City Life by TMG Issue No.10 - December 2024

TMG MILESTONES A Bundle of Talent DIPIEN Happy New Year 2025



EVERYTHING FESTIVE

TMG Life®



& City Life

s we bid farewell to 2024, we can heave a sigh of relief, and brace ourselves for a few challenges ahead. Whichever way the wind blows, the learning curve of the past year has built up our resilience and life skills, so bring it on, 2025!

We celebrate truly impressive milestones that have made TMG an undisputed market leader in multiple fields. We also meet residents who inspire us; we look back at sporting and academic achievements, learn more about the artistic talents residing amongst us, and find ways to stay cosy this winter. Celia, the idyllic residential community in Cairo New Capital City, played host to Cairo Crit for its first cycling race of a three part series, giving riders the experience of enjoying its natural beauty and infrastructure. Diving into the world of cinema, we chat with stars of the big screen, Amir El Masry and Huda El Mufti, and invite them to share their insights, experiences, and news about their current projects.

If you are looking for a festive season ambience to get together with family and friends, go straight to our roundup of fantastic venues that offer superb food and a buzzing ambience. Enjoy traditional favourites, along with some exciting options from talented chefs and get into a Christmas mood.

It's party season, so we have slipped some slinky outfits into our fashion page, and hope you have some great times ahead where you can shine and shimmer. To help you look your ravishing best, ladies, we have put together a handy list of top-notch spas and salons to take care of your beauty needs along with suggestions on keeping your lips looking gorgeous. Outdoor entertaining can be fun, even in cooler weather, so don't forget to check out our suggestions for making your garden really inviting. With mid-year break coming up you might feel like a getaway, so dip into our Travel pages for ideas that are close to home.

In this issue, we have gathered informative and entertaining topic to take the chill out of your days. We invite you to share your news and achievements, as well as your suggestions for topics that will benefit our residents. Your thoughts and milestones are important to us.

City Life is created for our diverse TMG communities, to get you up-to-date on what is new and interesting in your community. We wish you and your loved ones a truly blessed festive season, and a wonderful start to an exciting 2025.



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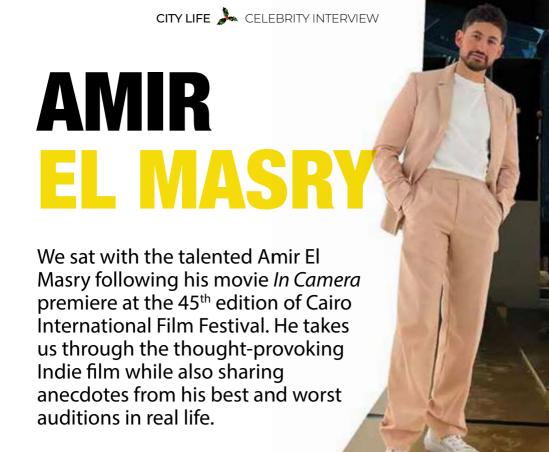


KIDS ZONE:

How to Spot Toxic Friendships



CITYHALL







How did it feel premiering *In Camera* at the Cairo International Film Festival and representing the

film in your country? It felt amazing! It's this kind of film that I want to present at a film festival. These films don't really get the commercial push and festivals like CIFF are there

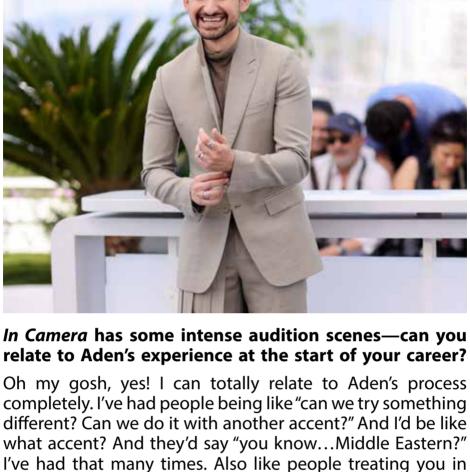
the commercial push and festivals like CIFF are there to help that and facilitate that. We had a full house and it was filled with family, friends and colleagues. I felt super grateful and lucky that I got to screen this film that I had done abroad in Manchester and screen it here in Egypt. It felt like kind of a homecoming. It's my third time screening a film here and I always feel like I want to bring things that I have done abroad here.

I DO FEEL CONFIDENT IN WHAT I LOVE, IN THE CHOICES THAT I MAKE, AND YEAH, I AM VERY, VERY, PASSIONATE ABOUT WHAT I DO If you could describe Conrad in three words, what would they be?

Po you see yourself in Conrad, minus the delusional part? Yes. I do feel confident in what I love, in the choices that I make, and yeah, I am very, very, passionate about what I

Confident, delusional, and smart. Very smart.

do. But I do think that our approaches are different, our approaches towards people are different for sure.



can be a very degrading process for sure. And it can be an experience that makes you feel very small if you are not with the right people, but also over time and experience you can

learn to say no and stand up for yourself. The industry can

auditions like basically you are not a human being and it

make you feel like if you turn a foot wrong then you won't work again, but you have more agency than you think. **B**ut you learn that over time and through experience.



things about ourselves. We are never going to be fully complete in that sense. But we can be complete inwardly and that comes from patience and time and surrounding yourself

by good natured people and people who want your best interest. It is very easy to get swiped in other things around other than what you want, regardless if it's something to do with the film and art industry. And that is why it's good to have people around you that you can talk to.

C PLAYING NASEEM HAMED,
WHO I AM A HUGE FAN OF, AND TO BE WORKING OPPOSITE PIERCE
BROSNAN IN THAT FILM; I RELISH

THAT OPPORTUNITY FOR SURE, AND I



CITY LIFE 🍌 CELEBRITY INTERVIEW

Gets Candid



uda El Mufti rose to fame after playing the role of Nadine

in Haza Al Masaa by Tamer Mohsen in Ramadan 2017. Starting as a model and fashion

blogger at the age of 17, Huda also studied Drama and Theater Criticism at The Faculty of Arts program in Ain Shams University. Since then she has continued to delight audiences across the country in an extensive repertoire of films and TV series. Known for her humour and spontaneity, she has cemented her place in the upper echelons of Egypt's film industry, ensuring she will grace our screens for years to come. Carving out time from a hectic schedule, she

talks to us about her new hit series Mataam El Habayeeb, and her love for food.



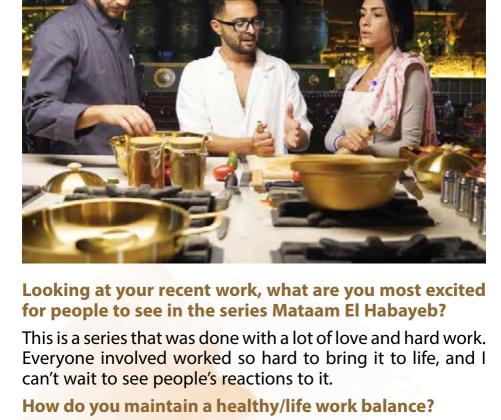
El Habayeeb who doesn't know how to cook? Not at all, I love cooking and cook rather well. But I like to

cook for the people I love, and love cooking during Ramadan. Cooking during Ramadan is a whole different mood, because you are hungry and you can take your time to prepare the food while put all your artistry into the meal.



know how to roll the vine leaves, but I wish I did.

A lot of things. I wish I knew how to make fereek, that's a recipe I have never even looked up. Also mahshi, I don't



6 Hove cooking and cook rather well. But I like to

cook for the people I love.

Comfort food? Potatoes Last song you listened to? Ya Zamili by Mohab

I can't choose just one, I have a lot of favorite

A film you can watch over and over again?

Best advice received?

Patience, to wait for things.

Favorite holiday spot?

holiday places.



I don't *laughs*















Silk Lip Balm - Areej



Lip Balm Bubble Gum - Glow



Shine Appeal liquid lipstick ttot Ped Lip Plumper Elixir

A groundbreaking product to add the wow factor -Glamicblend



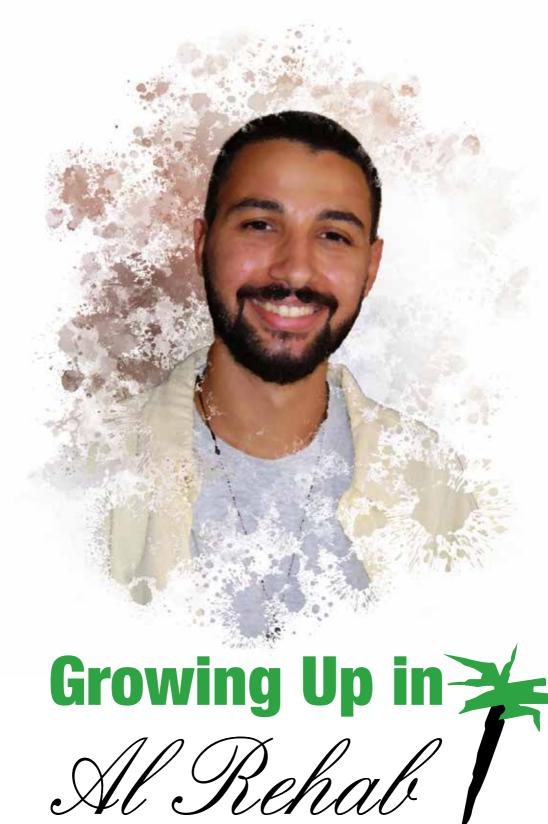
Provides intense moisture with bold, longlasting shine - **Cybele**

Color Changing Lip Oil

A hydrating formula that transforms to your perfect pink, adapting to your unique pH - **Glamicblend**







Photographer Nor Khalid shares his experience of growing up within the Al Rehab community, and how it cemented his decision to purchase his own home there.



back in 2001, before there was even a Soug or the Food Court. Everything I did growing up

Nor, how has growing up in Al Rehab influenced your life?

I didn't realize how much growing up in Al Rehab had influenced me until I was an adult. My parents and I moved to Rehab

school (The British School Al Rehab), the sports club where my mother would take me to the pool every weekend, the boxing academy and basketball courts with my friends, the internet cafe at Mall 1 where my friends and I would meet to play video games with each other, the sidewalks where I would learn how to skateboard, the parking lots where my friends and I would park our cars to listen to music and talk, and all the relationships I have built with friends and family. Living in a compound where everyone looks out for each

neighborhood and in my work. What are the benefits of being part of a close, established community from early childhood? One of the biggest benefits is the sense of support you get from neighbors, who often feel like extended family. Being part of a close community means that I had

other gave me a sense of security and belonging, which I



of community made it an obvious choice. My roots are here.

This is the place where I grew up and where I would like my kids to grow up as well, a safe community where they can have friends, ride bikes go to malls, play sports all in a compound that I know that their well-being is in the right

What is your work, and what led you to choose that

I'm a professional photographer/videographer and run a

hands.

career?

photography and videography studio called Sole Studios in Maadi. Most of my shoots are all around the country in Cairo, Sahel, Hurghada, Luxor, and Aswan for example. It was honestly by complete chance. One day I met a friend from school who was a year or two older, he had entered the Applied Sciences and Arts major at GUC and told me about all of the projects they were doing. Fate had me go to GUC

Yes, being in Al Rehab has been a huge benefit. It's a community where people know each other, so word of mouth and local support have been essential in helping me

Has being a resident helped you in your career?

and I have never been happier.

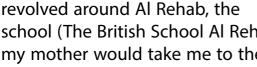
establish myself. Plus, the environment is inspiring, which really fuels my creativity in photography and videography. The friends I have made have supported me greatly and I genuinely believe that I would not be where I am right now if it wasn't for being a resident here. I am truly grateful. What do you most enjoy doing in your free time in Al Rehab? I've been skateboarding in Rehab for the last 15 years. My friends and I play basketball, go to each other's homes or

hang out in the gardens to talk and listen to music. I also

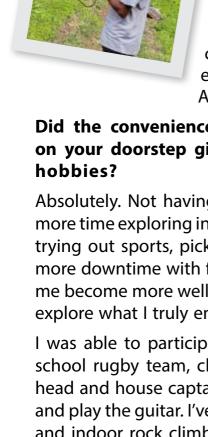
enjoy going on runs here, driving around Al Rehab all these years I didn't realize the full extent of how beautiful it actually is here. I'm genuinely astounded by whoever designed the

layouts. Would you recommend Al Rehab to others? Definitely! Al Rehab offers a blend of comfort, convenience, and community that's hard to find. It's a place where people really connect, and there's a sense of security and well-being

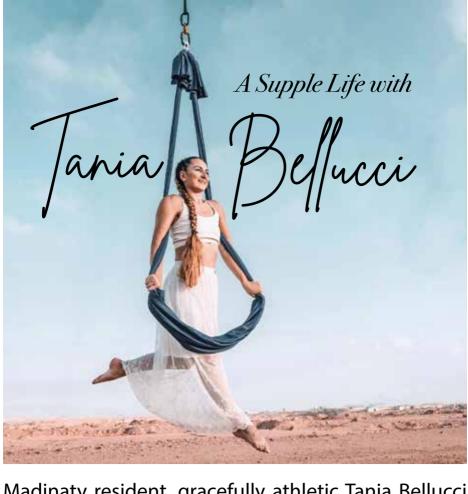
that makes it a great place for families and individuals.







early childhood, formed right here in Al Rehab. Did the convenience of having your education right on your doorstep give you more time for sports and Absolutely. Not having to commute allowed me to spend more time exploring interests beyond school, whether it was trying out sports, picking up hobbies, or even just having more downtime with friends. I think that extra time helped me become more well-rounded and gave me the chance to explore what I truly enjoyed. I was able to participate in after school activities like the school rugby team, chess, and be on the student council head and house captain. I was able to learn to skateboard, and play the guitar. I've recently starting getting into surfing and indoor rock climbing so those are sports that I might start following more.



lifestyle. When did you first come to Egypt, and what was the reason?

six years.

with a job opportunity. As a professional in the sports industry, I was invited for an interview at the Madinaty

My first visit to Madinaty was back in 2013, and it all started

Sporting Club. I still remember my first impression of the city—it was already coming to life, with Districts B-1 and B-7 fully built, while B-6 was in its final stages of construction. Walking through the beautifully planned streets and seeing the city take shape left a lasting impression on me. That visit marked the beginning of my connection with this vibrant community.



I have been living in Madinaty with my husband for the past

Madinaty has become a vibrant meeting place for many of my colleagues and students, especially those living nearby

One of my favourite visitors is my mother, who travels all the

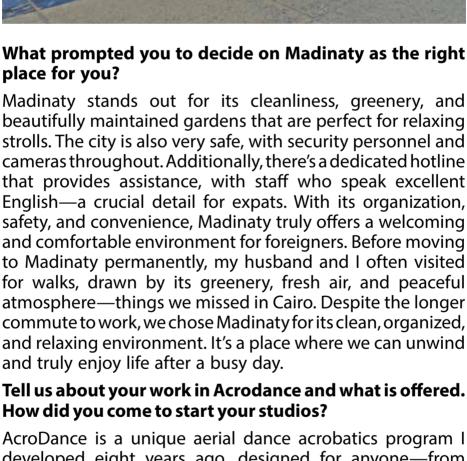
in cities like Shorouk, Obour, and Al Rehab. We often gather here to connect and enjoy the peaceful surroundings. I also have a close circle of friends who live right here in Madinaty.

Do family and friends come to visit you here?

way from Russia to spend time here. She absolutely loves the quiet, serene atmosphere, the beauty of the city, and the variety of activities available. Madinaty isn't just a place to live—it's a place to create. I often organize photoshoots with my students, showcasing aerial acrobatics and flexibility. The stunning scenery and unique charm of the city provide the perfect backdrop for these creative projects.



both easily accessible.





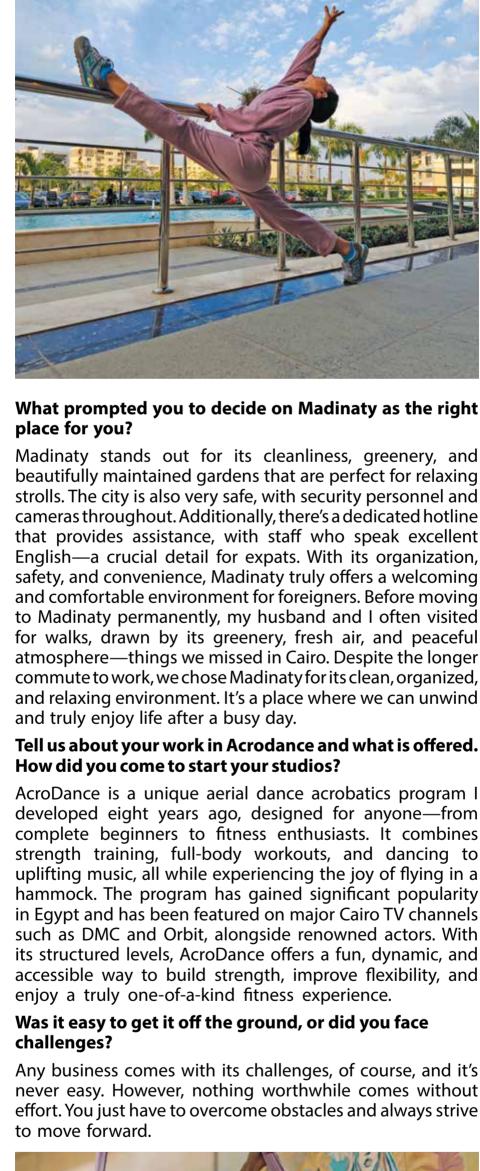
discovered this city through me when I invited them for various sports

activities. I'm always eager to recommend Madinaty to anyone seeking a place that offers comfort, safety, stunning beauty, and fresh air. It's a city that truly embodies the perfect balance of tranquillity and

inspiration.

great place to live?

I always share my love for Madinaty with my friends, and many of my students



Do you find it a welcoming community for ex-pats? consider Madinaty to be an "I consider excellent place for expats live. The city is incredibly well-Madinaty to organized, with district each be an excellent having its own commercial center where you can find everything you place for need, from groceries to medical services. There's also convenient expats to live." transportation within the making it easy to get anywhere. For those who enjoy an active lifestyle, there are plenty of spaces for walking and cycling, which are

Madinaty resident, gracefully athletic Tania Bellucci is living her best life, surrounded by the nature she loves and a warm, dynamic community. We caught up to chat about what she loves about the Madinaty

TMG MILESTONE

This year is a turning point that transforms TMG into a significant regional player.

JANUARY



The acquisition, achieved through a capital increase, marks a significant expansion in TMG Holding's

OF PRESTIGIOUS 7-HOTEL PORTFOLIO IN EGYPT

move solidifies TMG's position as Egypt's largest luxury hospitality platform. The 7 historical hotels are Sofitel Legend Old Cataract Aswan, Mövenpick Resort Aswan, Sofitel Winter Palace Luxor, Steigenberger Hotel Tahrir, Steigenberger Cecil Hotel Alexandria, Marriott Mena House Cairo, and Marriott Omar Khayyam Zamalek.

operational hotel room base to 5,000 keys, generating over USD 300mn in annual revenues. This powerful

FEBRUARY CITY LIFE SOCIAL MEDIA LINKS THE COMMUNITY TMG dedicated community publication City Life launched its social media platforms, delivering up-to-the-minute information and lifestyle news to the residents. This marked

an important milestone for the community by reinforcing the neighbourly bond and keeping everyone up to date with new openings, retail promotions, amenities, services,

and cultural and sporting events.



TMG launched a 360-corporate campaign during

Ramadan 2024, shedding light on TMG's development success story and paving the way to the new global

CORPORATE CAMPAIGN SPOTLIGHTS SUCCESS STORY

expansion. 2024 was a landmark year, with record sales, new projects in Egypt and Saudi Arabia, and acquisition of iconic properties boosting the hotel portfolio. خطوة جديــدة نحو المستقبل



EAST BY FORBES Hesham Talaat Moustafa was named

MOST INFLUENTIAL

Most Influential Real Estate Developer in the Middle East by Forbes. Forbes attributes this distinction to Hesham's remarkable success over four decades

in leading the Talaat Moustafa Holding Group. His contributions include the development of integrated residential

REAL ESTATE DEVELOPER IN MIDDLE

communities and major tourism investment projects. MAY **EXPANDING GLOBALLY WITH BANAN AL RIYADH IN SAUDI ARABIA**



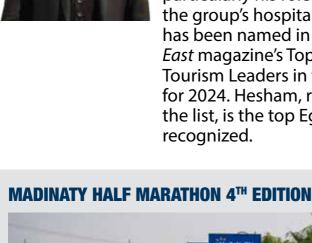


Al Riyadh 🧚

Bana



LEADERS LIST





HESHAM TALAAT MOUSTAFA TOPS FORBES' EGYPT TRAVEL & TOURISM

Forbes highlights Hesham's four decades leading TMG Holding,



One of the most adrenalin charged sports imaginable came to Madinaty, offering the experience of a lifetime. The first jumps took place on the 24th and 25th of May when Skydive Pharaohs delivered the total experience of sailing down from the heights into the beautiful world below.



JUNE_

TRANSPORTATION PARTNERSHIP **BETWEEN TMG AND ABU GHALY MOTORS**





Talaat Moustafa Group (TMG) and Abou Ghaly Motors have formed a strategic partnership to provide integrated transportation services in Madinaty, by this Abou Ghaly became the official transportation provider for Madinaty residents, offering services such as the "London Cab" electric vehicle fleet and Sixt car rentals. The collaboration was marked by the opening of a new Geely and Abou Ghaly Motors showroom in The Strip, Madinaty's latest commercial center.

Egypt, BOOM ROOM launched in style. The ultimate destination for endless fun in Egypt, offers non-stop

BOOM ROOM

activity, with fun that just doesn't stop. Visitors can experience the adrenalin boost of arcade adventures, immerse themselves in gamified darts, 9-hole mini-golf, bowling, and live entertainment all in one dynamic space.

The first and biggest social entertainment hub in



It was time to mark the Second Anniversary of City Life. As the TMG community's dedicated magazine,

City Life serves as a link for our residents, reinforcing our shared bonds and neighbourly spirit. Each quarterly issue brings you

CITY LIFE CELEBRATES TWO YEARS OF BRINGING THE COMMUNITY TOGETHER

everything you need to know about TMG communities, with exclusive interviews, news, project updates, exciting events, art exhibitions, fashion, food, travel tips, and practical information to streamline your day. We have also welcomed our social media platforms, bringing up-to-the-minute news and events to our rapidly growing reader base. CityLife

> **2024 INTERNSHIPS SUPPORT FUTURE CAREERS**

VACATION! VACATION!







stunning Egyptian North Coast shoreline, SouthMED is perfectly situated at Kilo 165 on the Alexandria-Matrouh Road. SouthMED achieved unprecedented sales of EGP 60 bn within the first 12 hours, with a total groundbreaking and the Arab region.



a stunning new beach club in the vibrant SouthMED.

FROM DUBAI TO SOUTHMED - KYMA BEACH Dubai's iconic KYMA arrived at Egypt's North Coast with



SEPTEMBER

TMG AND HUAWEI JOIN FORCES TO OFFER AI CLOUD SERVICES FOR THE FIRST TIME IN EGYPT



SPORTING

TMG will leverage Huawei's advanced cloud technologies in building and developing cloud data centers and AI technologies, providing a wide range of advantages in the Noor City project. This technology is an ideal option for smart city development as it will rely on scalable infrastructure, real-time data analytics, and seamless connectivity.

Under the agreement, signed in Shenzhen, China,

TMG



grand opening of the first phase of Celia Sporting Club, marking a significant milestone in keeping with TMG's commitment to providing

TMG held a special celebration for the

comprehensive living experiences within its projects. Celia is the first vibrant community with integrated services welcoming residents in the New Capital.



as Madinaty Sporting Club played host to the wealth of young talent in TMG communities. As well as recognition

MADINATY SPORTS SUMMIT 2024 SHOWCASES

The annual ceremony to honour excellence and outstanding performance in both academic

YOUNG CHAMPIONS

for achievements on the academic front, there was plenty of recognition for 60 teams of young champions across a range of sporting disciplines, including 14 international champions.

and sporting pursuits took place on the 20th of September



and strong sales for the "Banan" project in Al Riyadh, Saudi Arabia.

The Egyptian Exchange البورصية المصارب

Madinet Masr Holding for the development of Ras El-

Hekma City, a new "SouthMED" project on the North Coast,

AL REHAB SPORTS SUMMIT On October 4, 2024, Al Rehab Sporting Club hosted Sports Summit 24. Aiming to increase awareness of TMG sport academies and boost the number of subscribers for each sport, the event successfully

attracted a great turnout of young sports fans, along with their families and friends. This day-long event combined the academies of Al Rehab Sporting Clubs, encompassing a range of activities, and was considered

as-salam

TMG BECOMES WUF STRATEGIC

PARTNER

a great success.

NOVEMBER

UN®HABITAT

RIYADH

TMG announced itself as Strategic Partner of the twelfth session of the World Urban Forum in Cairo by UN Habitat. WUF12 took place as calls were made to collectively

TO CITYSCAPE GLOBAL 2024 IN

address global challenges such as rising poverty and inequality, climate change, armed conflict, and the digital divide. We are eager to use this event as a platform to

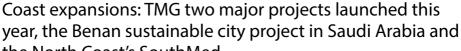
engage in global discussions around urbanization and learn from other countries and stakeholders and continue to build sustainable and resilient cities for future generations. TALAAT MOUSTAFA GROUP RETURNS

Global

Cityscape

Talaat Moustafa Group (TMG) participated in the second edition of Cityscape Global 2024, held at the Riyadh International Convention & Exhibition Center from November 11th to 14th. This marks the group's second consecutive year at the event, where it showcased several of its projects, highlighting its extensive experience in real estate development spanning over 55 years. This participation in Cityscape Global 2024 came just days after a delegation from Saudi Arabia and Iraq visited Madinaty to experience firsthand the group's pioneering approach to developing sustainable, integrated smart cities.

TMG REPORTS 236% SURGE IN NET INCOME Talaat Moustafa Holding Group (TMG) reported a net income of EGP 9.1 bn in 9M 2024, up 236% y-o-y from EGP 2.7 bn, according to the company's latest earnings statements. Revenues for the period also rose 52% y-o-y to





EGP 28 bn. Driving the growth were TMG's Saudi and North

TMG QUADRUPLES SALES



TMG Sales for 2024 are reach EGP 470 bn (by November 2024), which is a remarkable 4x increase from EGP 108 bn in the same period last year, and equivalent to the combined sales of the nine largest companies in the market. This achievement places TMG at the pinnacle of the market. Currently, TMG cities house 1.2 million residents and are projected to reach 2 million within the next seven years upon completion of the "Noor" and "SouthMed" projects. The Madinaty project alone has generated EGP 100bn in revenue for the government.

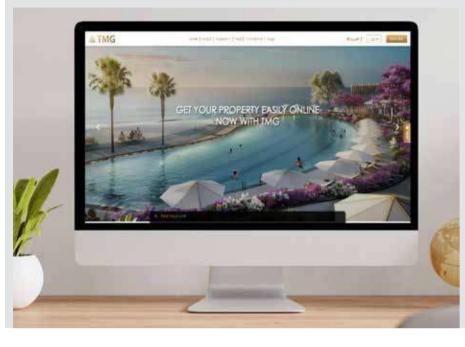






EXPORTING REAL ESTATE PROPERTIES TO THE WORLD

For the first time in Egypt, TMG achieved over 20% of its sales to the global market through online platforms .TMG Holding has inaugurated its innovative state-of-the-art online sales platform, allowing its clients to view and purchase all available residential products in its portfolio online, without the need for visiting TMG's physical sales centres.



Madinaty Golf Club won Egypt's Best Golf Course for the 4th consecutive year

MADINATY GOLF CLUB EGYPT'S

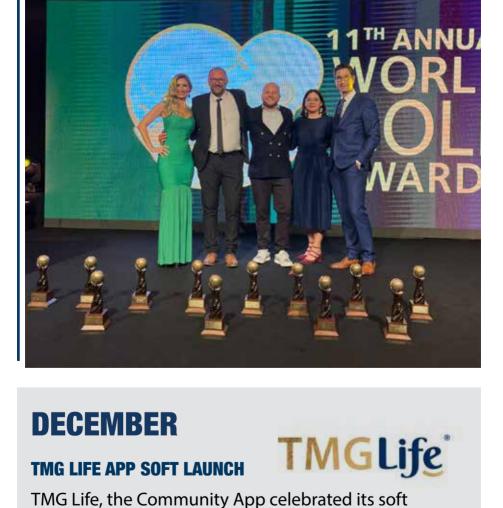
BEST GOLF COURSE

at the World Golf Awards. Madinaty Golf Club has also been named the Best Golf Course in Africa for the second consecutive year, according to the World Golf Awards, a leading global authority on recognizing excellence in the golf industry.



MADINATY GOLF CLUB





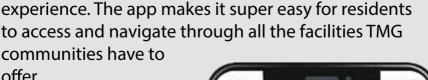
launch, opening the door to a truly extraordinary living

communities have to

offer.

Making life a whole lot easier, the dedicated TMG App brings everything you need together in a seamless, simple, and super-efficient digital tool. With a simple registration process, a whole new world of convenience and

discovery opens up.







PRIVADO A GATED COMMUNITY WITHIN MADINATY DISCOVER THE WORLD WITHIN

Central Park Moves Closer to Stunning Completion

Work has been completed on the first phase of Central Park in Privado, with a leisure pool, kids' pool, squash building, lockers building, jogging track, tennis courts, padel courts, basketball courts, and volleyball courts, covering an area of 57,000 m². The area also encompasses a mosque and a kids' playground and theatre, and is supported by a comprehensive Infrastructure network and surrounded by verdant landscaping.



Creating an oasis dedicated to fitness and leisure, Central Park looks set to raise the bar on what people envisage as an ideal place to pursue relaxation and wellbeing.

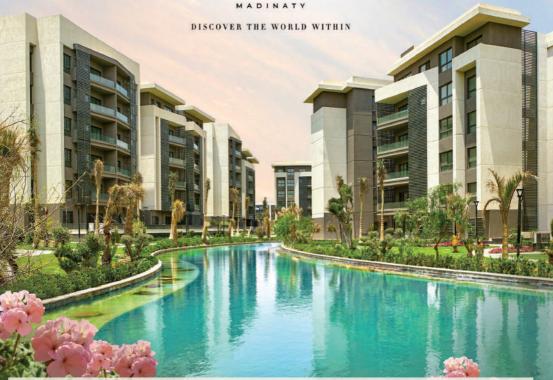


Now work is proceeding at a rapid pace on the second phase, covering a stylish, contemporary club-house building with a built up area of 4500 m². A fully equipped, state-of-the-art wellness center acts as a focal point, sprawling over an expanse of 5135 m², with a huge swimming pool and Semi-Olympic rounding out the range of facilities, ensuring that Central Park will be a vibrant hub for the upscale community.



phase also includes creatively designed landscaping that complements the tasteful design and choice of architectural elements. Scheduled for completion in 2025, this will pave the way for parking spaces and important finishing touches in phase three. Privado residents will soon enjoy an unparalleled lifestyle, meeting a covetable work/life balance in idyllic surroundings.





NOW IN PRIVADO LIVE THE LIFE YOU DESERVE!

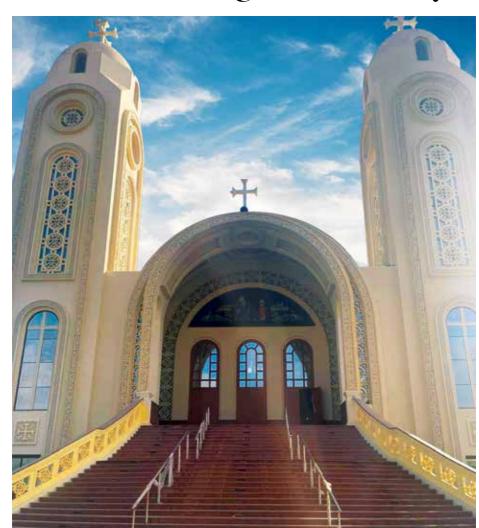
Imagine living in the heart of Madinaty in an unmatched level of magnificence. The exclusive community of Privado provides a refined lifestyle blended with premium facilities and unique quality all around.

VARIOUS SPACES STARTING FROM 63 SQM

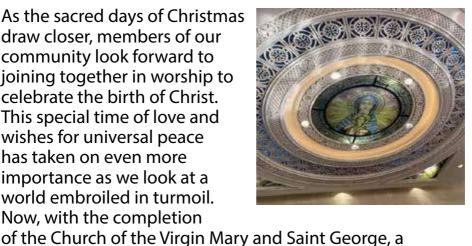


YOUR IDEAL HOME IS WAITING FOR YOU!

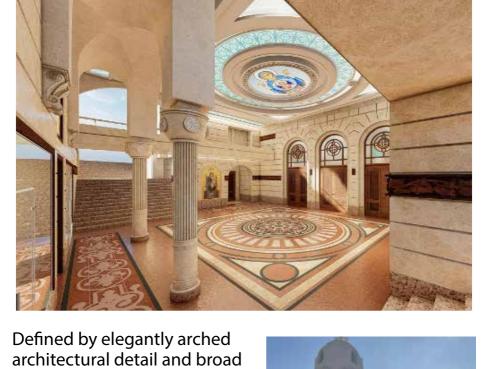
The Church of the Virgin Mary and Saint George in Madinaty



As the sacred days of Christmas draw closer, members of our community look forward to joining together in worship to celebrate the birth of Christ. This special time of love and wishes for universal peace has taken on even more importance as we look at a world embroiled in turmoil. Now, with the completion

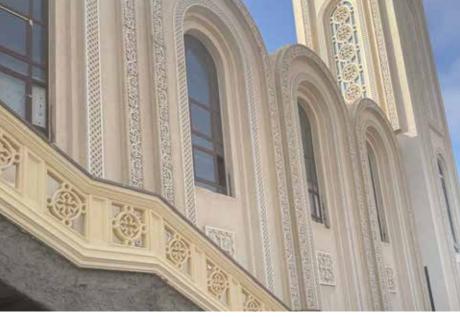


dedicated place of worship is ready to greet the Christmas season, and serve the community going forward.



steps leading to a spectacular portico, the spacious structure graces a strategic corner in the heart of Madinaty, placing it within easy reach of all points. The meticulously designed interior is resplendent with painstakingly crafted marble throughout, and highlighted with hand painted depictions of the Virgin Mary and Child, and its patron Saint George. The superb artistry and quality of marble work is again reflected in the exterior area, creating serenity and elegance, creating a place of beauty for enriching the spirit and enhancing the surroundings.





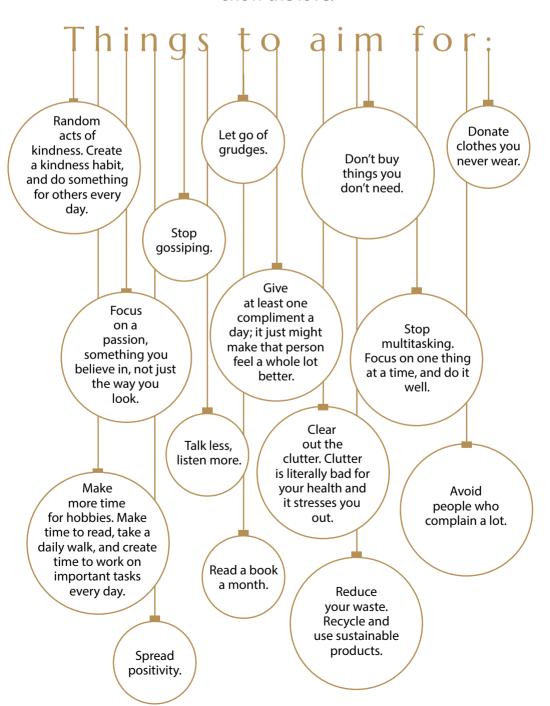
Wishing our community peace and happiness throughout the festive days of Christmas.

Resolutions for



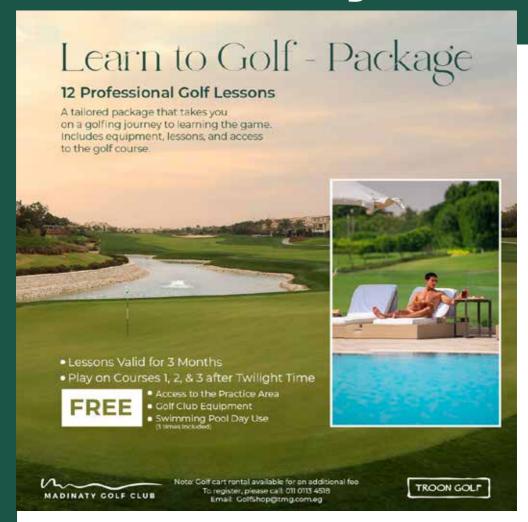
Looking at the world around us, we might ask ourselves if our personal resolutions might seem selfish and petty when so many are lost and suffering. Not at all. It's time to believe in yourself, and your power in creating change for the better. So start with you.

Small acts grow into inspiration and empower both ourselves and those around us, so stay positive, believe, and show the love.





Learn to Play Golf



Want to live your best life? It's time for a round of golf. Discover the game that boosts your health, sharpens your mind, and can be enjoyed by anyone, no matter your age or skill level. Whether you're looking to get active, have fun, or embrace a new challenge, golf is the perfect way to start. With our Learn to Play Golf package,

we make it easy for beginners of all ages to get on the green. Enjoy expert coaching, a welcoming atmosphere, and the opportunity to master the game at your own pace. Soak in the beauty of the lush greens, create unforgettable moments, and embark on your journey to a healthier, happier you. Don't wait, your better life starts now!



Troon Cup

The sixth edition of the Troon Cup took place at Madinaty Golf Club, reaffirming its reputation as a premier golfing destination in Egypt. The event has become a big deal in the golf world, especially among Troon-managed clubs. This year, the competition featured two of the best clubs in the region: Madinaty Golf Club and Allegria Golf Club.

Madinaty Golf Club didn't just host the event – it also showed off its skills and dedication to excellence. The club's team prepared thoroughly, making the most of its world-class facilities. This effort paid off as Madinaty Golf Club dominated the competition, winning by a huge victory of 10.5 points to 1.5 points against Allegria Golf Club.

The tournament wasn't just about winning; it also showed how much Madinaty Golf Club cares about building a strong golf community. By hosting such an important event, the club proved it can deliver top-level competition while offering great hospitality. This made it stand out as one of Egypt's top golfing destinations.

As the Troon Cup continues to grow, Madinaty Golf Club strengthens its position as an important part of the Troon network. The event helps inspire golfers in the region and shows how golf can continue to grow and improve in Egypt.



Troon Junior Club

Embark on a golfing adventure with your young ones through MGC Golf Academy! Our specially crafted program, exclusively for young talents aged 6-17, focuses on growth, enjoyment, and fostering a positive environment. Captain Raouf, our esteemed manager, brings knowledge and expertise to guide your child's golf journey toward excellence .Join us every weekend as we extend a warm welcome to both members and non-members. Let's cultivate their potential for exciting weekends out on the green.



Rotary Charity Event



Madinaty Golf Club recently hosted a golf tournament in collaboration with Rotary Egypt, with over 60 amateur players from around the world participating. The event aimed to raise awareness about polio and the ongoing efforts to eliminate the disease.

The tournament also highlighted the club's recent achievement of being named the best golf course in Egypt and Africa, further solidifying its reputation as a top destination for golf enthusiasts.

As part of its commitment to social responsibility, Madinaty Golf Club is an active supporter of Talaat Moustafa Group's community initiatives. The club regularly hosts various tournaments and events, working closely with civil society organizations to make a positive impact both locally and globally.

This tournament is just one example of how the club brings together sports, charity, and community development to create lasting change.



TMG Crit League CELIA NEW CAPITAL



Sets the Pace



you have the ingredients for a memorable day. Crit League was thrilled to partner with TMG Group, organized by Cairo Crit, the first road cycling community in Egypt, to bring contestants an unforgettable cycling challenge.



the cycling experience. Wheels were spinning at the first round of CairoCrit's cycling challenge in Celia, TMG's residential haven in the heart of Cairo's New Capital City on the 22nd of November, followed by a thrilling second round in Al Rehab on the 6th December.



spectacular views and lush landscaping providing a scenic course for both competitors and the many spectators.

spectators. Al Rehab offered an exciting venue, with



Stay in the loop by following the Facebook page for news, and updates on how to join in: Facebook: cairocrit



Tougher Up with



For the uninitiated, Mixed Martial Arts (MMA) is a fullcontact fighting sport based on striking and grappling, incorporating techniques from various combat sports from around the world. It has become increasingly more popular since the early 20th century, in Japan, East Asia, and Brazil. Its roots go back to 3rd century BC, where Roman fighters were known as *pankratiasts*. There is also evidence of similar mixed combat sports in ancient Egypt. In ancient China, combat sport appeared in the form of Leitai, a noholds-barred mixed combat sport that combined Chinese martial arts, boxing and wrestling.

Contemporary MMA can be traced back to the early 1900s when a Brazilian Jiu-Jitsu master named Mitsuyo Maeda immigrated to the United States. Maeda was a renowned fighter who had trained with the Gracie family in Brazil and had developed a new style of Jiu-Jitsu that emphasized ground fighting and submissions. This resulted in the founding of the Ultimate Fighting Championship (UFC) promotion company in 1993. The company held an event with almost no rules, mostly due to the attempt to replicate mixed contests that existed in Brazil and Japan. MMA promoters were eventually pressured to adopt additional rules to increase competitors' safety, to comply with sport regulations and to broaden mainstream acceptance of the sport. Following these changes, the sport has seen increased popularity with a pay-per-view business that rivals boxing and professional wrestling.

Bruce Lee popularized the concept of mixed martial arts. UFC President Dana White would call Lee the "father of mixed martial arts" stating, "If you look at the way Bruce Lee trained, the way he fought, and many of the things he wrote, he said the perfect style was no style. You take a little something from everything. You take the good things from

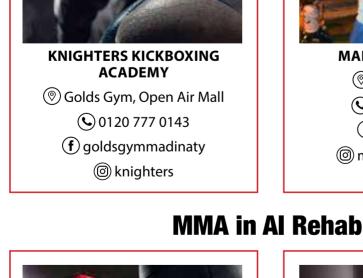
works, and you throw the rest away". MMA incorporates techniques from boxing, wrestling, judo, jujitsu, karate, Muay Thai (Thai boxing), and other disciplines. Training is physically demanding and requires

every different discipline, use what

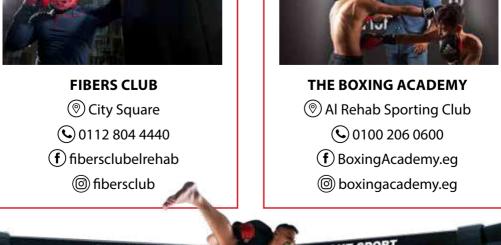
high levels of strength, endurance, flexibility, and agility. Fighters must be in excellent physical condition to perform at their best and avoid injury. The time you need to learn MMA will depend on the amount of experience you have had in the past. If you've already trained in some martial art, you will be able to learn in two to three years. If you haven't received any experience, you shouldn't expect anything less than five years. **MMA in Madinaty**













CHAMPIONS IN THE MAKING AL REHAB SPORTS SUMMIT 24







Celebrating a wealth of young sporting talent, on October 4, 2024, Al Rehab Sporting Club hosted Sports Summit 24. Aiming to increase awareness of TMG sport academies and boost the number of subscribers for each sport, the event successfully attracted a great turnout of young sports fans, along with their families and friends. This day-long event combined the academies of Al Rehab Sporting Clubs and encompassed a range of activities.



The objectives of Sports Summit 24 were to showcase the diverse range of academies to highlight the breadth and quality of their offerings, in addition to effectively communicating the extensive array of benefits that potential subscribers could avail themselves of in each sport. Al Rehab Sporting Club utilizes invaluable feedback from existing subscribers to continuously enhance and optimize the performance of the academies. A presentation covering inspiring success stories achieved by past club athletes served as a testament to the caliber and potential of the programs.





The mood on the day was upbeat, with engaging and entertaining activities throughout the event, celebrating both individual achievements and the collective spirit of the sports community. The event was considered a great success, achieving its goals and leaving a lasting impact on all participants.





EV and Digitally Enhanced **Vehicles Cruising Your Way**



Digital features are now becoming the norm across most car groups, with comprehensive systems integrating environmental perception, planning and decision-making, multi-level assisted driving and other functions use computers, modern sensing, information fusion, communication, artificial intelligence and automatic control technologies to make driving safer and more enjoyable.

EVS HIT THE ROAD



Audi

Two options, the Q8 e-tron and Q8 Sportback e-tron offer a larger battery capacity and higher charging capacity. The Audi Q8 55 e-tron quattro, for example, can now cover up to 582 kilometres on just one battery charge.

www.audi-eg.com



Their electric cars use state-of-the-art electric drives along

with innovative technologies and materials in order to maximise their efficiency and sustainability. Check out the BMW iX, BMW i7, BMW i5, BMW iX2, BMW

iX1. www.bmw-egypt.com



pleasure in two senses with an all-electric vehicle, without local carbon dioxide and nitrogen oxide emissions. Fall in love with the Mercedes EQE Saloon, EQS Saloon,

EQA and EQB SUV, EQE SUV, EQS SUV www.mercedes-benz.com.eg

Or discover the the new G-Class with EQ Technology.

suv/new/g-class-electric.html

www.mercedes-benz.com.eg/en/passengercars/models/

Toyota

A Toyota full Hybrid Electric Vehicle offers the versatility to drive using either electric energy or a combination of petrol and electric. It has both a fuel tank and larger battery which is self charged by the vehicle when in use. www,toyota.

com.eg/en/hybrid



CITY LIFE 🍌 MEN ZONE

Happy Нарру

The idea behind the saying being the outdated norm of gender roles in a family, the woman rules the home, and the husband brings money to be used. Gender stereotypes suggested that the woman's mood dictated the family's happiness and that the man's role was primarily to keep his wife happy. But now, in a gender-parity focused world, things have moved on. So let's rewrite the rulebook...

A recent post on TALKSPACE shared some important tips.

Be Ready to Be Yourself

People often feel pressure to hide their flaws or play the role of the perfect partner. While hiding your true self from your partner might seem to be working in the short term, it will eventually damage your relationship. Studies show that people who are true to themselves engage in fewer destructive behaviours and have more positive relationships overall.

Think About Your Relationship and Outside Influences Consider if outside opinions

have impacted how you see your spouse. When a friend or family member is overly critical of your partner, it might cause you to see them in a more negative light. It's okay to seek input or advice from others, but in a healthy relationship, you and your partner should be on the same team.





Talk with your partner about what you want to accomplish.

Define and Share Goals

You can share your personal goals and work together to identify things you want to work toward.

- Remember to keep 'dating' your spouse. Healthy communication, gratitude, trust-building, acceptance of disagreements and forgiveness are
- all crucial elements. Individuals need to take responsibility for their own happiness instead of relying solely on their
- spouse.

Make time to be with each other.

time to explain these feelings.

- Great relationships don't just happen; work at it,
- intentionally.

Share your thoughts and emotions, and take the

Take care of yourself.

SPAS AND BEAUTY SPOTS

It's party season, and that means you need to be looking your absolute best. The good news is that you have a great choice of professional salons and spas a few minutes away. Could life get better? RAND BEAUTY SALON AND SPA





(®) East Hub Mall, Madinaty © 0121 120 0723 - 0128 881 1558

- (f) RandBeautycenter

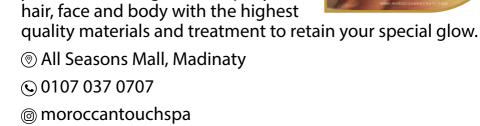
TOUCH SPA

with a relaxing spa experience.

MOROCCAN



An exotic Moroccan Spa experience for women only, with all the services you need to feel great. Pamper your



- 80 SALON



VINE NAIL SALON



V | N Enail Spa







Mohamed Gaber Beauty Salon is one of the leading beauty salons in Cairo. It was established in 2006, and is managed by the talented Mohamed Gaber. It offers full beauty services, from hair to makeup and nails, with a special bridal

- service as well.
- The Strip, Madinaty © 0122 237 0261
- MohamedGaberBeautySalon @ mohamedgaberbeautysalon

CITY LIFE 3 SPOTLIGHT

The festive season is here to help us wind up the year in good spirits. Madinaty has joined in the celebration; just take a wander around Open Air Mall, All Seasons Park and East Hub to enjoy a spectacle of lights and Christmas decorations. It's time to gather together with family and friends to soak up the seasonal atmosphere and enjoy great food in good company. You will find no shortage of lovely restaurants and cafes in Al Rehab and Madinaty, and we have hand-picked a few that will offer the joy of Christmas in spades.

Al Rehab



Obba





presented dishes, making a feast for the eyes as well as the palate. Let yourself be pampered, try new taste delights, and savour the

moment. Prepare for a culinary journey, with dishes reflecting the flavours of the Mediterranean. Avenue Mall, Al Rehab

- © 0150 707 0111
- (f) obba.restaurant@ obba.restaurant

To be honest, you don't need a special occasion, because

Desoky & Soda

any meal at Desoky & Soda is a celebration in itself. The menu seems never ending, so you may find it hard to choose. Trust us, go for their take on authentic Egypt favourites. Hawashi, feteer, molokheya, kobeba, beef liver with pomegranate molasses, and shank fatta are just a



explore. Don't hold back. Avenue Mall, Al Rehab (f) desokyandsoda

- @ desokyandsoda



elevates the experience into an occasion. But, food is what we come for, and Velvet delivers on both taste and

innovation. Winter calls for comfort food, and

that means flavourpacked soups, calorieladen appetizers, and hearty mains. And a sneaky dessert, or two. Offering dishes from Velvet has a host of crowdpleasing bites on its lengthy menu. Go armed with a big appetite, and indulge.

Avenue Mall, Al Rehab

• VelvetRestaurant.eg welvet.restaurant.eg

© 0109 900 8444

- Serjieh
- The unmistakable aromas and flavours of mouth-watering Turkish cuisine have come to your doorstep, at Serjieh.
- These are dishes and sandwiches like never before, each delectable mouthful worthy of a poet's praise. Delve into platters of traditional recipes, or opt for conveniently

packaged meals and sandwiches to go. We promise you, this could become a regular indulgence. (®) Avenue Mall, Al Rehab







The View 🏽 Get ready for a flavour

West. Explore the highlights of regional cuisine, with authentic dishes from Turkey, Syria, and the Mediterranean. Love Italian? They have got you covered, so head on over. And when it comes to relaxation, the terrace with shisha is hard to beat. (®) Avenue Mall, Al Rehab

- theviewrestauranteg







Madinaty

Farida









It's time to try to the newest spots in Madinaty, and Farida has the red carpet rolled out just for you. The sleek, upscale ambience is perfect for getting together with friends for a festive meal, with

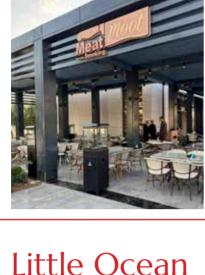
a menu that embraces both international and oriental specialties. The Strip, Madinaty

- © 02 241 74267
- farida.restaurant

Carnivores rejoice! Meat

Meat Moot

Moot is now open at The Strip, Madinaty so head on over to experience the exciting decor, buzzing vibe, and a whole new world of flavour. Although prime cuts are the main draw, the menu also caters to all tastes.





- © 0122 016 3394 (f) meatmoot.egypt
- meatmoot.egypt

Can you smell the ocean right now? For a feast of fresh seafood, cooked in every way imaginable, this is a



getting together with friends, and can make any date night into a special occasion. Open Air Mall, Madinaty © 0109 777 7165

pescatarian's delight. The luxurious ambience is perfect for

- (f) Little Ocean Restaurant
- ® littleocean.restaurant

It's time to spice up your life. For a truly authentic



Indian dining experience Maharaja offers a vast

Maharaja

menu of traditional dishes to delight the senses. From appetizers and starters to delicious mains, every bite is a journey of discovery. Vegetarians are also well catered for, making it a perfect place to visit with friends and family who prefer that option. All Seasons Mall, Madinaty © 0120 644 4444 f maharaja.eg @ maharaja_eg Seagull



since 1985, making it a firm favourite with many generations. Enjoy seafood

Offering an amazing seafood experience,

Seagull has been around

and fish cooked just as

you like it, with traditional flavours and sides, a visit to Seagull is a treat at any time. All Seasons Mall, **Madinaty** © 0121 233 3311 • SeagullRestaurants seagullrestaurantegy



Vivo Caffeine

Who says you can't have coffee and cake for breakfast, lunch, and dinner? For a world-class coffee experience, with delectable cakes and snacks to match, Vivo Caffeine is your first stop. With juices, ice cream, and all sorts of goodies, it will be hard to tear yourself away. And, did we mention the shisha?

 East Hub Mall, Madinaty © 0128 655 5417 (f) vivocaffeine







vivocaffeine

RENAISSANCE CINEMAS HAVE AN AMAZING SEASON LINED UP

It's movie season! Time to cosy up in front of the big screen, popcorn in hand, and catch a bonanza of latest releases. Action, romance, sci-fi, drama, horror, family-friendly, anime, whatever your mood, you will find something to fit the bill. With a choice of 15 luxurious cinemas in Madinaty and two in Al Rehab, you are really spoilt for choice. Grab friends and family, make it a fun experience you can all share and add to your memories.



MADINATY Renaissance Cinema – Open Air Cinema Complex, designed

by Canadian designers Mesbur & Smith, can be found in Open Air Mall, the biggest, and first, outdoor mall in Egypt. Located in Madinaty, one of the best areas in East Cairo, and designed to international standards with a top-notch modern look and feel, Renaissance Cinema - Open Air Mall offers state-of-the - art screens and sound systems providing the latest technological trends, rolling out the top blockbusters as soon as they are released.



accommodates 2,031 seats, and you get to choose from five types of seating options, covering Regular, Premium, Special, DBOX, and VIP, with a special rate applying for morning show times. 3D Glasses are available to amp up the experience even more.



to turn into an entertainment hub where mostly sold-out

stand up shows take place.



experience for any time of day. With two seating options, you

a new cafeteria and spacious waiting area,

this is an upscale





Have a look at what is coming soon to a screen near you. www.rnscinemas.net/en



Winter Music Festival Is a Super-Hit!

DPEN



When the top names in Egypt's music scene share their talents on stage right here in our iconic Open Air Mall, you have all you need for concerts that will have us buzzing for months to come. Kicking off with Tamer Ashour on the 6th of December, the mood was set.











The excitement amped up even more when Dina El Wedidi, Aziz Maraka, and Muslim rolled out their amazing sounds on the 12th of December. The massively popular concerts drew in fans of all ages and tastes, filling Madinaty with a pulsating energy that carried through to the amazing wind-up event with Hakim and Ruby on the 20th of December.

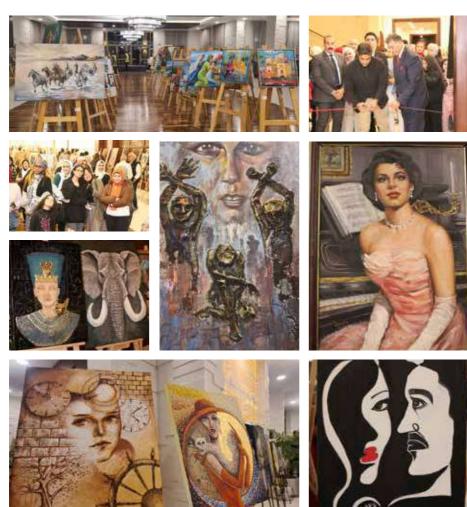
With not one, or two, but six outstanding talents rocking Open Air Mall as we entered the Festive Season, there was every reason to let our hair down and party. So, we did!





Madinaty and Al Rehab Residents' 6th VOL Semi-Annual Art Exhibition

Celebrating an abundance of local talent, The Madinaty and Al Rehab Residents' 6th VOL semi-annual art exhibition was held in Madinaty Sporting Club with over 500 art pieces brought by more than 70 artists. The opening ceremony and ribbon cutting was carried out by Mr Mohammed El Henawy, Legal Advisor for TMG., along with Mr. Tareq El Qumi, President of the Fine Arts Syndicate, and Mr. Ziad el Chazli, GM of Client Relations, who then proceeded to evaluate the exhibitors' work. The well-attended event was sponsored by Edres, education recruitment service provider, and a leading artist from Al Rehab.



Adding to the cultural vibe of the art exhibition, guitarist Bilal Nawasra and violinist Mostafa Al Attar gave a live performance with an upbeat and oriental fusion. The first night ended with Mr. Ziad presenting the exhibitors a certificate of appreciation for their extraordinary talents, with the event extending for another evening where it was open for all visitors to enjoy the amazing art works.







Photos by: Mrs Fatma Shafiq



With Egypt offering amazing weather and luxurious accommodation, why stray further afield? Take a peek at our pick of stunning hotels and resorts across the country, just perfect for a quick getaway.

FOUR SEASONS SAN STEFANO GRAND PLAZA

ALEXANDRIA

Perfectly located to enjoy stunning views over the

Mediterranean, and with easy access to a wealth of sightseeing and activities, the Four Seasons San Stefano **Grand Plaza** has beautifully appointed suites and rooms to ensure a blissful stay.





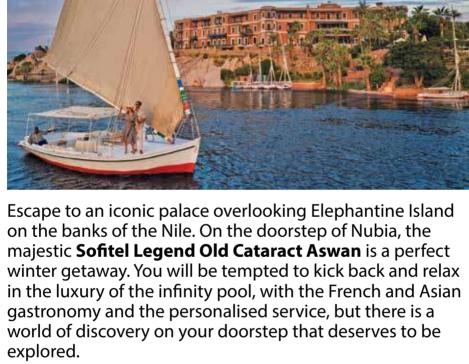
cultural elements, with much to be discovered. Smart holidaymakers often choose the mid-winter months to enjoy the city without the summer crowds. Dodging the occasional raindrop will just add to the atmosphere as you explore antique shops, markets, fish tavernas, and timeless cafés.

A truly Mediterranean city, embracing diverse



ASWAN





What to see: Philae Temple and Unfinished Obelisk should

be high on your list, along with the High Dam. Delve into Nubian culture with a visit to the Nubian Museum, and the colourful Nubian villages bordering the Nile. Explore the soug, shop for aromatic spices and hand embroidered



Instagram: sofitellegendoldcataract www.sofitel.accor.com/en/hotels LUXOR

Facebook: SofitelLegendAswan

SOFITEL WINTER PALACE LUXOR Built in 1886 by British explorers, Sofitel Winter Palace Luxor exudes old-world charm, as French regency elegance and the eternal beauty of the River Nile blend to create a haven of tranquillity. Set amid lush gardens, ancient temples, and with vistas of river life, the hotel offers timeless luxury paired with impeccable service and luxurious amenities. Where to go: The hotel is within minutes of Luxor Temple, a vibrant souq, and with easy access to the wonders of the



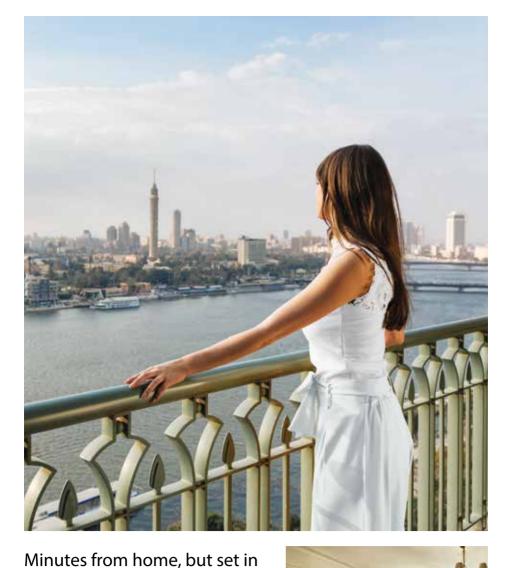
West Back with its rich antiquities. You are in the heart of a

living museum, so let your feet lead the way.

Facebook: SofitelWinterPalaceLuxor **Instagram:** sofitelwinterpalace

CAIRO

FOUR SEASONS NILE PLAZA



Nile, the hotel enjoys panoramic views. Experience Cairo's breathtaking sunset from the Nile on a traditional felucca, indulge in a soothing spa experience, and take a culinary journey with the hotel's exceptional restaurants.

the pulsing heart of heart of Cairo, on the banks of the River





downtown Cairo are brimming over with history. Or take

a quick drive across to Zamalek to browse the latest works from up-and-coming artists in the many galleries. www.fourseasons.com/caironp Facebook: FourSeasonsHotelCairoNilePlaza **Instagram:** fscaironp

can take you back through the years, and the streets of

MARRIOTT MENA HOUSE CAIRO



fantastic views of the pool, gardens or the Pyramids. Take a dip in the huge outdoor pool, work out in the 24hour gym, and tempt your palate in a choice of authentic

restaurants. Or simply relax in the endless garden, and let

time drift by. What to do:

meets timeless elegance at the base of the Pyramids. Inside, relax in upscale

hotel rooms with indulgent bedding, marble bathrooms and private balconies with

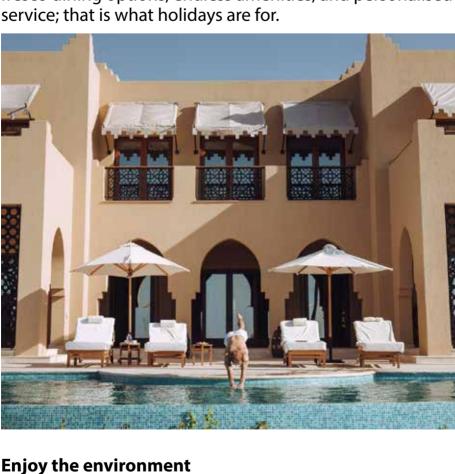
The Giza resort is near the Sphinx, the Pyramids, and the magnificent Grand Egyptian Museum is virtually on your doorstep. Steeped in history, the surrounding area is a treasure trove of places that have made Egypt one of the most visited destinations in the world. www.marriott.com/en-us/hotels/caimn-marriott-menahouse-cairo Facebook: MarriottMenaHouseCairo **Instagram:** marriottmenahousecairo

SHARM ELSHEIKH

Offering panoramic views of the desert and the Red Sea,

Four Seasons Resort Sharm El Sheikh welcomes you to

year-round sun and world-class luxury accommodations. Set amongst over 3,000 palm trees leading to limestone cliffs, and embracing a kilometre of private beachfront with crystal-clear waters and access to a protected marine reserve, paradise is at your door. Delight in a multitude of al fresco dining options, endless amenities, and personalised



This is the spot for memorable desert and sea adventures

for all ages. The diversity of marine life and hundreds of Red Sea coral reef sites draw divers and eco-tourists to Sharm El Sheikh from across the globe. With quad biking, camel safaris and wadi exploration to sailing, snorkelling and scuba diving, you can fill your day from dawn to dusk. And as the stars light up the inky sky, you can sample the buzzing night life until late. Facebook: FourSeasonsResortSharmElSheikh Instagram: fssharmelsheikh





Beat the Winter Blues



Create a cosy haven in your garden this winter. There's something about crisp, cool days and evenings that simply screams out for toasted marshmallow and hot cocoa, or a friendly BBQ.



Reclaim your Space

No matter how often you declutter your home, it often seems to have a sneaky way of reverting to an overflowing mess. The secret lies in staying on top of things and setting up an ongoing system that really works. Follow the golden rules, and see how life improves. You will find you have more time to do the things you enjoy and less stress.



A Place for Everything (and everything in its place)

Put things away when they are not being used. Let the family grumble, but stick to your guns. It will save you hours of tidying up every week.

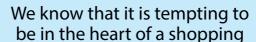


Each a year, have a major spring clean. Sort through smaller areas, one at a time, and put items into boxes for keep, recycle or give away, and trash. Follow up by rearranging your shelves and cupboards to keep things accessible.



When to Say Goodbye

For clothing and utensils, the rule of thumb is, if you haven't used it in the last year, get rid of it. It's as simple as that. Toss it if it's unsalvageable, and give it away if someone else might be able to use it.



Reduce Consumption

paradise, but so many items are really surplus to your actual needs. If you see something you can't live without, think of an item you have that would be appreciated by somebody else, and pass it along.

Danger Zones

Your kitchen space is often the hub of

the home, and can become a dumping ground for bags, toys, sports items, and shopping. Anything that can't be stored out of sight has no place here, unless it is a nice bowl of fruit or jar of home-baked cookies. Arrange groceries and cooking essentials in categories, with most-used items on handy shelves in stackable containers. Anything to be washed should go straight

into a laundry hamper, things that can be worn again can be hung on an easy access rail, and clean clothes belong in the wardrobe or dresser. Invest in solid shelving and a desk/bookcase combination.



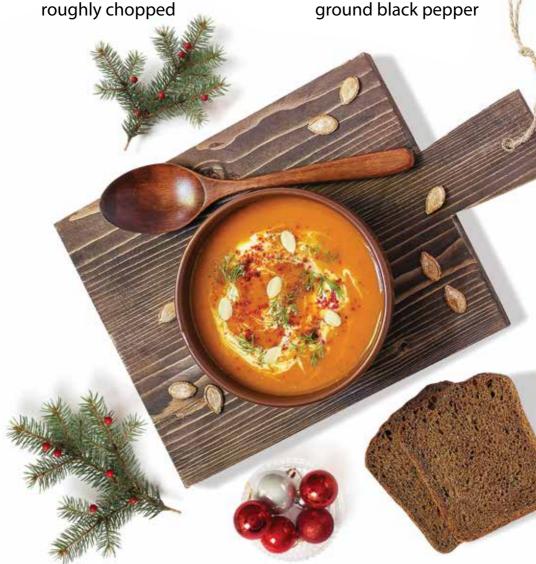
Creamy Pumpkin Soup



A perfect winter warmer, this pumpkin soup is packed with flavour and goodness.

Ingredients

- 1 large onion, chopped
- · 2 carrots, peeled and chopped
- 2 garlic cloves
- 1 bay leaf
- 25g unsalted butter
- 2 tablespoons olive oil
- 1 medium pumpkin (prepared weight about 850g) deseeded and roughly chopped
- 1 medium-sized floury potato, roughly chopped
- 1 litre vegetable or chicken stock, a little extra may be needed
- 100ml Lamar **Cooking Cream**
- 3 tablespoons pumpkin seeds
- Salt and freshly ground black pepper



Preparation

Put the onion, carrots, garlic, bay leaf, butter and half the olive oil into a large pan. Cook over a low-medium heat for about 10 minutes until the vegetables are tender but not coloured. Add the squash and potato, mix to combine and cook for a further 2 to 3 minutes. Pour in the stock, season simmer, half cover the pan with a lid and continue to cook for about 40 minutes until the squash is really tender when

well and bring to the boil. Reduce the heat to a gentle tested with the point of a knife. Pick out the bay leaf and blend the soup until smooth using

a stick blender. Add the cream and a little more stock if the soup is on the thick side, taste for seasoning, adding more salt and pepper as required. Meanwhile, heat the remaining oil in a frying pan over a medium heat and add the pumpkin seeds and fry quickly

until the seeds start to pop. Remove from the pan. Ladle

the soup into bowls and serve with a swirl of cream and the toasted pumpkin seeds.



◄ الأكل بيحب الكريمة ◄





Dog Zone

Could there be a better place for a doggie friend to live? We doubt it. But, importantly, we must remember that our green open expanses, malls, and community areas are shared spaces for everyone to enjoy. That means respecting the rights of others, and training your dog to stick to the rules as well.

Our communities are fortunate to have several excellent, professional veterinary clinics who can keep your dog healthy and vaccinated, but the day to day care lies with its pet parent above all.

SCOOP THAT POOP

Every dog needs to do his business, and that's why we have so many conveniently placed poop litter bins distributed around our residential communities. Carry a small bag with you when you go out for your walk, and make sure you dispose of it promptly after scooping up that poop. Uncleaned poop can pose a health risk, as well as being smelly and unpleasant to come across.

RESPECT ACCESS RULES

While there are many areas where your canine buddy is welcome, there are places where dogs are not permitted. Most have signage stating so, but even if there is none, ask permission before entering with your dog.



KEEP THAT LEASH ON

Your dog needs a correctly fitted leash, collar or harness so you have sufficient control without impeding his comfort. Make sure you have an ID tag, with contact details. We recommend getting your pets microchipped as well, for easy tracing in case they wander off. Remember that some people are nervous around animals, especially small children, so avoid letting your dog get too close.

STAY AT A SAFE DISTANCE

You may have a favourite route to walk along, or maybe you prefer to explore new territory. It helps to check out new areas carefully, as there could be other dogs that use the same pathways, and they could be territorial about the space. Anyone walking a dog on a leash should be strong and confident enough to hold the dog and have him obey basic commands.

The same can be said for people approaching you. Dogs are protective by nature, and your pooch may become defensive if he thinks you are under threat.

VACCINATIONS

Check with your vet about the required vaccinations. These are necessary for the wellbeing of your pet, and the health of the community.

OBEDIENCE TRAINING

(a) tmgcitylife (f) TMG City Life

No matter how much your dog adores you, he is still capable of being naughty or defying your will. Sometimes he may not be able to differentiate between harmless play and misbehaviour. Obedience classes from an early age will help in creating a bond of trust, and showing who is in charge.







Hanging out with friends should leave you feeling upbeat and good about life. So when you come home and feel anything but, maybe it's time to get real about sorting out your true friends from people who might be projecting harmful negativity. The negative behaviour of a toxic friend can lead to feelings of anxiety, depression, low self-esteem, and stress.

Signs of a toxic friendship

Constant criticism

A toxic 'friend' may frequently criticise your decisions, opinions, and behaviours. They may ignore your accomplishments or make you feel inadequate.



Lack of support

A toxic 'friend' may be unsupportive when you need them the most. Your needs mean nothing to them, and they are unwilling to give time or effort to help you out.



Manipulation

A toxic 'friend' may manipulate you to get what they want. They may use guilt or emotional blackmail to oblige you to do things for them.



Bullying behaviour

A toxic 'friend' may try to control your actions or decisions. They may make you feel guilty for spending time with other friends, or try to cut you off from your other relationships.



Unhealthy competition A toxic 'friend' may constantly compare

themselves to you or be competitive in a way that feels unhealthy. They may try to put you down to boost their own ego. Gossiping and betrayal



A toxic 'friend' may frequently gossip about you

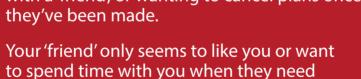
or share your personal information without your consent, betraying your trust or spreading rumours about you.

after spending time together.



Red Flags particular 'friend' leaves you feeling worse

You look for reasons to avoid spending time with a 'friend', or wanting to cancel plans once



something from you.

Set boundaries

How to avoid toxic friendships

Be clear about what you are willing to tolerate and communicate those boundaries to your

friends. Take time for self-reflection



Reflect on how your friendships makes you feel and whether they bring positivity or negayour life.



If you have decided to end a toxic friendship, be honest with your friend about why you are ending the relationship. It may be uncomfortable, but it can help both of you move on.



Be honest

Surround yourself with positivity Seek out positive relationships with people who uplift and support you.



The negative effects of toxic friendships can lead to feelings of anxiety, depression, low self-esteem, and stress. By setting boundaries, seeking support, and cultivating positive relationships you are taking the right steps to maintaining good mental health and avoiding toxic friendships.

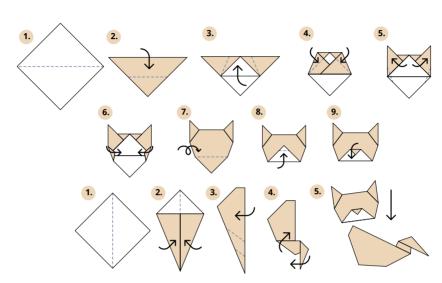




Folding Fun

The art of Origami has been traced back to Japan in the 6th century. Although the word origami is Japanese, the origin of Origami was likely in China, shortly after the invention of paper in the 2nd century. Give it a try!

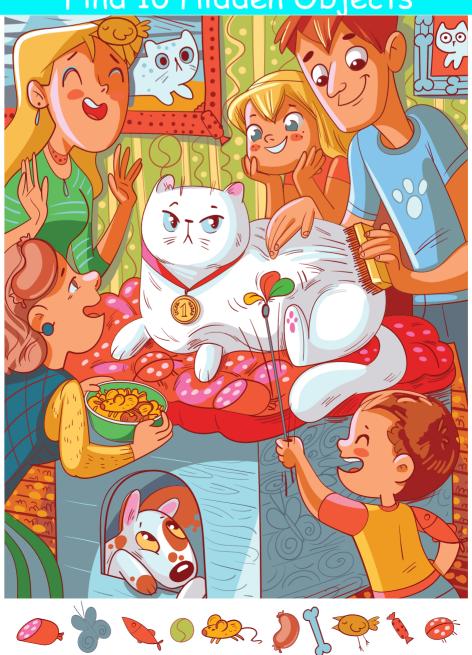




Maze



Find 10 Hidden Objects









نظافة منزلية	سباكة	شحن ومدفوعات
صيانة أجهزة منزلية	نجارة	کهرباء
دش	الوميتال	التكييف
زجاج	تشطيبات	تنظیف اثاث و مفروشات
الأبواب المنزلقة والجرارة والرولينج	مكافحة الحشرات	دهانات
ليموزين	البرجولات و الاسوار	المنازل الذكية



ORION

عروض حصرية للخدمات المنزلية

تقدم أورابون مفهومًا حديدًا للخدمات المنزلية، تلبئ فيه حميع احتياحاتك الخدمية داخل مشروعات محموعة طلعت مصطفى، سواءً كنت بحاحة الى أعمال صيانة، نظافة قبل أو بعد التشطيب، تركيبات، مكافحة للآفات، أو أي خدمات أخرى؛ فنحن هنا لنقدم لك باقة متكاملة من الحلول الذكية والخيارات المتنوعة لحل مشكلاتك يسرعة وأمان استعد لتجربة جديدة في خدمات المنزل!

مع أورايون، راحتك هي أولويتنا

تمتع بالمزيد من المزايا الاستثنائية مع خدمات أورايون المنزلية:



أسعار تنافسية



مواعيد مرنة





زيارة معاينة مجانية لخدمات السباكة والتشطيبات.

حدد الخدمة المطلوبة واحجز موعدك بسهولة من خلال:

· I I I O TATE (

أو بضغطة زر من خلال تطبيق TMG Life

العرض سارى حتى ٣١ يناير ٢٠٢٥. *تطبق الشروط والأحكام



وجهتك الشاملة للخدمات ORION 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، لتستمع بتجربة مريحة، تعتمد عليها لتلبي كافة احتياجات منزلك.





تحديد الخدمة المطلوبة وحجز موعد مناسب

كت متابعة أحدث العروض والخصومات الحصرية

كت اختيار طريقة الدفع المريحة والملائمة



ثقة وأمان

فريق فني متميز تم اختياره

بدقة، يضمن لك تقديم

خدمات بأعلى معايير الجودة

والسلامة

لماذا تختار أورايون؟

سرعة وكفاءة

نقدم لك حلولاً مرنة وسريعة تلبي جميع احتياجاتك

خيارات دفع مرنة

نوفر لك خيارات دفع متعددة وآمنة لتجربة خدماتنا بسلاسة



صفحة الخدمات

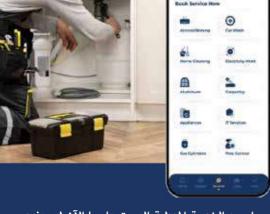
لا تفوّت الفرصة! اختر راحتك، واحجز الخدمة المنزلية التي تحتاجها الآن لتستفيد بعروضنا الحصرية من مجموعة خدماتنا المنزلية الاحترافية التالية:

• صيانة الأجهزة

• الأنظمة الذكبة

• أعمال الزجاج

- تنظيف المنزل
- أعمال السباكة
- أعمال النجارة
- أعمال الكهرباء
- الشحن والمدفوعات
 - أعمال الرخام
 - غسيل السيارات



- مكافحة الحشرات
- تركيبات الدش
- البرجولات والأسوار
- أعمال الألوميتال
- التشطيبات والتجديدات
 - دهانات المنازل
- التكييف والتبريد
 - تنظيف الأثاث
- تصنيع الأخشاب
- أعمال السيراميك

صفحة الشحن والمدفوعات

يمكنك الآن عبر التطبيق شحن كارت المياه والكهرباء مباشرة وبكل سهولة. استمتع بخدمة شحن الكهرباء مجانًا مرتين شهريًا، حصريًا من خلال التطبيق .

لوائح تشغیل شرکات الأسکوتر (الدراجة الکهربائية) بمدینتی و الرحاب



ORION شرکة سونیك موبیلیتی

تقوم شركة سونيك موبيليتي حالياً بتوفير محطات جديدة في منطقتي الرحاب ومدينتي، بهدف تسهيل الوصول إلى خدمة التنقل الكهربائي لتوفير راحة أكبر للمستخدمين. تعتبر هذه الدراجات الكهربائية (الأسكوتر) وسيلة مريحة وفعّالة للتنقل داخل مدن القاهرة الجديدة (مدينتي والرحاب).

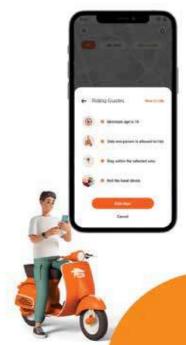
بنود التشغيل:

- يتم استخدام الخدمة عن طريق تطبيق إلكتروني.
- الخدمة متاحة للمقيمين الأجانب بدءًا من سن ١٥ سنة (حاملي جواز السفر).
- الخدمة متاحة للمصريين بدءًا من سن ١٦ سنة (بالبطاقة الشخصية).
 - يسمح لشخص واحد فقط بالركوب.
 - يتم توفير خوذة لجميع المستخدمين.
 - يتم منع الحسابات المستخدمة من قبل أشخاص غير مصرح لهم.
- يتحمل المستخدم المسؤولية الكاملة في حالة إساءة استخدام التطبيق من قبل أشخاص غير مصرح لهم.



دليل الاستخدام للتطبيق

- ١. إسمح للتطبيق باستخدام موقعك.
- حدد عن طريق الخريطة الأسكوتر القريب منك.
 - ٣. اذهب الي موقع الأسكوتر.
- امسح رمز الاستجابة السريعة لبدء الرحلة (QR Code) الموجود علي السكوتر.
 - ٥.ابدأ قيادة الأسكوتر الي المكان المراد الوصول اليه.
 - ٦. استمتع بالرحلة وكن يقظًا.







حقائق و أرقـــ

بفضل الخبرة الرستثنائية لمجموعة طلعت مصطفى في صناعة التطوير العقارى ، تم الإنتماء بكفاءة من الخدمات التالية:

> بدأت الحياة في سيليا حيث يتمتع القاطنين بالعيش فيها .

تم تسليم 2329 وحدة سكنية متميزة و 180 فيلا فاخرة.

عدد القاطنين في سيليا حالياً دائمي الإقامه 174 ساڭناً





تقدم سيليا خدمة الرى الذكى بالإضافة الى تفعيل نظام حماية البيئة و خدمات الأمن والزراعة الممتازة.

تم الإنتماء مِن تركيب عدادات المياة لتشمِل 1885 شقة سكنية و104 فيلا فاخرة.

> تتميز سيليا بتطبيق نظام أمان متقدم للغاية ، ليتضمن كاميرات مراقبة وأنظمة إنذار وحماية عالية الدقة.

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





جاري التشفيل التجريبي لخاصية الـ Mobile Application وتم اشتراك أكثر من 167 مالك حتى الآن.



يقوم النادي بتقديم خدماته اليومية، وجارى الإنتماء من الحمام المفطى (ساخن)

> تم الإنتماء من تركيب 120 عموداً للإنارة الذكية في المرحلة الأولى، مما سمح بوصول الكمرباء الىجميع مناطق العمارات والفيلات.

توفر سیلیا مساحات خضراء و مرافق ترفيمية فَّيْ غاية التقدم تستوعب 50 % من إجمالي مساحة المشروع .

توفر سيليا جميع الخدمات التحارية والمرافق المتكاملة لتشمل أحدث مراكز التسوق و المطاعم والمقامى بالإضافة الى جميع الخدمات الصحية والتعليمية على أعلى مستوى.

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







هدي المفتي اتكلمت معانا عن <mark>مسلسلها الجديد مطعم</mark> الحبايب وعن حبها للأكل

هل انتي في الحقيقة زي وديده اللي مش بتعرف تطبخ؟

لا بالعكس، أنا بحب الطبخ جدا و بحب اوي اطبخ للناس اللي بحبهم وبحب جدا الطبخ في رمضان بيكون مختلف و ممتع، الواحد بياخد وقته في تحضير الأكل و يطلع المواهب

اللي جواه كده

ايه الاكله اللى كان نفسك تكوني بتعرفي تعمليما؟

حاجات كتير اوي. كان نفسي أكون بعرف اعمل فريك دي أكله أنا مفكرتش حتى ابص اشوف بيتعمل ازاي. والمحشي كان نفسي اعرف الف المحشي

ايه اكتر حاجه متحمسه ان الناس تشوفها في مسلسل مطعم الحبايب؟

متحمسه ان الناس تشوف المسلسل كله لان المسلسل اتعمل بحب والناس تعبت فيه جدا واحنا مستنين رأيكم

ازاي بتقدري توازني بين الحياة والشغل؟

للاسف مش بقدر





اكلتك المفضلة؟
البطاطس
آخر اغنية سمعتيها؟
يا زميلي- مهاب
احسن مكان للاجازة؟
مقدرش اختار مكان واحد، بحب اماكن
كتير
احسن نصيحه اخدتيها؟

الصبر. ان استني واصبر **فيلم ممكن تشوفيه و تفضلي تعيدي فيه اكتر من مرة؟**

The Eternal Sunshine of The Spotless Mind

الأسئلة السريعة



انضم لأول مجتمع ينبض بالحياة في قلب النهر الأخضر شقق وشيلات جاهزة للاستلام الفوري



أحجر وتحدث أدن وشعن مورد تدن شيئية، أحير مسروح مددمن الحجمات يسدة أشطع الخاص هي الخاطفة الجديدة عناف فساطة 500 يضم المشــروع مختلف الخدمات لتلبية أحــتياجات الســكان، حـيث تم افتتاح نادي ســـيليا الرياضي ومركزين للخدمات يحتوي كلاً منهما علما ســوبر ماركت، مطعم، مســجد، حضانة، مناطق جلوس خارجية ومناطق ألعاب للأطفال، بالإفاقة إلم، خط أتوبيسات يربط ســيليا بمدينتي والرجــاب.



مركز خدمي



نادب رياضي اجتماعي



ذا ڤيلدج



البوابة الرئيسية



ڤيلات فاخرة

بأنظمة سداد حتى $oldsymbol{Q}$ سنوات

عــــدد محــــــدود من الوحـــــــدات الســـــكـنيـــة بمســـــــاحات تبدأ من 79 م² للشــــقق و 213 م² للفـــيلات





At TMG, we don't consider sustainability as a merely commitment; it is a fundamental imperative.

Our developments focus on minimizing environmental impact while maximizing efficiency, utilizing smart city technologies, and eco-friendly infrastructure to create profitable yet sustainable cities for future generations.

We are dedicated to fostering a new generation of smart green communities that prioritize both people and the planet, integrating innovative design principles and cutting-edge technologies to shape the future of real estate development and ultimately save the globe.