time as well, so head down to the clubs to work off those long iftars.

This issue brings you not two, but three of our special residents. We have added a new section dedicated to the younger members of our community. TMG projects have been firing ahead, so we let you in on the latest updates for Noor, the gem that defines the future of smart cities, and the stunning new additions to Open Air Mall.

The news you have been waiting for... the TMG Life Community App is launching now, bringing everything you need together in a seamless, simple, and super-efficient digital tool. Enjoy the City Guide, In-City Services, Instant notifications and updates, Customer Service, Handy Locations, Clubs Guide, Residents' Gate Access, Manage Gate Access, and a handy Visitor Invitations Feature.

*City Life* is created for our diverse, multinational TMG communities, to entertain and inform you. We wish you and your loved ones Ramadan Kareem, Eid Mubarak, Happy Easter, and a Mother's Day brimming over with love.

# C O N T E N T S

March 2025

CELEBRITY FEATURE:

**Aya Samaha**

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**Ramadan Fashion**

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MEET OUR COMMUNITY:

**Keiko Isaki**

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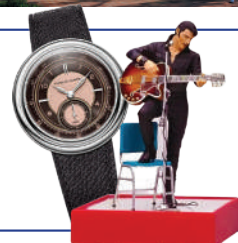
**Madinaty Open at MCG**



MEN ZONE:

**Tech News**

**Watches are Back!**



## Ramadan with TMG

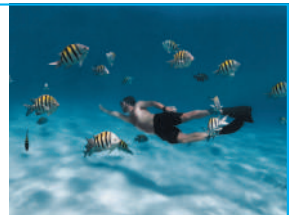
MOTHER'S DAY:  
**Mother's Day to Remember**  
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SPOTLIGHT:  
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GETAWAY:  
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PETS  
**Find My Pet**



GENZ:  
**Summer Camps Abroad**  
**DIY Ramadan Lantern**  
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ORION

CITYHALL

TMG MOSQUES GUIDE



By: TMG Community MKTG & **CairoWest**

Young, captivating, and vivacious, Aya Samaha starts off the year on a high with her new movie, *6 Days*, skyrocketing in box offices across Egypt. We sat down with her for a quick chat about her role, and how she prepared for this emotional movie.

# Aya Samaha



## Can you tell us a little bit about your character in your new film *6 Days*?

Aliaa and Youssef are people from the same neighborhood, they went to the same school and they grew up together. Aliaa's character is very relatable in our Egyptian society, she resembles the girls we have around us, our friends, and the people we know. She is a person who has gone through hard circumstances, beyond her control, so she found herself in a constant struggle to try to live a good life and you can see that through different phases of her life. You can clearly see that in the movie, how time has the ability to change a person, and how the people around you and the ones you surround yourself with can affect you. This is the only way I can describe the character without giving any spoilers.



## How did you prepare for this role? Especially that from what you are saying, it seems like a very emotional role.

It was not an easy role to prepare for. Ahmed Malek and I first started working on this project by taking an acting workshop with an acting coach, Nadim, who worked tirelessly with us to get us to really embody our characters and know them by heart. He taught us to really master our characters so that when their journey changes throughout the movie, we are also able to change course and attitude with them. It was not easy because the film is mostly based on long scenes and a lot of dialogue, so we had to completely immerse ourselves into the characters.

## Where there any scenes in the movie that you felt resembled you in your real life?

A lot of scenes actually. Certain situations in the movie and places we have filmed at were very realistic to me. Even some of the songs in the score of the movie felt close to my heart and my personal life.



## What was the thing you have enjoyed the most by working with Ahmed Malek?

I really enjoyed working with Malek because he loves his job; he loves acting and is a very creative person. I like working in these creative, fun settings because it brings out the best in me.

## How did the director Karim help you and Malek bring out this chemistry on screen and navigate an emotional storyline?

This was the first to have worked with Karim, and I enjoyed it. He ensures that everyone on the plateau is comfortable and in the best head space, which I really appreciated during such an emotional project. Karim has a style of work where he likes to converse and guide you, not just command what to do.

## Are you a person who believes in faith or are you a more calculating person?

I highly believe in faith.

“ I HIGHLY BELIEVE IN FAITH. ”



## QUICK FIRE ROUND:

### Action movies or romance movies?

Romance

### Tea or coffee?

Coffee

### Night owl or early riser?

Night owl

### Home cooked meal or delivery on speed dial?

Both

### The quality you value most in a relationship?

Safety

### Country you want to visit?

Italy

### City life or countryside?

City life

### Food that brings back childhood memories?

Rice and molokheya

# Yosra El Lozy

In a candid conversation that reveals both her artistic journey and personal reflections, actress Yosra El Lozy opens up about her complex new role in the series *Sarab*. El Lozy reflects on the balance between her career and family life, offering fans a glimpse into the woman behind the roles.

**Your new hit series *Sarab* is taken from an Australian series, how did you and the team adapt it to the Egyptian audience and bring the story closer to us?**

I made it a point not to watch the original series until I was done filming this Egyptian version. The story itself is an emotional one that would appeal to any audience around the world; it's about a mother and a father whose child gets abducted.



**Can you share your experience working alongside Khaled El Nabawy for the first time in a series?**

Everyone keeps asking me if I was scared, but I don't see why I should have been. On the contrary I was excited and he is delightful to work with. Even though his character in the series (Khaled) is a detestable man, while acting and in between scenes we would laugh, and it was all light hearted off camera.

**You played the role of Malak, who is a mother and a working woman, so what aspects did you bring from your own life and personality to this character?**

I feel that anyone who plays a role can see themselves in at least some aspects of this character, because automatically when you play a role you put a part of yourself in it. And sometimes it becomes hard to draw the line on where the character begins and where you as a person end.

The lines get blurred and you don't know any more if you are the one convincing yourself that this character resembles you in real life, or if you are the one putting your own life into it so the characters starts to resemble me. But what I know for certain is that I put part of myself and who I am in any role I am portraying. If I have to summarize it, I would say that what resembles me with my character Malak is that we are both mothers, and working women and our priority is our children, home, and husband.

## I feel that anyone who plays a role can see themselves in at least some aspects of this character

**Since Malak and Yosra are both mothers, how did being a mother in real life help you in this role?**

I feel that how I interacted with my screen son very much depicted how I am as a mother in my real life. I was just talking about that actually, that how I would read to the child, or talk to him was learnt from the way I act with my own kids. Especially that before I became a mother I had rarely been around kids and didn't know how to act around them. So now that I have been around kids for the past 10 years, and am a mother, I have picked up on a lot of things in how to deal with children, and it's the small things really. You can even see it during certain scenes where I am reading a children's book and there is no sound but I instinctively started acting out the animals and sounds to the child I am reading it to.

**What advice would you give to mothers, like yourself, who are balancing between work and family?**

The thing with us mothers is that we always feel like we are not doing enough for our children. No matter what profession the mother has, she will always feel like she is falling short and wants to give them more. So I find it crucial for a woman to fulfill herself, in any other way, apart from motherhood and being a mom. Even if the thing that fulfills her is a hobby, it does not need to be a job or a source of income. But she needs to find something for herself, that doesn't revolve around her kids or household chores, something she enjoys. My second encouragement would be that feeling guilty as a mother for not doing enough is normal, but that we have to keep sane and not compromise ourselves. If you constantly *teda7i w tigi 3la nafsek*, you will get to a point where you might not be able to give to your kids anymore and in turn become a bad mother. You have to nurture yourself to be able to give your kids everything, and this is something that I have learnt with time. I would rather keep some special time with my kids every week where I am entirely devoted to them and we can do activities or sit together, rather than try to balance everything every day and in turn they see me angry and frustrated every day.



### QUICK FIRE ROUND

**The most precious moments with your children?**

The morning during weekends, and holidays when they wake up fresh and not in a hurry or a bad mood for school.

**Your favorite activities with your kids?**

We love to watch movies, and play soccer and basketball.

**Cooking with your kids or eating out?**

Cooking with my kids.

**Read them a bedtime story or make up a bedtime story?**

Depends on their mood. Sometimes they ask for a specific book, other times they ask me to tell a story. But whenever it's time to make up a story each one of them wants a different plot. Sometimes one wants a story about a wolf, and the other wants a story about a princess, so I have to make-up a story on the spot about both these characters.



# Ramadan

## Fashion Trends

by Rana Madkour Designs

@ ranamadkourofficial

f Ranamadkourdesigns



Women

Short Leather Effect Dress With Cap Sleeves - STRADIVARIUS



Wide Leg Jumpsuit with Semi-Sheer Sleeves - MANGO



Tie-belt shirt dress-H&M

Flared Jeans - MANGO



Flared Trousers - BERSHKA



# SPRING Fashion Trends

Wide Leg Woven Pants - MANGO



Suede Ballet Flats With Studs - ZARA



Double Handle Bucket Bag -ZARA



# SPRING Men



**TEXTURED LINEN  
BLEND BLAZER -  
MASSIMO DUTTI**



**Regular Fit  
Grandad Shirt-  
H&M**



**Comfort  
Overshirt-ZARA**



**Boxy Fit Denim  
Jacket-ZARA**



**Baggy Jeans-H&M**



**Split Leather  
Loafers-  
MASSIMO DUTTI**



**Paint Splatter  
Jacket - ZARA**



Ballerinas With Metal Strap-ZARA



Long Canvas Bermuda Shorts-ZARA



Oversized Printed T-Shirt-H&M

Collared Jersey Top-H&M



Long Suit-Style Jumpsuit-MANGO



Faux Suede Jacket With Fringing-BERSHKA

Long Metallic Thread Printed Dress-ZARA



Ripped Barrel Jeans-ZARA



Ruffled Denim Skirt-DESIGUAL

and Little Ones

# Sculpt Yourself

## into Perfect Shape

When you have followed the diets, exercised to the max, and there are still unsightly areas of stubborn fat that simply refuse to budge, it calls for more extreme measures. Body contouring and CoolSculpting both give good results with a short recovery time.



Choosing between body contouring and CoolSculpting depends on your goals and treatment areas.

### CoolSculpting

CoolSculpting, also known as *cryolipolysis*, is a type of body contouring that uses controlled cooling to freeze and eliminate fat cells in areas like the stomach, thighs, sides, and chin. The body then naturally processes these and eliminates over a period of time. A non-invasive procedure, it doesn't involve require incisions, anaesthesia, or downtime, meaning you can slip it easily into your daily schedule with sessions taking about 35-60 minutes per area. It is perfect for targeted fat reduction, allowing you to focus on specific areas of unwanted fat, with the gradual process of fat cell removal resulting in natural-looking improvements.

### Body Contouring

Body contouring includes various treatments that remove extra fat and tighten the skin and encompasses a variety of technologies, including radiofrequency, ultrasound, and laser treatments. The benefits of non-surgical body contouring procedures are that they do not require surgery, resulting in minimal downtime and fewer risks. Radiofrequency (RF) treatments heat and destroy fat cells while boosting collagen for tighter skin, ultrasound energy breaks down fat cells, which the body naturally eliminates, and laser lipolysis melts fat cells, which are then removed naturally or with minimal suction.

These treatments can target specific areas like the abdomen, thighs, arms, or buttocks, giving improved skin firmness and boosting collagen production.

## Body Contouring or CoolSculpting?

While both methods can target different body parts, CoolSculpting is great for reducing fat in specific spots, with results appearing within 1-3 months as the body eliminates frozen fat cells. Other body contouring options may provide more immediate results, and can vary in length, and can also tighten and firm the skin.

**COOLSCULPTING:** Ideal for targeted fat reduction with minimal discomfort and downtime.

**RADIOFREQUENCY TREATMENTS:** Effective for both fat reduction and skin tightening.

**ULTRASOUND TREATMENTS:** Great for breaking down fat cells in larger areas.

**LASER LIPOLYSIS:** Suitable for small to medium areas of fat reduction.

Choosing between body contouring and CoolSculpting depends on your goals and treatment areas. Both methods offer non-surgical ways to reduce stubborn fat and shape your body.

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# At Home in AI Rehab with

# Keiko Isaki



Creative and charming, Keiko Isaki has embraced life in AI Rehab to the full. We caught up with her to hear her story.

## Keiko, when did you come to Egypt, and what attracted you here?

When I first set foot in Egypt in 1987, I was immediately captivated by its charm and rich history. It became a personal mission to one day return to this mesmerizing land. That dream came true in 1996, when I was offered a position at the Semiramis Intercontinental Hotel in Cairo. Initially, the plan was to stay for just a year, but Egypt had other plans for me.

The connection I felt to Cairo wasn't just a coincidence. My parents had lived in Cairo for over eight years during the 1960s, and their stories of the city's vibrant culture and warm hospitality had always resonated with me. There was a sense of belonging, an inexplicable feeling of being home, that drew me back to this country.

Origami  
折り紙



**How long have you been living in Rehab?**

I first discovered AI Rehab in 2000, back when it was still a budding community. From the start, I knew it was where I wanted to live and raise my son. In 2012, my family and I made the move, and we've been enjoying the vibrant community ever since. Moving to AI Rehab has been one of the best decisions for us, especially as we left behind the crowded centre of Cairo.



## Do you live with family members?

I live with my Egyptian husband, while our son is currently studying abroad.

## Have you found it easy to make friends here?

Initially, making friends was both challenging and rewarding. However, with the help of social media, I eventually met wonderful friends who have since become invaluable treasures in my life.

## Do you work in AI Rehab or nearby?

I work online and have found wonderful opportunities thanks to my fluency in both Japanese and English. I love that AI Rehab has so many lovely cafes where I can work from, making my remote work experience even more enjoyable.

## How do you spend your leisure time?

In my leisure time, you'll often find me indulging my love for travel—I'm a self-proclaimed travel enthusiast who sometimes wishes I could live on an airplane! When I'm not exploring new destinations, I enjoy meeting up with friends, singing my heart out at karaoke, and sharing the art of Origami with both children and adults. Whether I'm teaching or demonstrating, I find great joy in introducing others to this beautiful and intricate craft from my home country, Japan.

## What are your favourite spots in AI Rehab?

When asked about my favourite spots in the AI Rehab community, I have to admit I haven't explored all the places yet. However, recently I've been enjoying visits to Tinos and Friends at Gateway Mall—their pastries are simply amazing. Other go-to spots for meet-ups would be the Yard and of course our Nadi, a welcoming venue that never disappoints.

## Do you practice any sports, hobbies, or cultural activities?

As I mentioned earlier, I have a passion for origami, the ancient Japanese art of paper folding. This beautiful craft involves creating shapes without using any glue or scissors. Origami isn't just for children, but also adults—it's particularly beneficial for our elder citizens. It helps improve memory, prevent dementia, and promote hand mobility. Sharing this art with others brings me great joy and fulfillment.

**How do you manage to maintain your Japanese culture and cuisine?**

Maintaining my Japanese culture and cuisine isn't always easy, but I'm fortunate to have my sister also living in AI Rehab. After nearly 30 years in Egypt, I've learned not to stress about maintaining every aspect of my culture or cuisine. Instead, I embrace my new home and take joy in being original, blending my Japanese roots with the vibrant local culture. This approach has allowed me to enjoy the best of both worlds.

## Do you know of other Japanese nationals in AI Rehab?

I know there are quite a few; it will be nice to form a community.

## What are the three things you like most about living in a gated community?

Where do I start? The convenience - AI Rehab has everything you need. Safety - I am proud to say I am the pioneer woman in AI Rehab riding an electric motorcycle here as I feel safe and secure. Reputation - It's great to belong to a well-known and admired community that even non-residents respect and enjoy.

## Would you recommend AI Rehab to any friends wanting to buy a home?

Without a doubt. It is an ideal community for individuals of all ages.

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**ahlan\_origami**





Loving Madinaty with

# Sarah Mahdi

Catching a few minutes to chat with *City Life*, fitness aficionado Sarah Mahdi exudes vibrant energy and positivity. Just launching her second wellness hub, it seems that nothing can slow her down. We find out what drives her.

## **Sarah, what prompted your decision to move to Madinaty?**

I moved to Madinaty around seven years ago. The serenity and atmosphere is super nice, and the view from the villas and facilities and life style make me feel at ease, as if I'm outside of Cairo.

## **Do you live with family or as a single?**

My whole family lives in Madinaty, around three generations of our family.

## **Has life in Madinaty lived up to expectations?**

To a great extent it has. Having banks, schools, work opportunities, and safety are the main reasons why Madinaty stands out from any other compound in Egypt.



## **Tell us about your wellness ventures, how did you start?**

I founded Yoga Hub around three years ago in Madinaty Golf Club. It was a great gateway to work in something I'm passionate about. The TMG management and staff were super helpful and understanding, something that encouraged me to expand my business further in Madinaty by making 101 Wellness come to life.

## **How does your new centre differ from Yoga Hub?**

The strip location is unique, being in the centre of Madinaty Mostakbal City and New Administrative Capital. 101 is a community based wellness centre built especially for women that will provide not only the ultimate fitness experience, as it offers a wide variety of services. It has an indoor heated pool, functional training, and a fully equipped cross fit arena, along with a wide variety of classes. But more importantly, it is a safe space to feel at ease, in a judgement-free, friendly community.

## **Are your sessions geared to a wide age group?**

If your age starts from 11 years, 101 is the place to be. No matter your age, experience or fitness level, we work with beginners to pros.

## **Apart from obvious health benefits, what other benefits do people enjoy through attending your sessions?**

We offer community service activities, retreats, healing circles, and both private and group coaching.

## **What is your advice to anyone who thinks they can't fit wellness activities into their schedule?**

Adding sports into your daily routine will give you a better life and a better shape.

## **Has living in Madinaty been a help in developing your business?**

Of course, 101 Wellness is a convenient gateway to a gorgeous healthy lifestyle for residents.

## **Would you recommend Madinaty to anyone looking for a place to live?**

That's a big YES.

## **How do you spend your leisure time?**

After introducing the latest projects like The Strip and Open Air Mall I see Madinaty now on a whole different level, now I truly have almost all of my needs met. It was only a missing a Four Seasons property, so I can't wait.

It is a safe space to feel at ease, in a judgement-free, friendly community







We celebrate the launch of our new section featuring the talented youngsters of our community with chat with Malak Hisham, a young karate dynamo claiming medal after medal in both local and international competitions. Proudly putting Egypt's name on the podium time after time, Malak has a promising career ahead of her in this demanding and challenging sport. Let's cheer her on!

# MALAK HISHAM

## Going for Gold



**Malak, how old are you and when did you start practising karate?**

I am 18 years old now and I started playing karate when I was 5 years old.

**Does anyone else in your family practise martial arts?**

Yes, my two brothers both play karate.



**Why did you choose karate, and when did you discover you had a talent for it?**

I chose karate because I enjoy the training. My coach is Islam Mohamed; he is the coach for Madinaty Club, and the National team. I love karate because it's an escape from reality for me, and takes me out of my comfort zone. As I started training I soon discovered I had a talent, and wanted to improve more and more when I began winning many championships. These were starting from normal national championships up to world championships.

**Which championships and competitions have you competed in, and which have you won?**

I won several national championships, and in international championships I achieved 1st and 2nd place in the World Championships in Slovenia in 2022, 1st place in World Cup in Uzbekistan in 2023, and 1st and 3rd place in the World Championship in Portugal in 2024.



**Do you do your training in Madinaty?**

Yes, I train at Madinaty Sporting Club. We are now busy preparing for my entry into the World Cup in Poland this summer.

**How long have you lived in Madinaty?**

I've lived in Madinaty for 6 years.

**Does living in Madinaty make it easier to follow your sport?**

Yes, definitely. Living in Madinaty has made it easier to follow up with my sport since the club is near my house, and it has a good karate hall and a gym to train in.

**How many hours practise do you do a week?**

I train an average of 9 hours a week, 3 days for karate and 3 days of fitness a week.

**What do you enjoy doing in Madinaty in your free time?**

I go to the malls with my family or friends, do some shopping, and try new restaurants.

**Do you have favourite places?**

My favourite place in Madinaty is the Open Air Mall.

**What would you say to friends who are thinking of moving here?**

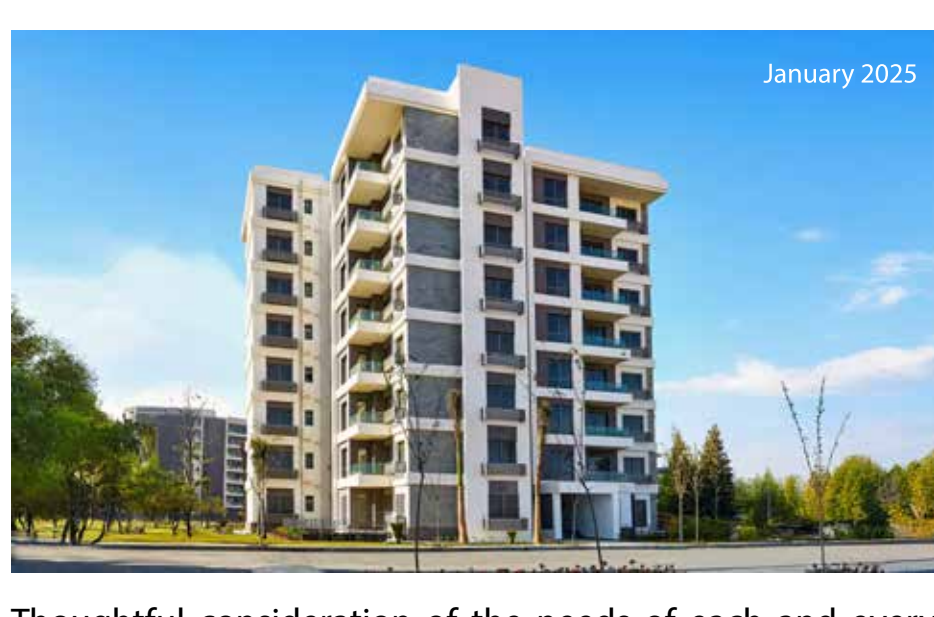
I would highly recommend Madinaty to anyone who wants to move here, it's so peaceful, full of greenery, clean, and you'll find all kinds of services.





Incorporating an unparalleled level of technical infrastructure that elevates life with full smart city experiences, Noor is a city enriched by its diversity, with an amalgamation of inhabitants pursuing their different lives, yet functioning as a dynamic, vibrant whole. 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 appreciation of a pristine, aesthetically beautiful environment, interfaced with the best technology available.

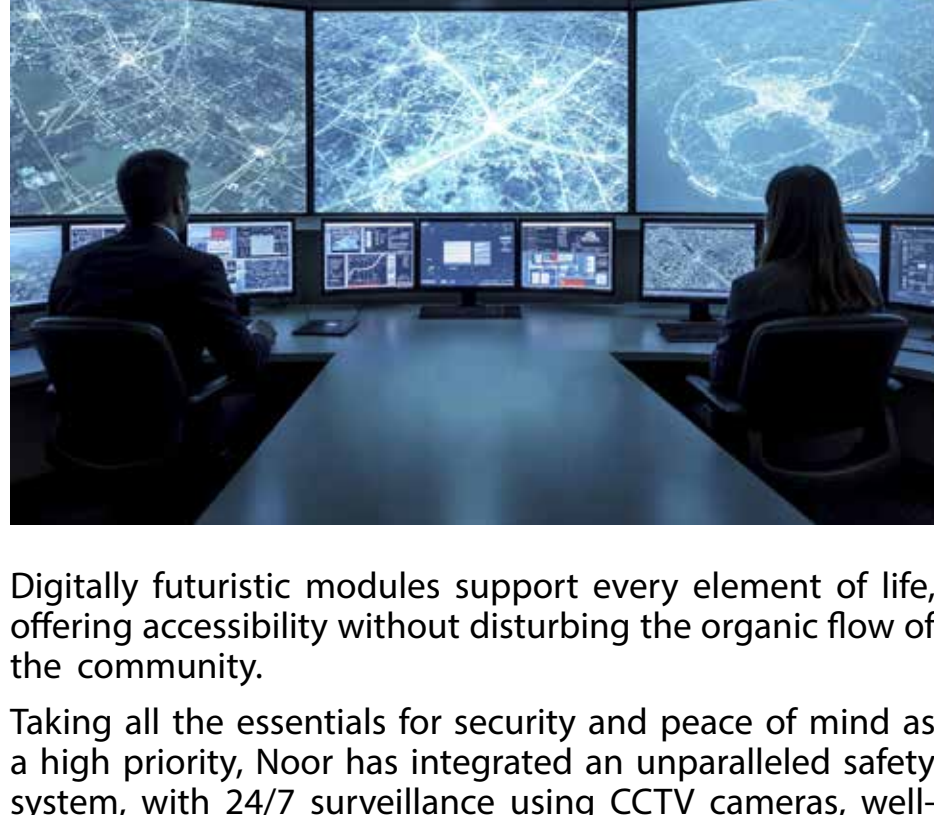
Through its co-operation with Boston Consulting Group, a leading international communications consulting group in the field of smart cities, artificial intelligence, and digital transformation, alongside Perkins Eastman, SWA and SASKI, Noor has been able to realise its unique vision and innovative approach.



Thoughtful consideration of the needs of each and every resident 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.

## FORWARD-THINKING TECHNOLOGY

Noor Smart City implements an infrastructure that has been meticulously designed to accommodate the needs of the city and achieve them in a sustainable and operational manner. Optical fibre networks and systems are designed to be prepared for new high-speed 5G networks, with public places that have WIFI service available to all residents. Sustainability and environmental measures allow for designated places over the rooftop of residential and commercial buildings and public spaces and parking shades that are able to accommodate solar panel installation, feeding into the city's electricity grid, resulting in Smart Renewable Solutions.



Digitally futuristic modules support every element of life, offering accessibility without disturbing the organic flow of the community.

Taking all the essentials for security and peace of mind as a high priority, Noor has integrated an unparalleled safety system, with 24/7 surveillance using CCTV cameras, well-distributed control rooms, and the latest in security systems.

## COMFORT AND CONVENIENCE

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. Home management, communication, and social interaction are efficiently managed by a tap of the finger as peace of mind is ensured with Noor Mobile Application, where 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. Environmentally managed surroundings are accentuated by smart automated lighting systems that allow remote control of lights through automation using timers or motion sensors.



Coupled with appliance control, where smart plugs and switches enable remote control of appliances, even when away from home, and climate control, where smart thermostats can remotely regulate home heating and cooling systems, you have a world of comfort and reduced utility bills.

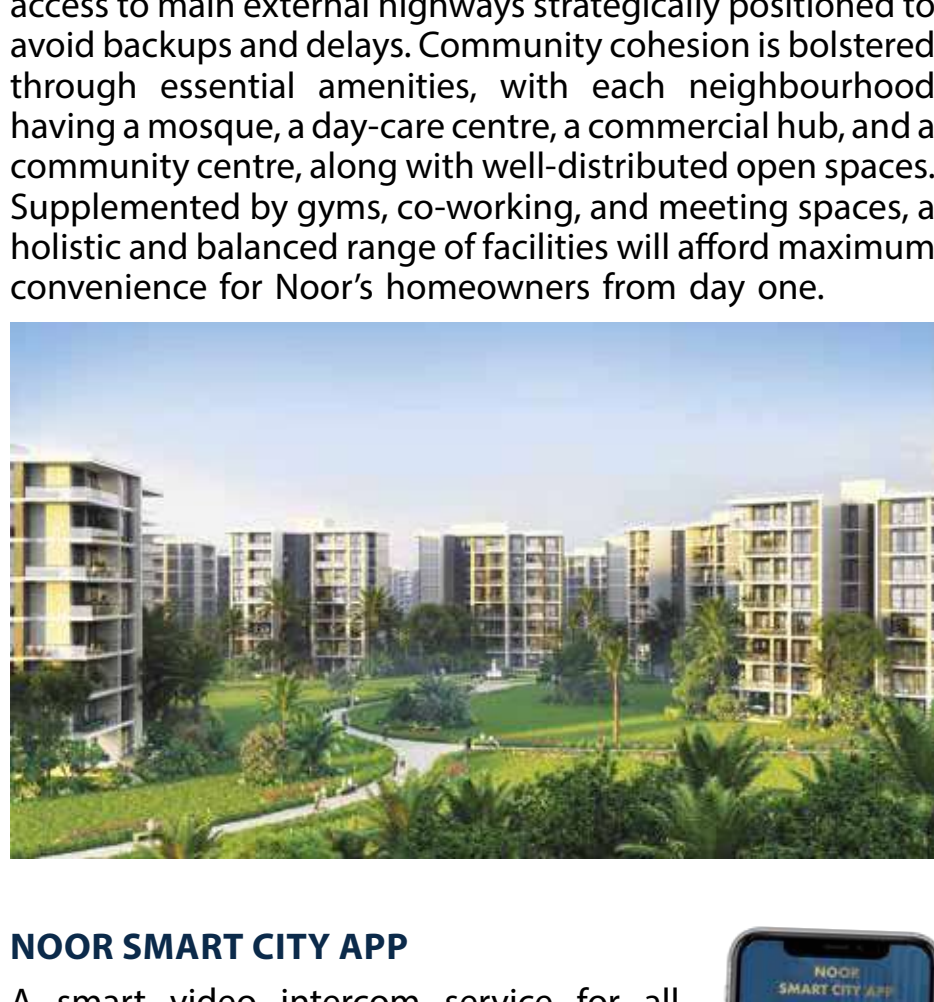
## EV- POWERED PUBLIC TRANSPORTATION

The allocation of separate lanes for passenger vehicles, buses, and electric vehicles ensures a high level of driving safety, and conveniently located EV Charging Stations are easily accessible to encourage environmentally friendly transportation options. Noor has implemented a full fleet of smart transportation options with EV buses and cars, smart screens will be available at all transportation stations, to facilitate users in selecting their route. Bus routes have been planned with direct schedules and advanced ticketing for routes inside and outside the city to minimize traffic time, minimize air pollution, and allow passengers to plan their days with ease.



## AESTHETIC DESIGN MEETS LIFESTYLE ASPIRATIONS

Utilizing nature's resources fully, residential units have been designed for the optimal utilization of the interior spaces with more than one façade, maximizing sun, fresh air, and surrounding views of the stunning green areas. Today's homeowners also place a high value on green areas and pathways where cycling, walking, and running can be a part of their daily fitness and well-being routine, and Noor offers these in abundance. Modern, smart traffic systems allow for a smooth flow between all points in the city, with access to main external highways strategically positioned to avoid backups and delays. Community cohesion is bolstered through essential amenities, with each neighbourhood having a mosque, a day-care centre, a commercial hub, and a community centre, along with well-distributed open spaces. Supplemented by gyms, co-working, and meeting spaces, a holistic and balanced range of facilities will afford maximum convenience for Noor's homeowners from day one.



## NOOR SMART CITY APP

A smart video intercom service for all units enables residents to communicate with visitors before granting entry to the property through the Facial Recognition feature. With Noor Smart City App residents can request all support services, such as maintenance, cleaning, and other services, in addition to making the tracking of utility consumption and electronic payments a simple task.



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

Your

TMG Life®

App is Here!



Your **Smart**  
Gateway to  
**Vibrant**  
Communities

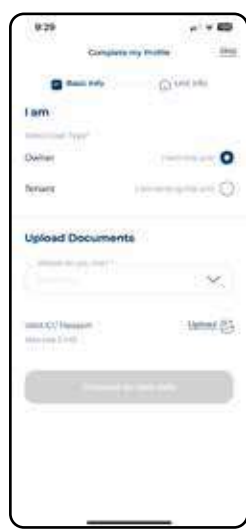
### Welcome to TMG Life, The Community App:

Are you ready to discover the extraordinary world of community living? TMG Life, the Community App, is your gateway to a vibrant and joyful community lifestyle. Whether you are already a valued resident or you are considering joining our dynamic communities, TMG Life is here to make every moment unforgettable and keep you connected.

Follow the simple steps to register, and open up a whole new world of convenience and discovery.

#### STEP 1

- Set up your account by entering your name and phone number.
- Create a secure password, and you are almost there.
- Double-check your details and tap the 'Register' button.
- Enter the OTP received to verify your phone number.

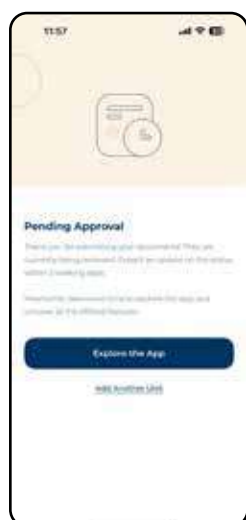


#### STEP 2

- Select your ownership status, whether you are an Owner or a Tenant.
- If you are a Tenant, select your contract's start and end date.
- Select the city you live in whether Al Rehab, Madinaty, or Celia.
- Upload a valid copy of your Passport or National ID.

#### STEP 3

- Select your Unit Type, whether a Villa or an Apartment.
- Select your Group Number/Building Number/Unit Number.
- Personalize your experience by giving your home a name.
- Upload Proof of Ownership/Rental document.
- For any clarifications on what to upload tap 'More Info'.
- Agree to the Terms and Conditions.
- Double-check your details and tap the 'Save My Unit Details' button.



#### STEP 4

- Applications will be reviewed within 2 working days. Browse through the TMG Life App to learn more about the amazing benefits that are set to make your life so much easier.



Download  
TMG Life  
Now

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

# OPIEN AIR Mall

## WEST EXTENSION

*"Nothing is softer or more flexible than water, yet nothing can resist it." – Lao Tzu*



Throughout the centuries writers, poets and philosophers have extolled the benefits of a view over water. Its presence exudes a calming influence, encouraging the mind to relax and reflect.



OAM Mall Water Park embraces this concept by creating a magical space, where verdant landscaping is interspersed with charming lakes and water features, each paying tribute to the beauty of water in a unique way. Dancing fountains, calm lakes, and water playing over gracious sculptures, the vast area is a riot of colour with winding pathways meandering through carefully tended gardens bursting with flowers.



*"The Water Features Create a Balance Between Nature and The Contemporary Design of The Commercial Buildings"*



Nestled into the centre of high-end retail, entertainment and dining outlets, the water features create a balance between nature and the contemporary design of the commercial buildings, showing that they can co-exist harmoniously, enhancing each other to spectacular effect.



# OPIEN AIR Mall

## EAST EXTENSION

**Where Commercial Excellence Meets  
Natural Splendour**



A focal attraction inside Madinaty, Open Air Mall has offered over five amazing years of outstanding dining, high-end shopping, adrenalin-boosting entertainment, and a buzzing ambience that acts as a magnet for visitors. An integral part of life in the community, with eight different themed buildings spread over an area of 404,000 m<sup>2</sup>, overlooking a beautifully landscaped central area, surrounded by fountains and water features extending over 6,000 m<sup>2</sup> of artificial lakes, it has become a destination in itself.



Expanding the facility to meet the ever-increasing popularity of this important hub, construction of the OAM Extension is nearing completion. Situated on a sprawling land area of 46.05 feddans, it encompasses all the amenities that define a covetable lifestyle, while offering abundant space for visitors to enjoy vast green areas and picturesque lakes.

The exceptional commercial destination lies in the very centre of Madinaty, a vibrant space teeming with an abundance of activities, and dining experiences ranging from chic restaurants to popular fast-food chains and cosy cafes.



### **ERGONOMIC, AESTHETIC DESIGN**

Following a core and shell design approach, the Open Air Mall Extension is an exceptional project that boasts a total built up area (BUA) of 161,411 square meters. Comprising 18 buildings, OAM Extension is a versatile mixed- use project designed to cater to a range of needs and preferences of a diverse customer base. Strategically planned for the convenience of its customers, the ground and first floors are dedicated to an array of retail stores, entertainment areas, banks, anchor brands, and diverse food and beverage options. This ensures a lively and dynamic atmosphere for visitors to enjoy while shopping, exploring entertainment options, and discovering culinary delights.



The project has been carefully designed to separate pedestrian traffic from the serving and loading docklands, taking into consideration the importance of convenience and safety. The wide walkways and well-organised parking areas ensure a seamless flow of visitors, allowing you to navigate the mall with ease.

**"Open Air Mall Extension is a versatile mixed- use project designed to cater to a range of needs and preferences of a diverse customer base."**

The second floor of OAM Extension is dedicated to office spaces and clinics, providing a made-for-purpose environment for business and health care professionals. The modern, well-equipped facilities offer a seamless blend of professionalism and convenience, making it an ideal choice for a range of office and medical requirements.



The selection of retail spaces encompasses fashion department stores, lighting fixtures, electronics, carpets and textiles, furniture and floor finishing, along with spacious car showrooms. F&B and entertainment attractions will focus on high quality global and local names, all selected to meet the discerning tastes of a sophisticated clientele.

A holistic lifestyle goes beyond the basics, and the design ethos of OAM Extension reflects this. The flow and interplay between the indoor and outdoor spaces refreshes and invigorates, with lush landscaping, fresh air, secluded terraces and an ambience that calls you to linger. Come and explore!

## MADINATY GOLF CLUB

### Amateur Open Tournament 2025

Take a pleasant winter day, a pristine golf course, a good turnout of enthusiastic golfers, and you have ingredients for an exciting edition of the Madinaty Golf Club Amateur Open Tournament. *City Life* was at the heart of the action, catching up with the players and learning what makes golf such an exciting game. We also popped a few questions to Josh North, the General Manager of Madinaty Golf Club, to get an overview of the facilities and amenities that give it top ranking in the country.



#### What makes MGC a perfect venue for competitions of this type?

MGC is a championship golf course, so we have 18 holes of championship golf. We've got a superb clubhouse with all the amenities, restaurants, swimming pools, gym, etc. So it's great for the golfer. They have everything they need out of the club.

#### Have you seen an upswing in the popularity of the sport in recent years?

Yes, definitely. Golf is on the rise. It's becoming more and more popular with the health benefits you have there in the fresh air, for four or five hours. This year's event was over-subscribed, we had a waiting list, with 88 players in the end. We had around 10 to 12 different nationalities play.

#### MGC has initiated some good coaching programs. Have these attracted younger people to the sport?

Golf was seen in the past as a sport that people would play later in life, when they had a little bit more time. Now golf is a little bit more cool and trendy, and that's something that we're seeing in our coaching programs as well, with a younger demographic of people playing.

#### Any upcoming plans or projects?

Our next tournament is our Race to the Grove, which is our monthly tournament for our members and their guests. That's on the 14th of February, and the winner wins a prize to London.

*City Life* had the chance to chat with several players, and found out more about their love for the game.



#### ISMAIL SEIF EL NASR

I've been playing golf since 2002, so I've been playing for 23 years. Madinaty is actually one of the best courses I've ever played on. A very beautiful one and a challenging one—it's a bit difficult. There are many holes where you really need to be a good player to score well. That's a good thing in golf. And today, we're playing in the Madinaty Golf Open. It's a two-day event, and today is the second day.

#### How do you feel about the level of competition here at Madinaty Golf Club?

This tournament features some of the best players in Egypt. There are several top-tier players competing today, which makes it quite challenging—definitely not easy. But hopefully, we'll achieve a really good result.

#### Do you have any personal goals you want to achieve in this tournament?

Last week, I played in two tournaments, and I performed well in one of them. So, I was hoping to play much better today. But both today and yesterday haven't gone as planned.



#### DAVID KEDDINGTON

My name is David Keddington and I have been playing for probably just over 30 years.

#### How do you feel about the level of competition here at TMG Golf Club?

There are some very good players here.

#### How do you mentally stay sharp during the tournament?

I focus on the good shots. When you have a bad shot, you have to let that go, and then just go to the next hole and it starts all over again.

#### What do you think of the Golf Course here at Madinaty?

Oh, I love it. Madinaty is a fabulous golf course, I love playing out here.

#### How important is the club in terms of providing a great environment for tournaments?

I think it's critical to have a good club that has good staff. It's very difficult to set up a golf tournament. So I think the staff at Madinaty have done a very good job.

#### Is there anything you'd like to say to your fans watching this championship?

Come out and play. Golf is a wonderful sport and anybody can do it.





## HANY HASSAN

My name is Hany Hassan. I have been playing for about 16 years.

**How have you prepared for this championship?**

Actually I didn't prepare for it. I just come to play and try and to do the best I can.

**What do you enjoy most about playing here?**

What I love about it is it's a nice course. It's well laid out and the aesthetics are good.

**What do you think needs to be done to help golf continue to grow in the region and encourage young talent?**

I think there need to be more announcements and publications, with notifications in media to actually make people aware of the good things that golf gives to people.



## OXO MANUEL

My name is Oxo Manuel. I'm from Spain, and have been living here in Egypt for six years, and started playing golf three years ago.

**How do you feel about the level of competition?**

It's good. But this course is not easy. It was not a good competition for me. But I like this course a lot.

**How important is the club in terms of providing a great environment for tournaments and helping players perform?**

I think the club is doing so well. They have a lot of facilities here. They encourage everyone to come and play and they support everyone.

**Is there anything you'd like to tell your fans watching this championship?**

Only to encourage anyone to to play golf, because it's a really fun game and gives you a lot of opportunities to meet different people from different cultures.



## OSAMA AND SEIF AL-BANDARI.

**How long have you been playing golf?**

We've been playing for six months, exactly the same time. We got introduced to golf and to each other through Madinaty Golf Club.

**How did you prepare for this tournament?**

Osama: We trained a little.

Seif: Honestly, he trained more than me—he's the professional one. I tried my best, we practiced a few times, and overall, it was a fun experience.

**How do you feel about the level of competition?**

Seif: The level of competition is strong. There are many talented players.

**What did you enjoy most about playing here?**

Osama: The course is really well-made, and everything is consistent. The greens are well-maintained, so we really enjoyed playing here.

Seif: The pin locations were different, which made it harder than usual, but it was a good challenge.

**Do you have any specific goals you want to achieve?**

Seif: We want to improve our handicap in 2025, I think that's every player's goal. We're still beginners, so we have a long way to go.

**How important is TMG Golf Club in providing a great environment for tournaments like this?**

Osama: I think it has great potential. It already hosts tournaments, but I believe it can be developed further to offer an even better experience.

**What do you think needs to be done to help golf grow in the region?**

Seif: We need to build a stronger golf community in the region for sure. That's the key to growing the sport



## TOM WILLIAMS

My name is Tom Williams and I'm a member of Madinaty Golf Club. I've been playing since I was 14. I had a break and I took it back up when I moved to Egypt nine years ago.

**How have you prepared for this championship?**

This championship has been fantastic so far. I play here regularly. And these two day events are always very, very good. Very well organized, playing with some great guys. And it's a good way to meet people too.

**What do you enjoy most about playing here?**

It's definitely very challenging. The best part of this golf course is the condition of it. It's always in great condition. It's hosted some extremely prestigious events here, so I'm proud to be a member here in this club.

**Can you share a past moment from a championship that stands out for you?**

A good moment was when I did win a tournament here, and the prizes are always very good. I think on that occasion I won a six months free membership, and also not forgetting the Asian tour that was hosted here when I was lucky enough to follow the players around.

**ALI EL SAEED**

My name is Ali El Saeed. I'm 27 years old and just had a very hard time playing today in the Madinaty Open Amateurs, but I think I might have done well enough.

**How long have you been playing?**

I started playing golf when I went to the University of St. Andrews, but really consistently the past year and a half in Egypt.

**And how do you feel about the level of competition here?**

In terms of players, very intense, because a lot of the players here are very good.

**OMAR EL-SISY**

My name is Omar El-Sisy. I've been playing golf for 40 years—you wouldn't believe it!

**How did you prepare for this tournament?**

My level hasn't been where I want it to be, but I came today because I love this course. I really enjoy the atmosphere here and the tournaments they organize.

**What do you enjoy the most about this course?**

I really love the landscape here. What I also appreciate is how well-maintained the course is. The people managing it put a lot of effort into keeping it in top shape. If you want to be a great golfer, you need to play on a great course, and they make sure this one is always in excellent condition. The greens are well-kept, and you can see they take great care of every detail.

**How important is the club in providing a great environment for tournaments and players?**

If you look at this tournament, you'll see that over 80 players have joined. Madinaty, as a location, is great for events like this. It's a place where people live a healthy and active lifestyle, and that reflects on the kind of players who come here.

**SANDRA SHAMY**

I'm Sandra Shamy. I play here for Madinaty. I've been playing here for around two years.

**How did you prepare for today's tournament?**

I've been practicing for the last few months. Every day I come and take some lessons.

**What do you enjoy the most about playing here?**

I enjoy the beautiful course. It's always well maintained, and I love the people who work here; the management, my friends, everything together makes a nice package.





# GAME CHANGING TECH COMING YOUR WAY

Just when you thought the limits of innovation had peaked, the ante has been upped again. The ultimate event that showcases gadgets and tech that are set to change our lives has rolled out some amazing products. CES 2025 has done it again; let's take a look at what has made it to our wish list.

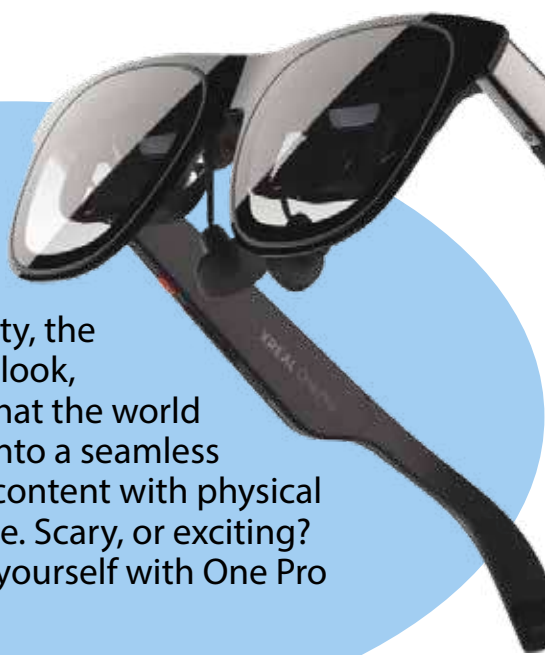


## Sweet Dreams with Ozlo Sleepbuds

When was the last time you enjoyed a good night's sleep? Catch up on quality sleep time with Ozlo Sleepbuds. Fitting snugly into your ears, with a lightweight fit for maximum comfort, they use implemented adaptive soundscapes and white noise tracks to soothe you gently to sleep.

## XReal One Pro AR Glasses

With augmented reality, the world takes on a new look, nurturing the vision that the world will someday evolve into a seamless integration of digital content with physical objects or even people. Scary, or exciting? You decide. Immerse yourself with One Pro AR glasses, by XReal.



## Flint Rechargeable Paper Battery

Battery tech takes a leap with Singaporean brand Flint. Flint's flexible rechargeable paper batteries are a sustainable alternative to lithium-ion counterparts. Made from cellulose, these batteries are biodegradable, fully flexible, and compact enough for smartwatches or even smartphone straps.



## Lotus Accessibility Ring

Taking your smart home up a notch, the Lotus Ring functions like a remote, controlling lights, fans, control appliances with a point and click mechanism, using infrared technology. A boon for anyone with reduced mobility, lightweight and waterproof, it can be slipped on your finger to assist at any time.



## Nuance Audio OTC Hearing Aid Glasses

Hurray for a product that can improve your vision and hearing at the same time. Nuance Audio's eyeglasses are designed for people with mild to moderate hearing loss. They use beam-forming technology to amplify conversations and reduce background noise — but you can also tweak the six embedded microphones so they amplify all sound.



## Withings Omnia

Mirror, mirror, on the wall... Withings' new smart, AI-powered mirror can give you a health assessment, combining data from its own sensors with data from other Withings gadgets to give you a comprehensive rundown of your health and wellbeing. The mirror itself can measure your heart rate and blood pressure, while the connected base you stand upon measures weight, heart health, and metabolic health.





# On — The Watch —

Casio  
G-Shock DW-  
H2-5600ER



Fleming  
Series 1



Patek  
Philippe  
Cubitus



Furlan  
Marri Disco  
Volante



IWC  
Portugieser  
Eternal  
Calendar



Citizen Super  
Titanium Eco-  
Drive



Accurist  
Origin

The well-used saying,  
*“You can tell a lot about a man by the shoes he wears”*  
often rings true. But you can tell even more by someone’s  
watch. In a world where you can easily check the time from  
your smartphone’s digital face, a wristwatch can become a  
serious style statement.

Not many of us can drop \$895,500 on a Greubel Forsey ‘Hand  
Made 1’, like tech giant Mark Zuckerberg, but there are other  
timepieces that are equally covetable, in a broad price range.  
Take note of the return to the vintage look and mechanical  
movements, with a greater focus on craftsmanship and  
attention to detail.

**Touch:** Open Air Mall - 0112 3773311

# رمضان كريم

## RAMADAN KAREEM

Celebrate Ramadan with joy and peace in your TMG community.

**Ramadan Traditions  
From Around The the World  
Ramadan Delights**



**Ramadan Fitness  
Nutrition Tips for Ramadan  
Shooting Goals in Ramadan**



**Soups to Warm Your Heart  
Ramadan Series  
Bring Ramadan into Your Home**



**Enjoying Eid El Fitr  
Madinaty & Al Rehab  
Mosques Guide**



# RAMADAN TRADITIONS

## from Around the World

Wherever you are, Ramadan is a time to be thankful for our blessings, and reach out and celebrate with those around us. There are some distinctive traditions that make each country unique. Let's take a peek.



### THE FANOUS IN EGYPT

Steeped in history and tradition, Ramadan in Egypt is an experience never to be forgotten. Across much of Egypt, vibrant, colourful lanterns, or *fanous*, are lit during the evening and night in celebration of the holy month of Ramadan.



### BALLADS IN ALBANIA

In a unique tradition in Albania, Roma Muslims perform special ballads to mark the beginning and end of each day's fast. Along with playing the *lodra*, a traditional drum covered in sheep or goat skin, many will invite families and loved ones for iftar.



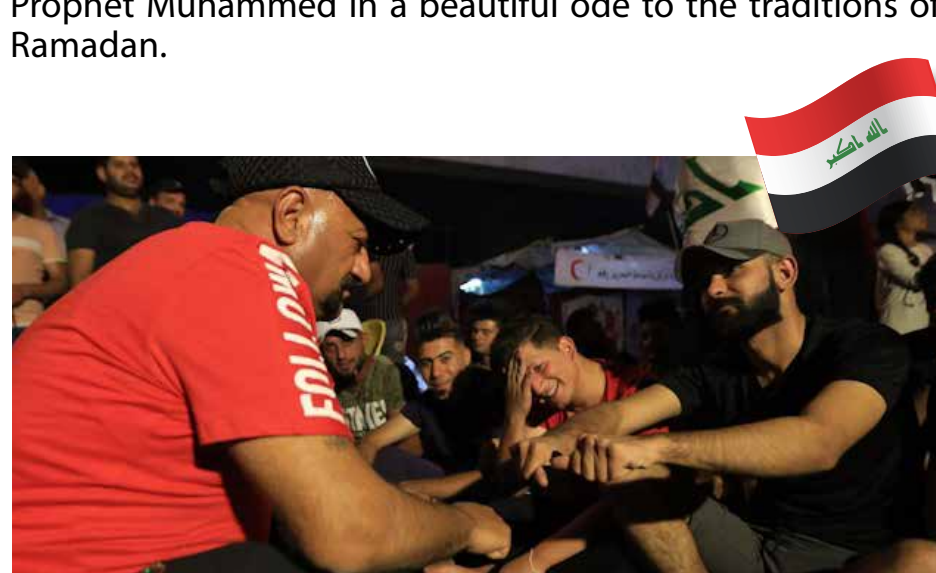
### DAWN PRAYER IN MOROCCO

Moroccan town criers mark dawn prayers with a musical horn every morning for neighbourhood families. The melody of the town *nafar* is an often beloved part of Ramadan for everyone in Morocco during this holy and special month.



### SOHOUR IN INDIA

*Seheriwalas* in India wake up worshippers for sohour in an ancient Mughal tradition. The *seheriwalas* (sometimes known as *zohridaars*) of New Delhi are a much-loved tradition. These town criers call out prayers and the names of Allah and the Prophet Muhammed in a beautiful ode to the traditions of Ramadan.



### PLAYING MHEIBES IN IRAQ

In a tradition dating back beyond memory, many Iraqi men will gather in large groups after breaking fast for a game of *mheibes*, an amusing game of deception where a ring is passed around under a cloth and people must guess who really has the ring based on body language alone.



### CLEANSING IN INDONESIA

Many Indonesian Muslims engage in a cleansing ritual called *padusan* to spiritually and physically cleanse themselves to mark the start of the holy month of Ramadan. Many Muslims here will soak themselves in natural springs or even lakes as a symbolic ritual of purification.



# RAMADAN DELIGHTS

Treat yourselves to a memorable iftar at any of these exceptional dining venues. With handy options like takeaway and delivery, tasty food is right on your doorstep.



**Jana Shawerma** in **Gateway Mall** in **Al Rehab** excels in mouth-watering chicken shawarma and chicken fillet sandwiches. Sizzling hot with authentic flavours of Jordan, with a modern twist that hit the spot, the food will have you making this a regular haunt.

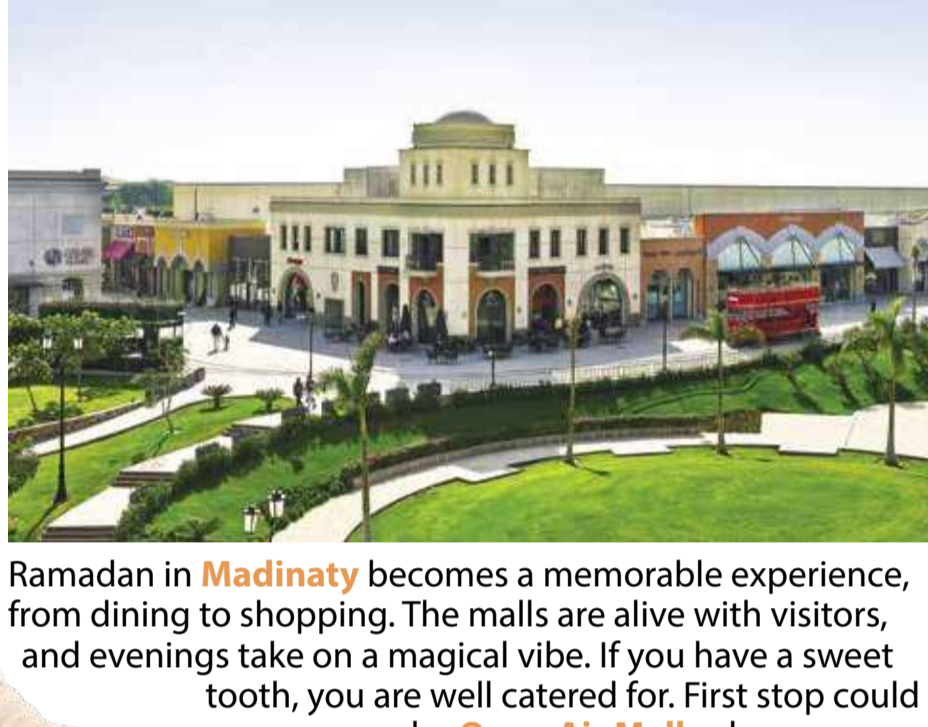
**Joosy & Frozze** have arrived in **Al Rehab** at **Gateway Mall**, on the first floor at the Food Court. Known, of course, for their Cerelac ice cream and Cerelac milkshakes, you will be taken you back to those childhood days. Also try their molten cake, soft ice cream, and many other things that are hard to resist.



Make a visit to **Al Dar Restaurant** in **Al Rehab Food Court** this Ramadan to experience mouth-watering Palestinian grills.



Also in the **Food Court** in **Al Rehab**, **Katara Restaurant** promises an exciting dive into authentic Sudanese cuisine. Explore the rich flavours of traditional dishes in a fascinating ambiance.



Ramadan in **Madinaty** becomes a memorable experience, from dining to shopping. The malls are alive with visitors, and evenings take on a magical vibe. If you have a sweet tooth, you are well catered for. First stop could be **Open Air Mall**, where you can tempt your taste buds at **La Poire, Kouieder, Nola, Sultana, Sedra, Breakfast** and **Thomas**.

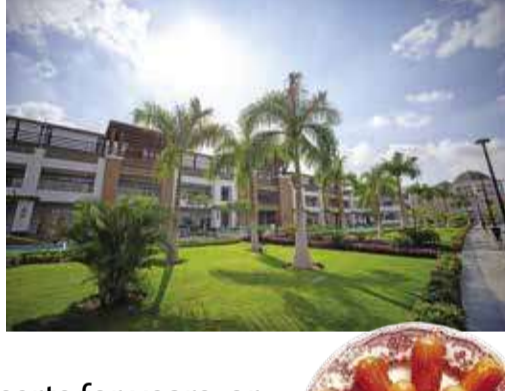


If iftar is on your mind, or an early sohour, you can pop into **Desouky & Soda, Tabali, Mado**, or **Zooba**, for a full-on Egyptian taste experience. Make a point of popping into **Promoduck** or

**Party Station** before you leave to browse the array of gifts and decorations.



**All Seasons Park Mall** is a great place to relax with a coffee, dessert or something more substantial.



Iconic **Tseppas** has been making amazing sweets and desserts for years, or for a snack or full meal, head to **Stereo** or **Shaghaf Coffee**. Then, to find some lovely gifts and decorations, head to **Sugar**.



There's still a lot to discover, with **East Hub** having some top-notch food venues. Don't miss out on **Beit Ward** for authentic Lebanese cuisine or **Sultan Saray** for a Turkish feast, then get your caffeine fix at **Vivo Caffeine**, or something sweet at **Samy Salem, Oval Café** or **El Malky**.



If you are wondering why everyone is talking about **The Strip**, check for yourself. With popular venues like **Andrea** and **Farida**, along with some really great home-style cooking from **Seoudi**, you should visit often. Then of course, **Craft Zone** has some well-kept secrets, if sweet treats are your thing. **Al Madina Al Monawara, Zonani**, and **Remas Land** have scrumptious delights lined up.



Last, but not least, **Safi** in **Arabesque Mall** is a popular spot for desserts, for good reason. Don't forget to thank us...



# NUTRITION TIPS FOR RAMADAN

Ahlan Ramadan, a time to gather with friends and family, and to enjoy traditional dishes that we love so much. Follow these simple tips, and have a blessed Holy Month.

**STAY HYDRATED.** Try to have plenty of water between iftar and sohour to prevent dehydration. Avoid carbonated drinks as they have excess added sugar.



**DATES TO BREAK YOUR FAST.** Dates are a natural source of sugar, which helps to balance low blood sugar and fuel the body with much needed energy. Other dried fruits like apricots also aid the digestion.

**SOUP.** Soups are a nutritious way to break your fast because they keep you hydrated and are packed with vitamins and minerals.



**AVOID ADDED SUGARS.** Use herbs and spices rather than using salt and sugar to flavour meals. For dessert, skip heavy, sugary sweets and choose a piece of fresh fruit.

**HAVE PROTEIN IN EVERY MEAL.** Protein-rich foods like lean meats, eggs, and beans are filling without being high in calories.



**BALANCE YOUR MEALS.** Avoid meals loaded with refined carbs as this may affect your blood sugar balance. This can cause your energy levels to fluctuate throughout the day. Iftar should contain healthy, complex carbohydrates like brown rice, lentils, quinoa, and whole-wheat pasta.

**EAT MODERATELY DURING IFTAR.**

Avoid indigestion, heartburn, and stomach cramps by splitting iftar or into two or three meals. It should include plenty of fluids, fruit, foods containing some natural sugars for energy and well-balanced meals providing a balance of starchy foods including wholegrains where possible, vegetables, dairy foods and foods rich in protein such as meat, fish, eggs and beans.



**SKIP THE SALT.** Reduce salt in your cooking and avoid salty snacks. Salt will stimulate thirst.

**NEVER MISS SOHOUR.** Yoghurt, chickpeas, fowl beans, peanut butter, lean meat like chicken, cottage cheese, and eggs are all important sohour ingredients that will sustain you for a day of fasting.



# RAMADAN FITNESS

## in Your Community



Nobody says you need to drop your fitness goals during Ramadan. In fact, how else are you going to balance all that rich food, and long evenings with hit TV series and football? It's just a matter of switching things around a bit, and choosing your best time.

### Which type of exercise is best before iftar?

Low-intensity cardio before breaking your fast is fine. Just keep it to up to 75 minutes. We are able to exercise fasted due to glycogen and the body's ability to use stored body fat as energy, and it's best to schedule your workout before your fast begins, or after it ends.



#### CYCLING

Cycling is a great way to unwind after a workday, and is good for cardio-vascular health. **Madinaty** is a very good place for cycling, the weather is really nice, the roads are great, and there are some bicycle lanes. If you feel like company, touch base with **Madinaty Cycling Team (MCT)**. They get a group together several times a week.

#### PILATES

A session of gentle Pilates will help you to maintain suppleness, without exhausting you. Aim to maintain your pre-fasting exercise routines, but always listen to your body and modify the frequency, intensity, duration, and the type of exercises accordingly.



#### LIGHT-TO MEDIUM-INTENSITY WEIGHT TRAINING

Keep this to less than 45 minutes, and don't push yourself too hard. You may feel more comfortable switching this to after iftar, which allows you to train and refuel as you normally would. Why not break your fast with a small pre-workout snack and follow your session with a full meal?

#### EARLY MORNING EXERCISE

For many, the best time to exercise during Ramadan is before dawn or early in the morning. Exercising in the morning can help you stay energized throughout the day. The best and safest time to exercise is when you have the most hydration in your body.



#### YOGA

Yoga sessions are a great option in Ramadan, bringing health benefits, along with a feeling of calm and serenity. An early morning class can uplift your mood for the whole day. Look out for **101 Wellness**, newly opened at **the Strip**.

#### TAI CHI

Tai Chi is an ancient Chinese internal healing martial Art that can be practiced as a graceful healing form of exercise. It is a self-paced system of gentle physical exercise and stretching that has benefits for improved circulation and metabolism. It lowers the heart rate and blood pressure, boosts the immune system, and improves flexibility of muscles, tendons, and ligaments.



# SHOOTING GOALS IN RAMADAN

Along with all its other joys, Ramadan brings football to the fore. And with balmy spring evenings to celebrate, it's time to put on your boots and hit the turf. Both Al Rehab and Madinaty offer top notch facilities, with fields that residents can even hire to hold their own matches, so get together with friends and neighbours and make it a sporty Ramadan.

Both clubs boast high-level training academies, Liverpool Football Club (LFC International Academy Egypt) and Enppi Academy. The partnership between Liverpool International Football Academy and Talaat Mostafa Group, began in 2013, and has thrived over the years, becoming a highly successful collaboration. The academy offers top-notch facilities for training and development, boasting state-of-the-art training grounds, well-equipped gyms, and modern sports facilities that provide an ideal environment for aspiring footballers to hone their skills.



In addition to the excellent training facilities, the academy places great emphasis on the importance of nutrition and fitness, with comprehensive nutrition programs tailored to the specific needs of the players, ensuring they maintain optimal health and performance. Under the guidance of head coach David Riddle, academy players are taught to embrace an attractive and efficient style of football that reflects the ethos of Liverpool Football Club.

As an added incentive, Liverpool pool star and Egyptian football hero, Mo Salah has become a source of inspiration to young players across the globe, not only Egypt. The young players in LFC in both Madinaty and Al Rehab work hard to match the skill of their icon, and what better time than Ramadan to really get their game on!



📍 LFCIAEgypt 📞 0111 919 0022



## AL REHAB FOOTBALL FIELDS

Al-Rehab Sporting Club boasts six top-tier football fields, meticulously maintained to provide the perfect playing surface for athletes of all levels. Designed with high-quality turf and modern irrigation systems, these fields ensure a smooth and safe playing experience year-round. Whether you're a seasoned player or just looking for a fun family activity, the football facilities cater to everyone.

Beyond the game itself, the fields are more than just a place to play—they're a gateway to a healthy and active lifestyle. With well-lit surroundings, comfortable seating areas for spectators, and easy access to club amenities, the club provides the ideal environment for families to bond over sports. Whether it's kids learning their first dribble, parents enjoying a casual match, or friends engaging in a friendly competition, the football fields are a cornerstone of fitness, fun, and community spirit at Al-Rehab Sporting Club.



## MADINATY SPORTING CLUB

Madinaty Sporting Club is home to six premium football fields, including two full-sized pitches and four five-a-side fields, all kept in excellent condition to provide an outstanding playing experience. With high-quality turf, modern irrigation systems, and well-maintained lighting, the fields are designed to support both competitive

training and casual play. No matter your skill level, the football facilities offer the perfect environment to enjoy the game.

Beyond the sport itself, the fields encourage a healthy and active lifestyle for every family member. Thoughtfully designed with comfortable seating areas for spectators and convenient access to club amenities, they create an inviting space for everyone to enjoy. Whether it's young players sharpening their skills, parents staying active, or friends gathering for a match, the football facilities at Madinaty Sporting Club serve as a vibrant hub for fitness, fun, and community connection.





# SOUPS TO WARM YOUR HEART

A nutritious bowl of soup is just what we need in Ramadan to ward off winter chills. Here are two of our favourites, enjoy them as much as we do!

## ORZO SOUP

### Ingredients

- 1 medium chicken
- 1 onion
- Cardamom pods
- Pinch ground cardamom
- Salt and black pepper to taste
- Bay leaves
- Mastic gum (optional)
- 2 cups toasted orzo pasta



### Preparation

Pour the water into a large stock pot, then, add the onion and seasonings. Bring the ingredients to a boil, and add the chicken to the pot. Reduce the heat, cover the pot, and simmer. Remove the chicken, bay leaf, cardamom pods, and mastic.

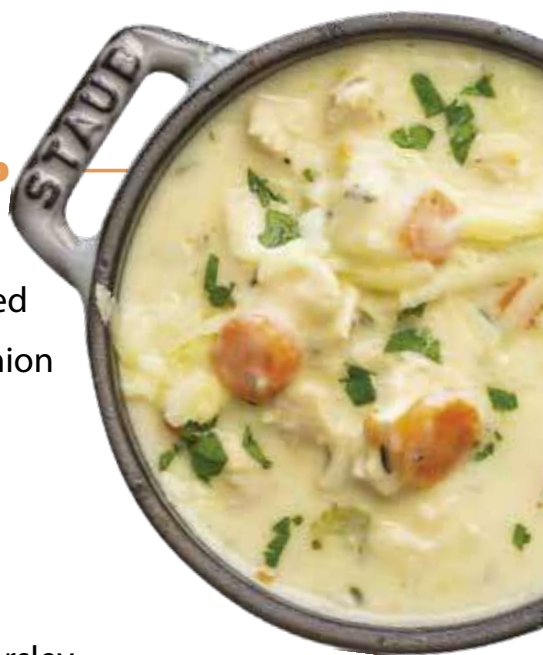
In a separate dry pan, toast the orzo over low heat until it is fragrant. Transfer the cooked chicken to a plate. Bring the liquid back up to a boil, and cook the orzo until *al dente*.

In the meantime, use two forks to shred the chicken to add back to the soup. Or, slice it to serve on the side. Serve warm with a squeeze of fresh lime juice or a sprinkle of fresh herbs such as parsley.

## CREAM OF CHICKEN SOUP

### Ingredients

- 1 ½ cups chicken stock, divided
- 1 teaspoon finely chopped onion
- 1 clove garlic, finely chopped
- ½ cup milk
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon chopped fresh parsley
- ⅛ teaspoon lemon pepper seasoning
- 1 pinch ground allspice
- 1 pinch ground paprika
- 1 cup milk
- ¾ cup all-purpose flour



### Preparation

Place 1 tablespoon of chicken stock in a saucepan over medium-low heat, and cook and stir the onion and garlic in the broth until they are softened, about 3 minutes. Pour in the rest of the broth and 1/2 cup of milk, and whisk in the salt, black pepper, parsley, lemon pepper seasoning, allspice, and paprika. Bring the mixture to a boil, reduce heat, and allow to simmer for 1 to 2 minutes.

Whisk together the remaining milk and the flour until smooth, and whisk the milk mixture into the hot stock mixture. Keep whisking continuously to avoid lumps until the soup comes almost to a boil and thickens.

Sprinkle with chopped parsley and serve hot.

### Shop Ingredients at:



# RAMADAN SERIES



## EL ATAWLA 2

Ahmed El Sakka -  
Tarek Lotfy - Zeina  
- Bassem Samra



## ISH ISH

Mai Omar - Maged El  
Masry - Hala Sedqy  
Edward



## W TEQABEL HABIB

Yasmin Abdulaziz  
- Karim Fahmy  
- Khaled Selim -  
Mahmoud Amr  
Yassin



## ALBI WE MEFTAHU

Asser Yassin - Mai  
Ezz El Din - Ashraf  
Abdel Baky - Diab



## ZOLM EL MASTABA

Eyad Nassar - Fathy  
Abdel Wahab -  
Riham Abdulghafour  
- Basma



## LAM SHAMSIA

Amina Khalil -  
Ahmed Salah El  
Saadany - Yousra  
Al Lozy - Mohamed  
Shahin



## WELAD AL SHAMS

Ahmed Malek - Taha  
Desouky - Mahmoud  
Hemida - Farah  
Youssef



## KAMEL EL ADAD ++

Dina El Sherbiny  
- Sherif Salama  
- Esaad Younes -  
Hussein Fahmy



## EKHWATY

Nelly Karim -  
Ruby - Kinda  
Alloush - Gihan El  
Shamashergy



## ASHGAL SHAQA GEDDAN

Hesham Maged  
- Asmaa Galal -  
Sherine - Salwa  
Mohammad Ali



## GAWDAR - ALF LEYLA W LEYLA 2

Yasser Galal - Yasmin  
Raeis - Nour - Tara  
Emad



## QAHWET AL MAHATTA

Ahmed Ghozzi  
- Bayoumi Fouad -  
Hala Sedqy - Entsar



## EL GHAWY

Ahmed Mekky -  
Aicha Ben Ahmed  
- Amr Abdul Gelil -  
Karam Gaber

ENJOY RAMADAN EVENINGS AT

كايرو8

GATEWAY MALL

3al Ahwa

AVENUE MALL

فوريو  
FARIDA

THE STRIP

3al Cofe

EAST HUB

# BRING RAMADAN INTO YOUR HOME

Inject the warmth of this holy month into your space with colour and traditional elements. No matter what your decor, here are some pieces that instantly bring the message of Ramadan in style.



Instagram: party\_to\_remember



The Marrakesh Collection:  
The Box of Six Espresso Cups & Saucers - **MAWD**



Crescent Tray - **MARKAZ**



Mandala Crescent Candle - **THE NEST**



Metal Arawana Bowl - **MARKAZ**

# Make it a Special Mother's Day



Always there for us, patient and loving, it's time to celebrate the wonderful women who support us each day. Your local shopping outlets have an exciting range of gifts to suit all tastes and budgets, we are sure you will find the perfect gift.

Every day **Madinaty** has new gems to explore, with **Open Air Mall**, **All Season Park Mall**, and **East Hub** competing for your attention. We say you should make time to visit all of them to discover the fantastic array of goods. Wander across to **Open Air Mall** and immerse your senses.



Every mother loves her home, so don't miss out on **Home Center**, **Tefal**, **Hub Furniture**, **Nit Home**, **Zara Home**, and **Nile Home** for furniture and the latest home décor and accessories.



She may like to add some sparkle with a unique piece from **Asfour Crystals**, they have so much to choose from.

For something more personal, why not pamper her with a

scarf from **Le Voile**, a stylish accessory from **Parfois**, **Déjà Vu** or **Dalydress**.

For the latest in makeup or perfume, drop in to **Mazaya**, **Ramfa**, or **Kiko**, she will love everything, so you can't go wrong.



Looking for a piece of jewelry your mother can treasure for years to come? Head for **La Roze**, she will be thrilled.

Next stop could be **All Seasons Park Mall**, where you can find lovely home accessories at **Kabbani**, exotic perfumes at **Sehr El Arab**, and gleaming jewelry at **Royal Gold** and **Khan El Khalili Jewelry**.



Welcome spring with some stunning new home fabrics from **El Khawaga Fabrics** in **East Hub**. Of course, you should also browse through the beautiful finds at **Turkish Home** and **Oriental Weavers**. Our tip, look for unique cushions! And make a quick stop at **Bebo Gold**, you could find just what you want.

If **Al Rehab** is your shopping haunt, **Arcelia** in **Gateway Mall** is a divine spot for glamorous jewelry, with a special discount for residents, so don't forget to mention it. You can say it with flowers, select from a fabulous range of gorgeous blooms and elegant arrangements at **Awan Elsaada** in **Avenue Mall**, or offer sweets for the sweet with gourmet quality Belgian chocolate from **Dante** in **Gateway Mall**.



We are sure that whatever you choose, it will be a much appreciated expression of love that will be remembered forever.



For Mothers

# With Love

It's time to show our mothers how much we care, although we know this should be a daily act. A thoughtful gift becomes something to treasure, or savour as an indulgent treat, so take inspiration from our picks!

**Platinum Plated Silver Elham Ring with Blue Tanzanite Stones**  
RANA GHAZY



**Born in Roma Donna Green Stravaganza by Valentino**  
MAZAYA

**Marrakesh Collection Five Piece Appetizer Tea Condiment Set**  
MAWD



**Pendant - MOUSHA'Z DESIGN**

Rhodonite, Chrysoprase, Lapis Lazuli, Mooakite, Blue Peruvian Opal, Garnet, Amber, and Green Tourmaline



**Elegant Lady Hand Bouquet**  
PETAL AND LEAVES

**Daisy Print Textured Wallet**  
PARFOIS



**Mulberry Silk Pillowcase and Sleeping Mask**  
ZARA HOME



**Moko's Assorted Chocolate Box**  
FLOWARD

# Celebrating Iconic Moms of the Egyptian Screen

This Mother's Day we offer a tribute to the talent, warmth, and humanity some of our adored actresses have shown as they captured the eternal essence of Egyptian motherhood. Here are some of the roles that remain imprinted in our hearts.



## Abla Kamel

Abla Kamel's portrayals of mothers differ from other actresses, as she often infuses the role of a strong mother figure with her distinctive humour. She charmed us in the role of the mother Faransa in the movie *Ellembi* (2002) starring Mohamed Saad. In *Sayed Al-Atefi*, Abla Kamel portrayed Um Sayed, (Hanifa) who raises her son, portrayed by Tamer Hosni, after his father died. To face the life's burdens she works a taxi driver.



## Dalal Abdel-Aziz

One of her best known roles is that of a mother to Yasmine, played by Maya Shiha, in 2011 film *A Girl's Secret*. The story is of sixteen-year-old Yasmine, whose out-of-wedlock pregnancy sparked a lot of controversies among the film's viewers. She also embodied the role of the mother in the movie *Neither Retreat nor Surrender* (2010), starring Ahmed Mekki.

## Mervat Amin

Mervat Amin thrilled us in *Tazweer fe Awara' Rasmeya*, where the wife in a married couple thought she couldn't bear a child. Her husband secretly takes a second wife, but both wives fall pregnant and deliver babies on the same day. Her talent for comedy as shown in *Apple of My Eyes*, a 2021 film, when she again played the role of mother so well.



## Samaa Ibrahim

Samaa Ibrahim wowed us as Hassan's mother in the recent runaway hit movie, *Seeking Haven for Mr. Rambo*. Her prolific output of roles in leading TV series has established her as one of today's most appreciated talents, where she masters all genres with ease.

## Lobna Mahmoud

Lobna Mahmoud delighted us with her dozens of appearances in films like *Bank El-Haz*, *Wahed Tany*, and *Mommies Group*. She excelled in roles where she played a mother, and even a mother-in-law, injecting humour and irony in equal measure.



## Laila Ezz EL Din

Laila Ezz El Din's talent for comedy came to the fore in *Another One* (Wahed Tany), where she played Adham's mother. Her versatility has made her a star in all genres.



# ENJOYING EID EL FITR



Falling at the end of March, the Eid break is perfectly timed to catch the beginning of spring. Shrug off those winter clothes and prepare yourself for a few days of full-on food adventures and entertainment. The best news is that you have a world of options a few minutes from your front door in both Madinaty and Al Rehab. Could life get better?



With some of the best entertainment around, **Open Air Mall** in **Madinaty** is a paradise for kids of all ages. **Boom Room** is Egypt's first and biggest social entertainment hub, where even adults get to play. A must visit, **Xtreme Land** will keep you engaged for hours as well; it is the biggest amusement park you have seen, for all family members and for all ages.



Another absolute must to visit is **Planet VR**, just opened at **Gateway Mall**. It is a unique experience that takes you from the world of reality to wherever your imagination takes you, with over 1,000 experiences.

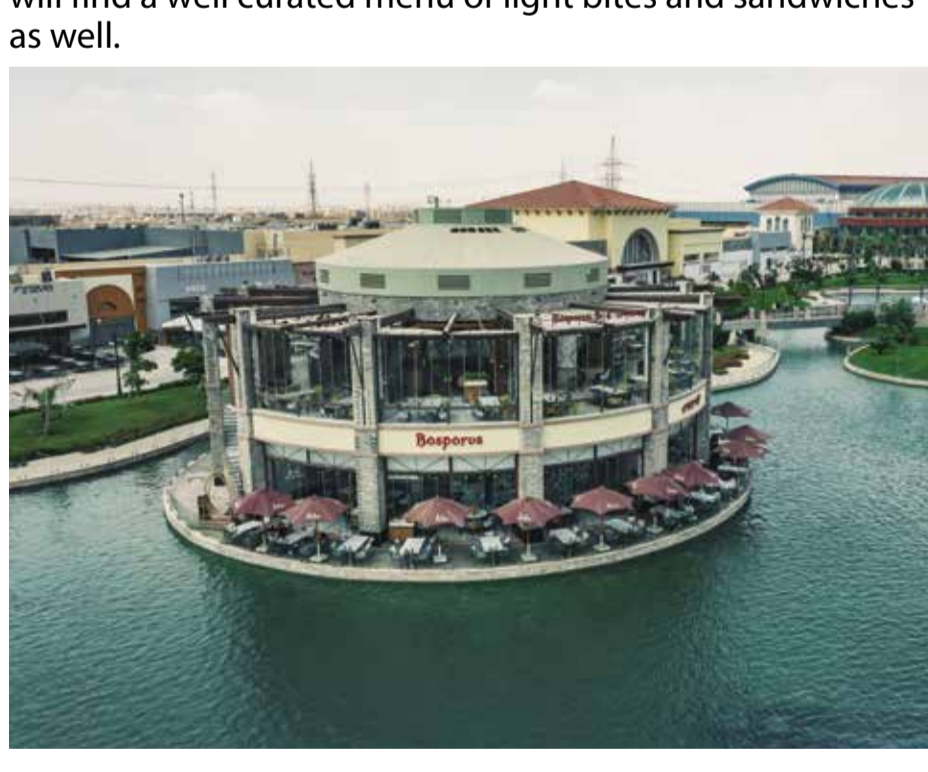
Have you been waiting for the latest movies to roll out? All of your favourite stars will bring action, romance, drama, and comedy to the big screen this Eid.



**Renaissance Cinemas** in offer a choice of 15 luxurious cinemas in **Madinaty** at **Open Air Mall**, and two in **Al Rehab** at **Mall 1**, so you are really spoilt for choice. Team up with friends and family, and make it a perfect Eid Experience.



All of that fun will help you work up an appetite, and with a tempting choice of venues, you are in the right place. Catch the aromas coming from **Sizzler**, where steaks taste so much better, or dive into a world of international cuisine at **Blaze**. **Bosporus** brings you authentic Turkish dishes, and **Ayadina** celebrates the traditional favourites of Lebanon. Time for coffee? Head for **Social Specialty Coffee**, an SCA certified specialty coffee house with a fresh daily roast. You will find a well curated menu of light bites and sandwiches as well.



There is plenty of buzz about **The Strip**, and its interesting F&B venues. Fancy a cup of coffee made from premium Indonesian coffee beans, cacao beans, and herbs—sourced directly from independent farmers? **Villa Sumatra** offers that, along with a yummy selection of sushi. **Smorll** brings you smoked barbeque specialities, just packed with flavour, and **Meat Moot** is a carnivore's dream.



And it's always game time at **The 354 Clubs**, with billiards and tasty savoury specialties and snacks.



**All Seasons Park Mall** has **Victory Land** with arcade games for hours of family fun and entertainment, the kids will love it!



Did we hear the word 'work'? Never mind, if you have tasks to finish, head for **Echo Zone** in **East Hub**, the co-working space where the atmosphere is so pleasant it will seem like a holiday.

The kids can scoot across to **Kids Station**, leaving you in peace.

# PLANET

# VR

WHERE  
REALITY MEETS  
IMAGINATION



**Planet VR** is a unique experience that takes you from the world of reality to wherever your imagination takes you, with over **1,000 experiences**. You can be an astronaut, a painter, a pilot, a F1 driver, riding the toughest roller coasters. Whatever you want to be, come and join us...

**GATEWAY**

📍 planetvr.me



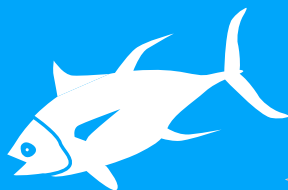


# Celebrate Easter in Style



Easter and Sham El Nessim come together to officially welcome the warmer days leading up to summer. This is the time to get out into the beautiful green landscaped areas that are filled with birds, blooming flowers and new life.

Fish is on the menu, but traditional feseekh is not the only option. To feast on fresh, quality seafood plan a lunch or dinner at **Little Ocean** in **Open Air Mall**, **Seagull** in **All Seasons Park Mall**, or **Abo El Seed** in **East Hub**. For authentic smoked and salted fish take a stroll to **Hamadi**, a lounge and takeaway in the **Old Market** of **Al Rehab**, in front of **El Ezaby Pharmacy**.



# Mountains or SEA?

We know that Egypt is one of the world's top vacation destinations, with a glorious climate, wonderful beaches, and smiling hospitality. No wonder people travel across the globe to enjoy the great activities the country has to offer. And, better still, they are right on your doorstep.



## HIKING AND ROCK CLIMBING

Hiking, trekking, and rock climbing all give you the chance to get much closer to the beauty of our mountains and deserts. If you need to learn the basics there are excellent trainers and climbing walls in Cairo to help you on your upward path, but nothing beats the real thing. An easy drive from Cairo, adventure playground creators Rock 'n' Rope operate in **Ain Sokhna** and provide excellent climbing sites along with all the support and assistance required.

The mountains that form a stunning backdrop to the beach hub of **Dahab** have been a natural draw for trekkers and tourists for years. Sinai Rock Climbing Centre, an offshoot of Desert Divers in Dahab offers rock climbing in Wadi Qnai.

📍 rocknropeadventure 📍  
sinairockclimbing



## RED SEA DIVING

The Red Sea offers scuba divers some of the world's most beautiful coral reefs, plentiful marine life, and a wide variety of diverse dive sites. Both northern and southern Red Sea areas offer excellent diving, with the former offering amazing wrecks, including the world-renowned SS Thistlegorm, and the latter, including the islands of Big Brother, Little Brother, and Daedalus, offering dramatic encounters with manta rays and various shark species. Dive resorts are clustered around **Sharm El Sheikh** and **Dahab** in the Sinai, with unique dive sites like the Blue Hole and the Canyon, and **Hurghada** and Marsa Alam on the Red Sea coast offer an abundance of PADI qualified dive schools, with equipment and courses of different durations.



## WINDSURFING AND KITESURFING

**Ras Sudr** is your ultimate destination for skimming the waves. Water and wind conditions are ideal for all levels of expertise, making it a safe spot for beginners. Accommodation ranges from simple to more luxurious, but the laid-back resorts offer visitors the chance to meet travellers and water enthusiasts from around the globe. Lessons are available with qualified instructors for both sports, along with all the necessary equipment, and if you just want to chill, there's plenty of space to relax and soak up the spring sun.

[www.paradiserassudr.com](http://www.paradiserassudr.com)



# Traditional Villages of Cyprus



Just over an hour's flight from Cairo, a world oozing tradition and local culture is waiting for you. Cyprus has a wonderful climate, and spring is undisputedly the loveliest season. With regular daily flights to Larnaca, and all main towns a short drive away, the villages of the Troodos Mountains are within easy reach of any starting point. Hire a car, or join one of the well organised daily bus tours, or even stay a few days in a village and immerse yourself in local food and the joys of nature.



## WHERE TO GO

While it might be tempting to try and visit all of the villages, most travellers select the better known. Names like Pano Platres, Moutoullas, Vouni, Omodos, Lefkara, Kakopetria, Pedoulas, along with Pissouri and Kalopanayiotis, two idyllic villages in Cyprus that have earned recognition as part of the "Best Tourism Villages 2024" by the United Nations World Tourism Organization (UNWTO). Dating back hundreds of years, each village has a rich history and unique charm, remaining unspoilt throughout the ages.

## WHAT TO EAT

Local specialities showcase the diverse produce of the region. Many dishes will seem familiar; the Eastern Mediterranean influence is strong. The famous halloumi cheese is a must, as well as the grills that are popular in the small rustic tavernas dotted around.



## WHERE TO STAY



If you choose to spend a few days, Casale Panayiotis offers a unique experience. Luxurious rooms and suites are located in traditional houses across Kalopanayiotis village.



Each has been lovingly restored to retain its original character and charm, along with a relaxing spa in a former stable, and a restaurant in what was once the picture house.

## WHAT TO DO

Explore! The Marathasa area is considered one of the most beautiful, unspoilt regions of Cyprus, a treasure trove of walking trails with Byzantine monasteries, churches and chapels, Venetian bridges, orchards and vineyards, forests, flowers, wildlife and stunning views.



Wander through lovely old neighbourhoods with cobbled streets, thermal springs and stone-built traditional houses. Make time to explore local crafts, the tradition of lace-making in the village of Lefkara dates back to at least the fourteenth century. Scenic cycling routes are safe, traffic-free, and lead you to stunning views that stretch for miles, and horse riding is available as well.



# Find My Pet!

Our four-legged friends are a part of our family, so if a beloved pup or kitty goes missing, it can be heart-breaking. To avoid this happening, there are certain steps that can help.



## Microchipping

The microchip is a tiny, permanent identification device that is implanted just beneath your pet's skin, usually between the shoulder blades. It serves as a unique identifier for your pet. In the unfortunate event that your pet gets lost, the microchip can be scanned by veterinarians, animal shelters, or animal control officers. This quick scan allows them to access your contact information and facilitates a prompt reunion with your pet.

## Keep your pup on a secure leash

Pups love to play and explore, but often they can wander off before their pet parent notices. For the safety of your pet, and consideration of other residents, use a leash when out walking.



## Neuter and Spay

These simple operations will not only help reduce the numbers of unwanted kitties and pups needing homes, they also lessen an animal's interest in wandering off or getting into spats in mating season. There are many experienced vets who carry out the procedure, they will be happy to explain the benefits.



## Keep kitty in a secure enclosed area

Cats are born escape artists and are known for their curious nature. For peace of mind, keep your kitty indoors, or screen your balcony area. Cats are very good at finding their way home, so if your fur-face does slip out, odds are that she will return by herself, eventually.



If your pet goes missing, these local facebook pages may be handy:

@ Pets Finder Egypt

@ Lost and Found Pets in Egypt

@ petsfinder.madinaty



# SUMMER CAMPS ABROAD



Counting down to mid-year vacation? It's time to get your plans in place. Looking for a break that offers a chance to experience a fresh culture, with a chance to meet new faces from different places? Summer camp is the answer. Whether you are looking for an academic programme, or something more adventurous, take a look at the options we have rounded up.

## CONSTRUCTOR UNIVERSITY SUMMER CAMP

Offering a choice of four residential colleges on one campus in Bremen, Germany, the summer camp attracts students from all over the globe. The 2025 international Summer Camp at Constructor University for high school students offers a truly international experience. The academic programme includes computer science, chemistry, physics, and economics, along with the chance to immerse yourself in Germany's vibrant culture. There are plenty of engaging outdoor activities and sports, fascinating sites to explore, and even the opportunity to learn some German.

**Dates:** July 18 - 29, 2025

**Language of instruction:** English

For high school students from all over the world, aged between 16 and 19.

[www.constructor.university/summer-camp](http://www.constructor.university/summer-camp)



## FREEPACKERS HUMANITARIAN TRIPS FOR YOUTH

For something completely different, these camps give teens a real-life experience of being involved in environmental projects across the globe. From helping in an animal refuge in Ecuador, to protection of marine life in Bali, or wildlife protection in Kenya, or even sea turtle protection in Costa Rica, each camp gives the participant a chance to make a tangible contribution towards helping the planet. Freepackers is designed to be totally inclusive and ethical. Teenagers are encouraged to work together, to value diversity, and to respect the community values that underlie these projects. Learn more through their website.

[freepackers.com/en/programmes/humanitarian-trips-for-youth/summer-camp](http://freepackers.com/en/programmes/humanitarian-trips-for-youth/summer-camp)

## SILC ACADEMY CREATIVE CAMP

Imagine two glorious weeks in the south of France. The SILC Creative & Entrepreneurial Summer Camp offers a rich and balanced programme incorporating creative activities, entrepreneurial training, and exciting outdoor activities, as well as opportunities to explore many splendid areas of the French Riviera such as Nice and Cannes.

**Dates:**

- Session 1: 28 June – 11 July 2025
- Session 2: 12 July – 25 July 2025

**Language of Instruction:** English

Participants Aged 11 to 17 are welcomed.

[www.creativecamp.silcademy.com](http://www.creativecamp.silcademy.com)



## LEARN ABOUT MORE 2025 SUMMER CAMPS ACROSS THE GLOBE:

[www.world-camps.org](http://www.world-camps.org)

[www.summerboardingcourses.com](http://www.summerboardingcourses.com)

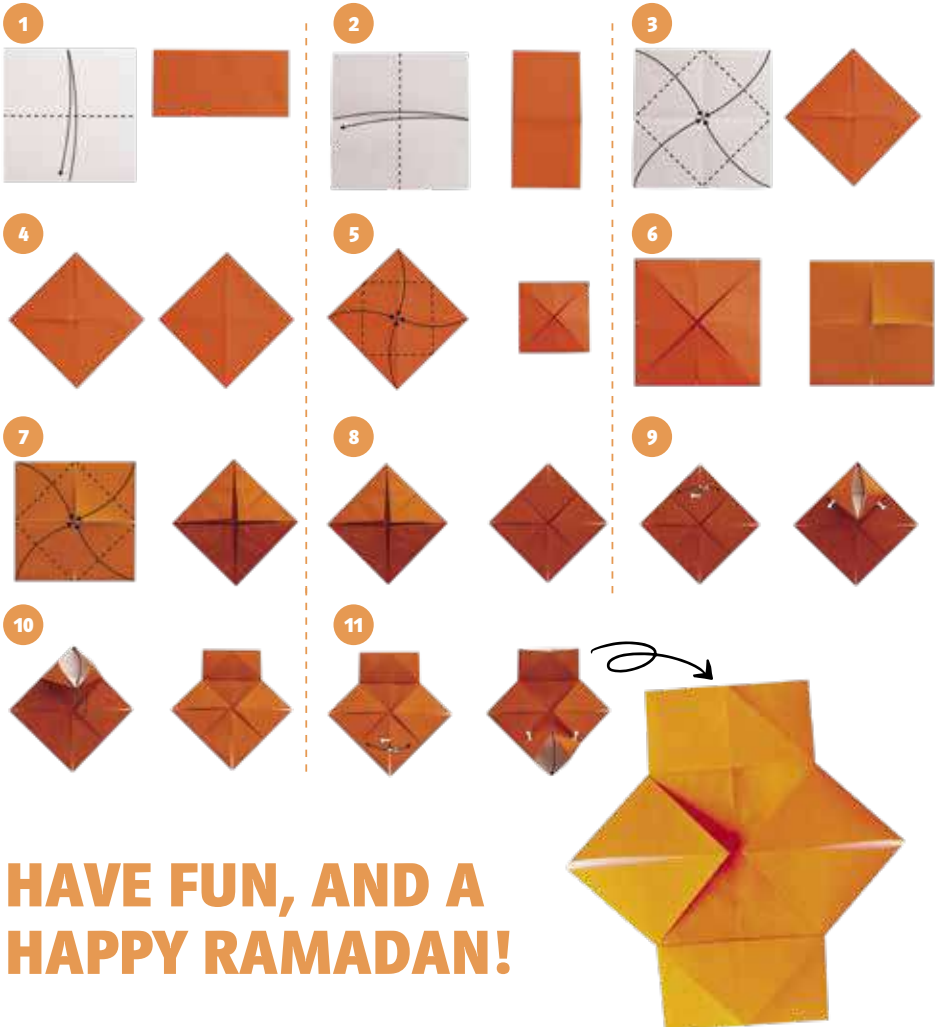
[world-camps.org/camp-region/europe](http://world-camps.org/camp-region/europe)

[www.bestsummercourses.com](http://www.bestsummercourses.com)



# HOW TO MAKE AN ORIGAMI LANTERN

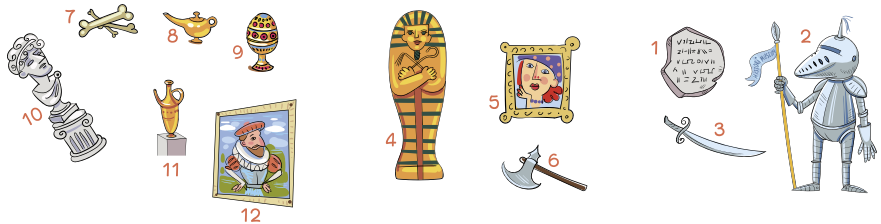
An easy origami lantern can be made in a few minutes, even if you are new to origami. Try folding more lanterns with different colored paper and use them to decorate gift boxes during Ramadan, it will be very meaningful.



# KIDS ZONE

FUN & PLAY

## FIND 12 HIDDEN OBJECTS



# ORION

## وجهتك الشاملة للخدمات المنزلية المتكاملة

نهدف إلى تقديم أفضل الخدمات المنزلية داخل مشروعات مجموعة طلعت مصطفى. نوفر لك كل ما تحتاجه من تنظيف أو صيانة أو إصلاحات في مكان واحد، مع إمكانية الاختيار بين الخدمات المختلفة بواسطة فنيين متخصصين مختارين بعناية لضمان أعلى مستويات الجودة والكفاءة، لتستمتع بتجربة مريحة، تعتمد عليها لتبلي كافة احتياجات منزلك.



### فرّحها بهدية تشوفها كل يوم.. بيت نظيف وراحة تدوم!

بمناسبة عيد الأم أوريّن بتقدمك باكدج تنظيف عميق لكل ركن في البيت وتنظيف الأثاث يرّجّعوا جديد! علشان مفيش هدية أحلى من بيت نظيف ومريح ومفيش حد يستاهل أكثر من الأم!

### اللهم الحلوة عليكى.. والمواعين علينا!

أوريّن بتقدمك خدمه جديدة في رمضان! استمتعي بلمات رمضان، وسبيلنا التنظيف. اختاري من غسيل الصحون أو مساعدة مطبخ تساعدك في التحضير والترتيب ساعتين قبل أو بعد الفطار والأسعار تبدأ من ٨٥ جنيه.



### خدمة شحن الكهرباء!

مع أوريّن على تطبيق **TMG Life** احجز خدمة شحن كارت الكهرباء في أي وقت، وريح بالك طوال اليوم. دلوقتي الشحن بقى سريع، مريح، وآمن.



احجز بسهولة من تطبيق

**TMG Life**





# الخروج الحلو عليك.. والسكوتر علينا!

من الفطار لغاية السحور، الدنيا حلوة في كل شوارع مدينتي والرحاب.  
برعاية اورين دلوقتى تقدر تأجر سكوتر أو سيارة كهربائية بسهولة وتتحرك  
براحتك في رمضان.



متعة أكثر، زحمة أقل، وسعر على قد الإيد.



للاستفسار

١٦٢٨٦ © ٠١١٩٩١٦٢٨٦



# خدمة السيارات الكهربائية في مدينة الرحاب



في إطار السعي المستمر لتحقيق التنمية المستدامة وتحسين جودة الحياة لسكان مدينة الرحاب، يأتي التعاقد مع شركة «جرين فالي» لتقديم خدمات النقل الذكي باستخدام السيارات الكهربائية، ليكون نقلة نوعية في تلبية احتياجات التنقل بطرق صديقة للبيئة. فهذه الخدمة لا توفر فقط وسيلة نقل مريحة وفعالة، بل تساهم أيضًا في تقليل انبعاثات الكربون، مما ينعكس إيجابًا على البيئة وجودتها.



وتأتي هذه المبادرة ضمن استراتيجية مجموعة طلعت مصطفى لتحقيق أعلى معايير الاستدامة واستخدام الطاقة النظيفة. فهي خطوة هامة نحو بناء مجتمع يعيش بتوازن مع الطبيعة، ويعزز من مفهوم النقل الأخضر الذي سيصبح جزءًا أساسيًا في الحياة اليومية للمواطنين.



إضافة إلى ذلك، يسعد جهاز الرحاب بتقديم خصم بنسبة ٢٥٪ لسكان المدينة الكرام على طلبات النقل داخل حدود المدينة حتى نهاية شهر ديسمبر الجاري، مما يجعل هذه الخدمة أكثر سهولة وإتاحة للجميع. ومن خلال تطبيق «جرين فالي» يمكن للمستخدمين الاستفادة من هذه الخدمة بسهولة، إضافة إلى الاستفادة من البرومو كود "JTNY25" للحصول على الخصم المميز.

إنها فرصة رائعة للمساهمة في دعم الحلول البيئية الذكية، وفي الوقت ذاته الاستمتاع بتجربة تنقل مبتكرة وآمنة. لتكن هذه المبادرة بداية جديدة نحو مدن أكثر استدامة ووعيًا بيئيًا

**JUNY**





## نقاط شحن سريعة للسيارات الكهربائية في مدينة الرحاب

في خطوة جديدة نحو تحقيق الاستدامة البيئية، يعلن جهاز مدينة الرحاب، بالتعاون مع شركة «ايكاروس اليكتریک»، عن تركيب ثلاث نقاط شحن سريعة (DC) للسيارات الكهربائية. هذه النقاط التي تتمتع بقدرة شحن تصل إلى ٦٠ كيلو وات، توفر لمستخدمي السيارات الكهربائية فرصة شحن سياراتهم في مدة قصيرة لا تتجاوز ٤٠ دقيقة. وهذه المبادرة تمثل جزءاً من الجهود المستمرة لتوفير خدمات مبتكرة وسهلة لقاطني المدينة، بما يعكس التزام مدينة الرحاب بتطوير بيئة صديقة للطبيعة.

تم تحديد مواقع نقاط الشحن في أماكن انتظار السيارات بمناطق حيوية داخل المدينة، مثل:

- مسجد الرحمن
- مسجد أحمد عفيفي
- مسجد الشهيد طيار هشام حسني

تهدف هذه الخطوة إلى تسهيل استخدام السيارات الكهربائية وتعزيز البنية التحتية الخاصة بها داخل المدينة، مما يعكس التحول نحو حلول نقل أكثر استدامة وصديقة للبيئة. كما تأتي هذه المبادرة في إطار استراتيجيات مجموعة طلعت مصطفى لتحقيق أعلى معايير الاستدامة باستخدام الطاقة النظيفة.

لا شك أن هذه الخدمة الجديدة ستساهم في رفع مستوى الوعي البيئي وتشجيع المزيد من السكان على استخدام السيارات الكهربائية، مما يعزز من التزام مدينة الرحاب بالتحول إلى مدينة أكثر استدامة في المستقبل القريب.

## خدمات مصرفية أسرع وأسهل في مدينة الرحاب

في إطار حرص جهاز مدينة الرحاب على توفير أفضل الخدمات لسكان المدينة، يسرنا أن نعلن عن إضافة ثلاث ماكينات جديدة للبنك الأهلي في مواقع استراتيجية لتسهيل الوصول إلى الخدمات المصرفية. هذه الخطوة تهدف إلى تسهيل المعاملات اليومية للسكان، مما يعكس التزام المدينة بتوفير سبل الراحة والمرونة لمواطنيها.

تم تحديد مواقع هذه الماكينات في أماكن حيوية، وهي:

- بجوار مسجد أحمد عفيفي
- بجوار مدرسة عثمان بن عفان
- بالقرب من مبنى الجهاز القديم

هذه الماكينات الجديدة ستساعد في توفير وقت السكان، حيث يمكنهم إجراء المعاملات المصرفية بسهولة ويسر دون الحاجة للتنقل بعيداً. وتعد هذه الخطوة جزءاً من الجهود المستمرة التي يبذلها جهاز مدينة الرحاب لتحسين جودة الحياة في المدينة وتلبية احتياجات السكان بشكل أفضل.



# مساجد مدينتي

تعد مدينتي من أجمل مدن القاهرة الجديدة وتتميز بالأجواء الرمضانية ذات الطابع الفريد والمختلف، والتي تساهم في إحياء الشعائر الدينية خلال الشهر الكريم ونشر جو من البهجة والرحمة بين قاطني المدينة.

التخطيط الفريد لمدينتي والذي أخذ في الاعتبار جميع متطلبات الحياة بما فيها الشعائر الدينية بحيث تحتوي كل منطقة سكنية على موقع استراتيجي للمسجد بما يضمن تحقيق مسافة سير لا تتجاوز 5 دقائق من كل وحدة سكنية بالمشروع، وحاليا يوجد عدد 19 مسجد في مدينتي تتنوع في المساحات والطرز المعمارية.

## مسجد الرضوان

يعد مسجد الرضوان أحدث مساجد مدينتي حيث تم افتتاحه في أغسطس 2024 في المنطقة الخامسة عشر B15 ويستوعب المسجد عدد 682 مصلي.

**الطرز المعماري:** مزيج بين الطراز الحديث والطرز الأندلسي



## مسجد السلام

يقع مسجد السلام في بريفادو وتم افتتاحه في مارس 2024 ويستوعب المسجد عدد 1183 مصلي.

**الطرز المعماري:** الطراز الحديث مع استخدام بعض الزخارف الهندسية الإسلامية.



## مسجد النور

يقع مسجد النور بجانب مول اول سيزون وافتتح في مارس 2024 ويستوعب المسجد عدد 2113 مصلي.

**الطرز المعماري:** الطراز (الأندلسي)



## مسجد أسامة بن زيد

يقع مسجد أسامة بن زيد في المنطقة الثانية عشر B12 وقد تم افتتاحه سنة 2023 من شهر يوليو. يقع المسجد على مساحة إجمالية تبلغ 2076 متراً مربعاً.

**الطرز المعماري:** مزيج بين الطراز الحديث والطرز (المملوكي).



## مسجد الزبير بن العوام



يقع مسجد الزبير بن العوام في المنطقة الخامسة فيلات 75. افتتح ابريل 2022، يتمتع المسجد بمساحة صحن واسعة تبلغ 761 متراً مربعاً. **الطرز المعماري:** الطراز الحديث مع زخرفة داخلية وخارجية بالخط الكوفي المربع.

## مسجد علي ابن ابي طالب

يقع مسجد علي بن أبي طالب في المنطقة الثامنة B8. حيث تم افتتاحه عام 2022 على مساحة صحن تبلغ 538 متراً مربعاً.

**الطرز المعماري:** الطراز الحديث مع استخدام بعض الزخارف الهندسية الإسلامية.



## مسجد الرحمة



يقع مسجد الرحمة في المنطقة العاشرة عمارات B10 وتبلغ مساحة الصحن 1060 متر مربع وقد تم افتتاحه في رمضان 2021.

**الطرز المعماري:** الطراز الفارسي (الصفوي) مع استخدام بعض العناصر والزخارف الهندسية الإسلامية.

## مسجد السيدة خديجة



يقع مسجد السيدة خديجة في نادي مدينتي سمي بهذا الاسم نسبةً إلى أم المؤمنين وأولى زوجات الرسول محمد (ص) وافتتح المسجد في نوفمبر 2018. يتميز المسجد بمساحة صحن تبلغ 590 متراً مربعاً.

**الطرز المعماري:** مزيج بين الطراز الحديث والطرز الأندلسي.

## المسجد الجامع

يقع المسجد الجامع بجوار السنترال بارك ويعد أكبر مسجد بمدينتي وسمى بهذا الاسم نسبة لمساحته الكبيرة التي تتسع لأعداد كبيرة من المصلين و افتتح يوم ابريل ٢٠١٨، كما يوجد به قاعات للمناسبات وتبلغ مساحة الصحن ١٠٣٦٠ مترا مربعا.

**الطراز المعماري:** الطراز المملوكي مع بعض المعالجات المحلية البسيطة.



## مسجد سعد بن ابي وقاص



يقع مسجد سعد بن ابي وقاص في المنطقة الحادية عشر B11 وتبلغ المساحة الإجمالية للمسجد ٢٥٧٦ متراً مربعاً وسمي نسبة الي الصحابي الجليل سعد بن ابي وقاص احد العشرة المبشرين بالجنة و افتتح في يونيو سنة ٢٠١٧.

**الطراز المعماري:** الطراز الفارسي (الصفوى) مع استخدام بعض العناصر والزخارف المحلية البسيطة.

## مسجد عمرو بن العاص

يقع مسجد عمرو بن العاص في المنطقة الشمالية بجانب مجمع البنوك ومدرسة مدينتي للغات. تم افتتاح المسجد في يونيو ٢٠١٦ يمتاز المسجد بمساحته الواسعة التي تصل إلى ٣٥٣٨ متراً و قد سمي بهذا الاسم نسبة الي الصحابي الجليل عمرو بن العاص.

**الطراز المعماري:** الطراز المملوكي مع بعض المعالجات المحلية البسيطة (والحديثة).



## مسجد انس بن مالك



يقع المسجد في المنطقة الثالثة عمارات B3 ، وقد تم افتتاحه في يونيو ٢٠١٦. يتميز المسجد بمساحته الإجمالية التي تصل إلى ١٧٥٠ متراً مربعاً وسمي بهذا الاسم نسبة الي الصحابي الجليل انس بن مالك.

**الطراز المعماري:** الطراز الفارسي (الصفوى) مع استخدام بعض العناصر والزخارف المحلية البسيطة.

## مسجد خالد بن الوليد



يقع مسجد خالد بن الوليد في المنطقة الجنوبية حيث يقع بجانب جهاز المدينة تم افتتاح المسجد في يونيو ٢٠١٥ يمتاز المسجد بمساحته الكبيرة التي تبلغ ٣٣٧٧ متراً مربعاً.

**الطراز المعماري:** الطراز العثماني مع بعض المعالجات المحلية البسيطة.

## مسجد التوحيد



يقع المسجد في المنطقة الثانية عمارات B2 ، وقد تم افتتاحه في يوليو ٢٠١٤. يتمتع المسجد بمساحة إجمالية تصل إلى ١٢٨٥ متراً مربعاً، معني كلمة التوحيد هي نسبة الي تحقيق معني شهادة (ان لا اله الا الله و ان محمدا رسول الله).

**الطراز المعماري:** للمسجد، فقد تم دمج الطراز العربي الحديث مع لمسات من الطراز الأندلسي.

## مسجد التقوى



تم افتتاحه في مارس ٢٠١٤ في المنطقة السادسة B6 تبلغ المساحة الإجمالية للمسجد ٢٥٣٩ متراً مربعاً.

**الطراز المعماري:** الطراز الأموي مع بعض المعالجات المحلية البسيطة (والحديثة).

## مسجد عمر بن عبد العزيز



يقع المسجد في المنطقة الأولى عمارات B1، وتم افتتاحه في أكتوبر ٢٠١١، ليكون أحد الأماكن المميزة في المدينة. يبرز المسجد بمساحته التي تبلغ ٢٣٠٠ متر مربع و قد سمي بهذا الاسم نسبة الي خامس الخلفاء الراشدين عمر بن عبد العزيز.

**الطراز المعماري:** تصميم المسجد يجمع بين الطراز العربي الحديث والطراز الأندلسي.

## مسجد نور الإسلام



يقع مسجد نور الإسلام داخل أرابيسك مول، يعد واحداً من أبرز الأماكن الدينية في المنطقة. تم افتتاحه في مارس ٢٠١١ المسجد يمتاز بمساحته الإجمالية التي تبلغ ١١٠٥ متر مربع.

**الطراز المعماري:** (طراز حديث مع مزج من) الطراز الصفوي.

## مسجد حمزة بن عبد المطلب



يقع مسجد حمزة بن عبد المطلب في المنطقة السابعة B7 ، حيث تم افتتاحه في يوليو ٢٠١٥. يتمتع المسجد بمساحة إجمالية تبلغ ٢٥٧٦ متراً مربعاً، وقد سمي بهذا الاسم نسبة إلى حمزة بن عبد المطلب عم النبي وأسد الله وسيد الشهداء.

**الطراز المعماري:** الطراز الفارسي (الصفوى) مع استخدام بعض العناصر الاسلامية البسيطة.

# ريل مساجد الرحاب

٢٠٢٥م - ١٤٤٦هـ

صلاة العيد	اعتكاف	تهجد	تراويح	الموقع	المسجد
✪		✪	ربعين	المرحلة الأولى	الهداية
			ربع واحد	أمام مجمع البنوك	بلال بن رباح
✪		✪	ربع واحد	بجوار الجهاز القديم	جهاز المدينة
✪		✪	ربعين	أمام الفود كورت	أحمد عفيفي
	✪	✪	ربعين	المرحلة الثالثة بجوار مول ٢	الرحمن
✪		✪	جزء كامل	المرحلة الرابعة	طلعت مصطفي
		✪	ربعين	المرحلة الخامسة	أبو بكر الصديق
✪		✪	ربع واحد	المرحلة السادسة فيلات	فاطمة الزهراء
✪		✪	ربعين	المرحلة السابعة رحاب ٢	الشهيد طبار هشام حسني
✪		✪	جزء كامل	المرحلة الثامنة	عثمان بن عفان
✪		✪	ربعين	المرحلة التاسعة	عمر بن الخطاب
✪		✪	ربعين	المرحلة العاشرة	السيدة عائشة
✪		✪	ربع واحد	نادي الرحاب	مصعب بن عمير
			ربع واحد	إمتداد نادي الرحاب	عمار بن ياسر
			ربع واحد	السوق الشرقي	عبد الرحمن بن عوف
			ربع واحد	الفود كورت بالسوق الشرقي	السلام

\* جميع المساجد بها مصلي للسيدات

\* الجداول نهائية ما لم يصدر تعليمات أخرى من وزارة الأوقاف



## الاعتكاف:

- سحب الاستمارة من مسجد طلعت مصطفي
- من يوم ٢٥ شعبان حتى ٥ رمضان
- يرفق صورة شخصية و صورة رقم قومي
- يقتصر على سكان الرحاب فقط

صلاة العيد



تهجد



تراويح

ربع واحد

## سج الغفران - سيليا

# ريل مساجد مدينتي

٢٠٢٥م - ١٤٤٦هـ

صلاة العيد	اعتكاف	تهجد	تراويح	الموقع	المسجد
✪		✪	ربع	أربيسك مول	نور الاسلام
✪		✪	ربعين	B1	عمر بن عبد العزيز
✪	✪	✪	جزء	B2	عمر بن العاص
✪		✪	ربع	B2	التوحيد
✪		✪	ربعين	B8	علي بن أبي طالب
✪		✪	ربعين	B3	أنس بن مالك
✪		✪	ربعين	جهاز المدينة	خالد بن الوليد
✪		✪	ربعين	Vg5	الزبير بن العوام
✪		✪	ربعين	B6	التقوى
✪		✪	ربعين	B7	حمزة بن عبد المطلب
✪		✪	ربعين	B10	الرحمة
✪		✪	ربعين	B11	سعد بن أبي وقاص
✪		✪	ربع	الكرافت زون	جعفر بن أبي طالب
✪		✪	ربع	نادي مدينتي	السيدة خديجة
✪		✪	ربعين	سنترال بارك	الجامع
✪		✪	ربعين	B12	أسامة بن زيد
✪		✪	ربعين	آول سيوزون بارك	النور
✪		✪	ربعين	بريفادو	السلام
✪		✪	ربعين	B15	الرضوان

## آداب زيارة المساجد في رمضان

المساجد بيوت الله تعالى، ومن أحب الله تعالى أحب بيوته، وأكثر من زيارته فيها.

قال تعالى: { وَأَنَّ الْمَسَاجِدَ لِلَّهِ فَلَا تَدْعُوا مَعَ اللَّهِ أَحَدًا } (١٨) الجن.

التهيؤ للذهاب إلى المسجد بالطهارة وحسن الوضوء، ولبس الثياب النظيفة، والتجمل والتطيب واستخدام مزبل عرق.

خلع الحذاء وإزالة ما علق به من أوساخ خارج المسجد، ووضعه في المكان المخصص.

الانتباه إلى طهارة الجوارب ونظافتها، قبل المشي بها داخل المسجد.

صلاة ركعتين سنة تحية المسجد قبل الجلوس.

تجنب اللهو واللعب والجري وارتفاع صوت البكاء للأطفال، واللغو والثرثرة، ورفع الأصوات ولو بقراءة القرآن لعدم التشويش على المسلمين والذاكرين.

تجنب تناول الأطعمة في المسجد (يوصى بتمر وماء فقط أثناء خطبة التراويح) وجعلها أمكنة للراحة أو القيلولة.

اصطحب الأطفال للمساجد المتواجدة بها مكان مخصص لهم وتشجيع الصبية الذين تجاوزوا السابعة وإحضارهم إلى المسجد تعويدًا لهم على العبادة، وتحييهم بالمساجد مع تعليمهم آدابها قبل دخولها.

الحرص على صف السيارات في الأماكن المخصصة وعدم عرقلة السير أو خروج سيارة أخرى من مكانها.



- جميع المساجد بها مصلي للسيدات
- الجداول نهائية ما لم يصدر تعليمات أخرى من وزارة الأوقاف.

## الاعتكاف:

- سحب الاستمارة من مسجد عمرو ابن العاص من يوم ٢٥ شعبان حتى ٥ رمضان
- يرفق صورة شخصية و صورة رقم قومي
- يقتصر على سكان مدينتي فقط

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