

CityLife

by TMG

Issue No.13 - October 2025

LA CANTINE
LAUNCH

SouthMED.

SouthMED.



AUTUMN MOOD

نشرة دورية توزع داخل مدينتي و الريحاب مجانا



LIVE THE LIFE YOU ASPIRE TO IN CELIA



Reserve your villa now in the most prestigious villa zones at Celia, perfectly set in the heart of the New Capital. Wake up to serene lake views and lush green landscapes, where every detail is designed for elegance and comfort.

Choose from standalone, twinhouse, or townhouse villas with spaces ranging from 213 m² to 373 m². With just a 3% down payment and flexible payment plans up to 11 years, owning your dream villa has never been closer.



TMG

Head Office: 34 - 36, Moussadak St., Dokki, Giza Hotline: 19691 | www.talaatmoustafa.com

City Life



As we pack up our summer homes and head back to work, and school, we take time to look at the roles men play in our lives. In these pages, we bring you content that celebrates the men and boys who enrich our lives, each and every day. This issue is dedicated especially to male athletes of all ages, whether Egyptian or expat, who excel in sport, and life. Fathers, brothers, husbands, sons, and yes, our colleagues and neighbours; where would we be without them?

Have you downloaded TMG Life App? It is a must-have. Read our exciting overviews of its expansive features, essentially a hands-on tool for seamlessly managing every facet of your daily life in our communities. Discover where to find everything you need and access useful information; in fact, you will wonder how you managed without it. We look at the special features available for our new community, Privado, and how the TMG Life App creates an elevated living experience.

We also bring you more on TMG's new projects, including Privado's exciting clubhouse, and the buzzing launch of La Cantine Beach Residences on Egypt's glorious North Coast. The event was a standout occasion, with Amr Diab himself giving a spectacular concert to get the launch of the spectacular new addition to SouthMED underway.

To help your family settle back into a productive work and school routine, we have put together ideas that will make the transition a breeze, from study spots to lunchbox fillers. And we haven't forgotten to add fun activities for weekends to boost your adrenaline. A visit to The Strip reminds us that autumn fashions promise to fill our lives with indulgent fabrics, rich colours, and definitive styling, we plan to shop soon, very soon.

Madinaty Golf Club stars with coverage of the major awards that are up for grabs. Will MGC snap up one or more of these accolades? As always, our issue is packed to the brim with your favourite content, we meet residents of our community, chat with celebrities, and find ways to keep our kids organized and happy.

We remind 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. Here's hoping you have a wonderful autumn, building memories to cherish for years to come.

CONTENTS

October 2025

CELEBRITY FEATURE:

Mena Massoud

Gihan Shamashergy

Malak Ahmed Zaher

Al Rawabi School



FASHION & BEAUTY:

Fall Fashion Trends

After Sun Spa Recovery



MEET OUR COMMUNITY:

Hussein Yasser Mohamady

Ahmad Salah

Rashid Saeed El Mahdy



Noor

La Cantine SouthMED

Privado in TMG Life

Golf Awards

TMG Event

Internship Programme



MEET OUR COMMUNITY:

Elodie Gonthier

Dr. Sherif Saleh

Elijah John



City Life Anniversary

MGC

SPORTS AND ACTIVITIES:

Madinaty Half Marathon



SPOTLIGHT:

Liverpool International Academy

The Launch of East Hub Mall



MEN ZONE:

Tech for Summer Living

Ab Toning



SUMMER:

Summer in The City

Outdoor Living Chic

Summer Fitness

Summer Recipes



SPORTS AND ACTIVITIES:

Privado Club

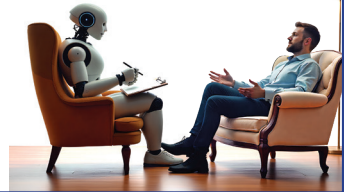
Get your Skates On

Celia Club



MEN ZONE:

**Fitness Tracking and Health
Relationship Therapy with AI**



SPOTLIGHT:

The Strip

East Court

AI Rehab Plaza

TMG Life: “Discover”

Gate 6



BACK TO SCHOOL:

Pick your Study Spot

Tech College vs Academic Programme

Hot Items for a Practical Study Corner

FOOD:

Brisk & Brew

Lunch Box Filler Suggestions

Your Study Buddy
Autumn Activities
Time Management
Learn How to Say No



Orion
City Hall - Request & Complain

MENA

MASSOUD

The Egyptian-Canadian actor may have soared to stardom on a magic carpet, but Mena Massoud is now reconnecting with his roots with his first Egyptian film, *In Broad Daylight*.



‘The Hangar Scene’. It was very difficult because it was a drama and action scene at the same time.

What stunt scene was the hardest to film?

It was the last scene in the movie. We called it ‘The Hangar Scene’. It was very difficult because it was a drama and action scene at the same time. It had a dramatic sequence but action towards the end as well. We filmed this

scene in two days, so it was very hard.



If there were a genie in the film, would he have helped Hamza (Mena Massoud’s character)?

Genies are over now; there is no help from a genie anymore.



Who became your best friend from the cast?

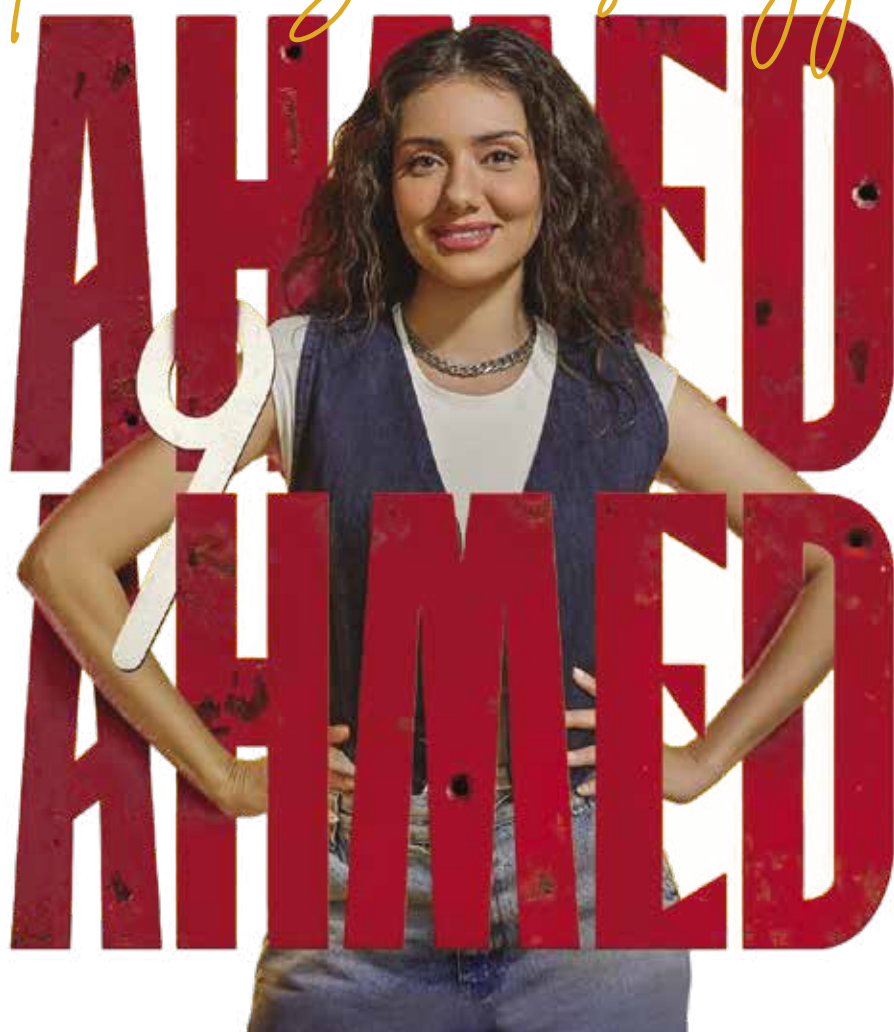
Believe me, Sheka, Sherine Reda, and I have been friends for a long time. Before the filming began, we had already met in the GQ awards and she was always very hospitable, so I’ll say Sherine.

What mustn’t one do in broad daylight?

Oh, a lot of things. I’ll let you guess.

Chatting with

Gihan Shamashergy



Versatile and multitalented, vivacious Gemini -born actress Gihan El Shamashergy has become an established name in fields as diverse as jewellery workshops and design and handicrafts, alongside her success in the film industry. Recently, on the red carpet of the *Ahmed w Ahmed* movie premiere, she lit up the evening with her magnetic energy. From her exclusive insights about the movie to what it's really like teaming up with Ahmed Fahmy for the second time, she gave us a glimpse into the magic, and madness, behind the making of the film.

Which character do you think the audience will relate to the most?

I think Fahmy's character. Poor Fahmy is always trying to put chaos under control and restore order. He really plays the role of the saviour.



This is your second collaboration with Ahmed Fahmy, following *Safah El Giza*. From crime to comedy is quite a shift—how did that change your experience working with him?

Yes, there was such a big difference between the two. The action was such fun, and the horror and crime were also great. The friendship between us is beautiful. I love him in real life and we enjoy working together, so working with him is great.



As Gihan, which character would you choose Ahmed, or Ahmed?

Hmm... I would choose... Honestly, both are nice.

Malak Ahmed Zaher

on Summer and Life



On a dreamy night in the North Coast, the air buzzed with summer electricity, a perfect fusion of beachside glamour and midnight mystery. At the center of it all was Malak Ahmed Zaher, radiating effortless elegance and femininity. We caught up with her amidst the velvet night as she gave exclusive insights about her thoughts on summer, and much more.



Tell us Malak, What is your signature scent?

I don't have a specific signature scent, but I like light perfumes, not perfumes that you smell and feel thrown off.

What is your favourite hack to make a fragrance last all night?

I don't have a specific trick, but I usually use a travel sized perfume and reapply it throughout the day, except certain perfumes that when you apply once, it stays forever and doesn't go away.

What helps you de-stress when you're on set?

On stage or at work, I usually read the Quran or I distract myself with something, for example reading a book I want to finish. Mostly I listen to music.

If you were a perfume, which notes would describe you best?

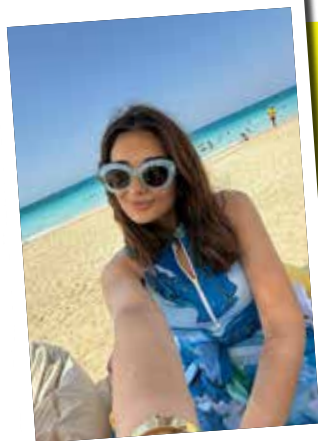


Anything related to summer fruits, mango and the like. I feel like it represents me a lot.



What's your favourite thing about summer?

The sea. That I get to see the sea. It's the thing I anticipate the most about summer.



Madraset

Al Rawabi

Under the shimmering Sahel moon we caught up with the cast of Madrasat Al Rawabi, Tara Abboud, Kira Yaghnem, and Mohamed Nizar, who shared their thoughts on the aromas of summer, and everything they mean to them.

Tara Abboud

What is the fragrance that when someone smells it, it reminds them of you?

I think vanilla, I love vanilla so much.

Barefoot or heels?

Barefoot, for sure.

Staycation or vacation with your friends?

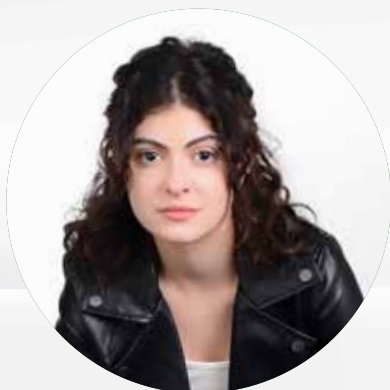
Vacation with my friends.

Beach day or pool party?

Beach, I love the beach.

What is your favourite hack to make the fragrance last on you?

I heard that you could apply Vaseline and then spray the perfume on top, but I haven't tried it yet. I'll try it soon.



Kira Yaghnem

What is the fragrance that brings you to anyone's mind?

Jasmine, instantly.

What makes you feel free the most?

To become philosophical, it can range from letting my hair down, to truly feeling like no one is watching.

Staycation or vacation with your friends?

Staycation.

Beach party or pool party?

Beach party.

Barefoot or high heels?

It depends on my mood. I can definitely do both, I love both.



Mohamed Nizar

What do you like to do in summer?

I swim and I travel.

What is your signature cologne?

I honestly love Calvin Klein The One because it's a classic, but I use it so much and it reminds me so much of my childhood.

Which fragrance reminds people of you?

The One, also.

What does freedom mean to you?

Freedom of choice.



FALL TRENDS

Flowing Blouse With
Multi-Position Scarf
Detail Zw Collection
- ZARA



Necklace -
**Massimo
Dutti**



Paisley-Print Oversized Dress - **MANGO**



Paisley Print Blouse - **MANGO**



Wide-leg
pleated suit
trousers -
MANGO



Floral Print Blouse - **MANGO**





Wool Blend Coat with
Tuxedo Collar



Trench Coat - H&M



Alpaca Blend Cardigan
Brown-H&M



2 Sides Jacket Pull and Bear



Wide Leg Jeans-Zara



Fitted Faux Fur Collar Jacket - ZARA



Midi Skirt with Ruffle Detail - MASSIMO DUTTI

The Simpsons
Pant Kids
-ADIDAS

Flared Jeans-BERSHKA



Leather Belt -
MASSIMO DUTTI



Soft Suede Ankle
Boot - **MASSIMO DUTTI**



Wool Duffle Coat - **MANGO**



Linen Oxford
Shirt - **MANGO**

Waterproof Jacket
with Thread Buttons -
MASSIMO DUTTI

Parka with
Contrasting Collar -
MANGO

The Simpsons Kids
Backpack - **ADIDAS**



Loose Fit Zip Top - **H&M**

Kids' Warm
Zip-Up Tracksuit -
DECATHLON

Apple Textured
T-Shirt -
MANGO

Suede Blazer with Backstitch - **MASSIMO DUTTI**



Mosquito Print Short-
Sleeved Sweatshirt - **PUL-
LANDBEAR**



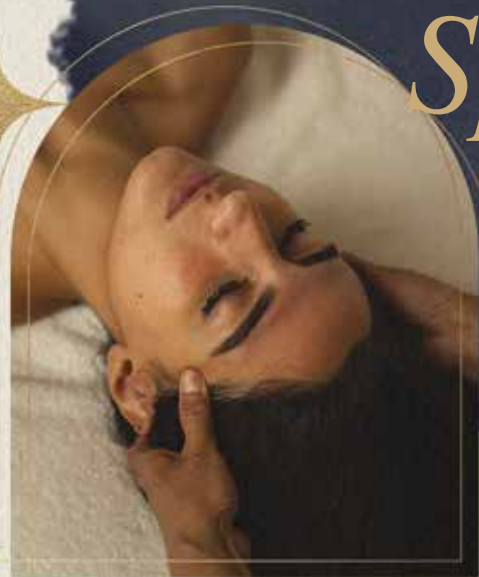
Kids' Rip-Tab Turf Football
Boots - **DECATHLON**



Spa Time

Best post-summer treatments

Bye to the beach and back to work. But first, it's time to refresh yourself with a day at the spa. Smooth, de-stress, and hydrate, then add a world-class manicure. Thank us later!



Hydrafacials provide deep hydration and improve your skin texture by replacing the vital moisture lost through exposure to sun and sea air. The treatment delivers deep hydration, leaving the skin feeling plump, moisturized, and refreshed.



A **hair spa** treatment, with a scalp massage, can improve circulation and promote hair growth by providing more oxygen to the scalp.

A **microdermabrasion** facial is the revitalizing treatment your skin will thank you for. It promotes the growth of healthy new cells as it gently removes dry, flaky, dead cells and reveals smooth, soft, glowing skin.





Massage is a stress relief solution that we can all vote for. Unwind, and unknot those tensed up muscles, and let serenity take over.

A relaxing **foot massage and pedicure** will have your feet ready for the change of season, and looking pretty.



Let's not forget the guys!

All of these treatments will also help the man in your life feel refreshed and ready to tackle the back-to-work routine. Just skip the nail polish.

Find time for a **professional manicure**, and add one of this season's chic neutral shades.



- Zat-Aesthetic-Clinic
- Moroccantouchspa
- troon-wellness
- valley.wellness.center.eg
- RandBeautycenter

Family Life with Hussein Yasser Mohamady



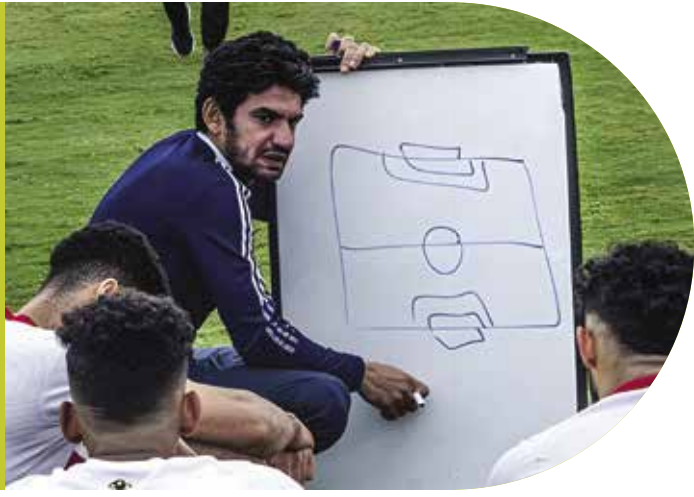
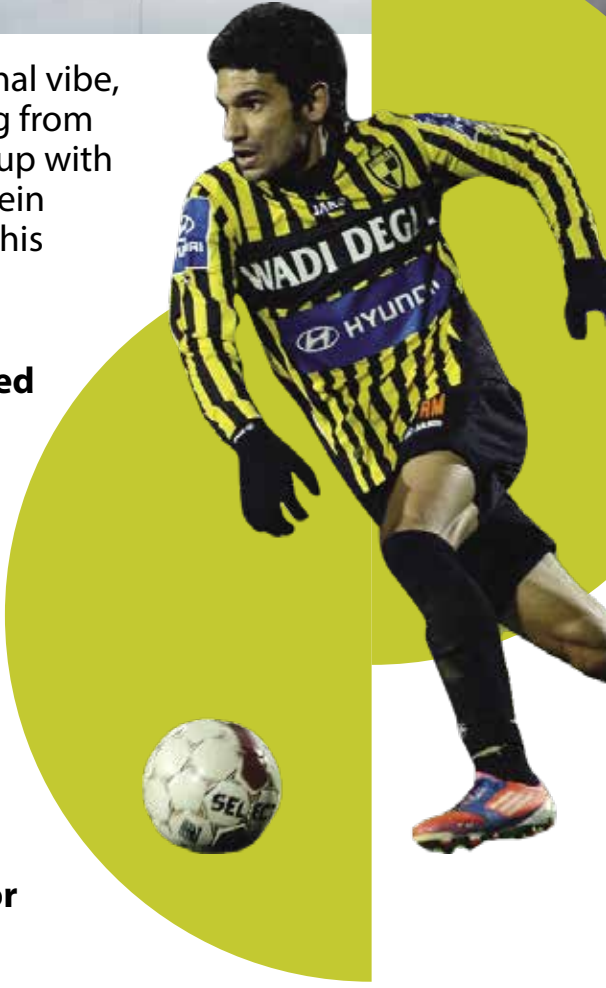
Al Rehab has an international vibe, with many residents hailing from far-flung locales. We catch up with Qatar-born footballer Hussein Yasser Mohamady to learn his story.

When did you move to Al Rehab, and what prompted your choice?

I moved to Al Rehab many years ago in 2007 when I received my own house. Al Rehab was recommended by the Ex-International Egyptian referee Gamal El Ghandour, he was the reason I came to buy here.

What makes it such a welcoming community for expatriates?

Al Rehab is full of different nationalities, and has a community where all cultures meet, and that is why it has become very popular. This is why I wanted to live here.



Al Rehab is full of different nationalities, and has a community where all cultures meet

As a professional footballer do you get to spend much time at home?

Not really. It was actually a bit difficult to be at home more after travelling around. I have played with the Qatar Football Association, as well as Manchester United. I became the first Qatari to play in the UEFA Cup with the Portuguese club Sporting Braga. After a hectic playing career, I am currently Technical Director at the Al Ahli Sports Club in Qatar.



Do you have children?

Yes. My 10-year-old daughter is in Grade 5 at the British School in Al Rehab.

Where are your favourite spots to hang out?

I think mostly at the Souq Sharqy, or the Old Souq as well. Or at the Club, or the Avenue Mall.

All these places have different styles and atmospheres.



Is it a plus to have such good sports and fitness facilities right on your doorstep?

For sure. Al Rehab Club has everything there and amazing facilities.

Have you found it easy to settle in to the Al Rehab lifestyle?

Absolutely, yes.

What do you enjoy most about living here?

The community and the mixed culture.

Would you recommend it to friends?

For sure, and I have done that and recommended Al Rehab to many friends.

COACH AHMAD SALAH YOU CAN DO IT

Combining a passion for mental health, sport, and family values, Coach Ahmad Salah speaks out on why Al Rehab ticks all the boxes for him.



How long have you been a resident of Al Rehab, and what sealed your decision to make it your home?

I've been living in Al Rehab for 15 years now, and honestly, I can't imagine being anywhere else. It's a city within a city—calm, connected, and perfect for families. I fell in love with the sense of community, the peaceful atmosphere, and the fact that everything you need is right at your fingertips.

Do you live here with your family?

Yes, I live here with my family, and we've built so many memories together in this wonderful community.

What makes it such a great family environment?

It's a very safe and welcoming place for families. The closed community, great services, lively markets, reliable security, and of course the mosques, make you feel grounded and surrounded by everything you need. There's always something for everyone—kids, adults, and even sports lovers like me.



As a Mental Health Sports Coach, have you had a good response from the local sporting community?

Absolutely. Many athletes from Al Rehab and the surrounding areas have come to me to improve their mental game. A champion's mindset is built, not born—and athletes here are eager to build it. I've worked with young talents as well as seasoned professionals who are just as committed to developing their mindset as they are to training their bodies.



Where did you study, and what qualifications have you accrued?

I hold a Master's degree in Sport Psychology from Techtitute University in Spain, and I'm an Associate Certified Coach (ACC) with the International Coaching Federation. Over the years, I've earned certifications in Sports Mental Coaching,

ACT, CBT, NLP, and personality profiling. I've also co-created professional training programs for sports coaches and authored an online course on building a champion's mindset. I like to blend science, coaching, and therapy tools to help athletes perform at their best.

What has your career path covered?

After more than 22 years in the technology sector with multinational companies, I shifted my focus to my passion—sports psychology and mental coaching. Since then, I've delivered over 2,000 hours of one-on-one and group coaching to more than 200 athletes across Egypt, the Gulf, the USA, and Europe. I've coached champions in over 20 sports, from squash to swimming, and founded the Sport is Mental Academy and the Sport is Mental podcast. My journey is all about helping athletes win from the inside out.

Are there any sports in particular where people seek out your help?

I work with athletes from all sports, but I've seen especially high demand in squash, tennis, badminton, football, handball, and swimming.

In a nutshell, why is mental health such an important issue in the pursuit of a sport?

Because the mind controls everything. Physical talent wins games, but mental strength wins championships. You can train your body for years, but in those high-pressure moments, it's your mindset that decides whether you rise or fall.

What are the key points you focus on in your sessions?

I help athletes handle pressure, build confidence, improve focus, and recover quickly from setbacks. We also work on pre-performance routines, self-talk, and emotional regulation, because pressure doesn't break champions—it reveals them.

What do you enjoy most about your lifestyle in Al Rehab?

I love the peaceful environment and strong sense of community. It's the kind of place where you can work hard, relax well, and always find people who share your values.

In your down time, where do you go to relax?

I enjoy spending time at Gateway Mall—it's a nice spot to grab a coffee, unwind, and do a bit of people-watching.

What sports do you practice for your own enjoyment?

Swimming is my personal passion. I've been a masters swimmer and finswimmer for years, competing nationally and internationally. The pool is where I recharge my body and mind.

How would you recommend life in Al Rehab to anyone thinking of moving there?

If you're looking for a safe, clean, and vibrant place to live—especially if you have a family—Al Rehab offers more than a home, it offers a lifestyle.



RASHEED SAEED EL MAHDY

Swimming for Gold



Making a name for himself in a competitive field, Rasheed Saeed El Mahdy may still be young, but it is clear that he has what it takes to win.

How long have you been living in Madinaty?

I have been living here since 2013, so about 12 years.

How old are you, and do you have brothers and sisters?

I am 15 years old; I have two sisters and one brother.

Tell us about your involvement in sport, and how you balance this with your studies.

I have tried many sports, but now I am a professional finswimmer.

I won the Best Swimmer Cup in the Cairo championship, and I have won 26 medals so far. I have been to 11 competitions in 3 seasons. I'm going to the CMAS World Cup in Abu Dhabi at the end of October. I balance my school and training by planning my day and organizing it. I give about 5 to 6 hours for studying each day, and in the other hours I train, eat, sleep, and pray.



I HAVE ALWAYS BEEN COMPETITIVE; BUT WHEN I LOSE, I HAVE TO ACCEPT IT AND WORK HARDER TO WIN AGAIN.

Where did you attend school, and what are your future plans?

I am now in a home-school programme named Excel, so I attend school from home. In my future, I plan on becoming a World Champion, and also excelling in my school and managing to enter a big university.



When did you first start swimming, and who has been your biggest support?

I started swimming in 2019, and then when coronavirus came, I stopped then returned in 2022, and I have been consistent over the last couple of years. My family has always been my biggest support. Also, my coaches and friends support me a lot.



Are you competitive by nature, and does this help to improve your skills?

I have always been competitive; but when I lose, I have to accept it and work harder to win again. I think this has helped me a lot, especially in my start in finswimming.

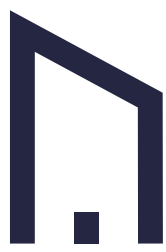
What makes Madinaty such a great environment to live in?

Madinaty Club is like my second home, because I train there every day. It has a great swimming pool, gym, and track where I train.

Where do you like to hang out with family and friends?

I hang out with my friends and family in many different places, but mostly in the Open Air Mall or Craft Zone.



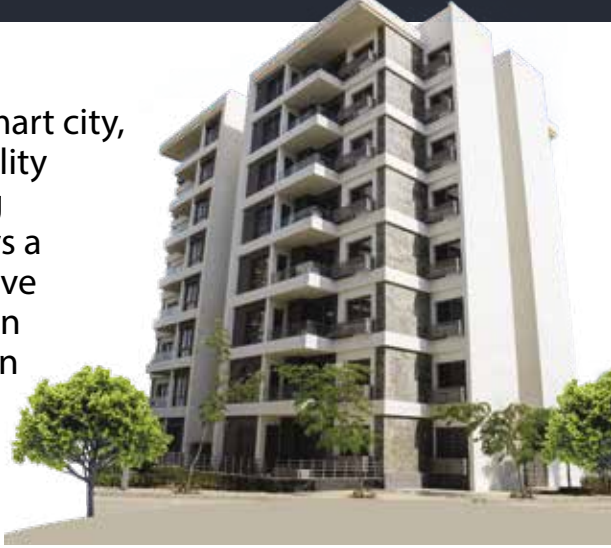


2026 USHERS IN A NEW FULL SMART CITY EXPERIENCE

Enriched by its diversity, and embracing a level of technical infrastructure that takes daily living to an unparalleled level with full smart city experiences, NOOR stands poised to welcome its first residents in 2026.

TICKING ALL THE BOXES

The first fully integrated smart city, with sustainable functionality based on forward-thinking technology, NOOR employs a unique vision and innovative approach. Implementing an infrastructure that has been meticulously designed to meet the needs of each and every resident, from newlyweds, growing families, and career-oriented singles, to retirees, NOOR offers an aspirational lifestyle within a green, leafy ambience.



From well-designed apartments starting from **76 sqm**, right through to spacious villas, starting from **195 sqm**

EVERYTHING YOU COULD DREAM OF

Residents will enjoy convenient access to essential services, excellent retail options, a 90-acre sports club, medical facilities, and smart transportation, alongside an unparalleled safety system, with 24/7 surveillance using CCTV cameras, well-distributed control rooms, and the latest in security systems.



CHIC LIFESTYLE UNITS IN DIFFERENT SIZES

An eco-friendly and green smart city, NOOR offers residential units fully equipped with smart home systems. They have been designed with more than one façade, maximizing sun, fresh air, and the surrounding views, over stunning green areas and pathways where cycling, walking, and running can be a part of a daily fitness and well-being routine. From well-designed apartments starting from 76 sqm, right through to spacious villas, starting from 195 sqm, each home has been planned for living life to its fullest potential.

SO WELL CONNECTED

5G-enabled, NOOR also enjoys city-wide Wi-Fi coverage, along with NOOR Smart City App, where 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 breeze. Remote home monitoring, using smart cameras and sensors, allows residents to check for intrusions, smoke, leaks, or other emergencies, with alerts and notifications being promptly sent to the user's mobile device.



PRESS THE BUTTON, FLIP THE SWITCH



Environmentally managed surroundings are accentuated by smart automated lighting systems that allow remote control of lights through automation using timers or motion sensors. Implementing 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, there is a world of comfort and reduced utility bills.

HOP ON THE EV BUS

NOOR has implemented a full fleet of smart transportation options with EV buses and cars. Intelligent road planning meets the most stringent safety standards and the allocation of separate lanes for passenger vehicles, buses, and electric vehicles ensures a high level of driving safety. A plus, conveniently located EV Charging Stations are easily accessible to encourage environmentally friendly transportation options.



LA CANTINE BEACH RESIDENCES

SOUTHMED EGYPT

Coastal Living, Reimagined



Vibrant, eclectic, and designed for the young, the bold, and those chasing an endless summer, the stunning spaces of La Cantine Beach Residences encapsulate the dream. The sublime SouthMED location is setting trends that others can only try to follow by melding the best of today's design aesthetics, innovative technology, and the pristine beauty of the Southern Mediterranean coastline.



La Cantine Beach Residences blends modern architecture, social energy, and effortless coastal living in two distinct residential experiences, with tranquil Lagoon Chalets enjoying direct water views and elevated Marina Apartments overlooking the sea.



The masterplan places every home to be seamlessly connected, yet peacefully secluded, a few steps away from water, greenery, and cultural, social, and recreational lifestyle amenities. With the creative flair of Rikas, renowned for shaping some of the region's most vibrant dining and lifestyle destinations, the community is infused with a cosmopolitan energy that transforms everyday living into a dynamic, authentic coastal escape.



This thoughtfully crafted layout ensures an easy flow between residential comfort, curated experiences, and the signature spirit of La Cantine.

Your Privado Experience, Smarter with

TMG Life®

Discover the Power of TMG Life App – Designed for You

Welcome to a new era of convenience, security, and connection. Life in Privado, Madinaty's most exclusive gated community, just became smarter with the TMG Life App—a one-stop platform that transforms the way you live, explore, and manage your everyday needs.

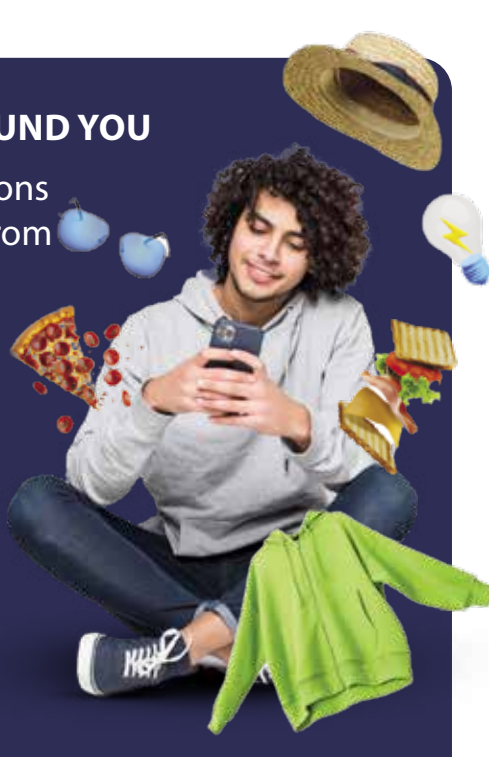


This isn't just another app. It's your lifestyle companion, built to make every moment easier, every task faster, and every service closer than ever before. Whether it's finding the perfect restaurant, staying updated with real-time announcements, or accessing Privado-exclusive services, the TMG Life App brings your entire community into the palm of your hand.

Here's what makes this app an essential part of your daily life:

DISCOVER THE BEST AROUND YOU

Explore over 2,500 destinations across TMG Communities. From fine dining to quick bites, essential supermarkets, premium gyms to trusted medical clinics—you'll find everything you need in seconds. And it doesn't stop there: view exact locations, opening hours, menus, websites, social media links, and even exclusive offers, all in one place.



RECHARGE ELECTRICITY IN ONE TAP

No more queues or complicated steps—simply recharge your electricity balance using NFC technology directly through the app. Quick, easy, and secure.



DIRECT ACCESS TO CITY HALLS

Submit requests, report issues, or get assistance—direct communication with your City Hall is now faster and easier than ever.

ORION SERVICES AT YOUR FINGERTIPS

Need home cleaning, AC maintenance, or other essential home services? Book instantly and track your service requests right from your phone.



ALWAYS STAY INFORMED

Never miss what matters. The app keeps you instantly updated with community news, important announcements, and real-time alerts. From maintenance schedules to exclusive updates—you're always in the know.



QR CODES FOR GATE ACCESS

Generate personal QR codes for yourself and your guests with just a few taps, ensuring secure, hassle-free entry every time.



EXCLUSIVE FEATURES FOR PRIVADO REGISTERED USERS ONLY

Because you are part of Privado, you get premium features designed exclusively for your community:



AUTOMATIC CAR PLATE RECOGNITION

Add your car plate numbers in the app and enjoy seamless access at Privado gates. No need to stop or wait—your entry will be faster and smoother than ever.



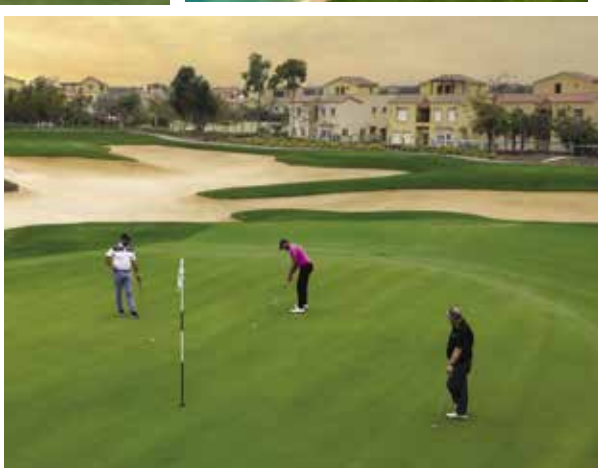
ADDING YOUR CAR PLATE

1. Open TMG Life App
2. Fully register on the App (Add your unit information)
3. Tap More from the home page
4. Select Requests & Complaints
5. Choose Request
6. Fill the required information
7. From the dropdown list, select License Plate Number
8. Add car and license details
9. Click Submit

Globally Ranked



Think golf, and words like skill, determination, excellence, and professionalism spring to mind. The game has a foothold in many countries, serving both local players and visitors who get to enjoy new challenges, stunning vistas, and the luxurious amenities of designer links and clubhouses.



Madinaty Golf Club offers a full-service premier golf destination with the spectacular Robert Trent Jones JR. 18-hole golf course and 18-hole footgolf course located in the heart of Madinaty. Managed by Troon, the world's leader in club management, it focuses on creating extraordinary experiences by delivering superior service, amenities, playing surfaces, and exquisite dining. With its welcoming atmosphere and friendly staff, members and guests are treated to an unforgettable world-class experience both on and off the golf course. The spacious clubhouse offers multiple restaurants, swimming pools, a panoramic gym, spa, and a multi-purpose terrace designed uniquely to accommodate your social events.



Members and guests are treated to an unforgettable world-class experience both on and off the golf course.



Awarded Egypt's Best Golf Course for 2021, 2022, 2023, and 2024, Madinaty Golf Club is set against an idyllic background of greenery, with a range of amenities and attractions for everyone. MGC has also launched a new golf academy dedicated to young players aged between 6 and 17 years, ensuring Egypt will be high on the golfing radar for years to come.

MGC regularly plays host to leading regional and world events, with fixtures like Pan Arab Junior & Ladies Golf Championship, held in May 2025, part of the Arab Golf Federation's calendar, the MENA TOUR Egyptian Swing (2023), and the International Series Egypt (2022). The MGC Amateur Open is hosted yearly by Madinaty Golf Club under the Egyptian Golf Federation (EGF), and is a major event that attracts a large audience.



This year, Madinaty Golf Club has qualified for three illustrious industry award categories: The World's Best Golf Clubhouse, Africa's Best Golf Course, and Egypt's Best Golf Course. Vying for top position against renowned courses from across the globe, MGC aims to retain its standing as Egypt's Best Golf Course, and hopes to capture recognition in the other two awards.



Madinaty Golf Club is set against an idyllic background of greenery, with a range of amenities and attractions for everyone.



EAST HUB

MADINATY

NOW OPEN

More Than a Mall, IT'S YOUR HUB!



TMG



East Hub Madinaty



East Hub

PRIVADO

Club Hits the Mark



Open and ready

to welcome you after your summer vacation, **Privado Club** boasts some of the most exciting sporting facilities around. Polish your serve at **Vamos Premium Academy**, where tennis is taken to a professional level, or keep your eye on the ball at **S.M. – S.P Academy** where you can join the ranks of squash champions in the making.



Packed with high-end amenities, and geared to creating an invigorating sporting experience



Enjoy team spirit with **handball at Strike 7 Academy**, **volleyball at Spikers Academy**, or **basketball at Unity Academy**. And **Liverpool Academy** continues to

coach tomorrow's football stars, starting from their early years.

Top-notch facilities include two squash courts, a handball court, a

football field, a basketball court, a

volleyball court and four

tennis courts.



Packed with high-end amenities, and geared to creating an invigorating sporting experience, **Privado Club** also caters for relaxation and wellness pursuits, making it a hub for all the family.



GET YOUR SKATES ON

Graceful, exciting, and loads of fun, skating is a sport that anyone can embrace. On Skate was founded in 2022 by Coach Adham Mahmoud Abu Al-Ela, an award-winning Egyptian athlete who has gained recognition on the international scene.



On Skate participates in all the Egyptian Skating Federation championships and always achieves impressive results, showcasing their professional level of skill. Managed by Coach Boosi Mohamed, the academy operates in Al Rehab Club on Saturdays and Tuesdays from 7 to 8 pm in the summer, and offers inline roller skating, with professional lessons available for all levels, from beginners to advanced.

Age really is no barrier; you just need a reasonable level of physical fitness. Lessons are available for all

ages starting from 3.5 years old. A bonus, roller skating improves balance, coordination, cardiovascular health, muscle strength, and overall mental well-being while being a fun social activity. Of course, as with any sport, there may be an element of risk, so On Skate strictly follows safety standards, including the use of helmets and protective gear.

A great way to meet people and make new friends, On Skate provides trial classes, private and group sessions, as well as organizing community events and competitions to motivate the skaters. Add some new excitement to your life!

Tel: 010 103 45165

www.onskate-eg.com

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

LET'S PLAY SKATE



Celia Club Is Ready for You



Nestled inside Celia, one of Cairo New Capital City's most desirable locations, the sole residential compound located in the heart of the Green River, Celia Club boasts top-notch facilities that promise to cater to your well-being and sports pursuits. With cooler temperatures here, there is no excuse to delay in making the most of the fantastic ambiance and facilities.



Looking at the needs of all age groups and lifestyles, you can enjoy a recreational pool, and a training pool. There is a large football field surrounded by a walking and jogging track, alongside three tennis courts, two basketball courts, two volleyball courts, and a handball court.



With squash a popular sport, it is no surprise to find four squash courts in place, ready to support the training of up-and-coming champions. Adding to the high-end amenities, there is also a state-of-the-art gym. Two sports halls and an administrative and sports building round out the impressive club.

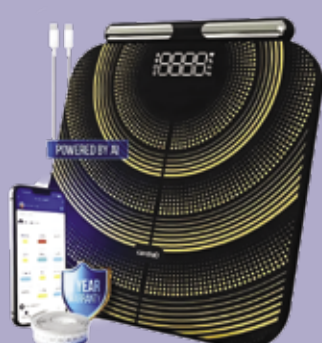
In line with TMG's commitment to supporting the health and wellness of its residential communities, Celia Club sets a new standard for recreational pursuits and leisure, created for you!



Track, Support, Heal

cardoO Scale PRO

cardoO Scale Pro is a user-friendly body composition analyzer designed to provide advanced health metrics for professional use. It measures 28 key body parameters, making it ideal for athletes who want to track their progress at home.



Apple Watch Ultra 2 Cellular

The Ultra 2 is a great pick for water sports enthusiasts, hikers, and other outdoor adventurers. It has Precision Dual-Frequency GPS, Emergency SOS, and is 100m Water Resistant, along with Apple Health features like HR tracking, ECG readings, and Blood Oxygen levels.

Oura Ring 4

Oura features automatic heart rate monitoring, plus workout monitoring for over 40 activities. The Oura Ring 4 can detect changes in your stress stats and body temperature that may indicate an illness before you feel symptoms.



Lumen

Lumen is the world's first handheld metabolic coach, helping you improve your metabolic flexibility, and your body's efficiency in shifting between using fats and carbs. Get tailored guidance to improve your nutrition, exercise, sleep, and stress levels for a healthier you.

FORM Smart Swim 2 Goggles

Designed for triathletes and swimmers of all ages and abilities by sport scientists and former Olympic athletes, see heart rate, time, distance, pace, stroke rate, stroke count, calories burned, and more.



MOVE+ Pro LED & Laser

The next generation of laser light technology, to help relieve joint pain and stimulate healing of damaged tissues. Laser therapy uses a concentrated beam of light that is focused on one specific area of the body to treat pain relief issues.

JOINFIT Vibrating Massage Ball

Enhance your Pre-workout and Recovery system with the ball's Low/Medium/Pulsating/High Vibration Modes at your choice. Ideal for warming up, circulation improvement and recovery of sore and tight muscles.



Phyya Rehab

For deep tissue massage, muscle relief, and cold therapy, with ease of use and effectiveness for conditions like plantar fasciitis and post-workout soreness.



Relationship Therapy with

Even the strongest relationships can meet the occasional speedbump. When stress and confusion build up it can help to have someone to chew things over with. But, for many in Egypt, it isn't easy to open up to a relative stranger, which sees an increasing number of couples turning to AI chatbots for help. Will AI become a new option in mental health support, or are there red flags to be taken on board?

The Pros

- In many ways, it's more accessible. Seeing a therapist can be expensive. ChatGPT doesn't have that problem.
- It can feel less scary.
- It can help you practice coping skills.
- It allows for roleplay. This can be particularly helpful for people who struggle with assertive communication, social anxiety, people-pleasing and relational trauma.
- ChatGPT is available 24/7.

The Cons

- ChatGPT lacks accountability, experience and ethical responsibility.
- It doesn't allow for human connection. Rebuilding safe, authentic, trusting relationships with genuine reciprocity is especially key for clients with trauma.
- It lacks emotional- and nervous system-attunement.
- Its tendency to over-validate can be dangerous. ChatGPT can miss red flags, misinterpret tone or offer advice that's dangerously oversimplified.



While having a non-judgmental, impersonal ear to pour things out to may seem an easy solution, actual therapists have voiced their concerns. According to the American Psychological Association (APA), therapy is the “remediation of physical, mental, or behavioral disorders or diseases.” AI isn't ready for that, and it is not suitable for anyone facing severe depression, suicidality, psychosis, or complex trauma. Do you want a real human connection? Or would you rather talk to a machine? Check out these popular bots, and see what works for you! www.wysa.com or www.youper.ai

See You at The Strip

Imagine seven whole kilometers of places to chill, shop, and hang out. Even better, it is just minutes from home, perfectly positioned on the edge of Madinat. The Strip is up-to-the-minute with worldwide retail trends and is buzzing with the latest looks, food adventures, and music.

Just right for a daily catch-up with friends, catch the morning breeze over sensational coffee and freshly baked pastries at spots like **Breadfast Coffee**, **Bean N Bun**, **Kimz**, or **Nude Bakery**. Need to stock up on household groceries and home essentials? Pop into **Mahmoud El Far** or **Seoudi** supermarket.



Keep strolling, find your dream car at **Abou Ghaly Motors**, your 'must-have' electronics at **Mobi**, and made-for-relaxing items at **2S Homewear**. Need a wardrobe refresh? You can find your own unique look at **Go Native** or **Frillu**. Don't forget to top it off with a manicure from **Vine Nail Spa** or **Mohamed Gaber**.



When it is time for a break from shopping, ease into a chair at **Maison de Thé**, or dive into some deliciousness at **Süss** or **Duck Donuts**. It would be a shame to spill the beans on all the amazing brands and hidden gems you will uncover at The Strip, so rather than spoil your fun, we will leave it to you to explore a world of restaurants, cafes, supermarkets, showrooms, pharmacies, banks, fashion, and electronics.



Evenings are a whole new vibe as The Strip gears up for tantalizing dining with all your favorite cuisines to choose from. Feeling carnivorous? Head for **Meat Moot**, or **Sizzlers**, or check out **Volos**, or **Farida** for menus to tempt you. For sushi lovers, a visit to **AMA Sushi** is an absolute must as well. Amp up the mood at the **354 Club**, and follow the music to see where the action is.



What makes The Strip your sort of place? The sturdy, stylish concept, the curbside design, and multi-level drive-thru points, the energy, and the curated selection of retail, entertainment, and food venues. This is your new hub, where life is now.





EASTCOURT



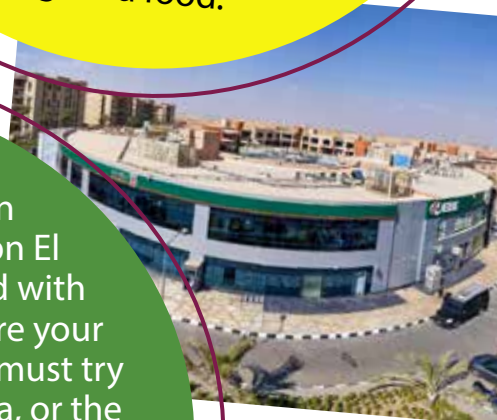
EASTCOURT

You will find East Court in the northeast of Al Rehab, just beside Gate 22. It consists of 59 stores, two floors covering a total of 8,596 sqm of GLA area. The place features water fountains, spots where you can watch your favorite team playing on huge screens, and spacious outdoor areas where you can enjoy your autumn nights. For convenience and safety, you can park your car underground with a surveillance camera.

East Court serves both Al Rehab residents and outsiders using Al Souk Al Sharqi entrance gate from Youssef Al Sebai axis.

East Court is becoming a fast favorite with Al Rehab residents with its diverse categories of cafes, restaurants, laboratories, banks, pharmacies, women's and men's beauty salons, gaming stores, kids' playground, seafood restaurants, international fast-food chains, Asian food, desserts, pizza, oriental, and grilled food.

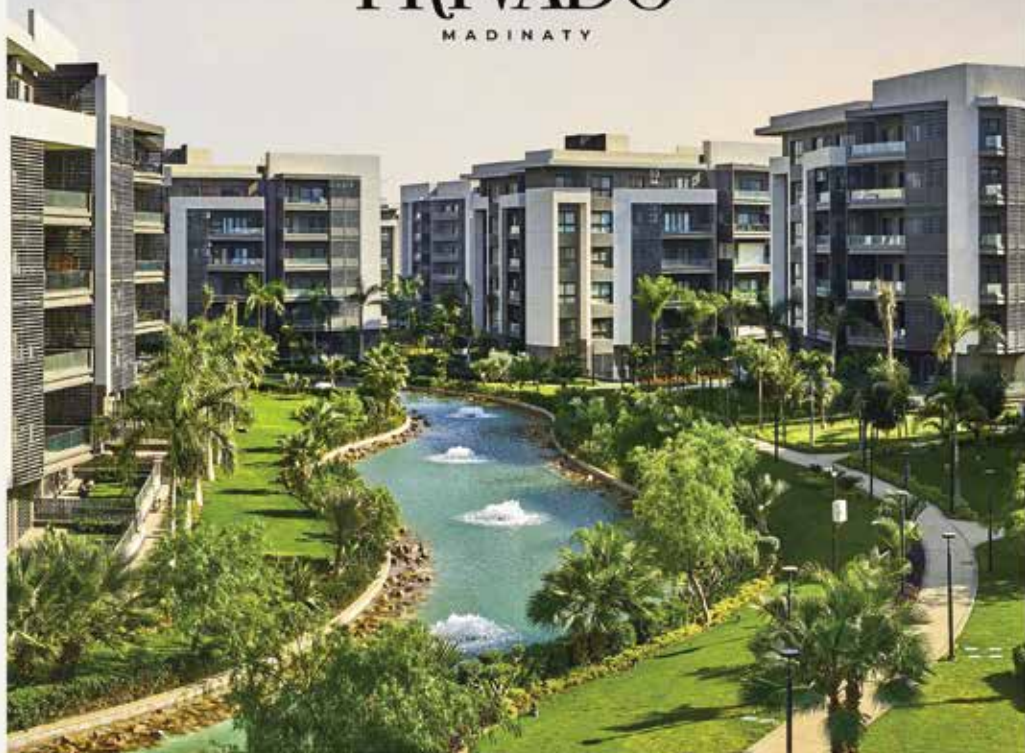
You shouldn't miss out on the best of Syrian cuisine, Ibn El Sham has a menu jam-packed with traditional specialties to capture your heart, and your taste buds. You must try the Hummus Chicken Shawarma, or the Mansaf Chicken on Charcoal, our personal favorites. Buzzing with atmosphere, East Court has ample shopping opportunities, with new stores opening on a regular basis. Have a relaxed wander around, you never know what you will discover.



DISCOVER THE WORLD WITHIN

PRIVADO

MADINATY



Step into Privado, an exclusive community in the heart of Madinaty, where elegance meets everyday living. This premium gated community redefines modern living in East Cairo with beautifully crafted apartment buildings that blend contemporary design with refined comfort.

From fine dining and upscale retail to world-class leisure and lifestyle amenities, Privado invites you to immerse yourself in a life of sophistication and ease. Every corner is thoughtfully designed to elevate your daily experience. Privado offers you a whole new world to discover!

PREMIUM-FINISHED APARTMENTS WITH VARIOUS SPACES STARTING FROM 83 SQM.



DOWNPAYMENT 2%
UP TO 13 Years
PAYMENT PLANS



TMG

Head Office: 34-36, Moussadak St., Dokki, Giza Hotline: 19691 | www.talaatmoustafa.com

“Discover” With TMG Life®

*When life gets busier, you need to live smarter.
And now, with TMG Life App, you can do just
that.*

The ultimate lifestyle companion designed exclusively for TMG Communities is packed with features and services, making life easier and more connected than ever. TMG Life App is more than just a guide; it's your single app that connects you to everything your city has to offer.

The Discover feature transforms the way you navigate your city. No more endless scrolling or asking for directions, simply tap, search, and find exactly what you need in seconds. Get precise locations, operating hours, websites, menus, social media links, and even exclusive offers, all in one place.

From access points to getting around, and the latest updated information on over 2,500 destinations, including retail stores, restaurants, cafes, gyms,

clinics, pharmacies, beauty salons, supermarkets, and essential services, it just takes a simple tap of your finger. Feeling peckish? Check the list of trending cafes.

Need medical attention? Find trusted doctors, search for clinics, or locate the nearest pharmacy when you need it most. All of your lifestyle needs have been considered, from wellness and sports to shopping, entertainment, and dining. TMG Life App can even seek out hidden gems for you to enjoy, adding to the rich experience of life in our communities and creating a seamless living experience.

Importantly, the app keeps evolving, introducing new features and exciting updates to bring you even more convenience every single day. But it's not just about convenience; it's about enhancing your lifestyle. TMG, the visionary behind Egypt's most vibrant communities, created this app to make your life easier, richer, and more connected than ever before. So why wait? Discover your city, and live the lifestyle you deserve—all in one tap. Download TMG Life App today, register, and step into a smarter way of living.

MORE THAN
2,500
DESTINATIONS



90k+
USERS

**DOWNLOAD
THE APP NOW!**



Download on the
App Store



GET IT ON
Google Play



Madinaty Brings

GATE 6

for Improved Access

A landmark project, Madinaty incorporates the best elements of environmentally friendly cities, and seamlessly meets the essentials for a quality lifestyle. By blending cutting-edge infrastructure with the utilization of multiple smart systems and sustainable green features, Madinaty integrates all the services and facilities needed for a balanced, fulfilling lifestyle, including sports and social clubs, medical and educational services, commercial and entertainment facilities and amenities to cover day-to-day needs.

Pursuing continuous expansion and development, in line with TMG's vision, Madinaty takes pride in its seamless circulation and traffic system, along with well-positioned access points. The new addition of Gate 6, located next to some of Madinaty's iconic malls and hubs, will expedite the day-to-day lives of both residents and visitors. Gate 6 opens directly onto Al Amal Axis, making entry and exit easier and faster, whether heading to the New Administrative Capital, or returning to the Fifth Settlement and Cairo.



All Seasons Park



Osama Bin Zaid Mosque



Craft Zone



Al Amal Axis

Sahel Lights Up In *SouthMED.* EGYPT with Amr Diab



Kyma Beach surged with excitement and pulsating energy on August 16th, as the incomparable Amr Diab took the stage, setting the night ablaze with an unforgettable performance, signaling the opening of SouthMED's Experience Centre and the launch of the much-awaited "La Cantine Beach Residences."



With the beats vibrating from 3pm until late, the country's business and cultural elite rocked to non-stop favorites from DJ Adham Dou and crowd-pleasing band STZ.

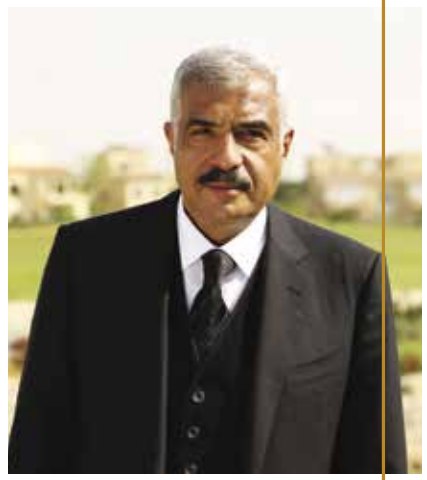


Capturing the *joie de vivre* and summertime vibe of the new trendsetting destination, the evening offered a dazzling glimpse of life in the most desirable spot on the South Mediterranean coast.

Forbes

Middle East Honours

Hisham Talaat Moustafa



Hisham Talaat Moustafa, the CEO and Managing Director of Talaat Moustafa Group (TMG) Holding, has once again been named the top Egyptian leader in Forbes Middle East's 2025 ranking of the Most Powerful Tourism and Travel Leaders. For the fourth consecutive year, he has secured a spot among the region's most influential figures in the sector, climbing three places to land at number 12.



Forbes based its selection on Hisham Talaat Moustafa's more than 40 years of experience leading the Talaat Moustafa Group. The group currently operates over 5,000 hotel rooms across 11 hotels, with another five hotels under development. Their expansive land portfolio covers 125.9 million square meters in Egypt, Saudi Arabia, Oman, and Iraq.

The group currently operates over 5,000 hotel rooms across 11 hotels, with another five hotels under development.



Hisham Talaat Moustafa has been a driving force behind a major transformation in the Egyptian tourism sector. By partnering with global brands such as Four Seasons and Kempinski, Hisham Talaat Moustafa has also elevated Egypt's hospitality standards. This has raised the average price of a hotel stay and successfully attracted a new segment of high-spending tourists, helping to redefine the luxury tourism market and position Egypt as a premier destination in the region.





TMG
ACADEMY

Career Opportunities and a Bright Future



A vital part of TMG's commitment to the youth of the community, the annual internship programme takes place each year. During the TMG 2025 Internship Celebration, we had the opportunity to speak with Mostafa Abdrabou, Senior Manager of Learning & Development at TMG. He shared valuable insights into the company's commitment to empowering university students and highlighted the various career opportunities TMG is providing for residents of Madinaty and Al Rehab.



"This year, we were able to offer 1,642 internship opportunities from nearly 42,000 applicants. TMG is keen to preserve its social responsibility. We play an important role as CSR. Therefore, we were successful in offering a large number of opportunities for university students to qualify them for the job market by reinforcing them with career and life skills as well. One of the opportunities we offer is our exclusive opportunity for TMG residents. This year, we succeeded in offering 177 opportunities for Madinaty and Al Rehab students, and this strengthens the ties between us and the residents and helps them understand the business better, consequently filling the gap in the job market between their work life and the job market."



One of the great things about TMG is that we offer work opportunities for our interns after they graduate. So, with the interns who have performed well, we do in fact hire them at TMG. They live in Madinaty and Al Rehab, and work in Madinaty and Al Rehab. I always tell the students to ask the mentors as many questions as you can. The more you ask, the more knowledge and benefit you gain. I always advise students to implement every piece of information they learn and to reach the maximum benefit of the internship. The best way for people to stay updated about internship openings is to follow our social media pages, TMG Life as well as on Linked In, Facebook, Instagram."



**"This year, we were
able to offer 1,642
internship opportunities
from nearly 42,000
applicants."**

TMG Internship Closing Event

Excitement filled the air as interns proudly received their certificates, marking the culmination of a transformative journey. To gain deeper insight into their experiences, we spoke with several of them about their time at TMG, from collaborating with employees and learning from mentors, to applying their knowledge practically and stepping into a professional work environment for the very first time.



HANNAH AYMAN - 20 years

Computer Science, BUE, Third Year

I'm a Madinaty resident and this was my first ever internship. I chose to intern for two weeks in the Networks Department in the City Hall. Every day, two engineers would teach us everything about Madinaty and Al Rehab's networks. They would assign us videos to study, and then we would implement them on virtual machines to learn more through practical experiences. The mentors were very friendly and very helpful whenever we had any questions. Learning how the networks of all the Talaat Moustafa projects are connected was most interesting.



MARIAM AHMED TALAAT - 23 years

Finance and Accounting, Cairo University, Fresh Graduate

I interned for two weeks in the HR department. The mentors really were one of the things that made the experience much easier and lighter. The CV part was the most interesting, as I learned that they have criteria for choosing the right candidates, so always apply for jobs you think are suitable for you, and don't worry about the number of applicants. In the beginning, I would be scared while screening and responding to people, but I gained confidence. After taking the internship, I now know what I want to do, and I would like to continue working in this field.



AHMED SAMY - 21 years

Management, Zagazig University, Fourth Year

I interned in the HR department for 15 days. The experience was great, from the first day they received us. Mr. Azzam, the head of the HR Department welcomed us and began by introducing us to the vision of TMG. He taught us everything from HR planning to execute interviews. The part I liked the most was interviewing the applicants and problem-solving skills. I made friends in the HR department and also in other departments. Without a doubt, after I graduate, I would like to work at TMG.



ZIAD GAMAL MOSTAFA - 20 years

Accounting, Port Said University, Third Year

I interned in two departments, the Bank Management department in Madinaty, and then in the Customer Service department. Before the internship, I didn't have any experience in the job market or how things work. However, the work community is very different from the university. Honestly, TMG offers this great chance for you to learn and benefit from it. The crew was all very friendly, which made me want to extend my internship by two more weeks. The best thing about the internship was the team manager and the teamwork, and learning more things about Microsoft Excel and other computer-related things. If the two-week internship was this good, then I would love to work there forever.



ALAA MOHAMED HARBY - 19 years

Public Relations, El Shorouk Academy, Third Year

I interned in the Client Relationship Management department with Mr. Ziad El Shazly for two weeks. I benefited a lot from my internship. Mr. Ziad shared his experience with us about his career, and also Aya was very friendly and supportive, which made the internship easy. I gained communication skills and time management skills, as well as learning to support my teammates. This was my first internship ever but I made friends during the internship, and I'm interested in working at TMG after I graduate.



YOUSSEF EL FOULY - 19 years**Mechanical Engineering, University of Hertfordshire, Second Year**

I interned in the mechatronics engineering department. Actually, the internship was very nice, and the engineers were very helpful. The internship was more focused on electrical engineering and even though that's not my focus as a mechanical engineer, it was the most interesting thing I learnt about, and I had good feedback on the infrastructure of any electrical building and circuit. Also, theoretically, we learnt a lot of things about the engineers themselves, the projects and lifestyle, as well as the work opportunities after graduation.

**AHMED AMR - 20 years****Mechanical Engineering, University of Hertfordshire, Fresh Graduate**

I interned in the mechanical engineering department. The internship experience was very nice, I gained a lot of experience and benefited from the project management part. Eng. Salah was the best mentor. This is my second internship and it would be my honor to work at TMG after I graduate.

**MARIAM TAMER - 19 years****Business Studies, Future University**

I interned in the HR department for two weeks. It was a very good experience. I benefited a lot and learned many things about HR, and I realized that it's a big department and has a lot of details. I understood how things work in this department and gained the experience needed to work in HR. The mentors were very friendly and supportive, and answered all my questions. It was a great experience. I think I would like to work in TMG after I graduate.

**IBRAHIM YOUSSEF - 21 years****Mechanical Engineering and Mechatronics, University of Hertfordshire, Fourth Year**

I interned in the mechatronics engineering department. We took a theoretical part and a practical part, and both were great. The most interesting thing I learnt theoretically was how the contracting system works and corporate tenders. In the practical field, I liked the part where we learnt about the electrical transformers, as well as the fire extinguishing systems. My mentor was Engineer Omar, who explained everything very well and was very interactive. I applied to this internship alone, but I met people I knew in the 15-day internship. One of my friends' dads works at TMG, and he told me the work there is really good and the experience is nice.

**MARIAM HANY - 20 years****Business English Section, Ain Shams University, Third Year**

I interned in the HR department in the club sector at Al Rehab Club. I gained an extraordinary experience in HR during this internship. We sat with four HR employees, and each of them taught us something different about their department. I gained an experience like no other. My favourite and the most interesting part was the recruitment. I loved it. I felt like if I worked in HR, I would definitely be in the recruitment department.



EMAN REDA - 21 years**BIS, TUH, Third Year**

I interned in the HR department at Al Rehab Club. Beginning with the orientation session, it was very exciting because we got to know new things about TMG. I never took an HR internship that taught me this much. We learnt a lot about interacting with other employees, what they need, what to do in every situation, and we got to know all the HR team. I have worked full-time before, for 6 months and then I stopped because of university. I wish to work at TMG after I graduate.

**NASHWA KAMEL - 21 years****Applied Arts, GUC Fourth Year**

I interned in the Execution Management Department. We visited the sites several times and saw all the steps, from the concrete to the finishing. They also taught us a part about management because it's a fundamental aspect of our lives, not just in projects. The mentors benefited us in different aspects to the point that it influenced me in my life decisions. This is the second internship for me at TMG. When I interned for the second time I remembered things that I had forgotten, and I became better and better. My internship was 2 weeks long. Honestly, it was a great experience, and I would like to work at TMG after I graduate.

**JALA HAZEM - 20 years****Mass Communication, Cairo University, Third Year**

I'm an Al Rehab resident and I interned in the Marketing Department. I finished the first two weeks of my internship in Madinaty, and then went to the Communities Marketing Department in Al Rehab. I benefited a lot from this internship because I got to know about marketing, starting from the basics to everything in marketing step-by-step, exactly, so it was a great experience. Photography was the thing I gained a lot of knowledge about, especially since I really like it. This is my first internship.

**MARIAM HASSAN SADEK - 21 years****Commerce English, Ain Shams University, Fourth Year**

I interned in the Marketing Department. I learned from my team how to face the problems at hand and generate new ideas as well as new programs. The most interesting thing I learnt was about interacting with people and finding out their needs, and how we can fulfill them. The mentors were very skilled and helpful, and I learnt a lot from them. I applied to this first internship alone, but I got to know people there and made a friend. I would definitely like to work at TMG after I graduate.

**OMAR MOHAMED - 22 years****Computer Science, Ain Shams University, Fresh Graduate**

I'm a Madinaty resident. I interned at the IT Networks department, and the mentors were very nice. The internship experience was very new to me, there was a lot of technical learning, and we saw the servers and how they are connected to a company. The CCNA was the most interesting thing I learnt about. One of my friends interned at TMG last year, so he recommended that I intern at TMG as well. I would love to work at TMG after I graduate if there is a chance, of course.

**MERNA AHMED****Fine Arts, Architecture, Egyptian Russian University, Fourth Year**

I'm a Madinaty resident and I interned in the Architecture Department. The first week was in the office, and the second week was spent visiting sites. The engineers were very friendly and they gave us a lot of information. It was awesome! On sites, I benefited a lot more than in the office. I learnt how to communicate with laborers. The mentors were really helpful, and the fellow students were eager to learn, so that made it all the more interesting. I would like to work at TMG after I graduate, especially because they really teach you a lot.

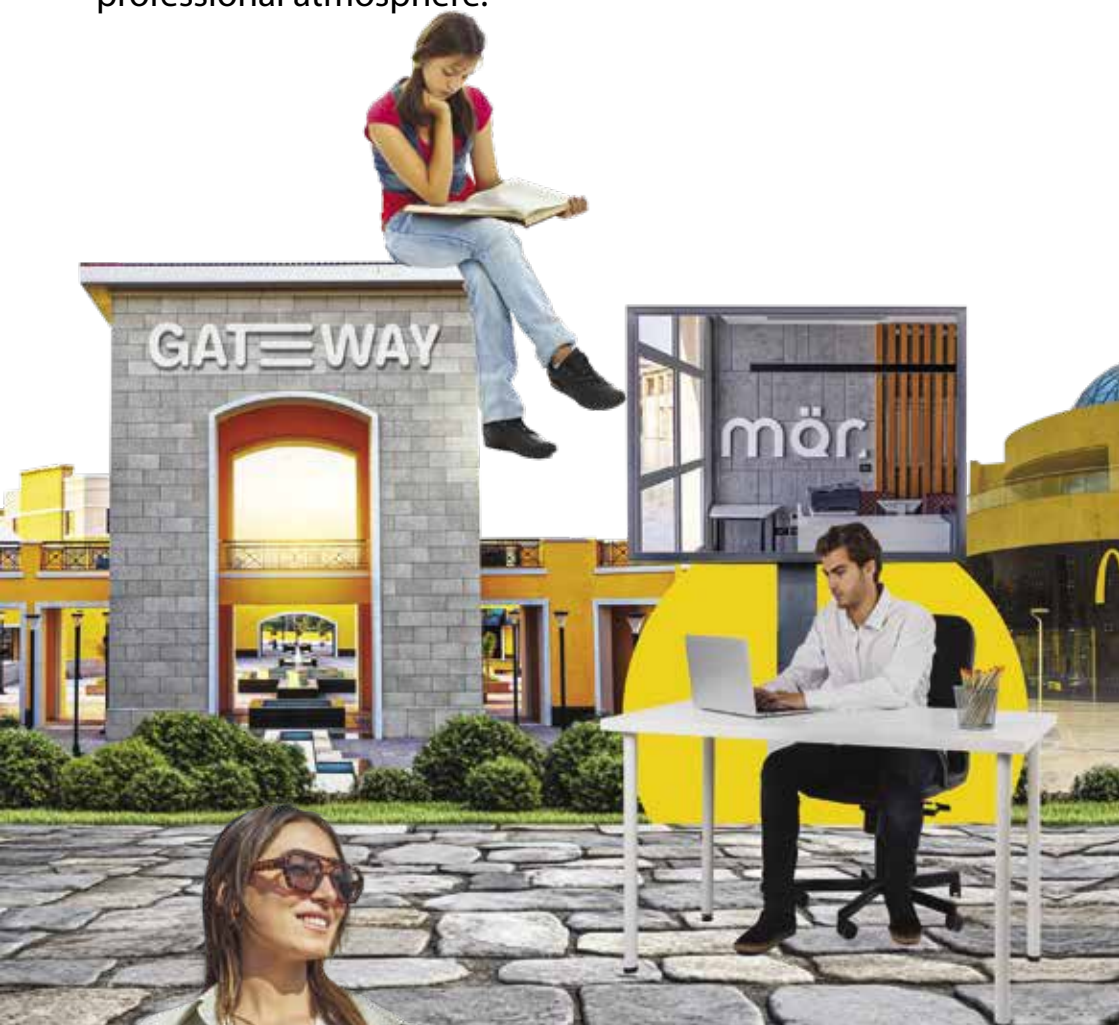


YOUR STUDY SPOT HITLIST

Nothing unlocks and energizes those little grey cells more than a great coffee, with something to munch on, and great company, of course. Grab your friends, a healthy appetite, and a study plan, and head on down to any of our favourite spots to cram in a few hours brainwork. Kick off your day with a fresh brew, an open notebook, and a landscape that inspires. With pure, clean air and golden light, each sip of coffee becomes the spark for a morning of pure focus and productivity.

Gateway Mall has an amazing range of locations that make study spots you will find hard to tear yourself away from. Mornings here are more than a routine—they're a ritual. Freshly baked pastries made from the finest ingredients, a golden, foamy cappuccino, and a view that's impossible to ignore. **Tino & Friends** doesn't just pour a brilliant cup of coffee, their bakery items are a must try. We love their croissants, and you will, too.

Gateway Mall also has the best-ever co-working space, **MQR**. Find an inspirational ambience, calm, and all the amenities you might want, handily located. Book an hour or two for your larger study group, and enjoy the privacy and professional atmosphere.

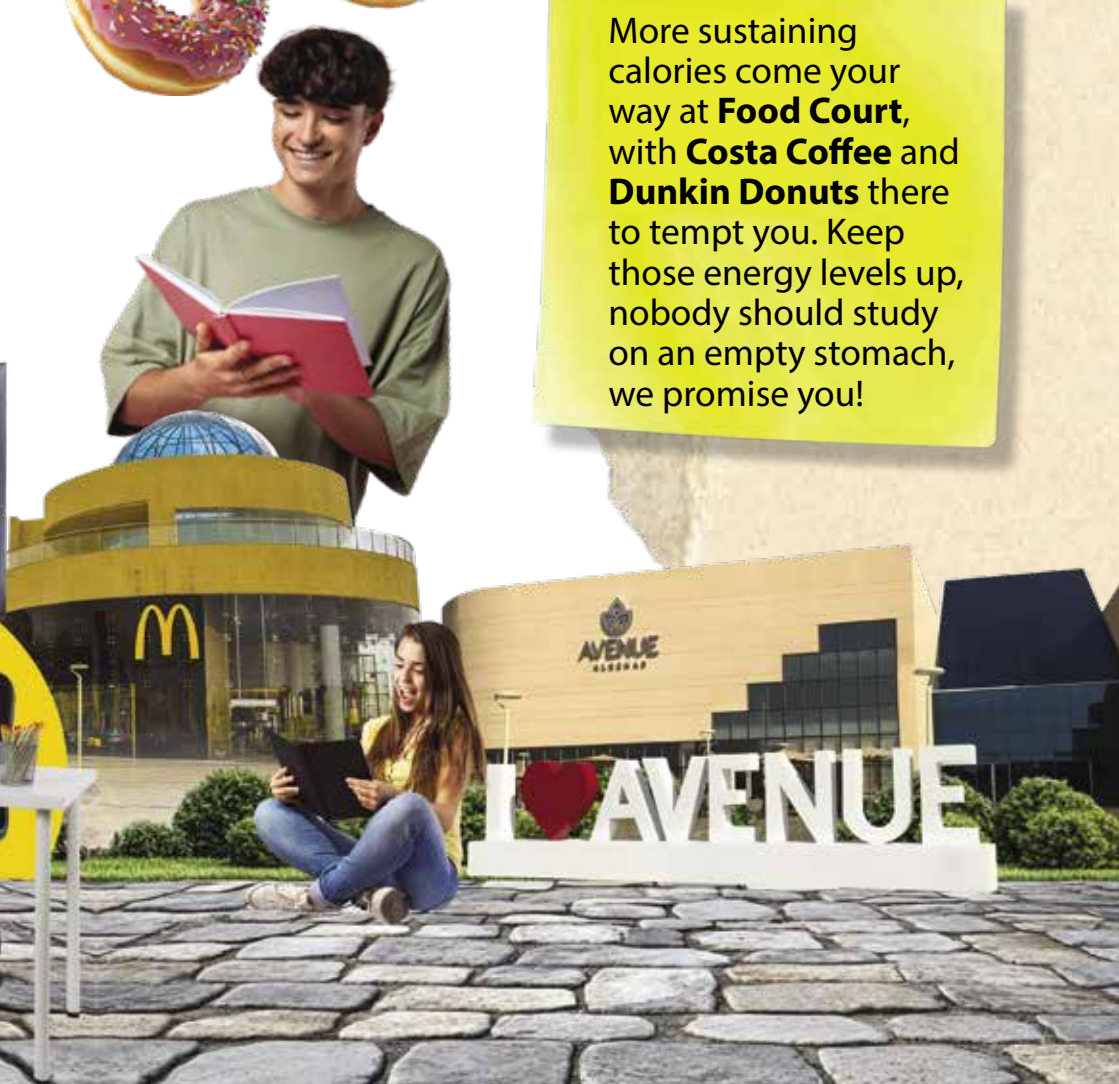


If **Avenue Mall** is your 'go to' spot, you will find **Starbucks**, **Espresso Lab**, and **Second Cup**, where the menu also offers loads of shakes, smoothies, juices, and goodies to beat any hunger pangs that you work up.

Starbucks doesn't need any introduction when it's time for a caffeine refuel! Coffee connoisseurs will also be right at home in **Espresso Lab**, and **Vasko** is the place to discover the alchemy behind the perfect cup. **Seelaz** is another good place to stock up for all types of coffee, take time to browse, there are options galore.



More sustaining calories come your way at **Food Court**, with **Costa Coffee** and **Dunkin Donuts** there to tempt you. Keep those energy levels up, nobody should study on an empty stomach, we promise you!



TECHNICAL INSTITUTE VS ACADEMIC DEGREE



Historically, undergraduates would head towards a degree that would equip them for a career in teaching, engineering, architecture, medicine, law, or business administration, whereas technical institutes are specialized, career-focused institutions that provide students with training in a specific field. This takes less time, and can be a lot more affordable. But now, with AI and advanced technology taking over tasks in virtually every field, it could be time for a rethink.

A SURGE IN TECHNICAL STUDIES

The landscape is changing, as Egypt attracts an increasing amount of both local and foreign investment into its manufacturing and technology domains. The country now has 30k students in existing tech universities, compared to 15k last year. The government will also establish five applied technology schools specialized in pharma and healthcare under a new cooperation protocol. They will offer dual certifications combining local technical diplomas and international training credentials. The government has received three offers to open private tech universities, in addition to El Sewedy University of Technology, and Saxony Egypt University (SEU).

CAREER OPPORTUNITIES

In terms of employability, technical school graduates often land jobs faster since they already have the knowledge and skills required by most employers. The state's plan includes establishing a technological university in every governorate in Egypt, in addition to establishing private tech universities, and involves linking them with industrial zones.

Learn more about your options:

www.tvetegypt.org/tvet
www.nucamp.co

www.gaf.edu.eg
<https://sut.edu.eg>
<https://seu.edu.eg>

MERGING ACADEMIA AND TECH

Leading universities like Cairo University, American University in Cairo, and Ain Shams University have started to focus on AI, cybersecurity, and data science, with international partnerships enriching programs. These institutions offer top-notch facilities and industry connections, preparing students for careers in high-demand tech fields.

THE TAKEAWAY

Any field now calls for an increased understanding of the way emerging tech has impacted our daily lives, in the way we study, the way we work, and the way we manage our careers. Before committing to a degree or diploma course, ask yourself these important questions:

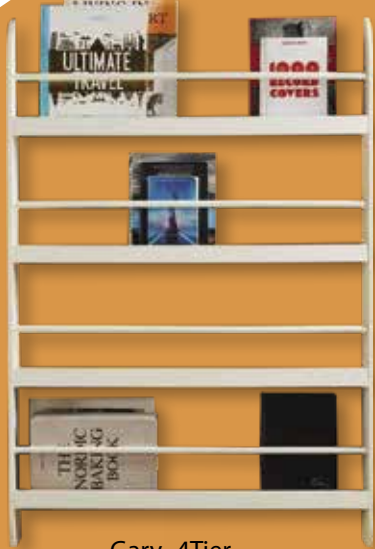
Will this course of study support my choice of career?

Does it cover the level of technical knowledge I will need to stay abreast of changes and innovations?

Does it meet the academic criteria I am looking for?

Am I willing to sacrifice a full university degree for a technical diploma that will ensure finding employment?

Time to STUDY



Gary -4Tier
Bookcase -
HOMECENTRE

Getting back to work mode should be a breeze with a quick refresh of your study area. A practical desk, comfortable seating options, ample storage, task-suited lighting, and even some plants to add freshness!

Children's Desk
Chair with Pad -
IKEA



EM-ENERGY Book Case - **HUB FURNITURE**



Tiffany Desk
- **KABBANI FURNITURE**



Hive Puff - **SMART FURNITURE**



Desktop Shelf - **IKEA**



Snowy 120
Desk - **SMART FURNITURE**



Bean Bag - **CHICHOMZ**

BRISK & BREW



There is something about these cooler autumn days that brings out our appetite in force. We wake up with cravings for all our favourite goodies, and by lunchtime we are ready for more. Then dinners with friends are just what we need before crawling home to bed. The good news is that Brisk & Brew has real food for real people. It is as if they can read your mind.



Breakfast is the most important meal of the day, it is said. So we would feel no shame in wolfing down a selection of fresh-from-the-oven pastries, after demolishing one of the amazing omelettes. We get stumped just trying to choose which filling tempts us the most. And a side of pancakes with a choice of syrups and toppings never goes amiss.

Our tip, go for the classic maple syrup and butter. A decent coffee is essential to top it off, and we love the B&B Special French Press. There are oodles of other items on the breakfast menu, with smoked salmon a star as well, so everyone should be happy.

If you can't make it for breakfast, there is always lunchtime. Again, you have a huge menu to choose from. The soups

come served inside a crusty home-baked loaf, and are really a meal in themselves. But we would

leave space for the Brisk & Brew Fiesta, a glorious mix of their tantalizing starters. Of course, you will find an array of burgers, pasta dishes, and amazing fried chicken, served with

mashed potatoes and gravy, of course. Looking for a lighter snack?

The sandwiches and salads are so generous and satisfying that they are a challenge to finish, but hey, we are not complaining. Could life get any better?

Yes, we say, any time we pop in for dinner with family or friends. The grilled chicken options vie for our attention, but the selection of high-quality steaks competes temptingly. The sides are unmissable, making each meal a feast to remember. If you have a little corner left for dessert, like us, you may be torn between the San Sebastian Cheesecake and the Fudgy Chocolate Cake. Our suggestion? Get both, and share. Washed down with fresh juices, smoothies, or a cracking mocktail, any meal at Brisk & Brew becomes an occasion, so try them soon.

Address: Open Air Mall - Madinaty Building A

Tel: 0110 335 1688 – 0110 335 1699

Hours: 9am to 12am



Time for Lunch

Getting back to work and to the classroom means one important thing. Tasty, nutritious, and exciting bento lunch boxes to explore. Try to include the main food groups: protein, salad items, fruit and carbs. If you are short on inspiration, read on!



Lunchbox #1

Red Pepper Hummus
Cucumber Sticks
Arabic Bread
Grapes
Apple and Date Cake



Lunchbox #2

Egg Mayonnaise
German Bread
Mixed Salad
Apple
Chocolate Muffin



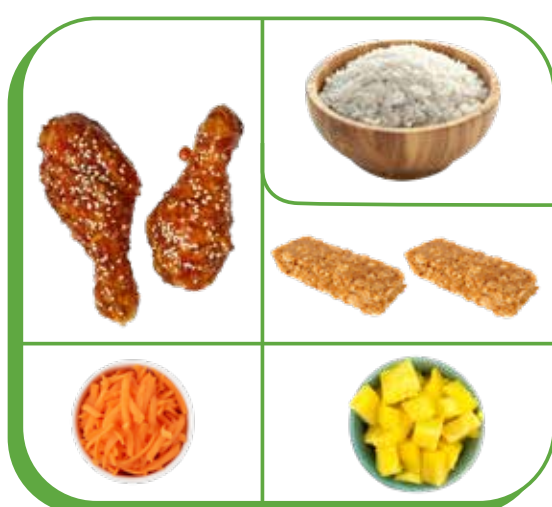
Lunchbox #3

Savoury Meatballs
Potato Salad
Tomato Slices
Focaccia
Chocolate Chip Cookies



Lunchbox #4

Soy Glazed Chicken
Jasmine Rice
Shredded Carrot with Dressing
Pineapple Chunks
Oatmeal Slice



Ginger Soy Chicken



Ingredients

- 1/4 cup brown sugar
- 3 tablespoons soy sauce
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- Freshly ground pepper
- 2 tablespoons cooking oil
- 3 boneless, skinless chicken thighs, cut into small chunks
- 1 green onion, sliced
- 1 teaspoon sesame seeds

Preparation

Marinate chicken overnight in sugar, garlic, soy sauce, ginger, pepper, and half of the cooking oil. In the morning, cook the chicken evenly in a heavy-bottomed pan in the remaining oil. When done, pour the marinade into the pan and reduce it to a sticky mixture. Pour over the chicken and garnish with green onion and sesame seeds. .

Pick a Study Buddy

It can get a bit lonely tackling hours of study all by yourself, but the good news is that having a pet nearby can actually help.



CAT POWER

Did you know that a cat's purr resonates at a level that promotes wellbeing and even wound and bone healing in humans? By lowering stress and triggering the body's relaxation response, purring promotes a sense of calm and emotional balance. The soothing vibrations of a cat's purr can help regulate the autonomic nervous system, which controls involuntary bodily functions like heart rate and breathing. Just listen... The repetitive sound of a cat's purring has a calming, meditative quality that can reduce anxiety and promote mindfulness.



BUDGIE VS CANARY

A popular pet bird, the budgerigar — or budgie — is also one of the quietest, meaning that you will not be distracted or lose your concentration. His occasional chirp should remind you that he is cheering you on, and that you are not alone. Canaries on the other hand, love having an audience

and may go to great lengths to entertain you with their impressive singing, so maybe they are not the best choice.



FISHY FRIENDS

The gentle movement of fish in an aquarium has a calming effect on the human mind. Watching fish swim can reduce stress and anxiety levels, making it an excellent natural way to compose your thoughts and focus. Take a break when studying and absorb their soothing, meditative energy. It works!



DOGGIE COMPANIONS

Dogs have been proven to reduce stress, anxiety and depression, ease loneliness, encourage exercise, and improve your overall health.

When your mental focus starts to fog up, a brisk walk outside with your pooch can be a re-boot, bringing back your energy levels with a burst of oxygen. Fido will always listen to your study woes, and will loyally stay by your side until you are done.



By having the right pet to make your study time more productive and valuable, lessons will become a positive pleasure!

AUTUMN ACTIVITIES

It's bye to the beach, and hello to some adrenaline-boosting activities that the whole family can enjoy. Recharge your batteries, and call it a mini-cation!

KAYAK AND CANOEING

Enjoy the Nile in Cairo from a new perspective. Even better, learn about the many events that the club holds in different locations in Egypt. It is a great way to meet people and make new friends, and learn a new sport.

Facebook:
NileKayakClub



ROCK CLIMBING

A test of skill and endurance, you need a firm grip and nerves of steel to tackle the increasingly difficult stages on the wall, where routes are color-coded by difficulty. Concentration will be your friend, one careless slip and you are gone! Ascent Egypt is the First Egyptian climbing gym to register as a climbing academy with the Egyptian Sports and Youth Ministry, and it has a coffee shop and other amenities to make it a great day out.

www.ascentegypt.com



HORSE-RIDING

Saddle up and trot along. Two highly recommended equestrian centres provide lessons for all levels of experience, and will ensure you learn all aspects of riding and horse care.

Oxers Equestrian Centre
- New Cairo

Facebook: **oxerscenter**

Knights Ethics Academy

International Cairo Stadium,
Cairo, Egypt

Facebook: **knightsethics#**



SKY-DIVING

Coming up in October, the New Capital Tandem gives a thrilling experience of a lifetime. A jump off a plane from 13,000ft. You'll be attached to the USPA certified instructor, and he will handle everything so you don't need any previous training or experience. Just relax and enjoy the view. An edited video recorded by a hand camera with the instructor is included!

www.skydivepharaohs.com



FELUCCA PICNIC

Lazy cruising along the Nile is hard to beat. Café Felucca has set times and includes meal service, while you can make up your own picnic hamper and relax with friends and family on Roma Boats Felucca. Both are available from Maadi.

www.cafelluca.com

Roma Boats Felucca

Address: X742+Q7H, Maadi
Al Khabiri Ash Sharqayah,
Maadi Tel: 010 06411060



How to Manage Your Time



As you grow older, you will find that your daily schedule seems to get busier. So, why not set up some good time management skills from now?

There are some golden rules to master to make the days much easier.

- Learn to prioritize. That means, learn how to judge what things are extra important, or need urgent attention.
- Make a wall schedule and pencil in things that you must do on a regular basis, and the time they take place. That could be sports practice, or extra coaching, or lessons.
- If you have household chores, see what days they need to be handled and find the most convenient time.
- Set time aside for homework and study, when your mind will be calm and alert.
- If you have a pet, or two, allocate time to groom or walk them. And give them a daily cuddle or two.
- If you have a hobby, see where this fits in nicely. Weekends are usually best for this.



When you have looked at activities that form a part of your life, add them to your wall chart. Does it look full up? Don't forget that everyone needs some 'me' time, when you can relax, do your journal,

or chat with friends. And find time to spend with family, mealtimes are great for catching up. So pop that in too. Good luck with your new time management plan, it should help!

What not to do

The little things that eat away at your time without giving you any real benefit should be kept to a minimum. Why not put your phone away when you are not using it or expecting a call. No scrolling and social media, try to limit to a few minutes a day.



Let's include daydreaming. It is so easy to let your mind wander. Creative thinking that is related to a certain task is another matter, but hey, you know the difference.

Learning How to

SAY NO

From our earliest years we are taught that we should be obedient, obliging, helpful, and unselfish. Model human beings, in fact. The secret to a balanced life, however, lies in knowing where, and how, to draw the line. Constantly saying yes when asked for favours can lead to stress, burnout, and resentment. It's important to learn how to set boundaries, and prioritize your own needs. And when social situations conflict with your moral code and better judgement, it becomes a bit of a no-brainer, doesn't it!

Why is it hard to say no?



- You have a desire to please those in your life.
- You want to be well-liked at school, so you always say yes when your classmates ask for a hand.
- You were taught to be a people pleaser.
- You want to avoid feeling guilty.
- You have a fear of conflict.



Choose when to say yes

- Once you're aware of the underlying reasons you find it hard to say no, you can begin to change your behaviour and develop more confidence in your decisions.
- Decide whether the request or suggestion fits with your goals and values.
- Do you have time to help or become involved without upsetting your commitments and workload?

NO
or
YES

Saying no is never easy, especially when you want to maintain good relations with those around you. However, know when to say no (and mean it) once and for all.

"I have other commitments."

"I understand that this is important to you, but I can't help right now."

Tips for saying no nicely

- Keep it simple. Be honest and direct.
- If possible, suggest another time or different ways you can help.
- Be clear about your own needs and boundaries, it makes it simpler to refuse without feeling guilty.



KIDS ZONE

FUN&PLAY

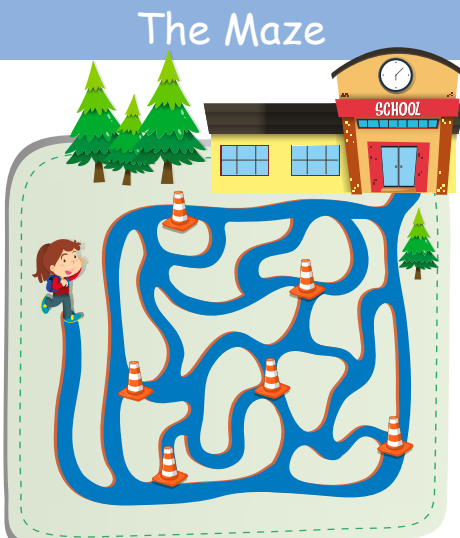
Find 15 Hidden Objects



Dot to Dot



The Maze



LET'S PLAY

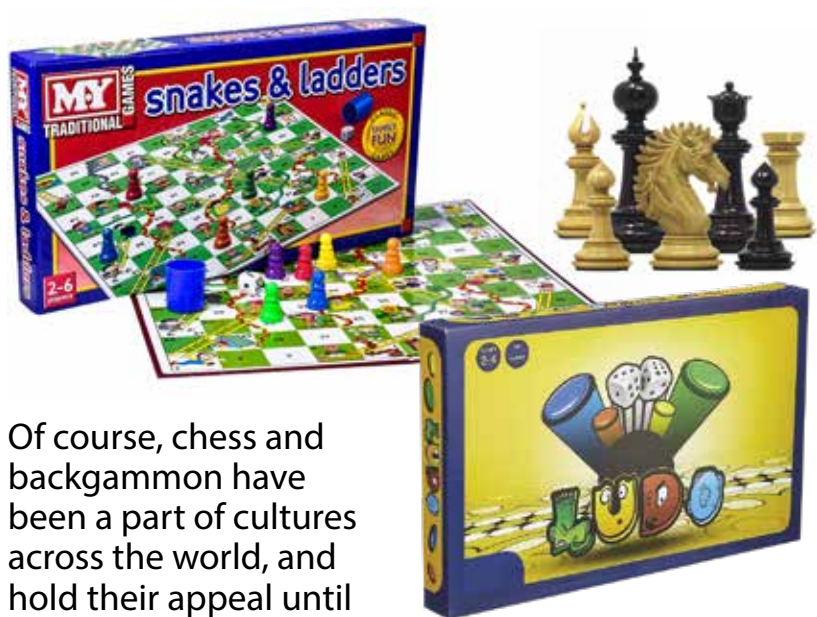


Long ago, before smartphones and tablets hit the scene, families used to gather together and play games that could keep them engaged for hours on end. These classic board and card games haven't lost their fun value, so put down that phone, roll up your sleeves, and let's play.

For fun with a simple deck of playing cards Old Maid and Go Fish are a good way for kids of all ages to spend a lazy afternoon.



To brush up on your spelling skills, Scrabble will challenge you to the max, and budding property magnates can test their skills with Monopoly. Do you have what it takes to take over the market?



Of course, chess and backgammon have been a part of cultures across the world, and hold their appeal until today. For little ones, try Snakes and Ladders and Ludo, you just need counters of different colours, the board and a dice and cup.



Bring out your hidden detecting skills with Cluedo, and solve the murder case. Or get together with UNO. None of these games need more than a simple board or deck of cards, so pack away the electronics and get playing with friends and family.



ORION

أورايون هي إحدى شركات مجموعة طلعت مصطفى، متخصصة في كل ما يخص بيتك، من النظافة المنزلية لأي نوع من أنواع الصيانة التي ممكن تحتاجها. بنوفر لك فنيين وعاملات نظافة مدربين على أعلى مستوى، علشان يدخلوا بيتك وإنتم مطمّن ومرتاح.

ليه تختار أورايون؟

فنيين موثوقين ● أسرع استجابة ● عروض خاصة لسكان TMG



رجعت من السفر؟ خلي أورايون ترجعلك البيت أنظف وأحسن من الأول!

دلوقتي... عروض أورايون للنظافة المنزلية لحد باب بيتك!

● ٤ مرات نظافة عادية شهرياً
بسر ٣
يبدأ من ١٤٠٠ ج.م

● ٣ مرات نظافة عادية شهرياً
+ نظافة عميقة مجانية
يبدأ من ١٦٠٠ ج.م

● ٨ مرات نظافة عادية شهرياً
يبدأ من ٢٩٥٠ ج.م

عدد ساعات العمل: حد أقصى ٦ ساعات في المرة

بعد السفر، خلي بيتك جاهز في خطوات بسيطة!



محتاج نظافة شاملة؟ فريق أورايون جاهز في أي وقت!

كل مشكلة وليها خدمة! حل مشكلة البيت بخدمة أورايون المناسبة ليها



سباكة

أعمال
دهانات

غسيل
سيارات

كهرباء

الوميتال
وزجاج



محتاج خدمة من أورايون؟

كلمنا على ١٦٢٨٦

خدمة العملاء متاحة ٢٤ ساعة لمساعدتك
في أي وقت!

أو تقدر تطلب بنفسك من خلال تطبيق

TMGLife

Scan QR code واطلب دلوقتي!



في العرض الأول لفيلم
"في عز الظهر"

مينا مسعود



ممکن يكون الممثل المصري-الكندي انطلق تجاه النجومية على سجادة سحرية، إلا ان مينا مسعود رجع لجذوره من خلال أول عمل سينمائي مصري له. و ده كل اللي كشفه لنا مينا على السجادة الحمراء خلال العرض الأول لفيلم 'في عز الظهر'.



ايه هو أصعب مشهد أكشن مثلته في الفيلم؟

كان المشهد الأخير في الفيلم، و سميناه "مشهد الهنجر". كان صعب جدا لأنه يجمع بين الدراما والأكشن في نفس الوقت. كان فيه تسلسل درامي، لكن نهايته كانت مليئة بالأكشن. صورنا المشهد على مدار يومين، فكان متعب جدا.

لو كان في جني في الفيلم، هل كان هيساعد حمزة (شخصية مينا مسعود)؟
احنا خلاص خلصنا من الجني، مفيش مساعدة جني خلاص.

مين بقى أقرب أصدقائك من طاقم العمل؟

صدقوني، أنا وشيكا، شيرين رضا، بقالنا كثير أصحاب. اتعرفنا على بعض قبل التصوير في حفل جوائز GQ، وكانت دائماً كريمة ومضيافة، فأقول: شيرين.

ايه اللي مينفعش حد يعمله 'في عز الظهر'؟

لا حاجات كثير، هسيبكم انتم بتفكروا!!

"مشهد الهنجر". كان صعب جدا لأنه يجمع بين الدراما والأكشن في نفس الوقت.



عنوانك الجديد .. لحياة ذكية



نور... أول سمات سيتي متكاملة في مصر، بموقع استراتيجي أمام العاصمة الإدارية الجديدة. مدينة رائدة مقامة على مساحة 5000 فدان، صُممت للجسد مفهوم مدن المستقبل، وضع رؤيتها نخبة من بيوت الخبرة العالمية SWA، PERKINS EASTMAN، SASAKI، بالتعاون مع مجموعة بوسطن الاستشارية (BCG)، لتقديم نموذج عمراني عصري يدمج بين التكنولوجيا المتطورة ومتطلبات الحياة العصرية.

في نور، يلتقي التنوع السكني مع تكامل الخدمات في تجربة غير مسبوقة، حيث تتجسد أحدث الحلول التكنولوجية والمفاهيم الخضراء الذكية في كل تفاصيل الحياة اليومية ليشكل مجتمع نابض بالحياة، يركز على الاستخدام ويوفر معايير جديدة للسكن والاستثمار. ومع اقتراب عام ٢٠٢١، تستعد نور لاستقبال سكان المرحلة الأولى، بمجتمع متكامل يضم مختلف الخدمات الأساسية منذ اليوم الأول، ويوفر أسلوب حياة يجمع بين رفاهية الحاضر واحتياجات المستقبل.

شقق بمساحات 67 م² | تبسيط 12.5 سنة | فيلات بمساحات 195 م² | تبدأ من

احجز وحدتك وسدد أولالين من مجموعة طلعت مصطفى ecommerce.tmg.com.eg



PRIVADO
A GATED COMMUNITY WITHIN MADINATY

جهاز المدينة بين يديك

TMG Life

أصبحت التكنولوجيا جزء أساسي من حياتنا اليومية، ومجموعة طلعت مصطفى بتقديم حلول ذكية لجعل الراحة والفخامة أسلوب حياة. ومع خبرة أكثر من خمسين سنة، هي دائماً في المقدمة في الابتكار والتطوير العقاري.

تجربة مختلفة ومريحة مع TMG Life App

تطبيق **TMG Life App** هو ثمرة التزام المجموعة بتقديم خدمات رقمية ذكية تسهل حياة سكان مجتمعاتها. التطبيق، الذي وصل عدد مستخدميه إلى أكثر من 90 ألفاً في فترة وجيزة، أصبح الاختيار الأول لأولئك الذين يبحثون عن الراحة والجودة في إدارة احتياجاتهم اليومية.

خاصية "الطلبات والشكاوي": تواصل مباشر مع جهاز المدينة

في خطوة تهدف إلى تعزيز تجربة المستخدم، أطلقت **TMG Life** ميزة "الطلبات والشكاوي" الحصرية، والتي تمكن السكان من التواصل بسهولة مع جهاز المدينة. هذه الخدمة تتيح للمستخدمين تقديم أي طلب أو شكوى تتعلق بخدمات المدينة ومتابعة حالته خطوة بخطوة، مع الحصول على ردود فورية ومحددة المدة من فريق خدمة العملاء المتخصص بجهاز المدينة.

مميزات الخدمة:

- تقديم الطلبات والشكاوي بسهولة: سواء كانت تخص خدمات يومية، صيانة، أو استفسارات أخرى متعلقة بجهاز المدينة.
- متابعة الطلب: تتبع حالة طلبك حتى يتم حله بواسطة جهاز المدينة.
- ردود فورية: ضمان أعلى مستويات الرضا والراحة من خلال التواصل المباشر مع جهاز المدينة.



كيفية استخدام خاصية "الطلبات والشكاوي" للتواصل مع جهاز المدينة

1
افتح تطبيق
TMG Life App

2
اضغط على
"المزيد" من الصفحة
الرئيسية.

3
اختر "الطلبات
والشكاوي".

4
حدد طلباً أو شكوى
موجهة لجهاز
المدينة.

5
اختر وحدتك



6
اكتب البيانات
المطلوبة.

7
حدد الفئة من
القائمة.

8
اكتب الرسالة وأضف
صوراً إذا لزم.

9
اضغط
"إرسال".



تمتع بتجربة مختلفة مع TMG Life App

مع **TMG Life App**، تجتمع الفخامة مع الراحة، والتكنولوجيا ترتقي بخدماتك. حمل التطبيق، سجل وحدتك، واجعل التواصل مع جهاز المدينة في جيبك بضغطة زر. تجربة **TMG Life** هي تجربة نحو عالم أذكى وأسهل، حيث تُلبى احتياجاتك بكل يسر وفعالية.





بنك الإمارات دبي الوطني
Emirates NBD



TMG



قدم على بطاقة
بنك الإمارات دبي الوطني ماستركارد
بالتعاون مع مجموعة طلعت مصطفى!



يصل إلى
50%
بدون حد أقصى

كاش
باك

مع بعض .. تفرق =

TMG Life®

اشحن كارت الكهرباء بسهولة NFC - Electricity Card Recharge



DOWNLOAD THE APP NOW!



Download on the
App Store



GET IT ON
Google Play

